# LifeExtender+ DEMO

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# Overview

**Who:**

*This application targets individuals who need to regularly allocate time for physical fitness on a daily basis.*

**What:**

*This application serves multiple functions to optimally manage the user's schedule in order to help regulate their fitness habits.*

# Calendar

- Google Calendar API
- Interacts separately from SQLite database
  - Creating event generates own event ID
  - If no ID created, server generates one
  - Local database in sync with events in Google Calendar
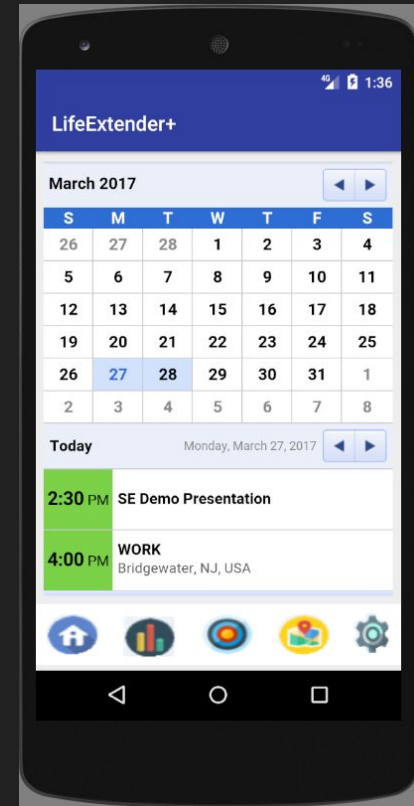
# Statistics Tab

- Ability to view time spent running, walking or at the gym
- Uses function to calculate health index
  - $H_n = L \cdot x_1 + H \cdot x_2 + H_{n-1}$
    - $H_n$ = health index
    - $H_{n-1}$ = previous health index
    - $x_1$ = time spent during low intensity AP
    - $x_2$ = time spent during high intensity AP
    - L = 1 (low intensity constant multiplier)
    - H = 3 (high intensity constant multiplier)
    - $H_0$ = 200 (initial default health index)
- Settings Tab currently allows you to adjust the current health index and active period times to test the algorithm
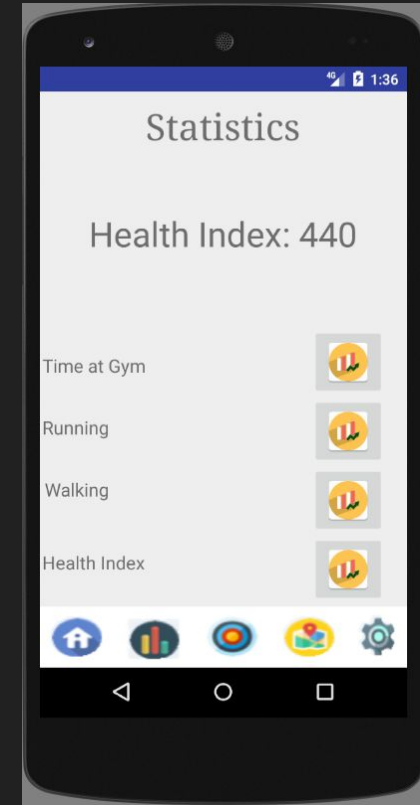
# Goals Tab

- Ability to make multiple new goals
  - Entering a name for a goal
  - Give a starting point for the goal
  - Give a target for the goal
- Displays created goals on the Goals Tab screen with a progress bar displaying progress towards that goal
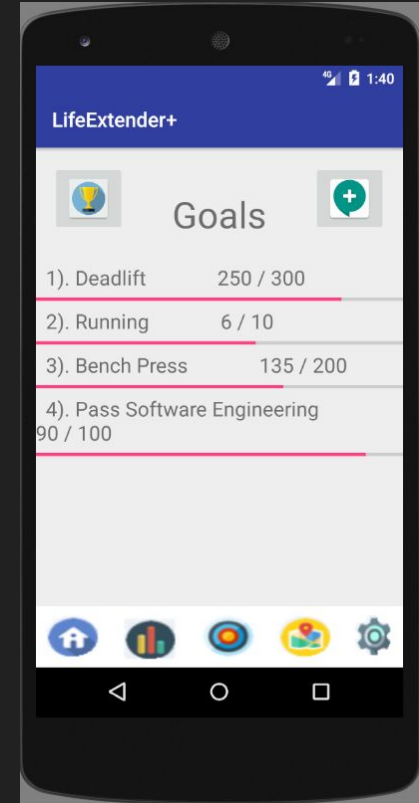
# Future Features

- Connect application to SQLite database
- Fully functional interactive calendar
- UI optimization
- GPS polling
- Push notifications for calendar events
- Friendlist