LifeExtender+ DEMO 2

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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
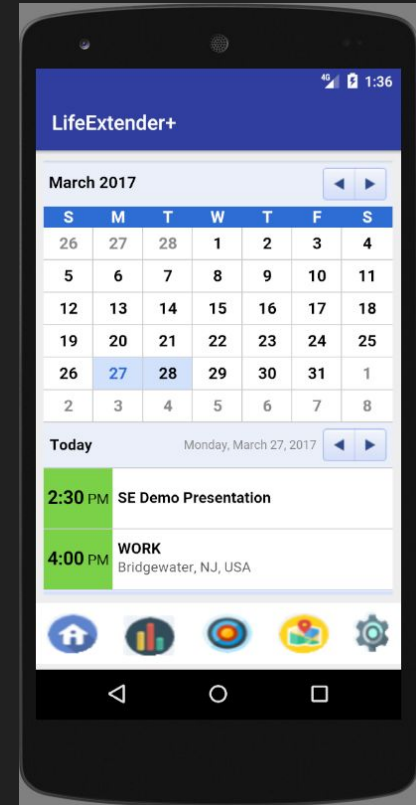
Statistics Tab

- Ability to view time spent running, walking or at the gym
- Uses function to calculate health index
  - $H_n = L*x1 + H*x2 + H_{n-1}$
    - H_n = health index
    - H_{n-1} = previous health index
    - x1 = time spent during low intensity AP
    - x2 = 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
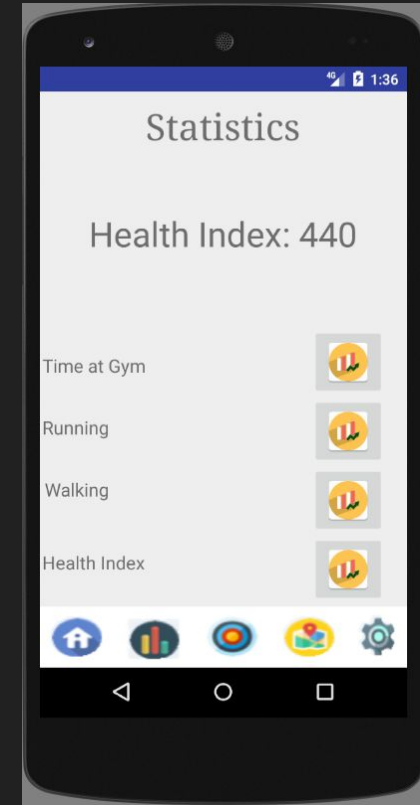
Goals Tab

- 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
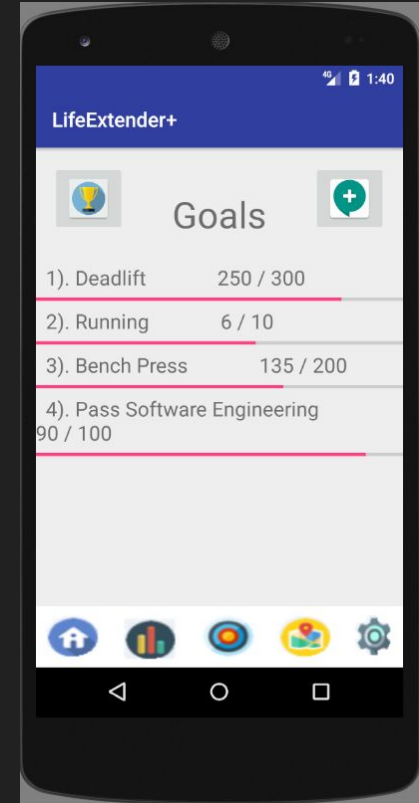
GPS Polling

- Uses Google Maps API to track your location and speed.

Database

- Application uses Firebase database to store all its data.