

## **Chapter 7**

### User Manual

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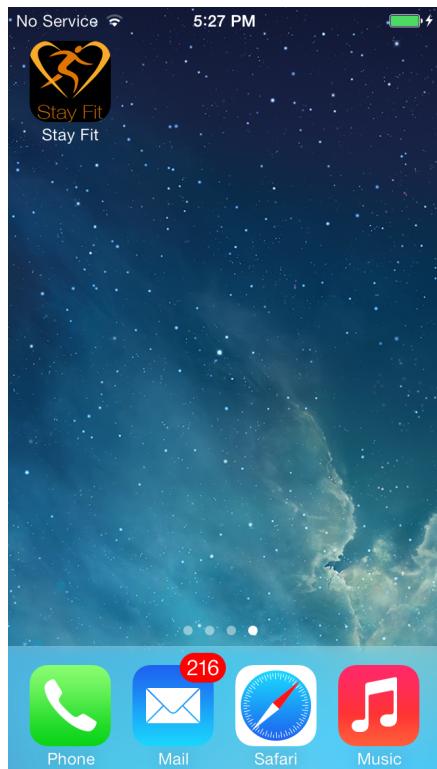
## Introduction

A user guide or user's guide, also commonly known as a manual, is a technical communication document intended to give assistance to people using a particular system. It is usually written by a technical writer, although user guides are written by programmers, product or project managers, or other technical staff, particularly in smaller companies.

User guides are most commonly associated with electronic goods, computer hardware and software.

Our user guides contain both a written guide and the associated images. In the case of our application, it is usual to include screenshots of how the program should look. The language used is matched to the intended audience.

### 7.1 Splash Screen



#### I. 'Stay Fit' App Icon

This is the icon of 'Stay Fit' application.

Click on this icon to launch the application first time.

Figure: 7.1.1



Figure: 7.1.2

## II. ‘Stay Fit’ Launch Screen

This is the splash screen which will be displayed while the application is being launched.

The application will be launched in few seconds.

## 7.2 Registration

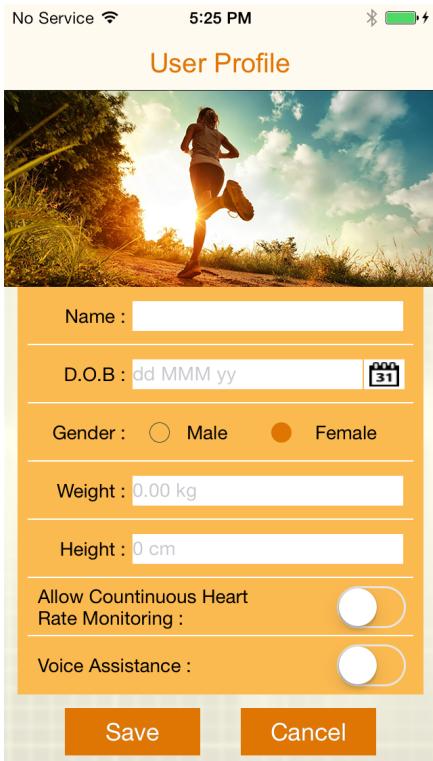


Figure: 7.2.1

## I. First Screen

This is the first screen that is displayed when an application is launched for first time.

Fill the details as following:

**Name:** Keypad

**Date of Birth:** Date Picker

**Gender:** Select Radio buttons

**Weight:** (kg)

**Height:** (cm)

### Note:

**Voice Assistance:** keep this option off if you don't want the device to give voice feedback during workout process.

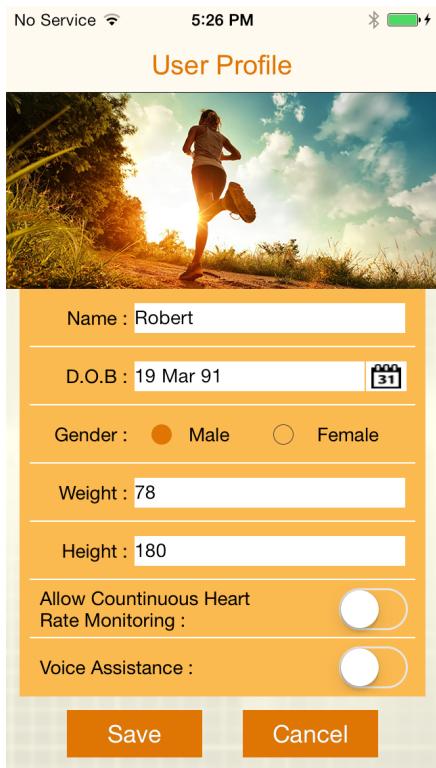


Figure: 7.2.2

## II. Sample Filled Profile

This is the sample of filled user profile without any errors.

### Note:

All the fields are mandatory.

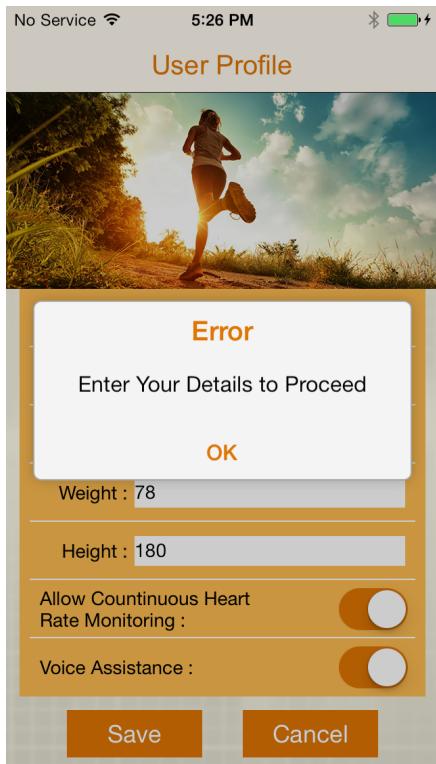


Figure: 7.2.3

## III. Incomplete Profile

After filling the details click on “Save” button to proceed.

At this stage if user get the error displayed on this screen, then any one of the field must be empty. Fill the data properly and proceed.

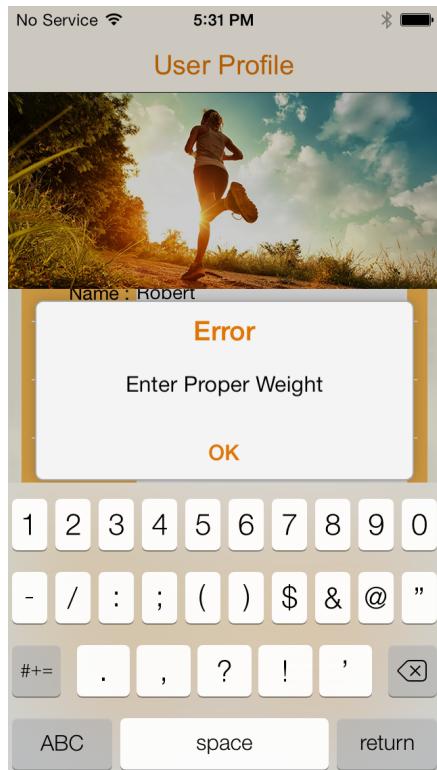


Figure: 7.2.4

#### IV. Validations

In User profile screen if user is seeing following error then some of the detail field are not filled properly.

Example:

Entering non numerical value in Weight field will give the error displayed when user saves the profile.

Check the appropriate field and reenter the data then click save to proceed.

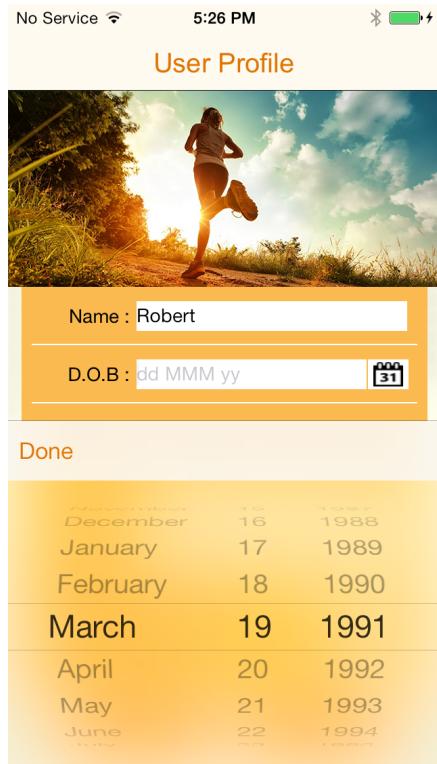


Figure: 7.2.5

#### V. D.O.B picker

Note:

After selecting the DOB field to fill, select the DOB from the picker and do not click on "Done" button until the picker is fully stabilized to a particular date.

Select the DOB properly as this information is mandatory for proper functioning of the app 'Stay Fit'.

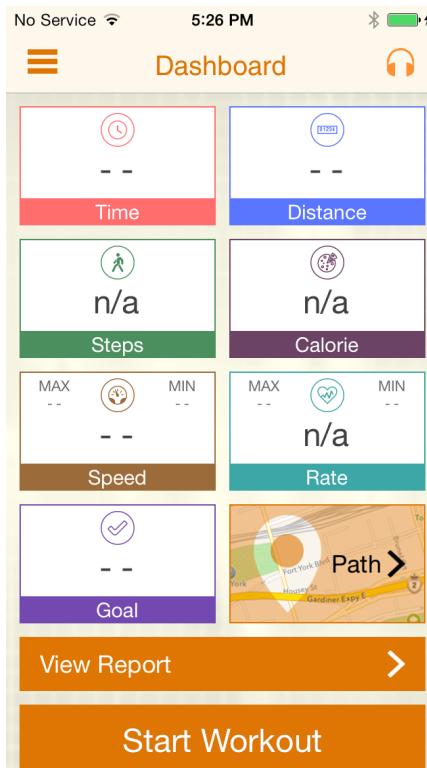


Figure: 7.2.6

## VI. Menu Button

This is a Dashboard screen, which will be displayed after the user profile is successfully saved.

The user can see the options in the “Menu” by clicking on the top-left button shown in the image.

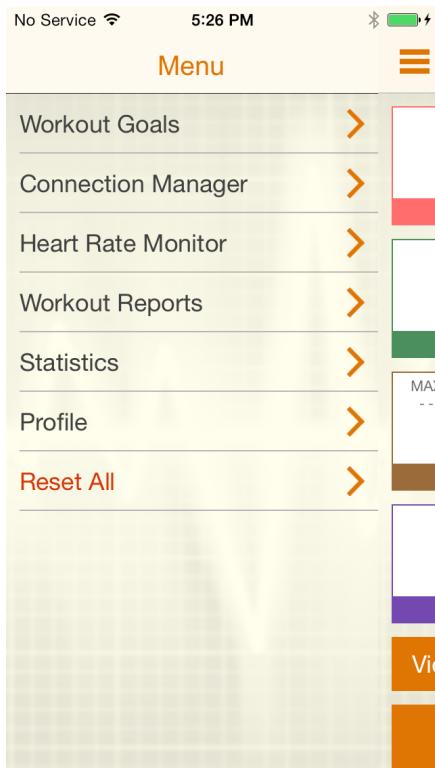


Figure: 7.2.7

## VII. Menu

This is the Menu from where the user will be able to navigate anywhere in the application.

The “Profile” tab is used to go to the “User Profile” screen from where the user can edit the details previously filled.

### 7.3 Connection Manager

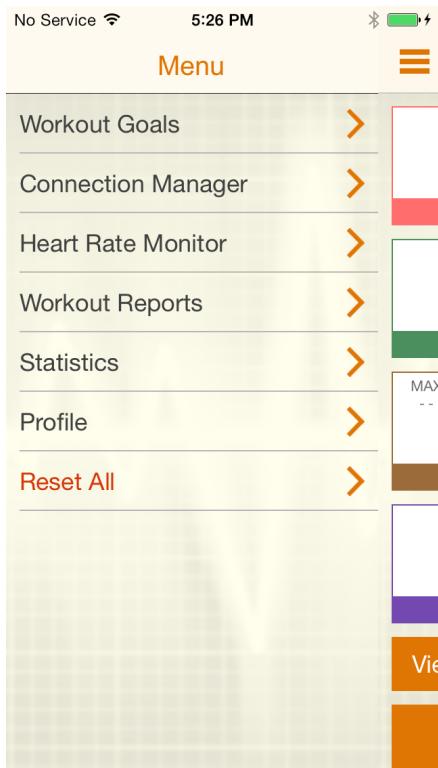


Figure: 7.3.1

#### I. Navigate to Connection Manager

This is the “Menu” which has a tab named “Connection Manager”. Click on the tab shown in the Figure to scan the BLE peripherals.



Figure: 7.3.2

#### II. Connection Manager

This screen allows a user to connect to the BLE peripheral.

Click on the button shown in the Figure to scan for the available devices.



Figure: 7.3.3

### III. Scanning

While scanning, all the available peripherals will be listed under “Available Devices”.

The Factory name of the device will help the user to select the proper device to connect.

Note:

If your device is not being displayed over here then follow the steps.

- i. Forcefully kill and restart ‘Stay Fit’.
- ii. Turn Bluetooth off then on.
- iii. Kill all other applications.
- iv. Reset the peripheral and check the batteries.



Figure: 7.3.4

### IV. Connect to Peripheral

Click on desired peripheral to connect to it. When connected a small dot will be displayed on the right side of the peripheral name as shown in the Figure.

## V. Disconnect Peripheral

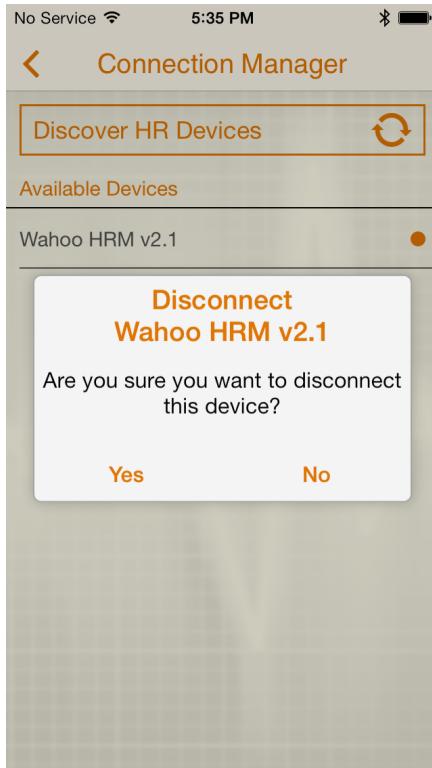


Figure: 7.3.5

To disconnect a device just tap on the tab with “orange circle”. A user will be asked for confirmation as shown in the Figure. Click “Yes” to disconnect the device.

## VI. Successful Connection

After a successful connection, the heart rate sent by peripheral will be displayed on the dashboard screen as shown in Figure.

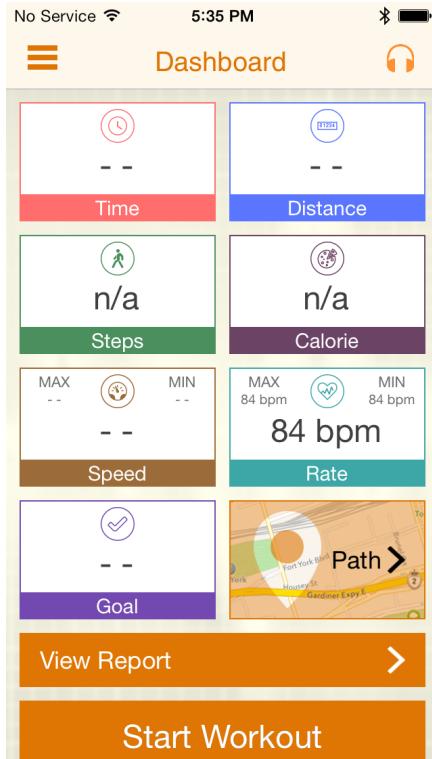


Figure: 7.3.6

## 7.4 Location Services

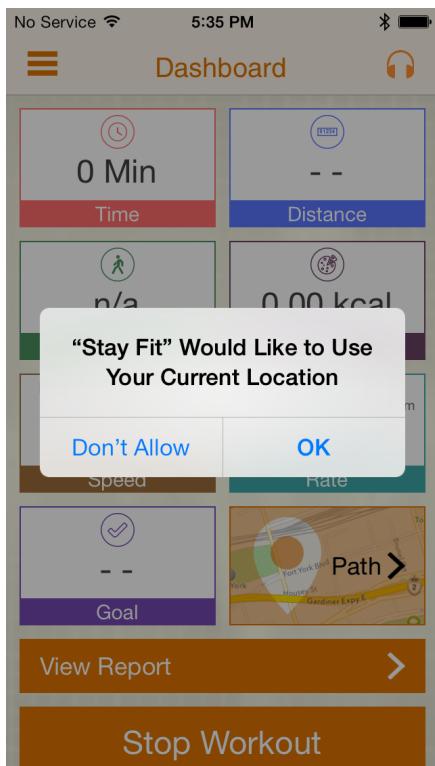


Figure: 7.4.1

### I. Location Service Access Grant

This screen is displayed only for the first time when the user undergoes a workout. Click “OK” to allow ‘Stay Fit’ to access the location services provided by your device.

Note:

The user can also revert this permission in “Settings” application of ios.

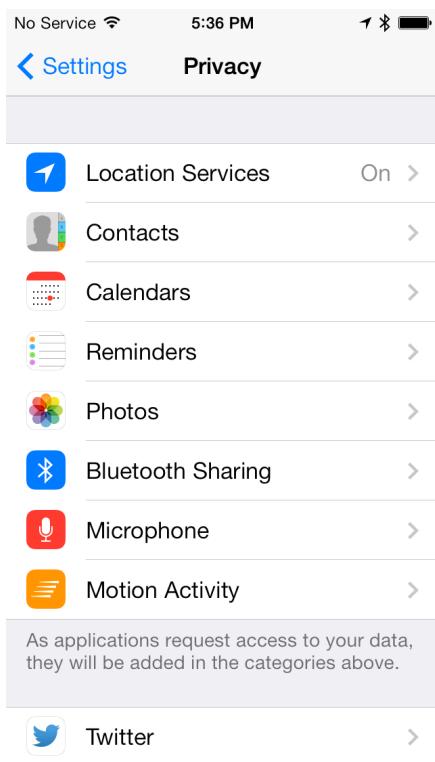
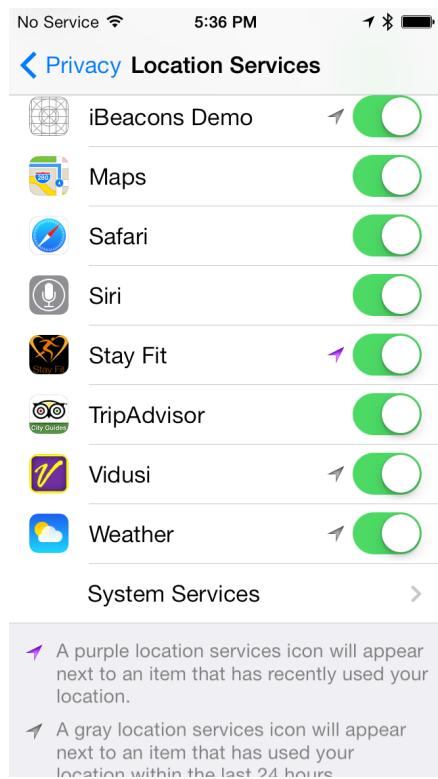


Figure: 7.4.2

### II. Turn on Location Services

Make sure to keep the location services on from the “Settings” app of the device.



### III. Access permission for ‘Stay Fit’

Make sure that under the “Location Services”, the ‘Stay Fit’ app is allowed to use the location data.

Note:

Turning this setting off will effect the proper functioning of the application.

Figure: 7.4.3

## 7.5 Workout

### 7.5.1 Workout Path

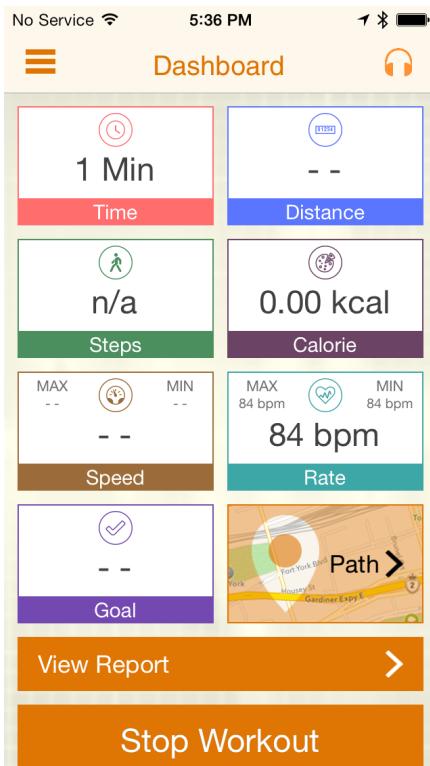


Figure: 7.5.1.1

### I. Dashboard Screen

This screen displays the different attributes of workout as displayed on the screen. These attributes are updated time to time. User can track the progress of the workout from these attributes.

Note:

In the case when no workout goal is set, Click on “Stop Workout” button at the bottom of the screen to end the workout.

By Tapping on the “Path” tab, user can see the current position and the path of the workout as shown in the Figure.

Steps will be available on the device “Iphone 5s” or latter.

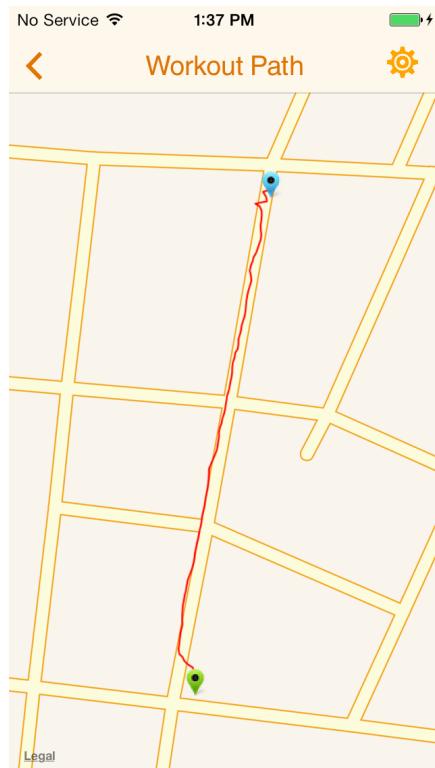


Figure: 7.5.1.2

### II. Workout Path

In these screen the user can track his/her own location by a green annotation on the map and a path by a red colored overlay.

User can also change the type of the map displayed by clicking on the setting button on the top-right corner.



Figure: 7.5.1.3

### III. Map Type

User can change the map type by clicking on one of the 3 options available. The map will be modified accordingly.

Note:

Click in the settings button again to cancel the operation.

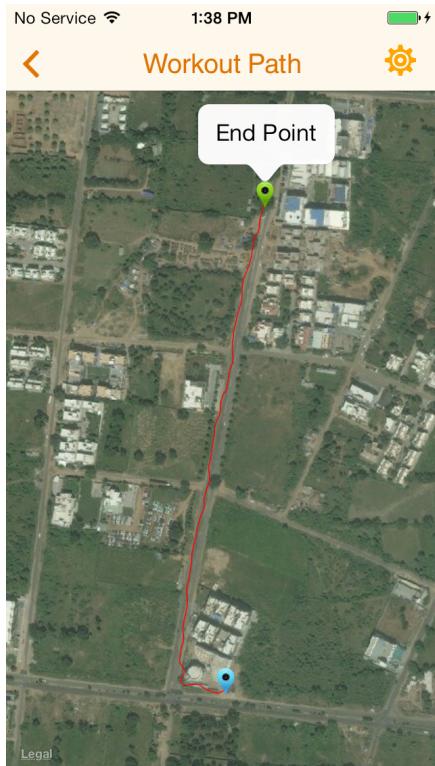


Figure: 7.5.1.4

### IV Hybrid Map

This screen shows a “Hybrid” map. This mode of the map gives better understanding of the current location.

Note:

In hybrid mode of the map acquires more memory on device and requires a better data plan than other modes.

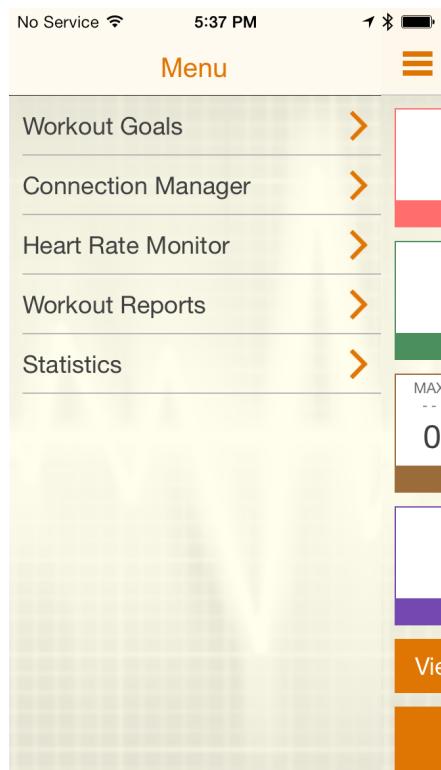


Figure: 7.5.1.5

### V Menu (During Workout)

This screen displays the “Menu” screen while the workout is started. Some of the tabs are not available to avoid malfunctioning during workout.

Note:

As soon as workout is stopped, all the tabs reappear.

### 7.5.2 Workout Reports

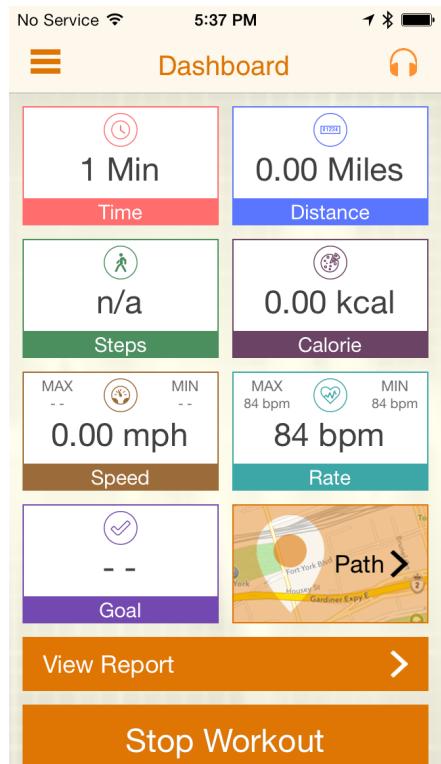


Figure: 7.5.2.1

### I. Navigation to today's Reports

This image displays a tab to be clicked to navigate to a screen where all the report of today's workout is displayed.

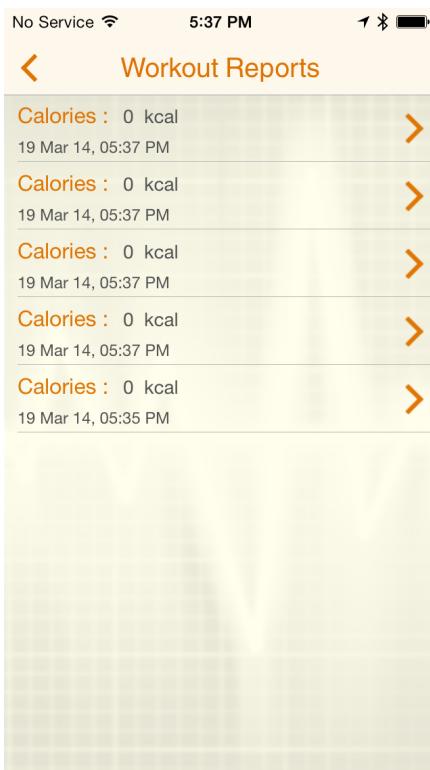


Figure: 7.5.2.2

## II. Today's Workout Reports

This screen displays the summary of all workouts that user have undergone to today. On clicking on the particular report, user will be navigated to more detailed version of the report.

Note:

The date & time displayed in particular tab indicates the start time of the workout.

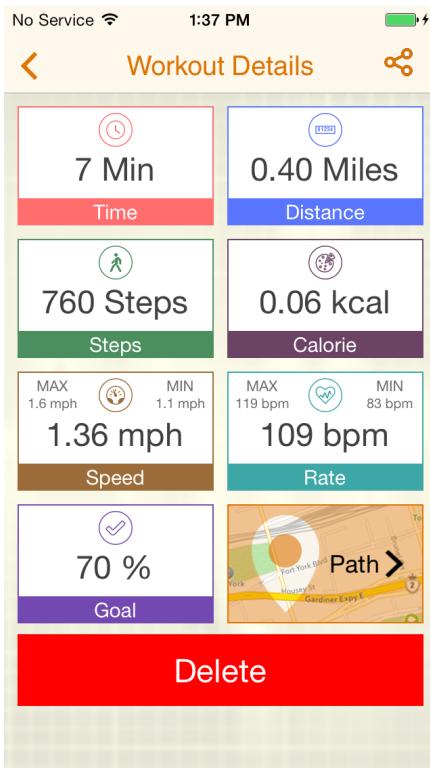


Figure: 7.5.2.3

## III. Workout Details

This screen displays the workout attributes, same as those displayed on "Dashboard". User can see the workout path by clicking on the "Path" tab.

Note:

User can delete the workout report by clicking on the "Delete" button.

Click on "<" button to navigate back to the previous screen.

Steps will be available on the device "Iphone 5s" or latter.

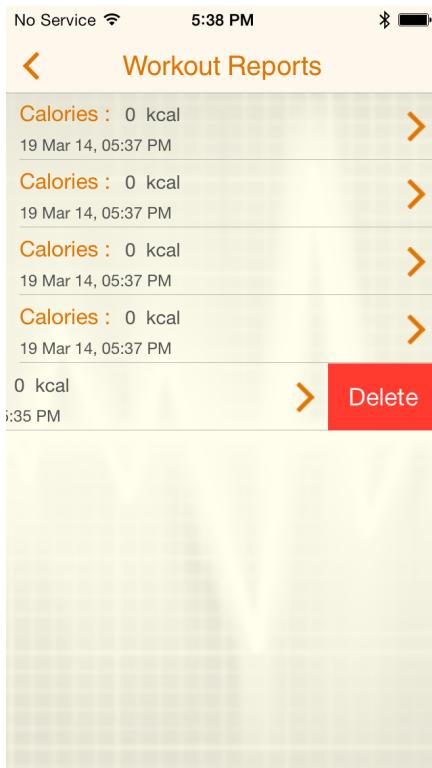


Figure: 7.5.2.4

#### IV. Delete Report

By sliding left on any of the workout summary tab user will see the option to delete it. On tapping “Delete” button the details of the workout will be permanently removed.

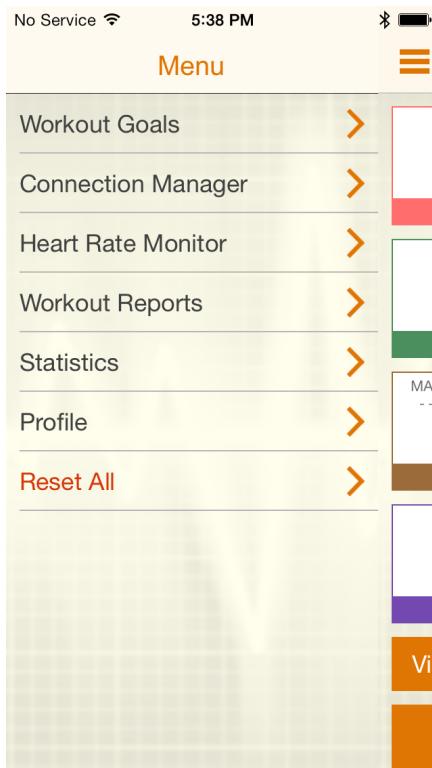


Figure: 7.5.2.5

#### V. Workout Report Navigation

By, tapping on the tab “Workout Reports” in “Menu”, user will be navigated on the screen where details of the all workout till date will be displayed.

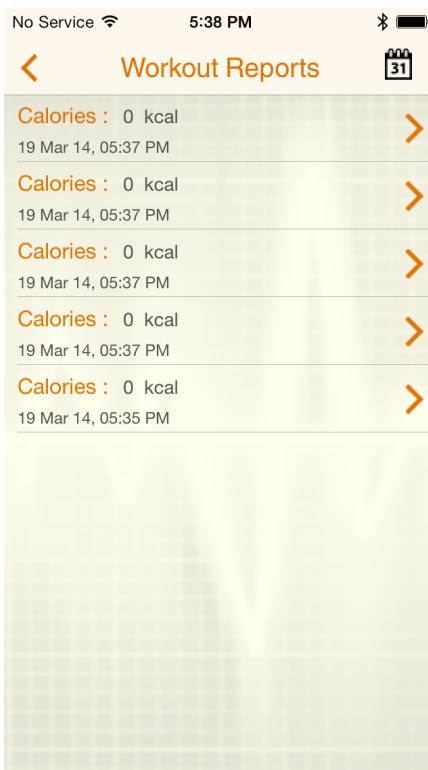


Figure: 7.5.2.6

## VI. Workout Reports

Here user will see all workouts he/she has taken till date. User will also be able to select a particular date to review a small set of workouts.

Note:

Click on the top-right button as shown in Figure to filter the workouts.

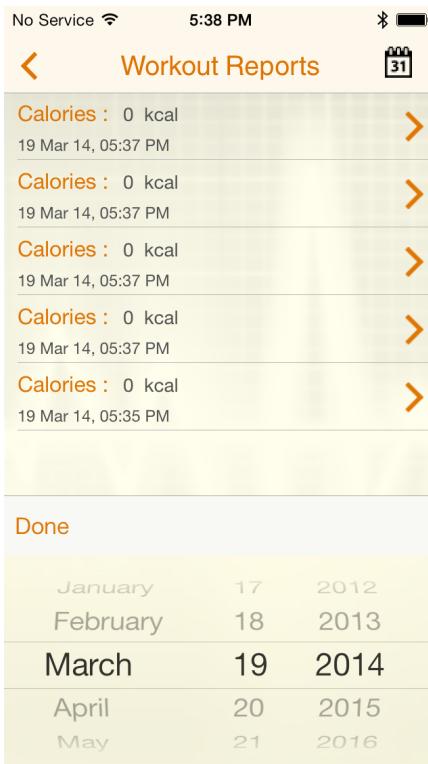


Figure: 7.5.2.7

## VII. Pick a Date for Workout Reports

As seen in the Figure, select the appropriate date to see the workouts, and tap on “Done” button. The workouts will be filtered to the selected date.

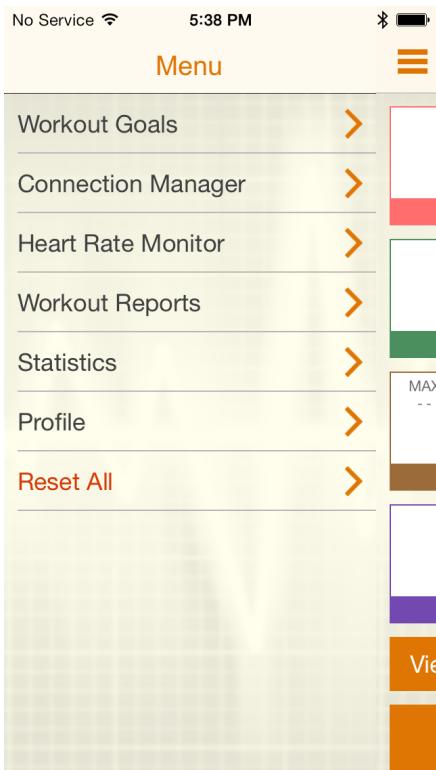


Figure: 7.5.2.8

### VIII. Navigation to Statistics

Click on the “Statistics” tab to view the statistics of user and summary of all workouts in short.



Figure: 7.5.2.9

### IX. Statistics

This screen displays the average, maximum and total of all the workout attributes.

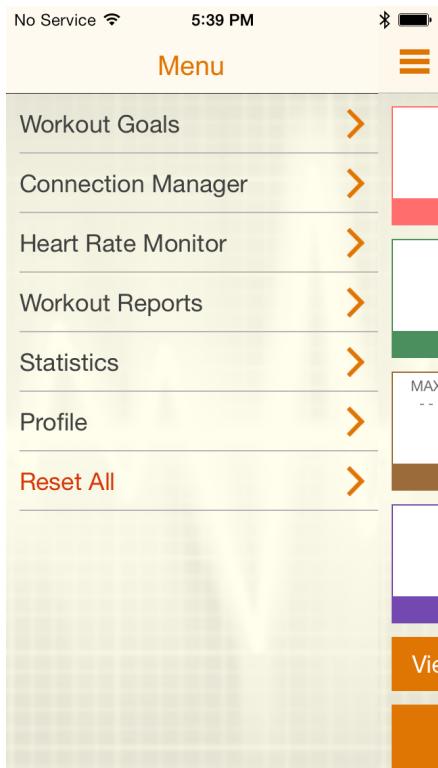
Note:

Steps will be available on the device “Iphone 5s” or later.

Click on “<” button to navigate back to the previous screen.

The Statistics can be reset by “Reset All” tab in “Menu”.

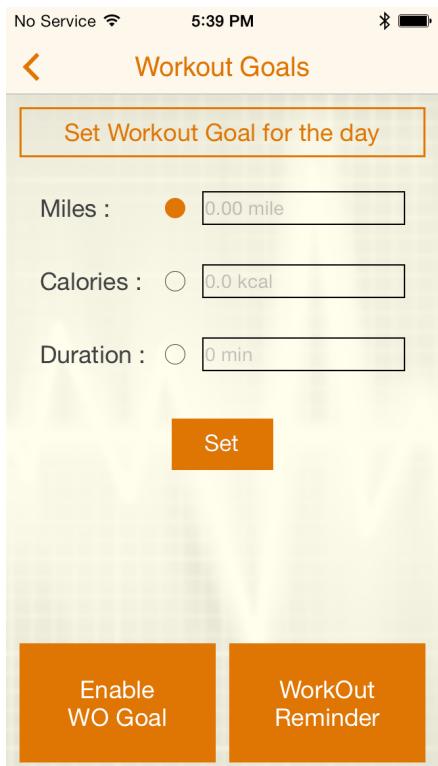
## 7.6 Workout Goal



### I. Navigation to Workout Goal

Tap on the “Workout Goals” tab to navigate to “Workout Goal” screen as shown in Figure.

Figure: 7.6.1



### II. Workout Goal

By default workout goal will be disabled when the application is launched first time.

Click on desired attribute of workout enter the value and then tap on “Set” button to set the workout goal.

Note:

After setting the workout goal it needs to be enabled by tapping the “Enable WO Goal” button in bottom-left corner.

Figure: 7.6.2

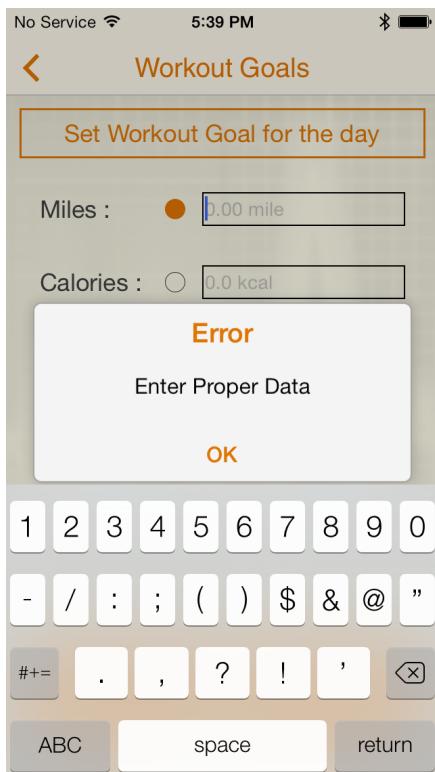


Figure: 7.6.3

### III. Workout Goal Validations

This error is displayed when the field is empty or the data entered into the field is invalid. Enter proper data and try again to proceed.

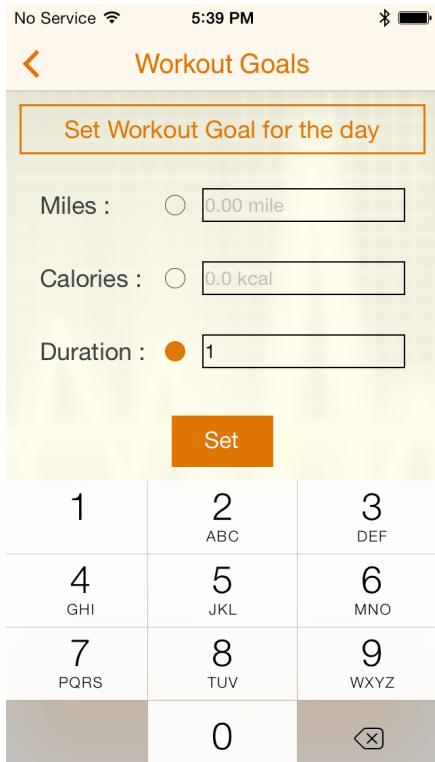


Figure: 7.6.4

### IV. Setting Sample Workout Goal

This shows the sample of setting a workout goal of 1-minute duration.

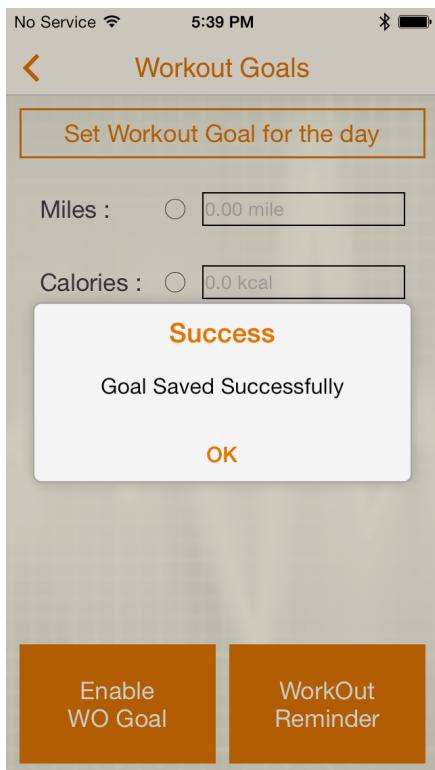


Figure: 7.6.5

## V. Workout Goal Saved

This message is displayed if the goal is successfully saved.

Note:

After setting the workout goal it needs to be enabled by tapping the “Enable WO Goal” button in bottom-left corner.

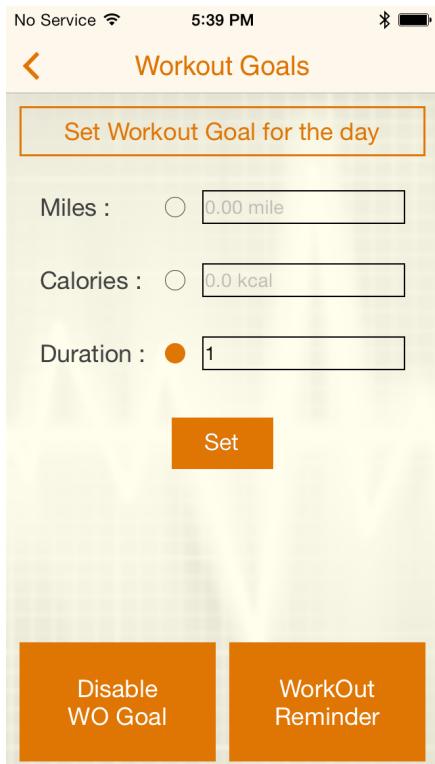


Figure: 7.6.6

## VI. Enable Workout Goal

To enable a workout goal, click on “Enable WO goal” button in bottom-left corner. To revert this, click on the same button again.

Note:

When workout goal is not enabled, the workout process will not be stopped automatically even if a goal is set by user.

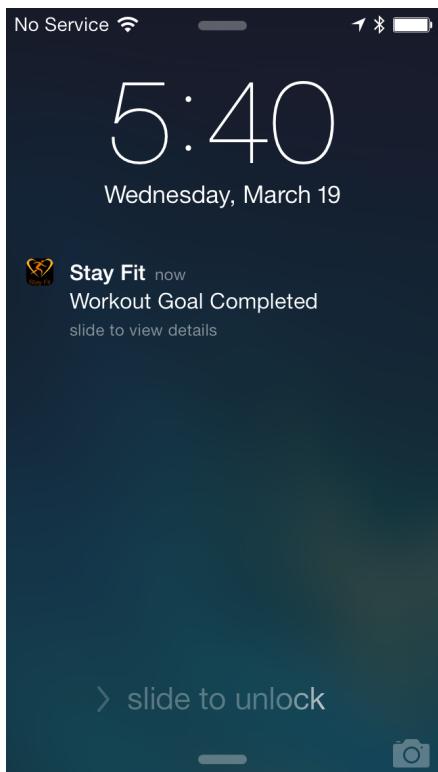


Figure: 7.6.7

## VII. Workout Goal Completion Notification 1

This notification is pushed to device screen when the screen is locked and workout goal is achieved.



Figure: 7.6.8

## VIII. Workout Goal Completion Notification 2

This notification is pushed to device screen when the 'Stay Fit' is not in foreground and workout goal is achieved.

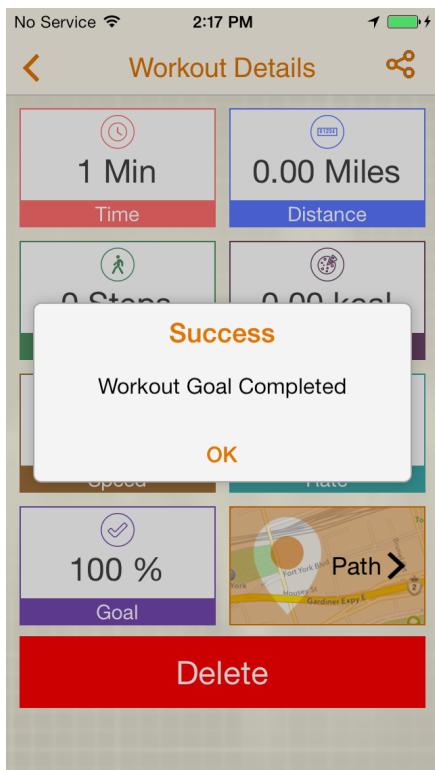


Figure: 7.6.9

## IX. Workout Goal Completion Notification 3

This notification is pushed to device screen when the ‘Stay fit’ is in foreground and workout goal is achieved.

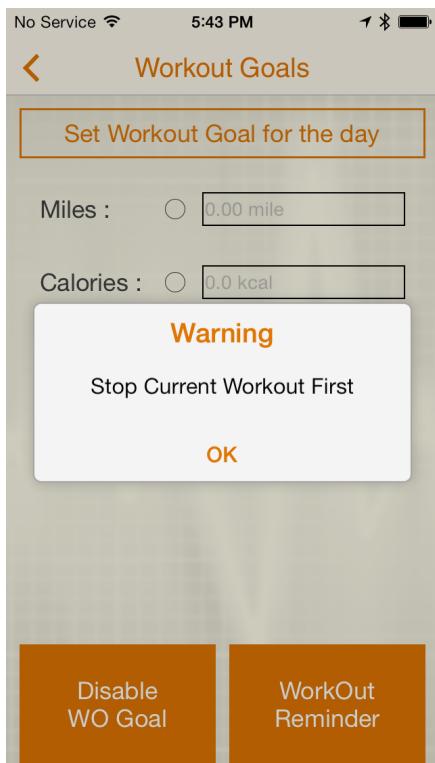


Figure: 7.6.10

## X. Workout Goal Setting Validation

This error is displayed when a workout is in progress and user tries to modify the goal settings.

Note:

Click on “<” button to navigate back to the Dashboard.

## 7.7 Workout Reminder

### 7.7.1 Reminder Permission

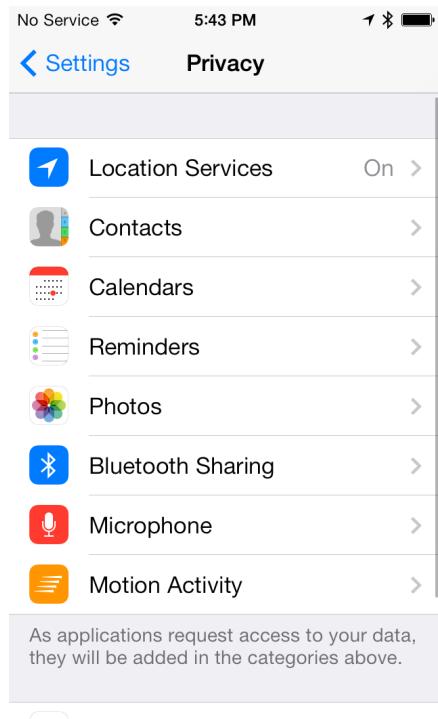


Figure: 7.7.1.1

### I. Reminder Settings

Before accessing the reminder for 'Stay Fit' application it needs to be granted. To do so, go to the "Privacy" option in "Settings" tab.

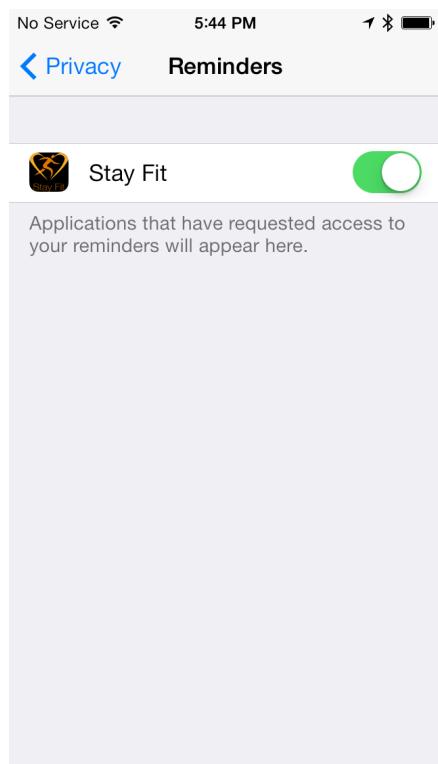


Figure: 7.7.1.2

### II. Reminder Access

Be sure that the access to the "Stay Fit" application is granted as shown in Figure.

### 7.7.2 Add Reminder

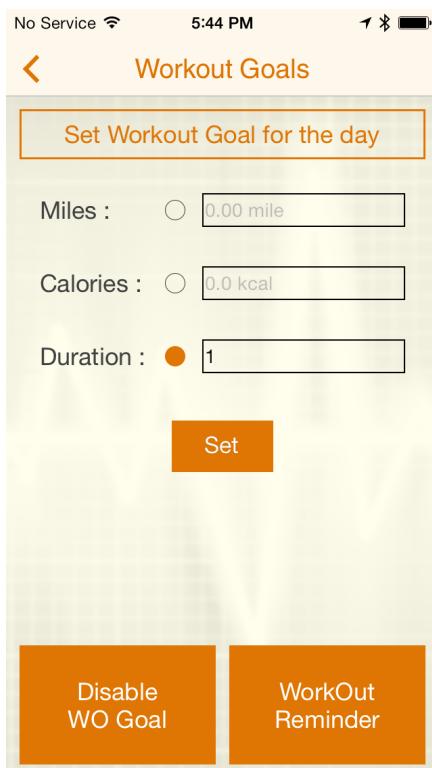


Figure: 7.7.2.1

### I. Navigation to Workout Reminders

To go to the reminder screen tap on “Workout reminder” button in bottom-right corner.



Figure: 7.7.2.2

### II. Workout Reminder List

This screen displays empty reminder list, the case when no reminder is set.

Note:

At this stage tapping on “Edit” or “Delete” button will not have any effect.

Tap on “+” button in top-right corner to add new reminder.

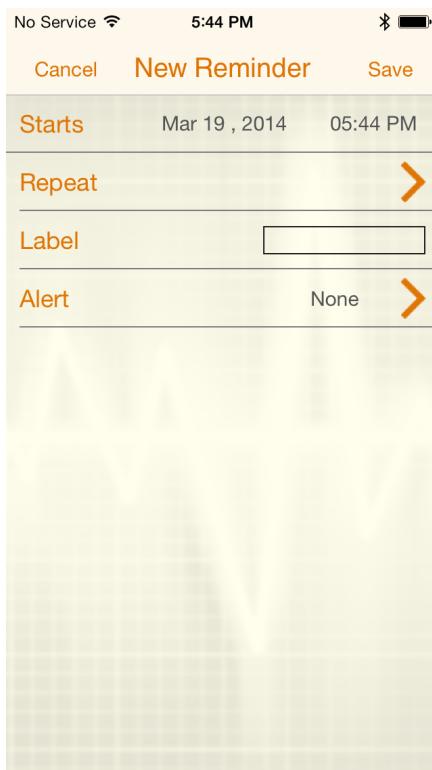


Figure: 7.7.2.3

### III. Add New Reminder

In this screen user can add the details of new reminder and save the same.

Following information about the Reminder is mandatory:

Start date: Date picker

Repeat Pattern: New Screen

Label: Keypad

Alert: New Screen

Note:

All the information is mandatory, missing out any of them will cause a validation error.



Figure: 7.7.2.4

### IV. Reminder Repeat Pattern

Here user can select the days of week on which to repeat the reminder by tapping on the particular day's tab. The orange circle on the tab of the day denotes that the particular day is added.

Note:

At least one of the day in week must be selected. Click on “<” button to go back.

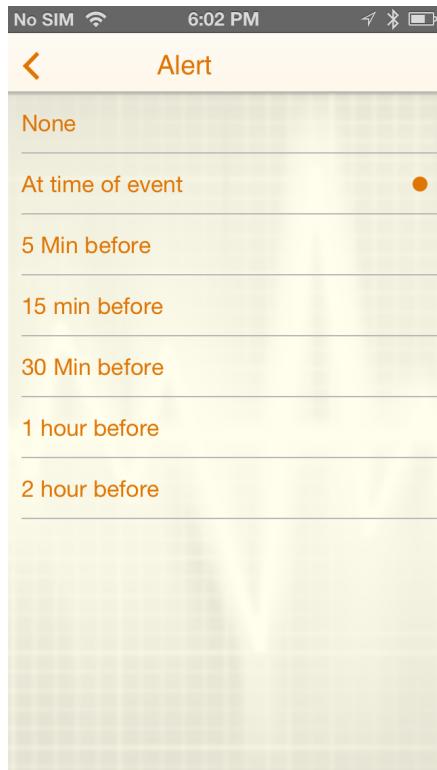


Figure: 7.7.2.5

## V. Reminder Alarm Pattern

Here user will be able to select the time when the device should give an alert to the user to reminder about the purpose of this reminder.

Note:

The alarm is not necessary and by default set to none.

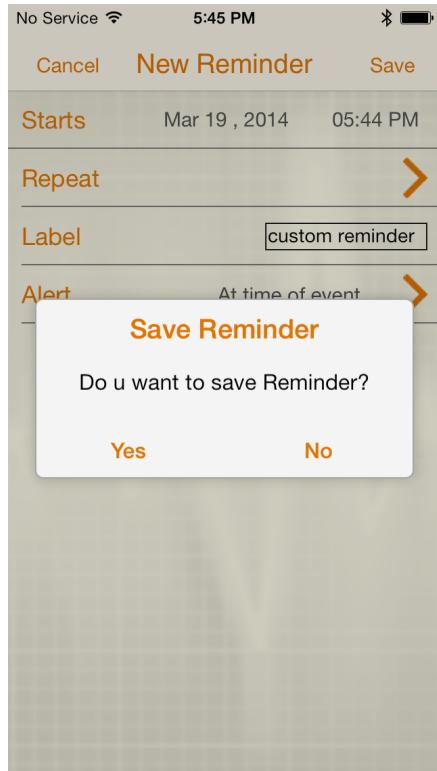


Figure: 7.7.2.6

## VI. Reminder Save Confirmation

On tapping the save button, the user will be asked for the confirmation to save the reminder. Selecting the “Yes” option will navigate the user back to the screen where list of the reminders are displayed.

Note:

On tapping “Cancel” no data about the Reminder is saved.

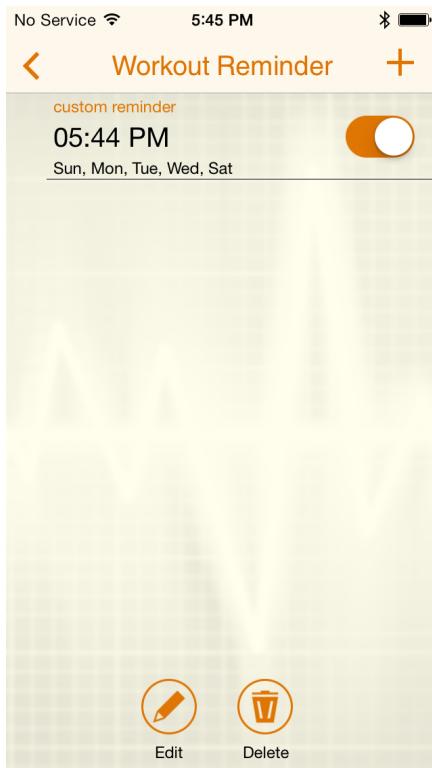


Figure: 7.7.2.7

## VII. List of Reminders

The summary of the reminder is displayed in short in this screen.

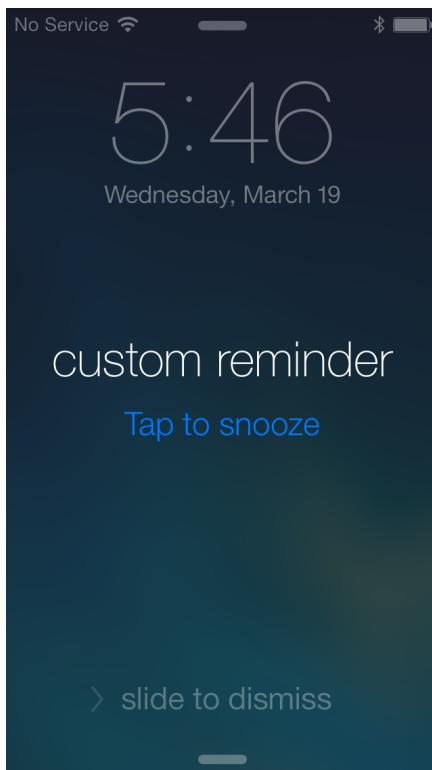


Figure: 7.7.2.8

## VIII. Reminder Alarm Notification

This shows the notification given by the device at the start time of the reminder.

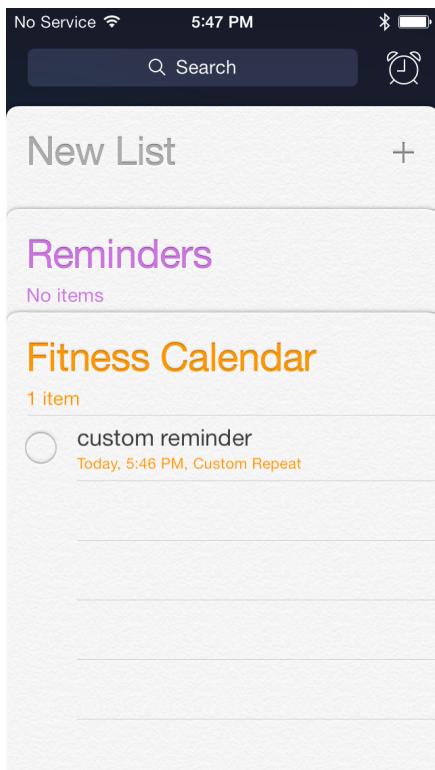


Figure: 7.7.2.9

## IX. Fitness Calendar

This is native reminder application on ios device which displays the number of different calendars. “Stay Fit” creates “Fitness Calendar” automatically.

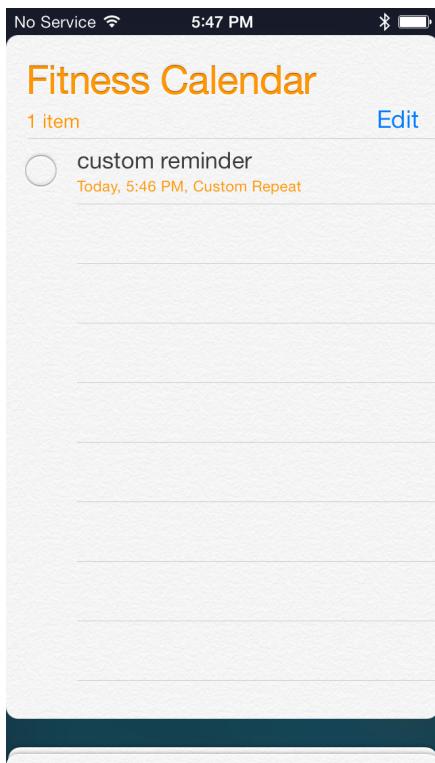
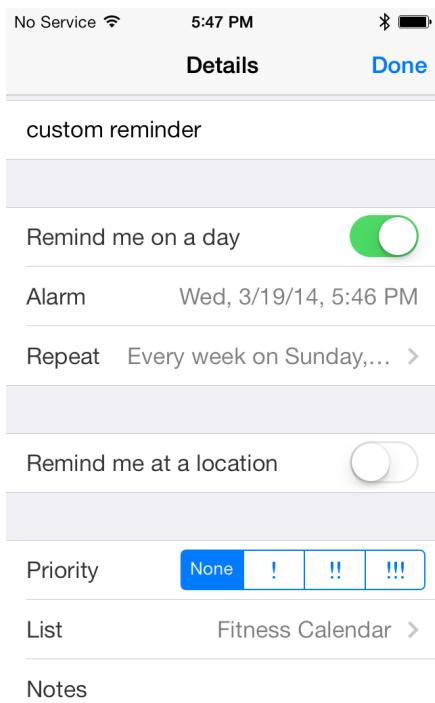


Figure: 7.7.2.10

## X. Reminder in Native App

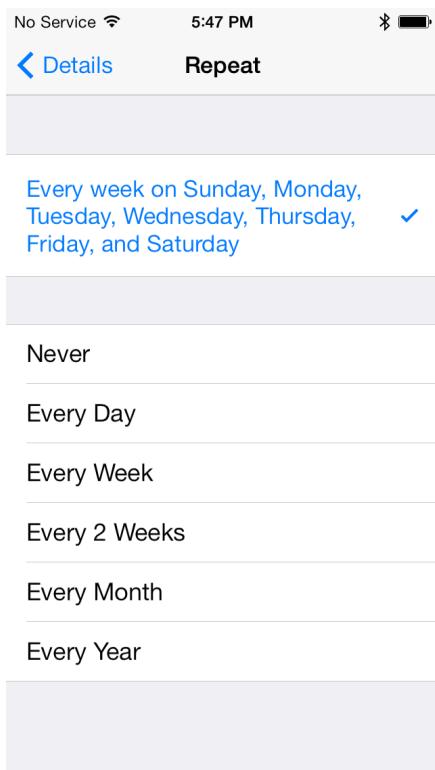
This Figure shows custom reminder in native app created by ‘Stay fit’.



## XI. Reminder Details

This Figure shows the details of the custom reminder.

Figure: 7.7.2.11



## XII. Repeat Pattern in Native app

This Figure shows a custom repeat pattern of custom reminder.

Figure: 7.7.2.12

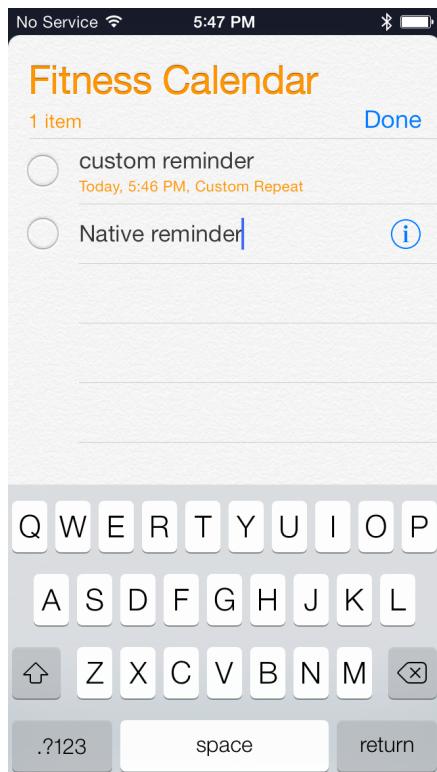


Figure: 7.7.2.13

### XIII. Add New Reminder in Native App

Here, by tapping “+” button on top-right corner, user can add new reminder in “Fitness Calendar”.

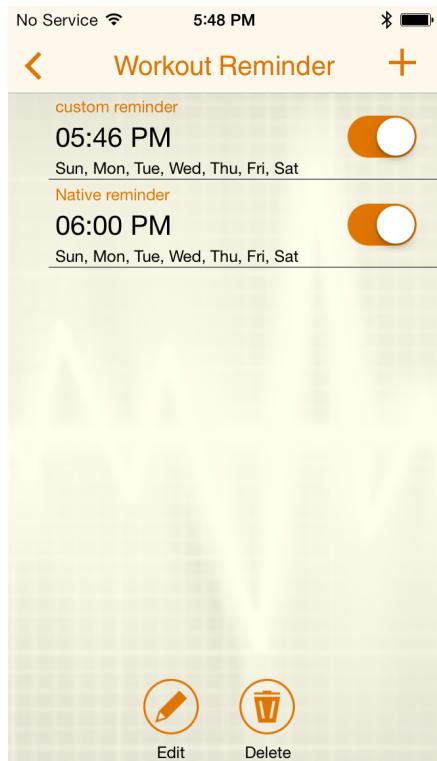


Figure: 7.7.2.14

### IXV. Reminder Fetch

The reminder created in native app is automatically fetched in ‘Stay Fit’.

### 7.7.3 Edit/Delete Reminder

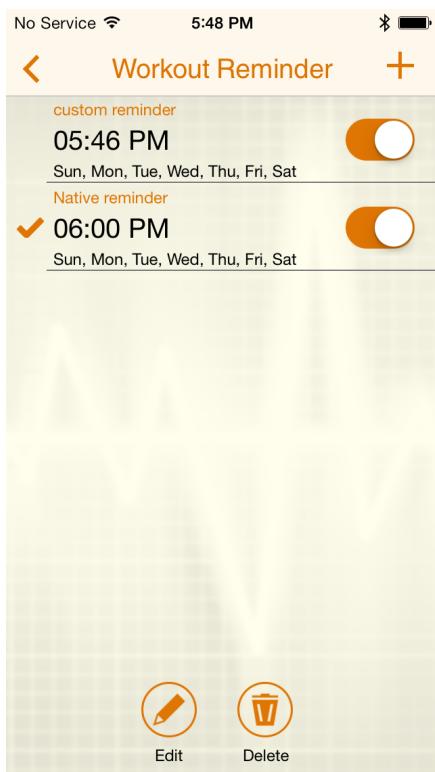


Figure: 7.7.3.1

#### I. Select Reminder

To edit a reminder, just tap on it and click on “Edit” button at bottom-left.

Note:

A checkmark symbol is displayed against the selected reminder.

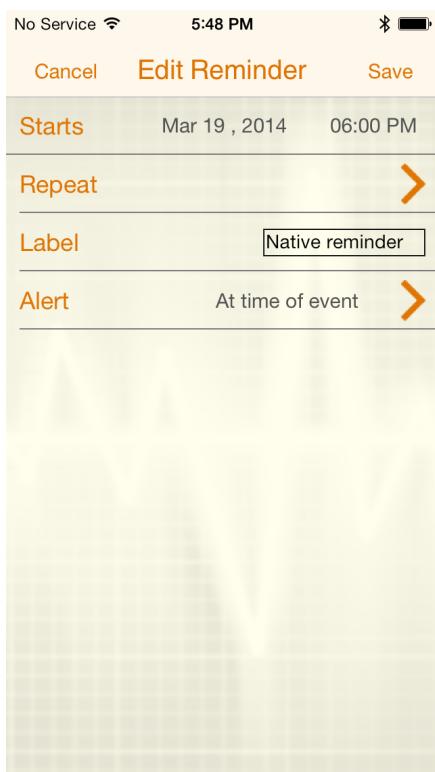


Figure: 7.7.3.2

#### II. Edit Reminder Screen

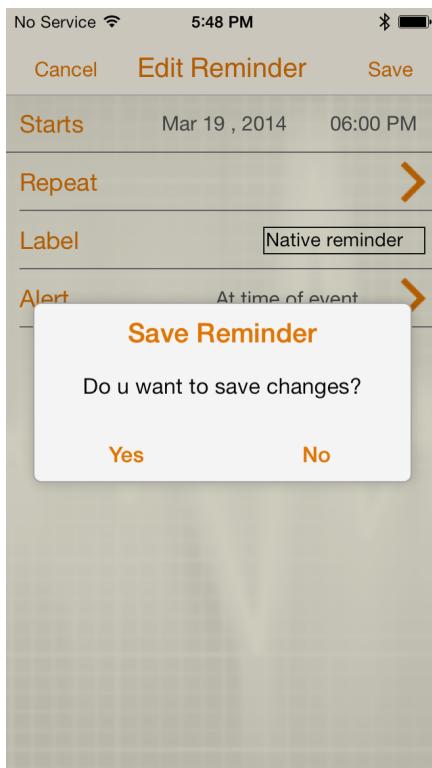
This screen is same as the adding new reminder details. The user is required to fill the details appropriately.



### III. Change Repeat Pattern

Change the repeat pattern of the reminder by tapping out the days on which the reminder is not required.

Figure: 7.7.3.3



### IV. Save Changes Confirmation

On tapping the save button, the user will be asked for the confirmation to save the reminder. Selecting the “Yes” option will navigate the user back to the screen where list of the reminders are displayed.

Note:

On tapping “Cancel” no data about the Reminder is saved.

Figure: 7.7.3.4

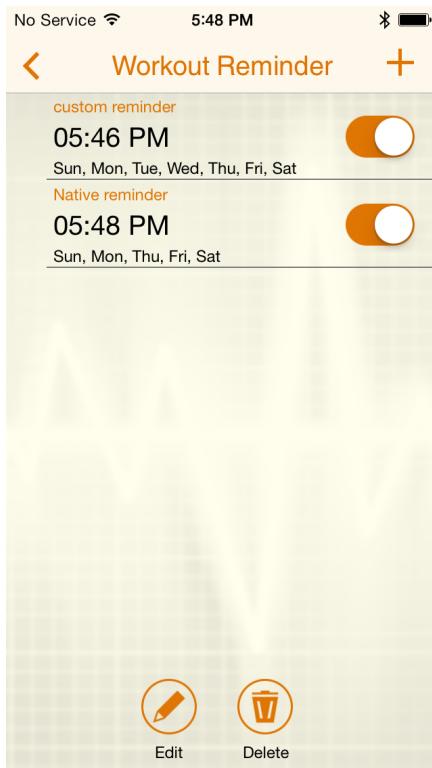


Figure: 7.7.3.5

## V. Changes Updated

Here, a change in a previously saved reminder can be seen in the summary.



Figure: 7.7.3.6

## VI. Enable/Disable Reminder

To turn the reminder off (to remove an alarm), just turn off the switch and the alarm from the reminder will be removed.

Note:

Reminder still will have it's effect and would be accessible from the native app.

To revert the changes, change mode of the switch to “on” state again.

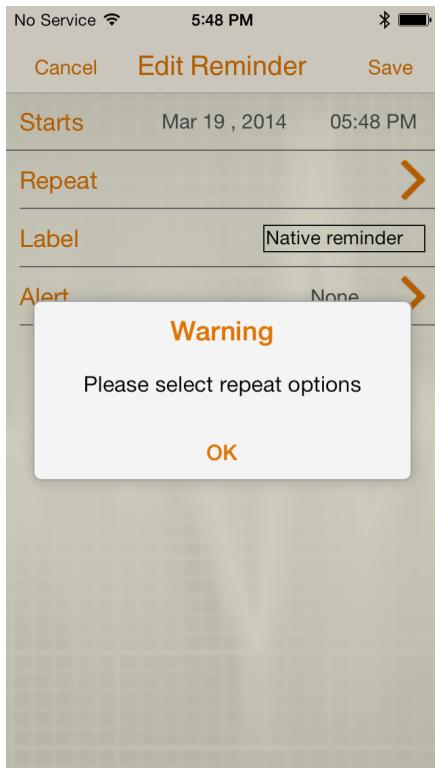


Figure: 7.7.3.7

## VII. Repeat Pattern Missed Out

This error message is displayed when user misses out to set the repeat pattern for a reminder.

Select the repeat pattern and try saving it again.

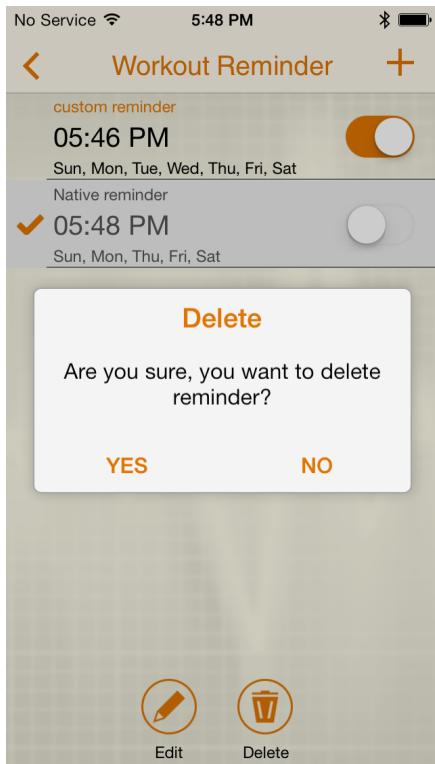


Figure: 7.7.3.8

## VIII. Delete Reminder Confirmation

When user selects a reminder and clicks on “Delete” button in bottom-right corner, this conformation message allows user to avoid accidentally deleting a reminder.

By selecting “Yes”, the reminder will be permanently deleted.

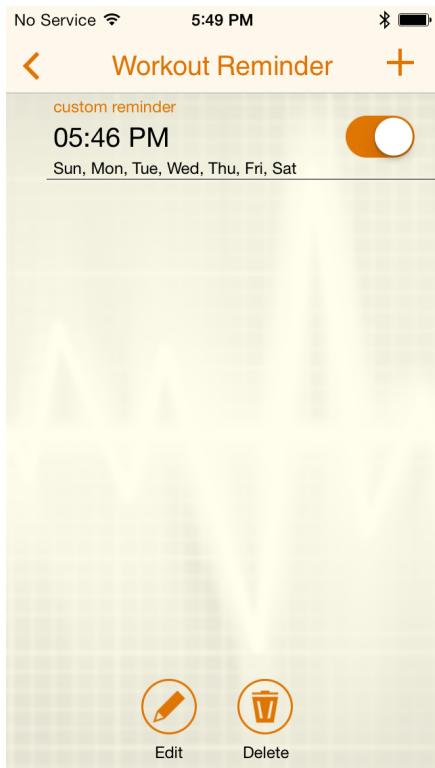


Figure: 7.7.3.9

## IX. Reminder Deleted

Here the reminder is deleted from the calendar and user will not be able to receive any notification on the start date of the reminder.

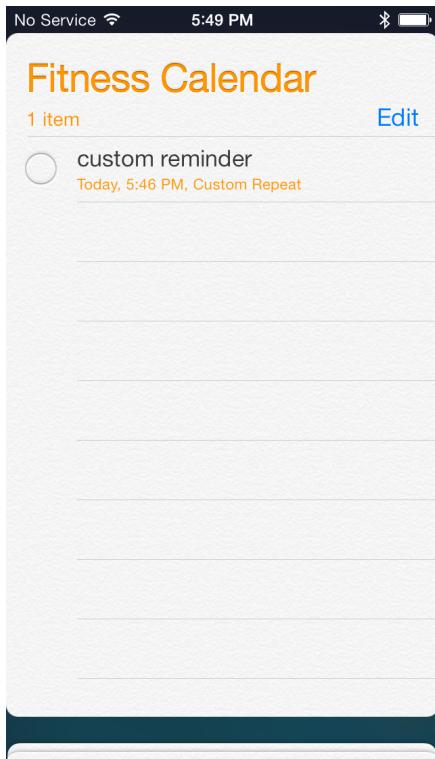
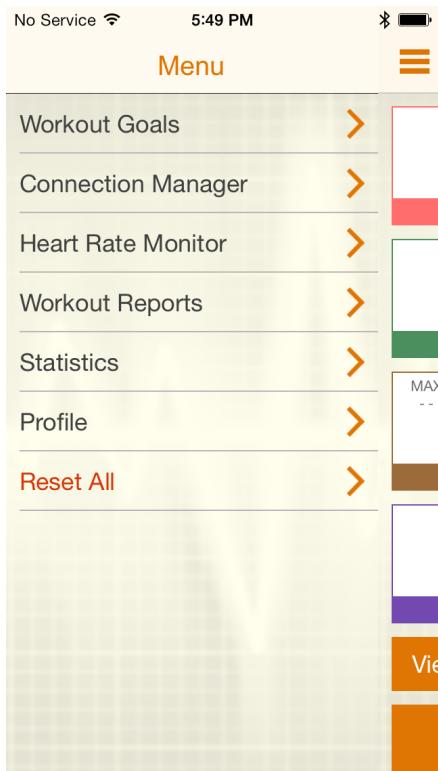


Figure: 7.7.3.10

## X. Reminder Deleted in Native App

The reminder is deleted from the native app also and all the changes made to a reminder in 'Stay Fit' are also propagated to the native app as well.

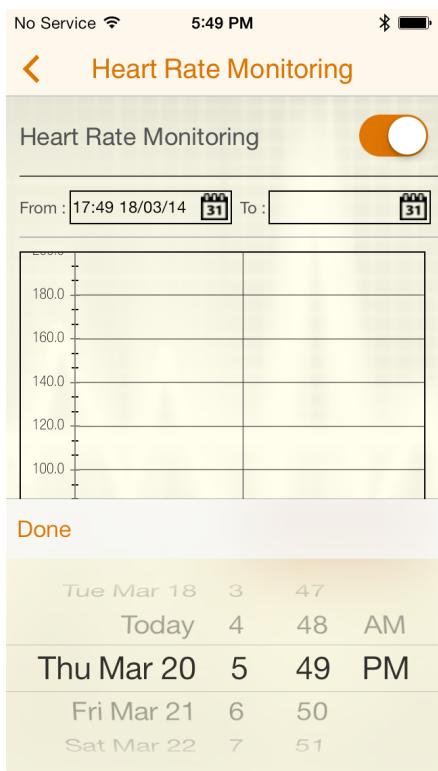
## 7.8 Heart Rate Monitoring



### I. Navigation to Heart Rate Monitor

Tap on “Heart Rate Monitor” tab in “Menu” to navigate to HRM.

Figure: 7.8.1



### II. Filling Filtering Details

Fill the duration during which the graph is required to be plotted on the values of heart rate of user.

Note:

Here user can turn off the continuous monitoring of Heart-Rate by switching the switch to “Off” state. This will have the same effect as the switch present in the user profile.

Figure: 7.8.2

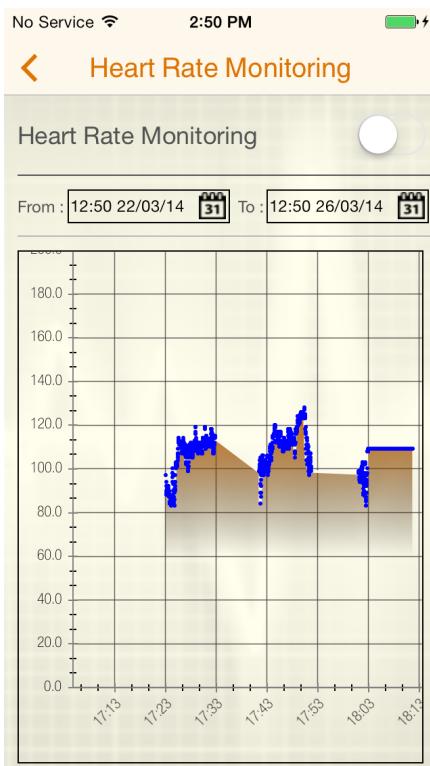


Figure: 7.8.3

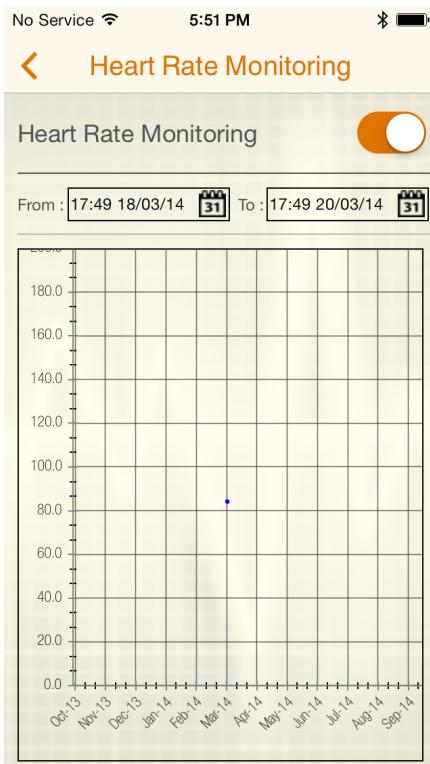


Figure: 7.8.4

### III. HR Graph (hh:mm)

Here the graph is plotted according to the availability of the data and the unit as well as zoom level is detected to suit the duration selected by the user.

### IV. HR Graph (MMM-YY)

This screen shows the maximum zoomed out version of the graph.

Note:

Pinch gesture is used to zoom in or zoom out the graph. The units of X axis are modified according to zoom level.

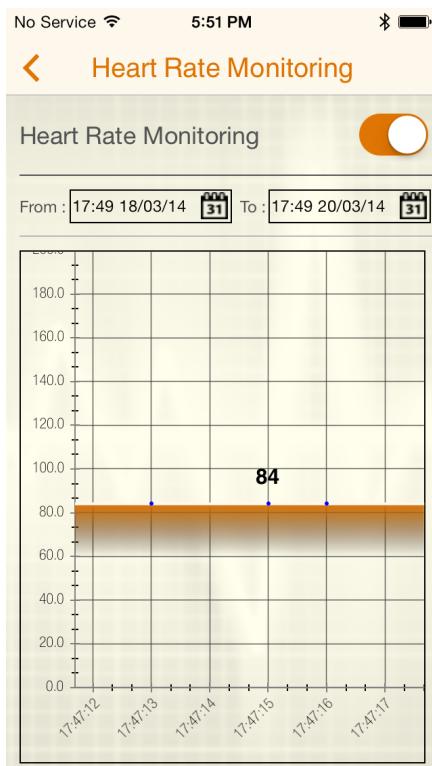


Figure: 7.8.5

## V. HR Graph (hh:mm:ss)

This screen shows the maximum zoomed in version of the graph.

Note:

Pinch gesture is used to zoom in or zoom out the graph. The units of X axis are modified according to zoom level.

On tapping any of the blue dot, the actual value of the heart rate at that point of time will be displayed as shown in Figure.

## 7.9 Music Player

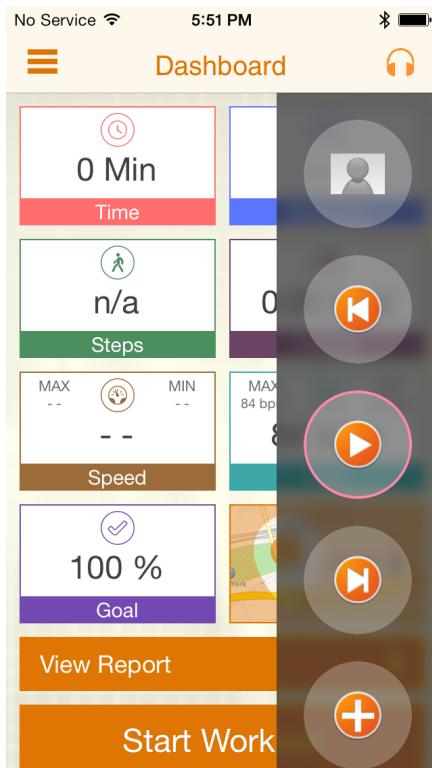


Figure: 7.9.1

### I. Showing Music Player Controls

Here, in Dashboard screen on tapping a music icon a music tray is displayed. It can be hidden again by tapping the same button again or by tapping any area outside the tray.

On tapping “+” button as shown in Figure, user will be redirected to the music library to add the songs to the custom playlist.

Note:

On tapping “Play” button, no action will be taken if the music library is empty or the playlist is not created.

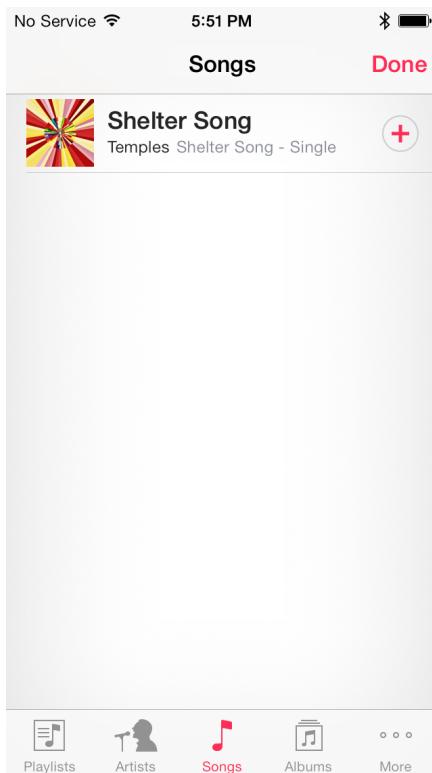


Figure: 7.9.2

### II. Add Songs to Playlist

This screen is from the native music application from where the songs will be added to custom playlist. Tap on “Done” button to complete the operation.

Note:

The music will start playing when the user returns to the ‘Stay Fit’ app, if at least one song is added to the library.



Figure: 7.9.3

### III. Music being Played

Here the music is being played currently and other controls in the tray are also active now.

Play/Pause  
Next track  
Previous Track  
Track Artwork

Note:

The Artwork of the track is for display purpose only and hence it will not result into any effect when tapped.

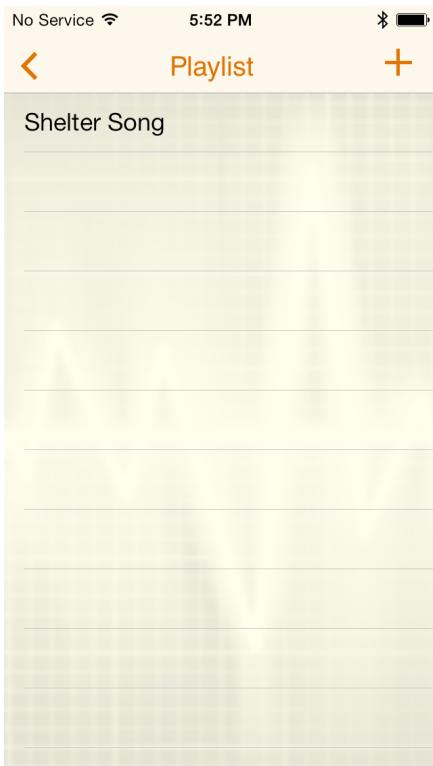


Figure: 7.9.4

### IV. Playlist

This screen shows the tracks, those added by the user from the library. On tapping “+” button, user will be displayed a library and can add few more songs.

Note:

To play a particular song, tap on the tab with the name of the track on it.

## 7.10 Reset All Data

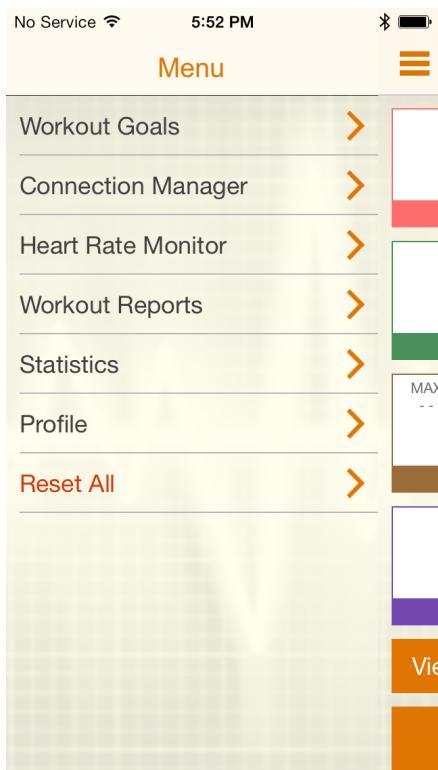


Figure: 7.10.1

### I. Reset All Data

Tapping on the tab “Reset All” in the “Menu” will reset the application.

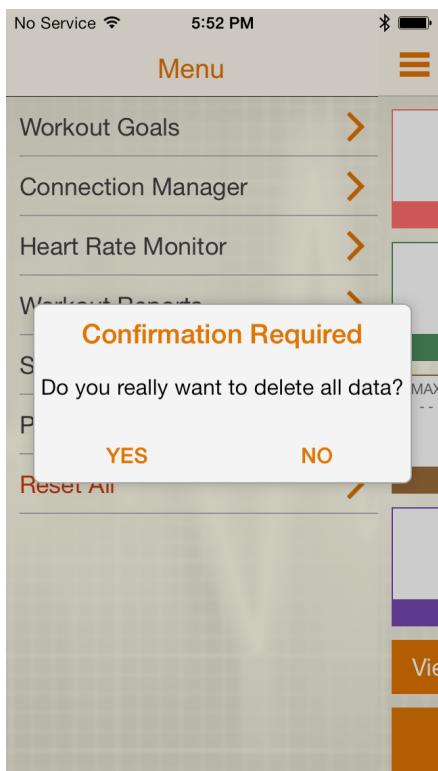


Figure: 7.10.2

### II. Confirmation of Resetting Data

Before resetting the app, a confirmation will be required. On selecting “Yes”, all the user data will be deleted and application will be reset to state when it was first installed.

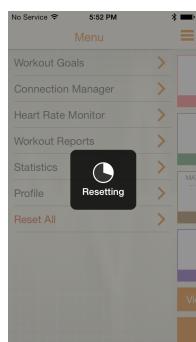


Figure: 7.10.3

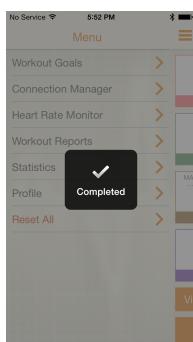


Figure: 7.10.4

### III. Progress Of Resetting Data

The process of deleting and resetting the app requires a few seconds, and after which the application is navigated to the screen “User Profile”, and user is prompted to add all the details again.

Note:

This is required when a new user starts using the application.

The “Fitness Calendar” is also deleted along with all the reminders.

## 7.11 Social Network Sharing

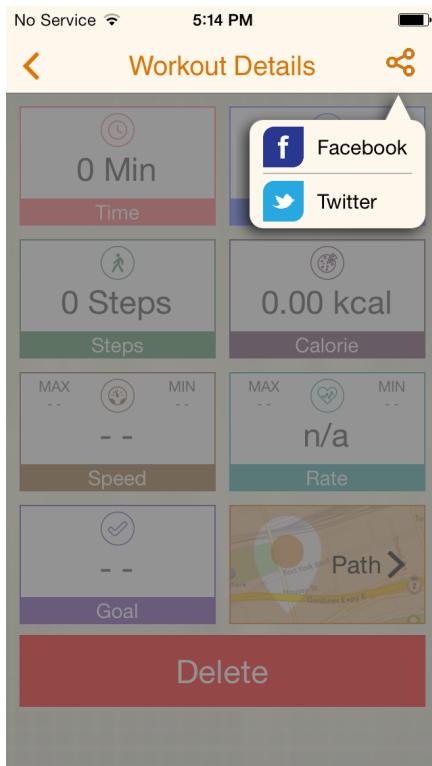


Figure: 7.11.1

### I. Sharing Options

On Clicking the share button in top-left corner, the user will be allowed to select the option of either to share on Facebook or Twitter.



Figure: 7.11.2

### II. Account Configuration

The user is required to add an account of facebook or twitter to the settings app of iphone.

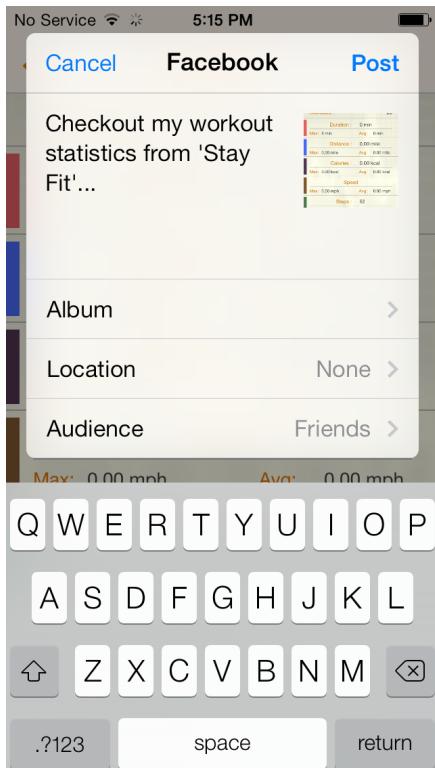


Figure: 7.11.3

### III. Facebook Dialog (Statistics)

The dialogue shown in the Figure is the control that allows user to share the data on Facebook.

Click on “Post” to post the status update or click “Cancel” to go back.

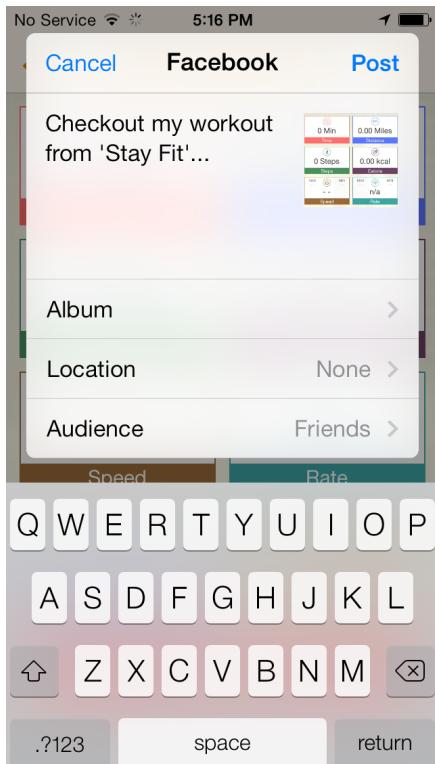


Figure: 7.11.4

### IV. Facebook Dialog (Workout)

The dialogue shown in the Figure is the control that allows user to share the data on Facebook.

Click on “Post” to post the status update or click “Cancel” to go back.

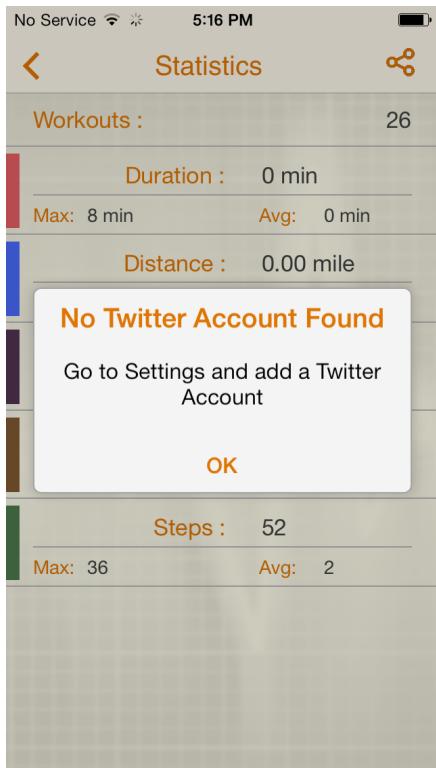


Figure: 7.11.5

## V. Account Configuration Missing

This error is shown when the user tries to share the information without configuring any account.