**Chapter 7**

User Manual

**Introduction**

A user guide or user's guide, also commonly known as a manual, is a [technical communication](http://en.wikipedia.org/wiki/Technical_communication) [document](http://en.wikipedia.org/wiki/Document) intended to give assistance to people using a particular system. It is usually written by a [technical writer](http://en.wikipedia.org/wiki/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.

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| **7.1** **Splash Screen** | |
| Macintosh HD:Users:ispladmin:Desktop:DDIT_Trainees:diagrams:stay fit screenshots:Stay Fit ios 7 screenshots:IMG_0206.PNG  figure: 7.1.1 | **I. ‘Stay Fit’ App Icon**  This is the icon of ‘Stay Fit’ application.  Click on this icon to launch the application first time. |
| Macintosh HD:Users:ispladmin:Desktop:DDIT_Trainees:diagrams:stay fit screenshots:Stay Fit ios 7 screenshots:IMG_0207.PNG  figure: 7.1.2 | **II. ‘Stay Fit’ Launch Screen**  This is the splash screen which will be displayed while the application is being launch.  The application will be launched in few seconds. |
| **7.2 Registration** | |
| Macintosh HD:Users:ispladmin:Desktop:DDIT_Trainees:diagrams:stay fit screenshots:Stay Fit ios 7 screenshots:IMG_0198.PNG  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)  Other options:  **Note**:  **Voice Assistance**: keep this option off if you don’t want the device to give voice feedback during workout process. |
| Macintosh HD:Users:ispladmin:Desktop:DDIT_Trainees:diagrams:stay fit screenshots:Stay Fit ios 7 screenshots:IMG_0200.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0202.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0208.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0199.PNG  figure: 7.2.5 | **V. DOB 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’. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0203.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0204.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0204.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0212.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0213.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0214.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0215.PNGfigure: 7.3.5 | **V. Disconnect Peripheral**  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0216.PNG  figure: 7.3.6 | **VI. Successful Connection**  After a successful connection, the heart rate sent by peripheral will be displayed on the dashboard screen as shown in figure. |
| **7.4 Location Services** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0217.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0218.PNG  figure: 7.4.2 | **II. Turn on Location Services**  Make sure to keep the location services on from the “Settings” app of the device. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0219.PNG  figure: 7.4.3 | **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. |
| **7.5 Workout**  **7.5.1 Workout Path** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0220.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0221.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0222.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0223.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0224.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0225.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0226.PNG  figure: 7.5.2.2 | **II. Today’s Workout Reports**  This screen displays the summery 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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0227.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0228.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0229.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0230.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0231.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0232.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0233.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0234.PNG  figure: 7.6.1 | **I. Navigation to Workout Goal**  Tap on the “Workout Goals” tab to navigate to “Workout Goal” screen as shown in figure. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0235.PNG  figure: 7.6.2 | **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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0236.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0237.PNG  figure: 7.6.4 | **IV. Setting Sample Workout Goal**  This shows the sample of setting a workout goal of 1-minute duration. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0238.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0239.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0240.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0241.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0242.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0243.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0244.PNG  figure: 7.7.1.1 | **I. Reminder Settings**  Before accessing the reminder for ‘Stay Fit’ application it needs to accessible. To do so, go to the “Privacy” option in “Settings” tab. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0245.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0246.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0247.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0248.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0249.PNG  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 on of the day in week must be selected.  Click on “<” button to go back. |
| Macintosh HD:Users:ispladmin:Desktop:DDIT_Trainees:diagrams:stay fit screenshots:6 reminder:IMG_0252.PNG  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 in not necessary and by default set to none. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0250.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0251.PNG  figure: 7.7.2.7 | **VII. List of Reminders**  The summary of the reminder is displayed in short in this screen. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0252.PNG  figure: 7.7.2.8 | **VIII. Reminder Alarm Notification**  This shows the notification given by the device at the start time of the reminder. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0253.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0254.PNG  figure: 7.7.2.10 | **X. Reminder in Native App**  This figure shows custom reminder in native app created by ‘Stay fit’. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0255.PNG  figure: 7.7.2.11 | **XI. Reminder Details**  This figure shows the details of the custom reminder. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0256.PNG  figure: 7.7.2.12 | **XII. Repeat Pattern in Native app**  This figure shows a custom repeat pattern of custom reminder. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0257.PNG  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”. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0258.PNG  figure: 7.7.2.13 | **IXV. Reminder Fetch**  The reminder created in native app is automatically fetched in ‘Stay Fit’. |
| **7.7.3 Edit/Delete Reminder** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0259.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0260.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0261.PNG  figure: 7.7.3.3 | **III. Change Repeat Pattern**  Change the repeat pattern of the reminder by tapping out the days on which the reminder is not required. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0262.PNG  figure: 7.7.3.4 | **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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0263.PNG  figure: 7.7.3.5 | **V. Changes Updated**  Here, a change in a previously saved reminder can be seen in the summary. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0264.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0265.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0266.PNG  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 accidently deleting a reminder.  By selecting “Yes”, the reminder will be permanently deleted. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0267.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0268.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0269.PNG  figure: 7.8.1 | **I. Navigation to Heart Rate Monitor**  Tap on “Heart Rate Monitor” tab in “Menu” to navigate to HRM. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0270.PNG  figure: 7.8.2 | **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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0271.PNG  figure: 7.8.3 | **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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0272.PNG  figure: 7.8.4 | **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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0273.PNG  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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0274.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0275.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0276.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0277.PNG  figure: 7.9.5 | **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 added 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** | |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0278.PNG  figure: 7.10.1 | **I. Reset All Data**  Tapping on the tab “Reset All” in the “Menu” will reset the application. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0279.PNG  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. |
| Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0281.PNG Macintosh HD:Users:ispladmin:Pictures:iPhoto Library:Originals:2014:Stay Fit ios 7 screenshots:IMG_0282.PNGfigure: 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 start using the application.  The “Fitness Calendar” is also deleted along with all the reminders. |