

REVIEW ON GOOGLE FIT AND WHY IT WAS CREATED

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0.1 Introduction

Google Fit is a health-tracking platform developed by Google for the Android Operating System. It is a single set of APIs that blends data from multiple apps and devices. Google Fit uses trackers in a user's activity tracker or mobile device to record physical fitness activities such as walking or cycling, which are measured against the user's fitness goals to provide a comprehensive view of their fitness.[?]

Google fit app aggregates data from all your devices (smartphone, android wear smartwatch) and health fitness apps into one place. Users can check their fitness progress on the google fit website, tablets, smartphones.

Google fit app is available as a free download[?]

0.1.1 Pros and Cons of Google Fit

[?]

Cons

- The interface is clean and pretty but not as much as the FitBit interface
- There is no social aspect for the app
- You can't log custom activities

Pros

- The calendar view and color coded activity view on the web interface is a fun way to view the big picture of your activity levels.
- There are fitness challenges programmed into the watch app
- Google Fit seems to be compatible with a lot of apps.

0.2 Conclusion

In conclusion, Google fit is the answer to health and exercise tracking. It is very convenient, easy and fun to use.

0.3 References

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