



## Watch my Workout

Record

Review

Improve

Computing Multimedia Systems/Web Engineering +

# Watch my workout - Examining the usability and possible uses of a smartwatch

This project will investigate uses of a smart watch in a way that is beneficial to a user's health.

An application will be created that will promote a healthy and active lifestyle. The application will have two components, the smartwatch app and a smartphone app. The smartwatch app will allow a user to track an activity, such as running or weightlifting. When the user has completed their activity the smartwatch app will send the data to the

smartphone app. The smartphone app will show the user their data, such as calories burned, a map of their run, or progress over a period of time.



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