Sendit Fitness - User Manual

This app uses Google Fitness, therefore the user must login with their Google account to enable the movement tracker of this app. Then, the user will be sent to the registration page to put in their personal information and their goals. Once the registration is done, user can swipe left and right to set up new goals, view their activities, get food suggestions and see their BMI over time.

To use the app, transfer the file "**SenditFitness-90f1c0dc6aee464bb6bab9ecb50cc3e2-signed.apk**" to your Android device. Make sure you have "Allow installation of applications from both trusted and unknown sources" enabled in the security settings of your device!

1. **Registration**: User puts in the registration information. This includes their name, weight, height, birth date, and gender. They are then navigated to the goals page. In the goals module, the user inputs their goal (e.g. lose, gain, or maintain weight), the max calories per day, and the max steps per day.
2. Once the registration is over, user can swipe to see setting up new goals, food suggestions, tracking caloric intake, body profile, and movement tracks.
   a. **Goals**: User can view and edit their goals and based on this information, the other modules will update accordingly.
   b. **Food Suggestions**: User can view recipe suggestions that are catered to your calorie intake needs by swiping left to the Dietary page and scrolling to the bottom.
   c. **Dietary Tracking**: User can view inputted meals that they ate that day, in addition to the suggested amount of calories remaining they have allocated for the day. The user can also add meals by typing in what they ate and how many calories. The suggested remaining calories is based off the goal they set in the goals page.
   d. **Body Profile**: User can put in their weight for the day and view their BMI for the day. User will also see their improvement in BMI through chart displayed. If the user inputs multiple weight in same day, only the latest weight will be input
   e. **Movement Tracking**: The user can see a circle showing their daily progress towards their step goal as well as a chart showing step data for the past seven days (if they have data from the past seven days). They can also manually enter in how many steps they have taken. Our current goal is to soon have the app automatically detect how many steps have been taken.