

Project Description Document

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Application name and theme: Apollo Fitness - Health/Fitness application

o Health and fitness tracker description

Apollo fitness is an interactive, motivating health application for users to track all of their fitness activities. The ultimate goal of our app is to make users aware of high-level fitness categories notably hydration, physical activity, and nutrition. Most health advice suggests balancing these areas is the key to losing, maintaining or improving your overall fitness. We want our users to have one place to store and manage that information instead of having to be supported by different applications.

In order to motivate our users, the app will push motivational and encouraging messages to help users to their goals. These notifications may provide daily motivational quotes, reminders to keep moving toward their daily marks and letting them know that they are staying on track (or falling behind). Fitness is a team effort and our application will be the ultimate fitness coach/partner to make our users want to keep improving towards healthier lifestyles.

The application on boards users to create health profiles (height, weight, age) and personal fitness goals (primarily lose, maintain and gain). Apollo Fitness will then calculate hydration and calorie goals based on the user's biometric information and fitness plans to create an individualized experience. Our application will focus on creating a comprehensive single source for our user's fitness journeys.

The Apollo Fitness project will have three core parts. One part will be a nutrition and meal tracking feature. This will be implemented with a database of nutritional content in foods the user can pick from after consuming them. When that data is recorded Apollo fitness app will allow them to compare what they have consumed to their recommended daily intake and chronicle a history of their food intake. This feature will log both overall calories intake as well as macronutrients (protein, fat and carbohydrates).

The second part will be a physical fitness/workout tracker. This will allow users to log their exercise over time. As the user uploads activities they will be able to review what they have done previously and their accomplishments in an easy to read graphical layout.

The final part will be a hydration tracker. Users who need help making sure they're drinking a suitable amount of water or those who are conscious about their hydration have a way to track and compare their intake with healthy water intake

recommendations. These core features will be the focus of Das Technik in the making of our Apollo fitness application.

o **General Overview of Similar apps**

MyFitnessPal

MyFitnessPal is an app developed by Under Armour to help users track their diet, exercise, and water intake. It features an extensive database of foods that users can access to log their eating activities. There is a free version of the app containing ads and a limited feature set, and a premium version with extended features such as a “nutrient dashboard” where you can break down what foods contribute to the intake of a particular nutrient, and “food timestamps” that allow you to see how the time you eat affects your energy levels. There is also a social aspect to the app, allowing you to compare your progress with your friends. The primary difference between MyFitnessPal and ApolloFitness is the motivational features of ApolloFitness, as MyFitnessPal does not include any sort of push notifications.

WaterMinder

WaterMinder is an app that helps users track their water intake. It features a stats tracking function that is used to formulate a daily goal for the user. The measurements used to track water intake are configured allowing the user to change measurements. It also features a tutorial for new users. It has a premium version that adds various features, such as removing ads, more notification sounds, google sync, etc. The homepage has a picture of a person that fills with water depending on the percentage of water drank that day of your daily goal. The app features achievements for various accomplishments such as logging your first drink. You can then share your achievement. It also has a graph of past intakes on various days of the month as well as hour by hour intake of water. It also has a settings page that allows you to toggle reminders, notification sounds, achievements, etc.

Google Fit

Google Fit is a health app that allows the user to track their sleep, heart rate, weight, caloric intake, blood pressure, activities, and workouts. It uses this information to create graphs to help inform the user on their progress towards fitness. Users can make goals for what they want to accomplish each day and earn points towards those goals and even earn achievements along the way. This app is free and can be found on the app stores for free but does require a google account. We hope to distinguish ourselves from this app by including

features such as tracking how much you drink each day and a mood tracker that keeps track of your mood during each meal.

Fitbit

Fitbit is a fitness and dietary tracker focused around wearable devices that provide notifications and work as a pedometer. Fitbit contains general fitness and health features such as: Hydration tracking, sleep tracking, sleep quality tracking, daily activity goals, food tracking, as well as a number of other features. Fitbit's profit margin comes from their wearable technology, a smartwatch branded as a 'fitbit'. While our app will lack the full features of the fitbit application, we hope to distinguish ourselves with a focus on the user's emotional state with mood tracking and meal suggestions based on the user's meal history.