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 this app is to make users aware of high-level fitness categories notably mood, hydration and nutrition. Most health advice suggests balancing these areas is the key to losing, maintaining or improving the user’s overall fitness. Das Technik wants users to have one place to store and manage that information instead of having to be supported by different applications.

In order to motivate 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). These messages can even include in app responses to user inputs such as a user informing the app they are having a bad day. Fitness is a team effort and ApolloFitness will be the ultimate fitness coach/partner to make users want to keep improving towards healthier lifestyles.

The application on-boards users to create health profiles (name, height, weight, age) and personal fitness goals (primarily lose, maintain and gain). ApolloFitness will then calculate hydration and calorie goals based on the user’s biometric information and fitness plans to create an individualized experience. The name function, while identifying, will allow the app to provide a personalized touch. Instead of generic commands, displaying the user’s name allows the user to feel as if they are speaking to another person. ApolloFitness will focus on creating a comprehensive single source for a user’s fitness journey.

The ApolloFitness project will have three core parts. The first 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, ApolloFitness 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 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.

Lastly, the app wants the user to be able to reflect on how fitness can make them feel. In order to do so, reviewing hydration and nutrition trends will also display user mood reporting. Over time, it is hoped that the user will see an improvement in their mood as their lifestyle improves. These core features will be the focus of Das Technik in the making of the ApolloFitness application.

The application will be developed using react native programming language. Nutrition data will be leveraged using an external API but internal databases will be considered to improve off-network access. All information recorded by the data will remain on device so network and cloud security will not be immediate concerns to the development of the 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 the user can break down what foods contribute to the intake of a particular nutrient, and “food timestamps” that allow the user to see how the time they eat affects their energy levels. There is also a social aspect to the app, allowing the user to compare their progress with their 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, and takes into account different things including weather, activity level, weight, gender, and whether the user is pregnant or breastfeeding. 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 the user’s daily goal. The app features achievements for various accomplishments such as logging the user’s first drink. The user can then share their 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 the user to toggle reminders, notification sounds, achievements, etc. The primary difference between WaterMinder and ApolloFitness is that ApolloFitness will include mood tracking features that allow the user to track and compare their mood to their water consumption each day.

**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. ApolloFitness will distinguish itself from Google Fit by including features such as tracking how much a user drinks each day and a mood tracker that keeps track of the user’s 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’. The main difference between Fitbit and ApolloFitness is that ApolloFitness will lack the full features of the fitbit application, ApolloFitness will distinguish itself with a focus on the user’s emotional state with mood tracking and meal suggestions based on the user’s meal history.