**Introduction:**

With the emerging technologies and ever speedy growth in human lifestyle, we tend to deviate from some of the basic life constraints about keeping ourselves healthy and fit enough to live a good life for a longer period of time. There are workaholics’ everywhere, we have become smart, intelligent,and we cannot afford our time for yoga classes, gym and fitness. This has serious effects on our body and makes us vulnerable to various diseases diabetes, heart diseases etc. We need to lose extra calories and toxic substances from our body by doing some physical work. We have busy schedule and we need a smart solution to address such problems and also monitor our daily consumption.

**PACT analysis:**

**People:**

There are many ways in which people differ from one another, from physical appearance to the attributes they have. People have different personalities and react to things in different ways. This depends largely on the five senses i.e. hear, sight, smell, taste, and touch, so it is important for our fitness and health app to carter all these needs. People that will be using our app will have a basic technical know how of how smartphones operate along with understanding of english language, as it will be the only medium the app will communicate with the user. The app will carter the blind people tell , the text and fonts will be clearly adjusted so that their screen reader won't mess it up , moveover the scenario and actions will be communicated with voice command.Keeping in view of people with color blindness ,we will make sure not to use the red and green color in contrast ,so that the user won't find the app difficult to use.People with Long-sightedness won't be having a problem as the controls will be clearly visible and there will be an option to increase the icon and text size. The icons used in the app will be taken under consideration ,so that none of the signs will create a cultural difference. Keeping in focus of the poor memory of people ,clear and helpful signs and tips will be given in the app to help them use and navigate the app.

**Activities:**

Out fitness and health app will allow the users to see the number of steps they have taken and also make them reach a health goal.Using the app they can check their heart beat rate, stress rate ,their blood pressure and weight as well as SPO levels.For each reading there will be clear signage for normality and extreme measurements along with proper instructions.It identify type of movement, like “running” or “walking” to break up a user’s movement and understand how individual choices contribute to overall activity level. Moreover you can keep your diet schedule in it and it will remind you when to take it.For keeping a user hydrated ,it will provide notifications as a reminder to drink water and they can tap the glass to fill it ,indicating that they have drank the water.Gym mode allows the user to workout with the timer.

**Context:**

This context this app refers to is of comfort and motivation.people will only use it when they feel the need to improve themselves and start a healthy living.Physically, this activity takes place at any time of the day in an indoor environment (lecture hall, home ,office etc).Sometimes Humidity of the environment may affect the using of finger sensor scanning.Socially, there will be no need of privacy to perform this task.

**Technology:**

**Input:**

**Finger Sensor:**

This module will be attached with the Back flash of the smartphone camera. User will have to put their finger on the sensor and a red light will start reading the pulse and scan it.

**Virtual keyboard:**

When the user create a diet plan and essential inputs, he will need to use the default virtual keyboard of his smartphone to key in the the details.The app will use the text type virtual keyboard which support different kinds of alphabets, symbols and numbers.

**Speakerphone:**

Instructions can be in the form of audio as well, where the user can use the smartphone's speakerphone to hear the guidelines

**Output:**

**Phone display:**

Most of the outputs come from the display of the smartphone, where the user will have to rely on his vision in order to obtain most of the information presented by the app.

**Speaker:**

The user will have to rely on the speaker of the phone in order to receive the notification of the reminder. Once the phone time reached the reminder time, the app will send a notification to the user by playing the default notification tone of the user’s device. Once the user heard the notification tone, he will know that the reminder have already been set off.Aside from this optional audio instructions will also rely heavily on the speakers.

**Vibration:**

Other than just the notification tone, depending on the user’s device settings, if he allow vibration in his phone, then the smartphone will vibrate as well when a reminder is being set off. This allow the user to notice the reminder even if he didn’t manage to listen to the notification tone.

**Notification light:**

Some smartphones come with a notification light. When there is a notification, the light will either be blinking or remain lighted up until the user dismiss the notification. When the reminder set off, a notification is sent by the app. Even if the user missed the notification tone and the vibration, the notification light will inform the user that a reminder have already been set off.

**Communication**  
Wireless communication to the server. If the user is signed into the app through his email, the app will backup all of his schedules and plans into the server through the Internet. All smartphones comes with Wi-Fi support or 3G support which helps the smartphone to connect to the Internet. Therefore, when the app backup or retrieve the notes from the server, a wireless communication is performed between the app and the server.

**Need Finding:**

We will be using the qualitative approach in our need finding research.We will be using two basic kinds of need finding tools: observations and interviews.

**Participant Observations:**

We will be observing the users who use similar kind of apps and deduct from that set of observations ,proper rules and instructions to better facilitate the user with our product.

**Study of Existing System:**

Some of the apps in market are providing few of the facilities which we are providing too.So by judging and researching on specific modules of those product ,we can see what we can improve.

**Interviewing Stakeholders:**

Developers , users and designers of this app will be interviewed and asked for suggestions and modifications.These interview will be noted down and then from these points we will filter out the best options that would satisfy the user.