**CS 125: Personal Wellness Recommender System Proposal**

**Application Name:** RouteFinder

**Group Members:**

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**Which problems are we addressing? Why is it important to focus on this problem?**

Being active is an important part of a healthy lifestyle that people often neglect. It is important to focus on steps in order to increase one’s non-exercise active thermogenesis (NEAT). RouteFinder will help users reach their step goals when users aren’t sure how far they need to be going by providing new routes for users to walk to every day.

**Goal of the System**

The mobile application will be user-friendly since its purpose is to encourage people of all ages to get involved in healthy lifestyles.

RouteFinder will help users looking to see how far they should go to reach their current step goals in real time. It keeps tracking of users' daily steps and suggests future goals. Many times people are trying to meet their step goals and are unsure about how far and where they need to go to reach their goal.

The system will use past health data and nearby locational data around the user to help the user determine a step goal in real time for their day, and suggest a location the user should walk to, in order to reach their goal. Users will be given a map for their walking route for the day, along with the approximated time and distance to complete the walk.