

Steppy

User Manual

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December 2016

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1. Introduction

This user manual describes how to use the IOS app Steppy, an app used to track steps and heart rate for a single or multiple users. Using this app, a user can add, delete and modify daily steps and heart rate data and then view that data as separate graphs. The data is stored on a local database on the IOS device and so the storage limit is subject to the available space on that device.

1.1. System Requirements

This app runs on iPhone 5 and newer IOS devices that are using iOS 10.1. In order to receive heart rate data from the Health Kit, a user must also have an accompanying iWatch.

1.2. Installation

This app will be available for free download from the App Store.

2. Getting Started

After downloading Steppy from the App Store and installing it on your iOS device, a user will open the app to the start screen seen in Figure 1. In this screen the user has the ability to log in to an existing account by choosing the “Login” button and the ability to create a new account through the “New User” button.

2.1. Adding a User

A user will first have to create a new user to log in so the “New User” button should be selected on the first start up.

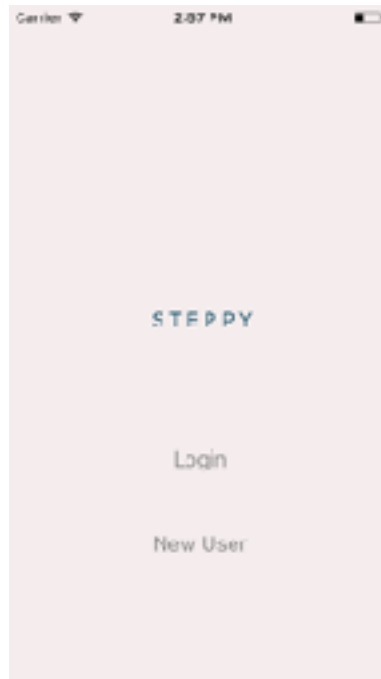


Figure 1. First Log In Screen

The user will then select the “New User” button which will bring up a pop up window that asks for user info. The user info can then be filled out similar to the example in Figure 2. to create a new user in the local database on the user’s iOS device.

Carrier 3:06 PM

New User

John
Doe
john.doe@example.com
BB
100
M
75

Cancel Submit

New User

Figure 2. Filled Out User Info for a New User

After submitting the info, a new user will be created in the local database and the user will return to the start screen to log in using the "Login" button. A pop-up window will appear to ask if the user would like to receive notifications. The notification is used to ensure that data is entered each day and will come daily at 6:30 pm. Pressing the "Login" button will bring up another pop up window with a field for the user's email address, which is used as the user's username, and another for the user's password.

2.2. Linking Health Kit

When the user logs in to the app for the first time, they will be presented with the option to use the Health Kit. If the user doesn't wish to use the Health Kit, then they can simply choose "Don't Allow" as seen in the upper left corner in Figure 3. Otherwise, the user should select the categories that they wish to allow Steppy to access.

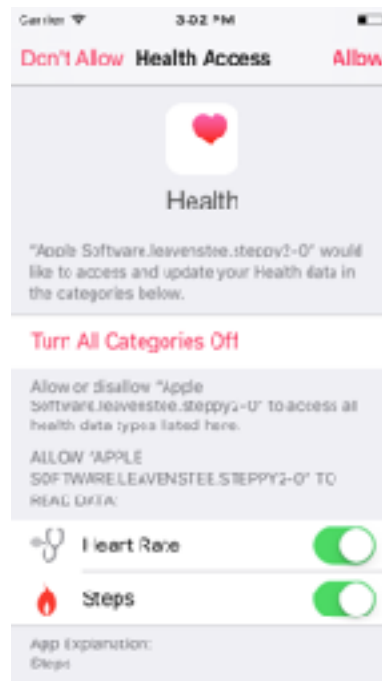


Figure 3. Health Kit Access

In Figure 3. the user has chosen to allow Steppy to access the Health Kit, which is the preferred method for data input for Steppy.

2.3. Exiting Steppy

In order to exit Steppy, the user must press the home button on their iOS device.

3. Steppy Operations

All operations within Steppy can be accessed from the main view which can be seen in Figure 4. The main operations include: "Add" to add a new step and heart rate log to the data set, "Steps" to generate a graph of the user's step data, "Weight" to generate a graph of the user's weight data, "Heart Rate" to generate a graph on the user's heart rate data and "Data" to view, edit or delete the user's data. The auxillary actions can be seen on near the top, those include "Log Out", which will log the user out and return to the main screen, and "Info", which will pull up the user's user info and some metrics.

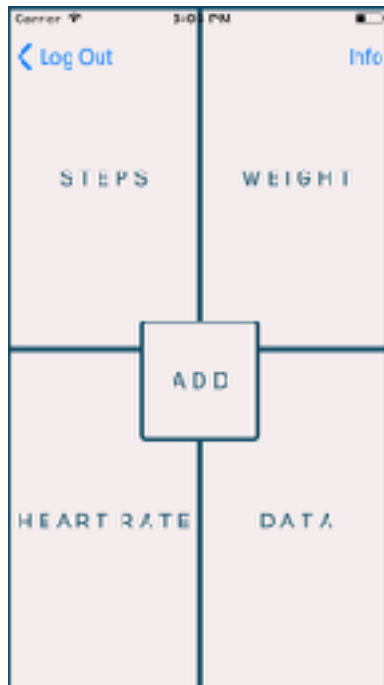


Figure 4. The Main Screen of Steppy

3.1. Adding Step and Heart Rate Data

A user that has either chosen to use Steppy without linking the Health Kit or decided to add data about a previous day can do so through using the “Add” button, located at the center of the screen in Figure 4. Pressing the button will bring up the pop-up window seen in Figure 5, where the data can be entered.



The image shows a mobile application interface with a background screen divided into four quadrants labeled 'STEPS', 'WEIGHT', 'HEART RATE', and 'DATA'. A central 'Add' button has been pressed, opening a 'New Data' modal window. This window contains four input fields: a date field (8-12-2018), a 'Heart Rate' field, a 'Steps' field (150), and a 'Weight' field. At the bottom of the modal are 'Cancel' and 'Submit' buttons. The background screen also features a 'Log Out' button in the top left and an 'Info' button in the top right.

Figure 5. Add New Data Window

The user’s last weight will populate the weight section and can be changed and the user must enter data in both the “Heart Rate” and the “Steps” fields. The user is unable to enter a new log if any of the fields remain blank. Pressing “Submit” will create a new entry in the data log and pressing “Cancel” will end the operation and take you back to the main screen.

3.2. Generating Graphs

A user that wishes to generate a graph of past step, heart rate or weight data can do so by pressing on the corresponding button seen in the main screen on Figure 4. Pressing the button will create a graph like Figure 6, whose view can be exited through the back button seen in the top left.

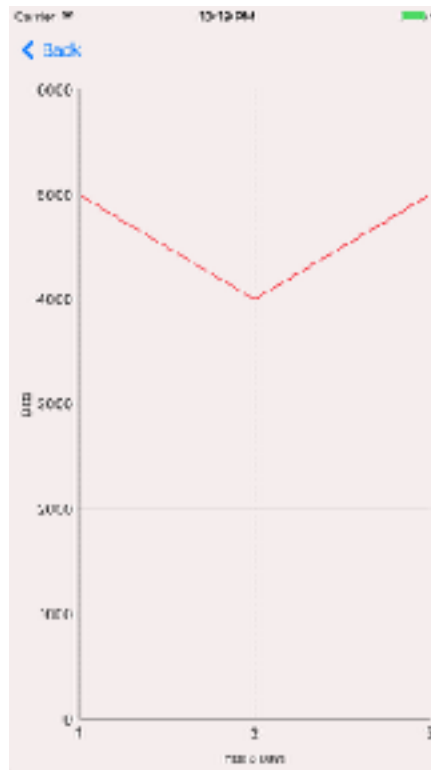


Figure 6. Example Steps Data Graph

3.3. Modifying User Data

If the user wishes to modify their data at any point, they can do so by clicking on the "Data" button seen in the main screen on Figure 4. Pressing the button will pull up a screen containing all of the user's data, seen below in Figure 7. Swiping left on any of the entries will give the user the option to delete that entry, while tapping on any of the entries will allow the user to modify that entry. A user can use the search bar to search all of the entries and can be used to search for data from specific dates. A user can exit this screen through the "Back" button seen in the top left side of Figure 7.



Figure 7. Data Editing View