Project Name: TrackFit

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Project Objectives: To provide a mobile application which will motivate a user and shape the user’s exercise programme.

Deliverables: User Profile:

* To obtain users’ name to personalise motivational encouragements
* To obtain users’ weight and height to calculate body-mass index (BMI)
* To obtain users’ preferred exercises

Heart Rate Monitor Integration:

* To obtain the users’ heart rate which will be used to monitor users during physical activity to provide feedback

Exercise Recommendation:

* To create a tailored exercise routine for users based on user preferences

Motivation / Encouragement and Notifications:

* Messages that encourage users to mean their goals
* Notifications to either increase or decrease workout intensity based on recommended heart rate for each exercise.

Schedule:

Creating phone app with data form to accept data from user to be used for generating the user's profile.

Setup of backend server to accept user's data and store information of workouts.

Research and integration of exercises into app and database. This will include recommended heart rates and duration

Tweaking of user interface to make it more user friendly. As well as integrating motivational messages during the exercise.

Advanced app features such allowing user to see their current weight vs the weight they started with.

