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**BRIEF**

Run Tracker Wizard is an app for tracking your run or sprint workouts. It features workout for levels: beginner, intermediate, and advanced.

**MECHANICS**

Each workout involves several ROUNDS. A round is comprised

RUN: Where your are expected to run a specific distance  
REST: Where you are expected to walk for a specific time duration.

**PROOF OF CONCEPT**

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| 1. In the MainActivity you choose a run by your level.  For the demo, only the Pyramid Run is set up. | 2. In the ProgramDetailActivity you find how much rounds of Run and Rest will be required to finish the consider the program completed | 3. In the RunActivity, for now it is a count down of Rest and run. In the above example, this is the REST countdown |

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| 4. This is the PROTOPTYPE RUN Countdown. For now it is time based, but it will be changed with the distance tracker in the next phases. | 5. When the app is on the physical phone, it will ask for permission to track. | 6. There is no UI yet, but the functionality to track the distance is prepared and IS WORKING in the DistanceTrackingActivity.  This can be accessed using the “>” button on the header.  This only runs when you install the app on physical android phone by building an APK. |

**NEXT STEPS**

1. To apply the distance tracker to the run activity
2. To apply Google API to track your location and not just distance.