User Manual

Introduction

Thank you for choosing the Heart Rate Monitor! We believe health is one of the most valuable assets a person can have. This monitor is just our little way of helping you achieve that.

Best Wishes and Happy Living,

Group -2

Requirements

To ensure that your hardware is compatible with our Android application, please check the following specifications:
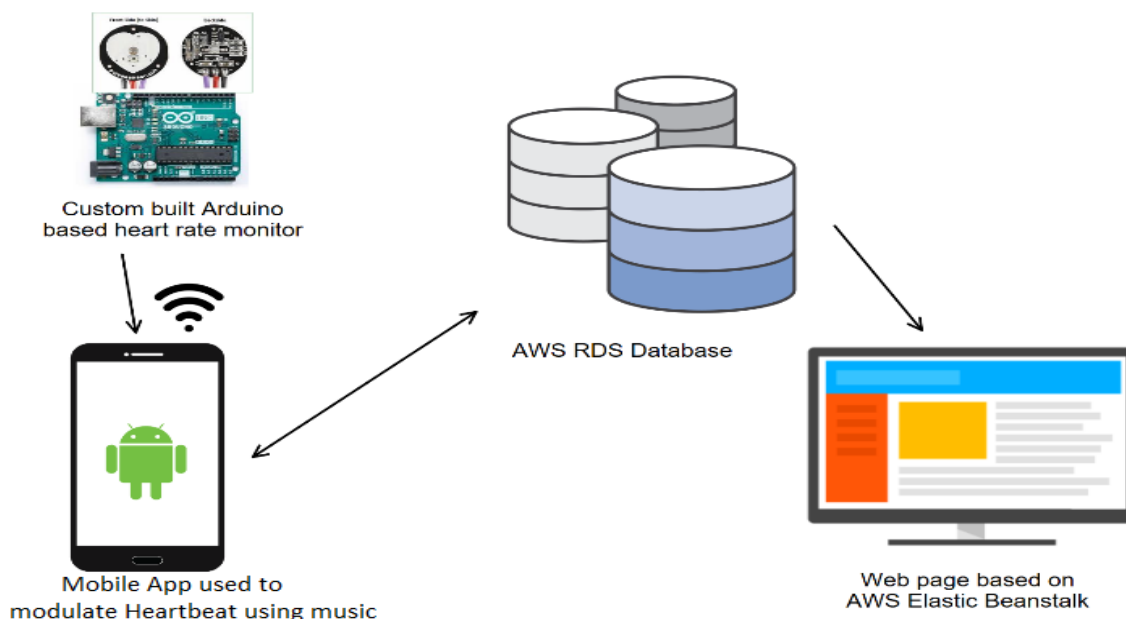
- Heart Rate Monitor runs on Bluetooth 4.0+ and tracks heart rate in BPM
- Smartphone runs Android 4.3+ with a radio that supports Bluetooth 4.0+

Warning

You are urged to exercise cautious judgment when using our product. The intended audience is between **8-60** years of age. Although our product seeks to enhance your workout and sleep cycle, it is safer for younger kids and the elderly to refrain from inducing extra stress on their heart. If you have any heart conditions, please do not use our product. Please consult a physician if you are unsure of your condition.

System

The following diagram explains the working of the system on a basic level.

Custom built Arduino based heart rate monitor

Mobile App used to modulate Heartbeat using music

AWS RDS Database

Web page based on AWS Elastic Beanstalk

How to Use

1. Click on Start on the home screen to begin your new session

Fig: Home Screen of Android App

2. Select a mode based on which activity you wish to perform. There are three activities you can choose from – Sleep, Studying or Exercise.

3. Once you click on any mode, a music player at the bottom automatically starts playing songs which help you boost your productivity.

4. By clicking the play or pause button, the music can be toggled on/off.

5. If you wish to stop the current session, click on the stop button. This quits the session and prompts an alert if your heart rate was not in the range specified for that activity.
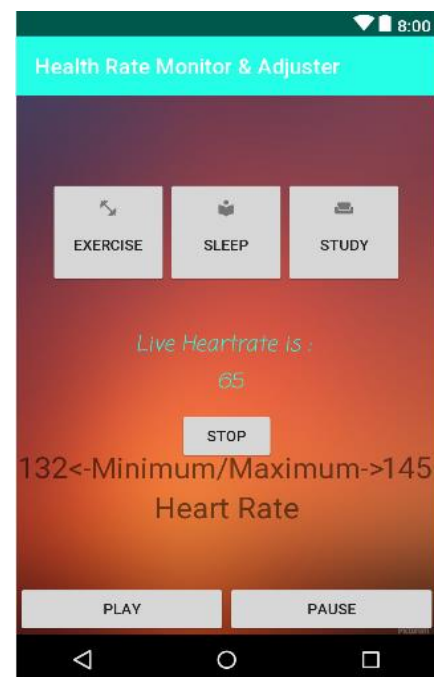

Fig: Main Screen of the Android App