

Vision - *FitnessTracker*

The spotlight has never been brighter on the concept of fitness. Our vision is therefore to create a simple tool for keeping track of performance, related to fitness. The application will have several types of users ranging from professional athletes to individuals focusing on improving their health. To further increase the range of users, a possibility will be to additionally develop the application in order to target groups, such as athletic teams, or acquaintances seeking to motivate one another by comparing their fitness efforts.

The users of this application will be able to insert information about their daily exercises, and food intake, and will in return be given an estimated calorie amount that these activities respond to. The user will then be able to see what a certain amount of food responds to in terms of exercising and will also be able to compare their performance to a personal goal, and over time. This application provides a sort of stepping-stone into creating further functionality and features, for example adding the ability to connect to other users. In that case, the users will, on top of being able to overlook their own performance, also be able to create groups that wish to share information about their achievements, perhaps with the purpose to compare or compete with each other, or simply to provide motivational support.

The application will therefore have the attributes of accepting and storing information about training and eating and will also be able to convert these into calorie amounts for comparison (through the use of Livsmedelsverkets database). The application will be able to store and graphically present data for individual users and will, perhaps, or at least as a future possibility, have the ability to create groups of users where certain user information is presented to the members of that group. If a user's type of food, or exercise form, isn't stored or can't be chosen through the application, the user should have the option of adding this information.

This fitness application will therefore be unique in the way that it provides a simple, flexible and user friendly way of keeping track of personal fitness achievements (and possibly, give the opportunity for comparing members of a group). The application will satisfy user's need of finding out how much they have to exercise based on their food intake and will also be a tool for achieving fitness goals.