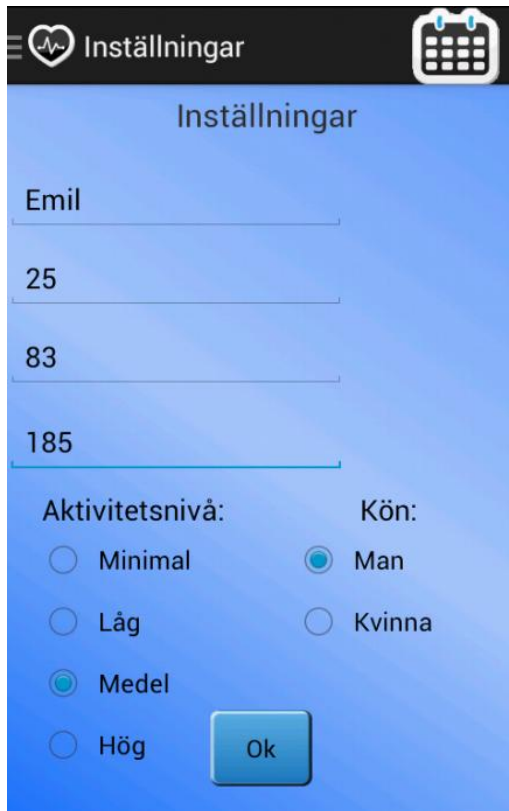


User Manual - *FitnessTracker*

Using the application for the first time

When you are using the application for the first time you are going to be met by a preference screen where you need to insert your personal information such as name, age, weight, height, gender and choose an activity level. After this is done, press ok and a user profile is created.

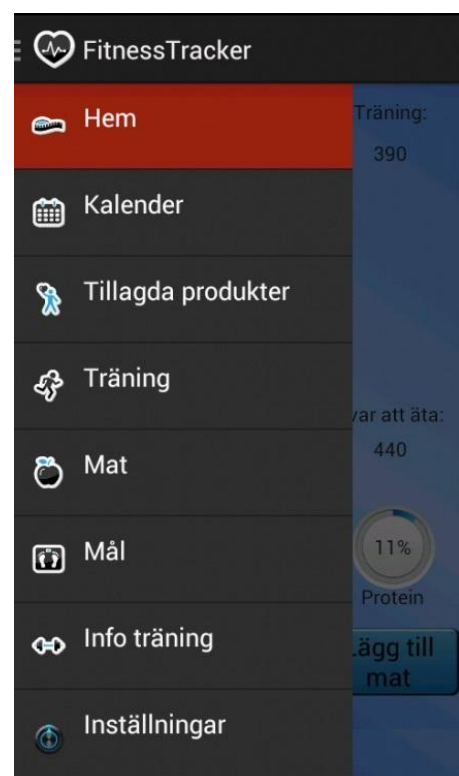


Orientation

Every time you open the application you will be taken to the home screen.

The menu is a sliding menu that appears when you press the uppermost left button on any screen. There is several options for you to choose; home, calendar, added products, workout, food, goal, info workout and preferences. In this user manual the different screens will be explained in the order they appear on the menu.

It is always possible to press the Smartphone's back button (not on the screen) to get to the previous screen.



Hem (Home screen)

By pressing the home button will you be taken to the home screen.

The home screen shows for the date chosen how much the eaten food and performed workout is worth in kcal. It shows also how the goal-amount for the food you can eat each day, how much you have eaten totally today (this number decreases when workout is added) and how much that is left to eat for.

There are also four graphs. The big one shows how many percentage of the daily goal-amount to eat that have been consumed. The three small one shows how many percentage fat, carbs and protein you have eaten.

There are three buttons at the bottom of the screen. If you press any of them they take you to the screen which the text is representative for. Example: the add food-button directs you to the add food-screen.



At the uppermost left corner of the screen there is a button that will take you to the menu. The calendar icon at the top of the screen will when pressed take you to the calendar.

Kalender (Calendar)

This button leads to a calendar. You can navigate in it by sliding your finger or the mouse in a vertical direction. By pressing any of the dates, the app sets that date and takes you to the homescreen and shows all the data you have entered for the selected date.



Tillagda produkter (Added Item)

This screen shows a log of all the food items and workout activities you have entered for the selected date. If you wish to remove an item entered just press the button "ta bort" that is situated below the item.

The date can be changed by pressing on it at the top of the screen and then choose another one.



Träning (Workout)

Search for the workout type you have done, enter the length of the workout and choose what date this was performed. When you press add (lägg till) information about this activity such as name, time and the amount of kcal burnt is shown at the bottom of the screen.



If the activity that you have done cannot be found when searched after you can press the button create a workout and there type in the workout name and calories burnt for 30 minutes and the press the button save in database (spara i database). This activity is now possible find when searching for it.

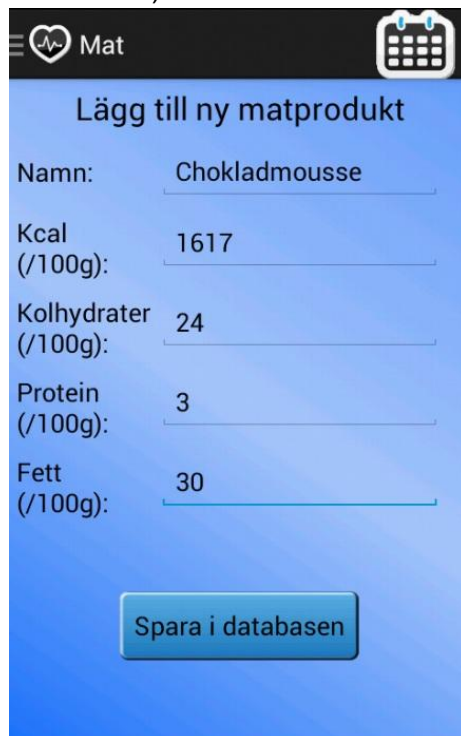


Typing in the swedish letters å, ä and ö is not possible in the emulator, but it is possible if the app is in a smartphone.

Mat (Food)

Search for the food you have eaten, type in the weight in grams and select the date you ate it. When you press add (lägg till) will the application show you information about the added food such as name, the amount of kcal, protein, fat and carbs at the bottom of the screen.

If you can't find the food you have eaten press the button create new fooditem. Type in the name, kcal, carbs, protein, fat and then press the button save in database (spara i databasen). Now is that fooditem saved in



our database so that the next time you are searching for this fooditem you will be able to find it in the ordinary add food screen.

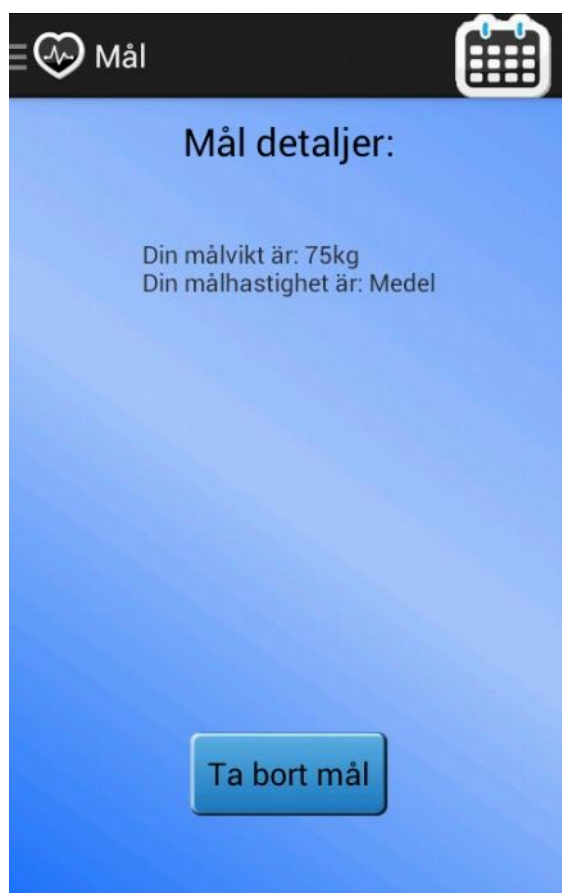
Typing in the swedish letters å, ä and ö is not possible in the emulator, but it is possible if the app is in a smartphone.



Mål (Goal)

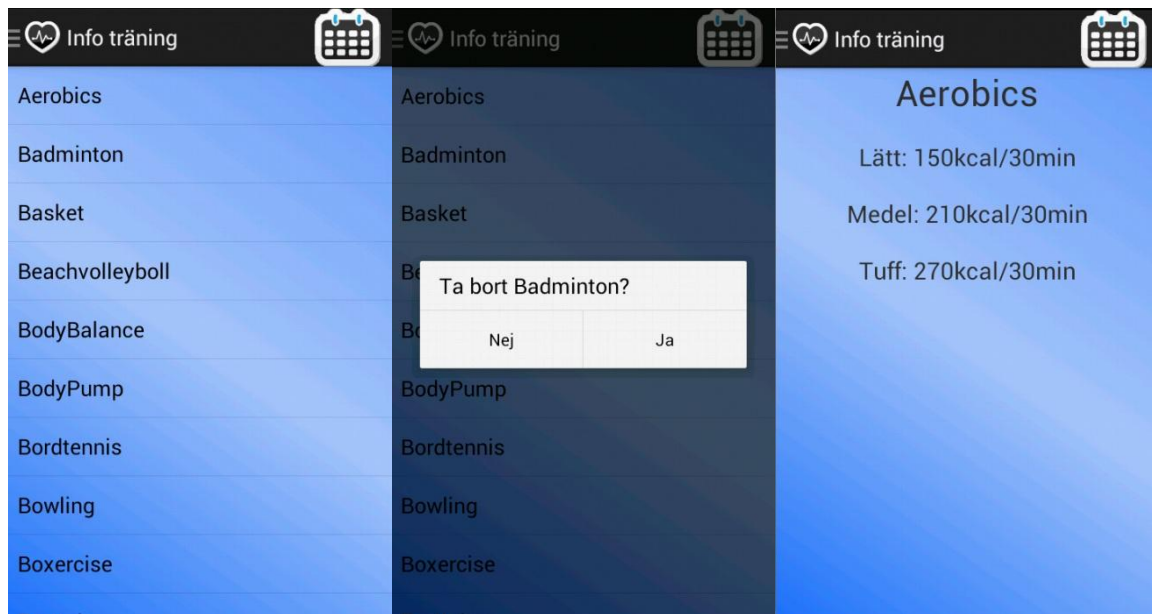
Here can you insert a weight you want to reach and choose how fast you want to do this; fast, medium or slow (snabb, medel eller långsam). Text will appear that tells you how much weight you need to lose and depending on what speed you chose how many weeks it will take you to do this. The app will have the goal in mind when calculating how much you can eat per day.

If you press the bottom view goal (se mål) you will be brought to a new screen with text that tells you your goal weight and the speed you chose.



Info träning (Data)

By pressing the button Data you are brought to a list over all the workout types. All of the names are clickable, if you do so you will be directed to a screen that shows information about the workout type you just chose, and the different levels if there are any. If you instead press any of the workout types for a few seconds an option to delete the workout type appears on the screen.



Inställningar (Settings)

Brings you back to the preference screen you encountered when you opened the application for the first time. You can either re-enter your data or create a new user profile.

