

Team Name: Codebreakers

Project: MindfulMotion

Team members who contributed:

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Type of health

Sharing

Mental health

Measurements

Exercise

Dietary Health

mental health

physical health

social heath

Dietary health

intellectual Health

personalizes which health to improve

sharing fitness routine with friends

viewing other's fitness routines; save/like feature

point system for reaching health goals with friends of famaly

share running routes with friends

gps feature

Mental Peace

Efficient

meditation

anxiety, depression, etc.

Good sleep

Fitness

Strength

Agility

Calories

Km/m

fitness stat tracker

Sleep Time

Wellness program

heart rate

weight

kg/lbs

Running

Gym

breathing exercise

disability accommodations

Cycling

Recommendations

swimming

weight lifting

bench pressing

Fruits

food intake; diet

Vegetables

Recomendations

calorie goals depending on weight/age

helps user create meal preps

Calorie Deficit Diet

recipes