

FitnessFun

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T I R E D
O F T H E **E N D L E S S ?**
F I T N E S S A P P S .



**“NO FRILLS
FITNESS
APP”**



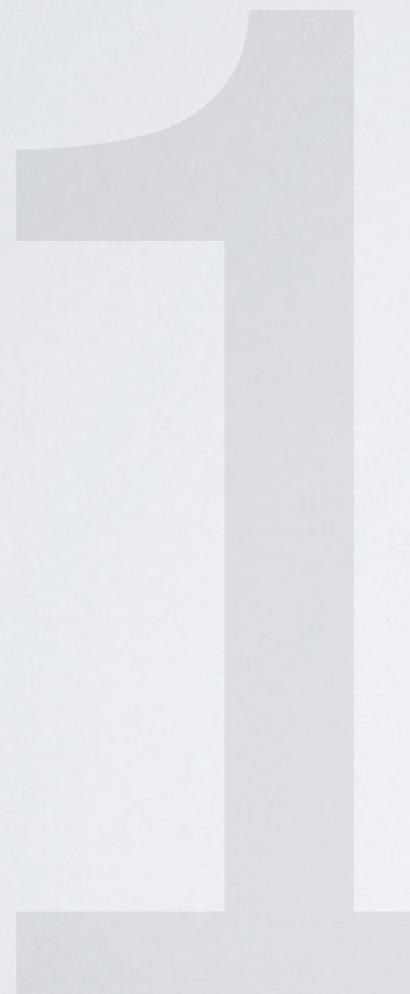
DESIGNED
TO TAKE FITNESS
BACK • TO • THE
BASICS

[3]

THE [3] MOST IMPORTANT FEATURES:

1. KNOWING YOUR BMR
2. TRACK NUTRITIONAL DATA
3. TRACK EXERCISE DATA

AUTOMATICALLY **CALCULATE** - YOUR - (BMR)



- ◆ **BASAL METABOLIC RATE**
 - TOTAL # OF CALORIES NEEDED ON A DAILY BASIS
- ◆ **MIFFLIN-ST JEOR EQUATION**
 - MOST WIDELY USED/ACCEPTED
 - REVISED FROM THE HARRIS-BENEDICT EQUATION (1919)
 - MORE PREDICTIVE FOR MODERN LIFESTYLES

TRACK - YOUR - & RECORD **NUTRITIONAL INTAKE**

- ◆ MANUALLY INPUT NUTRITIONAL INFORMATION
 - **OR** -
- SEARCH VIA NUTRIONIX API
- ◆ ALLOWS USER TO COMPARE TO BMR
 - MAINTAIN WEIGHT = BMR
 - LOSE WEIGHT < BMR
 - GAIN WEIGHT > BMR



TRACK & RECORD

- YOUR - EXERCISE



- ◆ MANUALLY INPUT EXERCISE INFORMATION
 - METABOLIC EQUIVALENT (MET)
 - COMPENDIUM OF PHYSICAL ACTIVITIES
 - NATIONAL INSTITUTES OF HEALTH & ARIZONA STATE UNIVERSITY
- ◆ ALLOWS USERS TO COMPARE TO BMR & ADJUST NUTRITIONAL NEEDS BASED ON ACTIVITY

API's ^{we} UTILIZED :

1. Nutritionix



2. YouTube



NEW TECHNOLOGIES - WE - UTILIZED:

1. Firebase
Authentication



2. Chart.js



[also] BUILT WITH :

1. HTML5 
2. CSS3 
3. BOOTSTRAP 
4. jQUERY 
5. MOMENT.JS 

CHALLENGES WE FACED:

1. Nutritionix/YouTube ✓
 - API documentation
2. Retrieving data from ✓
firebase
3. Firebase authentication ✓

FUTURE DIRECTIONS :

1. Nutritionix UPC Barcode Scanner
2. User image uploading
3. Google Maps API
4. Autocomplete input fields
5. Display user progress over multiple time points
 - i.e. weekly | monthly | yearly
6. Tie in Total Daily Energy Expenditure (TDEE)
7. Expand nutritional facts table