Fitness Friend
User Documentation

Group 6

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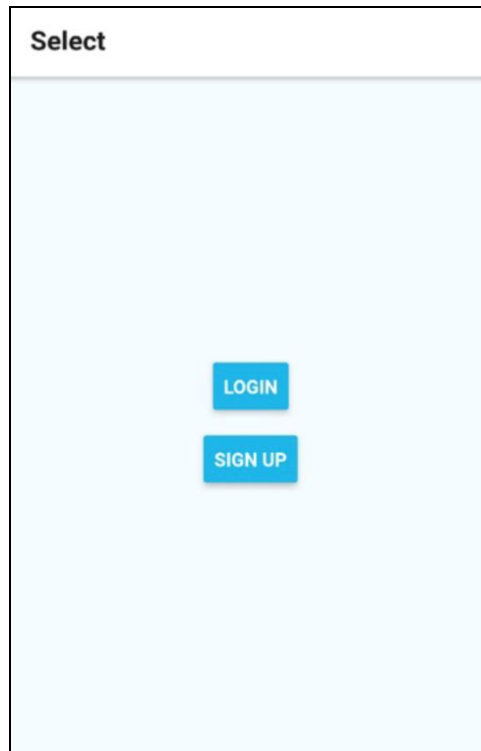April 1, 2020   Software Engineering

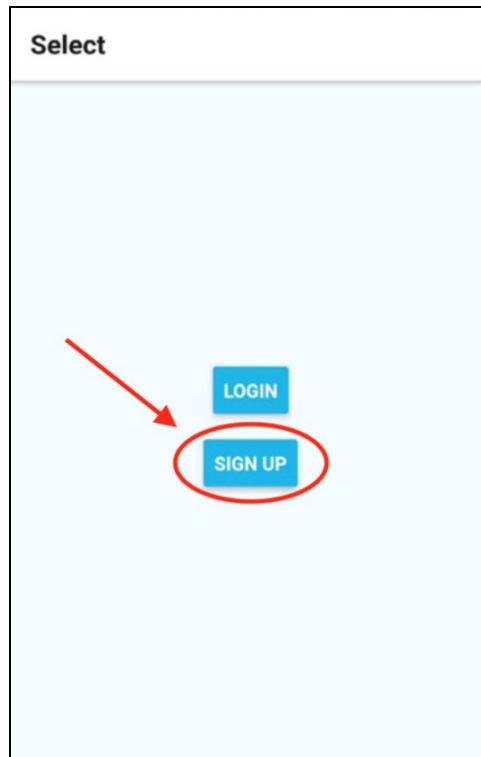# Table of Contents

Installing App

Creating an Account

1. Open the app
   If you have not previously signed into the app, you will see this screen:

2. Click on the button labeled: "Sign Up"

You will be taken to this screen:

3. Enter your first name, last name, email, and the password you wish to create the account with in the corresponding boxes

4. Once all fields are entered, click the button labeled: "Sign Up"

<u>Homepage</u>

From the homepage, the user can navigate to the Calendar Sync, Calorie Tracker, Music Curator, or User Settings.
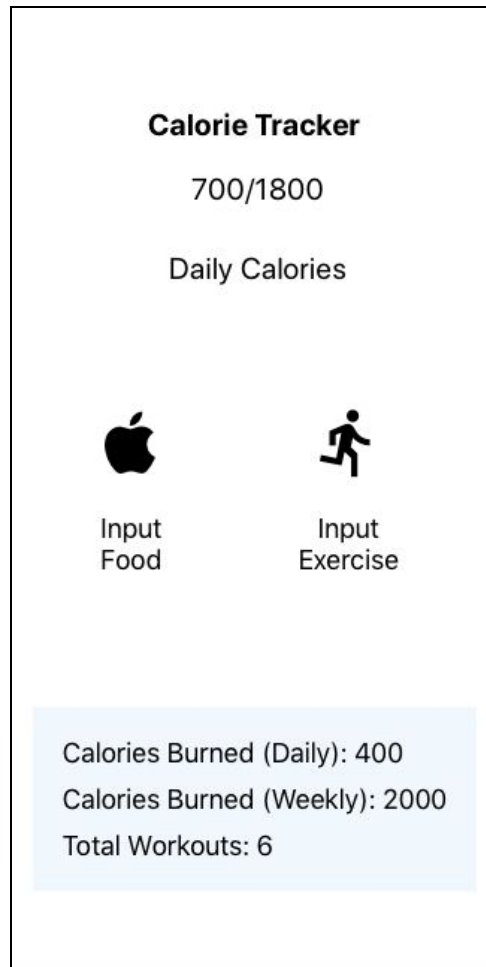
User Preferences and Settings

Calorie Tracker Preferences

1. From the homepage, click on the food icon.

This takes you to the calorie homescreen page:

The home screen page will display your calorie intake for the day at the top out of your desired daily goal. At the bottom, you will see your calories burned daily, calories burned weekly, and the total workouts completed for the week.

2. From here, you can choose to either input the food you've eaten or select the exercises you've completed.

3. Let's assume you chose to enter the food you've eaten. You will tap the apple icon and this leads you to this page:
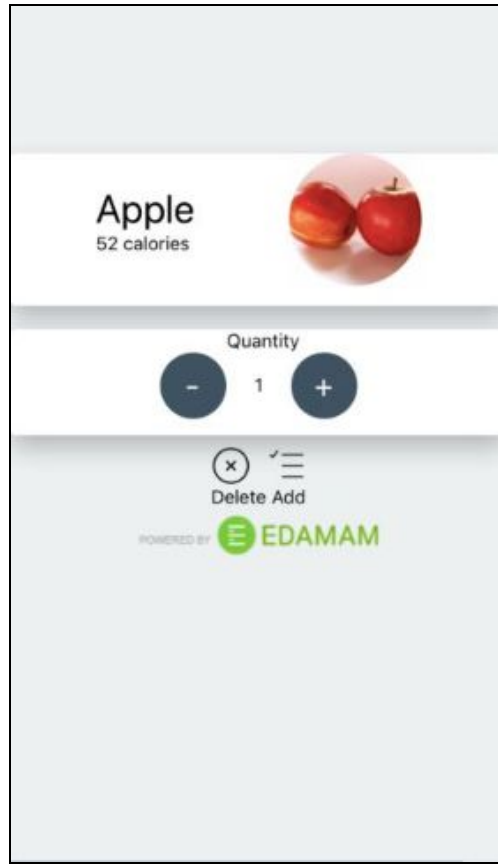
Here you can search the food items you've eaten either by name (first search bar) or by UPC barcode number (second search bar).

Let's say you search "apple" in the first search bar. Then you will be directed to a page like this:

Here you can adjust the quantity and then add it to the overall calorie tracker.

4. Now let's say you decided to select the exercises you've completed. Then, tapping on the running icon will bring you to this page:
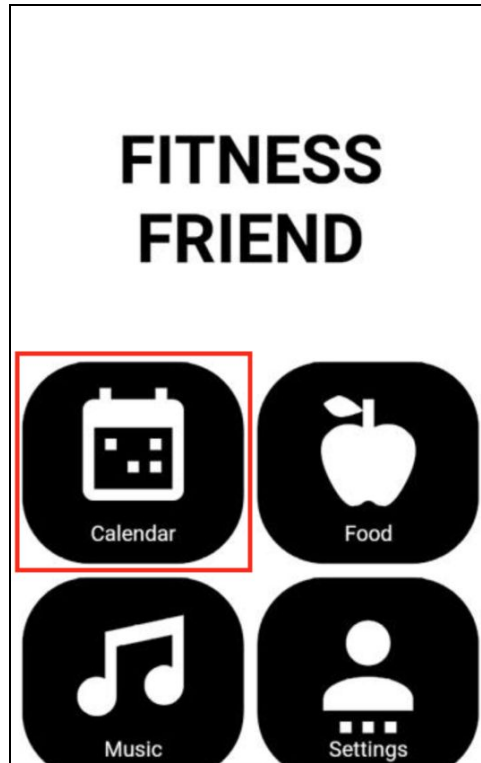
Here you can select which exercise you've completed by tapping on the word itself and then inputting the duration of your workout at the bottom. Your calories burned is shown at the bottom and this will be subtracted from the overall calorie tracker.

Calendar Preferences
1. From the homepage, click on the calendar icon

You will be taken to the calendar page:

2. To toggle free time notifications, click the banner labeled: "Enable/Disable Free Time Notifications"

If free time notifications are enabled, the page will look like this:

If free time notifications are disabled, the page will look like this:

3. To choose a start time for free time notifications, click the time next to the label: "Free Time Start Time"

A dropdown menu will appear with various times you can choose from.

4. To choose an end time for free time notifications, click the time next to the label: "Free Time End Time"

A dropdown menu will appear with various times you can choose from.
5. To choose the time needed to work out, click the time next to the label: "Workout Time Needed"

A dropdown menu will appear with various times you can choose from.

6. Once all calendar settings are updated, click the button labeled: "Save"

Settings

1. From the homepage, click on the settings icon
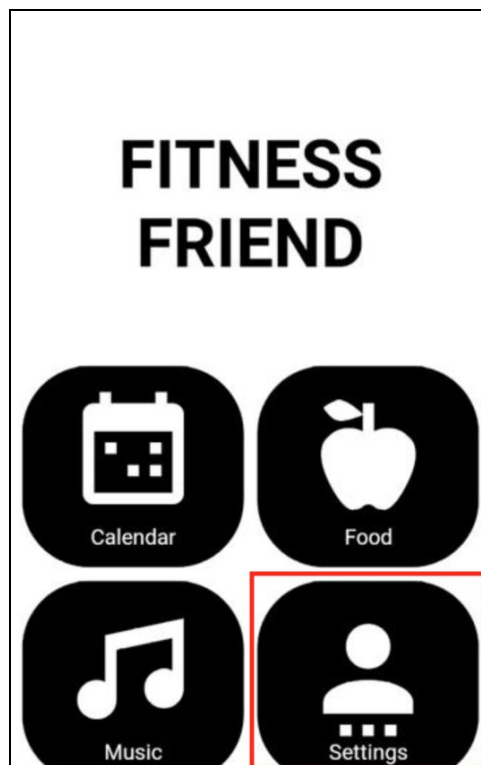
You will be taken to the settings page:

2. To change the first name associated with the account, click the box highlighted below:

Enter the new first name you wish to be associated with the account.
3. To change the last name associated with the account, click the box highlighted below:

Enter the new last name you wish to be associated with the account.

4. To change the email associated with the account, click the box highlighted below:
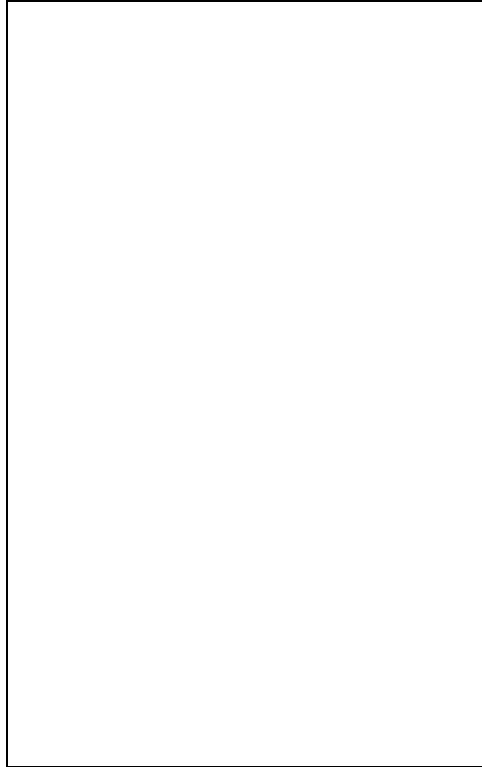
Enter the new email you wish to be associated with the account.

5. To change the password associated with the account, click the box highlighted below:

Enter the new password you wish to be associated with the account.

6. Once all settings are updated, click the button labeled: "Save"

<u>Troubleshooting</u>