

Fitness Friend

Group 6

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Product Brochure

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Product Overview



Have you ever started your fitness journey only to find yourself losing motivation a few days in? It happens to all of us and that's exactly why we created Fitness Friend! Fitness Friend is a fitness app designed to help you stay motivated with the help of features like Calendar Sync, Calorie Tracker, and Music Curator. Fitness Friend will be there to make sure you stick to your goals and keep track of your progress along the way, and all this while keeping you motivated to workout and discover a healthier you!.

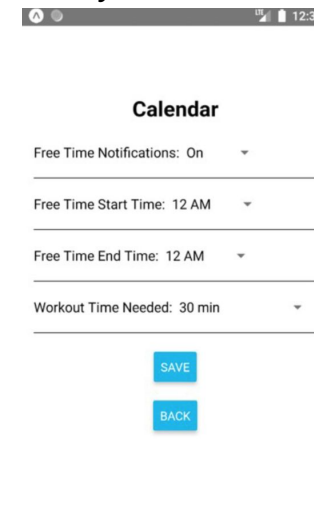
Features Included:

- Calendar Sync
- Exercise/ Food Calorie Tracker
- Music Curator

System Requirements:

For this app to work on your smart device, you will need: an Android smartphone with a WiFi/ cellular connection.

Calendar Sync



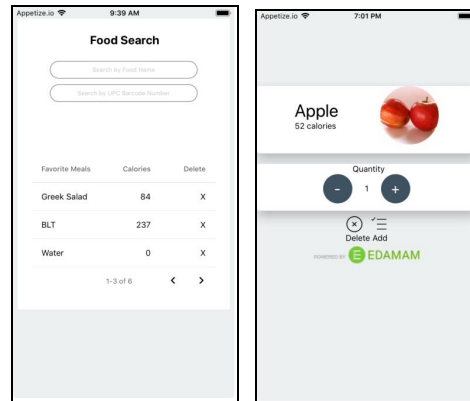
Incorporating workouts into an already busy schedule can be a hassle. Luckily, Fitness Friend will do the work for you by allowing you to connect your Google Calendar to the app and send you motivational reminders when there is free time in your schedule. All you have to do is set the range of time notifications will be enabled and indicate how much time you will need to complete a workout. If enough free time is available during the free time interval you will receive a notification

that will allow you to snooze or dismiss the alert.

Calorie Tracker

If you wish to keep track of your overall calorie intake, then the Calorie Tracker feature can calculate how many calories you've burned as well as how many calories you've consumed.

Conveniently, there will be a search bar to allow the user to input their food, or input the UPC barcode number to minimize the hassle of directly inputting the number of calories in each meal. This feature also allows you to select your workout type and the duration of which you completed it to show you the approximate amount of calories you lost. With this feature, the user can ensure that they are never consuming more than they are losing for max efficiency towards their goal.



Spotify account via the app and select your favorite artist, and we will generate BPM (beats per minute) playlists based on the workout selected. The app will also notify you when a new playlist is available, so you can groove to your new playlist while working out towards a healthier future!

Music Curator

Research shows a direct positive correlation between BPM in music and working out. This feature expands on the music features already available; however, it taps into the motivational aspect with which the app was created. You can connect to your

