

Fitness Friend

User Documentation

Group 6

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Software Engineering

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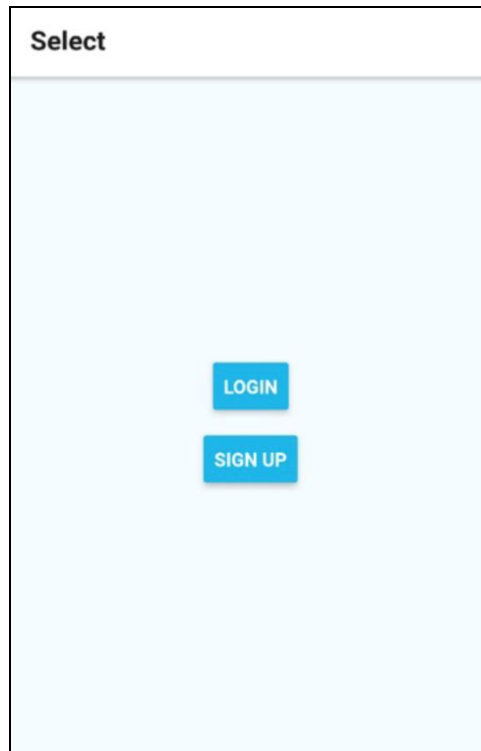
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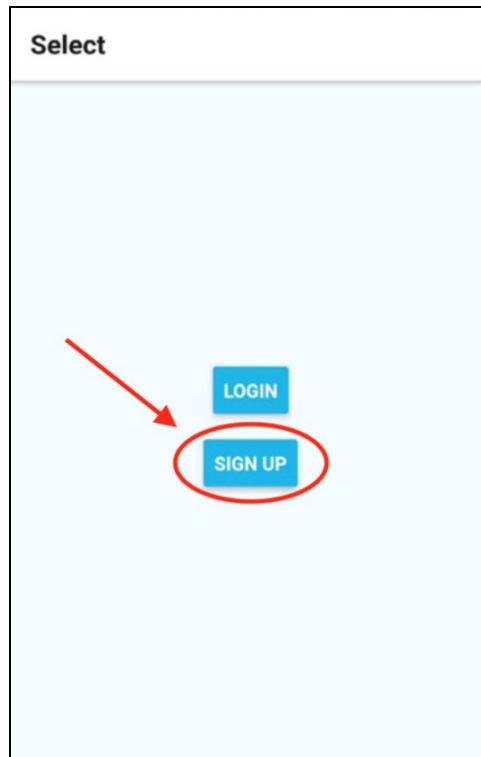
Creating an Account

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:

A mobile application screen titled "SignUp" with a back arrow icon. The form contains four input fields labeled "First Name", "Last Name", "Email", and "Password". Below the fields are two blue buttons: "SIGN UP" and "BACK".

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

The same "SignUp" form as above, but with red rectangular boxes highlighting each of the four input fields: "First Name", "Last Name", "Email", and "Password". The "SIGN UP" and "BACK" buttons remain at the bottom.

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

A mobile app interface for a 'SignUp' screen. At the top, there is a back arrow and the title 'SignUp'. Below the title are four input fields: 'First Name', 'Last Name', 'Email', and 'Password'. At the bottom, there are two blue buttons: 'SIGN UP' and 'BACK'. A red arrow points to the 'SIGN UP' button, which is also circled in red.

Homepage

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



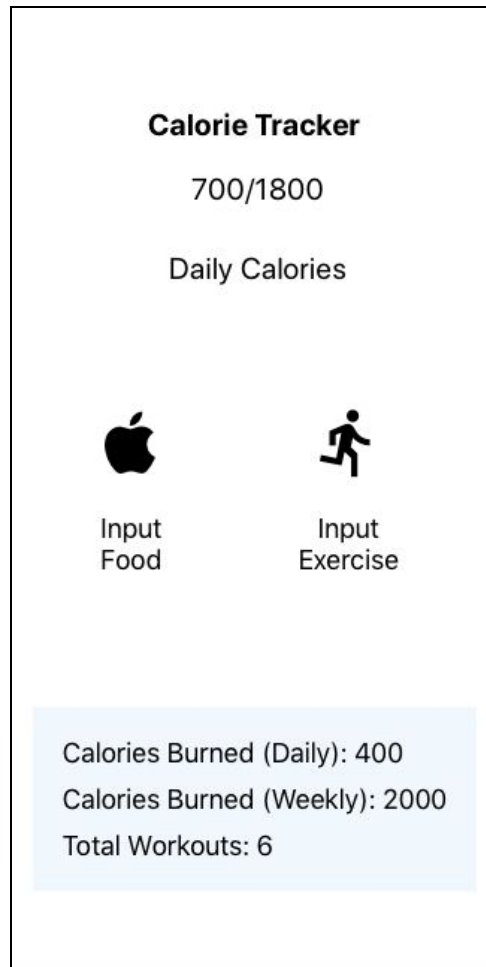
User Preferences and Settings

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:

<

Home

Food

Food Search

Search by Food Name

Search by UPC Barcode Number

Favorite Meals	Calories	Delete
Greek Salad	84	X
BLT	237	X
Water	0	X

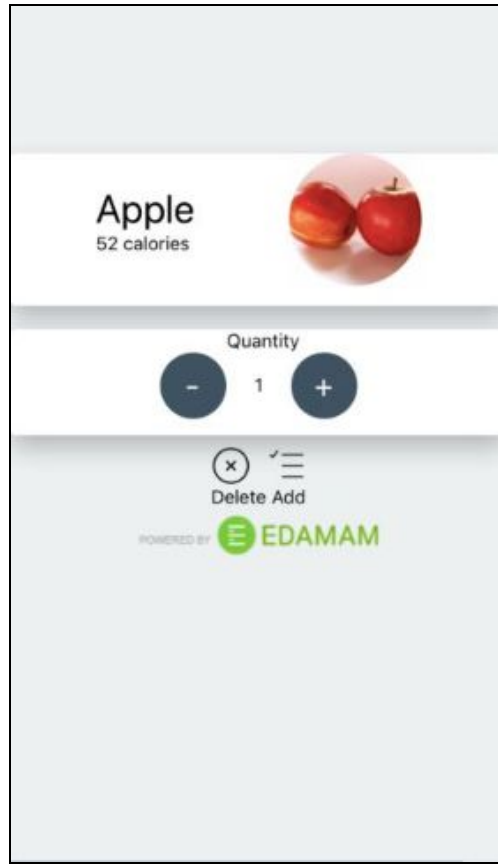
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Here you can search the food items you've eaten either by name (first search bar) or by UPC barcode number (second search bar).

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:

< Home Exercise

Exercise

Select one:

Running

Walking

Cycling

Swimming

Dancing

Duration of exercise (in minutes):

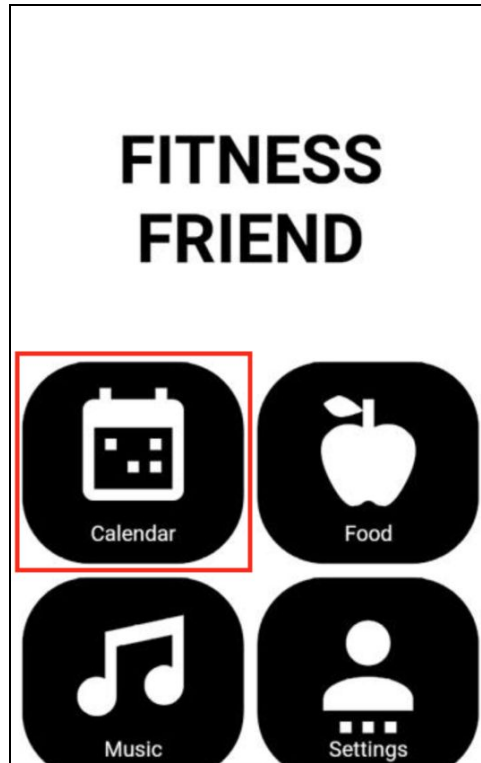
ENTER

Calories burned: 0

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:

Calendar

Enable/Disable Free Time Notifications

Free Time Start Time: 12 AM

Free Time End Time: 12 AM

Workout Time Needed: 30 min

SAVE

BACK

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

Calendar

Enable/Disable Free Time Notifications

Free Time Start Time: 12 AM

Free Time End Time: 12 AM

Workout Time Needed: 30 min

SAVE

BACK

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

Calendar

Enable/Disable Free Time Notifications

Free Time Start Time: 12 AM

Free Time End Time: 12 AM

Workout Time Needed: 30 min

SAVE

BACK

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

Calendar

Enable/Disable Free Time Notifications

SAVE

BACK

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

Calendar

Enable/Disable Free Time Notifications

Free Time Start Time: 12 AM

Free Time End Time: 12 AM

Workout Time Needed: 30 min

SAVE

BACK

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”

The screenshot shows the 'Calendar' app interface. At the top, the title 'Calendar' is centered. Below it is a section 'Enable/Disable Free Time Notifications'. There are two dropdown menus: 'Free Time Start Time' set to '12 AM' and 'Free Time End Time' set to '12 AM'. The 'Free Time End Time' dropdown is highlighted with a red rectangular box. Below these are two more dropdown menus: 'Workout Time Needed' set to '30 min'. At the bottom, there are two blue buttons labeled 'SAVE' and 'BACK'.

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”

This screenshot is identical to the one above, showing the 'Calendar' app interface. The 'Free Time End Time' dropdown is still highlighted with a red box. In this image, the 'Workout Time Needed' dropdown, which is currently set to '30 min', is also highlighted with a red rectangular box. The rest of the interface, including the 'SAVE' and 'BACK' buttons, remains the same.

- A dropdown menu will appear with various times you can choose from.
6. Once all calendar settings are updated, click the button labeled: “Save”

Calendar

Enable/Disable Free Time Notifications

Free Time Start Time: 12 AM

Free Time End Time: 12 AM

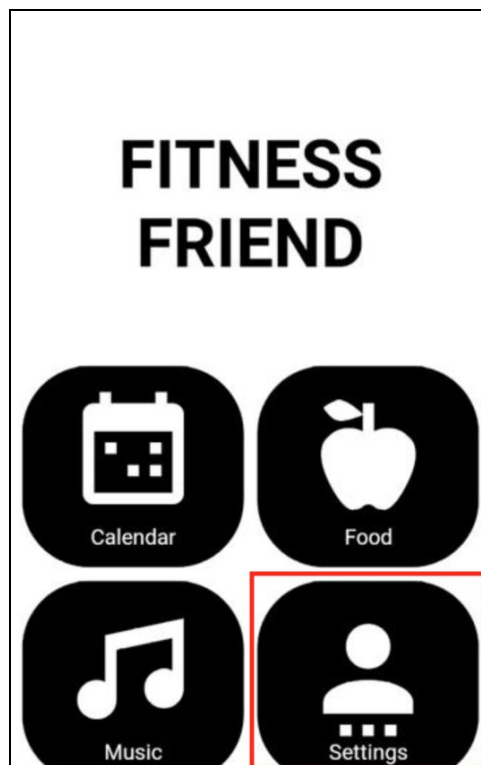
Workout Time Needed: 30 min

SAVE

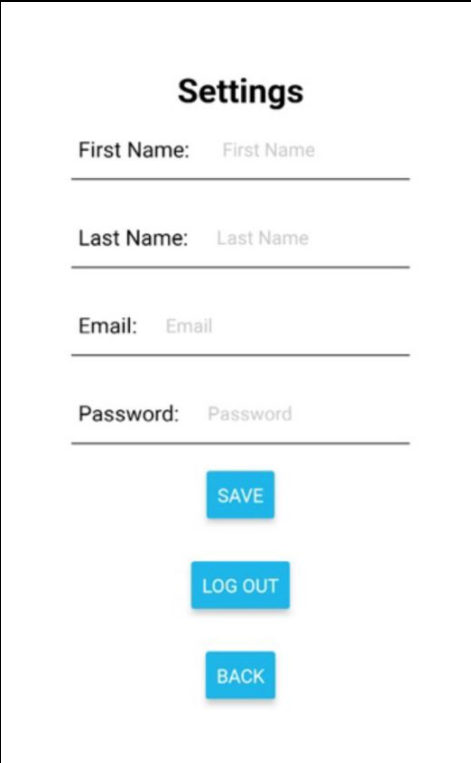
BACK

Settings

1. From the homepage, click on the settings icon



You will be taken to the settings page:

A screenshot of a settings page. At the top, the word "Settings" is centered in a bold, black font. Below it, there are four input fields, each with a label on the left and a placeholder text on the right. The first field is labeled "First Name:" with "First Name" as the placeholder. The second is labeled "Last Name:" with "Last Name" as the placeholder. The third is labeled "Email:" with "Email" as the placeholder. The fourth is labeled "Password:" with "Password" as the placeholder. Each field has a horizontal line below it. Below the input fields, there are three blue buttons with white text, stacked vertically: "SAVE", "LOG OUT", and "BACK".

Settings

First Name: First Name

Last Name: Last Name

Email: Email

Password: Password

SAVE

LOG OUT

BACK

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

Settings

First Name:

First Name

Last Name:

Last Name

Email:

Email

Password:

Password

SAVE

LOG OUT

BACK

- 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:

Settings

First Name:

First Name

Last Name:

Last Name

Email:

Email

Password:

Password

SAVE

LOG OUT

BACK

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:

Settings

First Name:

First Name

Last Name:

Last Name

Email:

Email

Password:

Password

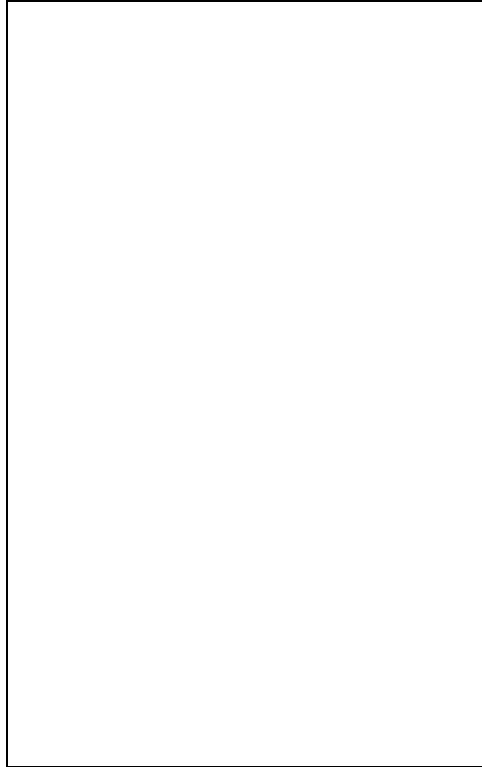
SAVE

LOG OUT

BACK

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”

Settings

First Name:

Last Name:

Email:

Password:

SAVE

LOG OUT

BACK

Troubleshooting