# **FitGenius User Manual**

**Version:** 1.4  
**Release Type:** Internal Testing  
**Last Updated:** May 2025

## **1. Introduction**

FitGenius is a personalized iOS fitness and nutrition assistant designed to help users meet their wellness goals through AI-powered guidance, HealthKit integration, and avatar-driven gamification. This manual provides guidance on how to install and use the app.

## **2. System Requirements**

* **Device:** iPhone 13 or newer
* **Operating System:** iOS 17.6 or later
* **Connectivity:** Wi-Fi or mobile data required for full functionality

## **3. Installation Instructions**

FitGenius is currently available only through internal test deployment using Xcode.

### **Steps to Install via Xcode:**

1. Connect your iPhone to a Mac with Xcode installed.
2. Open the FitGenius Xcode project.
3. In Xcode, set your device as the build target.
4. Go to **Signing & Capabilities** and select your Apple ID team.
5. Click **Run** or press Cmd + R to install.
6. On your iPhone, go to: Settings > General > VPN & Device Management > Trust [Your Apple ID]
7. Open the FitGenius app from your home screen.

## **4. Getting Started**

### **4.1 Account Setup**

* On launch, you’ll be prompted to sign up or log in.
* Enter your height, weight, fitness goals, and any health conditions

### **4.2 HealthKit Permissions**

* You will be asked to allow FitGenius to access your Health data.
* Grant permission to track:
  + Steps walked
  + Calories burned
  + Distance moved

## **5. App Features**

### **5.1 AI Chatbot**

* Access via the **ChatBot** tab
* Ask questions related to workouts, fitness routines, or meal ideas
* Chatbot responses are restricted to health and fitness topics only

### **5.2 Avatar Customization**

* Navigate to the **Avatar** tab
* Customize your avatar’s outfit, hair, and accessories
* New accessories are unlocked as you complete workouts or reach milestones
* Newly unlocked items are highlighted in gold

### **5.3 Workout Plan**

* Generated automatically from chatbot suggestions
* Track your progress by checking off completed exercises
* Unlock avatar rewards by completing plans

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### **5.4 Activity Dashboard**

* View your steps, calories burned, and distance
* Data is pulled from Apple HealthKit asynchronously (not real-time)

## **6. Troubleshooting**

| **Issue** | **Solution** |
| --- | --- |
| Health data not updating | Confirm HealthKit permissions are enabled and wait for sync |
| App not installing | Check that you’ve trusted the developer profile in Settings |
| Chatbot not responding | Ensure you have an internet connection |

## **7. FAQs**

**Q: Can I use this app without HealthKit?**A: No, HealthKit access is required to track fitness metrics.

**Q: Are unlocked items permanent?**A: Yes, once earned, they remain available in your avatar options.

**Q: Can I ask the chatbot anything?**A: No, the chatbot is limited to fitness and nutrition topics.

## **8. Support**

For assistance, please contact the development team or refer to the internal project documentation.