TCS Mobeel (Round 2)

Team Phoenix

This is an executive summary of the App we have in mind for the TCS Mobeel Contest. The following is a detailed description of our Idea, as per the prescribed format.

App Name: **Fitness'n'Motion**

Problem Statement

In today's world, people tend to spend rather a lot of money. Most people spend a majority of this on Food. Or what they think is 'Food'. In reality, the 'Food' is a big junk of unwanted Calories, Fat and plain Carbohydrates. This leads to Obesity, which in turn leads to a lot of nasty Health problems, a Chain Reaction of sorts. Such a lifestyle is a major problem in a lot of places around the World, today. People don't know what they eat, what they have to eat, how much of what they eat is Junk(literally) and what they need to do in order to burn those excess Calories. Rather, they don't have an easy means to know. Such things need a consultation with a Dietician or a Doctor, something which most people don't have the time to consider.

Solution Specification

So, how do we address this problem? With an App, of course! Our idea provides people with a simple means to solve the mentioned problem, regarding their Health & Lifestyle, with some respect for their time. There you go, a Pocket Dietician!

This App helps the user keep track of their daily Food habits – the Calories they intake and how much of it they expend, basically, monitoring their Lifestyle. The functionalities of the app, pertaining to Health, are manifold. A few of these are – Calorie expenditure tracker, Diet Suggestions, BMI monitor, Exercise Scheduler. A detailed description of the various (expected) Features and Functionalities which we intend to implement are as follows.

- ✓ **Daily Monitor**– To track the intake of calories. A set of predefined Food categories, along with their respective Calorie[approximate] will be provided. The user may also manually insert a non-available entry. Calories will be calculated as per Quantity specified.
- ✓ **Calorie Tracker**– To track the Calories burnt. User is provided with two options.
  - ➢ Walking or Running (Outside) – GPS will be used to track the distance and Speed. Calories expended will be calculated based on this data.
  - ➢ Gym – User can manually enter the required details.

- ✓ **Health Advisor**– At the end of the day, Suggestions will be given based on your current Body Mass Index and the amount of Calories consumed and expended.
- ✓ **Exercise Scheduler** – Based on the user's choice, of how strict he/she wants the schedule to be, an Exercise regime can be coined, which helps with Calorie burning. The following features can be expected under this functionality.
  - ➢ Alarms can be set, which specify the beginning and the end of a workout.
  - ➢ At the end of the session, the Calories burnt will be displayed as a Notification (using the Calorie tracker).
- ✓ **IntelliDiet**–Whenever the current Calorie level crosses a predefined Threshold (exceeds or goes below) an Alert is sounded and the User is duly notified.
- ✓ **BMI calculator**– Though trivial in nature, it is essential to the functioning of this App. The User's Body Mass Index is calculated using the known formula. Height and Weight being the required parameters.

Target Platform Suggested

ANDROID
- ✓ Android version **2.1** *Eclair*
- ✓ Android version **2.2** *Froyo*
- ✓ Android version **2.3.x** *GingerBread*
- ✓ Android version **4.0** *IceCream Sandwich*

Target Consumers

Category: Health & Lifestyle/Sports.

This App is suited for anyone and everyone who is interested, as it flaunts a User-Friendly Interface. Market-wise, it is aimed at a range of people, extending from those who want to be Health conscious (and at the same time, enjoy their Food) to those who want to follow a Strict Diet Scheme.

Uniqueness

We might have come across many Apps which may or may not have helped us maintain a Dietary Schedule and then there are those Apps which help us maintain an Exercise regime. In this App, we integrate both these Primary functionalities and much more, all bundled up in a Single Package. A few of the unique features are –
- ➢ Daily health Advisor, which gives people an overview of their Entire day and giving them advice on what they can do to improve, so as to fall in line with their chosen Diet regime.

➢ Calorie Tracker, keeps an account of Calorie intake, expenditure and present Calorie level of the user.

➢ IntelliDiet, it keeps running in the background, constantly, keeping track of the user's Calories and raising Notifications and Alerts whenever the level of Calories goes dangerously close to the Threshold.

What's more is that these Functionalities and Features are intertwined (as they should be, in real Life) in more ways than one, helping people who use it to Eat Better, Spend Better and therefore Live Better.

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