ChatGPT

Product Requirements Document: FastTrack (Garmin Watch Fasting App)

FastTrack is an intermittent fasting companion app for Garmin smartwatches. It helps users track fasting sessions in real-time, stay motivated with educational milestones, monitor key health metrics, and receive a personalized summary of their fast. The PRD below outlines the problem this app solves, our approach, and detailed features and requirements, mirroring the clarity and structured style of the reference PRD gist.

Problem Statement

Modern health enthusiasts use intermittent fasting for its health and fitness benefits, but staying motivated and informed during a fast can be challenging. Users often rely on external knowledge or apps on their phones to understand what's happening in their body as they fast. There is no native Garmin watch solution that guides fasters through the process in real-time. People may lose motivation or break their fast early because they lack feedback on milestones (like when fat-burning or ketosis starts) and have no easy way to correlate fasting with their biometric data (heart rate, stress, sleep). **FastTrack** aims to solve this by providing a convenient, wrist-based fasting companion that keeps users engaged, informed, and supported throughout their fast.

Approach

FastTrack will leverage Garmin smartwatch capabilities (timers, heart-rate sensor, stress monitoring, etc.) combined with intelligent insights to create a supportive fasting experience. The approach is to deliver timely, bite-sized updates and data to the user **on the watch**, so they don't need to check a phone during their fast. Hourly milestone notifications will educate and motivate the user by highlighting what their body has achieved so far and what's coming next (e.g. "12 hours fasted: you're now entering fat-burning mode [1]; next up: deeper ketosis ahead"). Biometric data is tracked in the background and presented in an easy-to-understand way, helping users see how fasting affects their body in real time. At the end of each fast, FastTrack uses a **GPT-powered** integration to generate a friendly summary of the fasting session, interpreting the user's data and milestones into human-readable feedback. This AI-generated summary is available **from day one** as a core feature, providing personalized insights that feel like a helpful coach or companion. The overall approach emphasizes clarity, simplicity, and user empowerment – giving just enough information and guidance to keep users on track without overwhelming them.

Feature List

The following table outlines the key features and functional requirements of the FastTrack Garmin watch app, along with user stories and expected outcomes for each:

Requirement ID	Feature	User Story	Expected Behavior/Outcome
FR001	**Start a Fasting Session**	*As a user, I want to start a fasting session easily so I can begin tracking my fast immediately.*	The system should allow the user to initiate a new fast with a single action (e.g. a tap on the watch). Starting a fast resets any previous session data and begins a timer that counts up the fasting duration in real time on the watch display. The user should receive confirmation that the fast has started (visual and/or haptic feedback).
FR002	**Real-Time Fasting Timer**	*As a user, I want to see my elapsed fasting time at a glance so I can know how long I've been fasting.*	The system should prominently display an ongoing fasting timer (hours:minutes elapsed) on the watch screen. If the user has set a target fasting length (optional), the interface can also show progress (e.g. "14:00 / 16:00 hours"). The timer updates in real time and runs until the user ends the fast.
FR003	**Milestone Notifications**	*As a user, I want periodic updates on what my body is achieving during the fast so I stay motivated and informed.*	The system should send automatic milestone notifications to the watch throughout the fast. By default, these occur hourly (with possible key milestones highlighted). Each notification briefly describes the physiological state or benefit reached at that point (e.g. *"Hour 12: Fat burning has kicked in!* [1] *Hour 16: Ketosis is ramping up, HGH levels increasing* [2] *"*). It also teases the next upcoming benefit or goal (*"Next: deeper autophagy at Hour 18"*). Notifications use simple, encouraging language and are accompanied by a subtle vibration. (They should respect the user's do-not-disturb or sleep mode settings during overnight fasts.)
FR004	**Biometric Monitoring**	*As a user, I want to see my body's vital signs during a fast so I can understand how fasting affects me in real time.*	The system should continuously or periodically monitor key biometric data via the watch's sensors during the fast. This includes heart rate and stress level (and optionally sleep data if the user sleeps with the watch on). The user can view a summary of current metrics in the app at any time during the fast (e.g. current heart rate and how it compares to their daily average, current stress level, etc.). The app might also log these metrics over the fasting period for trend visualization (e.g. a simple graph or stats showing how heart rate varied). This data will feed into the post-fast summary.

Requirement ID	Feature	User Story	Expected Behavior/Outcome
FR005	**GPT-Powered Fast Summary**	*As a user, I want a friendly summary at the end of my fast interpreting my data, so I can easily understand what happened and feel accomplished.*	The system should generate a personalized summary when the user ends a fast. Upon the user tapping "End Fast," the app compiles the session data (total duration, milestones achieved, biometric trends) and sends it to a GPT-based service. The AI returns a concise, human-readable report (a few sentences) explaining the fasting milestones reached (e.g. hours in fat-burn, ketosis, etc.) and notable observations from the user's heart rate or stress patterns. For example, *"Great job! You fasted for 16 hours. Around hour 12 your body switched to burning fat for fuel, and by hour 16 you likely reached ketosis. Your heart rate stayed fairly steady, and stress levels dropped in the morning, indicating a calm fast. Keep up the good work!"* The summary is displayed on the watch at end-of-fast and also saved for later review in the companion app or widget. It should feel encouraging and personalized, using the user's name if possible and focusing on positive achievements (powered by GPT's natural language generation).

(Note: All features above are part of the initial release – GPT integration is built-in from day one, not a future add-on.)

Scenarios

To illustrate how users will interact with FastTrack, here are a few realistic usage scenarios:

- **Scenario 1: Daily 16-Hour Fast (Typical Use)** – *Alex* decides to do a 16-hour intermittent fast (common 16:8 schedule). In the evening, Alex finishes dinner and then opens the FastTrack app on the Garmin watch to start a new fast. The app confirms the fast has started and shows a timer. Throughout the next morning, Alex periodically glances at the watch to see the fasting timer counting up. At hour 1, FastTrack sends a gentle buzz with a note: "1 hour in – blood sugar and insulin levels are starting to drop. Keep it up!" As hours progress, Alex receives encouraging milestones: at 12 hours, a notification says "12 hours fasted: you're now officially in fat-burning mode! 🔥" which motivates Alex to continue until lunch. Before breaking the fast at 16 hours, a final notification at hour 16 reads "You made it 16 hours! Your body is now in ketosis, great job 💪." Alex ends the fast via the watch. Immediately, a summary pops up: "**Fast Summary:** *You fasted 16h 0m. After ~12h, your body switched to burning fat for fuel. By hour 16, you reached ketosis and boosted your metabolism. Your heart rate stayed in a healthy range, and your stress level dropped mid-*

morning. Well done – you hit your goal!" Alex feels accomplished and informed, and saves the summary for later review.

- **Scenario 2: Overnight Fasting with Sleep** – *Brooke* starts a fast at 8 PM after dinner, planning to go for 14 hours overnight. She taps "Start Fast" on FastTrack before bed. The app recognizes it's night and refrains from hourly buzzes during her normal sleep hours (it's integrated with the watch's sleep/do-not-disturb settings). While Brooke sleeps, FastTrack quietly logs her heart rate dipping during the night and notes a 2-hour deep sleep period from Garmin's sleep tracking. When she wakes at 6 AM (10 hours fasted), the watch vibrates with an update: "10 hours: Good morning! While you slept, your body stayed in fat-burning mode. 👍 Next up: even deeper fat burn by 12 hours." At 12 hours, Brooke gets another notification: "12 hours fasted! Your cells are repairing and fat burning is in full swing [1]." She feels encouraged and decides to extend to 14 hours. At 10 AM, Brooke ends the fast on the watch. FastTrack generates a summary: "*You fasted 14h 0m. While you were sleeping, your body entered a fat-burning state and got some cellular cleanup done. Your heart rate overnight was a calm 55 bpm on average, indicating restful sleep. By the time you broke your fast, you were on the cusp of ketosis – great job!*" This scenario shows how FastTrack adapts to fasting through sleep and still provides useful feedback without disturbing the user's rest.

- **Scenario 3: Extended 24+ Hour Fast (Enthusiast Use)** – *Charlie* attempts a 24-hour fast for advanced health benefits. FastTrack guides Charlie through it with milestone alerts: at hour 12 (fat burn started), hour 16 (ketosis kicking in), hour 20 ("HGH levels are surging – your growth hormone is up to 5x higher! "), and hour 24 ("24 hours! HGH may be 10-20x higher now [3], and deep ketosis is in effect. You've hit a major milestone!"). Charlie checks the app's biometric screen occasionally; it shows a slightly elevated stress score around hour 20 (which FastTrack notes as a normal response to extended fasting) and a stable heart rate throughout. Upon completing 24 hours, Charlie ends the fast. FastTrack's GPT summary congratulates the achievement: "*Amazing endurance! You fasted a full 24h. You achieved full ketosis and autophagy; in fact, your HGH levels peaked dramatically (up to 20× normal) [3], aiding recovery and fat burn. Your heart rate stayed steady (~60 bpm), and though you felt a bit stressed late in the fast, your body coped well. Take it easy refeeding – you earned it!*" Charlie feels informed about the profound changes during the fast and uses this insight to plan future extended fasts carefully.

User Flow

Below is a high-level user flow for a typical interaction with the FastTrack app on a Garmin watch:

1. **Launch & Start Fast:** The user opens the **FastTrack** app on the Garmin smartwatch. If no fast is currently active, the main screen presents a prominent "Start Fast" button (and optionally allows setting a target duration or selecting a fasting program, e.g. 16 hours, 24 hours, or custom). The user taps "Start Fast" to begin a new session. The screen then switches to show the fasting timer counting up from 0:00, along with relevant info (like the current time and perhaps an icon or message like "Fasting in progress").
2. **Fasting In Progress (Passive Tracking):** Once the fast has started, the user can go about their day. The app runs in the background on the watch, tracking time and sensor data. The watch face complication (if supported) might show a small icon or timer indicating an active fast. The user does not need to keep the app open; they can navigate away and the fast continues to run.

3. **Viewing Fasting Status (On-Demand):** At any time during the fast, the user can reopen the FastTrack app (or glance at a widget/complication) to see the current status. The main in-app display shows the elapsed time and possibly a brief status message ("You're doing great! 5 hours fasted so far."). A sub-page or swipe could show **Biometric Stats** – e.g., current heart rate, current stress level, and maybe a note like "HR slightly above daily avg" or "Stress normal". If the user is near a known milestone, the app might also display "Milestone: coming up in 1 hour – Ketosis starts around 16h".
4. **Automatic Milestone Alerts:** As the fast progresses, FastTrack sends notifications at certain intervals (default hourly). The Garmin watch buzzes and shows a short message with an update as described in FR003. For example, at hour 1, 2, 3 (minor updates) and more in-depth ones at key points (8h, 12h, 16h, etc.). The user can simply read and dismiss these. If they miss a notification, they can find it in the watch's notification glance later. These alerts require no user action but serve to educate and encourage. (If the user has set a target duration, FastTrack might also send a "1 hour remaining" alert as they approach their goal.)
5. **Ending or Canceling a Fast:** The user decides to end the fast – either because they reached their goal or need to break it early. They open FastTrack and tap the "End Fast" button. (If the user had a target duration, the app may also automatically suggest ending once that time is reached, with a notification like "Goal reached! Ready to end your fast?") Upon ending, the app stops the timer and confirms the total fasting time.
6. **Post-Fast Summary Display:** Immediately after ending the fast, FastTrack generates the GPT-powered summary. A loading indicator may be shown for a brief moment ("Analyzing your fast…") as the watch (via the phone's connection or Wi-Fi) requests the summary from the AI service. Once ready (typically a few seconds), the summary text is displayed on the watch. The user can scroll if needed to read the 2–5 sentence report. They also have the option to dismiss it.
7. **Saving/Reviewing Past Fasts (History):** The summary and basic stats (duration, date/time, maybe a few key metrics) are saved either on the watch or synced to the Garmin Connect phone app. The user can later review past fasts – for example, in a history list on the phone or a widget showing streaks – though detailed history features beyond the summary might be minimal in the initial version. The core loop ends here, and the user can start a new fast whenever they're ready to fast again.

Throughout this flow, the emphasis is on minimal user interaction – a simple start and stop – while the app proactively handles tracking and notifications. The user flow ensures that starting a fast is frictionless, the fasting period is enriched with informative feedback, and ending a fast provides closure through a summary.

Out of Scope

To maintain focus for the initial release, certain features and requests are considered out of scope:

- **Food Logging or Diet Guidance:** FastTrack will **not** include meal tracking, calorie counting, or specific dietary recommendations. Users won't input what they ate – the app focuses solely on the fasting window, not the feeding window.
- **Non-Watch Platforms:** A dedicated smartphone app or deep Garmin Connect integration for detailed analytics is out of scope for now. (The Garmin Connect mobile app may simply display basic fast history synced from the watch, but all core functionality is on the watch itself in this version.)
- **Medical Advice or Personal Medical Data Integration:** The app will not provide personalized medical advice or integrate with medical devices (e.g. continuous glucose monitors) in the initial

version. All information (like “fat burn” or “ketosis”) is based on general physiological timelines, not the user’s personal lab data. FastTrack is a wellness tool, not a medical device.

- **Gamification & Social Features:** There is no social sharing, fasting challenges, badges/achievements, or community feature in this PRD. The focus is on personal tracking and insights. (Such features could be considered in the future, but are out of scope in version 1.)
- **Advanced Analytics or Coaching:** Aside from the GPT summary, we are not building a full coaching or analytics platform. For example, predictive recommendations like “what to eat after your fast” or detailed metric correlations (beyond what’s in the summary) are out of scope. Similarly, integration with other data (like weight tracking, hydration, or activity levels outside the fast) is not included in this release.
- **Multi-Day Fasting Guidance Beyond 48h:** While the app supports tracking a fast as long as the user keeps it running, specialized content for multi-day fasts (48+ hours) is limited. The app provides general milestones up to 24-48 hours. Extended fasting (>2 days) is not explicitly catered to with unique content in version 1, given its niche use-case (though the timer will still run).

By defining what’s out of scope, we ensure the team remains focused on delivering the core experience of FastTrack exceptionally well in the initial launch.

Open Questions

During development of FastTrack, the team should address the following open questions and make decisions (these were identified while drafting requirements and may require research or user feedback):

- **Target Duration Setting:** Will users be allowed to set a custom fasting goal duration at start (e.g. “I plan to fast for 18 hours”)? If so, how will this affect notifications (e.g. a “halfway there” alert) and the end-of-fast trigger (auto-end vs manual)? If not, we assume an open-ended fast that the user stops manually.
- **Notification Frequency & Timing:** Should notifications truly be *every hour* on the hour, or would it be better to send at more meaningful physiological milestones (e.g. 4h, 8h, 12h, 16h, etc.) to avoid notification fatigue? We need to decide the default cadence and possibly let users adjust how often they want updates.
- **Notification Content Source:** Will the milestone messages be static, pre-written text for each milestone or dynamically generated (or augmented) by GPT each time for variety? Pre-written ensures accuracy and consistency, but GPT could personalize phrasing. However, using GPT for every hourly notification might be unnecessary and could strain battery/latency – perhaps we use static content for notifications and reserve GPT for the final summary.
- **GPT Summary Details:** What data exactly will we feed to the GPT model for the summary? At minimum, duration and milestones achieved. Possibly average/low/high heart rate, stress trends, sleep hours. We must define the prompt format to ensure the summary is concise and accurate. Also, should the summary be displayed on the watch only, or also sent to the phone (perhaps as a notification or in Garmin Connect)? This affects how the user can revisit the summary later.
- **On-Watch vs Cloud Processing:** Where will the GPT integration live? Likely on the phone (companion app) or cloud, since Garmin watches have limited internet. The open question is how the watch app will interface with the GPT service – through the Garmin Connect Mobile API or a background phone process. We need to confirm technical feasibility that the watch can trigger an API call via the phone when the fast ends.

- **Battery and Performance:** Continuous heart rate and stress monitoring plus hourly notifications could impact the watch battery. Do we sample HR continuously or at intervals (e.g. every 5 minutes) to save power? We should decide the sampling rate and whether to pause some sensors during sleep to conserve battery. Ensuring the app's background process doesn't drain the battery during long fasts (24h+) is a key open point.
- **User Personalization:** Will the physiological milestones be adjusted for each user or standard for all? (For example, someone on a ketogenic diet might hit ketosis sooner than 16h, etc.) For now, likely standard messaging is fine, but it's an open question if in future we'd personalize based on user's past data or profile (this is out of scope now but worth noting).
- **Error Handling and Edge Cases:** What if the GPT service fails or is slow when generating a summary (e.g. no internet at that moment)? We need to determine fallback behavior (perhaps show a generic summary or an error message with an option to retry when connection is back). Similarly, what if the user accidentally stops a fast and wants to resume, or forgets to stop it for far longer than intended – how do we handle edits or deletions of a fasting session (likely minimal editing capabilities in v1)? These edge cases need clarity.
- **Privacy Considerations:** Since we're sending health-related data to an AI service, how will we inform the user or obtain consent? (Likely covered under Garmin's app permissions or terms, but an open question for product/legal: do we need to let users opt out of the GPT summary feature or provide a disclaimer about data usage?)

Each of these questions will be resolved through design discussions, user testing, and technical investigation. They represent areas where the product definition might need refinement or confirmation.

Assumptions

For the purpose of this PRD and the initial development of FastTrack, we are making a few key assumptions:

- **Garmin Device Capabilities:** We assume the target Garmin smartwatches have the necessary capabilities: constant heart rate monitoring, stress measurement (derived from heart rate variability on many Garmin models), and connectivity (Bluetooth to phone for internet, or Wi-Fi/LTE on device). The app will run on watches that support Connect IQ app installations. We also assume users will wear their watch consistently, including overnight if they want sleep data to be captured.
- **User Familiarity and Intent:** We assume users of FastTrack are at least casually familiar with intermittent fasting concepts and want to use the watch to assist their fasting routine. They know how to start an activity/tracker on their watch. We also assume users will be honest in using the app (if they abort a fast by eating, they will manually end the fast in the app; the watch cannot automatically know if the user ate something).
- **Physiological Milestones (Generalized):** The timing of events like fat-burning onset at ~12 hours or ketosis at ~16-18 hours is based on general human physiology research [1] [2]. We assume these general guidelines apply to our users in a broad sense. (The app's information is not personalized to exact individual metabolic rates.) These milestones are used for educational purposes and are not guaranteed precise for every individual – an assumption is that users will appreciate them as guidance, not exact science.
- **GPT Integration and Costs:** We assume that integrating a GPT-based summarization is technically feasible and financially sustainable. This means we have access to an API (e.g., OpenAI or equivalent) either through Garmin's platform or our own service, and we assume the cost of the API calls per summary is acceptable for the scale of our user base (or that it could be a premium feature if costs

are high). From day one, the plan is to have this feature active, under the assumption that any necessary third-party approvals or technical hurdles (like latency or data limits) will be managed.

- **Data Privacy and Security:** It is assumed that users will consent to share their fasting-related data (duration, heart rate, etc.) with the AI service to get their summary. All data handling will comply with privacy policies. We assume Garmin's platform and our app will secure this data in transit (encrypted communication). This PRD assumes no significant regulatory hurdles for this level of data use since it's user-initiated and for informational purposes.
- **Competition and Differentiation:** We assume that while there are smartphone apps for fasting (e.g., Zero), there is no direct competitor on Garmin watches offering this comprehensive fasting-tracking experience. This gives FastTrack a unique value proposition on Garmin devices. We proceed under the assumption that users interested in fasting will prefer the convenience of a watch app and that Garmin's ecosystem is a suitable platform to deliver it.
- **Release Scope:** It's assumed that the features described (timer, notifications, data monitoring, GPT summary) constitute a feasible scope for an initial version given the development timeframe and resources. More advanced features or broader integration can be slated for future versions, and we assume stakeholder agreement that v1 focuses on the core loop described here.

By making these assumptions explicit, we clarify the context in which FastTrack will be developed and used. These assumptions should be revisited and validated as needed throughout the project to ensure they hold true. In summary, FastTrack is poised to bring a clear, motivating, and insightful fasting companion to Garmin smartwatch users, using a structured approach and feature set that addresses a real user need in a focused way.

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[1] Intermittent Fasting: Is it Right for You?
https://www.michiganmedicine.org/health-lab/intermittent-fasting-it-right-you

[2] [3] Fasting Benefits by Hour: Detailed Fasting Timeline - Dr. Robert Kiltz
https://www.doctorkiltz.com/fasting-benefits-by-hour/