



Team Up Fat Down

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Ideas

do you want to be a guy like this?



Or like this?



Undoubtedly, every one wants to be a good-figure guy. To achieve the dream, we have to eat less delicious food and do more activities. It seems simple. However, exercise is always boring, which will destroy people' confidence on the way to success. Fortunately, some fitness softwares will help people to increase exercise time and control the intake of calories from delicious food to some extent.



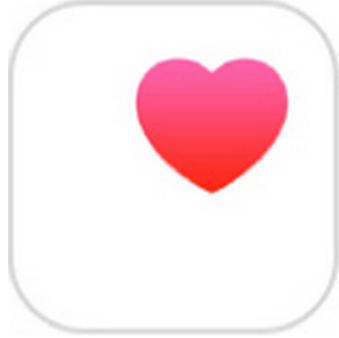
jawbone up

Advantages: record activities and diet, communicate with friends
Disadvantages: Users can not set the goal to encourage themselves



Nike+ Fuel

Advantages: Users can set the goal.
Disadvantages: No independent social function, only record for consumption and no record for intake



Health

Advantages: record walking distance for day, week, month and even year
Disadvantages: No independent social function, only record for consumption and no record for intake



Let's Team Up Fat Down

Although there are some advantages of fitness softwares above, none of them are perfect enough to meet users' demands. This app can record calories' intake from food and consumption from activities. Besides, users can set the goal in order to compare net calories with goal at any time. Users can also communicate with each other or compete with a typical guy to make exercise more funny.
Highlight: people can take pictures and record current information for themselves. And then compare themselves before and nowadays, which will make themselves full of energy.

Android UI

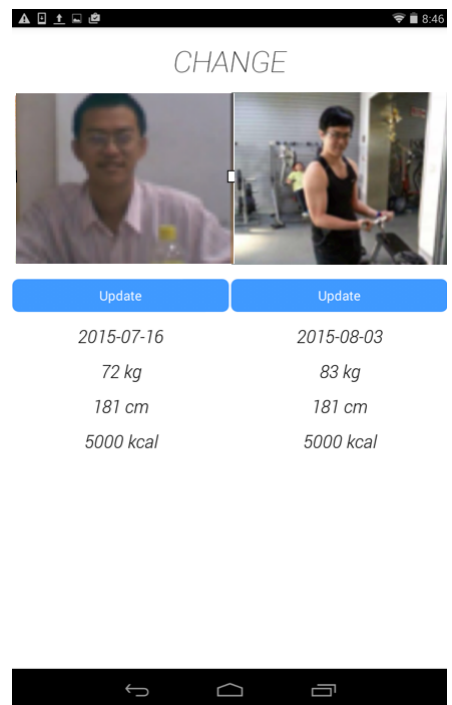
Duel Page

User can duel with any one in the friend list. They can compare goal and net calories with each other



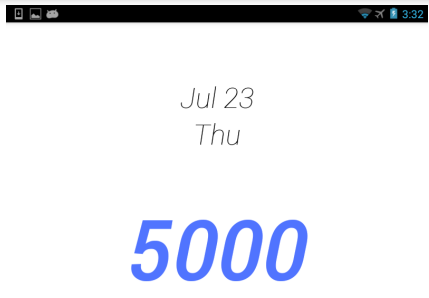
Change Page

User can update current picture and personal information, in order to compare themselves nowadays and before



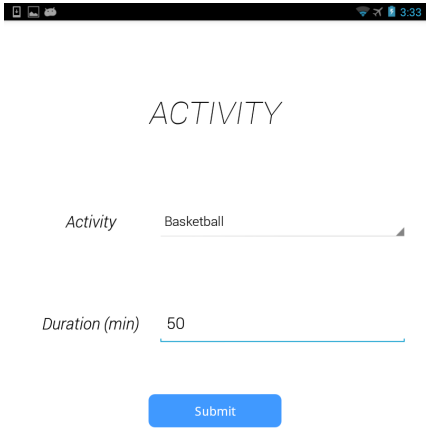
Main page

Check the goal and percentage of net calories



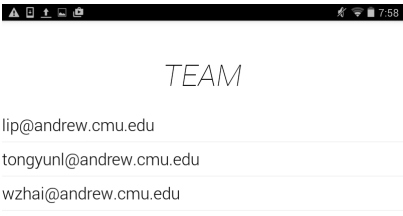
Activity

Input activities and duration time, in order to calculate consumption of calories



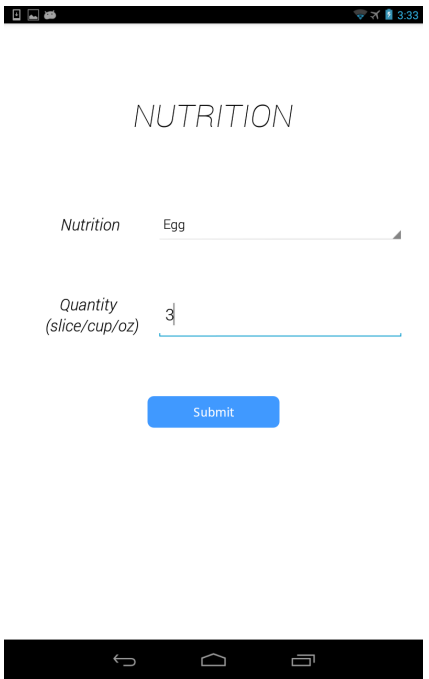
Team Page

List All friends' names in the server



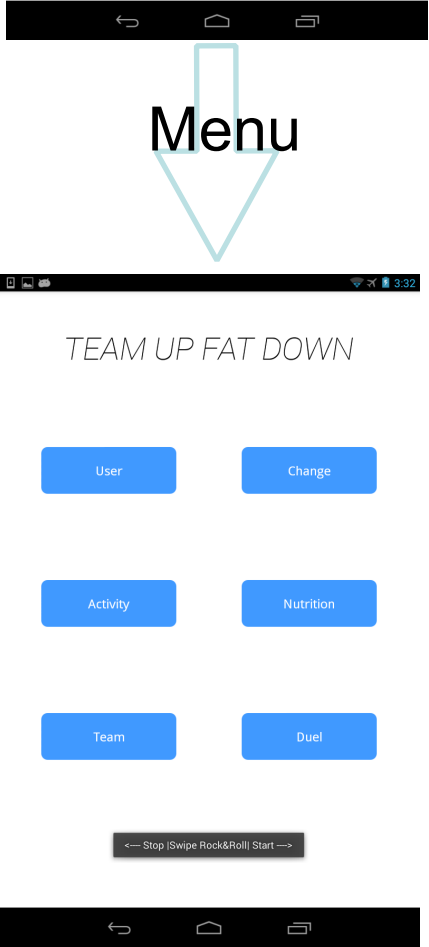
Nutrition Page

Input food type and quantity, in order to calculate intake of calories.



Menu

Access to every function. Music can be played or stopped by sliding on the screen



Notable Features

1. Compare Yourself

User can update current personal information and the picture whenever he wants. The comparison of current and past body type can show the effect of fitness, which will make the user full of energy.

2.Exercise with Friend

User can select one of friends in the team list in order to check his personal information. Besides, he can send message to invite friends to exercise together.

3.Competition with Friends

In the Team Page, user can choose friends to compete about the consumption and goal of calories, which will encourage the user to plan better schedule or achieve daily goal.

4.Daily Goal

A goal can encourage user to persist in exercising and dieting every day. User can set the goal on the user page. The goal and percentage to go will be shown on the homepage.

5. Intake and Consumption of Calories

User can select food or activities, in order to calculate intake and consumption of calories.

Hardware Features

- Camera:** User can upload the current picture whenever they want and delete the picture in the gallery.
- Touch screen:** User can touch screen to play or stop the music.
- Connectivity:** User can upload personal information by WIFI.
- Speaker:** User can choose to play music or stop it.