HealthlyEverAfter

Hello guys, We are team E including our teammates Minsoo, Hyunsu, Elijah and Quentin. (넘김) I’m hyunsu and I will present our project in following order. (넘김)

In thesedays, modern people live their own busy life and many of them sustain unhealthy and unvalanced life without exercise. We aimed these moden people who want to take care of their life.Our project name is HealthlyEverAfter and we promoted this applicatin to improve our daily haelthcare. (넘김)

I will compare our SRS and the actual application implement. First our main purpose of HEA was to make people count and record their exercise and intakes so they know their daily routine. to achieve that purpose, we succeeded on all of our original plan, exercise and calorie tracking functions. we also made calorie calculation function that recommend the total amount of calorie intake if user set to lose weight or the function to browse other social media. But we couldn’t implement a function that gives user some challenges (넘김)

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For now, I’ll introduce some main functions of our HEA application and expain how to use these.

Also we will demonstrate our application directly here right now too.

Before I introduce HEA’s functions, there is a big difference between logined users and those who are not. If we don’t log in, we only can use the GPS map function. To use the main function, let’s log in to this! (넘김)

First function is Sign up& Log in: the app gets signed up and uers can log in to HEA. Also users can log out and sign in to another id. we can just make an id and password to login. Ah he just fails to sign up because he wrote the email address in wrong type. And he fails to repeat the same password this time. (넘김)

2nd function is Calorie Tracker: Users will enter a certain food and it will give a breakdown of the food item, e.g calories, protein etc. If that item isn’t found then the user is able to note it down manually for their future use. As we enter all the food item we ate, ti will be saved and this food history is initialized to 0 calorie everyday. (넘김)

3rd function is Exercise Tracker: Before I explain this function, this use GPS tracking but the computer doesn’t have one. So our demo is not working in here. But when we use our phone, this works well. So we prepared a video that we use this GPS tracker by ourselves. Let’s have a look first. Users will be able to hit a button and this function will track your running using the GPS function. This will calculate how long they will be running, it will give them feedback of running time and distance. We can also use this GPS function by marking the location and for map. If you click this person looking icon, user will get the actual GPS picture. Then, this function will get user’s height and weight, calculate how much the user has burnt calories, in customized amount. We used the MET calorie calculating method (넘김)

4th function is Diet Check& Calorie measure: HEA gets the user’s height and weight, the exercise Intensity and calculate user’s basal metabolism. And if user want to lose weight, this function recommand calorie intake by weight degree. For example, If I want to lose weight mildly, this function notices you the proper calorie. Mild loss weight is 0.25kg/week /// normal is 0.5kg/week ///and extreme is 1kg/week. The basic metabolic rate is calculated by considering the height, weight, strength of exercise and the amount of weight you want to lose. (넘김)

5th function is Social Media: This will allow the users to share with their friends how they have been doing so that they can encourage others to join them on their fitness journey. Here are some SNS icon above our home and if we click it, we can link to the website. (넘김)

Lastly, we filmed a short video about using our HEA in the real life. Please enjoy it. (넘김)

Thank you for listening.