UNIVERSITI TEKNOLOGI MARA

FITNESS TRACKER FOR HEALTHY LIFESTYLE

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ABSTRACT

In this modern society, people frequently ignore the importance of maintaining their health at or above the average level. This is one of the reasons why obesity rate keeps increasing in our country. They are too busy juggling between their work life and family till they forgot the most important thing is their health. If their health is in a good condition, then only they can take care of their beloved family. To some people, it is terribly tough for them to set and keep track on their own target in achieving their aim to have a healthy lifestyle. It became an impossible thing to do because they need to allocate more times simply to calculate how far they have been through in their healthy journey. They might fall behind and discourage them from continue their healthy habit without a proper target monitoring. Therefore, a tracking system will be the solver to this problem. A mobile based is developed using Android based operating system to get data on steps taken and distance travelled. The expected outcome is to successfully develop a mobile application that can be functioning well and accurately. As a result, people can start monitoring their daily steps and live a healthy life.

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INTRODUCTION

This chapter discusses about the project background, problem statement, research objective, research scope, research significance and summary of the project.

1.1 PROJECT BACKGROUND

In this fashionable society, folks often ignore the importance of maintaining their health at or higher than the common level. Obesity and other diseases enter with non-massive warning as folks are invariably occupied with their jobs and lives, all they care regarding is that the cash they earn and the people they love. All these diseases should be envisaged because the developments of the diseases do not seem to be inevitable and that they are mostly preventable through lifestyle amendment. Albeit they understand the danger they face; they have very little time or motivation to remove them from the danger of dying from frightful diseases. The fitness app is thus the answer to the current downside, because of the personal item comparatively close to modern people is that the smartphone and the mobile apps put in within it.

Apparently, this can clearly be a benefit as people nowadays spent hours a day playing with their mobile phone. This is because mobile phone is compact in size and user can easily downloaded any fitness application into their mobile phone and primarily go anywhere, they like to try and do some exercises that they wanted to do. There is so many features in the mobile application such the ability to set fitness goals, the tracking distance travelled daily, the daily burning calories and the level of hydration, etc. Almost all the important features that a person want can be found in a single fitness application. Some of this application are set free to download so that the user can freely use it anytime they wanted