



اَوْنَبُوْ سَيِّدِيْ تَيَكْنُوْلُوْجِيْ بِمَارَا
UNIVERSITI
TEKNOLOGI
MARA

TECHNOLOGY BLUEPRINT OF FITENGINE SMARTWATCH

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1.0 EXECUTIVE SUMMARY

The number of people with obesity condition is increasing each year as there's also an increase in food invention. No one does not love food, and the love for the food can also be the reason someone stuck in the hospital ward for health condition. A lot of steps and campaign has been done to increase awareness of healthy lifestyle among the society. The development of BlockFat™ centralized in Malaysia is specialize for technology that can help in increasing a healthy lifestyle among the society which is a smartwatch. You are what you eat, therefore, this invention gives you awareness about how much food consuming and fitness activities can impact your whole life. A healthy life is a blessing and in order achieve that, ones need to sacrifice! Let it be in aspects of money, time, or energy. All of this can be solved with only a purchase of this smartwatch. It will be your electronic dietitian coach whenever and wherever you are. From all the basic function of smartwatch to something you can never imagine that could ease your life one day.

User can now record and calculate the food calorie intake by just scan! This smartwatch will automatically update your daily calories outtake and intake when you are burning down your fat or when you consume anything as you scan the barcode of the food. For home-based food, user can update the type of food they are consuming by just searching the food name at the food calorie tracker features in the smartwatch. It helps in consistency rather than need to key in our daily routine in smartphone. It also helps to prevent data missing when we forgot to key in calories intake as it has data update reminder. As you are updating your every meal intake, it will automatically calculate the number of calories you have taken that day. This invention will keep your consistency in taking care of your daily food calorie intake as a part of your healthy journey.

Not just that, this invention will also automatically suggest what type of exercise that suits for you and your calorie intake to achieve a healthy diet. You can update your health condition, height and weight that will be revised by the device to recommend you the best fitness activity to burn your calories for that day. No type of exercises recommended that will make your health condition worse. Everyone, regardless of gender, age, or money, can live a healthy lifestyle. Practicing a healthy lifestyle does not necessitate the purchase of an expensive gym subscription or the consumption of just pricey organic foods. As previously said, finding a balance in what people eat and drink, as well as exercising or engaging in other healthy activities, is the most important factor in leading a healthy lifestyle. Although adhering to a

new lifestyle may appear difficult at first, people will find it manageable after they have been familiar to it.

Our product is available at reasonable price for RM549.00 each as it comes with high technology and quality to ensure a great outcome of the function. Our product has predicted to gain RM10,000,000 sales and about RM2,000,000 gross profit for second year of being in the market. Few departments, such as administrative, finance, operations, and marketing, are necessary for an efficient and structured company management in BlockFat™. To ensure BlockFat™'s productivity, each department is headed by skilled and capable leader that is known as the manager.