1. Custom is configured by the user. Can be 2 months, a year, etc. User should give it a name, which should replace the word "custom". When the user clicks on Today, progress information changes to Today's data. When the user clicks on This Month, progress information changes to This Month's data. The same goes for when the user clicks on Custom link.

2. User is able to configure what stats should show in this panel.

3. Use colors to show progress. Green for Meg Goal and beyond. Yellow for 80% success. Red for less than 80%.

Colors can be configured as well as percentages.
Mobile app will sync with the selected workout to track the user's workout.

If the user traveled through a different route, a new route is created automatically when mobile app syns with server.
Fit-Watch

New Route

Overview map

Name your Route: New Route

Distance:

System calculates distance of route automatically while user digitizes route on map.

Save Your Routes
How to integrate Fit-Watch resources

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

FAQs

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.
Fit-Watch

Fit-Watch Products

Fit-Watch

A watch that includes a pedometer, monitors your workout and talks to Fit-Watch applications.

Fit-Watch App

Create or find a route to do your run or walk. Watch your stats, complements your Fit-Watch so you can be in total control of your fitness program and goals.
Goals: Steps

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Goal</th>
<th>Active</th>
<th>Default in Dashboard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>10000</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Weekly</td>
<td>50000</td>
<td>✔️</td>
<td>□</td>
</tr>
</tbody>
</table>

Week Starts: Monday
            Sunday

Show in dashboard: Today
                    This Week
                    This Month
                    Pick from Calendar

This link opens a new row in the goals table below.

1. User can select Daily, Weekly, Monthly
Connect Fit-Watch to Facebook to interact with your friends on this site and to share Facebook through your Wall and friends’ News Feeds. This site will also be able to automatically post recent activity back to Facebook.

- Your Site
- Bring your friends and info
- Publish content to your Wall
- facebook

Email: alien@area51.com
Password: ********

By proceeding, you are allowing Fit-Watch to access your information and you are agreeing to the Facebook Terms of Use in your use of Your Site.

Sign up for Facebook
Connect
Cancel
Sync with Fit-Watch

Synchronizing canceled.

Resume
Your Steps Statistics

Count

Date/Period

<table>
<thead>
<tr>
<th>Date/Period</th>
<th>Count</th>
<th>Met Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/27/2013</td>
<td>8500</td>
<td></td>
</tr>
<tr>
<td>04/26/2013</td>
<td>10500</td>
<td>✔️</td>
</tr>
<tr>
<td>04/25/2013</td>
<td>10123</td>
<td>✔️</td>
</tr>
<tr>
<td>04/24/2013</td>
<td>9000</td>
<td></td>
</tr>
</tbody>
</table>

Use colors:
- Green for Meg Goal and beyond
- Yellow for 80% success
- Red for less than 80%

Colors can be configured as well as percentages
Your Calories Statistics

Count

Date/Period

<table>
<thead>
<tr>
<th>Date/Period</th>
<th>Count</th>
<th>Met Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/27/2013</td>
<td>1800</td>
<td></td>
</tr>
<tr>
<td>04/26/2013</td>
<td>2050</td>
<td>✔️</td>
</tr>
<tr>
<td>04/25/2013</td>
<td>1200</td>
<td></td>
</tr>
<tr>
<td>04/24/2013</td>
<td>1230</td>
<td></td>
</tr>
</tbody>
</table>

Use colors:
- Green for Meg Goal and beyond
- Yellow for 80% success
- Red for less than 80%

Colors can be configured as well as percentages.
Your Heart Rate Statistics

Heart Rate

Date/Period

60
180

Date/Period | Average | Zone
---|---|---
04/27/2013 | 110 |  
04/26/2013 | 105 |  
04/25/2013 | 90 |  
04/24/2013 | 95 |  

Use colors:
- Red when > 120
- Yellow when value between 100 and 120
- Green when value between 60 and 100

Colors can be configured as well as sections
## Fit-Watch

**Goals: Calories**

### New Goal

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Goal</th>
<th>Active</th>
<th>Default in Dashboard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>1000</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>Weekly</td>
<td>10000</td>
<td>✔️</td>
<td>□</td>
</tr>
</tbody>
</table>

**Week Starts:**
- Monday
- Sunday

**Show in dashboard:**
- Today
- This Week
- This Month
- Pick from Calendar

### Notifications

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Time of Notification</th>
<th>Count is</th>
<th>Active</th>
<th>Email</th>
<th>Fit-Watch</th>
<th>Voice Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>10:00 AM</td>
<td>&lt; 1000</td>
<td>✔️</td>
<td>□</td>
<td>✔️</td>
<td>Doing Good girl!</td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td>&gt; 1000</td>
<td>✔️</td>
<td>□</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td>= 2000</td>
<td>✔️</td>
<td>□</td>
<td>✔️</td>
<td>You are a Champ!</td>
</tr>
</tbody>
</table>

**Fit-Watch**

**Goals: Distance**

<table>
<thead>
<tr>
<th>New Goal</th>
<th>Time Frame</th>
<th>Goal</th>
<th>Active</th>
<th>Default in Dashboard</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Daily</td>
<td>1</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td></td>
<td>Weekly</td>
<td>20</td>
<td>✔</td>
<td></td>
</tr>
</tbody>
</table>

**Week Starts:**
- Monday
- Sunday

**Show in dashboard:**
- Today
- This Week
- This Month
- Pick from Calendar

**Notifications:**

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Time of Notification</th>
<th>Count is</th>
<th>Active</th>
<th>Email</th>
<th>Fit-Watch</th>
<th>Voice Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>10:00 AM</td>
<td>&lt; 2</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>Doing Good girl!</td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td>&gt; 2</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td>≥ 5</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>You are a Champ!</td>
</tr>
</tbody>
</table>

**Measurement Unit:**
- Miles
- Kilometers