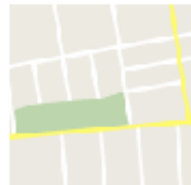




# Fit-Watch

[Sync with Fit-Watch](#)[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

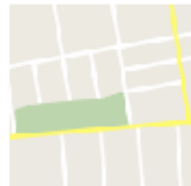
## Your Routes



### Route 1

Distance: 4.8 miles

Last workout: 04/25/2013

[Start workout](#)[Delete](#)

### Route 2

Distance: 5.2 miles

[Start workout](#)[Delete](#)

Mobile app will sync with the selected workout to track the user's workout.

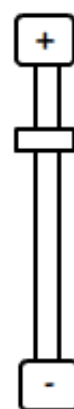
If the user traveled through a different route, a new route is created automatically when mobile app syncs with server.



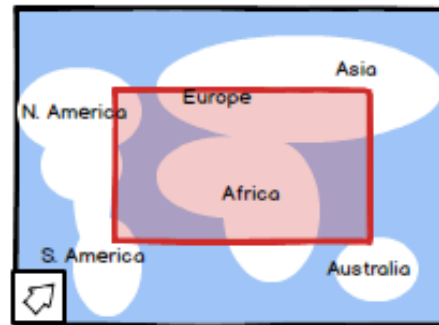
# Fit-Watch

[Sync with Fit-Watch](#)[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

## New Route

[Streets](#)[Aerial](#)[Topo](#)

Overview map

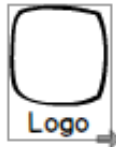


Name your Route:

Distance:

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

[Save](#)[Your Routes](#)



# Fit-Watch

[Sync with Fit-Watch](#)[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)[Help](#)

## How to integrate Fit-Watch resources

Lorem ipsum dolor sit amet, consectetur adipisicing 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

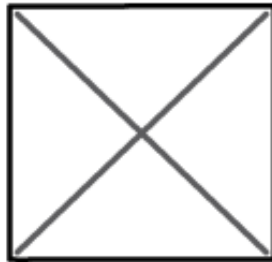
Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum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



# Fit-Watch

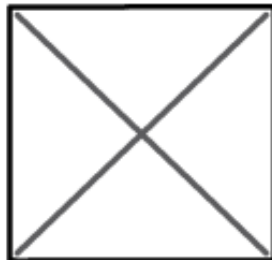
[Sync with Fit-Watch](#)[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

## Fit-Watch Products



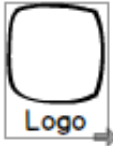
### Fit-Watch

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.



# Fit-Watch

[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

## Goals: Steps

[New Goal](#)

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

Time Frame		Goal	Active	Default in Dashboard
Daily	1	10000	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly		50000	<input checked="" type="checkbox"/>	<input type="checkbox"/>

1. User can select Daily, Weekly, Monthly

Week Starts:

Monday ▼

Sunday

Show in dashboard:

Today ▼

This Week

This Month

Pick from Calendar

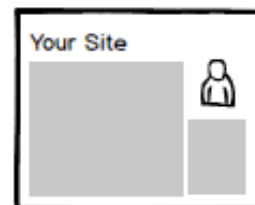


# Fit-Watch

[Sync with Fit-Watch](#)[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

## Login | Facebook

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.



Bring your friends and info



Publish content to your Wall



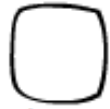
Email:

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](#)



Logo

# Fit-Watch

[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

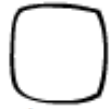
## Sync with Fit-Watch



Synchronizing ...

[Cancel](#)





Logo

# Fit-Watch

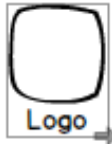
[My Fit-Watch](#)[Social](#)[Store](#)[Help](#)

## Sync with Fit-Watch



Synchronizing canceled.

[Resume](#)



Fit-Watch



Sync with Fit-Watch

My Fit-Watch

Social

Store

Help

Steps

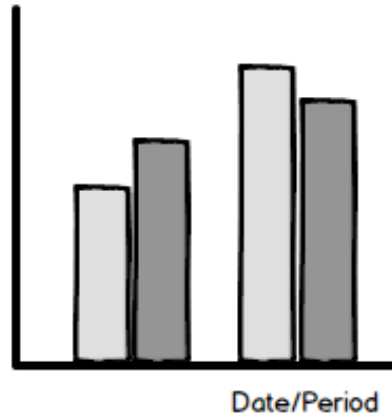
Distance

Calories

Heart Rate

## Your Steps Statistics

Count



- ☒ Daily  
☐ Weekly  
☐ Monthly

From

//



To

//



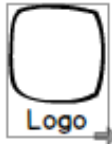
Or

- ☒ This Week  
☐ This Month  
☐ Last 3 Months  
☐ This Year

Date/Period	Count	Met Goal
04/27/2013	8500	<input type="checkbox"/>
04/26/2013	10500	<input checked="" type="checkbox"/>
04/25/2013	10123	<input checked="" type="checkbox"/>
04/24/2013	9000	<input type="checkbox"/>

Use colors  
Green for Met Goal and  
beyond  
Yellow for 80% success  
Red for less than 80%

Colors can be configured as  
well as percentages



Fit-Watch



Sync with Fit-Watch

My Fit-Watch

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Help

Steps

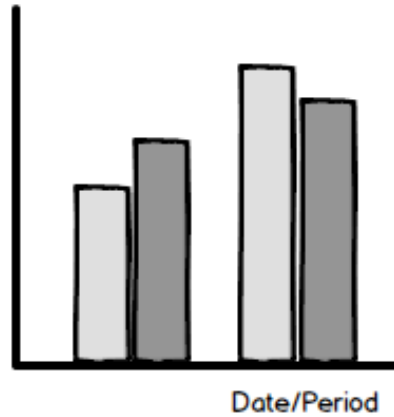
Distance

Calories

Heart Rate

## Your Distance Statistics

Miles



- ☒ Daily  
☐ Weekly  
☐ Monthly

From

//



To

//



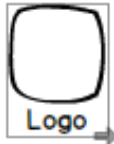
Or

- ☒ This Week  
☐ This Month  
☐ Last 3 Months  
☐ This Year

Date/Period	Count	Met Goal
04/27/2013	4	<input type="checkbox"/>
04/26/2013	6	<input checked="" type="checkbox"/>
04/25/2013	2	<input type="checkbox"/>
04/24/2013	4	<input type="checkbox"/>

Use colors  
Green for Met Goal and  
beyond  
Yellow for 80% success  
Red for less than 80%

Colors can be configured as  
well as percentages



Fit-Watch



Sync with Fit-Watch

My Fit-Watch

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Help

Steps

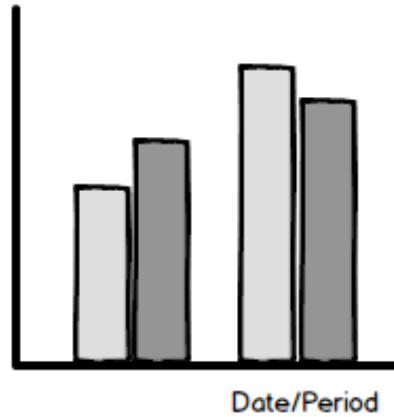
Distance

Calories

Heart Rate

## Your Calories Statistics

Count



- ☒ Daily  
☐ Weekly  
☐ Monthly

From

//



To

//



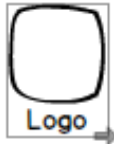
Or

- ☒ This Week  
☐ This Month  
☐ Last 3 Months  
☐ This Year

Date/Period	Count	Met Goal
04/27/2013	1800	<input type="checkbox"/>
04/26/2013	2050	<input checked="" type="checkbox"/>
04/25/2013	1200	<input type="checkbox"/>
04/24/2013	1230	<input type="checkbox"/>

Use colors  
Green for Met Goal and  
beyond  
Yellow for 80% success  
Red for less than 80%

Colors can be configured as  
well as percentages



Fit-Watch



Sync with Fit-Watch

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Steps

Distance

Calories

Heart Rate

## Your Heart Rate Statistics

Heart Rate

180

60

Date/Period

- ☒ Daily  
☐ Weekly  
☐ Monthly

From

/ /

To

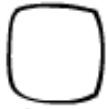
/ /

Or

- ☒ This Week  
☐ This Month  
☐ Last 3 Months  
☐ This Year

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



Logo

Fit-Watch



Sync with Fit-Watch

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## Goals for Steps

[New Goal](#)

Time Frame	Goal	Active	Default in Dashboard
Daily	10000	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly	50000	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Week Starts:

Monday

Sunday

Show in dashboard:

Today

This Week

This Month

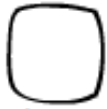
Pick from Calendar

Notifications:

[New Notification](#)

Time Frame	Time of Notification	Count is	Active	Email	Fit-Watch	Voice Message
Daily	10:00 AM	<5000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Daily		> 7500	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Doing Good girl!
Daily		= 10000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	You are a Champ!

1. User can select Daily, Weekly, Monthly



Logo

# Fit-Watch



Sync with Fit-Watch

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## Goals: Calories

[New Goal](#)

Time Frame	Goal	Active	Default in Dashboard
Daily	2000	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly	10000	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Week Starts:

Monday ▼

Sunday

Show in dashboard:

Today ▼

This Week

This Month

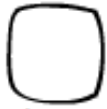
Pick from Calendar

Notifications:

[New Notification](#)

Time Frame	Time of Notification	Count is	Active	Email	Fit-Watch	Voice Message
Daily	10:00 AM	< 1000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Daily		> 1000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Doing Good girl!
Daily		= 2000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	You are a Champ!

1. User can select Daily, Weekly, Monthly



Logo

# Fit-Watch



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Goals: Distance

[New Goal](#)

Time Frame	Goal	Active	Default in Dashboard
Daily	5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weekly	20	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Week Starts:

Monday

Sunday

Show in dashboard:

Today

This Week

This Month

Pick from Calendar

Notifications:

[New Notification](#)

Time Frame	Time of Notification	Count is	Active	Email	Fit-Watch	Voice Message
Daily	10:00 AM	< 2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Daily		> 2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Doing Good girl!
Daily		= 5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	You are a Champ!

Measurement Unit:

Miles

Kilometers

1. User can select Daily, Weekly, Monthly