

# Cardio Trainer Features

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## Features

1. Common across app(s)
  - a. Android Google Account + Facebook for
  - b. Google Maps Integration
  - c. Location – Network + Phone Hardware GPS
  - d. Google Maps
    - i. Record entire path
  - e. Pedometer – calculate steps, pace, calories burnt, etc
  - f. Schedule/Alarm Manager
  - g. Stop Watch
  - h. Graphs and Charts
  - i. Profile details
  - j. Notifications Framework
  - k. Voice Feedback Framework
  - l. Metric systems – conversion of height, weight, calories.
  - m. Auto-pause – Used mainly in workouts.
2. Account Features
  - a. Registration – with details like height, weight, dob, location, etc
  - b. Login
  - c. Forgot password
  - d. Sharing on Facebook
  - e. Finding Friends
  - f. Sharing app with Friends
3. Landing Page
  - a. Find nearest runner.
4. Sponsors feed integration
  - a. Will fetch sponsors info always from Server side. (Every sponsor will have expiry date. Once date is passed we can get remove a sponsor data)
  - b. Allow sponsors to contact us via app
5. History – Free users will have history on phone and PRO users can view on Net + It will be synced with server.
6. Workout
  - a. Workout types – Walking, jogging, cycling, etc. (need to confirm all required!)
  - b. Start, stop, pause
  - c. Save, Discard
  - d. View – Distance, Speed, Calories, Graph, Location, Map
7. Settings Feature
  - a. Control voice feedback – per min., per km, calories burnt, etc.
  - b. Show/hide Google maps.
  - c. Auto pause Workout
  - d. Auto sync all workouts
8. Friends Activity

- a. Add, Remove
  - b. Comment or Like Friends workouts.
  - c. View friend feed
  - d. Custom feed designed to show workouts shared by your friends.
9. Graph Types – each can show details for a day, week, month and overall.
- a. Calorie chart
  - b. Distance
  - c. Weight-loss graph – Show how much user has lost weight over time.
10. Goal Running
- a. KM based goals - I will run X km in Y workout.
  - b. Time based goals. – I will run X minutes in Y workout
  - c. We will define templates for the goal.
  - d. App will monitor that workout.
11. Interval Based
- a. KM based – I will run X km in Y days of time.
  - b. Time based – I will run X minutes/hours in Y days of time.
  - c. We will define templates for the goal.
  - d. App will monitor that workout.
12. Racing Feature
- a. Save all running/walking/cycling tracks in database.
  - b. Racing against own track.
13. World High Scores
- a. Shows all high scores based on the workout
  - b. Define X day's data to view – last 1 day, last 5 days, last X days, etc.
  - c. Narrow down high scores based on location
14. Lose weight – mimic MyFitnessPal
- a. Fetch all details from Profile – height, weight, gender, age, etc.
  - b. Record Calories
  - c. **Get all food details from Database.**
  - d. Show regular notifications about weight lost, prompt once a day to ask users to enter the food in-take details.
15. Challenges
- a. Create challenges for friends
  - b. Only KM Based challenges – Run/Walk/Cycle X km in Y time/days.
  - c. Friends can view and accept/reject challenges.
  - d. Automatically update Workouts for any challenges
16. Free to PRO migration
- a. Payment Gateway integration – PayPal & CCAvenue
  - b. Unlock PRO features using Promo codes
    - i. Promo codes will be generated based on agent & location
  - c. Per-modules unlocking will be provided.
  - d. Subscription based unlocking – Buy for month/quarter/annual/forever.