The Fitness Watch is a microcontroller ideally worn on the wrist, a heart rate sensor, and a PC based application. It’s an amazing tool for facilitating and tracking the effectiveness of workouts. It includes features such as current heart rate, workout recording, months of storage, calendar and graph based tracking of calories burned.

### Hardware

TI EZ430

- Built in wireless capabilities
- Up to 6 months battery life
- Shock resistant
- Set Wirelessly from Fitness Watch Application

### Overview

Above you’ll find a high level overview of each component that makes up Fitness Watch.

### Results

I have personally used and tested the Fitness Watch while doing the following activities.

- High Intensity Interval Training
- Tracking Calories on while running
- Zone training for Fat burning
- Step training for 5k
- Checking the time

### Uses

Jason Macy
Utah State University College of Engineering
Jason.macy@aggiemail.usu.edu