**SmartFit:A Step Count Based Mobile Application**

**Abstract**

Research has found that relatively few people engage in regular exercise or other physical activities. Despite the availability of numerous mobile applications and specialized devices for self-tracking, people mostly lack the motivation for performing physical activities. In this article we present SmartFit, a mobile application that uses step count for promoting the physical activities in adults. This article points out that while considering walk, activity duration is not sufficient for determining users activeness state. Step count is another factor that should be taken into account. For this we propose an approach for converting the steps into duration for which activity has been performed. This duration is then used in Smartfit for categorizing user into different activeness levels.

**SYSTEM REQUIREMENTS**

**Hardware & Software Requirements:**

1. Android mobile with a minimum version 2.2
2. Processor is not less than 500MHZ
3. RAM is not less than 170MB
4. SD card with minimum of 512MB
5. Resolution is not less than 480\*800pixs