

PERSONAL TRAINING LOGGER

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ABSTRACT

Today's development of electronic field already shown to use it covers almost all fields such as microcontroller, sensors, chipset and module. The human life these days has been enriched with digital embedded system that becomes one of the basic routine applications. Jogging is the simple and easiest exercise, yet it yields among benefits for our overall health. The personal training logger is designed to help the user to keep track users daily exercise routine and able to converts the time and speed, and finally show the user how much their calories are burned.

In this project, the input voltage is 9v battery. The output design is consist of buzzer, LCD, and LED and some other supportive components, and of course its need brain PIC microcontroller 16F877A to take control of the operations. The input voltage device transmit a 9v voltage which adjusted with an additional circuitry that consist of regular and capacitors that allow only 5v to be reached by PIC16F873A microcontroller. The microcontroller interfaced with MAX232 that enable user to store the data inside the PC.

Personal training logger is a system that design to make people life easier by providing friendly and for enchantment it can be integrated into much smaller hand-held device. This enchantment will become valuable and more effective to the world of Electronic.