

# PULSE METER WITH PEDOMETER AND CALORIE COUNTER

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## ABSTRACT

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**What** is pulse meter and pedometer with calorie counter? Is a device that can be used in the comforts of the home is necessary with the advancement in today's technology. This project deals with human pulse rate measurement system, distance monitoring system and calorie-burned indicating system with a simple, cost effective design using conventional components.

The user can obtain three things by using this simple device instead of using three types of different devices that work individually. All of the 3 systems consist of hardware, and software was needed to implement either of these systems. Concept, design and the operation of the systems are thoroughly presented in this report.