



## MyFitnessPal Integration User Guide

This document contains detailed instructions of the *MyFitnessPal.com* feature that allow *Gruve* users to bind their *MyFitnessPal.com* accounts to *Gruve Online(Gruve.com)* in order to see energy consumption statistics on the *Gruve Online* dashboard and send information about energy expenditure to *MyFitnessPal.com*.

### 1. How to bind *MyFitnessPal.com* (MFP) account to *Gruve Online*

After login to the *Gruve Online* application, the user directed to the dashboard page. On this page, the user will see a new sidebar widget called "*MyFitnessPal*" (see fig. 1.1).

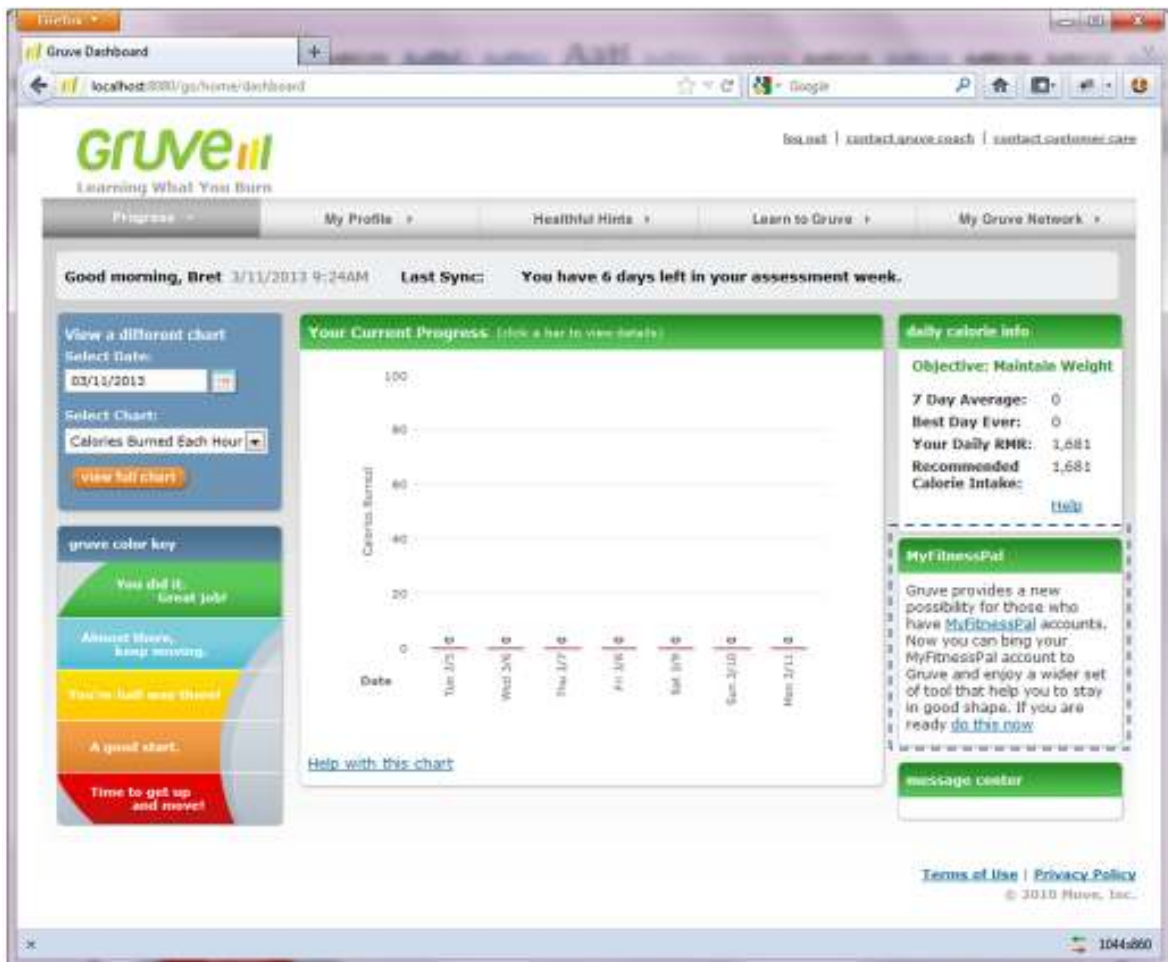


Fig. 1.1 Gruve Online's dashboard page

This widget allows the user to begin the easy account binding process that is finished on *MFP* page. The widget contains a short description and two links. The first link "*MyFitnessPal*" points to the *MyFitnessPal.com* website. The second link "*do this now*" is used to start the account binding process.

When the user clicks on this link the user will be redirected to the *MFP* login page (see fig. 1.2). On this page, the user should enter correct *MFP* login/password and press the “Log in” button. When logged in, the user will see a confirmation page that contains a request to grant access to user’s *MFP* data for the *Gruve Online* application. After confirmation, the user will be redirected back to the *Gruve Online* dashboard page. Please note that the confirmation page will only be shown if user binds his or her *MFP* account for the first time. If the user did this before, the confirmation page won’t be shown and the user will be redirected to the *Gruve Online* after login.

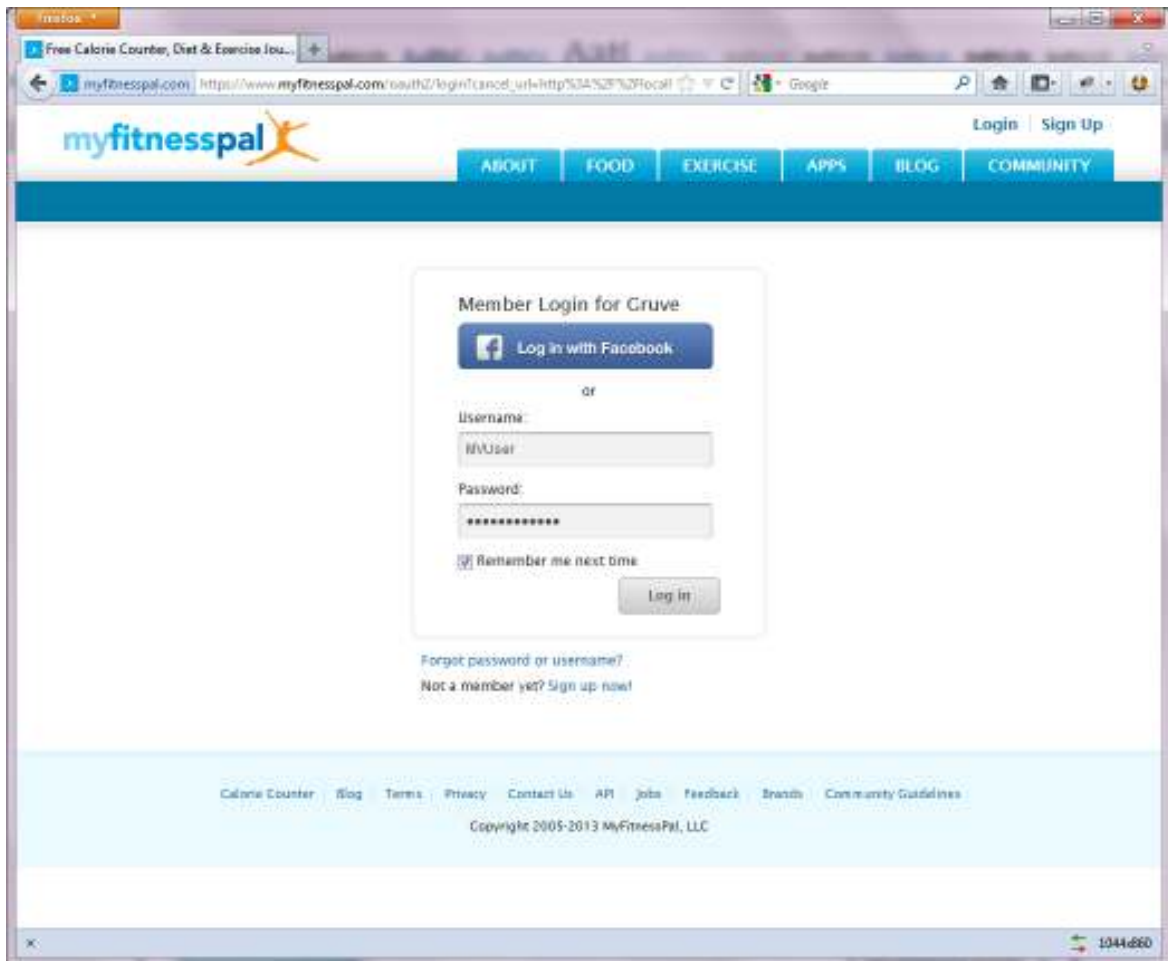


Fig. 1.2 *MFP* login page

At this point, the account binding process is completed. *Gruve Online* has synchronized data with *MFP*. The *MyFitnessPal* widget will change and display 7-day calories consumption statistics that were received from *MFP* (see fig. 1.3). In the example below, the user hasn’t reported anything to *MFP* so all the values are set to “0” and the histograms show only “0” values.

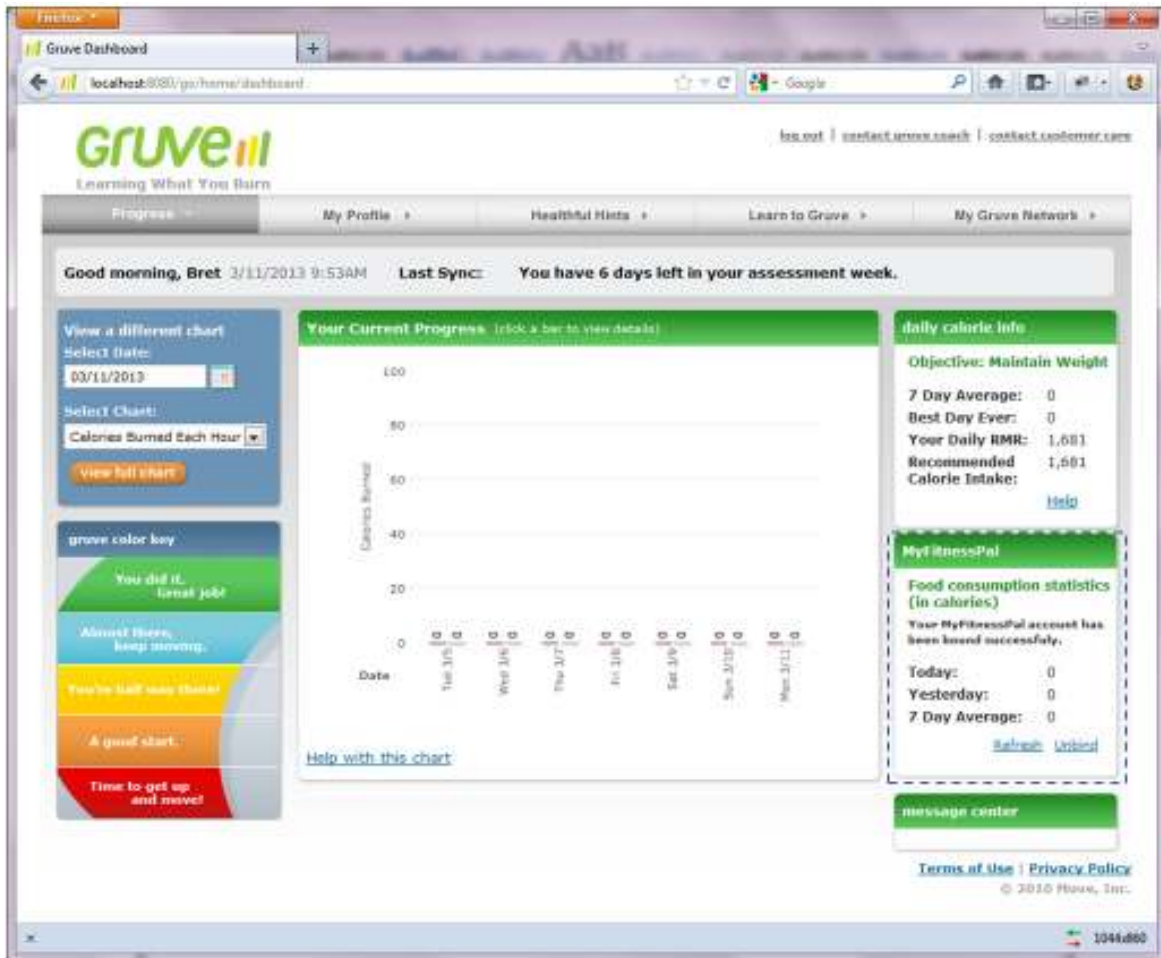


Fig. 1.3 Account binding succeed

## 2. How to use the *Gruve* and *MFP* accounts together

When user logs into *Gruve Online*, the application verifies whether the user has a bound *MFP* account. If yes, it starts the synchronization process before showing the dashboard page. This process consists of several steps:

1. The first step is that *Gruve Online* will determine the time interval for synchronization. It verifies the date of the previous synchronization, and if the current synchronization is the first one, *Gruve Online* will synchronize data for the last 7 days. Otherwise the synchronization interval will contain dates from today to the last sync date, but not more than 7 days in total. This is important to remember, because skipped dates won't be synchronized with *MFP*. Please note that *Gruve Online* always *re-synchronizes* the last sync date to make sure that this day's information was synchronized correctly.
2. Once the target time interval is known, the application starts synchronization.
3. For each date in the sync interval, *Gruve Online* reads the energy consumption information from *MFP* and stores it in its database.

- For each date in the time interval, *Gruve Online* sends information about total amount of expended energy from *Gruve* database to *MFP*.

When the synchronization is finished, the user will see the dashboard page that displays both *Gruve* and *MFP* information side-by-side (see fig. 2.1). The *MyFitnessPal* widget displays the energy consumption statistics for the last 7 days:

- The amount of consumed calories for today;
- The amount of consumed calories for yesterday;
- The 7-day average;

Also, the *MFP* widget now contains two links: “*Refresh*” and “*Unbind*”. The first link allows the user manually run synchronization data. This could be useful, if user has changed data on the *MFP* website and now he/she wants to see updated information on *Gruve Online*. The second link allows the user to unbind his or her *MFP* account from *Gruve Online*. Please be careful with this link because if you unbind your *MFP* account, all the *MFP* data will be removed from *Gruve Online*’s database. You can always rebind your *MFP* account later, but after rebinding, only the last 7 days will be synchronized with *Gruve Online*.



Fig. 2.1 *Gruve*’s dashboard page

As you can see from fig. 2.1 above, the histogram on the dashboard page displays two bars for each date. Grey bars represent amount of calories that user consumed during each day (information received from MFP). If you open the *chart* page and select a histogram “*Calorie Burn – 31 days*” or a histogram “*Calorie Burn – 7 days*” you will also see the same grey bars (see fig. 2.2 and fig. 2.3 below). The MFP widget is also displayed on the *chart* page.

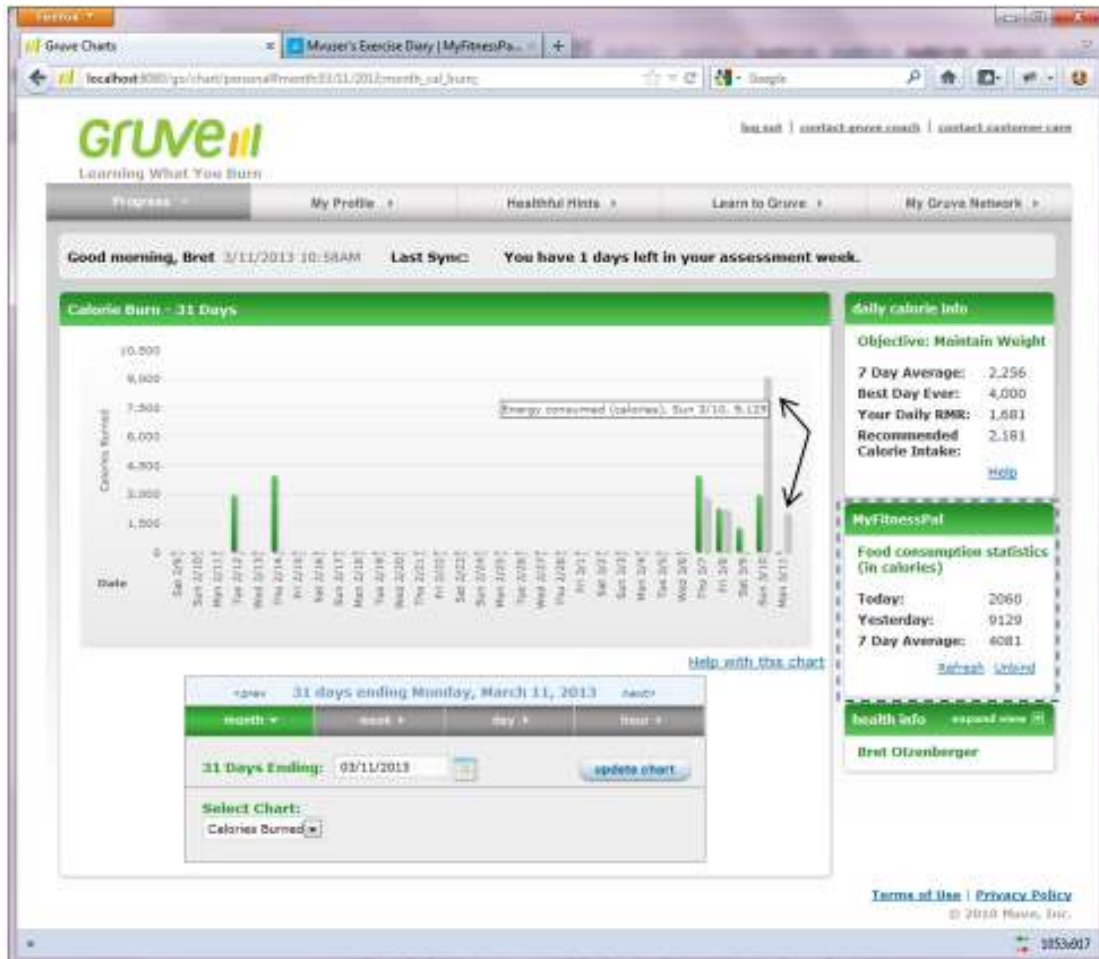


Fig. 2.2 Histogram “Calorie Burn – 31 days”



Fig. 2.3 Histogram “Calorie Burn – 7 days”

### 3. MyFitnessPal

After synchronization, the *MFP widget* should contain information about amount of expended calories for each synchronized date. To verify this, user can login on the *MFP* website, select a date and navigate to the tab called “*Exercise*”. On this page (see fig. 3.1 below), the user will see a record called “*Gruve calorie adjustment*”. If the user clicks on the link (*i* icon) to the right of the record name, the user will see a popup dialog that displays amount of expended calories that *Gruve Online* has reported for the current date (see fig. 3.2 below).

myfitnesspal

MY HOME | FOOD | EXERCISE | REPORTS | APPS | COMMUNITY

Exercise Diary | Database | My Exercises | Settings

MyFitnessPal

Hi, MUser | Help | Settings | Logout | Follow Us

Exercise Diary | Database | My Exercises | Settings

0 REI ACHRYSDAF

Your Exercise Diary for: Sunday March 10, 2013

**Cardiovascular**

	Minutes	Calories burned
Goal calorie adjustment	10k	857

Add Exercise | Quick Tools

Daily Total / Goal	1 / 60	857 / 216
Weekly Total / Goal	5 / 120	2871 / 830

**Strength Training**

Add Exercise | Quick Tools

Today's Exercise Notes

Edit Note

LG Life's Good

This link opens details dialog

Fig. 3.1 Exercise page

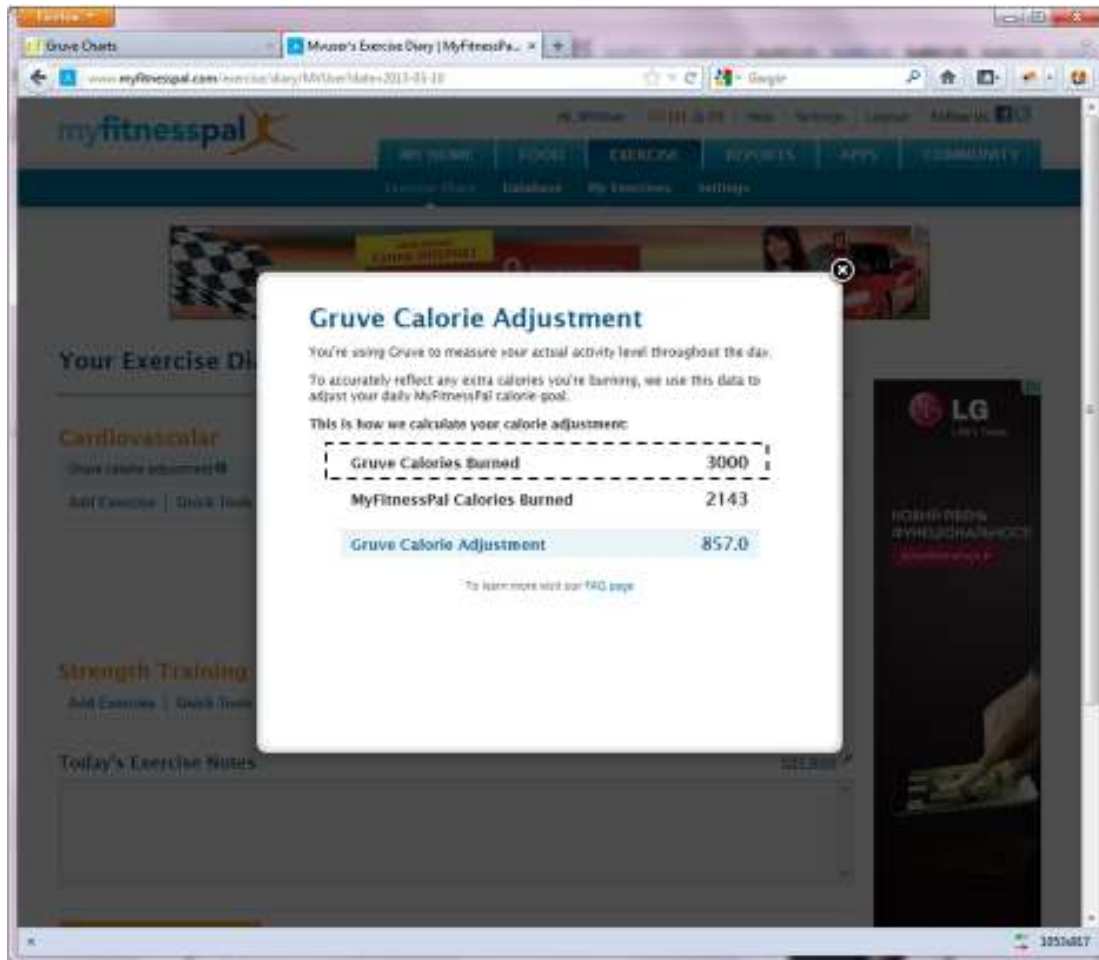


Fig. 3.2 *Gruve* calories adjustment information dialog

#### 4. Tips

1. It is highly recommended that the user record energy consumption information to *MFP* each day or at least once a week. Do not skip days and make sure that all required information input correctly, because after synchronization with *Gruve Online*, all updates will be ignored by the *Gruve*. The only exception is the last sync date, because it will be re-synchronized during next synchronization.
2. Do not unbind your MFP account unless you are sure you want to do so. Note that when you unbind your MFP account, you will lose all the synchronized data in *Gruve Online* (data in *MFP* won't be affected).
3. You can re-bind your MFP account at any time, but you will only restore 7-days of synchronized data *MFP*.
4. Note that during the calculation of average energy consumption for the last 7 days, *Gruve Online* does not take into account the days that contain 0 as the reported calories. For example, if during the last 7 days you only reported 4 days, you will see a 4-day average instead of a 7-day average.