CLAIMS

1. A mobile device comprising:

a location determination circuit configured to determine a location of the mobile device;

a goal determination circuit configured to determine an exercise amount goal of a user of the mobile device;

a target determination circuit configured to determine a plurality of target locations and a sequence of the plurality of target locations based on the determined location and based on the determined exercise amount goal, the sequence of the plurality of target locations defining an order in which the plurality of target locations is to be visited, wherein the target determination circuit is configured to determine the plurality of target locations and the sequence of the plurality of target locations so that the determined exercise amount goal is fulfilled if the user moves to the plurality of target locations according to the order; and

a notification circuit configured to notify the user about the plurality of target locations and the sequence.

2. The mobile device of claim 1,

wherein the exercise amount goal is related to amount of exercise.

3. The mobile device of any one of claims 1 to 2,

wherein each of the plurality of target locations comprises at least one item selected from a list of items consisting of: a building; a park; a shop; a shopping center; an office; a street; a district of a city; a city; a country; and a state.

4. The mobile device of any one of claims 1 to 3,

wherein the notification circuit is configured to notify the user with an indication related to fulfillment of the exercise amount goal if the user moves to the plurality of target locations according to the order.

5. The mobile device of any one of claims 1 to 4,

wherein the location determination circuit is configured to determine the location of the mobile device using at least one of GPS, WiFi triangulation, and mobile radio communication cell triangulation.

6. The mobile device of any one of claims 1 to 5,

wherein the notification circuit is configured to notify the user visually.

7. The mobile device of any one of claims 1 to 6,

wherein the mobile device comprises at least one device selected from a group of devices consisting of: a mobile radio communication device; a mobile phone; a tablet computer; a handheld device; and a wearable device.

8. The mobile device of any one of claims 1 to 7,

wherein the target determination circuit is further configured to determine the plurality of target locations further based on at least one of traffic conditions, weather conditions, or a time left to complete the exercise amount goal.

9. A method for controlling a mobile device, the method comprising:

determining a location of the mobile device;

determining an exercise amount goal of a user of the mobile device;

determining a plurality of target locations and a sequence of the plurality of target locations based on the determined location and based on the determined exercise amount goal, the sequence of the plurality of target locations defining an order in which the plurality of target locations is to be visited, wherein the plurality of target locations and the sequence of the plurality of target locations are determined so that the determined exercise amount goal is fulfilled if the user moves to the plurality of target locations according to the order; and

notifying the user about the plurality of target locations and the sequence.

10. The method of claim 9,

wherein notifying the user comprises notifying the user with an indication related to fulfillment of the exercise amount goal if the user moves to the plurality of target locations according to the order.

11. The method of any one of claims 9 to 10, further comprising at least one of:

determining the plurality of target locations further based on traffic conditions,

determining the plurality of target locations further based on weather conditions, or

determining the plurality of target locations further based on a time left to complete the exercise amount goal.

12. A non-transitory computer readable medium including program instructions which when executed by a processor of a mobile device cause the processor to perform:

determining a location of the mobile device;

determining an exercise amount goal of a user of the mobile device;

determining a plurality of target locations and a sequence of the plurality of target locations based on the determined location and based on the determined exercise amount goal, the sequence of the plurality of target locations defining an order in which the plurality of target locations is to be visited, wherein the plurality of target locations and the sequence of the plurality of target locations are determined so that the determined exercise amount goal is fulfilled if the user moves to the plurality of target locations according to the order; and

notifying the user about the plurality of target locations and the sequence.

13. The non-transitory computer readable medium of claim 12, further including program instructions which when executed by the processor of the mobile device cause the processor to perform at least one of:

determining the plurality of target locations further based on traffic conditions,

determining the plurality of target locations further based on weather conditions, or

determining the plurality of target locations further based on a time left to complete the exercise amount goal.