Proposal for Walking with Leon

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Where to

Adon and I were talking this morning about the meeting and the app. Ideas were discussed and a basic approach was agreed upon. I have tried to expand on the ideas and break them down/explain them better here. If I have ventured from the path discussed, I do apologize. I'm sure Adon will be able to comment and correct me where I've ventured.

Notes from Meeting

Name?
Heartrate for algorithm?
Correlation between step speed and heartrate
Speed of walk?

Smart sock?

Point of walking is burning calories
1000 calories? Get healthy?
2000 calories? Lose weight?

Morbidly obese 3x faster burning for walking
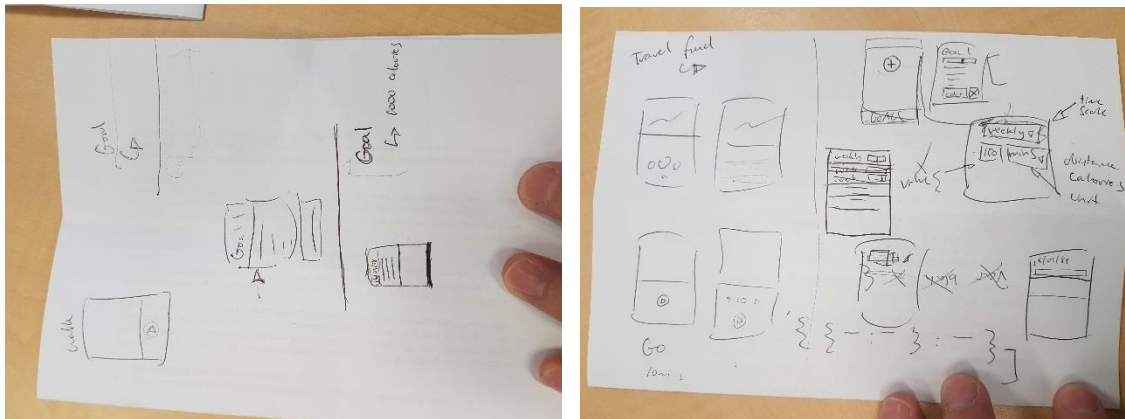
Stats page - totals, average etc
Goals to walk - choose
Timer countdown?

Cumulative walk
Research draft by November

Direction

Our super advanced notes and sketches from this morning.

Walk Activity

The idea for the walk activity would be to have a swipe on the button section of the screen. The google map doesn't change but the user can choose to have a time set option or they can swipe left/right and have a standard timer. The user will only have to press start and finish.
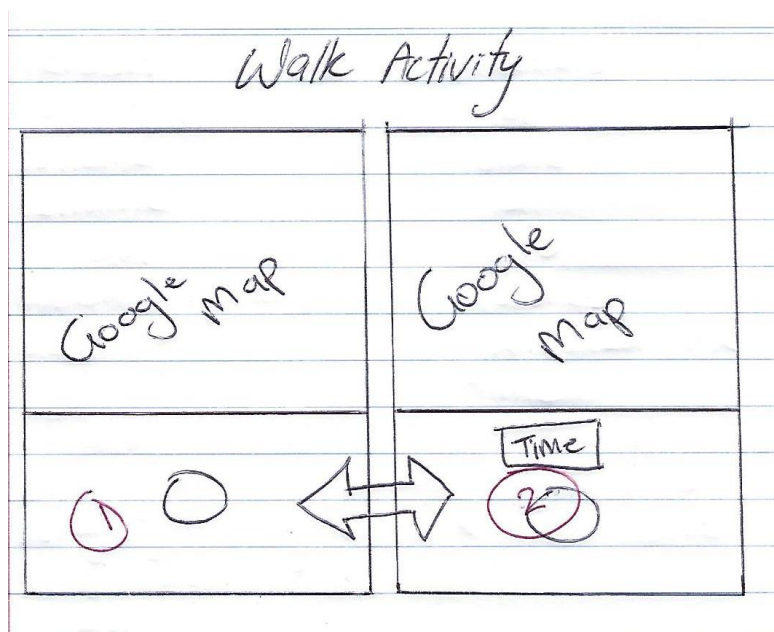

1. The user can press start and a timer will start. The user will be able to walk for however long they want too, pressing finish to store the session details.
2. The user will be able to use the time slide to choose how long they walk for. The user will press start and they will walk for the set time.

Goal Activity

The goal activity, I personally feel, is the challenging part. Adon and I agreed on having a standard goal that is set by the app every week. The standard goal is to burn 1000 calories. The user will be able to edit the goal to 2000 calories or be able to delete it.

The user will also be able to set their own goals, whether they deleted the standard one or not. The user can set small goals for the day or their own goals for the week or month. The user will be able to choose the timeframe of the goal, the units they use and how many units.
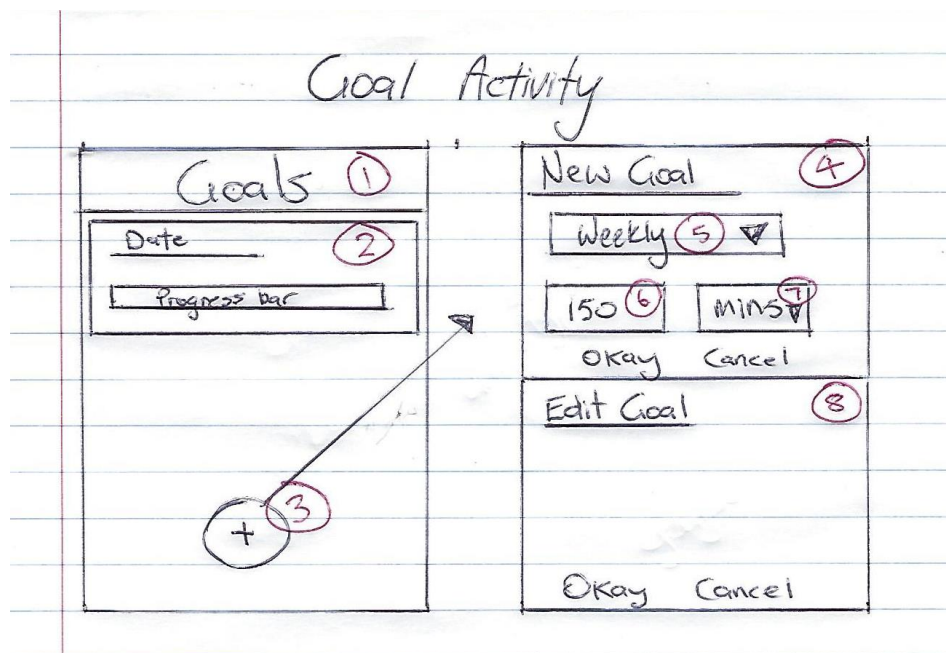

1. The actual Goal activity.
   a. The button(3) is at the bottom but it can be anywhere really.
   b. The goals will list as cards on the activity.
2. The goal card.
   a. The date can be the title. We could add a name to the goal if we wanted? Talking with Adon, yes we want to implement a progress symbol/icon but at this point, we just want to implement a progress bar on the card. It can later be moved to an agreed location in the app.
   b. I've not drawn it but the card needs an edit button too. This will enable the user to edit the goal or delete it(8).
3. The add goal button. It will cause a popup to appear that gives the user the ability to create a new goal.
4. The new goal popup.
   a. This is where the user can create their own personal goal.
   b. The goal will have a timeframe which is the dropdown(5) and the amount(6) of chosen units(7).
5. A dropdown that will allow the user to choose the timeframe of their goal. Be it 1 day or 7, a week or a month. That is later details.

6. The amount of units. The user will select how many minutes/metres/calories they want to achieve.
7. The type of units. Minutes – Metres – Calories. This will be recorded in the goal so when compared, the app will know which unit to add to the goal when calculating the latest session.
8. Edit Goal.
    a. This will enable the user to edit their goal or delete it.
    b. Limited editing options if standard goal and not personal goal. This also will be record in the database goal table. Please refer to data dictionary below.
    c. Personal goals will have more editing options.

Session Activity

Session will show the history of sessions. The sessions will be split into the goal cards. The cards will be able to minimise or maximise. Max will list all the sessions inside the goal card. Min will just show the goal title/date. I did have an idea when drawing the below diagram but I've realized that it's null and void.
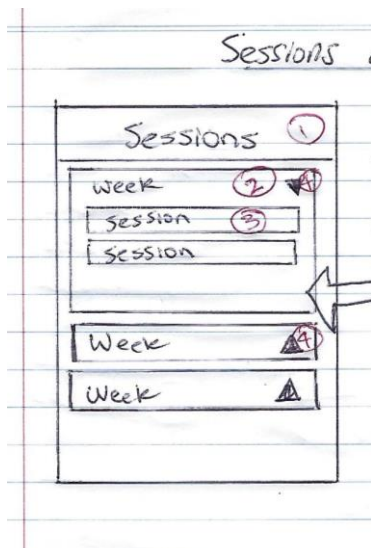
1. The Session Activity.
    a. The activity will have a list which lists cards of goals.
2. The goal card.
    a. The title can be pressed to look at the goal details(maybe)?
    b. The sessions will be listed inside the goal card.
    c. The card can be minimized/maximized(4)
3. The sessions
    a. The sessions will be listed inside the user goal card.
    b. The user will be able to select the session for view of details.
4. The minimize/maximize function, listing the session involved with that goal or just showing the goals title.

One problem spoken about is if the user deletes the standard goal and doesn't have a personal goal. Will this session go undisplayed or do we have it just display by date between the goals card. Not sure.

Stats page

The stats page will become a running total of the week. That is the impression I got. Whether this is done by the standard goal or if this is just a standalone activity to show the total of the weeks exercise is undecided. The only change will be to remove the buttons for daily or weekly.

General

Leon seemed to like colouring which is great. The only thing that was discussed about the appearances, this morning, was to change the font sizing, making it smaller and, in turn, using whitespace more professionally.

Database

Layout
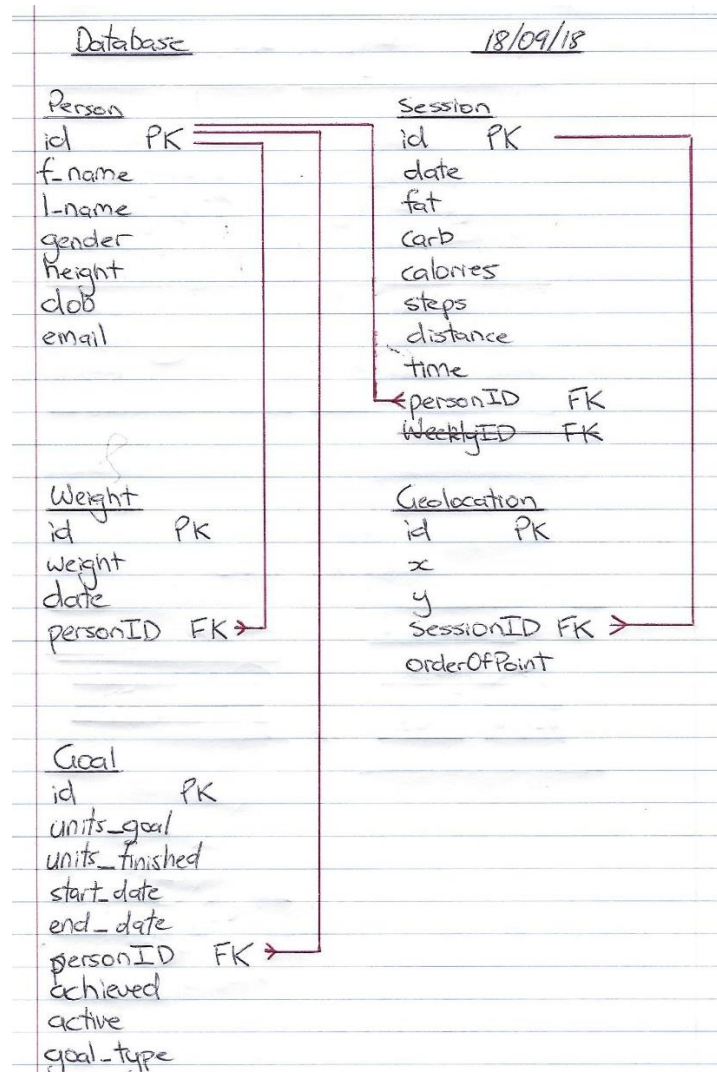
Each person can update their weight when ever they want. They will exercise, creating a session every time. With each session, there will be multiple points recorded as the user does their walk. The user will have a standard goal set every week but can make personal goals too. For more information, please refer to the data dictionary below.

Data Dictionary

Person Table		The person table is used to record the user's personal details.
Field	**Type**	**Description**
Id	Int	PK
F_name	String	
L_name	String	
Gender	Int	0 for female, 1 for male.
Date of Birth	String	
Email	String	The user's email address.

Session Table		The session table is used to record all the data about a session, after the user has gone for a walk.
Field	**Type**	**Description**
Id	Int	PK
Date	String	The date and time the user did the exercise.
Fat	Int	The calculated amount of fat the user burned.
Carb	Int	The calculated amount of carbs the user burned.
Calories	Int	The calculated amount of calories the user burned.
Time	String	The length of time the person exercised for.
Steps	Int	
Distance	Double/float	The distance the person walked. It is measured in metres. Can be calculated to kilometres if need be.
personID	Int	FK

Weight Table		The weight of the person. The person can update their weight whenever they want.
Field	**Type**	**Description**
Weight	Double/float	This is converted to a string for the Room library.
Date	String	Date of the weight entry.
personID	Int	The personID of the weight entry.

Geolocation		The geo-location table is a small table for storing the points that are used for creating geo-locations on google maps.
Field	**Type**	**Description**
Id	Int	
X	Long	
Y	Long	
sessionID	Int	FK
Order_of_point	Int	The number which enables the points to be ordered back to original list. This is so they connect properly when shown on google maps in the future.

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Goal		
Field	**Type**	**Description**
Id	Int	
Units_goal	Double	The number that is comparable to finished units. This can be minutes, meters or calories. Standard unit type is calories but all will be stored as double.
Units_finished	Double	How many units the person has finished.
Start_date	String	The date the goal started.
End_date	String	The date the goal ends.
personID	Int	FK
Achieved	Bool	Stats if the goal was achieved or not. Could be used now or later for showing achievement symbols.
Active	Bool	This is for scanning the database for active goals. If the goals are active, they will show up in the goals section. If they are not, they will be in the history section.
Goal_type	Int	This is to show if it's the weekly goal set by the app or if it's a personal goal.
Unit_type	String	The type of unit. Standard will be calories but if the user creates a personal goal, they can choose between three types: Calories, metres, minutes.

Name Ideas

So, being at the meeting, I bore witness to how much Leon hates his name being in the title. I therefor put forward some ideas. Most are not very good but I hope to get the ball rolling so we can come up with a good name. Keep in mind we want to represent the app in its name. My ideas:

- Walking for Life
    - I don't mind this. The whole app is designed to help these people lose weight and avoid major health risks. Walking for life signifies multiple things: Walking for a better quality of life, walking so the user is likely to live longer. It's also very similar to what we already have and it's still simple. It however is a little cliché.
- Health Check
- High Health
- Health Hack
- Breath Better
- Clear Breath
- Heart Walking
- Stepping Heart
- Happy Hearts
- Beating Steps
- Step Master
- Stepping Stones
- Flash Forward

- Pace Miester
- Pure Blood
- Life Tap
- Well of Wellness
- Pro-Active
  - Not sure if this will be a good idea. There is a large skincare company called Proactive. They may not like how similar(Identical) this name is to theirs.

Where to Now

This is rough outline of what was discussed and an approach for moving forward. I'm not certain of the database but it was what I could think of. It doesn't double up on anything, I'm just not sure on expandability in the future.

There is a lot more micro planning needed to get the above functions working but this, as stated, is an outline. I hope it was helpful. Please give input.