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INST311

12/15/2021

Project Part 1: Overview Draft

Introduction

The app is called MyFitnessPlan. This app is intended for users who are new to the gym and want to learn more about workouts to stay fit. Users will be able to search for different types of activities through this app. It will also help them to create their own workout routines and follow personal trainers and their workout plans. This app will help users to stay fit and reach their intended goals for coming to the gym. Our app is mostly free, but users can get a premium membership where they can work with a personal trainer daily. Personal trainers and people who work out are the main groups of people interested in this app. One of the special features of this app is when a user searches for a particular workout, they will find videos, instructions, and reviews from other users and trainers. Another special feature is that premium members will be able to work with trainers to help them make their diet plans and workout routines.

Scope

We want to create an all-inclusive fitness app for people interested in working out and improving their overall health in terms of scope. In terms of users, it can range from someone who never works out to the world's most experienced and hardcore athletes. Our app allows for a lot of variety because it does not focus on any singular form of fitness. It does not matter whether you want cardio, weightlifting, powerlifting, dieting, calisthenics, etc. We plan to include no official organizations or causes in our app. But

with a fitness app like this, it would be important to work with certain organizations like gyms and personal trainer companies because we all work around the same goal and benefit from each other by cooperating.

User Types

- The intended target users for the app will be people who work out, trainers.

- People who want to work out and know more about what workouts they need will install and sign up for the app contents. By joining the app, they get various workout videos, exercises, and schedules for when to do each exercise. The user then gets to explore the workouts for specific parts of their body. For example, if the user wants to work their abs, they would go into an 'ab workout' section or simply search it up, and all the exercises for abs will simply show up.

- A person who might benefit less would be someone who doesn't like to work out but tries the app to get more information about working out and what it's for.

- This app will consist of 'Trainers' and the 'Trainees'. When the user first opens the app, there will be two options, choosing if you are a trainer or the person looking to be trained. When the user picks either, it will take them to a specific page for whatever they decide. For example, if the user is the trainee, they will log in as a 'Trainee' and then see a page full of workouts and videos. On the other hand, if the user is a trainer, they will log in as a 'Trainer' and then see a page full of trainees looking for help or a 'create' button for them to create and upload videos and offer to review of the trainees' workouts.

User Task

- **Trainers:**

  Uploading workouts, Getting reviews from trainees, Creating and uploading personal tutorials, Contacting trainees to give them more information.

- **Trainees:**

  Watching workout videos, Looking at workouts in categories, Hiring trainers to train them, Giving reviews to trainers that have trained them.

Project Part 2: Your App in Context

Market Comparison and App Rationale

● Planet Fitness Workouts: The app does well in providing workouts that all people can do no matter their experience. There are different categories depending on what you want to work on and the goals you have set for yourself. Because this app is made by planet fitness and it also promotes their gyms, a lot of the workouts can only be done using the equipment that is available at planet fitness. For example, their machines in the gym that work specific muscles or parts of the body. This app is most beneficial to people who have planet fitness memberships and have access to all of those items. People who do not have a membership there can certainly get some inspiration from the app but cannot follow the app precisely for their own workouts.

● Home Workout - No Equipments: This is a great app that provides workouts without needing any kind of equipment. Mostly workouts that can be done at home. They have workouts for everyone and part of the body that you would want to work on. The app allows you to build goals and then find workouts that will help you meet them. It even tracks how much you workout, your current weight, steps, and other things like water intake. This app does not do so well because it entirely focuses on workouts without equipment, which is fine if that is the target audience they want to focus on. But, compared to the app that we want to create, the audience is everyone, no matter what equipment they have or not.

Also, even though the app offers personalized plans, the workouts that are offered are not personalized for you specifically, they are just workouts that most closely meet the goals that you have set.

The majority of workout apps we have seen all specialize in specific workouts or ways of working out. The difference in our app is that it does not specialize for any one type of user that wants to work out. There are workouts and plans available for anyone who wants to start working out. This type of individuality is achieved through the video creation aspect of our app, where anyone can post their workouts for others to follow. There is no set number of trainers or professionals who are making all the workouts that are supposed to work for everyone. In terms of describing our app, it is basically the YouTube of fitness. Anyone can find any kind of workout or way of working out based on what they search. That could either be a workout or a certain creator/trainer that they like and would like to watch their videos. Another need that our app fills aside from the rest of the marketplace is that anyone can post videos on our app. They do not have to be licensed professionals or personal trainers giving out advice or personalized workouts. The reason why our app is so great is that it revolves around the basis of the community. As more people use the app, they will find more workouts that can be personalized for them, and at the same time, more people will become trainers who will increase the overall number of videos that can be found on the app. Our team is interested in an app of this type because it has never been done this way before. The hope is to make an app with the largest catalog of fitness videos ranging from beginner to advanced workouts.

Getting Data and Integrating with Other Systems

How the app will be populated with data for its metadata records:

- Since it's a workout app, the records will be created mostly from the user's history, which will help personalize more workout videos for them. The app will collect records of the workout videos that the user searches and watches. It will then personalize more specific workout videos and recommend it to the user. The app will not record any data created manually by the staff who manage the app. The records are also not going to be harvested from existing information systems.

Existing information systems or apps with which this app would interact:

- The app will interact with other systems on the same device, such as photos/camera, notes, and contact lists. Users will be able to use their cameras to record videos and upload them to the app. They can also upload notes of their workout routines to the app. Users will also have the option to suggest the app to people in their contact list.

Social Implications

The existence of our workout app might benefit people who love working out or the people who are thinking of getting into working out. The benefitting factors of the app towards people of all ages might be finding their perfect workout routines, finding a

new workout they haven't seen before, finding trainers to connect with for their body type, etc. There can be a lot of ways this app can benefit individual users.

There might also be some ways this app can harm other communities and organizations. For example, if our workout app becomes very successful in the future and starts to get very popular, all the other competitor apps might go out of business or start to have a slow business. This would be due to people downloading and signing up for our app instead of the competitor workout apps. There is also a chance of people injuring themselves if they don't follow the proper form of exercise. For example, if someone uploads a video where they don't use the appropriate form of the exercise, viewers can get injured while following the incorrect form.

What are the risks or benefits related to the rights or values of users or stakeholders?
- The benefit of valuing the user can be satisfying the user while using the app.
- Interacting with the app will give the user a certain satisfaction towards working out and receiving helpful tips and videos from the workout app. Some benefits related to the rights or values of stakeholders can be having successful app projects and then getting supporters for our app to give more information on the project of our app.

Are there any related laws or organizational policies that your app complies with? violates? necessitates?

- The app will comply with many codes of conduct, health and safety policies, and mobile phone policies. These organizational policies make the app legitimate and keep the app's business running smoothly for both the user and app creators. These policies are meant to be procedures and sets of rules that structure the app's organization.

My Fitness Plan

Login

12345@gmail.com

●●●●●●●●●●●●●

**Sign in**

Register

My Fitness Plan

Register

Enter e-mail

Enter Password

Re-enter Password

Register

Sign in

Search..

Saved

Liked videos

Watch Later

History

Intermediate Low impact Cardio

Bodybuilding

800k Views 73k Likes

Full Body Workout

Lucy

675k Views 70k Likes
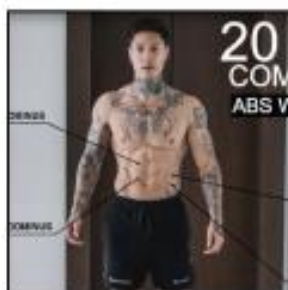
Intermediate Hit

Nathanael

Search..

Beginner   Advanced   Cardio   Legs   Abs

Recommended

20
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ABS W

8
MIN

views
e 2010

Trending

LOW
IMPACT

FALLS

BEGINN
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Popular Trainers

Intermedidate Cardio Workout

Body Project

3M Views 717k Likes

The Best Workout Routine - (Beginner, Intermediate)

Fitness

1.5M Views 300k Likes

Intermediate Low impact Cardio

Bodybuilding

800k Views 73k Likes

Full Body Workout

Lucy

675k Views 70k Likes

Intermediate Hit

Nathanael

100k Views 7.8k Likes

Intermediate Hit

Chris

Type

All

Video ✓

Channel

Playlist

Workout

All

Abs ✓

Chest

Back

Cardio

Calisthenics

Duration

Any

Under 4 minutes

4 - 10 minutes ✓

10 - 20 minutes

Over 20 minutes

Sort By

View Count

Relevance

Rating ✓

Upload Date

Upload Date

Anytime ✓

Last Hour

COMPLETE CARDIO

32:47
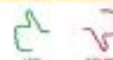
Intermedidate Cardio Workout   3M Views 717k Likes

Body Project

Recommended

The Best Workout Routine - (Beginner, Intermediate)

Fitness

1.5M Views 300k Likes

Intermediate Low impact Cardio

Bodybuilding

800k Views 73k Likes

Full Body Workout

Lucy

Jared Shredz
3m Subscribers

Body Project
2m Subscribers

Lucy
3.7m Subscribers

Chris
1.1m Subscribers

Nathanael
90k Subscribers

Bodybuilding
5m Subscribers

< 🔍 Search..

✓ Subscribed 🔔

Body Project

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The Best Workout Routine - (Beginner, Intermediate)

Body Project

1.5M Views 300k Likes

Intermediate Low impact Cardio

Body Project

800k Views 73k Likes

Full Body Workout

Body Project

675k Views 70k Likes

Intermediate Hit

Body Project

100k Views 7.8k Likes

INST 311 Team Project: Metadata Schema Worksheet

Your metadata schema includes two components:

- Summary Item Type Tables – to give at-a-glance information about each of your item types
- Detailed Property Information Tables – to specify the logical details of each metadata property you create

Each of these is described in more detail in the sections below.

Component 1: Summary Item Type Tables

For each item type in your schema, this table lists each property and some basic information. Use the table below as your template. **Note:** Each item type in your schema should have a separate copy of this table; make copies of the table if you have more than 2 item types. Make sure to give each table a heading or caption that specifies which item type is being described.

Item Type 1: Video

Name of Property	Description of property	Example Value
Title	Title of the video	Intermediate Cardio Workout
Video Description	Explanation of what the video is and what kinds of workouts are included.	"In this high intensity cardio bodyweight workout…"

Video Length	How long the video is	"8 minutes 30 seconds"
Number of Views	Views of each video.	1,000,000 views
Likes/Dislikes	The number of likes and dislikes of the each video	50,000 Likes

4000 Dislikes |
| Thumbnails | Picture representation of the video | |

Item Type 2: Trainer Profile

Name of Property	Description of property	Example Value
Name	Name of trainer	Bradley Martin
Profile Picture	Personal Picture of the Trainer	
Subscribers	Number of subscribers they have	2,000,256
About Me/Bio	Description of the trainer and the types of videos they upload	Hi, my name is Bradley! I have been a personal trainer for 8 years and I have worked with thousands of clients.

Item Type 3: User

Name of Property	Description of property	Example Value
Name	Name of the user	Martin Bradley
Email	User email to sign in and create account	bradley.12@gmail,com
Password	User password for sign in and create account	Password123
Profile Picture	User's profile picture	"image.png"

Component 2: Detailed Property Information Tables

Trainer Profile Properties

Property Name		Profile Picture
Item Type		**Trainer Profile**
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	
	Controlled Vocabulary	*Link to existing controlled vocab, **OR*** *List all terms here if fewer than 10, **OR*** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Jpeg, png, tiff*
Mandatory property? (yes/no)		no
Sorting property? (yes/no)		no
Filtering property? (yes/no)		no

Property Name		Name
Item Type		**Video**
Property Encoding	Data Type	***String***
	Controlled Vocabulary	*Link to existing controlled vocab, **OR*** *List all terms here if fewer than 10, **OR*** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*

Mandatory property? (yes/no)	yes
Sorting property? (yes/no)	yes
Filtering property? (yes/no)	yes

Property Name		**About Me/Bio**
Item Type		**Trainer Profile**
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	***String***
	Controlled Vocabulary	*Link to existing controlled vocab, **OR*** *List all terms here if fewer than 10, **OR*** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		no

Property Name	**Subscribers**

Item Type		Trainer Profile
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	*Integer*
	Controlled Vocabulary	*Link to existing controlled vocab, OR* *List all terms here if fewer than 10, OR* *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		yes
Filtering property? (yes/no)		yes

Video Properties

Property Name		Video Description
Item Type		Video
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	*String*
	Controlled Vocabulary	*Link to existing controlled vocab, OR* *List all terms here if fewer than 10, OR* *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		no

Property Name		Number of Views
Item Type		Video
	Data Type	

How will this property be encoded? **Select ONE of these three rows to fill out:**	Controlled Vocabulary	*Views:*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		yes

Property Name		Video Length
Item Type		Video
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	
	Controlled Vocabulary	*Video Length:*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes

Sorting property? (yes/no)		no
Filtering property? (yes/no)		yes

Property Name		**Likes/Dislikes**
Item Type		**Video**
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	
	Controlled Vocabulary	*Likes:* *Dislikes:*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		yes

Property Name	**Thumbnails**
Item Type	**Video**

How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	*String*
	Controlled Vocabulary	*Link to existing controlled vocab,* **OR** *List all terms here if fewer than 10,* **OR** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*

Mandatory property? (yes/no)	yes
Sorting property? (yes/no)	no
Filtering property? (yes/no)	no

Property Name	**Titles**
Item Type	**Video**
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	*String*
	Controlled Vocabulary	*Link to existing controlled vocab,* **OR** *List all terms here if fewer than 10,* **OR** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*

	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)	yes	
Sorting property? (yes/no)	no	
Filtering property? (yes/no)	no	

User Properties

Property Name		Name
Item Type		**User**
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	***String***
	Controlled Vocabulary	*Link to existing controlled vocab, **OR*** *List all terms here if fewer than 10, **OR*** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		no

Property Name		Email
Item Type		User
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	*String*
	Controlled Vocabulary	*Link to existing controlled vocab, OR* *List all terms here if fewer than 10, OR* *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)		yes
Sorting property? (yes/no)		no
Filtering property? (yes/no)		no

Property Name		Password
Item Type		User
	Data Type	*String*

How will this property be encoded? **Select ONE of these three rows to fill out:**	Controlled Vocabulary	*Link to existing controlled vocab,* **OR** *List all terms here if fewer than 10,* **OR** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	*Name item type of embedded object here*
Mandatory property? (yes/no)	yes	
Sorting property? (yes/no)	no	
Filtering property? (yes/no)	no	

Property Name	**Profile Picture**	
Item Type	**User**	
How will this property be encoded? **Select ONE of these three rows to fill out:**	Data Type	
	Controlled Vocabulary	*Link to existing controlled vocab,* **OR** *List all terms here if fewer than 10,* **OR** *Add an appendix to the end of this document to a controlled vocab with more than 10 terms*
	Embedded Object	***Embedded object of an image (.jpg, .png)***

Mandatory property? (yes/no)	yes
Sorting property? (yes/no)	no
Filtering property? (yes/no)	no