Problem Solvers Problem and Plan

What is the **problem space** that you would like to address?

The motivation for exercise is a issue experienced by many looking to live a healthier lifestyle. There is often intentions to become more fit, but the execution is often lacking. Some barriers include: accountability, lack of instant gratification, lack of competition or too much competition, and financial barriers whether real or perceived.

What is the **target population** whose needs you would like to meet?

People who have trouble motivating themselves to exercise or those who quit their exercise regimes. People who are not exercising as much as they would like to.

What are the big picture **research methods** for your problem space?

- Finding research papers in different areas that are related to our problem space such as health, fitness, exercise, motivation, finding partners, etc.
- Surveys for the potential target population, especially students and young adults, to find out what their health goals are, how they are motivating themselves to exercise, and what they think is lacking in current solutions such as Carrot Rewards.
- Detailed interviews with people in the target population who have a strong interest in this research space.
- Field observations into the different solutions people are using, and the actual effects
- Further research into different solutions that are already in place, how they are implemented, and how their users like it.

What is the **division of labour**?

For the individual research:
- Louise is reviewing articles on technology and exercise.
- Reece is reviewing articles on motivation and exercise.
- Yi is reviewing articles on motivation and technology.
- Kyle is reviewing articles on social groups and exercise.
- Manuel is reviewing articles on motivation and technology.
- Ellen is reviewing articles on social groups and motivation.

Division of Labor for A2:
- Ellen & Reece: Interview
- Yi & Louise: Questionnaire
- Manuel and Kyle: Observations and Field Study

Assignment Attribution

The whole group had a short brainstorming session for the problem space after the lecture. A couple of days later, after individually reading about the different ideas proposed the whole group met to pick the problem space. We discussed the alternatives for an hour and completed this document with three members typing while everyone gives checks and proposes changes.