# Phase 1 - Presentation

Group 6 Class 9
Davide Pinto Teixeira - up202109860
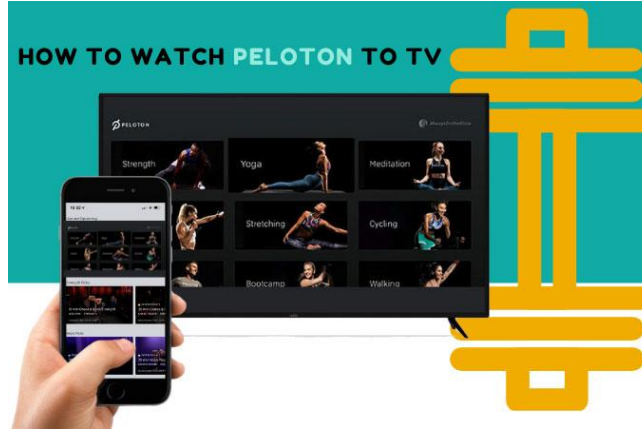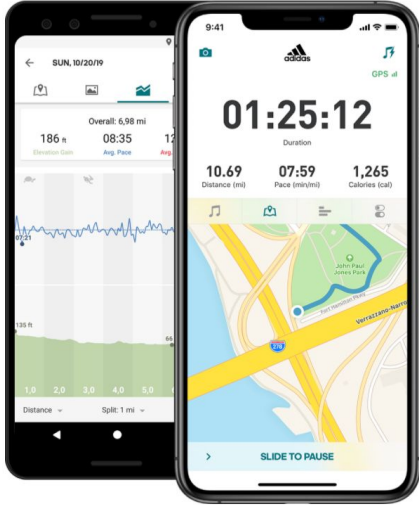Maria Abreu da Costa - up202108849
João António Teixeira Coelho - up202004846

# Project's Idea Description

- Web TV app;

- Motion and infrared sensor technology;
  - Provides real-time feedback;
  - Analysis users' movements;

- Customizable training programs;
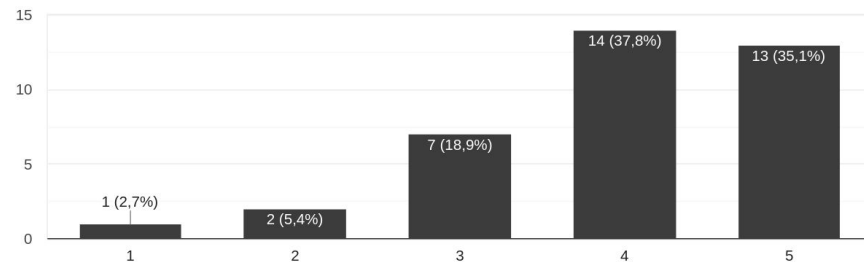
# Related Apps, Services and Systems

# Questionnaire - Highlights

On a scale between 1 and 5, classify your interest in having tools that would allow to measure that same effort level.
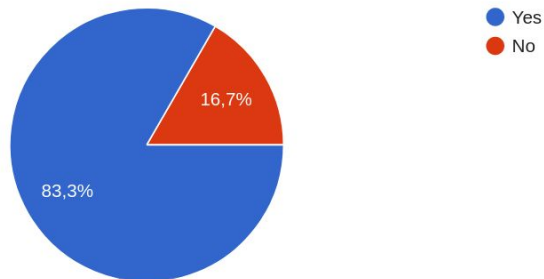
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37 answers



Do you like the idea of having access to training plans you can execute at home, personalized according to your biometrical data?

48 answers



- Yes
- No

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# PACT Analysis

**P** Young Adults

**A** Gym workouts
Home-based exercise

**C** Exercise at home

**T** Infrared rays built in the TV
Motion sensor

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# Persona



- Name: Carlos Barbosa
- Age: 23
- Work/Occupation: Software Developer
- Location: Vilarinho de Negrões, Montalegre, Portugal
- Hobbies: Reading, exploring nature
- Characteristics: Introverted, tech-savvy

# Activity Scenarios

# Functionalities and Tasks

- **Personalized training:**
    - training adapted to personal and workout preferences information

- **Training report delivery:**
    - comprehensive training report after each session

- **Effort measurement during training:**
    - gauge effort levels during training