

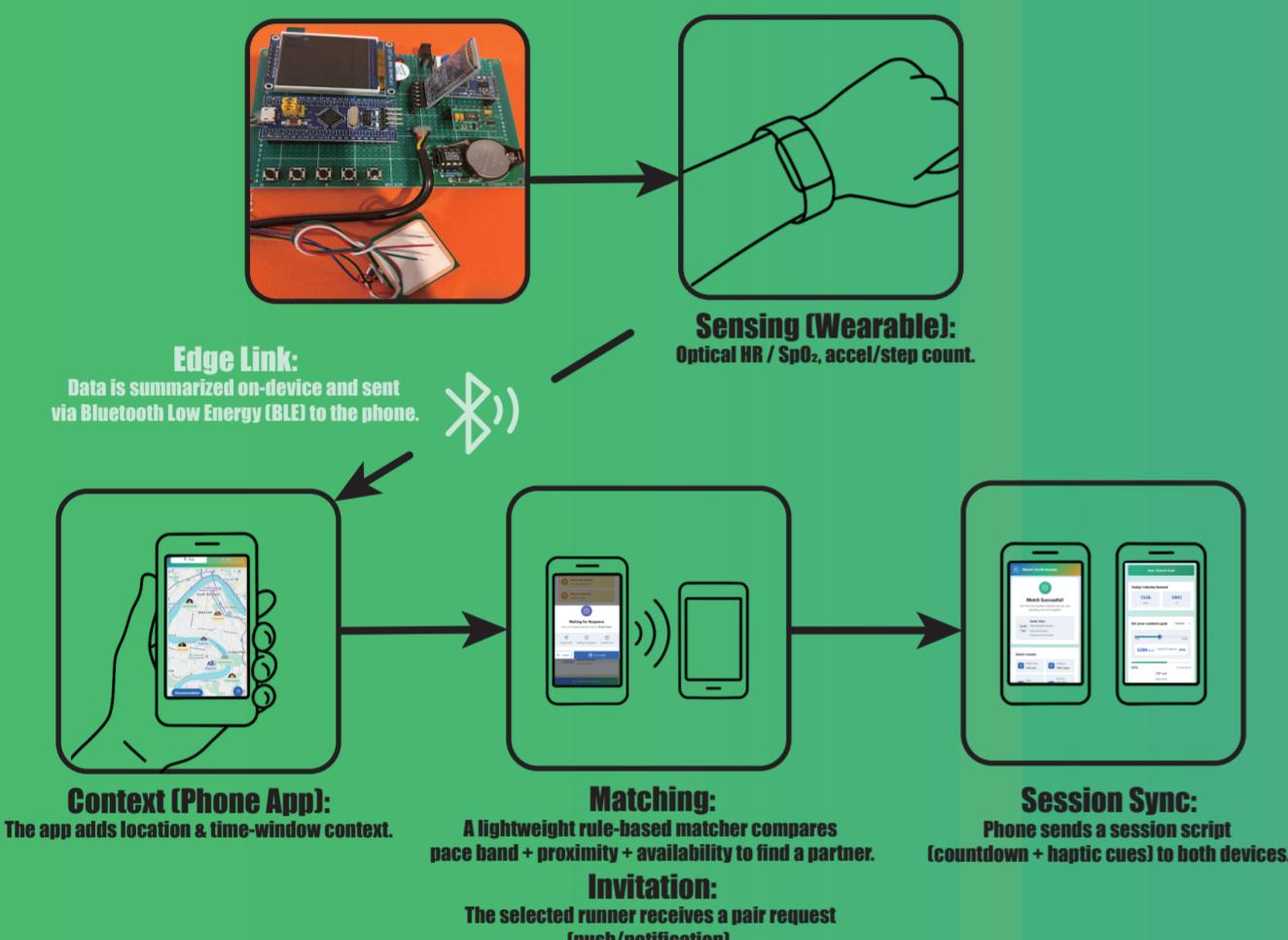
# RUNNING BUDDY

## Problem space/Research Finding

In today's busy student lives, many people want to maintain a healthy lifestyle but struggle to stick to exercise. Existing fitness apps focus more on tracking and goals, but lack the social connections that help maintain motivation.

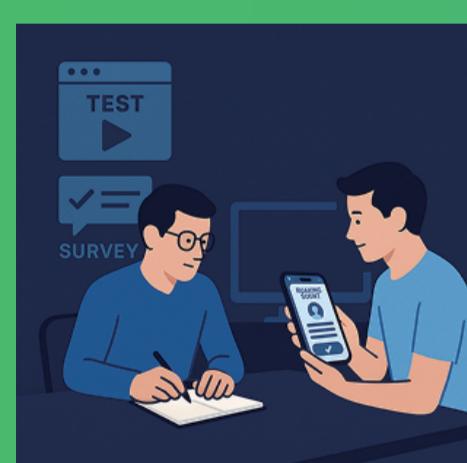


## Process/Prototype



## Test Evaluation

By matching "running level × duration × frequency", we can help you find compatible running partners nearby.



1. Participants: Ten runners (balanced gender ratio)
2. Running Level: 4 beginners, 4 intermediate, 2 advanced
3. Test Method: Task-based exercise + brief interview (10–15 minutes)

## User Feedback:

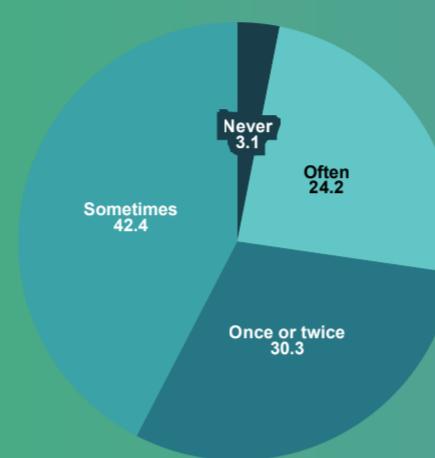
Question:	User Experience:	Improvement Direction:
Unclear levels:	"I'm not sure if I'm a beginner or intermediate."	Added example explanations (pace/weekly mileage).
Inefficient communication:	"It takes too long to confirm a running time."	Added quick time/route options to the chat page.

## Conclusion

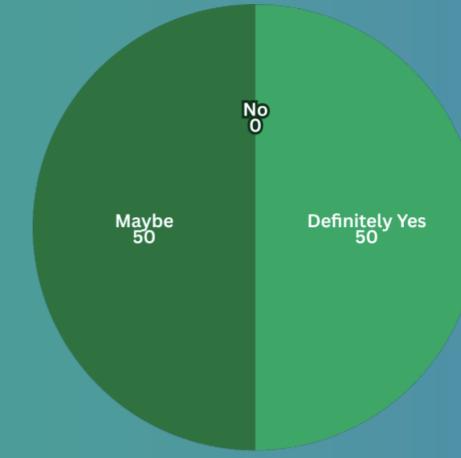
Through user testing, we've identified and refined the matching logic and interactive experience for Running Buddy, making running not only more efficient but also safer and more connected.

## Concept/Design Requirement

Have you ever started exercising but quit halfway?

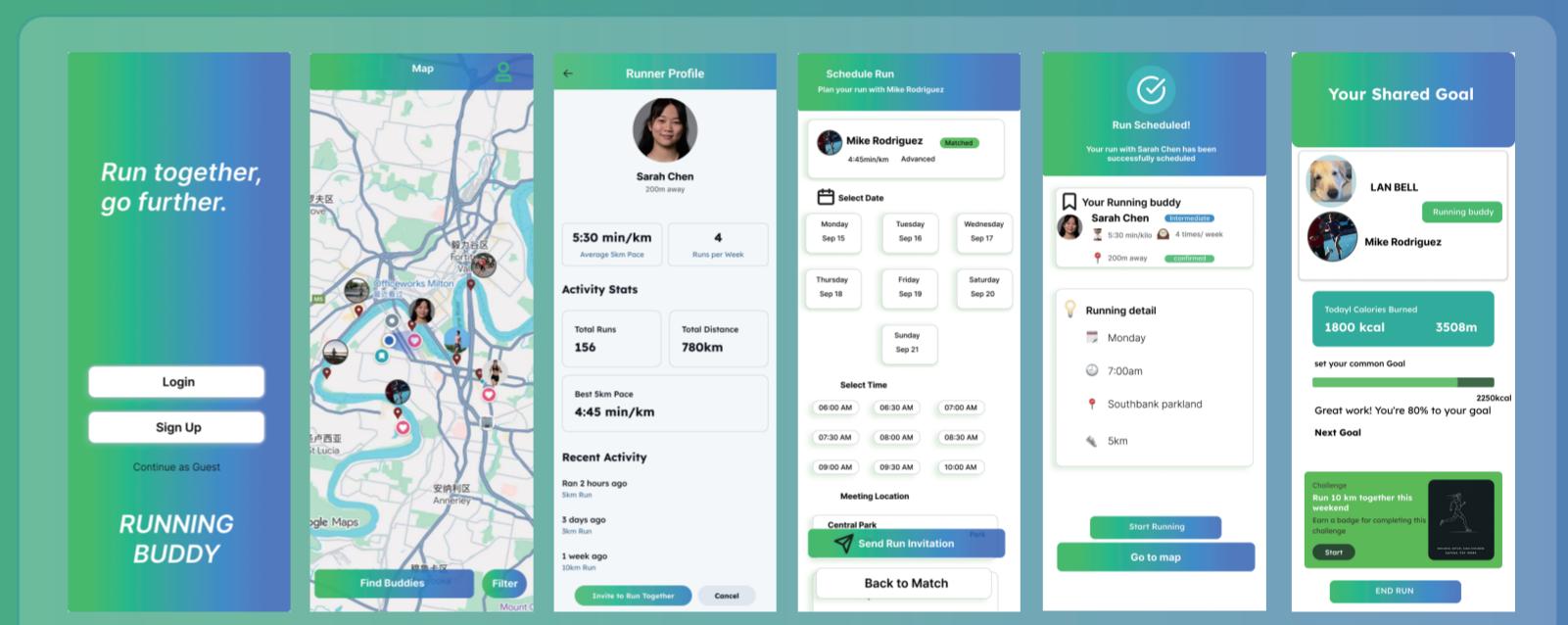


If someone exercises with you, do you think you will be more likely to stick to it?



## Insights from our user research

A survey shows that over 70% of people often give up exercising midway through. Furthermore, 50% believe they would be more persistent if they exercised with friends.



## Hi-Fi Prototype (Pair-First Running Buddy)

This high-fidelity prototype captures our final interaction model for pair running: quick onboarding → map with nearby runners → profile peek → schedule a run → confirmation → shared goal tracking. It showcases our social-and-mobile core: geofenced availability, pace-band matching, and a lightweight handshake invite. The design was used for user testing and rapid iteration.

## Improvement directions

1. Card-based instructions: Display example instructions at different levels on the settings screen.
2. Quick Run Schedule: Insert a candidate time and route in the chat window with one click.

## Summary /Pitch & QR code

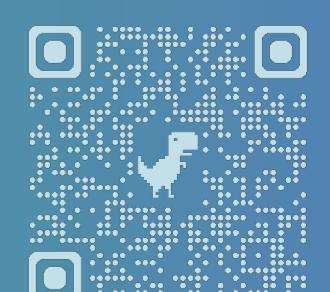
Our project WearWell combines a wearable device and a mobile application designed together to help people find running partners and stay motivated. Through several observations and surveys, we found that many individuals lose motivation or give up exercising because they lack a workout partner. Most participants suggested that having a running buddy could increase their engagement and stick to running. WearWell allows users to track their workout outcomes through the wearable device and share progress with their running partners in real time via a shared goal page.

This combination enhances social connection, strengthens motivation, and encourages a more sustainable fitness experience.

Next step, we will not only focus on running but also will include other types of sports.

wearwell— Work out together! live better!

<https://github.com/Miskimm/Wearwell>



**wearwell— Work out together! live better!**