My Fitness Way – P2 Project Design

Team 31

1. **Team members:**

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2. **App Introduction**

   MyFitnessWay serves as your personalized fitness guide, offering tailored workout suggestions and guidance based on different training muscles and fitness equipment. Our app recommends appropriate fitness actions based on your preferred location and time, so you can easily fit exercise into your routine.
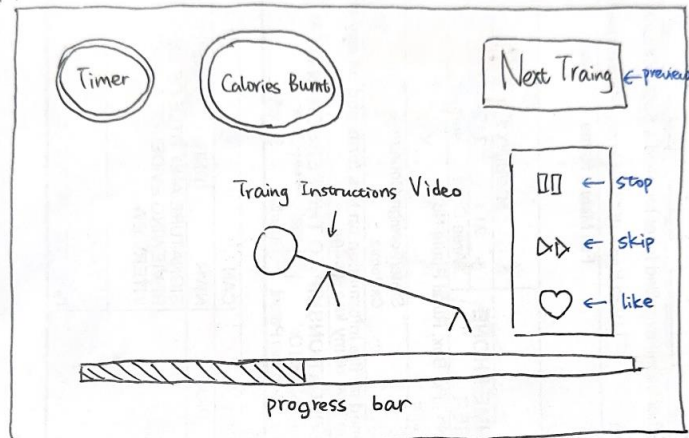
3. **Screens**
   a. **Target users**
   - Beginners that need customized instructions on fitness plan from scratch.

   - Experienced self-taught users that need professional guidance to protect

     themselves when pushing their limits.

   - Users that need interactive achievement system to be motivated and insistent.
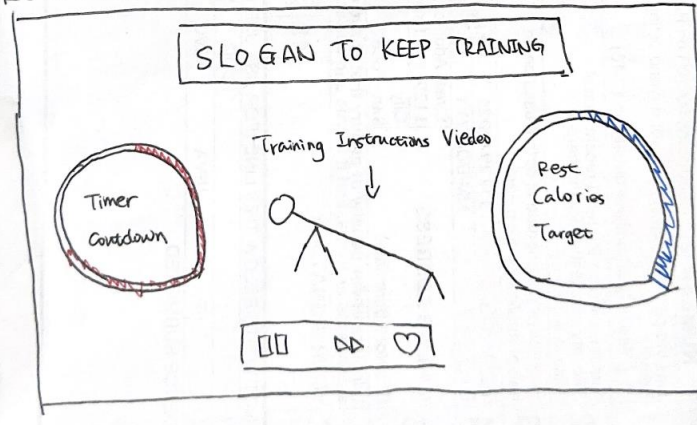
   b. **Prototype, reactive and reflective feedback.**
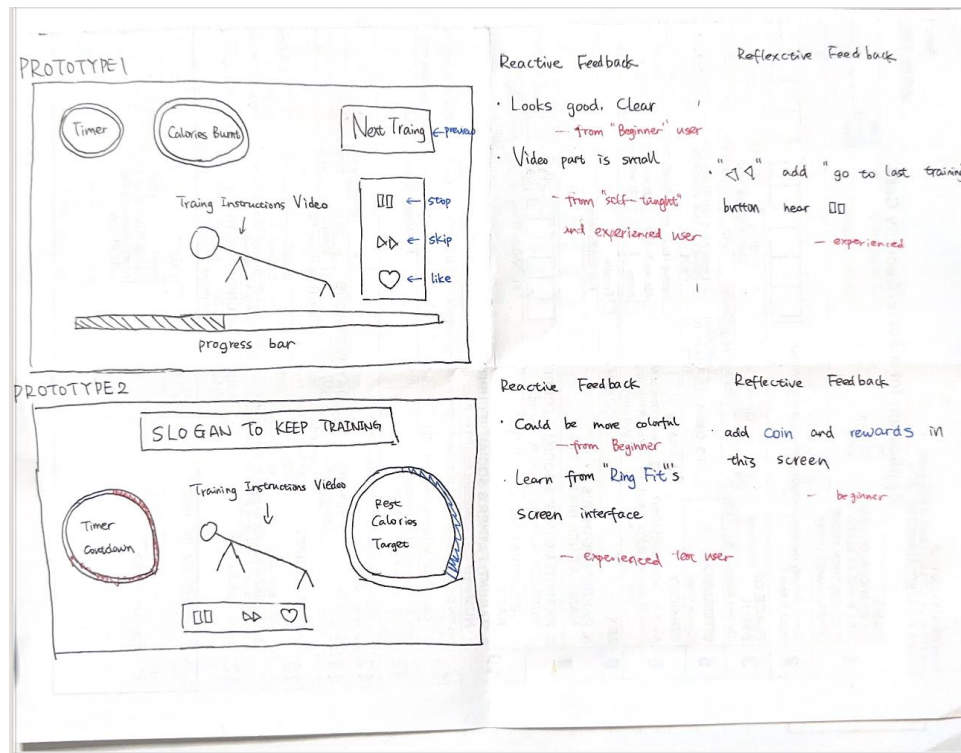
- **Prototype for <mark>TRAINING</mark> screen**

PROTOTYPE 1

Timer

Calories Burnt

Next Traing ← preview

Traing Instructions Video
↓

☐☐ ← stop
▷▷ ← skip
♡ ← like

progress bar

PROTOTYPE 2

SLOGAN TO KEEP TRAINING

Timer Countdown

Training Instructions Viedeo
↓

Rest Calories Target

☐☐ ▷▷ ♡

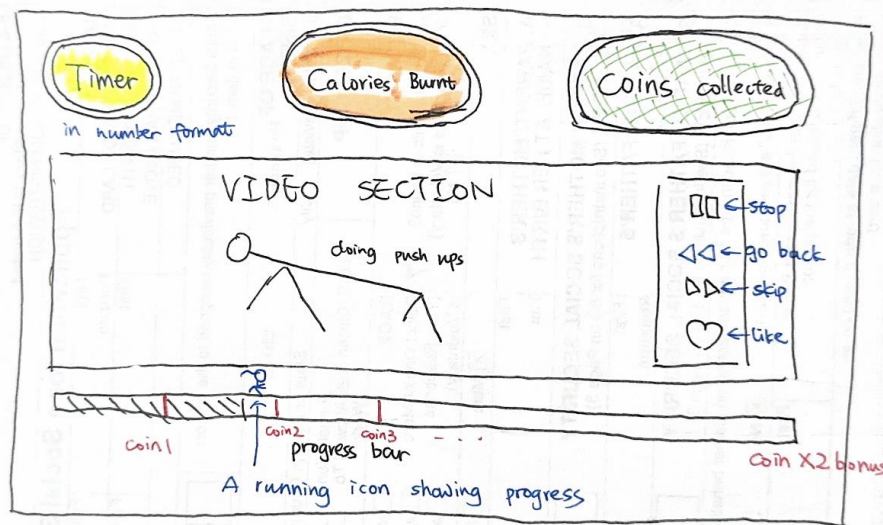The above prototypes are shown to test users "beginners" and "experienced self-taught users".

Both types of users gave reactive and reflective feedback onto both prototypes. See notes on the right-hand side. **One of them sketched a new button** "go to last training" on to our prototype 1.
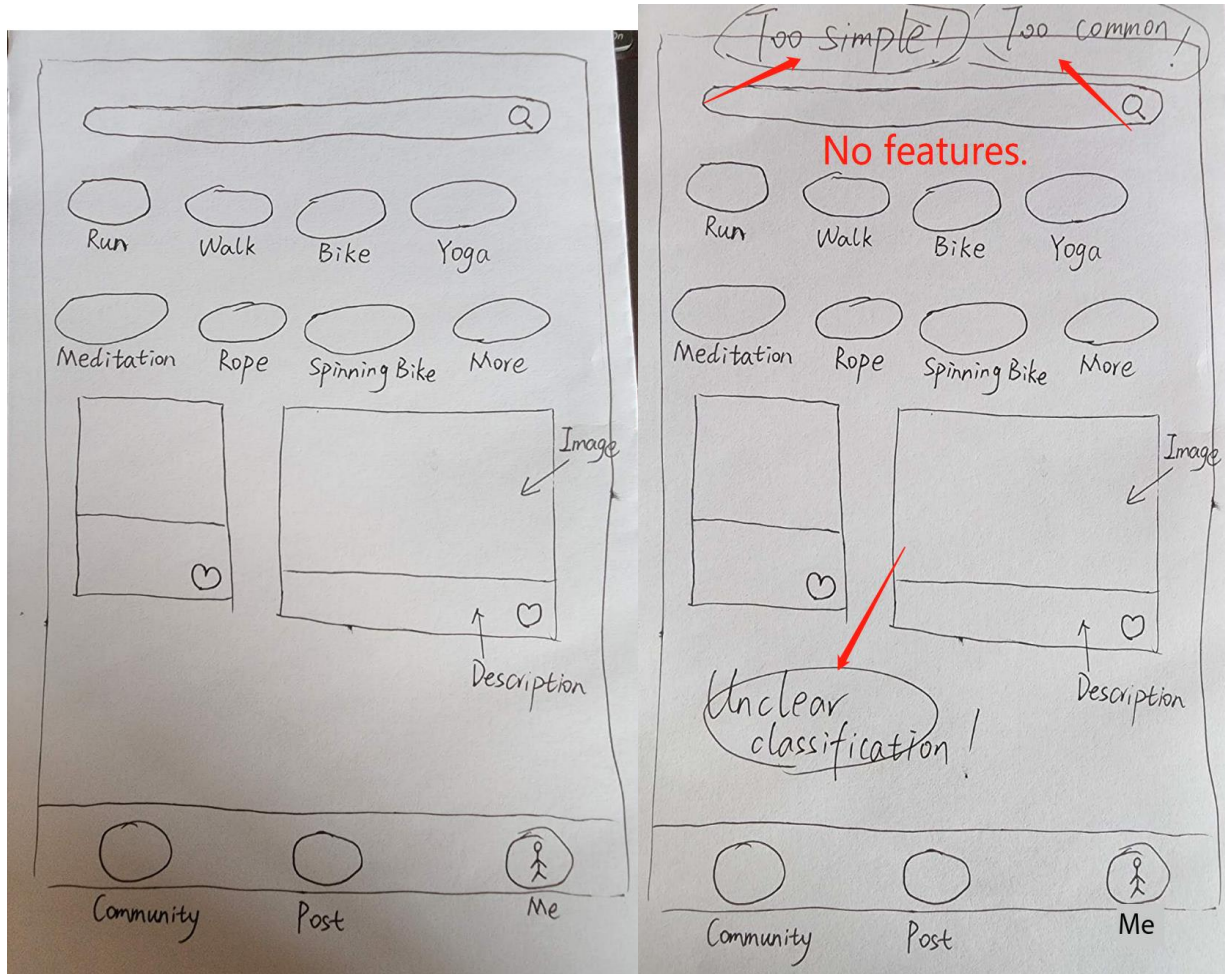
PROTOTYPE AFTER Feedback — TRAINING SCREEN

Timer
in number formats

Calories Burnt

Coins collected

VIDEO SECTION

doing push ups

☐☐ ← stop
◁◁ ← go back
▷▷ ← skip
♡ ← like

Coin1
coin2 coin3
progress bar

Coin X2 bonus

A running icon showing progress

Taking both users' feedback, the screen for user training use case is designed as above.

- **Prototype for Recommendation screen**
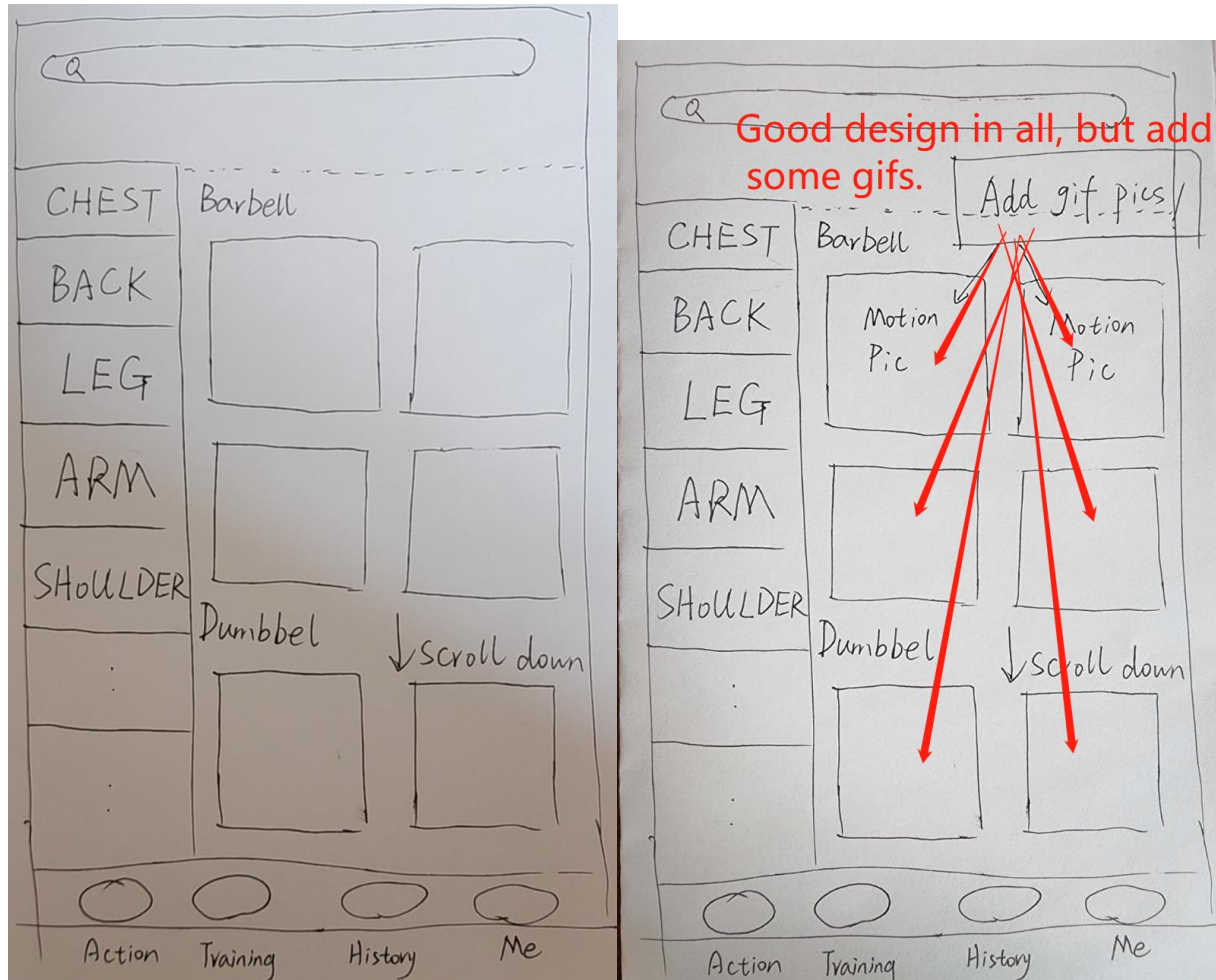
Prototype 1

Reactive feedbacks:

User1: Looks good. That's the type I'm using. But it's too common. The   recommendation mechanism is not very complete.

User2: Too easy. Suitable for newbies.

Reflective feedbacks:

Refine the action and make a good classification.

Prototype 2

Reactive feedbacks:

User1: This one is a little better. The categories are detailed and suitable for all stages of   the population.

User2: This one is better than the first one, but it's good to recommend that the picture is a motion picture.

Reflective feedbacks:

Change the cover action image to a motion picture.

After considering both designs, our group decided to use the second design. And we changed the cover

image of each action into a motion picture. This way the user can browse all the actions they want to do

in the cover.

Final choice:

CHEST	Barbell

	gif	gif
BACK		
LEG		
ARM	gif	gif
	Dumbbel	
	gif	gif