

Independent Institution of Education Varsity College

Proactive™ – Taking Change Through Healthy Habits

By

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Introduction

Team Proactive™ is a health and fitness company that makes it their goal to ensure that everyday people who struggle with their lifestyle can find new and innovative ways to take control of their health and better themselves for a brighter tomorrow. With the advancement of technology and mobile applications, **Team Proactive™** have decided to create an app that will allow users to choose healthy category workouts to complete at their respective gyms and will also allow them to time their workouts and keep a track record of all the progress they have made throughout their **Proactive™** journey. This has led to the decision to create the ultimate fitness time tacker app.

Introducing **Proactive™ : Taking Charge Through Healthy Habits!**

Before our team can create such an application, we need to have a thorough understanding of time tracker apps as well as fitness apps, which is exactly what our teams plans to do in this document. This research endeavours to meticulously examine and contrast between three prominent time tracking and fitness applications available on the Android platform: **Harvest Time Tracker, Strong Fitness App, and HubStaff Time Tracking App.**

Research Overview

This research explores the need for effective time management solutions in today's fast-paced, competitive environment. It examines different applications to highlight their strengths, weaknesses, and unique features that distinguish them in the market. The document is structured into key sections for clarity:

Harvest Time Tracker App: A thorough discussion will describe the advantages and limitations of Harvest Time Tracker, providing a detailed understanding of its innovative qualities and their impact on user productivity.

Strong Fitness App: An in-depth analysis will explore the Strong Fitness App, evaluating its performance as a time tracker within the fitness domain, and articulating the unique features that contribute to its effectiveness.

HubStaff Track App: An examination of HubStaff will reveal the distinctive aspects of the app, evaluating its strengths, potential shortcomings, and the innovation it brings to time tracking.

Comparison: A visual infographic comparison will be conducted that shows all the differences and similarities briefly.

List of Features to Include: A carefully curated list of features will be presented, complete with justifications for their inclusion based on the desirability and utility they offer to users.

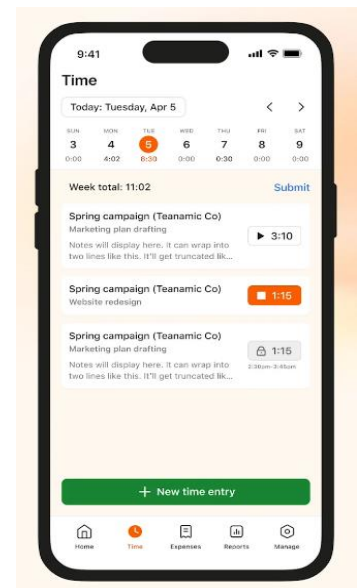
Harvest Time Tracker

Overview of the mobile app

Harvest (2024) is a time tracking and invoicing application designed for android to help teams track their work hours, manage projects, invoice clients, and analyse business performance through reporting.

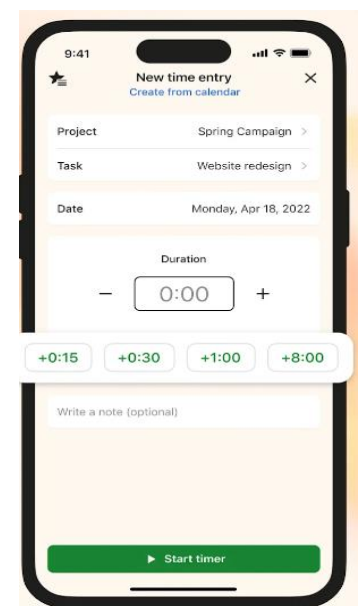
Simple and Intuitive Timesheets

- **Description:** Mobile app interface with a focus on easy time tracking for various tasks and projects, offering views by day and by week (Harvest. 2024).
- **Strength:** The user-friendly interface makes it easy to start and stop time tracking for different projects, encouraging consistent logging (Project-Management.com, 2024).
- **Weakness:** May lack detailed categorization or color-coding for various projects, which could make visual distinction between tasks less clear (Project-Management.com, 2024).
- **Innovation:** Provides a streamlined, mobile-friendly way to track time, which can be crucial for teams needing to log billable hours accurately and efficiently (Harvest. 2024).



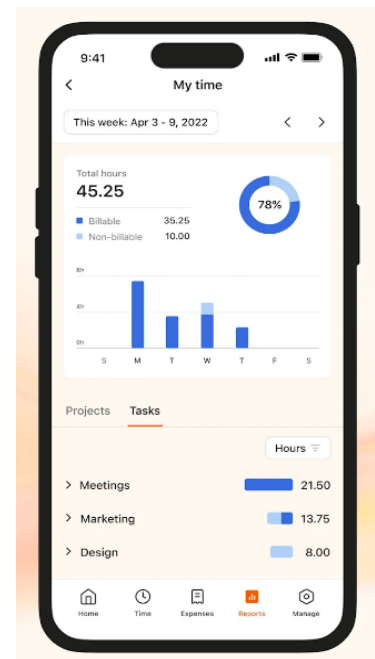
Optimized for Faster Time Tracking

- **Description:** Features a timer setup screen that allows users to quickly input time for specific projects and tasks with preset duration buttons.
- **Strength:** Efficiency in time entry with preset increments and ease of switching between tasks and projects (Project-Management.com, 2024).
- **Weakness:** The simplicity of the interface might lack advanced features for more complex time management needs (Project-Management.com, 2024).
- **Innovation:** Quick time entry options cater to a fast-paced work environment, reducing the time spent on administrative tasks (Harvest. 2024).



Your Own Personal Time Report

- **Description:** Shows a detailed report of time spent on various tasks, with breakdowns for billable and non-billable hours (Harvest. 2024).
- **Strength:** Gives users detailed insights into their work patterns and billable contributions (Project-Management.com, 2024).
- **Weakness:** The interface may be too simplistic for users looking for more in-depth analytics or data visualization (Project-Management.com, 2024).
- **Innovation:** Personalized reporting helps users optimize their time allocation and focus on more profitable activities (Harvest. 2024).



Track Expenses and Receipts

- **Description:** An expense tracking interface that includes the ability to capture receipt images and categorize expenses for projects (Harvest. 2024).
- **Strength:** The direct capture of receipt images makes it convenient for users to track and organize expenses immediately (Project-Management.com, 2024).
- **Weakness:** Users with more diverse expense tracking needs might require more detailed categorization options (Project-Management.com, 2024).
- **Innovation:** The seamless integration of expense tracking with project management could significantly reduce administrative overhead and improve project cost tracking (Harvest. 2024).

The screenshot shows a mobile app interface titled 'New expense'. It has a close button (X) in the top right. The form fields are: Project (Spring Campaign), Category (Meals), Date (Monday, Apr 18, 2022), Amount (\$35.00), Description (Team lunch at a mexican restaurant), Receipt image (with a 'Change' button), and a 'Billable' toggle switch (currently turned on). A green 'Save expense' button is at the bottom.

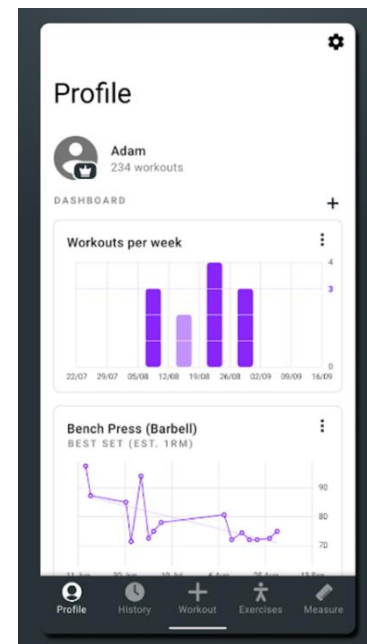
Strong Fitness Tracker

Overview of the mobile app

Strong Fitness (2024) offers an Android workout tracker with an easy-to-use interface, extensive exercise library, and tailored routines. Innovations include progress stats, animated guides, and a plate calculator to enhance workout logging and efficiency for various fitness goals.

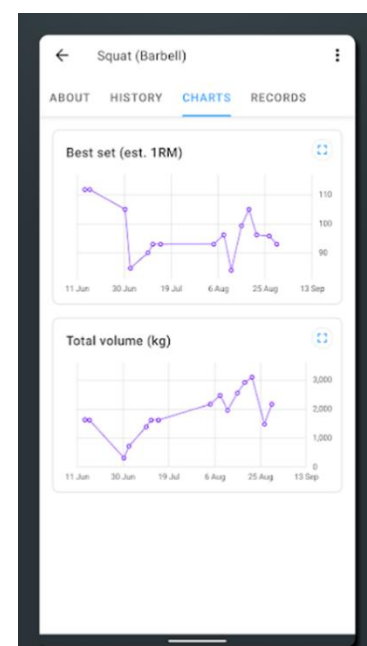
User Profile and Dashboard

- **Description:** Showcases the user's profile and a summary of their workout frequency over time, visualized through a bar graph (Strong Fitness, 2024).
- **Strength:** Encourages consistency and habit formation by allowing users to track the number of workouts completed each week (Milioto, 2023).
- **Weakness:** The graph's simplicity may not provide detailed insights into workout duration, intensity, or type, which may be limiting for advanced users who need deeper analytics (Milioto, 2023).
- **Innovation:** Integrates workout tracking with user profiling, creating a personalized dashboard that enhances user engagement (Strong Fitness, 2024).



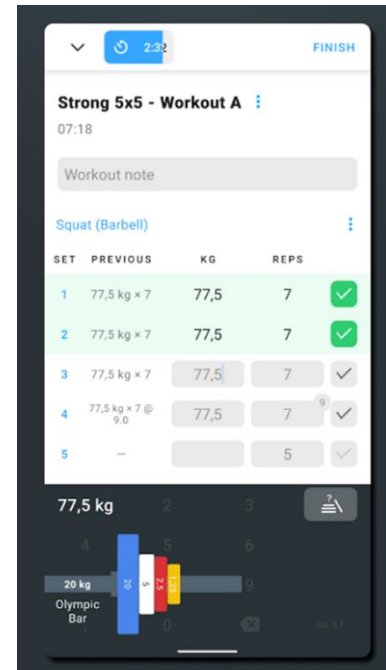
Exercise Progression Charts

- **Description:** Details the user's progress in specific exercises like squats, including best set estimates for one-rep max and total volume lifted over time (Strong Fitness, 2024).
- **Strength:** Enables users to track their strength progress and volume, which is key for goal setting and motivation (Milioto, 2023).
- **Weakness:** Users who are less familiar with fitness metrics may find interpreting the charts challenging without additional context (Milioto, 2023).
- **Innovation:** Automatic calculation of estimated one-rep maxes simplifies complex data, allowing users to focus on performance without manual calculations (Strong Fitness, 2024).



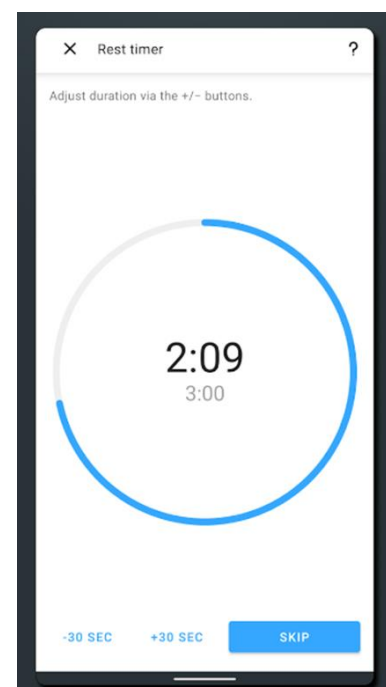
Workout Input and Plate Calculator

- **Description:** Aids users during their workouts by providing a quick interface for inputting exercise details and calculating the weight needed, including plate distribution for barbell exercises (Strong Fitness, 2024).
- **Strength:** Saves time and reduces errors in workout logging, making the in-gym experience smoother and more efficient (Milioto, 2023).
- **Weakness:** May not account for all types of weight plates found in different gyms, potentially causing confusion (Milioto, 2023).
- **Innovation:** The plate calculator is an innovative tool that assists with weight selection, particularly beneficial for those new to weightlifting (Strong Fitness, 2024).



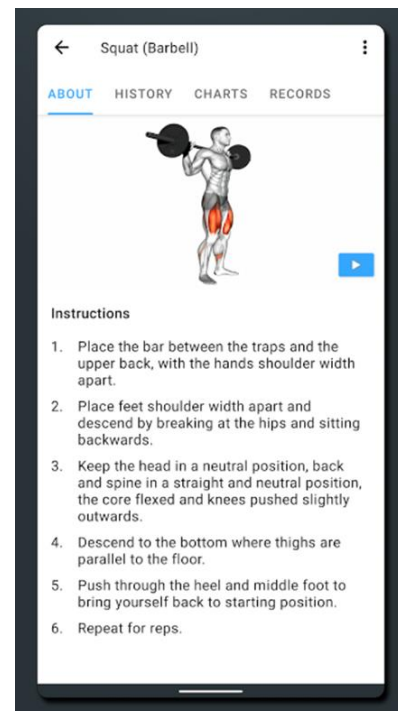
Automatic Rest Timer

- **Description:** Offers an automatic rest timer to help users manage their rest periods between sets during a workout (Strong Fitness, 2024).
- **Strength:** Helps maintain discipline and structure throughout the workout, ensuring adequate rest for optimal performance (Milioto, 2023).
- **Weakness:** The fixed nature of the timer may not be flexible enough for workouts that require variable rest intervals (Milioto, 2023).
- **Innovation:** The integration of a rest timer within the workout tracker tool ensures users can stay within one app for all workout needs (Strong Fitness, 2024).



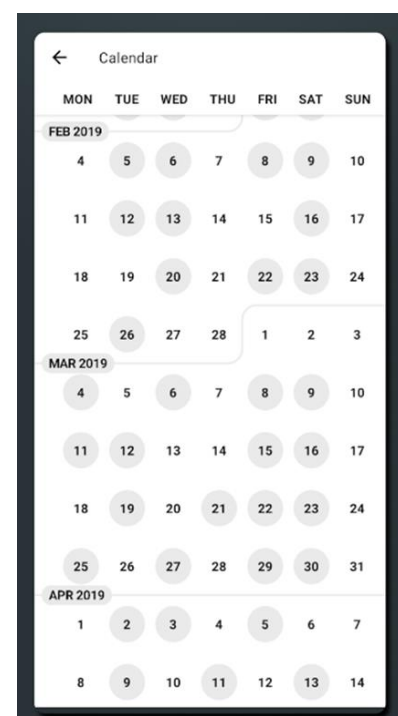
Built-in Exercises with Instructions

- **Description:** Provides a library of exercises complete with detailed instructions and animated guidance to ensure proper form (Strong Fitness, 2024).
- **Strength:** Enhances safety and effectiveness by guiding users through correct exercise execution (Milioto, 2023).
- **Weakness:** The reliance on animated demonstrations may not be as effective as personal coaching for correcting form (Milioto, 2023).
- **Innovation:** The inclusion of animated instructions within the app enriches the learning experience without the need for external resources (Strong Fitness, 2024).



Workout Calendar

- **Description:** Tracks workout frequency with a calendar view, allowing users to plan and view their exercise regimen over time (Strong Fitness, 2024).
- **Strength:** Empowers users to plan their workouts systematically and visualize consistency and progression (Milioto, 2023).
- **Weakness:** Lacks detail on the individual workouts within the calendar view, which may require users to navigate elsewhere for specifics (Milioto, 2023).
- **Innovation:** Merges the workout tracker with calendar functionality, offering a holistic view of fitness routines over longer periods (Strong Fitness, 2024).



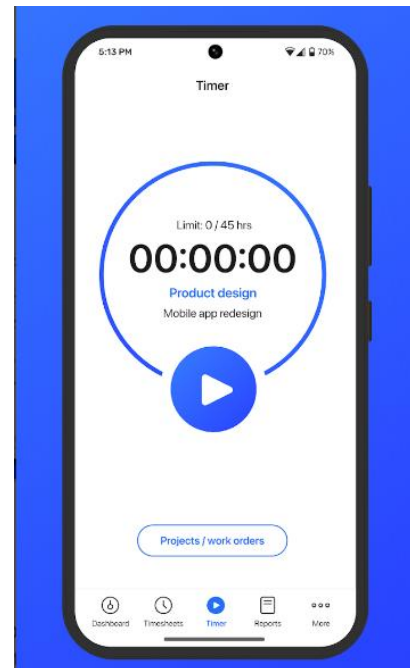
HubStaff Time Tracker

Overview of the mobile app

HubStaff (2024) is a versatile mobile app that streamlines time tracking, offers task and project management, and provides insights through detailed reporting to boost productivity for teams on the go.

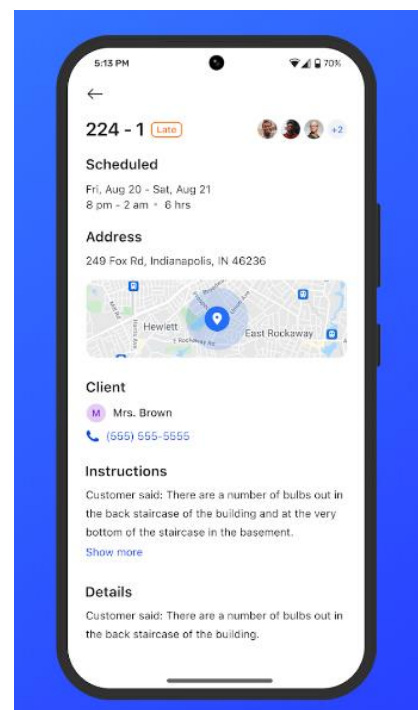
One-touch Tracking of Work & Break Time

- **Description:** This screen showcases a simple timer interface for tracking work hours (Hubstaff, 2024).
- **Strength:** The ease of starting and stopping the timer with a single touch can make it user-friendly (Low, 2023).
- **Weakness:** The interface seems simplistic and may not provide detailed data input options (Low, 2023).
- **Innovation:** The one-touch mechanism simplifies time tracking, which can increase the likelihood of consistent use (Hubstaff, 2024).



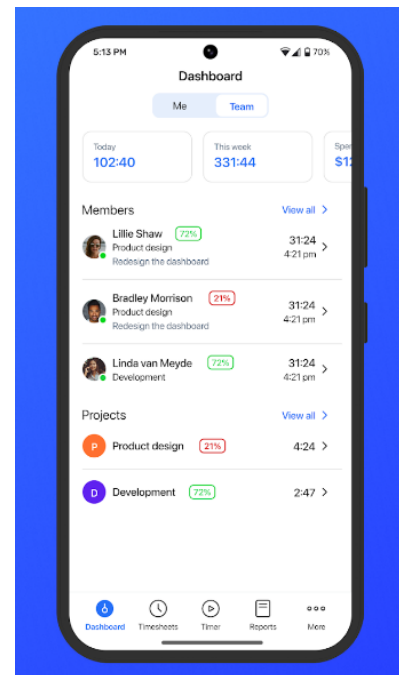
Review Job Details & Create Tasks On-the-Go

- **Description:** A task management screen that allows users to review job details, including client information and job instructions (Hubstaff, 2024).
- **Strength:** Offers detailed information about tasks and client communication in a mobile-friendly format (Low, 2023).
- **Weakness:** Information density may overwhelm some users; could benefit from more streamlined design elements (Low, 2023).
- **Innovation:** Consolidating task management features on a mobile platform helps teams stay informed and responsive in the field (Hubstaff, 2024).



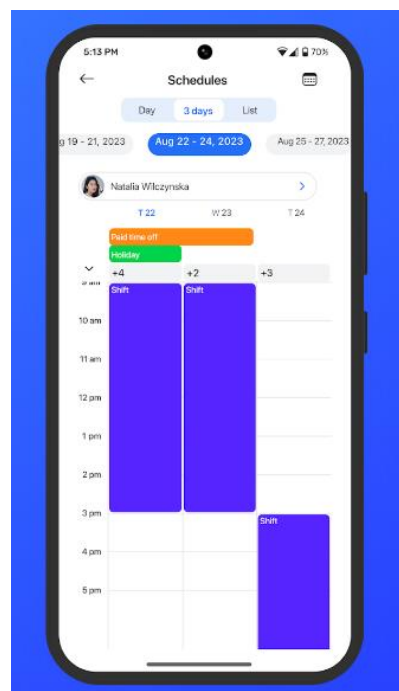
Gain Insight into Your Team's Daily Activity

- **Description:** Displays a dashboard that aggregates individual and teamwork hours with easy navigation to detailed reports (Hubstaff, 2024).
- **Strength:** Provides a quick snapshot of team activities and work distribution (Low, 2023).
- **Weakness:** May not display deep analytics or trends over time in this view (Low, 2023).
- **Innovation:** The dashboard centralizes team data, aiding in quick decision-making and resource allocation (Hubstaff, 2024).



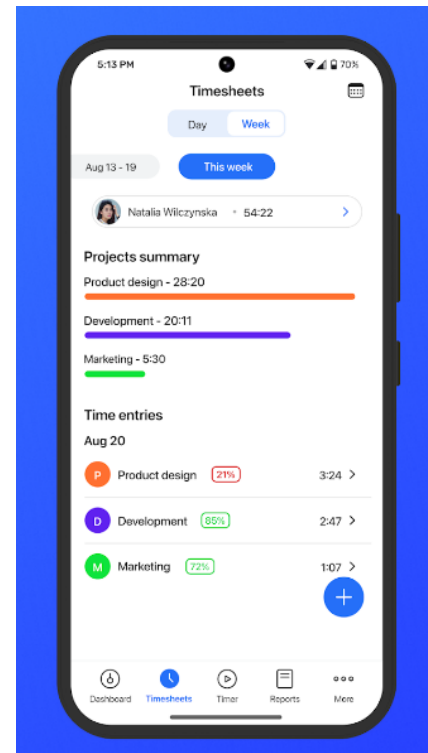
Keep Track of Shifts, Holidays & Time Off

- **Description:** A scheduling interface highlighting shifts, holidays, and time off (Hubstaff, 2024).
- **Strength:** Visual clarity in schedule representation helps with planning and coordination (Low, 2023).
- **Weakness:** Lacks immediate indication of shift overlap or conflicts (Low, 2023).
- **Innovation:** Visual scheduling aids in preventing overbooking and managing staff availability (Hubstaff, 2024).

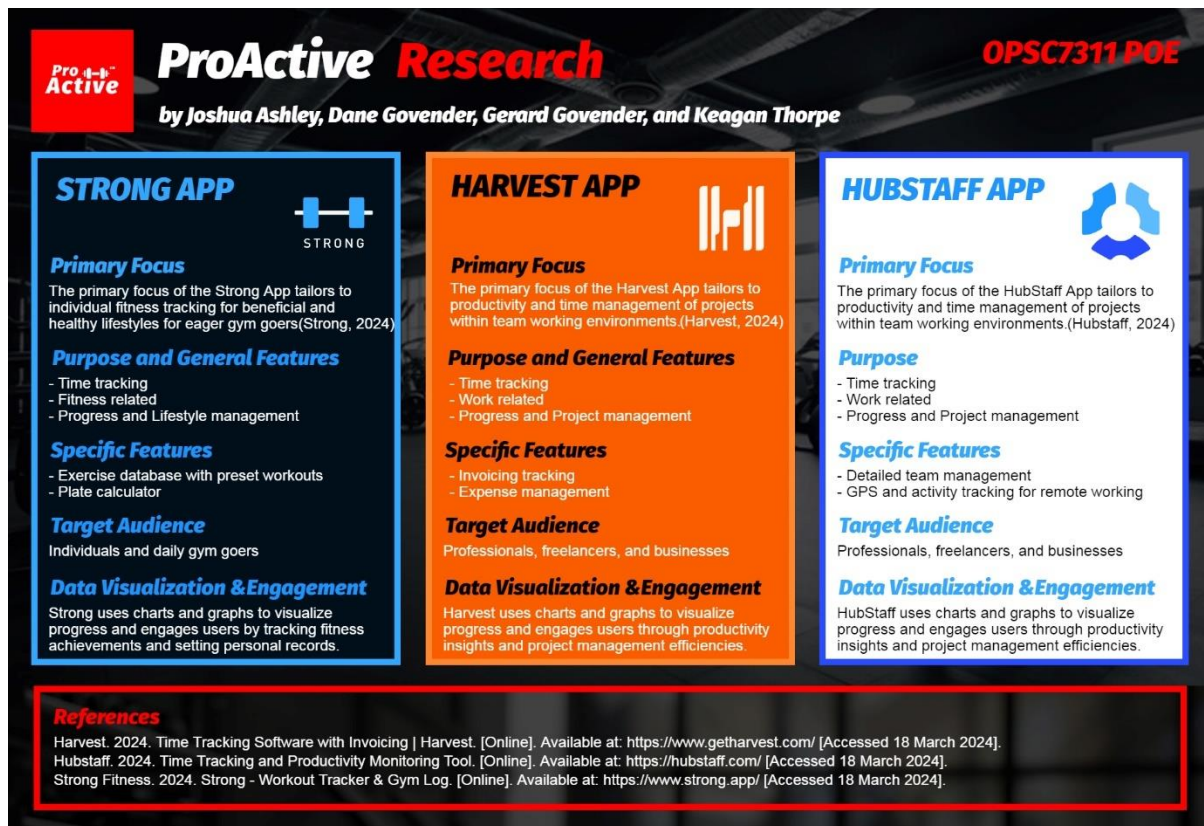


Audit and Approve Time Allocation

- **Description:** Timesheet auditing interface with visual representations of time spent on various projects (Hubstaff, 2024).
- **Strength:** Enables managers to quickly approve or audit time logged by team members (Low, 2023).
- **Weakness:** Might require toggling between views for in-depth analysis (Low, 2023).
- **Innovation:** Streamlines the approval process, which can be time-consuming when done manually (Hubstaff, 2024).



Visual Comparison of all Three Apps



Please view the PDF document that has been submitted with this document to view a higher definition version of the infographic.

List of features to include in Proactive™

1. Customizable Workout and Timesheet Categories: Inspired by both Harvest (2024), HubStaff (2024) and the Strong Fitness (2024), this feature allows users to categorize their activities, whether for fitness or work, which aids in detailed tracking and reporting.
2. Enhanced Timesheet Entries: Borrowing from Harvest (2024) and HubStaff (2024) detailed time tracking, **Proactive™** users should be able to log detailed workout times, descriptions, and categories, providing a comprehensive overview of their fitness regimen alongside their professional tasks.
3. Visual Progress and Time Tracking: Like Strong Fitness (2024) progress graphs, visual representations of time spent on workouts, as well as professional tasks, would be a motivational tool and help users stay on track with their fitness and productivity goals.
4. Integrated Photo Log: Taking cues from Harvest (2024) ability to attach receipts, **Proactive™** users could attach photos to each workout entry for a visual record of their progress, like form improvements or completion of routines.
5. Adjustable Daily Fitness and Work Hour Goals: Drawing inspiration from Harvest (2024) project time estimations, **Proactive™** could allow users to set minimum and maximum daily workout goals, promoting a balanced approach to fitness and work.
6. Reviewable Historical Entries: both Harvest (2024) and HubStaff (2024) offer history viewing capabilities, so **Proactive™** should provide a chronological log of workouts and timesheets, with filters for custom time frames and easy access to attached photos.
7. Categorical Time Analysis: Leveraging Harvest (2024) reporting features, **Proactive™** would enable users to see how much time they're dedicating to each workout category, assisting in fitness focus Adjustments.
8. Workout Consistency Graphs: In line with Strong Fitness (2024) and Harvest (2024) graphical feedback, **Proactive™** could offer graphs to show workout consistency, overlaying daily goals to provide insight into how users are meeting their fitness targets.
9. Goal Achievement Visualization: Like the visual project budget tracking in Harvest (2024) **Proactive™** could provide a visual representation of staying within fitness and work hour goals over a set period, encouraging users to maintain a balanced lifestyle.

Conclusion:

In conclusion, this research has explored and contrasted the functionalities and unique offerings of three leading time tracking applications on the Android platform: Harvest Time Tracker App, Strong Fitness App, and Hubstaff Time Tracker App. Each application was dissected to reveal its strengths, weaknesses, and the innovative features that differentiate it in a competitive market. This analysis led to the identification of key features desirable for inclusion in the **Proactive™** app, inspired by the best practices observed in the examined applications. The integration of features from Harvest, Hubstaff and Strong Fitness for **Proactive™** ranging from customizable workouts, timesheet categories, integrated photo logs to adjustable daily fitness and work hour goals integrates time management and fitness tracking. This achievement is not only productive and desirable; it is crucial in promoting a balanced lifestyle, enhancing productivity, and improving personal health. By incorporating these elements, Proactive™ is envisioned not just as a fitness tracker or a time management tool, but as a comprehensive platform that caters to the holistic needs of its users. It stands as a testament to the evolution of digital tools that not only track our activities but also inspire greater efficiency and well-being in our daily lives. This document, therefore, does not only catalogue the functionalities of existing apps but also serves as a blueprint for the design and utility of future applications in the domain of time management and fitness tracking. The insights gathered from this research will inform the development of **Proactive™**, ensuring it embodies the cutting-edge features that users find most valuable, thereby setting a new standard in the intersection of fitness and productivity apps.

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