Walking Trails app checklist: The walking trails app is designed to be accessed via QR code on signs along the walking trails. On the app, there will be videos related to various fitness concepts (e.g. stretching exercises, strengthening exercises, information about nutrition, hydration, walking mechanics).

Here are the steps that are needed:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Completed by previous group | Completed by Group 1 | Completed by Group 2 |
| QR code links to app |  |  |  |
| Landing page explaining that this is a GGC student project collaboration between ITEC students who created the app & EXSC students who developed the content. Content includes strengthening & stretching exercises & information on walking mechanics, nutrition, hydration, etc. App contains information for the 3 GGC walking trails currently. |  |  |  |
| To register: need unique username & password to log in |  |  |  |
| Registration needs:   * Gender * Age * Ethnicity * part of GGC community |  |  |  |
| Database needs to track number of times unique username & password logs in, what videos are viewed, & likes/dislikes of the videos |  |  |  |
| Front facing information in the app – drop down menu for each trail   * link to pictures of trail map with “pins” for bench locations * “pins” will have links to strengthening & stretching exercises done at that bench |  |  |  |
| Front facing information in the app – drop down menu for fitness topics   * link to videos based on various content * need options for strengthening exercises (upper, lower), stretching exercises (upper, lower), nutrition, walking mechanics, hydration, preparing for hot/cold climates |  |  |  |
| Links to videos uploaded into the app   * each video should have thumbs up/down for like/dislike which will be in the database |  |  |  |
| Database needs to track likes/dislikes for each video by   * overall likes/dislikes * by age * by gender |  |  |  |
| Functioning app by 10/31/24 |  |  |  |