**Project Description**

FitNote is a mobile application designed to help individuals overcome the challenges of maintaining a consistent fitness routine. By offering structured workout plans, progress tracking, and personalized support, it addresses issues like lack of motivation, poor self-discipline, and time constraints caused by modern lifestyle demands. The app aims to empower users to create sustainable fitness habits that align with their personal goals, promoting long-term health benefits and consistent physical activity despite daily challenges.

**Requirements Summary:**

|  |  |  |
| --- | --- | --- |
| **MINIMUM REQUIREMENTS** | **Operating System** |  **iOS**: iOS 12.0 or later.   **Android**: Android 8.0 (Oreo) or later. |
| **Storage** | **100MB** |
| **Ram** | **2GB of RAM** or higher. |
| **RECOMMENDED REQUIREMENTS** | **Operating System** |  **iOS**: iOS 14.0 or later.   **Android**: Android 10.0 or later. |
| **Storage** | **200MB** |
| **Ram** | **4GB of RAM** or higher. |
| **OTHER REQUIREMENTS** | **Permission** | Notifications and Storage |

Table 1. System Requirements

To ensure compatibility with a wide range of devices, the FitNote app will support a minimum of iOS 12.0 or later for iPhones and Android 8.0 (Oreo) or later for Android devices, with at least 2GB of RAM and 100MB of storage. For enhanced performance and user experience, the recommended specs include iOS 14.0 or later, Android 10.0 or later, 4GB of RAM, and 200MB of storage. The app is designed to be lightweight, ensuring it runs smoothly even on lower-end devices while offering advanced features for those with higher-end specifications.

**Prototype Description**  
The FitNote prototype is a mobile app designed to help users create personalized workout plans, track progress, and schedule workouts. It features a clean, intuitive interface with a dashboard for viewing progress, a workout creation tool, and an exercise list for easy reference. The app allows users to set workout dates, manage their routines, and access a variety of exercises as guides, aiming to promote consistency and improve overall fitness habits.

**FitNote Mockup/Prototype**

* **Dashboard**: The dashboard provides shortcuts for creating workouts, viewing progress, and scheduling workouts.
* **Workout List**: The workout list displays all the user’s created workouts, with an option to add or edit workouts.
* **Add Workout Options**: Users can choose to create a workout from scratch or select a pre-made template. Both options lead to the workout creation screen.
* **Workout Creation**: This screen allows users to add exercises, set durations, and save their custom workouts.
* **Exercise List**: The exercise list shows various exercises categorized by type, and users can click on any exercise for detailed instructions.
* **Progress Dashboard**: The progress dashboard displays a summary of the user’s completed workouts, tracking their performance and goals.
* **Workout Scheduler**: Users can set a workout date, receive reminders, and plan their fitness activities directly from this screen.

Workout planner  
Screens screenshot of a phone

AI-generated content may be incorrect.  
  
dashboard

A screenshot of a phone

AI-generated content may be incorrect.

Exercise guide

A screenshot of a cellphone

AI-generated content may be incorrect.

Scheduler

A screenshot of a calendar

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**Rationale**  
The team chose to prototype FitNote with the integration of personalized fitness tracking features to enhance users' workout experiences. By offering real-time progress tracking and workout suggestions, FitNote encourages consistent exercise habits and helps users achieve their fitness goals. This feature supports FitNote’s main goal: not just tracking workouts, but also motivating users to stay committed to their routines.  
However, there are limitations to this feature. The system relies on accurate input from users, and any inconsistency in workout data or user motivation could affect the overall experience. Delays in syncing data or external service downtime can also impact progress tracking.

**Changes to the Requirements**  
No major changes were made to the core functionality, but usability adjustments were made to accommodate the new fitness tracking and scheduling features. The interface was optimized to ensure that users can easily view progress without feeling overwhelmed by too much information. The team focused on:

* Clear separation of different workout categories (e.g., scheduled workouts, progress reports)
* Minimal distractions during workout tracking
* Instant feedback after completing workouts

The goal was to create a seamless experience that helps users remain motivated and organized throughout their fitness journey.

**Usability Specifications**  
The prototype aims to meet the following usability metrics:

* **Effectiveness**: Measures how well users can create, save, and track workouts.
* **Efficiency**: Evaluates how quickly users can navigate the app, create routines, and check progress.
* **Utility**: Assesses whether features like workout scheduling and progress tracking meet users’ needs.
* **Learnability**: Determines how easily new users can understand the app's functions, including progress monitoring and workout scheduling.
* **Memorability**: Measures how easily returning users can pick up where they left off after a break.

**User Testing Population**  
User testing will involve around 10 users who will test key FitNote features, including creating and scheduling workouts, tracking progress, and viewing exercise recommendations. The goal is to observe user interactions and identify areas for improvement.

**Prototype Tasks**  
Tasks are grouped based on FitNote's core functionalities:

* **Main Menu Tasks**
  + Launch and exit the app
  + Navigate between main screens (e.g., Dashboard, Workout List, Exercise List)
* **Workout Creation Tasks**
  + Create a new workout
  + Save or delete a workout
  + Edit an existing workout
* **Progress Tracking Tasks**
  + View progress data (e.g., completed workouts, calories burned)
  + Compare workout performance with fitness goals
  + Give feedback on progress and workout suggestions

These tasks were selected to evaluate whether FitNote provides a smooth, user-friendly experience that encourages consistency and helps users meet their fitness goals effectively.

Roles

|  |  |
| --- | --- |
| Developer / UI Designer Member | Tasks |
| Franko Garcia | Worked primarily on the frontend/UI design  and implementation of the application. |
| Gabriel Macapugay | Handled backend endpoints and built the  main backend structure. |

Table 2. Team Member Tasks

|  |  |  |  |
| --- | --- | --- | --- |
| Main Menu | Within 1 minute | Highly Acceptable | Successful |
| Above 1 minute | Not Acceptable | |  | | --- | |  |  |  | | --- | | Unsuccessful | |
| Workout Creation | Within 5 minute | Highly Acceptable | Successful |
| Above 5 minute | Not Acceptable | |  | | --- | |  |  |  | | --- | | Unsuccessful | |
| Progress Tracking | Within 5 minute | Highly Acceptable | Successful |
| Above 5 minute | Not Acceptable | |  | | --- | |  |  |  | | --- | | Unsuccessful | |
| Exercise Selection | Within 3 minute | Highly Acceptable | Successful |
| Above 3 minute | Not Acceptable | |  | | --- | |  |  |  | | --- | | Unsuccessful | |

Table 3. Time Interpretation

Table 3 represents how the team will interpret the time spent by each participant while completing their tasks. The table serves as a guideline for determining whether the design of each task is successful or not, based on the time it takes participants to complete the task.