

Technology configuration inventory

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Community & UN SDG(s): Global audience
Good Health and Well-being (Goal 3)

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Instructions

It is useful to inventory the current technology configuration of the community, i.e., the current technology that the people working, learning, advancing knowledge (etc.) in the specific area you are engineering software for are using, as a way to understand the community better and what matters to them better. If yours is a new community, it may not have any specific technology yet, but even for brand new communities, the current configuration may not be empty, for instance if general tools like email or phone are going to be used. You can use a version of the table on the next page to inventory and analyze the current configuration of your community:

1. Get the big picture. Research the area and make a list of all the platforms and stand-alone tools in your community's configuration as best you can
2. For each platform, list the tools and check the ones that are being used. Why are some not being used? Are there duplicates? Are there issues around integration between tools?
3. To the left, make a note of which community activities/orientations the tools currently support in your community
4. To the right, identify the key features of tools. Are some of these features commonly or rarely used? What are the reasons for that?
5. Assess actual tool use if you can. Identify which are dominant and which are only used by smaller groups and individuals.

NOTE: Add new rows as needed below. Please know your search should be as exhaustive as possible given the area you are researching

Platform	Activity Tracker Apps		
Supported activities	Tools	Key features	Usage notes
Tracking physical activity, heart rate, sleep	Samsung Health, Apple health	Step counting, sleep monitoring, heart rate tracking	Commonly used to track physical activity and sync data within the app.

Platform	Nutrition/meal planning Apps		
Supported activities	Tools	Key features	Usage notes
Tracking daily food intake, calorie counting	MyFitnessPal, Fasting, Calorie Counter	Food database, calorie tracking, meal planning	Can provide comprehensive nutrition guidance/meal planning.

Platform	Video Platforms		
Supported activities	Tools	Key features	Usage notes
Accessing workout videos and tutorials	YouTube, Twitch, Kick	Video library, live streaming, instructor-led workouts	Users may access workout videos for diverse exercise routines and may share their progress with the community.

Platform	Fitness apps		
Supported activities	Tools	Key features	Usage notes
Personalized workouts, goal tracking	Fitbod, Centr, Home Workout	Personalized workout plans, goal setting	It serves as a tool for users to plan, track, and achieve their fitness goals

Stand-alone tool	Fitness Devices		
Supported activities	Tool	Key features	Usage notes
Tracking specific health metrics	Fitbit, Apple Watch, Samsung Watch	Health metrics tracking	Users may use personalized fitness devices to monitor weight, body composition, and heart rate.