



Drafting an emerging picture

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

Using your researched information fill out the flowing comparing the current state of the art with what you think new (software) innovations could bring to the community

Covering the orientations	
Compare the left-hand column of the document “Technology configuration inventory” table with the right-hand column of the document “Community characteristics & orientation” table. What do you notice about the match (or mismatch) between your dominant community orientations and the current configuration of tools?	
How well does the technology inventory cover the orientations? What themes emerged from both the community orientations and the technology configuration from your colleagues’ notes	The technology inventory effectively covers the content orientation. Tools such as the Workout Generator, Nutrition Tracker, and Workout Video Library align with the creation and sharing of fitness-related content, including personalized workout plans, nutrition guidance, and workout videos. Themes could include Diversity of User Skills and Access to Expertise.
<input type="checkbox"/> Are you almost there? <input type="checkbox"/> Are there big gaps?	I would say that FlexAvail is closing the gaps and is almost there.
What is the range of skills? If their interests and/or skills are diverse, could it cause conflict or distraction?	<p>Fitness Knowledge: Users may have differing levels of knowledge about fitness principles, exercise techniques, and nutrition. Some may be seasoned fitness enthusiasts with in-depth knowledge, while others could be beginners with limited experience.</p> <p>Tech-Savviness: Users may also have varying levels of tech-savviness. Some may be comfortable with technology and digital tools, while others may not be as familiar with mobile apps or fitness tracking features.</p> <p>Nutritional Understanding: Understanding of nutrition and dietary principles can vary. Some users may have a good grasp of healthy eating habits, while others may benefit from guidance on nutrition.</p> <p>Fitness Goals: Users' fitness goals can differ significantly. Some may aim for weight loss, muscle gain, or general fitness, while others may have specific performance objectives, such as training for a marathon or bodybuilding competitions.</p> <p>The diversity of skills among users can enrich the app but also presents design and communication challenges. With a user-friendly, adaptable interface and strong</p>

[illegible]



fitness challenges, group workouts, and social events can encourage participation	content creation, workout logs, and progress tracking
Group >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> group workouts, challenges, and shared activities	<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<< Individual workout plans, set goals, and individual progress.
MVP notes	
The MVP of FlexAvail is a simplified version of the app that includes essential features to deliver a valuable fitness experience to users. It serves as the foundation upon which we can build and expand the app based on user feedback and evolving needs.	