



## 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.		
<ul><li>☐ Are you almost there?</li><li>☐ Are there big gaps?</li></ul>	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?	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.		
	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.		
	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.		
	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.		
	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		





	community support, these challenges can be addressed effectively, ensuring a positive experience for all users.		
Achieving integration			
Look at all the pieces of your con	Look at all the pieces of your configuration		
What level of integration and interoperability has been achieved?	Internal Integration: The app demonstrates a high level of internal integration, meaning that its various features and components work together seamlessly. For example, the Workout Generator and Nutrition Tracker are well-integrated, allowing users to navigate between them efficiently.		
	Data Sharing: The app supports data sharing between different features. For instance, the Nutrition Tracker may communicate with the Workout Generator to adjust meal plans based on users' fitness goals.		
Where are there big gaps	Cross-Platform Interoperability: Fitting the application on both ios and android will prove to be a challenge.		
Balancing the polarities (Current state)			
How is the configuration balanced with respect to each polarity?			
Synchronous >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>		<<<<<< Asynchronous	
We do not have any <b>Synchronous tools</b>		Notifications to remind users	
Participation >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>		<<<<<<< Reification	
Using our application		Use of logs and progress tracking	
Group >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>		<<<<<<<< d>Individual	
We do not have any group tools.		workout plans, set goals, and individual progress	
How well does this balance fit your community?			
Solution seeking			
In the new configuration, do you want your choice of tools to affect the polarities of your community in ways that differ from the current configuration? Which way?			
Synchronous >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>		<<<<<< Asynchronous	
real-time fitness coaching or virtual group workouts		community forums, message boards, or email notifications	
Participation >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>		<<<<<<< <b>Reification</b>	





fitness challenges, group workouts, and social events can encourage participation	content creation, workout logs, and progress tracking
<b>Group</b> >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	<><<<<<< > 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.