

Gamified Workout Mobile App

Project Definition

July 24, 2023

Project Idea

The goal of this project will be to create a gamified workout application for android and iOS. As gamification is turning regular activities into a game, this app will turn exercise into a fun game, rewarding the player for completing a workout and sticking to their fitness routines. To do so, the game will be set up like an old RPG style game:

- Muscle Groups: upon completing a workout, the player will be awarded points for the stat corresponding to the workout's muscle group. If a player completed a run workout, for example, the player could be awarded 1 point towards speed, or if a player completed an upper body workout, the player could be awarded 1 point towards strength, etc.
- Quest routines: to encourage long-term and consistent fitness, the app will provide fitness routines that can be represented by quests. Let's say the user wants to workout 3 times for 1 week, for instance. Then the entire routine will be the "quest" the player embarks on, and each workout day can be represented by a monster that you come across on your journey that they must defeat. Then the last day of the routine/quest will be the final boss! (And yes, the final boss would have some delicious reward to achieve!)
- Heroes: rather than allocating all points earned from workouts to one character, the player will instead use heroes collected on journeys to fight for them in quests. At the beginning, the player could be given 3 heroes, all at basic stats, and could then be leveled up/upgraded by allocating points from completed workouts. As such, the player could end up with one hero who is high in speed, another one high in strength, or perhaps one that is more balanced.
- Combat: upon arriving at a workout day in a quest routine, a monster will appear in the app for the player to fight. The player will then choose a team of 3 heroes to participate in the battle (perhaps this team of 3 heroes has to be selected at the start of the quest?). Each monster (or perhaps set of monsters?) will also have random stats of their own, and therefore heroes will either be more or less powerful against certain monsters.

Minimal Viable Product

The MVP for this app would be to allow the player to set a fitness goal, enter in the workout(s) they complete, and allow for some form of player progression from performing activities within the app.

Nice to Haves

- Community/multiplayer to address accountability (and make the app more fun), could implement a way to make profiles, add friends, and work together on quests.
- Store to spend earnings on in-game cosmetics
- Workout trends/reports
- Paid currency system to monetize the app

Timeline (~1 year) _____

Learning Stage (~2 months)

Michael	Asia
HTMLAugust 4, 2023	HTML/CSS Completed 2022
CSS August 14, 2023	JavaScript August 8, 2023
JavaScript September 4, 2023	ReactAugust 18, 2023
React Native October 4, 2023	React Native October 8, 2023

Design Stage (~2 months)

- Create High-Fidelity Wireframes
- Create UI Kit

Development Stage (~ 8 months)

- Frontend Development
- Backend Development
- Testing