ENSE 405

Activity #3: Technology configuration inventory

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Community (UN SD goal):	Good health and well-being
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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	Platform type or name - Lose It!		
Supported activities	**Tools**	**Key features**	**Usage notes**
Share knowledge to other people	Community Support tab	Add friends or join private groups	This tool is used when user do have a question or want to discuss physical activity topics or new diet trends with other people.
Host a group	Create private group chat	Filter users that can join into discussion board	Goal or question related conversations.
Personalized workout plan and tracks calories	Track workout activities	The exercises are based on user's unique body composition. Searching capability works offline too.	Track activities and calorie burnt in a day/week or month.

Track activities	Sync other devices	Log physical activity using other devices like watch to track the number of steps.	Use to track activities and track goals
Log/manage activity	To do lists board	Organize activity based on specified time by the user. For example, egg in the morning and salad during lunch.	Activity planner or a reminder for users what to do on a specific day at specific time.

Platform	Platform type or name – Fitocracy		
Supported activities	**Tools**	**Key features**	**Usage notes**
Socialize with other members	Fitness challenges/quests and a leaderboard	Indicate where you at in your specified goals and compare it to your group.	Keep track of user's goals and conversations
Exercises available to users	List of exercises Dashboard	Step by step instruction showing how to properly execute a specific exercise	Check proper forms when executing a physical movement
Communication	Story board	See other people activities.	Get updated and see user's friends or other people achievements. Use to motivate user to do physical activities
Reading documentations/blogs	Blog post dashboard	Shows tips/tricks from professionals	Attain new knowledge or shortcut for doing things.

Platform	Platform type or name – Fitbit		
Supported activities	**Tools**	**Key features**	**Usage notes**
Socialize with other members	Fitness challenges/quests and a leaderboard	Leaderboard system. Each activity completion, user receives badges. This feature is designed to increase motivation	Keep track of user's goals and conversations
Exercises available to users	List of exercises Dashboard	Step by step instruction showing how to properly execute a specific exercise	Check proper forms when executing a physical movement
Sleep Tracker	Sleep pattern diagram	Indicates if user is getting enough sleep or not.	Log sleeps duration

Goal tracker	Alert	The user will receive notification from the	Keep track of goals and stay motivated

Stand-alone tool	Tool type or name		
Supported activities	**Tool**	**Key features**	**Usage notes**
Nutrients tracker	Camera	Able to recognize the food and display its macro nutrients.	Track essential nutrients for a day. Instead of manually typing the nutrients, the system will auto populate the information
Communication	Email	Notification and Feedback system	Keep track of client to user's conversation.
Location tracker	Map	Display real time current location when doing running or walking	Track the set destination and see user's current location during a run/walk activity.

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