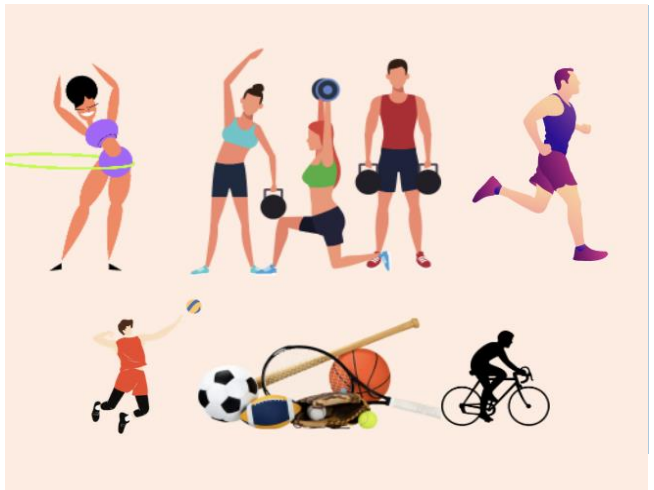


FITNESS FOR FUN

CIS 5040

SPRING 2022

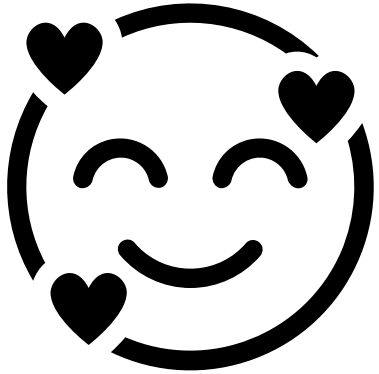
Our Team – Fab 5

ANUSHA

PHUE

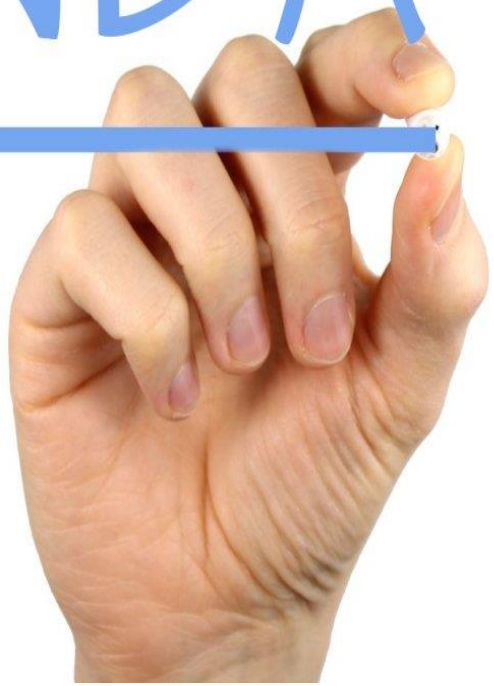
LOHITHA

PRATIKSHA



LANNY

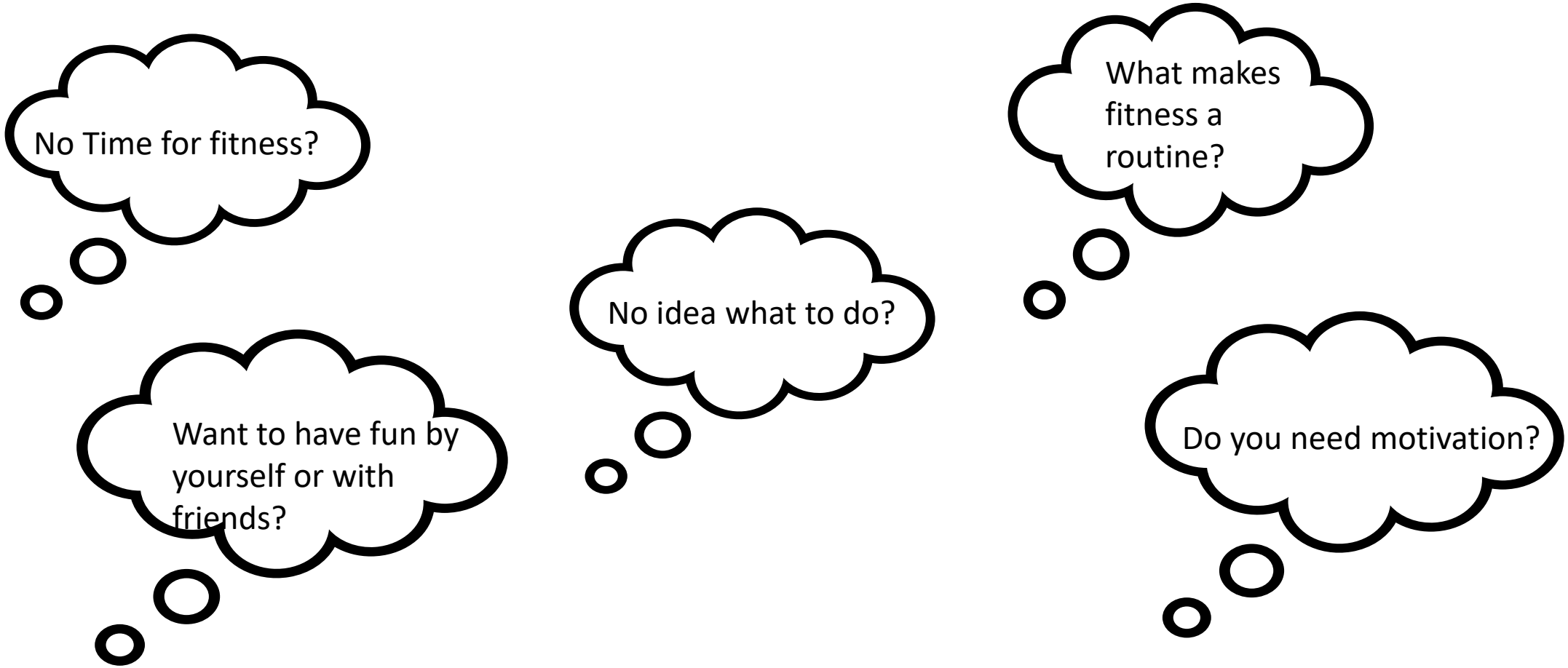
AGENDA



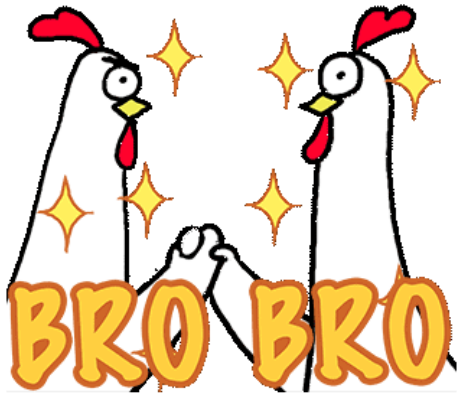
- Overall Approach
- Project Goal
- Problem Solving Process
- Solutions
- **Prototype** and Product Development
- Implementation Plan

Overall Approach

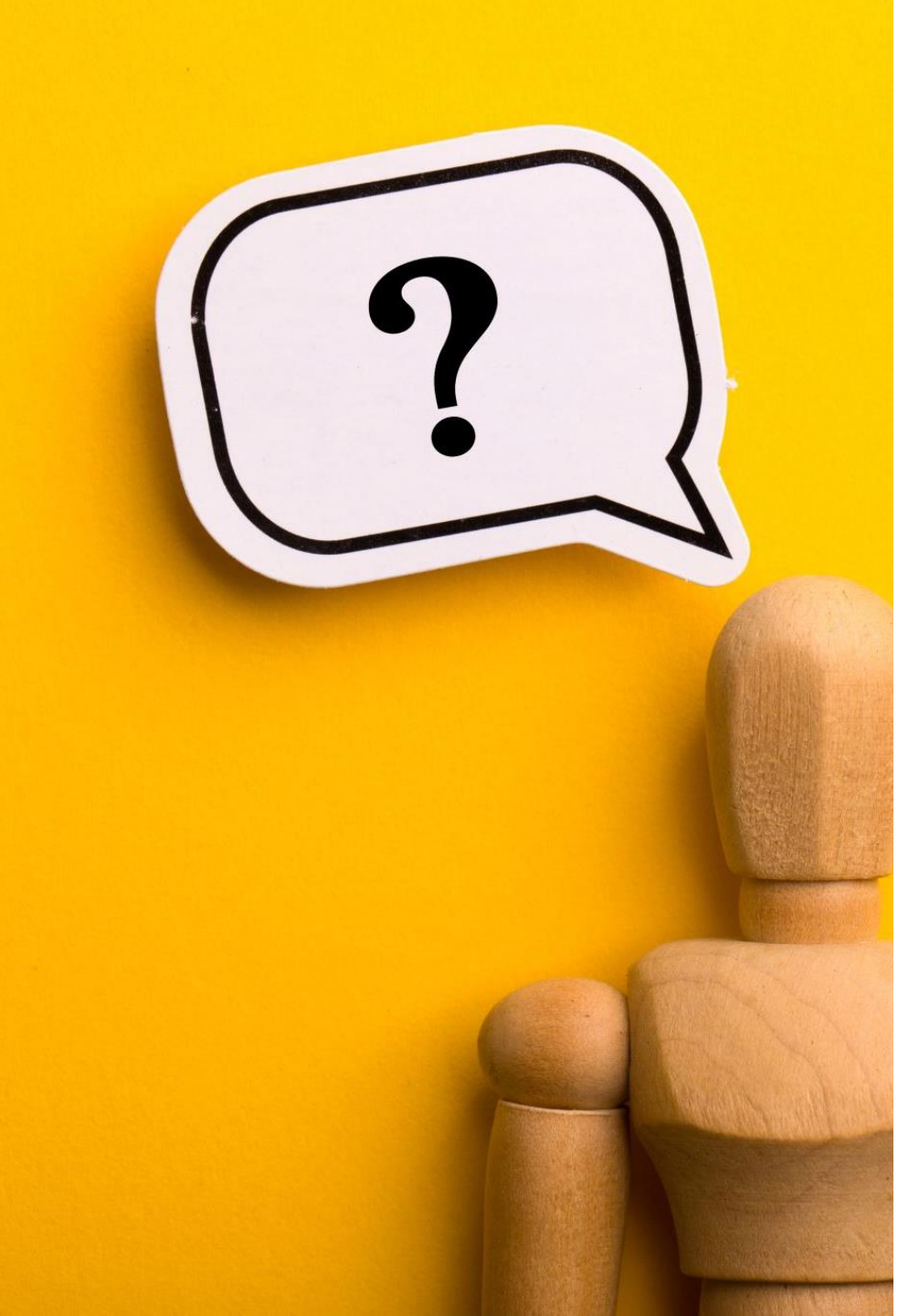
Are you ready to fuel your fitness journey?



Project Goal



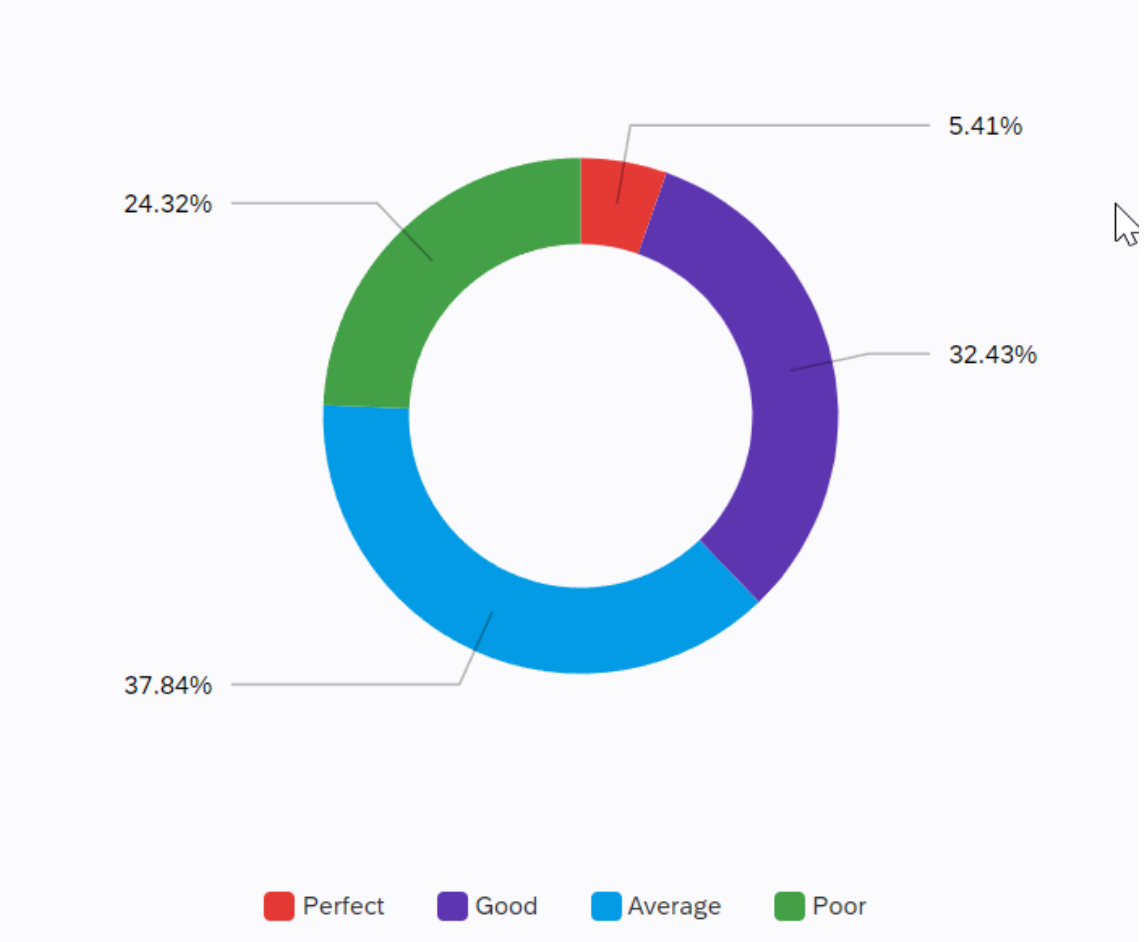
GOAL: How do we engage CSULA students in physical activities so that they have a healthy lifestyle?



Problem Solving Process

Issues Identified

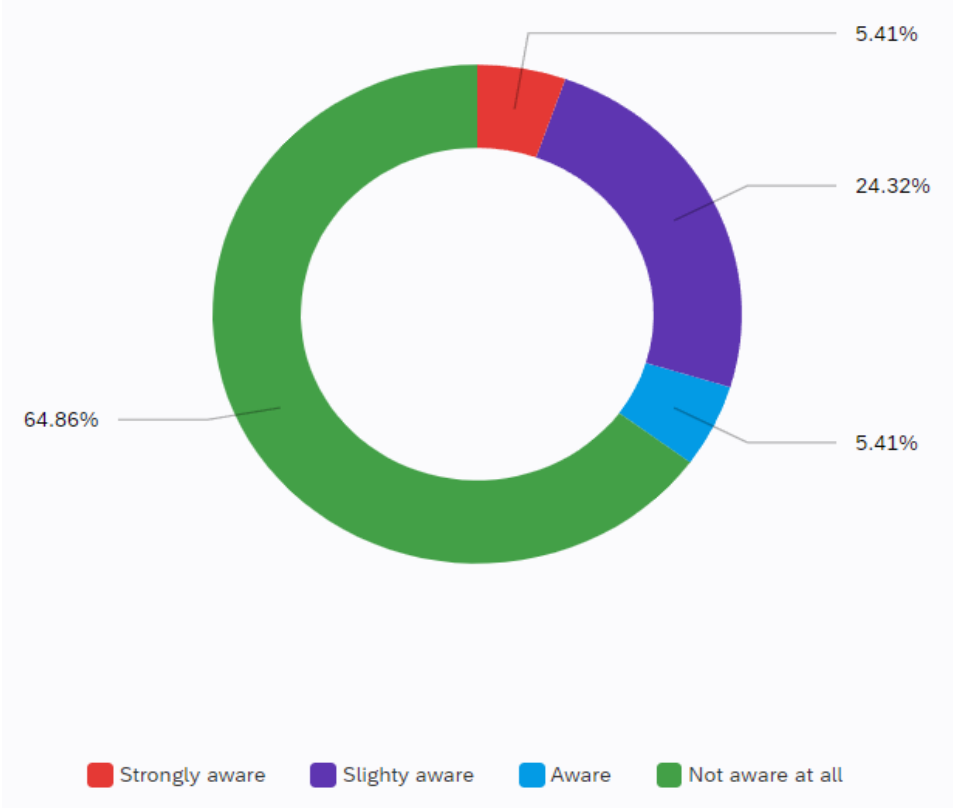
- Awareness issues
- Transportation issues
- Motivation issues
- Time Issues



What is your current level of fitness?

Awareness Issue

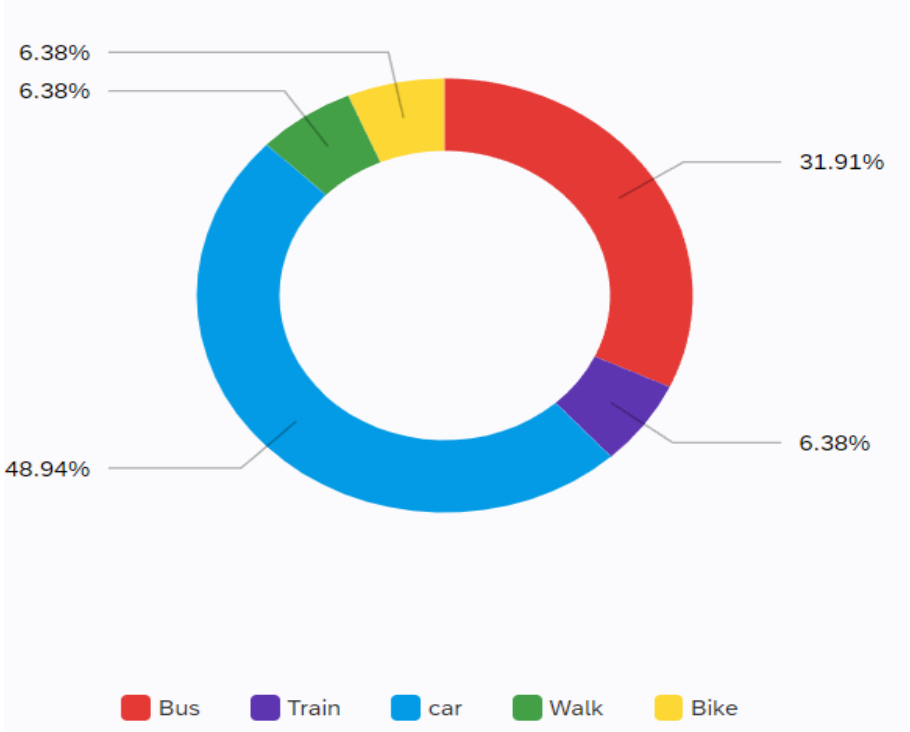
How well are you aware of the fitness activities hosted by CSULA students?



Transportation Issues

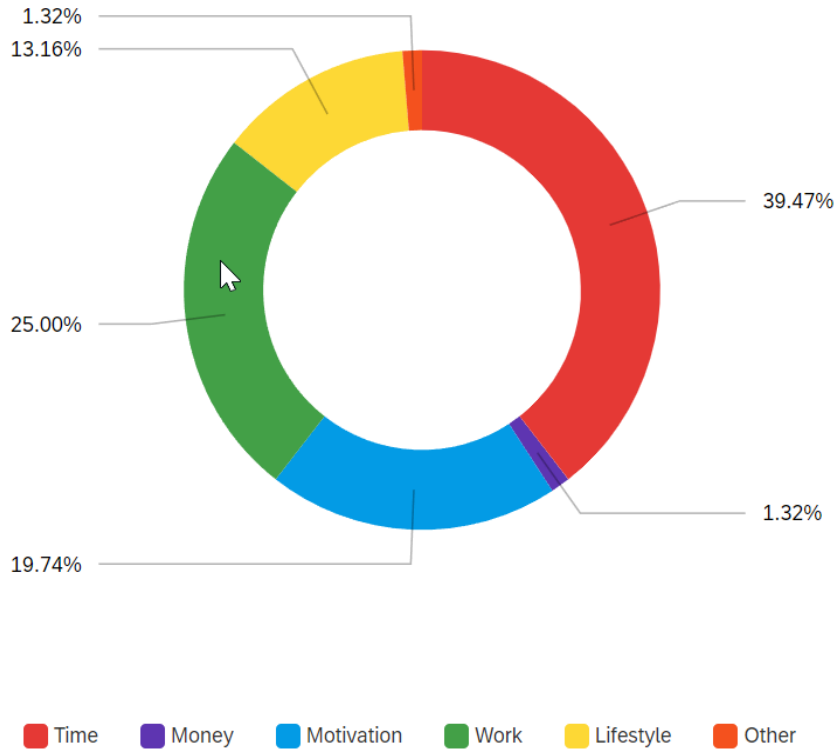
What is your commute time?

How do you commute to campus?

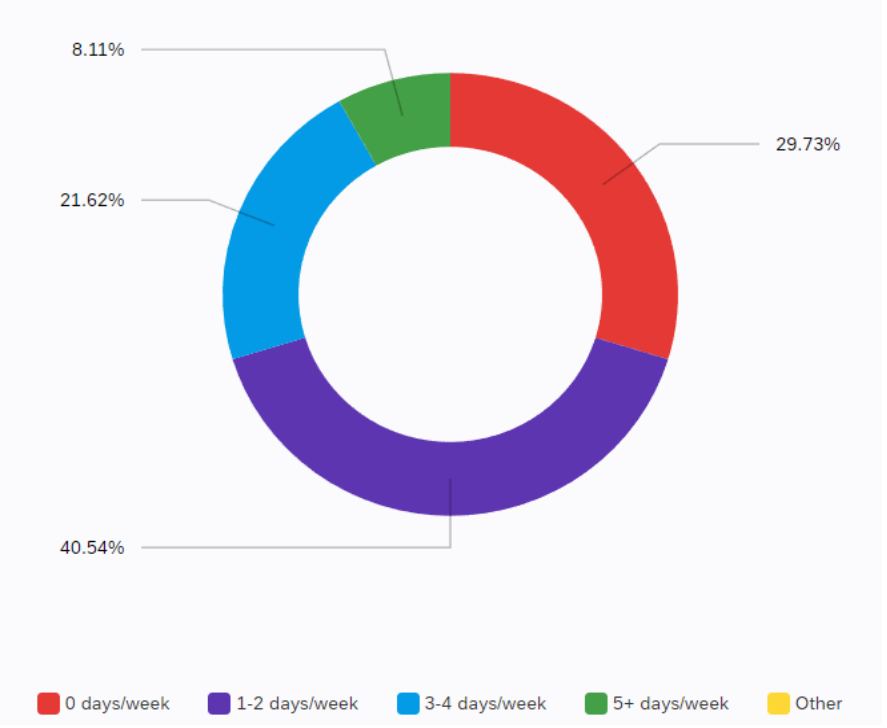


Motivation/Time Issues

What is stopping you from working out more often?



How often do you workout/play sports?



Problem Solving Process (cont.)

Resources Used

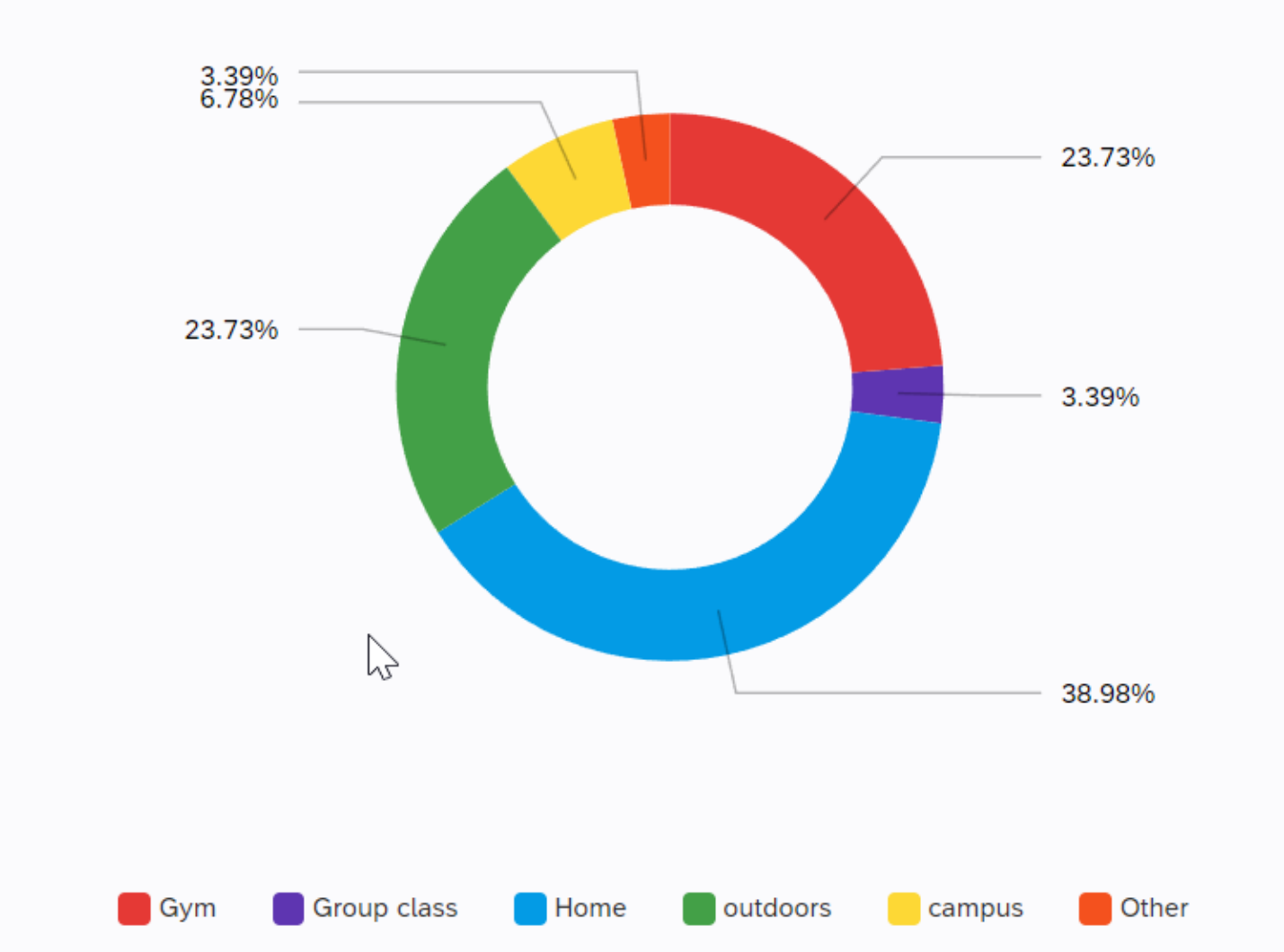
- CSULA students
- Campus resources
- Online video platforms
- Online fitness resources
- Focus group study
- Survey results

Solutions

App

Website

Dashboard of events

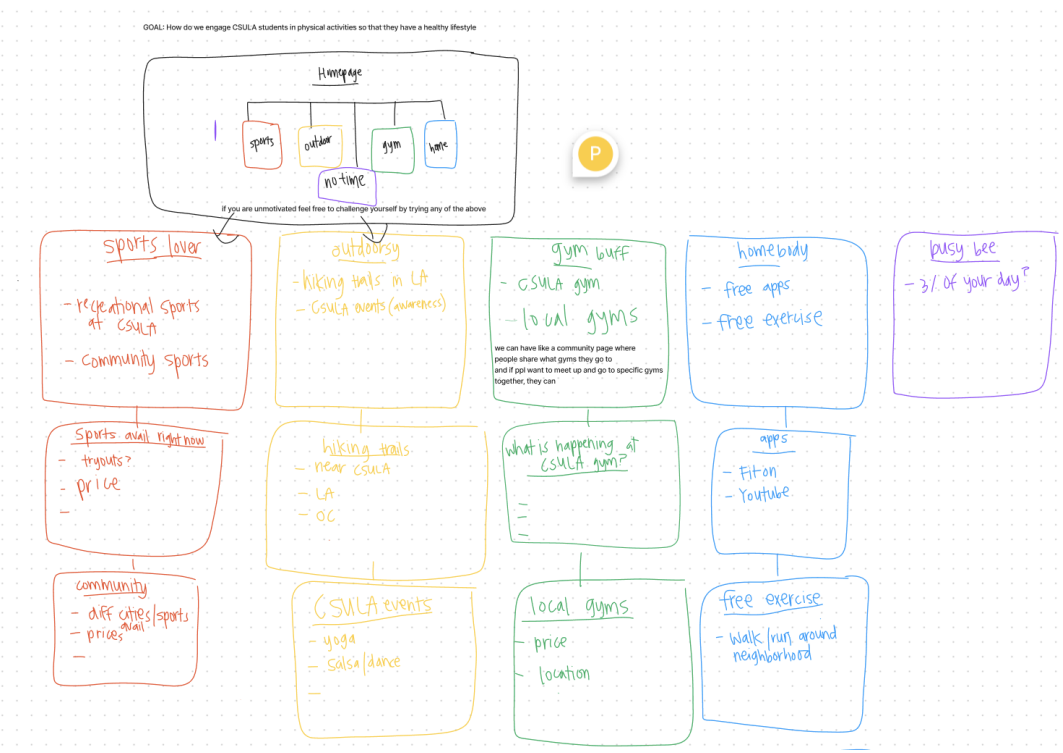


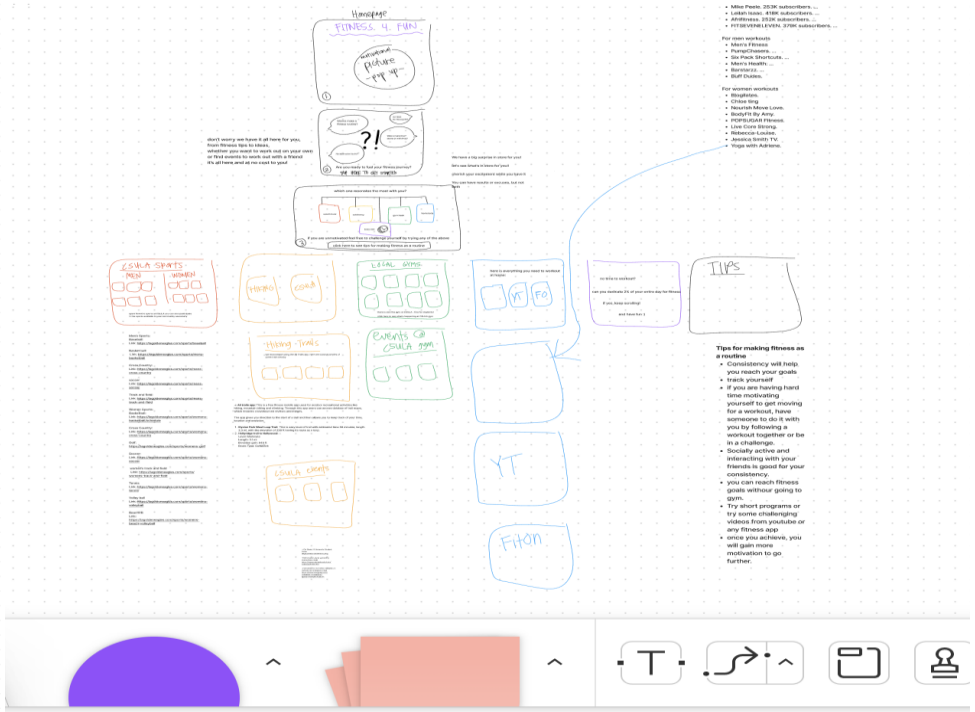
Where do you workout/play sports?

Prototype Development

Figma sketch

https://www.figma.com/file/pClNUaxG8qR56ZqWDea9zE/Untitled?node-id=9%3A795





Prototype Development (cont.)

Canva

https://www.canva.com/design/DAE-Wnk8_zo/NmtKyhXK7ZcIYLT-wmOcMQ/view?utm_content=DAE-Wnk8_zo&utm_campaign=designshare&utm_medium=link&utm_source=homepage_design_menu

^ that is a view-only link

Can you dedicate 2% of your entire day for fitness?

Product Development (cont.)

App Support: iPhone

IDE: XCode

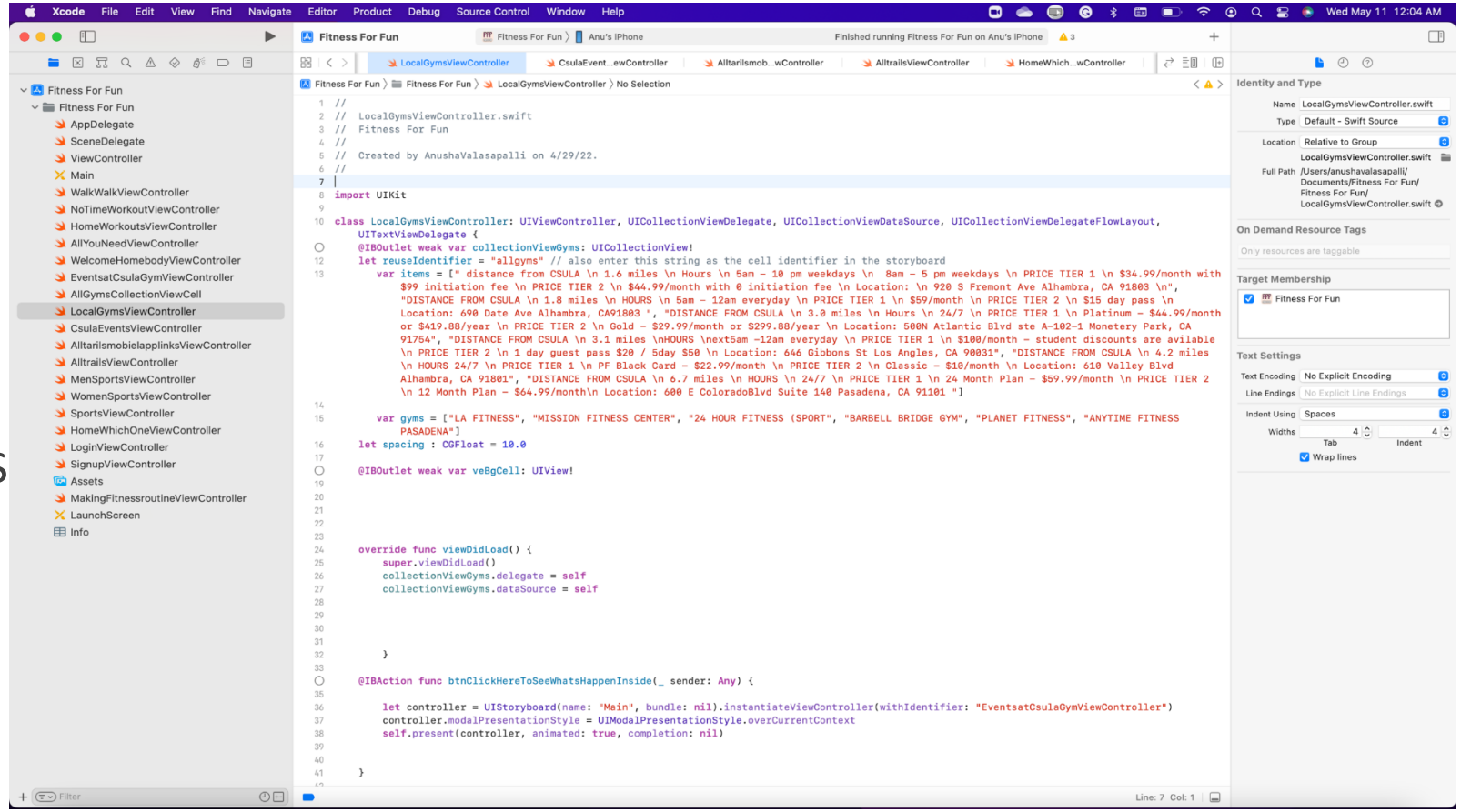
Code: Swift

UI Design: Story Board

Debugger: Simulator, iPhone

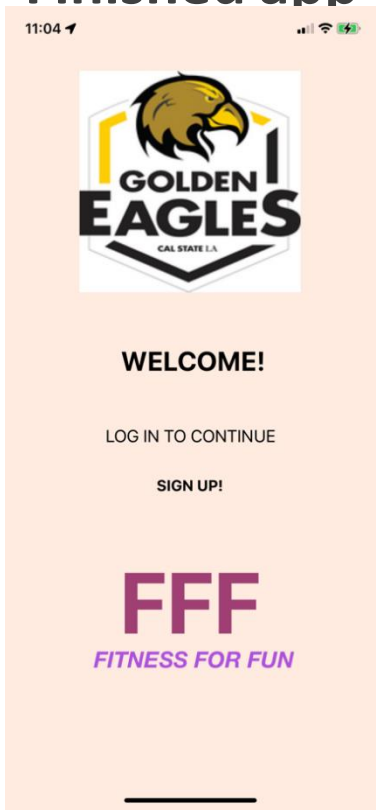
Developer account price: 99$

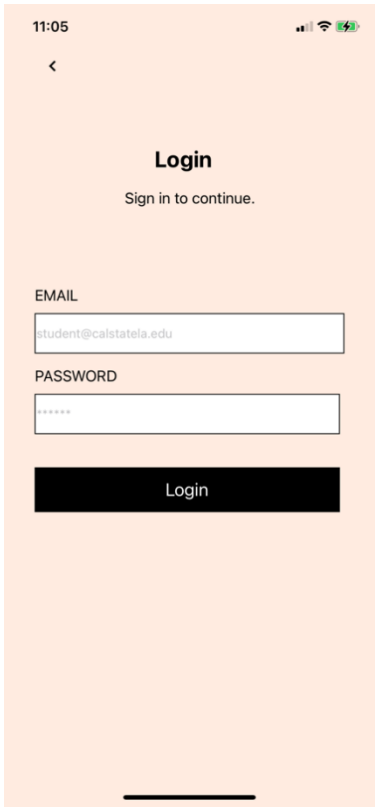
Appstore link: coming soon

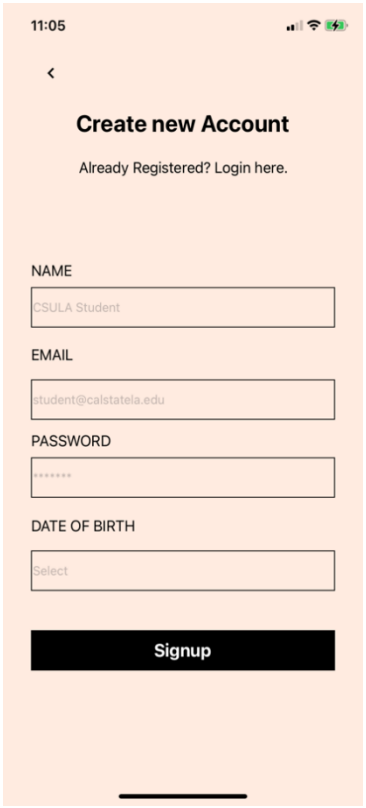


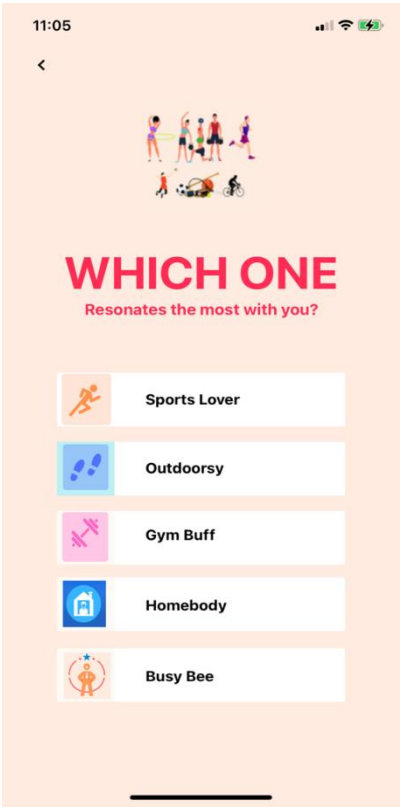
Product Development (cont.)

Finished app



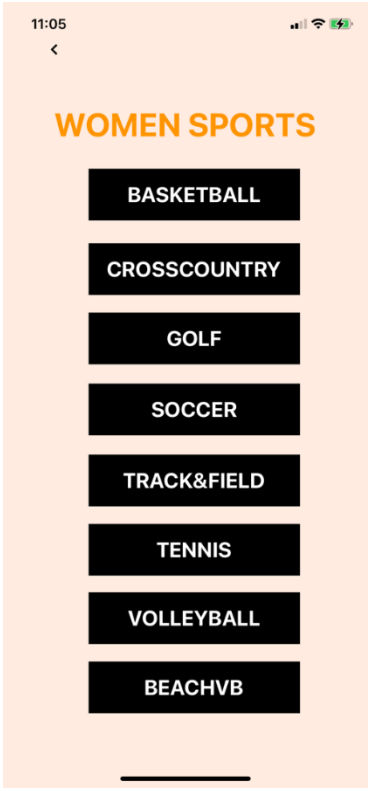


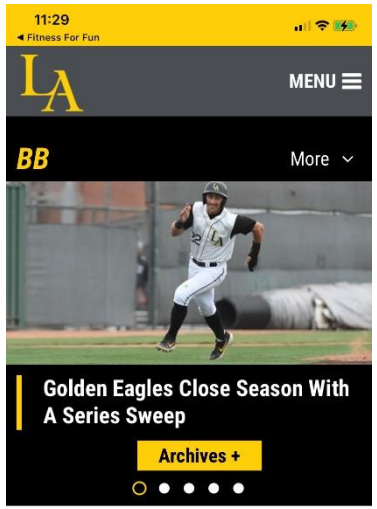


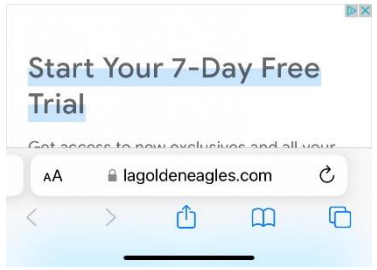


Product Development (cont.)

Sports Lover Flow

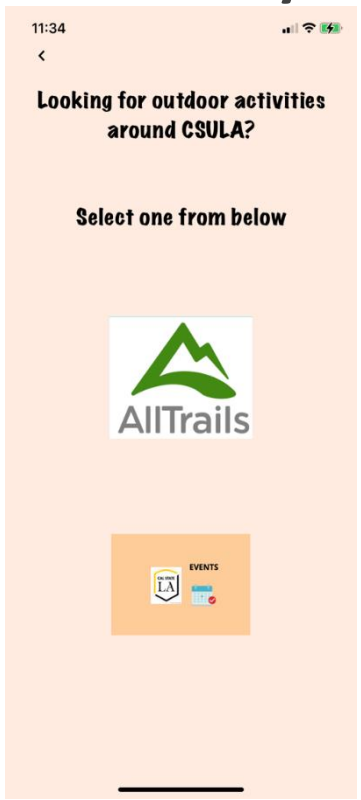


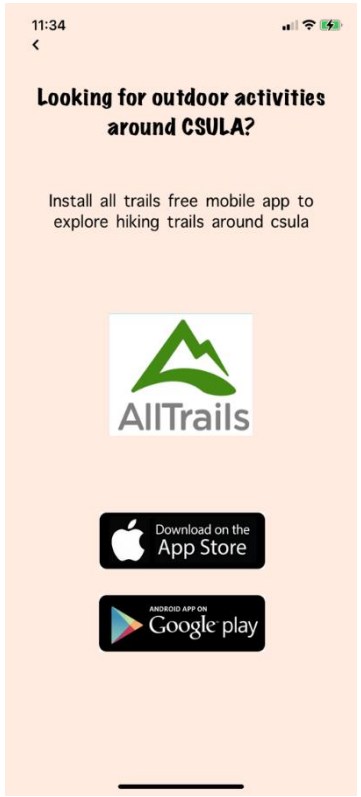


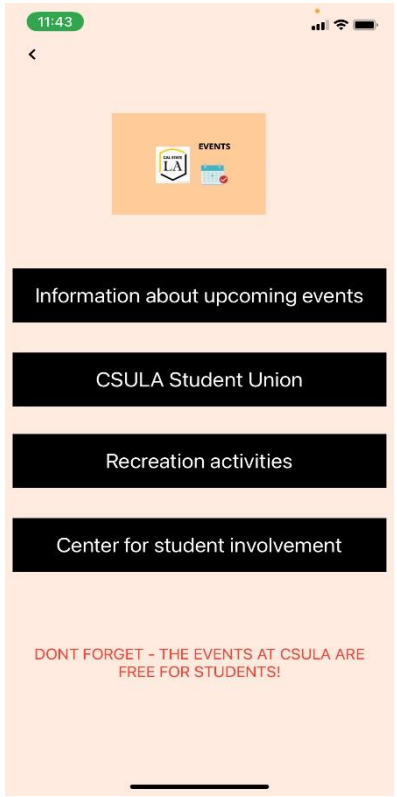


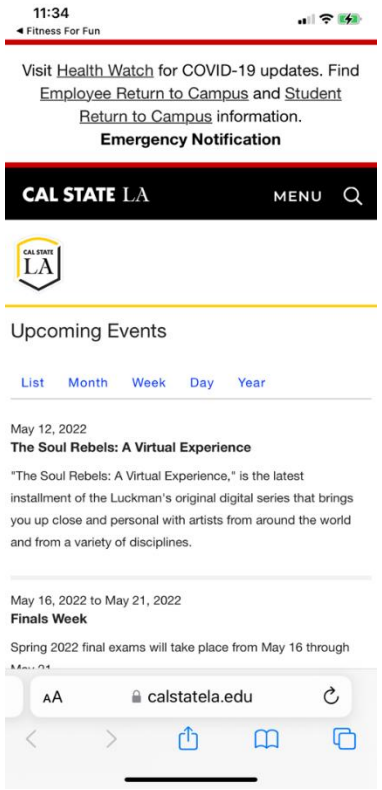
Product Development (cont.)

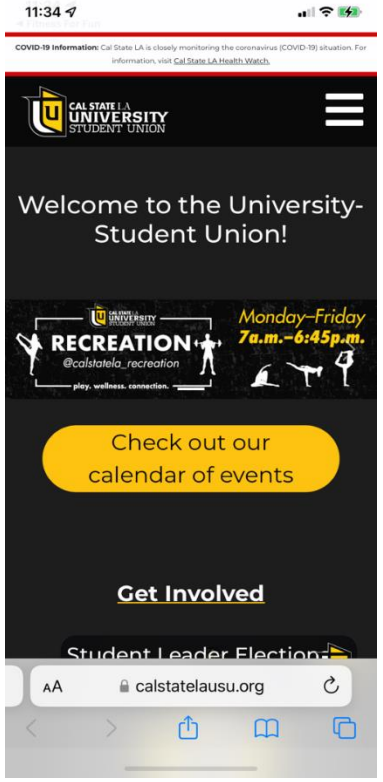
Outdoorsy Flow





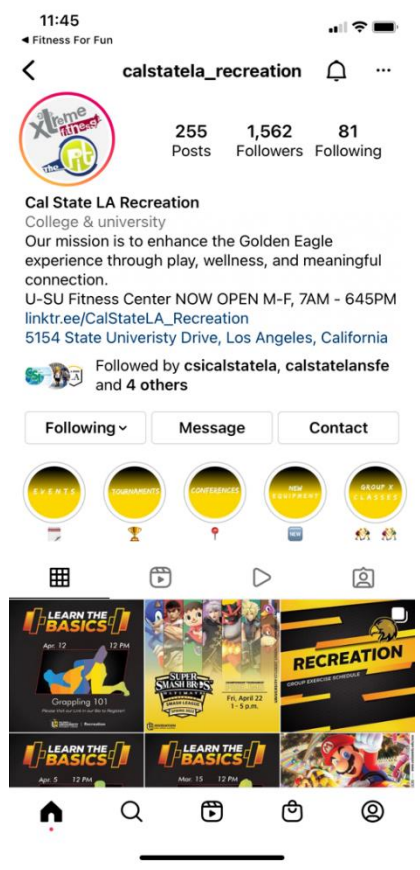


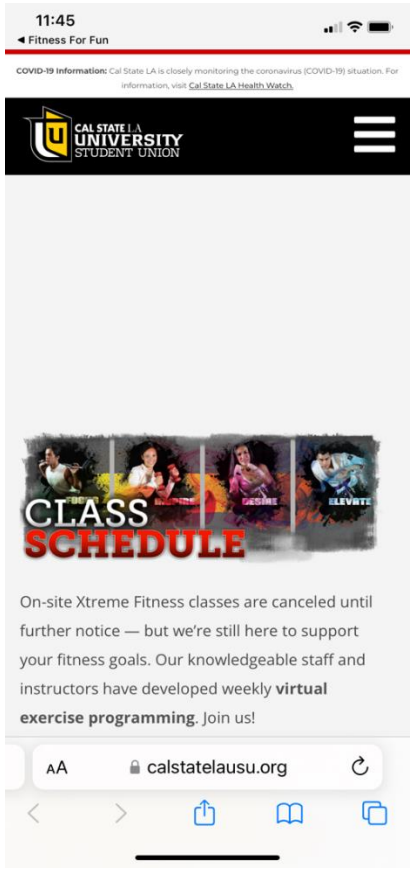




Product Development (cont.)

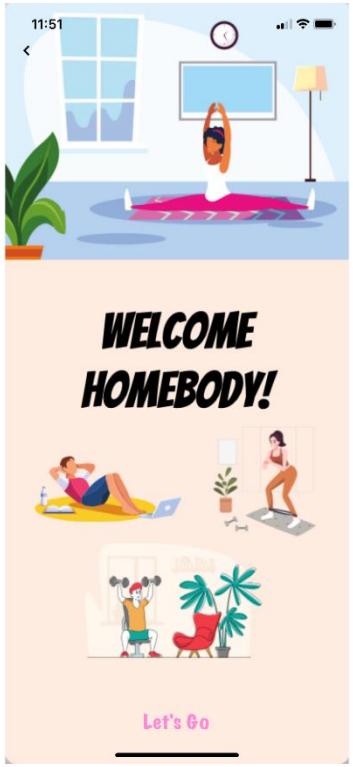
Gym Buff Flow

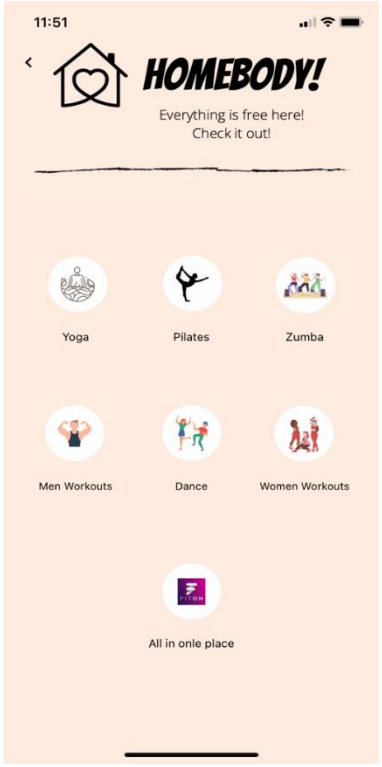


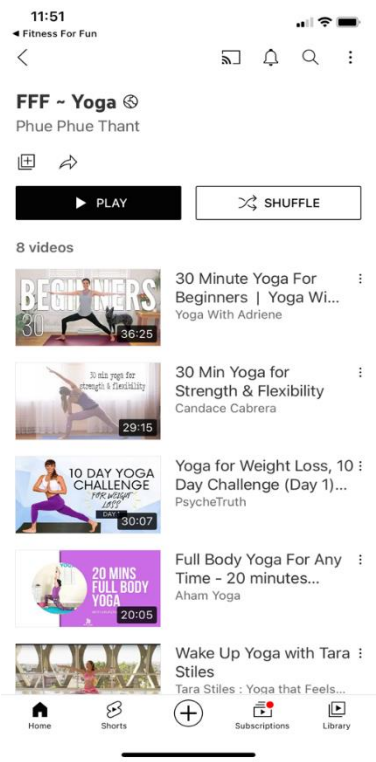


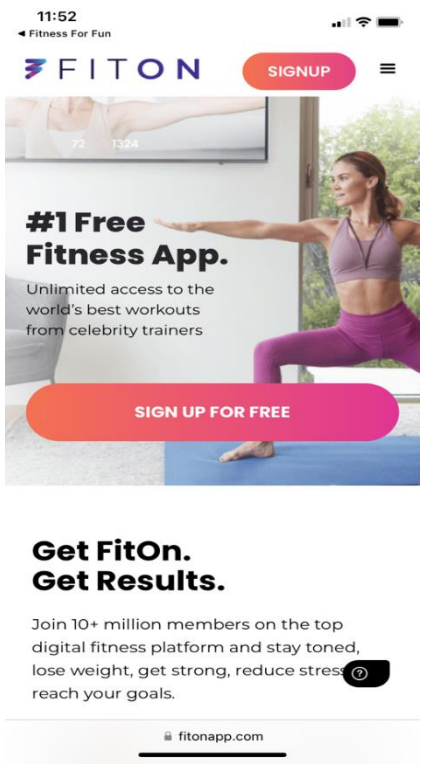
Product Development (cont.)

Home Body Flow



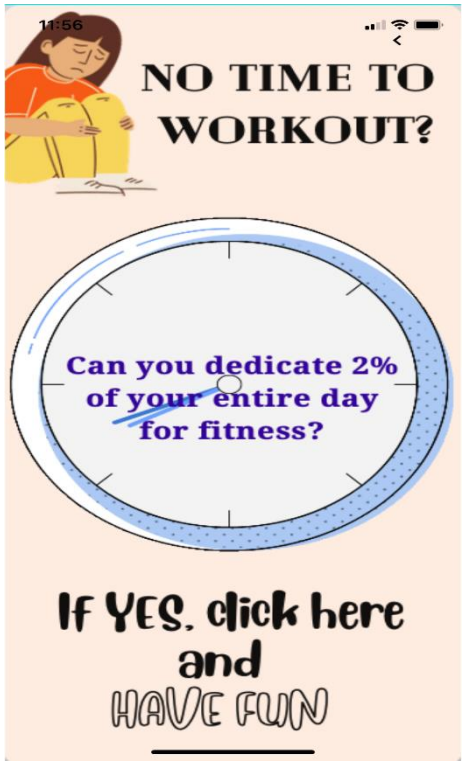






Product Development (cont.)

Busy Bee Flow



Implementation Plan

CONNECT WITH CSULA STUDENT UNION AND RECREATIONAL CENTER

PROMOTE THE APPLICATION IN ORIENTATION OF DIFFERENT DEPARTMENTS AT THE BEGINNING OF EVERY SEMESTER

Quick Tips To Make Fitness a Routine

- Keep track and keep yourself accountable
- Get a cheering squad
- Reward yourself
- Consistency will help you reach your goals
- Delete guilt
- Find the fun in it
- Try short programs or some challenging videos from YouTube or a fitness app
- Staying socially active and interacting with your friends can help maintain consistency

A little progress each day adds up to BIG results!

Thank You