Background:

The project consists of 2 parts – Zongyi’s UI interface and Sat’s AI part. We aim to provide the user with personalized exercise plans and motivation for the users to accomplish their goals.

Specs:

1. We get the “goal” from user’s input and evaluate their current condition (a fitness “score”).
2. We calculate the difference between the user’s current score and their goal, and break that down into several workout sessions based on the user’s workout preferences (i.e. how many times would he/she exercise per week, how long, etc).
3. There are 3 types of workouts: High Intensity, Low Intensity, and Cross, which will be stored into 3 independent databases in the future (they are currently in excel for now) . Each of these types have 4 workout programs for the user to select.
4. Once the user has achieved something, the starting point (aka, the starting fitness score) will be updated to accommodate future workout plans. This starting point should be updated whenever the user’s progress is different with the plan. The future workout plan will be adjusted according to the difference between current value of starting point and the goal set by the user.
5. There will be a motivation-keeping mechanism that informs the user once they have accomplished a considerable progress (for example, “70% done! Keep it up 😊”).
6. If the user selected “High Intensity” but can’t keep it long enough, then the algorithm should automatically switch the current workout mode to “low intensity”

TODO:

1. Understand zongyi’s implementation and be ready for any questions before the work session after fall break.
2. Build the framework of the app regardless UI design. Use placeholders for the contents that are not yet ready for implementation.
3. Get ready to talk to people from LifeFitness about the API communication once the previous work has been done.

Flowchart: