



DESIGN PLAN

OPSC7311



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POE PART 1

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Introduction

People are becoming more health-conscious and looking for ways to live a healthy lifestyle in today's fast-paced environment. workout is critical to good health, and with the advancement of technology, workout apps have become a popular way for people to stay active and measure their fitness progress. This design strategy intends to produce an exercise software that offers users individualized exercise regimens, progress monitoring, nutrition tracking, social sharing, gamification, and an easy-to-use interface. The app's mission is to help users reach their fitness goals by giving them the tools and information they need to live a healthy lifestyle. This report will outline the features and design plan for the exercise app, with a focus on creating a user-friendly, engaging, and scalable app that can cater to individuals of all fitness levels.

The exercise app will be created for people of all ages who want to keep active and live a healthy lifestyle. Users who want to plan and track their exercise routines, establish goals, and attain their desired outcomes can benefit from the app. The software will be simple to use and accessible to anyone with varied degrees of fitness experience.



Figure 1

"Exercise in Minutes" is a particular exercise program that provides individualized exercise routines, progress tracking, gamification, and a user-friendly interface to assist users reach their fitness objectives. Individuals who want to keep active and live a healthy lifestyle will benefit from the app. "Exercise in Minutes" is an app that can assist users in planning and tracking their daily workout routines in just a few minutes.

Innovative Features

Some of the innovative features that we intend to include in this app are as follows:

- ❖ **Personalized Exercise Routines:** "Exercise in Minutes" will provide users a variety of individualized exercise regimens such as aerobic, strength training, yoga, and other fitness activities. Users will be able to tailor their workouts to their fitness level, goals, and preferences.
- ❖ **Progress Tracking:** Users will be able to track their fitness progress, including their weight, body measurements, and workout accomplishments, using the app. Users will be able to track their progress and establish goals based on it.
- ❖ **Timer:** The option to program timers for certain activities or fitness programs. Users would be able to establish their own timing intervals for each exercise or set, and the app would tell them when it was time to go on to the next exercise or rest period.
- ❖ **Social Sharing:** Users will be able to share their progress and accomplishments on social media with friends and family. Users will be able to connect with people who share their objectives and provide motivation and assistance.
- ❖ **Gamification:** Gamification aspects will be used in "Exercise in Minutes" to motivate users to keep to their fitness goals. Users will receive incentives and badges for reaching milestones and will be able to engage in fitness contests.
- ❖ **User-Friendly Interface:** The app will have an easy-to-use UI that is intuitive and user-friendly. The app will be designed to reduce clutter and give users with clear and concise information.
- ❖ **Exercise in Minutes:** The app will be designed to provide users with individualized fitness regimens that can be performed in a matter of minutes every day. This novel feature will assist customers in staying on track with their fitness goals, even if they only have a limited amount of time to exercise.

In general, "Exercise in Minutes" is a novel and user-friendly exercise program that can assist users in meeting their fitness goals in a simple and personalized manner.

Requirements

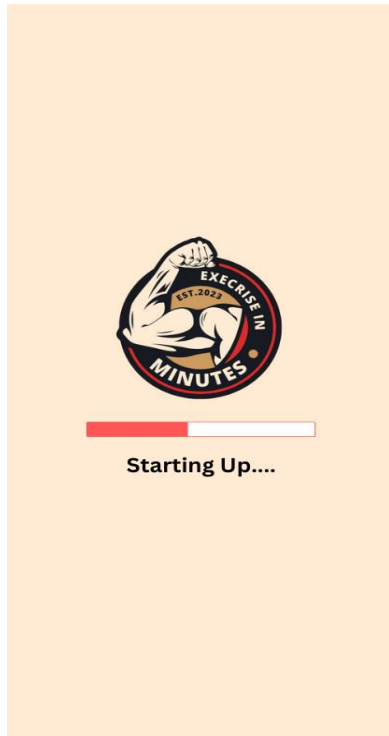
Here is an exhaustive list of the exercise app's requirements:

- ❖ **User Accounts:** The app should allow users to create personal accounts that store their fitness data, workout history, and progress.
- ❖ **Personalized Exercise Routines:** The app should provide users with personalized exercise routines that are tailored to their fitness level, goals, and preferences. The routines should include a variety of exercise types, including cardio, strength training, and yoga.
- ❖ **Progress Tracking:** The app should allow users to track their fitness progress, including weight, body measurements, and exercise achievements. Users should be able to view their progress over time and set goals accordingly.
- ❖ **Social Sharing:** The app should allow users to share their progress and achievements with friends and family on social media. Users should be able to connect with others who have similar goals and provide motivation and support.
- ❖ **Gamification:** The app should incorporate gamification elements to encourage users to stick with their fitness goals. Users should earn rewards and badges for achieving milestones and can participate in fitness challenges.
- ❖ **User-Friendly Interface:** The app should have an intuitive and user-friendly interface that is easy to navigate. The app should be designed to minimize clutter and provide clear and concise information to users.
- ❖ **Customizable Timers:** The app should allow users to create customized timers for specific exercises or workout routines. Users should be able to set up their own timing intervals for each exercise or set, and then have the app automatically notify them when it is time to move on to the next exercise or rest period.
- ❖ **Personalized Recommendations:** The app should provide users with personalized recommendations for workouts, nutrition, and other aspects of fitness. The recommendations should be based on the user's fitness level, goals, and preferences.
- ❖ **Push Notifications:** The app should be able to send push notifications to remind users of upcoming workouts, track progress, and provide motivational messages.
- ❖ **Secure Data Storage:** The app should ensure that user data is stored securely, and that user privacy is always protected.

Overall, these standards will help ensure that the exercise app offers users a tailored, interesting, and effective fitness experience that will assist them in reaching their health and fitness goals.

UI Design

Loading/ Starting-Up Page

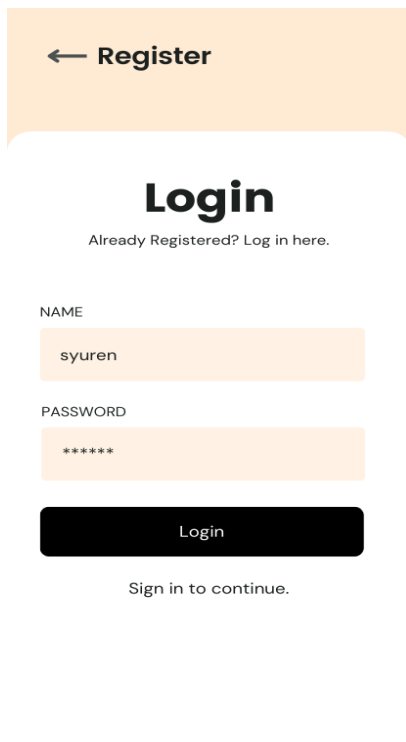


Screenshot taken from Device

The loading screen at the start of the app serves to inform users that the program is initializing and prepared to display content. When a user launches an app, the program's resources must be loaded, which may take a few seconds.

The loading screen informs users that the app is active and not frozen. It gives a sense of progress and reassurance that the app will be available shortly. In addition, the loading screen will show the app's design logo and a progress meter beneath it. The app can help to keep users engaged and improve their overall experience by including a loading screen.

Login Page



Screenshot taken from Device

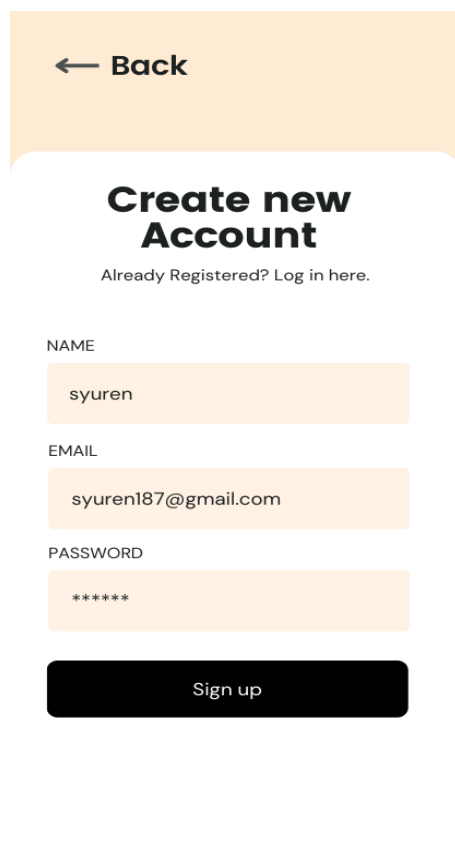
The app's login page exists to give the user with a secure and personalized experience. Users can create a personal account on the login screen, which maintains their data, workout history, and progress. When a user logs in, the app can propose customised workout routines and goals depending on their fitness level, goals, and preferences.

The login page also functions as a security element, ensuring that only authorized users may access the app's features and data. To log in, users must enter a valid username and password in the appropriate textboxes.

This aids in the prevention of illegal access and the protection of user data. However, if a user does not yet have an account, they must tap the arrow in the top left corner to create one before they may access the app.

Data Types used: Strings into the Textboxes

Register Page

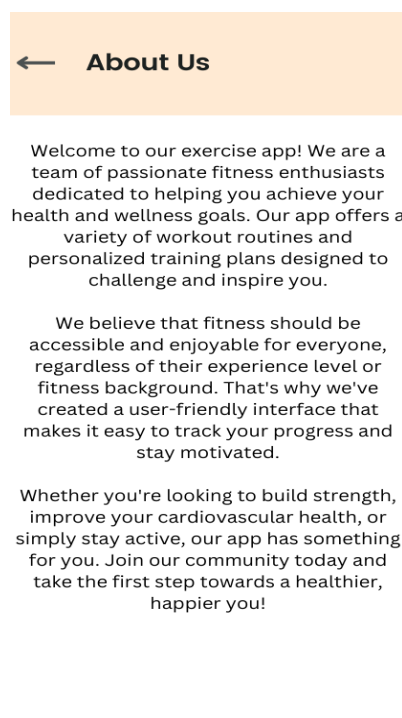
A screenshot of a mobile app's registration screen. At the top, there is an orange header bar with a left-pointing arrow and the text "Back". Below the header, the main content area has a white background with rounded corners. It features the title "Create new Account" in bold black text, followed by the subtitle "Already Registered? Log in here." in a smaller font. There are three input fields: "NAME" with the text "syuren", "EMAIL" with the text "syuren187@gmail.com", and "PASSWORD" with the text "*****". Below these fields is a black button with the text "Sign up" in white.

Screenshot taken from Device

The app's register screen's goal is to allow new users to create a personal account and access all the app's features. Typically, the register screen captures information such as the user's name, email address, and password.

The register screen is critical to the user experience because it allows new users to create a personalized account and begin using the program. Users can record their workout history, track their progress, and receive personalized recommendations based on their objectives and preferences by registering. If the user has already had account and finds themselves in this page, they will be able redirect themselves back to the login page by clicking on the arrow on the left corner. Data Types used: Strings into the Textboxes

About Us Page

A screenshot of a mobile app's "About Us" page. At the top, there is an orange header bar with a left-pointing arrow and the text "About Us". Below the header, the main content area has a white background with rounded corners. It contains three paragraphs of text. The first paragraph is a welcome message. The second paragraph is a statement of belief about fitness. The third paragraph is a call to action. The text is in a clean, sans-serif font.

Screenshot taken from Device

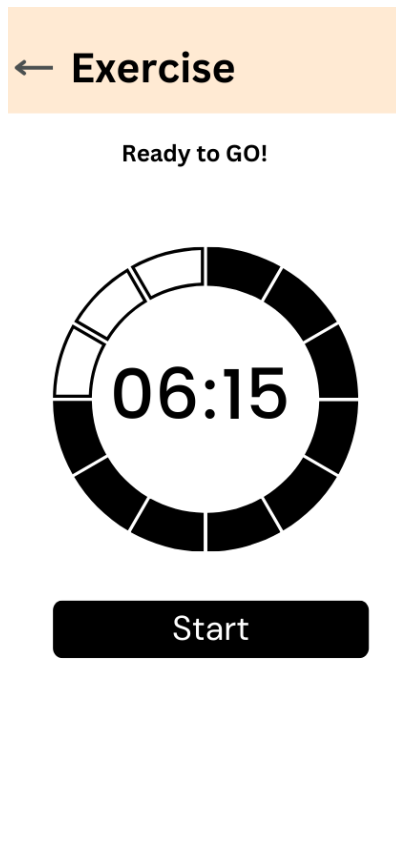
The apps about us screen's aim is to give consumers information about the app, its developers, and its mission. The app's name, logo, and version number are often displayed on the about us screen, along with a summary of the app's features and capabilities.

The about us page may also include information on the app's developers, such as their names, educational histories, and areas of expertise. This can help to generate confidence and credibility with users by displaying the qualifications and experience of the app's development team.

As it is shown on the screenshot on the left-hand side, that the about us page is not finished yet, as it is still missing the logo of the app on the bottom.

****STILL IN PROGRESS****

Timer Feature



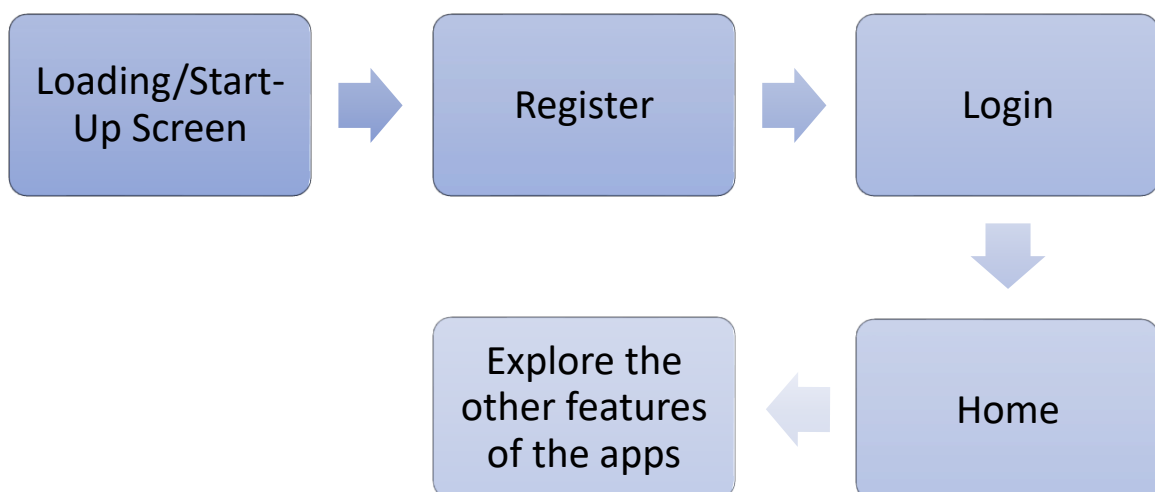
Screenshot taken from Device

The timer screen of the app's goal is to give users with a tool to log and time their workouts. The timer screen often shows a countdown clock, allowing users to select a certain time for their workout or watch the duration of their session in real time.

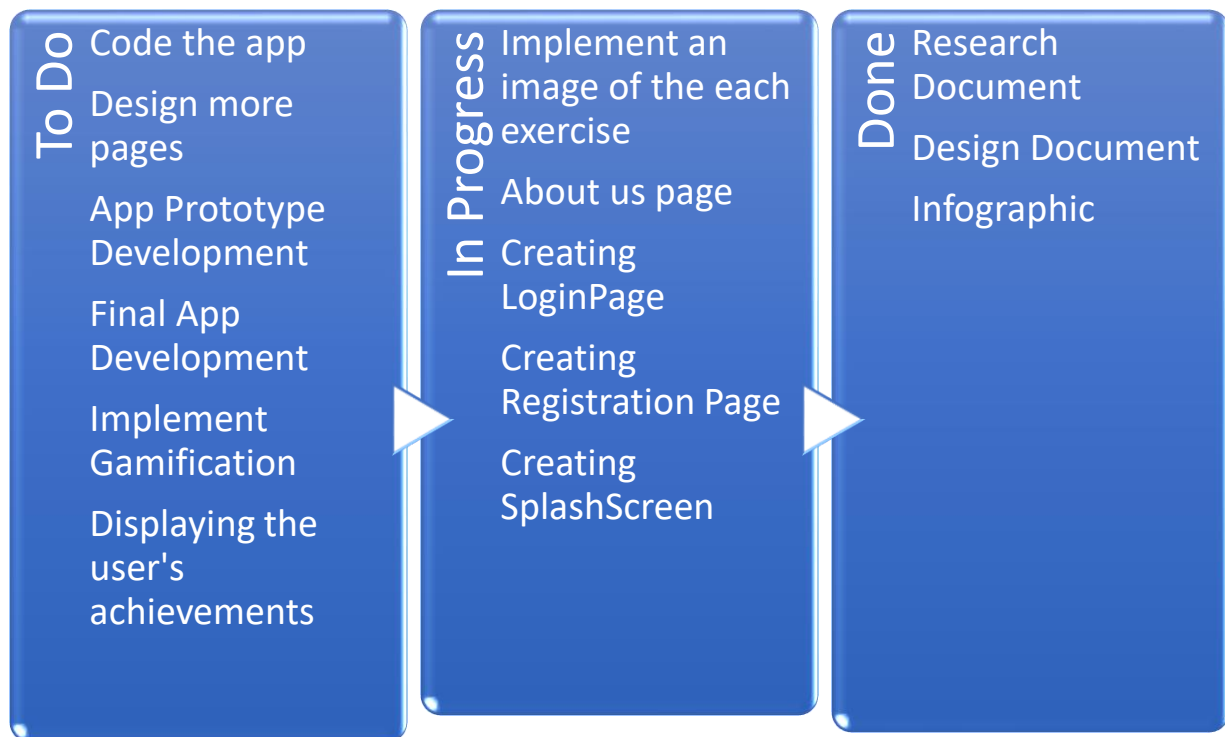
The timer screen is an important component of the app since it helps users remain on track with their workouts and ensures that they complete their activities for the appropriate amount of time. This is especially crucial for individuals who are following an exercise plan or trying to achieve specific fitness goals.

Some aspects we tend to implement for this screen is for the timer to record how long each exercise will take the user to complete. Also, add a video tutorial of the exercise to help the user get their form right when performing the exercise and to add the number of reps the user needs to perform.

A brief process on the screens the user will navigate through to explore the other features of the app



Kanban Project



Conclusion

Finally, the design plan for "Exercise in Minutes" was created with the purpose of providing a user-friendly and unique exercise app that may assist users in reaching their fitness goals. This app will provide users with a comprehensive platform to chart their fitness journey by incorporating numerous elements such as the novel timing function, customisable exercises, progress tracking, and social sharing.

The app's needs have been detailed, emphasizing the relevance of the loading, login, and registration stages in the user experience. Furthermore, the app's timer screen has been recognized as a vital feature that would help users to accurately track and schedule their workouts.

Overall, the goal of this method of design is to produce an exercise software that is both functional and user-friendly, allowing users to easily include exercise into their daily routine. We believe that this software will give users with a useful tool to assist them reach their fitness goals and live a healthy lifestyle.

Reference

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