

FITNESS MOVEMENT

Team Introduction

Our team consists of three undergraduate students and two graduate students. We come from the same major, which allows us to have more common words.

Our team has experienced interaction designers as well as all of us have a good foundation in computers, which makes us design products that will have a better future.



Yuqing Zhang: Project manager



Anqi Zhang: UI/UX designer



Kang Liang: Front-end prototype engineer



Xinyu Qiu : Interaction Designer



Wenyu Wang: Back-end development

FITNESS MOVEMENT

Domain/Problem Space

Aim

The main direction of this design is to provide people with a comprehensive health management solution to help them better manage their health and exercise programs. Based on this need, we plan to design a system consisting of software and hardware to motivate and monitor users' health.

Problem Space

Some people are having difficult problems in the gym. These problems include

- A lack of user motivation
- Difficulty maintaining a regular exercise routine
- Uncertainty about goal setting and planning

The importance of controlling eating habits cannot be underestimated in health management. This requires users to engage in regular exercise and diet control.



Design Opportunity & Audience

Healthy exercise
management platform
specialized for users of
different age groups

Help them better
manage their health
needs.

Integrating customized
workout plans.



Audience

People who need to
exercise

Assist users in more
effectively managing
their health conditions,
improving their health
outcomes, and
enhancing their quality
of life.

Concepts

In this application, users can record fitness data. And share. Users have personality settings in fitness and eating due to different requests having different exercise programs and dietary advice. In the social part, users can choose which part they want to share and which part they want to hide. With this application, people can fit together to increase motivation.



Previous attempts

Today, numerous fitness apps assist users in health management and workouts. Yet, many quit due to low motivation. Thus, adding social features is vital. These foster connections, share progress, and encourage competition. Users gain support, advice, reminders, and motivation within the community, sustaining their commitment. In short, such features enhance app dimensions, boost motivation, and retain users, creating a supportive fitness environment.

Plan of Work

Adopt a comprehensive approach to enhance the quality of our product, which includes interviews and user testing.

User testing is crucial as a practical means to validate the usability and effectiveness of the product. By observing real users interacting with our product, we can discover any usability issues, glitches, or points of confusion that may arise during their usage.



Directly interact with our target audience, gaining their valuable insights to understand their thoughts, expectations, and areas of concern. Through open dialogue, we can delve deeply into their experiences, comprehend their motivations, and identify areas that need improvement and innovation.

First hand feedback provides us with invaluable guidance that can be used to optimise the user interface, simplify processes, and enhance overall user satisfaction.

Reference

Weight Loss Exercise Fitness Theme PPT
Templates. (n.d.).
<https://www.ypppt.com/article/2016/3067.html>

