

Vicky Chen

### **Final Product – Fitness App**

For this project, I use the Adobe XD to create my fitness App. Because some content in the page can scroll down, so I create a video to view my final product. I will also contain images of my fitness app in this file.

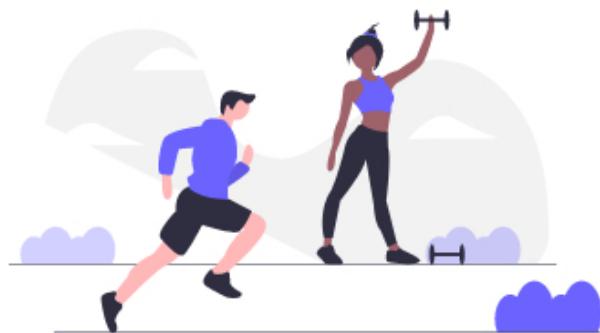
Here is the link for the video: [https://youtu.be/C\\_HWVTmYctM](https://youtu.be/C_HWVTmYctM)

Log in page

9:41



3 Skip



# Let's get started

It is never too late!



 Continue with Apple

 Continue with Google

 Continue with Facebook

 Continue with Email

Main page

9:41



≡ Recommend Member 🔎



Courses



Live Classes



Running



Yoga



Biking



More

Recommend Courses

All



The waistcoat line develops  
Zero basis 15 mins

拇指 100 踩 10



Back extension  
Zero basis 10 mins

拇指 80 踩 5



Yoga  
Zero basis 30 mins

拇指 200 踩 9

21 Days Planning

More



Main Page



Community



Plan



Store

## Community Page

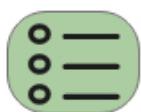
9:41



### Moments Follow



Topics



Dietary



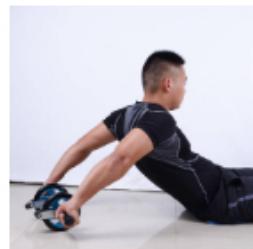
Location



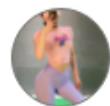
Daniel\_Wuuu

[Follow](#)

I worked out for an hour today.  
I feel so hungry after exercising,  
So now I'm going to... ALL



1316 2000



Jenny111

[Follow](#)

It feels so good to working out.  
But it is still hard for me to keep,  
Doing exercise makes... ALL



Main Page



Community



Plan



Store

Plan page

9:41



## ≡ Plan

Today Tue. Wed. Thu. Fri. Sta. Sun.

19

20

21

22

23

24

25



Set Daily Goals

Set



### Dietary

Breakfast



Lunch



Dinner



Additional



Main Page



Community



Plan



Store

9:41



## ≡ Products



Equipments



Women Clothes



Men Clothes



Food



Protection



Yoga Equipments

### Recommend Equipments



Yoga Mat

\$10 \$15



Yoga Ball

\$9 \$13

### Recommend Food



Main Page



Community



Plan



Store

Course page

9:41      ⚡ 🔋

## All Courses

### Course selection

• • • More

Target      Reduce Fat      Muscle-building      Shape      ...

Part      Whole Body      Arm      Leg      Back      ...

Difficulty      Zero Basis      Beginner      Middle      Hard      ...

Order      Time from long to short      New priority      ...

Category      Pemela      VIP      Yoga      Anaerobic exercise      ...

### HOT Videos

• • • More

**1**   
Pamela  
Inner + Outer Thighs  
No Equipments  
15 Mins  
 1,000,000

**2**   
Duoyan Zhen  
Whole body  
No Equipments  
45 Mins  
 50,233

**3**   
Ballet  
Inner + Outer Thighs  
No Equipments  
15 Mins

## Live course page

9:41     

# Live Courses

My Class   My Coach   Playback   Date

## Recommend Courses

**Hailey**  
Yoga for zero basis

30 Mins  
300 Cal  
8:00pm, 04/19

Link Click Here

**Jordin**  
Systemic training

45 Mins  
450 Cal  
9:00pm, 04/19

Link Click Here

## Coaches

**Hailey**  
10 years experience

**Schedule**

**Jordin**  
15 years experience

**Schedule**

**Jack**  
12 years ex

**Schedule**

Dietary page

9:41



## Dietary



### Recipe



Reduced fat meal

HOT

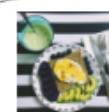


Healthy meal



Add muscle meal

HOT



Lazy men meal

HOT



Today's recipe

Today Tue. Wed. Thu. Fri. Sta. Sun.

19

20

21

22

23

24

25

### Recently News

Does drinking albumen powder really work?



Most interest



3400



2000



List page



Vicky

Today's Target

- 1.
- 2.
- 3.



My Weight



My Favorite



My Wallet



My Shopping Car



My Order



My Recipe



Body Test



My Target



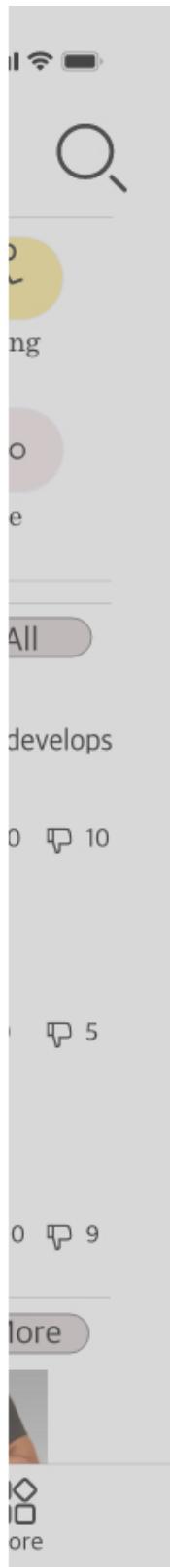
My Plan



Help



Set



## **Documentation**

### **Information regarding the topic space:**

Because of COVID-19, people cannot go outside as usual. Thus, it becomes hard for us to go to gym. But, if we stay at home, we do not know what kinds of sports or exercise we can do. Furthermore, even though we can reserve to go to gym, it still exists the dangerous. Because I love working out when I have some spare time, so it is hard for me to keep staying at my home without doing any exercise. So, I start to think about to create a fitness App, which can help my users to do some exercise at home. It can also provide a healthy lifestyle. Also, it doesn't need any equipment, so it is a low cost for people to use. People can open this App whenever they want, so they don't have to be limited by time. Because some gyms are not available 24 hours a day, so access to the gym can be limited. But using this fitness App allows us to spend our time freely. In addition, people can use this App to check out the weekly eating menu. It is good for them to control their weight and eat less junk food. The most important thing is that doing exercise can help people to maintain a healthy body and release our stress. It can also lead to have a positive life attitude.

### **Information regarding target user group:**

- People who don't have enough time to go to gym, or it will spend lots of time for them to go to gym. For example, someone who live far away from gym, and he or she's community don't have a gym. They need to spend more than 30 minutes to go to gym, which waste their time. Furthermore, for workers, they need to work

for whole day. After they finish working, they do not have enough time to work out. Thus, this App is a good way for them to save time and money.

- People who don't know what kinds of exercise they should do. Not everyone knows how to do exercise and what kinds of activities they can do. For example, there have different kinds of exercise to train different parts of body. Users can choose different parts to exercise more accurately.
- People who always travel outside, but still want to keep a healthy body. For example, the user who need to travel lots of places because of work. It is hard for them to go to a regular gym, so they can use this App to do some simple exercise at hotel. They also do not need to consider about the time for working out. Furthermore, this App helps them to keep a healthy body and healthy lifestyle since they don't stay at home for most of the time.
- The main audience should be 15-50 years old men and women. Because most of older people do not know how to use this App. Also, under age 15, teenagers may don't have phones. People who are age 15-50, they will consider more about their health problem and try to find ways to keep healthy. For example, my friends and I love working out, and we know how to use the fitness App. Although my grandparents also love doing some exercise, they do not know how to use phones and the fitness App.

### **Persona 1:**

Name: Maria Brown



Image 1: Persona 1 (<https://images.app.goo.gl/hrBur9tWA8dCD1a26> @ 04/12/2021)

Demographics:

Age: 30

Occupation: Worker

Location: Indiana

Goals: 1) She can do exercise at home instead of going to the gym.

2) Have a healthier life.

3) She can also make friends who love working out.

Behaviors: Busy, don't have enough time to go to gym, want to have a healthier lifestyle, love working out

Representative quote: "I want to do some exercise at home, but I don't know what type of exercise I can do?"

## **Persona 2:**

Name: Jake Smith



Image 2: Persona 2 (<https://images.app.goo.gl/c8HocrhGPVPZCg9> @ 04/12/2021)

Demographics:

Age: 25

Occupation: College student

Location: Chicago

Goals: 1) He can work out at home when he finishes studying.

2) He can follow the diet menu on the App.

Behavior: Busy, love exercising, cannot go to the gym, want to keep working out.

Representative quote: “I’m so bored to stay at home, what kinds of exercise I can do?”

## **Persona 3:**

Name: Jordin Miller

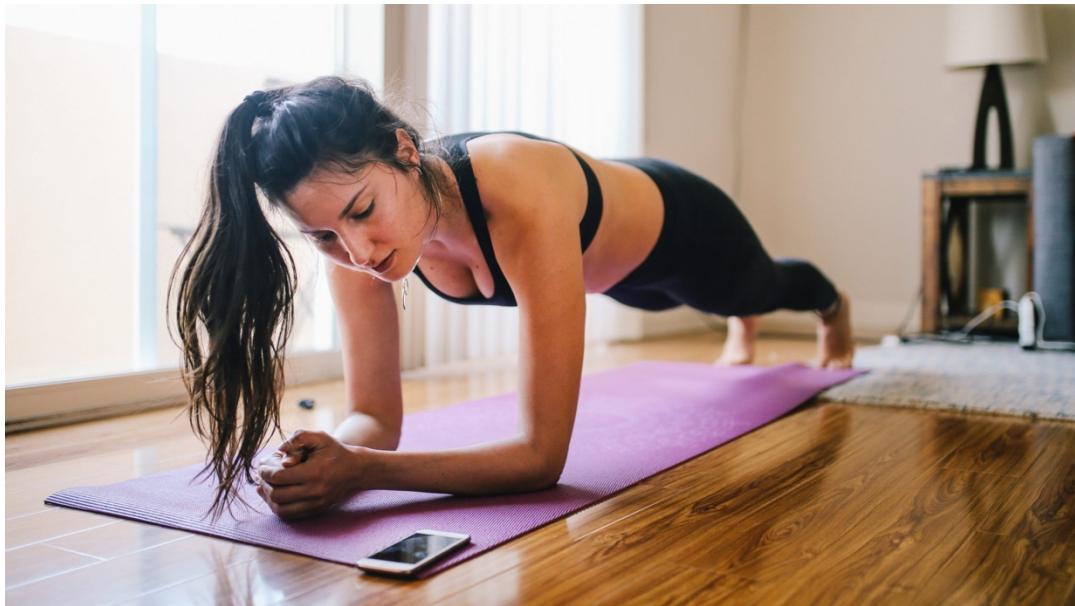


Image 6: Persona 3 (<https://images.app.goo.gl/5hKKpCQQKwAsp2qi7> @04/23/2021)

Demographics:

Age: 30

Occupation: Worker

Location: New York

Goals: 1) She can work out at home on the weekend.

2) She wants posts on the fitness community about her weekend training and make more friends.

Behavior: Busy, love exercising, love doing exercise at home, love making friends with others.

Representative quote: "I can make lots of friends in the community, and I feel happy about it."

Persona 4:

Name: Marry William



Image 7: Persona 4 (<https://images.app.goo.gl/XLxdq5pKJ3WgtLCY6> @04/23/2021)

**Demographics:**

Age: 20

Occupation: College student

Location: Dallas

Goals: 1) She wants to lose weight.

2) She wants to live a healthy life and have good eating habits.

Behavior: Love junk food, without self-control, don't like going outside, fat, lazy, wish someone would supervise her.

Representative quote: "I have bad self-control, and I always eat junk food. So, I want to lose weight by using this fitness App."

**Information regarding technology, tools, platform used:**

I think App and wireframes will be my main platform. I will use some videos about fitness process and every fitness action in my fitness classes. The website will be some link for daily articles about how to keep health. In addition, I will find some exercise instructions before working out. I will also create the coach meeting, so that people can get the better directions. They can contact their coaches and schedule a meeting. I will also use music in my fitness videos, and people can also choose to select other music while they are working out.

Furthermore, images and text will also be used in my project. I will post some daily diets meal as images and text in the fitness community, so people can follow this recipe to eat. They can also contact with each other. The text can also be some notification about rules of classes. The platform of App, I have no idea about how to do the App. But I have experience about how to use Illustrator XD to create the wireframe. I will use Illustrator XD to create the wireframe of my App. I search some tutorials on the YouTube. I believe I need to practice more to better know how it works. What's more, I can use it create my home page, fitness community page, the store page, etc. Compare with other tools, I think Illustrator XD is much easier to learn.

For the supplementary media, I can edit videos and take photos by using iMovie and cell phone, and it is not hard for me to use photographer. I will use iMovie to edit my videos because I am more familiar about it. I always use it edit my Vlog. iMovie has

some basic functions of edit video, and I don't need to edit my video as a big movie.

So, I believe iMovie is enough to use. Furthermore, for my final product, I will also use iMovie to edit my product as a video. Because it can better help to understanding this App, and it can better show how to operate with it.

#### **Information regarding any other resources used:**

I search some online articles about some physical exercise can do during the COVID-19 pandemic. It talks about how to stay active during this time, and those tips are also useful in the future. So, I will put it in my homepage or in the fitness community to help my target group learn more about how to stay active in the daily life. It is also an essential knowledge to learn about. Furthermore, it also notices people how important to do some exercise during the whole day. I also find some articles about disadvantages of not doing exercise, and I will put it in my homepage or as an introduction fitness class. In addition, I also find some statistics about how much people want to go to gym during the COVID-19 time. In addition, I will also create a part for putting those articles as daily news for my users to read. When they have some questions, they can search it and read the relevant articles.

I also interview two of my friends about their ideas of fitness App. It is a primary source which provides lots of useful information to me. After I interviewed them, I realize I still must improve lots of functions in my App. I also ask them to try another fitness App and tell me about their experience, which can better help me to figure out

some problems. What they didn't feel well in that fitness App, I can improve it in my App. They also offer some ideas about the fitness, and how do they do exercise during the COVID-19. Here is the main part of one of my friend's interview:

Me: Did you use the fitness App before?

Andy: Yes, I did.

Me: Do you think it is useful or meaningless?

Andy: I think it is useful in some ways. Because for those who don't have time to go to the gym to find a personal trainer, they can teach me training anytime and anywhere, and they don't need to make an appointment with the gym. The cost will be lower because of the time and money saved on the way. At the same time, I can also share my fitness tips with others, which helps to strengthen my training. For me, during the COVID-19 time, I always watch some exercise video and follow them.

Those videos are very useful to me.

Me: So, if I want to create a fitness App, what recommendation of functions you would like to add in it?

Andy: You can work with nearby gyms, and then you can look for nearby gyms in the app. And I wish I could buy something from this app vendor, or somewhere with a little take-out. That way I can order something fit for people working out.

Here is another friend's interview:

Me: Did you use the fitness App before?

Xavier: No. I just heard it before, but I haven't tried it.

Me: Do you have any interest to try it?

Xavier: Yes, I believe it is a good App for us to working out.

Me: Do you think it is useful? If so, why do you think that?

Xavier: I guess it will be very useful because we can choose to work out at home instead of going outside. I don't have lots of time to the gym because I'm a college student. It's very tired after I study for the whole day. If I have some time, I will prefer to work out at home because I can save the time on the road. But it still has some differences between the fitness App and the gym. Because the equipment in the gym can work out more parts of the body, but if we only learn according to the video, we cannot learn very well. This can also lead to a lack of training because there is no coach around to guide the movement.

Me: So, do you have any advice for the fitness APP?

Xavier: I think it would be better if we could make an appointment with a coach and then have a video lesson with the coach. Each video can also have an analysis version, such as analyzing the essentials of each movement. I think it will be great to make everyone understand each action.

I also interviewed my coach because he can provide lots of professional advice to me. This is good for building my fitness App. For example, he tells me that how can I do the diet recipe for the fitness person, and I learn that what kinds of food they can eat.

He also tells the benefit and disadvantages about the fitness App. Here is the main content for this interview:

Me: What do you think about the fitness App?

Zhang: I think it has advantages and disadvantages. Young people use it more when they cannot go to gym. I think it works for people who are busy. Fitness videos can be divided into several categories to work differently on different body parts. But for those who want to keep in good shape or have a great need for fitness, I think they should go to the gym and do systematic exercise. Although fitness App can also be very good to exercise the body, but we need to have a strong self-control and action.

But I think it's a good market, and it may become a trend in the future.

Me: Do you think coaches can make a lot of money on this platform?

Zhang: I think it will make money. If enough people use the platform and are willing to teach remotely, coaches can make money. But honestly, if the relationship between the coach and the student is good, they are also more likely to teach in private. This will also make the platform coach flow side fast.

### **Timeline:**

- Finish research part (03/28)
- Finish all documents (04/10)
- Finish wireframes (04/17)
- Edit my project (04/22)

**Sketch:**

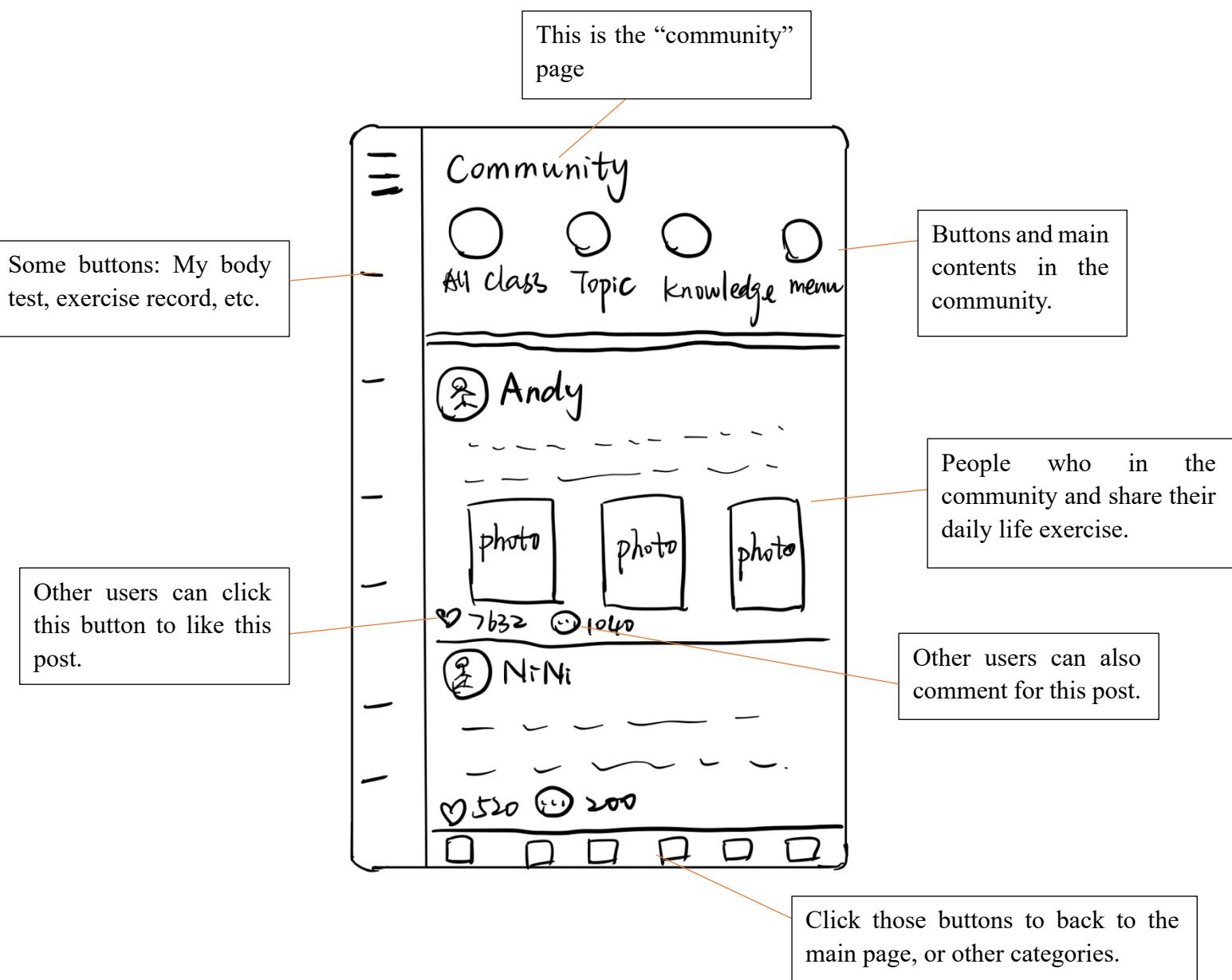


Image 3: Sketch 1 for the community part (Vicky Chen @ 04/12/2021)

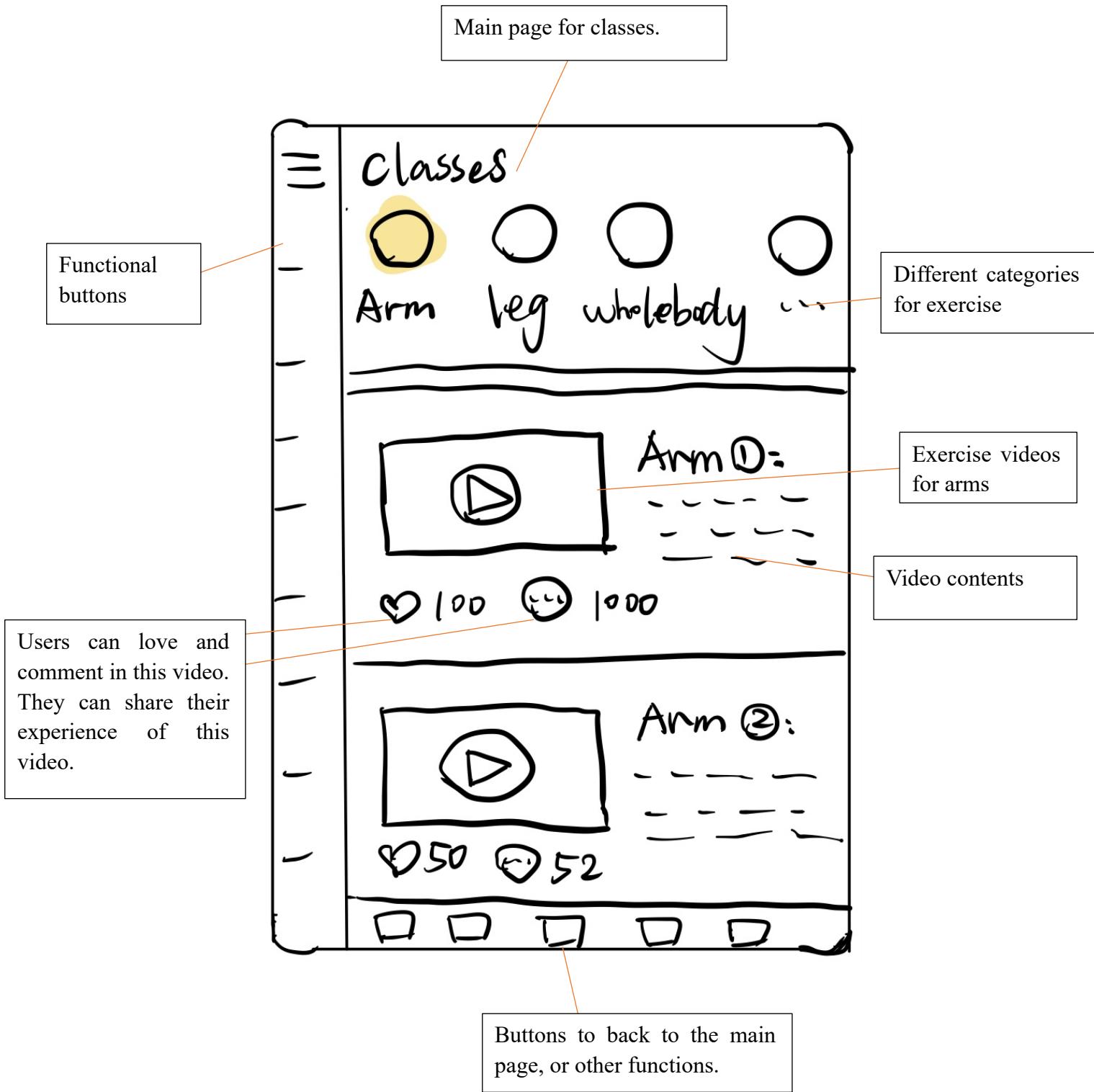


Image 4: Sketch 2 for the classes part (Vicky Chen @ 04/12/2021)

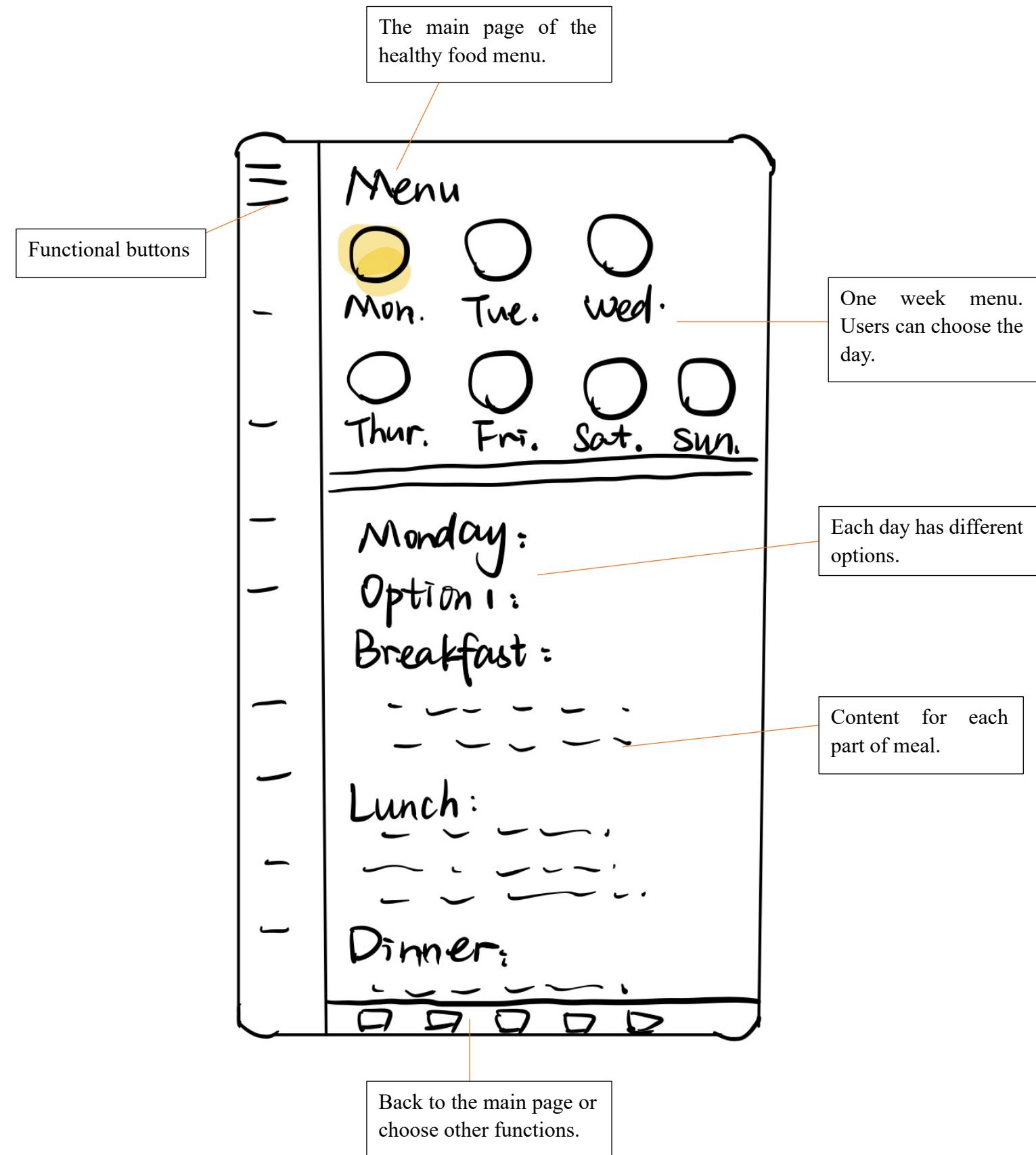


Image 5: Sketch 3 for the menu part (Vicky Chen @ 04/12/2021)

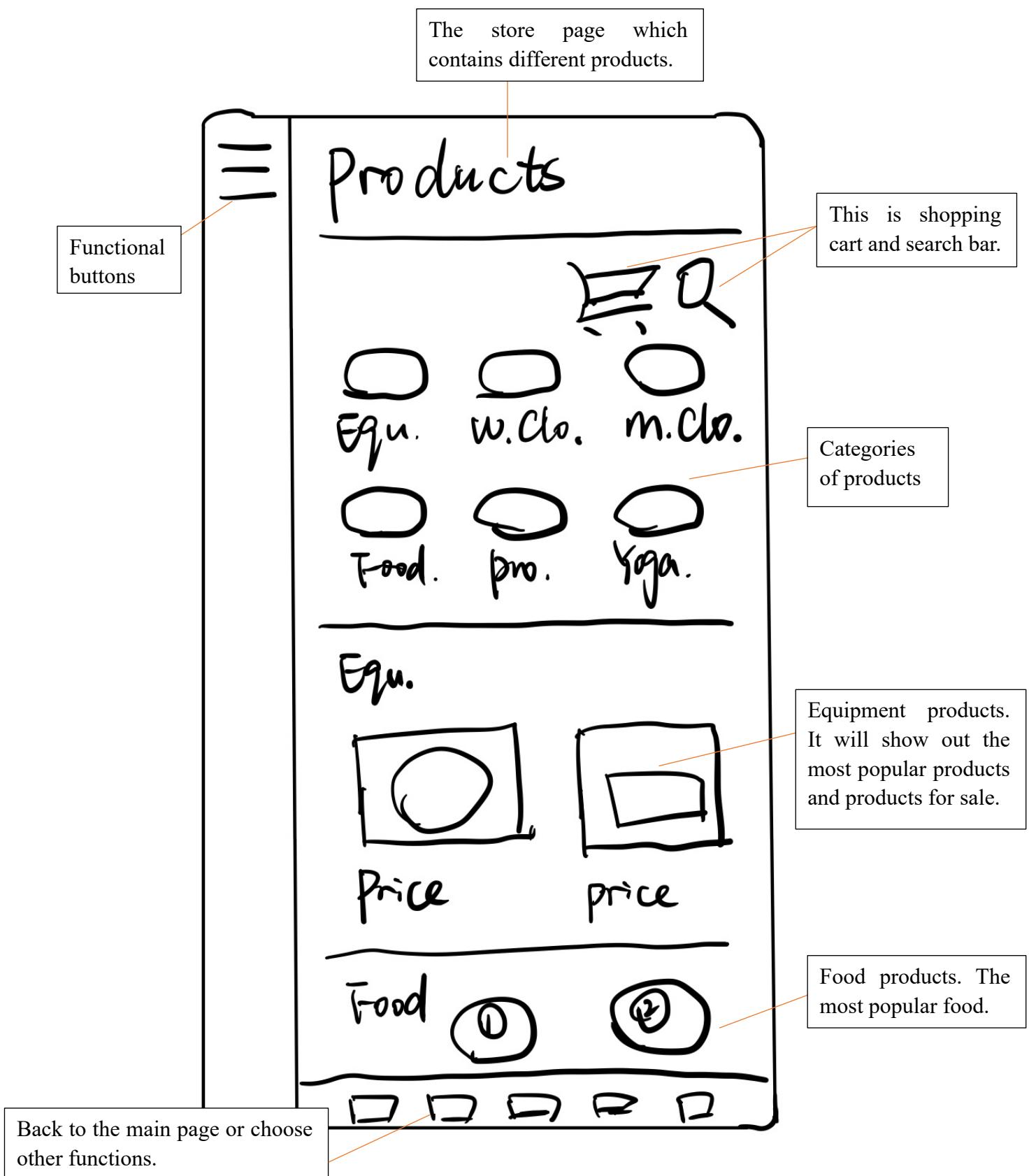


Image 8: Sketch 4 for the store part (Vicky Chen @ 04/12/2021)

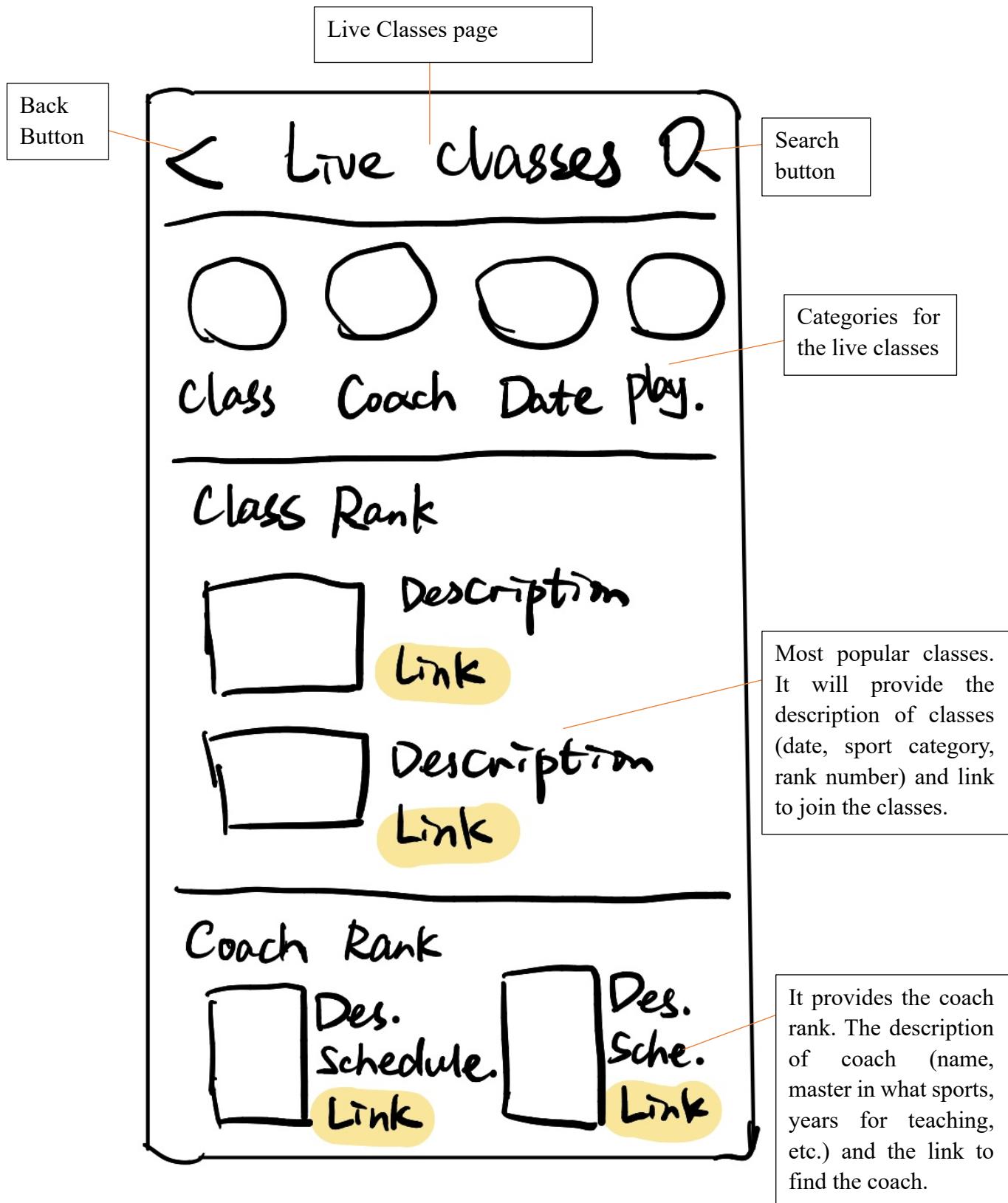


Image 9: Sketch 5 for the live classes part (Vicky Chen @ 04/12/2021)

Citation:

Image 1: Persona 1 (<https://images.app.goo.gl/hrBur9tWA8dCD1a26> @ 04/12/2021)

Image 2: Persona 2 (<https://images.app.goo.gl/c8HocrhGPVPZCg9> @ 04/12/2021)

Image 3: Sketch 1 for the community part (Vicky Chen @ 04/12/2021)

Image 4: Sketch 2 for the classes part (Vicky Chen @ 04/12/2021)

Image 5: Sketch 3 for the menu part (Vicky Chen @ 04/12/2021)

Image 6: Persona 3 (<https://images.app.goo.gl/5hKKpCQQKwAsp2qi7> @04/23/2021)

Image 7: Persona 4 (<https://images.app.goo.gl/XLxdq5pKJ3WgtLCY6> @04/23/2021)

Image 8: Sketch 4 for the store part (Vicky Chen @ 04/12/2021)

Image 9: Sketch 5 for the live classes part (Vicky Chen @ 04/12/2021)

Source 1: Interview: Andy (Vicky Chen @4/17/2021)

Source 2: Interview: Xavier (Vicky Chen @4/17/2021)

Source 3: Interview: Zhang (Vicky Chen @4/17/2021)

Reflection paper:

My project is to create a fitness App, which can use it to do exercise at home. Because of COVID-19, people cannot go outside as usual. For example, my community asks us to schedule the fitness instead of walking in as before. But sometimes I'm not sure when I can book a gym appointment. So, it makes me become lazy to do exercise. I start to search exercise videos. But these videos are scattered, so I wanted to make an app where all the fitness videos could be grouped together. Furthermore, I hope other people can also exercise well at home, so that their bodies can become healthier. What's more, during this semester, I'm under a lot of pressure. So, I hope I can relieve my pressure through exercise.

The deeper meaning is that I hope my users can understand that doing exercise is very important in our daily life, and we should maintain a healthy lifestyle. Furthermore, people have more stress nowadays, and there are also many people who suffer from mental illness due to stress. But exercise is a good way to relieve stress. Thus, I hope my users can use the fitness App to release their stress. My target user group is people who do not have time to go to gym or who do not like to go to gym. But they still want to exercise. They may not know which way to organize their exercise, so this fitness App can help them to manage their daily exercise and dietary. Some people may not like to work out in the gym, so they may prefer to work out at home. Furthermore, it can save their time on the way to the gym and save lots of money to join a gym membership.

I pick App and wireframes will be my main platform because people use phones more instead of using computer to watch the exercise video. Thus, I will use some videos about fitness process and every fitness action in my fitness classes. The website will be some link for daily articles about how to keep health. In addition, I will find some exercise instructions before working out. I will also create the coach meeting, so that people can get the better directions. They can contact their coaches and schedule a meeting. What's more, I use the Adobe XD to create my App wireframe because it can better show the content that I want to include in my fitness App.

The pros of this App are that it can help users to maintain a healthy lifestyle and manage their daily exercise. It can also make people realize the importance of exercise and fall in love with it. There will also have a community in the app, so users can discuss their feelings about exercise in the community. They can comment and thumb up their favorite posts. Thus, it is also a good way to make friends with each other. Additionally, joining the membership in this fitness App is much cheaper than join the membership in the gym. After users join it, they can enjoy many different experiences, like having more fitness videos, having lower price to buy the product, etc. At the same time, the App can also book a coach to teach. The trainer will be cheaper than the gym. They are also more careful to correct mistakes. On the other hand, the cons are that it needs to build up a strong user base at the beginning. The flow of users and coaches will be large, and the quality of each product needs to be

guaranteed. Some users may not like this model, or there may be coaches who take some of the customers away. It requires a lot of discipline and execution on the part of users. If the user has poor self-control, they will not exercise consistently.

My strengths are that I can create a wireframe on the Adobe XD and edit it as a video. I can also draw a sketch to my wireframe. But I think I'm still lacking finding the resources and doing the research part. Because I don't know how to create a real App, so I choose Adobe XD to show my idea. If it possible, I would prefer to make it as a real App. Furthermore, it is my first time to use Adobe XD, so it still contains some insufficient.

I feel proud of my final product because it is my first time to use Adobe XD, and I contain my ideas in it. It takes me lots of time to create it and learn how to use Adobe XD. The process is hard for me, but after I finish it, I think it is worth to spending so much time on it. Although my final product still exists some insufficient, I will still try to improve it. It's not visually perfect. Maybe it is a little bit easier in some parts and don't have a good color combination. I think these are all things I need to improve. For the documentation part, I also feel proud of it because it is a way for me to show my idea and my product to others. It is also a way to record my steps and all my ideas. In the beginning, my thoughts will be very messy. But in the after, I can put my ideas in different categories and become more orderly. I had a lot of different ideas about the product at first, but in the end, I sifted it down and kept the most important

parts. On the other hand, the documentation also exists some insufficient. I think I should make a survey to ask about the idea for the fitness App and look at the data because it is still one-sided for interviewing three people.