**Class Assignment 1**

**Part B**

You are creating a fitness app that will not only keep track of your fitness but also motivate you to eat healthy and exercise.

**PACT ANALYSIS**

**People**

For the fitness app to be providing the same catering needs for all kinds of people, we have to consider the people with disabilities.  
  
**Computer Literacy/Knowledge**

* The fitness app should have an option where it asks the user whether they are familiar with the fitness activities, very experienced or have never done anything like it before. This should give them a detailed plan and a step to step guide according to their level of experience.
* The app should also provide options for what kinds of exercises people can opt for and how many at a single time, considering the facts like age, weight, gender and health problems (like heart diseases) etc.

**Cognitive Abilities**

In order for the application to be informative, it will be ‘see and click’ as most people will not want to see detailed information right at the beginning, there will a step by step process to help them get to the information, help and guidance that they need.

**Physical Abilities**

It is important that the application is easily accessible to the people that are at a physical disadvantage.

* The first difficulty might be the theme and colors, it should be taken into account that the application does not have too many flashing colors that might cause some kind of discomfort in users with epilepsy or other health issues.
* The second difficulty might be for the people with color blindness. The colors used in the application will not indicate the usage of any option rather the text, image and written directions will be focused on.
* The third difficulty is to cater users with visual imparity. For them (and everyone else) the information can be accessed in audio form as well.

**Activities**

The main characteristics of activities to be considered are given below,

* **Regularity:** Since it is a fitness app, you will need a complete set profile which you will need to do in the beginning and once. The app will notify the user daily with a remainder for their fitness activities, and a diet plan. For the motivational aspect, the application will have a feature where it will develop milestones for the user and whenever one is reached, it gives the user a cheat day as a form of celebration.
* **Frequency:** The application demands to be used regularly as it will provide a whole plan for its users.
* **Continuous:** The application will require internet access to keep track of the user’s activities.
* **Response Time:** The application size will be kept as small as possible so it is not taking up too much memory on your device and is easily downloaded.
* **Interruption:** The users will need to save their progress in order to not lose it in case the app crashes or is interrupted by another activity on your device.
* Users will also be able to communicate with fitness instructors for opinions.
* Diagrams will be provided for medical purposes.

**Context**

* **Physical Context:** The application should still work with slow internet access. Most of the activities will take place indoors. If any outdoor activities are required then the audio instructions should be available which will require a need for headphones.
* **Social Context:** The application will allow your details and progress to be kept private or public. It can also help you get in contact with a medical advisor.

**Technologies**

Application will be compatible with android and ios.

It will have a feature so it can be connected to other devices.