

# PairFit

## The Situation

Staying fit often requires a consistent source of motivation to get you moving. People who are not familiar with a certain fitness environment could find it difficult to keep up with a workout schedule and lack the proper tools to lead a healthy lifestyle. Having a support system, or at least someone who provides encouragement, makes living a healthy life easier.

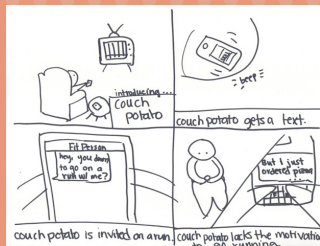
## The Resolution

We want to provide all those in need of motivation to come together and reach their fitness goals. No matter how skilled a person is at a certain workout, anyone should be able to find the support they need to achieve a healthier lifestyle. PairFit allows users to simplify the process of finding an exercise partner, keeps track of personal bests, and also allows users to schedule workouts with their new buddies. We hope that PairFit will not only provide motivation from people with similar fitness goals, but also be an app that highlights the fun in working out.



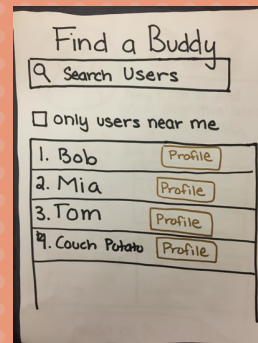
## The Design Process

### Storyboards



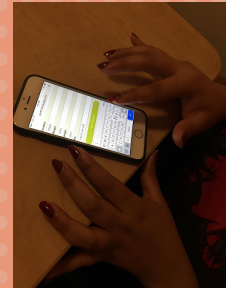
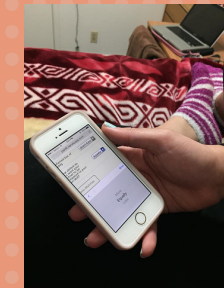
The creation of a storyboard allowed us to capture the problems that we sometimes face when going to the gym. It allowed us to see that it is not necessarily simpler to find someone who dependably wants to go with you to the gym.

### Paper Prototypes



The first application took the path of reward as motivation. With this prototype we believed that users should be able to earn points as a reward for completing an exercise. We envisioned this type of motivation to create friendly competition between people. The other version of our prototype encourages motivation through accountability. Our second version included features of adding friends and the ability to schedule workouts with them.

## User Testing



The testing process of our PairFit prototypes occurred through asking college students to walk through our app as if they were using it for themselves. We gave testers a simple task to complete while encouraging them to ask questions when the design was confusing or if they were lost. This was pretty effective in that the testers were free to point out the flaws in our prototype and stated things like "I wish it told me how long the password is supposed to be" or "Why can't I go back to the search results?"

