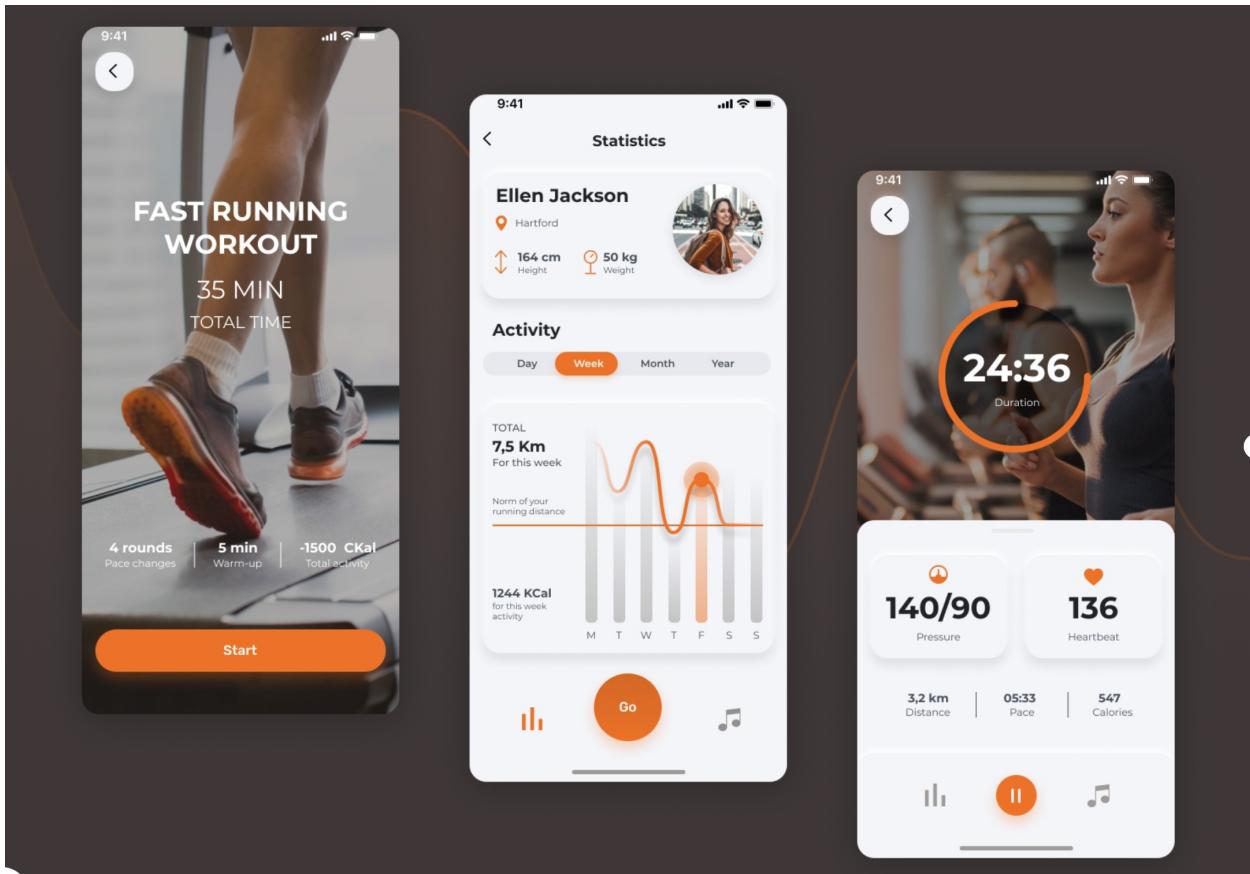


Workout APP 參考

1. Treadmill APP

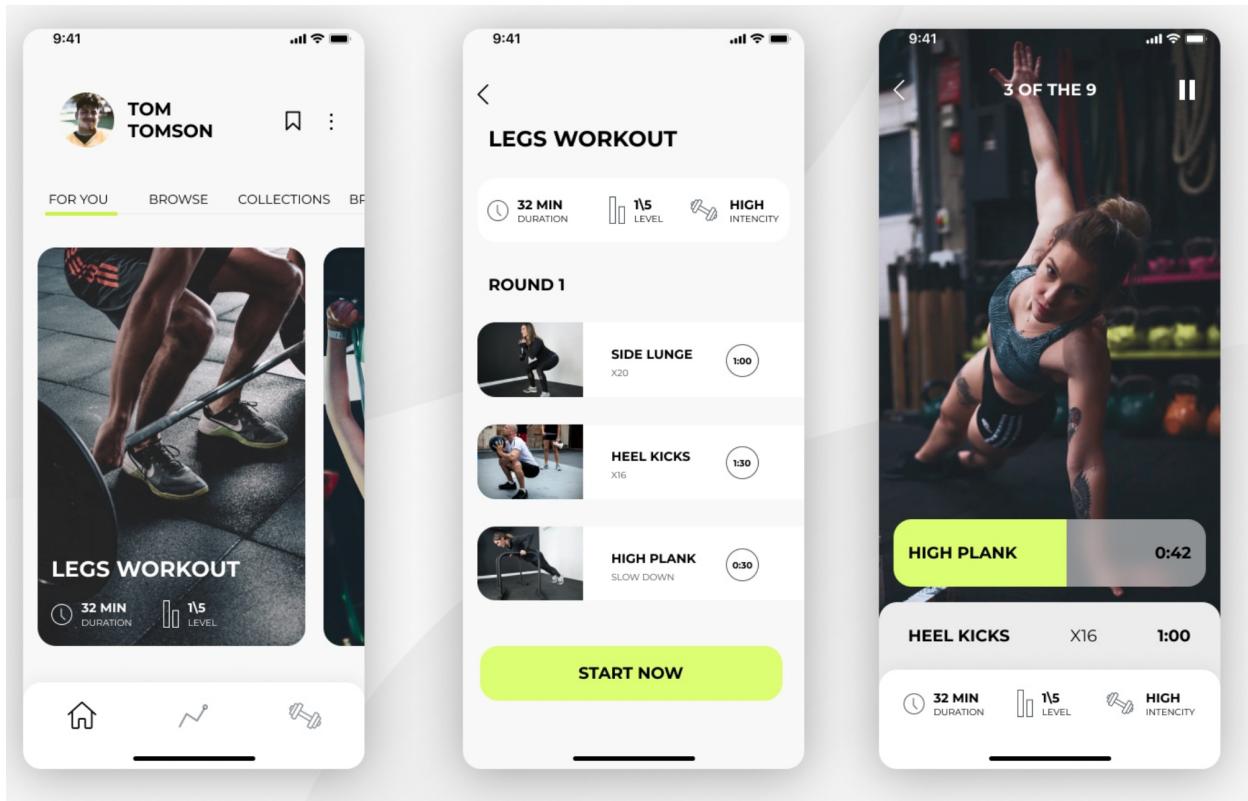
[https://dribbble.com/shots/11047155-SmartCardio-app-for-treadmill?
utm_source=pinterest&utm_campaign=pinterest_shot&utm_content=SmartCardio+-+app+for+treadmill&utm_medium=Social_Share](https://dribbble.com/shots/11047155-SmartCardio-app-for-treadmill?utm_source=pinterest&utm_campaign=pinterest_shot&utm_content=SmartCardio+-+app+for+treadmill&utm_medium=Social_Share)



-音樂播放

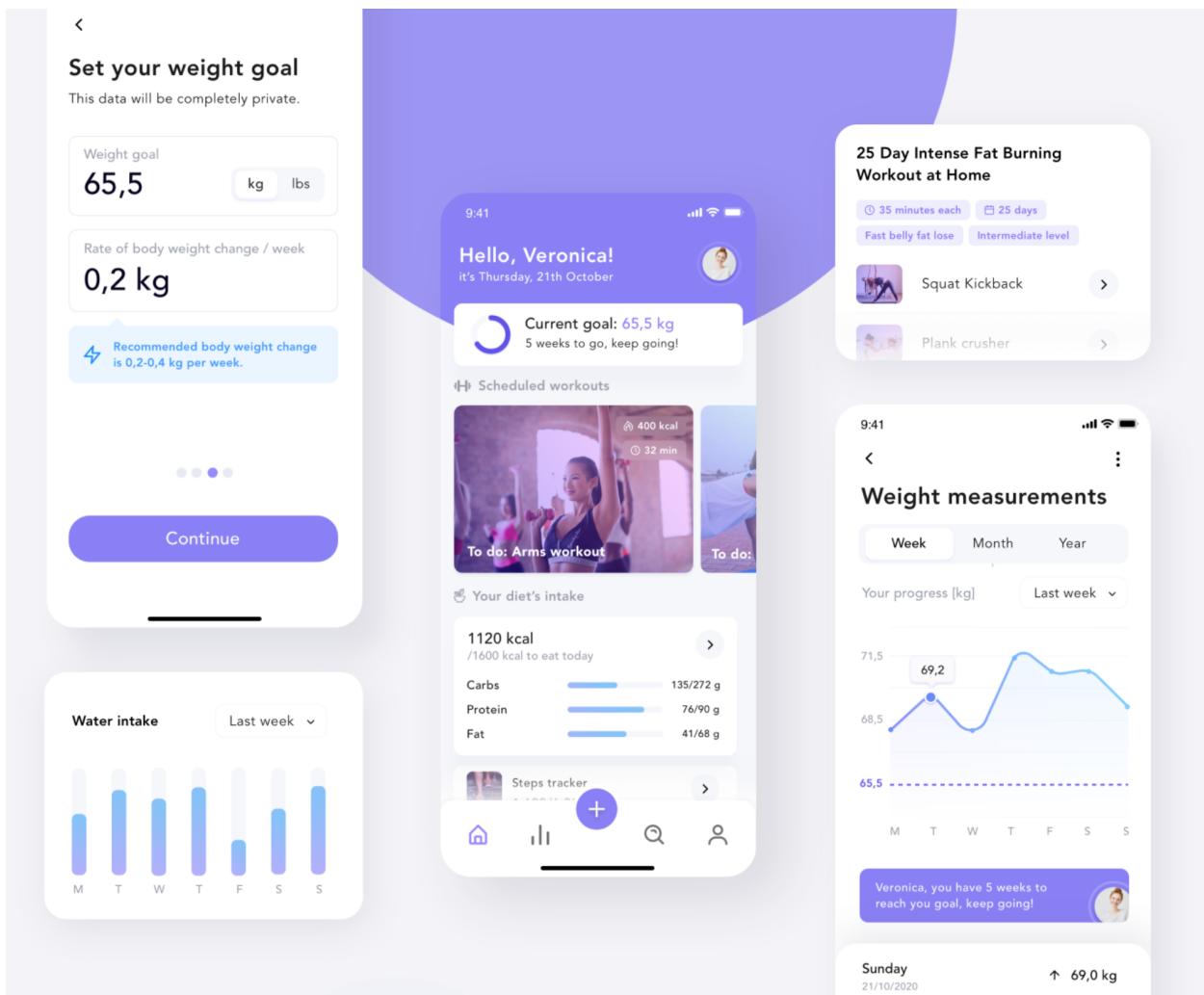
2. Workout APP

<https://dribbble.com/shots/11064632-Workout-App>



3. Fitness APP

<https://dribbble.com/shots/14421146-Fitness-App>



-所有資訊之顯示環繞初始的目標設定

4. Fitness APP

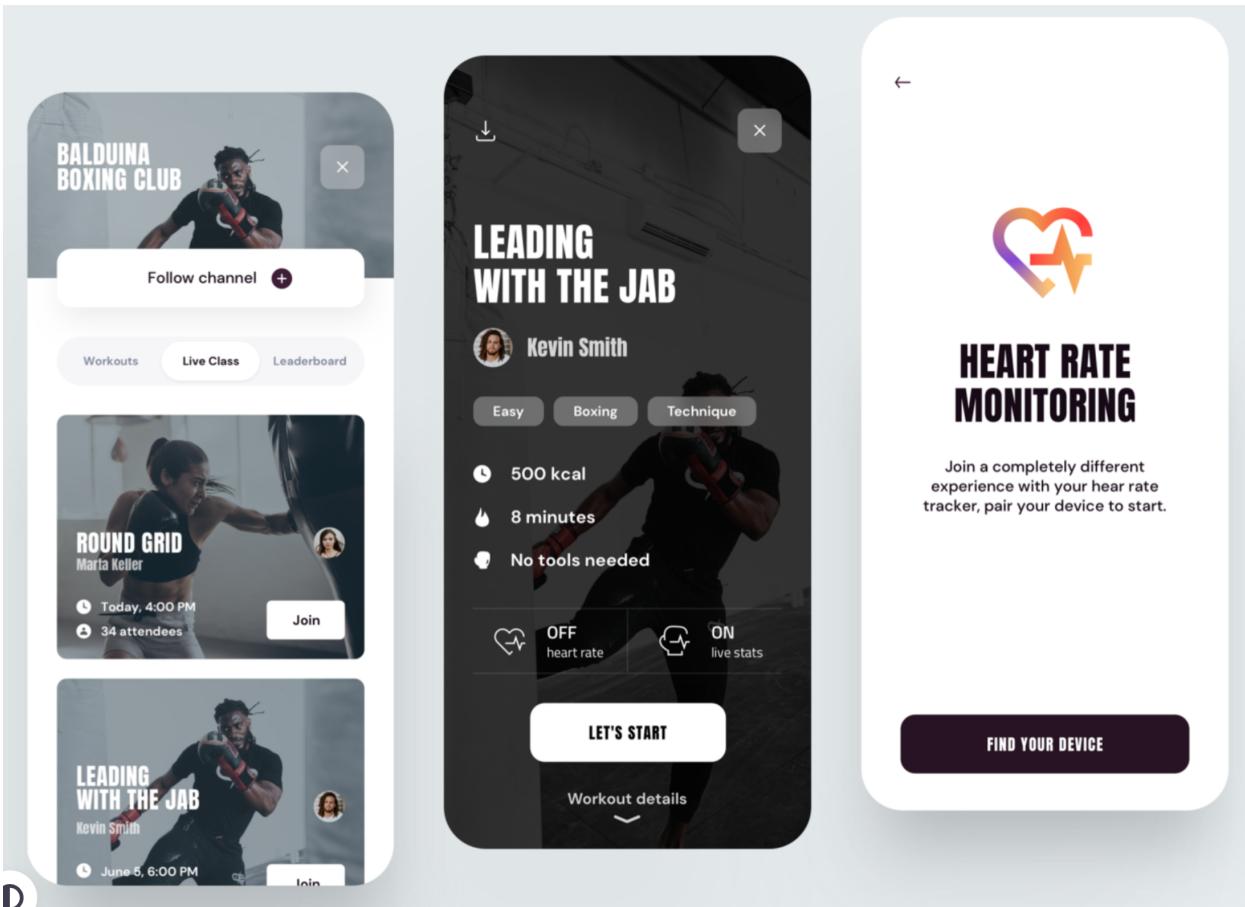
<https://dribbble.com/shots/14125907-Fitness-Mobile-App-UX-UI-Design>



-可彈性選擇運動中要顯示的進度指標為哪些

5. workout 課程 APP

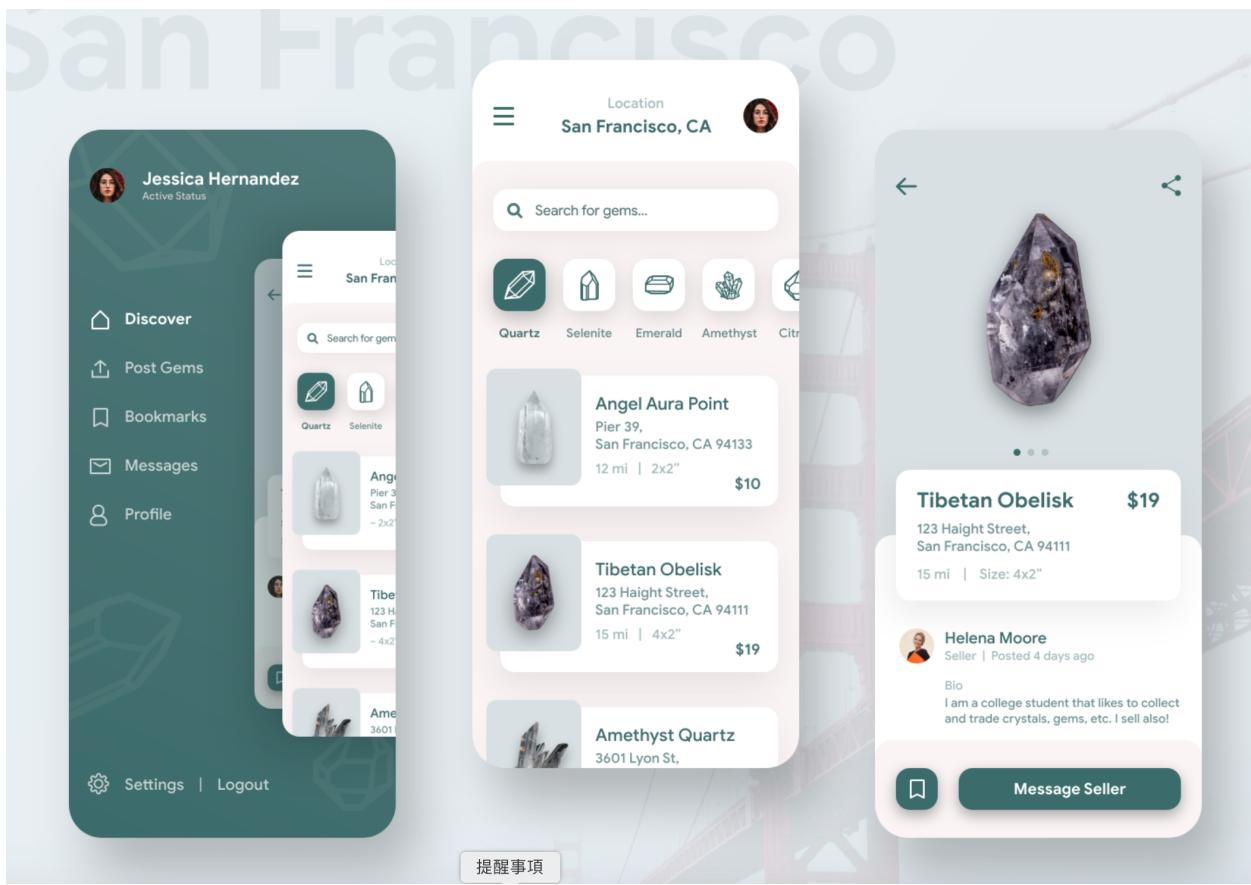
<https://dribbble.com/shots/12909392-Boxing-App>



- 課程類別標籤
- 社群追蹤功能 (follow某位導師或某教室)

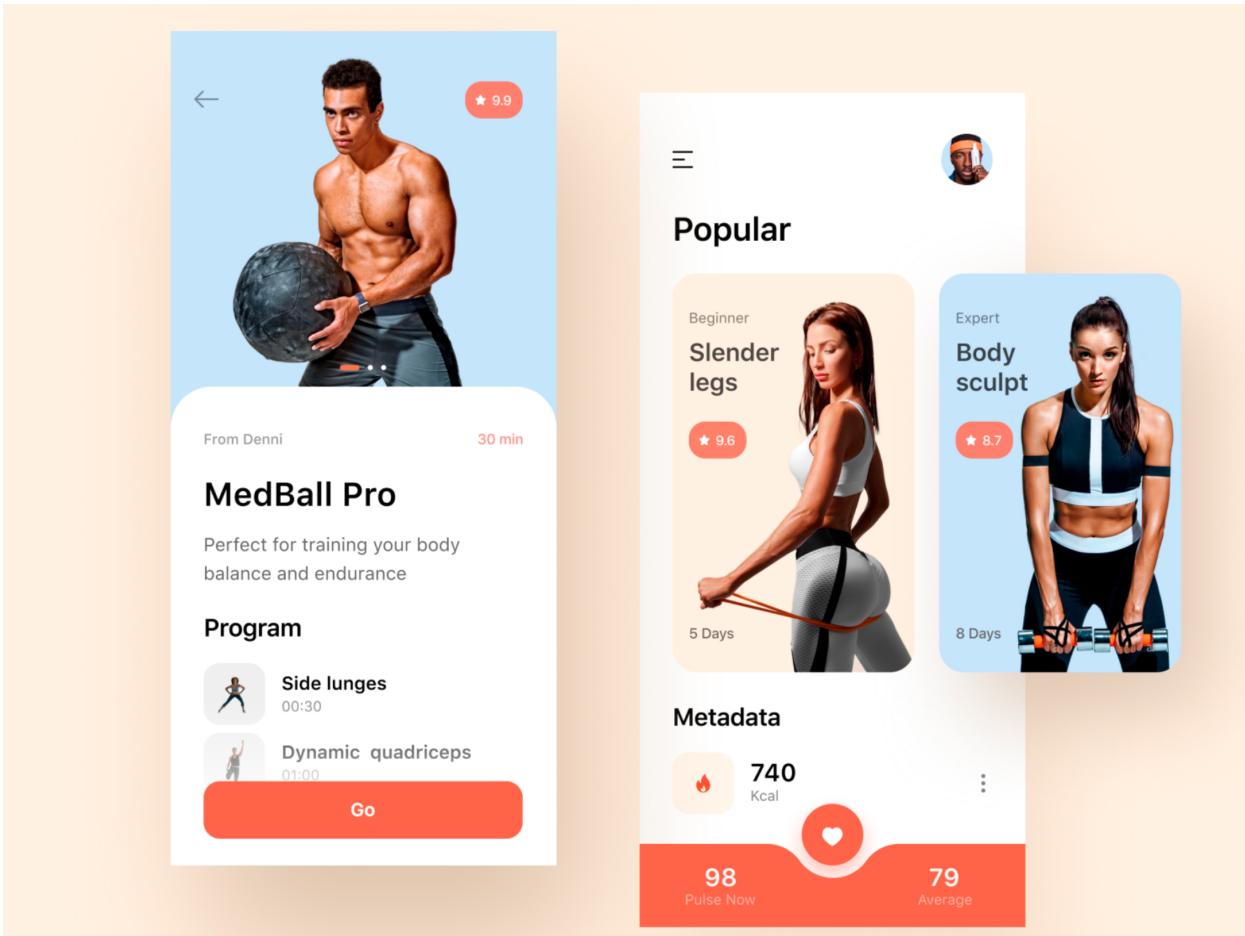
6. 乾淨簡約風格

[https://dribbble.com/shots/7763054-San-Francisco-Gems?
utm_source=pinterest&utm_campaign=pinterest_shot&utm_content=San+Francisco+Gems&utm_medium=Social_Share](https://dribbble.com/shots/7763054-San-Francisco-Gems?utm_source=pinterest&utm_campaign=pinterest_shot&utm_content=San+Francisco+Gems&utm_medium=Social_Share)



7. 偶像勵志效應

<https://dribbble.com/shots/8065787-Fitness-App-UI-Concept>



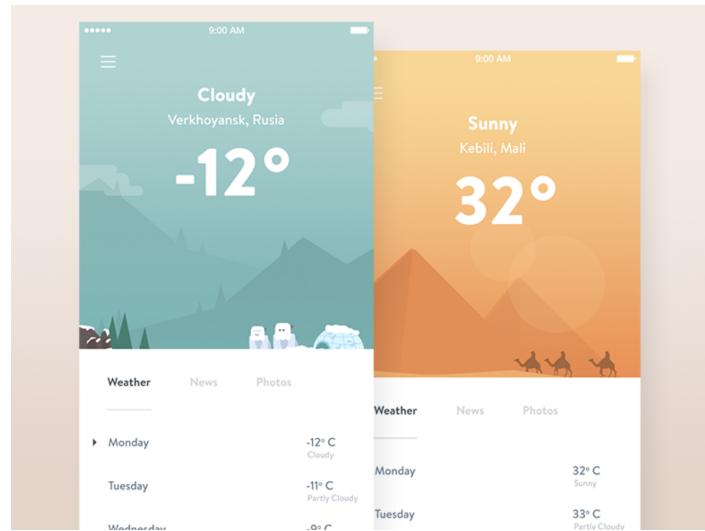
8. 日／夜間模式



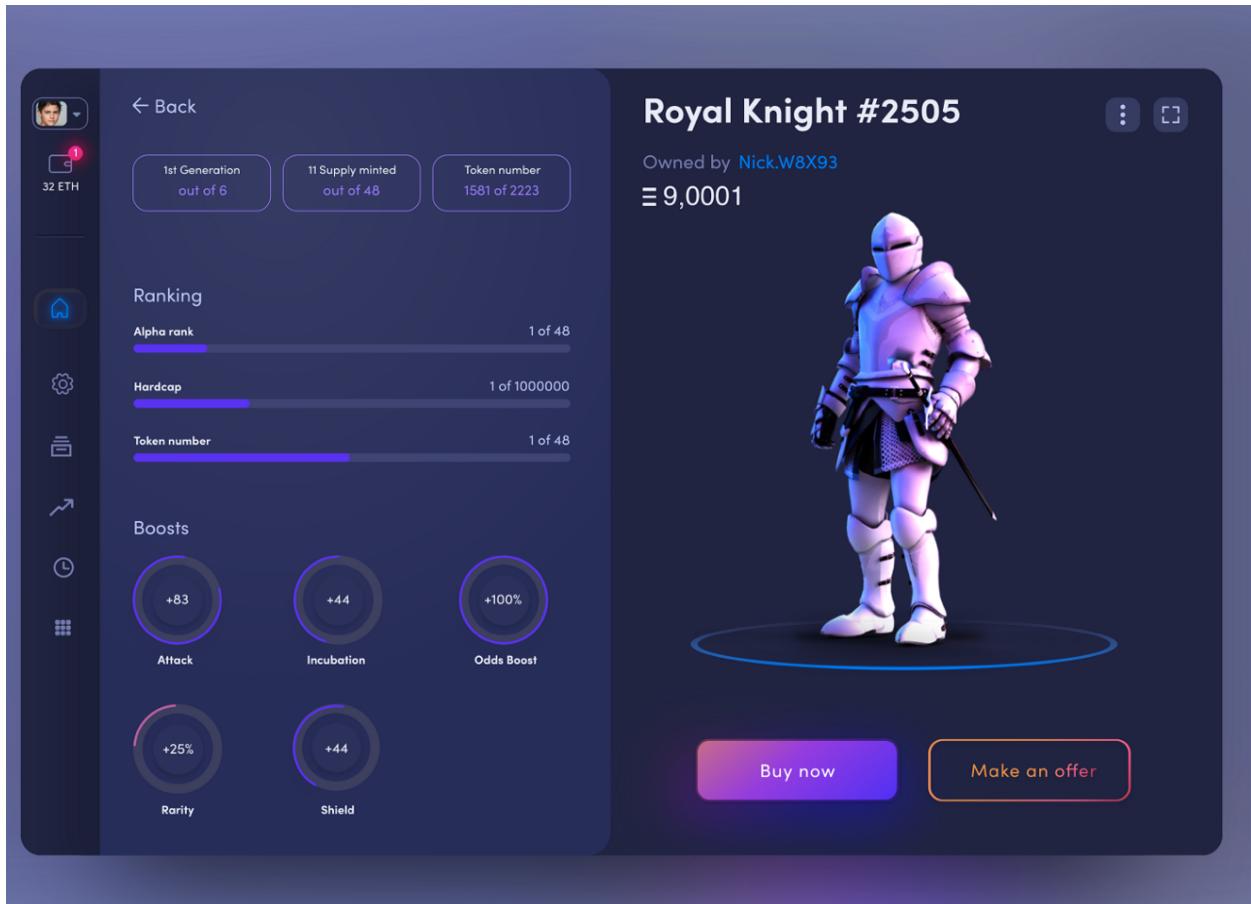
天氣模式



地域差異



9.個人資料頁



<https://dribbble.com/shots/11651160-Get-Fit-fitness-app-concept>

Get Fit

- Dashboard
- Activities
- Statistics
- Workouts
- Food plan
- Map
- Profile
- Settings
- Help

Last activity

- 2100 km (May 12, 5:02 AM)
- 87 bpm (May 7, 5:02 AM)
- 76 kg (April 28, 9:40 PM)
- 1732 kcal (May 12, 9:26 AM)

My progress Today

Steps: 4 146 /10 000
3207 km, 49 kcal

Workouts: 3 /10
128 kcal, 40 min

Calories: 468 remain
2200 goal, 177 burnt

Activity Jogging Month

Activity report

Date	Distance (km)
01/05	3.5
02/05	3.0
03/05	4.0
04/05	4.5
05/05	6.0
06/05	4.5
07/05	4.0
08/05	4.0
09/05	2.5
10/05	2.5
11/05	3.5
12/05	4.0

May

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Make progress with created personally for you workout plan Order plan

<https://dribbble.com/shots/10225829-Online-Courses-Dashboard/attachments/2128324?mode=media>



uCare

家用APP

商用機台管理系統APP

IDEA

a. APP裡可以選擇訓練目的>>目的會影響使用者重視之資訊

-減肥者：在乎卡路里的消耗速率

-健身者：追求強度的突破

-居家休閒用戶：在乎規律/穩定的運動習慣

- b. 課程 A P P (成熟後須有課程搜尋系統)
 - 嵌入預錄好之課程影片
 - 導師直播
 - 導師會有個人頁面／開設不同課程教室
- c. 課程結合社群>>線上多/個人教室 (課程評價與推薦／學員表現落點)
- d. Daniel 提：maybe個性化桌布
- e. 套版出版：各款以不同Persona為區分 (風格需求之差異好解決)
- f. APP的功能規劃與設計要能產生<運動激勵誘因>
 - 如：結合社群／排行榜而產生同儕競爭、進而更有動力
 - 趣味性／驚喜／獎品 (虛擬配備，如：達標可以換得新的跑鞋) >>讓使用者有運動回饋感
 - 積分／闖關機制
 - 身體數值改變產生的外表演進 (胖、跑不動之人像icon>>慢慢變成苗條、輕盈之人像icon)
- g. 日、夜間模式
- h. 主題情境 (都市／鄉村／叢林)
- i. Program加入故事情境
 - 例如：
 - 探險系列
 - 在叢林散步 (慢速) >遇到猛獸在後追趕(加速) >順利逃過一劫，可以喘口氣 (慢速)
 - 犯罪系列
 - 小偷躡手躡腳 (慢速) >被警察追趕 (加速) >甩開警察了 (慢速)