DreamTeam Project Design

Problem:

In today's world, it has become increasingly simple to stay entertained at home with streaming platforms and online connections. According to a survey conducted by the Research for Institute for Cooking and Kitchen Intelligence, out of 1000 homeowners, “64% of homeowners have a ‘greater desire’ to stay home now than before the pandemic.” It is difficult to get the motivation to work out alone when there are so many ways to feel connected while at home.

Additionally, it takes time to see the benefits of working out. According to an article published by the National Library of Medicine “those who self-track their health routinely have a significantly higher likelihood of changing their overall approach to maintaining health.” Tracking one’s workouts can lead to a higher chance of continuing to work and better one’s health.

Finally, it is difficult to track a group of people's progress remotely. For example, coaches for college athletics teams lose the ability to train with athletes when they travel home for breaks. This can lead to people skipping workouts, or even overtraining and leaving them at risk of injuries. In the case of individuals working out, a lack of motivation can lead to worse or no workouts. Having a community can help motivation, and often, it is difficult to find a community that shares your interests. To summarize, there is a void of apps that motivate someone to work out via an online community, provide a self-tracking feature, and allow for a coach to see a team's progress.

Solution:

Our goal is to create a simple interface in which a user can input workouts they complete, track their progress over time, and share their profile with other users. The main screen of the GUI will be the user profile, containing basic statistics from past workouts such as workout time per day over the last week and totals for your most completed exercises . The main screen will also include an option to enter a new workout and will update accordingly after all information is collected.

Initially, our project will require manually inputting workouts with workout type and duration as required inputs. From the homepage, there will be a button called “Input workout” which will direct users to a form asking for this information. When a user presses “Enter”, the workout will join a database of their previous workouts with the same information, and give some form of positive feedback (confetti, green screen, vibration) to encourage further use. From there, users can look through this list and view their progress.

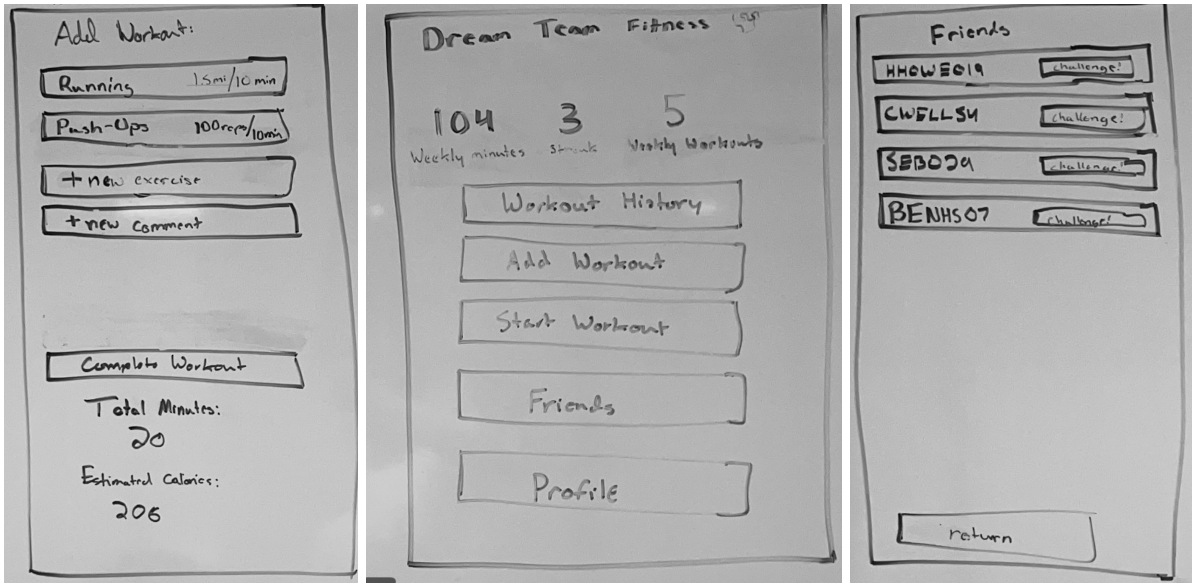
A second goal for our project is to have a workout tracking function that runs during your workout instead of needing to manually input afterwards. We aim to, firstly, have a timer

function that, upon stopping, adds the workout to the database. Secondly, we would like to add a GPS function that can track running or biking workouts. We would show users' locations on the map and track them through time and space. We would also like users to have the ability to attach comments and media to workouts that they can use to reflect later, including a pre-workout "readiness score" and images.

Another overarching goal for this project, most likely for a secondary iteration, is to implement an option to send your profile information to a designated account. This will allow users to compare progress and recreate some sense of community when working out alone. Additionally, it will enable sports teams and workout partners to track progress even from long distances. If time allows, a screen with more detailed information and exercise recommendations based on workout history and user goals could be implemented as well.

To build the sense of connectedness within the app, another feature we hope to implement is workout and challenge assignments. This will allow coaches to assign workouts to athletes, and friends to challenge each other to create a sense of community on the app.

GUI Mock Ups:



Figueiredo, M., Caldeira, C., Chen, Y., & Zheng, K. (2017). Routine self-tracking of health: Reasons, facilitating factors, and the potential impact on health management practices. *AMIA Annual Symposium Proceedings*, *2017*, 706-714. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5977566/

Fitness, A. (2023, March 14). *4 Benefits of Tracking Your Workouts*. Anytimefitness.com. https://www.anytimefitness.com/ccc/ask-a-coach/reasons-to-track-your-workouts/