

The Social Fitness Application - TEAMFIT

Created and Designed by Team Unfit

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Concept

Exercising can sometimes be a challenge for people as they struggle to stay motivated. People usually find fitness boring as they do not like working out by themselves, working with a group of people can be much more motivating and fun, this can maintain a person more engaged and inspired to exercise. Team Fit aims to solve the problem of training long and boring sessions alone. Users can easily use the phone app to find a community to exercise along with, to achieve their personal best and goals.

User Research

Our target user is someone looking to have access to a mobile app, that based on their location, are able to find a community of fitness partners for training sessions. Team Fit will allow user to find location based training sessions with a community of like minded people. Since anyone from any range of age is able to exercise, we will mainly access University of Queensland students and friends, to help us with the user testing of our prototypes. The team will use visual prototyping tools, such as InVision to get the prototypes in hands of users and for the final prototype an app running in a phone to test users. The main methods of user testing that the team will be using are questionnaires, interviews and observations. These methods allow our team to gather meaningful qualitative/quantitative data and feedback to improve every prototype stage.

Research Result

We were pleased to see that our app would motivate people to be more active. Our app really hits the nail on the head in fixing the problems most have with being active. People don't want to workout alone and Team Fit gives them a tool to collaborate with others. Our most popular feature was the workout session finder, whilst our other features were evenly voted for. Speaking to users they wanted more features. We will take these suggestions on board but not necessarily implement everything.

Challenge

- Most of the fitness applications are for personal use, not able to share exciting information such as personal best
- How can a fitness application engage users to exercise constantly
- Maintaining privacy whilst also being able to collaborate and share
- How to connect users with each other to exercise together

Solutions

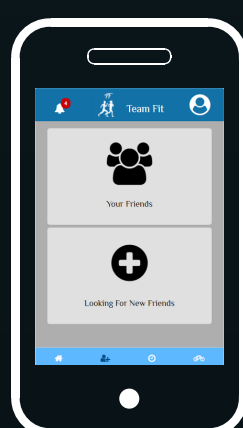
Our final decision is to develop a mobile application similar to some social media platforms such as Facebook or Instagram. Then we will add some unique features to interact users and the application.

There are couple process had used to help us design and development the prototype:

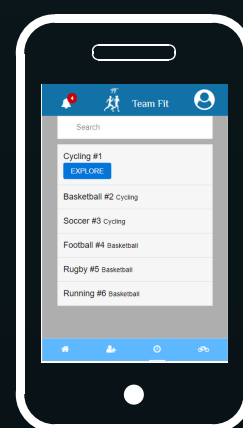
- Brainstorming - Gather all the informations base on communication and fitness applications together. Gather some ideas how to develop some unique features.
- Research - Search online articles and use fitness applications to general ideas what are the advantages can be used. Market searches are also included to see what are the needs.
- User Testing - The team used visual prototyping tools, such as InVision to get the prototypes in hands of users and for the final prototype an app running in a phone to test users.

About the APP

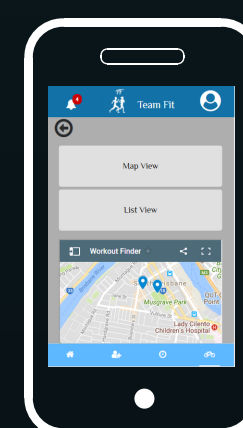
Team Fit is a mobile fitness app that allows users to find a community for exercise. Users are able to attend workout sessions that suit their location, fitness goals and interests. Most fitness apps currently available are individualised, providing users with workouts to do on their own and personal statistics based on their activities. Our app is intended as a platform for people to connect online for the purpose of arranging workout sessions together and to help each other work on their fitness goals.



Friends function allow users to keep in touch with friends. The Search Friends will suggest new friends for users base on their interest or locations.



Challenge allows users to have some competitions. Each sports will renew the challenges and having a winner every week.



Workout Sessions will be shown in details include times and locations. It allows users to attend the session and workout on particular exerscise as a group.