

# Swole Patrol

## Our problem domain:

Starting to work out is never easy. First finding the motivation to begin a routine is a common roadblock for many people. Then after finding that motivation, is figuring out your workout routine. This can be tricky or a breeze for many people. If they just run a few miles to workout easy. However if you have questions like these:

*Are you trying to lose weight? Trying to bulk up different muscles? Finding a way to increase your endurance? Want to show off to friends?*

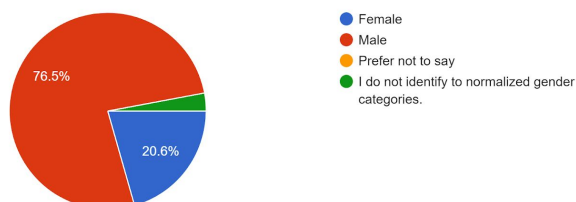
It could become harder to begin working out. People may not know where to begin and can become too embarrassed to ask for help, or may be they cannot afford a personal trainer. Also individuals who already workout may want an easier way to manage their workout routine. With this application, we want to create an interface that will allow new and experienced users to create and organize their workout routine.

## Our target group:

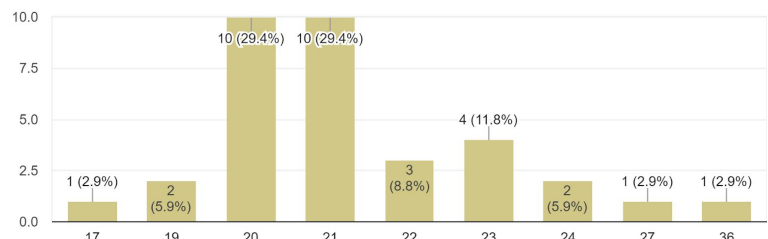
For our fitness application we want our target group to be a wide range of people. Our application will be used by anyone with different backgrounds. Specifically, we want to help people that need help with constructing a workout routine, and simultaneously offer excellent resources to those who already have a routine.

In order to get a better understanding of the users, we gathered data from them via a survey. The survey had a list of questions that the user would answer. Everyone was offered the

Gender?  
34 responses



What is your age?  
34 responses

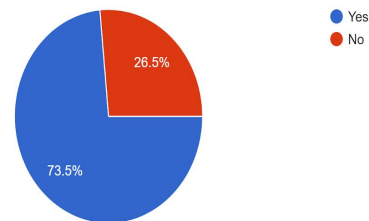


same survey and it happen in the same order. The people used to survey were randomly selected from different locations.

We conducted our survey at the University of Georgia, specifically at the UGA Science Library and

Ramsey Student Center. The reason for choosing these locations was to get a blend of individuals who we would be certain consistently exercise, and individuals that may not at all. Of course the survey was done in other places, but majority of them were at these locations mentioned.

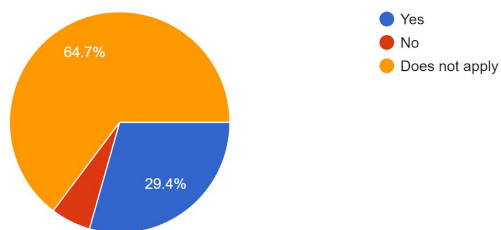
Do you exercise?  
34 responses



## User Personal Info

Our team managed to get a sample size of 34 to determine a sample user. The age range of the people we surveyed varied from 17 to 36. The majority were about 20 and 21. 76.5% of our sample were males and 20.6% were females. There was one person who said they did not identify to the normalized gender categories. From the data collected, the average age of males is

If you don't work out, are you trying to start working out?  
34 responses

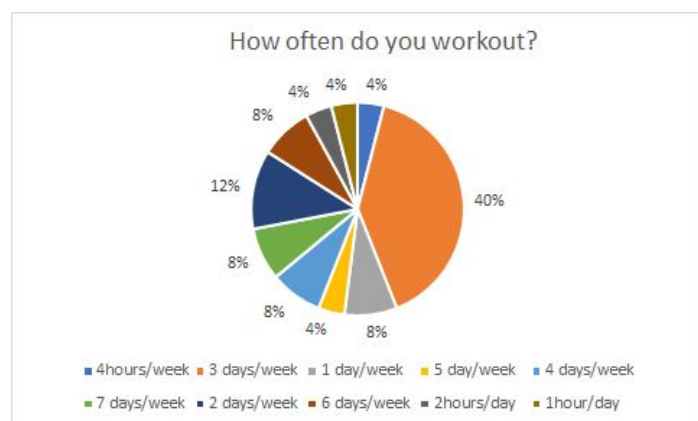


20 to 21, and the average age of females being 22. The area that most of the users live in is suburban areas with 69% of the users. The urban areas was 19% with rural areas being 9.4% of the people surveyed. From this data, we can conclude that the people within our area that are likely to use are

application are likely to be UGA students around the age of 20 to 21, with majority of them being males.

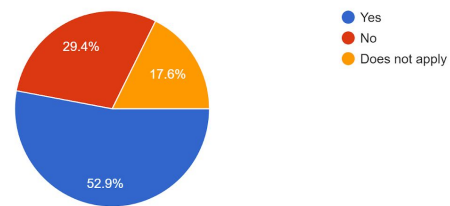
## User Activity

Next our team wanted to determine what the average activity level of the users may be. From our data collected, we had 73.5% of our users say they already exercising with the remaining 26.5% not. For the people that didn't work out, they were asked if they are trying to workout, and 29.4% said they are with 5.9% saying no. Then for a follow up, they were asked if



they have a workout routine and 52.9% saying yes and 29.4% saying no. Next we asked how frequently they work out, and we got a range of times. So when doing the survey we had people say they worked an average times a week, for example “2-3 weeks” and with that result, we did the lower number. From the data collected, around 40% of people worked out about 3 times a week. Then the rest of the data was scattered from 2 times a week to 7 times a week. After that we proceeded to ask people if they work out alone or not. 58.8% of individuals answered that they do work out while 26.5% said no. From this data, we can conclude that majority of our users already exercising, and that they workout approximately 3 weeks.

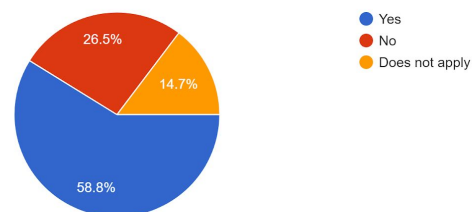
If you work out, do you have a workout routine  
34 responses



## User Feedback

After getting specific information about people working out or not, we asked more general questions for everyone. We asked everyone if they are easily motivated to workout, with 58.8% of people saying

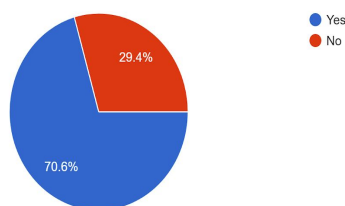
If applicable, do you work out alone?  
34 responses



that they do. Next we asked them if they use a workout app to which around 76.5% said they do not use the app with the remaining 23.5% saying they do. For those individuals that do use the app, we asked if they find the app effective to which 20.6% said it doesn't while 23.5% said it

Would a forum, where you can ask for help and share workout ideas, be useful for you?

34 responses



does. Lastly, we asked if they would find it easier to begin working out if an app aided to do so, to which 70.6% of people said yes.

From these results, when these users start using a workout app, we need to make sure they can easily use it, find it beneficial for their workout, and help them keep motivated.

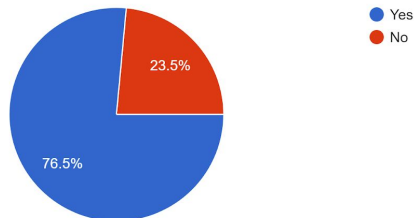
Next we wanted to see what users thought about certain features if an application

included it or not. When asked about wanting

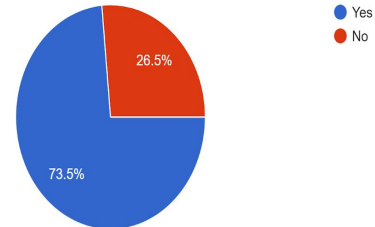
an application that would randomize workouts, 73.5% of our users said they would want said feature. When asked about wanting a calorie counter, 76.5% of our users said yes. For wanting a feature to compete with friends, 79.4% of people said they would like that feature. Lastly when

asked about wanting a forum in the application, 70.6% of people said they would like to have one. When designing our application, we will keep these results in mind. Our team will make sure that these features are included, and work well in order to please our users.

Would you like an app that has a calorie counter  
34 responses



Would you like an app that would randomize workout?  
34 responses



### What we learned:

After reviewing the survey data, we learned that our demographic is college students, mostly male, around the age of 20-30. We learned that majority of people already work out most individuals are motivated to work out. So when developing our application we will focus on helping people easily transition their current workout to our new application. At the same time, we will have features for people who are developing a exercise routine. When constructing our app, we want to make sure we can motivate our users to keep using it, and to keep themselves working out. That is why we will provide them with tools like a calorie counter, workout randomizer, and forum to help aid in organizing workout routines. In order to keep them motivated, we will have a competitive feature in which they can compete with friends to see who has worked out the most. Also this will probably help people work out more together, since a good portion of our sample said they work out alone.

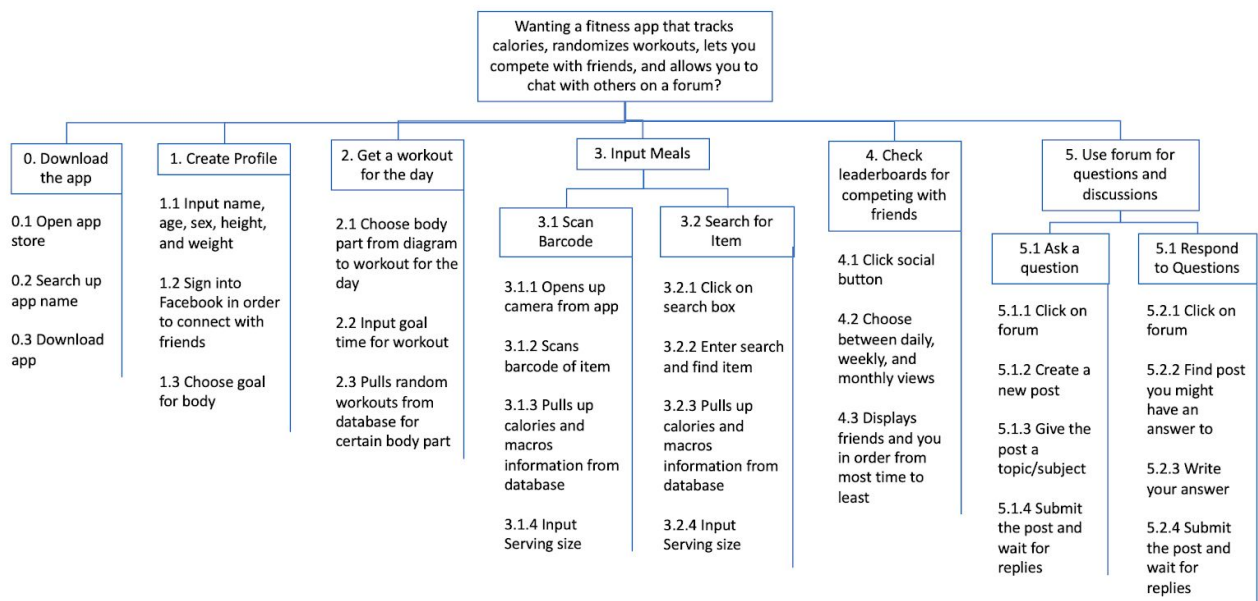
### Our solution and motivation:

A workout application that gives a person different workouts for a particular part of the body they would like to exercise. It can be randomized or chosen from a long list (if preferred) of workouts. Each workout will have a description about the workout, what is required, instructions on how to perform the workout with pictures, and even a video for those who need to visualize it more. As our application expands, we can add forums for people to ask questions

about workouts to better understand and even make it more personalized to track their workouts and keep them motivated.

According to the article, “10 Reasons You Don’t Exercise”, some of the main reasons people do not exercise is because they can’t afford a membership, can’t commit, or don’t know how to exercise. Our application would be a perfect solution to help motivate and give all the guidance and information needed for people to know how to workout, do workouts at the gym or at home, and to have a plan to commit to exercising.

## Hierarchical Task Analysis



### Walkthrough of Hierarchical Task Analysis:

-The basis of events 0 and 1 are mandatory in order to do steps 2, 3, 4, and 5

-2, 3, 4, and 5 do not have to be completed in order, but instead are interchangeable as features of the app.

- However subtasks for each of the four must be done in order to reach the goal.

-After steps 0 and 1 are completed, you may repeat 2, 3, 4, and 5 until satisfied with the app

The only social scripts that are present from using our app is the outcome of if the user either finishes the workout or eats the right meals. Constraints can result from waiting on an answer for a forum question, and or waiting for friends to finish workouts in order to make comparisons on the leaderboard.

## **Existing Apps:**

Part of the research that was done by our team was comparing existing exercise apps and researching the features they offer. While many research apps were tested, two stand out as popular frontrunners: Aaptiv and Fitbod.

### *Aaptiv:*

Aaptiv was designed very well and is a subscription based app. It was visually attractive and intuitive to use. However, It did not have an option to randomize workouts. You had to select from a long list of predetermined workouts. This could lead to falling into a habit of selecting the same workouts over and over or being overwhelmed with the choices available.

A nice feature of the app was upon first registering you picked your goals, fitness level and days you wanted to work out. Then the app tailors the many workouts it can suggest for that. There is a social media aspect of Aaptiv where you can post workouts for anyone using Aaptiv to do. Users can then give ‘confetti’ or post a comment on these workout.

The app also shows stats for the user. These stats are things like: days active for this week versus last week, workout numbers for this week versus last week, minutes active, calories burned in a week, and miles in a week.

### *Fitbod:*

Fitbod is a simply designed and visually attractive app. The dark theme makes it look really sharp compared to other apps. It asks you your level of weight training and your goals (lose weight, bulk up, etc.), how many days a week you want to work out, and then it asks which muscles you last. It then provides you with exercises to do. It also asks you what equipment you have available to you. It also knows based on your workout which muscles to target next workout and which muscles to recover. Fitbod keeps track of your workouts as well so that you can see a record of your exercises.

The main thing that Fitbod is missing is a social media aspect. All of this you can do by yourself, but there is no sharing feature, forum, or any other way to show off your accomplishments. A challenge feature might be nice to challenge friends or other users.

Looking at the top two fitness apps of 2019, the problem is that you cannot have all desirable features in one app. Aaptiv has an overwhelming amount of workouts and social media options. Fitbod is simpler, randomized but has no social media options at all. Keeping the simplicity of Fitbod and adding social media or sharing options like Aaptiv has would create an app that has something for everyone.

**Our summary:**

From our survey and research into existing applications, we are designing this system which will allow users to have one application for all their workout and dieting needs. They will not need one app for calorie counting, one app for a forum and competitions with friends, another one for tracking workouts, and a fourth one for finding the best workouts because with Swole Patrol it is all included.

Our hope is for Swole Patrol to let people lead healthier lives through convenience, fun, and simple. We believe this system will encourage new people to begin exercises by making workouts easily accessible and doable, allow workout junkies to mix up their routine and stay motivated with some friendly competition, let anyone ask questions about exercises, and give people the chance to count calories in the same app they plan their workouts.

**Our sources:**

Survey around campus

Waehner, Paige. "Top 10 Reasons You Don't Exercise." Verywell Fit, Verywellfit,

[www.verywellfit.com/top-reasons-you-dont-exercise-1229759](http://www.verywellfit.com/top-reasons-you-dont-exercise-1229759).

<https://gearpatrol.com/2019/01/02/best-fitness-apps/>