

## **Description of Chosen Design Concept:**

We are hoping to develop a mobile fitness application for college students that need a way to lead a healthy lifestyle and stay motivated to exercise because there is lack of motivation and limited house workout equipment due to COVID-19 restrictions.

This application will include features such as a social feature where users can work on achieving goals/challenges with fellow friends. The application will allow users to record their workout sessions, for example miles ran, calories burned, and time. Then the user is allowed to share their progress or achievement with the community globally or with just friends. In addition, our application will incorporate already-created-workouts and offer exercise suggestions that require no equipment to make it accessible to all college students.

We are aiming for a simplistic design that is easy to use for all age range and technology backgrounds. Some features we are looking into are notifications that include motivational quotes and a video call feature where users can workout with friends while face calling each other.

We are also planning on incorporating a section that offers meal suggestions, especially since diet and exercise go hand in hand. This will include a large database of recipes that users can browse through or add to, while also allowing users to plan their meals out especially since many people have busy schedules.

## **4 Key Tasks:**

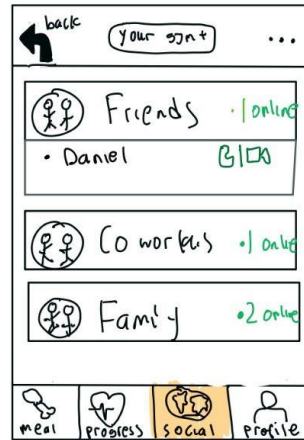
1. Track Progress for both working out and food intake
2. Collect achievements and share/compete with friends
3. Find quick, healthy recipes
4. Follow along to workouts that don't require much equipment

## Initial Sketches:

Home



Social / community



Meal prep

