Interação Pessoa-Máquina

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Jacked Up

Stage 4: Functional Prototype

Authors:
57418, Bruno Miguel Santos Do Carmo
58218, Francisca Martins da Conceição Ferreira e Corga
53270, Francisco Terra Mateus
57449, Sahil Satish Kumar

Lab class Nº 4
Group Nº 31

Professor:
Teresa Romão

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PROTOTYPE URL

STARTUP INSTRUCTIONS

Our gym app is very intuitive and easy to use.

When a user opens the app for the first time they need to register themselves. For that to happen, they need to insert a secret code, which is **12345**, and proceed to insert their personal data. Only members of the gym have access to this secret code.

Once they are done registering themselves they have to use their username and password to login in the app.

After that they can navigate through the application and choose what they want to do.

BRIEFING

The goal of our project is to provide the gym members with a user friendly and intuitive mobile application that can help them manage their fitness and better their gym experience, by facilitating some functionalities.

The target users of our application are the people who are enrolled in the gym, in this particular case FCT students and staff.

So the main aim of our application is to help mitigate the problems that gym users face on a daily basis, so that the members can experience the gym at its greatest.

SCENARIOS

REGISTER IN THE APP AND WATCH AN EXERCISE TUTORIAL

My name is Marta Ferreira and I'm about to register myself in the JackedUp app. For this to happen I need to insert the secret code that was given to me in thy gym. After that, I need to insert my email "marta.f@gmail.com", my username "FCTense", a password like "User123*". After that, I have to accept the terms and conditions and my account will be registered in the system. Finally, I insert my date of birth "30/01/1999", my gender "feminine", my height "162 cm" and my weight "47 kg".

Next, I will watch an exercise tutorial. For that, I need to access an exercise tutorial so that I can understand what I'm supposed to do. For this to happen, I access the exercise tutorials section and I choose the "Push ups" exercise. At last, I read/watch the tutorial and I execute the desired exercise.

BOOK GYM SERVICES

I'm Carlota Lopes, I want to go to a zumba class at JackedUp. For this reason, I'm going to open the gym app on my mobile phone and I'm going to book a slot for this class. In order to do so, I'm going to choose the date "21/10/2022" and the time "18h15" desired.

CREATE TRAINING PLAN

I'm Inácio D'água, I would like to create a specific training plan for myself. Because of this, I'm going to open the gym app on my mobile phone and I'm going to create a new customized training plan. After this, I'm going to choose three exercises. The first one is the exercise "Leg extension" and I'm going to select "15" reps and "3" sets that I would like to do and add the exercise to the plan. Then I'm going to choose "Dumbbell lateral raises" and select "10" reps and "2" sets. After that, I'm going to pick "Push ups" and select "20" reps and "2" sets. Finally, my training plan is created.

CREATE ROUTINE

I'm Diogo Valente, I want to create a training routine for myself, so that I can be consistent and gain muscle mass. Therefore, I'm going to open the gym app on my mobile phone and create a new routine. After that, I'm going to select two training plans. The first one I will do on "Monday" and it will be the "Upper Body" plan. The second one I will do on "Thursday" and it will be the "Glutes definition" plan. Hereafter, my routine is created.

PROJECT URL
https://github.com/ftmateus/ipm_group_31_project

ABOUT THE PROTOTYPE

We used Flutter in Android Studio to develop this application and the main goal is, like we said before, to allow all gym members, regardless of age, that want to have an easier experience in the gym to use this particular app.

This is done by providing a way to organize the users workout routines and ease the use of other gym services such as booking classes and PT counseling.

Some parts of the application were incomplete/not implemented, namely
- Edit weight/height and photo

- Remove routines or training plans
- Cancel/reschedule/remove booked services
- Edit routines and training plans names
- App settings