6.470 Design Process

*I. Identify Needs*

- People don’t know how to design effective workouts.

- People have a limited exercise repertoire (both in terms of proper practices and variety).

- People are not motivated to exercise.

*II. Research Phase*

* Wikipedia (1): Large body of knowledge with some variety, pages not consistent in terms of thoroughness, reliability somewhat questionable, no personal motivation capability
* Personal routines (2): Limited knowledge, difficult to design well, motivation difficult to obtain
* Personal trainer (3): Expensive, possibly too focused, difficult to schedule
* Livestrong (4)
* Bodybuilding.com (5)
* Friends (6)

Morphological Analysis

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Feature | 1 | 2 | 3 | 4 | 5 | 6 |
| Consistent exercise instructions | Ish | No | Yes | Yes | Yes | Ish |
| Workout plans | No | No | Yes | ? | Yes | Ish |
| Reminders | No | No | Ish | ? | Yes | Ish |
| Large, easily searchable database | Yes | No | No | Yes | Yes | No |
| Free | Yes | Yes | No | Yes | Ish | Yes |
| Community driven | Yes | No | No | No | No | Ish |
| Track success | No | No | Ish | ? | Yes | Ish |

*III. Stakeholder Analysis*

* Developers:
  + Win 6.470 (as many prizes as possible)
  + Genuine positive impact (something that actually helps)
  + Learn
* Users:
  + Gain ability to work out consistently and well to be fit (motivation!)
  + Feel good about themselves (achievements!)
  + Help other people (user-generated content!)

*IV. Operational Research*

* Time Resources: as much as developers can reasonably spare, given other commitments (Austin: swimming, Francis: GEL, UROP, Keanu: ?)
* Skill Resources: Keanu knows the most, then Austin, then Francis
* Tools: Git, frameworks, servers, etc. still not figured out

*V. Hazard Analysis*

- Lack of critical mass of users (publicity, pre-populate site with content)

- Unfinished development (prioritize)

- Malicious users (security, IP banning, content checking)

- Insufficient usability—not convenient enough, etc. (rigorous usability testing)

*VI. Specifications*

We hope to create the iPad version of bodybuilders.com. A site for everyone to use that’s not intimidating. We want to communicate that fitness is easy, that it’s cool, and that it’s for everyone.

It has to be simple, discoverable, and rewarding.