

Proposal: FitSpiration

By Julianna Gabler

Application Definition:

The application is designed to encourage exercise and friendly competition among athletic club groups during the off season. The application allows coaches and other team leaders in the form of admins to post daily and weekly exercise challenges for members to complete. Admins can also post recommended exercise regimes, tips, and inspiration in a separate news feed.

Members of the application group can form small FitTeams, typically consisting of 3-5 people. These FitTeams compete against each other to achieve the daily / weekly challenges and rack up points. A challenge is considered complete when a video of all members in the group is posted to the Challenge Board and approved by the admin. Points are assigned by the admins and totaled on the scoreboard. The cycle is refreshed every month.

The problem the application is trying to solve is the issue of offseason training among athletic clubs. While these clubs are a gathering of athletic minded people, it is often difficult to motivate members in the offseason when they are unable to meet outside for their sports due to weather. The app is meant to encourage team members to find support in smaller numbers by going to the gym to complete challenges and regimes to keep up the fitness.

Key Terms:

Admins are people that determine daily and / or weekly exercise challenges for the group. They are responsible for assigning points to challenges as well as verifying that a challenge has been completed via video. Suggested admins are coaches, club leaders, and team captains.

FitTeams are sub-groups consisting of 3 to 5 people. These people are small teams that compete for points and post videos and pictures to the feed. Videos are typically for completing fitness challenges whereas pictures are for social and inspiration needs.

Ten Desired Features

1. FitTeams
Small sub groups of 3 to 5 people within FitGroup. These teams are designed for friendly competition and encouraging fitness.
2. Admin Groups
Users that determine points, challenges, and routines. Will be able to see completed Fitness Challenges and approve / deny them points. Set up FitTeams and members.
3. Users
Actual users that join FitTeams within the FitGroups. Names and profile pictures are posted along with what FitTeam they are in.
4. Fitness Challenge
 - a. Daily - a challenge posted for 24 hours
 - b. Weekly - a challenge posted for 7 days
5. FitGroup Scoreboard
A scoreboard of the collective points for each FitGroup.
6. Social NewsFeed
A news feed for members to post progress pictures, inspiration, meals, and activity among the FitGroup.
7. Video / Picture posting
Pictures: For inspiration, profile pictures, meals, and progress pictures. Routines may include a picture.
Video: For challenges in order to prove they've been completed.
8. Admin approval of challenges
Admins approve and deny video posts. Clicking accept rewards the points and clicking deny rewards no points.
9. Routine posts
Admins are able to post a routine with a title, duration, exercises listed and reps, and any advice, youtube videos, or external links.

10. FitGroups

The group a club or organization is in. These are unique names.

Filtered List

1. FitTeams
2. Scoreboard
3. Users
4. Routine Posts
5. Fitness Challenges
6. Admin approval of challenges

Small Market Research

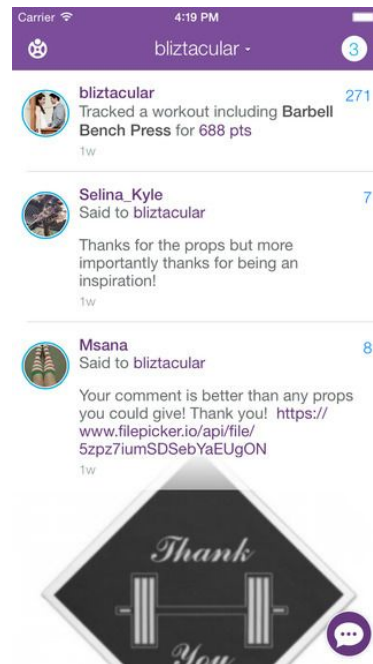
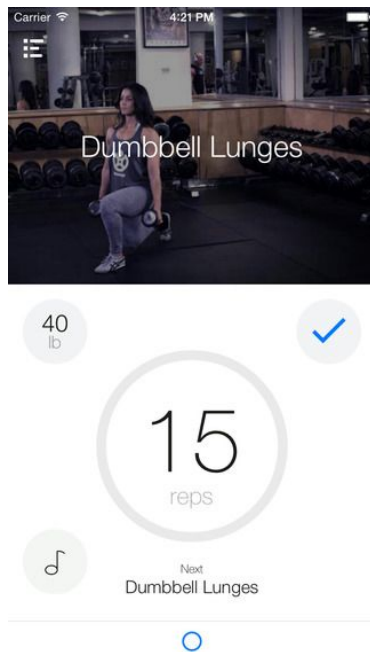
Name: Fitocracy

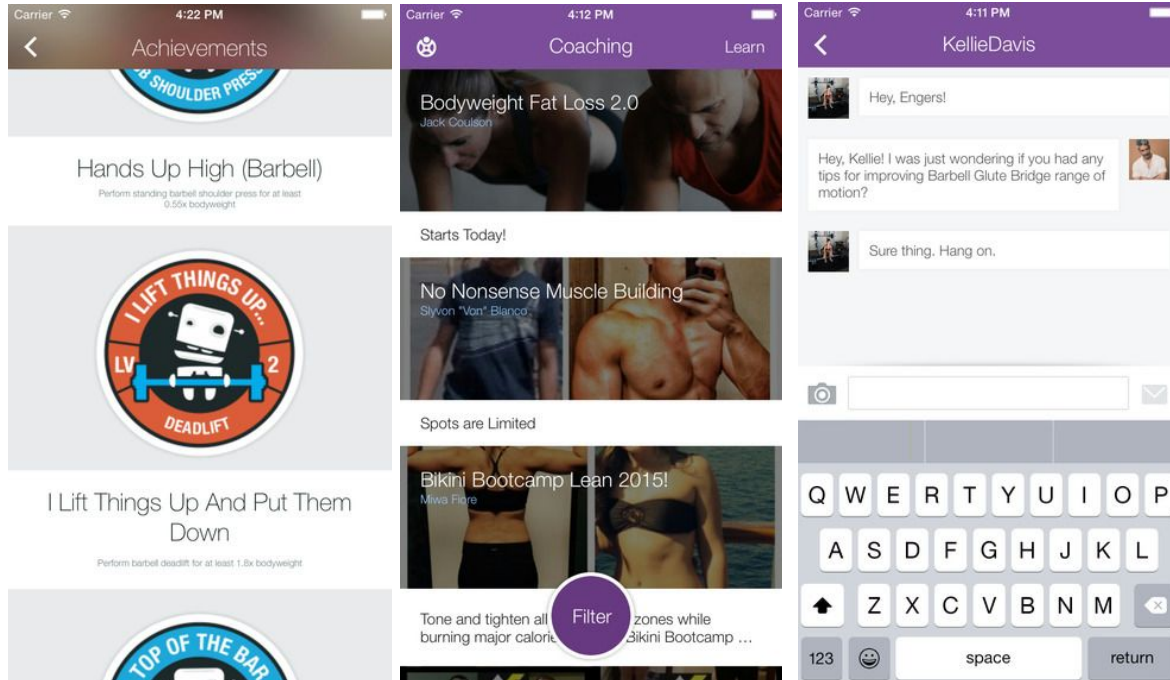
Platforms: Android & iOS

Website: <https://www.fitocracy.com/>

Description: Fitocracy is an application that is meant to track exercises, allow the user to earn points which eventually unlock achievements. The idea is to level up and compete with other friends on Fitocracy. You can follow, leave comments, and give support to other users as well.

Screenshots:





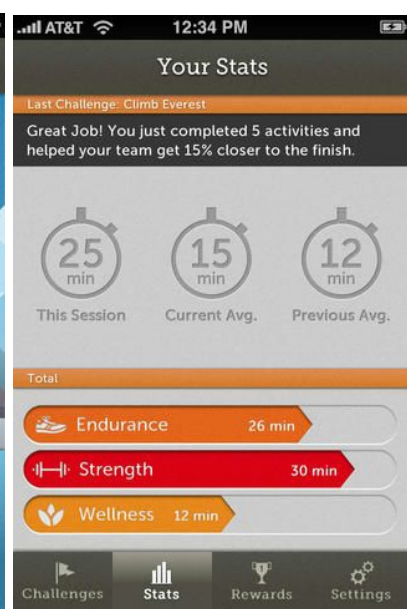
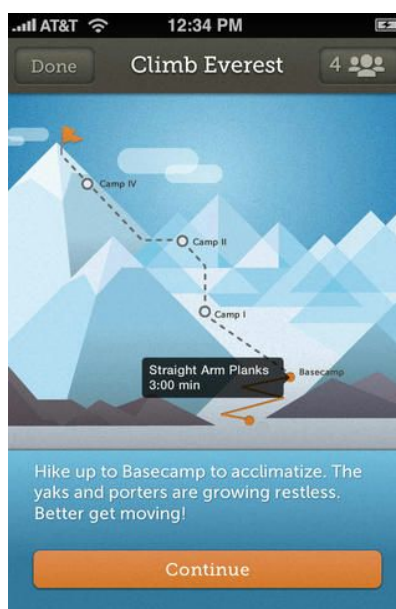
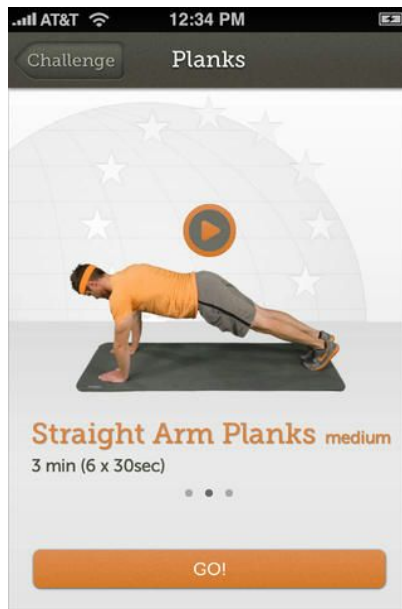
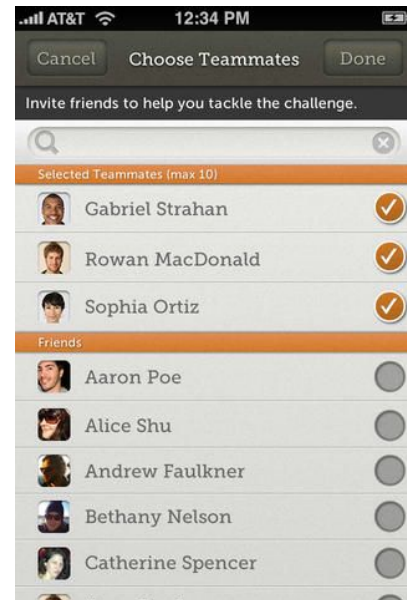
Name: Teemo

Platforms: iOS

Website: <http://goteemo.com/>

Description: Teemo is an adventure game that turns fitness into an adventure. There are 10 adventure games to choose from and teams can be chosen to complete the adventures. The games encourage short burst and intervals of exercise. The user can use their own music and track progress.

Screenshots:



Name: Self Loops

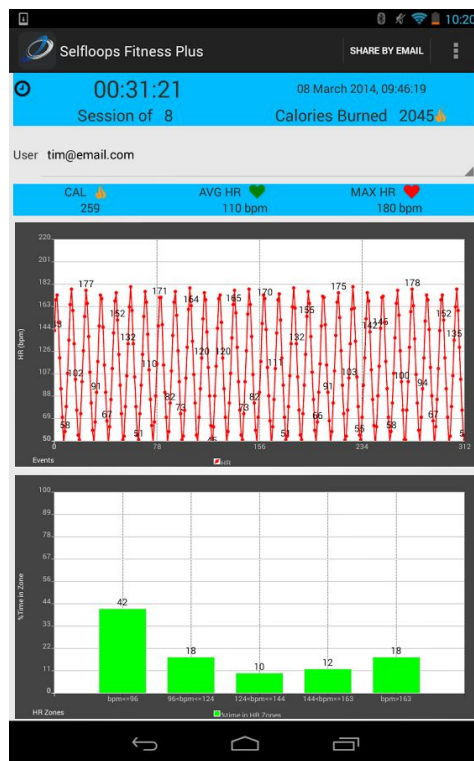
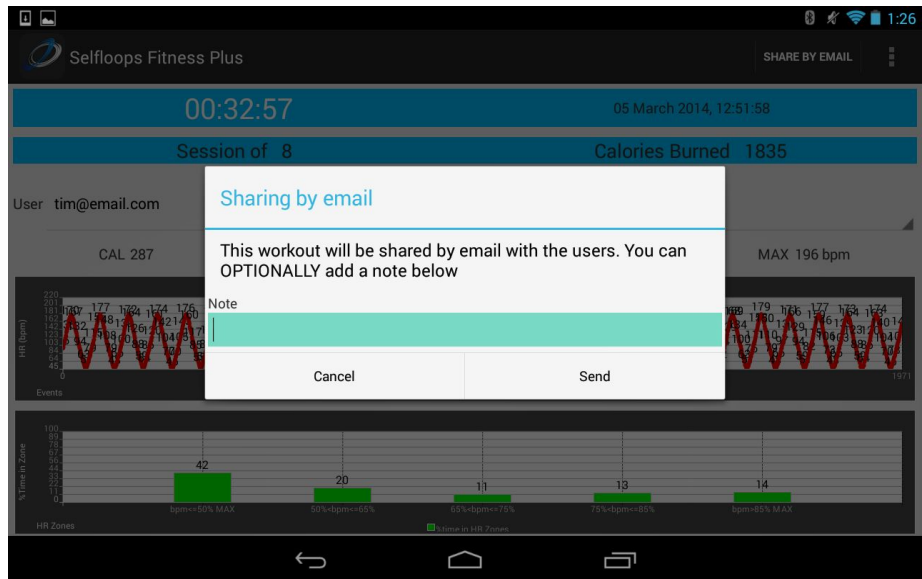
Platforms: iOS & Android

Website: <http://www.selfloops.com/products/groupfitness.html>

Description: The application is designed for real-time group workouts. The application is designed to encourage people to work out together as well as provide training and monitoring of the cardio. The application is able to work with a heart rate monitor and an external PC programming.

Screenshots:





Selfloops Group Fitness

Anna	28	HR Dev Number	511
Christian	38	HR Dev Number	100
Janet	41	HR Dev Number	237
Mark	41	HR Dev Number	374
Piero	38	HR Dev Number	648
Stephanie	45	HR Dev Number	785

Add User

Name: Fit Friendly - Exercise Challenges App

Platforms: iOS

Website: <http://www.medhelp.org/land/fitness-challenge-app>

Description: The Fit Frenzy is an application that encourages friends and other users to do challenges. The application provides different levels of challenges for people of different levels of fitness.

Screenshots:



Task list to keep
you on track to
reach your goal



Choose from
more than
50 different
exercise
challenges



Get motivation
from other
Fit Friendly
users

Design / Mockups:

