POWER:

A Social Media Fitness App

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Declaration

I, Joshua Wan declare that this work submitted for assessment is my own and is expressed in my own words. Any use of other authors' materials are properly acknowledged and cited.

A list of the references used within this document have been included.

Signed: _____

Date: _____

Abstract

Physical activity, a structured diet, and strong social connections are all extremely powerful tools that can be used to benefit a person's mental and physical health. Over the course of the Covid-19 pandemic, people have been confined within their own homes, leading to an increase in physical inactivity figures and a decrease in social interactions. Over the course of this paper, I shall present a possible solution in the form of an application. The purpose of the application will be to help people of every level of fitness reach their personal goals with social incentives and gamification. The application will also include tutorials and learning tools for exercising and dieting to teach beginners in a friendly, non-intimidating environment.

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1. Introduction

[TODO]

1.1 Aims and Objectives

This project aims to design and develop an easy-to-use social media fitness application with the purpose of creating a community that inspires others to strive to reach their fitness goals. It will serve as a tool that users can utilise to track their progress, increase self-confidence and learn the essentials of fitness. The project will use social incentives and gamification as motivational drivers to encourage users to reach their personal fitness goals. The following list comprises the aims and objectives of the project:

- Develop an application that users can track and log meals and exercises into.
- Develop an application that provides users with basic to advanced knowledge of physical activity and dieting.
- Develop an application that encourages users to connect and share with friends and groups of like-minded individuals.
- Develop an application that is compatible with both iOS and Android devices.
- Incorporate gamification heavily to engage the user.
- Create a beginner friendly platform that recommends workouts or diets to the uninitiated.
- Allow users to fully customise their profiles, workout plans, diets and share them with other people.
- Create an in-application economy with earnable points and rewards.
- Develop an application that allows users to create real-life events that other users can attend.

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2. Literature Review

The purpose of this section is to provide an in-depth literature review of topics relevant to the project to establish the functional and non-functional requirements necessary in order to develop a successful application. This section will also