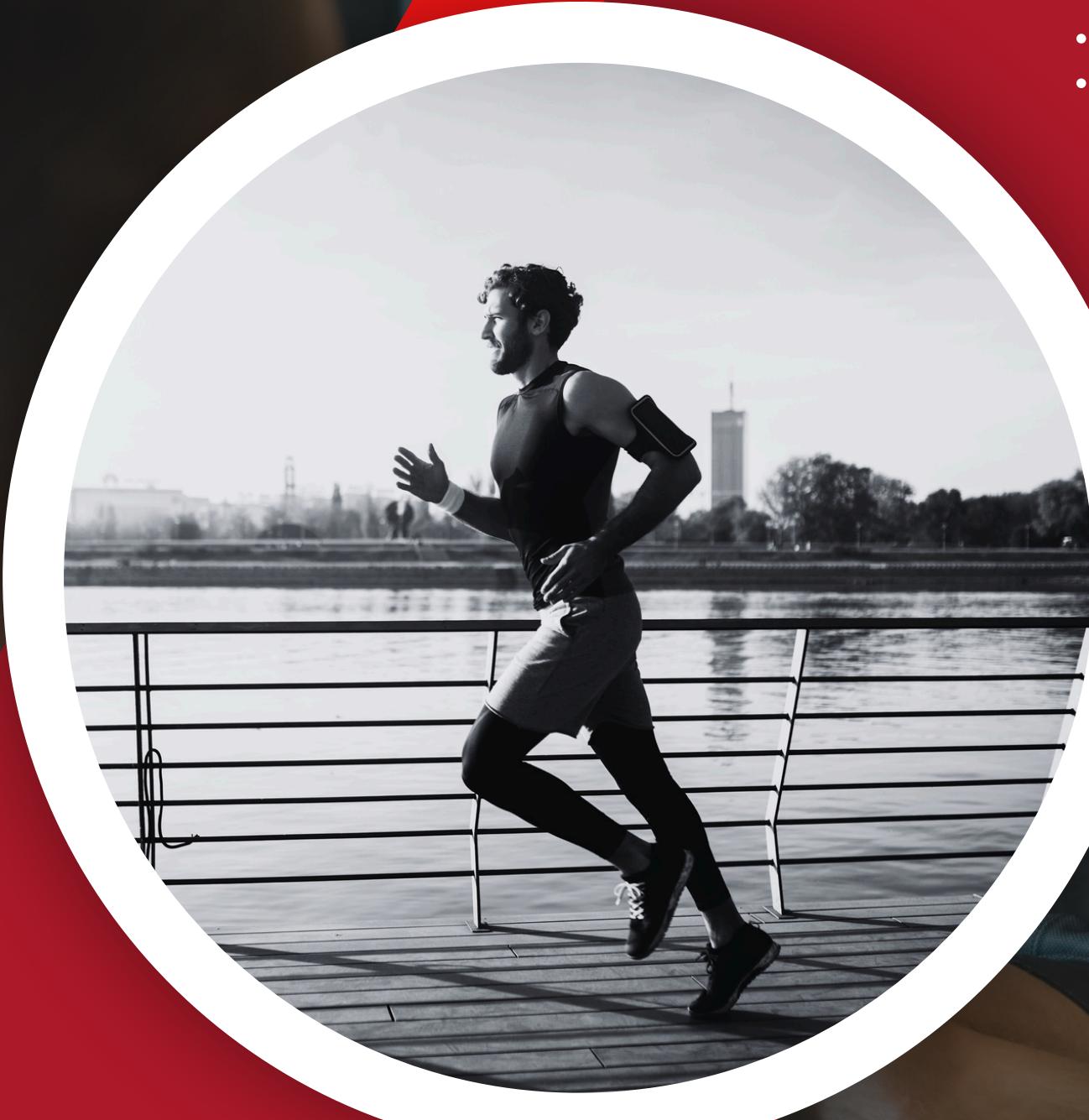




GROUP 6



MOVE MATE

YOUR PERSONALIZED FITNESS
COACHING APP

PRESENTED BY GROUP 6

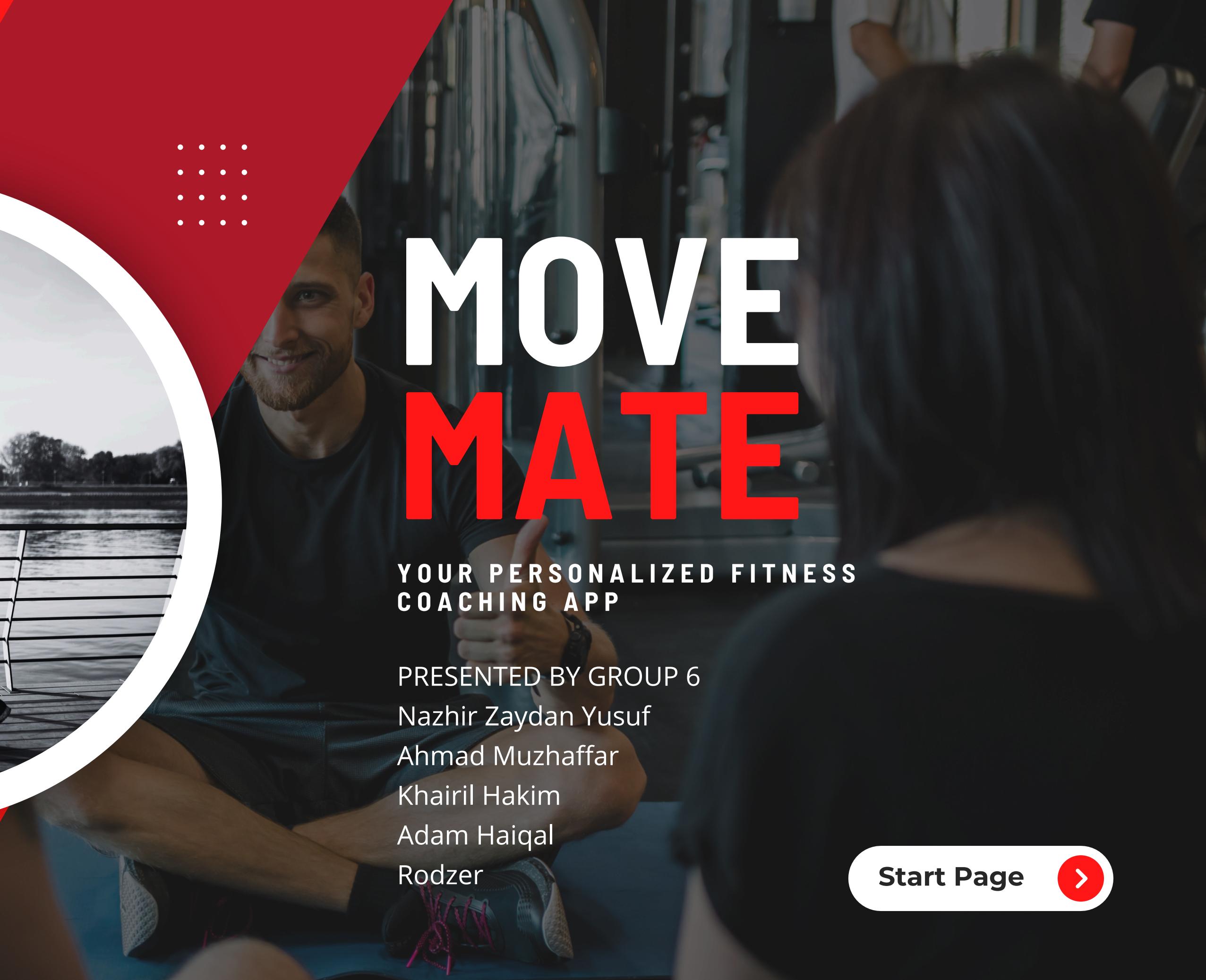
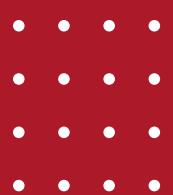
Nazhir Zaydan Yusuf

Ahmad Muzhaffar

Khairil Hakim

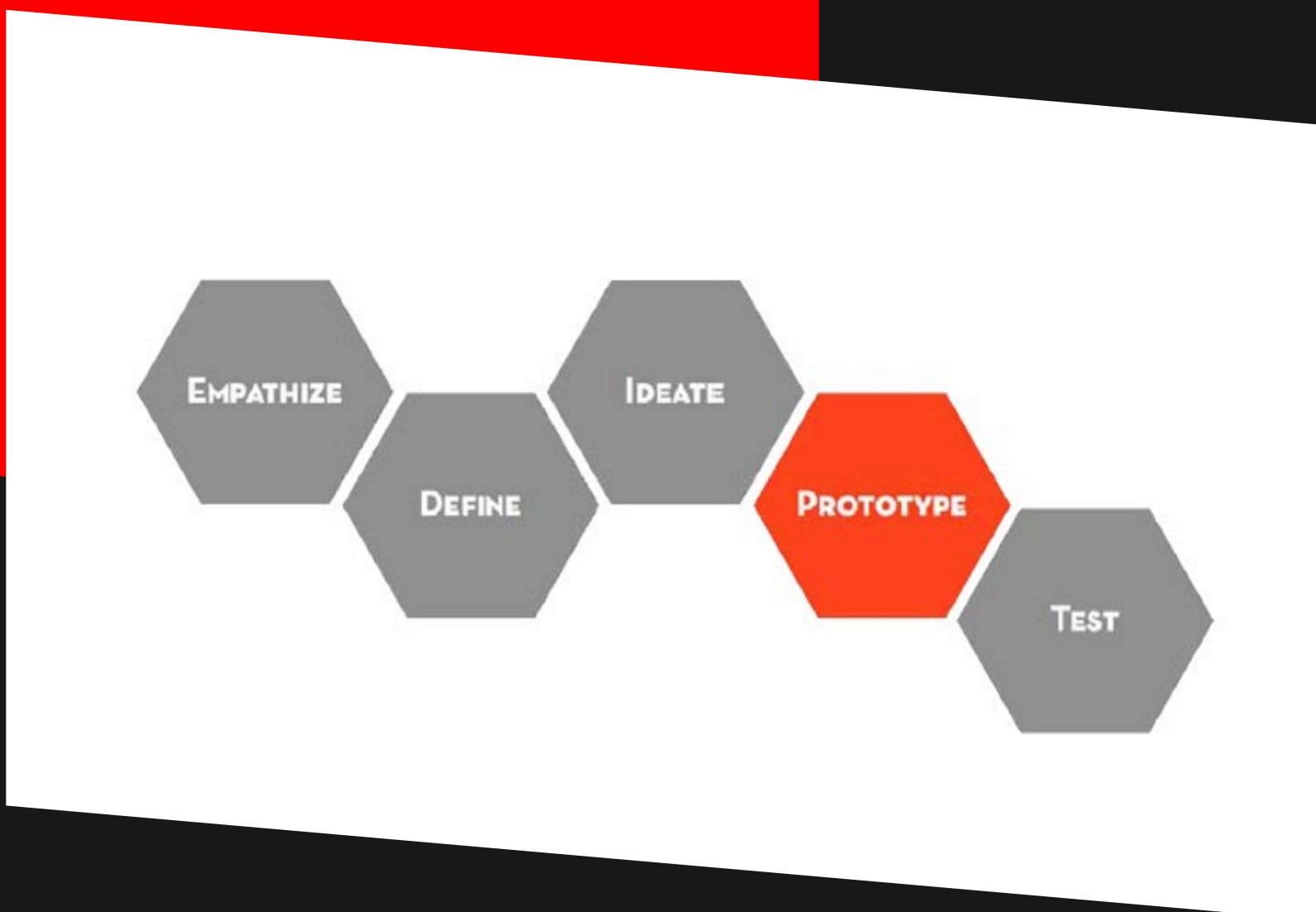
Adam Haiqal

Rodzer



Start Page >

INTRODUCTION



Design thinking is a human-focused approach to innovation. It is an iterative process for designing and creating a product. In this project we utilize the method to create a solution to a problem regarding fitness

Maintaining fitness routines is a common challenge for many individuals, particularly beginners and students, due to a lack of motivation, time constraints, and access to customized guidance. "Move Mate" is a personalized fitness coaching app aimed at addressing these issues



EMPATHY

In this stage we gather information and engage with our targeted users to get a better look at their struggles and problems.

We conducted an interview with Adin, a UTM student who consistently follows a fitness routine, he highlighted challenges that he faces in maintaining his fitness.

He struggled with a tight schedule, expressed need for monitored jogging routes and a more targeted app for his needs

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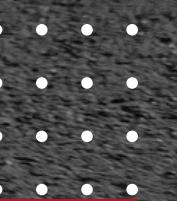




DEFINE

In this stage we refine the findings from the previous phase into a more solid problem to solve. From the results of the interview we clarified the answers into a few actionable problems to solve

- Lack of Motivation
- Time Constraints
- Lack of personal guidance

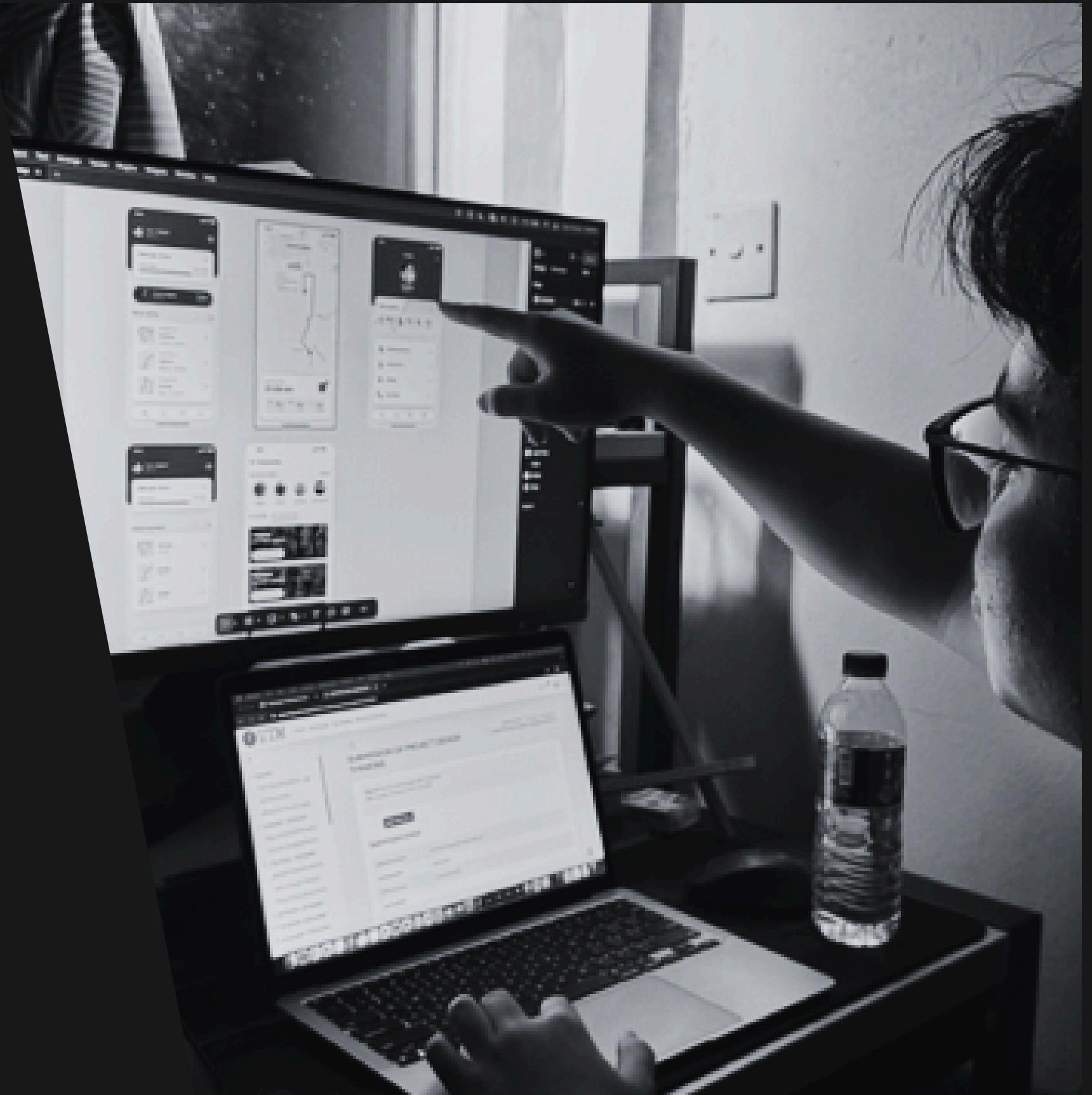


IDEATE

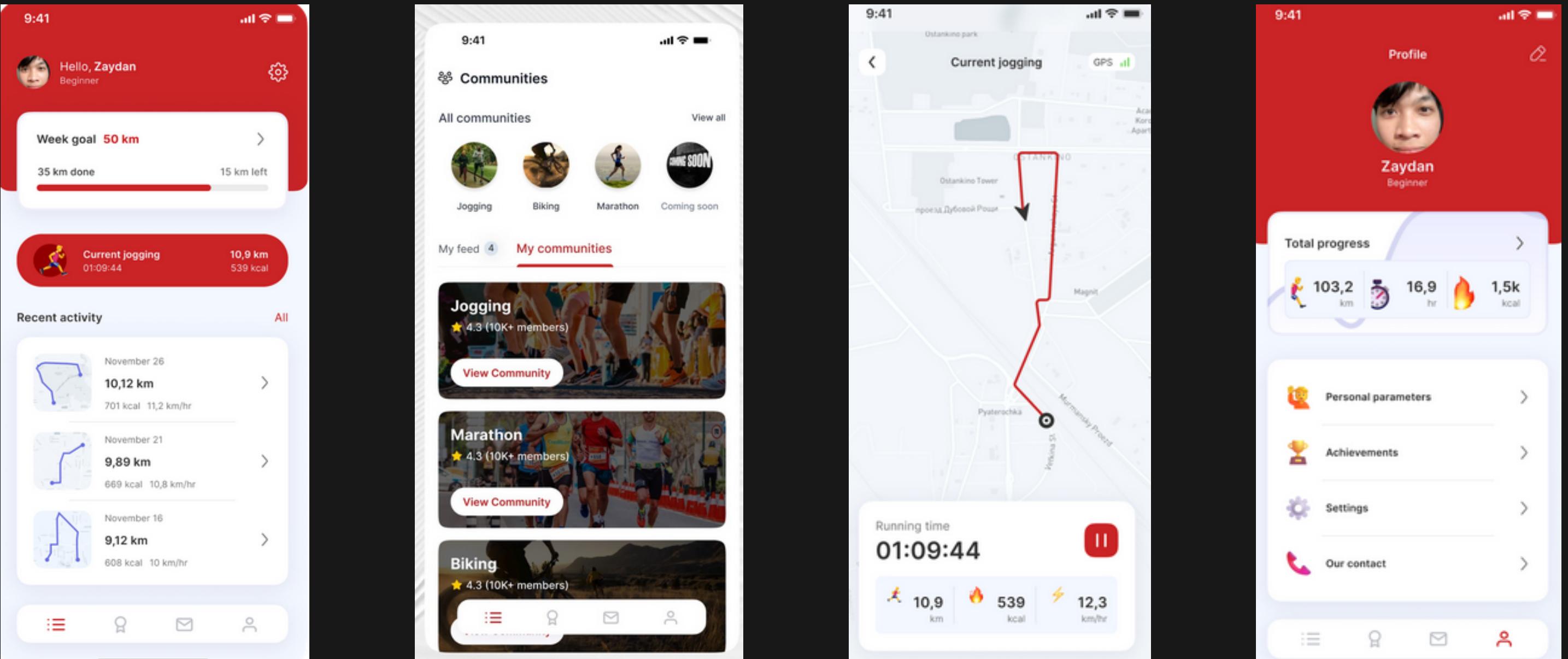
In this phase we brainstormed as a team to generate several ideas and solutions to the problems from the previous phase.

After generating a wide range of ideas, we settled on creating a digital application as it will be the most accessible for Students to use. we also selected the most promising features to implement including,

- Suggested jogging and biking routes
- A community feature
- centralized system for UTM fitness events
- personalized exercise reccomendations



PROTOTYPE



From our features selected, we created an application prototype, showcasing the various interfaces which implement the intended features. Such as the home page as a hub for the other interfaces. Customized jogging and biking paths so students can exercise according to their skill level, community page showcasing the various events and communities to increase motivation, and a fitness tracker in the profile page.



TEST

Finally, we tested our prototype with the target audience. Gathering their feedback and taking note of their experience using the app, we improved and refined the prototypes to better align their needs and their feedback, then testing the improved prototype again.

Through this iterative process we significantly improved our design and was crucial to the quality of the final product.

CONCLUSION

The move mate app aims to be a reliable and convenient fitness solution for UTM students. With features catering to their needs and solving the many problems they face while maintaining their fitness routines.

The design thinking process was crucial in this project, serving to guide the process and refine the system so that it meets the objectives of the project and fulfills our users needs.



THANK YOU