

A black and white photograph showing several people from behind, jogging on a paved path. Their silhouettes are visible against a bright background. Some are wearing hats and athletic gear.

FitFriends

6.170 Fall 2014

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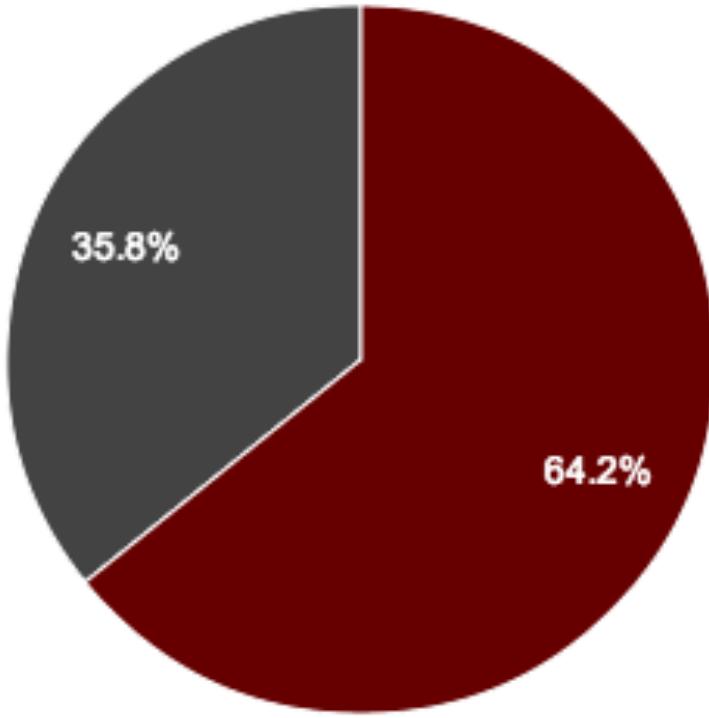
Benefits of Exercise

- Weight Control
- Combats Disease
- Improves Mood
- Boosts Energy
- Promotes Better Sleep
- Improves Sex Life
- Correlated with Better Grades



The CDC Recommends exercising for at least 30 min, 7 times per week.





64.2% of undergraduates spend under 5 hours on exercise each week



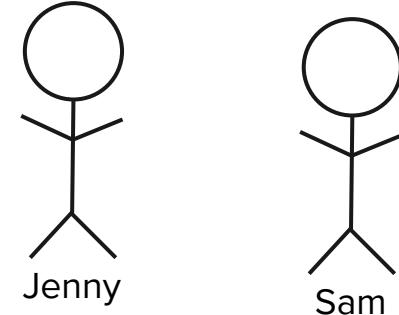
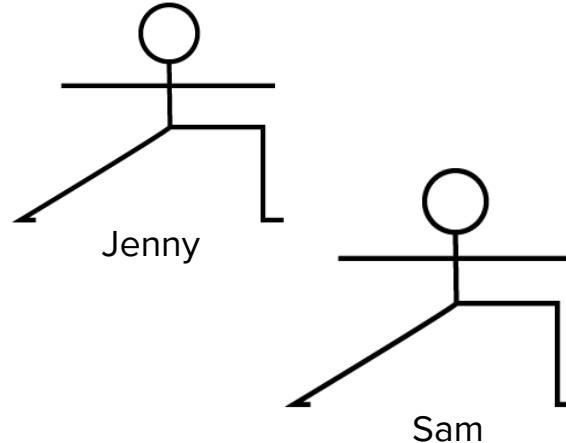
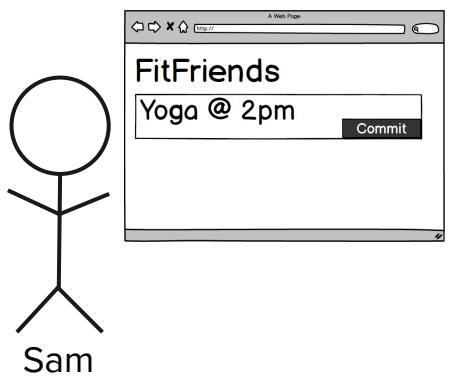
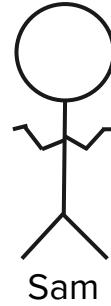
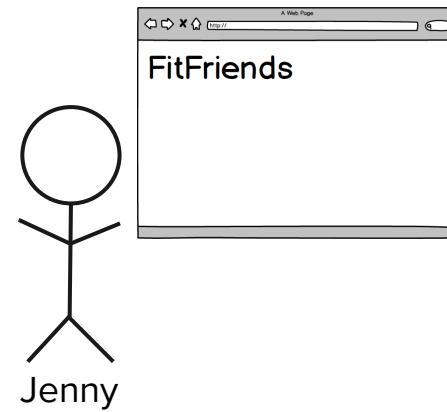
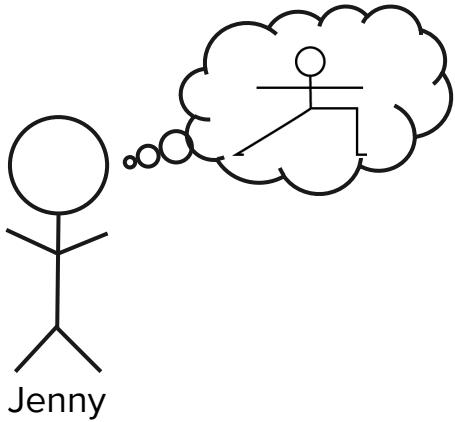
“If someone doesn’t hold me to my commitment, I’ll probably stay in bed”



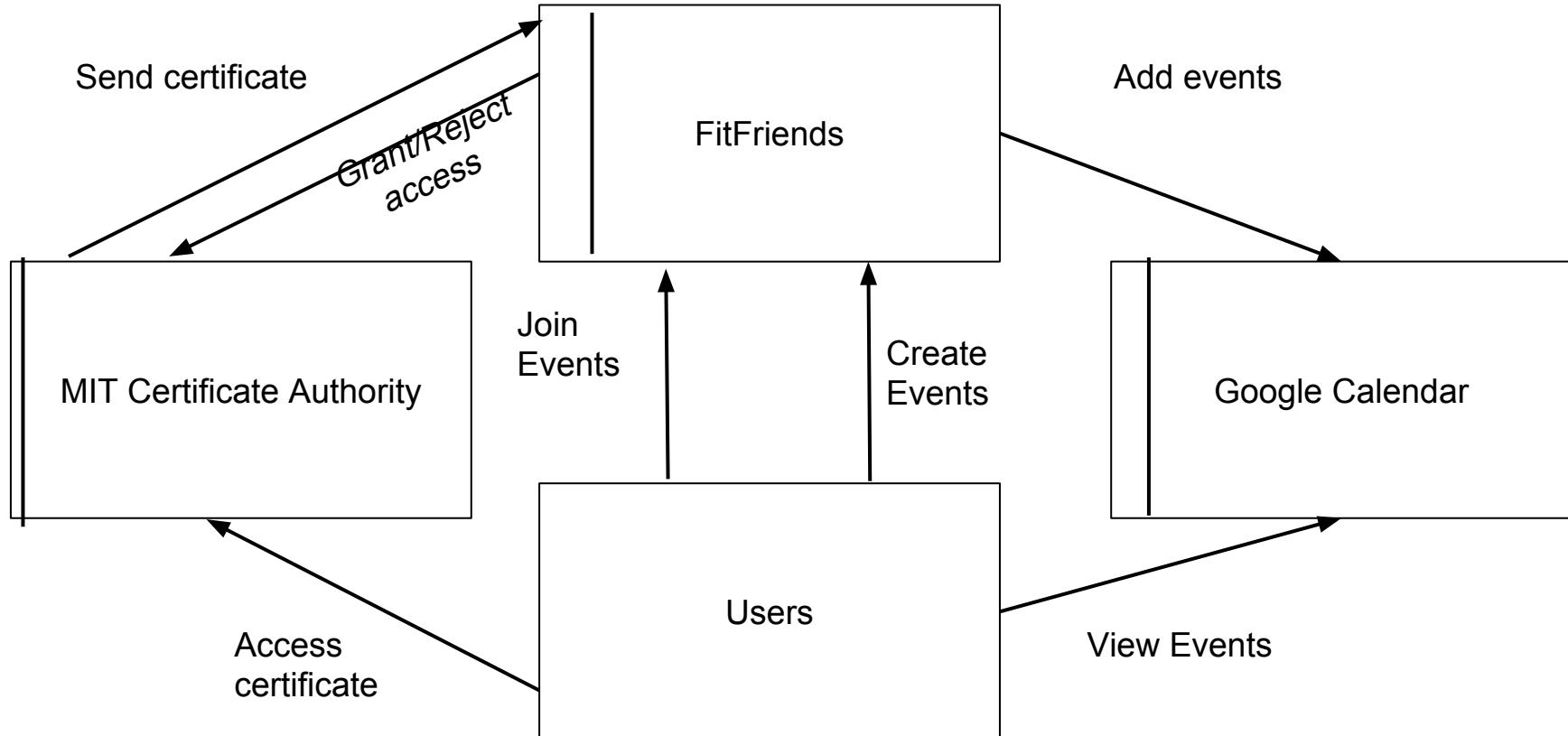
“I just don’t want to run on the treadmill. It feels like a chore”

A black and white photograph showing silhouettes of several people playing soccer on a field under a cloudy sky. A goalpost is visible on the left. The scene is framed by a dark horizontal bar across the middle.

FitFriends will enable MIT students to connect and be healthy



Context





Design Risk: Community Trust

A Web Page

Event Name

Location

Time

Submit

Implementation Risk: Recurring Events

Calendar

Today



November 2014

Day

Week

Month

4 Days

Agenda

CREATE

▼ November 2014 < >

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	Nov 1
Sunrise: 7:10am, Sun: +12 more	6.170 Quiz Sunrise: 7:12am, Sun: +13 more	6.002 chapter 9-10 Sunrise: 7:13am, Sun: +10 more	6.002 Studio 3 Due Sunrise: 7:14am, Sun: +8 more	Sunrise: 7:15am, Sun: +8 more	6.170 Project 3: Phase Sunrise: 7:16am, Sun: +8 more	<input type="checkbox"/> 6.02 PSET 6 Sunrise: 6:02 read ch 12 +19 more
2	3	4	5	6	7	8
6.170 Final Project Pit <input type="checkbox"/> push pitch material +3 more	6.170 Project Pitch Sunrise: 6:20am, Sun: +7 more	6.805 Email Pricing Si Sunrise: 6:20am, Sun: +9 more	6.002 QUIZ 2 <input type="checkbox"/> 6.002 read ch 9-10 +9 more	6.02 PSET 6 Due 6.002 chapter 13.1 +9 more	6.805 Partial Draft Due Sunrise: 6:25am, Sun: +4 more	DO ESSAY Sunrise: 6:26am, Sun:
9	10	11	12	13	14	15
Sunrise: 6:28am, Sun: 10:30 Intermediate Ballet 2:30p Pointe with Liz La	Neiman's Order Arrive Sunrise: 6:29am, Sun: +6 more	15.818 Case 3 Due 6.170 Final Project De +6 more	Sunrise: 6:31am, Sun: 9 GYM +6 more	6.002 Studio 4 Due 6.02 Quiz 2 +5 more	Sunrise: 6:34am, Sun: 9 Three mile run +2 more	Sunrise: 6:35am, Sun:
16	17	18	19	20	21	22
Sunrise: 6:36am, Sun: 10:30 Intermediate Ballet 2:30p Pointe with Liz La	Sunrise: 6:38am, Sun: 9 GYM +5 more	6.170 Final Project Mi 6.002 chapter 14 +9 more	. Sunrise: 6:40am, Sun: +6 more	6.01 PSET 7 Due Sunrise: 6:41am, Sun: +7 more	Sunrise: 6:43am, Sun: 9 Three mile run +2 more	Sunrise: 6:44am, Sun:
23	24	25	26	27	28	29
Sunrise: 6:45am, Sun: 10:30 Intermediate Ballet	6.805 Draft Due Sunrise: 6:46am, Sun:	6.002 Studio 5 Due 6.170 Final Project Mi +9 more	6.02 PSET 8 Due Sunrise: 6:48am, Sun: +6 more	Sunrise: 6:50am, Sun: 7:30p Power Yoga	<input type="checkbox"/> order christmas gift Sunrise: 6:51am, Sun: 5:30p Reservation: Clar	Sunrise: 6:52am, Sun:

Development Risk: Google Calendar Integration