1 ABSTRACT

Nowadays, the current generation especially is forgetting the true the essence of life due to development in the tech world. People have found alternate ways to enjoy themselves, but this has resulted in the deterioration of their health even if one endeavor to bring a change among themselves either due to inability to find peers or hesitancy to talk openly with strangers made them revert their direction inside the doors.

In post-covid time, people are hesitant to return to their pre covid routines and hence ignore the importance of outdoor and recreational activities. Largely relying on the digital mode of communication, people have to some extent forgotten the stimulation of real-world interactions.

An application that brings people together in groups and lets them decide where, when and what they wish to do together. They can choose to invite only known people or keep the invite public so that anyone interested can join. The application will allow one to organize group activities with anyone and everyone and save them time, providing motivation while facilitating social interaction.

The biggest challenge will be to break the notion of users who are busy in the online world and to make them realize the importance of outdoor sports. People may be reluctant to interact with strangers despite motivation. Developing trust with users will be crucial in an application design as such.

2 INTRODUCTION

2.1 Background of the Problem and Motivation

During Covid-19, when everyone got quarantined, people's lives changed drastically. Whether it be work from home or online classes, people across all ages were affected both physically and mentally. As everyone got accustomed to staying inside their homes, the importance of outdoor and recreational activities in their lives declined. Now, post covid, when a lot of restrictions no longer exist, many people wish to continue spending time at home which can have serious effects on their health. Therefore, it becomes crucial to motivate them and make them realize the joy of real-world interactions.

Especially during the early years of development, group outdoor activities can in no way be substituted by online activities. The qualities of teamwork, co-operation, strategizing, competency, leadership are best learned while engaging in such activities. They also help in developing confidence and social skills which play an important role throughout one's life. The benefits of group activities are not limited to adolescents though, participating in outdoor physical and recreational activities has been proven to reduce stress levels, help with anxiety, increase serotonin levels and result in better sleep.

2.2 Problem definition

In today's time and age, where everyone is getting more and more invested in the virtual world, people are forgeting what our bodies are meant for. We are not biologically programmed to sit beside a computer for long hours rather live in the open and exert ourselves. Due to this forced change in our routines, we are facing unprecedented problems.

The list of problems due to a sedentary/inactive lifestyle is long. Some of the mental problems associated with it include increased stress, depression, and anxiety as found in this comprehensive study involving multiple surveys - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7267797/. Many people also experience loneliness due to social isolation (involuntary) which can have serious health consequences. Staying at home and not indulging in any physical activity can lead to obesity which is further linked with high blood pressure, diabetes and heart diseases. A sedentary

and inactive lifestyle can also accelerate the aging process. https://pubmed.ncbi.nlm.nih.gov/22890825/ is a report that cites the various risks associated with a sedentary lifestyle.

According to WHO, 60 to 85 percent of people in the world—from both developed and developing countries—lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time. There can be a number of reasons that lead to an inactive lifestyle like time-constraints, work to name a few. Just telling the people to go out and workout or engage in any physical activity is not enough. Similarly, asking them to make more friends, have real world social interactions and engage with people having different opinions and backgrounds is not the ideal solution. The benefits of these activities are well researched and common knowledge but still the majority of people fail to do so often even when they wish to. Some reasons behind this can be their hesitancy to meet with new people, lack of motivation, lack of any platform that promotes real world interaction, irregularity in times of activities and failing to find peers to participate.

Despite these benefits, most adults choose to ignore them for work. Work is important but it should not be at the expense of one's health.

2.3 Existing Challenges

 Finding a group of people who wish to do the same activity at the same time as you is extremely difficult. Many times, when one is free, others are busy and vice versa. Often there are people looking for groups and groups looking for more people but there is no platform that can connect the two. If there were, however, people could engage in group activities at their convenience, and benefit from the numerous advantages offered by it.

People who have recently shifted places find it especially hard to find a group and make acquaintances. If they could engage in group activities of their liking it would become comparatively much easier to form friendships and bonds. Often people are hesitant to interact with others unless they have some work that limits their social interaction. If such people were to participate in common activities, this hurdle would no longer exist.

2.4 Proposed Solution

One way to help and motivate people to get out of their homes and engage in outdoor activities is allowing them to join people who share the same goals as them. Becoming part of a community or doing something collectively in a group can turn a seemingly strenuous exercise into a fun social activity. People involved can learn from each other's experiences and benefit from healthy competition, motivating them to push their limits. It becomes easier to continue and develop a habit. There is mutual inspiration, as well as new bonds which are formed are quite crucial in the overall well-being of any person.

If people can choose the time and place of where they wish to conduct their activity of choice and find people to join them, it will make the whole process easier.

2.5 Existing Solutions

- One solution that exists is to try and approach the people you know individually and decide on a place and
 time to meet. There are many drawbacks to this, however. It is more time consuming, you can only approach
 people you personally know, if someone bails out it will be a lot of work to fill that space, the meeting time
 might not be convenient to all, you will only be engaging in activities that all your peers are comfortable with.
- Apps like sportzify, athletto, groundwala, and playo allow one to book a nearby sports facility or join a sports club on an hourly basis and connect with people interested in the same sports. These apps are good for someone

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seriously interested in certain sports but not for everyone. The primary focus of these apps are individuals who are already at a decent skill level and want to enhance it. A random person who wishes to try out a sport might not be comfortable joining a sports club. Also, the scope is limited to sports and does not involve activities like yoga, meditation, cycling, jogging which people often prefer doing collectively.

2.6 How is our solution novel?

There is no such application where we can organize and plan these sports and health activities by sending an invitation to those who are in a specified range and discuss about the place where they can meet. According to users input like if users wants to enjoy in group we can provide with the help of our app algorithm about the required location and timings and similarly if someone want to enjoy alone they can give their inputs accordingly.

3 METHODOLOGY

3.1 Problem Statement

Helping people socialize through means of conducting group activities that can help them meet new people and improve their mental as well as physical health.

3.2 Stakeholders

- People in the age group of 12-24 years who are enthusiastic about learning and play sports.
- Peripatetic people who do such professions where they need to travel a lot like foreign service workers, air force families, workers who frequently shifts from one location to other either due to company demand or in search of job were generally unable to create connections easily and were usually not aware about the places where they can workout as well as a hangout for enjoyment.
- Instructors for sports,yoga and other such activities.
- The app targets everyone who wish to live a healthy life between the age group of 12-60 years.

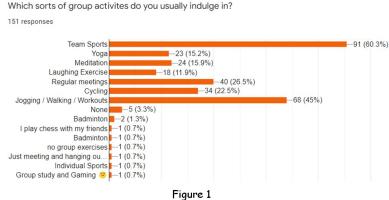
3.3 Survey Analysis

Majority of the responses:18-24 Age group

No of responses: 151

DATA on activity preference:

- 1) Around 60 percent of the people in this majority age group prefer Team sports 45 percent prefer fitness workouts and jogging/walking.
- 2) Surprisingly, (age group 18-24) around 30 percent percent prefer yoga/meditation as Activity. (Some percent maybe to above 40 age in this also)
- 3) About 75 percent of the surveyed people face some kind of challenges when they are participating in these group health activities.
 - 4) 64.2 percent people lack any kind of yoga /meditation communities in their locality
- 5) 45 percent of the total responses suggest that the main problem people face is falling short of players and other people to accompany them. About 32 percent of people also face this problem but not that often.



How often do you engage in the aforementioned activity?

151 responses

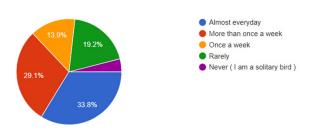


Figure 2

6) 94 percent of people are interested in meeting new people through our app.

7) 91 percent of people say that they are interested in our app and it would be helpful in their lives.

Some valuable suggestions:

"Suggestions in the app should be made based on user's location and preference"

"You can keep a referral system in the app and reward the user too as he is motivating others towards a healthier lifestyle" "App should have a good amount of interconnections with random people"

"If the app would help us find centers or places where a particular sport is played or taught in our locality along with just people then it would be really helpful"

"If the app would help us find centers or places where a particular sport is played or taught in our locality along with just people then it would be really helpful"

"Safety of users should be a prioritized concern."

Person 1

(1) Age group:18-24 (2) Likes to participate in physical activities, but identifies as "Moderately Active". Participates in them 1-2 hrs.

3.4 INTERVIEWS

(3) Thinks that more engagement is required

laughter yoga etc.)

151 responses

151 responses

- (4) STOPPING REASON: college workload
- (5) Prefers Yoga as a physical activity but prefers it alone, because being an INTROVERT.
- (6) Also likes to play(badminton), has a group of friends to play with but sometimes cannot find them playing. Found it interesting to use an app like this in these situations.

Figure 4

Are specific communities for group activites present in your locality? (like yoga, meditation,

Figure 3

If you conduct group activities, do you at times fall short of people?

Yes

No

Yes, mostly Yes, rarely

No

(7) Do -not mind a suggestion for an instructor or academy for a new sport, but maybe not for a sport he plays regularly.

Person 2

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259 260 Would you like to use such an application?
151 responses

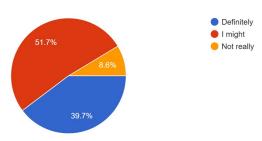


Figure 5

- (1) Age: 17 years
- (2) Likes to participate in physical activities like basketball, cycling, cricket, football, workout, jogging
- (3) 4-5 hrs daily- really active-satisfied with the time he spends
- (4) No such interest in yoga/meditation
- (5) No fixed group -just goes to the park and plays with anyone playing there-sometimes no one to play with.
- (6) Really interested in our app

Person 3

- (1) Age: 14 years
- (2) Really into physical activity -approx 4 hours a day because of online school
- (3) Likes to play basketball and badminton Only has contacts with 3-4 people who play badminton-no way of knowing whether people who play basketball will come or not
- (4) Parents sometimes don't let him come tells him to play only with people he knows and be very of new people
- (5) Okay with playing with strangers-rather excited to see what the new person has new to offer
- (6) Doesn't want to share his personal information with strangers- happy to have an app where he can contact new people without sharing personal info
- (7) Would like our app to suggest instructors of all the sports and activities

Person 4

- (1) Age:20yrs
- (2) Rarely goes out for intentional physical activity- hectic college work schedule, not much liking towards sports
- (3) Had some bad experiences while playing with strangers sometimes they are not as accommodating as he thinks that we can't trust strangers so suddenly and hence can't play with them as joyfully as with known friends
- (4) Thinks that our app is good -but only on paper- execution is really difficult and might not give us our expected results

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- (5) Gave a suggestion of building a community room our idea is the same. We are also building a community on the basis of a fixed radius and then people can send invites in that community room and create sub rooms for the activity they would like to indulge in. Maybe we were not able to communicate our ideas properly.
- (6) People make their friend groups by the age of 11-13 and all parents don't allow their children to play with strangers this would decrease our users
- (7) After some time everyone in a community will know each other and then this app will not be of use to them.

Person 5

- (1) An 18-year-old girl. focuses on workout and fitness (at home)also plays badminton and tennis
- (2) Would like to have some company while doing these activities but usually can't find anyone around and hence doesn't go this is decreasing her interest in these activities altogether. Likes to cycle- would like to go on a cycling trip with a group of people -can't find a group
- (3) Thinks that sports and related activities are a good medium to socialize with others- really like the concept of our project
- (4) The safety issue is a major concern due to which she can't just go and play with anyone and everyone -would prefer known people over strangers but if she knows a little information about them then would not mind them being with her- suggests that our app should have a well maintained personal profile of people and then people can choose who to interact with.

Person 6

- (1) A 25-year-old girl
- (2) Likes to do jogging, yoga, and meditation
- (3) Describes her physical lifestyle as an Active lifestyle
- (4) Do not have any other person or group of friends with whom she can go jogging
- (5) Sometimes due to academic workload do not find much time for jogging and meditation
- (6) She has to shift to another area as her college is too far from her locality. She found it difficult to socialize with new people in another locality
- (7) She describes this app to be very useful for her.
- (8) Concerned about the safety and authenticity of the append its users. The app should not share personal information with others.

3.5 Takeaways from interviews:

- (1) People in the age group of 12-18 spend a lot more time playing and doing other physical activities than people in other age groups.
- (2) Security concerns are a major reason dissuading people from playing with strangers and if we tackle this problem successfully then people will use our application more freely.
- (3) Our main function is bringing people who don't know each other together through the means of physical activities. After a certain period of time, everyone in one locality will know each other and if our app doesn't have some additional promising features then it will be useless to them.
- (4) People want to have a choice of instructors and academies near their locality in the activity of their choice so that they can hone their skills.

3.6 Mistakes:-(1) We were not able to communicate our ideas with the people fully at times. (2) Our first interview seemed to be more of a structured type rather than an interview. (3) People answered sometimes differently as expected by us. 4 INDIVIDUAL CONTRIBUTIONS Udit: Identifying Target User, Existing Challenges and proposed solution Lakshya Goel: Background of problem, motivation, Existing solutions, How is our solution novel. Prateek: Conducting survey, Interviews and Analysis of Data Collection Ritwik Kashyap: Conducting survey, interviews and Analysis of Data Collection Saurabh: Conducting survey, interviews and Analysis of Data Collection Swastik: 5 REFERENCES Existing solutions: https://www.livemint.com/news/business-of-life/8-must-have-apps-for-sports-lovers-1541451996957. References for problem definition: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7267797/ https://pubmed.ncbi.nlm.nih.gov/22890825/ Mind map: https://miro.com/app/board/uXjVOI46eFo=/ Learning Overleaf: https://www.overleaf.com/learn/latex/

6 IDEATION

6.1 POSSIBLE SOLUTIONS TO OUR PROBLEM

- (1) An app that will notify the users to go out and do some physical activities with others. This app will remind them to join and go out with other people and be frequent in socializing
- (2) An app that allows people to chat with like-minded individuals who are affected or who want to talk about the topic of mental health and related topics. People will discuss their mental health with each other in chat rooms and try to help each other
- (3) An app that allows people to discover and explore nearby sports academies and other facilities. This app will have a list of nearby places related to the activity of preference from the user where people can see the facilities and book the place online if there is such an option.
- (4) An app that allows people to send invites to everyone in their locality to join them in an outdoor group activity like sports, workouts, yoga, etc.
- (5) An app that rewards people for completing their physical workout targets. activities and work out on completing certain targets.

6.2 NARROWING DOWN TO ONE SOLUTION:

We have narrowed it down to an app that helps people to invite other people in their locality for any form of outdoor activity along with ensuring privacy. Basically, for the purpose of enjoying sports and exercise, people can set up their schedule as well as location. This app does not notify the user constantly to complete some daily tasks and hence does not increase the cognitive load. Finally, we narrowed down our solution by considering 3 pillars of design, i.e.

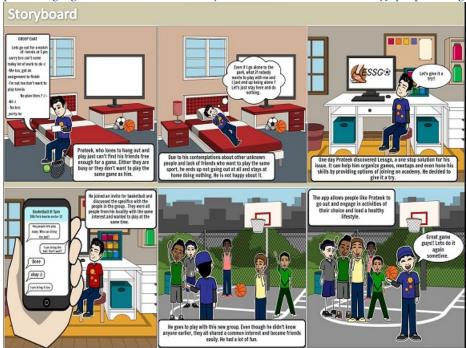
- (1) Visceral Design: By forming new connections with people and also enjoying the essence of sporting activities which makes us form a better connection with nature, hence it is our assumption that it will sound and feel good to users.
- (2) Behavioral Design: Our application is highly user-friendly because people who like to enjoy activities with as many people as possible can use our app. On the other hand, those who want to do an activity alone can also do it by observing notifications.
- (3) Our app is not just helping people to find their companion for playing a variety of sports but it also enables people to go for activities like yoga, meditation, laughing exercise, and many more forms of exercise which are with us from many people but the current generation is forgetting its true essence.

7 MIND MAP

https://miro.com/app/board/uXjVOI46eFo=/?share_link_id=333532977107

STORYBOARD

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9 LOW FIDELITY PROTOTYPE

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LOGIN	SIGN-UP	Reset Your Password	Create Profile
Email Add.	User Name		Age
Pass word	Enter Userrame Create Pass	Enter Your. No.	Phone No.
LOGIN	Enter Password	Number	Clender. M F O Select Autar
Forgot Password?	Confirm Pass	Enter Your Email id	Select Avian
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Don't have account?	SIGNUP	Send Code	Less Go!
(Sign-Up)			
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O Sports	Hey XYZ!	Instructor	Location: or 0
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10 HIGH FIDELITY PROTOTYPE

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11 EVALUATION PLAN

We would start our evaluation by floating a google form and gathering suggestions from the users on the general interface of our app. We would provide the link to our figma project and provide some test cases for the users to test. Based on these inputs from the users we would now try to re-iterate on design.

Secondly, we would start gorilla testing of our app by providing the interface to our peers in natural settings and hence gather insights from what features they are able to notice in the app.Based upon this we would ensure how much the features of our app our easily accessible to the users and what all we need to reconsider.

Thirdly, to expand our scope of observation we would start testing by crowd-sourcing, i.e. we would provide our app to people from various age groups from general public and observe their notions of the app. This would ensure the testing of our app from the elderly people as well who are our active stakeholders and hence give us the impression of our app on different age groups.

Finally , during evaluation we took a semi-structured interview with pre-defined tasks .We made a google form in which we wrote our observation from the interviews.

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12 CONTRIBUTION DEADLINE

Udit :Narrow down to one solution, High fidelity prototype design

Lakshya Goel :Hi Fi prototyping

Prateek:Storyboard, Hi Fi prototyping design

Ritwik Kashyap:Hi-Fi prototype design, evaluation plan.

Saurabh : High Fidelity Prototype

Swastik:Low-fi prototyping

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13 EVALUATION CRITERIA/TEST CASES:

- Task 1: Was the user able to select their interests?
- Task 2: Was the user able to create the invite?
- Task 3: Was the user able to join an invite?
 - Task 4: Was the user able to join as an instructor?
 - Task 5: Was the user able to retrieve the details of the the Instructor?
 - Task 6: Was the user able to get the details of a group he has joined?
- Task 7: To what extent the UI was aesthetically pleasing?
- Task 8: To what extent the prototype was easy to use?
 - Task 9: To what extent the prototype was easy to remember?

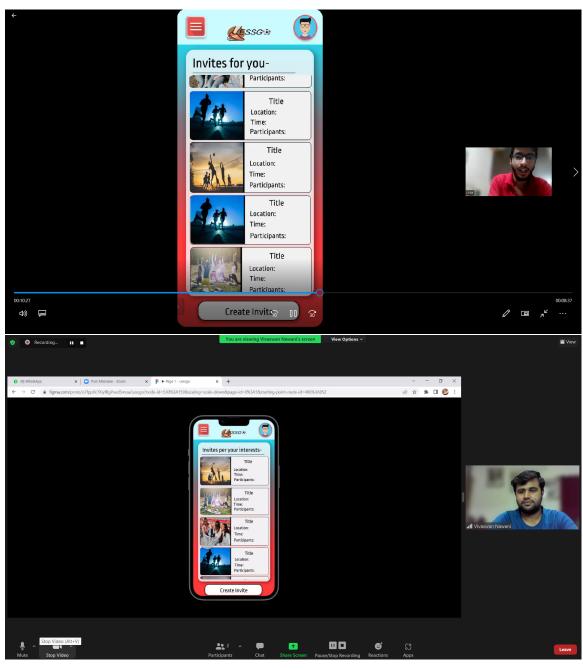
In the end what do users suggest about cognitive load and their valuable suggestions related to the usability and functionality of application?

14 NOW, LET'S SEE THE EVALUATION WORK:

One of our team members took some interviews related to our high fi in the park. Also we take some interviews online with some of our potential users.







User 1:

Consent Details: He gives us permission that we can use his name in our research work. He gives us permission to record audio but does not allow us to take his picture. Summary of his point of view related to our prototype: Overall functionality-wise he found our application easy to use and remember . He was able to reach different details of our UI but according to him, the application was not very aesthetically pleasing because he does not like the color combination

much. He also suggested that we add academies along with instructors in the application. In the end, he gave positive feedback along with a piece of small but crucial advice to make some changes to the main logo of the application.

User 2 and 3:

Consent Details: They both give us consent to use their name for our research work. Here we take a group interview of 2 users in the park. They give us consent to take pictures for our research work. Both were young and passionate about sports. They like the usability and functionality of our application. According to them, the application was easy to use but it was a bit tough to remember because there are quite a lot of functionalities in it. They give us suggestions to add a page where we can see and recreate past invites. Overall they like the functionality of our UI and our problem statement in addition they also give us some suggestions related to the usability of the application.

User 3:

Consent Details: They both give us consent to use their name for our research work. Here we take a group interview of two potential users in online mode. They give us consent to record the audio as well as video. They like the problem statement a lot because they both were facing the same problem and want such a solution. They like the functionality and usability of the application but according to them the design was a bit simple it can be more stylish. Also one of them found it difficult to retrieve details of group and want that the group details should be on a different page which we can operate from home screen.

User 4:

Consent Details: He/She does not allow us to use his/her name in the report. The user gives us consent to record the audio but not the video. He was able to use different functionalities of our application easily but he gave us suggestions to add pictures instead of text at certain locations to make it more user friendly. The user also suggested to change color scheme at various locations of the UI like in the create invite page user suggested to add more interactions so that users can make a better connect with it.

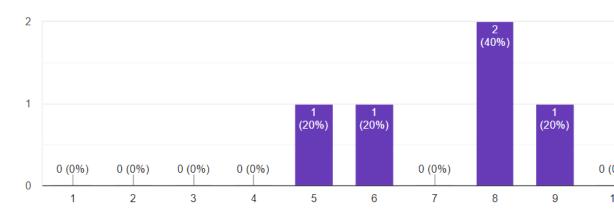
User 5:

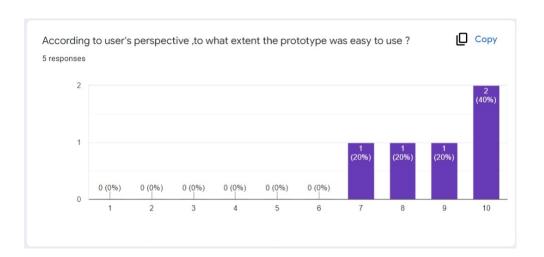
Consent Details: He allows us to use his name for our research project. The user gives us the consent to record video as well as audio. The user likes the usability and overall design of the application but found it hard to reach some pages like the group description page. He found the application aesthetically very pleasing and like our problem statement as well. On grounds of usability he suggested to give some feedback options at certain pages which we try to incorporate in the next iteration.

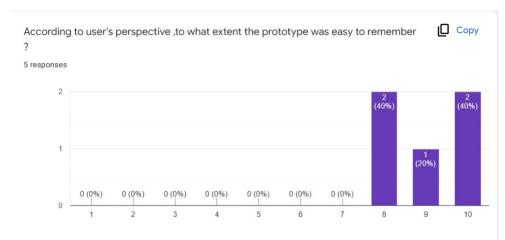
To what extent the UI was aesthetically pleasing

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5 responses







List of Valuable

suggestions of Users:

 User suggested changing the logo because according to our problem statement the application is generic in use for all but the logo seems to be more inclined towards kids perspective as it contains football in it. He said that the application is very simple and makes it a bit attractive and stylish.

Suggested to change the color scheme of the UI He wants us to add more designs and images so that users can make a better connection with it.

There is no load as such but he has given the suggestion to improve consistency in upgrade your skill page specifically in the academy and instructor page

Proof of Consent Form

 $https://docs.google.com/forms/d/1WIYMMtnd8KrX3cw24Se5mWywngkzs_8p1AgMFapiTSE/edit?usp=sharing Recording of Interviews$

https://drive.google.com/drive/folders/1AiPfsQDnnn62Ro0bESUbo4oQ8RGgfpEi?usp=sharing

15 ITERATIVE IMPROVEMENTS

Before moving on prototyping step we need to keep in mind that design cycle first:

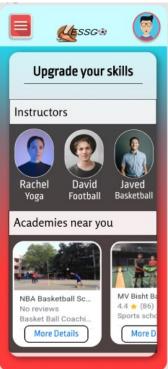


(1) Initially, we assumed that giving only instructor details on upgrading your skill page is enough. Later on we realized after evaluation that a considerable number of users put forward a demand for an academy on that

page.

But before making changes we look out at possible design alternatives at which we look at initially what details to mention and what to not .For completion of this firstly one of our group members visit an academy to discover the possible requirements .Then after we realized that academies are willing to give their details as it will give them mutual benefit also because of publicity.

Then finally ,we made similar changes in our high fi prototype as well as we are now adding academies nearby also as our stakeholders. We have added this as additional functionality now:



- (2) In selecting your interest page, after the Evaluation, many users suggested that there is a bit of cognitive overloading on that page as well as that page does not seem to be very user-friendly.
 - Then we think about what can be the possible solution of it. One can reduce the details but again this will hamper our functionality. So, we finally by again looking at requirements decided to recreate that page by adding more pictures and fewer descriptions so that users could better connect with it.



- (3) During the evaluation, one of our stakeholders suggested that there is no way to see our past invites. If we had a record of past invites, we could easily recreate them. Hence, it was an important feature to add so that we stand up to usability goals like easy to use and easy to remember.
 - But again before adding it in our high fi prototype we need to look at what possible solution the problem can have and what are the requirements . Possible solutions will be like either we can give a separate page in hamburger or we can give it an active invite list but it will create a bit of cognitive overloading as there are already quite a lot of functionalities on that page.
 - So ,we finally decided to add past invites functionality on hamburger.



(4) During evaluation users demanded in the join invite screen to add a filter to reduce cognitive load .For this then again we discover the requirements then we realized finally ,there should be option of sports ,exercise , recreational and customized where user can add there own type. Then we finally we add the filter option as



16 LIMITATIONS OF OUR PROPOSED SOLUTION

Finding a group of people who wish to do the same activity at the same time as you is extremely difficult. Many times, when one is free, others are busy and vice versa. Often there are people looking for groups and groups looking for more people but there is no platform that can connect the two. If there were, however, people could engage in group activities at their convenience, and benefit from the numerous advantages offered by it.

People who have recently shifted places find it especially hard to find a group and make acquaintances. If they could engage in group activities of their liking it would become comparatively much easier to form friendships and bonds. Often people are hesitant to interact with others unless they have some work that limits their social interaction. If such people were to participate in common activities, this hurdle would no longer exist.

17 FUTURE WORKS

- (1) Related to functionality, we are aiming to add a payment portal so that users can connect and join with an instructor or an academy through our application only.
- (2) We are in the ideation process of upgrading the colour scheme of our app as few users suggested changing the color scheme while others suggested that color combination is fine so we will make more observations and will conclude only after looking at other possible alternatives.

- (3) We also aim to add an incentive option(rewarding system) which will provide rewards to users as they keep on completing their daily targets. This will make things more interesting for users .Definitely ,this would be a very crucial point in the development perspective of our application.
- (4) We also have the idea of of having an option of popularity of a field which will notify us about the number of people available at the specified place which will help the user identify the perfect place and time to go out and enjoy comfortably..

18 FINALIZED HI-FI PROTOTYPE AFTER ITERATIONS

https://www.figma.com/proto/o7fpp9c7XiyfBgPxudSmoa/Lessgo?node-id=486%3A932&scaling=scale-down&page-id=0%3A1&starting-point-node-id=486%3A952

19 VIDEO RECORDING AND PRESENTATION

https://drive.google.com/drive/folders/1pZzAzGfEJcUi6XqfVmAhdMVfAPTeHpWp?usp=sharing

20 PRESENTATION

 $https://www.canva.com/design/DAE975nzPy8/QLzmMr3nzz_XdQnPCRjbIQ/edit?utm_content=DAE975nzPy8\&utm_campaign=designshare\&utm_medium=link2\&utm_source=sharebutton$

21 REFERENCES

https://www.researchgate.net/figure/Interaction-design-lifecycle-9_fig8_317174982 https://youtube/yBarT7wG2qQ

22 CONTRIBUTION DEADLINE

Udit :Hi-Fi prototyping video,Evaluation

Lakshya Goel :Hi-Fi prototyping video,Evaluation

Prateek: Evaluation, Presentation

Ritwik Kashyap: Evaluation, Presentation

Saurabh :Evaluation

1127 Swastik: