



Goals and Needs:

- To get fit and learn how to balance academics with fitness
- Fitting into her clothes again after going overboard with her stress eating
- To find a gym partner that can help her not to be so afraid of going to the gym

Activity of Interest:

- Doing research for her Bio team
- Gym (varies, everything except heavy lifting)

Situations:

The new wellness center has opened, Alex really wants to begin working out with the new equipment, but is afraid of going to the gym on her own.

Alex attempts another go to the gym after her failed workouts in her dorm. She shows up to the gym and sees a group of athletes from a team crowding a huge area of the gym.

Alex goes to the gym for a third time, determined to get to a workout. At first, she is doing well, but then she notices a group of girls taking snapchats while working out and sees that she is visible in the video, revealing her bad form with the weights.

Midterms are around the corner, and Alex is more stressed out than ever. She has little motivation to go to the gym. She doesn't know how she will be able to pass with all her extracurricular

Alex has finished midterms and is back home for her thanksgiving break. She is looking for an outfit to her Friendsgiving celebration. She picks out her favorite party dress, but the zipper is not going up

Alex is at her friendsgiving celebration. Everybody is happy to see each other after a long time. Her friends are taking pictures of their gathering for their social media

After thanksgiving break, Alex returns to the gym. Before she gets discouraged, she notices one of her research team members working out in the gym

Alex uses the app on a daily for logging and doesn't miss her weekly gym workouts. She wants to improve her form, however, but her friend is busy with his own routine

On her second semester, Alex has mastered her gym routine, and she logs through every workout. She was invited by her gym partner to go to a formal, and she has to pick an outfit. She goes for her thanksgiving dress

Actions:

Decides to stay in her dorm and tries watching a five-minute YouTube tutorials in her dorm. Because she barely has any motivation, she gives up early in the workout, resulting in lack of data for her manual tracking app.

Go back to her dorm thinking that she can come back at time were the gym is not so crowded with intimidating athletes. Watches snap story of people happily working out. She is determined to go again, she wants to get fit no matter what!

She returns to her dorm, mad, doesn't log her workout, since she never really did the workout well. Decides that it is maybe time to quit the gym altogether

Alex decided to pull 2 weeks of straight up studying. No breaks, no workouts, just her, comfort foods, and her textbooks. As the second week approaches, she has spent half of her allowance on just junk food.

Looks in her closet for a lose but presentable shirt and pants and goes to dinner. She has fun with her friends but can't shake off not being able to wear her favorite outfit.

Unlike, her friends, she decides not to post anything to her social media. After feeling overwhelmed at her gathering, she is determined to find the perfect routine and hopefully, a partner

Gathers all her courage, and decides to ask her research team member if she can work out with him. He encourages her to use the lifelogging app every time they go to gym, and tells her to use the tracking app and to record her workout

Her workout partner decides to record himself while he is working out and Alex uses the app to not only see his form doing the exercises but also record herself for comparison later on

Alex reviews her progress on her app, and decides to try on her dress, and it fits perfectly. She has fun at the formal and enjoys herself.

Think:

It is not the same being on my own, I wish I had someone who could go with me to the gym
I don't even know what exactly to do or if I'm doing it right, how am I going to progress?

2

determined to workout

I go to the gym, but it doesn't feel like a comfortable space and when I do workout and log my workout, it doesn't look like I'm making progress.

3

sad

Academics are priority, no lifelogging. I need to pass the exams. Can't let my GPA drop

4

stressed/ moody

Great! Now I have to wear something baggy. I wish I had not stopped going to the gym

5

angry/ frustrated

I'm glad to see my friends, but I hate not being able to dress up. I'm going to workout and find a partner either on the app or at the gym

6

happy/ hopeful

Finally, found a partner. Now they can help me stay motivated. I'm gonna start lifelogging to keep track without a miss.

7

happy/ motivated

I need to find a way to follow my partner's workout. But I don't want to distract him. Maybe, I can use the app to log his workout and compare it to my log?

8

frustrated but still motivated

My hard work has paid off. My form has improved in comparison with the first logs ad I can finally wear my dress

9

happy and confident

Feeling:

Claims Analysis:

Positive: She is motivated to become healthy

Negative: Feels insecure working out on her own

Positive: She is in her safe space

Negative: Her dorm is not the most suitable for working out and can affect the workout progress

Positive: She stayed for longer than the usual

Negative: She didn't record her progress, which though it isn't much it's still progress

Positive: She will probably ace her exams

Negative: She completely disregarded her health and fitness journey

Positive: She still got to see her friends after stressing out

Negative: Not being able to wear the clothes she wants for not taking care of her fitness

Positive: Her situation helped her realize she needs to take care f her health

Negative: She missed out on months she could have worked out. She can't use her social media

Positive: Finally found a partner who helps her stay motivated

Negative: She will have to face her anxiety at the gym

Positive: She feels more comfortable in the gym and is logging

Negative: She hasn't found the right routine yet

Opportunities:

Our app has a social media area where she can find people of all athletic levels, who could've gone with her. Also, seeing other peers struggle could have helped her she isn't the only one

Our app has logs from other users that could have guided her through her weight work out and camera integration that would save her time logging everything textually into her phone

Our app counts with a calendar system that could have help her integrate her workout hours with studying

The app could have helped her stayed motivated by giving her personalized workouts and showing her videos of other NJIT students working out

The app counts with social media that could have allowed her to find people that she knew on campus that she didn't know also went to the gym, like her research teammate

The camera attributes of the app allows her to truly see her progress, unlike having just numbers on a screen. She can also improve her workout since she can watch her partner's log and compare her form to his