

**MICHAEL SIMPSON**

**PROCESS BOOK**

*boost!*

**AUGUST 9 2014**



## PROBLEM STATEMENT

People that exercise regularly often do not increase their workout intensity. They unintentionally fall into routines that do not increase their physical capacity. BOOST! is a mobile app that helps the user increase their workout intensity by building routines that are more intense than the previous routines completed by the user.

AT&T 4G 11:07 PM \* 31% AT&T 4G 11:12 PM 33% AT&T 4G 11:09 PM \* 32%

Done 11/17/13 AT 11:28 PM Cancel EDIT RUN

**3.68 mi**

Legal

⌚ 38:31 ⚡ 480 cal ⌚ 10'28" ⌚ 1550

71° Tag your shoes

This app sucks

SHARE

DONE

Date 11/17/13 11:28 PM

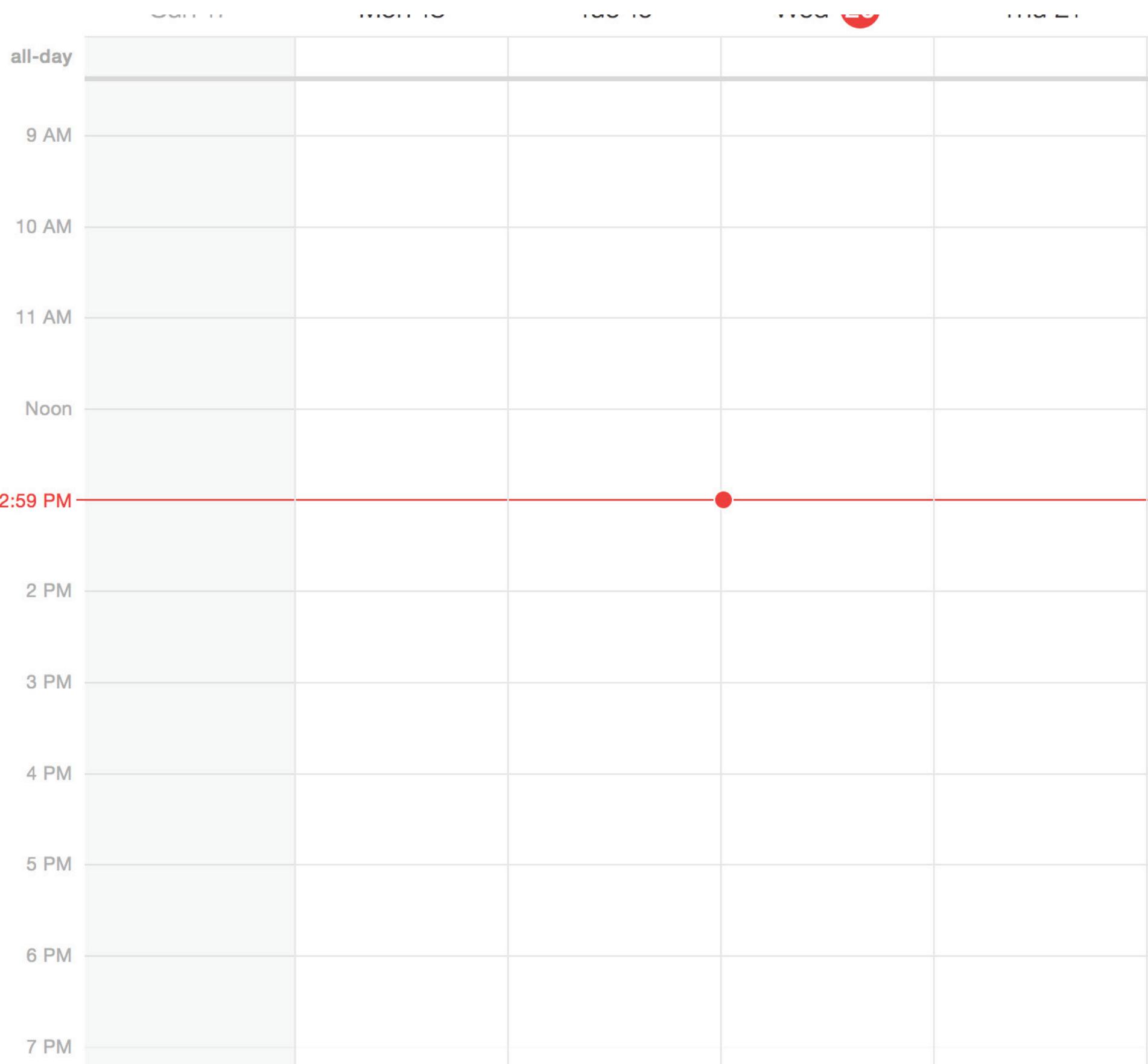
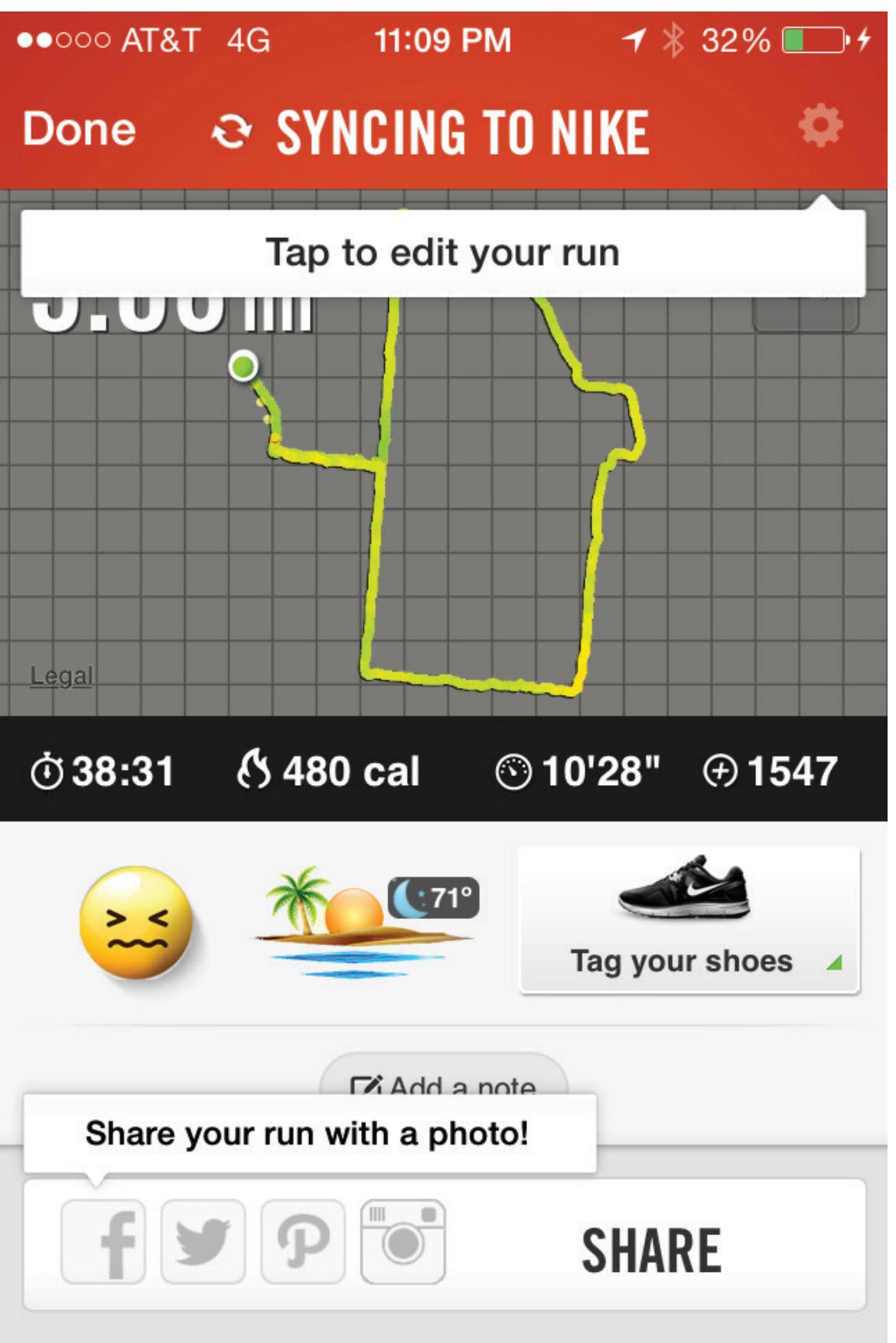
Distance 3.68 mi

Duration 38:31

Pace 10'28"

If you are unable to track your run, fill in the fields above to add it to your Activity list.

POWERED BY: MotionX®



## WHAT WAS DIFFICULT?

Stripping down the functionality and visuals was the hardest part of this project.

When creating mobile applications, it is important to keep data entry to an absolute minimum. Forcing the user to punch in extensive amounts of information about themselves is tiring and kind of annoying. BOOST! requires as little data entry as possible while maximizing usability.

Button clicked  
4+ times a day

Data reviewed 2+  
times a day

(18) Wednesday

How do I show people  
they've made progress?

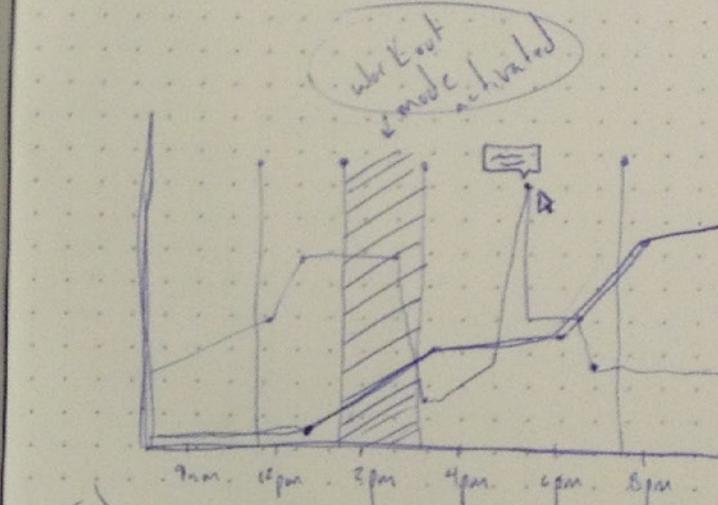
- Walking hours
- Feel it
- More steps / Motion / Active Rating
- Do brain teaser
- Yes track or communicate progress

(21) + Saturday + Sunday

Correlation between  
Heart rate & vigilance?

What data can a  
wearable provide?

- Wearable
- Old people (MS)
- Medicine, Water, Activity
- Meds influence workout routines

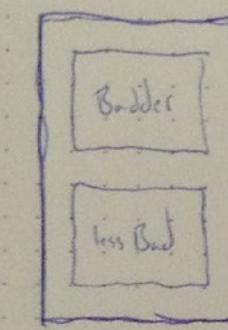
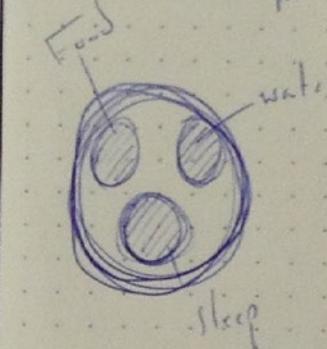


- ① View stats (Water, steps, walk routes, meal stats)

- ② Create profile  
Name, Age, Weight, Water

Compete w/ household

Heart rate  
Movement



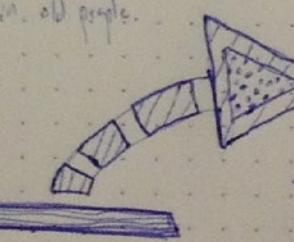
- ③ Difficult
- View stats
- Help

Healthy Habits

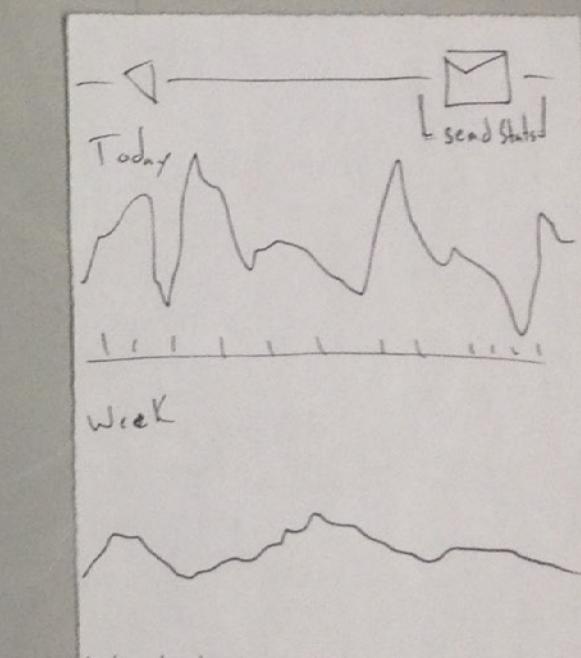
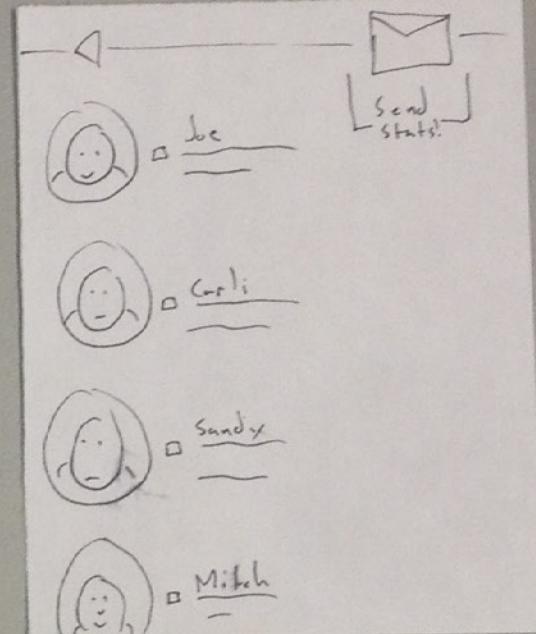
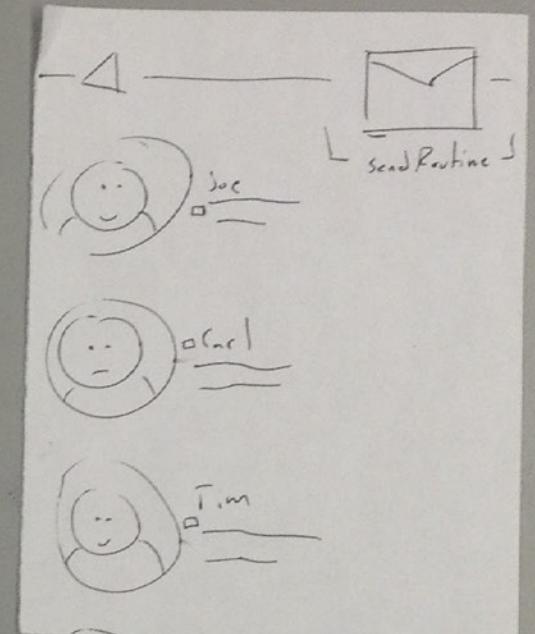
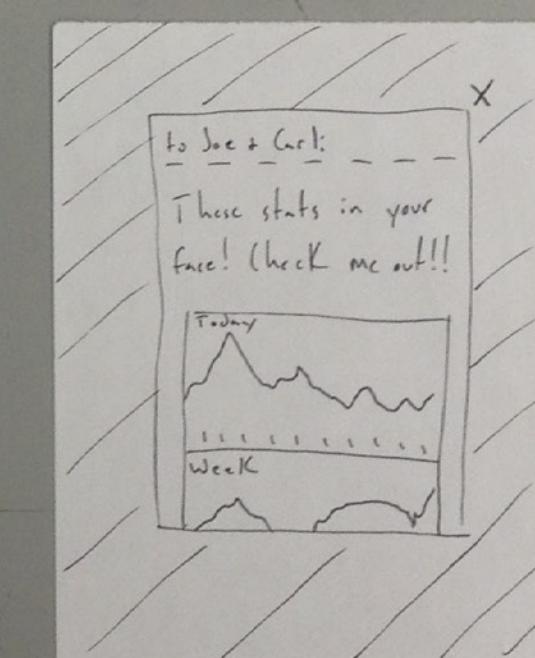
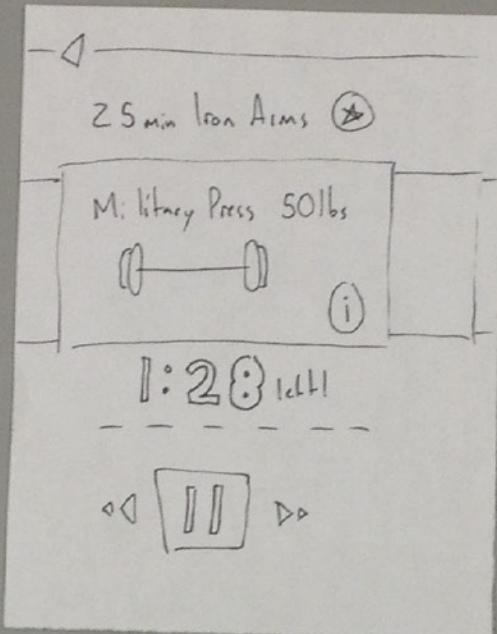
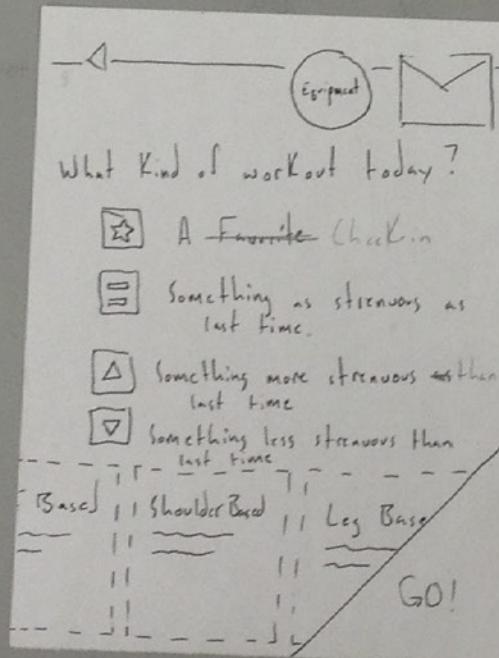
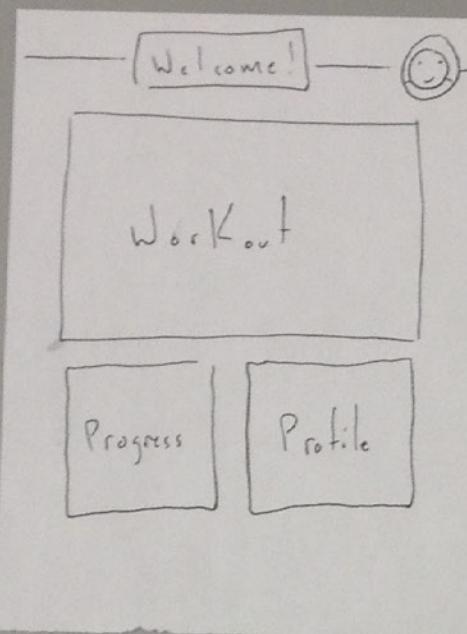
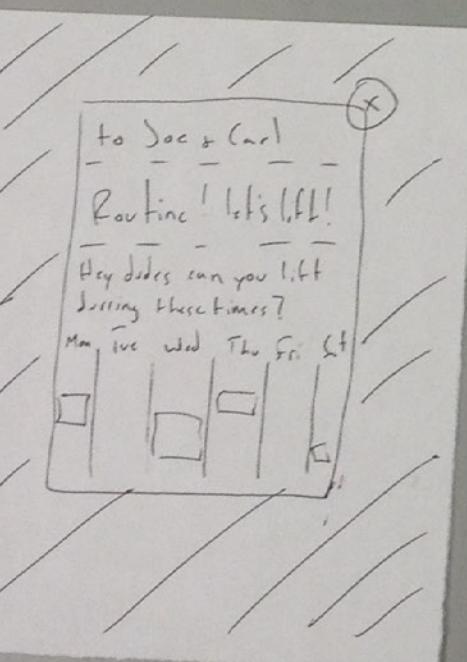
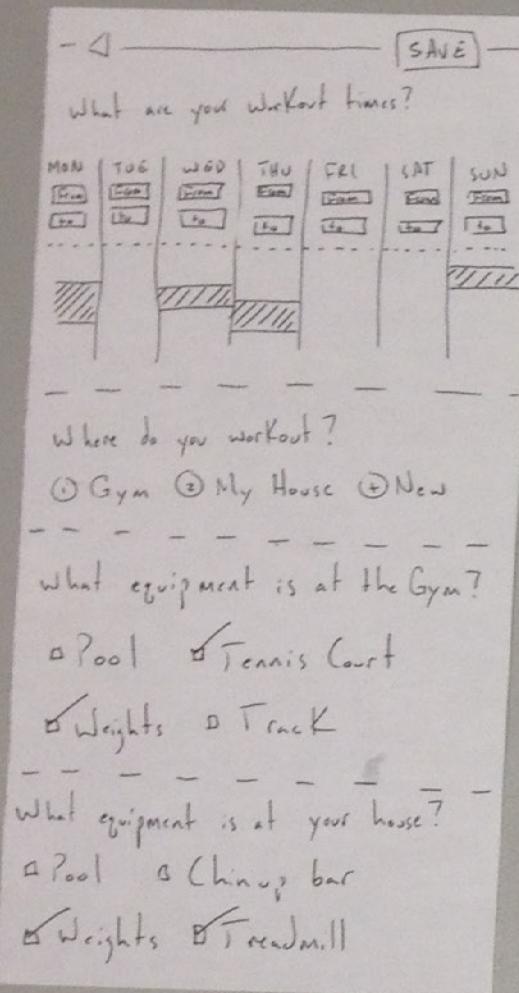
I want to create an app that  
encourages healthy habits in old  
people. I want the app to help people  
realize on their own that healthy  
habits can make healthier  
choices.

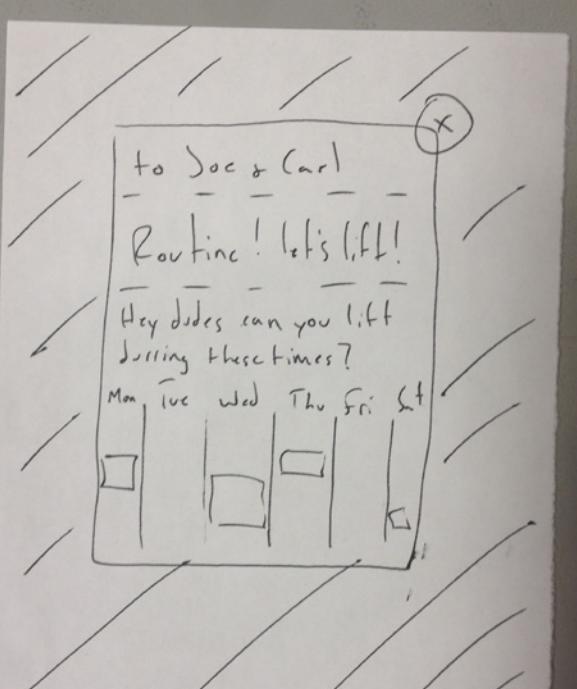
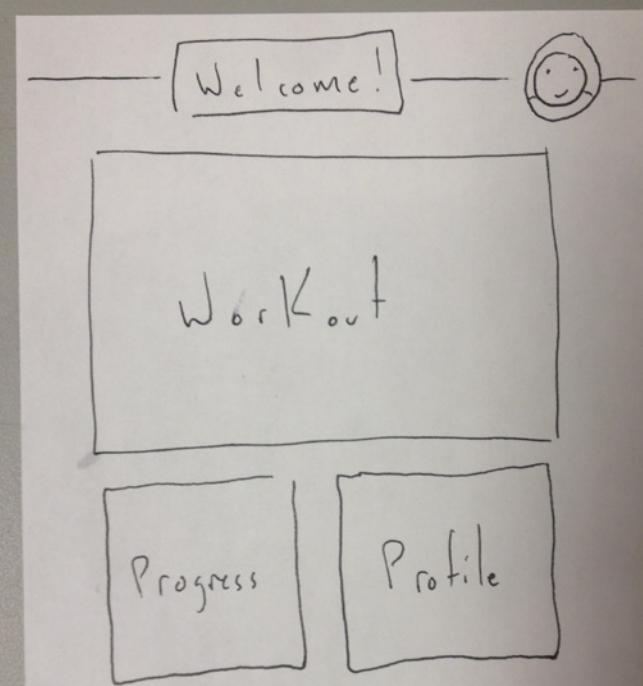
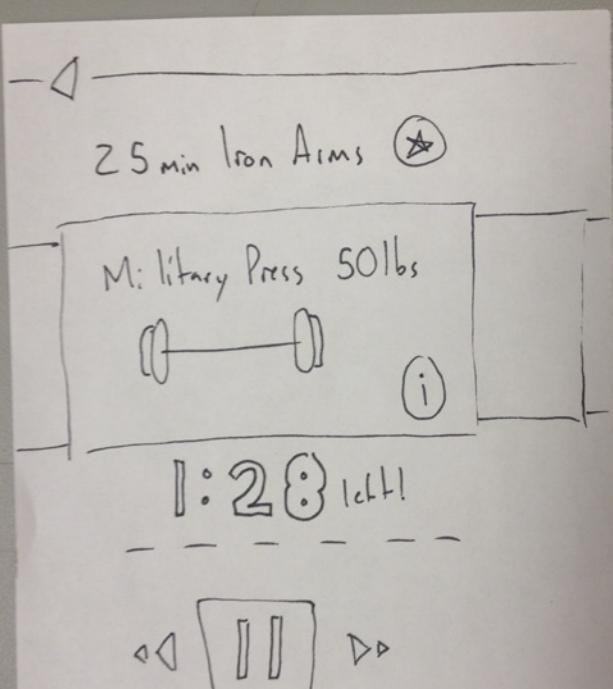
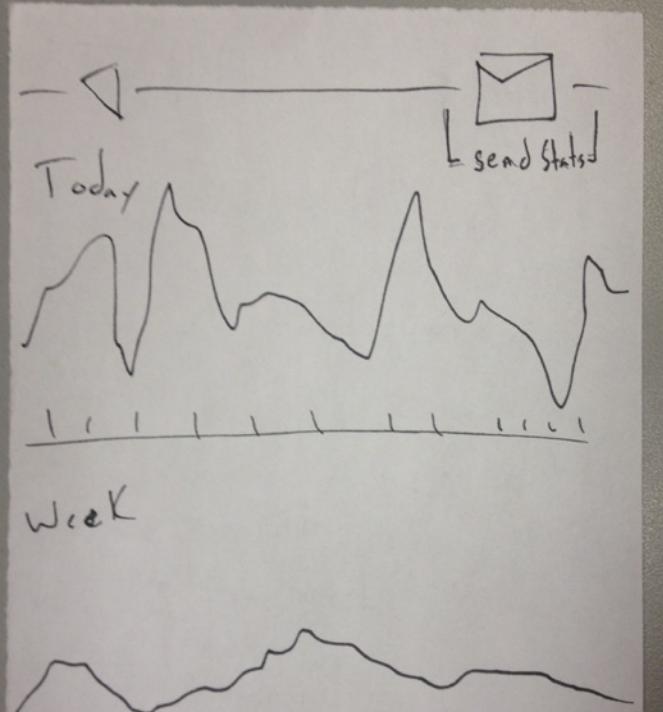
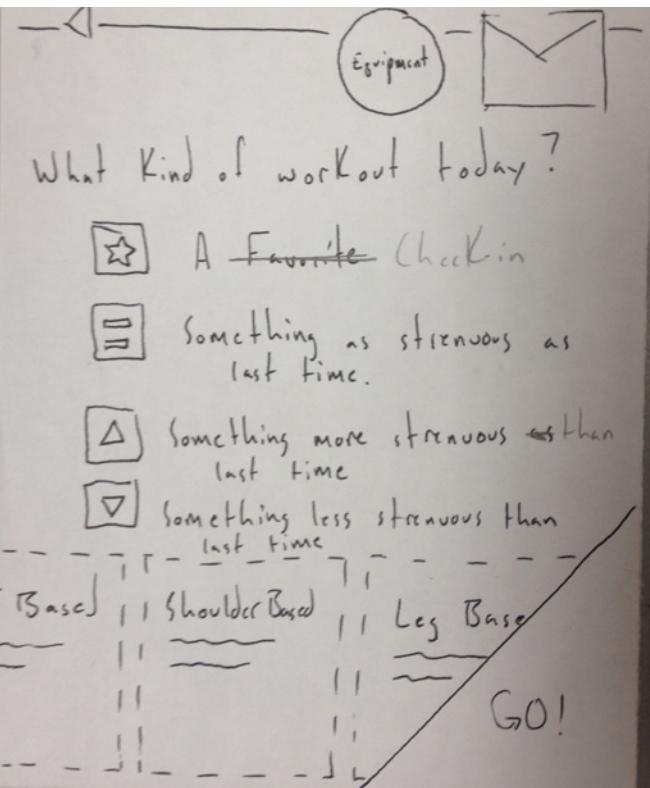
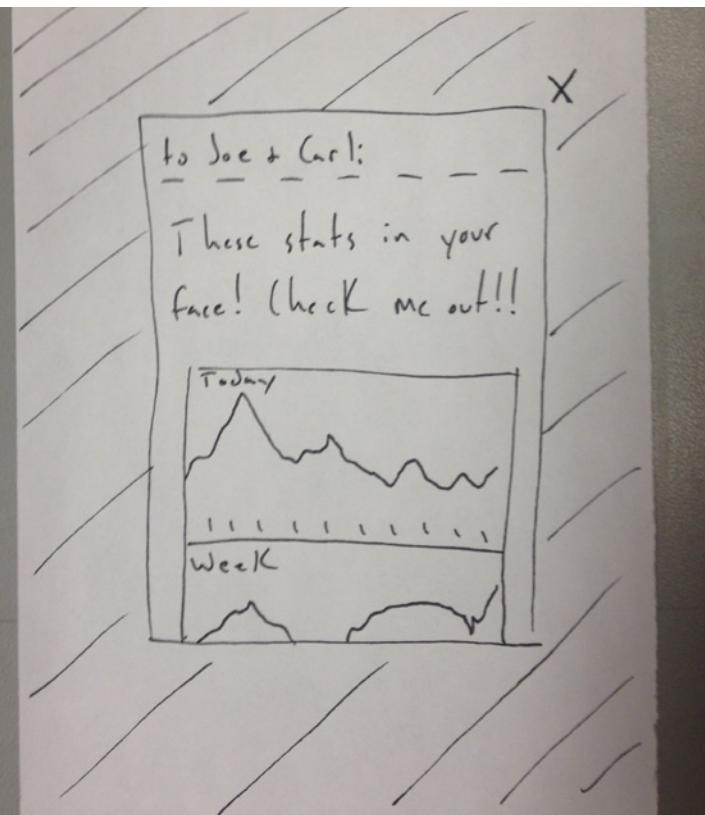
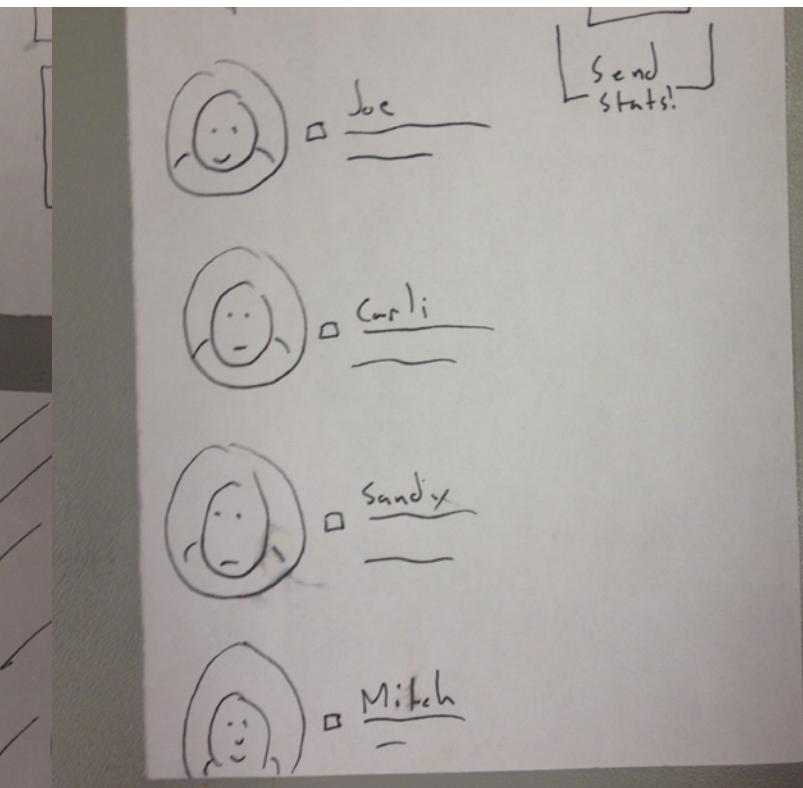
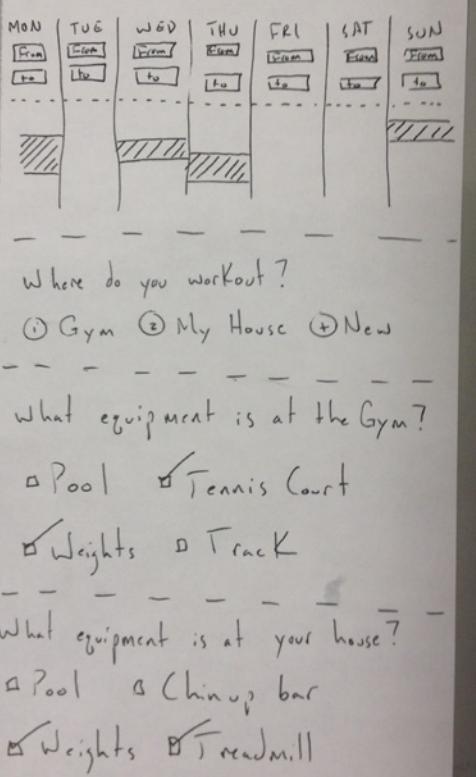
⑤ App Intro/Instructions

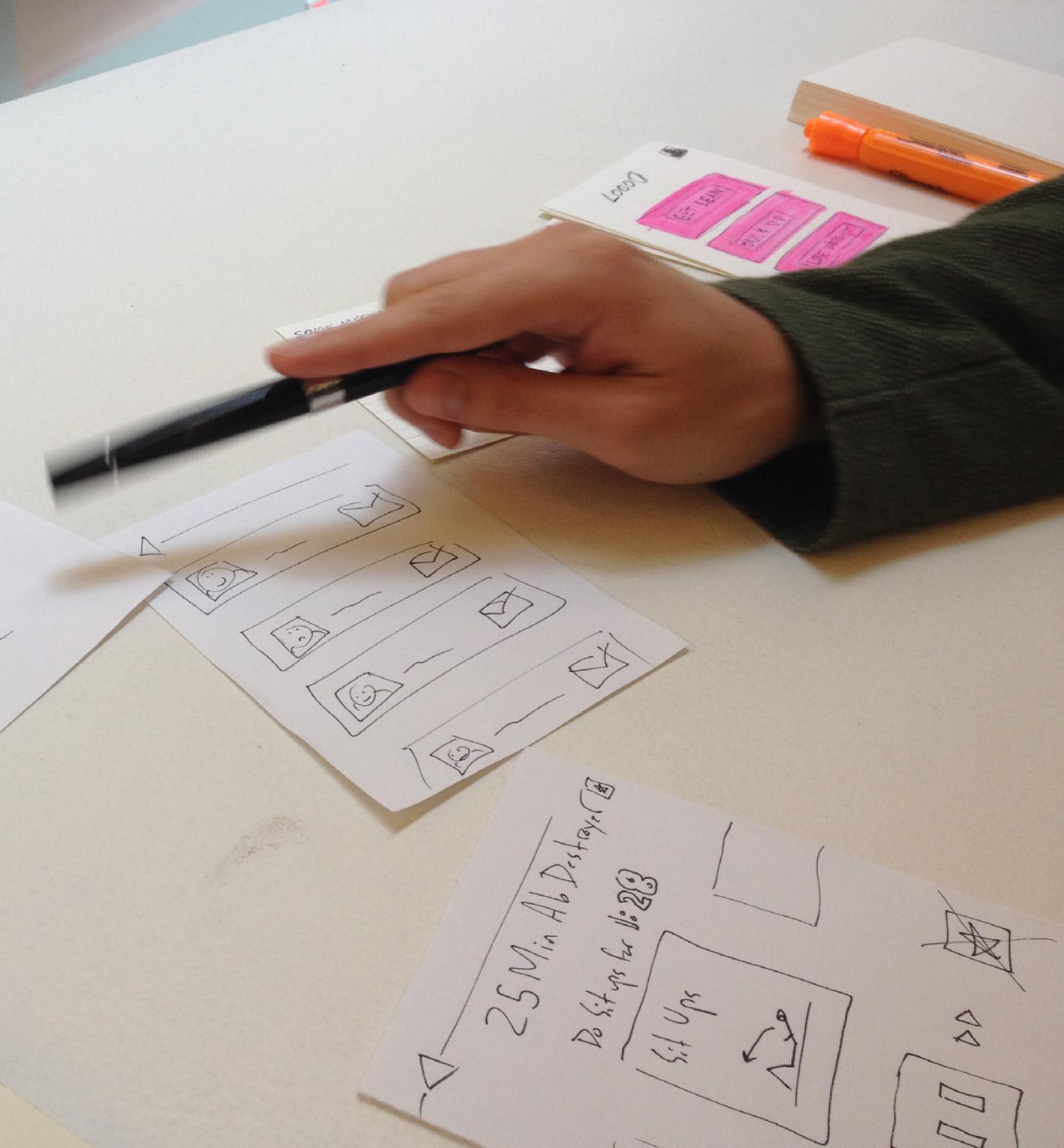
- Prevent common health  
mistakes in old people.

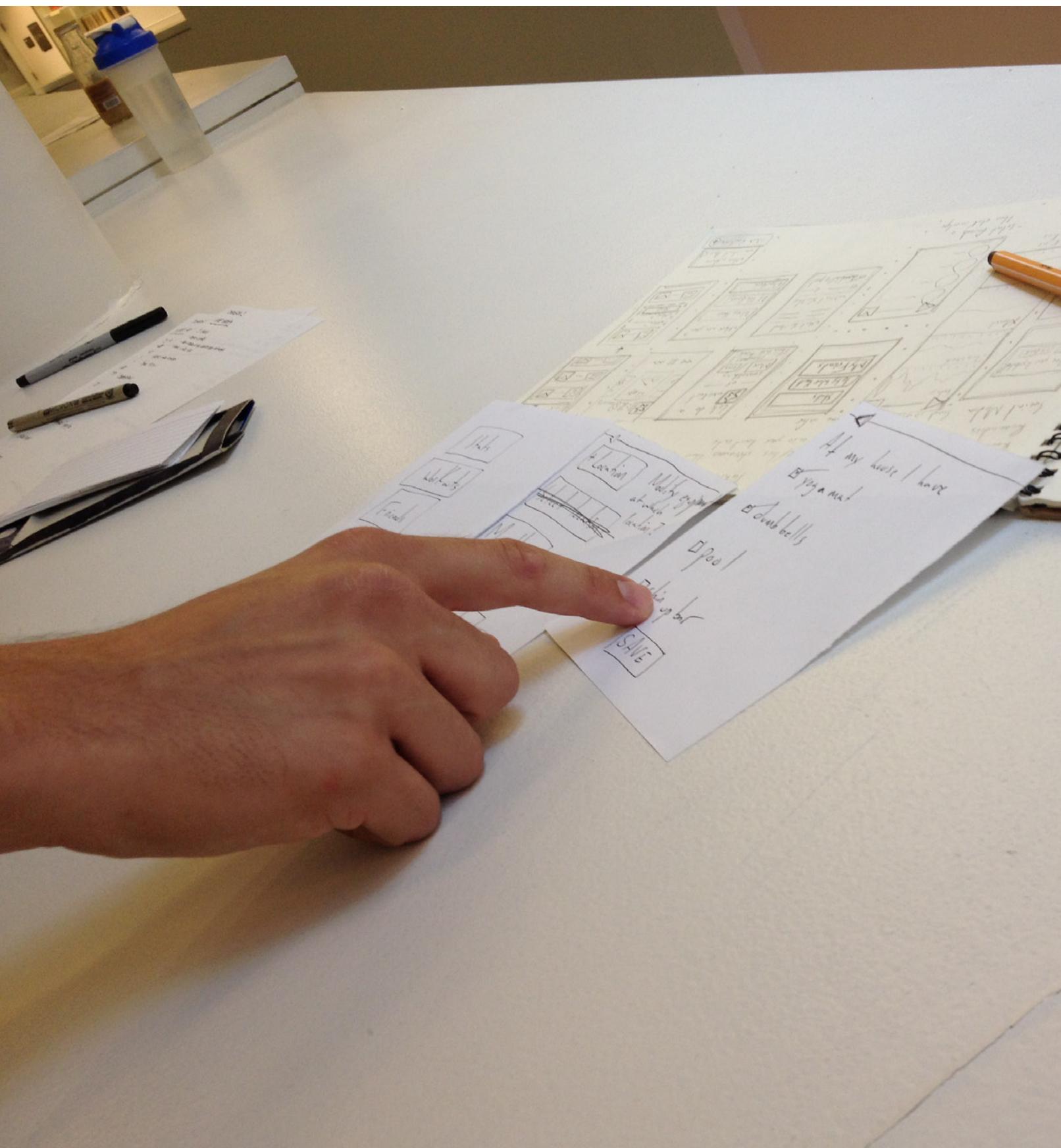


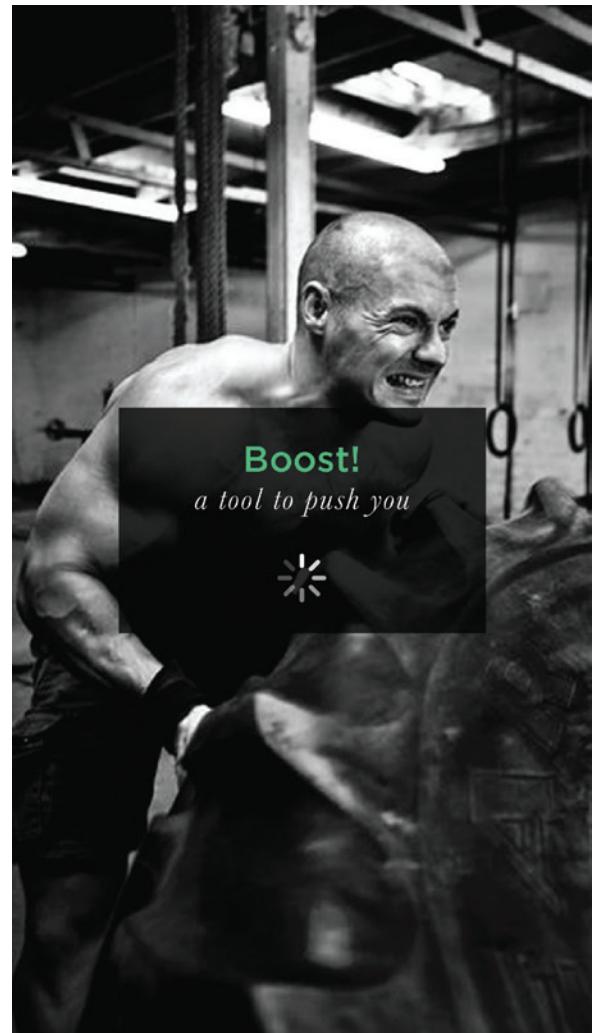
- Should I incorporate coloring/outing?
- How often should you eat?











# BOOST!

*Back*

**What kind of workout today?**

- shoulder based
- leg based
- cardio based
- core based

**What intensity of workout today?**

- check-in
- as intense
- more intense
- less intense

**Lift!**

*Back*

**Boost!**

**To:** Joe, Carl, SammyCool@gmail.com, Sarah, JohnJohn@gmail.com

**Subject:** Let's Lift!!

Hey!  
I've been using **Boost!** to improve my workouts. Here's my routine. Want to work in?!

-Jamie

**My Workout Schedule**

	9pm	12pm	3pm	6pm	9pm
Mon 1/27					
Tue 1/28					
Wed 1/29					
Thu 1/30					
Fri 1/31					
Sat 2/1					
Sun 2/2					

● Time Specified  
● Time Not Specified

**My Check Ins**

	1	2	3	4	5
100bs	8mi				
80bs	6mi				
60bs	4mi				
40bs	2mi				

● bench ● squats ● run

*Back*

**Boost!**

**My Workout Schedule**

	9pm	12pm	3pm	6pm	9pm
Mon 1/27					
Tue 1/28					
Wed 1/29					
Thu 1/30					
Fri 1/31					
Sat 2/1					
Sun 2/2					

● Time Specified  
● Time Not Specified

**My Check Ins**

	1	2	3	4	5
100bs	8mi				
80bs	6mi				
60bs	4mi				
40bs	2mi				

● bench ● squats ● run



**Back** **BOOST!**

Shoulder Based - More Intense  
military press 1:27 of 4:00

9:36 of 30:00 || ▶▶

*i*

**Boost!**  
is saving your gear and  
updating your workouts...

**Back** **BOOST!**

Tell us about  
your routine...

I have a  
rolling schedule      I have set  
work out days

What equipment  
is at your gym?

Racquet Ball	Rock Climb	Row Machine
Basketball	Pool	Trail / Mill
Tennis Court	Hang Board	Dip Rack

What equipment  
is at your house?

Chin up Bar	Weight Bar	Row Machine
Yoga Mat	Pool	Trail / Mill
Weights	Hang Board	Dip Rack

Where are you?

Here. Not Here...

*Save*

**Back** **BOOST!**

On what days  
do you workout?

Mondays	Tuesdays	Wednesdays
Thursdays	Fridays	Saturdays
Sundays		

What equipment  
is at your gym?

Racquet Ball	Rock Climb	Row Machine
Basketball	Pool	Trail / Mill
Tennis Court	Hang Board	Dip Rack

What equipment  
is at your house?

Chin up Bar	Weight Bar	Row Machine
Yoga Mat	Pool	Trail / Mill
Weights	Hang Board	Dip Rack

Add new  
Location?

*Save*

**Back** **BOOST!**

What are your  
workout times?

Mondays	From 9:00 am To 10:10 am
Wednesdays	From 9:00 am To 10:10 am
Fridays	From 9:00 am To 10:10 am
Saturdays	From 2:00 pm To 3:30 pm

What equipment  
is at your gym?

Racquet Ball	Rock Climb	Row Machine
Basketball	Pool	Trail / Mill
Tennis Court	Hang Board	Dip Rack

What equipment  
is at your house?

Chin up Bar	Weight Bar	Row Machine
Yoga Mat	Pool	Trail / Mill
Weights	Hang Board	Dip Rack

Add new  
Location?

*Save*

**what kind of workout today?**

shoulder based	leg based
cardio based	core based

**what intensity relative to last time?**

lighter	same
heavier	

**boost!**

**boost!**

**shoulder based - more intense**  
shoulder press [45x-55lbs]

*i*

**next!**

**tell us about your routine...**

"rolling" schedule	set schedule
--------------------	--------------

**what equipment is at your gym?**

racquet ball	rock climb	row machine
basketball	pool	trail / mill
tennis court	hang board	dip rack

**what equipment is at your house?**

chin up bar	weight bar	row machine
yoga mat	pool	trail / mill
weights	hang board	dip rack

**add new workout location...**

**where do you boost?**

it is called...

**save!**

**boost!**

**on what days do you workout?**

mondays	tuesdays	wednesdays
thursdays	fridays	saturdays
sundays		

**what equipment is at your gym?**

racquet ball	rock climb	row machine
basketball	pool	trail / mill
tennis court	hang board	dip rack

**what equipment is at your house?**

chin up Bar	weight bar	row machine
yoga mat	pool	trail / mill
weights	hang board	dip rack

**add new location?**

**save!**

**boost!**

**what are your workout times?**

mondays	from 9:00 to 10:10
wednesdays	from 9:00 to 10:10
saturdays	from 9:00 to 10:10
sundays	from 9:00 to 10:10

**what equipment is at your gym?**

racquet ball	rock climb	row machine
basketball	pool	trail / mill
tennis court	hang board	dip rack

**what equipment is at your house?**

chin up bar	weight bar	row machine
yoga mat	pool	trail / mill
weights	hang board	dip rack

**add new location?**

**save!**

## WHAT IS SUCCESSFUL?

I think that this project is successful because it requires little of the user but provides a lot to him or her. I think that this project could be pushed by considering wearable tech such as a watch that displays the next exercise or the amount of time the user should stay on their current exercise.

## WHAT TOOLS WERE USED?

I created this project using pencil, paper, Adobe Illustrator, CSS, HTML, JQuery, and Adobe Photoshop.



**THANK YOU!**