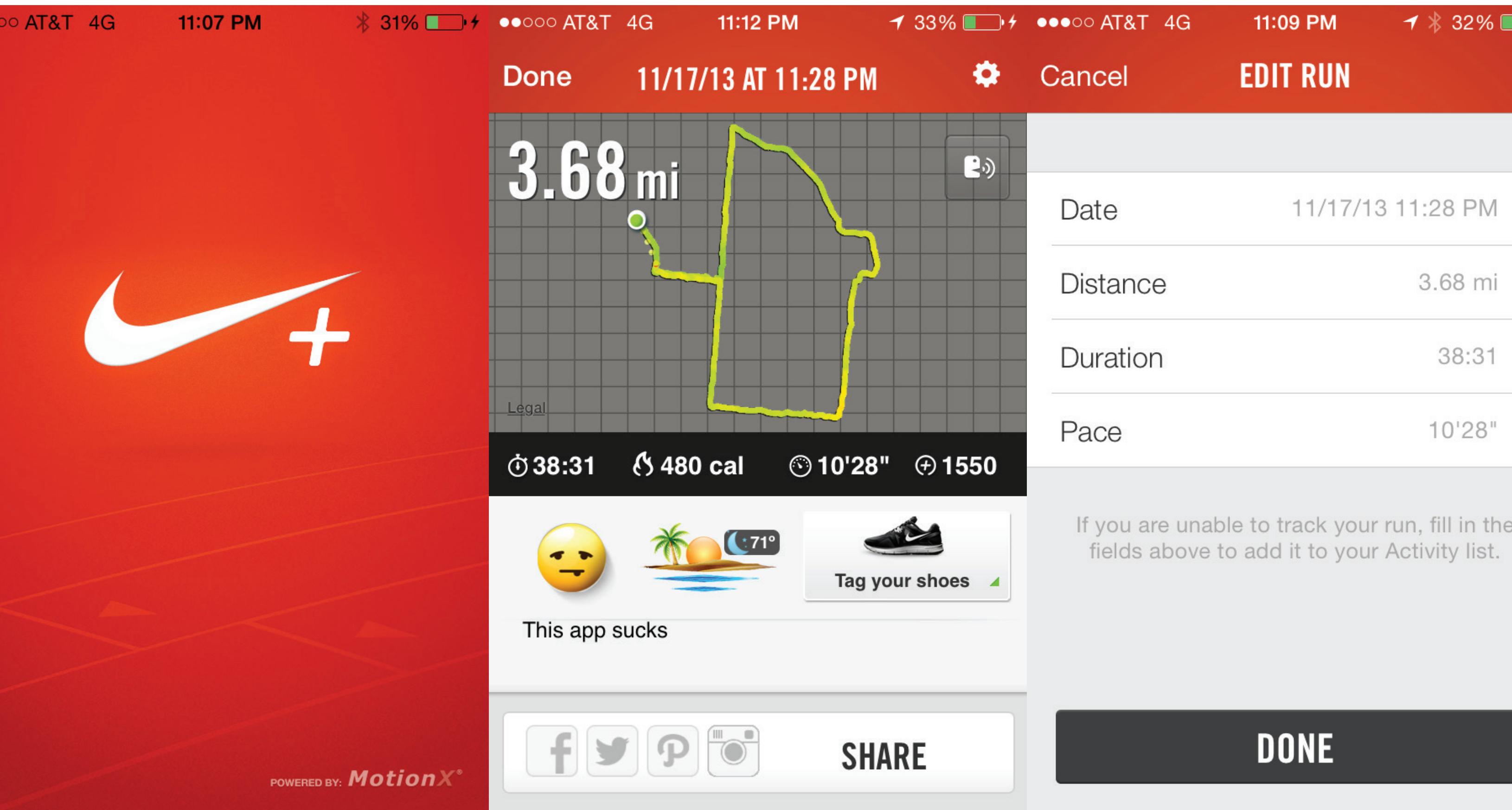


**MICHAEL SIMPSON
BOOST! PROCESS BOOK
AUGUST 9 2014**



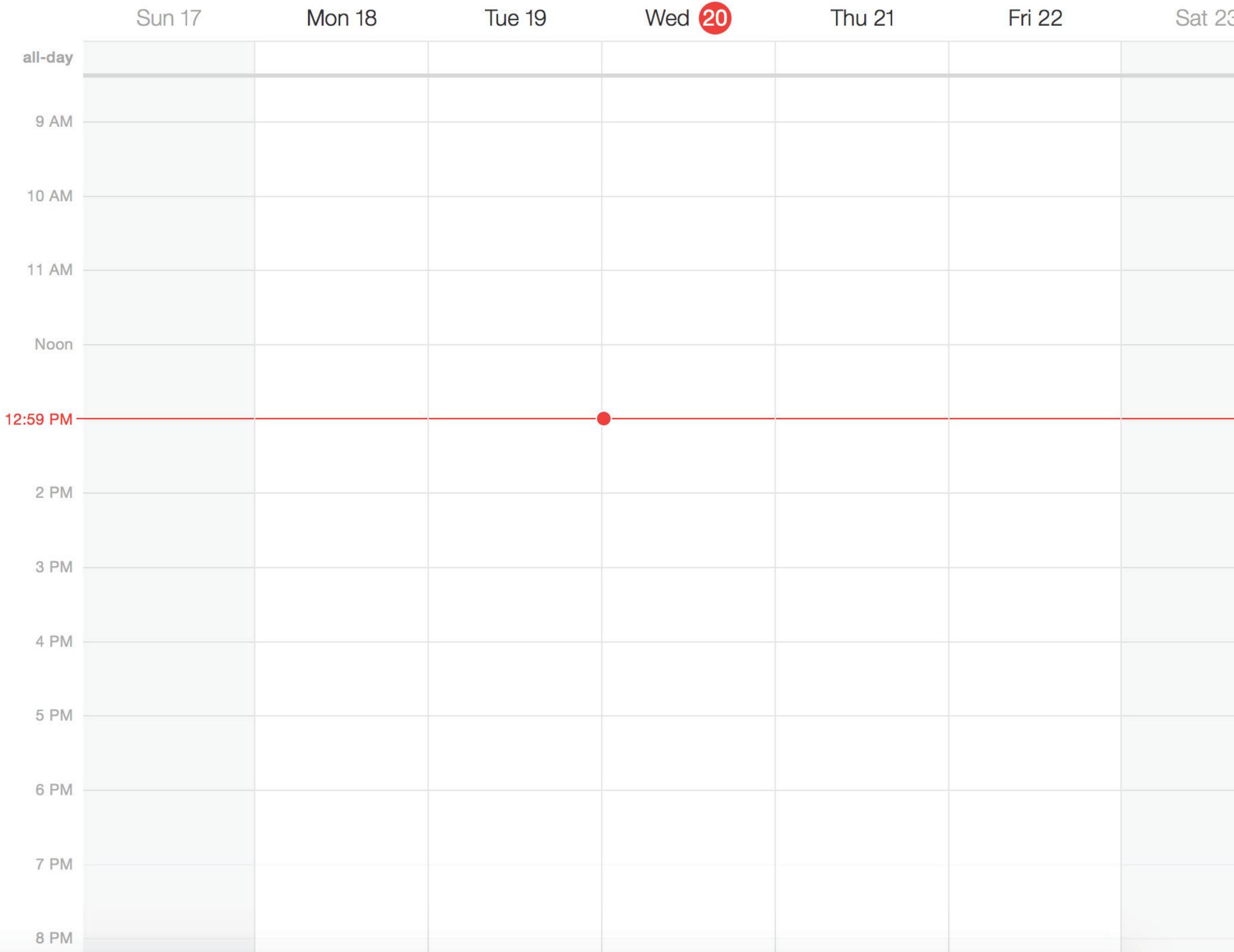
PROBLEM STATEMENT

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.





May 2015



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

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

Hold all buttons at beginning of workout

Fragtabout App During workout

Review stats at end of day.

Saturday + Sunday

Correlation between Heart rate & vigilance?

What data gonna wearable provide?

Wearable

- Old people (MS)
- Middle age, Water, Activity
- Meds influence workout routines

workout mode activated

9am. 1pm. 2pm. 4pm. 6pm. 8pm

Heartrate Movement

Food water sleep

Bad

less Bad

Repeat Routines

No increase in intensity

prevent common health mistakes in old people

① View stats (Water, steps, walk routes, Med stats)

**② Create profile
Name, Age, Weight, Water**

③ Compete w/ household

D. F. friendly

④ Visual stats

⑤ Help

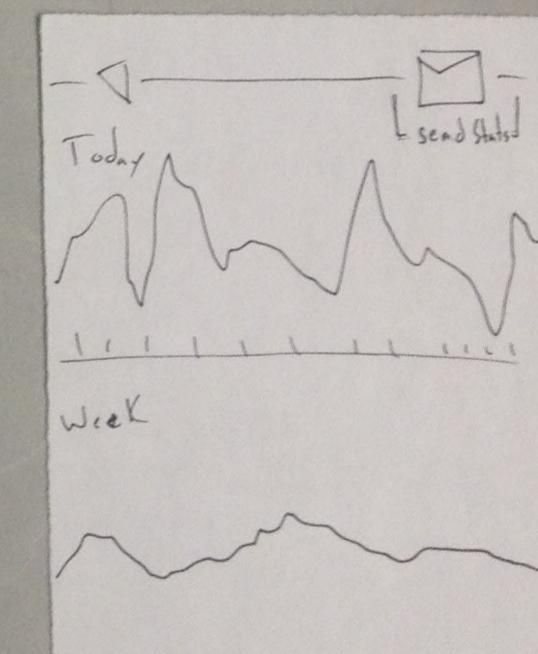
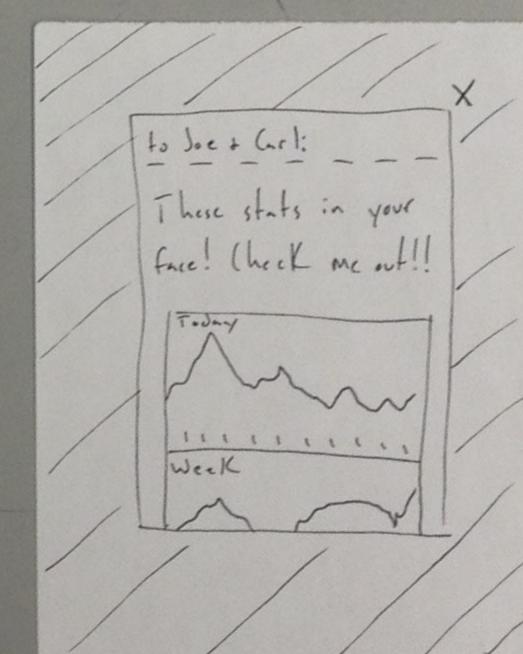
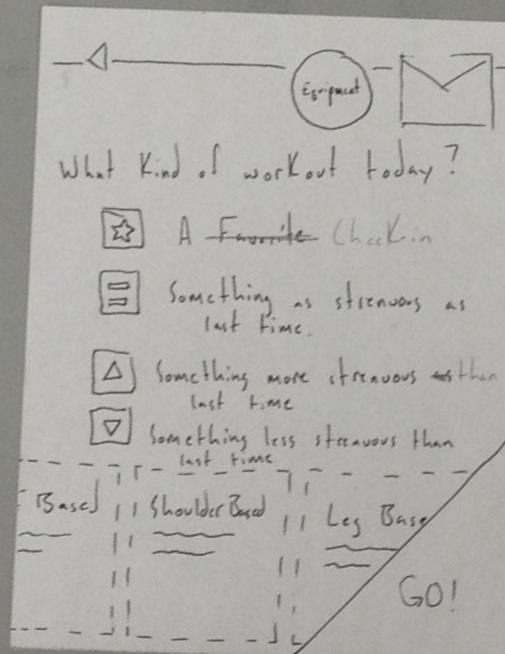
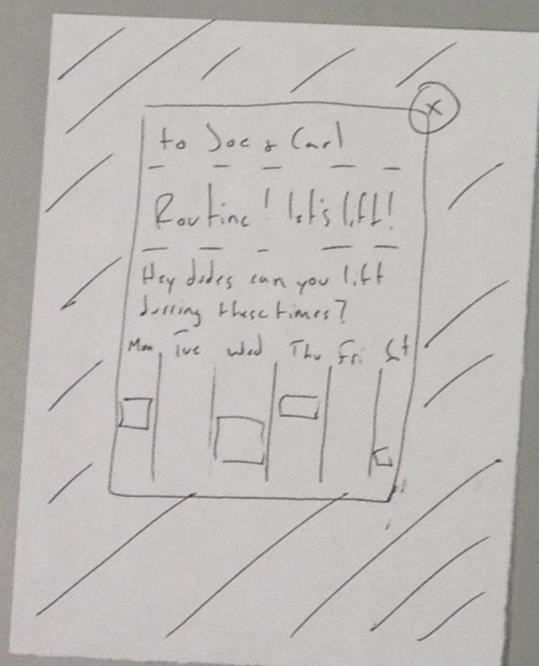
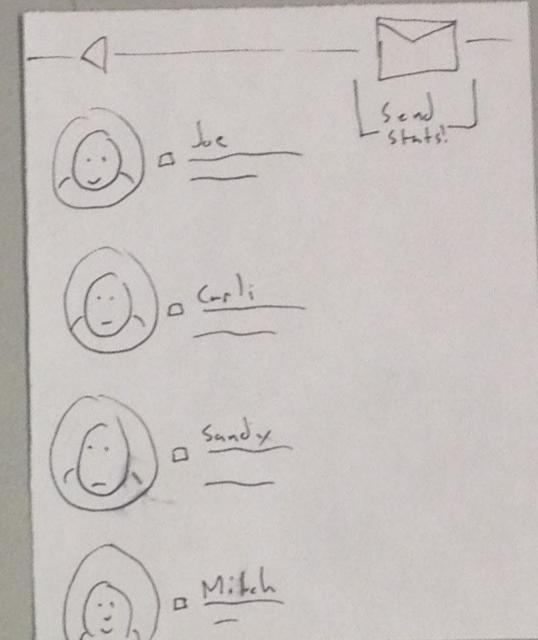
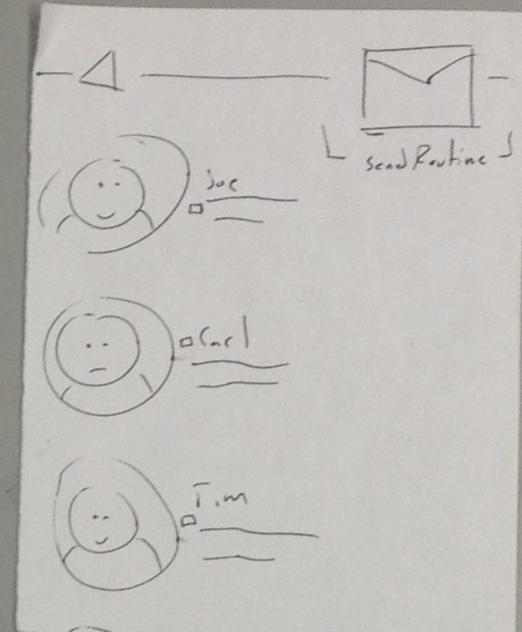
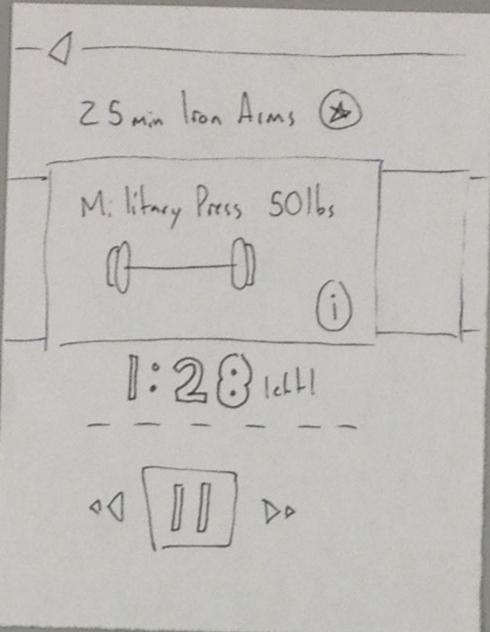
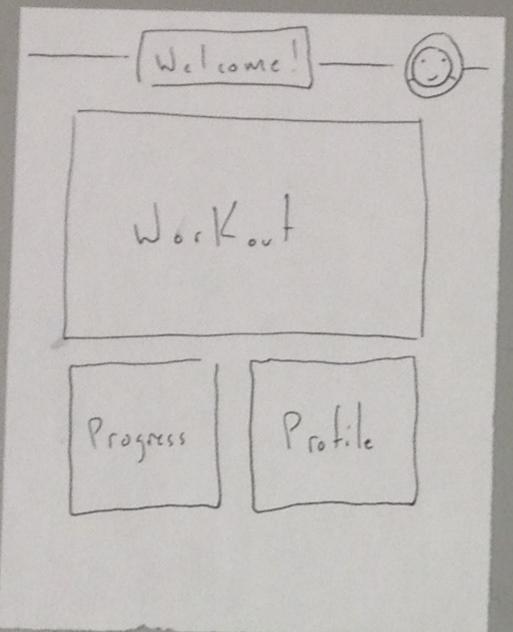
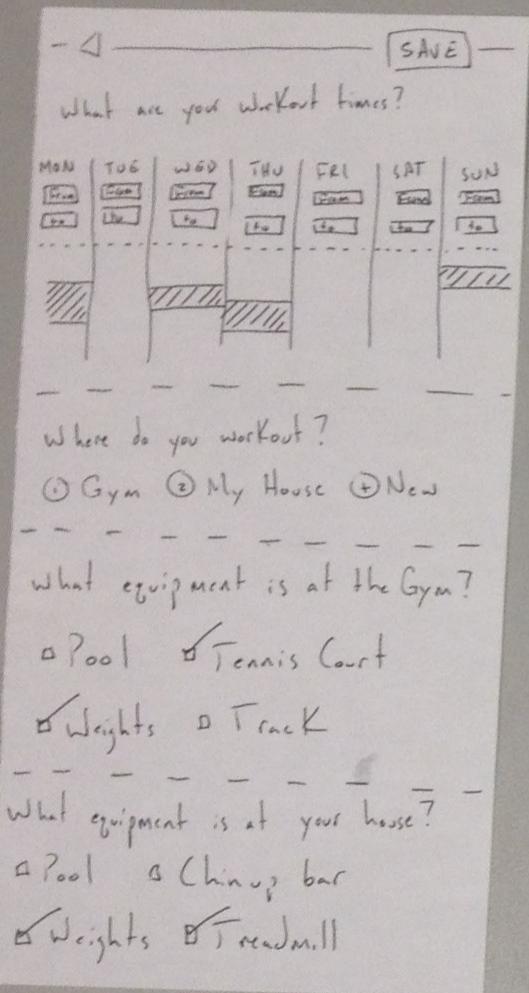
Healthy Habits

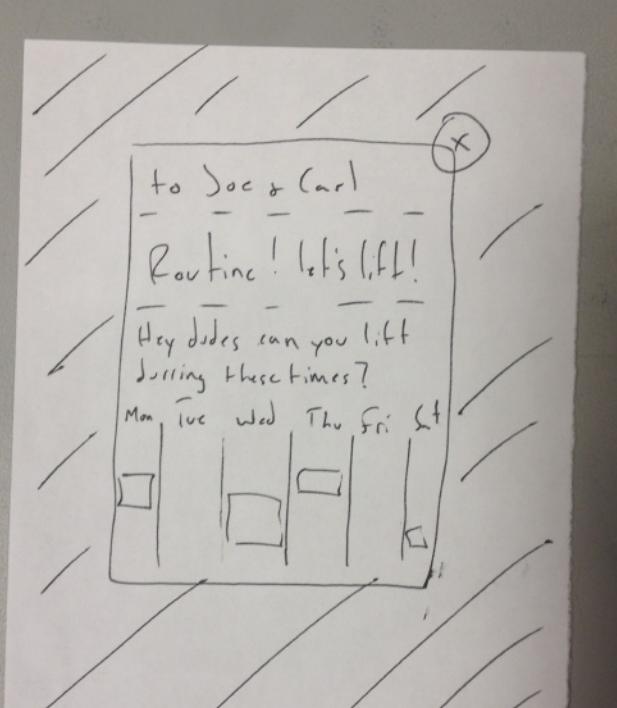
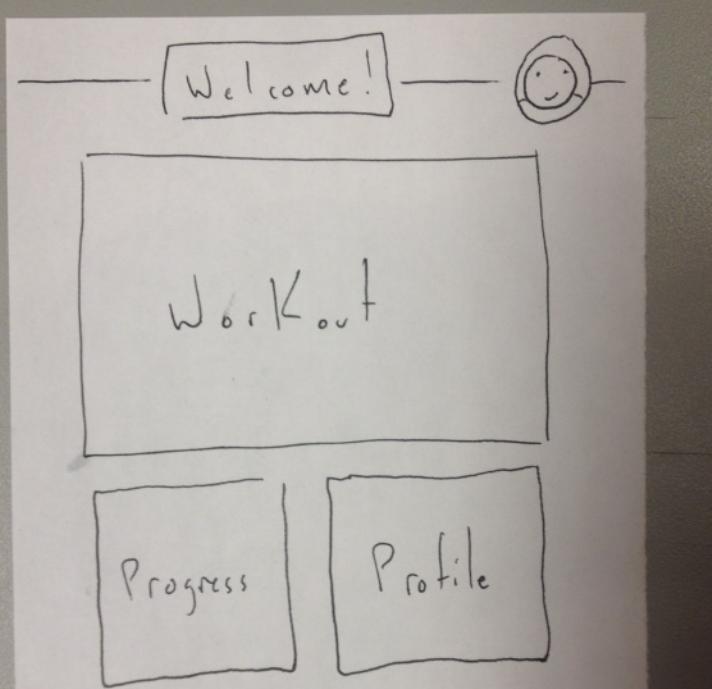
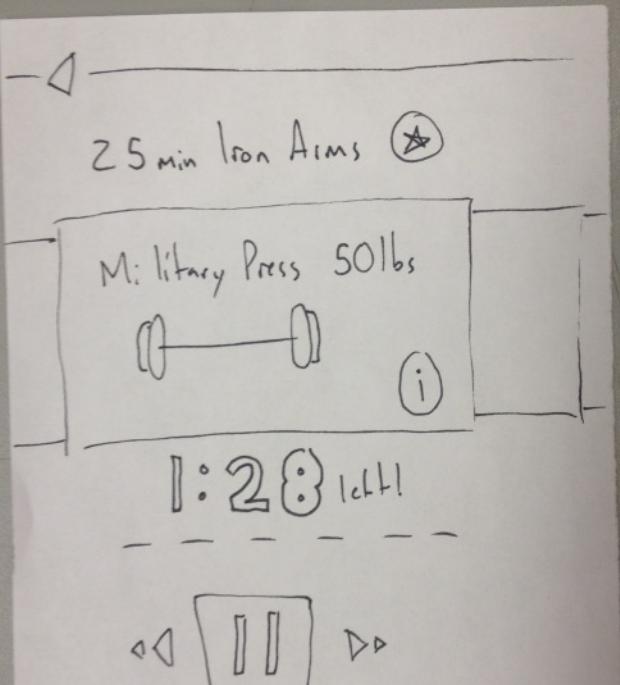
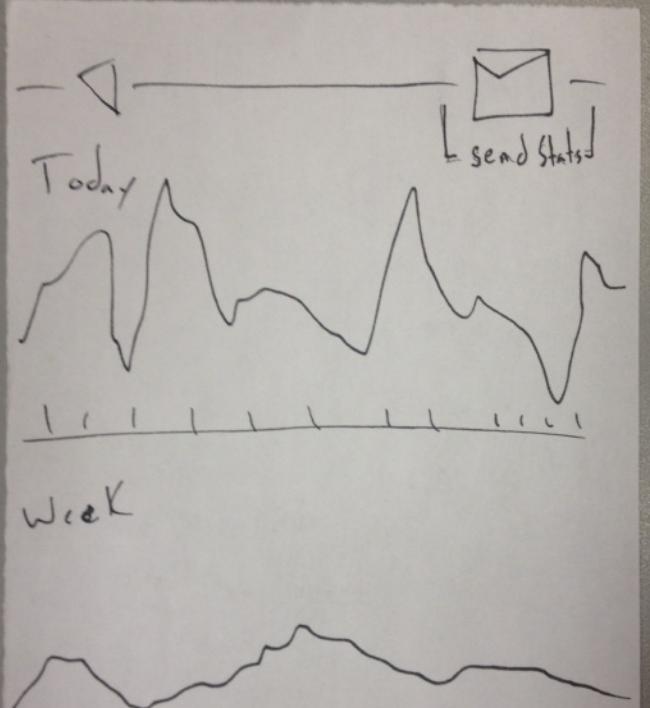
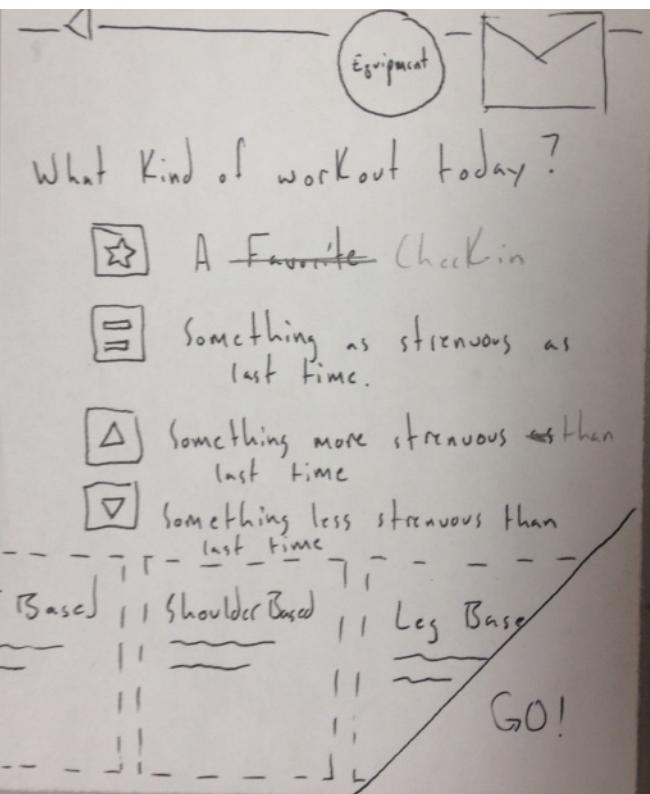
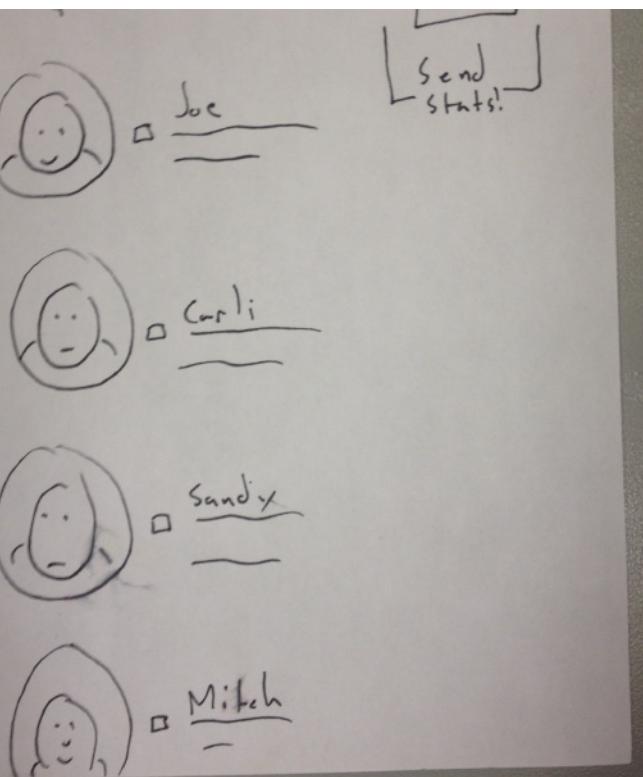
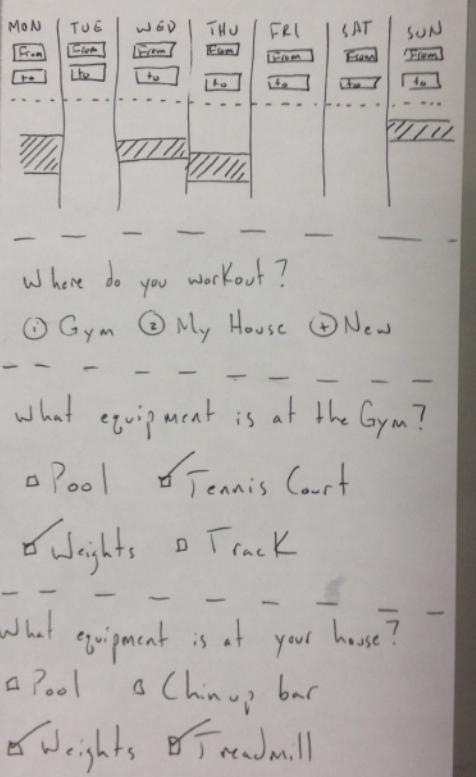
I want to create an app that encourages healthy habits in old people. I want the app to help people realize on their own that their habits can make healthier choices.

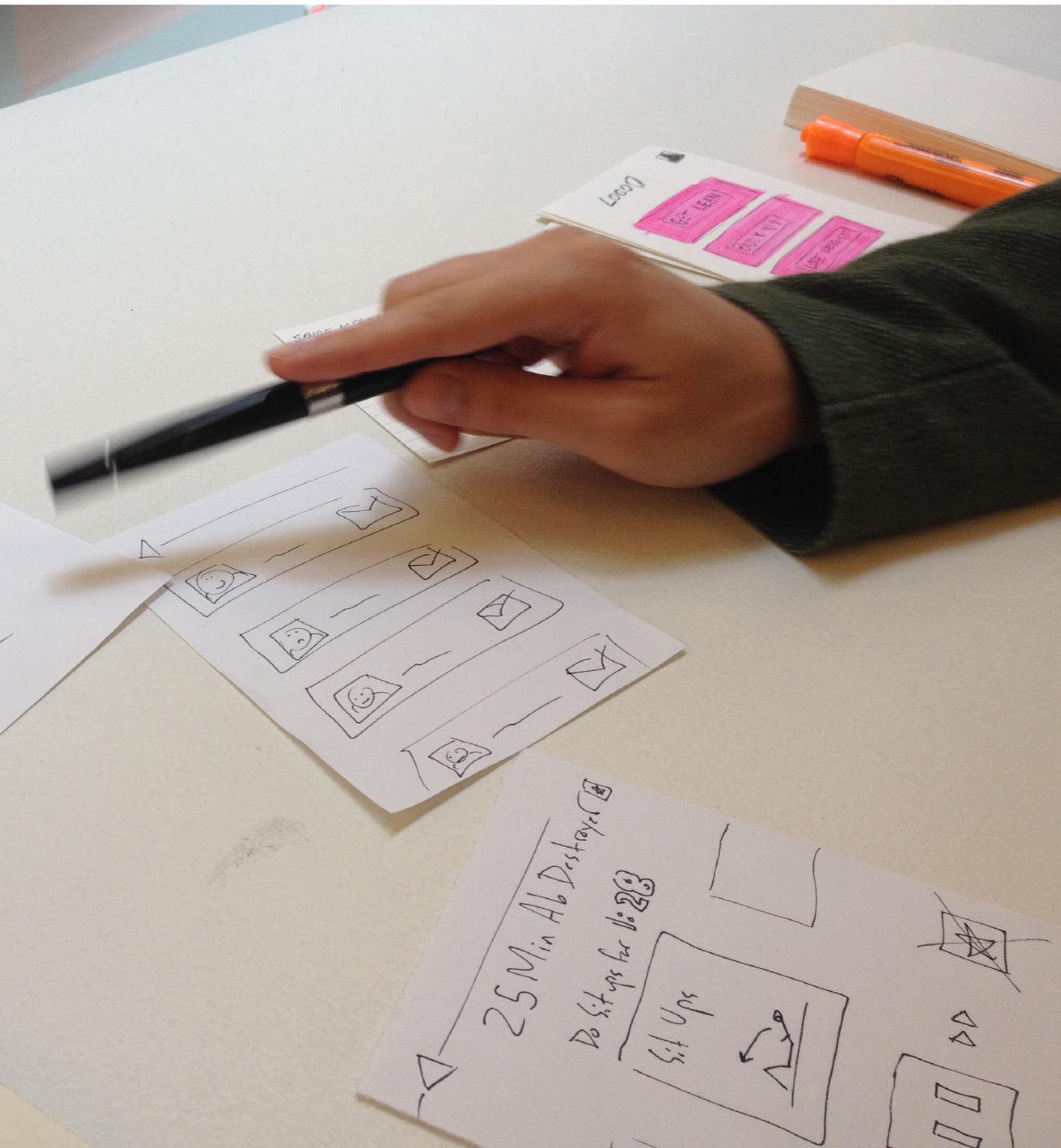
⑥ App Intro/Instructions

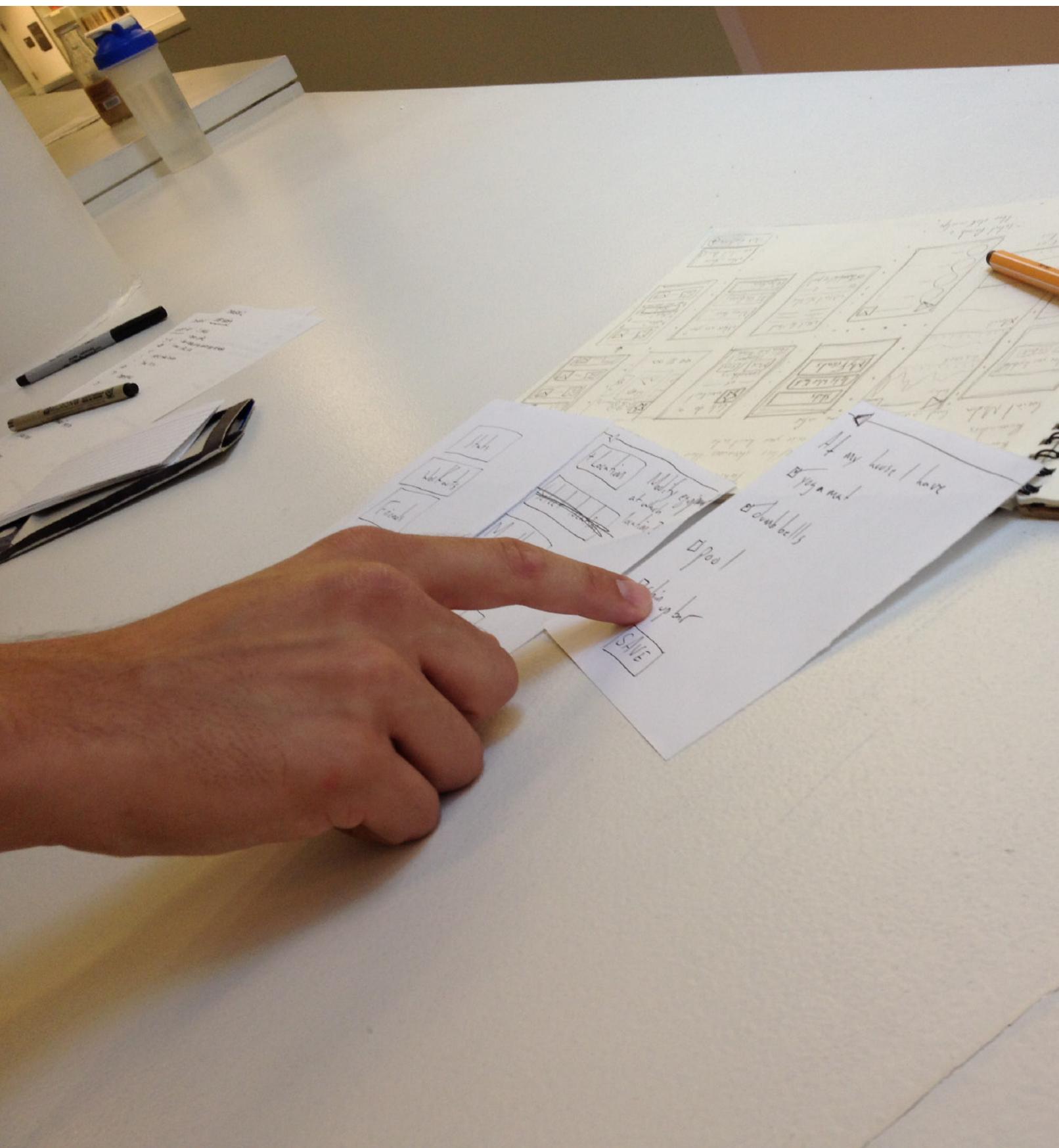
Should incorporate coloring/outing?

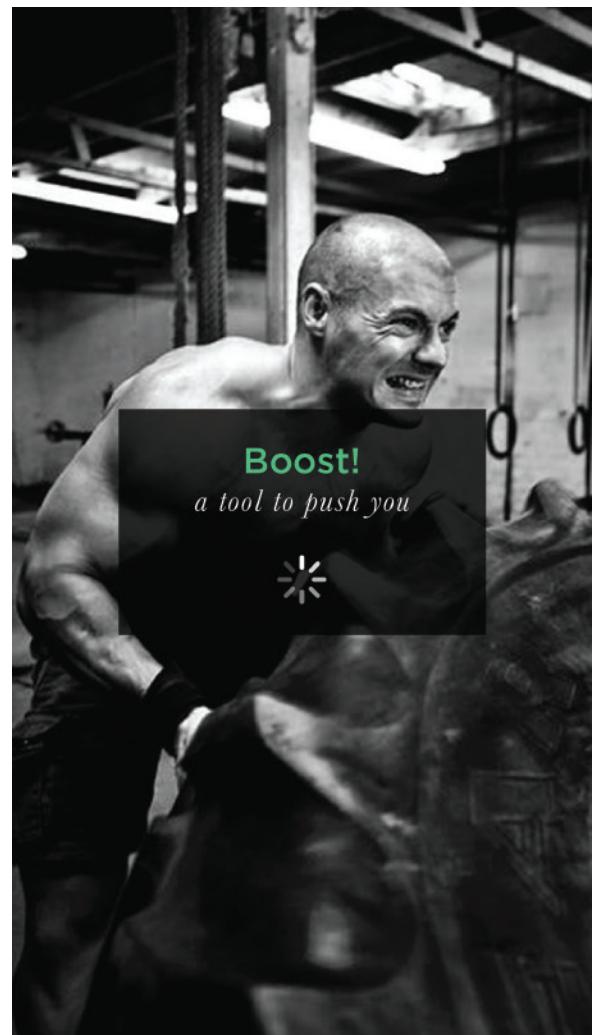
How often should you eat?











BOOST!

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

Edit **Share**

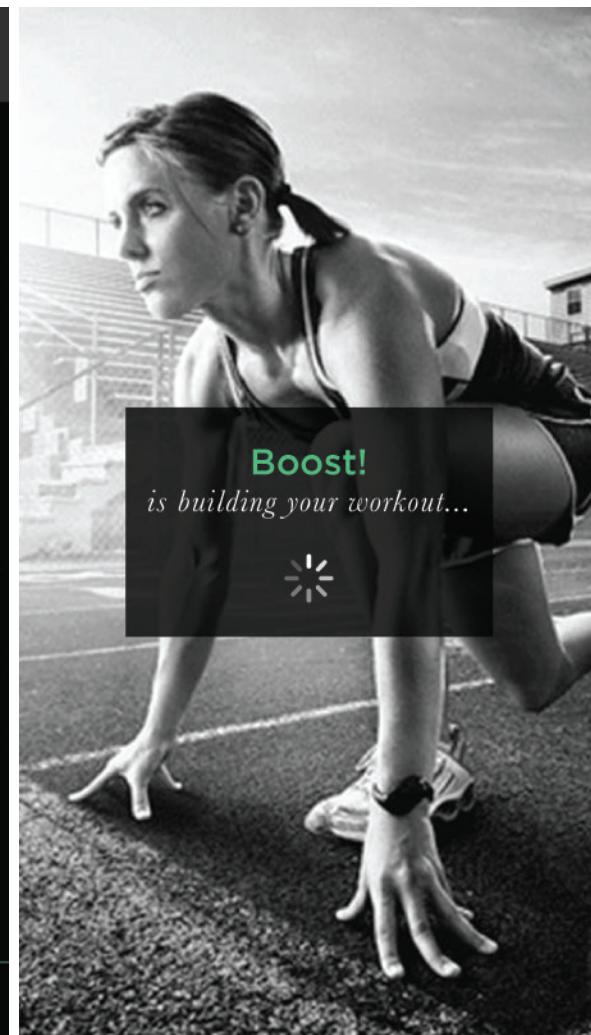
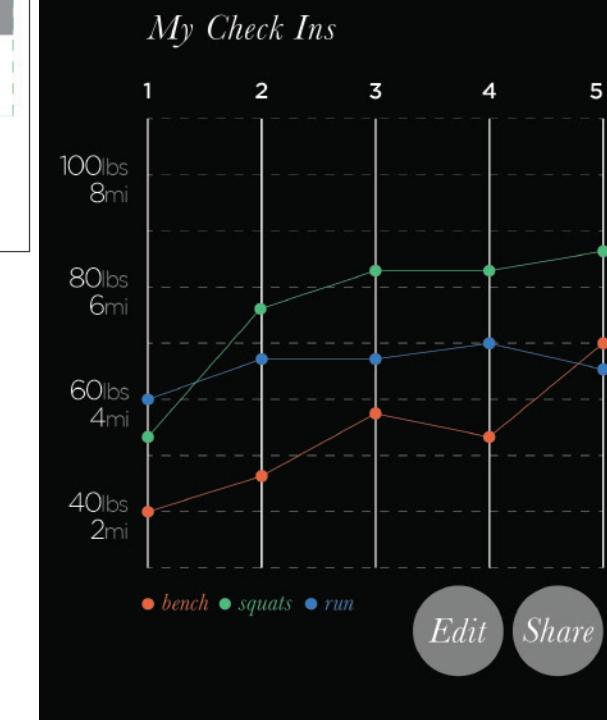
Jamie, welcome to BOOST! **Lift!**

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

Edit **Share**



Back **BOOST!**

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

9:36 of 30:00

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

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

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

*Where are
you?*

Here. Not Here...

Save

Add new Location?

Save

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!