**Fitness App Ideas**

**Names**

* inTENsity
* inTENt
* 10 minute mindfulness (mouthful, not quick to say)
* 10 minute workout
* Mindfulness inTEN
* Mindfulness inTENt

**Functionality**

* 2 mode:
  + 10 minute workout allowing you to target specific body areas at varying levels of intensity
  + 10 minute meditation sessions
* Healthy tips and tricks offered to users throughout.
* Video and audio depending on device.
* Offer users the ability to have music playing in the background when working out.
* Integration with other apps such as spotify, headspace and fitbit? - Not sure if this is possible.
* Incorporate the app with Alexa routines to allow for daily reminders to exercise or meditate.
* Should the user be able to store workout sessions??
* Reviewing workouts and adding them to favourites - Spec v1.1

**Additional Ideas - 11/11/20**

* Rounds
* Background music
* Allow users to favourite workouts
* Allow users to rate workout at the end of each workout
* Implement a yoga section
* Integration with other apps such as spotify, headspace and fitbit? - Not sure if this is possible.
* Track how many workouts the user completed
* Sort out all github information
* Add more sounds, guid breathing sessions in
* Make an advert
* <https://www.amazon.co.uk/Amanity-HiFit-Home-Workouts/dp/B06XQMFVHQ>
* List exercises
* List exercise for body part
* Explain exercise
* Store all exercises in an array
* Allow user to pause workout at anytime for 3 mins and then say resume to continue
* Clean up code

**APIs**

* Reminders
  + <https://developer.amazon.com/en-US/docs/alexa/smapi/alexa-reminders-overview.html>
* System functions
  + <https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/system-function-api>
* Responses
  + <https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/response-api>
* ASK management
  + <https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/dev-tools-skill-management-api>
* Account linking
  + <https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/account-linking-api>
* Requests
  + [https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/request-api](https://developer.amazon.com/en-US/alexa/alexa-skills-kit/get-deeper/request-ap)

**Important Docs**

* Skills Kit - Python
  + <https://developer.amazon.com/en-US/docs/alexa/alexa-skills-kit-sdk-for-python/overview.html>
* Understanding Skill Connection
  + <https://developer.amazon.com/en-US/docs/alexa/custom-skills/understand-skill-connections.html>
* Alexa Built in overview
  + <https://developer.amazon.com/en-US/docs/alexa/alexa-voice-service/get-started-with-alexa-voice-service.html>
* 7 Things I learned building 7 Minute workout
  + <https://developer.amazon.com/blogs/post/Tx3MG9WKB0IURNZ/7-Things-I-Learned-Building-7-Minute-Workout>

**Things to Consider**

* Account linking adds an additional level of effort when certifying your skill. If you use account linking, you’ll need to have a privacy policy and terms of use, and you’ll need to provide test account credentials. These things aren’t especially difficult, but just be aware that you’ll need to do this.
* Version control your interaction model. I don’t know of an automated way to do this, so I just copy/pasted the JSON for the interaction model from the skill builder code editor into a file in my project.
* Think about versioning before you submit your skill for certification. When your skill goes live, you can’t modify its configuration (you make modifications on a development version). This means you can’t change which lambda function your skill uses after it goes live. If you don’t take this into consideration and modify the lambda function while working on a new version of your skill, you risk breaking the live skill. Consider using [aliases](https://docs.aws.amazon.com/lambda/latest/dg/versioning-aliases.html) for your lambda function, and having your skill point to an alias. That way, you can publish your lambda function when your skill goes live and point your alias at that published version. This isolates your live skill from any changes you make on the $LATEST version of the lambda function.
* Review the [certification requirements](https://developer.amazon.com/docs/custom-skills/certification-requirements-for-custom-skills.html) early. The documentation does a good job of explaining how Amazon tests your skill during the certification process. Had I taken the time to go through this before submitting my skill, it would have saved me the back and forth of submitting the skill, only to have it rejected because of something I could have addressed ahead of time.
* Alexa hosted system doesn’t allow git versioning, AWS does