

Stretch-a-little

- Take a break from your computer

Group Name :- Bulls

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Existing Problem...

- Customizable- not every system can do that.
- Health Information- let people know the hazards of sitting too long to promote their self-awareness.
- Finding the balance between function and understanding - some will be too simple to be useless, and some will be too powerful to be complicated.
- Interactive interface - feedback.
- User-friendly interface.

Why is it important...

- Understanding what the users actually want.
- Promote their self-awareness of being sedentary.
- Improve overall health and well-being.
- Increase physical activity.
- Motivate them to stay fit.

Interviewing end users

- We conducted both in-person interviews and online surveys with potential end users to gather user feedback on existing health/fitness tracker apps, including their experience, feedback, and desired features.
- Following are the results from our survey:

Are you currently using any fitness tracker apps to help you stay active?

24 responses

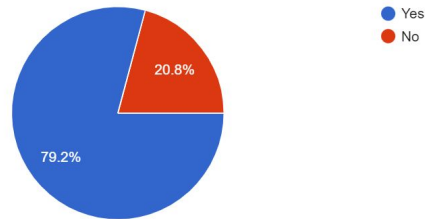


Figure 1

How often do you use a standing tracker app?

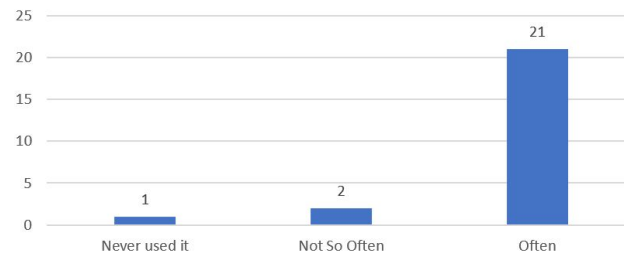


Figure 2

Interviewing end users

How would you rate the app's notifications and reminders regarding standing goals?

24 responses

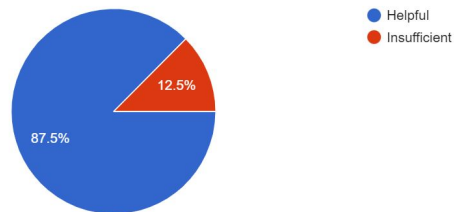


Figure 3

What are your thoughts on the idea of sending prompts for standing up and doing stretches?

24 responses

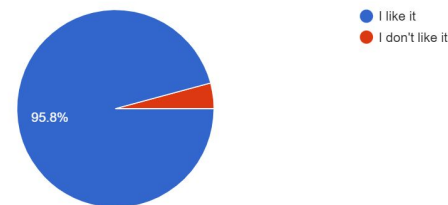


Figure 4

How often would you like to receive prompts to standup?

24 responses

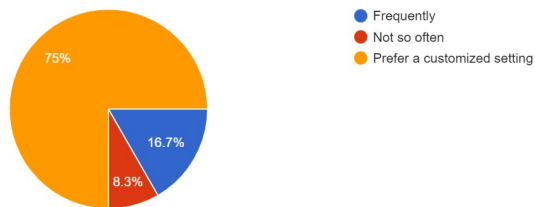


Figure 5

How satisfied are you with the user interface and overall design of your fitness tracker app?

24 responses

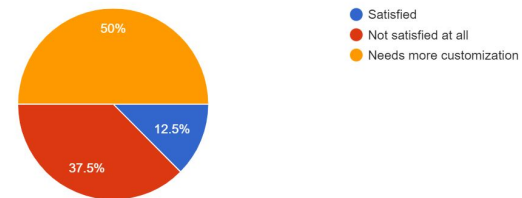


Figure 6

Interviewing end users

Would you be interested in using a Standing tracker website to monitor your fitness progress and goals?

24 responses

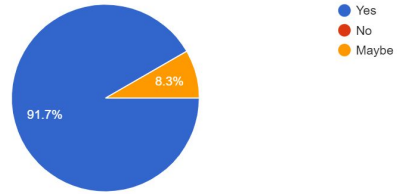


Figure 7

If you would like to use standing tracker app, what features would you like to improve?

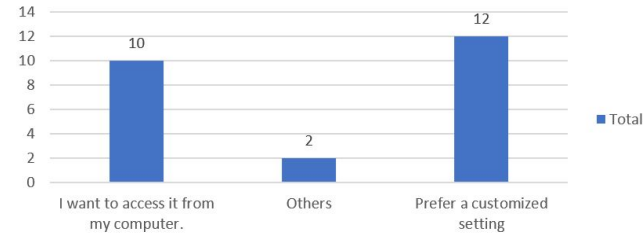


Figure 8

Solution to the issue :-

- Our interface would be a desktop application run on computers that will notify the users to stand up based on their own setting.
- This application allows users to customize their standing goals based on their requirements, provide some articles related to the stretches and have a more interactive interface.
- The combination of all these features is not being offered in the applications available today.

Solution to the issue :-

- Another unique feature we would include in our interface is the “read” notification.
- Users can customize standing objectives to their requirements. This lets users manage their break schedule, making health and wellness more user-centered.

Solution to the issue :-

- We create and support the desktop app using Python and a Python framework like Tkinter or PyQt. A database or file storage system with backend software will simplify backend maintenance. The software will work on Windows, providing accessibility.

Thank you