Similar System Analysis

# MyFitnessPal - Ben

### Features

* Goals
  + Tracks starting weight, current weight and goal weight
    - Calculates daily calorie goal by weekly goal and activity level
  + Customisable macro goals
    - Percentages of carbs, protein and fat
* Calories tracker
  + In a goal - food + exercise = remaining format
  + Allows you to add foods to meals
    - Breakfast, lunch, dinner, snacks
      * These can be manually inputted or from a list of already inputted foods
      * Can be scanned from product barcode
  + Allows you to add exercise
    - Calculates calories from activity type, time and intensity inputted
  + Shows a pie chart of which meals your calories come from, and the macros from all the food you have eaten that day
  + List of the foods highest in fat you’ve eaten
  + List of foods highest in protein you’ve eaten
  + Ability to see previous days calories
* Progress graphs of weight
  + Shows actual weight against goals
* Challenges
* Articles
  + Information on specific foods and exercises
* Friends
  + Notifications when they do exercise / lose weight etc
  + Ability to see their food intake and exercise
  + See how much weight they’ve lost / gained in total

### Missing features

* Graph of actual calorie intake vs goal
* Graph of calorie intake vs weight

# Fitocracy - Cameron

## Features

* List of individual exercises & combined workouts
  + Video demonstrations
  + Can set exercise parameters e.g. reps, weight, distance, time etc.
* Social feed
* Metric vs Imperial measurements
* No weight/fitness goal system
  + Only tracks exercise by points
* Too many damn popups
* User creation
  + Email, password, name
  + Weight, height, age, gender
* Can connect with other users through groups
* Achievements based on exercise points & user interaction

## Missing features

* Custom weight/fitness goals
  + Only tracks fitness by points from exercise
  + Only goals are leveling up
* No tracking of food & drink intake

FatSecret - Rob

* User creation
  + Name, weight, height, exercise levels
  + Define goals; weight loss/gain, fitness levels (run distances, weight lifting etc)
  + Generates daily caloric intake based on information entered
* Diet tracking
  + Enter foods and drink for each meal of the day plus snacks
  + Database of food with nutritional info provided
  + Can add your own foods if they are not in the database
  + Can create whole meals to avoid entering individual food items
  + Has caloric information from popular chains and restaurants
  + Tracks how close you are to caloric and nutrient goals as you enter the food you've eaten
  + Only seems to care about macronutrients(fat, protein, carbs) and not micronutrients
* Exercising tracking
  + Similar to the food tracker but with exercise
  + Deducts the calories burned during each exercise from your caloric intake for the day
  + Loads of preset exercises e.g. different run distances at different speeds
* Weight tracking
  + Graphs users weight over time
  + When you weigh in you can provide tips and journal entries for other users to read
  + Limited wight information, only a single line graph
* Journal
  + Allows journal entries for other people to read, similar to a blog. I assume it is for advice and motivation reasons.
  + Journal editor is bad - just plain text with no formatting options at all.
  + The journal entries go to a feed that followers can see. There is no curation or moderation at all so it seems very spammy and not useful at all.
  + Facebook style comments on journal entries allow for social interaction
* Dashboard
  + Plain, uninteresting dashboard with the focus being on the activity feed of others with links to the various features.
  + Works well but is not pleasant to look at.
  + The feed can be filtered (all users, friends, groups, me)
  + Overall UI is not clean nor simple, there is lots of little text everywhere and it is not immediately obvious how to navigate the site.
* Other features
  + Recipes: Allows users to upload recipes and other uses can comment and rate them. Recipes have a button that allows the user to add it to the food diary with all caloric and nutritional information.
  + Challenges: User defines a challenge or chooses a preset one. Things like lose x amount of weight in x amount of dates. The rules of the challenge are clearly defined. They have a community feel to them as everyone can post updates of how they are doing and provide tips and encouragement.
  + Messaging system
  + Profile customisation
  + Forums

Missing features

* + No social media integration
  + No responsive design

Runkeeper - Nahim  
  
  
Features

* Login/ registration:
  + Straight to profile setup - profile picture(optional) from file upload
  + Personal info(optional) - Full name, location, gender, date of birth.
  + Weight - select Ibs or kg.
    - Mostly simple, easy to view and enter.
* FitnessFeed
  + Feed showing friends activity - comments/status.
  + Body measurements: add new weight, view historical changes. - breaks after submitting, blank page.
  + Can find other users by name:
  + Set location
  + Connect to mobile apps.
* Main dashboard called ‘my activity total’
  + Main page - add goals, lists recent activities – can be hidden.
  + Same link to the feed and can add comments to.
  + Small graphics of the information on left panel but shown more largely.
  + Simple to view and not cluttered.
* Add new goal button –
  + pop up box gives a list of suggested goals and type such as running or walking, etc.
  + Distance and date to achieve by.
  + Can only select date in the future and gives remaining days to complete goal. Under goal green button to find race of distance selected.
  + This finds races between dates that the user selects.
    - Does not work every time. Finds races in other countries such as France, although the user can select the location.
* Reports
  + View progress between a duration such as last 30 days and more.
  + Can only view distance graph.
  + Other graphics such as calories burned are locked behind a monthly payment plan of **9.99 USD / month** which is expensive compared to other trackers.
  + Suggested apps for categories, such as sleep apps, activity tracking.
* Training
  + Create training plan - not accessible unless upgrade to payment plan.
  + Create free training plan if using mobile app.
  + Gives few free plans - such as a 5k run.
* Activities
  + Lists activities created on mobile app.
  + Track using gps
  + Can’t create on website.
* Friends
  + Add friends
  + Set location
  + Find user by name
  + See how friends are doing.
* Routes
  + Create an exercise route - see map, compare, calculate.
* Other and missing/bad features
  + Account settings
  + Search function
  + Log activity with map, date, bpm, calories
  + Shows map of distance run, start and finish. Calculate distance, time, average pace and calories burnt.
  + Some errors on page when submitting forms.
  + Payment plan of 9.99/month
  + Design.
    - Simplistic base colours scheme of white and blue.
    - Dashboard layout centred with an easy access navigation to different information on USER.
    - Main navigation bar to main pages. Left panel includes total activities, distance, calories and weight. Body measurements are only viewable to the user.
    - Also location. Small icon graphics for each navigation button – clear and legible text.
    - Inclusion of a few colours for buttons, such as a lime green.
    - Easy navigation and layout of sections.
    - Pages not cluttered and design mostly consistent.
    - Looks amateurish if paying for payment, otherwise good free website.
  + Good vector graphical images

Strava - Jack

Upon account creation:

Start up user form prompt (create profile):

Picture, D.O.B, Gender

Dashboard:

- Activity Feed:

o Profile bar (following, followers, activity)

o Running, Cycling, Swimming data for a given time period (the week or this year) with option to ‘manage goals’ and set milestones (premium)

o Shows your added activities in date/time order

- My Segments

o Specific section of a road/climb/trail you can create to monitor your performance over time in these areas and see how you improve and compare with other athletes that complete this segment (friend, local athletes and pros).

o Has a leaderboard system as well

- My routes

o Create a new route:

§ Draw on a map the route and select run or ride

§ Gives a distance, elevation gain and est. moving time

o View routes:

§ Print it out

§ Export GPX/TCX

§ Edit

§ Duplicate

§ See elevation on a graph throughout the distance

§ See segments on this route

§ Share the route (Facbeook, twitter, email)

- My goals(premium):

o Set weekly progress goals (time/distance) and track progress each week. Building up to milestones

o Set segment goals to get new personal records (goal time and deadline)

o Power goals for cyclists with power meters

- Heatmaps(premium)

Training:

- Training Log:

o Run tagging: colour code runs to see races, long runs and workouts

o Different views for visualization (distance, time, elevation gain)

o XT – cross training

o View by month

o Shows each week with each day on a timeline (showing total distance run and total duration run for each week)

o Change log to run, ride or multi-sport view

- Training Calendar

o Displays hours of activity for each month

o Calendar view of activities on each day for a given month

- My activities

o Table log of each activity added

§ Sport, Date, Title, Time, Distance, Elevation, <edit>, <delete>, <share>

§ Sort by each column

o Search through the activities

o Filter by sports

- Training videos (premium)

o Videos of different kinds of workouts and excercises

- Training plans (premium)

o Follow plans to run 5k/10k/half-marathon or marathon

o For cycling: grand fondo, time sprints, timed climbs

- Power curve (premium)

- Fitness & Freshness (premium)

o See where your body is at with graphs and metrics

Explore:

- Segment explore

o Find other user created segments with a map search

o Filter by incline types (flat, hilly, steep)

o Set a goal for a selected segment

§ View attempts

§ View leaderboard

§ View where you rank compared to others

- Segment search

o Search for a specific segment

o Displayed as a table

- Athlete search

o Find friends

o Follow people

o See their achievements (what leader boards are they top of?)

o View their acitivity logs

o View their photos

o Trophy case

o What clubs are they part of

o Comment on their acitivies posts

o Compare yourself side by side

- Clubs

o Find clubs in your area

o Join them

§ Weekly leaderboards (whos run the furtherest

§ Last weeks leaders

§ See member activity

§ See club posts

- Running races

o Find races by date and distance and location

o View course info and results from other users

- Local

o Find city guides to run or cycle

Challenges (premium)

- Join challenges to take part in

o View participants with leaderboards

o Some give prizes

§ Digital badges for your profile trophy case

Upload activity

- Upload and sync from various fitness trackers

- Upload from a file

- Import from other services (nike+, mapmyfitness, runkeeper, endomondo, runtastic)

- Manual entry

- Sync with mobile app

Add manual entry

- Distance (with option to change metric to km, m, miles, yards)

- Duration (hh,mm,ss)

- Elevation (m or feet)

- Sport (ride, run, swim, hike, walk, ski, canoe, surf etc…)

- Date & Time (dd/mm/yy 9:00am)

- Title

- Run type

- Tag (commute, treadmill)

- Shoes

- Decription

- Private?

- Hide from leaderboards?

Create a route

Create a post

Notifications