



Health and fitness : to make them healthier and fit

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Executive Summary

The documentation here is regarding the app **MAKEMEFIT** which helps people to keep them healthier and fit even in this busy daily routines. This app is largely targeted to the new generation of tech junkies who enjoys a workaholic lifestyle which often leads to making poor food choices. These people want to be fit and healthy but need some motivation to go to the gym .By using this application people can keep them healthier and fit in their homes by themselves.

Key findings

Most of the peoples nowadays uses smartphone ,this was the main thing I found here . The people need an application which keeps them healthier and fit even in this pandemic situations. A majority of Indians are on one or the other Android mobile, hence this study will focus on building this app for it. Nothing is impossible to achieve, with the only exception of fitness. The app should be flexible: consider the users dominant hand as well as let her choose the task he/she wants . The wish for clear documenting is essential for all respondents. Well, actually even fitness is easy to achieve, with enough determination and motivation.

What I want to learn?

The app should perfectly benefit the users . It should motivate the users to keep themselves fit and healthier . So here want to study how can I build such an benefitable application to peoples.

Key Research Questions

- 1.Benefit for using an application in smartphones to keep them fit and healthier?
- 2.Time spend to do exercises?
- 2.Interest in healthcare and fitness?

Participants

6 participants

	AGE AND GENDER	CURRENT APPS USED
Participant 1	24,female	Cure fit
Participant 2	30,male	MyFitnessPal
Participant 3	27,male	Sweat
Participant 4	45,female	LifeSum
Participant 5	37,female	Calm
Participant 6	18,male	Strava

Key finding #1

**90% of users Use their smartphone more than
12 hours daily**



Recommendation #1

Peoples use their smartphone several times per day , look up SOPs, etc. This prerequisite for using a mobile app is therefore fulfilled.

- ✓ The app must be developed for iOS & Android as people use both main smartphone types.
- ✓ The people use their smartphone to checkout their daily activities and their level. The app should be setup differently for left- and right-handed user

Key finding #2

Clearness and clarifications



Recommendation #2

- ✓ The app should show pictures & written instructions about the positive outcome of the daily task.
- ✓ This makes it clear what outcome is expected from the people. No annoying forms to fill out, instead easy documentation of finished task by picture-taking. The app also saves automatically meta-data like data, user, etc. for reporting.



Next Steps

- Undermine findings by quantitative analysis (survey)
- Develop prototype
- Test user acceptance

Appendix

Data Collection and Analysis

