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6.470 Milestone 1  
1/12/14

### **User Research**

- 1) People often have trouble staying motivated when trying to reach their fitness goals. We are aiming to create a website that allows users to keep track of their personal health and compete against their friends in health-related challenges.
- 2) We will let users track their progress with dynamic and intuitive visualizations that will provide keen insights about their personal health. Our site will also feature the ability to create games or challenges, where groups of friends can challenge each other (in competitions such as losing weight by a certain deadline, or drinking the least caffeine) and track each other's progress throughout the challenge.
- 3) We envision that this site will be most useful for young users (20-30 years old) who are keen on leading a healthy lifestyle.
- 4) Sample use case: Bethany wants to keep track of her weight over the course of several weeks, with the eventual goal of losing 10 lbs. She also has a group of four friends who would like to lose weight, so she decides to use our website to create a challenge for the five of them. Below is the outline of how she can do this:
  - a. Bethany creates an account on our website.
  - b. Bethany is taken to her personal dashboard page, where she can create a new challenge group.
  - c. She creates a new challenge group for her friends with the click of a button, then enters all relevant information for this challenge: title ("Friends Weight Challenge"), group members' email addresses, timeframe (6 weeks), and measuring frequency (daily).
  - d. At this point, all of the group members will receive a notification on the website that they have been added to the Friends Weight Challenge group by Bethany.
  - e. Bethany and all her friends now simply log their weight on a daily basis by opening up the site to her personal progress page, selecting the "Friends Weight Challenge" tracker, and clicking the "log" button. If someone accidentally misses logging weight on any given day, the site will send a reminder to do so.
  - f. At any time during the six weeks, Bethany can see a visualization of her overall progress from her personal progress page. Any of the group members can also view the current leaderboard at the group challenge page.

### **Site Design:** Sample "Challenge" page

- 1) See attached photos.
- 2) Design 1
  - Pros: highlights the visualization; has a "time left" counter; displays challenge details

- Cons: sidebar might be unnecessary; visualization takes up a lot of space; doesn't display current rankings clearly

#### Design 2

- Pros: leaderboard rankings; compact; simple
- Cons: doesn't display details; doesn't show amount of time left; visualization is small

#### Design 3

- Pros: visualization is highlighted; explicitly displays current rankings and rules; shows time left in heading
- Cons: visualization isn't large enough; challenge details take up a lot of space on the page; message board may be unnecessary

3) See attached photo.

### Minimum Viable Product

- 1) The most critical feature of our application is the ability to see dynamic visualizations of users' progress. Our minimum viable product will focus on setting up a framework for allowing users to create individual tracking metrics, and visualize their progress over time.
- 2) Once we have the tracking metrics in place, we do not anticipate it to be too difficult to build the group challenge framework on top of it. This feature may be limited in the MVP, though we hope to have it somewhat functional.
- 3) We will probably not focus as much on the style / design of the application for the MVP. Additionally, we will have a limited dataset of fake users.

### Additional Questions

- 1) Team members:  
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- 2) Health / Fitness / Nutrition
- 3) Ruby on Rails
- 4) We are concerned that our final product will not fully distinguish itself from other available fitness/health tracking applications.
- 5) Yes, in the main division.