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Milestone 1

I am going to be creating an app that will act like a workout diary. The user will input what “activity” they did and the amount of time spent doing that activity. The app will also display a feed that will have the date, the activity and the time spent.

The app splits the phone display into two halves. The top half is for inputting the data which will later add to the feed, on the bottom half. The user will get the chance to “log” their data in the top half by typing what they did and also choose the category of that activity, ie: sports, yoga, running, etc. They will also get to choose the amount of time spent during this activity. Then after the user hits the “save” button, the activity will be pushed to the feed. There are two different layers to the bottom half, the first layer has recent achievements. The app will have achievements for different things such as being active for 7 days in a row and such. The second layer will be a feed of recent activities and it will display the name/time and date. The box where the date is displayed will have varying color depending on which category the user chose in the top half.

This app is inspired by my lazy self. I am always very motivated to go and do something physical every day towards the beginning of the semester but it dies slowly when the semester goes along. I want to make this app to help people, especially me, stay motivated on working out or playing sports.

The intended audience will be anyone who needs motivation to stay fit. This app will try to keep the users motivated and keep them engaged in their workout schedule.

One of the similar app might be the Fitbit app, which has a beautiful display and feed of activities tracked by the fitbit watch. Fitbit app uses the data collected from the watch to display data and they also have a celebratory “toast” when a user exceeds their daily goal, which always made me happy. My app will display the workout data in a simple way - as a diary. I will also add the achievement feature to make the user more proactive and motivated.

For the app, I will need bunch of different achievement medals and milestone goals, for majority of it I will be making myself but I will definitely look for some inspiration from the Health - iphone app and the Fitbit app. I will be writing my own algorithm to display and calculate the medals and such!

Digital Prototype:

