Task Document

To Design
A MOBILE HEALTH FITNESS APP

<u>Instructions</u>

For this study your task is to develop one or more design concepts for a mobile application to encourage healthy living. A design concept is a high-level description of a system. Design concepts are usually presented using informal diagrams or sketches and with some explanatory text.

To help, an analyst has conducted several focus groups around campus and produced the following <u>prioritized requirements</u> specification for developing the app. Requirements are prioritized as High, High-Medium, Medium, Medium-Low, Low.

HIGH:

1. The system shall measure calorie intake.

2. The system shall track what the user eats and drinks.

3. The system shall count calories burned during workouts.

4. The system shall be user friendly and easy to use.

5. The system shall retain workout history and provide performance analysis.

HIGH-MEDIUM:

6. The system shall track BMR (Basal Metabolic Rate).

7. The system shall facilitate diet planning.

8. The system shall help the user stick to planned workouts.

9. The system shall recommend specific workouts at varying levels of difficulty.

10. The system shall be technically stable and does not crash.

MEDIUM:

11. The system shall recommend recipes based on user goals.

12. The system shall recommend activities.

13. The system shall analyse sleeping habits.

14. The system shall allow the user to plan workouts.

15. The system shall track speed and distance for running, swimming, etc.

MEDIUM-LOW:

16. The system shall recommend 'diet foods'.

17. The system shall provide instruction for diverse exercises and activities.

18. The system shall be compatible with iOS and Android.

19. The system shall reduce stress.

20. The system shall measure heart beat in Beats/Minute (BPM).

LOW:

21. The system shall suggest 'power foods' based on my BMR.

22. The system shall play music.

23. The system shall share user accomplishments on Facebook.

24. The system shall measure heart beat in Beats/Minute (BPM).

25. The system shall connect the user to a doctor in an emergency.