



University  
of Glasgow | School of  
Computing Science

## Walk Around The World

Ryan Wells

November 11, 2013

## Abstract

For many, cardiovascular exercise is an activity that we do not get enough of<sup>1</sup>. Studies have shown that physical exercise between 1 hour a day for children over five years of age and as little as 2.5 hours a week for adults has a huge positive impact on our physical and emotional wellbeing<sup>2,3</sup>.

This project aims to encourage users to do outdoor cardiovascular exercise by positive encouragement through a Mobile Application. By tracking the distance the user travels in each exercise session through device GPS and translating this into well-known outdoor pursuits allows the user to quantify their exercise in terms of well known physical and cultural achievements. These achievements will take badge-like form and other metrics of success such as leaderboards will also exist.

Outdoor pursuits will contain: actual routes such as the West Highland Way and the climb to the top of Everest; popular culture references such as “Route 66” and the (approximate) distance that *Frodo* and *Sam* travelled in J.R.R.Tolkein’s “The Lord of the Rings”; and Global distances such as the distance between capitol cities and simple metrics such as the first one hundred miles.

The user will exercise with a compatible device on their person. During exercise the device will track and log the distance that the user has travelled and add this to their accumulators. If this device is their smart phone then the Mobile Application will notify them immediately when they have completed an outdoor pursuit, otherwise they will be notified when data is collected from the dedicated hardware.

This application will encourage social exercise through outdoor pursuits that can only be completed through teamwork with other users that have met in real life. This intends to extend the influence of rewarding exercise by encouraging users to include their peer group in exercising with them and sharing their successes. For a user, this is incentivised by unlocking achievements only achievable through this social interaction.

An analysis of user trends such as: frequency and duration of exercise with regards to duration of application use; change in exercise duration when achievements are awarded during exercise; and quantity of social interaction with regards to application use life cycle will be used to indicate whether or not gamification techniques could have a valid application in cardiovascular exercise.

# Contents

<b>1</b>	<b>Introduction</b>	<b>2</b>
1.1	Motivation / Context . . . . .	2
1.2	Research Questions . . . . .	2
1.3	Summary of the Contributions . . . . .	2
1.4	The Structure or Outline of the Report . . . . .	2
<b>2</b>	<b>Related Work or Background</b>	<b>3</b>
<b>3</b>	<b>Methodology</b>	<b>4</b>
3.1	Walkthrough of Wireframes . . . . .	4
<b>4</b>	<b>Results and Analysis</b>	<b>5</b>
<b>5</b>	<b>Discussion and Conclusion</b>	<b>6</b>
5.1	Acknowledgements . . . . .	6

# Chapter 1

## Introduction

5 pages long

### 1.1 Motivation / Context

Explain the background and pretense of the work how it fits or deals with a particular problem

Consider putting an intuitive example - to high light or illustrate the problem

Supporting statistics of the problem - to create a case for support

### 1.2 Research Questions

General or overarching research question for the work A few specific research questions that need to be addressed

- Question one: .... ? explain the reasons for asking this question.

Objectives: what do you want to achieve or accomplish

### 1.3 Summary of the Contributions

Applications or Systems developed as part of the work Particular Novel findings from the results  
Creation of datasets, code, etc Methodologically: suggesting a new process or way to do things ?

### 1.4 The Structure or Outline of the Report

## Chapter 2

# Related Work or Background

Summarising a paper: (1) Context, (2) Problem, (3) Solution, (4) Evaluation, (5) Impact.

Places to go: ACM Portal, Google Scholar, Citeseer

Journals: IPM, JIR, ACM TOIS Conferences: ACM SIGIR, ACM CHI, ACM CIKM, European Conference in IR (ECIR), Information Interaction in Context (IIiX), etc.

Types or Styles of Papers: Theoretical, Empirical, Conceptual, Applications Based.

It is your job to add value and show how the background work relates to your project

- What is it about?
- Why would i read it? What is of value in it?
- What are the main contributions in the paper?
- What are the main issues in the paper?
- What are the advantages and disadvantages of the approach/solution proposed?
- What are the limitations of the work?
- What does the paper claims does the paper make? And are they supported?
- What do other people think of the paper? Who has caned it?
- Consider whether the paper is seminal or delta?
- What did you learn from this paper?
- Who else has done work in this area?
- How does this work stand out?
- How does it relate to the research questions?

## Chapter 3

# Methodology

### 3.1 Walkthrough of Wireframes

When the app is launched it silently registers with the server allowing the user to use the app immediately. The user is then shown the middle-top screen.

1. From the middle top screen, the user can follow arrow 1 by clicking on the middle button “Pick Mission” to pick a Mission (Run around Arran or Egg for example) and then pick a start and end location. After confirming these choices, the user is taken back to the middle top screen, or at any time can click the “Home” button to return.
2. The user can also view their current achievements by clicking the “Achievements” button on the middle top screen, following arrow 2. These achievements will be grouped by tabs by category - Distance, Time, Stage and Mission based achievements.
3. The user can follow arrow 3 from the middle top screen to notify the app that they are starting an exercise period, telling the app to track their distance. If a Mission and start and end location are not picked (as in point 1) then they will instead be redirected to this screen and are unable to start exercising until this choice has been made. Once they have successfully advanced to this screen, it will display their current progress as they move showing the user how close to completion of their current stage and overall route they are.
4. When the user has finished exercising, they will click the “End Session” button and be taken to the first summary screen - following arrow 4. Here statistics from their exercise will be shown and the option to share this on several social media outlets.
5. The user can then move to the second and final summary screen, following arrow 5, where they will be shown any achievements they were awarded during that session. The user will also have the option to share these on social media outlets. From here, the user can click the “Home” button and be taken back to the middle top screen.

## **Chapter 4**

# **Results and Analysis**

## **Chapter 5**

# **Discussion and Conclusion**

### **5.1 Acknowledgements**

I would like to thank ...



# Bibliography

- <sup>1</sup> National Health Service. Health survey for england. <https://catalogue.ic.nhs.uk/publications/public-health/surveys/heal-surv-cvd-risk-obes-ad-ch-eng-2006/heal-surv-cvd-risk-obes-ad-ch-eng-2006-rep-v3.pdf>, 2006.
- <sup>2</sup> Department of Health. Start active, stay active. [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/216370/dh\\_128210.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf), 2011.
- <sup>3</sup> Garmin. Webstore for gps exercise devices. <http://www.health.gov/paguidelines/midcourse/pag-mid-course-report-final.pdf>, 2012.