* One-sentence problem : how lack of motivation and awareness regarding exercise and diet influenced average Australians health?
* Potential solution : create an app which holds a database with relevant exercise routines and nutritional information, adjusted for the users individual needs, with relevant literature justifying the claims.
* What systems already exist in your domain? What are the limitations of existing systems? There are a variety of options available to the general public, free, paid or supported with ads. While some of these resources could be useful, they are often spreading misinformation and lack any sort of citations for their claims. As the health and fitness industry is ever growing, we arrive on new research frequently, it is important they get implemented and replace old out of date ideas.
* What is the context of use of your system: for example, what is the challenge/problem space? Why is it important and what is needed? Who are the people who will use your system? What are their needs and values? What will they use your system for? What are the objectives of the system? etc.

Same as one-sentence problem. The solution will be aimed at those who are newer to exercise and want to learn more about being healthier in general. These people will need a solid motivation, through encouragement and accurate information which will help clients see more plausible results and have more belief with their new way of life. The system will allow for people to expand their knowledge within the fitness and health community. The system will aim to bring clients closer to their own personal goal.

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| --- | --- | --- | --- |
| Source | UX Goal | Measures | Requirements |
| PMID:  Among those categorised as inactive, lack of time was reported by half the sub-group as a barrier to physical activity (50.0%, 95% CI 43.0–56.8) and this was the most frequently selected response ([Table 3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5968958/table/sports-05-00047-t003/)). Other barriers selected were lack of enjoyment (43.9%, 95% CI 37.1–51.0) and preferring to do other things (42.9%, 95% CI 36.2–50.0). No significant differences were observed between males and females.  <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5968958/>  ABS  On the day prior to interview, the average energy intake was 9,655 kilojoules (kJ) for males and 7,402 kJ for females <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/australian-health-survey-nutrition-first-results-foods-and-nutrients/latest-release> |  |  |  |

UX Goal : I am using BLACK in hopes of bettering my exercise routine and also being more conscious about my diet. I heard the application is free and contains a lot of knowledge for both beginners and professionals, whether they want to learn something new or expand with some knowledge they may have.

I heard the app can track my calories and also help me plan out my diet for the day. I have recently started going to the gym but I am have been feeling anxious as I am not sure if I am doing the correct form with the exercises and heard that the app provides a data base of exercises with videos on how to perform them correctly. I have also heard that the app can provide exercise routines bases on my own personal profile. I have recently moved to a new area and am struggling to find people who share my passion for playing basketball, and have heard that the app can help connect me with others who are keen for organised sport. It also counts steps.

Features

* Calorie tracker, recommend foods within daily limit etc, macronutrients
* Database of workout, correct form, personalise workouts.
* Competing/sharing progress with friends/family. Organised sport with people you might have similar interests with (play same sport).
* Pedometer.

Measures

* Candy per active users, or some tracker.
* Measure weekly activity per person
* Measure returning rate
* Measure if use of app is increasing

Requirements

* Motivation through science-based evidence, try and erase bro science from the minds, with more realistic goals more likely to reach those goals
* Make low calorie food look good with pictures
* Motivation through slogan, push notifications, friendly competitions, seeing other people achieving their goals.

Probably solutions:

* Telling you the bad consequence if you don’t exercise. (you can choose not to do that)
* You can share your outcome with somebody also uses this app.
* Host some interesting contest to all app users.