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9/25/2017

Mobile App Dev

Milestone1

Description: This app will be for the purpose of reminding an individual to exercise. The user will be able to choose the days that they plan to be active and set up an alert that will remind them to stop what they are doing and go workout. If i am able to achieve all of this I will also input an analysis for the amount of the time they spend working out throughout the week.

Audience: Active individuals that lead busy lives, like students. Most of the time the user is already busy doing something else and needs to be reminded to stop what they are doing right now and and go exercise.

Similar Apps: There are many apps that relate to exercise but none that I have come across that simply tell the user that it's time to go workout from a schedule that they recorded previously. My design comes from the new feature in the clock tool called bedtime. This feature allows the user to make going to bed a routine to achieve the correct amount of sleep. My app will work similarly to this.

Content: I am hoping that different tutorials will help beget all the different components of this app to work. There are many unknowns however. I have never worked with the time , alerts, and sound in development, but I hope these are things that I can find in tutorials as well as office hours.