



# RSA

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# Workouts are always easier...with friends!

1. According to the World Health Organization, more and more people are getting less and less physical activity. That's what we aim to change.
2. Our goal is combining workout with social interaction and friendly competitions where your friends help you push further and work harder, so that one day maybe you can win an award by being the best in the group ;)
3. A lot of people also have sleep problems, so we decided that our app will try to focus on improving our users sleep time and sleep quality.

03

### **Complex task:**

Creating/updating groups for friendly and professional competitions. Setting up group name, types of activities that users will participate in, list of members etc. Third bullet point here

02

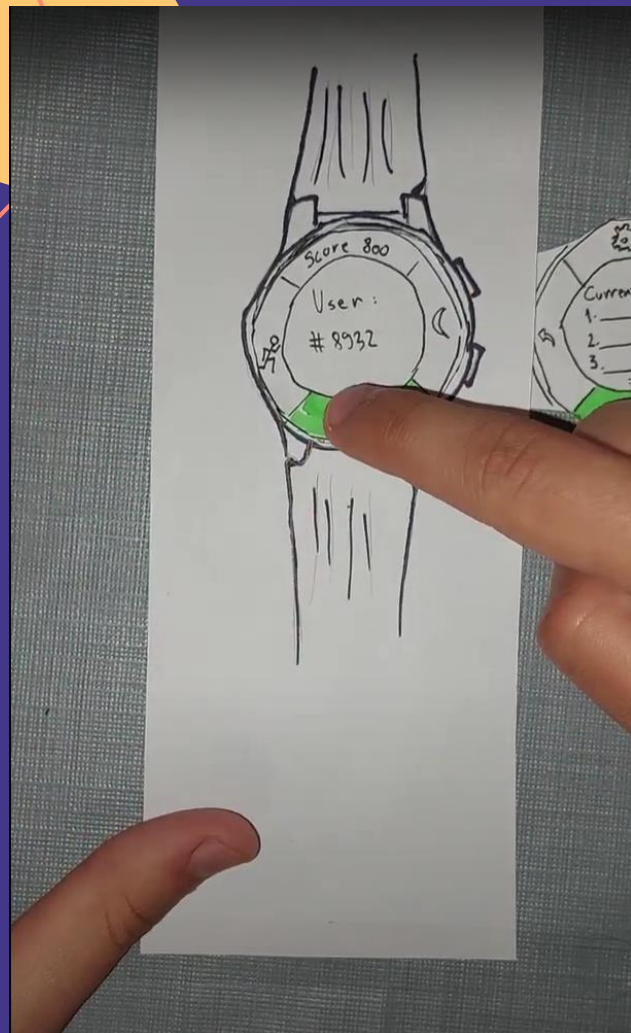
### **Medium task:**

Set up workout, add activity's you want to do, track your workout and show score at the end.

01

### **Simple task:**

Setting sleep timer that enables the user to track his sleep schedule, phases of sleep and get feedback on how well are you doing (if you're doing well, you get score multipliers)



# Testing phase

**Methodology:**

**Participants:** Students/friend's from our faculties

**Demographics:** Mostly young people

The procedure went by doing quick 5-10 minutes interviews where we let the testers to interact with our paper prototype, in an urban environment outside or at our homes.



# Implementing the required changes

A

Simplified the main menu that was overcrowded, leaving users overwhelming and lost in our app. Also the layout didn't work for apple watch.

B

Added an indicator for our swipe gesture, because a lot of user's questioned how to go back from a selected panel.

C

Adding these 2 simple changes really made a difference.

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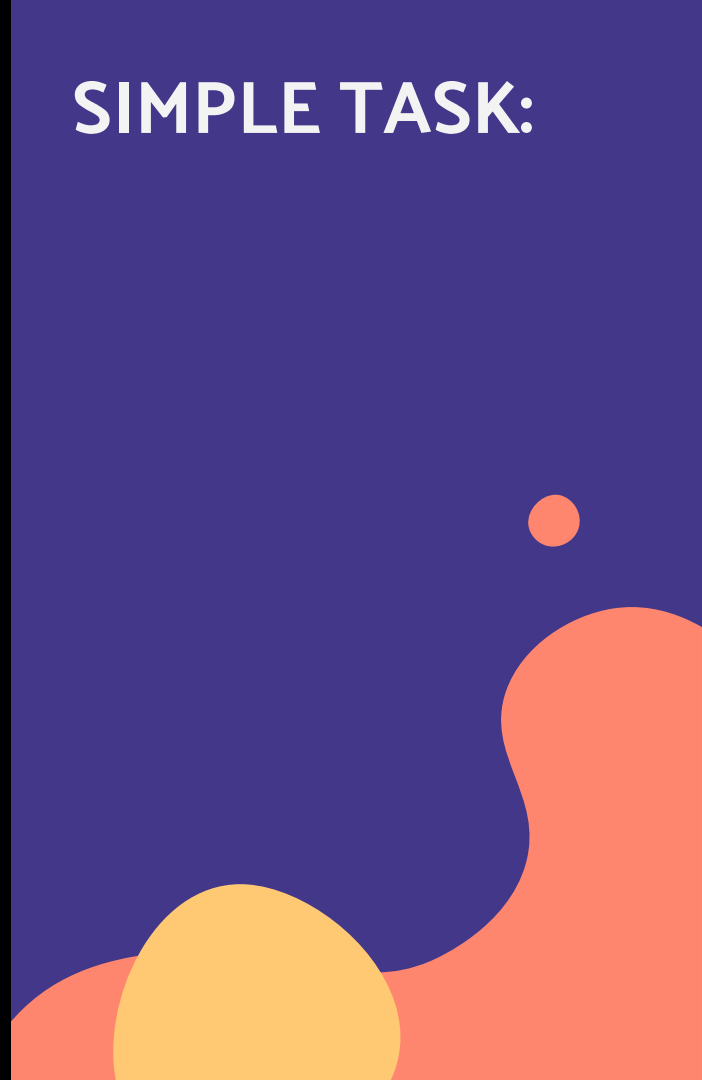
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# SIMPLE TASK:



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# MEDIUM TASK:



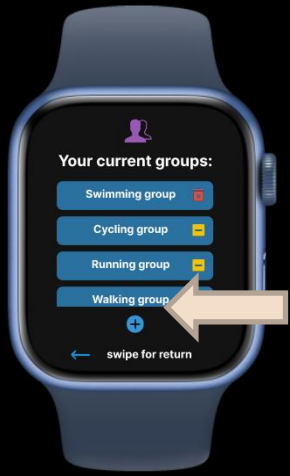
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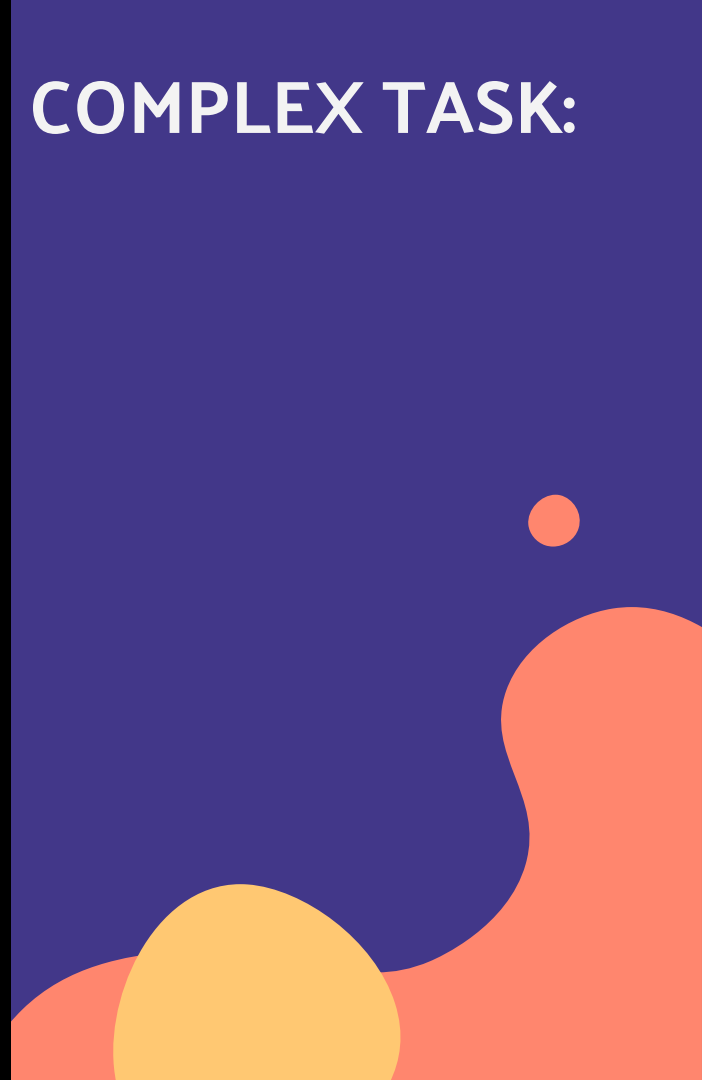
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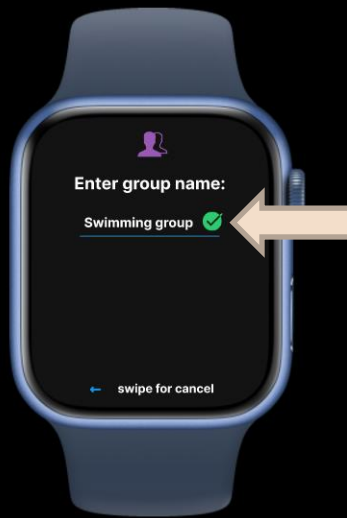


# COMPLEX TASK:



speak

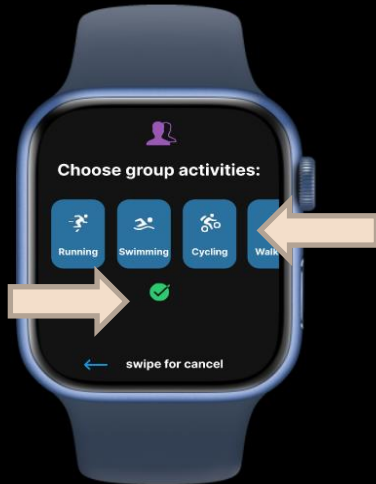
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## Limitations/tradeoffs

- Smart watches can't display a lot of information's due to the small screen and limiting hardware
- The group competition while engaging for competitive and fun people, it may lead some people to quit and demotivate themselves.
- While the app is trying to track the users sleeping, its hard and challenging to do that and the accuracy of the tracking will be not perfect

# Hard coded features

- All of the activities, buttons and menu layouts are hardcoded.
- The things that are changeable and dynamic are the graphs, statistics and the group management screen where you can modify the names, members and group list.



**THANK YOU FOR LISTENING**

**<3**

