

Wonder document

Game of fitness - Can you make training fun?

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Research question(what):

According to WHO (World Health Organization) at least 31% of the world's population does not get sufficient physical exercise. Game of fitness is an application intended to help motivate and encourage people to start as well as maintain their training habits. It works by combining workout with games and statistics, as well as giving you the possibility of interacting with friends and family.

Motivational Speech:

In a world, where people struggle everyday to get by. People are getting immobile and lazy. In a work environment where more and more people spend their lives sitting still, while at the same time struggling to find answers. Can someone save them?

Introducing the new brand amazing app. Game of fitness
Developed for inspiring people of all ages to fight back against the modern society.
Combining amazing gameplay with exercise. Amazing features. Featuring: GPS, tracking and geolocation. All in one app.

Too good to be true you say?

Well if we didn't see it our self we would think so as well.

Now for only 0\$ a month*... Yes 0\$! you can get this amazing app that will revolutionize life as you know it.

*(free for only the first month, 49\$ starting payment each month) By using Game of fitness, the User assumes all risks associated with the use of this application, including any risk to User's computer, software or data being damaged by any virus, software, or any other file which might be transmitted or activated via a Game of fitness application or User's access to it.

Motivation(why):

- Wanting to make training fun and interactive
- Giving motivation to people who want to train
- Making people to spend more time outside
- Making people socialise through training
- Showing people more intuitive results of their training

Target user group(who):

- Anyone (There are no age-restrictions to this application)
- Both beginners and intermediate.
- Outside
- Those people who spend more time on instagram get more motivated.
- Nature lover(those who goes to forest to feel nature beauty).

Types of technologies(how):

- Smart phone with compatible OS
- GPS(Global Positioning System)
- Mobile network
- Android Studio
- PhoneGap
- Open sources of existing fitness applications

Research methods (how2):

- Surveys:
 - Pre-testing and piloting
 - Beta test surveys
- Literature review(fitness motivation and design articles)
- The user download the application and have to fill out a short information form and agreeing to the terms of use. To get in good body structure users can make only one account. The application registers each user by their phone number.
- Examine the following articles:
 - [Pascoe, J., Ryan, N. and Morse, D.: Using While Moving: HCI Issues in Fieldwork Environments. Transactions on Computer-Human Interaction, Vol. 7, No.3. ACM \(2000\) 417-437](#)

- [Rhodes BJ, Minar N and Weaver J: *Wearable Computing Meets Ubiquitous Computing: reaping the best of both worlds*, 1999. Symposium on wearable computing.](#)
- [Holone, H., & Herstad, J. \(2010, October\). Negotiating privacy boundaries in social applications for accessibility mapping. *In Proceedings of the 6th Nordic Conference on Human-Computer Interaction: Extending Boundaries* \(pp. 217-225\). ACM.](#)
- [Investigate other existing fitness apps using different technologies](#)