



Fitbud

Medium-fi Prototype: README

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[Link to Prototype](#)

Please access the prototype via the above link.

Product Overview

Fitbud is a fitness app intended to make working out easier and more fun. It automatically schedules workouts tailored to the user, tracks said workouts, makes planning group workouts quick and seamless, and implements a fun accountability system with Buddy, a virtual fitness pal, to keep the user motivated.

Target Audience

Many struggle with finding the sufficient motivation to work out; others fail to act on their motivation due to the overhead of finding time for a workout in a busy schedule; and still others cannot seem to find a way to efficiently schedule group workouts with their friends. Fitbud is designed to remedy all of these problems and is made for anybody looking to make a change in their fitness lifestyle or to have more fun with fitness.

Design Tools

The team used Figma as the main design and wireframing tool for the medium-fi prototype. It has allowed us to build a fleshed-out, functional UI, allowing users to experience and execute our task flows without requiring the team to do any technical development. The use of Figma has resulted in some peculiarities and limitations, which are outlined in this README.

Operating Instructions

The two modes of interacting with the app are tapping and scrolling. An invalid tap (i.e. tapping a blank space or a button that has not been implemented) in Figma will show bounding boxes which highlight the possible interactions. Note that this version of the prototype does not support text input; instead, tapping on a text box will autofill hard-coded information.

Onboarding Screens

- To fill out profile information:
 - Fill in text boxes with required information where indicated
 - Tap to select appropriate response(s) for multiple choice survey questions
 - Select and name buddy

Navigation Bar (bottom) and Profile (top right)

- **Home:** tap the bottom-left icon to go to the home screen
- **Workout:** tap the bottom-middle icon to view, edit, and start today's workout
- **Schedule:** tap the bottom-right icon to see lists of past and upcoming workouts and schedule workouts with friends
- **Profile:** tap the top-right icon to go to the profile page

Home Screen

- Access from navigation bar
- Health bar (top of screen) shows Buddy's health, which decreases or is replenished depending on whether user works out
- Tap on Buddy to see his message for the user

Workout Screen

- Access from navigation bar
- Today's workout is displayed
- To do today's workout:
 - Tap Get Started!, then Start
 - Perform exercises as required, clicking Next when appropriate
 - Pause and resume as necessary
- To edit today's workout:
 - Tap Edit Workout
 - Tap the pencil and paper icon on an exercise to change the exercise and/or its duration
 - When done, tap Leave Editor Mode to save or discard changes

Schedule Screen

- Access from navigation bar
- Sync Apple or Google calendar with Fitbud so that Buddy can schedule workouts for user and coordinate workouts for user and user's friends; can also proceed without syncing to have scheduled workouts based just on preferences from onboarding
- Dates of upcoming workouts are displayed
- To view past workouts:
 - Tap on View Past Workout
 - Tap on a date to view that day's workout
- To schedule a workout with a friend:
 - Tap on Schedule with a Friend below
 - Select a friend, then hit Send a workout request
 - Once sent, a request can be canceled or rescheduled
- To add a friend:
 - Tap on Schedule with a friend, then Add Friend

Profile

- Access by clicking on profile icon in top right
- View workout streak
- Accept or decline incoming workout requests from friends
 - Can also reschedule or cancel workout after accepting it
- View an inspiring quote from Buddy

Settings

- Access by clicking on gear icon in user profile
 - Adjust profile and preferences that were selected during sign up
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Limitations

As this medium-fi prototype is mostly cosmetic and lacks a functional backend, it has the following significant limitations:

- In general, when the app prompts the user to make a selection, only one selection is possible (e.g. only Mark can be sent a workout request), and the possible selections are made clear in Figma, which highlights clickable buttons whenever an invalid input is made – making all buttons clickable would be beyond the scope of this medium-fi prototype and outside of the group's abilities.

- When signing up and signing in, text boxes are prefilled and no selections can be made in the questionnaire; similarly, the profile settings are non-functional, as we do not have a backend to parse and store the user’s input and preferences.
- The prototype does not have a notion of “memory,” so nothing is ever saved, again due to the lack of a backend. This includes calendar sync, edits to today’s workout, and so on.
- Today’s workout is greatly accelerated and several exercises are skipped in the interest of time.
- The search bar to search for friends is hard-coded, and the user can only add one friend, as there are no real users to be added.

Notwithstanding these (and other minor) limitations – which were all necessary either due to Figma’s inability to perform anything computational or for the sake of efficiency when testing – the user ought to be able to complete the required task flows and get a general feel for and understanding of the application.

Wizard of Oz Techniques

The following Wizard of Oz components were necessary in our prototype:

- Upon signup or login, the required personal information is magically filled in, as we do not currently support creation of custom profiles or allow for text input.
- Regardless of whether a calendar is synced to the app or not, upcoming workouts and past workout history are magically generated – a necessary workaround for the sake of our task flows.
- The user magically has three friends already – also required for our task flows, as the user cannot add other users (who do not exist) as friends.
- All boxes which require text input from the user are autofilled simply by clicking on them, as we are currently unable to handle text input.

Again, the limitations of prototyping on Figma made the usage of these techniques necessary – the system cannot parse user input, sync to a calendar, or add friends from a nonexistent backend, so, in order for the user to be able to complete the task flows, we had to come up with these solutions.

Hard-Coded Items

Similarly, virtually everything in this prototype is hard-coded. Here are the main examples:

- All user data is hard-coded, since we do not have any users yet.
- Workouts (past, today’s, and upcoming) are all hard-coded. That is, this prototype does not have the ability to generate workouts tailored to the user’s goals and preferences, as we do not have an algorithm to generate these workouts according to user input, nor are we able to parse user input in the first place.

- The limited possible workout edits are hard-coded, as they were difficult to implement in Figma.
- The user's friends and the one friend that can be added are hard-coded – again, we do not have any actual users yet.

For the scope of the medium-fi prototype, these hard-coded workarounds were necessary and ensure that the user were still able to smoothly navigate the app and execute the three task flows.