Fitbud

README File

Akanshya Bhat, Christelle Millos-Lopez, Jake Restaino, Ethan Yuen

Buddy

App 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.

Hi-Fi Prototype:

We developed this app using React Native, Expo, and Visual Studio Code. It was tested on our personal devices and through the XCode Simulator app.

Installation Instructions:

Our app can be accessed on any mobile device, but it has been optimized for an iPhone 15 Pro Max screen. To access the app, follow these steps:

1. Download the "Expo Go" app from the App Store or the Google Play Store

2. If asked to sign in, please use the following credentials:

Username: fitbud147

Password: S7h$aRq9?gphyxR

1. Scan the QR code below to open the Fitbud app on your smartphone or open this link: exp://u.expo.dev/update/1503e791-7cdb-406c-9f04-7cfb76971f74

Operating Instructions:

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

Tutorial

- Read and tap to continue through the screens of the tutorial if using the app for the first time after signing up

Navigation Bar (bottom) and Profile (top right)

- **Home**: tap the bottom-left icon to go to the home screen
- **Workout**: tap the second icon from the left on the navigation bar to view, edit, and start today's workout
- **Calendar**: tap the second icon from the right on the navigation bar to see lists of past and upcoming workouts
- **Friends**: tap the bottom-right icon to see your messages and your friends, as well as send and view workout requests from 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 or Finish when appropriate
        - If you want to skip the timer for the sake of time, press the Finish button
- 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

Calendar Screen

- Access from navigation bar

- Sync Apple or Google calendar with Fitbud so that Buddy can schedule workouts for user according to their availability 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 details for an upcoming workout:
    - Tap on a date
    - You can either reschedule or cancel the workout
- To view past workouts:
    - Tap on View Past Workout
    - Tap on a date to view that day's workout

Friend Screen
- Access from navigation bar
- Messages Tab
    - View friend requests and either accept or reject as desired
        - Accepting a request moves the friend to your friend list
    - View pending workout requests sent from your friends
        - If you accept a request, Buddy will show the details for your workout based on both of your availabilities and will allow you to cancel, confirm, or reschedule based on these details
- Friends Tab
    - View all of your friends and search through them
    - Press the "Find Friends" button to search for new friends and add them
        - You can also view suggested friends here
        - Press "Back" to return to your Friends list
        - Currently, only one friend can be searched for and that is Kyungsoo
    - Press Schedule Workout next to a friend's name to send them a workout request

Profile
- Access by clicking on profile icon in top right
- View workout streak
- View an inspiring quote from Buddy
- Adjust profile and preferences that were selected during sign up

- Tap the edit icon to edit a specific setting and either cancel or save changes as desired

Hard-Coded Features:

- The one friend that you can search for and add, Kyungsoo, has been hard-coded as any further friends would not add to the demonstration of our task flows. Similarly, the suggested friend has been hard-coded.

- 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. As a result, the workout edits that can be made are also limited, as we have a limited database of exercises.

Wizard of Oz Features:

- 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 some friends already.

- The user already has a workout history, even if they sign up for the app, to show how the features work.

- The user has messages, workout requests and friend requests, that magically appear when you log in to the app.

Limitations:

- Edits to the profile and workouts cannot be saved. The reason the workout edits are not saved is because we have hard-coded in the exercise flow (for when the user is completing the workout) and edits to the workout would require us to change the timer and the exercises. The changes to the profile are related to the onboarding and not any specific task, so they remain unchanged. Furthermore, the o

- Workouts cannot be cancelled at the moment (as in the button is not functional) because they would simply lead to the removal of the workout from the list and the implementation does not make much of an impact on functionality.

- Rescheduled workouts regenerate a time that works in your schedule but it currently only functions to change the time for your workout instead of a new date (it is random currently as we don't have an algorithm).

- Only one friend can be searched and added; again, we don't have a backend and one friend is sufficient to demonstrate the functionality.

- Workouts cannot be paused because the timer feature that we used in React does not allow for any such additional functionality.

- Due to feasibility and time constraints, Buddy's animation for different workouts could not be generated but in theory, there would be an image of Buddy doing the specific workout.

- Resting time between workouts in high-fi is not implemented to avoid user having to wait before doing the other exercises. Resting time, at the moment, is not necessary for functionality.

- Whenever you press the profile button, the icon of the page you were last on is still highlighted dark blue as though it is selected. Due to the navigation bar component that we used from React, we are unable to make it so nothing is highlighted (since the profile button is at the top of the screen instead of within the navigation bar). If you travel away from the screen, and return without closing the profile or viewing the original screen (for example, calendar), you need to click the icon on the navigation bar again to restore the screen. This essentially means if you were on the calendar screen and open the profile and then navigate to another screen like workout, when you return to calendar you will see the profile. To fix this, tap the calendar icon on the navigation bar for a second time to view the actual calendar screen.