

Phone Phit

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Introduction

- People have troubles exercising including:
 - Time restrictions
 - A sense of self-consciousness
 - Feeling too tired
 - Find exercising boring
- Early humans exercised by hunting and foraging
- Modern humans sit on the couch and order take-in
- People don't get enough movement!

Purpose

- Not moving causes the body to enter a lower energy state causing:
 - Diabetes
 - High risk for osteoporosis
 - Muscle atrophy
 - Slow metabolism
 - Heart Disease
- Phone Phit allows users to overcome these struggles
 - Simple interface—easy to boot up and use
 - Easily customizable without overwhelming choices—choose area to workout, length, skill level
 - No fee exercise app—nothing trapped behind a paywall

Methods – Key Concepts

- We used:
 - Angular
 - Components built on the Material Library
 - Supports forms and results
 - Offers a collection of libraries and developer tools

Methods- Requirements

- We needed to get:
 - User inputted data
 - Time, equipment, area to workout
 - Database containing exercises
 - Secondary Routine/Logging Functionality

Methods- High Level Architecture

- Database Schema
 - Slightly different than input fields
 - More areas to work out on database than presented to user
- Results Screen
 - Displays info about each exercise
 - Diagram or videos of how to do
- Routines
 - Works similarly to YouTube or Spotify playlists
- Play functionality
- Logging

Methods- Developer Environment Requirements

- Text Editor
- Command line knowledge
- WFH style with sprints to focus on specific work
- Figma- online visual designer
- Jira- ticket tracking for progress


Results- Database of Exercises

Contains fields for:

- Name of the exercise:
 - Pushups, sit ups, etc.
- Equipment
 - Resistance bands, stability ball, weights
- Area to workout
 - Abs, Core, Back, Triceps, etc
- Description of workout

Results- Questionnaire Screen

- User interacts with to help determine which exercises are selected



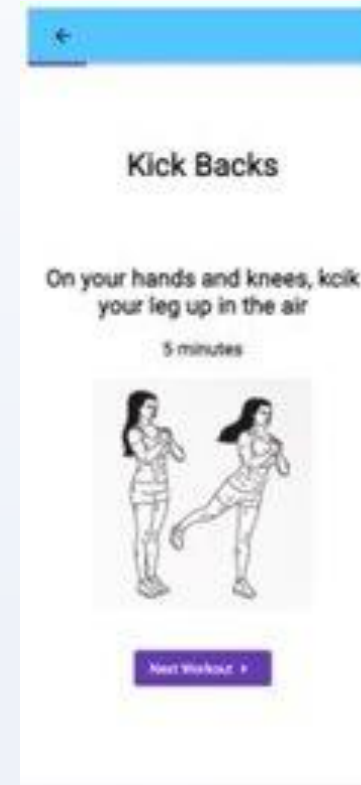
A mobile app screen titled "Workout Time" with a blue header bar containing a back arrow. The screen displays "20 minutes" in the center. Below the text is a vertical slider with a black dot positioned at approximately one-third of the way down. At the bottom of the screen is a purple button with the text "Continue" and a right-pointing arrow.



A mobile app screen titled "Experience Level" with a blue header bar containing a back arrow. The screen displays "Intermediate" in the center. Below the text is a vertical slider with a black dot positioned at approximately two-thirds of the way down. At the bottom of the screen is a purple button with the text "Continue" and a right-pointing arrow.

Results- Exercise Results Screen

- Displays exercise name, how to perform exercise, and duration





Live Demo

Conclusion

- Basic use case
- Fulfills requirements we set out
- Barebones, but has avenues for future development
 - Routines
 - Playlist for workouts, like Spotify playlist
 - Friend system
 - Stat tracking
 - Badges
 - Reward system

References

- [1] Why Is Exercise Hard? | Harvard Magazine, <https://www.harvardmagazine.com/2016/09/born-to-rest>
- [2] Exercise and Stress: Get Moving to Manage Stress – Mayo Clinic, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
- [3] Benefits of Physical Activity | Physical Activity | CDC, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Questions?