



Fitness flow

A Fitness Flow a day, keeps the crowd away

Problem

- Too many people in the gym
- Wasting a lot of time waiting and queuing up
- Hard to know using information for each machine



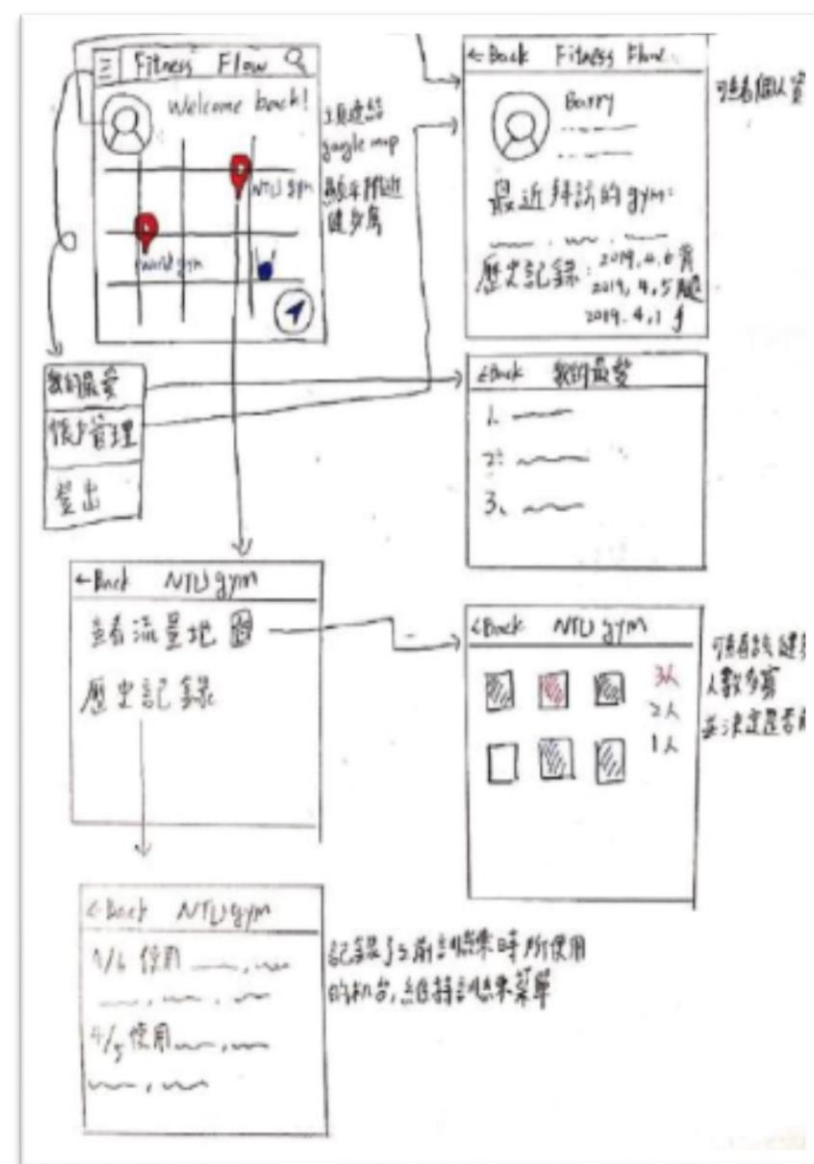
On the way to gym...

Process

From needfinding results, we used InVision to construct medium-fi prototype. After several revisions, we finally developed this APP with Xcode.

<p>Who: 邱筠雅</p> <p>What we found out:</p> <ul style="list-style-type: none"> • 重訓室人太多、器材不夠 • 訓練時不知道怎麼施力 • 器材重量不符合需求 • 會與人共用，但怕時間拖太久 	<p>Who: 張欣穎</p> <p>What we found out:</p> <ul style="list-style-type: none"> • 很排斥與其他人共用器材，怕被打擾 • 討厭共用的人不幫忙搬重量或卡片 • 有朋友一起重訓可以互相借處，效率會提升 • 很怕重訓會受傷
<p>Who: 張悅慧</p> <p>What we found out:</p> <ul style="list-style-type: none"> • 容易姿勢不良受傷 • 不喜歡被陌生人打擾到訓練 • 很怕別人的目光 • 詢問別人是否可以共用器材時，會怕被拒絕 	<p>Who: 姜以心</p> <p>What we found out:</p> <ul style="list-style-type: none"> • 訓練時動作不夠標準，感受度下降 • 人太多，排不到想要的機台 • 平常不太主動共用，怕打擾別人 • 可以接受別人詢問共用
<p>Who: 王惠儀</p> <p>What we found out:</p> <ul style="list-style-type: none"> • 傾向於自己去重訓 • 健身房空調差 • 器材多樣性不夠 • 樂於與人共用 	

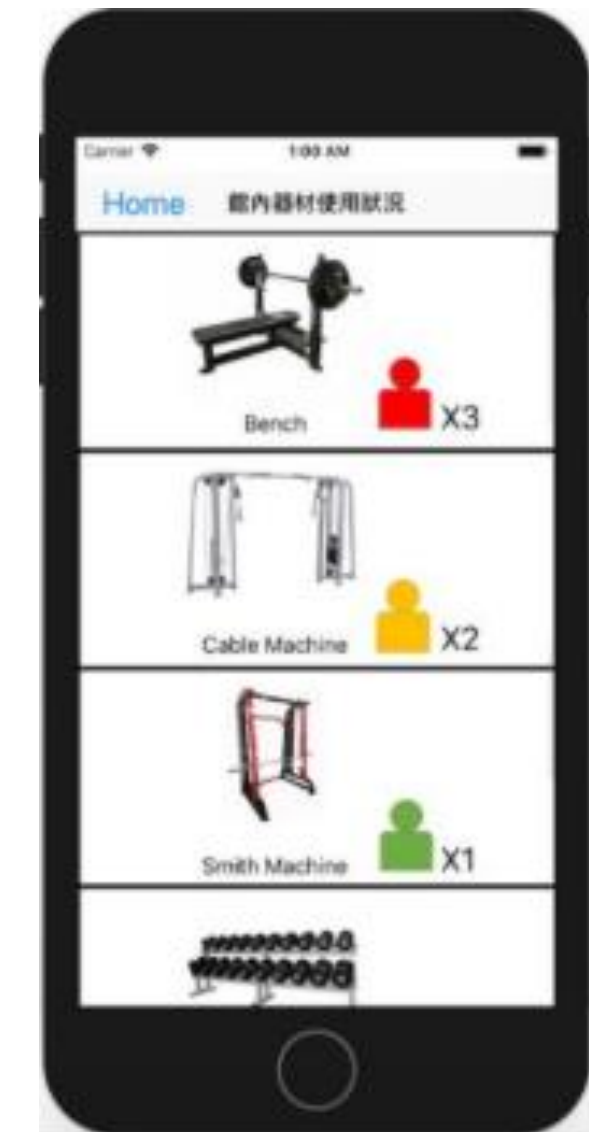
Needfinding



Low-Fi



Medium-Fi



Hi-Fi

Key Features



1. Browse the usage conditions
2. Check machine in detail
3. Reservation