



Website Design for **FITYOURSELF**

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Our Team

We are a group of young designers with dreams and strong passions. We both love gym and we hope to bring to our customers the best experiences of practicing gymnastics through our products.



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A close-up photograph of a person's hands tying the laces of their red running shoes. The person is wearing black athletic leggings and a black watch on their left wrist. The shoes are red with black soles and are positioned on a dark, textured surface, likely a running track. The background is blurred, showing more of the track and the person's legs.

1.PROJECT PROPOSAL



1.1.1 Name of Project

FITYOURSELF

The name represents features that our websties navigate to: " You can change your body, exercise all on yourself, right at your home " We bring a whole new level of experiencing fitness exercises to our target audience.



1.1.2 Problem Abstraction

The whole project is all about creating and designing website for this brand called FitYourself.

FitYourself directed to people who don't have time to go to the fitness center, also amateur whom stay at home but still can exercise with instructions.

The website's missions are providing details info about all the types of gym, use people body figures to analyze body status and specially creating an exercise plan suitable with people's purposes.

In order to perform the services to people, it's the most important things to research info, knowledge about gym, fitness, and technology also so users could stay at home but still experience all the services. Especially when it is a new business and wants to educate customer not only about the knowledge but also the brand.

1.2.1 Define Problem

In the process of learning, there are not many types of gymnastic website was found out , especially in Vietnam. FitYourself appeared and brought a fresh wind into this field. On the way to bring customers to higher levels of practicing exercises at home, FitYourself faced problems: knowledge about all the type of gyms (bodybuilding, fitness, crossfit..), technology to interact with users to measure heartbeat, pulse and even carlos the user has exercised and indexes of users.

Beside the fact that it must has a suitable user experience for website, FitYourself website is also created with supportation from apps. It will have to:

- Provide detail informations about types of gym on the market
- Collect people's indexes to evaluate body's status
- Creating exercise plan for each peson's purpose
- -Tutorial for each exercises of every types.

Overall, there must has spaces for business owners to set up cross-sell on all over the website in order to convert visitors into customers.



Comparison with other websites

Brand	Pros	Cons
GYMLORD	<ul style="list-style-type: none">- Training schedules.- Training exercises.- Nutrition suggestions.	<ul style="list-style-type: none">- It's only information website/blog page.- Bodybuilding type only.- Limited training exercises.- Inflexible training exercises for each specific user.- Have no guide videos..Have no guide GIFs.
THEHINH.COM	<ul style="list-style-type: none">- Training schedules.- Training exercises.- Nutrition suggestions.- Training exercise guide videos.- Calculation tools: BMI, BMR, TDEE, Macro, Bodyfat, Calories Burned...	<ul style="list-style-type: none">- It's only information website/blog page.- Bodybuilding and Yoga types only.- Complex interface for users.- Post's quality aren't evenly. Some posts are high quality but others.
SWEAT DECK	<ul style="list-style-type: none">- Easily to use- Using card for training	<ul style="list-style-type: none">- Not many exercises- Dont record training history- Dont have detailed tutorials- Dont show the figures after the training
JEFIT	<ul style="list-style-type: none">- Building personal timetable- Full info about types of gymnastic and tutorials- Collect BMI caculator and figures- Save the body figures to analyze the changing of body	<ul style="list-style-type: none">- Only theory, no video- Directed plan without choosing types
YEUTHEHINH.COM	<ul style="list-style-type: none">- Nutrition suggestions- Supportive products- Macro, Bodyfat, Calories Burned...	<ul style="list-style-type: none">- It's only information website/blog page.- Bodybuilding and Yoga types only.- Complex interface for users.- Post's quality aren't evenly. Some posts are high quality but others.

Technology

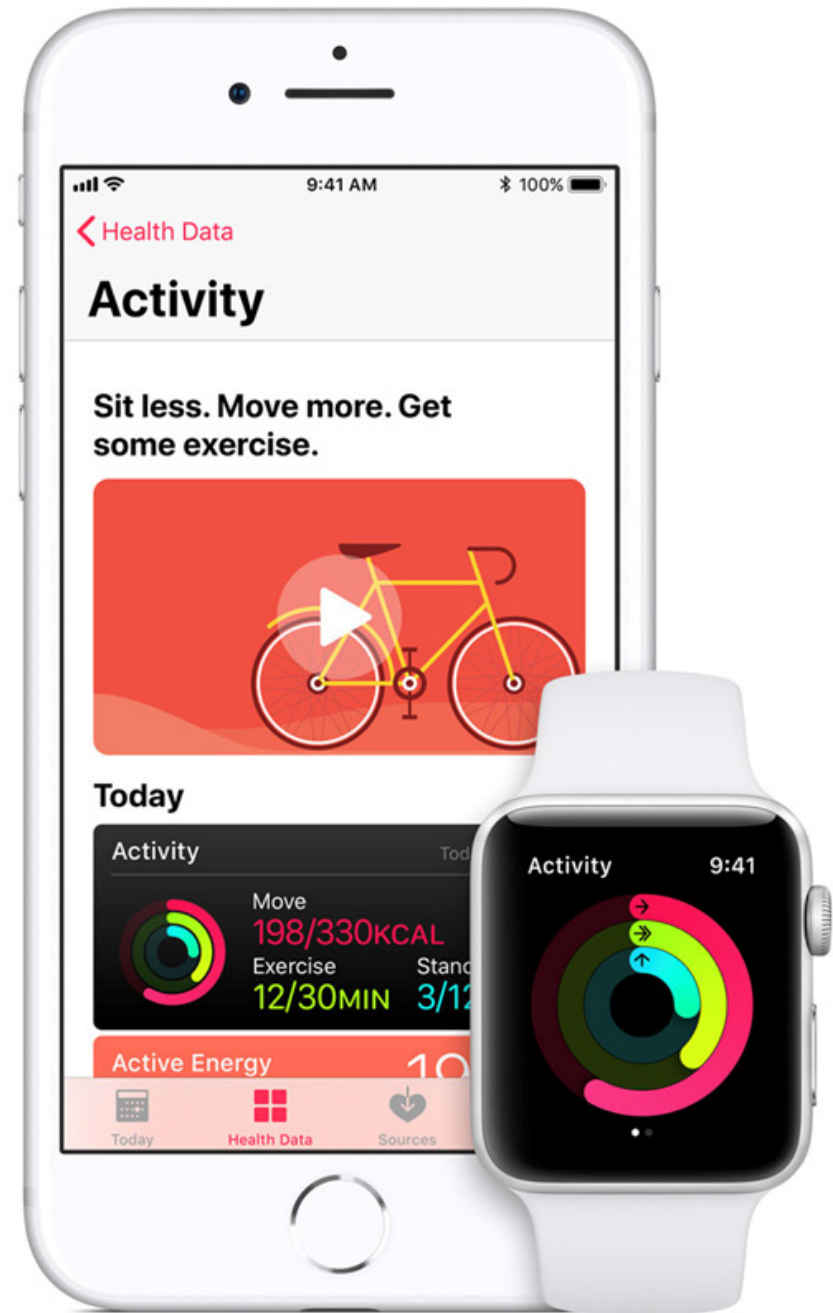
Beside of creating a websites, we also have a supportation app to measure while user're practicing. So there're maybe many devices to support, user can experience fully our services

After researching, we found out technology devices that worked perfectly with us:

- PC/Laptop with Internet
- Android smartphone or Iphone conected to Wifi
- Smart TV and Internet TV
- Samsung gear fit 2 and Apple watch 2
- Headphone or Speaker

With the Activity app on your Apple Watch and the health App on smart phone, you can track how much you move, exercise, and stand from day to day. The Activity app on Apple Watch can show how many active calories you've burned so far

Application "FITYOURSELF" will connect with this app and show how much you workout in the training time by the chart and clock.





1.2.3 Specify Requirements



PROVIDE DETAIL INFORMATIONS ABOUT TYPES OF GYM

Many people nowadays don't know much about types of gym, don't know what are they, how it works. This could lead them into wrong understanding. So FitYourself provide a huge and excellent detail informations about 7 types of gym on the market : Powerlifting, Bodybuilding, Fitness, Crossfit, Yoga and Dance and Calisthenics.

- Powerlifting: Squat, Bench Press, Deadlift
- Body building : Bulking, Cutting
- Fitness: Chest, Arm, Shoulder, Back. Leg
- Crossfit: Power Clean, Burpreees, Snatch, Thruster
- Yoga: Hatha, Kindalin, Vingassa, Iyengan, Astanga, YinYoga
- Dance: Belly Dance, Aerobiics, Zumba, Sexy Dance
- Calisthenics: Squat, Pull Up, Push Up, Push Up with Double Beam, Abdominal

Users could research and study about type of gym that they like and want to learn so that they could understand what they're exercising.



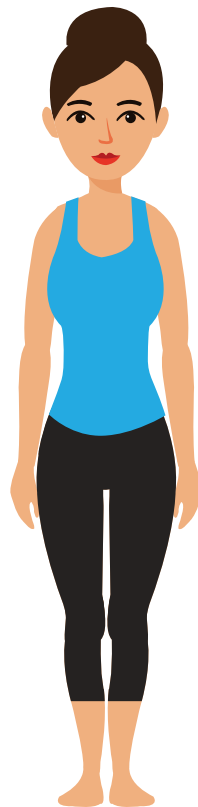
Men

Under Weight: <18.5

Healthy Weight: 18.5 - 24.9

Over Weight: 25.0 - 29.9

Obese: >30.0



Women

Under Weight: <18.5

Healthy Weight: 18.5 - 24.9

Over Weight: 25.0 - 29.9

Obese: >30.0

COLLECT BODY INDEXES TO EVALUATE BODY STATUS

To evaluate a human body with their body indexes, we based on BMI and WHR measure. So what is BMI & WHR?

BMI (Body Mass Index)

Is a measure of body fat based on your weight in relation to your height, and applies to most adult men and women aged 20 and over. For children aged 2 and over, BMI percentile is the best assessment of body fat.

BMI does not measure body fat directly. Research indicates that BMI correlates to direct measures of body fat such as underwater weighing and dual-energy X-ray absorptiometry (DXA), and is considered an inexpensive and easy-to-perform alternative for these due to measurement

BMI is used as a screening tool to indicate whether a person is underweight, overweight, obese or a healthy weight for their height.

If a person's BMI is out of the healthy BMI range, their health risks may increase significantly

Metric BMI Formula:
$$\frac{\text{Weight (kg)}}{\text{Height x Height (m)}}$$

WHR (Waist-to-Hip Ratio)

Is one of several measurements your doctor can use to see if you're overweight, and if that excess weight is putting your health at risk. Unlike your body mass index (BMI), which calculates the ratio of your weight to your height, WHR measures the ratio of your waist circumference to your hip circumference. It determines how much fat is stored on your waist, hips, and buttocks.

Not all excess weight is the same when it comes to your health risks. People who carry more weight around their midsection (an apple-shaped body) are at higher risk for heart disease, type 2 diabetes, and premature death than those who carry more of their weight in their hips and thighs (a pear-shaped body). Even if your BMI is within a normal range, your risk for disease may be increased.

WHR is an easy, inexpensive, and accurate way to see how much body fat you have. It can also help predict your risk for heart disease and diabetes.

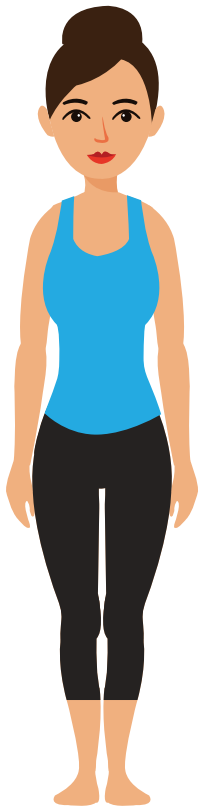
A few studies suggest that WHR is even more accurate than BMI for predicting the risks of cardiovascular disease and premature death.

WHR Formula: $\frac{\text{Waist}}{\text{Hip}}$



Men

- Low: <0.95
- Moderate: 0.96 - 1.0
- High: >1



Women

- Low: <0.80
- Moderate: 0.81 - 0.85
- High: >0.86

CREATING TRAINING PLAN

After receive the evaluation, users will choose for themselves an extra period and FitYourself will create a timetable of training according to their purposes. Before building for yourself a training plan, we offer users to fill a form with details about the timetable with 5 simple kind of question.

Throughout the process, with the interaction of apps, users could know how much carlos they had burnt due to measurement

- 1 Choose your types of gymnastic you want to practice (Max 2)**
Choices: Powerlifting, Bodybuilding, Fitness, Crossfit, Yoga and Dance and Calisthenics.
- 2 Choose your level**
Choices: Basic or Advance
- 3 Number of Exercises/Day**
Choices: Least 2 , Max 5
- 4 Your Training Time**
Choices: Least 4 weeks , Max 12 weeks
- 5 Time started**

TUTORIAL VIDEO WITH INSTRUCTION

FitYourself contains detailed exercises of each type of gym. So that customers can training on their own at their house without going to the fitness center. Not only the theory but also video and specific tutorials.

Website makes sure that all the tutorials are easily to understand and follow. Every exercises had compiled by pro experts or taken from reliable source

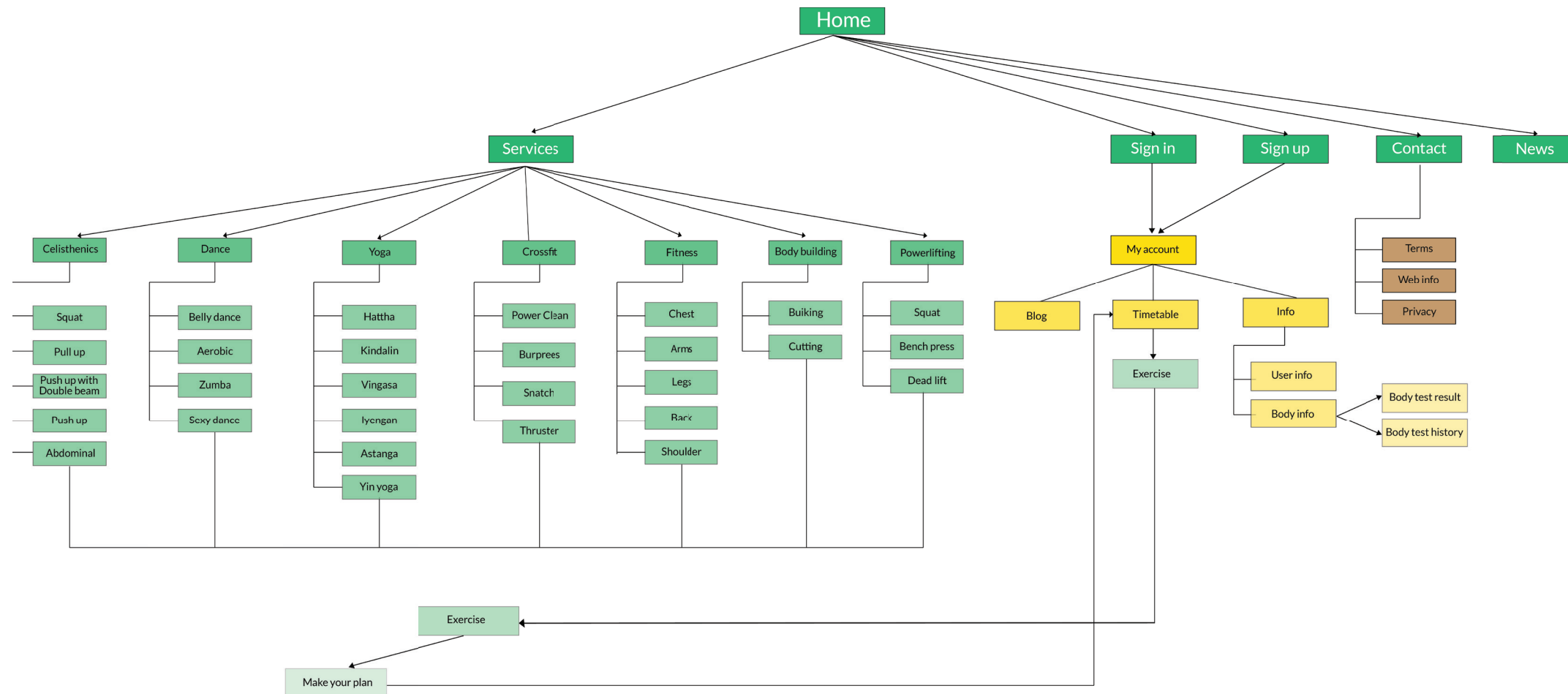


2.DESIGN PROPOSAL

4

APUS
sports

2.1 Building The First Sitemap



Stiemap is representing for all of the website's content. The first sitemap was built from our first came up ideas about FitYourself. It has fully all the features that we had mentioned. This sitemap also showed which feature we wanted to focus on and how it worked . We could see what we had missed.

But somehow, it's kind of messy with too many information that could make user confused while experiencing. Look at it, we can see that some content pages didnt linked with each other and some are not necessary to appear on homepage

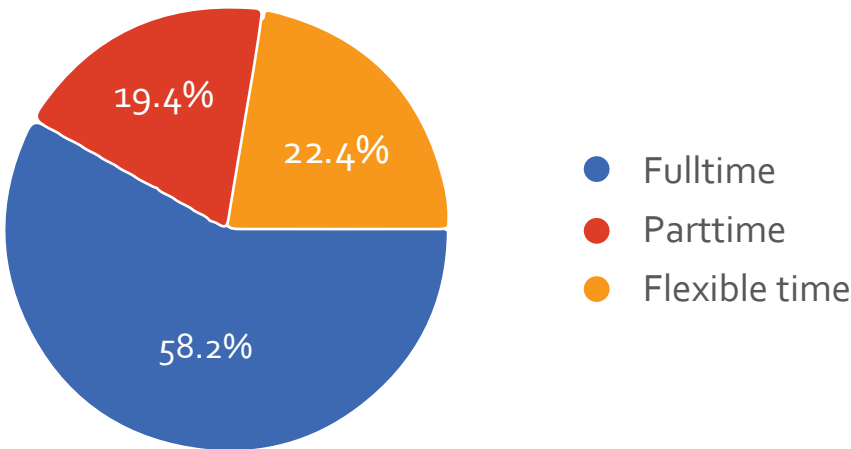
On the way of creating the best product, we did a deep research about the users training routine, their interested with gymnastics. So that we can complete and fix website's features to be suitable.

We have research more than 67 people who are our targeted customers

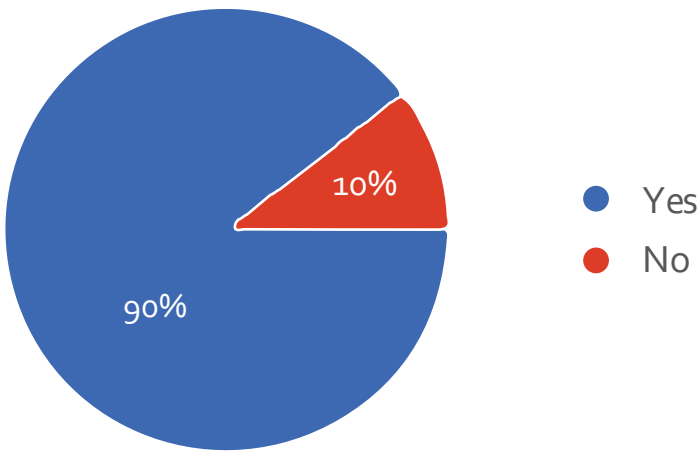
- Age: 18-45 years old
- Students or Office workers
- Single, married or have childs
- Busy and don't have enough time to go to the fitness center
- Not professional training
- Using fluently smartphone or technology devices.



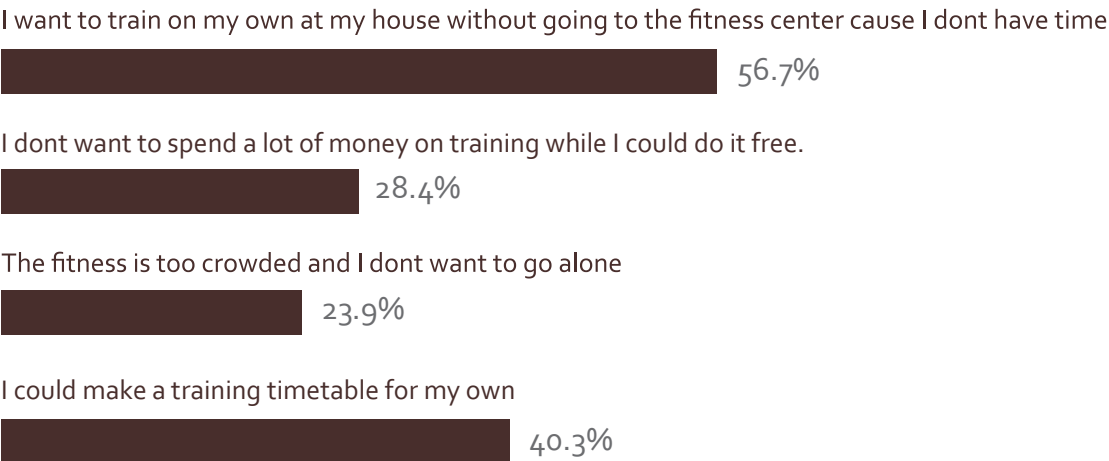
Working time



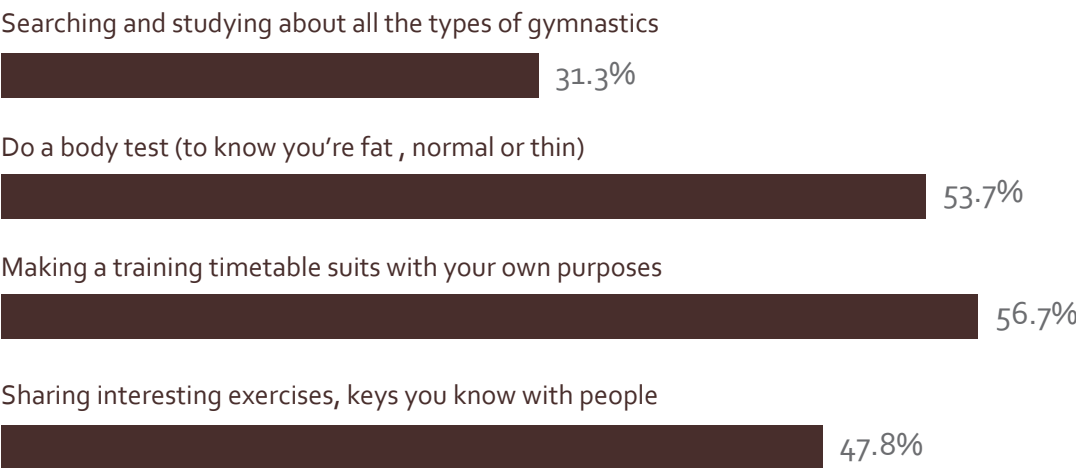
Want to experience a gymnastics website?



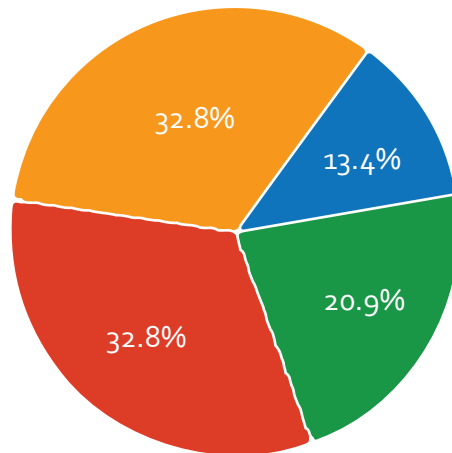
Why do you use this website ?



Choose the functions of website which you wanna experience the most



Which one describe yourself?

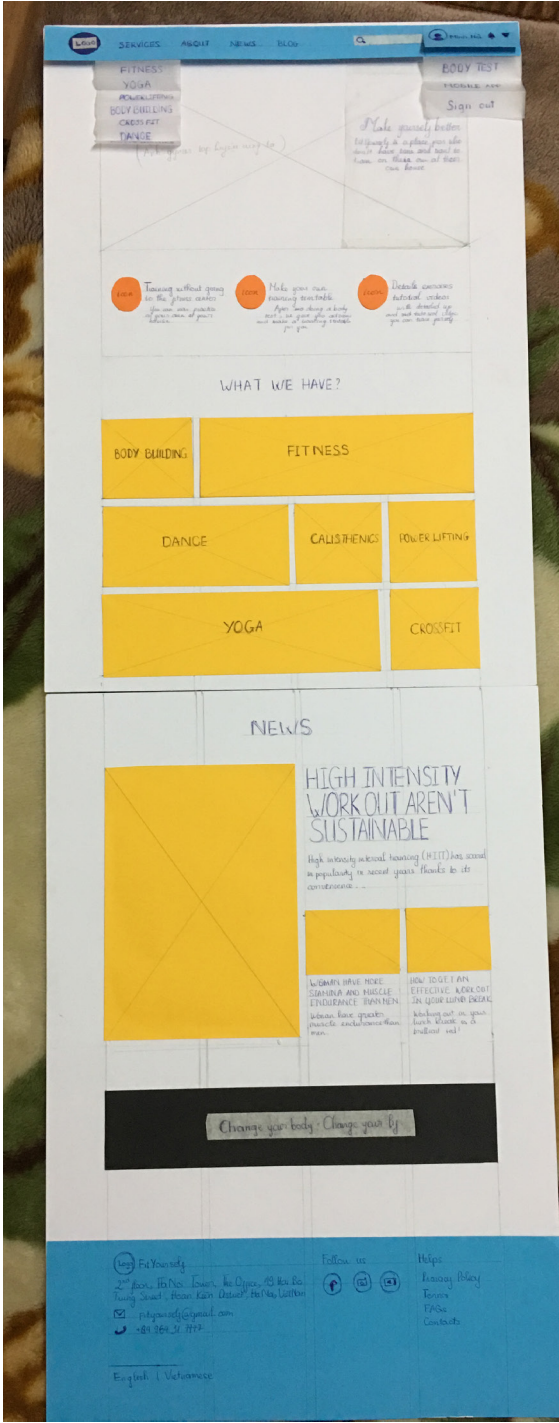
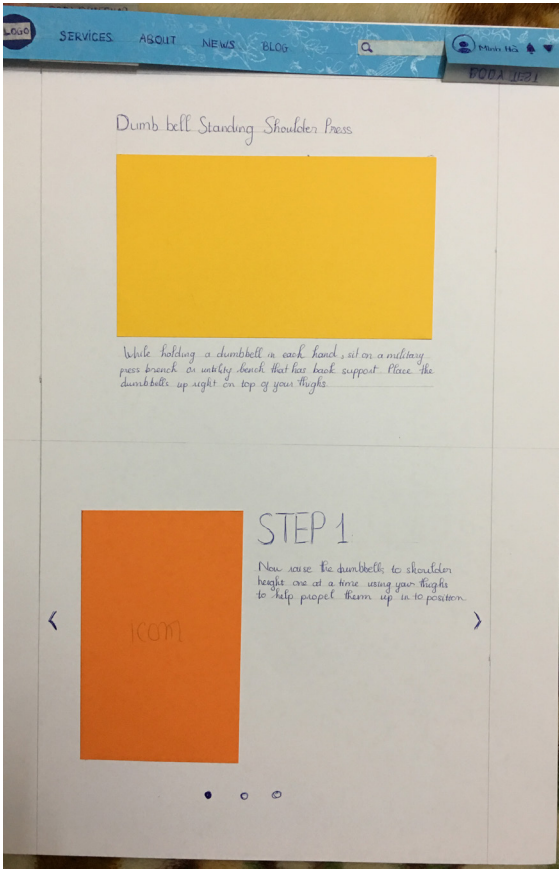
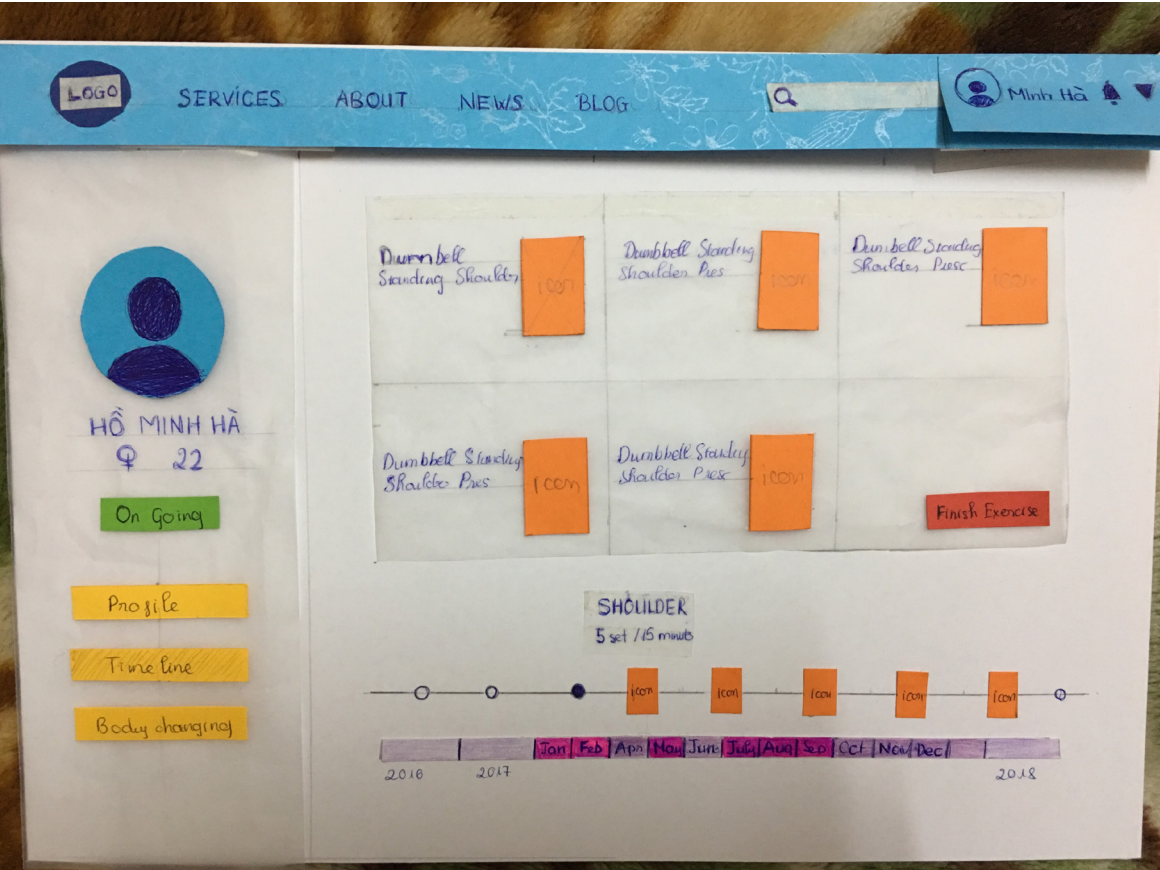


- I went to work, married and I dont have time to go to the Gym Club
- I went to work, havent married and I dont have time to go to the Gym Club
- Im still studying, I dont have both time and money for training with the coach
- I dont have anybody to go the Gym club with, so I wont do it alone

2.3 Building The First Prototype

After building the first sitemap, we started working on prototype. To express our ideas we first do it on paper, it's really simple and visualize, we imagine it in our head and use color papers to shown it. This step is about making how our website first looks like, controlling all the buttons and how it's different with our first sitemap.

In this step, we also can see the features's limitation and the way users first experience on our website. Building interface step by step but it does not satisfy our expectation: impressed but easily to use.





3. PRE-DESIGN

3.1 User Testing

After many researches and real experiences from users through the first sitemap and prototype, we see some limits and found a way to recover it and improve some features that we had missed:

- Select important features om homepage, because homepage is the quickest way to enter other pages
- Focus on the most important feature : Account page, it needs to be more specific:

Training Plan

User can view exercises in day, week, month

They even can back to days or months even years ago to see what they've worked out

Every exercises must appeared 1 one page so user could control what they're doing

Body Changing

User could provide body indexes once a month and there would be a chart shows the

changing of them

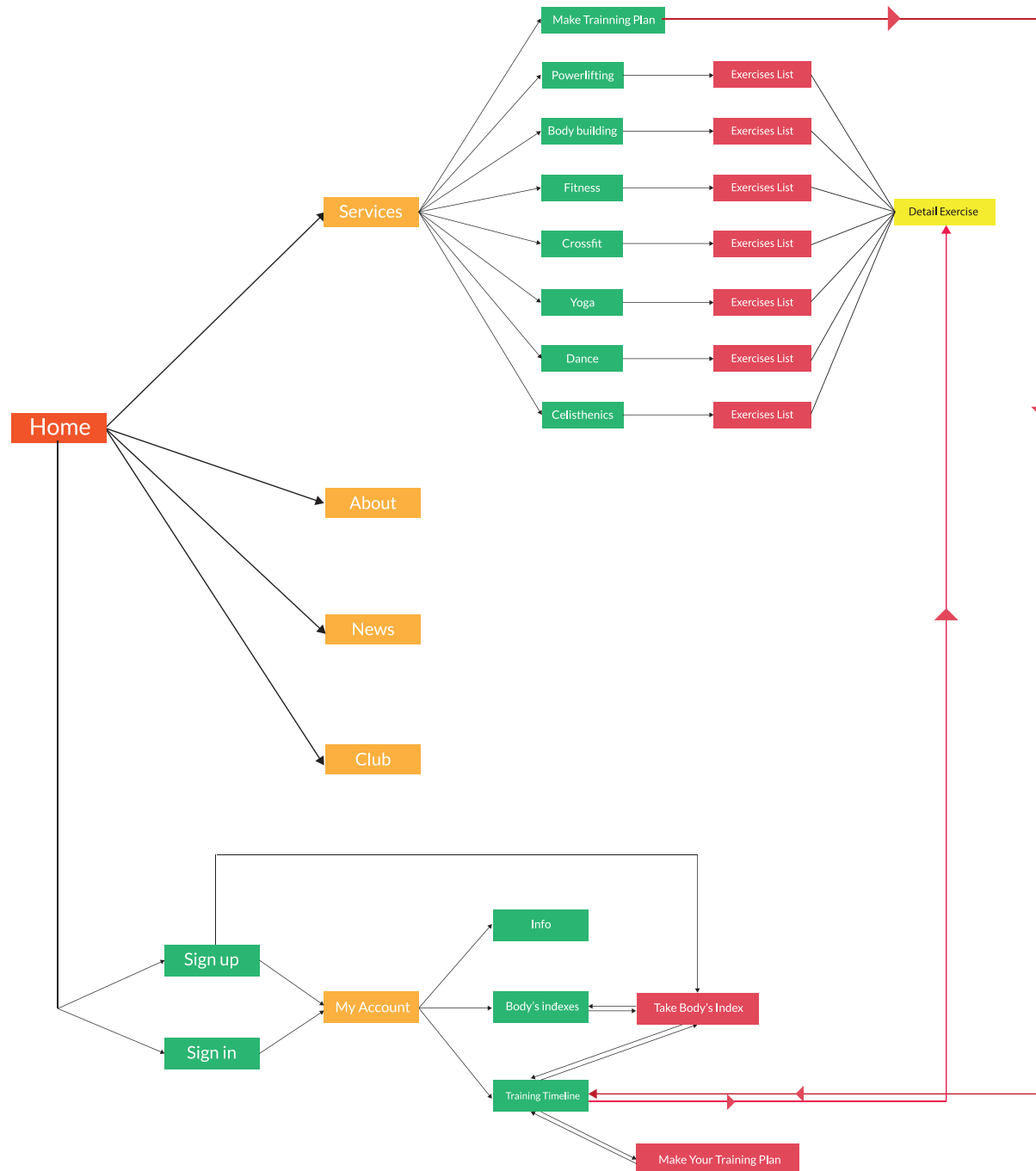
All BMI and WHR indexes are all showed

They recieve result right after they provided figures.

- In Exercise Detailed page, beside tutorial video, we confirm to have text instructions with equivalent icons with every steps.
- Notifications are also needed in case of user missed their training in a day.



3.2 Building The Second Sitemap



For the second sitemap, we asked ourselves a question: "What will user go after the Detailed Exercises page?". So to make every page of our website could be linked together, Training Timetable will be the answer.

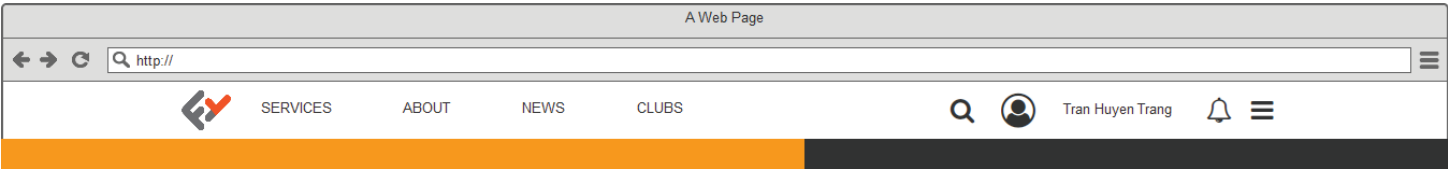
This sitemap has been developed and improved from the last one, it's clearly and help us see the way of our features. Could see in this sitemap that all pages come back to one place : Training Timetable page. Also the most important feature we focused on.

We also considered pages like : About, News and Clubs, all are about information and advertising, we don't want user to waste their time on unnecessary pages. In addition, every step to building a Training Plan was made clearly, it helps us on the way building the second prototype

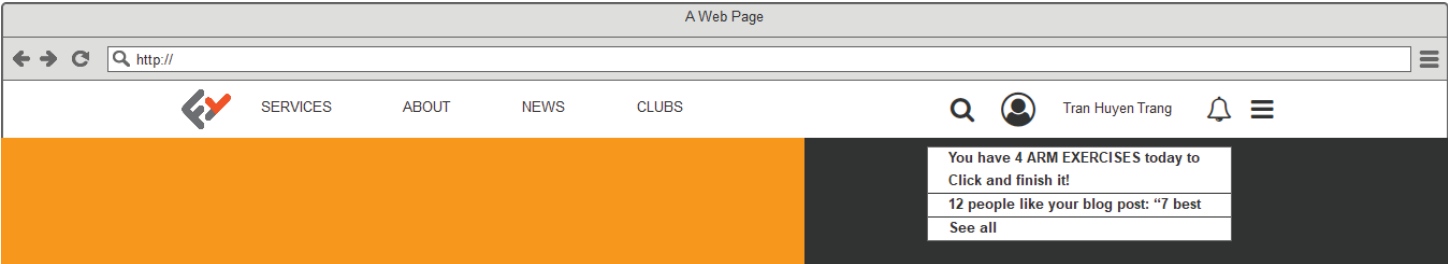
3.3 Building The Second Prototype

On the way of building, the second prototype was easier because we do it on Prototype Software. We had fixed and developed features so that user could understand and easily recognized what they're doing with our services

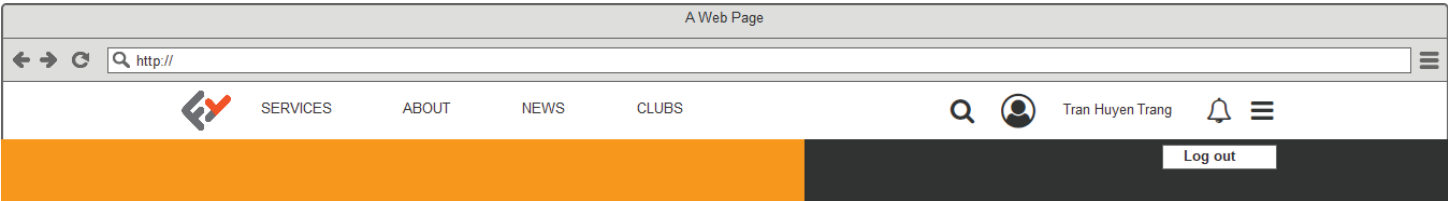
Homepage (Signed in)



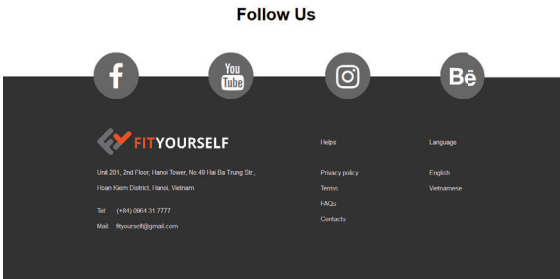
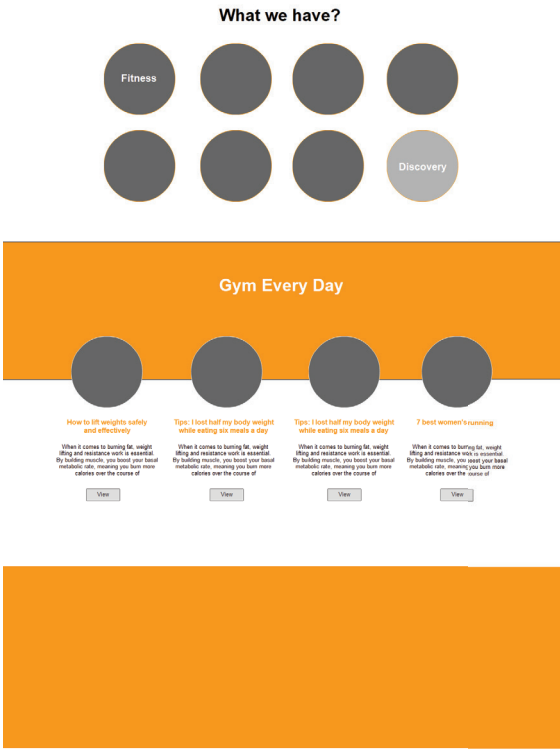
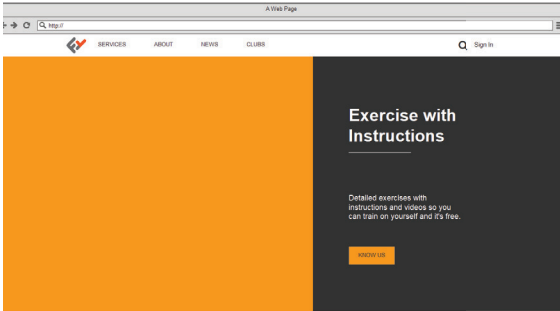
Homepage (Notification)

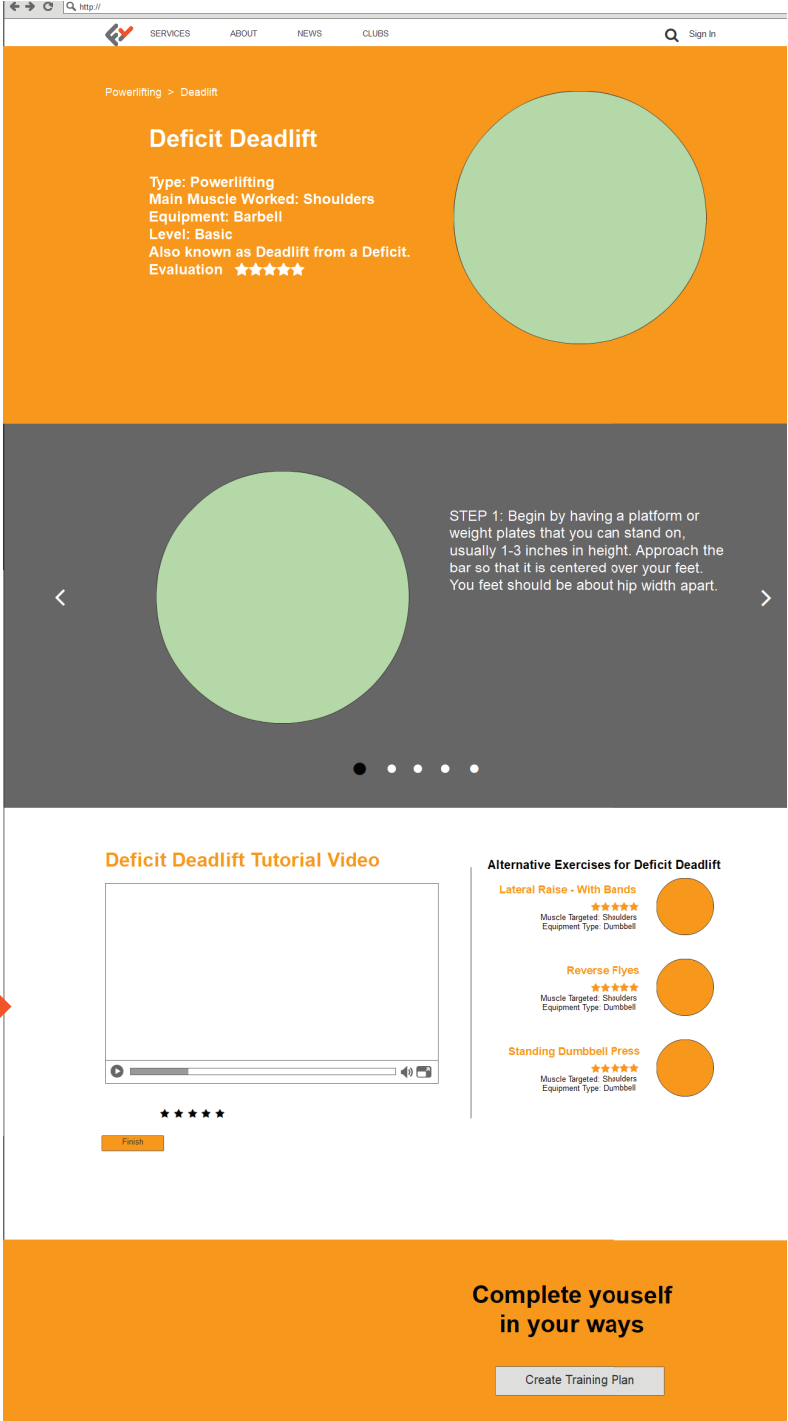
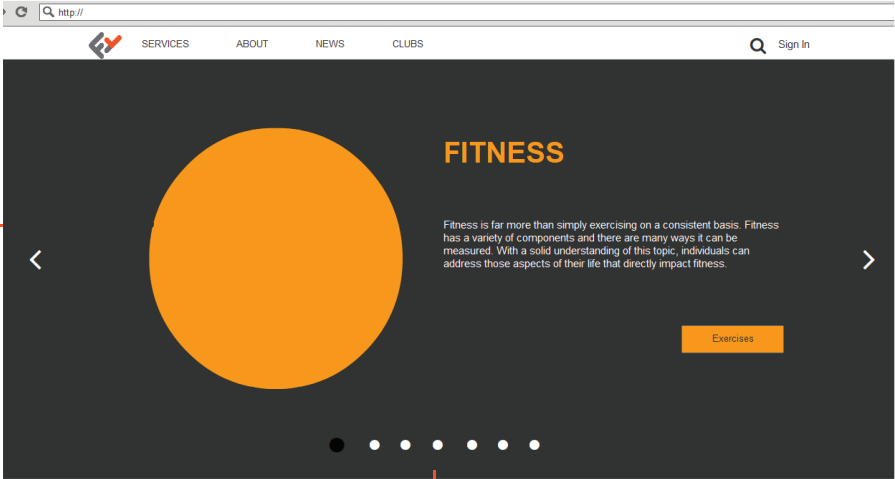


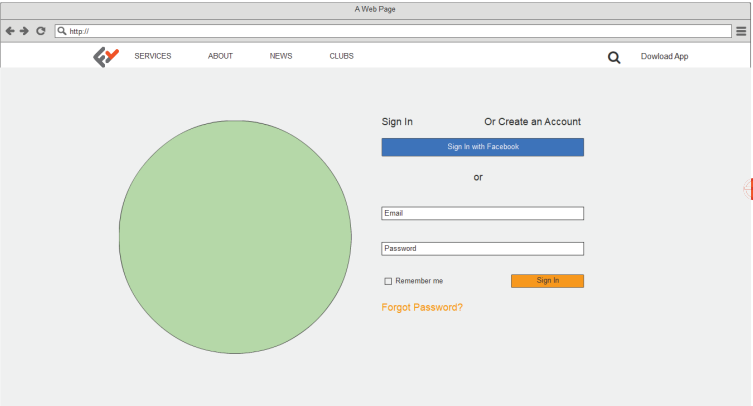
Homepage (Log out)



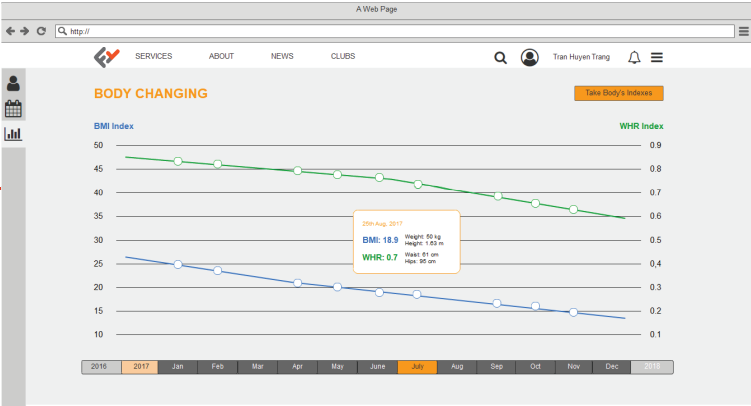
Homepage



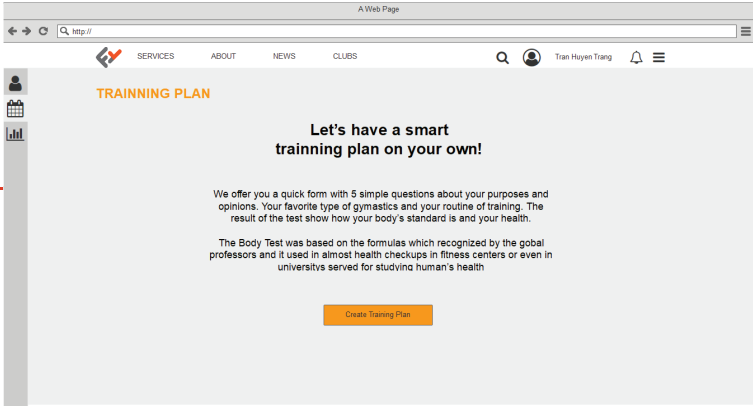




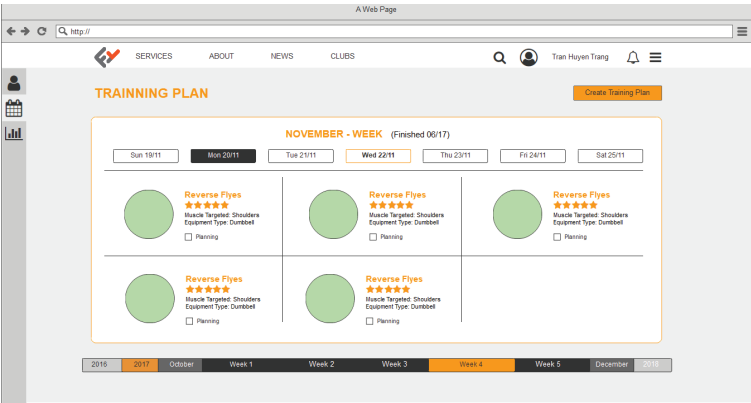
Sign in



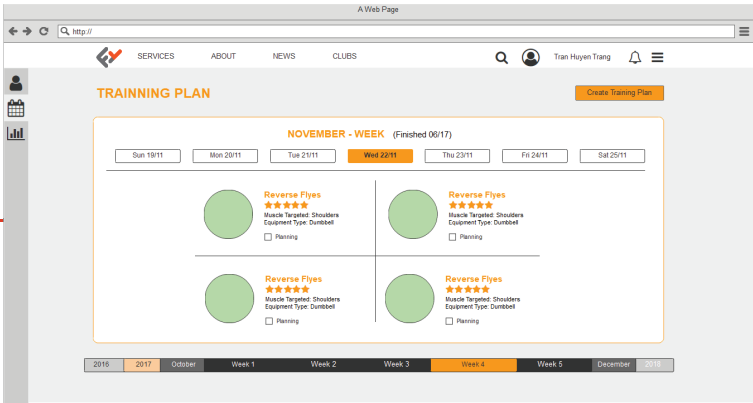
Body Changing Chart



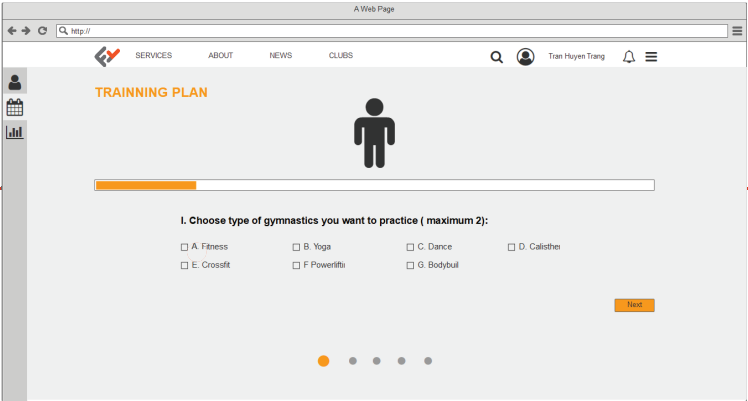
Make Training Plan Start



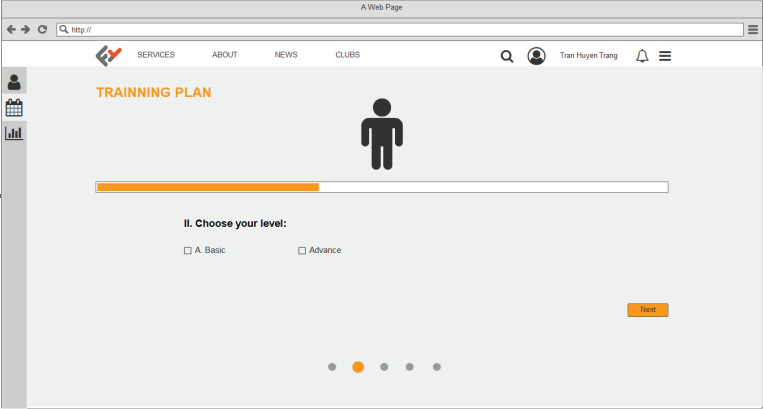
Timetable Day View



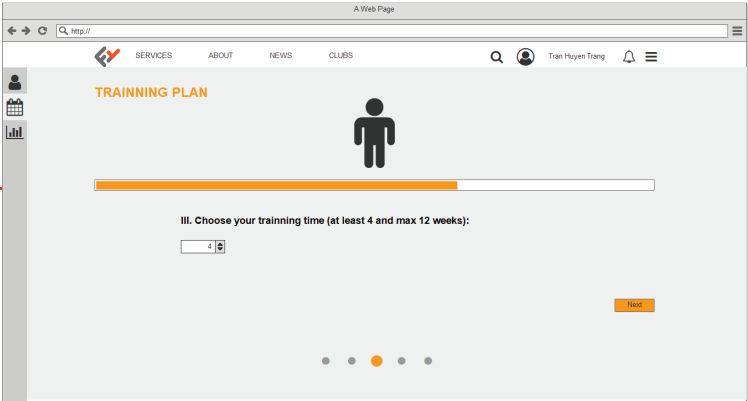
Timetable Day View



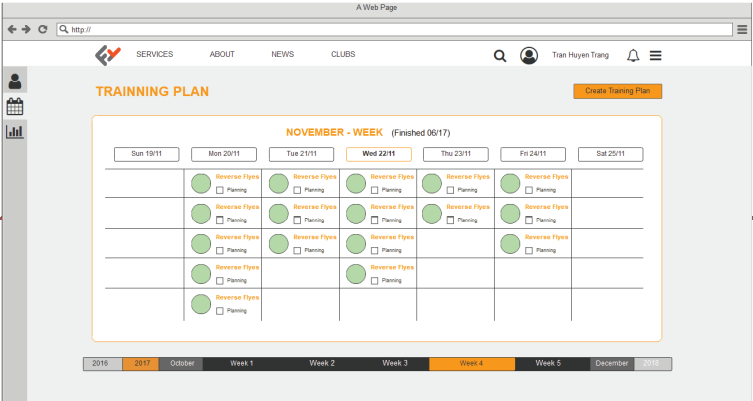
Question 1



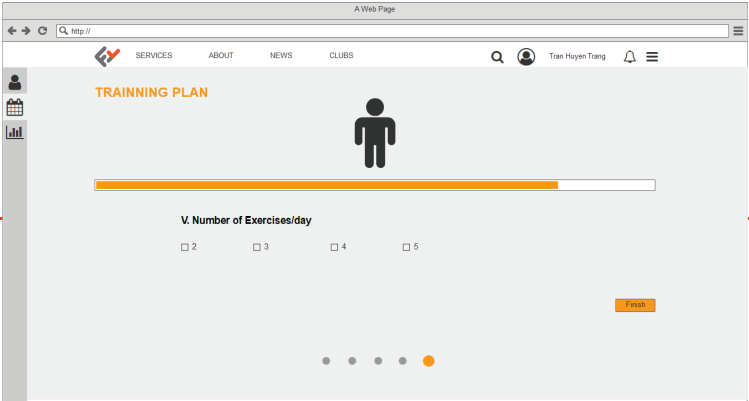
Question 2



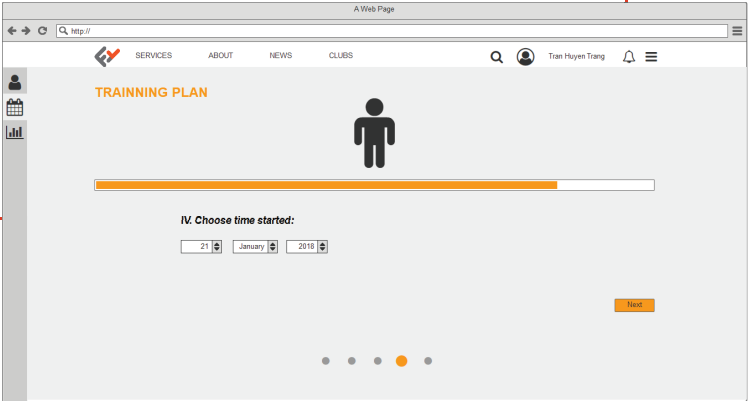
Question 3



Timetable Week View



Question 5

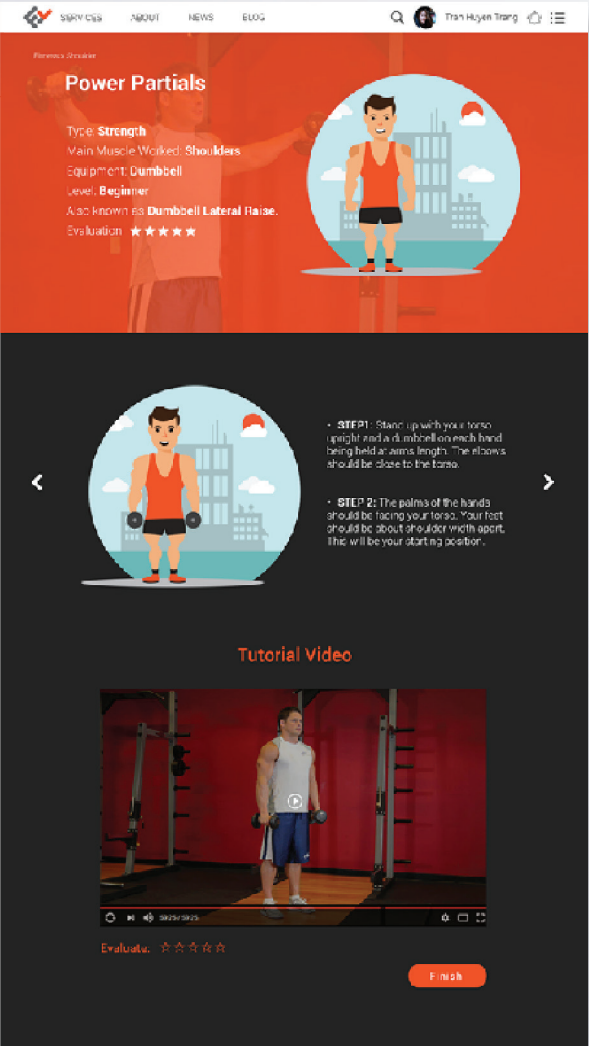


Question 4

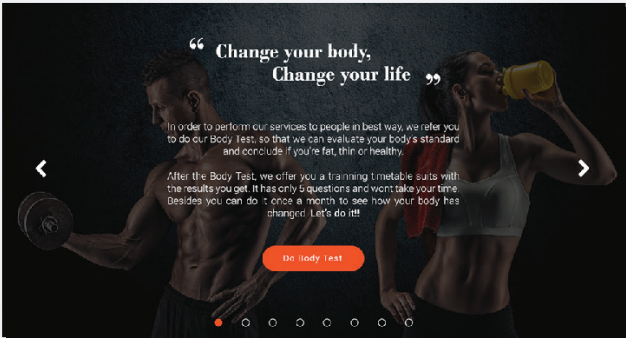
Training Plan Flow

3.4 User Interface Design

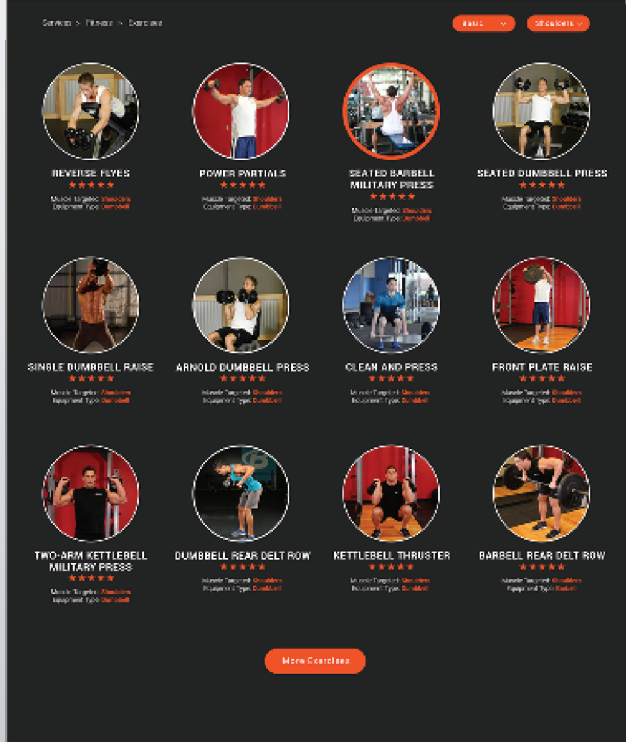
Detail Exercise



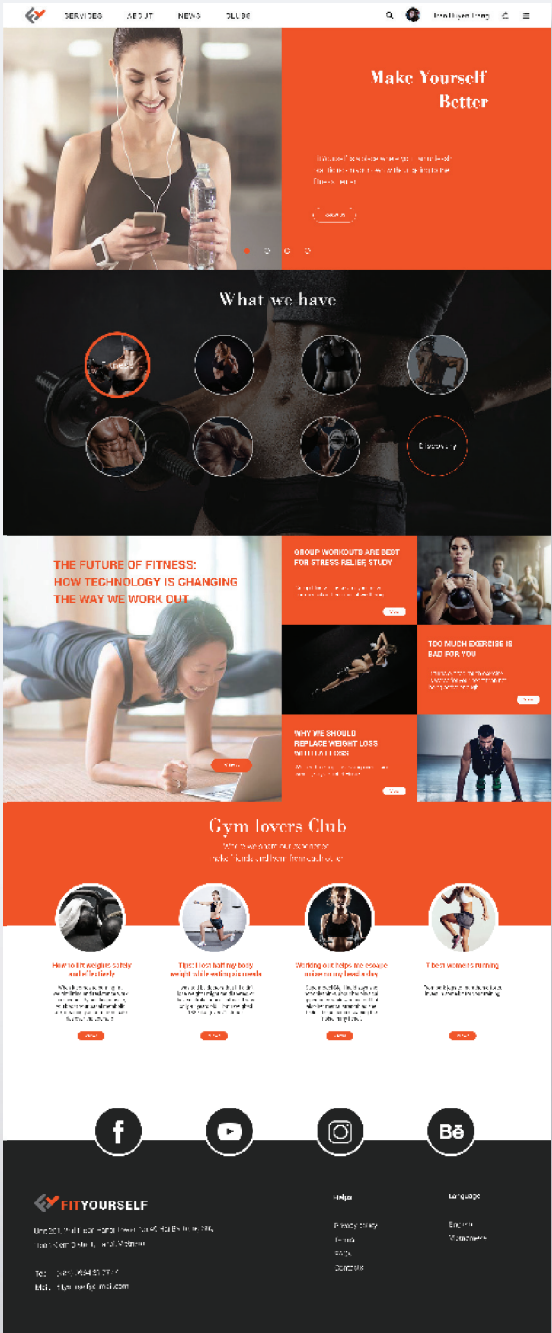
Services



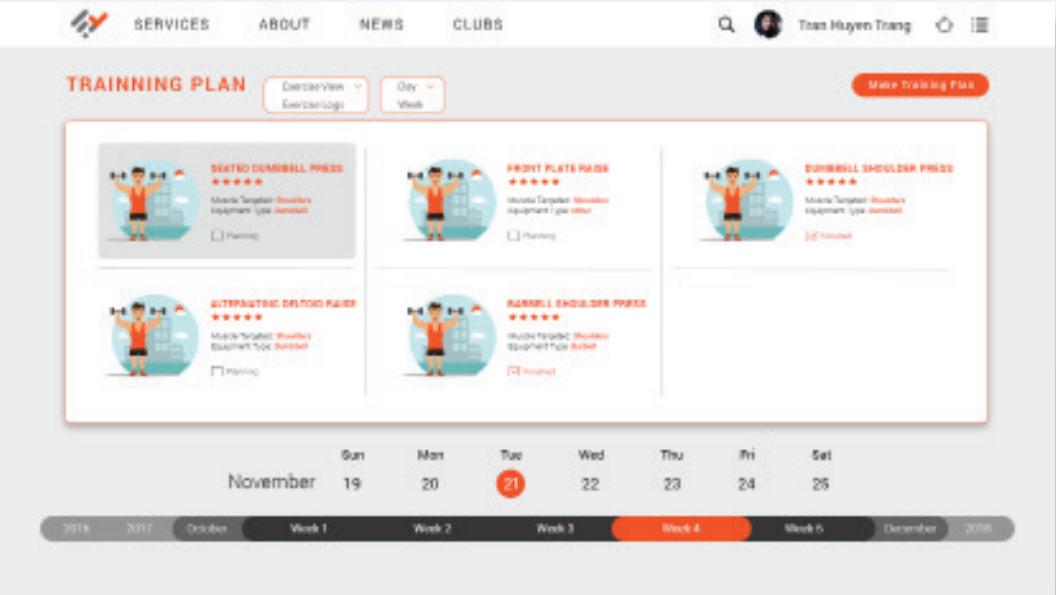
Exercises List



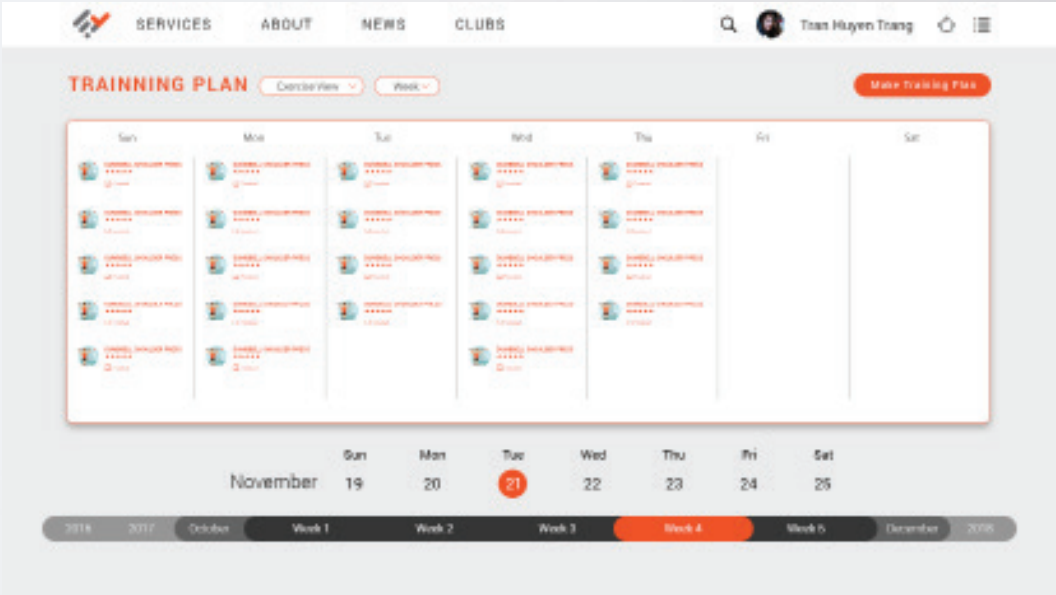
Homepage



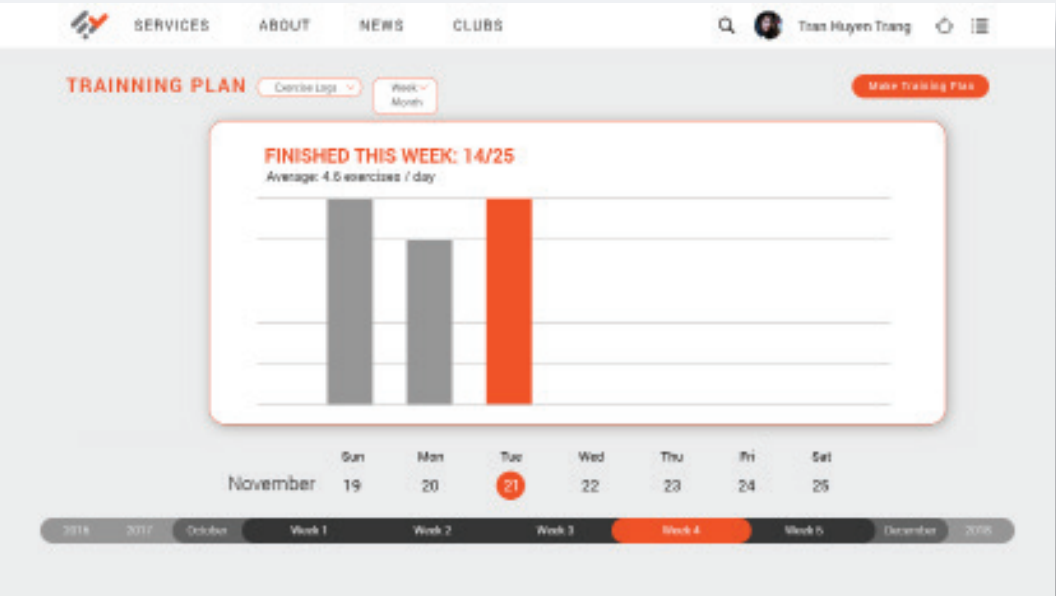
Training Day Selected



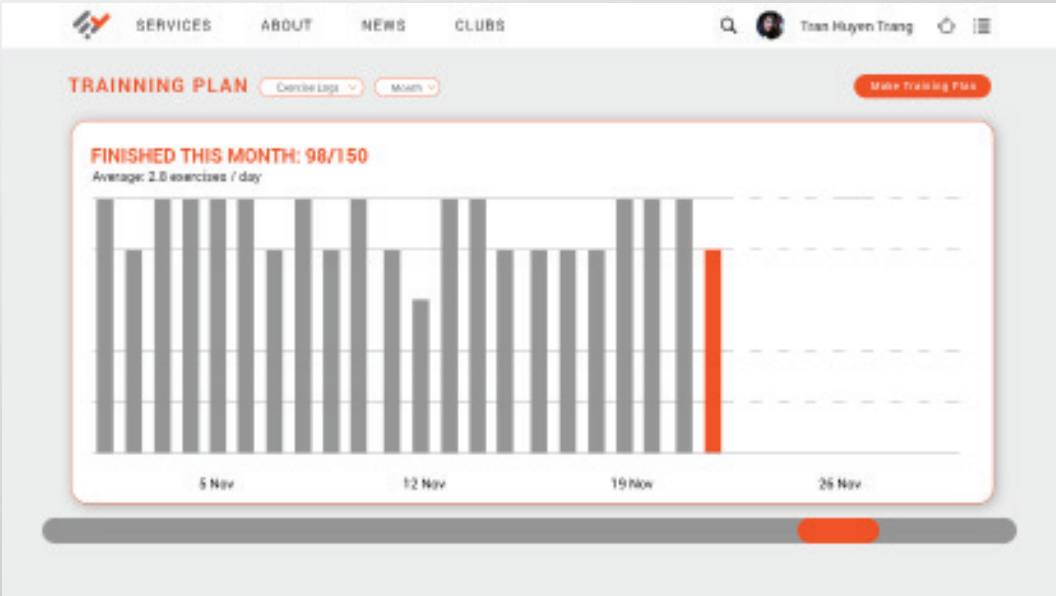
Training Week View



Week Overview



Month Overview



Make Yourself Better

FitYourself is a place where you can
unleash practicing on your own
without going to the fitness center.

KNOW US

What we have?



4.DESIGN FINALIZATION

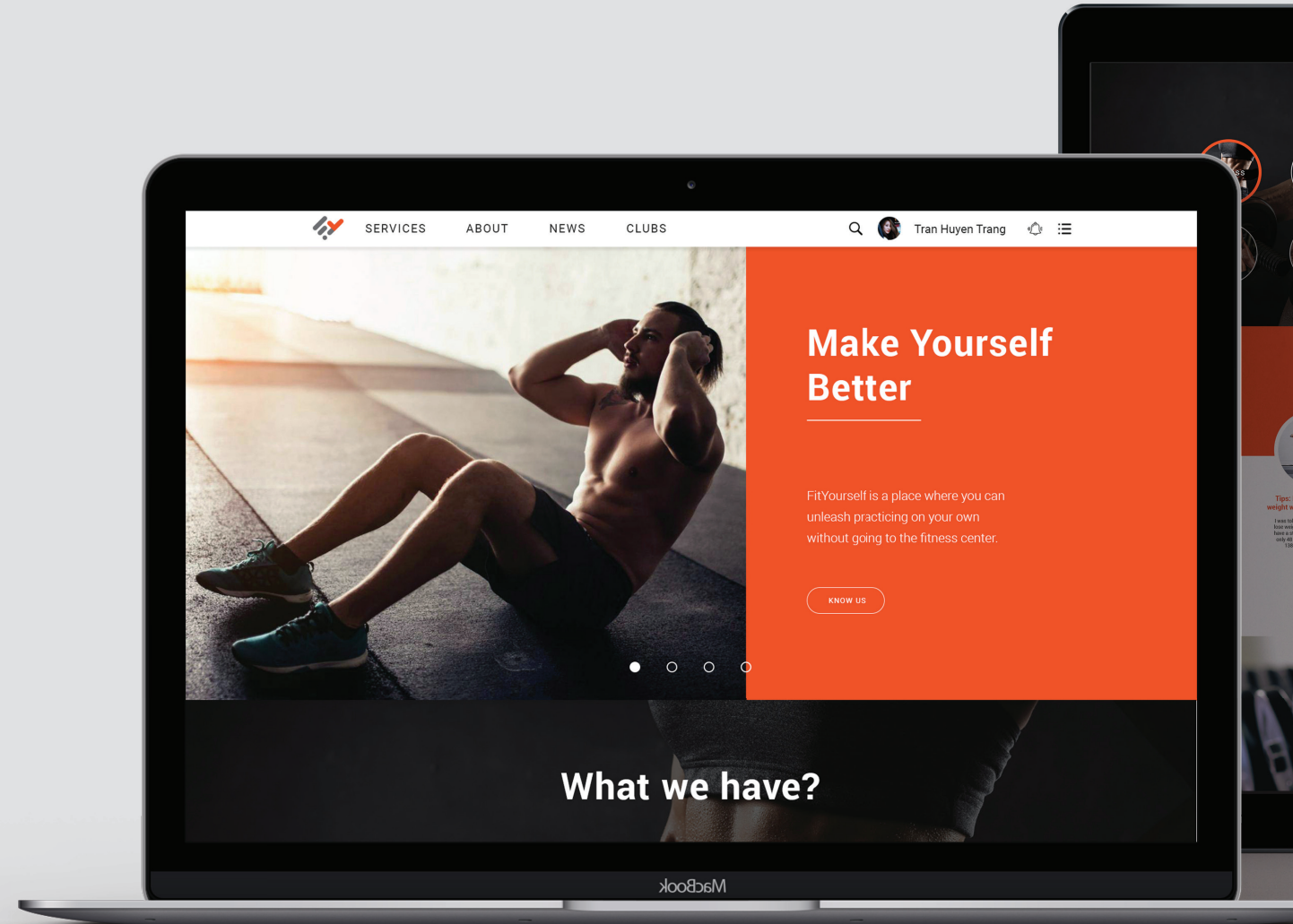
4.1 Design Overview

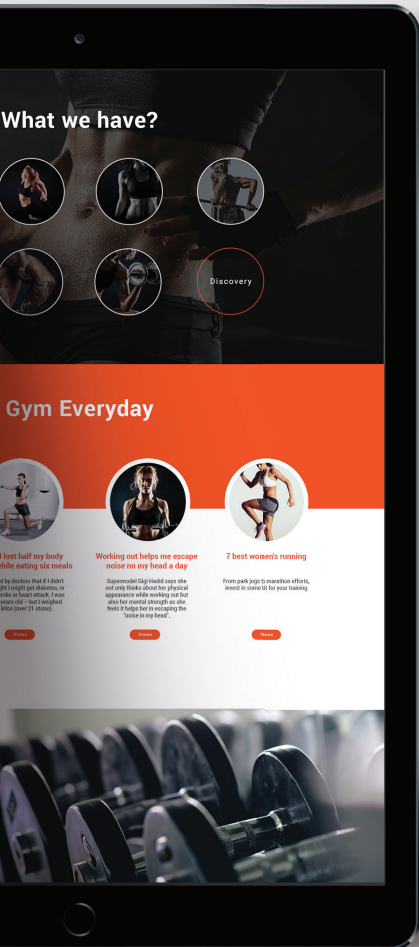
After release the first version of interface, we experienced on ourselves and realized there were so many limitations, especially in Training Plan page:

- User can not overview the whole training week in one screen.
- They don't know what they're doing in my account page
- The exercises list of a day appeared messy

In our final designs, we showed pages linked together and each page linked to another. In addition, we decided to make a set of icons which was inspired from the real fitness coaches in real life. We also use icons for step by step instruction in each exercises. Can see through our website is a sustainable co-operation of icons and colors. We also improved our features so user could have the easiest way to approach our services

We use dark color through the website because we want to bring a strong feeling and urge people to train themselves. Our mission is not a trendy, modern website but also easy and friendly to use. We want for the first time of visiting our web, user could right away feel of wanting to train and feel that we can make their wishes come true.





TYPOGRAPHY

Roboto Black

Roboto Bold

Roboto Medium

Roboto Regular

Roboto Light

0123456789

abcdefghijklmnopqrstuvwxyz

hijklmno

pqrstuv

wxyz

COLOR PALLETTE

f05328

252525

BUTTON

Button

Button

Button

Logo Ideas

With the hope of bringing a unique and best website to user. We create a brand of our own. From all desires, we want a strong identity branding, that user could recognize and could easily remember. After brainstorming, there were so many ideas come up with the logo



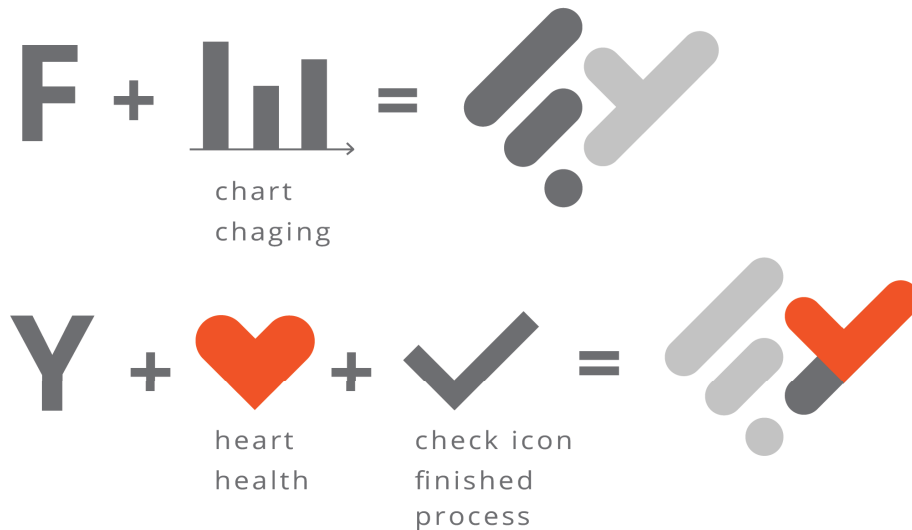
Final Logo Design

We are a health web site for almost everyone from young to middle-aged. We provide a variety of Gymnastic information services to users. So we want to express a youthful, modern, and special brand. In terms of image, we designed the logo on a 45 degree tilted square block. The inclination makes the logo feel powerful. The tilt lines give the feeling of movement, as in practice. We do not want a static image, which we want to be energetic in it. The logo is simple and symmetrical by the angles. In addition to the feeling of movement, we also want people to feel soft, flexible and safe.



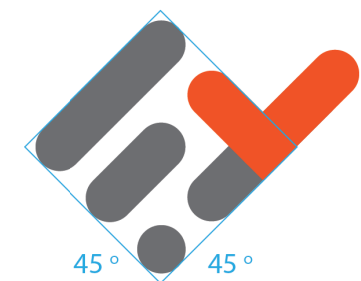
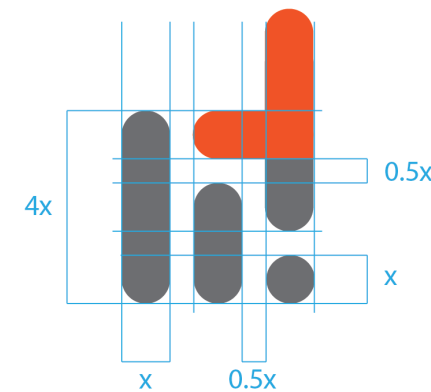
Vertical version

Shape version



The highlight of the logo is the orange image on the entire gray logo. First of all, the image is represented by the image of the heart - the symbol of human health, which we care most about the user. Second, it is styled as the symbol of the completion of the process. Because we provide the user with training plans, each completion of the training plan is represented by the active icon. Orange is a very vibrant and energetic color. It is associated with change and movement, which makes us think of health and life. In design, orange to attract attention but not overwhelming as red, it is used to show interest and friendliness.

The two letters in the logo are F and Y, which are two letters in the name of the brand. Images are made up of columns that we transform from the columns in the graph, but are angular. A graph is a visual representation of change over time. What we want to convey here is that users will want to have a change in their health when they use our services. The trend is gradually decreasing as the user gradually becomes more physically fit.



FIT YOURSELF x
Make Life Better Yourself 0.5x

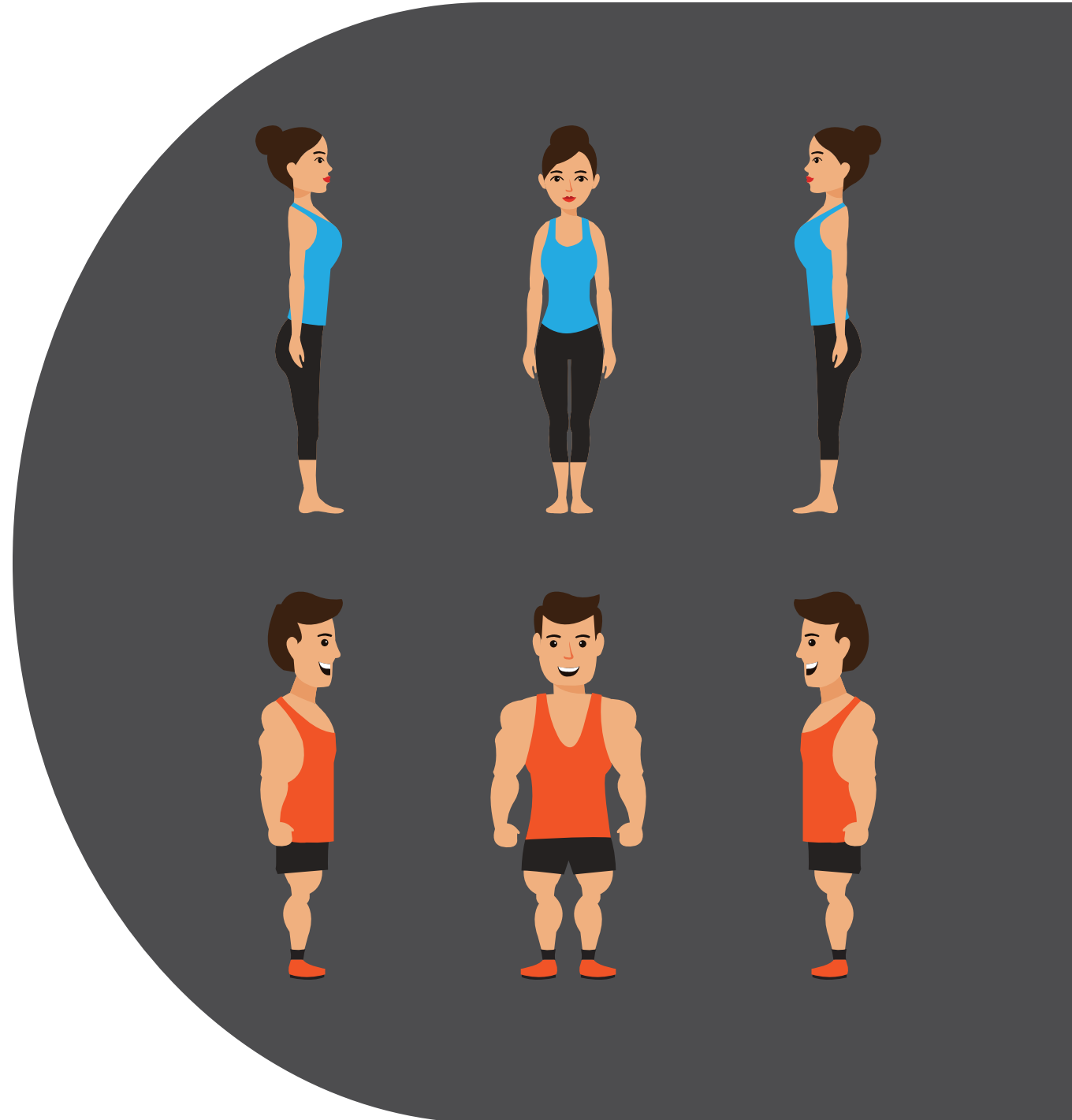
Roboto Bold
Roboto Regular

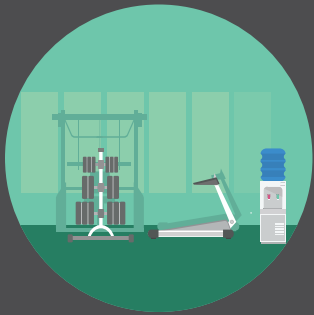
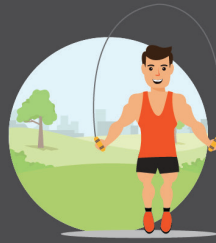
ICONS

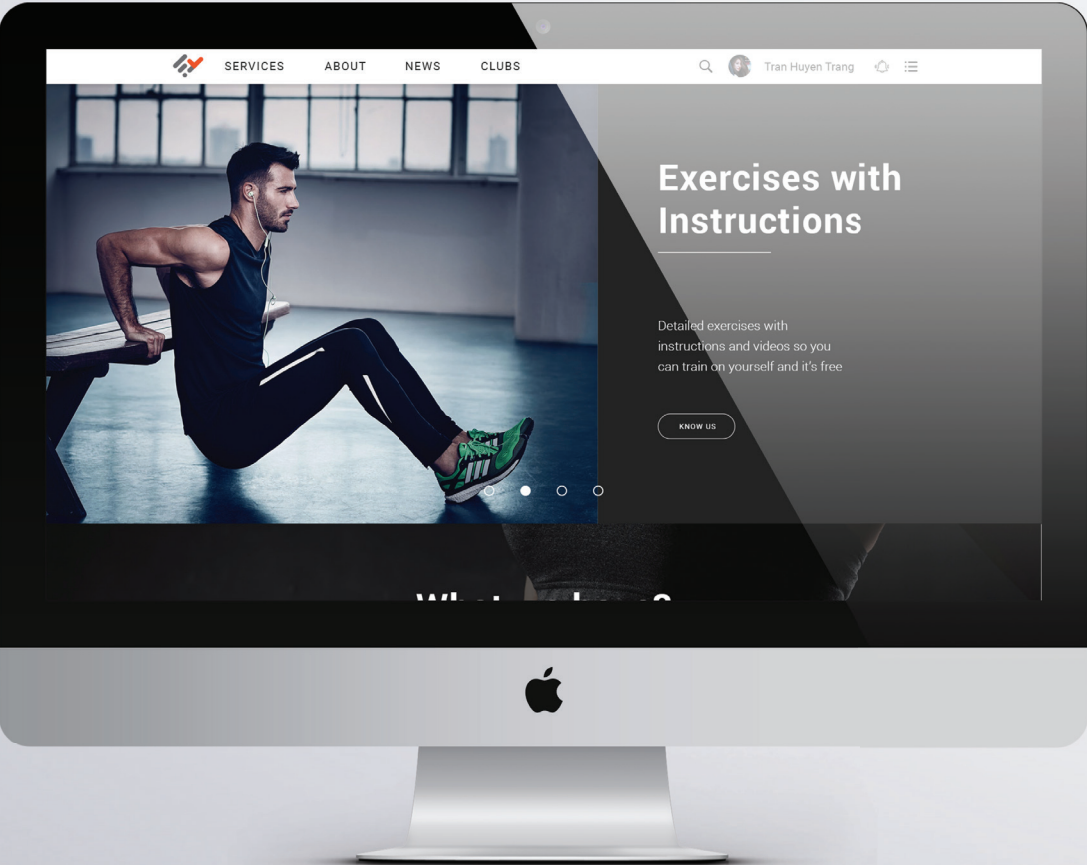
To unify and make our style more unique, we decided to make identity icons inspired from the coaches you see in fitness centers. Why a coach ?

To perform our mission is practicing gym with detailed exercises with detailed instructions at people's own house without going to the fitness centers. We want something could represent for us, closed with people, trained them and make them feel comfortable and friendly. Coaches are perfect choice, they trained you, guided you and gave best advices.

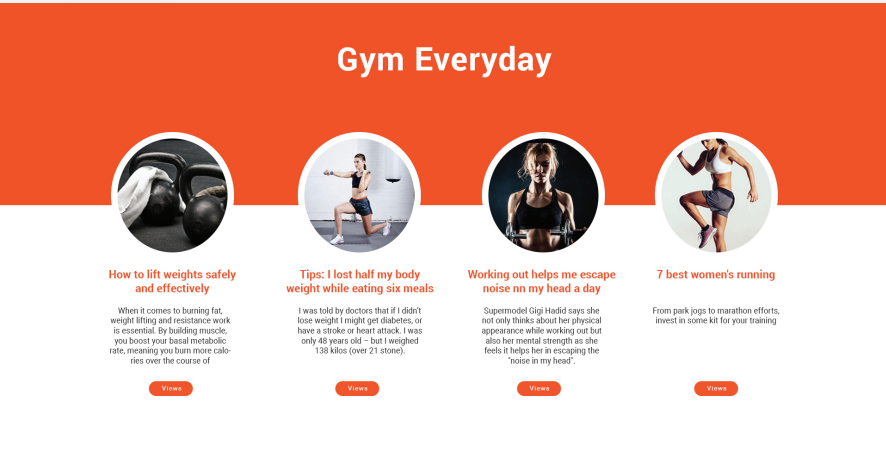
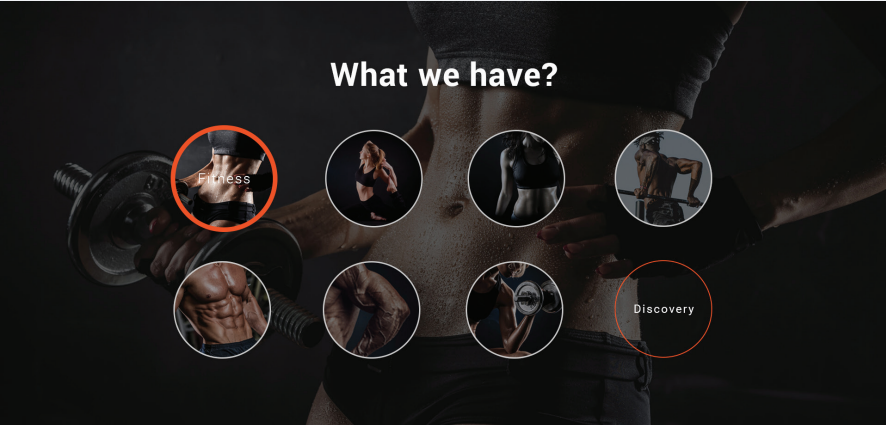
We believe Male and Female coach give you different feeling of training, so that we made 2 coaches with different specializes. With Male coach, he brought strong feeling and he gonna train with you in Fitness, Crossfit, Powerlifting, Bodybuilding, Calisthenics. While Yoga and Dance guided by Female.







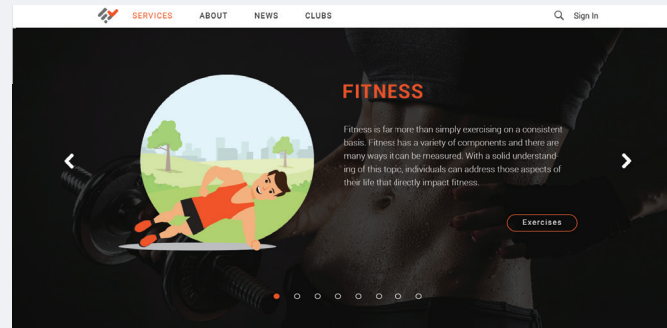
HOMEPAGE



SERVICES & NEWS

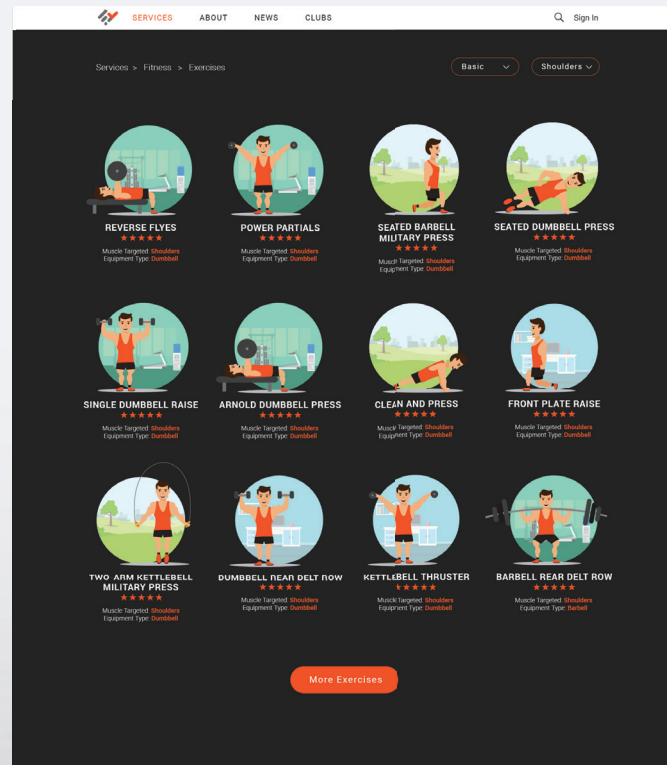
Services Page

This page contains all the types of gymnastics, click on next button to see the next type

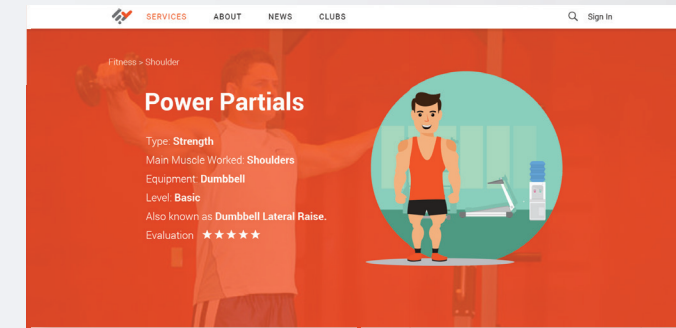


Exercises List

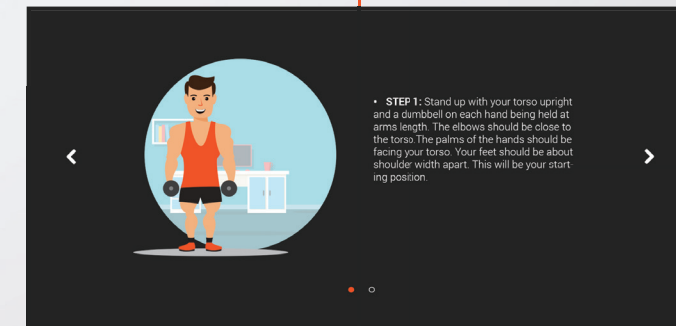
It has all exercises of a type, users choose their level, and their type, the icon has motion when moveover on it.



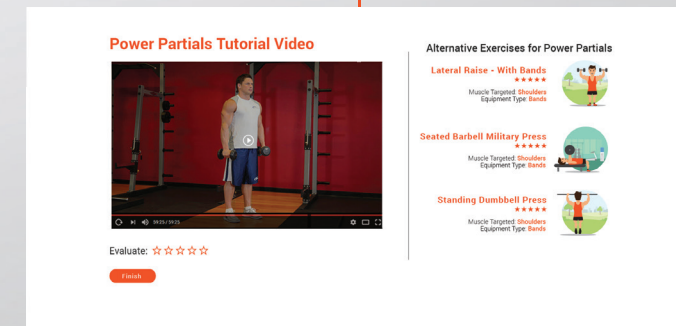
Detailed Exercise



Exercises info



Step by step instruction



Tutorial video and exercise suggestion

NON SIGNED USER FLOW

SERVICES ABOUT NEWS CLUBS

Download App

Create an Account or Sign in

Name

Email

Password

Password Confirm

☐ I agree with Fityourself terms [Create Account](#)

or

[Sign up with Facebook](#)

Sign up with email or use facebook account

After signed successful. We collect user figures

SERVICES ABOUT NEWS CLUBS

Download App

Weight kg Height m

Waist cm Hips cm

[Evaluate](#)

SERVICES ABOUT NEWS CLUBS

Download App

BMI: 18.9 WHR: 0.7

Weight: 50 kg Waist: 61 cm

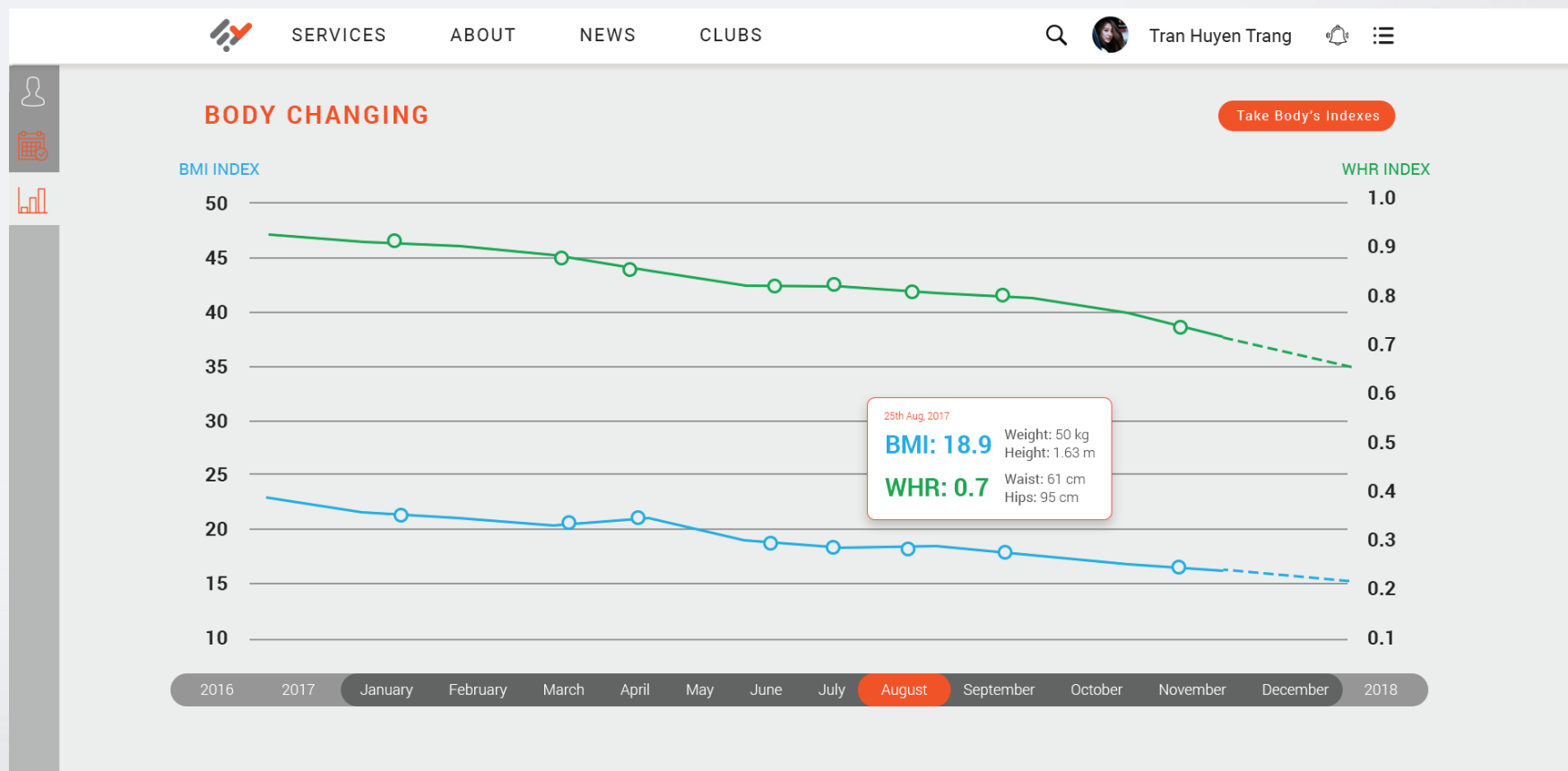
Height: 1.63 m Hips: 95 cm

**" You're skinny!
You need to gain more"**

[Create Training Plan](#) [My Account](#)

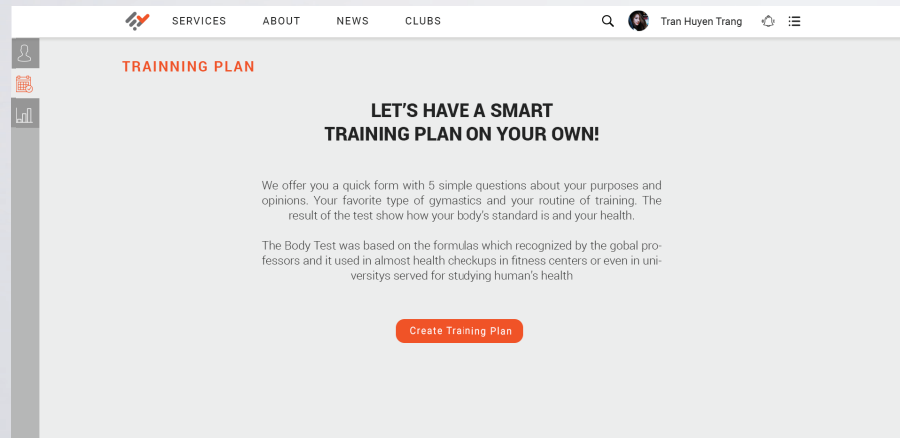
The results with advices. User can choose to create training plan or back to Account Page

SIGNED USER FLOW



Body Changing Chart

After creating account and provide body figures, user click back to my account and it go on this. It's a chart showed the changing of body through months based on figures user provided (once a month)



After seeing the body changing. Click on Training Plan tab, it showed the introduction and Creating Training Plan button

User fill in a quick form to create a timetable suit with their purposes

SIGNED USER FLOW - CREATING TRAINING PLAN STEPS

SERVICES
ABOUT
NEWS
CLUBS

Tran Huyen Trang

TRAINING PLAN

Create Training Plan

NOVEMBER - WEEK 4 (Finished 06/17)

Sun 19/11

Mon 20/11

Tue 21/11

Wed 22/11

Thu 23/11

Fri 24/11

Sat 25/11

SEATED TRICEPS PRESS
★★★★

Muscle Targeted: *Shoulders*
Equipment Type: *Dumbbell*

☐ Planning

CLOSE-GRIP EZ-BAR PRESS
★★★★

Muscle Targeted: *Shoulders*
Equipment Type: *Other*

☐ Planning

INCLINE BARBELL TRICEPS EXTENSION
★★★

Muscle Targeted: *Shoulders*
Equipment Type: *Dumbbell*

☐ Planning

DIP MACHINE
★★★★★

Muscle Targeted: *Shoulders*
Equipment Type: *Barbell*

☐ Planning

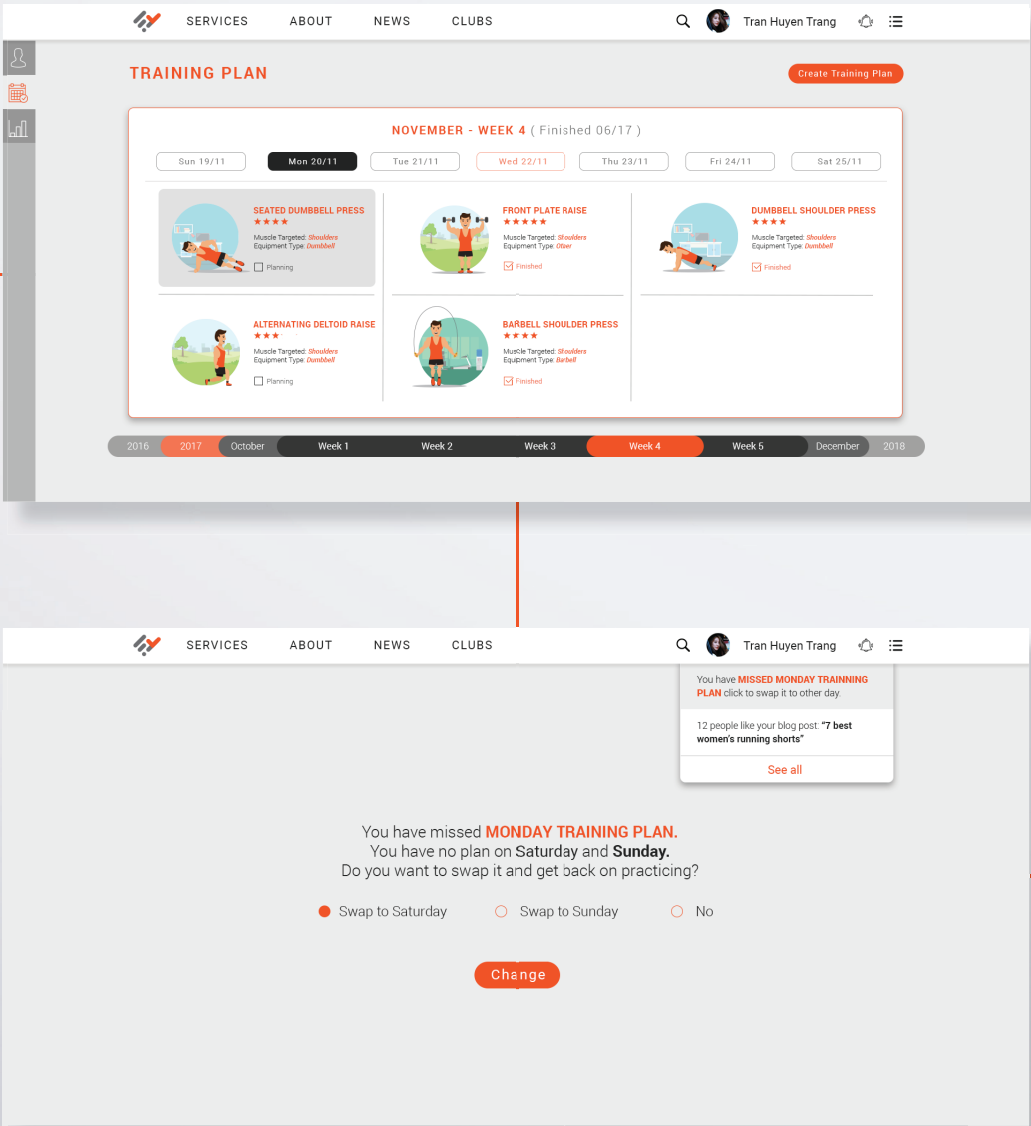
2016
2017
October
Week 1
Week 2
Week 3
Week 4
Week 5
December
2018

41

Training Plan

This is today training plan with exercises and info. Click on the icon. It goes to detailed exercise page

Training Plan
Click on a day it
showned that day's
exercises



Training Plan
If user missed a
training day. We will
noticed and ask if they
wanna change missed
day into Saturday or
Sunday to continue
training

SIGNED USER FLOW

SERVICESABOUTNEWSCLUBS

Tran Huyen Trang

TRAINING PLAN

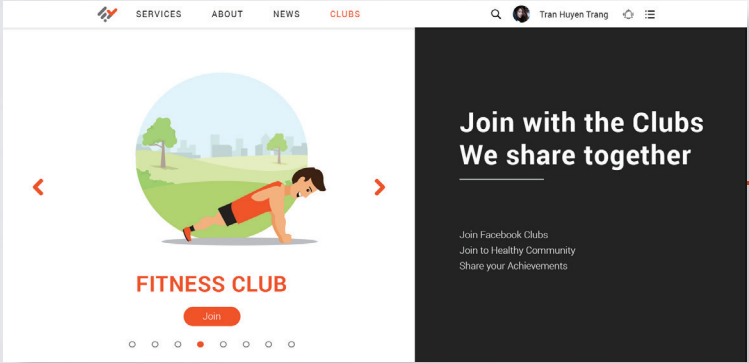
Create Training Plan

NOVEMBER - WEEK 4 (Finished 06/17)

Sun 19/11	Mon 20/11	Tue 21/11	Wed 22/11	Thu 23/11	Fri 24/11	Sat 25/11
	<div>SEATED DUMBBELL PRESS</div> <div><input type="checkbox"/> Planning</div>	<div>DUMBBELL FLOOR PRESS</div> <div><input checked="" type="checkbox"/> Finished</div>	<div>SEATED TRICEPS PRESS</div> <div><input type="checkbox"/> Planning</div>	<div>TRICEP DUMBBELL KICKBACK</div> <div><input type="checkbox"/> Planning</div>	<div>CABLE LYING TRICEPS EXTENSION</div> <div><input type="checkbox"/> Planning</div>	
	<div>ALTERNATING DELTOID RAISE</div> <div><input type="checkbox"/> Planning</div>	<div>WEIGHTED BENCH DIP</div> <div><input checked="" type="checkbox"/> Finished</div>	<div>INCLINE BARBELL TRICEPS EXTENSION</div> <div><input type="checkbox"/> Planning</div>	<div>PARALLEL BAR DIP</div> <div><input type="checkbox"/> Planning</div>	<div>TRICEPS PUSHDOWN</div> <div><input type="checkbox"/> Planning</div>	
	<div>FRONT PLATE RAISE</div> <div><input checked="" type="checkbox"/> Finished</div>	<div>EZ-BAR SKULLCRUSHER</div> <div><input checked="" type="checkbox"/> Finished</div>	<div>CLOSE-GRIP EZ-BAR PRESS</div> <div><input type="checkbox"/> Planning</div>		<div>BAND SKULL CRUSHER</div> <div><input type="checkbox"/> Planning</div>	
	<div>BARBELL SHOULDER PRESS</div> <div><input checked="" type="checkbox"/> Finished</div>		<div>DIP MACHINE</div> <div><input type="checkbox"/> Planning</div>			
	<div>DUMBBELL SHOULDER PRESS</div> <div><input checked="" type="checkbox"/> Finished</div>					

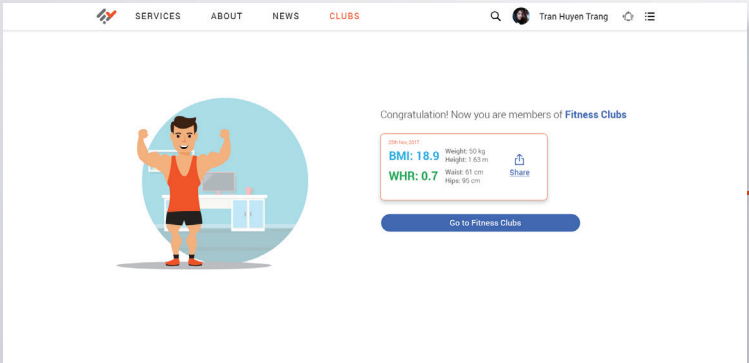
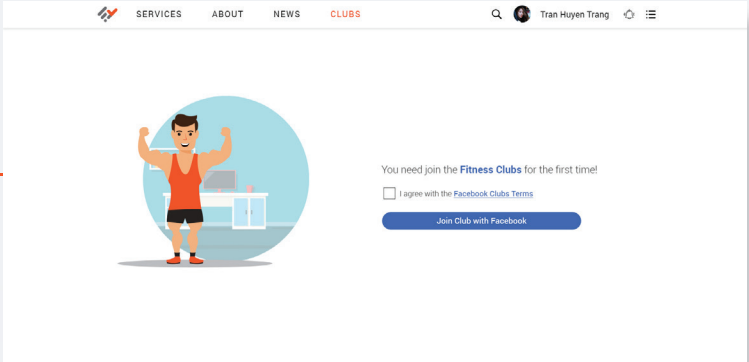
20162017OctoberWeek 1Week 2Week 3Week 4Week 5December2018

Training Plan
Week overview



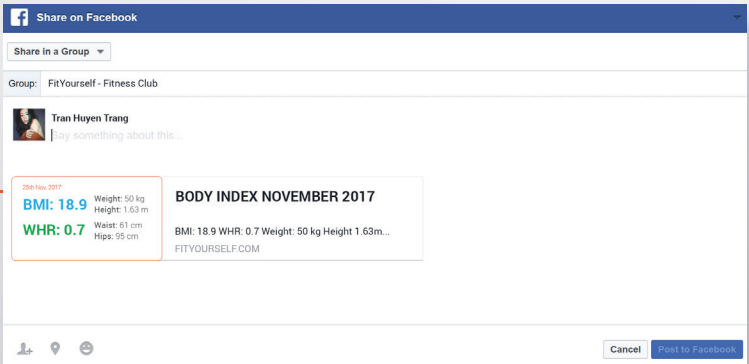
Choosing type of club. Click on the next button the other clubs

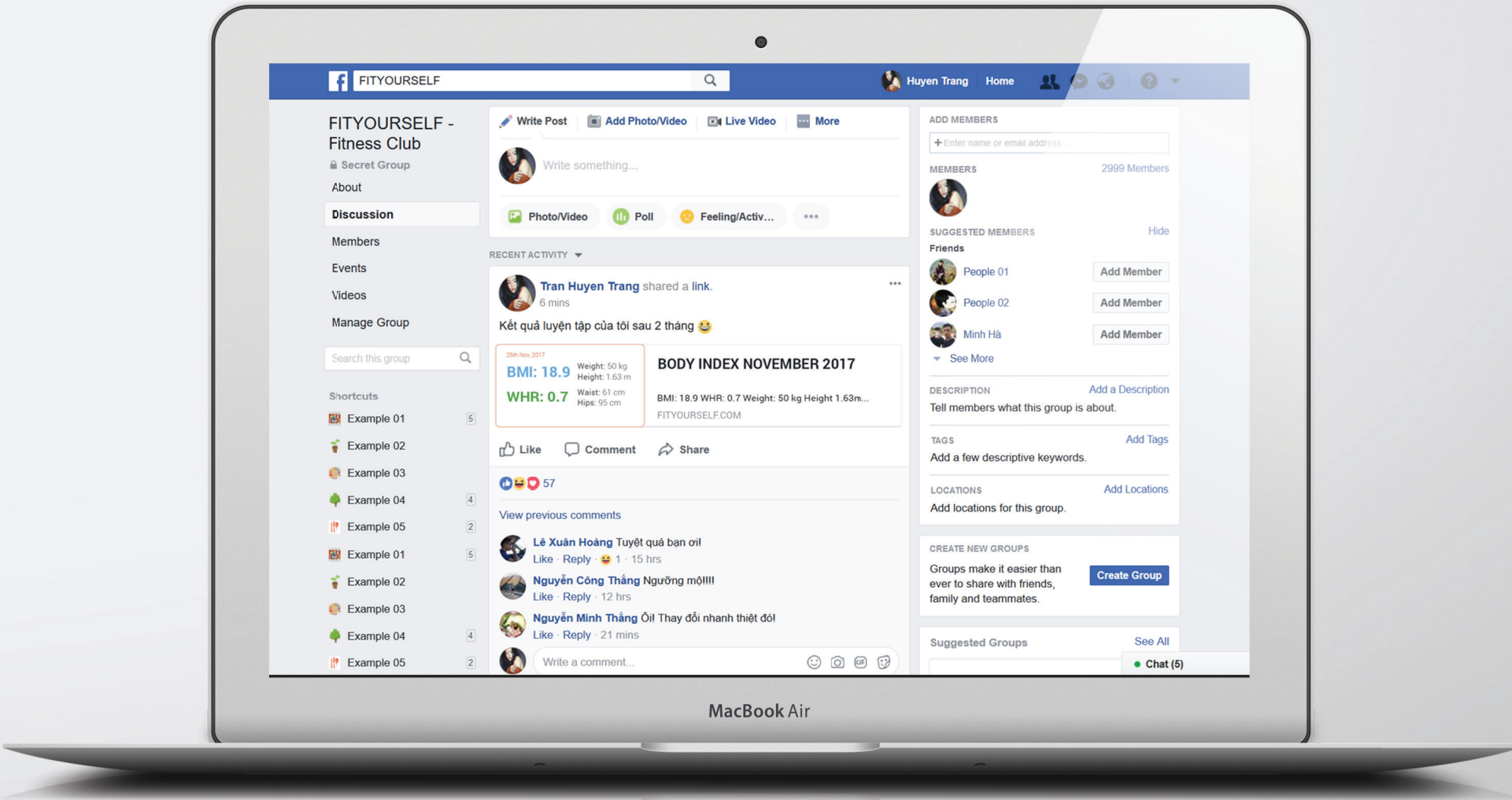
After choosing type. Confirm our terms to join our facbook member club



Sharing the changing of your body or your successful works out

Write and share it on our facebook club





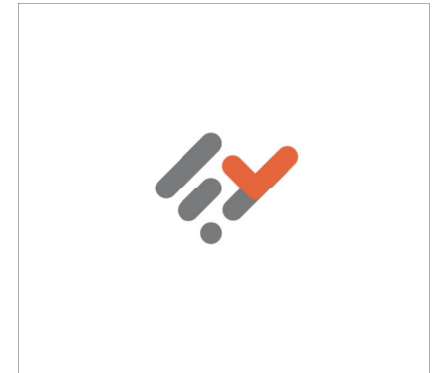
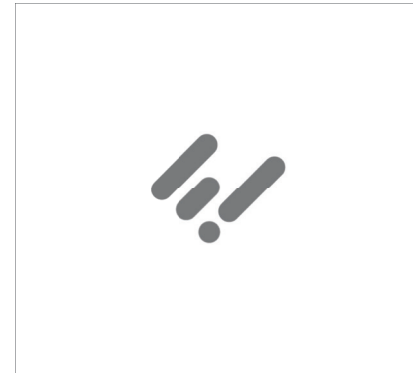
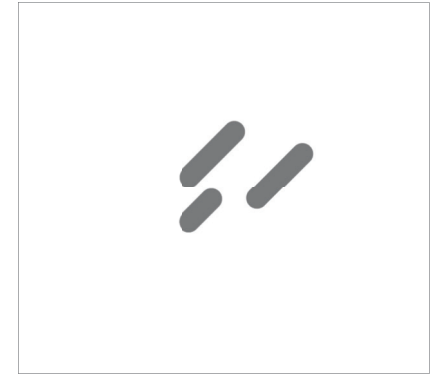
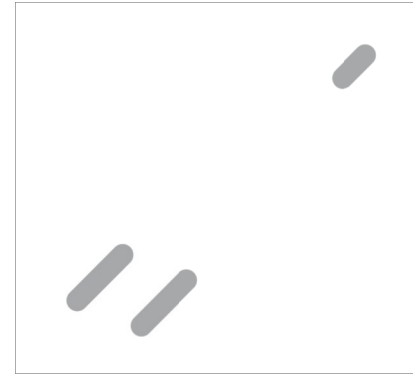
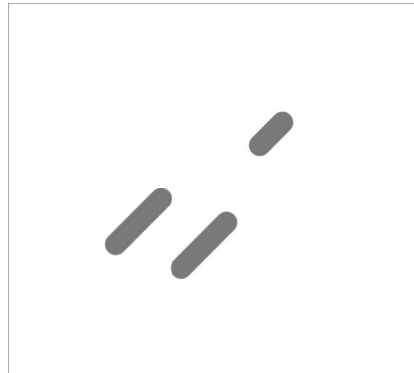
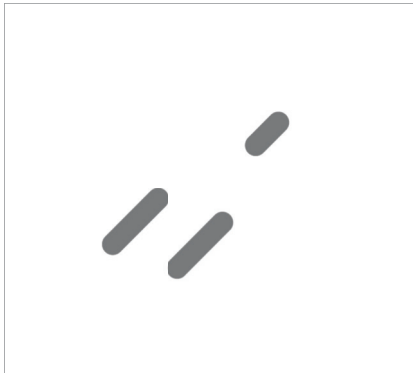




5. SIMULATIONS

Animation Web intro

Using our logo to be animation introduction. It's quite off simple but unique and easy to impress. It started on the first time you enter in our websites.



Create Training Plan Form Interaction

To make our interesting and more friendly with user. Not only creating 2 coaches we also make the moved with animation. First on the Create Training plan Form. This form actually is kind of a test, with questions and answers. It was the male coach lifted the barbell form the first to last question. Complete the form, the couch lifted successfully. Not only to make the web more lively but to encourage people on training.

SERVICES ABOUT NEWS CLUBS

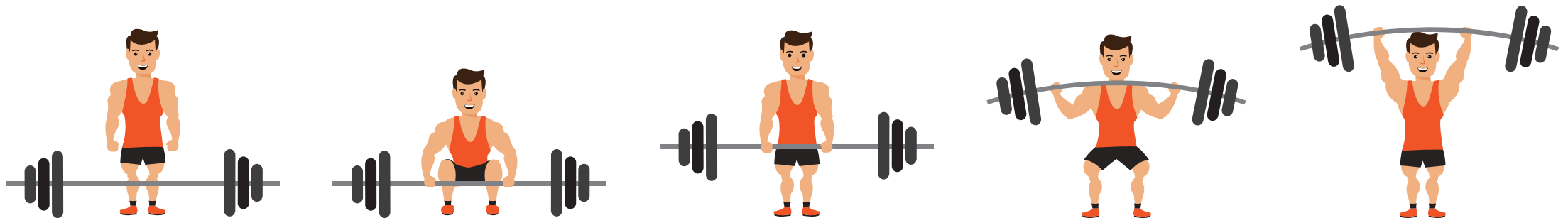
Tran Huyen Trang

I. Choose type of gymnastics you want to practice (maximum 2):

☐ A. Fitness ☐ B. Yoga ☐ C. Dance ☐ D. Callisthenics

☐ E. Crossfit ☐ F. Powerlifting ☐ G. Bodybuilding

Next



Other Simulation

To make FitYourself website become more reality and user experience our creative work, we used InVision app. Let see how it's worked

<http://bit.ly/2AAcOZ2>







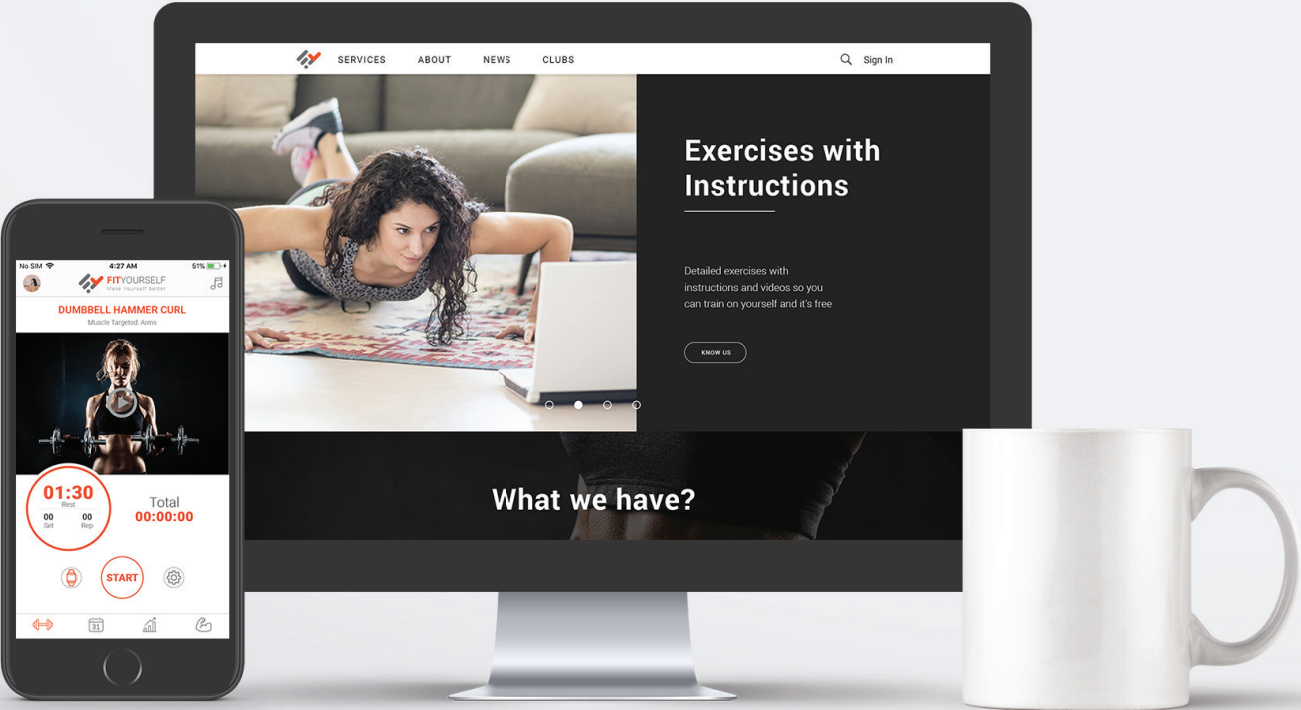


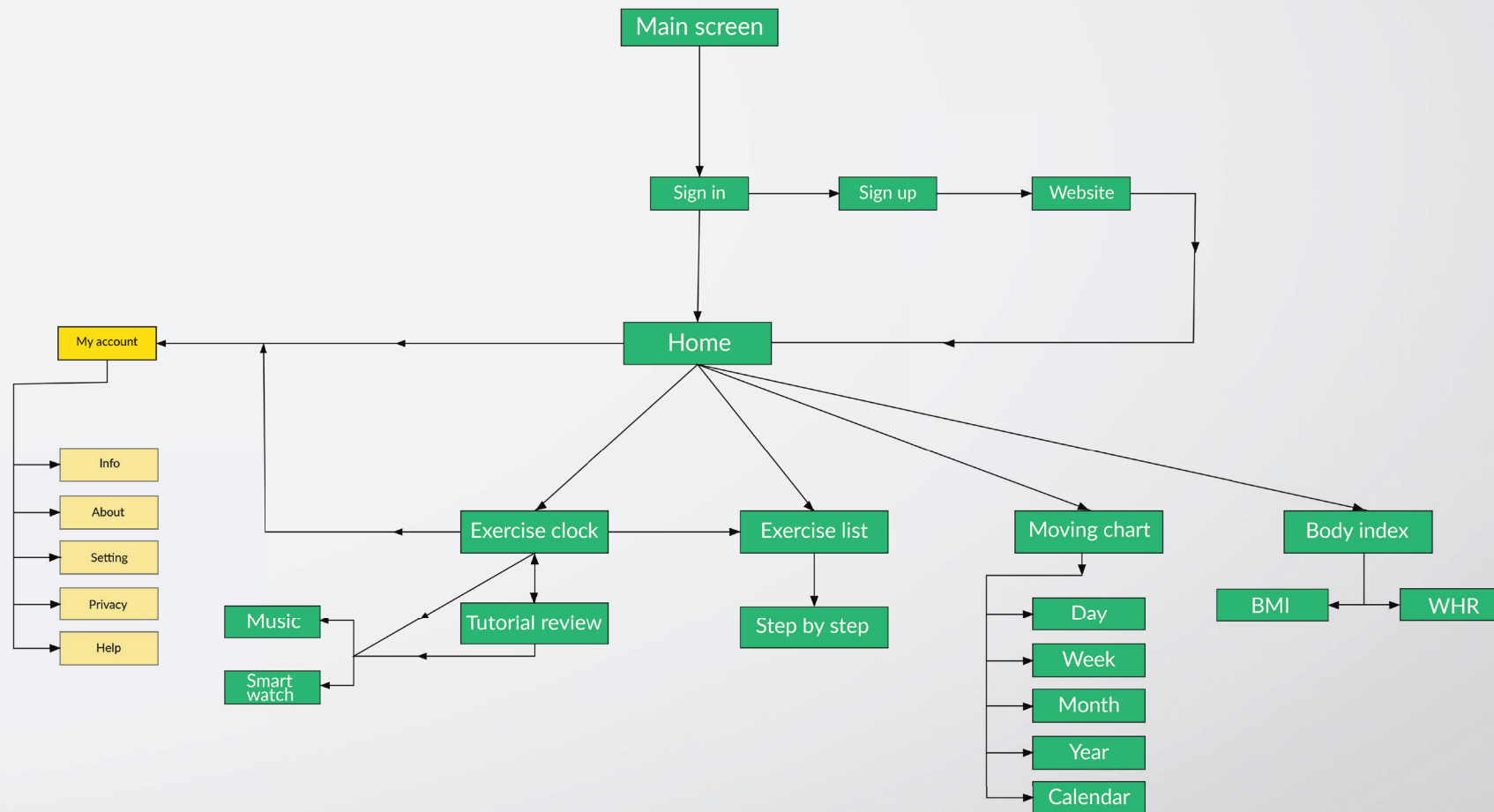
5. APP DESIGN

IDEA

To make sure that user could have the best experience with FitYourself, we're also spend time on working with the app. This app support for our services, measuring figures while user is on training: steps, carlos.

After research technology of smart phone and smart watch of Apple and Samsung Brand's we compass function in application of smart phone can show how much you move and exercise. Specially with smart watch (for example : Apple watch and Samsung gear 2 t can show calories users lost when they workout. So we determined important feature of application is show data of workout.





SITEMAP

Because this application support for users in the workout time so it don't have provide detail informations about types of gym and users have to sign up on the website. After Users do body index, make their training plan, they can be user the application for workout. Application have 4 main feature: Exercise clock, Exercise list, Moving chart and Body index.

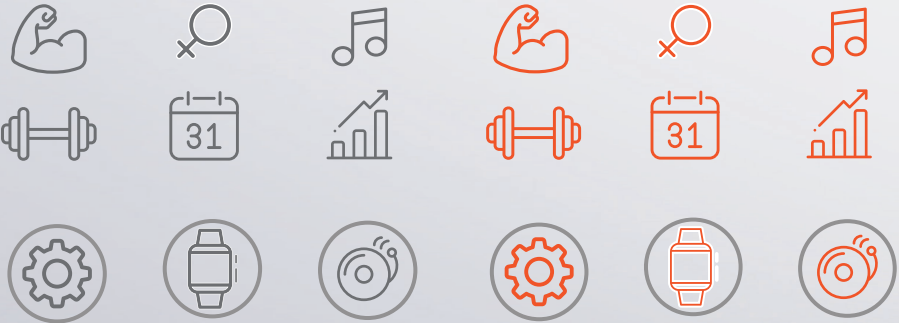
Exercise clock has the function of counting your movements during the workout. Exercise list screen can show all exercises user have in this time and it can show step by step of exercise. Moving chart is a screen that shows you the data app collected by number and chart Body index is the process of changing the user's body, let the user see their own change with the chart.

IDENTITY

Color Palette



Icons



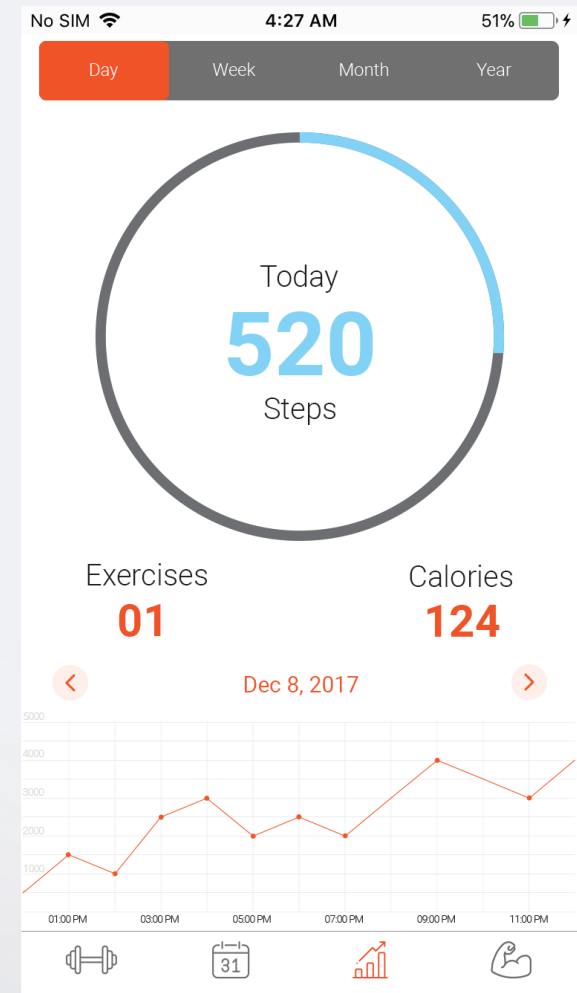
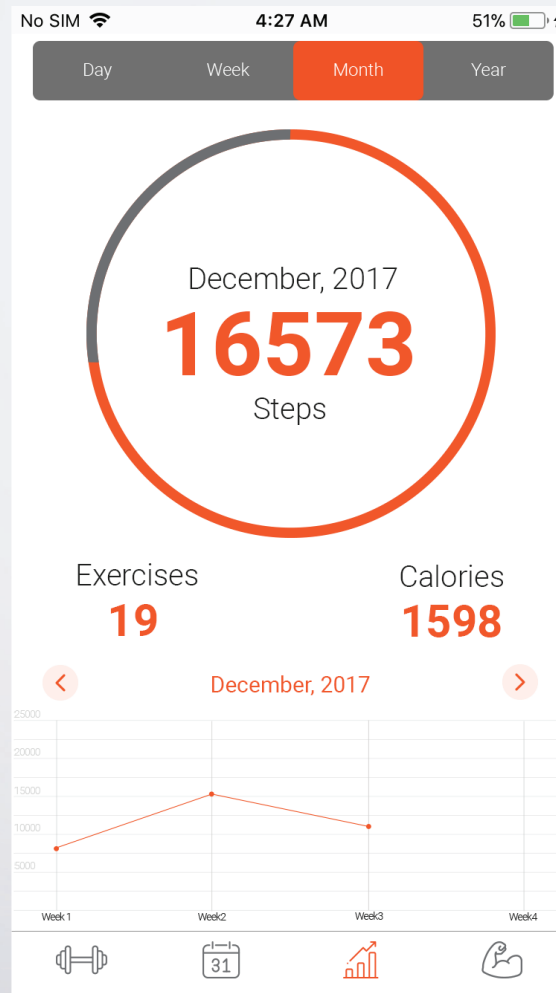
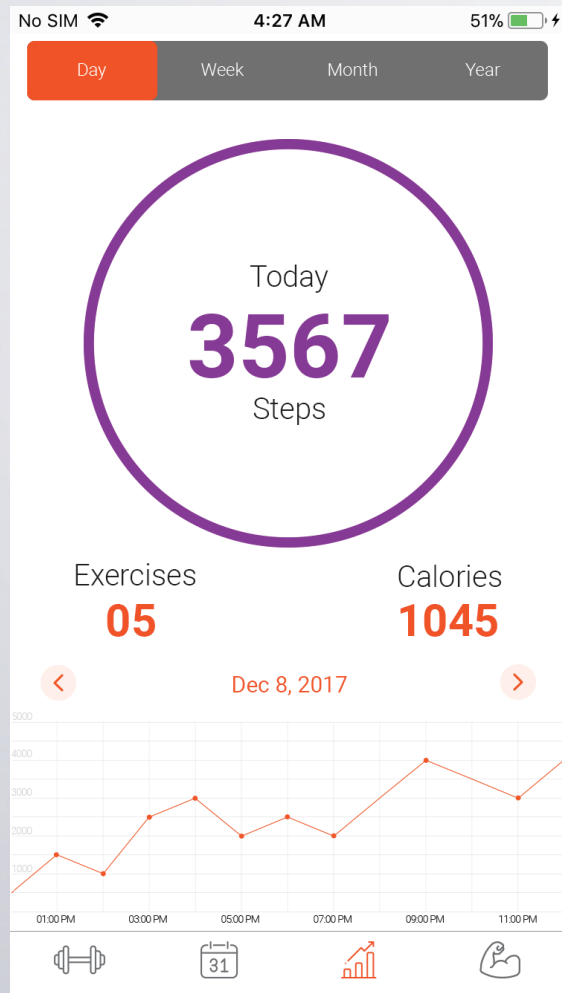


FINAL DESIGN

This is where users start their workout. It provides the user with information about the exercise, the time for workout and the time for rest. Not only does it display images, it also has audio for user convenience in the workout. Users can change exercise review to review video exercise instructions. You can connect to smart watch to get the most accurate measurements.

Review all User exercises have of day
Show step by step of exercise





Users can view other chart when they change selection on the timeline. Clock show for users data of steps they wor our in the day, week... By number and color:

Blue color when users don't workout enough Orange color when users workout enough Purple color when users workout too much User can overview process workout by the chart.



The same Moving chart screen, Body index show the data of users body by number and chart. Color of clock will be change if numbers of BMI and WHR change.



FITYOURSELF

Make Yourself Better



