
Emerging Trends

Progress Presentation 1 Summary

Problem identified:

- Rising rates of obesity in the United Kingdom

Solution:

- A virtual reality software provides users with a virtual companion that motivates and guides them towards a healthier lifestyle, offering information and support for specific weight loss and dietary goals
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Target Audience

To widen our target market, our intended audience has expanded to anyone who wants an exercise tool for use in the home. This should improve the accessibility and usage rate for the software.



Final Aim

- Specific - To ensure our product is conceptually functional and financially viable.
 - Measurable - If health data collected from users shows an improvement in physical fitness, our product has succeeded in its purpose.
 - Achievable - We have a computer programmer in our group allowing us to create the application.
 - Relevant - Our project's goal is to encourage people to lead healthier lives, to do this we are designing a VR app that makes it as easy as possible for anyone to begin leading a healthier life by following a diet and performing workouts
 - Time-bound - 2024 - 2027
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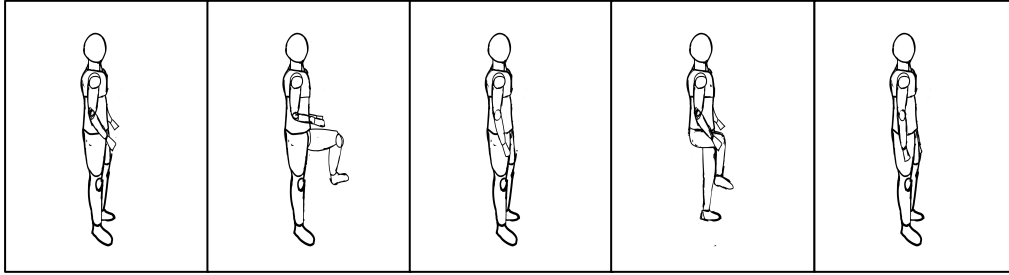
Uniqueness

What makes our proposal unique?

- Having the companions that help with the process of exercising.
- The application being able to grade/score your form and techniques
- Unlockable workouts



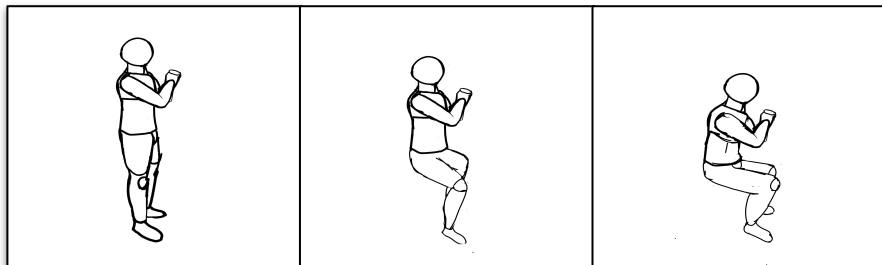
Step by Step - Image based/video instructions



- Choose between formats you prefer.
 - Get scored and graded for your performance. The application is able to track how accurate your posture and technique is, earning you extra points the better you do.
 - The higher the points and the better you do, the more content you unlock. Encouraging the player to keep going
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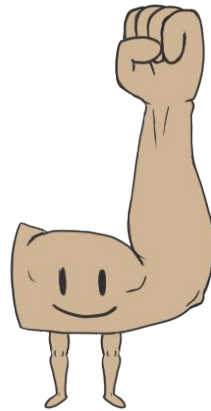
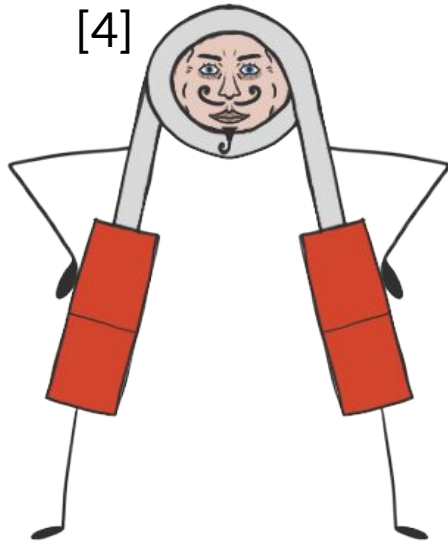
Step by step - Image/video based instructions integration

The step by step instructions will be integrated in with the companion system. Having them interact in a variety of ways. This gives personality, character and an attention grabbing aesthetic.



Companions

- Users pick from a variety of critters
- They present statistics/diagrams and encourage the user
- Reaching fitness goals can unlock additional characters



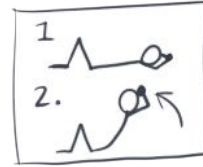
Like this?



or like this?

Points using pen!

Would they wear a hat.



[3]



Unique hats and pointers for each critter

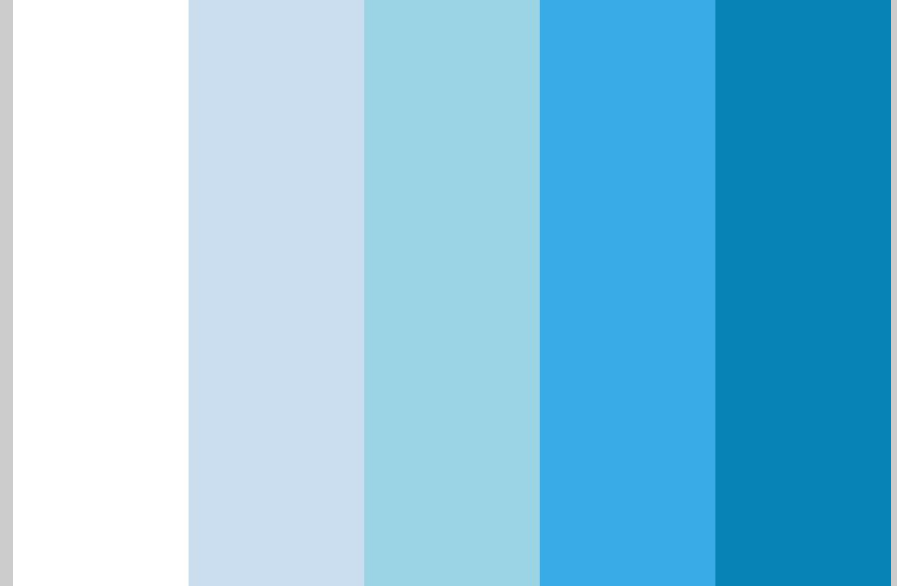


Shiny



UI Colour Scheme

- Friendly, fitness themed colour palette
- Consisting of light shades of blue and white
- In relation to fitness blue represents focus and concentration [8] [9]



[7]

Team Contribution

- We would have meetings after lectures to discuss plans and ideas.
- We would hold meetings over Discord as it is the most convenient application for us to use.



Team Ratings

Alex - 4

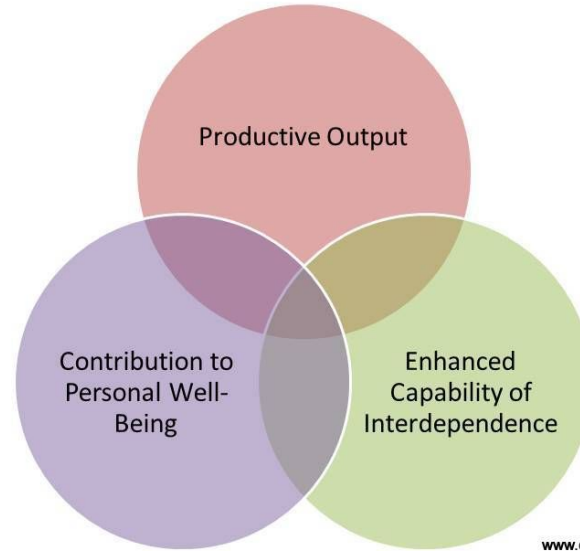
Cian - 4

Josh - 3.5

Phoenix - 4

Tom - 4.5

3 Dimensions of Team Effectiveness



References

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 - [4] RPM Power Store, “Power Gripper Metal Series - Professional Grip Strengtheners (50lbs - 400lbs) for Grip, Wrist & Arm Training,” *Amazon*, Sep. 18, 2019. [Online]. Available: [Power Gripper Metal Series - Professional Grip Strengtheners - \(50lbs - 400lbs\) for Grip, Wrist & Arm Training \(200lbs Red\) : Amazon.co.uk: Sports & Outdoors](https://www.amazon.co.uk/s?k=Power+Gripper+Metal+Series+Professional+Grip+Strengtheners+50lbs+400lbs+for+Grip+Wrist+Arm+Training&ref=ast_srp)
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 - [6] Mike, “3 Team Performance Evaluation Methods,” mkecardus.com, <https://mkecardus.com/3-ways-to-evaluate-team-effectiveness/> (accessed Apr. 21, 2024).
 - [7] chaboineil, “Light blue theme color palette,” Color Hex Codes. [Online]. Available: <https://www.color-hex.com/color-palette/81189>. [Accessed: 22-Apr-2024]
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 - [9] E. Hogan, “Can different colors affect your workout?,” Les Mills, 29-Sep-2023. [Online]. Available: <https://www.lesmills.com/uk/fit-planet/health/color-psychology/>. [Accessed: 22-Apr-2024]
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