

# MOVE-IT Project

Physical activity promotion through digital solutions

IO2. App functionalities

# Agenda

- 1.- Overview of the IO2. Objectives, outcomes, workplan (UPV) 5'
- 2.- Review of the main conclusion from the user studies (UPV) 10'
- 3.- Review of the apps: what do we have – what do we need (UiT)20'
- 4.- Workplan proposal, tasks and expected results 15'
- 5.-Any other business 10'

# IO2. Apps for promoting PA

DURATION AND WORK EFFORT

START		M1 (01/04/2022)		FINISH		M16 (31/07/2023)
UPV	IVASS	UiT		ORAS		CERCIOEIRAS
122	60	110		50		90
16.984€	8.220€	26.510€		10.700€		12.330€

- **O2. Action 1. Development of the exergame apps (M1-M10)**
- **O2. Action 1. Development of the exergame apps (M1-M10)**
- **O2. Action 3. Development of the educational materials (presentations) (M12-M13)**
- **O2. Action 4. Translations (M14-M15)**
- **O2. Action 5. Train the trainers course (M16)**

# Highly recommendation

## ASSESS THE ACCESSIBILITY + USABILITY

1. Heuristic study

2. Pilot test with PwID



# Requirements

**FRX:** Functional requirements

**DRX:** Design requirements

# Requirements

**DR01:** Reduce the number of screens

**DR02:** Use a consistent design

**DR03:** Avoid the use of a hidden menu

**DR04:** Include a main screen that presents links to all functions (accessible links)

# Requirements

**FR01:** Include the story in which the digital solution is based on to users through audio narratives

**DR05:** Show clearly described the overall objective and objectives specific for each activity → ensure that users understand them

# Requirements

**FR02:** Include a simple planner to support users in the time management

**DR06:** Included on the main screen

**DR07:** Use pictograms and texts

**DR08:** Include brief audio descriptions of the tasks



# Requirements

**FR03:** Include an accessible historical function

**DR09:** Show the previous activities done by the user

**FR04:** Limit (or avoid) to include tasks in which users have to manage their effort

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General

# Requirements

**FR05:** Include emotion management functionality

**FR06:** Include both outdoor and indoor activities

# Requirements

**FR07:** Reminders should be optional and configurable (or avoid them)

**FR08:** Develop an independent platform to configure the digital solution and adapt it to the user's specific needs and abilities

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Social

# Requirements

**FR09:** Provide information regarding PA events

**FR10:** Include motivational messages designed by friends or relatives

**DR10:** Include short motivational messages designed by friends or relatives including their names



Social

# Requirements

**FR11:** Include a classification based on PA data with real users

**DR11:** Include leader boards based on number of steps

**FR12:** Promote collaborative activities and objectives → family and friends

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Social

# Requirements

**FR13:** Develop a second app that provides feedback to family members / friends and that allows them to send a personalized message to users



Motivation

# Requirements

**FR14:** Include information regarding the benefits of PA

**DR12:** Include short messages regarding the benefits of PA



Motivation

# Requirements

**FR15:** Use “user targeting” technique of personalization

**DR13:** Use user’s name or username in the motivational messages





Motivation

# Requirements

**FR16:** Provide feedback on PA data, both during and after the sesión

**DR14:** Show the PA feedback with the number of steps (not time)

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Motivation

# Requirements

**FR17:** Include a well-defined strategy of points (objectives and activities)

**DR15:** Include points as a reward system



# Requirements

**FR18:** Define a strategy to present locked activities

**DR16:** Define activities as missions

**DR17:** Include the possibility to unlock activities when the user reaches a goal



Motivation

# Requirements

**FR19:** Include challenges adapted to their abilities

**DR18:** Show challenges similars to the main PA

**DR19:** Include the option that proposed challenges could be rejected by the user



Motivation

# Requirements

**FR19:** Include challenges adapted to their abilities

**DR20:** Categorization of the challenges based on their level of difficulty

**DR21:** Present a short list of challenges allowing user to select which one he/she wants to perform



# Thank you!



# Next steps

- Define use cases for the apps and the scope
- List the efforts needed to achieve that scope in the available time & resources

