



# MOVE-IT Project

Physical activity promotion through digital solutions

IO2. App functionalities

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### 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





**FRX:** Functional requirements

**DRX:** Design 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)





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





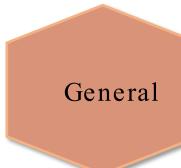
FR02: Include a simple planner to support users in the time management

DR06: Included on the main screen

**DR07:** Use pictograms and texts

DR08: Include brief audio descriptions of the tasks





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





FR05: Include emotion management functionality

FR06: Include both outdoor and indoor activities

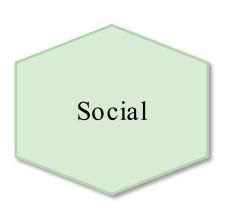




FR07: Reminders should be optional and configurable (or avoid them)

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



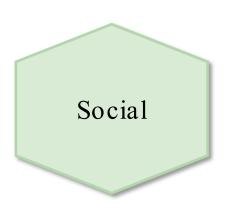


FR09: Provide information regarding PA events

FR10: Include motivational messages designed by friends or relatives

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



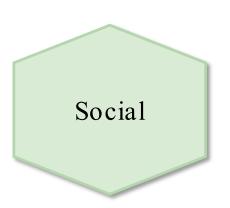


FR11: Include a classification based on PA data with real users

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

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





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





FR14: Include information regarding the benefits of PA

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





FR15: Use "user targeting" technique of personalization

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





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

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





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

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





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





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





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



