

Sport and Fitness Challenge 3: Design some fitness tech

You have already gained your **Fitness Tech** badge by completing the online challenge. Well done! In that challenge you were introduced to fitness technology and wearable devices, the Internet of Things and how apps and gadgets can help people as they try to get fit.

Your offline challenge is to come up with a design for an app or a wearable device that could help someone with their fitness.

It could be that you decide that fitness isn't just about running. Lots of apps and devices are designed to measure how many steps you take, and how much you walk, jog or run.



Perhaps your app or device could measure some other aspect of fitness? Remember that 'Zombies, Run' was all about being chased by zombies, so that was mostly about jogging and running. But there are other things we do to get fit – we play team games like football, volley ball, netball, rounders, cricket and rugby. And racquet-and-ball games, like tennis, squash, racquet ball and badminton. And we also do things like trampolining and gymnastics. So fitness isn't just about running. Perhaps your fitness tech will look at sports and activities other than running.

Your step-by-step guide

- Decide whether you want to design an app or a device.
- When you have decided, use our **how2 design an app** or our **how2 design a fitness device**.
- You could find working with friends will be helpful for this challenge, as great ideas often come from creative collaborations! So get together with a couple of friends and work on your design together.
- Think about your app/device and what you really want it to do for the user. Think about yourself as the user – what would you really like your app or device do? Do you want it to make exercising more fun, or just to record how much you do? Do you want to provide rewards (known as incentives) to do more exercise? Go back and look again at the apps in the Online Challenge which have different features to help people to want to exercise. Is there something in those that could inspire you?
- If you have decided to design a fitness device, think about how the wearer would want to use it. You have heard about wrist bands and watches, and the Online Challenge talked about devices inside training shoes. Is there something creative you could do with where the device is worn? This could depend on what activity or sport you're focusing on, and which part of the body is most active in that particular sport.
- If you have decided to design an app, think about the way the user uses the app, what screens you will need to make it work. Think about the navigation too (our how2 explains this) and how a user will get from one part of the app to another.
- Create your design on paper or on the computer – whichever is easiest! Be prepared to show and explain your design to the rest of your club or class mates.