
Ready, Set, Fit

— Bucknell University —

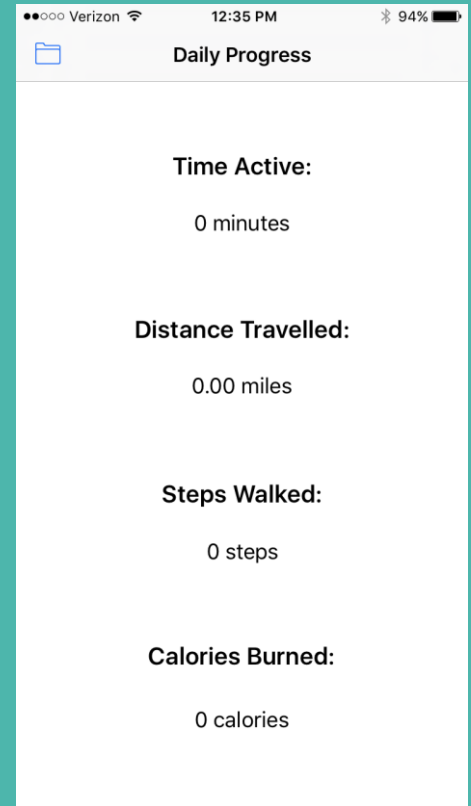
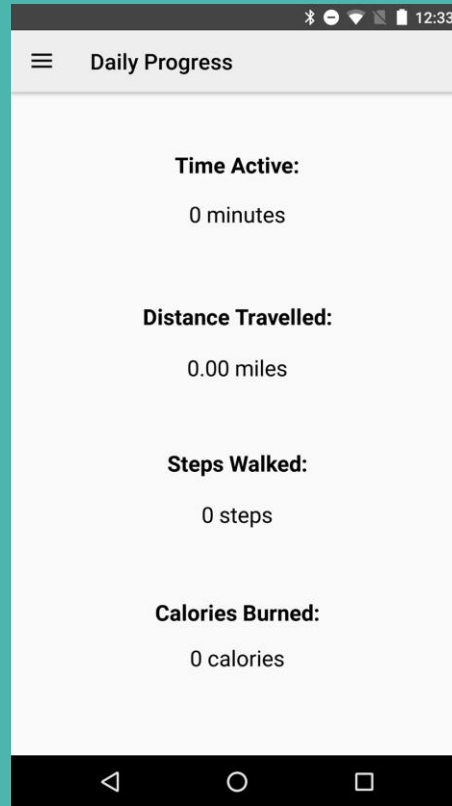
What is Ready, Set, Fit?

- Ready, Set, Fit, or RSF, is a health and wellness app designed to help people meet their daily fitness goals, while at the same time introducing them to historical and cultural landmarks in their area.
- It uses GPS location and pre-built paths of landmarks to provide workouts that the user can complete.
- RSF will track various health and wellness metrics like time spent active, distance travelled and steps taken.



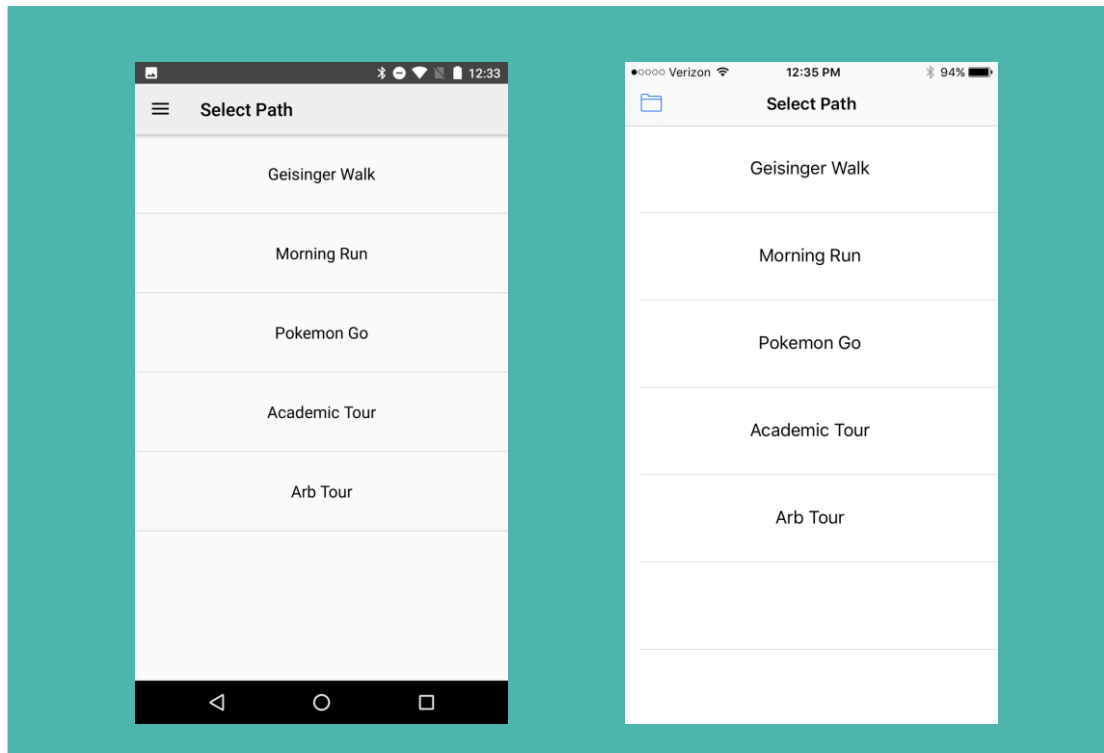
Daily Progress

- The app begins with a screen showing the user their progress in the current day.
- Metrics are recorded from the workouts and added to the totals that are shown on this screen.

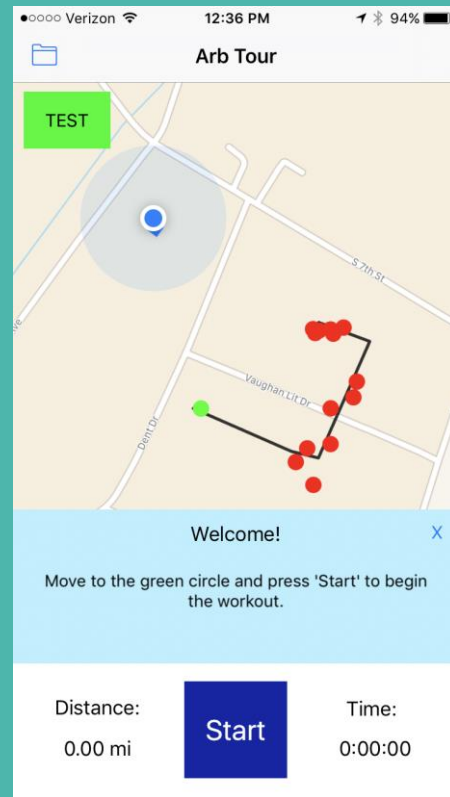
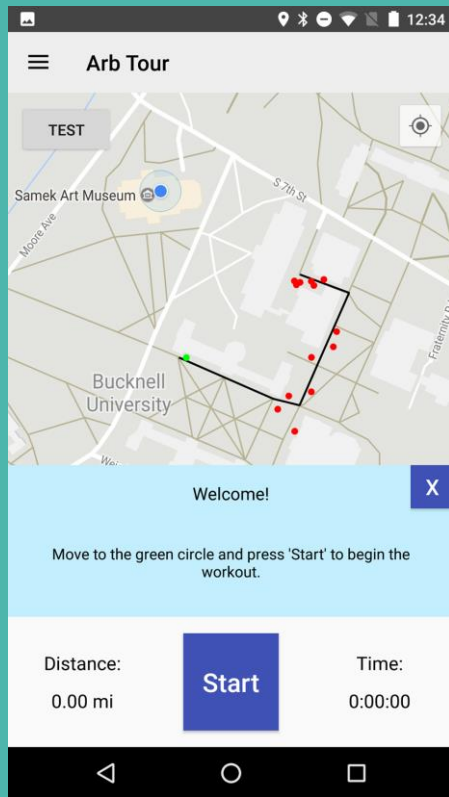


Selecting a Workout

- Workouts can be selected from this screen.
- Workouts are loaded from a directory in Professor Thompson's Unix space.



Starting a Workout

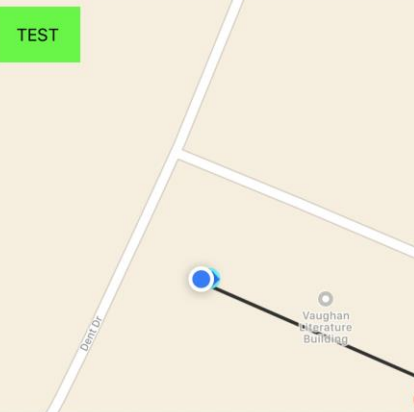


Completing a Workout

Verizon 1:17 PM 90%


Arb Tour

TEST



Japanese Cherry

This is tree 1



Distance: 0.06 mi

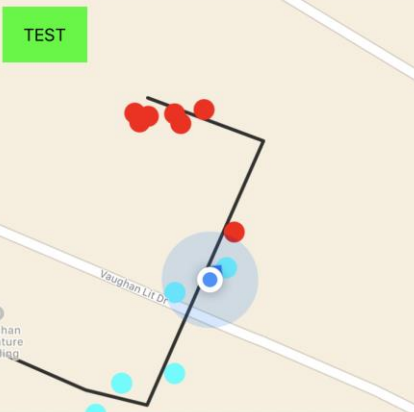
Time: 0:01:39

Finish

Verizon LTE 1:19 PM 89%


Arb Tour

TEST



American Elm

This is tree 7



Distance: 0.19 mi

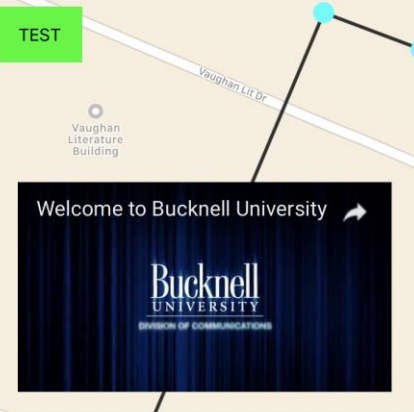
Time: 0:03:55

Finish


Verizon 1:23 PM 88%

Academic Tour

TEST



Welcome to Bucknell University



Bertrand Library

The library.

Hide Video


Distance: 0.14 mi

Time: 0:02:57

Finish

Verizon 1:19 PM 89%

Workout Summary



Arb Tour 0:04:12

Date: 05/02/2017 - 1:19 PM

Time Active: 3 min

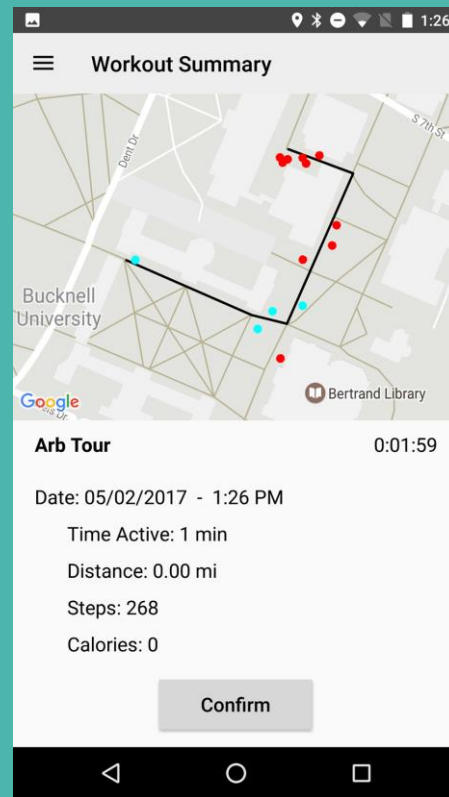
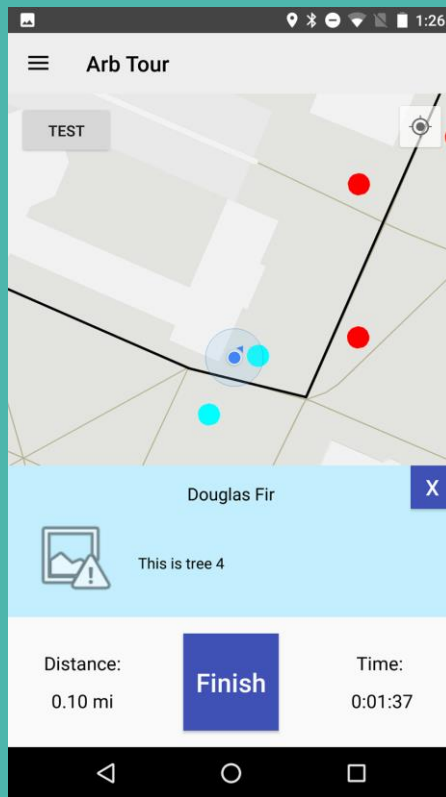
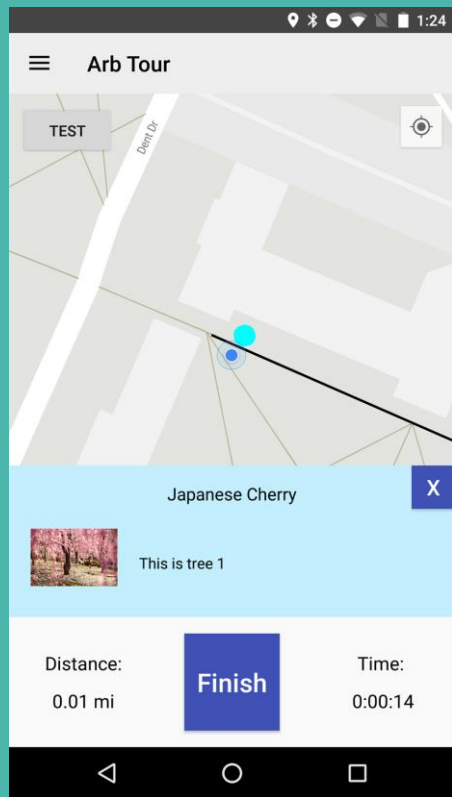
Distance: 0.21 mi

Steps: 360

Calories: 0

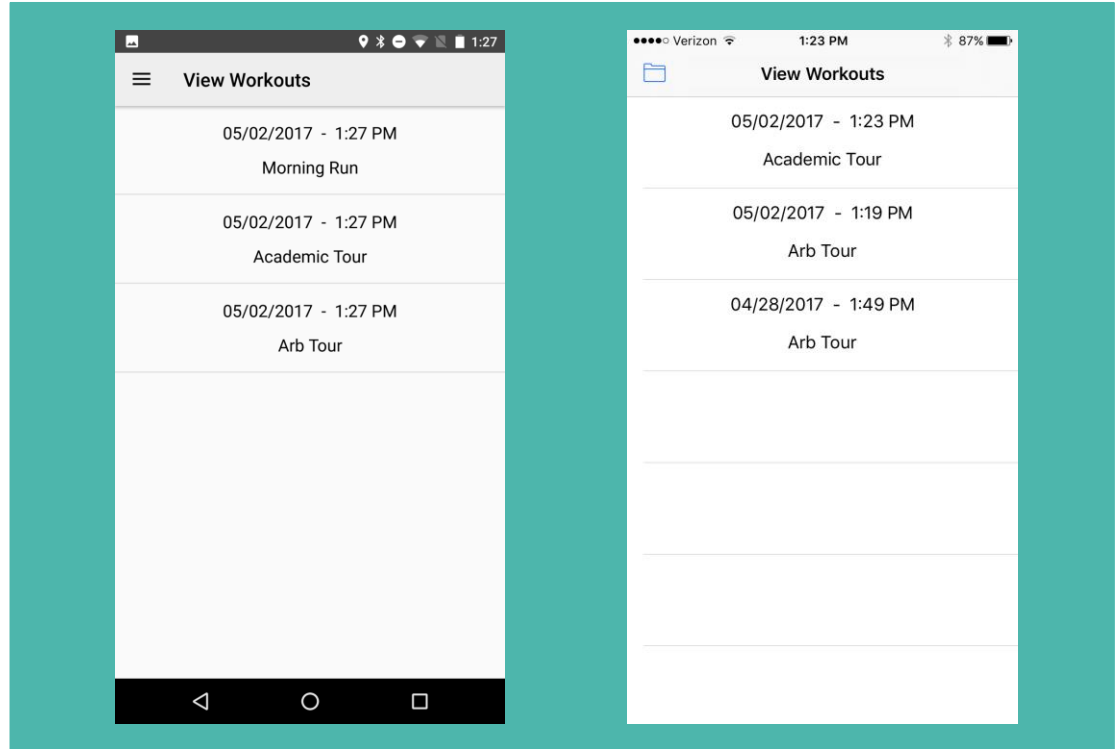
Confirm

Completing a Workout



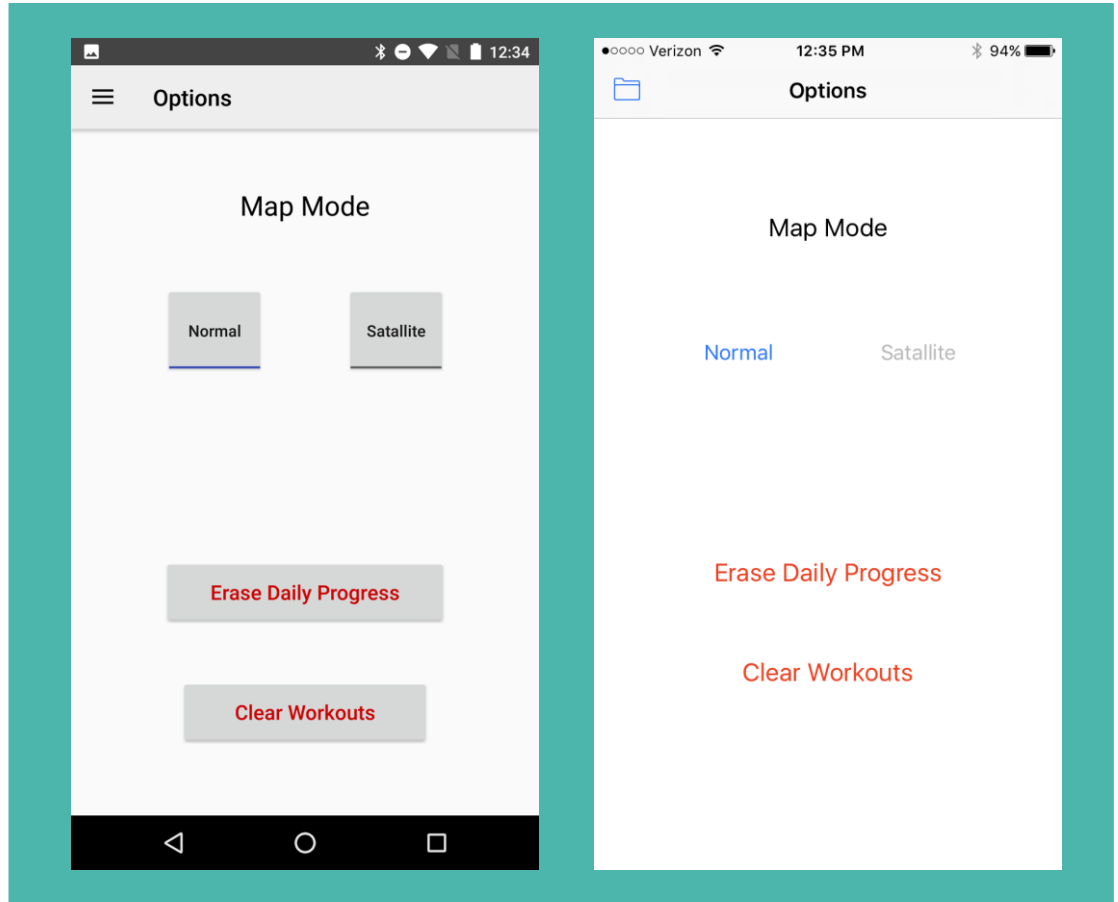
View Completed Workouts

- When users have completed workouts, they can view them in the app.
- Workouts are listed chronologically from most recent.



Options

- From the options screen different methods of viewing the map can be selected.
- The user also has the option to clear their daily progress or workouts from the options screen.



Partnerships

- Local downtown partnerships
- Chambers of commerce
- DCNR
- Health care providers
- Employee wellness programs