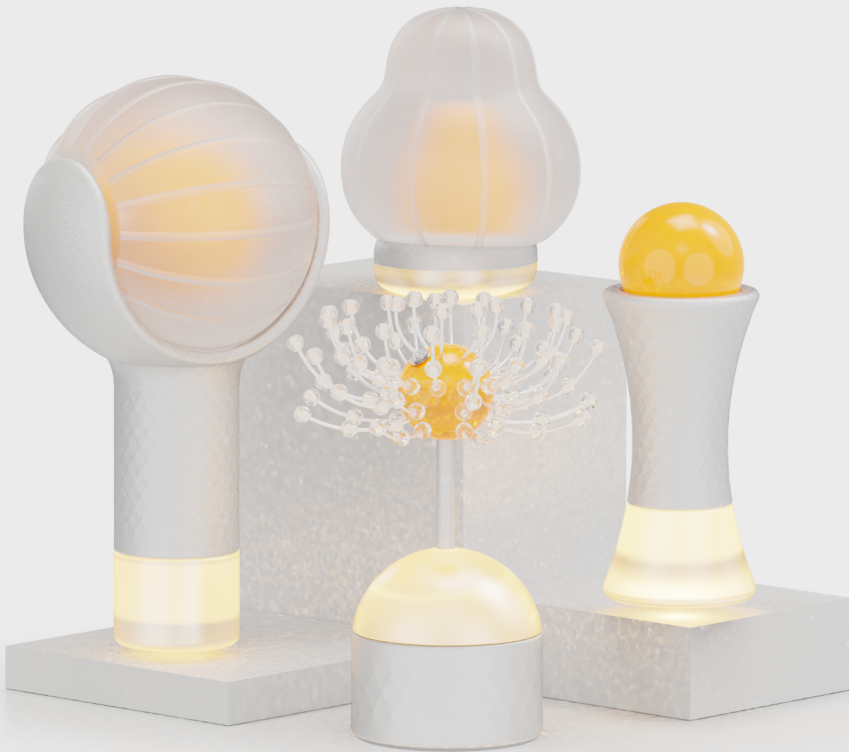


**Supervisor**  
Stephen Jia Wang

**Team**  
Char Wai Ying, Yolanda  
Kuo Szu Yu

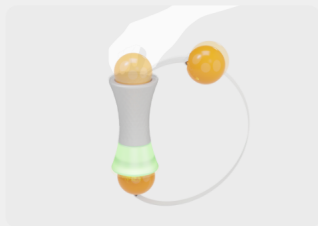
**Program**  
MDes - Interaction Design  
**Course**  
SD5530 Demonstration Project



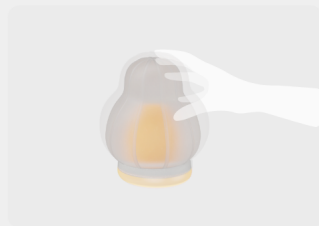
# fit:me

**fitness time that fit the busiest you.**

A set of easy-to-use physical fitness examination tools with affordances and contextualised interpretation to help office worker achieve their health tracking goal.



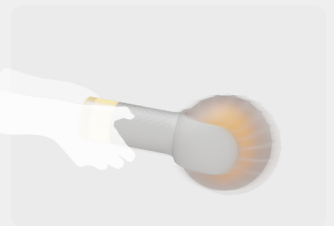
**Body composition**  
waist/hip ratio



**Muscular strength**  
hand grip



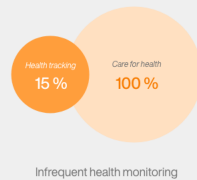
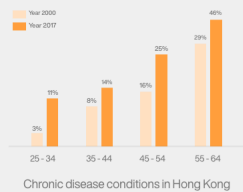
**Cardiovascular endurance**  
vital capacity



**Flexibility**  
Sit-and-reach

## 01. Background

We noticed that there is a trend of office workers suffering from chronic diseases at a younger age. However, office workers seldom monitor their health which can result in the late discovery of serious diseases which can be irreversible.

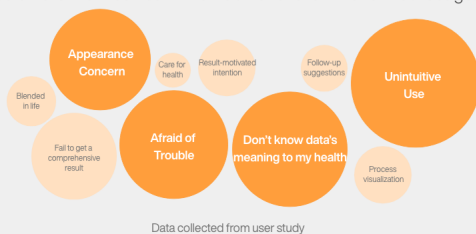


## 02. Target Audience

Targeting the office worker who are non-regular exercisers and passively manage their health data.

## 03. User Painpoint

Physical Fitness is a state of health and well-being while office workers face different difficulties in the traditional examination tool usage.



## 04. Design Vision



We aim to trigger office worker's initiative in personal health tracking by providing easy-to-use physical fitness examination tools with affordances and contextualized interpretation to help them achieve their personal goal.

## 05. Design Concept

### Tangible Product

Designed with affordances and use lighting as instant feedback for user action.

### Digital Display

By placing tools onto it, the data would upload to cloud and user's body performance is interpreted with colorful

### Mobile App

For personal goal setting, auto plan generation and completion progress display for self-evaluation.

