# Ready, Set, Fit

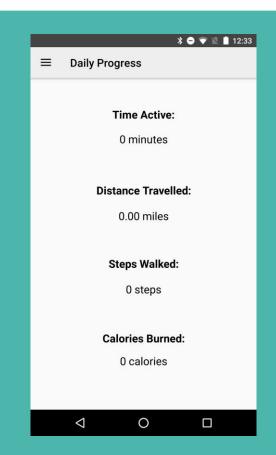
**Bucknell University** 

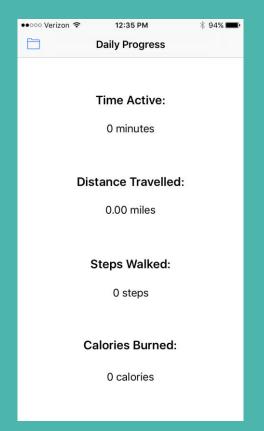
#### What is Ready, Set, Fit?

- 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**

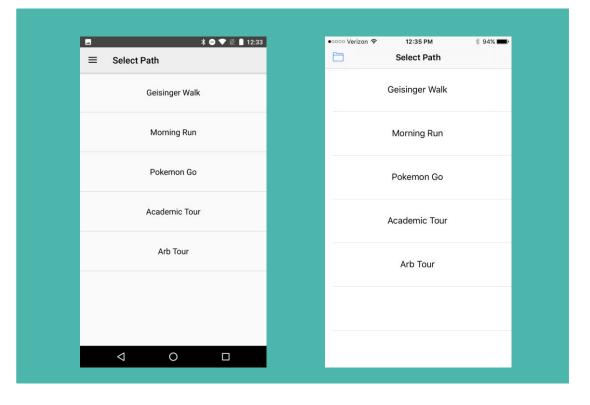
- The app begins with a screen showing the user their progress in the current day.
- Metrics are recorded from the workouts and added to the totals that are shown on this screen.



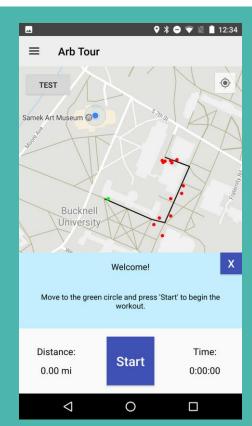


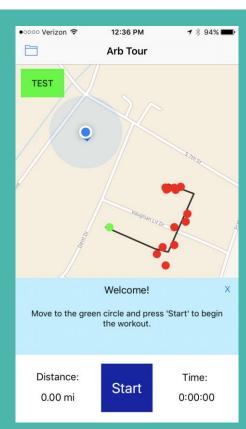
## **Selecting a Workout**

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

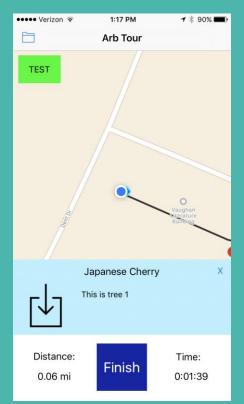


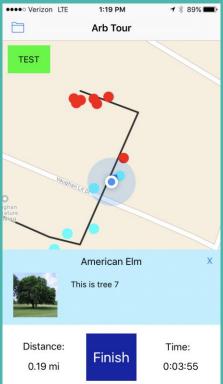
# **Starting a Workout**

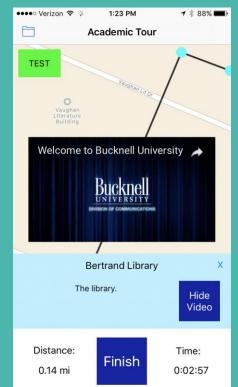


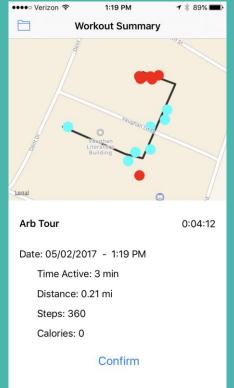


# **Completing a Workout**

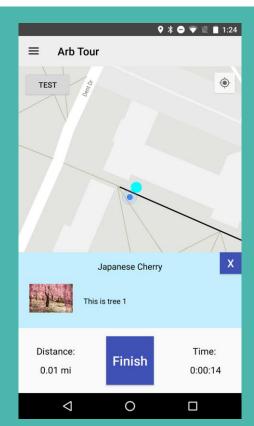




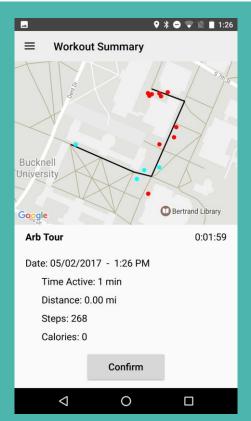




# **Completing a Workout**

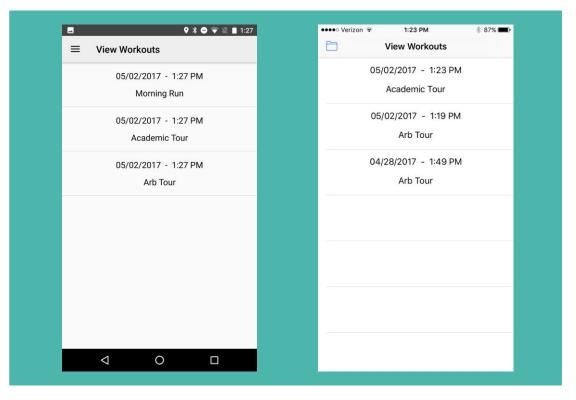






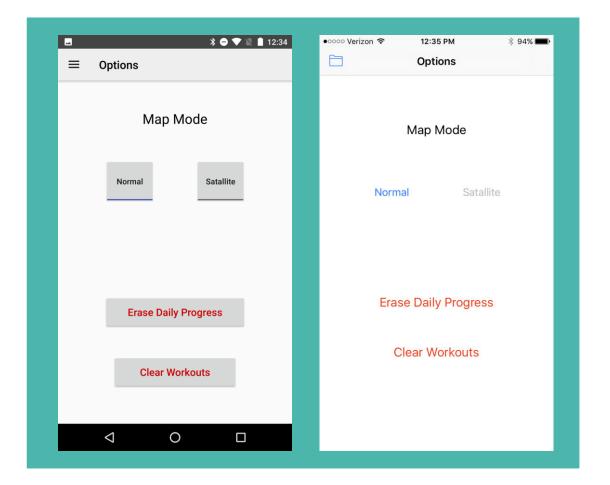
#### **View Completed Workouts**

- 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