



JASON SHEPHARD

FITNESS LEVEL

"I am very competitive with my friends and we use that to motivate our progress in the gym and on the field, so I would like some way to compare with others."

PROFILE

Age:

20 years old

Hometown:

College Station, Texas

Martial Status:

Single

Profession:

Texas A&M Undergraduate,
3rd year Physics Major

TECHNOLOGY USE

- Net Generation Student
- Highly acclimated to existing technologies
- Early adopter of new technology when feasible
- Acquired a Motorola Droid out of nerd lust

GOALS

- To maintain a healthy lifestyle.
- To be reminded of workouts and games.
- To keep a record of his progress via statistical information.

BACKGROUND

Jason is a third year physics major at Texas A&M University at College Station. He is physically fit and loves to play ultimate frisbee and soccer with his friends in between classes and his research assistant work in the University Physics department. His primary area of interest is particle physics with a focus on complex systems. Jason is also addicted to novel technology, particularly mobile, and is known as an "early adopter" of a number of gadgets. Although quite busy, Jason always makes time for a good workout be it through a rousing game or a quick, intense gym session, he likes to stay fit and healthy. In his high school days, Jason was a varsity track and field runner and likes to run to maintain his cardiovascular strength.

As a junior, he is quite familiar with the campus and has a large cohort of friends and acquaintances. Physics majors are perhaps not well known for being sociable, but Jason curbs stereotypes and tries to maintain contact with people especially those willing to join in recreational activities. Team sports, like soccer and frisbee, strengthen friendly relations and this allows Jason and his friends to spend time with one another. But team sports often are supplemented with workouts at the University gym and the competitive spirit that fueled them on the field also permeates into the gumption of gym workouts. He and his friends love to push and motivate each other no matter what the endeavor and their competition begets performance.

However, the constraints of time and a limited amount of energy eventually take their tolls at some point in a week and people will miss games or work out sessions. Even for something as simple as running, Jason and his friends may not always be able to coordinate their schedules to get together. Jason likes to compare his performance with that of his friends and even of strangers, but it is not always trivial to remember this information, especially when you miss an event. Scores and goals in games are not difficult to recall, but keeping track of gym progress is difficult for Jason due to the volume of numbers involved.

GOALS

Jason would like to use technology to keep a record of his performance and compare it against his friends and even strangers. He just needs to know, for example, the number of reps and sets completed previously on a given machine. He would like to access this information and/or times, that would help him to better manage his time as well.

FEATURED TECHNOLOGY

- Workout Reminders
- Path-Tracing for
- Running/Walking
- Record Keeper
- Statistical Comparator

quickly, and be able to represent it visually so as to quickly compare it with someone else. Showing improvement over time is also desirable and will help motivate him. If he could also keep track of game scores and/or times, that would help him to better manage his time as well.

SCENARIO

Tuesday afternoons are the pinnacle of the week, at least for now, Jason thought to himself, lost in the quagmire of particle physics calculations in the physics lab. Eager to leave the lab and see the sun once more, he watched impatiently at the overhead clock as it creepily marched towards 2:00 PM. His Android phone buzzed, he twitched suddenly, forgetting momentarily of the alarm he had set on the [ActiveIM] application on his phone to preempt his escape to the gym.

"Just two more minutes," he muttered in hushed tones so that his supervisor would be unaware of his intentions. It is difficult to work in a lab for six hours straight, especially for such an active young man.

Finally, the clock strikes 2:00 PM and, in an instant, Jason closes his laptop, leaps out of his chair, and storms out the door leaving only his vanishing "I'll see you on Thursday, Ms. Cortez!" and the imminent silence of a nearly empty lab room behind. His steps tearing the through the halls, Jason breaches the doors of the building, the grass outside torn asunder his urgent ambulation.

In the glory of a Texas spring afternoon, Jason revels in the hot but refreshing atmosphere. Amidst the buzz of shuffling students and faculty around him, Jason's phone rings and his friend, Adam, chimes in,

"Hey, Jason, you going to make it the gym today? I got here little early..."

"I'll be there in 5 minutes," Jason said, relieved to be outside and equally thrilled was he at the thought of the workout to ensue. But his lab work is arduous, often pushing nearly everything else out of Jason's mind. He couldn't remember what he had done last time at the gym with Adam nor his performance at the time. Of course, he remembered his running times yesterday but could not recall if he had improved from the last week.

Walking quickly to the gym, Jason whips out his Android phone and activates the [ActiveIM] application to check his statistics. He can quickly see his stats represented as graphs and compares them to Adam's stats as well. Grinning, Jason now remembers how hard he had pushed himself last week. He notices that his running times have improved by about 15 seconds from month-to-month for the last few months. Looking at the paths traced during Adam's run and the pace/speed information shown in [ActiveIM] he also realizes that Adam is catching up to his own six minute mile.

"Confident," he thinks aloud scanning over Adam's recent progress and performance not only in the gym but also on the field. 'I'll have to out do him today,' Jason decided quietly to himself as the heady scent of the University gym assailed his nostrils. Breathing a deep sigh of relief, Jason smiled at the gym attendant and gave her his ID card. Jason glanced at the [ActiveIM] application on his phone and immediately decided, using his sharp intuition, what he will do today and how he will accomplish his goal of exceeding Adam's performance.