

DEVELOPING A FITNESS SKILL FOR AMAZON'S ALEXA

A compact fitness-associated skill (application) designed for devices affiliated with Alexa.



Motivation

This project was created with a self-motivation in mind. It would be used to help keep track of fitness related goals and encourage the users to reach their aspirations and checkpoints they will have set.

Aims

The aim is to create a skill for Amazon's Alexa focused around fitness. It would allow the user access to multiple features via audio cue such as providing an at home workout as well as data collected through a Fitbit device.

Why Alexa?

In recent years, there has been an enormous growth in the ownership of voice-enabled assistants in the home; examples of this include Amazon's Alexa and Google Home. Due to Amazon's market control in this sector, it is logical to develop this product in a space containing a larger potential target audience.

Originality

By conducting research in already available fitness related skills for Alexa, I was able to find a vast range of skills to observe any ideas that have already been utilised and to decipher where my originality lies. This is where I am able to locate a gap in the market for my product, as an authentic all-in-one fitness skill for Alexa, which has not been done before.

Minimum Requirements

- ☐ Providing the user with a five minute workout based on what muscle group they want to train
- ☐ Meal plan suggestions
- ☐ Nutritional information including guideline daily intake amounts, catered to the user
- ☐ Health and fitness facts
- ☐ Incorporate the Fitbit API to allow users to access their data via the skill

Extensions

- ☐ Integrate the product into Google Home devices, appealing to a wider audience and potential user base
- ☐ Smaller extensions could be added based on user feedback, including the potential of some additional features to the skill

Example Dialogue

- 😊 Alexa, how many steps have I taken today?
- 📊 Today you have taken 4,233 steps on your Fitbit device.
- 😊 Okay, can you give me a meal idea for tonight?
- 📊 Based on your dietary preferences related to your inputted fitness goals, tonight's meal is chilli-infused salmon with lemon rice and mixed green vegetables.

Software and Services to be Used During Development



amazon
DynamoDB

JS

