

# Sending a Challenge

Not having any specific context for Exercise.com's next steps I sat down to develop a quick workflow for the next generation of the site. With Facebook, Tumblr, and Mint.com as examples I ran through a series of ideas on where it would live and what it would look like. I settled on the ability to send a "Challenge" to someone you were connected to on Exercise.com. I envisioned a site devoted to people supporting one another in efforts to become more fit, or improve in a desired area. Thus each user could select an area of interest (bicycle, running, general fitness, etc.) which would affect what default options were seen in various places. Assumptions and requirements for my little exercise.

- Monitoring current challenges and goals should be front and center
- Starting a new goal or sending a challenge should be obvious
- The process itself should be straightforward, but flexible enough to be useful.

The next page shows the general home screen I decided to work within. Down the left are goals or challenges in various states, and the buttons to send them. The stream on the right would likely have friend's recent exercise activities and any articles from Exercise.com that fell in the user's areas of interest.

# Sending a Challenge

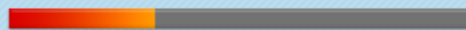


**Jane Granger**

Since 7/9/2009

Biking

Compete in a Triathlon



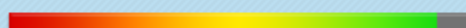
Coming 4/27/2011

1500 Miles This Year



1242 Miles

Ride 21 Days Consecutively



Day 20

Send a Challenge

Set a Goal



**How Kelly Ripa Stays Ripped** - Anna Lisa Somera

Kelly Ripa is a mother of three, hosts a hit TV show and somehow manages to be in great shape. How does she do it?

[Read More >](#)



Run was great tonight, so glad I got out and did it.

Ran 4.65 mi - 1 hour ago



Got to the gym again today, still working to make it part of the routine. Definitely starting to see a difference though, that definitely helps.

500 Calories Burned- 3 hours ago



Just a few days left before the 5k on Saturday. Pretty excited to do an organized run since this is my first.

6 hours ago



**A Longer Workout Isn't Always Better** - Clark Bartram

Focused workouts can actually be more effective than marathon sessions in the gym. Know when to say when.

[Read More >](#)

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**Send Challenge**

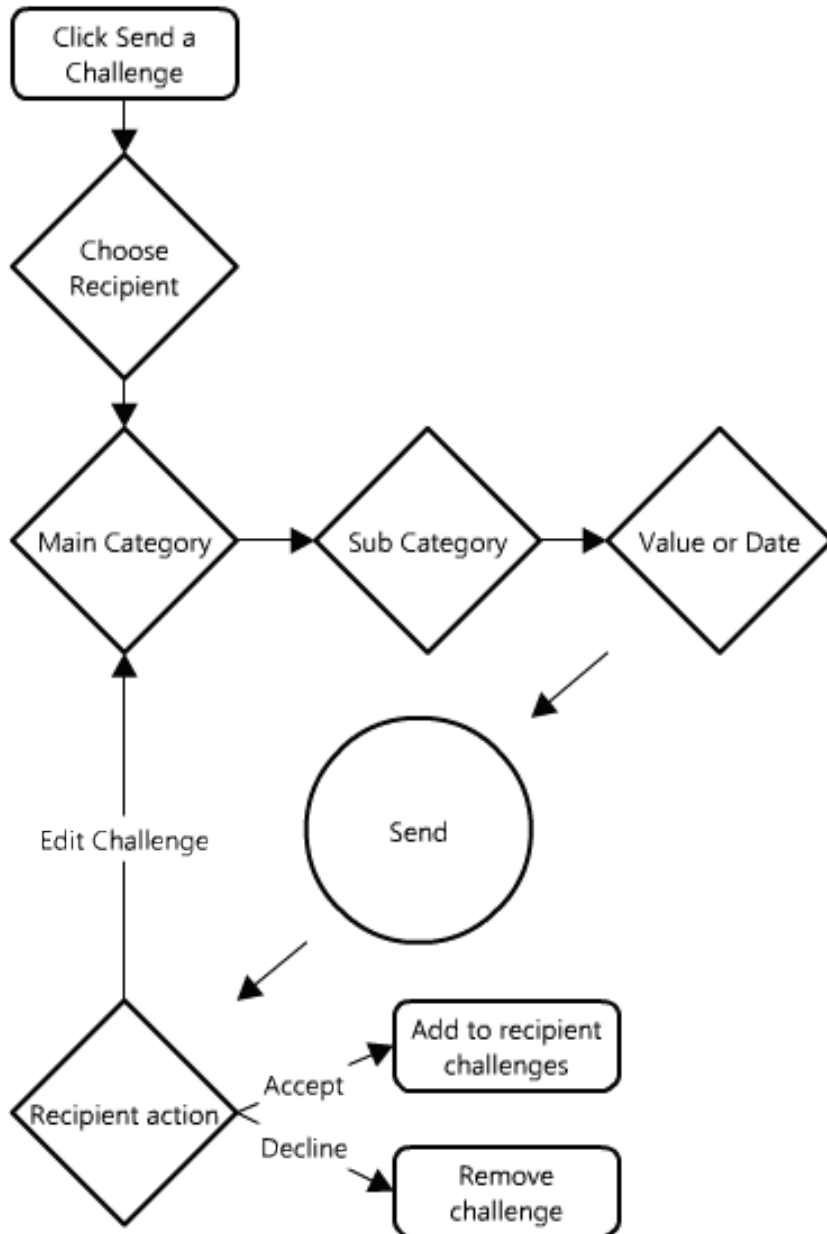
Send a **Running** challenge for a **Distance**

of **7** miles to **Sue Stevens** x

**Send** **Never Mind**

For the actual pop-up on creating a challenge I wanted to keep things simple. Values should receive sensible defaults, based either on interest types if this is a first challenge, or on previous challenges issued. The most general decision is first in the form with specifics following. There would need to be some flexibility since changing to a challenge for an event or going from running to gym activity would cascade across the form to some degree. The key idea though is to make it as quick and painless as possible for the vast majority of users.

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Note that the series of category and value choices will often be shortened by intelligent default values.

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It's a simple process, but one I think that would serve to keep users engaged with their friends in mutual activities, and returning to the site, to record progress on goals and to review their current status.

Thank you for your time, I look forward to hearing from you.

Sincerely,

Aaron Leavitt