PassageWalk Executive Summary

Project Overview
Ample research has shown that exercise is one of the best ways to improve the outcome of some of the most chronic diseases currently plaguing America. However, it is often not practiced to the degree where it actually influences the disease of many persons. We think this is due to exercise not been linked to an intrinsic motivator. There are many motivators to exercise - size, weight, look, and more. But this project proposes and brings the thought that a person's faith has the ability to serve as an intrinsic motivator to people to either influence their chronic disease while serving as an intervention to lower the rate of increase of the disease for others. A pilot project among 24 people proved that by connection faith to fitness, people were motivated to improve their health and wellbeing. They walked 4.3 million steps over 12 weeks and read over 25,500 passages of scripture.

Target Users.
We believe this project can have a broad range of Christain users of all ages and backgrounds. The main audience is Christians from ages 8 onwards.

Value.
The value in PassageWalk are some of these benefits below:

- Increases time in studying scripture
- Builds mental correlation between studying scripture and fitness
- Serves as a motivator to increase steps walked or physical activity daily
- Provides a way to build a community around fitness among a user's faith community that includes scripture

Project Functionality
Individuals who use this tool will track their steps taken and a number of scriptures read daily. The goal is to increase consistency in both physical activities - walking - and reading/studying scripture. This consistency will then be able to increase intervention of exercise to improve outcomes for those with chronic disease, increase knowledge of scripture, increase physical activity among low active individuals and in turn lower the chance and/or impact of chronic diseases. In the future, we hope to integrate the application with further features with a focus towards health-tech in the hopes of helping consumers become more knowledgeable about their health.

Technical Recommendation
We recommend that we build our application with IOS and utilize Google firebase as our database. At the onset of the project, our client did not know what technology platform she would like to utilize to make PassageWalk so we conducted a survey of prospective PassageWalk users where we saw that ~70% (51/74) of the users used iPhone as their primary software. Using these results, it seems like our users will likely be IOS users.