

FLIQ FLLAK project by Giffl - Scandinavian innovation Award 2021



Our solution is "FLIQ FLLAK" and our team name is "Giffl".

We are: Emilie, Ella, Dafne, Mattias, and Martin



We are eleven and twelve years old, and we have very different personalities and skills. Most of us never met before starting First Lego League. Our tournament in Copenhagen was cancelled, so we were moved to Gladsaxe instead.

FLIQ FLLAK helps people to live healthier and move more every day.

The challenge in FLL this year was to make people move more.

We decided to work with this problem because it is the topic for the challenge this year, but it is also a very important problem. Not getting exercise is unhealthy and is damaging to each person but also to society. If you have an unhealthy lifestyle, you will sleep worse, get stress and not always feel well.

We know from games that they can be rewarding and motivating. We thought this was a good way to get people to exercise more. We also know that many people need others to stay motivated. Especially now where many are isolated.

FLIQ FLAKK the game

Our Solution is a game that will make people move more. You can gain points by moving or other healthy things. You can add your friends to the app and challenge them. You can create and join teams such as a school class and set a large common goal, and the team leader can give a prize. You can set your own goals and see your progress. The app will have badges that you earn by completing fun challenges like eat a carrot every day for a month, collect trash while taking a walk or running 100 km in one month. Badges are collected on a screen and you can compete with friends about who can get the most badges. There are bronze, silver, gold and diamond versions of all badges.

There are two kinds of challenges. The one challenge is called: FLLAK challenge, and is about doing challenges alone like: doing squats, running or doing sit ups. When you choose an FLIQ challenge, it means that you have a group challenge. You can create a group, or join a group, that was made by another person. A group challenge could be that your class must ride 1000 km on a bike in one week. Everyone in the group will add km to the challenge and you can see how close the group is to the goal.

This helps people to live a healthier life. It is unique, because a group can work on a challenge together even if they can't meet and exercise together. It also helps you exercise more in small steps. The group challenge also helps you not to be lonely.

The game gives you FLIQ points and FLAKK points. FLIQ points mean that you have done group activities and result in badges or a prize from the group leader - FLAKK points can be used to buy new items for your character in the game.

Our solution works like this:

We have an app that has everything you need. There are several things you can do with Fliq Fllak. 1. You can click on challenges, and see which challenges are outstanding. When you tell the app that you finished a task, you will get points. With those points, you can get updates, and funny avatars. The tasks are different, and based on exercising. There are also food challenges, that helps you, to eat healthier. Like: eat one carrot, every day, in one week, or: don't eat ice cream for a whole week. The food challenges have the same concept as the ones for exercising. The only difference is, that you get another kind of points. When you finish a challenge, you also get a badge, that is kind of a reward for finishing the task. When you are in a group, the person that made the group challenge can also make a badge that will be given to you when you finish the task successfully.

FLIQ FLAKK the innovation

There are many exercise apps, and there are many social apps, but there are not a lot of apps that let you make your own challenges with your friends. We have looked for apps like the one we want to make, but have not found any that does what we want. Some people will feel motivated by the rewards in the game and others will be motivated by the feeling of doing something with their group or friends.



We talked to a psychologist that has researched how the brain's motivation works. We learned that the fear of losing is bigger than the pleasure of winning and this helps people keep coming back to the game. We also learned that it is important to gain points - so no minus points, and you should also get points for normal things like walking to the bus or riding your bike to school.

We have discussed many ideas for how to develop the idea further -like using QR codes for challenges and adding pets to the team.



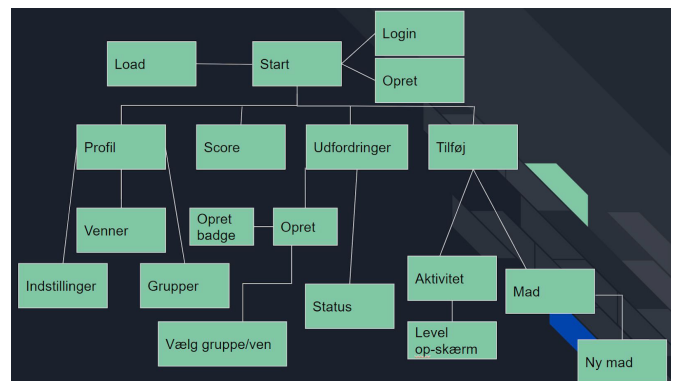
FLIQ FLAKK - the process

We began our work on this project by going out and exercising. We tried making new ball games, tried new things like geocaching, and found that we got good ideas from this. We talked to three professionals, who gave us a lot of tips on how to create our app, and how to make our idea better. We tried to learn more about the process of building phone games, and find out how much time and money it will take.

The psychologist, Betina, gave us good tips, e.g. we should not make it possible to lose everything at once, and that one should only be able to lose a little at a time. We also talked to a gamer / game designer, Thomas who told us that we should not go into too much detail in the beginning, otherwise it would take too long to get it done. He also said that it was a good idea if we made some paper that looked like a phone where we were going to draw on so it looked like what we wanted. A sound designer for games, Rasmus, said that it is very important that sounds and colors and graphics in a game work together.

We learned of Game Jams, where people who make games meet and can make a game in one weekend, but that other times it takes many years to make a game.

After discussing the idea, we made a map of the different screens and how to navigate. Then we took Thomas' advice and drew all of the screens and wrote how each worked. The map was hard to make, because it showed that we each had different ideas. But it also made us agree more on how the app should work.



FLIQ FLAKK - what is next?

We will continue to work on it and have a prototype app ready for SIA 2021. We will probably make this with App Builder. App Builder lets us make working apps.

To make a real working app, we need to also make a database that all the phones have to talk to. This is expensive, and it is also expensive to buy programmers and graphics artists. We have talked about that the app needs to cost money to download, or we need a sponsor. The idea is so good that the ministry for health should pay for it, since it will make people more healthy. So we will apply for project funding when we have a prototype we can show.