

# Super Weight Gain RPG

By Wyatt Gray, Cian Rice, and Nick Silvia

## Project Thumbnail

Many individuals, both male and female, struggle to gain and maintain a healthy weight. Being underweight can cause health issues and even be very dangerous. Unfortunately, many underweight individuals are not familiar with these dangers, the resources available to them, and the healthy behaviors that can help them gain weight.

Super Weight Gain RPG is a serious game designed to teach prospective adult weight gainers about the health consequences of their weight, as well as the tools and behaviors that will help them achieve their weight goals in a healthy manner. It will also reinforce these behaviors through gameplay which rewards beneficial behavior and 'punishes' or otherwise does not reward unhealthy or unbeneficial behaviors.

## Target Users

Super Weight Gain RPG is targeted towards adult (18+) seeking to gain and maintain a healthy weight.

NOTE: Super Weight Gain RPG is not designed to treat anorexia or bulimia. While the game could be a useful tool for recovering individuals, the game focuses on the broad topic of weight gain for any individual.

## Delivery Platform and Justification

Our game is targeted for release on Android and IOS. As this market continues to explode, and especially appeal to a more casual and mainstream market, mobile seems to be the ideal market for our game. Furthermore, mobile lends itself to short bursts of play, which ties in nicely with our game.

# Needs and Task Analysis Table

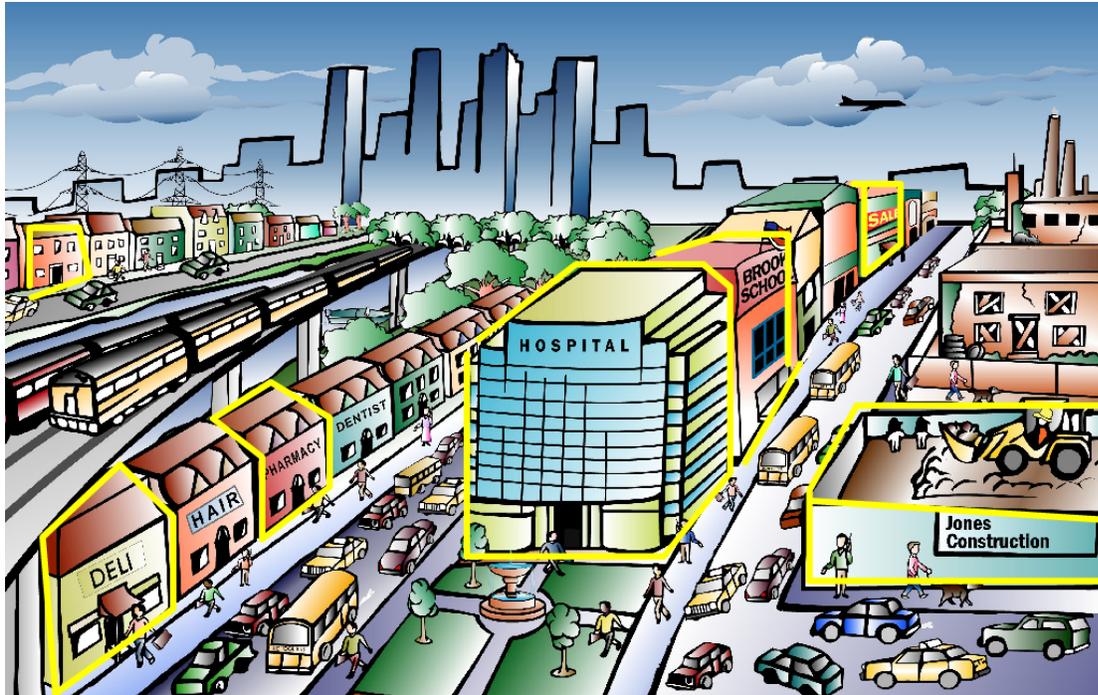
Needs Analysis	Task Analysis
<p>Teach behaviors that promote healthy weight gain and maintenance</p>	<p>Knowledge-based RPG-style game in which players work their underweight character towards a weight goal by making consistently healthy lifestyle choices</p> <ul style="list-style-type: none"> <li>● Discrimination and/or generalization challenges in which players must design healthy, high-calorie meals               <ul style="list-style-type: none"> <li>○ Too low and character will not gain weight</li> <li>○ Too high and character will get sick</li> <li>○ Too fatty and character will gain wrong kind of weight</li> <li>○ Not enough protein and player will not build muscle or get sore</li> </ul> </li> <li>● Procedural challenges encourage players to:               <ul style="list-style-type: none"> <li>○ Do strength workouts to gain weight as muscle</li> <li>○ Avoid skipping meals</li> <li>○ Track their progress</li> <li>○ Utilize helpful resources                   <ul style="list-style-type: none"> <li>■ Internet</li> <li>■ Doctor</li> <li>■ Fitness trainer</li> <li>■ Friends</li> </ul> </li> </ul> </li> <li>● ‘Coaches’ in-game give tips that will help their character (and themselves) gain weight more effectively</li> <li>● Teach consistency -- taking breaks delays progress</li> <li>● Game does not end when player reaches desired weight -- weight is a product of one’s lifestyle and takes maintenance.</li> <li>● Discourage dangerous shortcuts -- HGH, steroids</li> <li>● End of day scoring               <ul style="list-style-type: none"> <li>○ Gives player a grade</li> <li>○ Outlines what player did / did not do well</li> </ul> </li> </ul>
<p>Teach the benefits of reaching one’s ideal weight</p>	<ul style="list-style-type: none"> <li>● Character expresses pride in his/her progress, feels more confident, notices less negatives listed below</li> <li>● Friends comment positively</li> </ul>

	<ul style="list-style-type: none"> <li>● Health benefits <ul style="list-style-type: none"> <li>○ stronger immune system</li> <li>○ more nutrients</li> <li>○ more energy</li> <li>○ healthier hair and nails</li> <li>○ more fertile (women)</li> </ul> </li> </ul>
Teach the dangers and drawbacks of being underweight	<p>Character expresses frustrations about being underweight</p> <ul style="list-style-type: none"> <li>● Weak immune system</li> <li>● Osteoporosis</li> <li>● Anemia</li> <li>● Vitamin Deficiencies</li> <li>● Low energy</li> </ul>
Teach resources available for learners	<p>Provide players with resources in-game for the character to interact with:</p> <ul style="list-style-type: none"> <li>● Doctor</li> <li>● Friend</li> <li>● Personal Trainer</li> <li>● Internet</li> </ul> <p>Utilizing fading the game can give players lots of tips and suggestions towards beginning, with these tips slowly decreasing as players progress through the game.</p>

## User Interface

Super Weight Gain RPG will function via touchscreen input. The player travels around their town by touching various sections of the screen. In the town view, players tap buildings to enter them. While inside these buildings, players may interact with objects and NPCs by tapping on them.

Tapping on an object or NPC enters an interaction with that object/NPC. Some interactions lead to activities or challenges which have unique interactions, such as dragging.



## Game Narrative (from user perspective)

The player starts by picking their character's gender, and appearance.

From here, the player is introduced to their character, who is androgynously named 'Casey'. Casey is introduced to the player via a short background narrative, which explains that Casey wants to gain 20 lbs and maintain the weight (give or take 5 pounds) for two months. The player explains that they are new to town and only know one person -- a long-time friend named Jordan.

Next, the player arrives in town and Jordan gives Casey a very brief 'tour' from the town view.

First, the player is brought to the gym and introduced to a personal trainer named Alex. Alex offers to help Casey gain his/her 20 pounds in a healthy way through teaching and instruction. Alex provides the player with weight gain tips throughout the game, and generally acts as a 'coaching' element.

The next day, the player begins by playing a meal-building minigame called 'Split it up', detailed later in the document. Later, the player goes out to lunch and plays a food picking minigame. Afterwards, the player is introduced to the strength training minigame. From here, the tutorial is over and general gameplay begins.

Throughout a given day, the player will go through a routine, building meals, visiting the gym, and coping with special events that disrupt their normal plans for gaining weight. At night, the player must return home and go to bed, ending that day, and starting the next.

Each Saturday afternoon, the player stops by the gym to get a progress assessment from the personal trainer. This progress assessment includes a weigh-in, BMI measurement, strength level, and a breakdown of the player's performance in various areas, including what they could have done better, and what they are already doing very well at.

The game is won if the player reaches their ideal weight/BMI, and maintains it (within a certain window) for two months. The player may continue playing the game, however.

## **Gameplay**

Depending on the player's actions within the game, their character can gain and lose weight and muscle (and thus BMI). The player seeks to add 20 lbs to their character and maintain the weight within 5 lbs for two months to win the game. The player has unlimited time to attempt to win the game, but will find it difficult to win without making consistently good choices.

Gameplay is envisioned to be short bursts of 2-15 minutes, rather than one continuous play session. This is reinforced through the mobile platform, which lends itself to filling in small gaps of spare time. The short bursts of play should help refresh users' memory of good habits and serve as a continual reminder to maintain healthy behavior throughout their day, without imposing on their schedule.

### ***List of minigames***

#### **Best of Six**

Pick three foods from a selection of 6 to build a balanced meal

*Teaches balanced meal building knowledge for real life, reinforces positive eating behaviors.*

#### **Split It Up**

Sort 12 objects into 4 meals to make them all between 600-800 calories.

*Teaches balanced meal building knowledge for real life, reinforces positive and consistent eating behaviors.*

## **Smart Choice**

Make a series of choices from a menu to build a high-protein meal.

*Teaches balanced meal building knowledge for real life, reinforces positive eating behaviors.*

## **Complements**

Pick high-calorie complement to the pre-selected foods

*Teaches balanced meal building knowledge for real life, reinforces positive eating behaviors.*

## **Where's the Stuff?**

Find the items on your grocery list in the disorganized supermarket

*Teaches balanced meal building knowledge for real life.*

## **Workout Time**

Pick exercises that will workout your entire body without overworking (and thus hurting) yourself

*Teaches about various muscle-building workouts, reinforces positive muscle-gain behaviors and careful gym behavior.*

## **Typical Weekday Schedule**

Breakfast

Lunch

(M/W/F) Gym

Dinner

\*Only one special event happen per day on weekdays\*

## Typical Weekend Schedule

Breakfast

Lunch

(SATURDAY) Weigh-In at the gym

(SUNDAY) Grocery shopping

Dinner

(SATURDAY) Hangout

\*Two special event happen per day on weekends\*

## Special Events

Breakfast special events: Slept in, no food, power outage, work breakfast

Lunch special events: Out for lunch, work thru lunch, lunch @ work

Gym special events: packed gym, injury, gym's closed

Dinner special events: order takeout, go on a date/out to dinner, working late

Shopping special events: Terrible selection, supermarket robbed, supermarket closed

Hangout special events: Junkfood everywhere, movies, new place in town, visit doctor

The daily schedules, and the special events that can happen throughout the day, are meant to recreate the daily life of a working adult who is trying to gain weight. Special Events replicate things that can happen that deviate from the norm, and events that can make gaining weight in a healthy manner difficult.

## Evaluation

Our team hypothesizes that Super Weight Gain RPG will help motivate and inform those individuals who have weight-gain goals, and will help them reach their goals. To prove this, we suggest an experiment to evaluate the game's success in helping weight-gainers learn healthy weight-gain habits as well as evaluate whether players actually gain more weight than non-players.

In order to evaluate the effect the game has on its users, we suggest a pre- and post-test. The pre-test would be administered before beginning the experiment. The post-test would be administered four months after the experiment has begun.

The experiment would require three groups:

- Control group 1: No weight gain goals without Super Weight Gain RPG
- Control group 2: Weight gain goals without Super Weight Gain RPG
- Test group: Weight gain goals and Super Weight Gain RPG

The pre-test would involve measuring the weight and BMI of each individual, along with an open-response test on the topic of weight-gain in order gauge how much the player currently knows about healthy weight-gain alongside the drawbacks and dangers of being underweight.

The post-test would replicate the pre-test, but also include questions to the test group about whether they would recommend the game to a friend, how often they played, what they liked and disliked, etc. The post-test would also cover the same material as the pre-test to see if any change in knowledge has been gained.

Our game would also provide data on players based on data-mining code, which would track how often players played, where they got stuck, which parts of the game players had more or less difficulty with, etc.

# Paper Prototype:

## Dialog: First Days (Tutorial)



### MALE

This is Casey. Casey is an average, healthy person.

Ever since Casey was a boy, he's been very thin. He's recently decided that he has the time and willpower to make a permanent lifestyle change, and put on twenty pounds of healthy weight.

This will not be an easy task for Casey though. He has just moved to a new town, and only knows one person -- his friend Jordan. Casey also knows virtually nothing about how to gain weight in a healthy way. That's not all though -- Casey is a 'hard-gainer': someone who struggles to gain and maintain an average weight.

It's YOUR job to help Casey make smart choices, so that he can put on healthy weight and maintain it. If you help Casey reach and maintain a weight between 160-170 lbs for two months, he will have reached his goal of gaining and maintaining healthy weight!

### FEMALE

This is Casey. Casey is an average, healthy person.

Ever since Casey was a girl, she's been very thin. She's recently decided that she has the time and willpower to make a permanent lifestyle change, and put on twenty pounds of healthy weight.

This will not be an easy task for Casey though. She has just moved to a new town, and only knows one person -- her friend Jordan. Casey also knows virtually nothing about how to gain weight in a healthy way. That's not all though -- Casey is a 'hard-gainer': someone who struggles to gain and maintain an average weight.

It's YOUR job to help Casey make smart choices, so that she can put on healthy weight and maintain it. If you help Casey reach and maintain a weight between 120-130 lbs for two months, she will have reached her goal of gaining and maintaining healthy weight!

---

\*Ring ring\*

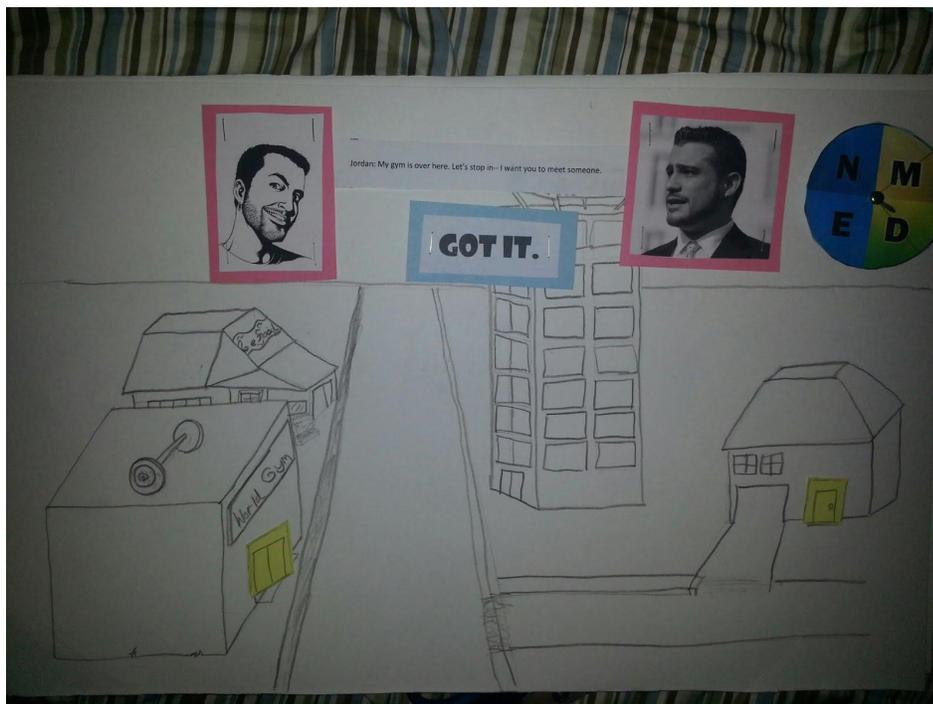
Casey: What's up, Jordan?

Jordan: PLEASE tell me you've finished unpacking!

Casey: You bet! Ready to give me that tour of town?

Jordan: I've been waiting all day! See you soon! \*click\*

---



Jordan: As you know, you live over here.

---

Jordan: You work over there, at MegaCo.

---

Jordan: This is the most popular restaurant in town. I'm sure you'll end up there soon enough!

---

Jordan: My gym is over here. Let's stop in-- I want you to meet someone.

---

Alex: Hey Jordan! And who's your friend here?

Jordan: Alex, I'd like you to meet Casey. Casey, this is my personal trainer, Alex.

Casey: Hello!

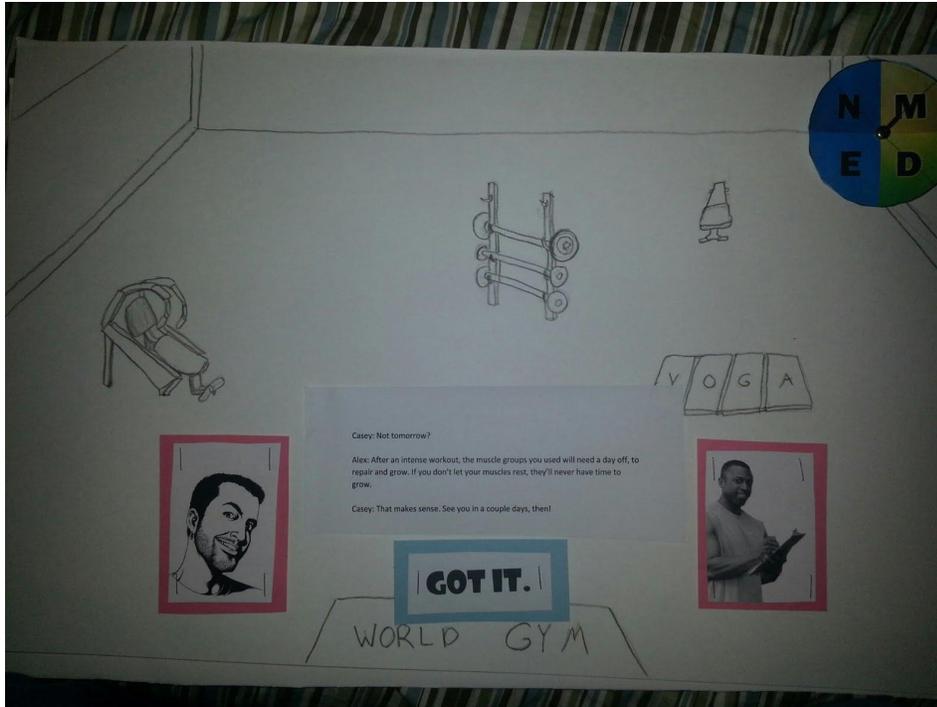
Alex: Nice to meet you! I'll always be here if you need fitness advice.

Jordan: Casey, didn't you mention you were trying to put on some weight?

Casey: Oh, that's right. I've decided to gain twenty pounds. I don't really know if there's a right or wrong way to go about doing it though.

Alex: You're talking to the right person! I'd be happy to help you work towards that goal. Why don't you stop by the gym tomorrow and we'll get you started!

Casey: That sounds perfect! I'll see you then!



---

**\*The next day\***

Casey: \*Yawn\* Today is gonna be a doozy! Better throw a meal together.

---

Each day, Casey will play three out of nine random minigames. Casey's choices in these games will determine how much weight Casey gains that day.

Try to hit a goal of one gram of protein for each pound you weigh. For example, if Casey weighs 130 lbs, try to ingest 130 grams of protein. If Casey goes to the gym and eats plenty of food, especially protein, Casey will make steady progress.

---

**Split it up!**

How to Play

Casey feels stuffed easily, and can only eat 800 calories worth of food in a meal before becoming too full to continue eating.

Reorganize the meals below so that each is as close to 800 calories as possible, without any of them going over. You only have one minute, so work quickly!



---

REAL LIFE TIP #17: If you often feel full quickly when eating, try eating more meals each day, instead of large meals all at once. This gives your stomach time to make room!

---

Casey: That should work. Speaking of work, I need to head out for my first day!

---

\*Five hours later\*

Coworker: Casey, in honor of your first day, we'd like to take you out to lunch! You're gonna love this place.

Casey: That sounds great!

---

**Smart Choice**

## How to Play

Casey wants to take in plenty of protein and calories so that (his/her) muscles can grow. This can be tricky to do at a restaurant.

Look over the menu, and choose an appetizer, meal, drink, and dessert for Casey. You won't be able to examine their nutritional value until AFTER you've chosen, though.

---

REAL LIFE TIP #4: Whole milk is a great choice for gaining weight, because it has an ideal ratio of carbs, protein, and fat. It has plenty of Vitamin D and Calcium, too!

---

Casey: Wow, that was delicious!

Coworker: We knew you'd like the food here. Let's head back to work.

---

\*Five hours later\*

Casey: Meeting all those people was stressful. I think I'll go to the gym and blow off a little steam.

---

Alex: Casey! Glad you made it.

Casey: I've never really gone to the gym before. I don't know where to even begin!

Alex: No problem. You mentioned you're looking to gain some weight. Well, the healthiest way to gain weight is by focusing on gaining muscle. And the best way to gain muscle mass is to do something called 'strength training'. Strength training usually means doing a challenging exercise a few times, rather than an easy exercise many times. There are a lot of different ways to strength train. If you ever want some help, just ask! Each day that you come to the gym, I'll teach you a bit more about weight gain, so don't forget to stop in.

---

Alex: Ready to get started?

Casey: Absolutely!

Alex: That's the spirit! For your first session, I'll advise you on what to do. In the future, I'll be busy with my other clients, and will not be able to help you as often.

---

### Work it out!

How to play:

In the corner is a diagram of Casey's muscles. Casey wants to get a full body workout. By choosing various exercises, Casey's muscles will be worked, which will show in the diagram. Help Casey choose exercises that will work his entire body, but be careful! If you overwork a muscle group, you will fail to complete that exercise. Overwork a muscle group again, and Casey will become injured, ending the session early. End the session when you are ready, by pressing the Back button.



---

REAL LIFE TIP #29: Although cardio workouts like running are good for your heart and lungs, remember that these exercises burn lots of calories and build very little muscle. This will impede weight gain progress, so try to avoid cardio workouts.

---

Casey: Yuck, I'm all sweaty.

Alex: Haha, well go get cleaned up, and I'll see you in two days.

Casey: Not tomorrow?

Alex: After an intense workout, the muscle groups you used will need a day off, to repair and grow. If you don't let your muscles rest, they'll never have time to grow.

Casey: That makes sense. See you in a couple days, then!

---

Casey: I'm totally exhausted. I think I'll go to bed early tonight.

\*ring ring\*

Casey: Jordan, what's up?

Jordan: It's Shark Week! Wanna come hang out for a few hours and watch "Shark Wars?"

---

Casey: No thanks, I'm exhausted. We'll hang out soon, I promise!

Jordan: Alright, take it easy.

---

Casey: Is it the new episode? I'll be over in a bit!

---

### **Snack Attack**

Casey is often placed in situations where the only food available is snacks. Choose some snacks for Casey. Remember that calories aren't your enemy when you're trying to gain weight.

---

REAL LIFE TIP #15: Although heavily processed foods aren't the healthiest way to gain weight (due to possible health side effects), sometimes these foods are the only thing available. Don't be too afraid to indulge when you're trying to gain weight.

---

Casey: Hello bed. Hello blanket. Hello wonderful soft pillow. Good night, me.

---

## Reference

<http://www.livestrong.com/article/334133-what-are-the-benefits-of-weight-gain/>

<http://weightgain.lifetips.com/cat/61224/health-risks-of-being-underweight/index.html>

[http://www.ehow.com/how\\_3557\\_gain-weight.html](http://www.ehow.com/how_3557_gain-weight.html)

<http://www.mayoclinic.com/health/underweight/AN00597>