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Staying Alive: The Health and Wellness App for the Zombie Apocalypse

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STAYING ALIVE-THE HEALTH AND WELLNESS APP. FOR THE ZOMBIE APOCALYPSE

By: Keith Gonzales and Dylan Strempel
THE IDEA BEHIND THE APP

• The basis for the game or app is that the appending zombie apocalypse has begun and you need to survive. How might you do this, one may ask? The answer to that is, it’s up to you on how well you survive. There are lots of ways for a person to come across resources to eat or even to build shelter.

• The idea is that if you do things you will get rewarded for the things you do. Per say you go to the gym. You could get some food or some other sort of health effect. If you study or do some sort of mental you can learn new things like how to build a fire or even how to hunt for your own food.
THE GOOD AND THE BAD

THE GOOD

• There is a lot of things that can help you in your times off need.

• Remaining active either mentally or physically gets you bonuses.

• Bonuses are rewards that you get that are designed to help you survive the apocalypse.

• However with everything that is good there are some things that are bad.....

THE BAD

• The bad things in the app. can really start to hurt you, and turn you into a dreadful walker of the dead.

• If you stop doing active things your health will not necessarily vanish but you can lose your awareness points or even lose a skill.

• Throughout the game there will be scenarios and how you deal with each scenario will determine a reward or even a loss of abilities.
THE UGLY

Of course one could always wander the world as a walker if it seems like too much effort.
BONUSES AND REWARDS

• Health and food bonuses can be received by going to the gym and working out for 30 min. If you work out for an additional 30 more bonuses received.

• Mental bonuses can be attained by completion of a mental activity. This could include solving crossword puzzle, to reading a book, to doing homework.

• Rewards can be things that help you stay alive or you can help other people with the rewards you obtain.

• Some bonuses may include the attaining of abilities to help you survive. You can learn to hunt or build a fire or even learn to build walls to help yourself to survive.
ABILITIES

• Sometimes learning new things is the only way to survive. It doesn’t have to be shooting a gun but it does mean building shelter or starting a fire.

• When you complete mental objectives like reading a chapter in a book or even completing the book, you can obtain new abilities that make it easier to survive.

• With the new abilities you can make a fire that will help you cook your food that you may have founded or even hunted for.

• You can also lose them if you stop using them. Refining a practice can make it an art form.
REWARDS

- What kind of rewards will you receive when you complete tasks.
  - Working out/Running- When you work out or do something active you will get a health bonus like food or a health kit.
  - A Good Deed- if you help some one with something like help a friend move take a friend to the mall or even grab a can off the top shelf for an old lady they may give you something in return. Possibly the better the deed the greater the reward.

- Not everything you do is necessarily good. If you do something bad like not call you mom when you said you would or even not go to the gym you can lose health points, abilities, or even supplies.

- You can also get emotional rewards by doing nice things for a person or just making an effort to make so one happy.

- The happier you are the more people may be willing to help you.
SCENARIO

- It's day 37 of the apocalypse and things are looking bleak. As the world has taken a turn for the worst because of your lack of going to the gym or reading. However the good news is you have started to store supplies and health from working out before. As you go through out your day you read some for class and decide to head to the gym for the day.

- When you head back home you notice your neighbor's car is not starting. As you approach them you ask if they need any help jump starting their car. They thank you and you head inside.
• When you log on to your phone to record what you have done for the day you get a message.

• The message reads that while you were away some had attacked your camp and was trying to steal supplies. You stop the thief and ask them why they are stealing from you. They explain to you that they have a small child and have run out of food. You decide to help them and give them some food. They thank you and give you a few pain pills that they have.
• Through the game there will be scenarios that could possibly arise during the zombie apocalypse.
• You will be given choices that allow you gain or lose rewards.
• If you do good things good rewards will be given to you. If you do bad things then you could possibly lose health points or if you hurt a person then that person could even come back to try and hurt you.
• The main object is to do good things. Stay active, try and improve your mental and physical health.
• There is not much of an ending to the game but if you let yourself go then things may turn ugly and you would turn in to a zombie. Nobody would want that would they?