**Name: Aarya Tiwari**

**Batch: B2**

**Experiment No. : 2**

**Course: UI Programming**

**Problem Statement (Healthcare Domain):**

Our health and fitness app, WellnessPal, aims to help users lead healthier lives by providing personalized workout routines, nutrition tracking, and wellness tips. While the app has gained popularity, user engagement and adherence to healthy habits could be improved. User feedback and usage patterns indicate that there is potential to enhance the user interface (UI) to better cater to the needs and motivations of different user personas.

The current UI of WellnessPal lacks certain motivational and informative elements that could encourage users to stay consistent with their wellness goals. Our objective is to enhance the UI design to align with the preferences and health aspirations of three distinct user personas: the Fitness Enthusiast, the Novice Beginner, and the Busy Parent.

**Personas with Use Cases:**

**Persona 1: A Fitness Enthusiast**

1. **Customized Workout Plans:** The Fitness Enthusiast wants to design a workout plan that aligns with their specific fitness goals. They use the app to choose from a variety of pre-designed routines, customize exercise types, set intensity levels, and schedule workouts for the upcoming week.
2. **Progress Tracking:** The Fitness Enthusiast wants to monitor their progress over time. They use the app to log their workout details, track weightlifting progress, record sets and reps, and visualize their gains through charts and graphs.
3. **Challenge Participation:** The Fitness Enthusiast enjoys challenges to keep motivation high. They use the app to join monthly fitness challenges, complete assigned tasks, earn badges, and compete on leaderboards to stay engaged and accountable.
4. **Advanced Exercise Tutorials:** Seeking to perfect their technique, the Fitness Enthusiast accesses detailed video tutorials for complex exercises. They appreciate step-by-step instructions, real-time demonstrations, and tips on proper form to prevent injuries.
5. **Community Engagement:** The Fitness Enthusiast wants to connect with like-minded individuals. They use the app's community forums to share workout routines, nutrition advice, and motivational stories, fostering a sense of belonging and mutual support.

**Persona 2: Novice Beginner**

1. **Guided Workouts:** The Novice Beginner desires structured guidance. They use the app to access beginner-friendly workout routines with video demonstrations, clear instructions, and suggested rep and set counts, ensuring a safe and effective workout.
2. **Gradual Progression Plans:** The Novice Beginner seeks gradual improvement. They use the app to follow progressive workout plans that gradually increase intensity, helping them build strength and stamina without feeling overwhelmed.
3. **Educational Content:** The Novice Beginner wants to learn about wellness fundamentals. They engage with the app's articles and videos that explain basic nutrition concepts, exercise terminology, and the importance of recovery.
4. **Motivational Reminders:** To stay on track, the Novice Beginner appreciates gentle nudges. They rely on the app's reminder notifications to prompt them to complete their daily workouts, log meals, and stay consistent with their wellness goals.
5. **Quick Workouts:** The Novice Beginner often faces time constraints. They use the app to find quick, 15-minute workouts that fit into their busy schedule, ensuring they can maintain their fitness routine even on hectic days.

**Persona 3: A Busy Parent**

1. **Efficient Workouts:** The Busy Parent needs short, effective workouts. They access the app's library of high-intensity interval training (HIIT) sessions and quick cardio routines, allowing them to achieve a full-body workout in limited time.
2. **Family-Friendly Nutrition:** The Busy Parent wants healthy meal options for the whole family. They explore the app's family-friendly recipes, complete with portion sizes and nutritional information, to ensure balanced and nutritious meals.
3. **Snack Ideas:** Seeking healthy snack options, the Busy Parent browses the app for quick and nutritious snack ideas that are easy to prepare, helping them make mindful eating choices throughout the day.
4. **Morning Routine:** The Busy Parent wants to kickstart their day with wellness. They engage with the app to access a short morning routine, comprising stretching exercises and mindfulness practices, to set a positive tone for the day.
5. **Meal Prep Tips:** The Busy Parent values meal planning. They rely on the app's meal prepping guides and tips to efficiently prepare meals in advance, saving time during hectic weekdays and ensuring nutritious options are readily available.