Health Track Project

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[1. What is the general project idea & project title?]

Project Title: Health Track

General Project Idea: Health Track is a mobile application designed to empower users to take proactive control of their health and wellness through personalized tracking, monitoring, and goal-setting features. The app aims to integrate smart device data with user input to provide comprehensive insights and actionable recommendations for improving overall well-being.

[2. Who are the targeted users?]

People who are interested in monitoring and improving their health and wellness, including fitness enthusiasts, people managing chronic conditions, and those looking to adopt healthier lifestyle habits.

[3. What are the main problems we are trying to solve?]

1) Lack of holistic health tracking solutions that seamlessly integrate data from various sources, such as fitness trackers, smart scales, and nutrition apps.

2) Difficulty in setting and tracking progress towards health and wellness goals comprehensively and intuitively.

3) Limited access to personalized insights and recommendations based on individual health data and goals.

[4. How are we going to collect the data from the users?]

Data Collection Method: Utilize online surveys and interviews to gather feedback from potential users about their current health-tracking habits, pain points in managing their health and wellness, and desired features in a health-tracking app.

[5. How are we going to find users?]

User finding method: Reach out to fitness communities, health forums, and social media groups focused on wellness to recruit participants for surveys and interviews. Additionally, consider partnering with local gyms, health clinics, and wellness centers to access a diverse pool of potential users.

[6. What interview questions are we going to ask?]

1) How do you currently track and manage your health and wellness goals?

2) What challenges do you face when trying to stay motivated and consistent with your exercise and wellness routines?

3) Which features of an app for tracking health do you think are necessary?

4) In what way do you like to be contacted for advice and comments regarding your wellness and health goals?

5) What additional tools or resources would help you better track and achieve your health objectives?

[7. Online questioner Link:]

https://forms.gle/upaHRZhYHBx7kZz79

[8. The Raw Data:]

We've collected 22 responses and here are the raw Data for each questions:

1) How do you currently track and manage your health and wellness goals?

responses:

(19) Smartphone app.

(7) Written journals.

(4) Wearable fitness trackers.

2) What challenges do you face when trying to stay motivated and consistent with your exercise and wellness routines?

responses:

(18) Time constraints.

(10) Fluctuating energy levels.

(7) External distractions.

(4) Lack of variety in workouts.

3) Which features of an app for tracking health do you think are necessary?

responses:

(18) Nutritional tracking with a large database of food items.

(15) Comprehensive activity tracking.

(14) Customizable goal setting and progress tracking - Personalized recommendations and insights.

(13) Reminders and notifications.

(10) Data privacy and security measures.

(7) Integration with wearable devices.

(4) Social features for support and accountability.

4) In what way do you like to be contacted for advice and comments regarding your wellness and health goals?

responses:

(17) Notifications within app.

(2) Messages.

(1) Email - Phone calls - generated alarms.

5) What additional tools or resources would help you better track and achieve your health objectives?
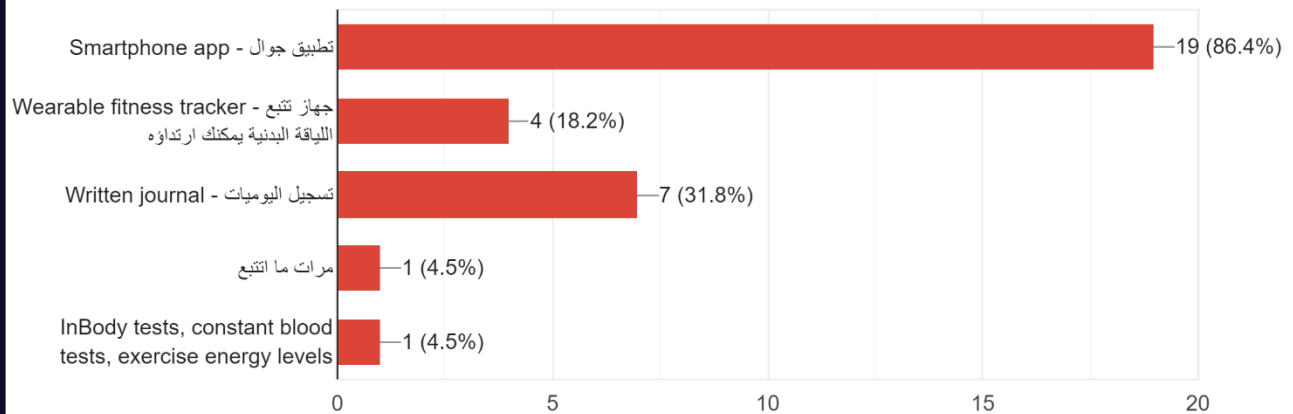
responses:

(12) Variety of workout routines and exercises.

(5) Stress management features - Integration with healthcare providers.

[8.1. A visualization of the Data:]

How do you currently track and manage your health and wellness goals? -- كيف يمكنك حاليًا تتبع وإدارة أهدافك الصحية؟
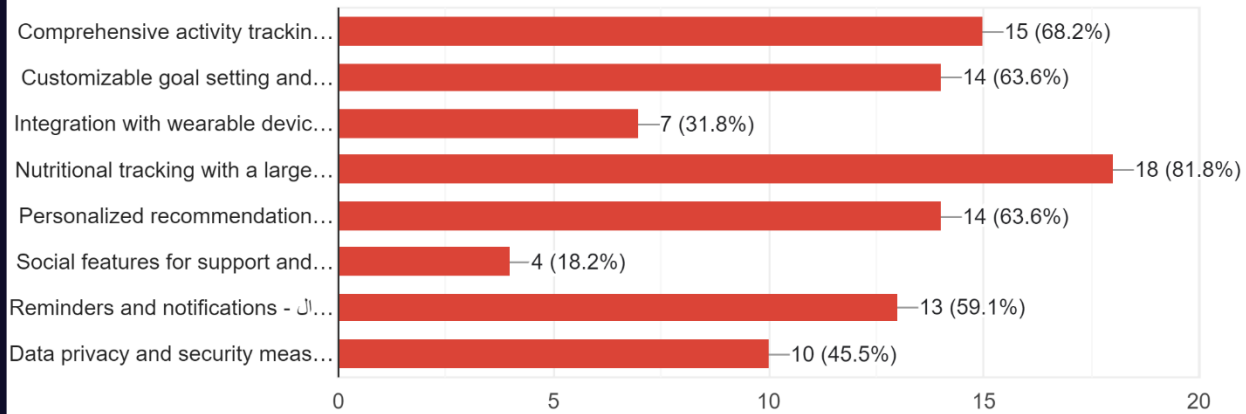
22 responses

What challenges do you face when trying to stay motivated and consistent with your exercise and wellness routines? - ما هي التحديات التي تواجهها عندما تحاول أن تظل متحفزًا ومتسقًا مع التمارين الرياضية والروتين الصحي؟
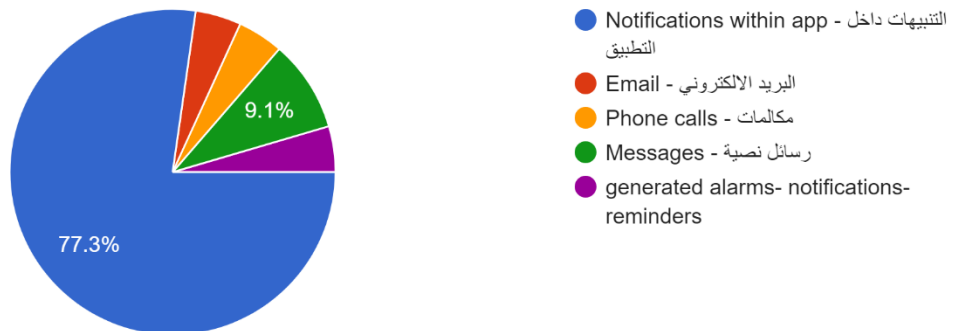
22 responses
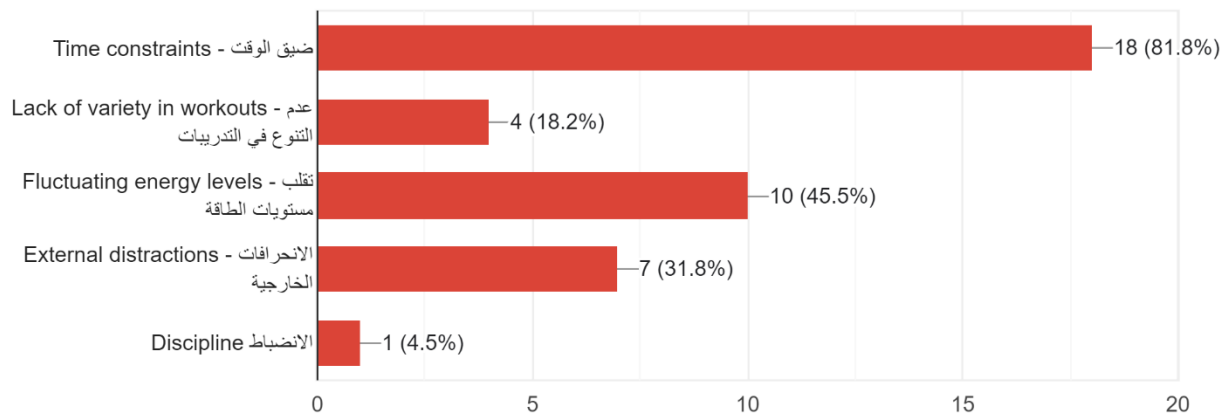
Which features of an app for tracking health do you think are necessary? - ما هي ميزات التطبيق لتتبع الصحة التي تعتقد أنها ضرورية؟

22 responses

In what way do you like to be contacted for advice and comments regarding your wellness and health goals? - ما هي الطريقة التي تحب أن يتم الاتصال بك للحصول على المشورة والتعليقات فيما يتعلق بأهدافك الصحية؟

22 responses

What additional tools or resources would help you better track and achieve your health objectives?
- ما هي الأدوات أو الموارد الإضافية التي من شأنها أن تساعدك على تتبع أهدافك الصحية وتحقيقها بشكل أفضل؟

22 responses

● Variety of workout routines and exercises - مجموعة متنوعة من إجراءات التمرين والتمارين
● Stress management features - ميزات إدارة التوتر (مثل التأمل وتمارين التنفس)
● Integration with healthcare providers - التكامل مع مقدمي الرعاية الصحية

22.7% 22.7% 54.5%

[9. List of needs]

1) Users need to **track their health and wellness goals** in a convenient and efficient manner.

2) Users need to **overcome challenges** in staying motivated and consistent with their exercise and wellness routines.

3) Users need an app that provides **necessary features** for tracking health, such as nutritional tracking, activity tracking, goal setting, and progress tracking.

4) Users need to be **contacted for advice and comments** regarding their wellness and health goals in a way that suits them.

5) Users need **additional tools or resources** to better track and achieve their health objectives.

[10. List of insights]

1) **Convenience and Efficiency**: Users value convenience and efficiency in tracking their health and wellness goals. This suggests that an app should have an intuitive interface and streamlined processes for inputting and reviewing data.

2) **Motivation and Consistency**: Users face challenges in staying motivated and consistent with their routines. This indicates a need for features that boost motivation, such as reminders, rewards, social sharing, or gamification elements.

3) **Comprehensive Tracking Features**: Users require a variety of features for tracking health, including nutritional tracking, activity tracking, goal setting, and progress tracking. This suggests that a holistic approach to health tracking could be beneficial.

4) **Personalized Communication**: Users appreciate personalized advice and comments regarding their wellness and health goals. This could imply a need for AI-driven insights, personalized notifications, or even integration with professional health coaching services.

5) **Additional Tools and Resources**: Users are looking for additional tools or resources to better track and achieve their health objectives. This could include educational content, integration with other health apps and devices, or advanced analytics features.

[11. Tasks that our application will perform]

1) The application will provide **personalized workout and meal plans** based on the user's health goals and preferences. This could help users who struggle with time constraints or lack of variety in their routines.

2) The application will offer **interactive challenges and rewards** to keep users motivated and engaged in their wellness journey. This could address the challenge of staying motivated and consistent with exercise and wellness routines.

3) The application will provide **educational content** on nutrition, exercise, and wellness. This could help users make informed decisions about their health and wellness.

4) The application will offer stress **management features**, such as guided meditations or relaxation techniques. This could help users who identified stress management as a tool that would help them better track and achieve their health objectives.
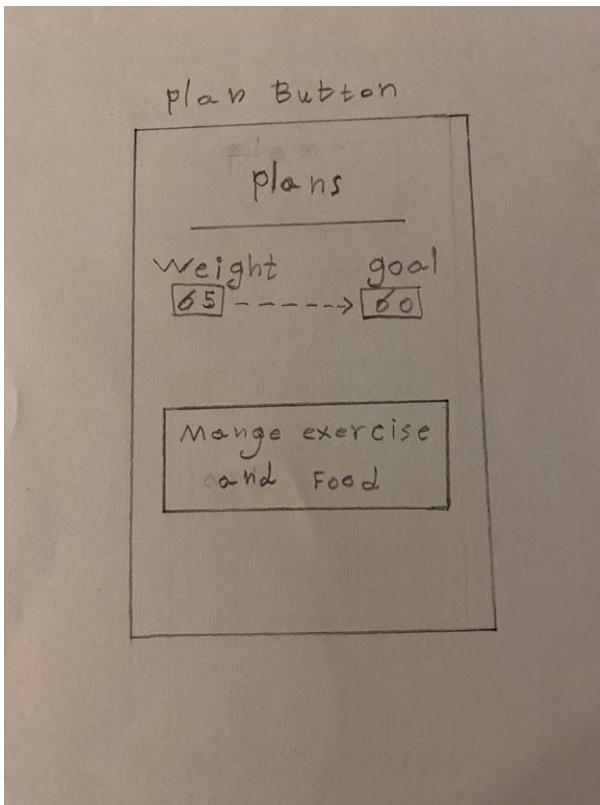
5) The application will provide a **platform for users to connect with healthcare providers**. This could allow users to seek professional advice and support, addressing the need for integration with healthcare providers.
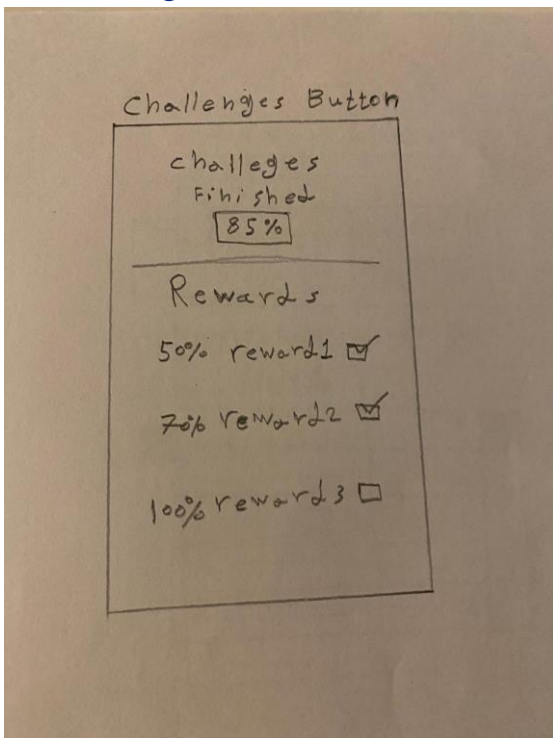
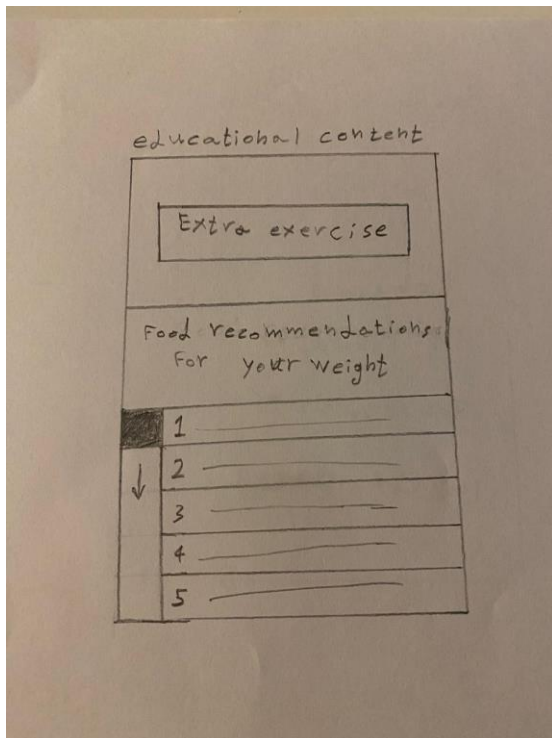# [12. Low-Fidelity of our prototype]

1) Main prototype:
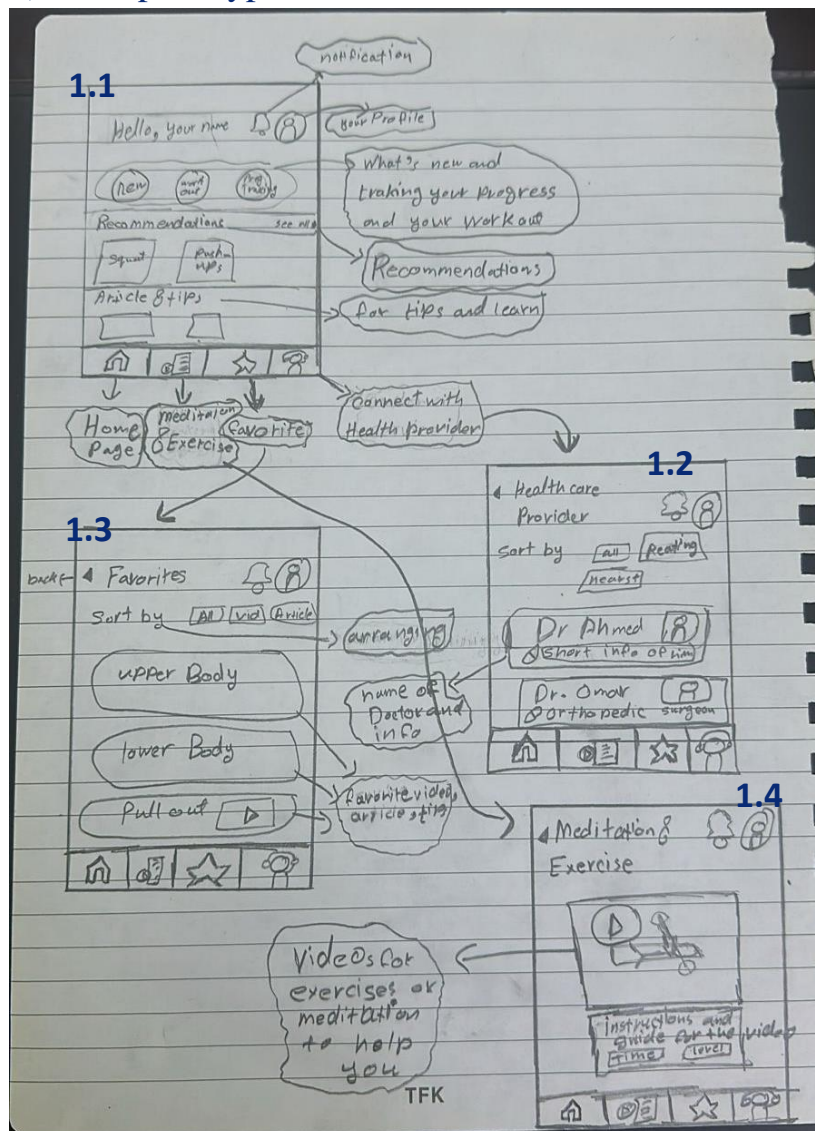
2) Plan screen:

3) Challenges screen:

4) Educational content screen:

[12.1. Low-Fidelity explanation]

1.1) User Profile Interface: Displays the user's name, profile picture, achievements, recommendations, notifications button, and weekly challenges.

1.2) HealthCare Provider Interface: Enables users to seek medical consultation related to the app's content, connecting them with relevant healthcare professionals of their choice.

1.3) Favorite Exercises and Articles Interface: Personalized page showcasing the user's preferred exercises and articles, tailored to their preferences.

1.4) Meditation Exercise Interface: Offers videos aiding in meditation and preparing for exercises, or handling stress arising from workouts.

2) In this screen the user can set his weight goal, and also manage his routine of exercise and the food of his choice.

3) In this screen the user can see his progress in the set challenge, and what reward he's getting from completing this challenge.

4) In this screen the user can educate him self by getting more exercise, and also know what food recommended for his specific weight.
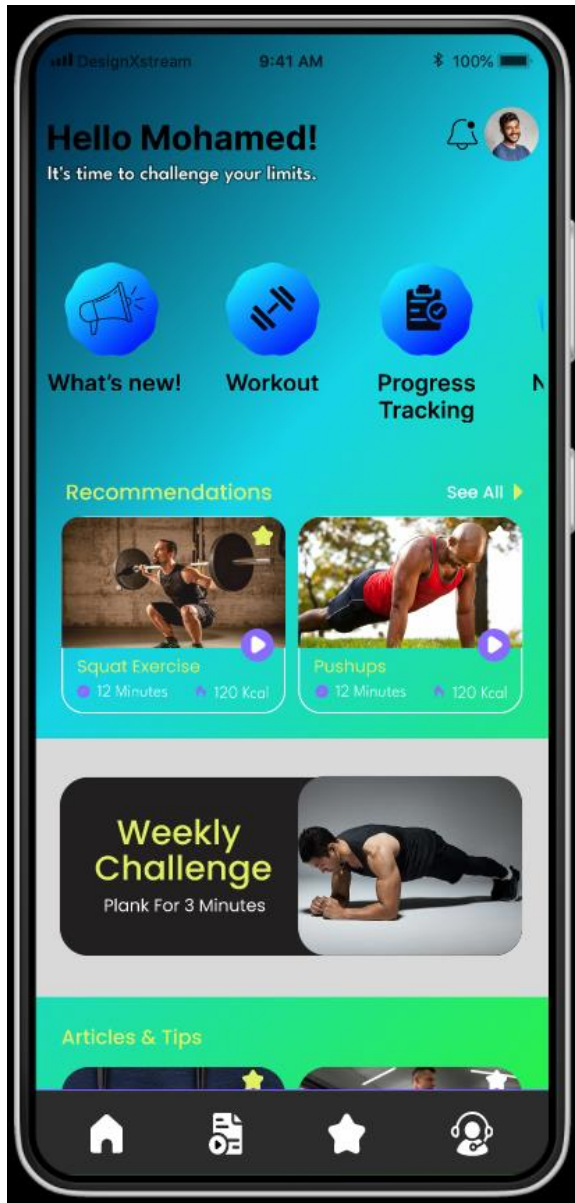
[13. High-Fidelity Link]

The link for our High-Fidelity application prototype:
https://www.figma.com/file/RznG3am4rPUbBaXsO6yoEI/HealthTrack-V.2?type=design&node-id=0%3A1&mode=design&t=yd6ilHdZGDwozx2r-1

[13.1. High-Fidelity pages explanation]

1)

The task bar offers 4 options:

1- Home:

takes you to the home page.

2- Meditation & Exercise:

This tab shows you a video about meditation or exercise. It lets the user stay disciplined and motivated to progress even more!

3- Favorites:

a customizable tab that lets the user compile all their favorite workout videos, weekly challenges, health care providers, etc...

4- HealthCare Provider:

takes you to the HealthCare Provider tab where you can contact any doctors about anything that relates to the health concerns.

This screen Provides a welcoming message and shows a motivational sentence to the user to enhance their mindset and stay determined.

- Recommendations: it suggests user-specific workouts that would complete your workouts. Every user will be suggested workouts that they need.

- Weekly challenge: a weekly event for all HealthTrack users to participate in. Every week, a new challenge will be posted, and there will be a leaderboard for all users, so they can compete weekly with each other. It helps the users to keep a competitive spirit, thus making them more determined and motivated.

- Articles and Tips: shows articles that dive deep into the details of working out and offers tips to lead you into a healthier life step by step.

2)
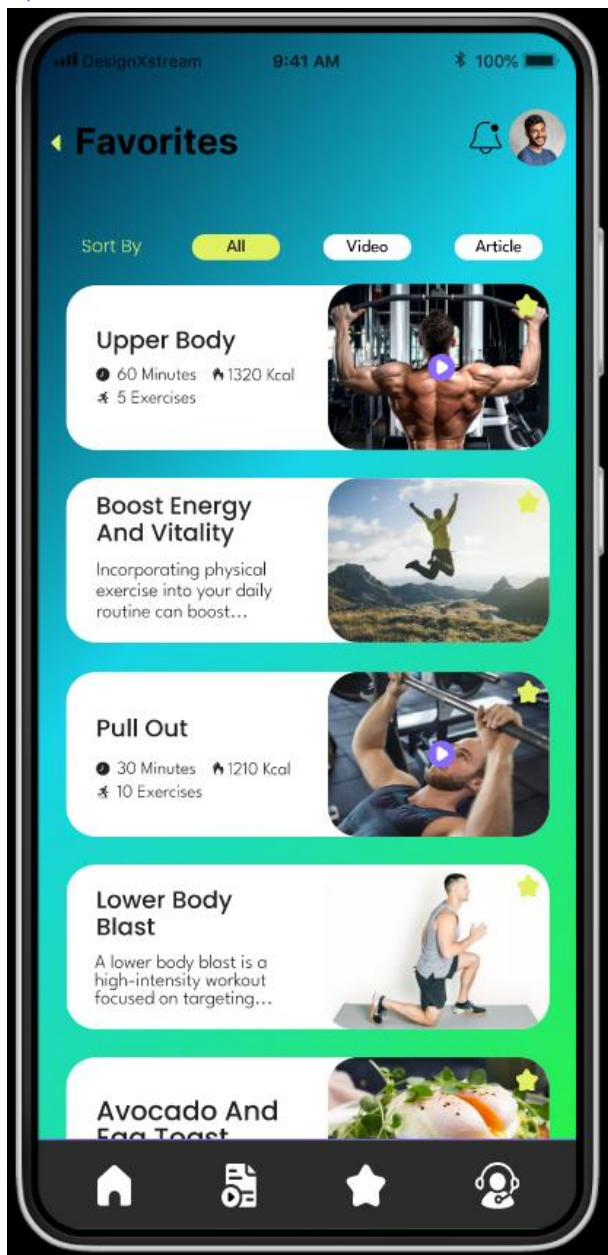
Shows the videos and articles that you favorited, you can also sort them by all, only videos, and only articles. It shows the thumbnail of the video/article and a brief description of said video/article.
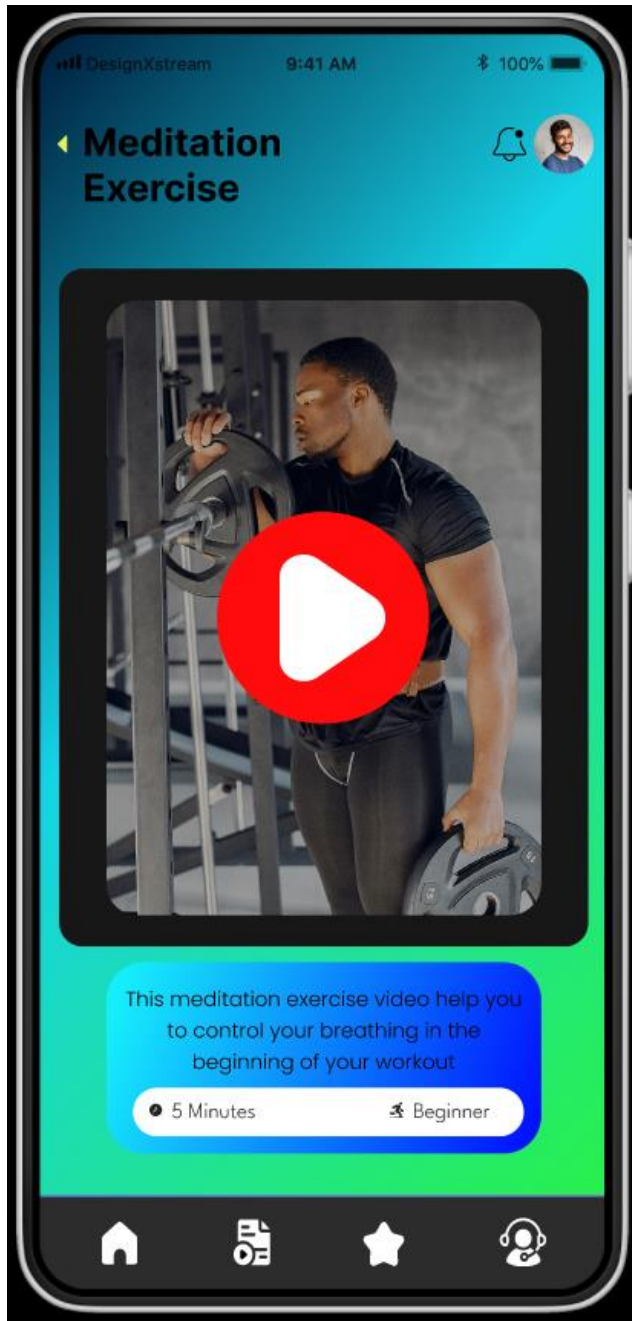
3)

This page shows all medical providers that are available. You could sort them by all, rating, and nearest.

The page shows a card for every health service provider with a picture of them, their name, speciality, how far they are from you, and their rating.

4)

This page is for watching the Meditation videos. It shows you the full video and has a description of the Meditation under the video and its benefits. It also shows how long of the Meditation takes and the level of difficulty of the Meditation.

[14. Table of Tasks:]

Students Names	Tasks
Fawaz Alsudais	Collecting data from users, find the right users for the project.
Bader Sharaawi	Inventing a name for the project, specifying the targeted users, showing the main problems and their solutions.
Mohammed Abdu	Creating the Google Forms.
Abdullah Jali	Making the table of tasks, numbering the pages.
Hasan Babunji	Adding students names and references, numbering the sections, making table of contents.
Yasser Al – Waeel	Design the cover, Formatting and improving all the sections.

[15. References:]

1) https://www.cdc.gov/

Centers for Disease Control and Prevention (CDC) - The CDC website provides a wealth of information on various health topics, including physical activity guidelines, nutrition recommendations, and strategies for promoting healthy lifestyles.

2) https://www.healthline.com/

Healthline - Healthline offers a variety of articles, guides, and tools on health and wellness topics, including fitness, nutrition, mental health, and chronic disease management. It provides accessible and easy-to-understand information for general audiences.

3) https://www.nih.gov/

National Institutes of Health (NIH) - The NIH website features research findings, health tips, and educational materials on a wide range of health-related topics, including exercise, nutrition, and disease prevention.