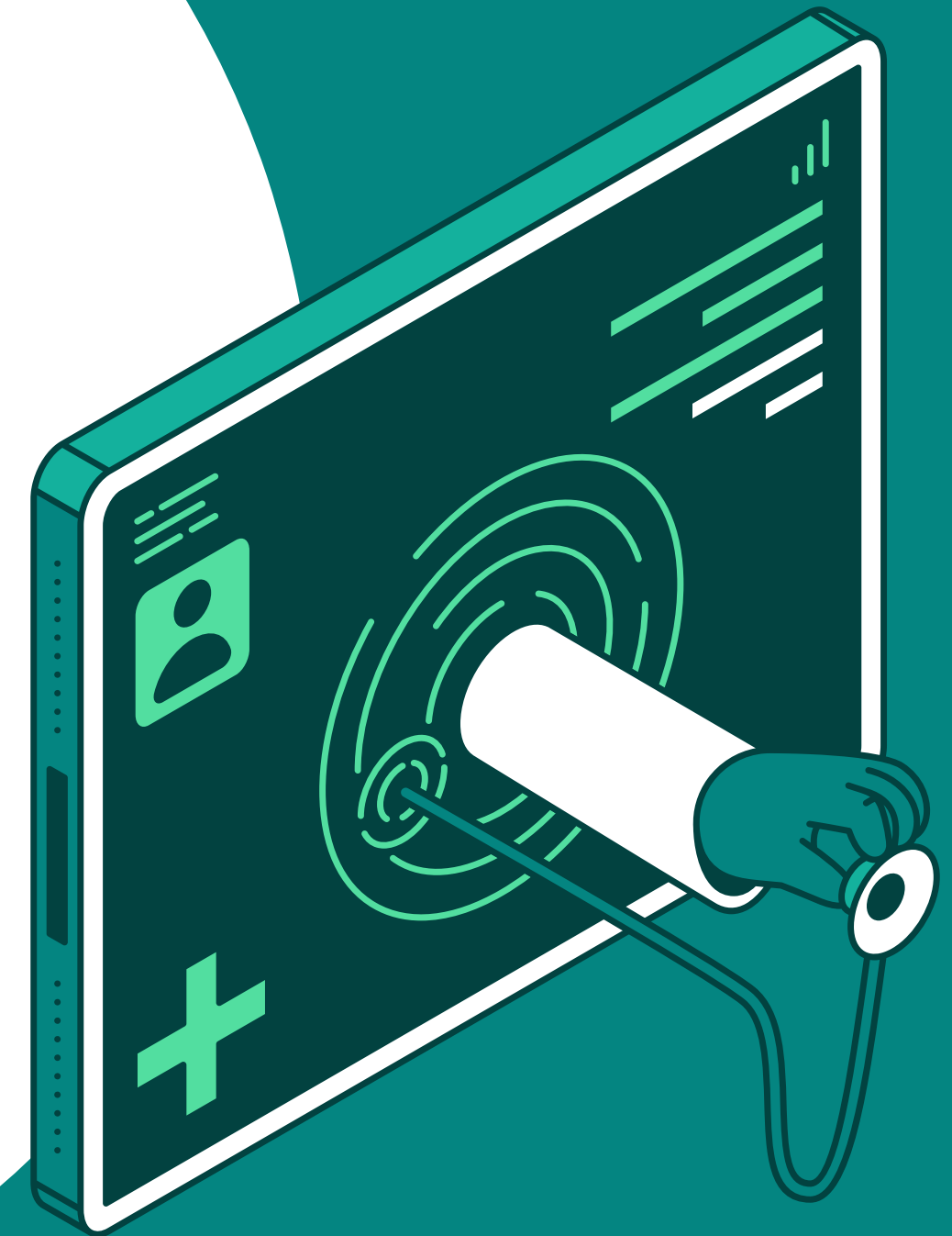


# WELLTRACK

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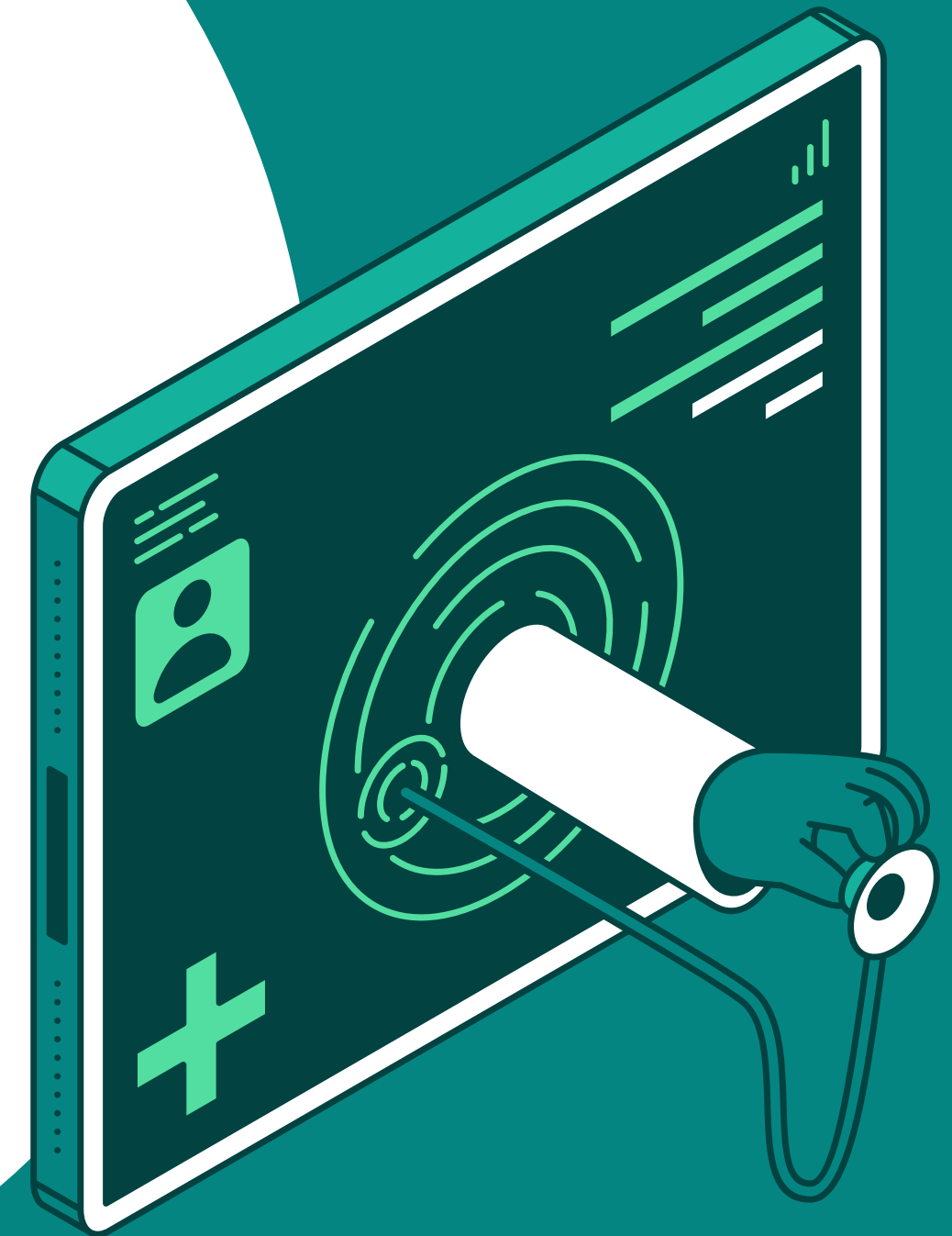
For those who lead busy lives, from professionals to fitness lovers, seniors keen on maintaining health, and individuals working towards weight loss, monitoring wellness is key. However, finding the time to track health data accurately can be a challenge. This is where **Welltrack** steps in. The application is designed to make health tracking quick, precise, and personalized. It seamlessly integrates with users' preferred wearable devices, offering customized wellness advice that aligns with their individual health goals and lifestyles.



# WELLTRACK

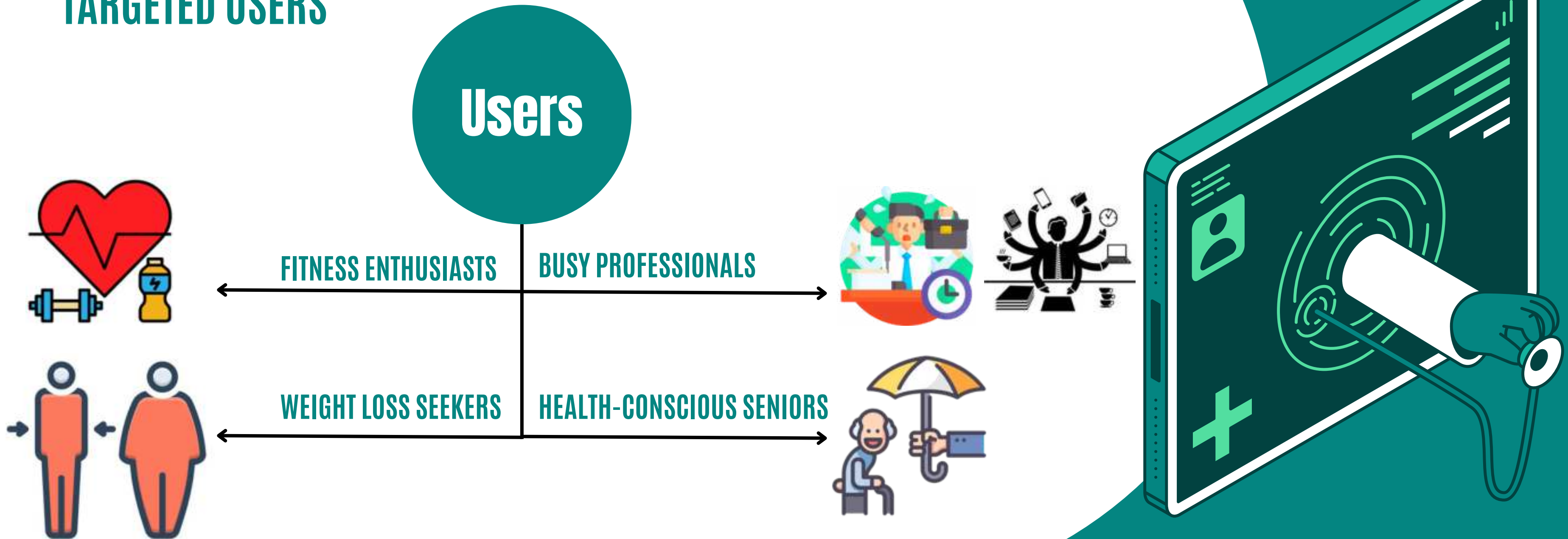
## ABSTRACT :

In the project for our Human-Computer Interaction course, we introduce Welltrack, an app designed to streamline health monitoring for people who are actively managing their wellness but find themselves constrained by time. This application is built with the goal of simplifying the daily routine of tracking health metrics while providing personalized guidance to users. As we developed Welltrack, we focused on creating an intuitive and engaging user interface that offers a bespoke health management experience. Users can expect a seamless interaction with their wearable devices and an app experience that not only adapts to their health needs but also evolves with their wellness journey.



# WELLTRACK

## TARGETED USERS



# WELLTRACK

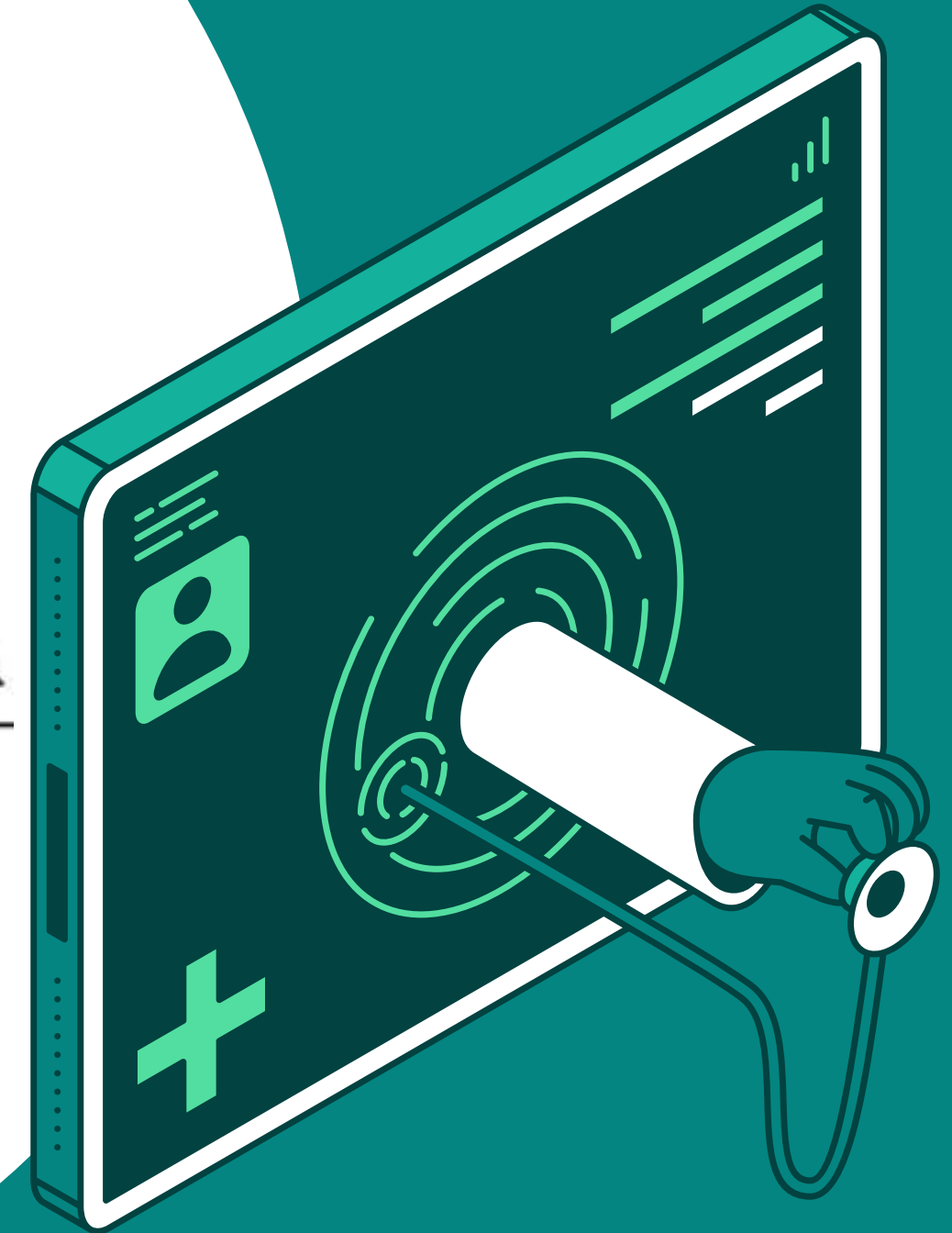
## TARGETED USERS

Users

BUSY PROFESSIONALS

### Workers:

They can quickly check on important health numbers, like how much stress they're feeling or if they're getting enough sleep, even when work is non-stop. **Welltrack** gives speedy updates and suggests short, doable health activities perfect for packed schedules.



# WELLTRACK

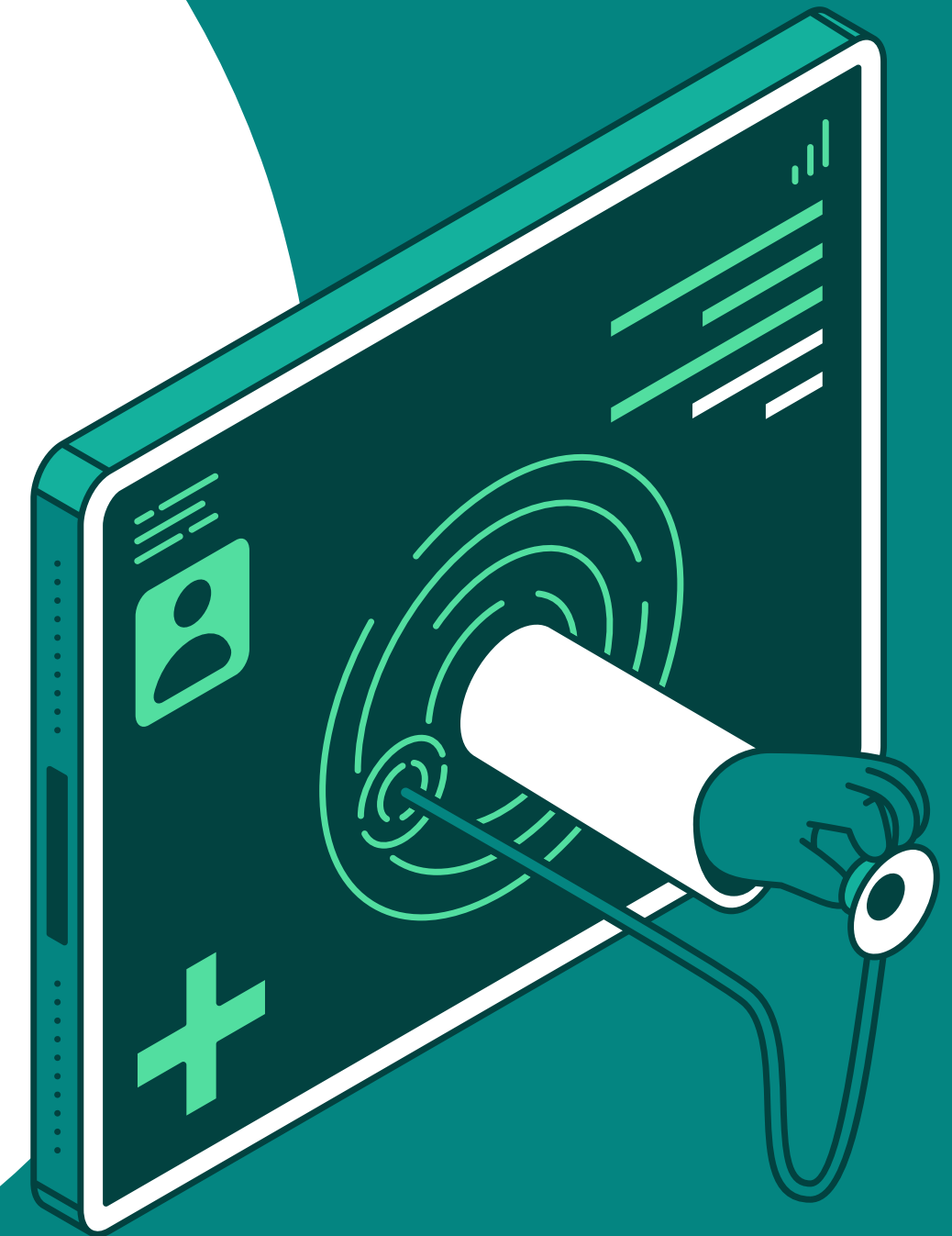
## TARGETED USERS

Users

FITNESS ENTHUSIASTS

### Workout Buffs:

Those who love to exercise can really get into the details of their fitness routine with **Welltrack**. It helps keep an eye on exercise, heartbeat during workouts, and how well they rest afterward. The app sets up workout plans just for them and tracks their fitness achievements.





# WELLTRACK

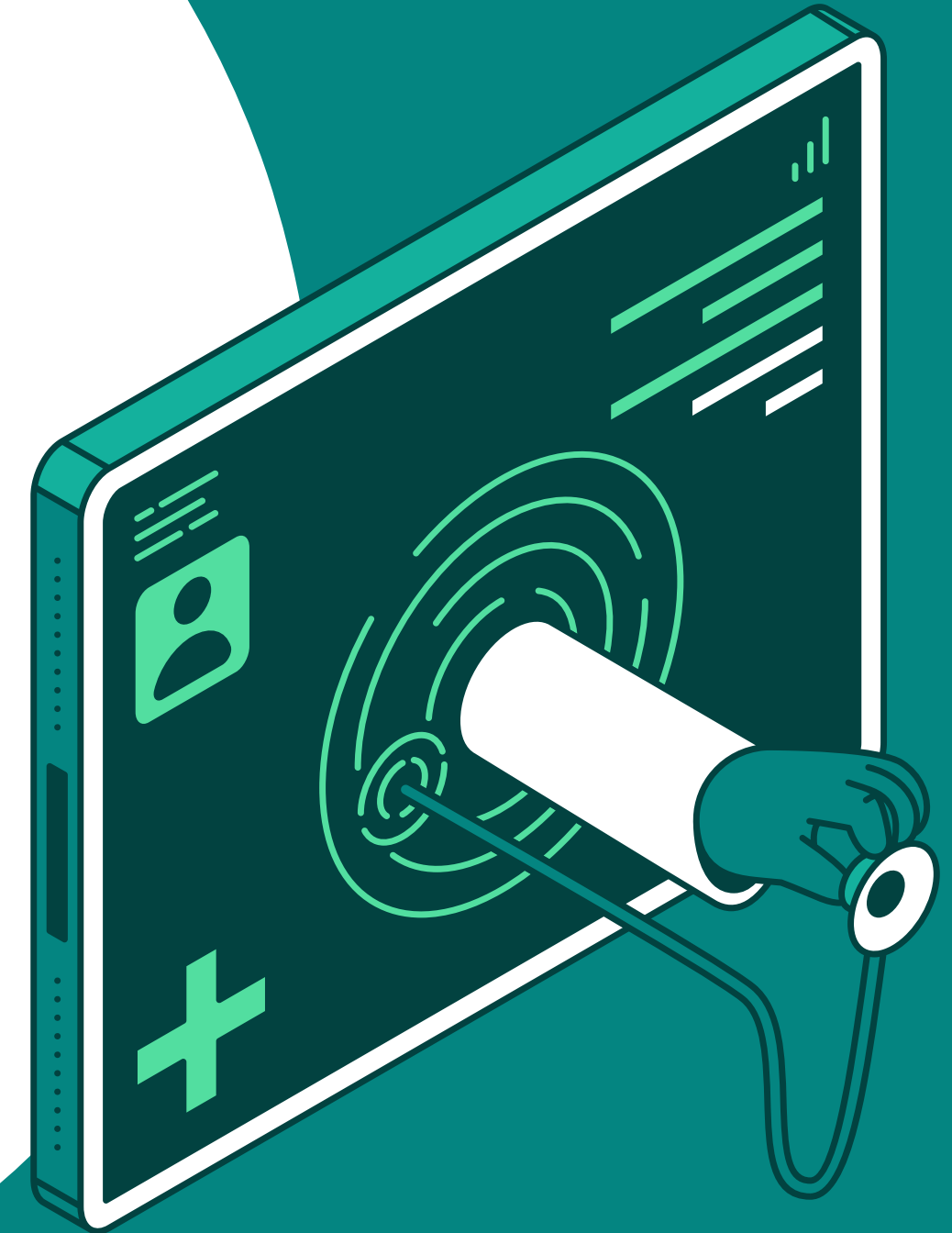
## TARGETED USERS

Users

HEALTH-CONSCIOUS SENIORS

### Seniors Who Value Health:

For older adults who want to keep a close watch on their health, **Welltrack** makes it easy. It helps track important health info like blood pressure and sugar, and it gives friendly reminders for medicine and staying active all for staying healthy longer.



# WELLTRACK

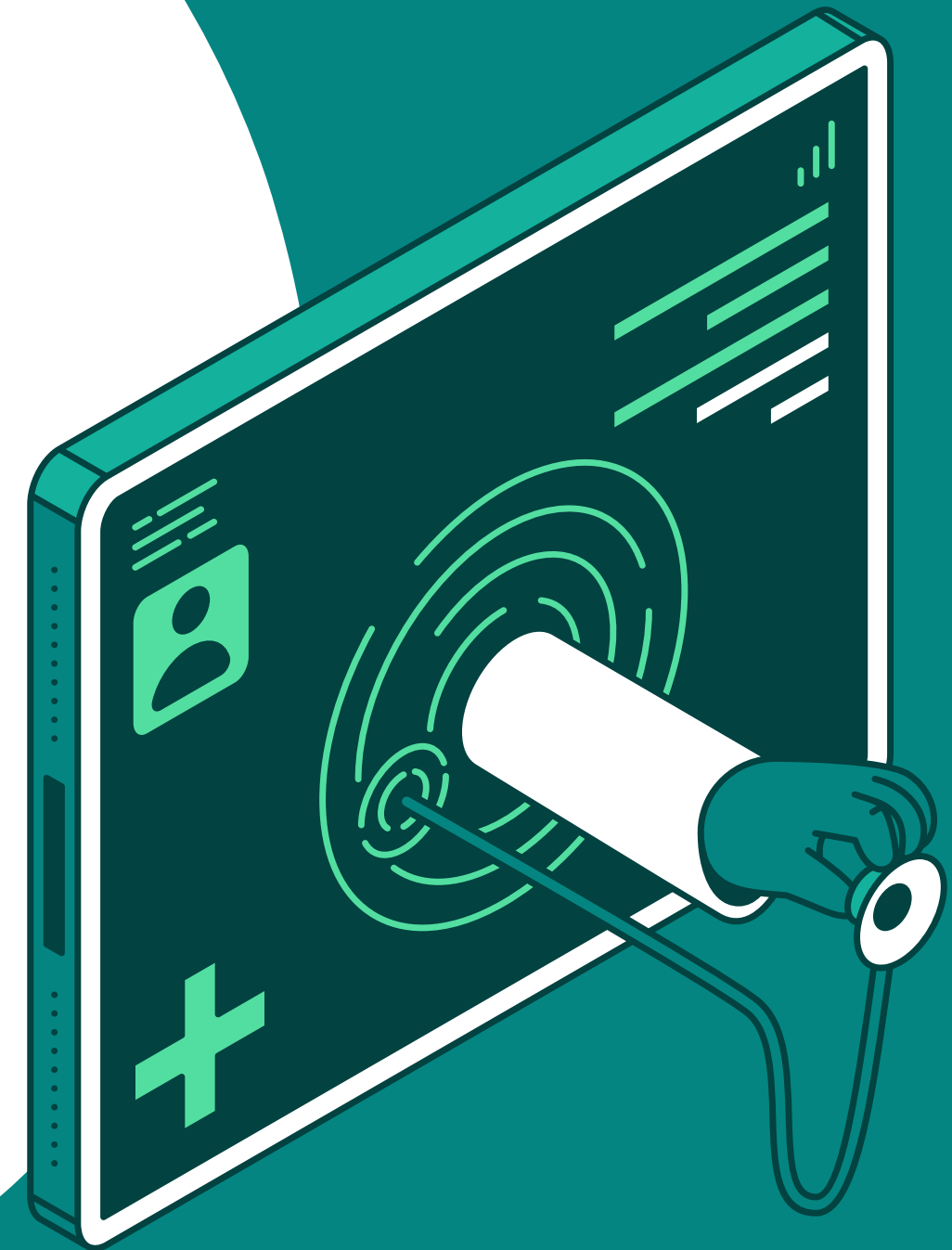
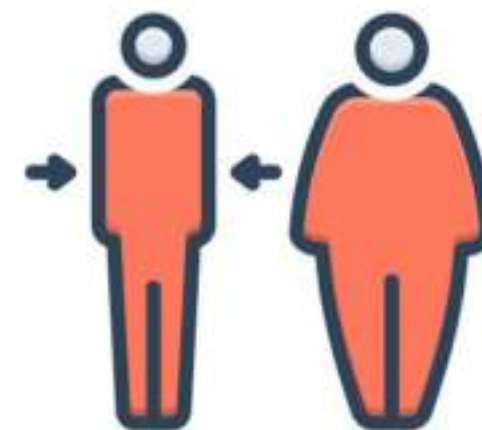
## TARGETED USERS

Users

WEIGHT LOSS SEEKERS

### People Looking to Shed Pounds:

For anyone on a weight loss journey, the app is a handy tracker for what they eat, how they exercise, and their weight progress. Welltrack dishes out advice on eating right and cheers them on, making weight loss goals more reachable.

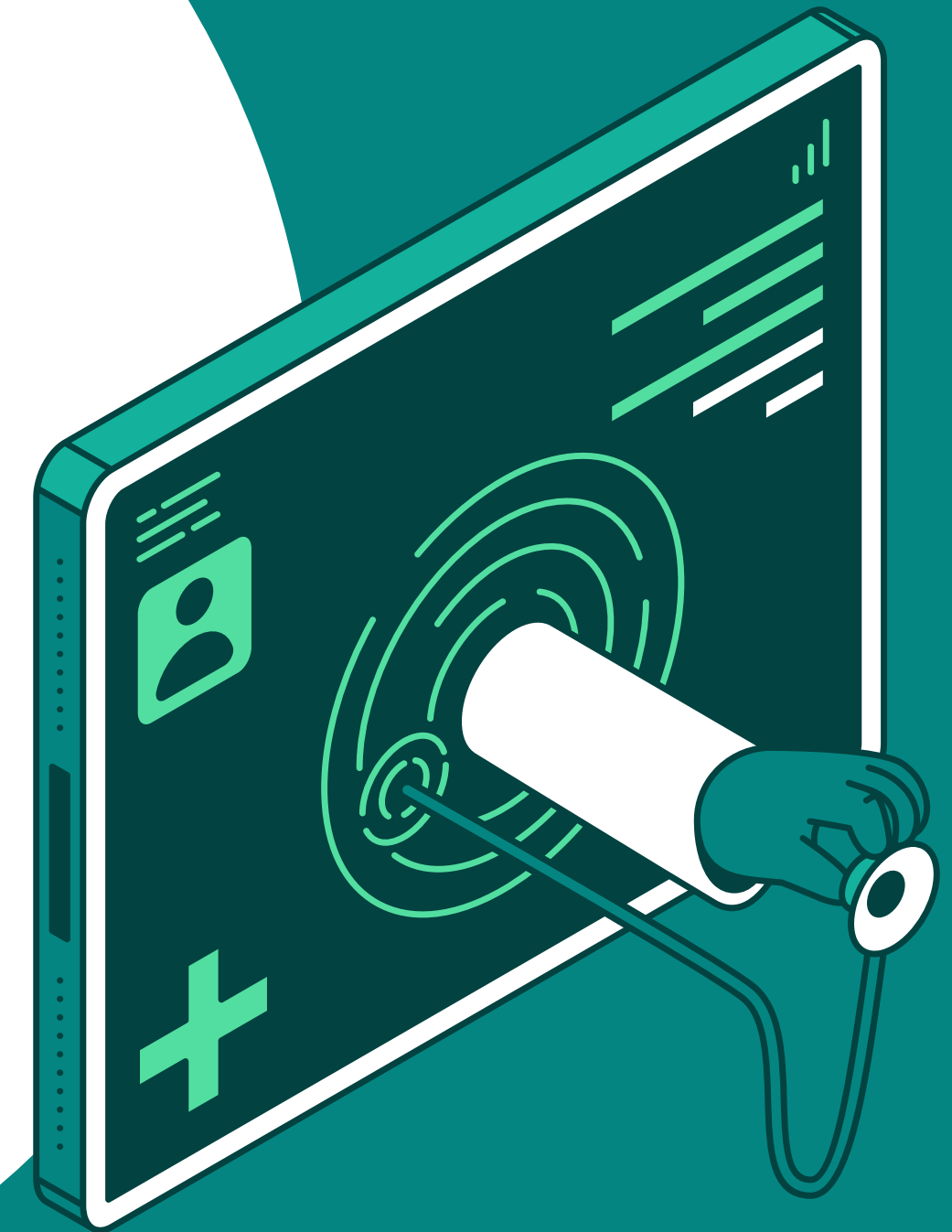
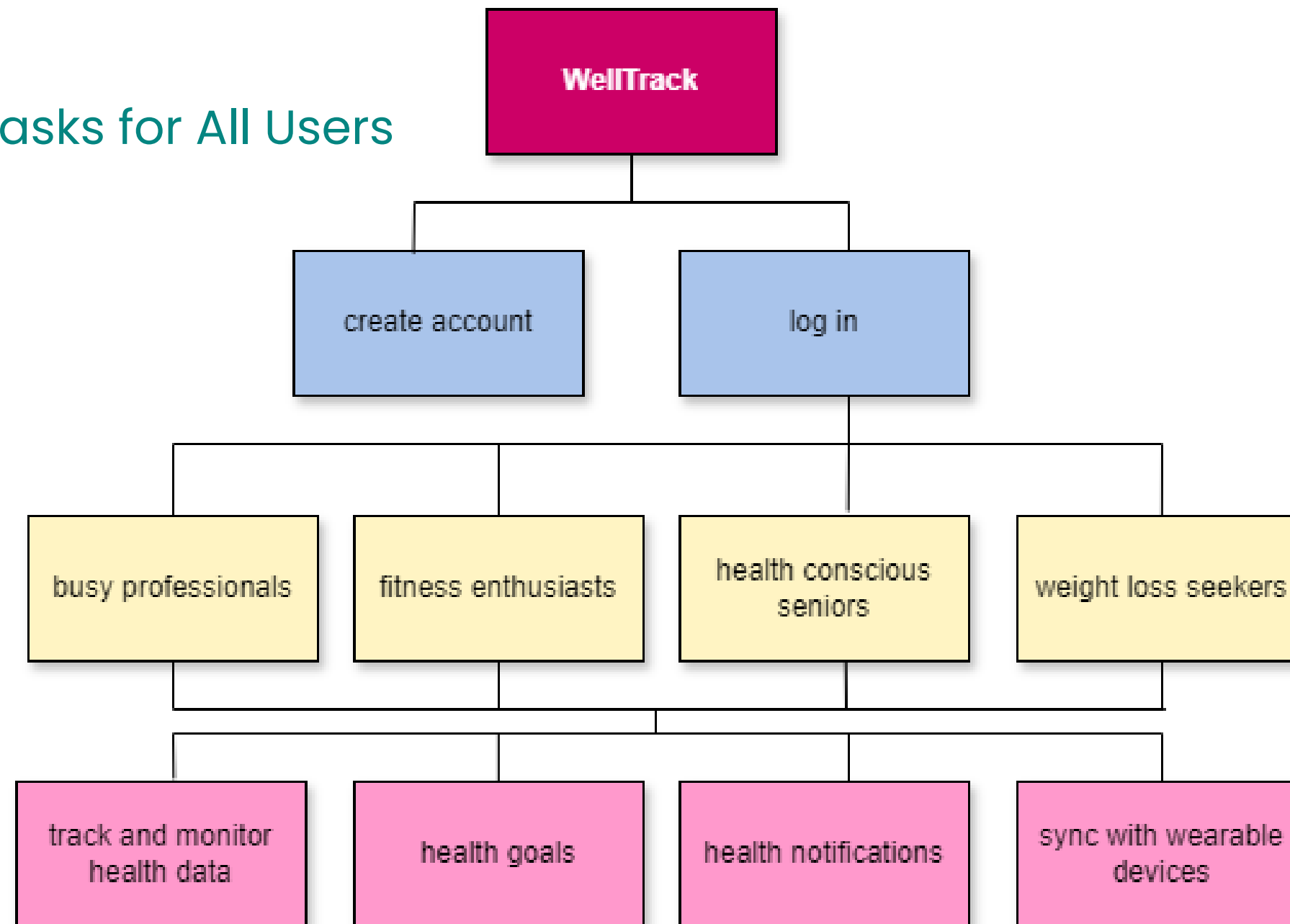


# WELLTRACK



## HTA

Shared Tasks for All Users



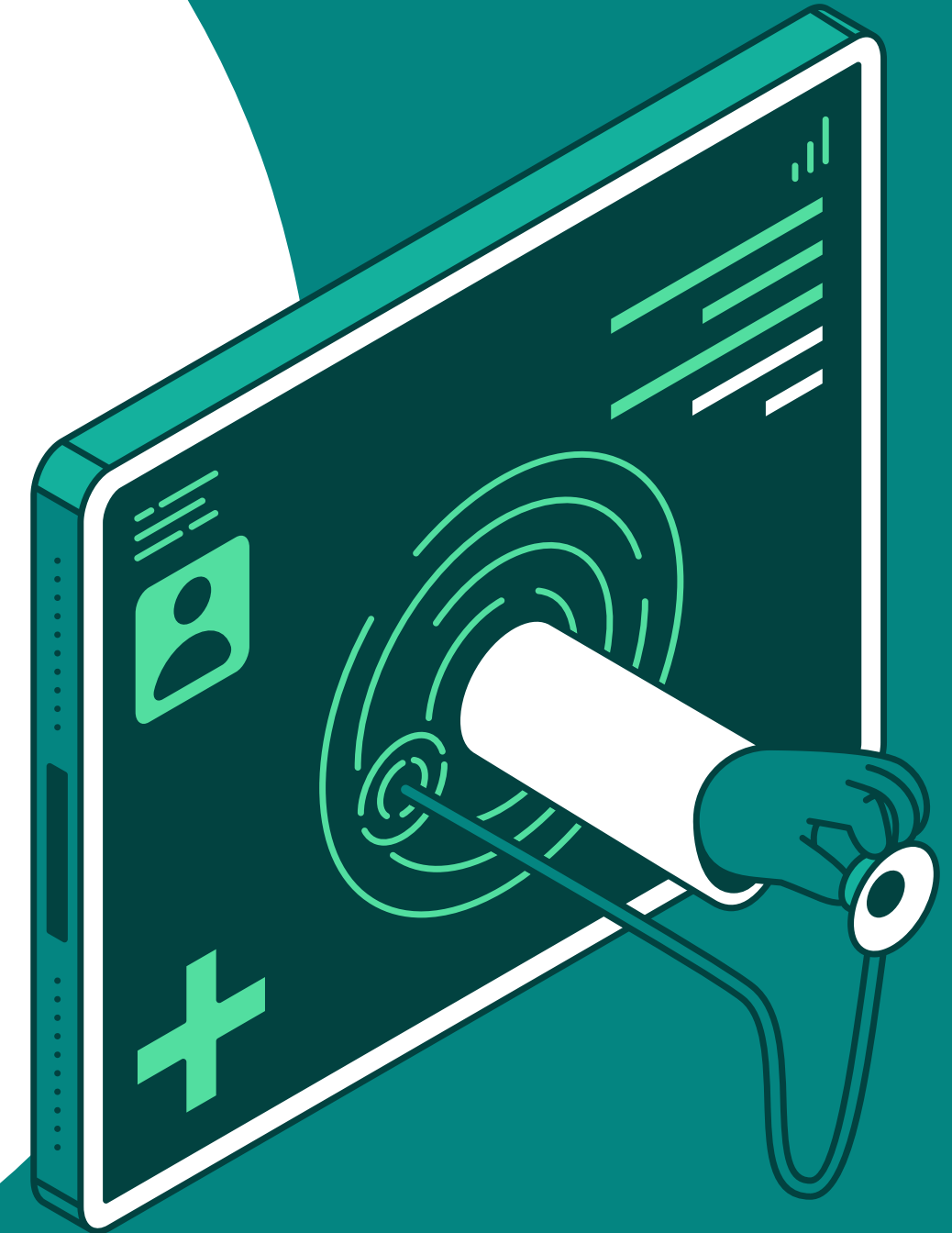
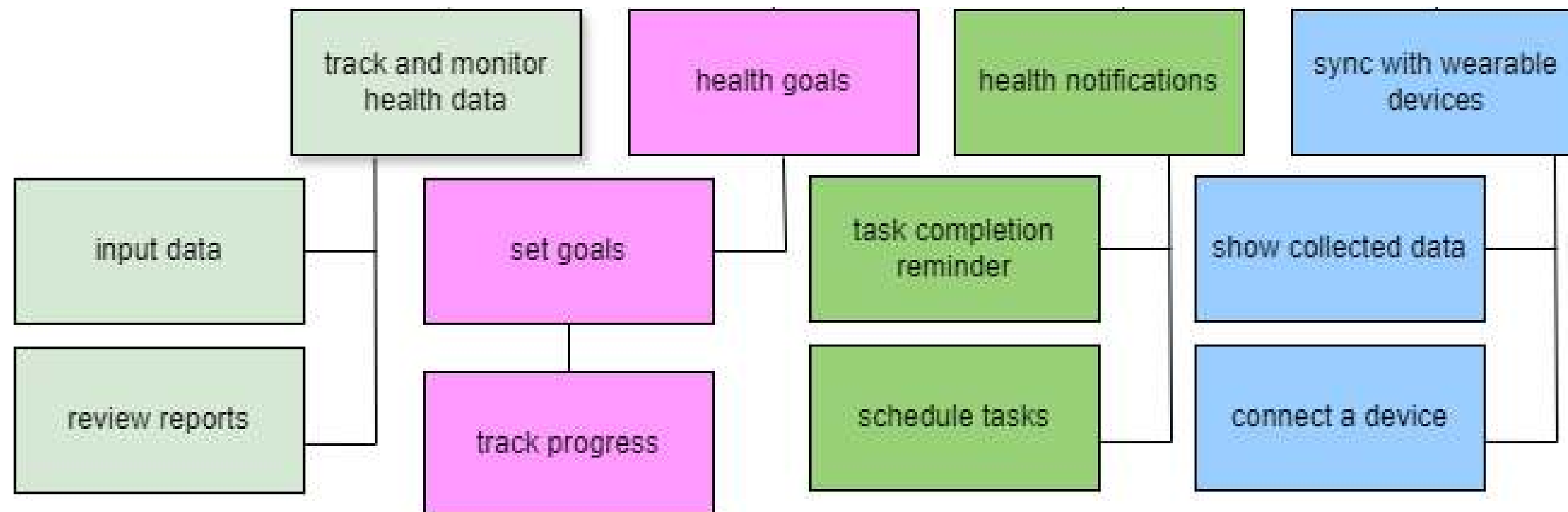


# WELLTRACK



## HTA

Shared Tasks for All Users

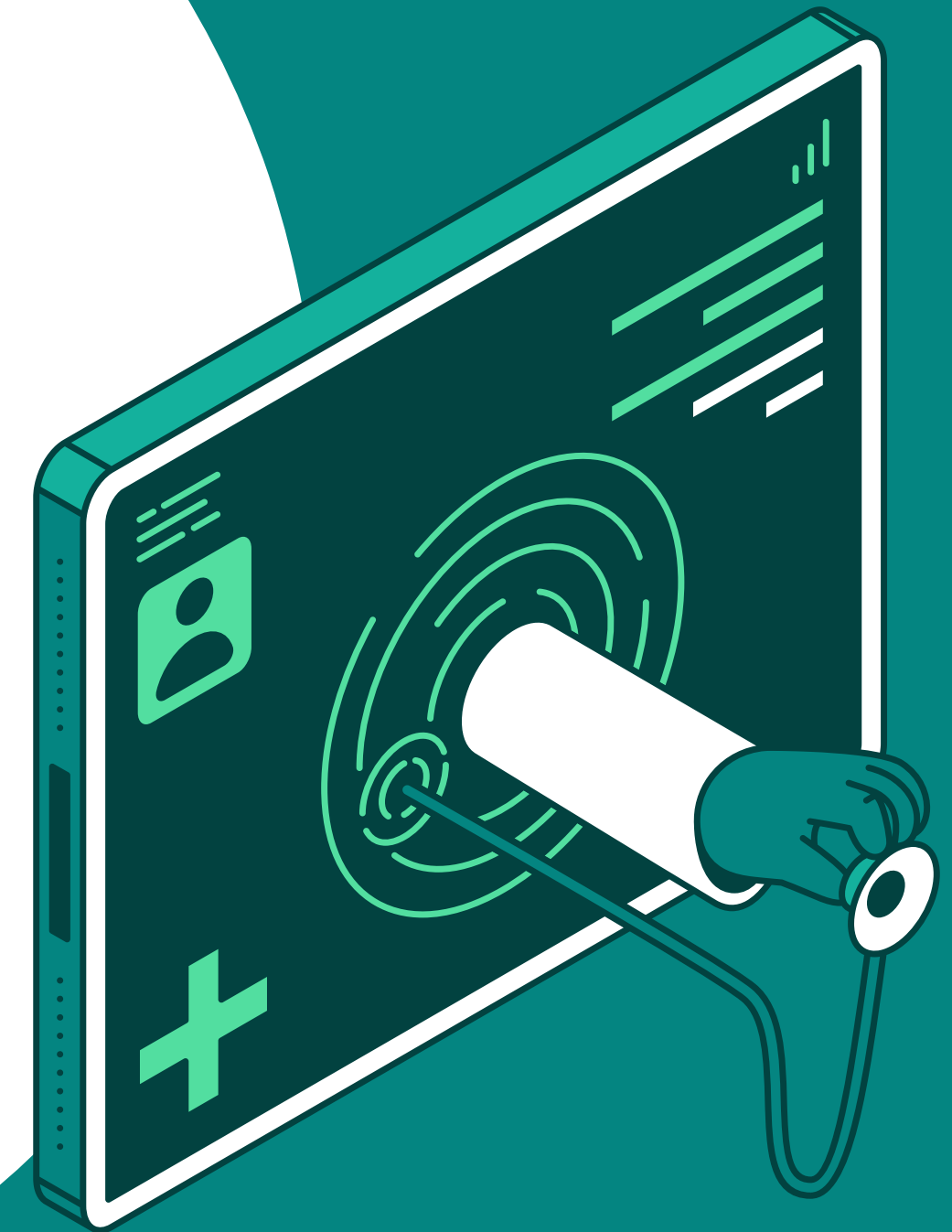
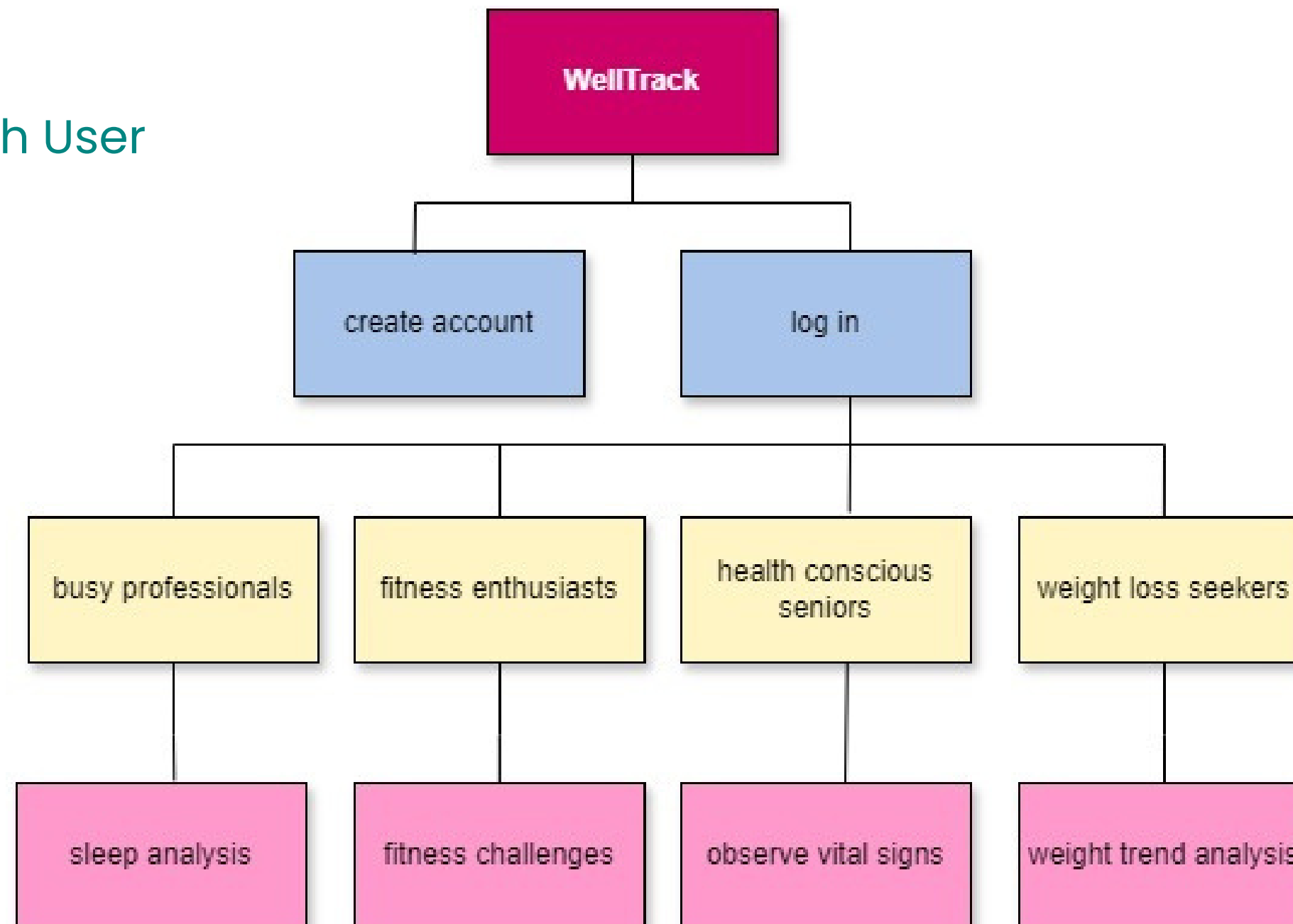


# WELLTRACK



## HTA

Tasks for each User

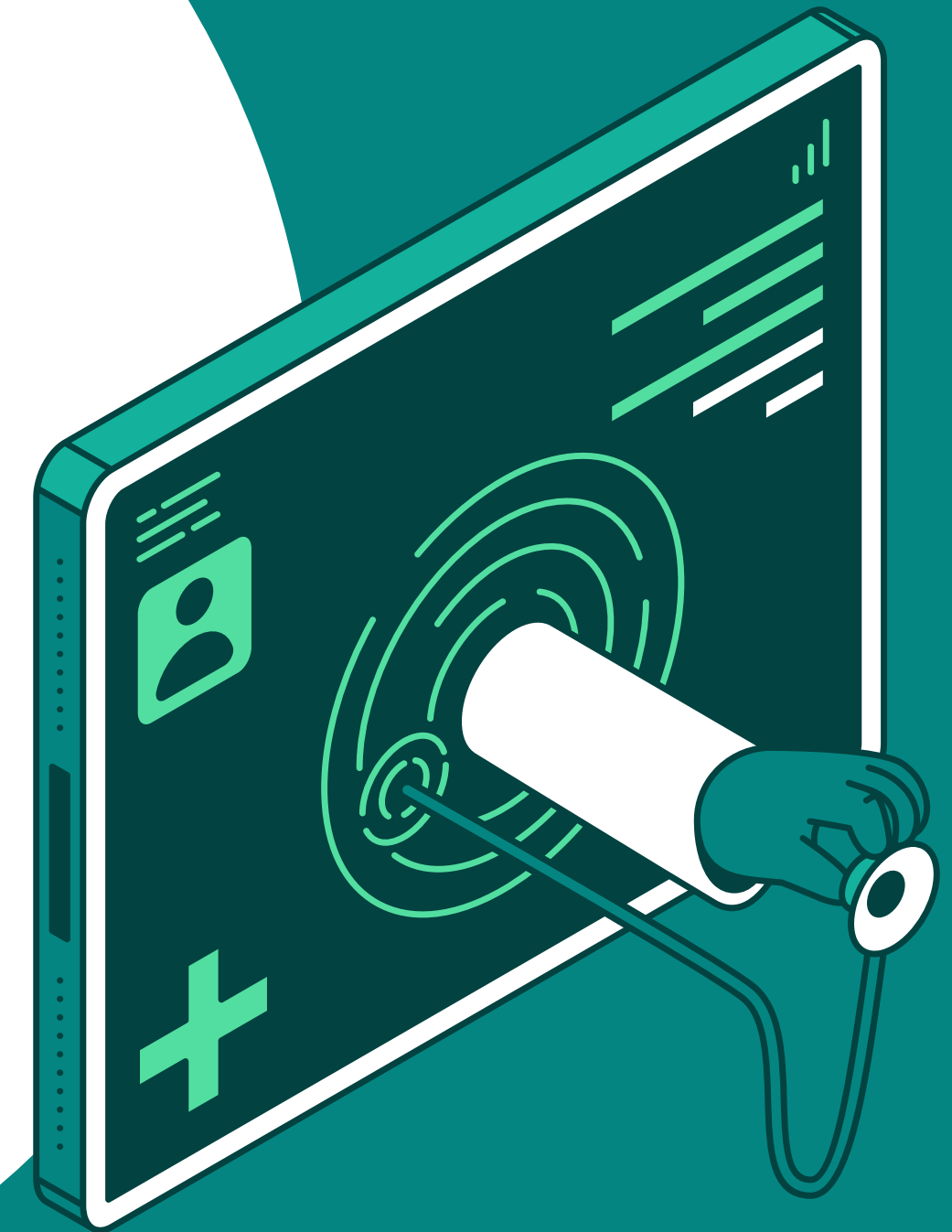


# WELLTRACK



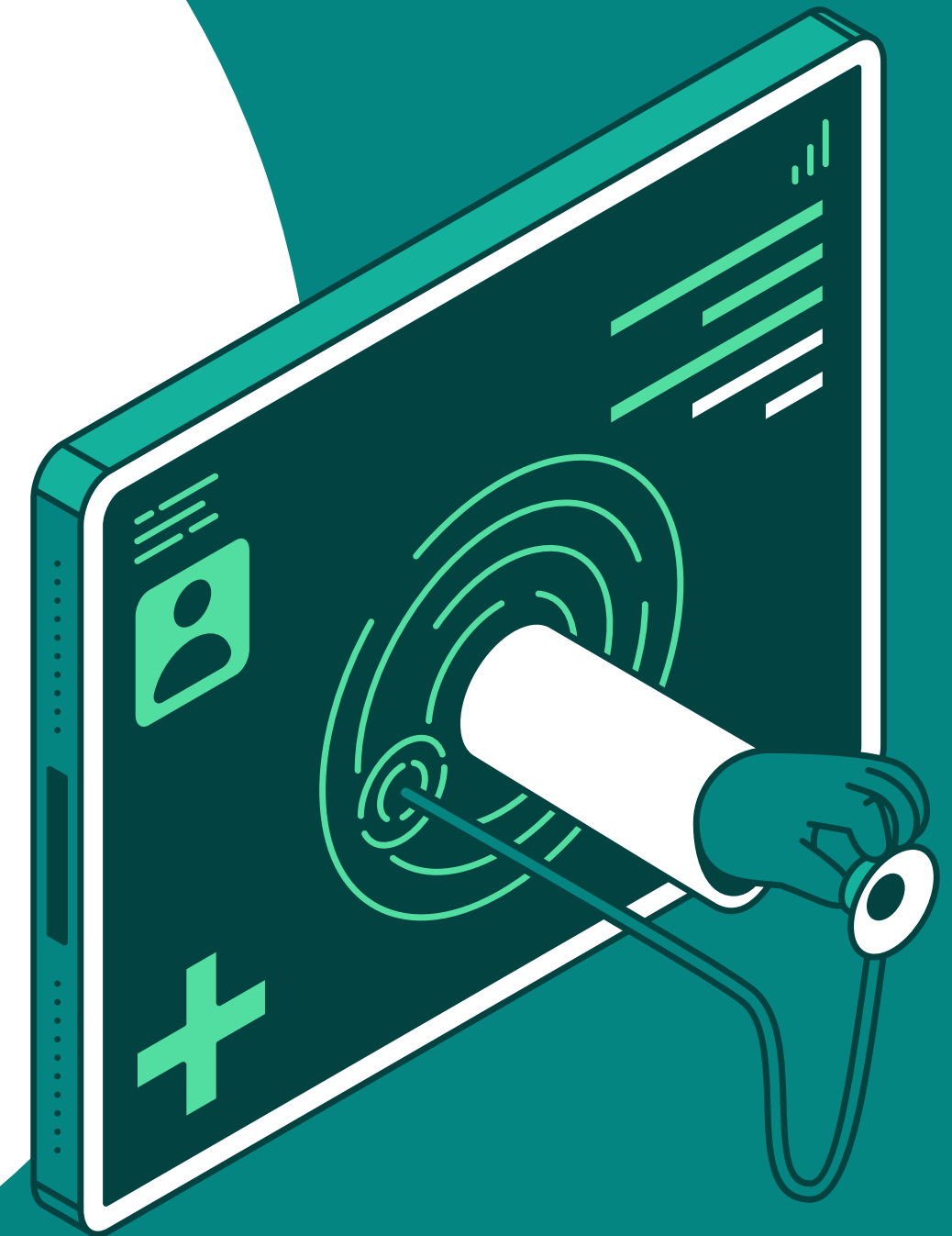
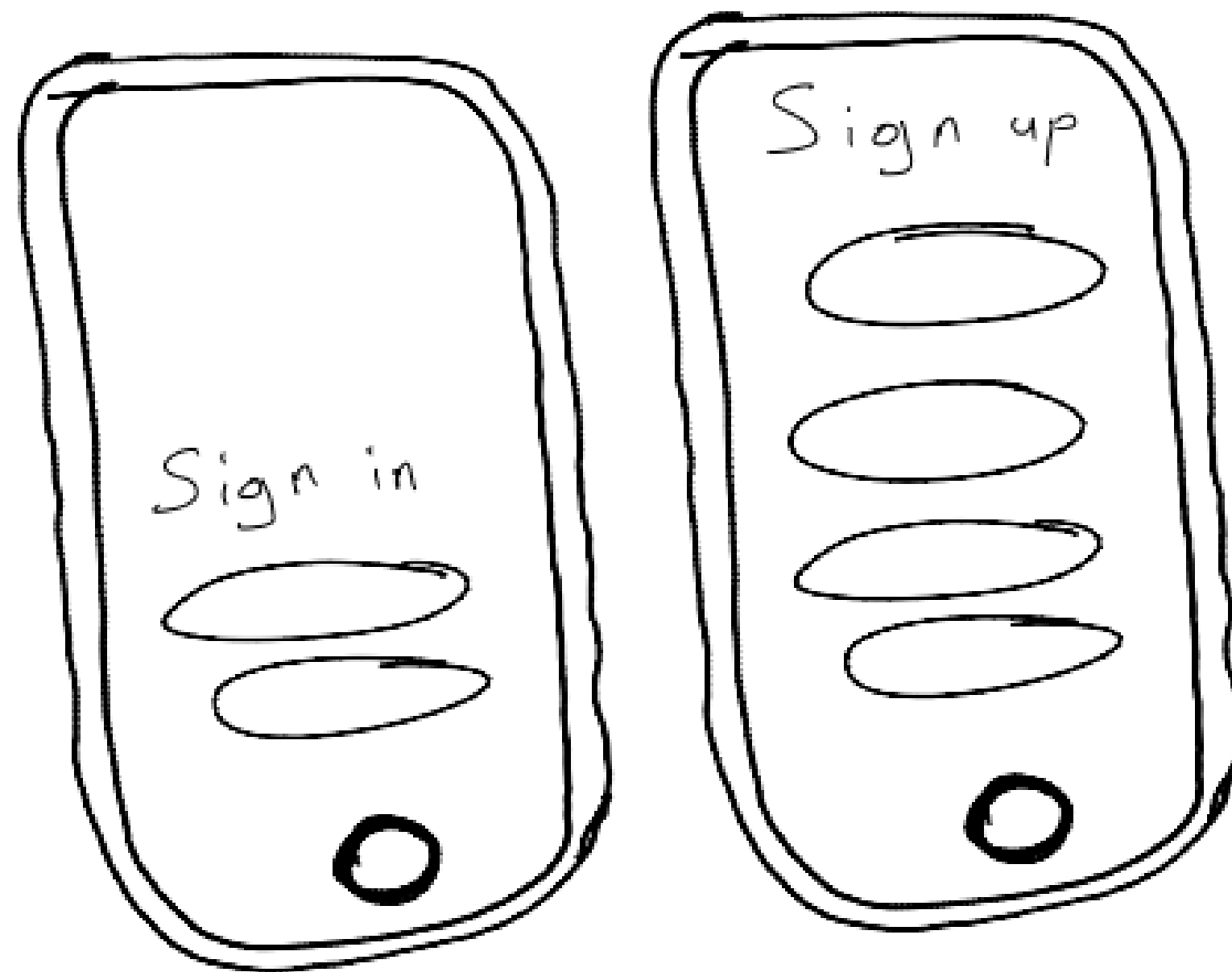
## HTA

Tasks for each User



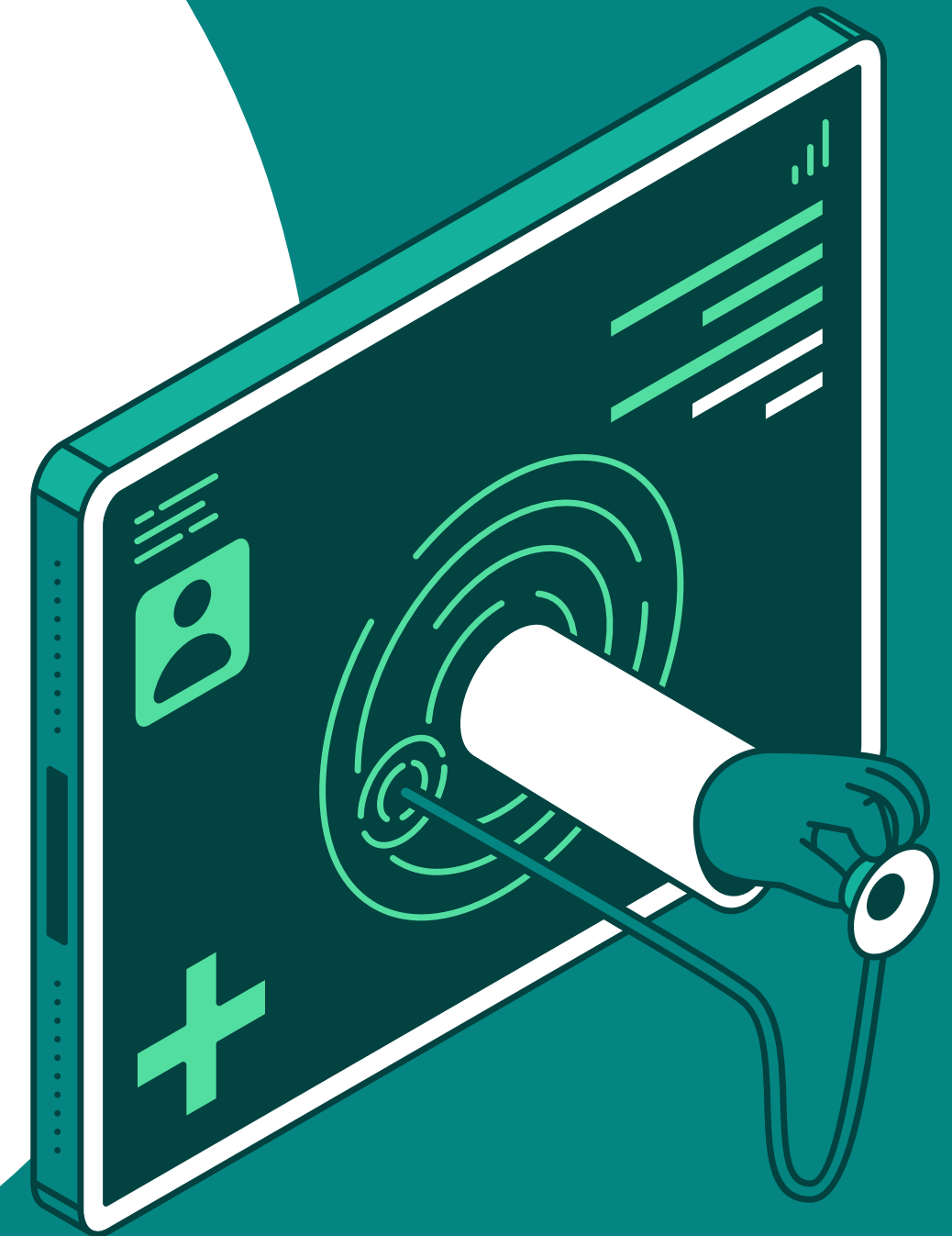
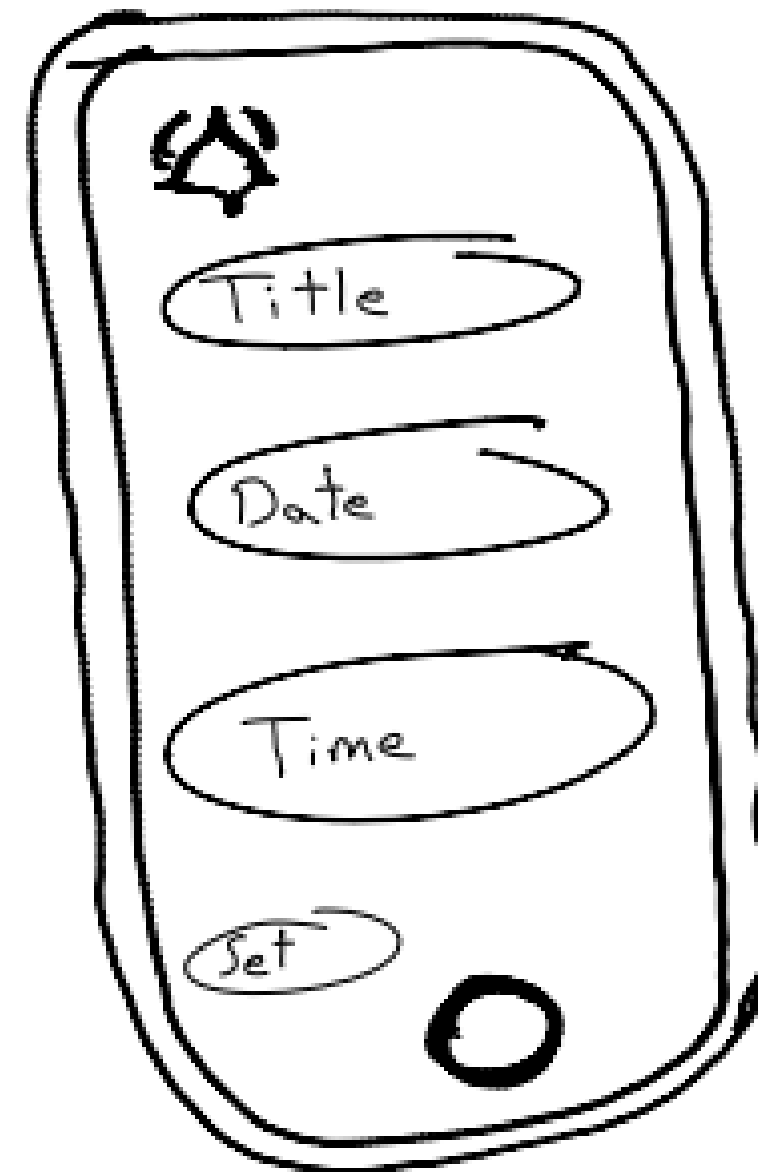
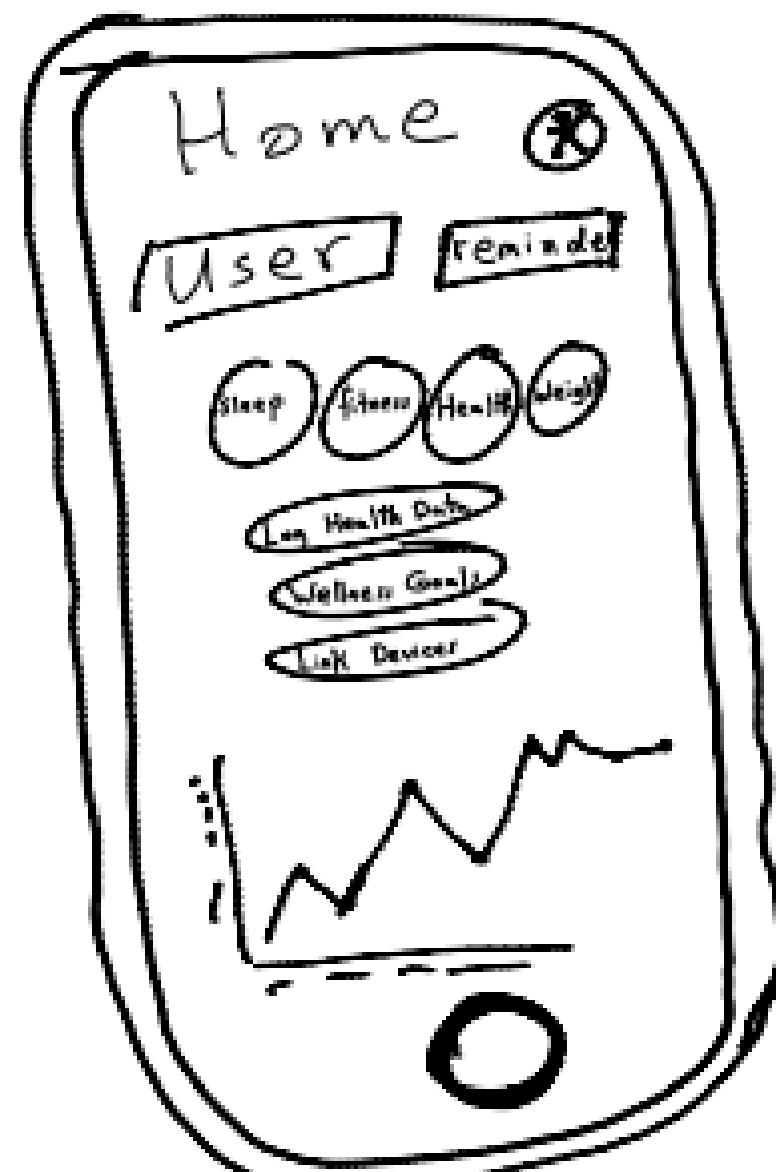
# WELLTRACK

## SKETCH-DESIGN



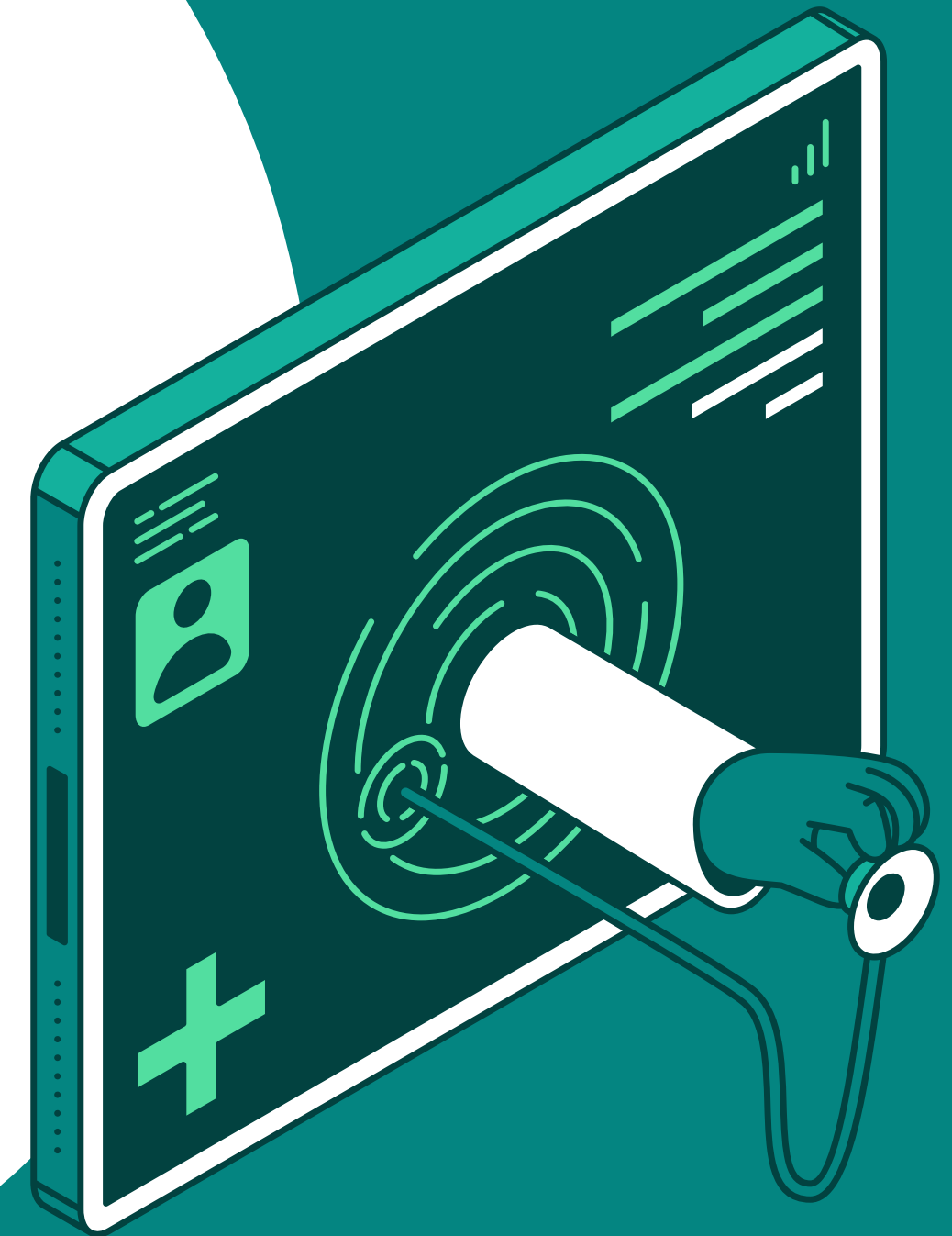
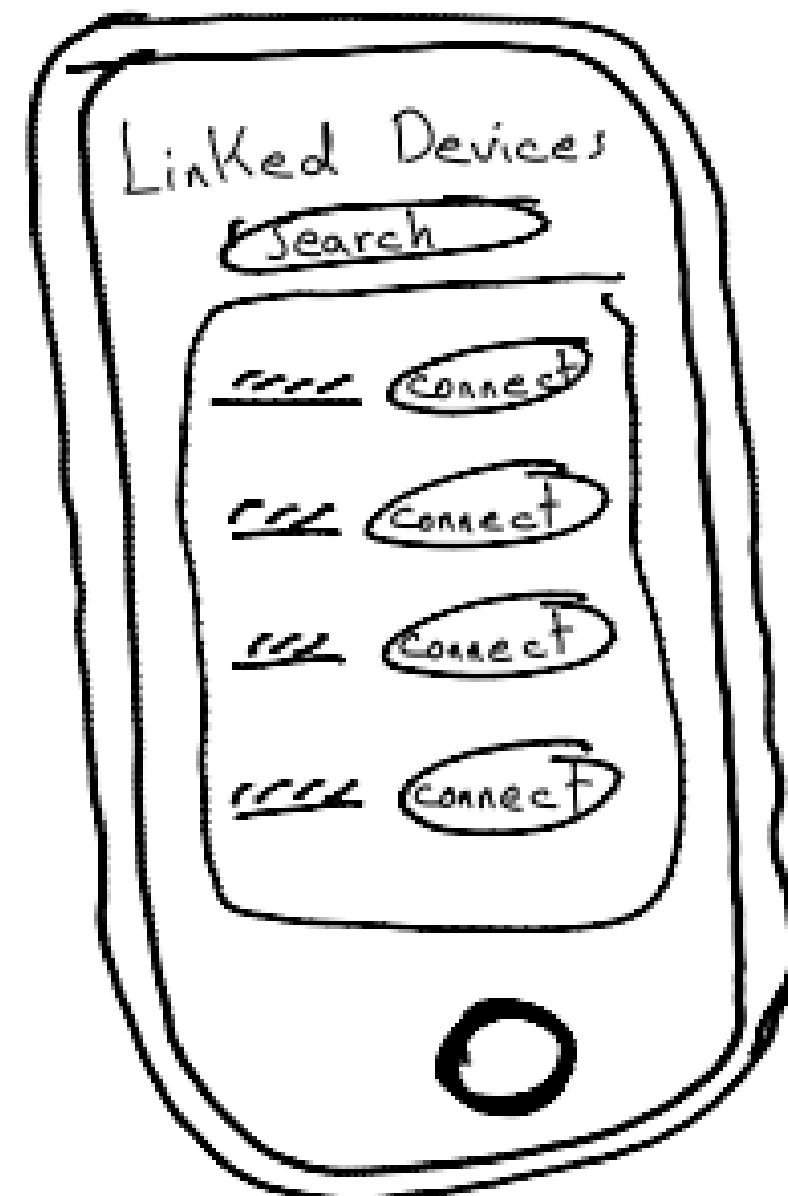
# WELLTRACK

## SKETCH-DESIGN



# WELLTRACK

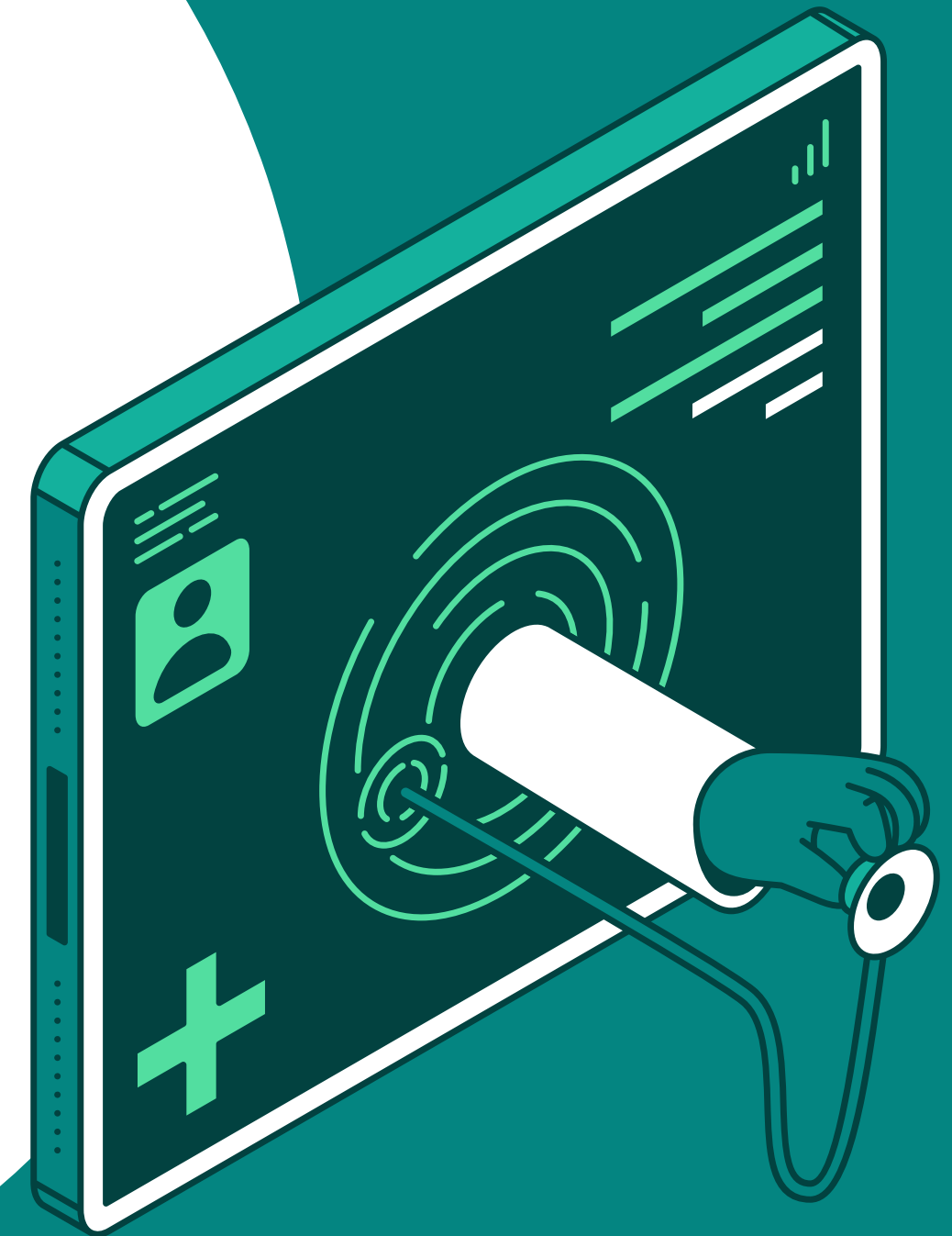
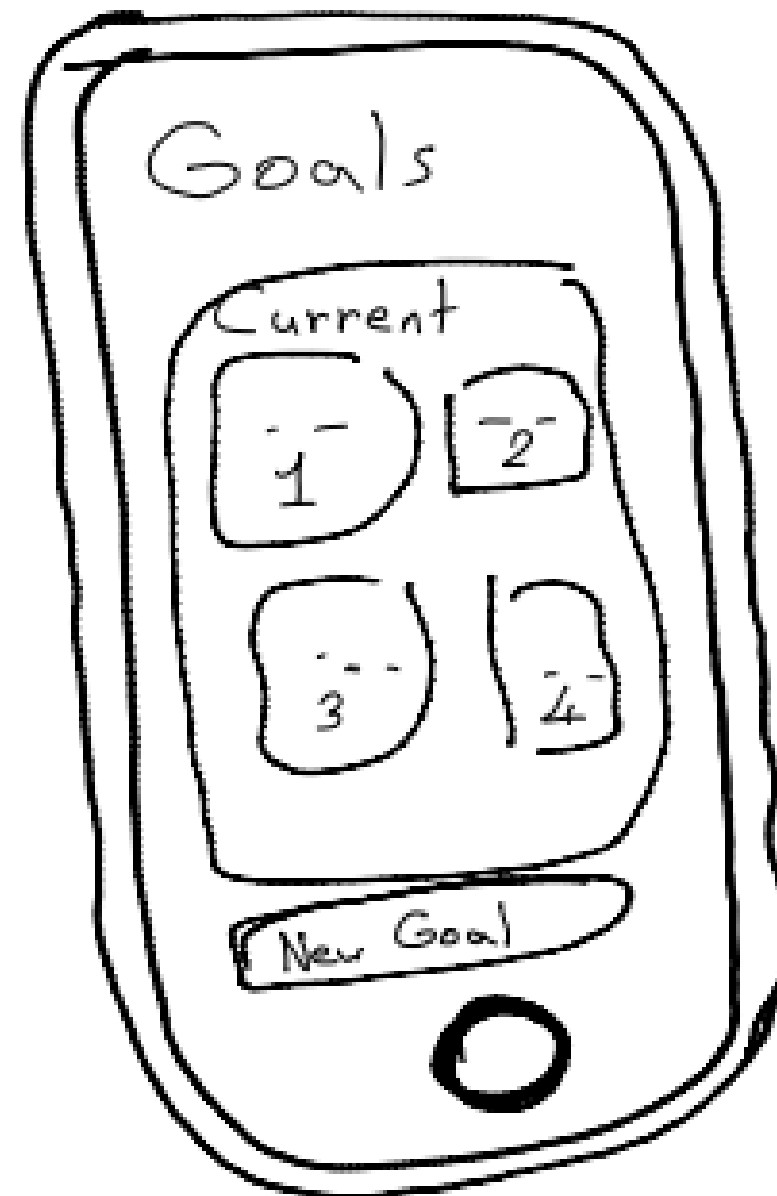
## SKETCH-DESIGN





# WELLTRACK

## SKETCH-DESIGN

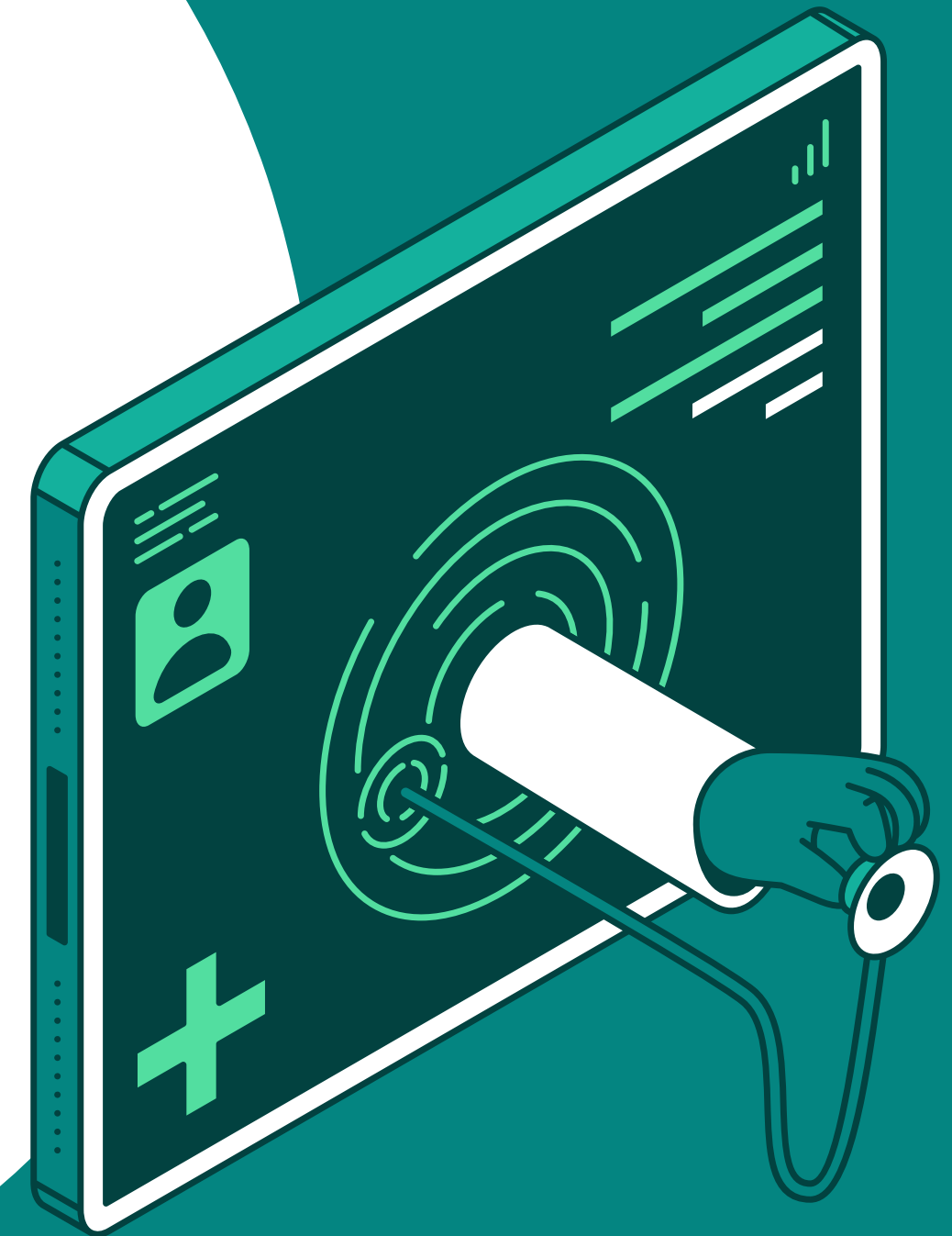


# WELLTRACK

## TASKS USERS CAN PERFORM ?

Overall User Tasks:

- **Sign Up:** Create a new **WellTrack** profile to start tracking health.
- **Sign In:** Access your **WellTrack** profile to see your health data.



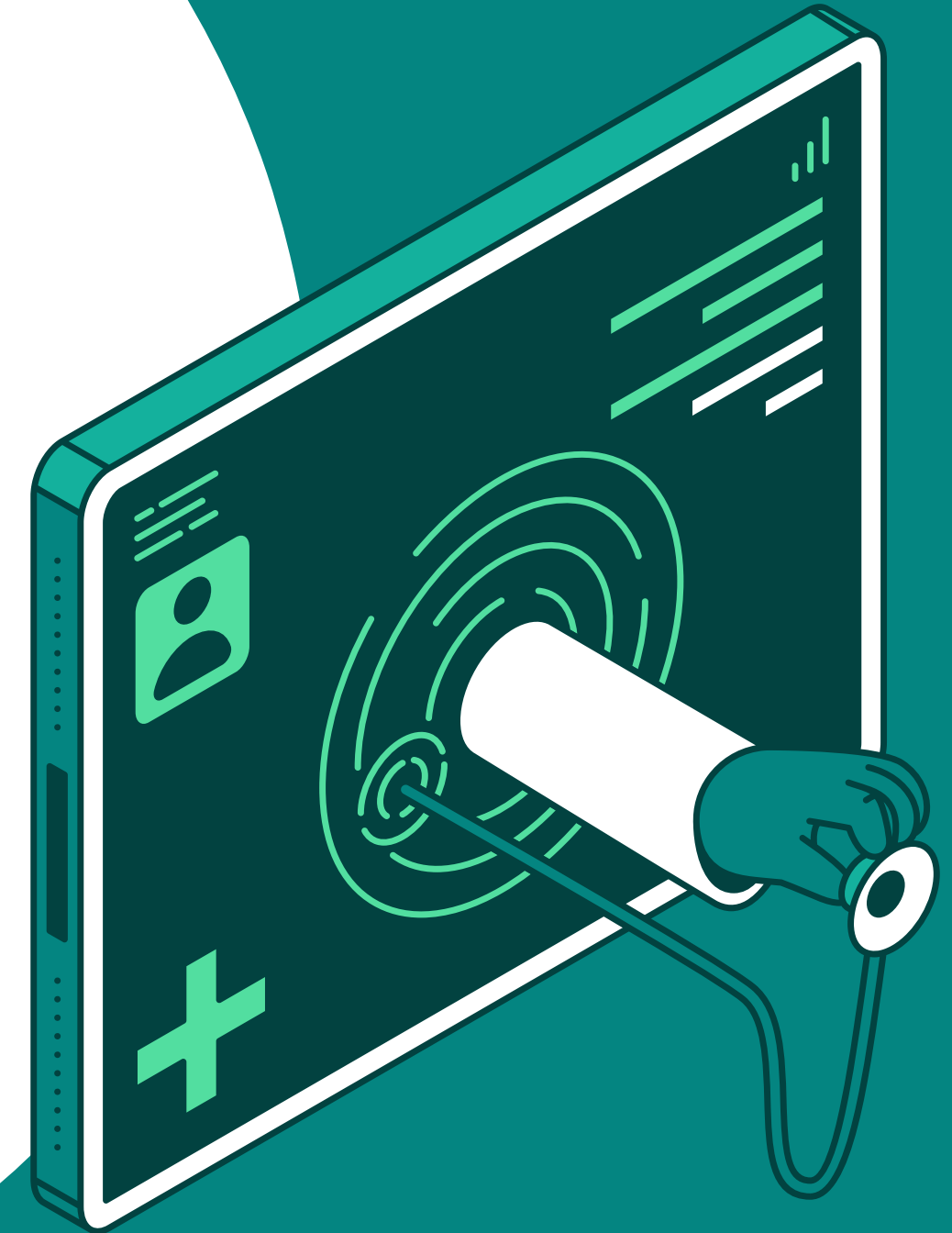
# WELLTRACK



## TASKS USERS CAN PERFORM ?

### Tasks Everyone Shares:

- **Log Health Data:** Enter daily health details for tracking.
- **Set Wellness goals:** Choose personal health goals to aim for.
- **Set Reminded:** Let the app remind you of health tasks.
- **Linked devices:** Sync the app with fitness trackers for automatic updates.



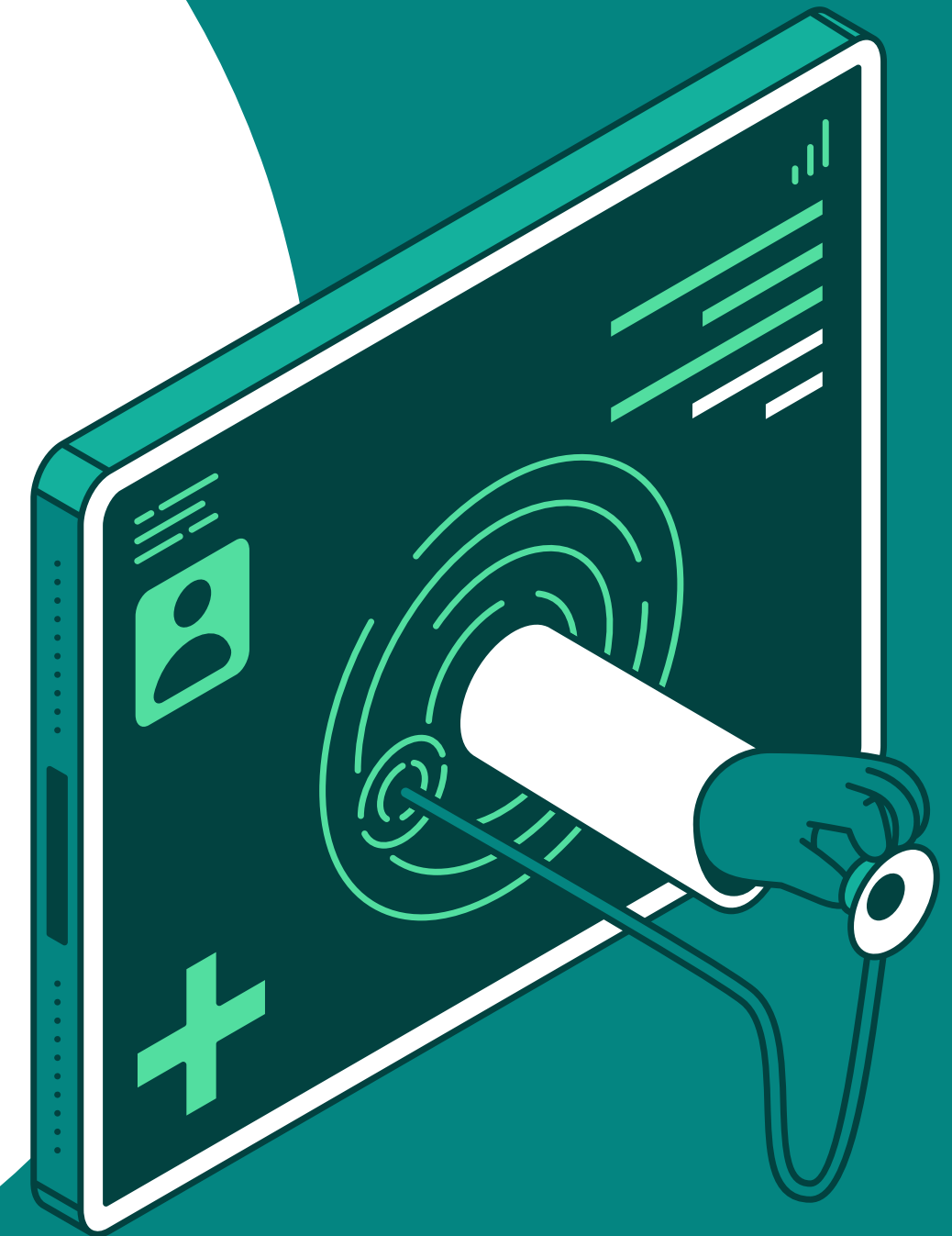
# WELLTRACK



## TASKS USERS CAN PERFORM ?

### Tasks For Each User:

- **Busy Professionals**
  - Check sleep stats to make better sleep choices.
- **Fitness Enthusiasts**
  - Start new fitness quests or step away as needed.
- **Health-Conscious Seniors**
  - Regularly log important health numbers.
- **Weight Loss Seekers**
  - Regularly log important health numbers.



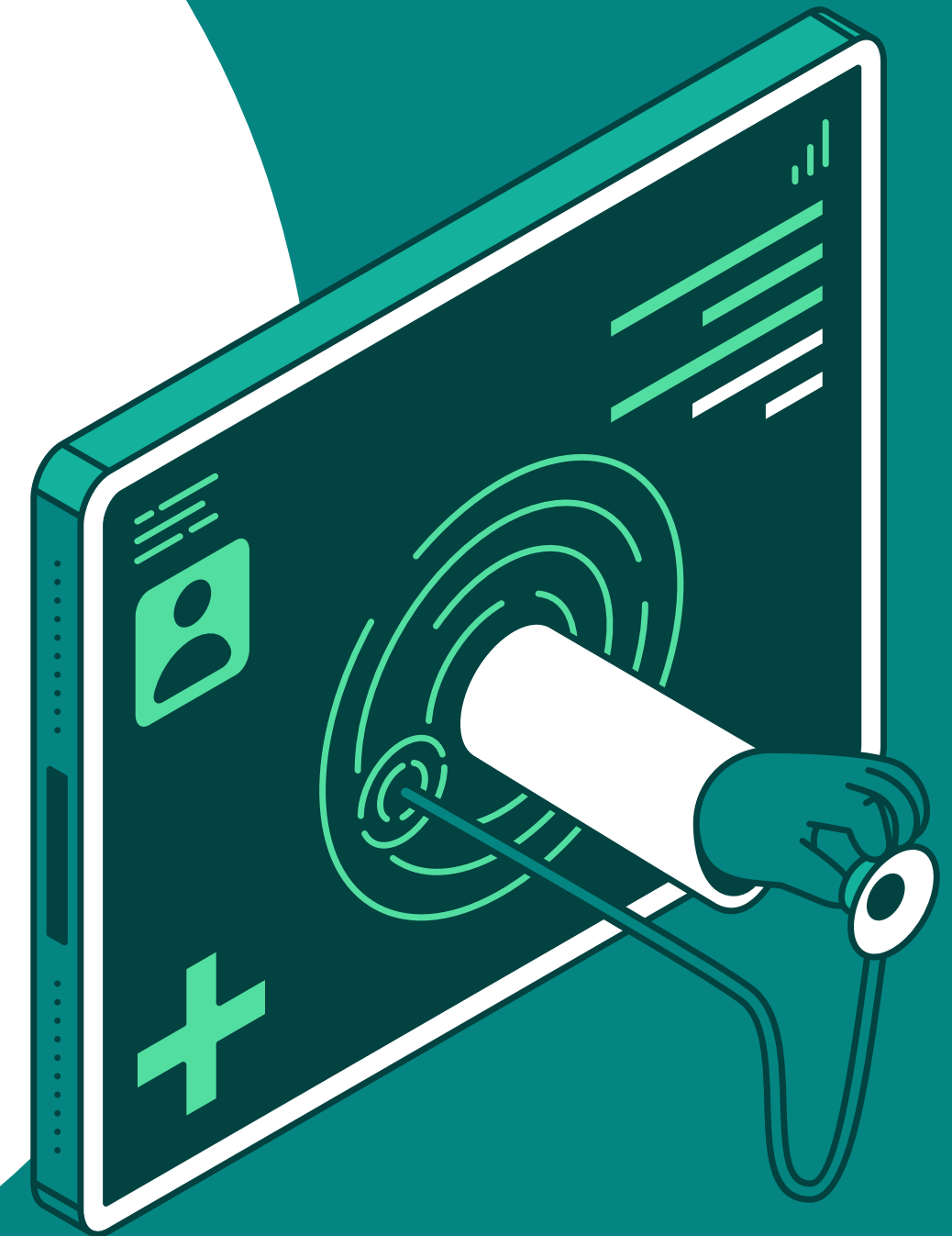
# WELLTRACK

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## USER REQUIREMENTS:

### Who's It For ?

- **Age Range:** All adults are welcome aboard.
- **All Genders:** Made for everyone, regardless of gender.
- **Education Level:** Easy peasy for all, no matter how much school you've been through.
- **Languages Spoken:** Starting with English, with plans to add more languages.
- **Tech Ease:** If you can swipe and tap on a phone, you're good to go.



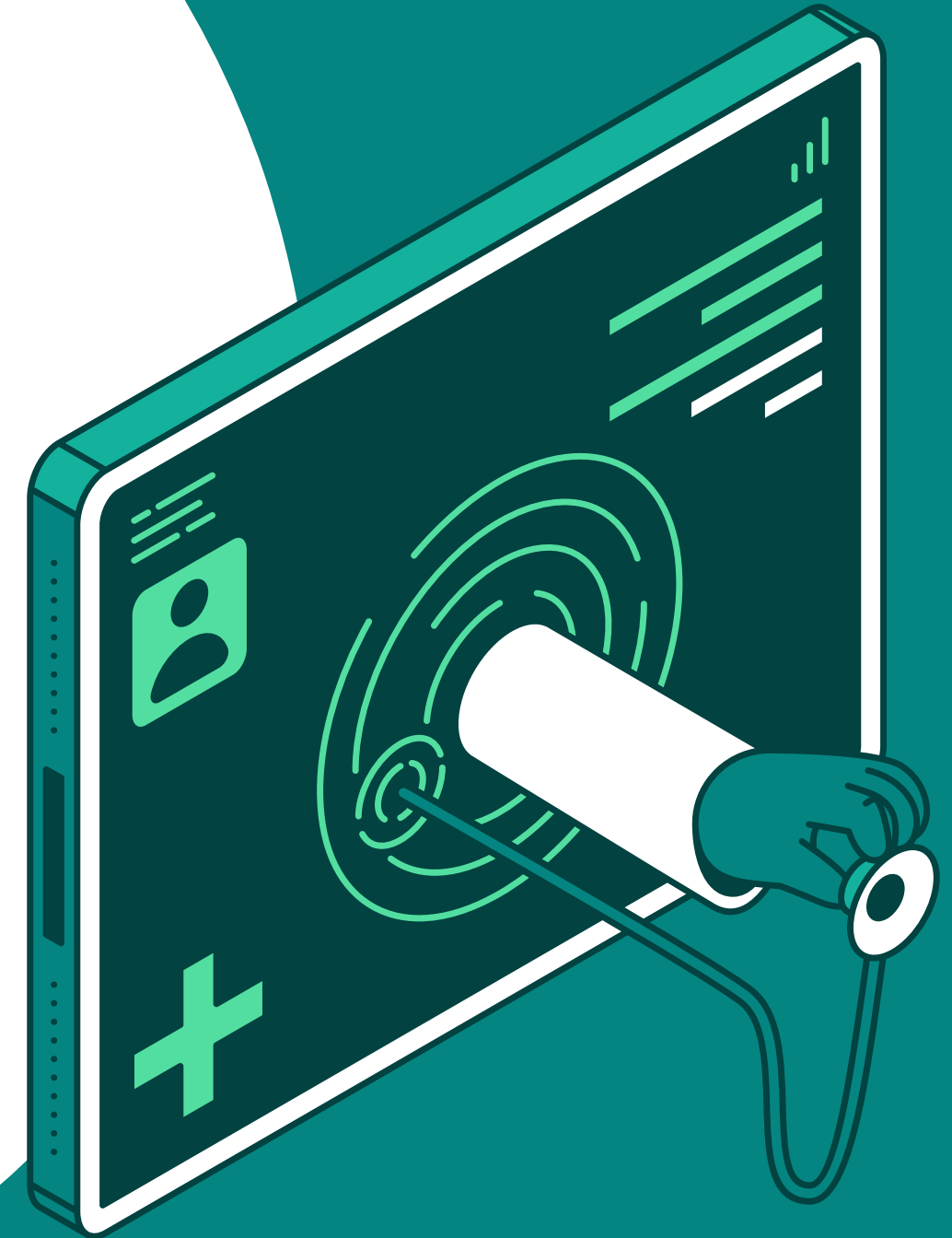
# WELLTRACK

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## USABILITY CRITERIA:

- **Really Simple:**
  - It's easy to find your way around in the app.
- **Learn As You Go:**
  - Start using it right away without having to learn a lot.
  - You'll get the hang of the extra stuff just as easily.
- **Everyone Makes Mistakes:**
  - If you mess up, just go back with a tap.
- **Make It Yours:**
  - The app looks good, so you'll like using it.





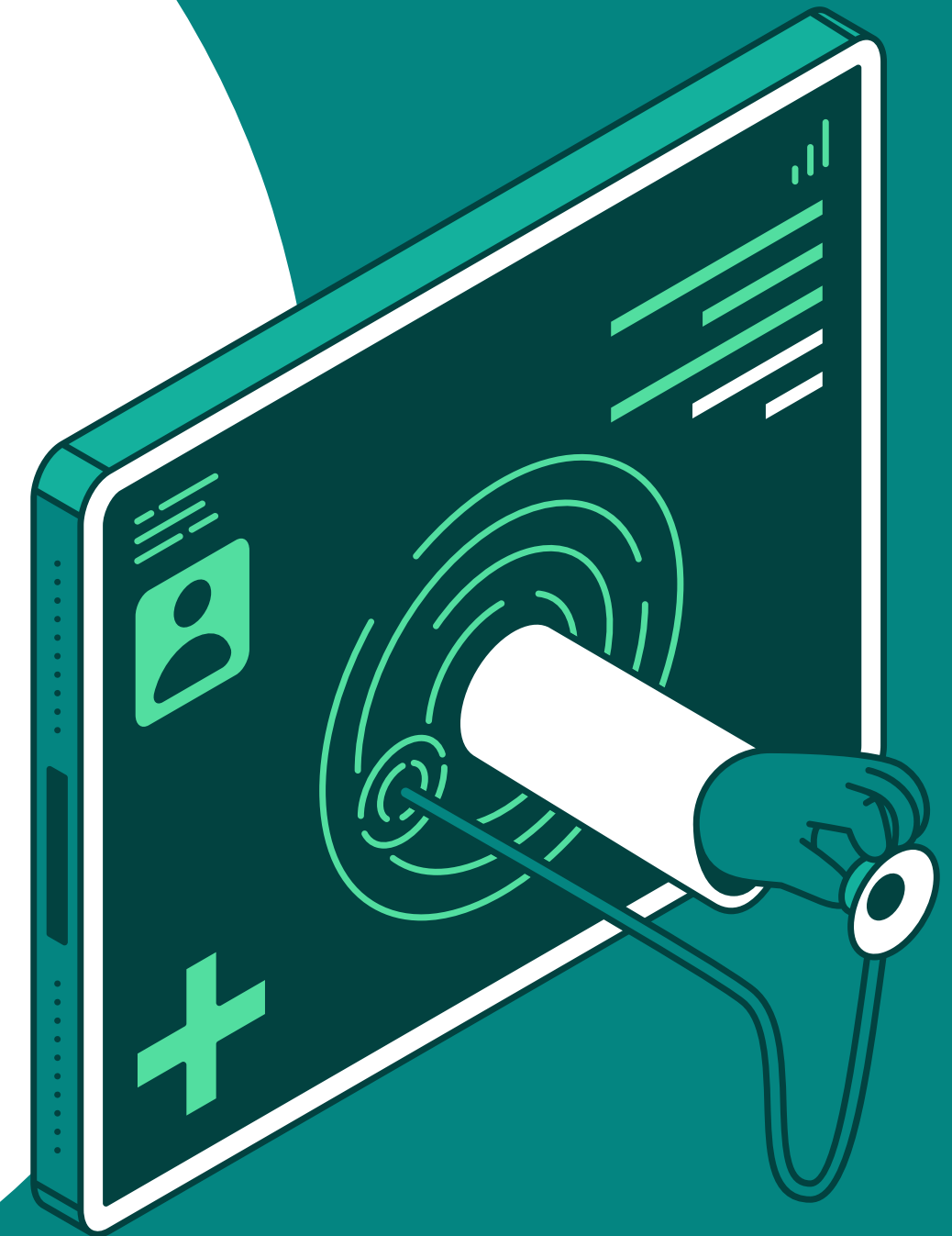
# WELLTRACK

## INTERVIEW - SURVEY

The requirements for our app have been clearly defined and determined, thanks to the results from our interviews (see next pages).

The conversations we had with people really showed us what the app needs to do to be helpful for them.

# INTERVIEW



# WELLTRACK

## INTERVIEW - SURVEY



**1. How do you keep track of things like how many steps you walk, what you eat, or how much water you drink every day?**

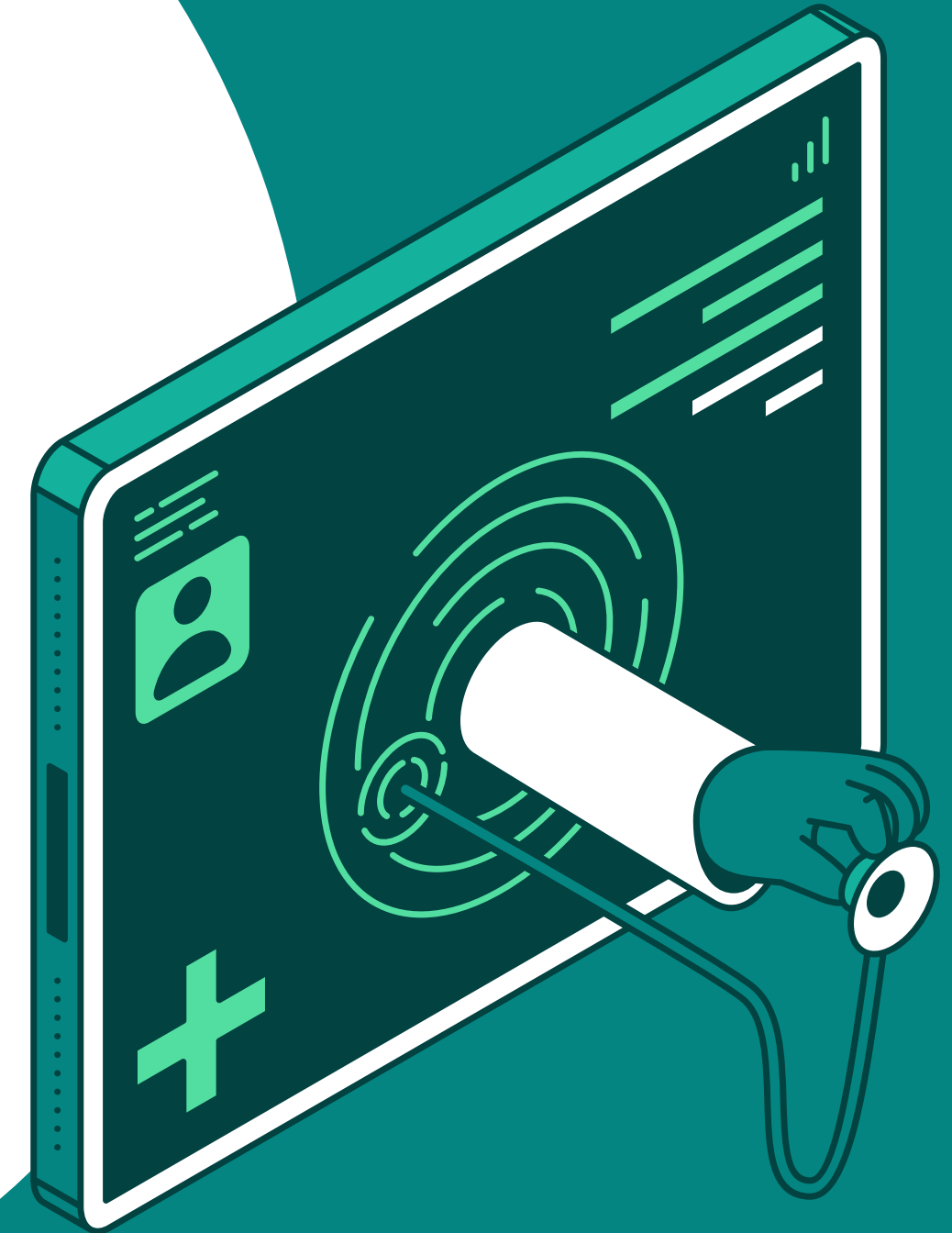
- a) I write it down
- b) I use an app
- c) I don't really keep track

**2. Have you tried using any health apps before? What did you like or not like about them?**

- a) Yes, and I liked...
- b) Yes, but I didn't like...
- c) No, I haven't tried one

**3. If you had an app to help you stay healthy, what would you want it to do for you?**

- a) Tell me when to exercise
- b) Give me tips on eating better
- c) Remind me to take my medicine



# WELLTRACK

## INTERVIEW - SURVEY

**4. Would you want an app that works with things like a smartwatch or a fitness bracelet to automatically keep track of your health?**

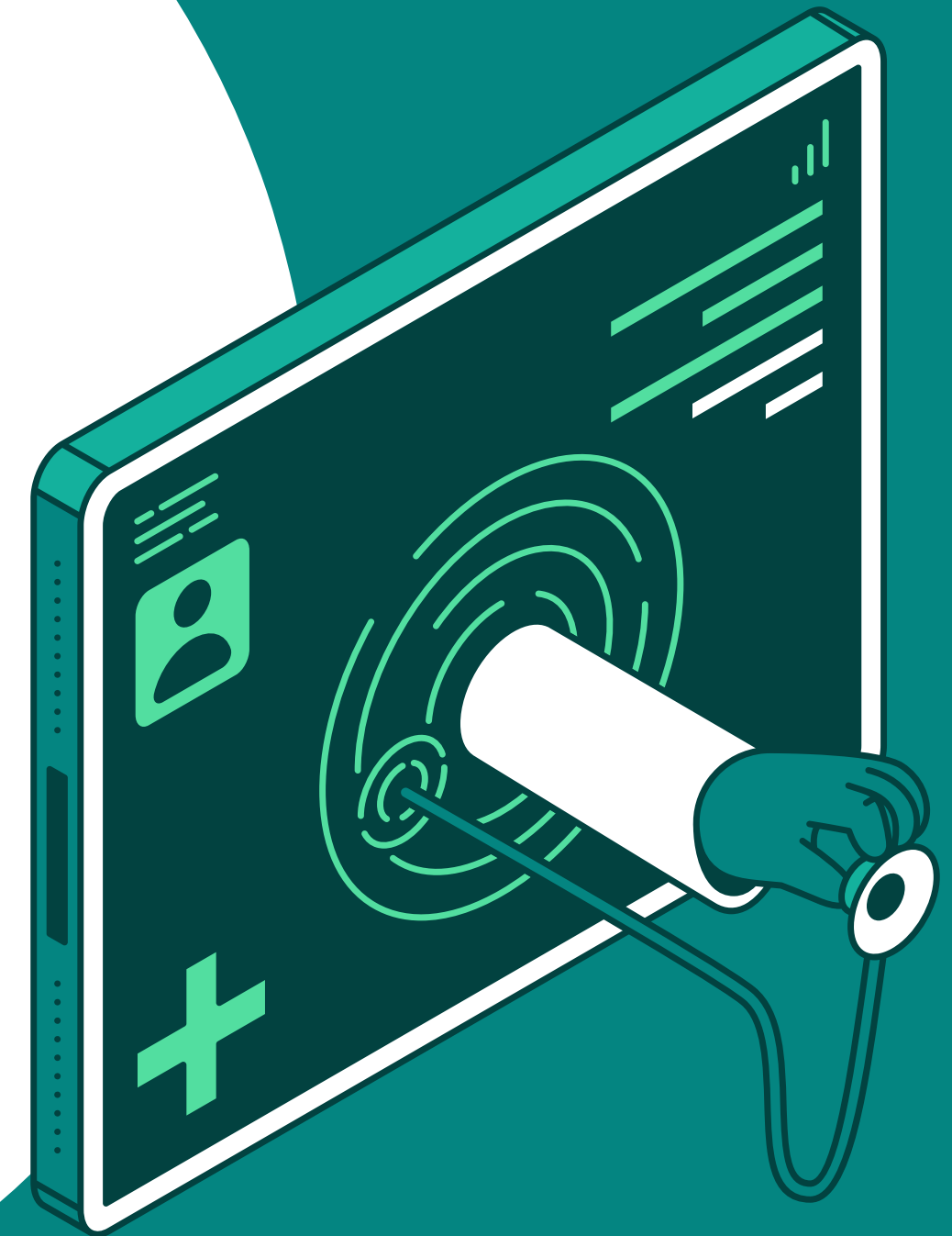
- a) Yeah, that sounds great
- b) Maybe, I'd have to see how it works
- c) No, I like to do things myself

**5. If you're in your golden years, how would you like a health app to make your day-to-day life better?**

- a) Help me remember when to take my pills
- b) Show me simple exercises I can do at home
- c) Give me tips for staying sharp and spirited

**6. For those who go to the gym or like to work out, what kind of help would you want from a health app?**

- a) Planning my workouts
- b) Recording my progress
- c) Challenges to keep me motivated



# WELLTRACK

## INTERVIEW - SURVEY



**7. For anyone who watches their health closely, how often do you like to check on things like your heart rate or blood sugar?**

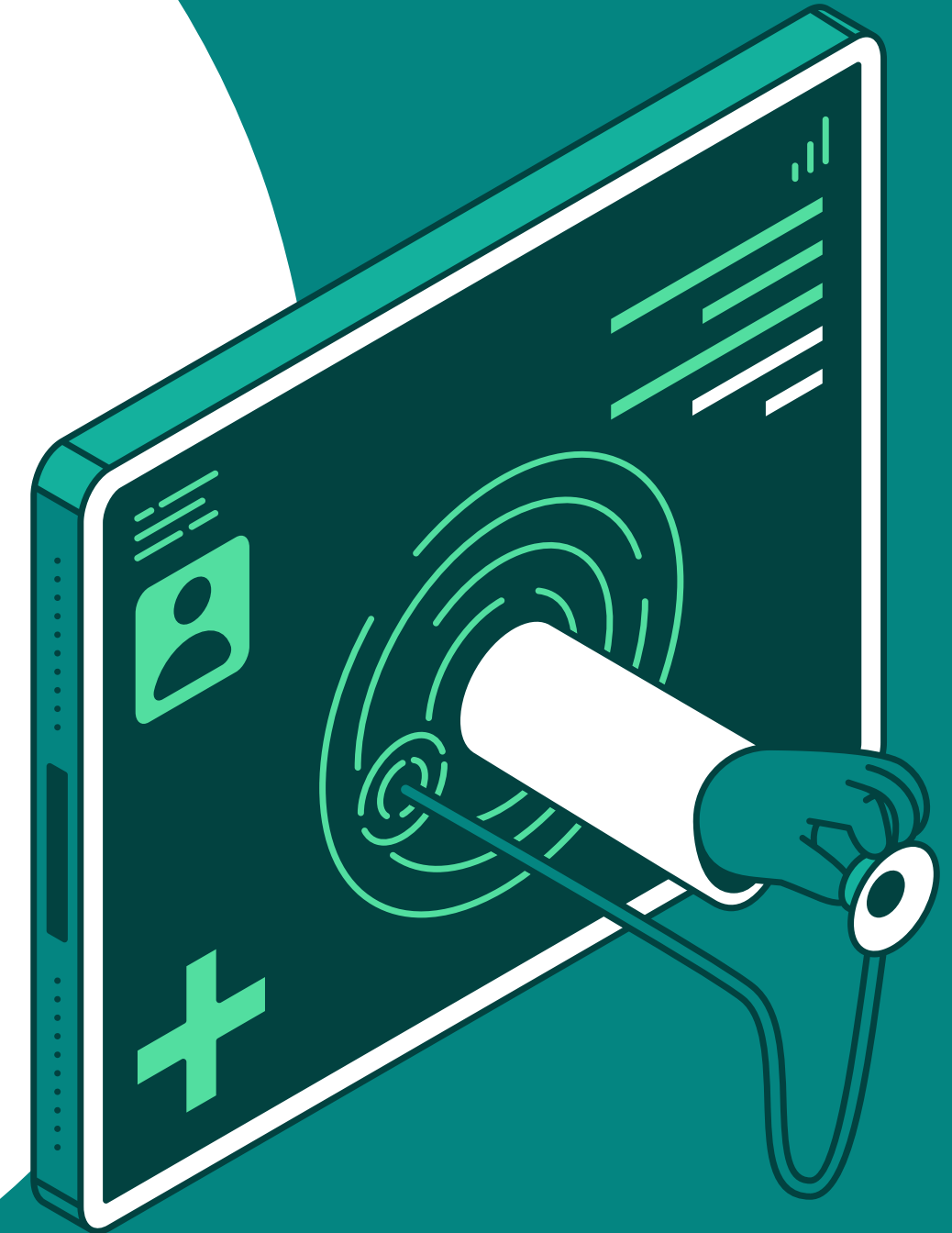
- a) Every day
- b) Sometimes
- c) Rarely

**8. If you're working on losing weight, what support would you want from an app?**

- a) Tracking my meals
- b) Keeping an eye on my weight
- c) Encouragement when I reach a goal

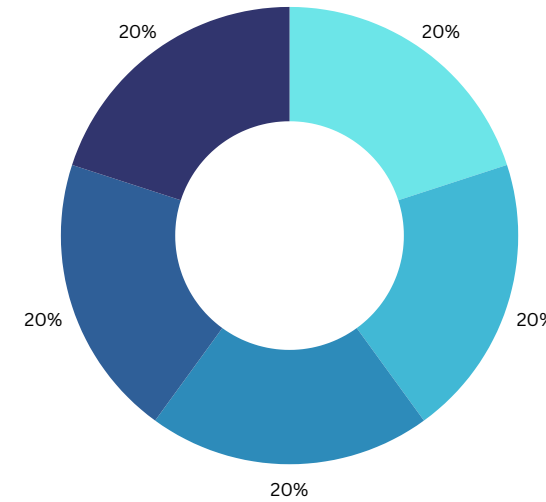
**9. For the work warriors always on the move, what would be a helpful feature in a health app for you?**

- a) Quick stress-busting exercises for the office
- b) Reminders to stand up and move around between meetings
- c) Fast, healthy snack ideas for busy days



# WELLTRACK

## INTERVIEW RESULTS - USERS NEEDS

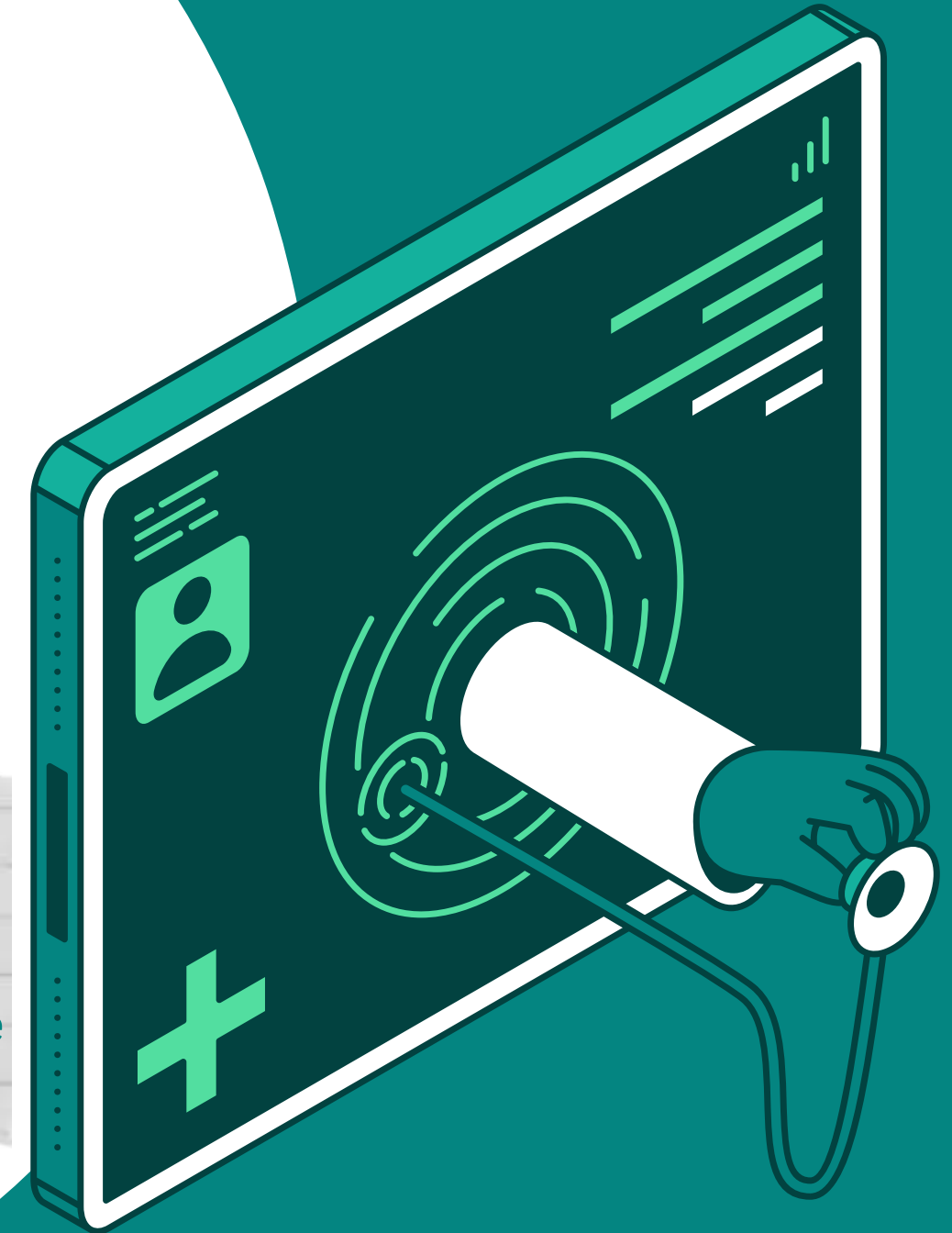


Most participants use an app to keep track of their health stats, with writing down and not tracking at all being less common.

The group is split between liking previous apps they've tried, not liking them, and having never tried one.

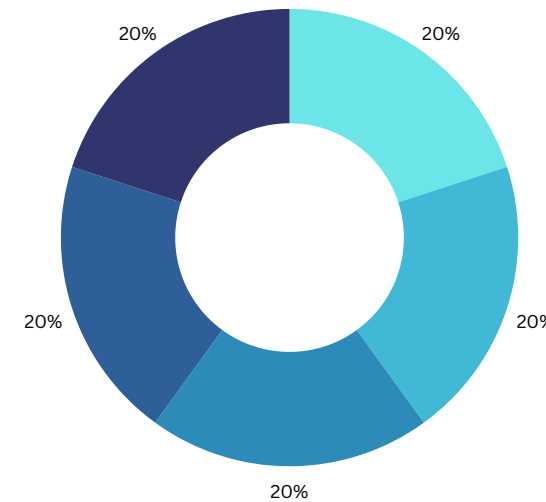
A close tie between wanting exercise reminders, eating tips, and medicine reminders, indicating a broad interest in comprehensive health tracking.

A majority think it's great if the app works with wearables like smartwatches, with some still on the fence.



# WELLTRACK

## INTERVIEW RESULTS - USERS NEEDS

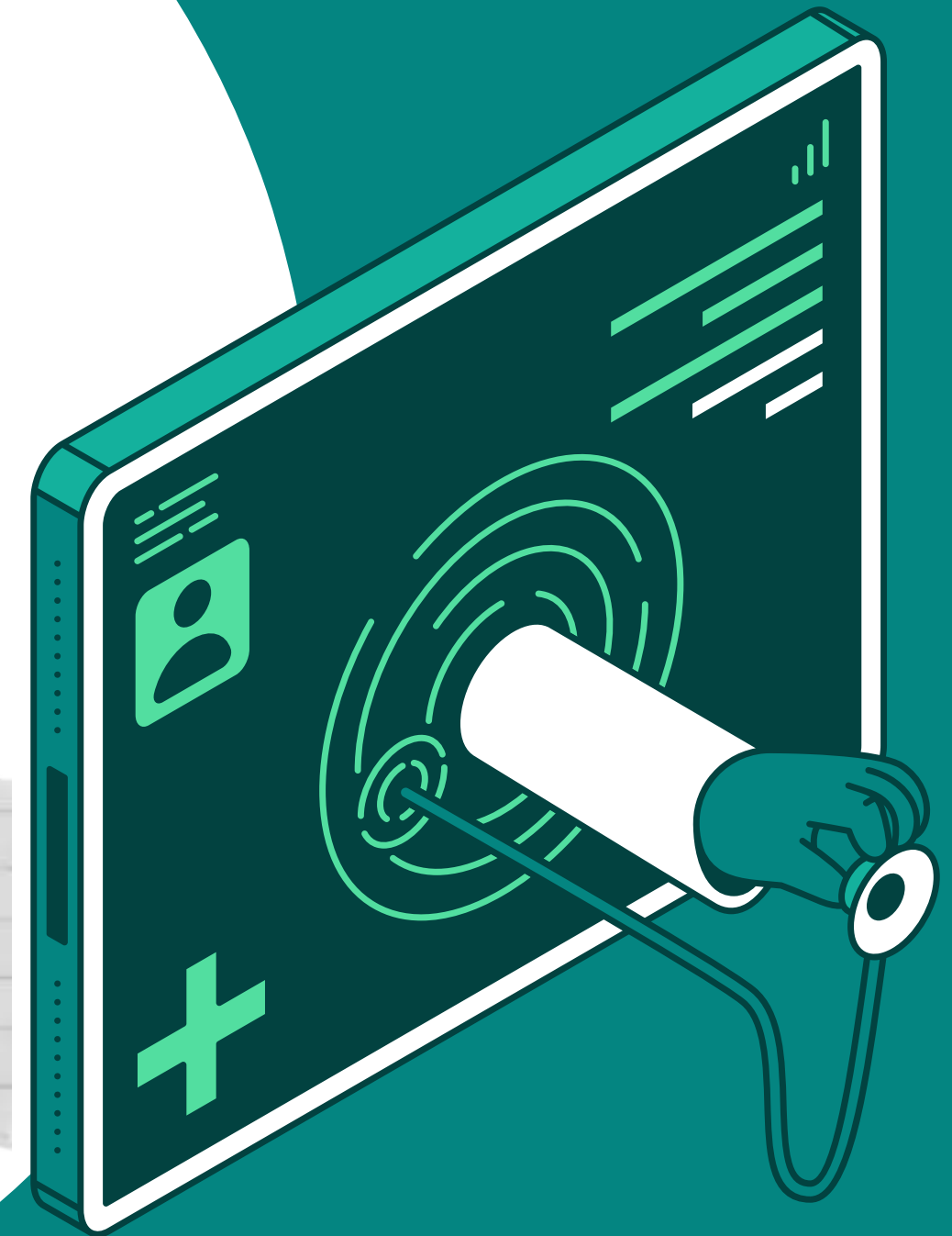


Physical activity and healthy eating are equally important to the participants, with mental health slightly less so.

They're interested in workout plans, tracking progress, and participating in challenges.

Most do occasional health checks, with daily checks and rarely checking being equally less frequent.

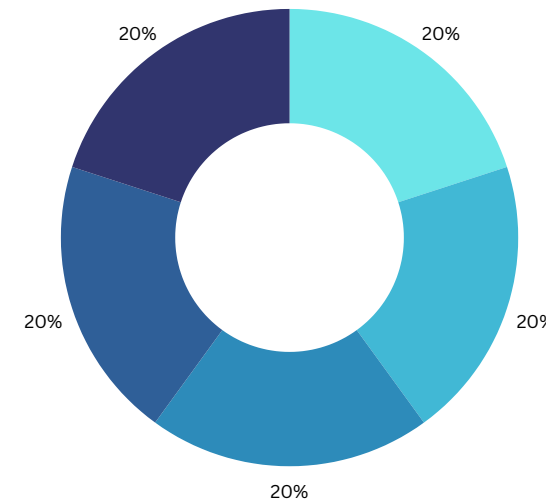
Meal and weight tracking are equally sought after, with motivational support also being important.





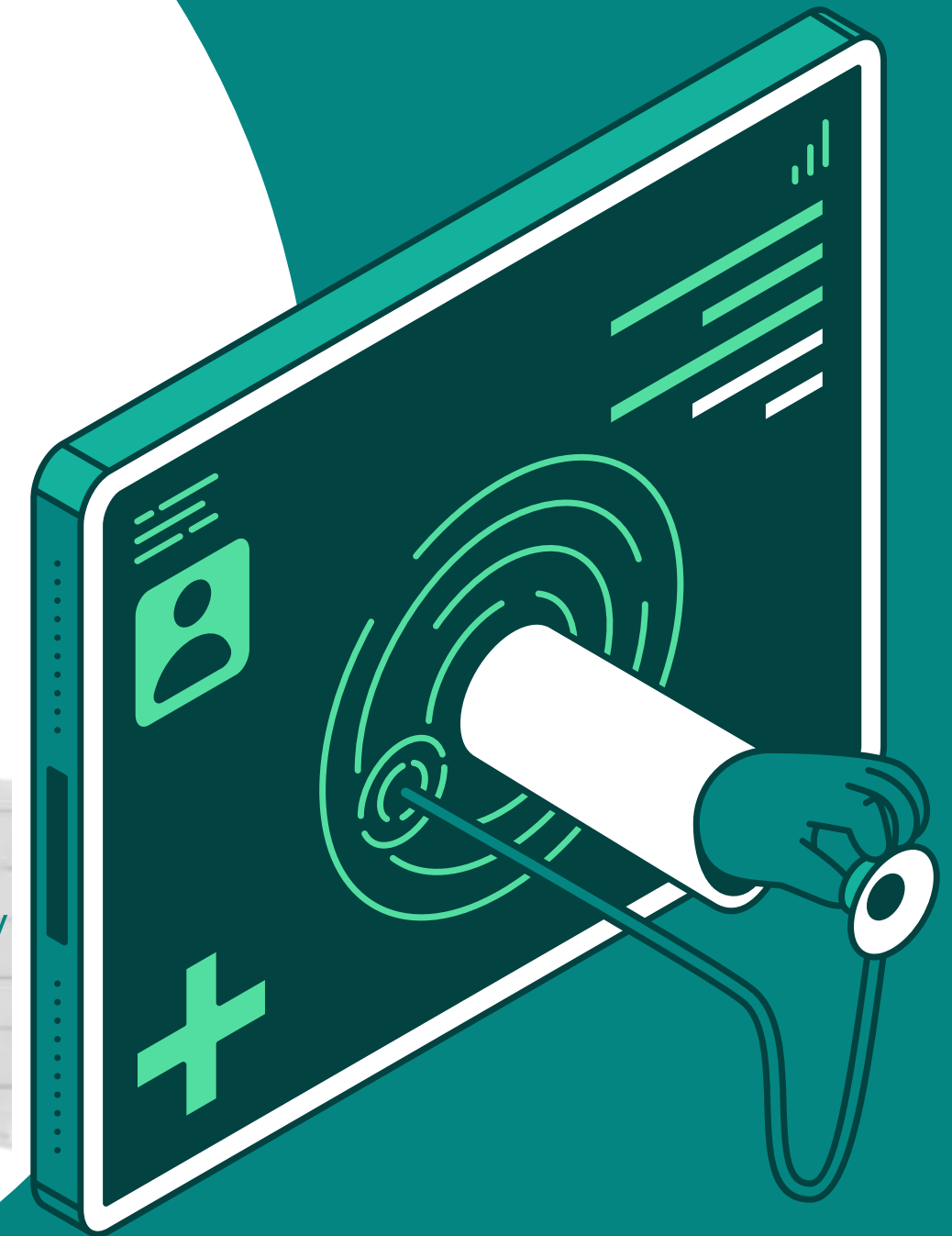
# WELLTRACK

## INTERVIEW RESULTS - USERS NEEDS



Medication reminders  
and simple home  
exercises are key, along  
with mental health tips.

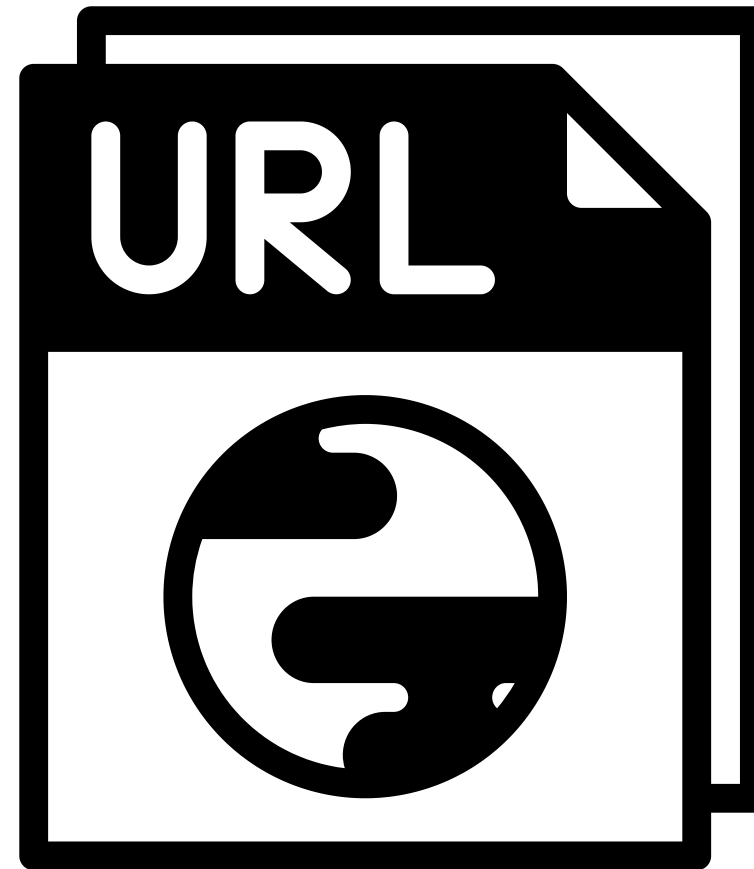
exercises and reminders  
to move are in demand,  
along with quick, healthy  
snack ideas.  
**(Busy Professionals)**



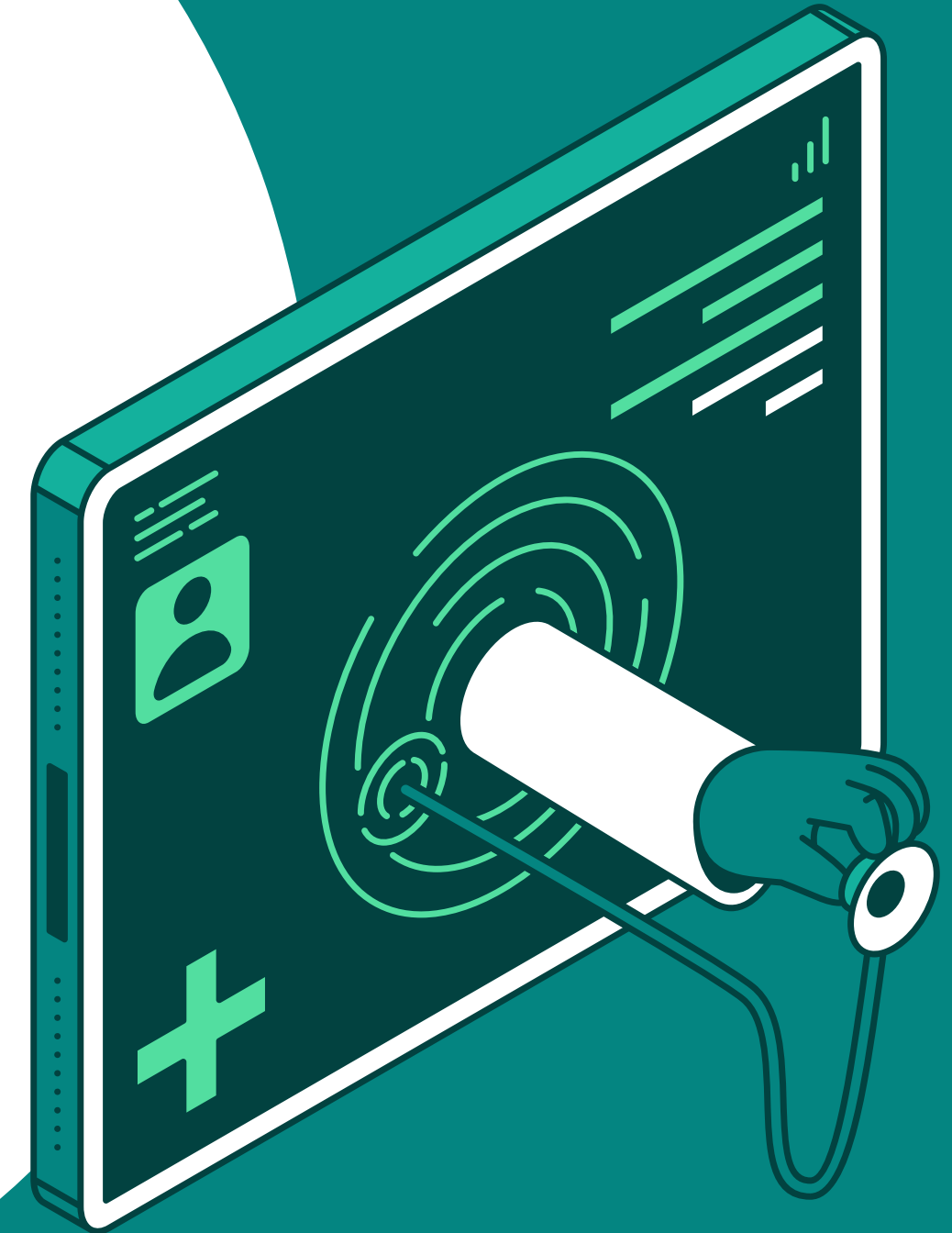
# WELLTRACK

INTERACTIVE - DESIGN

VISIT THE LINK PLEASE



CLICK ON ME



# WELLTRACK

## INTERACTIVE - DESIGN - SIGN UP



1

Welcome to WellTrack



[Sign In](#)

[Sign Up](#)

2

**Sign Up**  
Create your account

Name

Enter your name

Email Address

Enter your email

Password

Create a password


Minimum 8 characters

Confirm Password

Re-enter password

[Sign Up](#)

3

**Sign Up**  
Create your account

Name

Yuhia...

Email Address

Enter your email

Password

Create a password


Minimum 8 characters

Confirm Password

Re-enter password

[Sign Up](#)

4

**Sign Up**  
Create your account

Name

Yuhia...

Email Address

yuhia123@gmail.com

Password

Create a password


Minimum 8 characters

Confirm Password

Re-enter password

[Sign Up](#)

5

**Sign Up**  
Create your account

Name

Yuhia...

Email Address

yuhia123@gmail.com

Password

AAAAAAAAAA


Minimum 8 characters

Confirm Password

Re-enter password

[Sign Up](#)

6

**Sign Up**  
Create your account

Name

Yuhia...

Email Address

yuhia123@gmail.com

Password

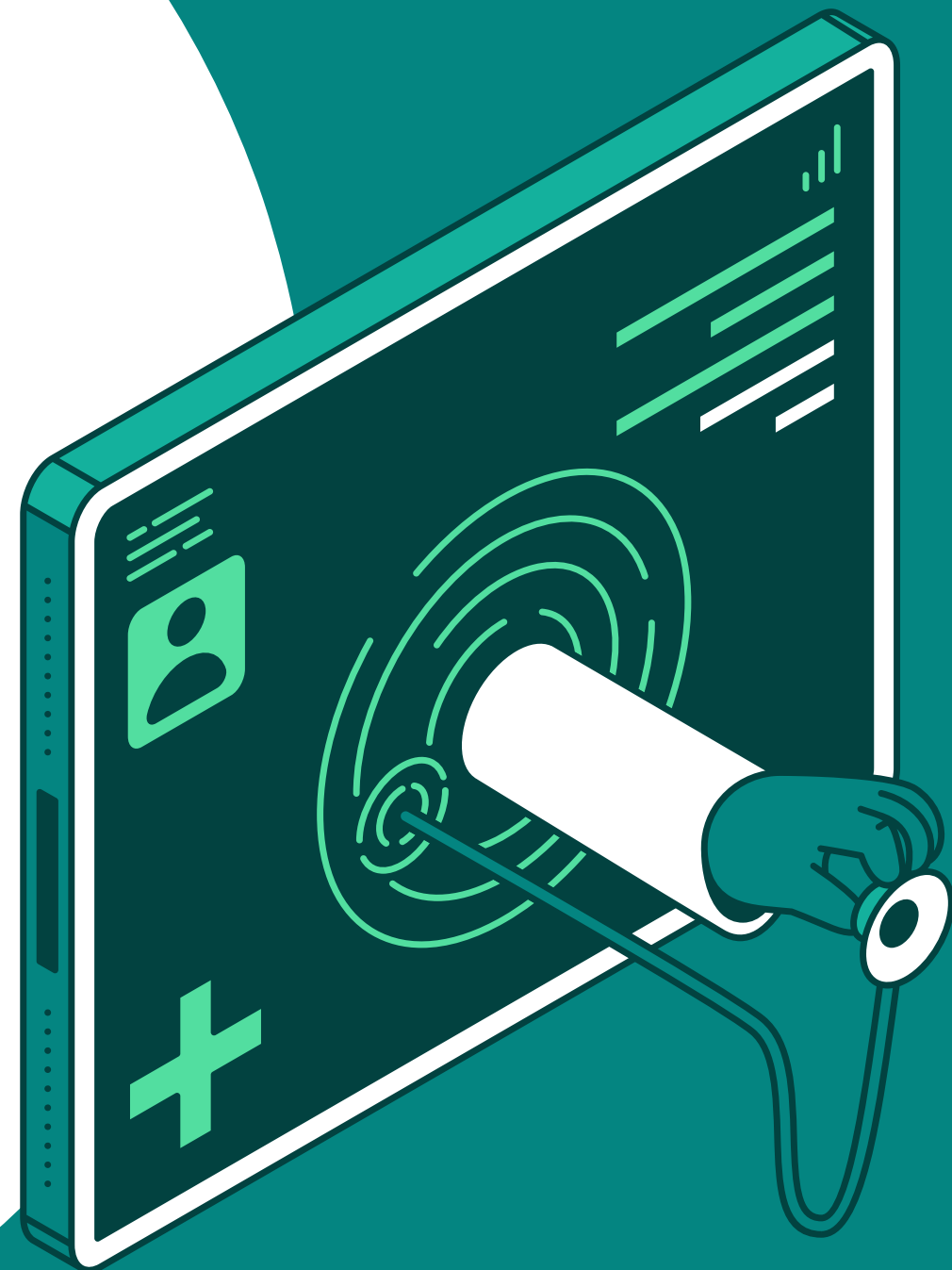
AAAAAAAAAA

Minimum 8 characters

Confirm Password

AAAAAAAAAA

[Sign Up](#)



# WELLTRACK

## INTERACTIVE - DESIGN - SIGN IN



1

Welcome to WellTrack



Sign In

Sign Up

2

Sign In

Email

Enter your email

Password

Enter your password

Back

Sign In

[Forgot password?](#)

3

Sign In

Email

yahia123@gmail.com

Password

Enter your password

Back

Sign In

[Forgot password?](#)

4

Sign In

Email

Enter your email

Password

XXXXXXXXXX

Back

Sign In

[Forgot password?](#)

5

Sign In

Email

yahia123@gmail.com

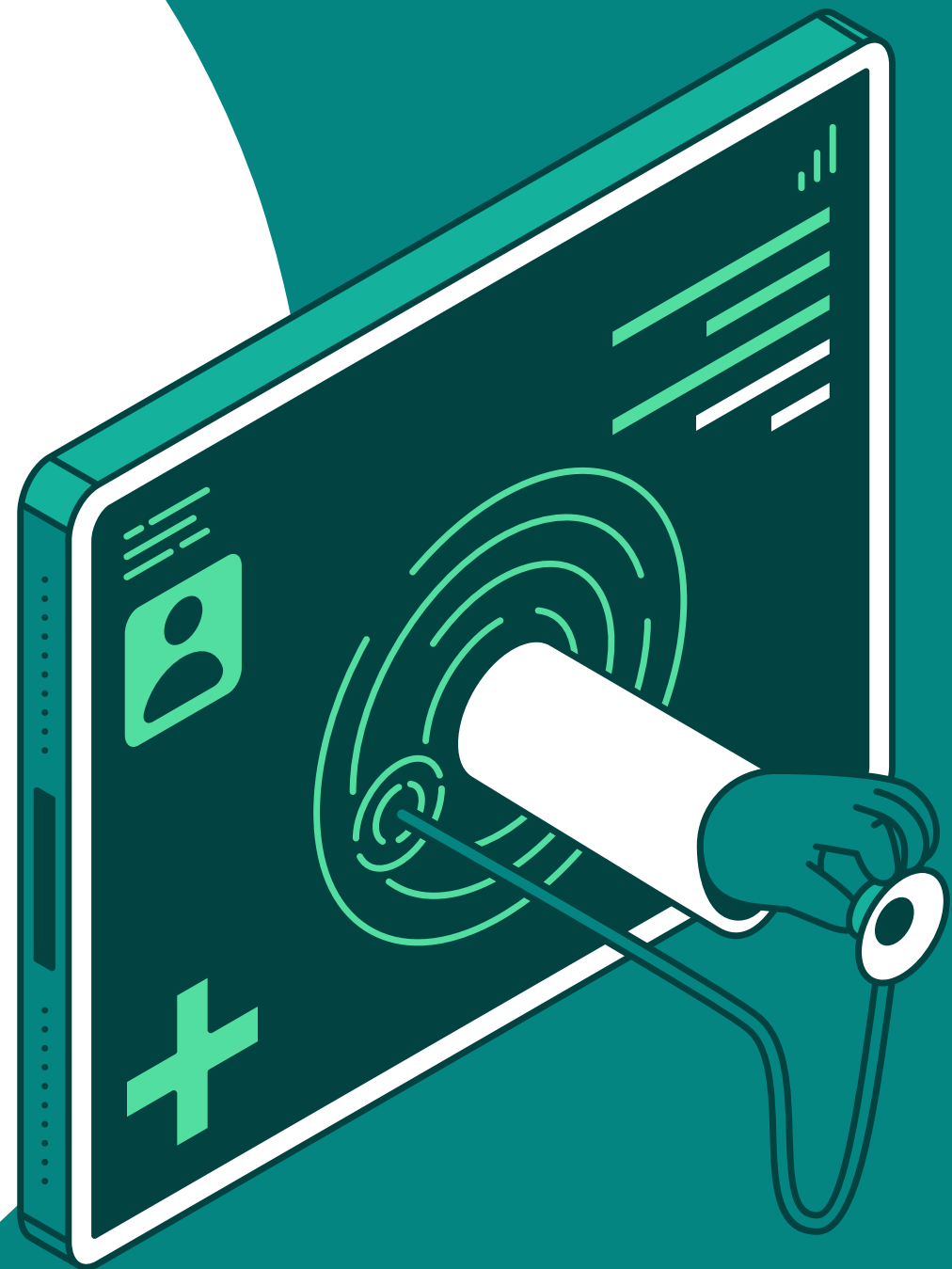
Password

XXXXXXXXXX

Back

Sign In

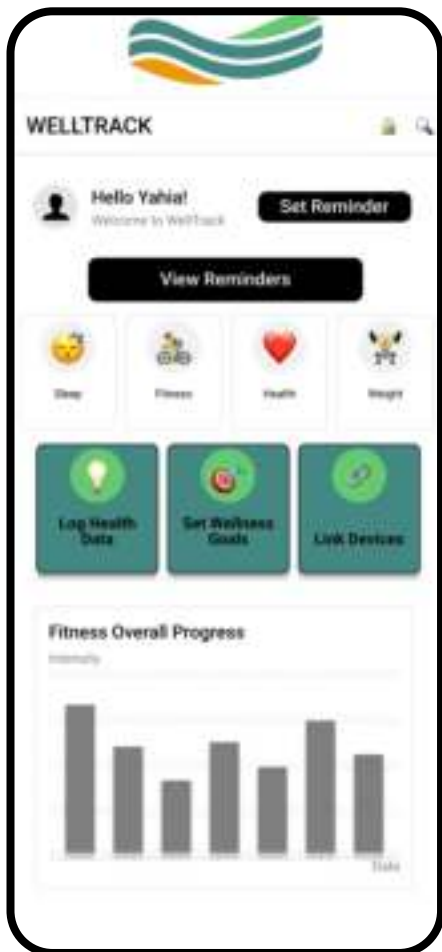
[Forgot password?](#)



# WELLTRACK

## INTERACTIVE - DESIGN - REMINDER

1



2



3



4



5



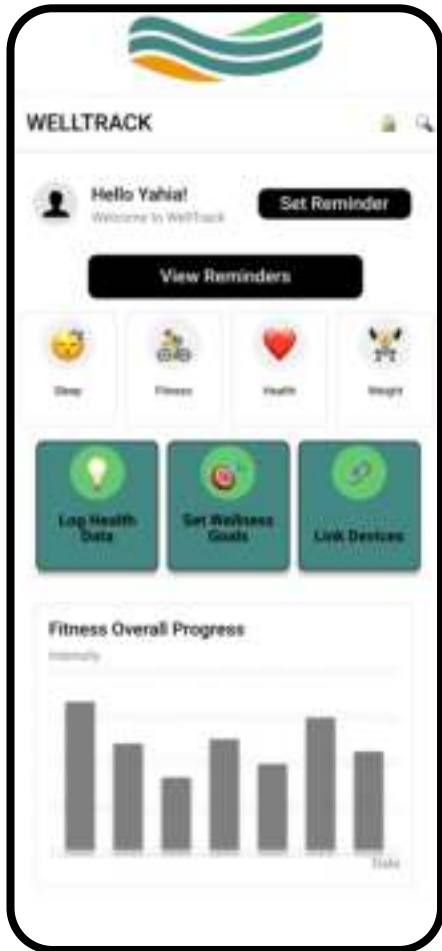
6



# WELLTRACK

## INTERACTIVE - DESIGN - LOG HEALTH DATA

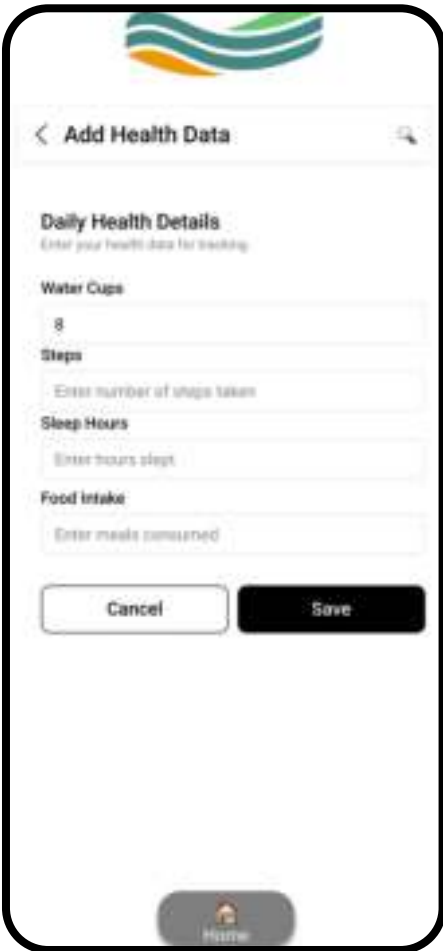
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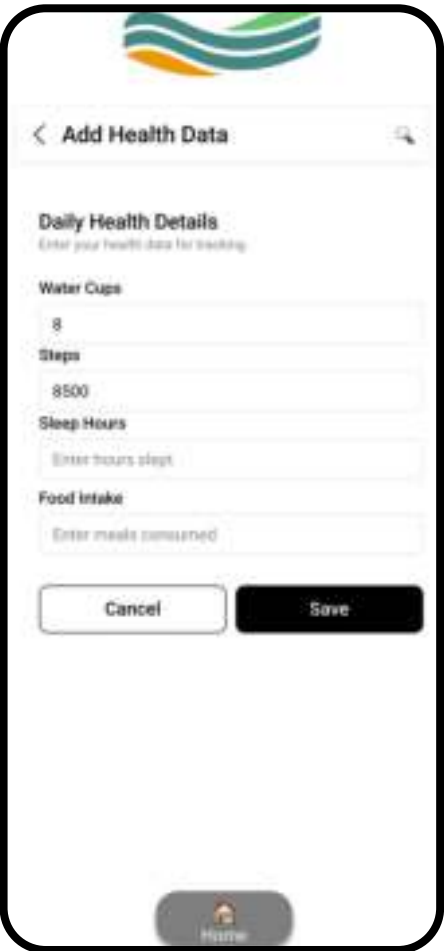
2



3



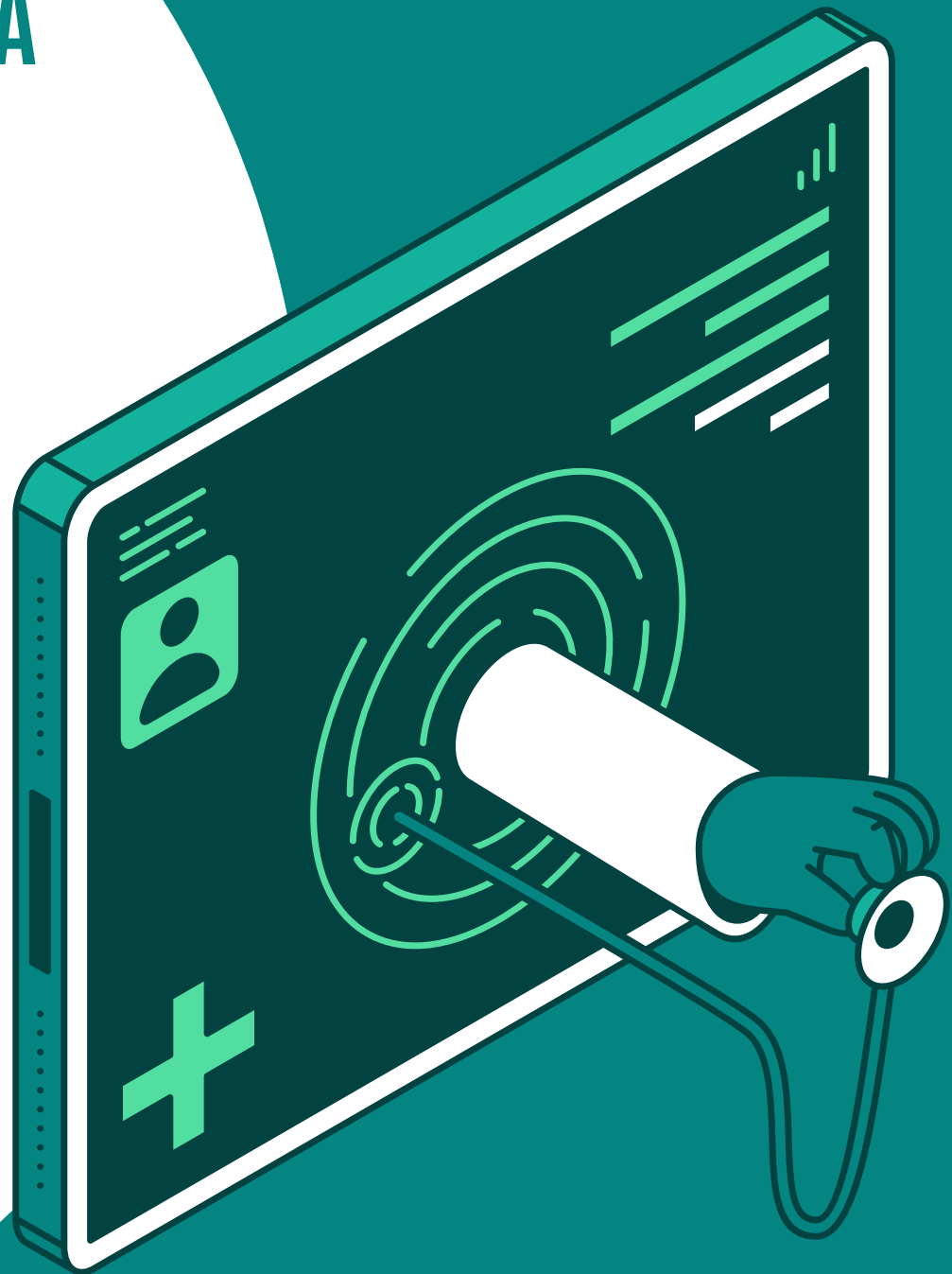
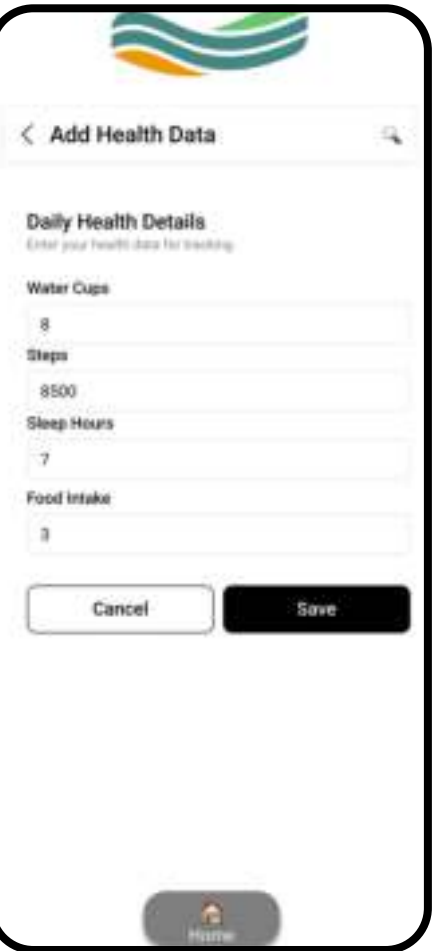
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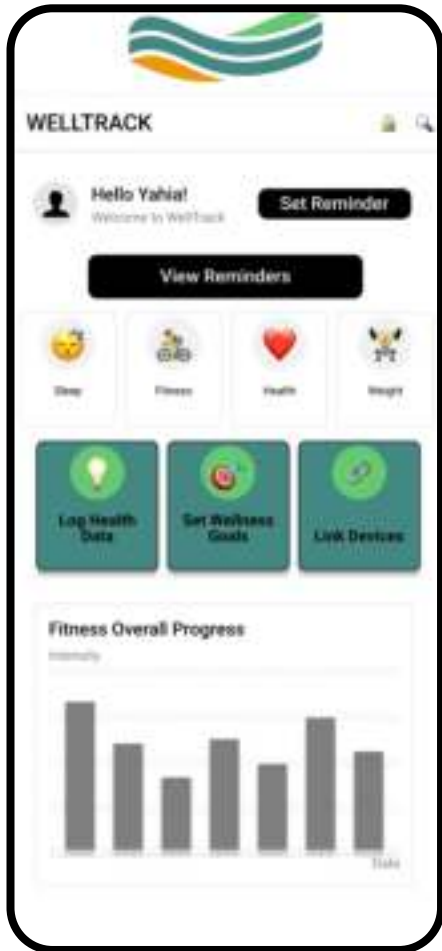




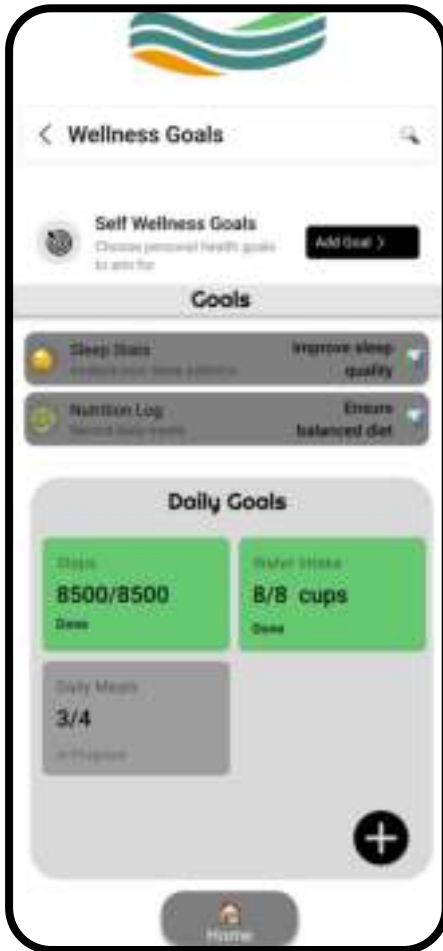
# WELLTRACK

## INTERACTIVE - DESIGN - WELLNESS GOALS

1



2



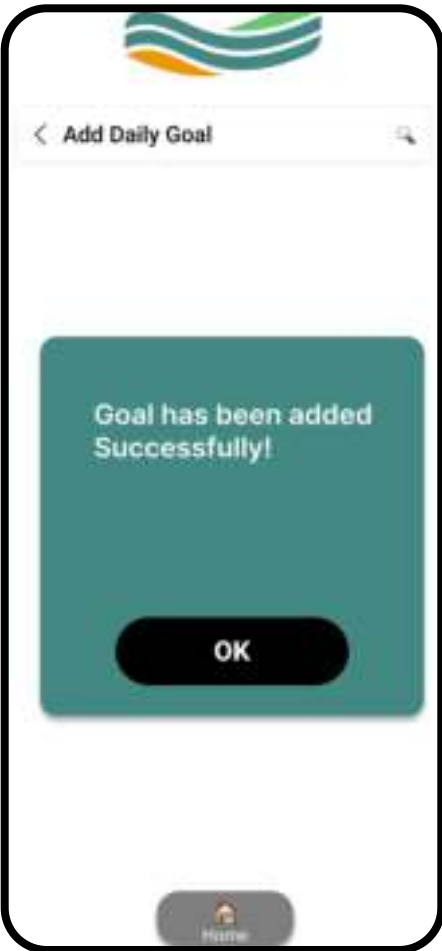
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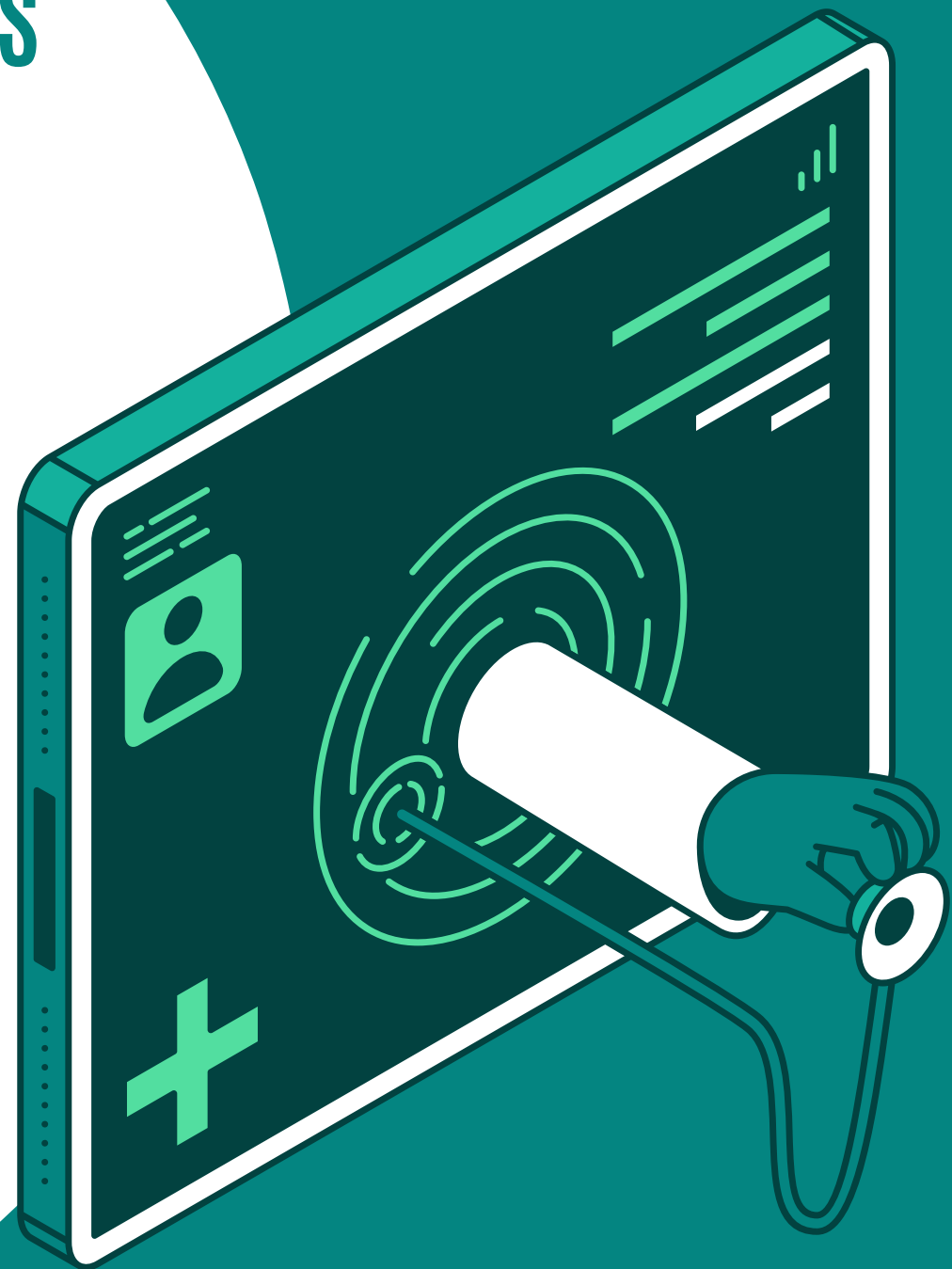
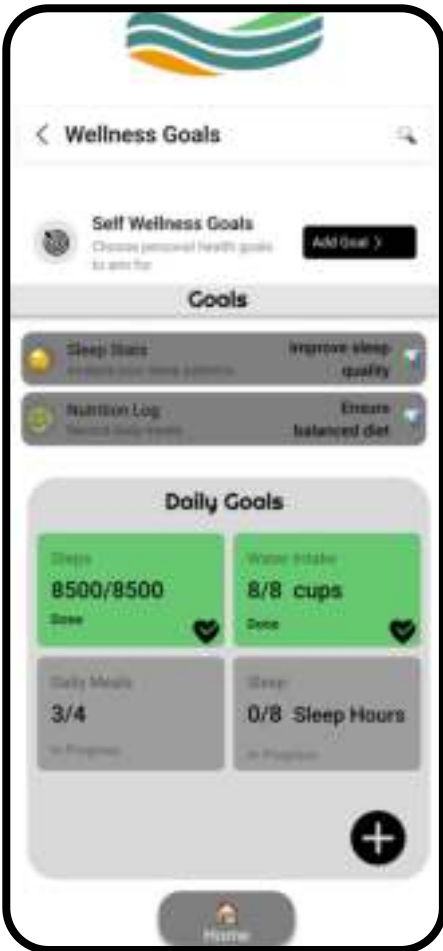
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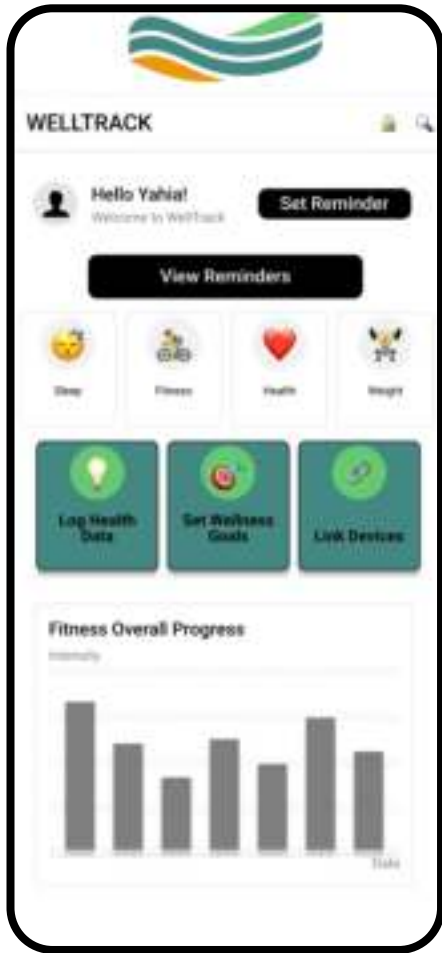
6



# WELLTRACK

## INTERACTIVE - DESIGN - LINK DEVICES

1



2



3



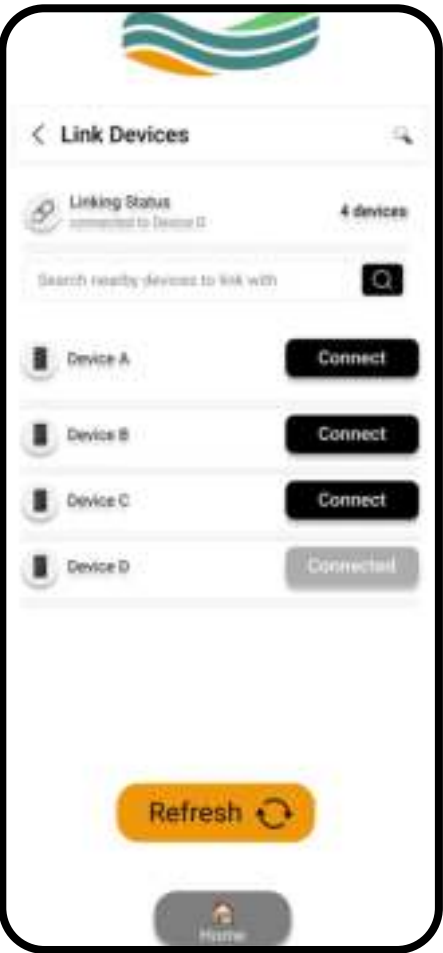
4



5



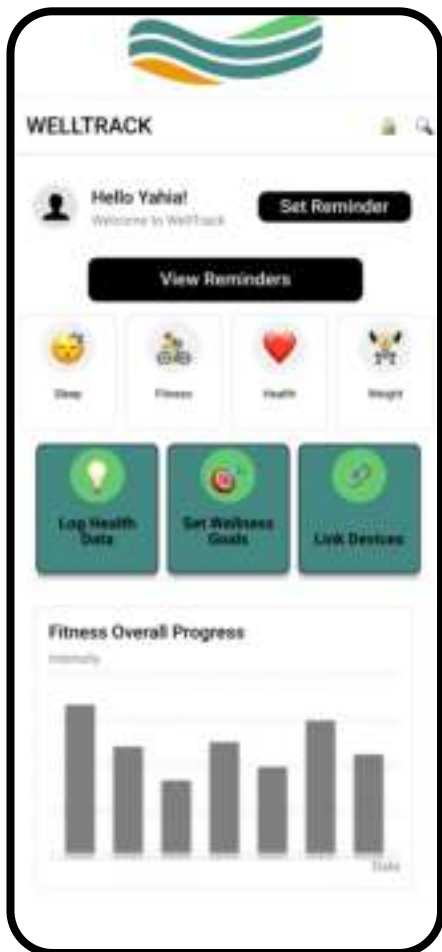
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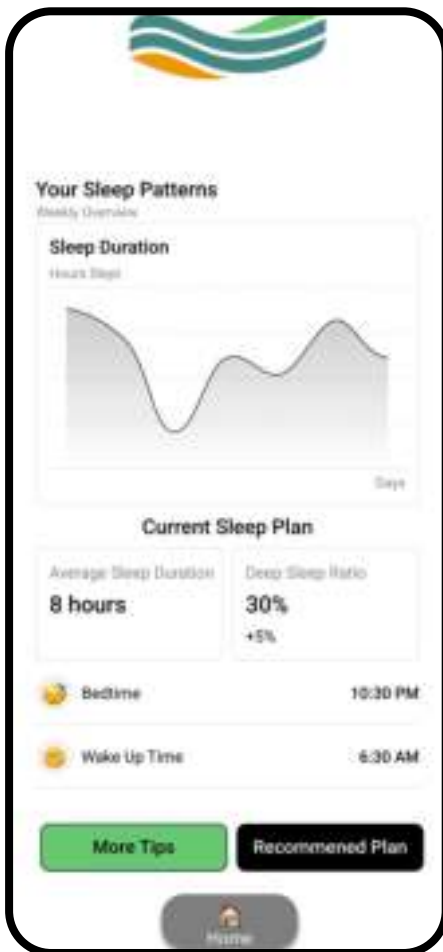
# WELLTRACK

## INTERACTIVE - DESIGN - SLEEP

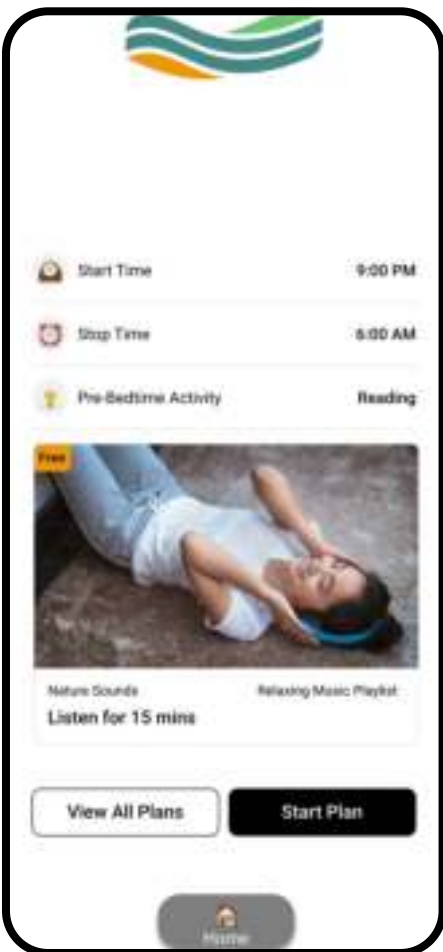
1



2

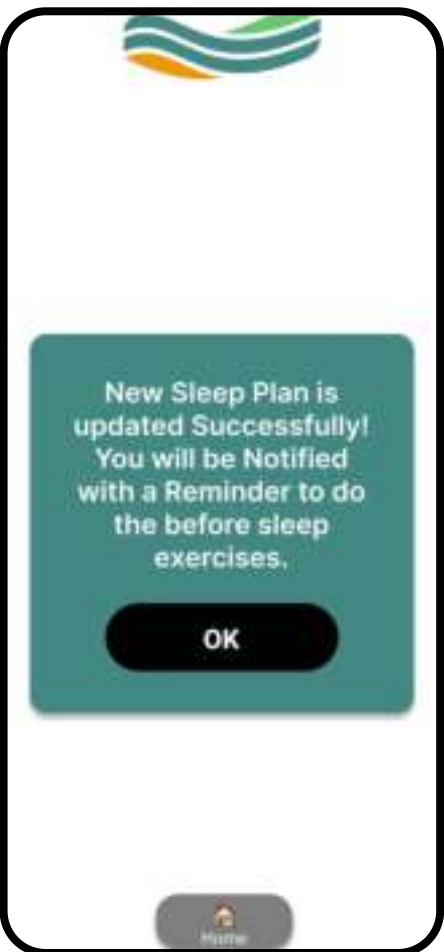


3



4

Start Plan



5

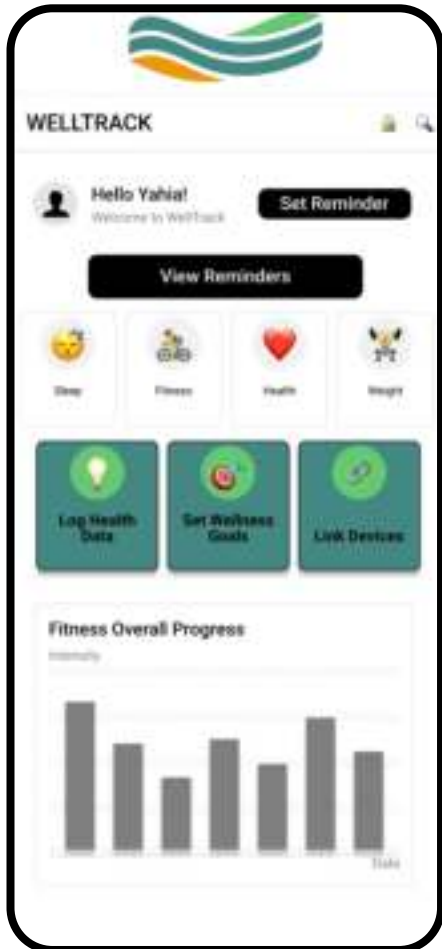
More Tips



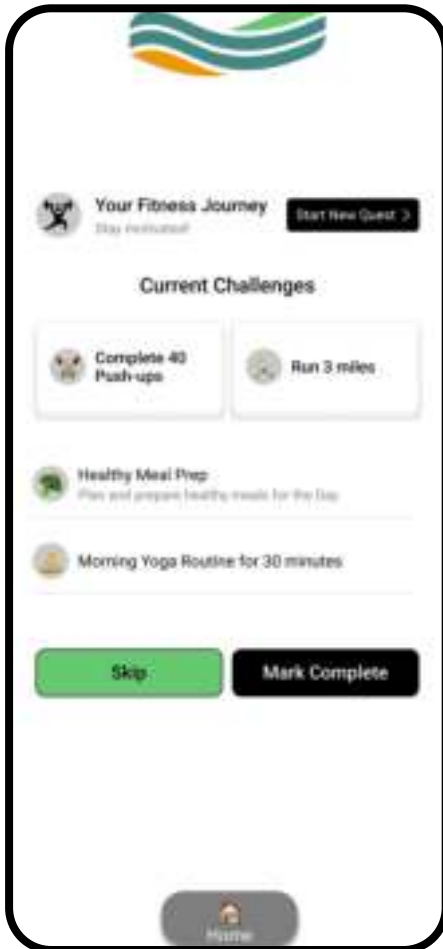
# WELLTRACK

## INTERACTIVE - DESIGN - FITNESS JOURNEY

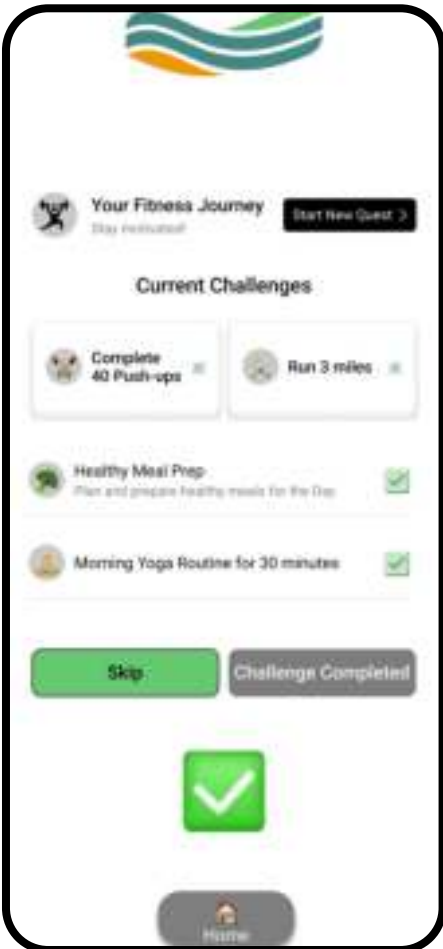
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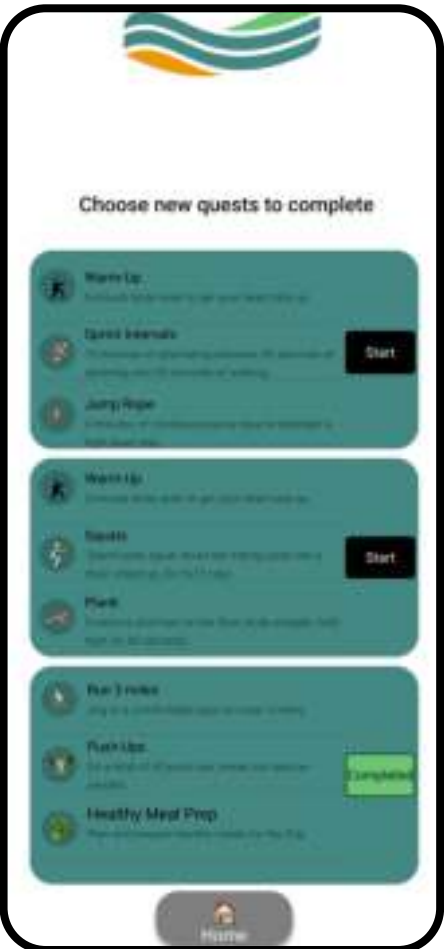
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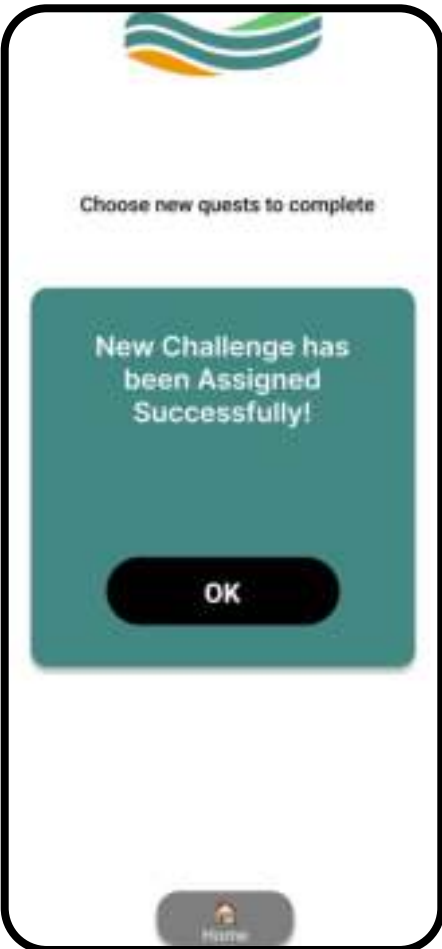
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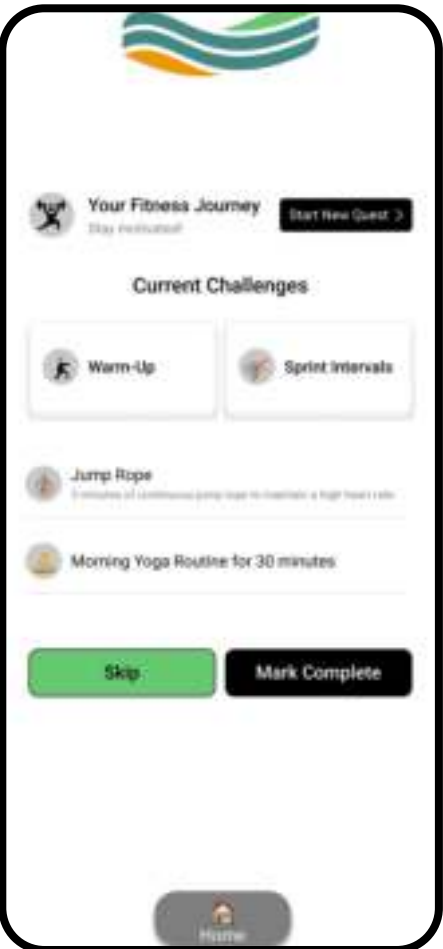
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5



6



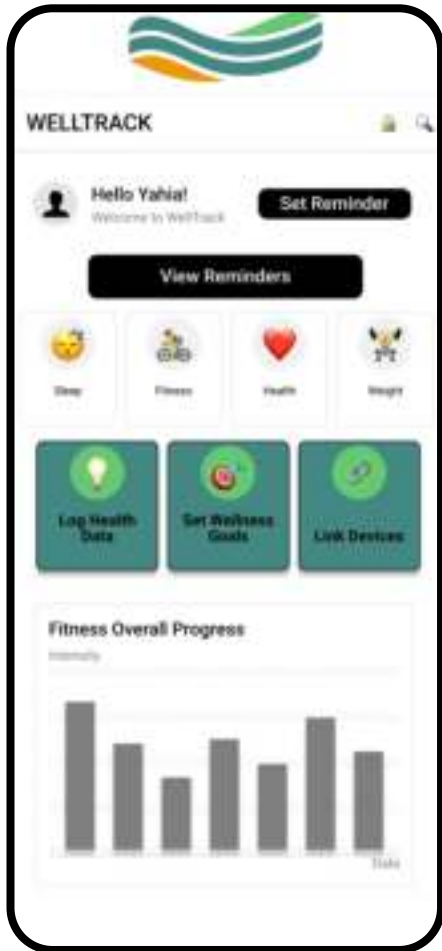


# WELLTRACK

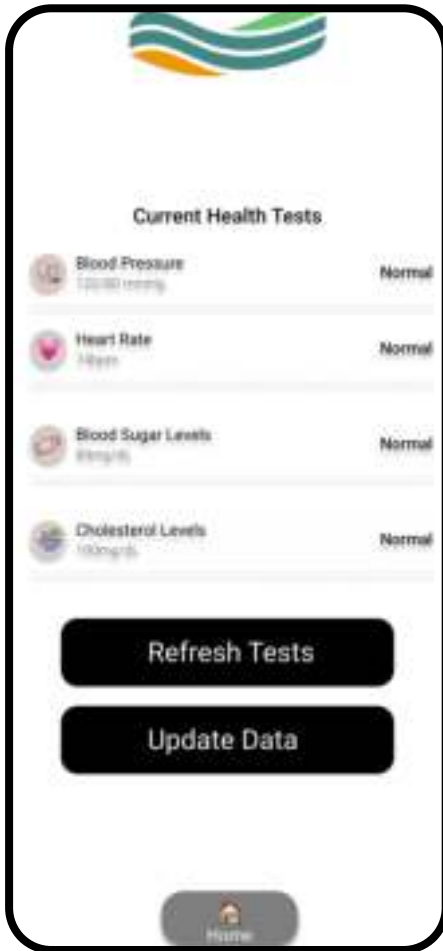
## INTERACTIVE - DESIGN - HEALTH TEST / DATA



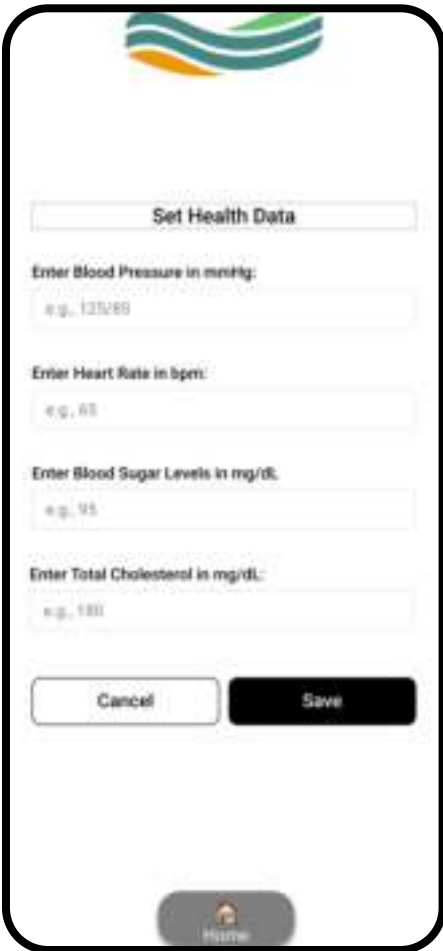
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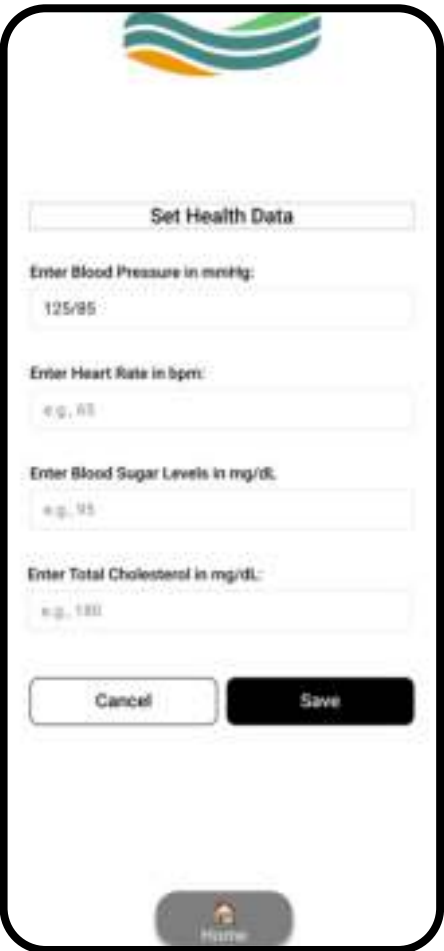
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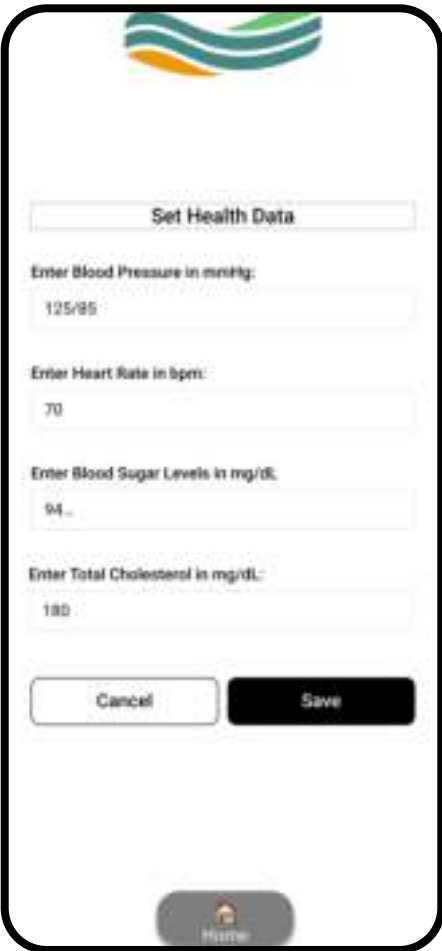
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4



5



6

