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.



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.



TARGETED USERS





FITNESS ENTHUSIASTS

BUSY PROFESSIONALS

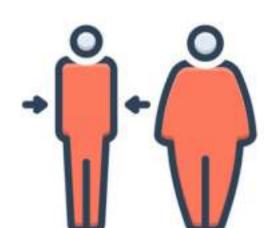


HEALTH-CONSCIOUS SENIORS









TARGETED 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.



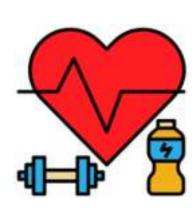
TARGETED USERS





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.





TARGETED 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.





TARGETED USERS

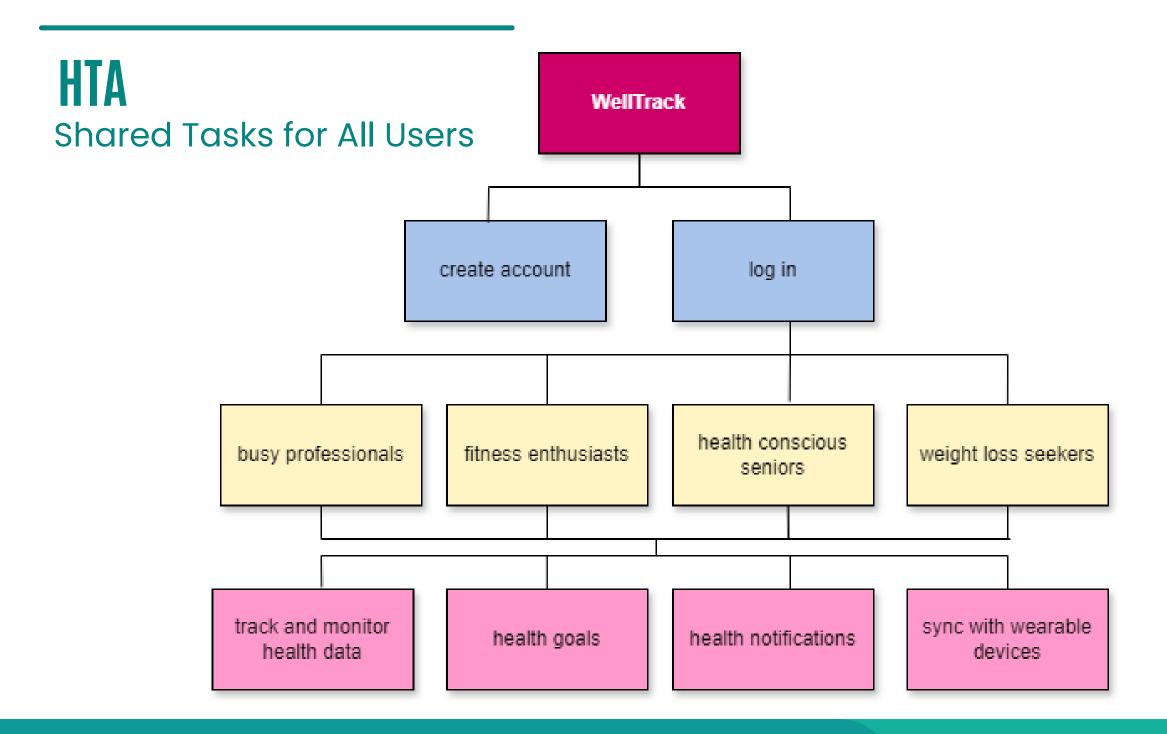


WEIGHT LOSS SEEKERS

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.

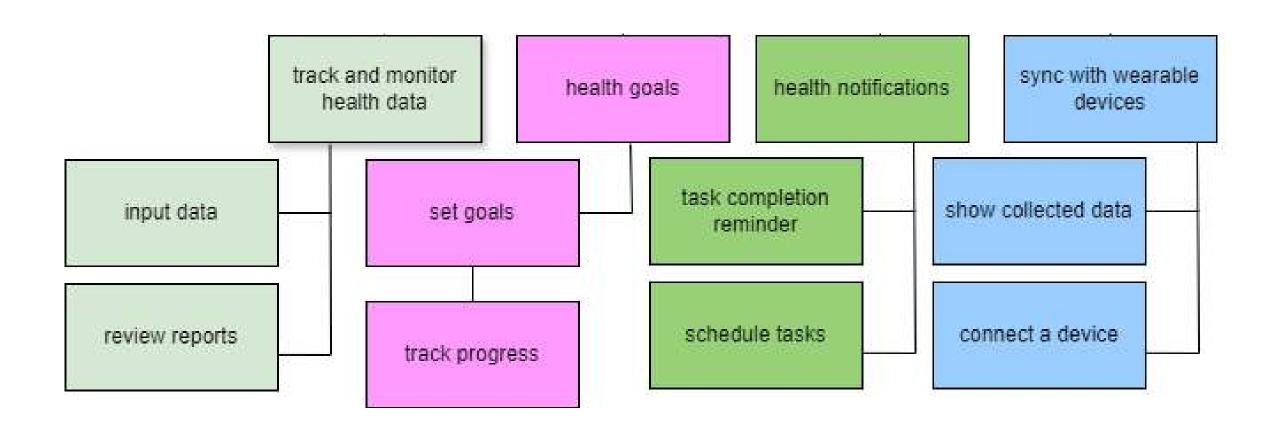




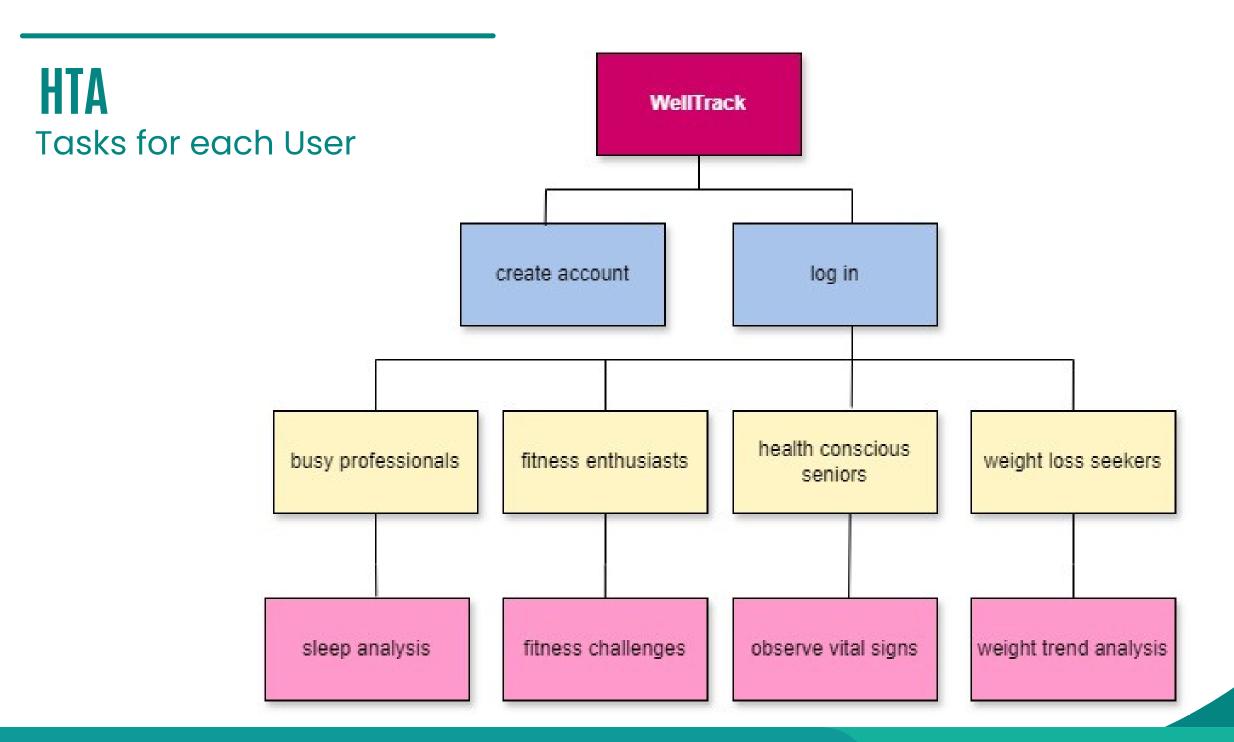


HTA

Shared Tasks for All Users



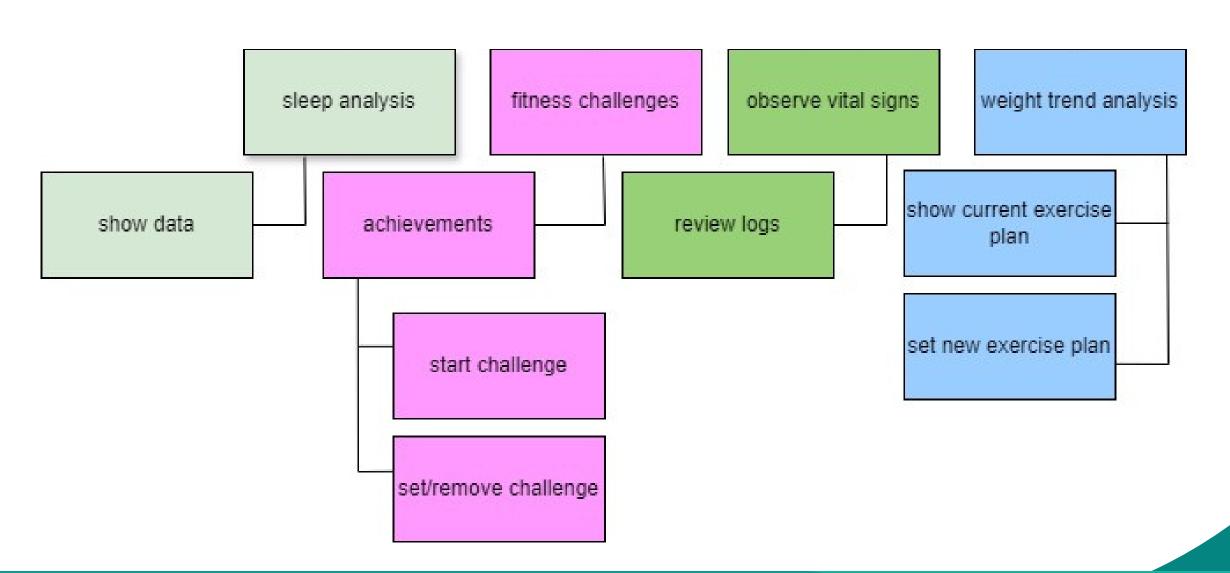




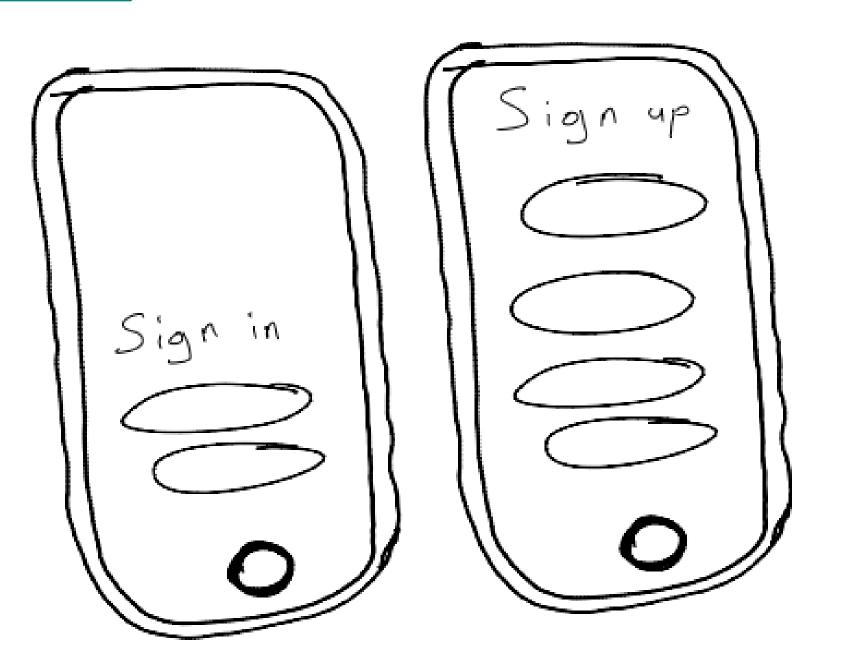


HTA

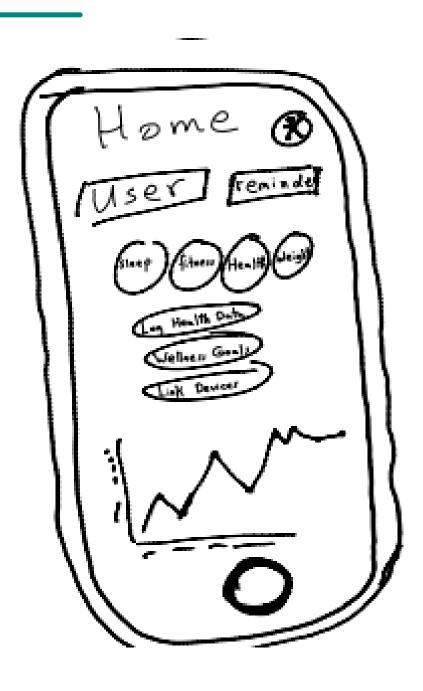
Tasks for each User

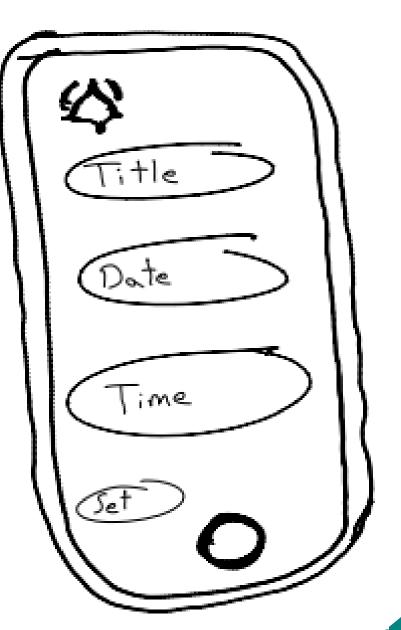


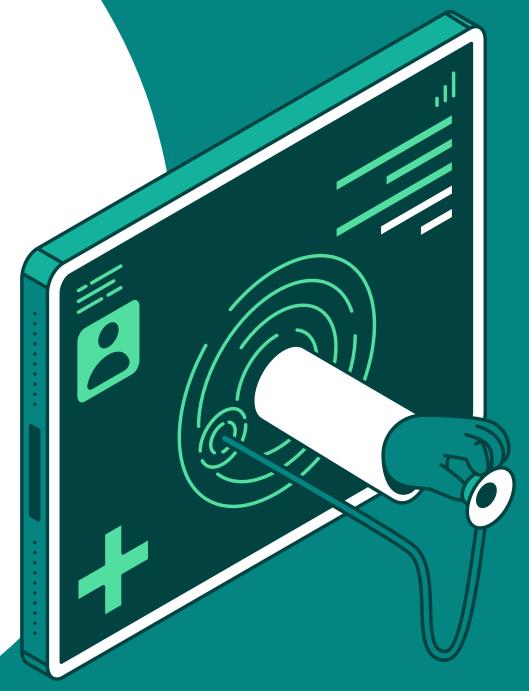


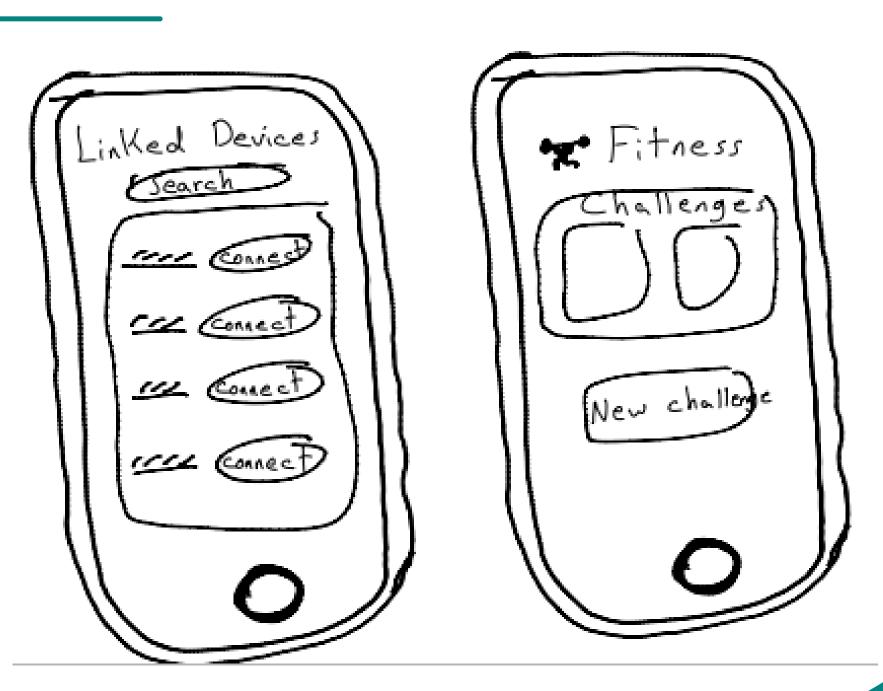






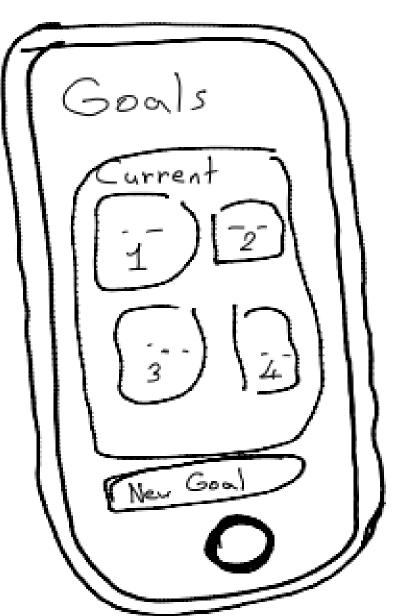


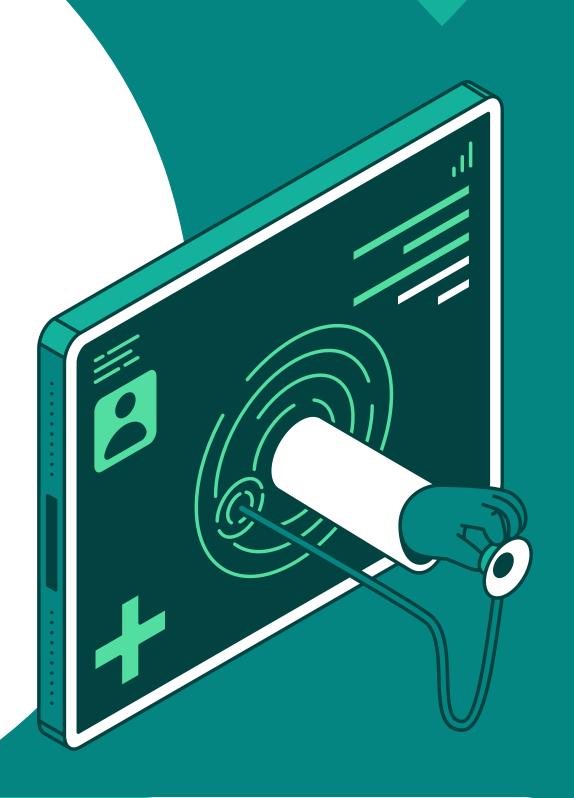












TASKS USERS CAN PERFORM?

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.



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.



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.



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.



USABILITY CRITERIA:

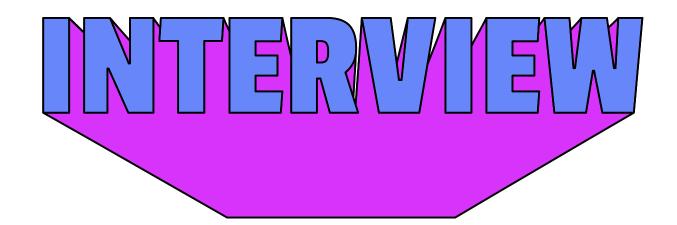
- Really Simple:
 - It's easy to find your way around in the app.
- Learn As You Go:
 - Start using it right away without having to learn a lot.
 - You'll get the hang of the extra stuff just as easily.
- Everyone Makes Mistakes:
 - o If you mess up, just go back with a tap.
- Make It Yours:
 - The app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

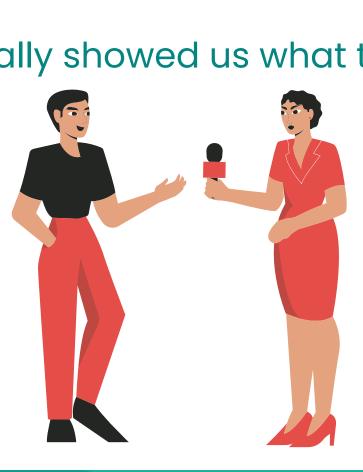


INTERVIEW - SURVEY

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 - SURVEY

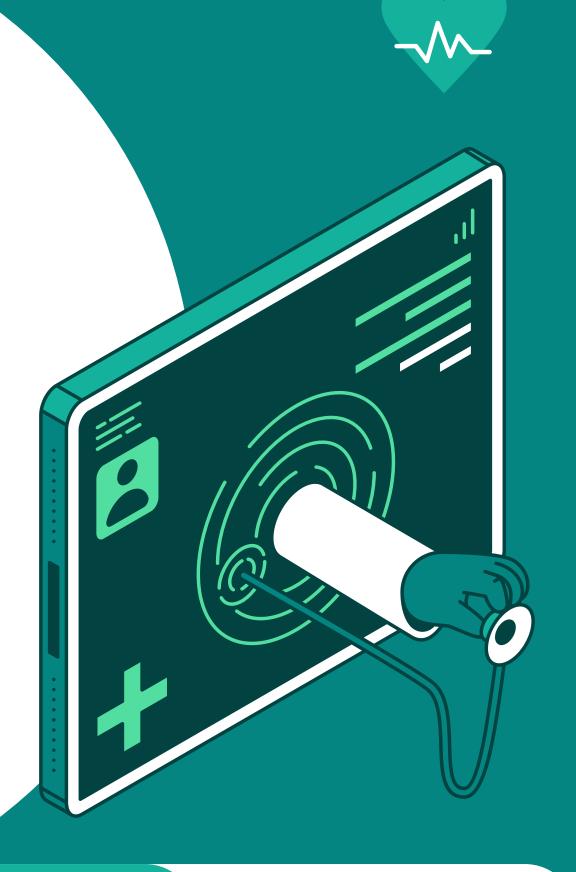
- 1. How do you keep track of things like how many steps you walk, what you eat, or how much water you drink every day?

 a) I write it down

 - 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

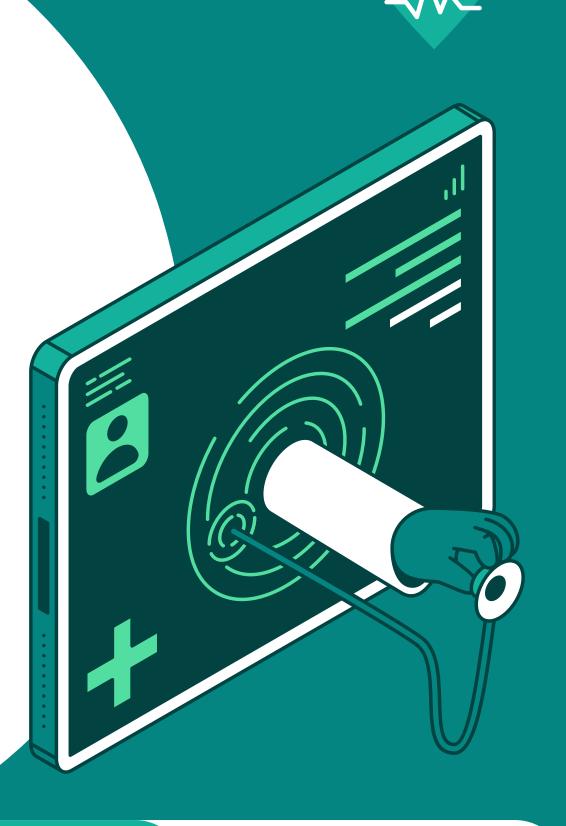
 - b) Give me tips on eating better c) Remind me to take my medicine



INTERVIEW - SURVEY

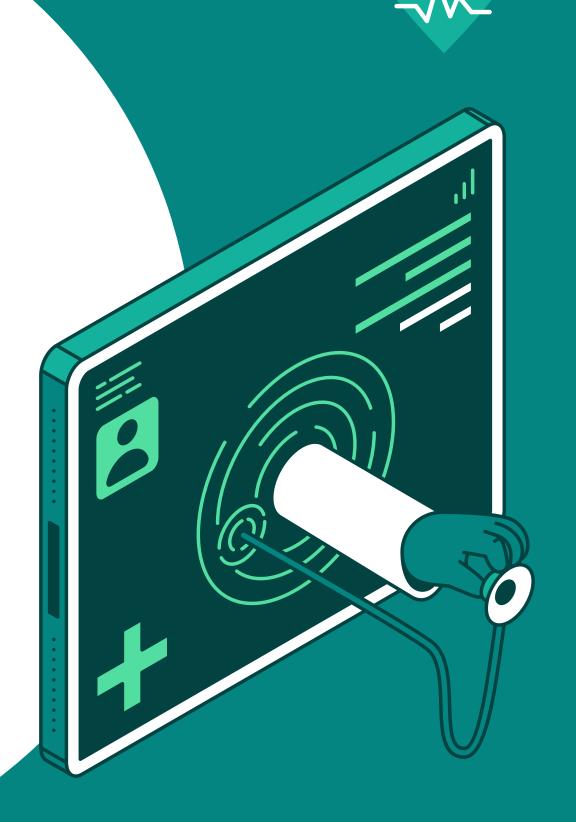
- 4. Would you want an app that works with things like a smartwatch or a fitness bracelet to automatically keep track of your health?
- a) Yeah, that sounds greatb) Maybe, I'd have to see how it worksc) No, I like to do things myself
- 5. If you're in your golden years, how would you like a health app 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

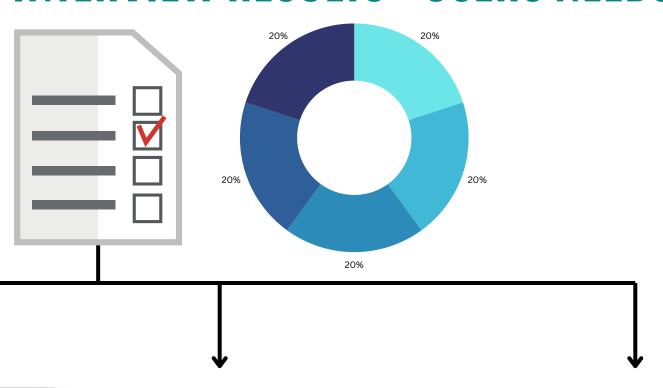


INTERVIEW - SURVEY

- 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



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.

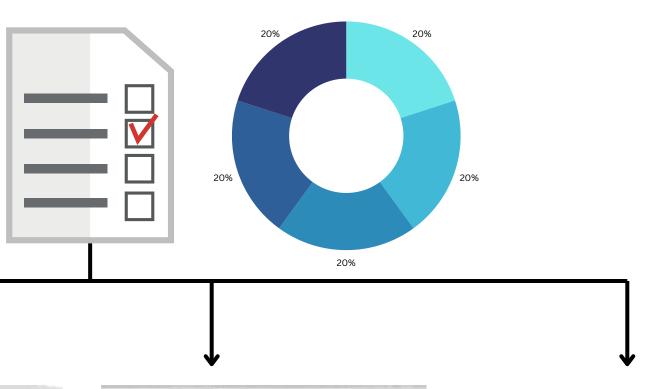
The group is split between liking previous apps they've tried, not liking them, and having never tried one.

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.



INTERVIEW RESULTS - USERS NEEDS



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

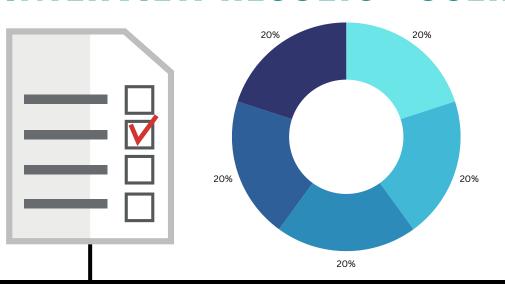
They're interested in workout plans, tracking progress, and participating in challenges.

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.



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)



INTERACTIVE - DESIGN

VISIT THE LINK PLEASE





INTERACTIVE - DESIGN - SIGN UP

Welcome to WellTrack

Sign In

Sign Up

Sign Up
Create pour account

Name
Enter your frame
Email Address
Enter your ornal
Password
Create a parametri
Attorner, il characters
Confirm Password
Me syntat patameters

Sign; Up

Sign Up
Create your succiant

Name
Yufria.
Email Address
Email Address
Email operations
Create a postpoorti
Attornary is characters
Confirm Password
Me yested gestamond

Sign Up
Creese pour account

Name
Yorkia...
Email Address
yahia 123@gmail com
Password
Creese a possessort
Messacon a character
Confirm Password
Me yertet passacont
Signs Up



INTERACTIVE - DESIGN - SIGN IN

Welcome to WellTrack Sign In Sign In Sign In Sign In yahia123@gmail.com Errier your ernal yahia123@gmail.com Errer your email Emer your pleasured Sign In Forgot password? Forgot password? Forgot password? Forgot password? Sign Up



INTERACTIVE - DESIGN - REMINDER

WELLTRACK

Helio Yahia!
Wycarne in Well-back

View Reminders

View Reminders

View Reminders

Fitness Goods

Lab Best Seals

Fitness Overall Progress

< s	et Remino	der		- 34
*	Add New I	and in earth	C sens for allow-	
Remind	er Title	projeder		
Date & 1				
Select	date and tim			
Notes Sinne	more descript	ton for the	urrendae	
Repeat	X		Date T	klassi
	Cancel		Save	_

< s	et Reminder	9
*	Add New Reminders Descriptions in a great re- tip of health segret activities.	to the state of
terrind	er Title	
Eveni	ng Medication	
Date & 1	Time	
Select	date and time	
Notes		
Senter	mone description for the rem	rsdie
Repeat	X 1000 7 100	ng ti Lamana
	Cancel	Save

< Se	t Reminder		- 14
	Add New Remi	in a great win facility on	
Reminde	Title		
Evening	Medication		
Date & Ti	ne		
March	15, 2024, wi 8:00 F	м	
Notes			
Take tw	o tablets of Meth	ormin with water.	
Repeat:	X	Daly 1	limete
	Cancel	Save	

Add New Reminders Descriptions in a great each facility on top of health original activities.	
Reminder Title	
Evening Medication	
Date & Time	
March 25, 2024, at 6:00 PM	
Notes	
Take two tablets of Metformin with water.	
Repeat: Summer X page 1	hard taj
Cancel	





INTERACTIVE - DESIGN - LOG HEALTH DATA

WELLTRACK

Helio Yahiat
Welcore to Welfaus

View Reminders

View Reminders

Fitness Overall Progress

Fitness Overall Progress

Log Health Data

Health Data

Add Data

Progress Overview

Gath Addissess

East

Add Health Data

Daily Health Details
Gree pay health data for beauting

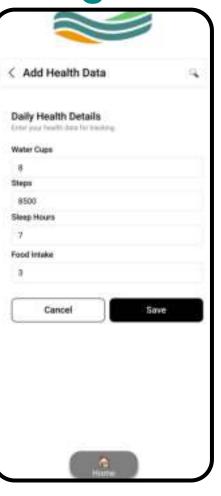
Water Cups

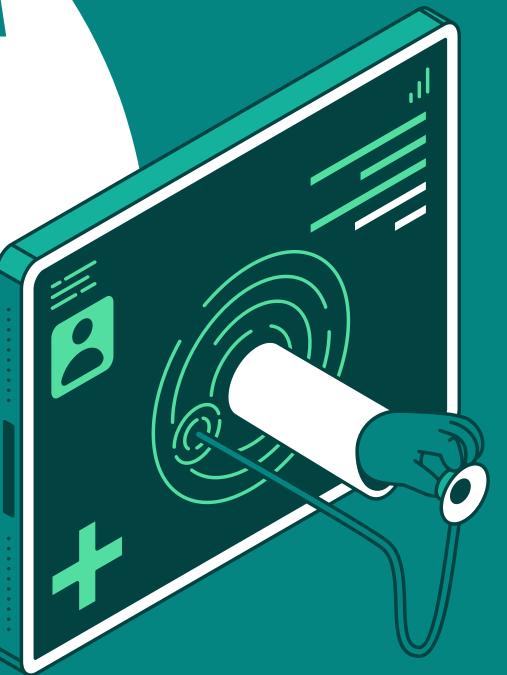
8
Steps
Enter number of ungo taxon
Sleep Hours
Enter hours plant
Food intake
Enter medit pensured

Cancel Save









INTERACTIVE - DESIGN - WELLNESS GOALS

WELLTRACK

Helio Yahia!

Set Reminder

Self Wellness Goals

Cools

Cools

Seep Number of Section Cools

Doily Goals

Doily Goals

B500/8500

Been Been Been Balanced det

Some By Bruns

0

Set New Goal

Set New Goal

Goal Name

Steep

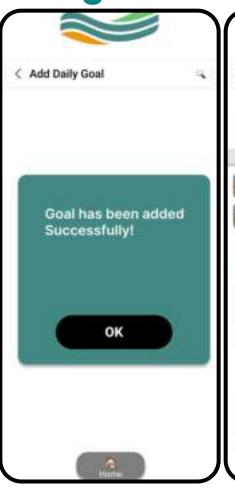
Goal Amount

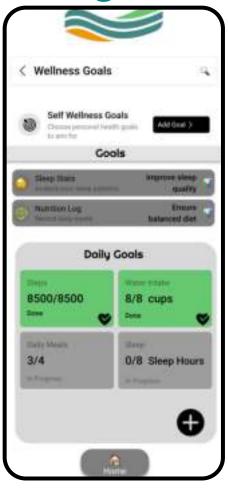
Enter armount to anthere goal

Goal Objective

In Darly Goal?









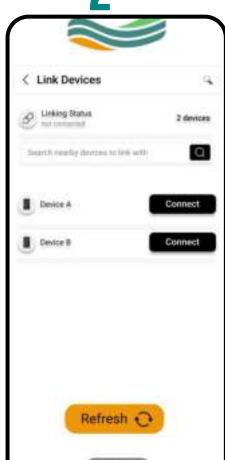
INTERACTIVE - DESIGN - LINK DEVICES

WELLTRACK

Helio Yahia!
Witazare to Wellfacek

Set Reminders

View Reminders

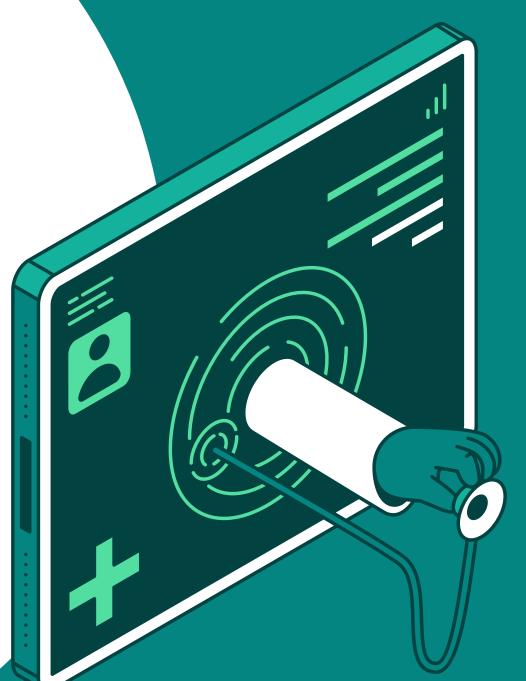






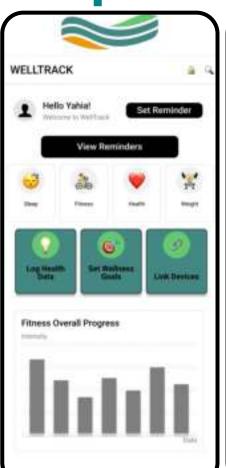


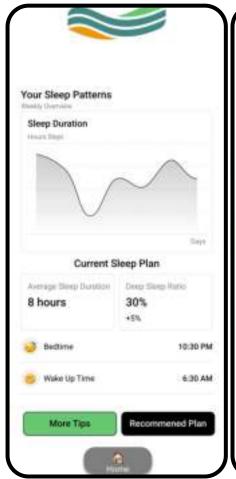


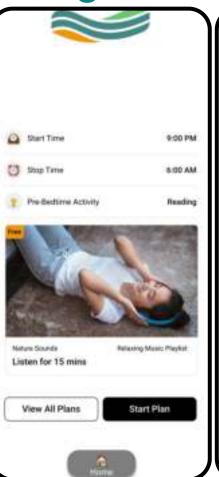


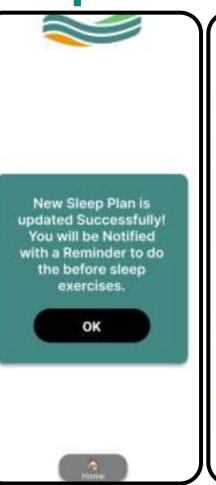
INTERACTIVE - DESIGN - SLEEP

2 3 4 Start Plan 5 More Tips



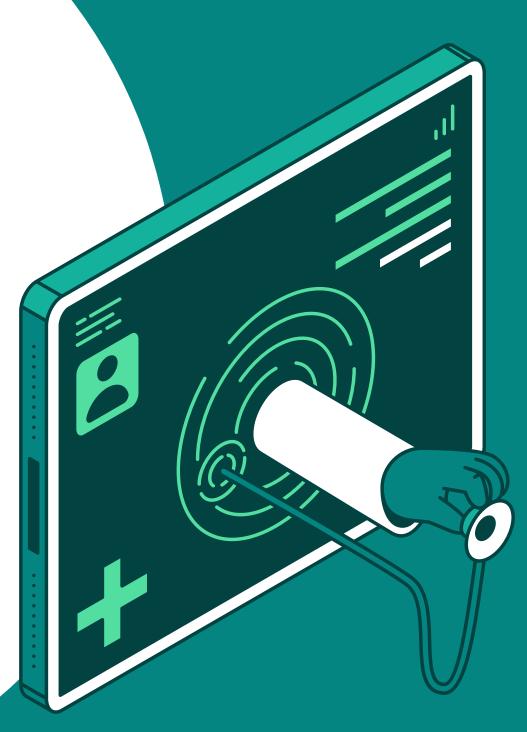












INTERACTIVE - DESIGN - FITNESS JOURNEY

WELLTRACK

Helio Yahia!
Wellow New Reminder

View Reminders

View Reminders

Fitness Overall Progress

Fitness Overall Progress

Current Challenges

Current Challenges

Complete 40
Push-ups

Healthy Meal Prep
than and prepare healthy results for the law

Morning Yoga Routine for 30 manutes

Skip:

Mark Complete

Your Fitness Journey

That restrant

Current Challenges

Complete
40 Push-ups

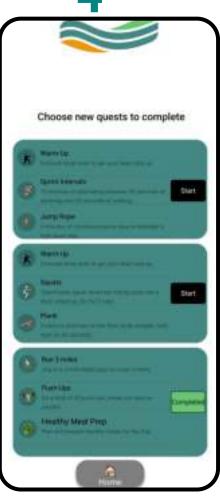
Run 3 miles

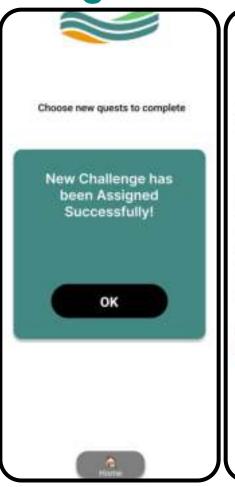
Healthy Meal Prep
Plan and prepare leading result for the Dec

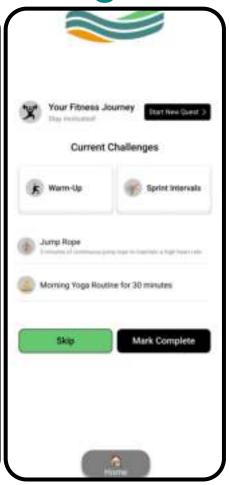
Morning Yoga Routine for 30 manutes

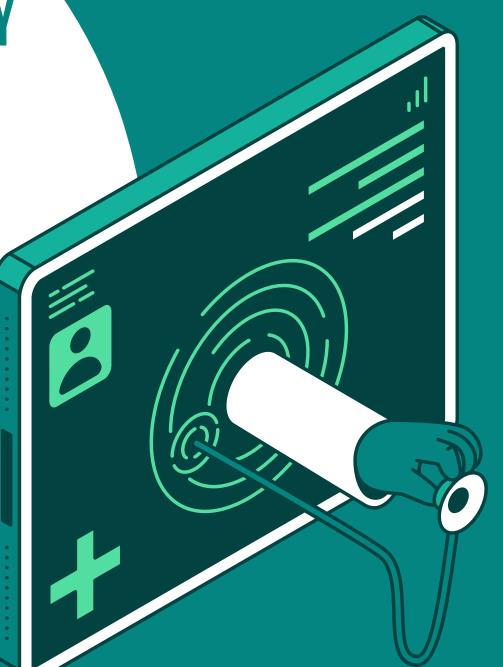
Skep:

Challenge Completed









INTERACTIVE - DESIGN - HEALTH TEST / DATA

WELLTRACK

Helio Yahia!
Wysourne to Well-lank

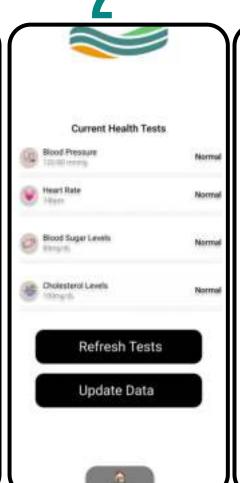
View Raminders

View Raminders

View Raminders

Fitness Gverall Progress

Fitness Overall Progress



Set Health Data

Errier Blood Pressure in mority:

9, 125/88

Errier Heart Rate in bpm:

9, 61

Errier Blood Sugar Levels in mg/dk.

9, 95

Errier Total Cholesterol in mg/dL:

9, 125/

