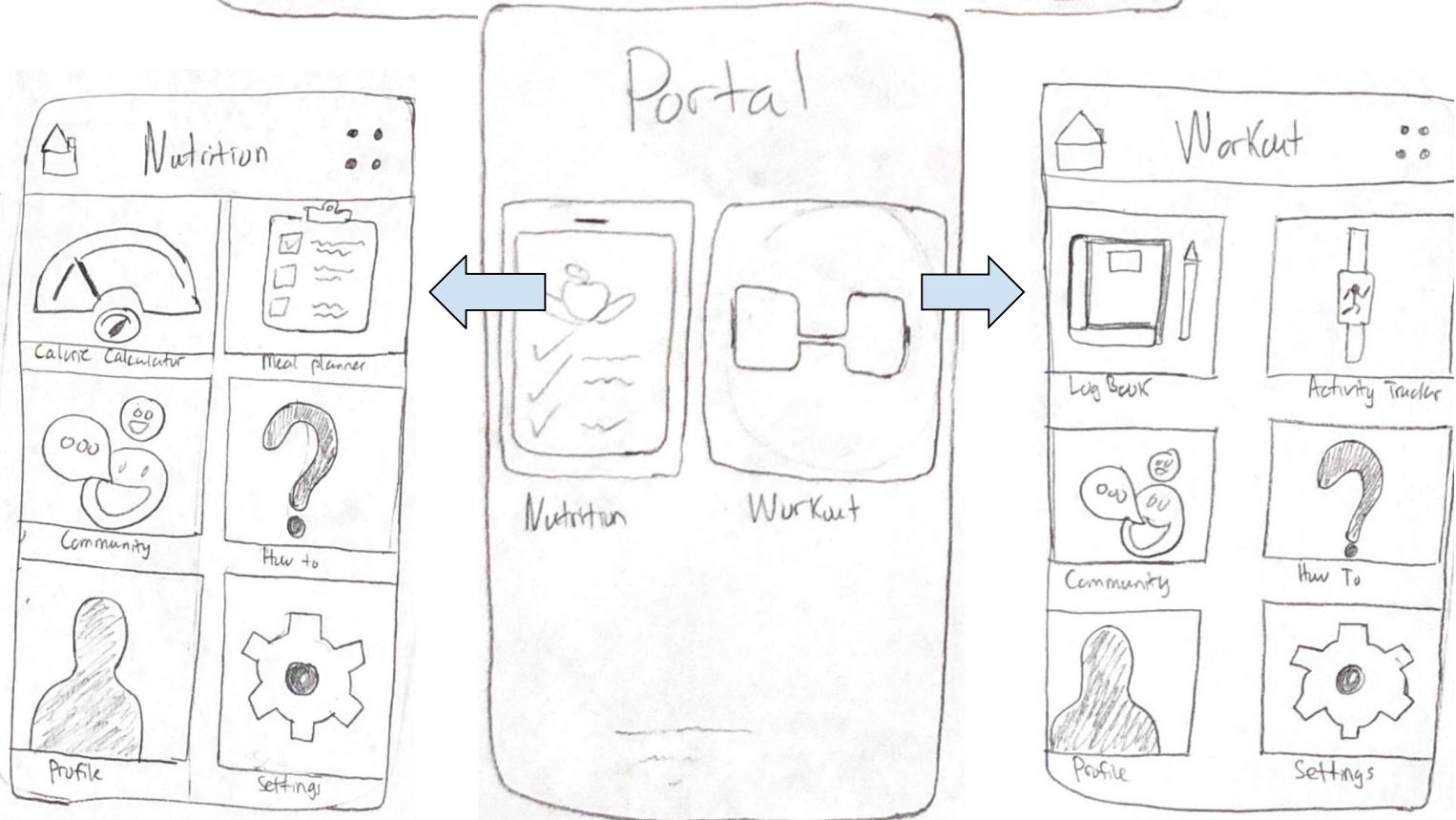
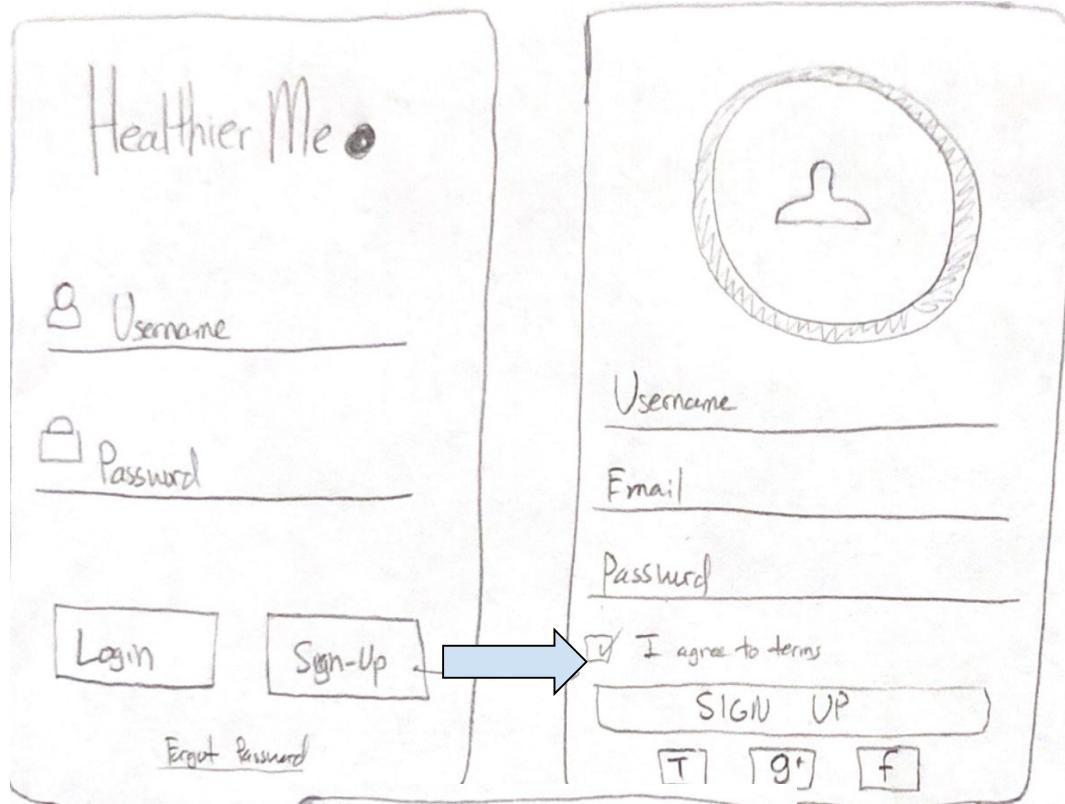
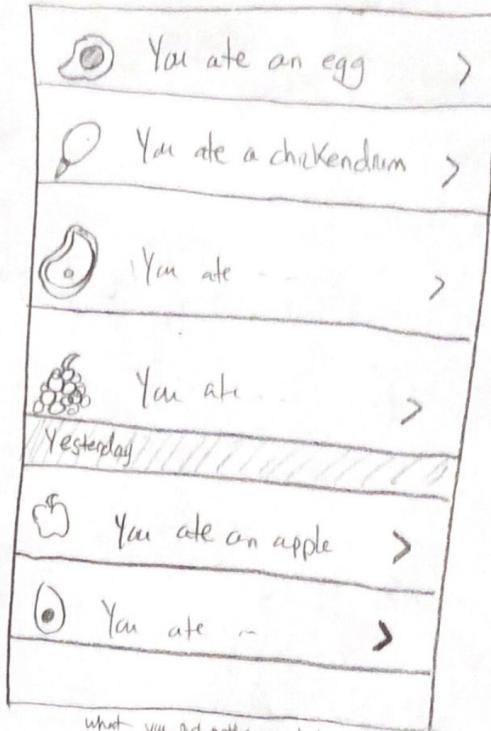
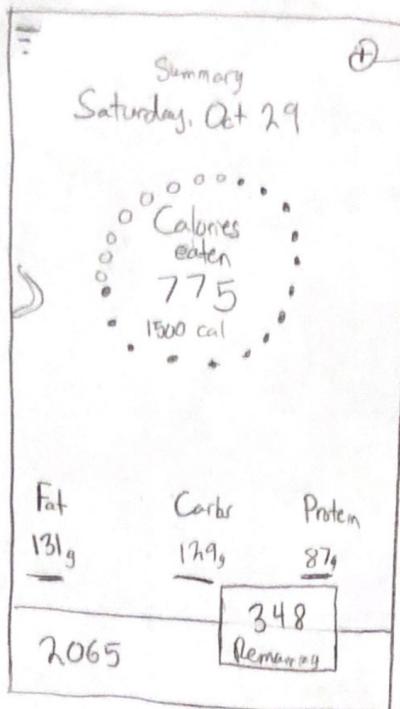


## Design One



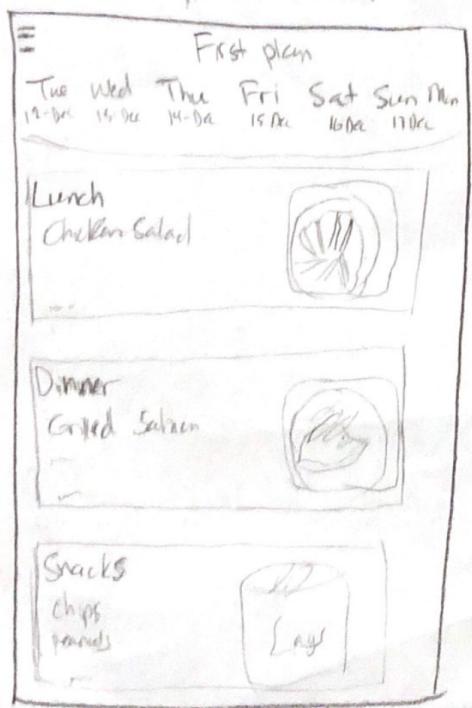
## Design One Nutrition Applications



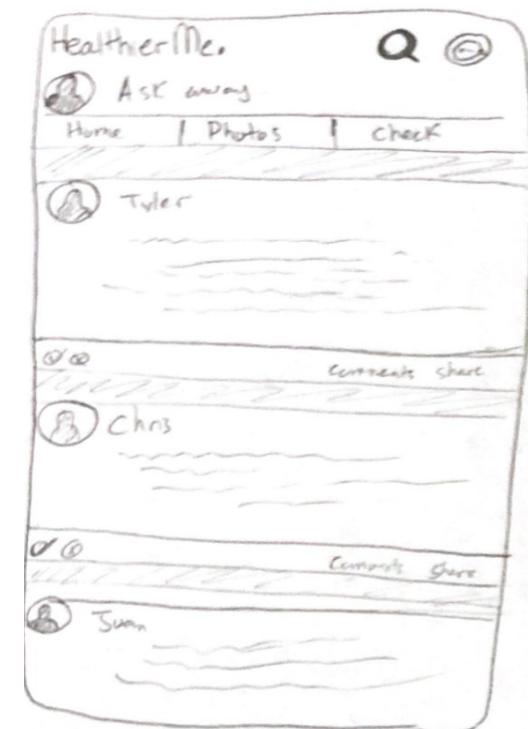
Swipe to get back to main hub

Calorie Calculator

what you put in the meal planner  
populates here



Meal Planner



Community Page

## Design One Workout Application

The LogBook screen displays a weekly workout summary for week 33, dated Sep 5. It includes a calendar view, a session for 'Chest, Quadriceps, Shoulders & abs' with exercises for Triceps, Chest, Shoulders, Core, Biceps, Back, Pectorals, Legs, Glutes, Cardio, and Calves, and another session for 'Legs, Cardio'.

The Add Exercise screen shows icons for various muscle groups: Triceps, Chest, Shoulders, Core, Biceps, Back, Pectorals, Legs, Glutes, Cardio, Calves, and Shawall.

LogBook

The Community Page lists users: Tyler, Chris, and Juan. Each user has a profile icon, a name, and a timeline of posts with 'comments share' options.

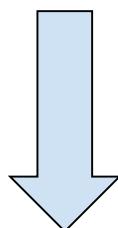
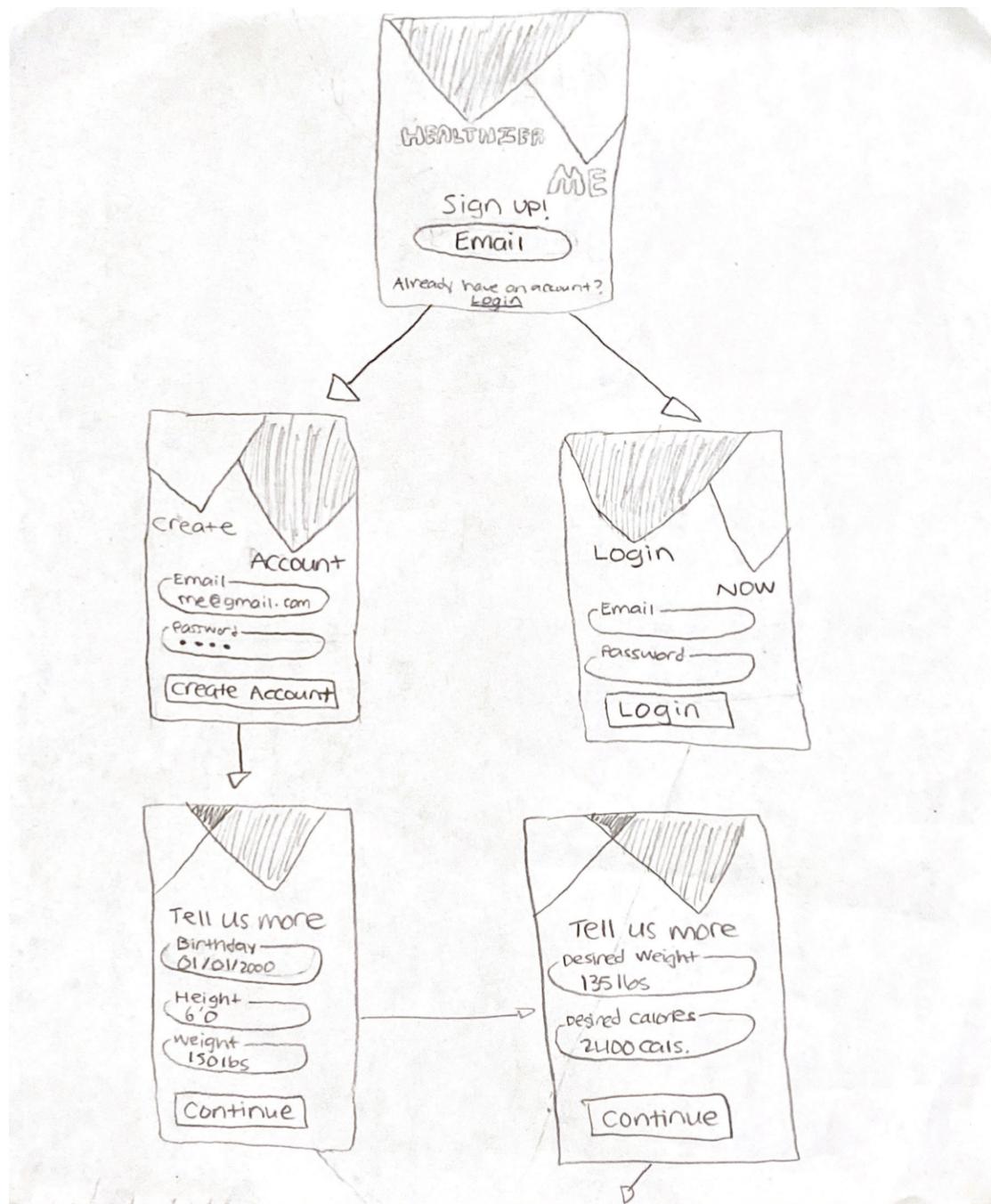
Community Page

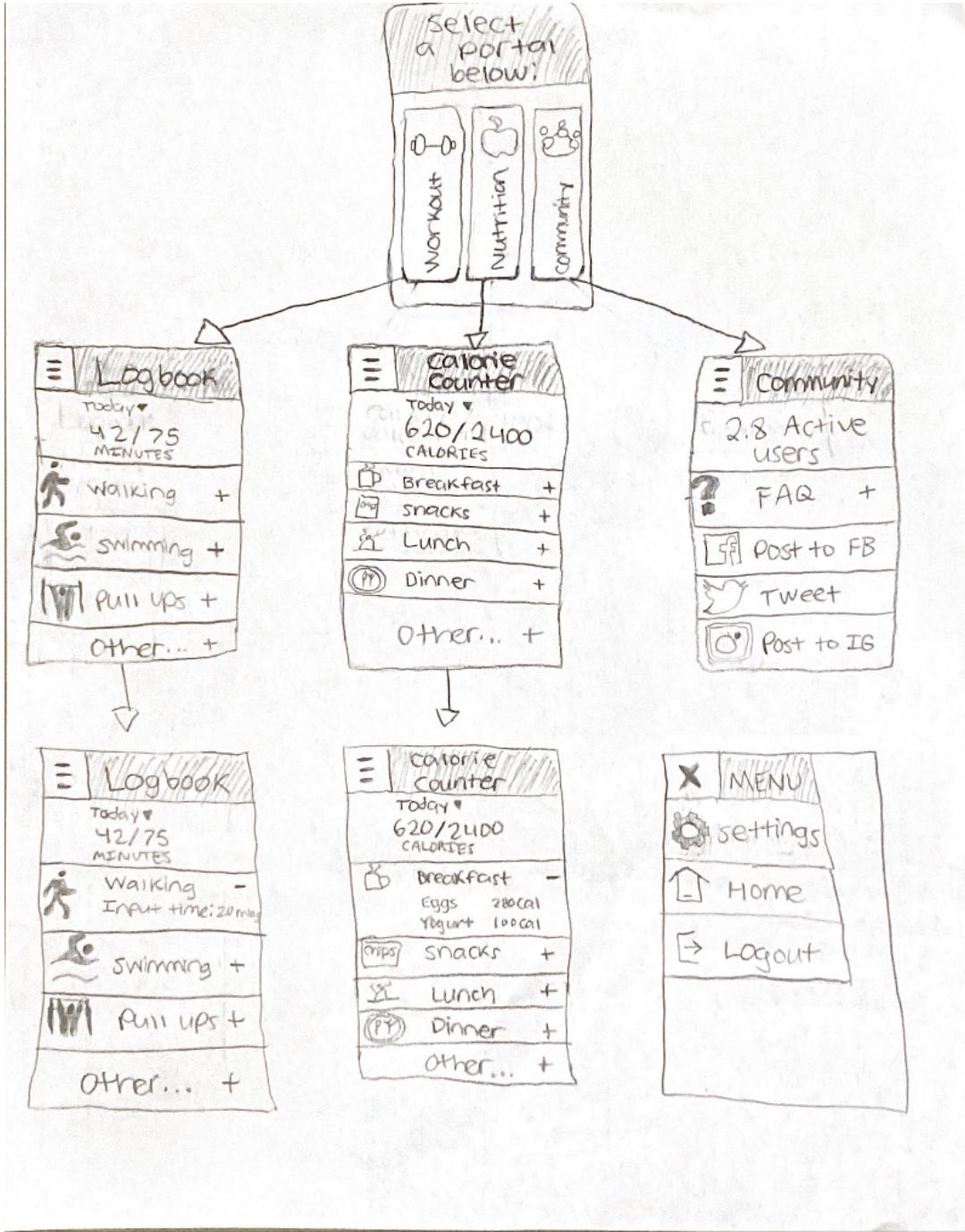
The Activity Tracker shows step counts for the week. The main chart displays daily step counts (S: 101K, M: 81K, Tu: 51K, Wed: 101K, Thu: 81K, Fri: 101K, Sat: 81K) and a bar chart for the week. Below, a table tracks steps for each day of the week.

Day	Steps
This Week	611K steps
Fri	4K >
Thu	3K >
Wed	3K >
Tue	3K >
Mon	3K >
Sun	3K >
Sat	3K >

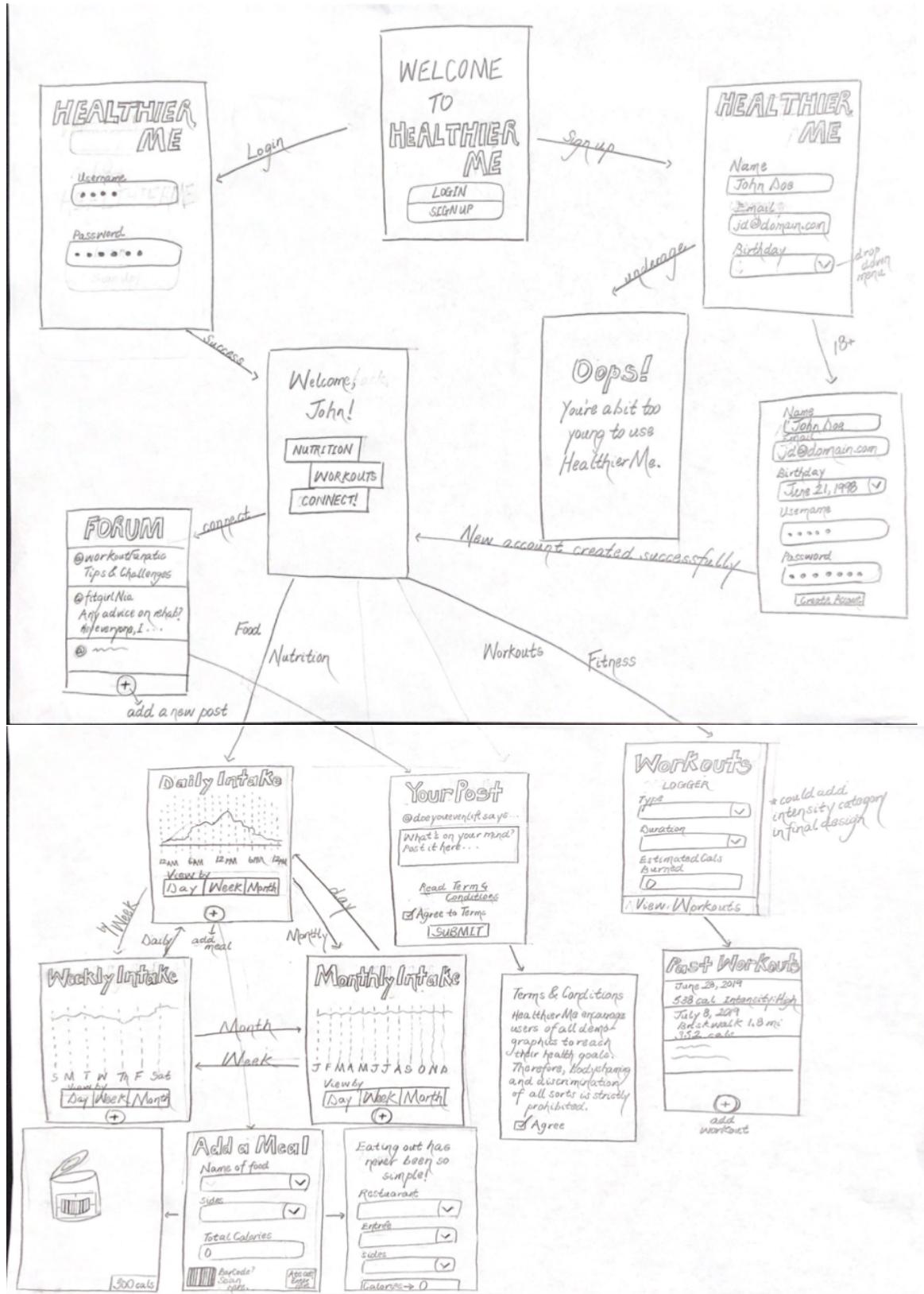
Activity Tracker

## Design Two





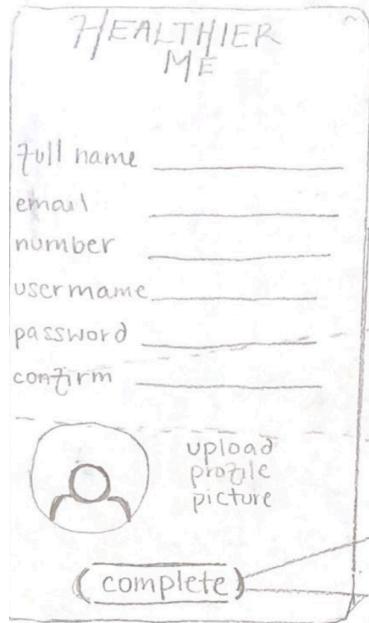
## Design Three



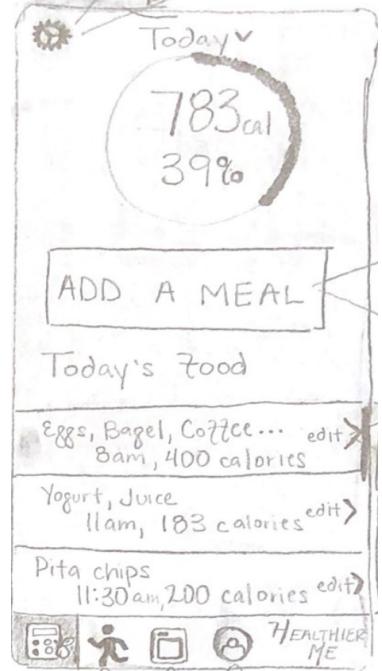
## Design Variations



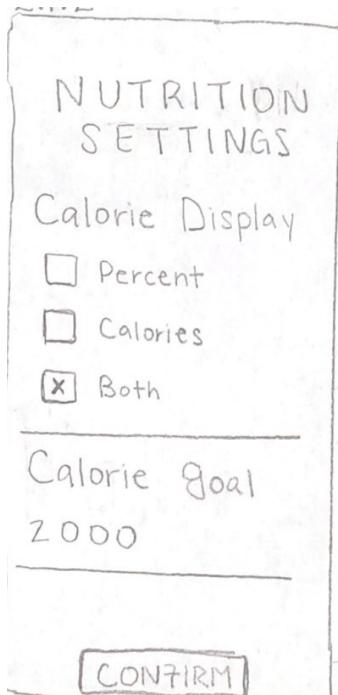
Design 1 Login Variation



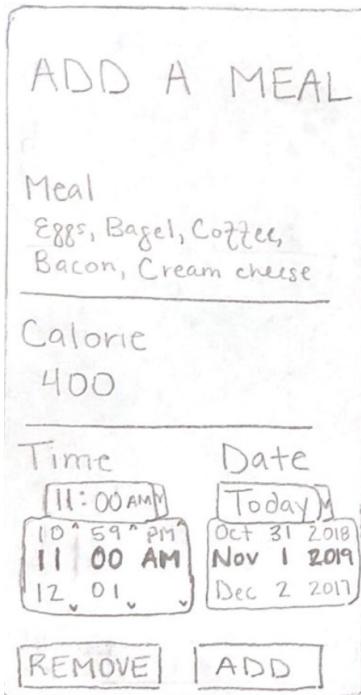
Design 1 SignUp Variation



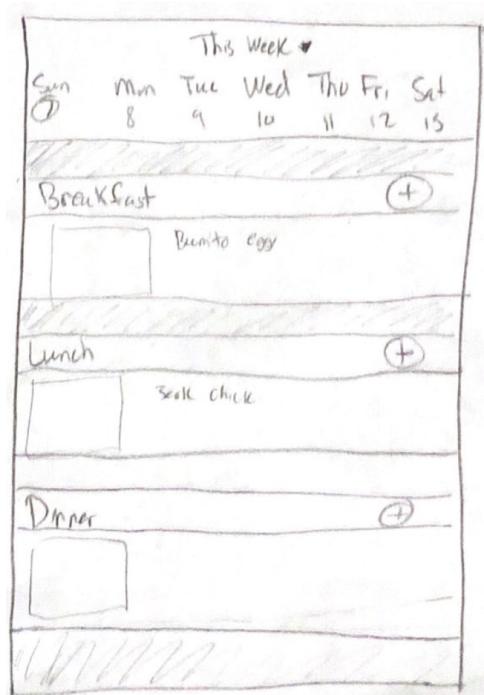
Design 1 Calorie Calculator Variation



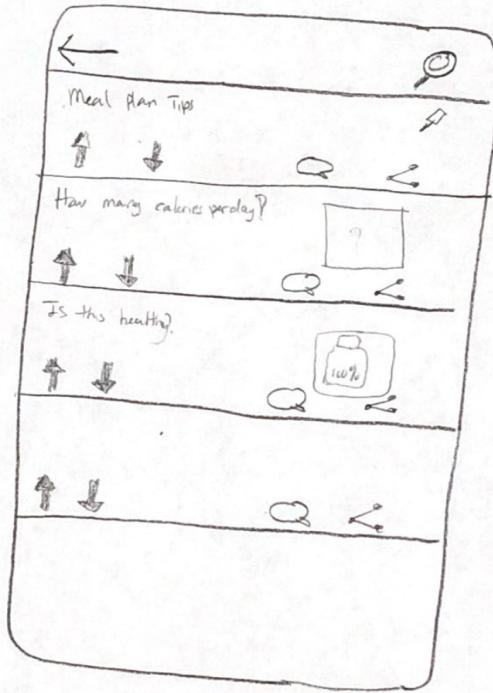
Design 2 Nutrition Setting Variation



Design 2 Calorie and Meal Planner Variation



Design 3 Meal Planner Variation



Design 3 Community/Forum  
Page Variation

### **System Evaluation**

Design Number	How System Works	Strengths	Weaknesses
1	See below	- more features are displayed in detail - user authentication login - icons are more visible and labeled	-same settings in both the nutrition and workout -has very specific selection for workout not a generic selection if the user is unsure -doesn't give goal motivation ('get up and move', positive reinforcements) - Not easy to navigate
2	See below	-much simpler to use -less buttons to click - user authentication login - ability to log activities that are not in the app by default	-can only log workouts by the minute -cannot see past progress -can't really interact with the community on the platform but can use other social media platforms to perform those tasks
3	See below	- user authentication login - more fluidity in navigating through - see progress through graphs - see past workouts and meal plans	-have to individually type in the workout or nutrition there is no way generic input list

## → Design 1 how the system works

The system first opens up asking the user to enter their username and password, if they do not have an account set up they can select sign up to create an account with the specified username, email, and password. Following the sign up/login phase, they are directed to a portal screen where they are able to select either nutrition or workout. If the user selects nutrition they have the option to select calorie calculator, meal planner, community, how too, profile, and settings. If the user chooses workout they have the option to select log book, activity tracker, community, how to, profile and settings. At the top of both is a house that indicates a home button to direct them back to the portal.

Within the nutrition applications the calorie calculator indicates the current amount of calories calculated for the day including the fat, carbs, protein and the remaining calories present to satisfy their goal. The add button on the top right is a way for the user to view what they ate throughout the day. They can then swipe left to go back nutrition tab. If the user selects meal planner they are able to plan out their meals in advance to keep them on track for the week on what to eat. They can again swipe left to go back to the nutrition tab.

Within the workout applications the logbook shows the current week with the amount of activity done on that week, underneath is the exercise the user did for the day. The top right has a plus button where they are directed to a page that indicates the muscle they exercised. They can swipe left to go back to the workout applications. The activity tracker allows the user to see and track the number of steps a user has done on a specific day.

For both the nutrition and workout page the community page allows the user to interact with others on the platform to see their progress and tips. The how to like a tutorial for how to use a specific module or feature within each individual page. The setting button allows the user to logout and to read the terms and conditions of the app.

## → Design 2 how the system works

The system first opens up with an option to select sign up or login. If the user selects create account, they will be asked to enter an email address and password, followed by their birthday, height, weight, followed by their desired weight and desired calories. If the user selects login they will be asked to sign in with their email and password. Once the user has signed up or logged in they will be directed to a portal page which includes workout, nutrition, and community.

If the user workout they will be directed to a logbook indicating the total amount of activity they did by the number of minutes they have the option to select walking, swimming, pull-ups etc by the + button and will have to input the amount they did for that activity.

If the user selects calorie counter they will be asked to input what they ate for breakfast, snacks, lunch and dinner by pressing the + sign and this will calculate the calories. The total amount of calories consumed will be displayed at the top.

Finally if the user chooses community they can see the active users, the FAQ and can post to Facebook, tweet, or even post on IG. in all three options there is a hamburger pull down menu which shows menu setting, home or logout. If the user selects menu they will be shown logbook, calorie counter, and community. If the user selects home they will be directed back to the portal page.

#### → Design 3 how the system works

The system first opens with an option to login or sign up. If the user decides to login they will be asked to enter their name, email and birthday (the user must be 18 years or older to continue) then will be asked to enter a username and password. The user will get an error message if they are underage. If the user selects login they will be asked to enter their username and password. Once the user has signed up or logged in they will be sent to a portal indicating whether to choose nutrition, workout, or connect.

If the user selects connect they will be directed to a forum where they can see tips and challenges, also other users on the platform to connect and gain advice. They have an add button at the bottom of their screen for the user to be able to add a post to the connect forum. Within the add a post they can enter what is on their mind and can read and agree to the terms and conditions before posting.

If the user selects nutrition they will be shown a screen for their daily intake, they also have the option to select week and month to see their progress. In all nutrition panels for day, week and month they have an add button at the bottom of the screen which will direct them to add a meal. Within the add a meal they will enter the name of food, sides and total calories they can also scan a barcode to be able to calculate the amount of calories, or if the user has been to a restaurant they can click on the lower right to be directed to another page where they can enter the restaurant name, the entree and sides and this will generate the total calorie the user ate.

If the user selects workout they will be asked to enter the type of workout, the amount of time they took to do the workout and the estimated amount of calories burned. They also have the option to view past workouts and at the bottom of the past workouts is a + sign so the user can add additional workouts if needed.

#### Evolution Process of Each Design and Decision:

From the first design we started off with two portals one specific to work out and the other for nutrition. It was like joining two applications into one, with separate UI designs for that particular portal. Upon user login, the user will have to decide which portal they want to go to either the Nutrition side or Workout side. We then considered how many clicks the user must use to navigate and might be too complicated for the user. Therefore we came up with the second design which focused more on combining nutrition, workout, and community into one portal.

After logging in the user is presented with having to decide which module they want to go to, which are the nutrition, workout or community module. Within the workout the user can only enter the duration of the workout in minutes and does not include the estimated calories burned. Within the community portal the user can see how many are on the application and can post on Facebook, tweet, or post on Instagram, which doesn't necessarily allow the user to interact with other users on the platform. Also, we wanted an application to allow the user to see past workouts and the progress they have made through the day, week and month. Therefore we came up with the third design.

The third design allows the user to see their fitness/nutrition journey over a large period of time, and will allow you to enter in the food they ate the calories it may have. They also have an option to post on the community page to be more proactive on the application than just social media. Also, this design is more user friendly with the user not having to click multiple times to get to a section.