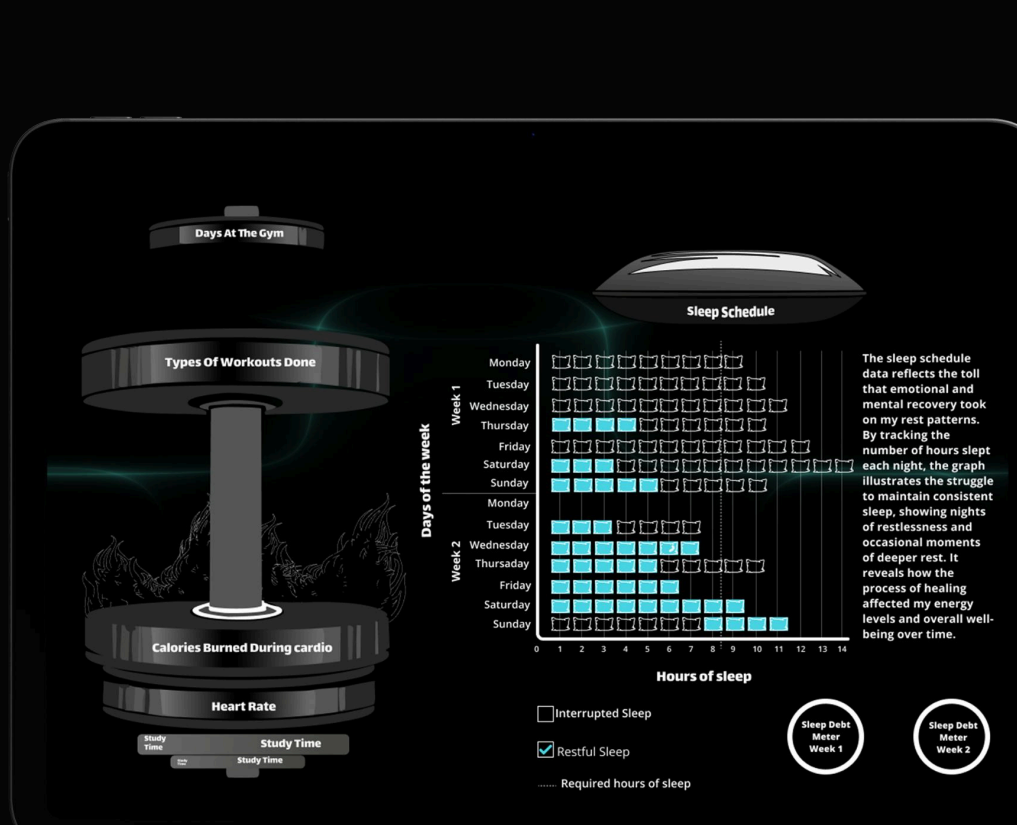
A personal reflection:
Mind, Body and Soul

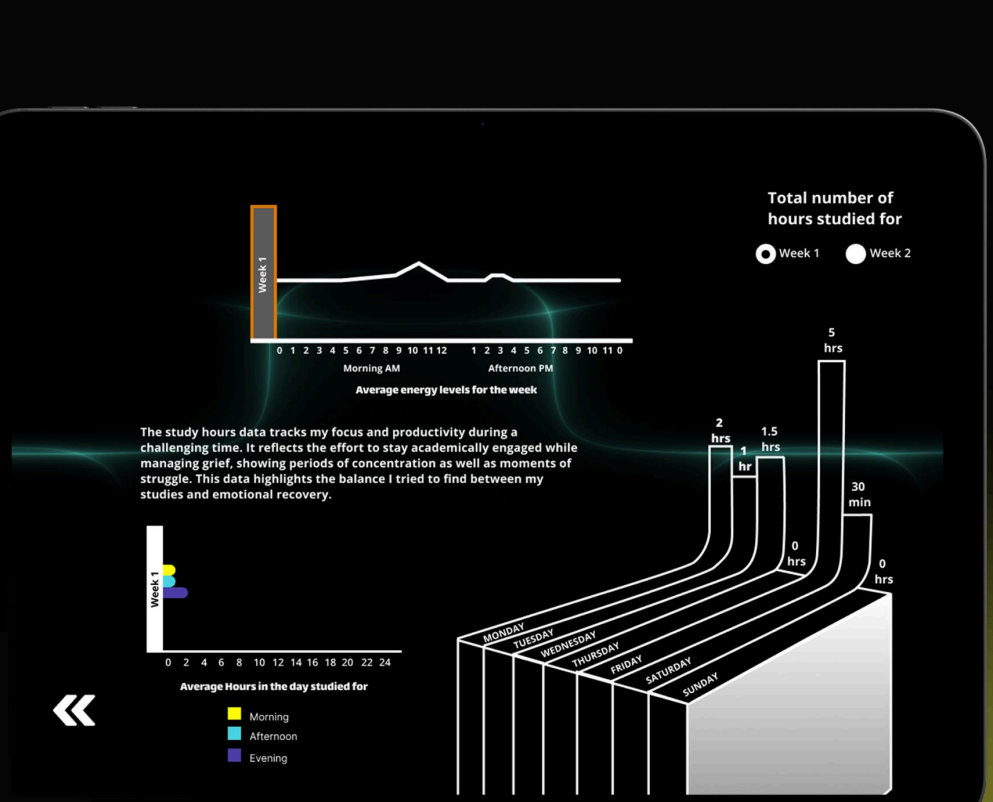
Grief is in 2 part: The first part is loss, the second is the remaking of life.

Grief is a complex and often isolating experience, characterized by a profound sense of disconnection from one's own mind, body and daily life. This project, 'A personal reflection: Mind, Body and Soul,' tackles a critical question: How can data visualization make the abstract, non-linear process of healing tangible and understandable?

In the aftermath of loss, it's difficult to perceive progress. Emotions and recovery feel chaotic, making it hard to see the gradual return to stability or identify the activities that genuinely aid healing.

I designed a personal data dashboard that transforms daily metrics into a visual narrative of resilience. By tracking interconnected aspects of well-being, the dashboard illustrates the ups and downs of the healing journey, highlighting the subtle correlations between emotional, physical, and mental recovery to foster self-awareness and hope.


Days at the gym
Types of Workouts Done
Sleep Schedule
Calories Burned During Cardio
Heart Rate
Study Time


Total number of hours studied for
Week 1
Week 2

The Design Challenge

Creating a visually compelling and interactive dashboard that could illustrate a deeply personal journey through grief and the process of regaining balance in life. The goal was to convey complex emotional and physical data in a clear, meaningful way that highlights the connections between mental, physical and academic recovery.

The problem Frame

The problem centered around capturing the nuanced and interconnected effects of grief on daily life. This required a data visualization approach that could display various metrics such as gym activity, sleep patterns, study hours and emotional health while maintaining a cohesive narrative. Additionally, the design needed to be engaging and intuitive, making it easy for users to interpret the story behind the data without overwhelming them.

The Solution

The solution was to create a dashboard with a thoughtful, visually engaging design that combines multiple data sets into a unified experience. The dashboard was built around key categories representing different aspects of recovery: gym activity, sleep, calories burned, heart rate and study hours. Each category uses interactive elements and micro-interactions to reveal specific data and insights, allowing users to explore the story at their own pace. The design is anchored by a dark, calming background and subtle neon accents, evoking a sense of introspection. This approach provides a clear and emotional narrative of resilience and self-care, emphasizing the importance of balance and healing in the face of adversity.

The Design Process...

Research: Data Curation

Data curation was essential in crafting this dashboard to ensure that each metric such as gym activity, sleep and study hours was relevant and reflective of the overarching story of resilience and balance. By carefully selecting and organizing the data, the dashboard provides a meaningful narrative, allowing viewers to understand the interconnected effects of emotional and physical recovery on well-being.

Step 1: Choose a Data Set

The days I go to the gym and the time I spend there will be recorded to show consistency and time management efficiency. It will also track motivation, show accountability, and reflect my mental well-being on that particular day.
Dhiali Chetty

My sleep schedule will be recorded as proof of recovery and also reflects my level of mental clarity and focus during study hours. The sleep schedule will also show the stress being put on my mind and body.
Dhiali Chetty

The data set of what workouts I do with their time limits shows if I'm getting a balanced workout and targeting all the correct muscles, it shows at what level of intensity I am at and if I've increased or decreased over time, it also helps me identify trends in my workouts so I can customize the workout to my needs.
Dhiali Chetty

Tracking the calories I burn during cardio workout sessions to see if I'm in a calorie deficit or surplus so that I can adjust my diet for weight loss instead of muscle gain, it helps me see if I am building stamina, which shows activity improvement. I also get to track how my overall mental health is after a cardio workout, whether it has improved or decreased.
Dhiali Chetty

Tracking my heart rate during cardio lets me know how often and for how long I'm in the fat-burning stage.
Dhiali Chetty

Tracking my study time will give an insight into my time management skills and if it links to which days I do certain workouts to see which exercise increases my focus and productivity.
Dhiali Chetty

State your unique angle/purpose for the dashboard.

Step 2: Choose your Angle/Purpose

Workout frequency & duration show an overcompensation for grief. The visual data shows overtraining as a form of escape, indicating a mental state of trying to work through grief by overloading my body.
Dhiali Chetty

The neglect of Academics. The data shows the struggle to focus on academic responsibilities because physical activity is mainly used to push aside emotional pain.
Dhiali Chetty

The sleep schedule shows the emotional and physical exhaustion experienced through lack of proper recovery contributing to overall poor mental state
Dhiali Chetty

The sleep schedule shows the emotional and physical exhaustion experienced through lack of proper recovery contributing to an overall poor mental state.
Dhiali Chetty

This dashboard shows the tipping point from being down in the dumps to picking myself up. During grief vs. after grief shows the reader the contrast between a healthy routine and one consumed by grief.
Dhiali Chetty

Step 3: Define data sources

Identify where the data will come from.

Virgin Active Fitness app: Technogym equipment app that shows the data of when the specific equipment was used (Technogym equipment is the brand used at Virgin Active gyms).
Dhiali Chetty

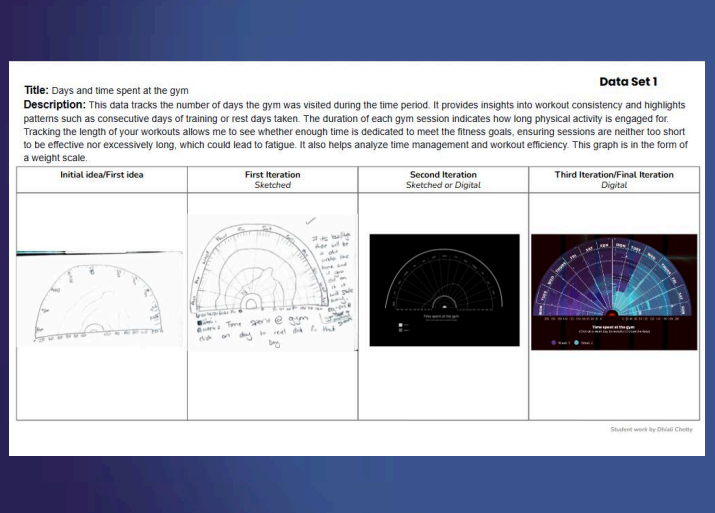
Timing myself at the gym and the weights used.
Dhiali Chetty

Timing my sleep schedule and how many times I wake up during the night.
Dhiali Chetty

Timing my study hours.
Dhiali Chetty

Planning: Data Visualization Iterations

Visualization iterations played a key role in refining how data was presented, emphasizing clarity and engagement. Each iteration allowed for adjustments in graph style, color schemes and layout to enhance readability and emotional resonance. These changes were crucial in making the data approachable and insightful for the end user.



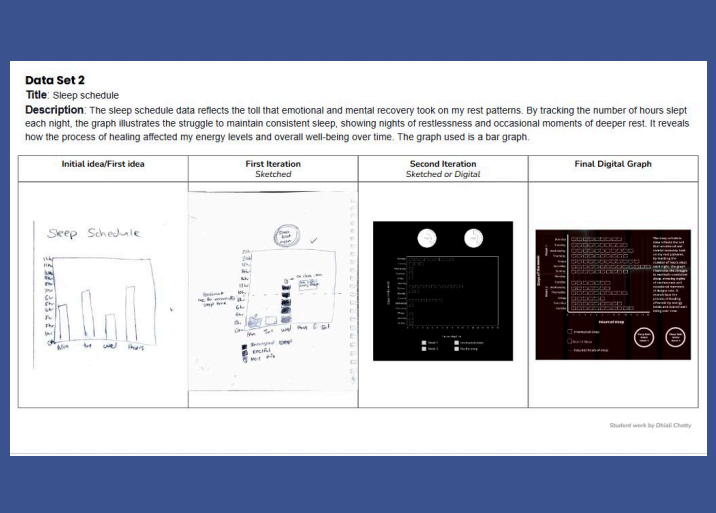
Data Set 1

Title: Days and time spent at the gym

Description: This data tracks the number of days the gym was visited during the time period. It provides insights into workout consistency and highlights patterns such as consecutive days of training or rest days taken. The duration of each gym session indicates how long physical activity is engaged for. Tracking the length of your workouts allows me to see whether enough time is dedicated to meet the fitness goals, ensuring sessions are neither too short to be effective nor excessively long, which could lead to fatigue. It also helps analyze time management and workout efficiency. This graph is in the form of a weight scale.

Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Third Iteration/Final Iteration *Digital*

Student work by Dhiali Chetty



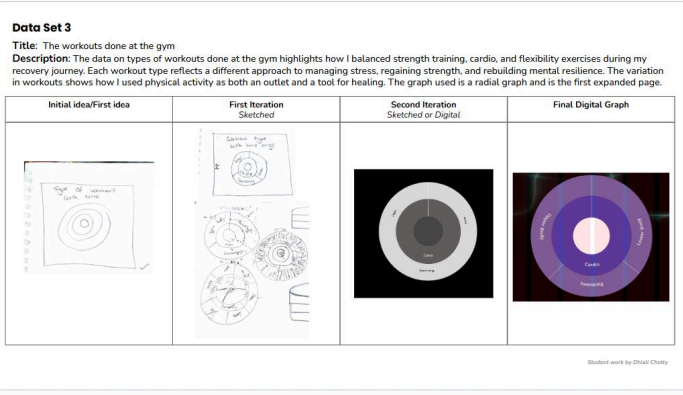
Data Set 2

Title: Sleep schedule

Description: The sleep schedule data reflects the toll that emotional and mental recovery took on my rest patterns. By tracking the number of hours slept each night, the graph illustrates the struggle to maintain consistent sleep, showing nights of restlessness and occasional moments of deeper rest. It reveals how the process of healing affected my energy levels and overall well-being over time. The graph used is a bar graph.

Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Final Digital Graph

Student work by Dhiali Chetty



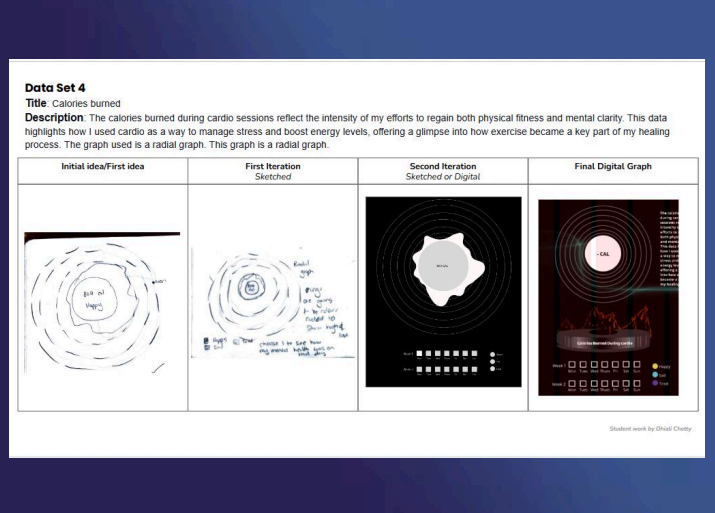
Data Set 3

Title: The workouts done at the gym

Description: The data on types of workouts done at the gym highlights how I balanced strength training, cardio, and flexibility exercises during my recovery journey. Each workout type reflects a different approach to managing stress, regaining strength, and rebuilding mental resilience. The variation in workouts shows how I used physical activity as both an outlet and a tool for healing. The graph used is a radial graph and is the first expanded page.

Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Final Digital Graph

Student work by Dhiali Chetty



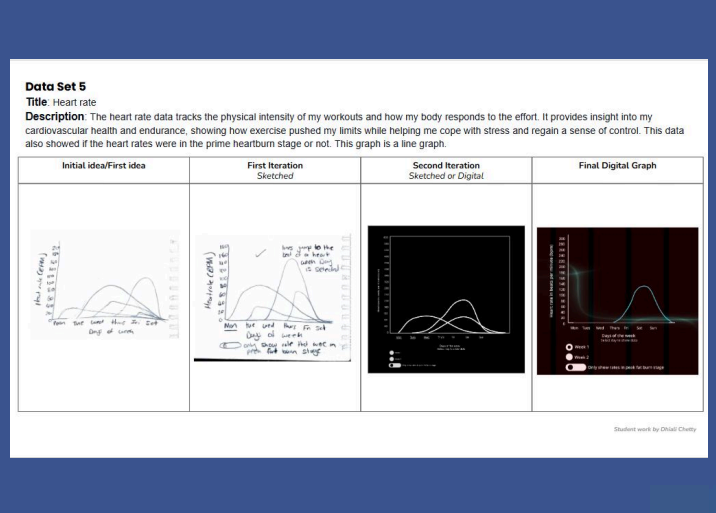
Data Set 4

Title: Calories burned

Description: The calories burned during cardio sessions reflect the intensity of my efforts to regain both physical fitness and mental clarity. This data highlights how I used cardio as a way to manage stress and boost energy levels, offering a glimpse into how exercise became a key part of my healing process. The graph used is a radial graph. This graph is a radial graph.

Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Final Digital Graph

Student work by Dhiali Chetty



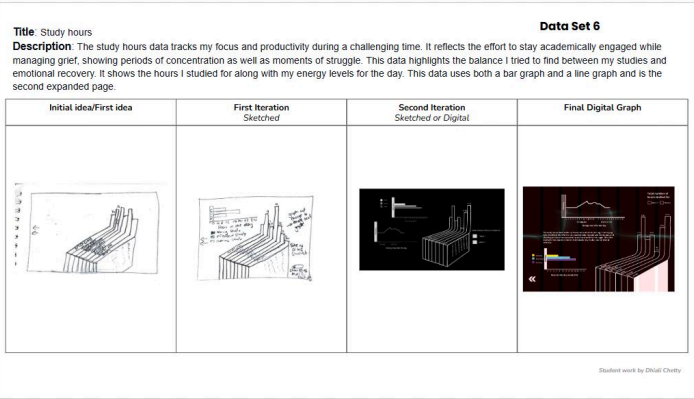
Data Set 5

Title: Heart rate

Description: The heart rate data tracks the physical intensity of my workouts and how my body responds to the effort. It provides insight into my cardiovascular health and endurance, showing how exercise pushed my limits while helping me cope with stress and regain a sense of control. This data also showed if the heart rates were in the prime heartburn stage or not. This graph is a line graph.

Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Final Digital Graph

Student work by Dhiali Chetty



Data Set 6

Title: Study hours

Description: The study hours data tracks my focus and productivity during a challenging time. It reflects the effort to stay academically engaged while managing grief, showing periods of concentration as well as moments of struggle. This data highlights the balance I tried to find between my studies and emotional recovery. It shows the hours I studied for along with my energy levels for the day. This data uses both a bar graph and a line graph and is the second expanded page.

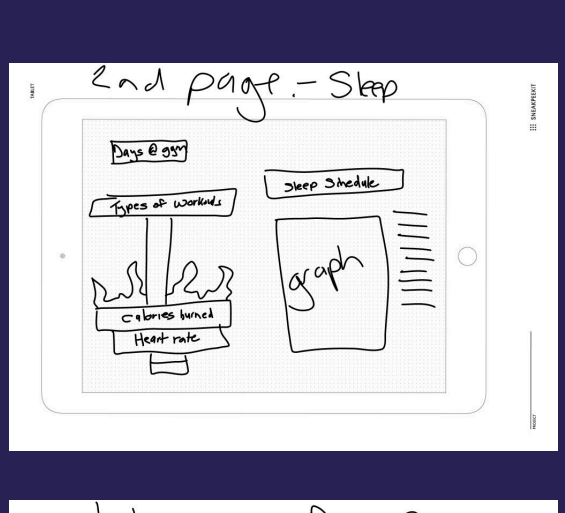
Initial idea/First idea | First Iteration *Sketched* | Second Iteration *Sketched or Digital* | Final Digital Graph

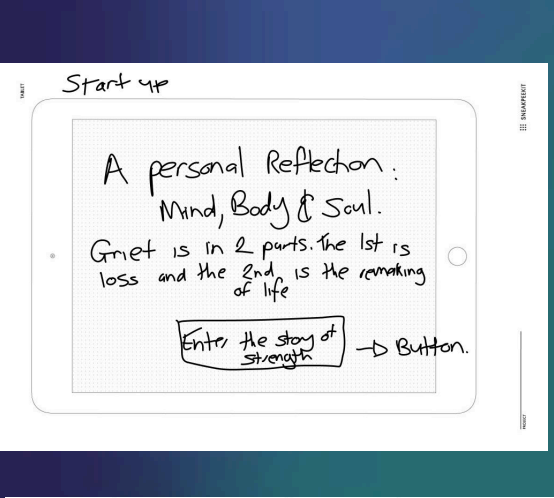
Student work by Dhiali Chetty

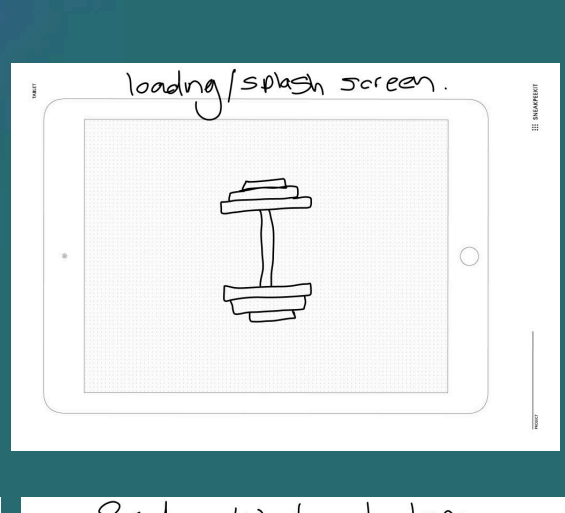
Planning: Wireframes

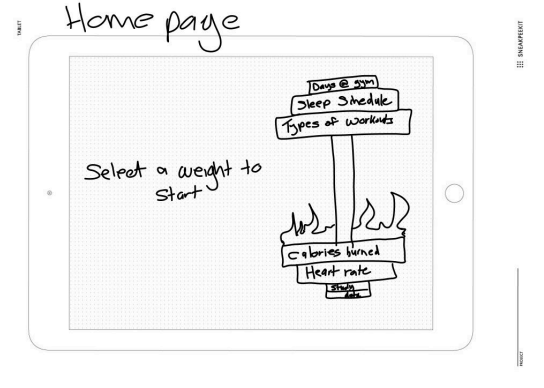
The sketched and annotated wireframes laid the foundation for the dashboard's structure, ensuring a logical flow and usability of each interactive component. Sketching wireframes allowed for initial brainstorming on layout and user journey, while annotated wireframes added further precision, detailing functionality and alignment for a cohesive design.

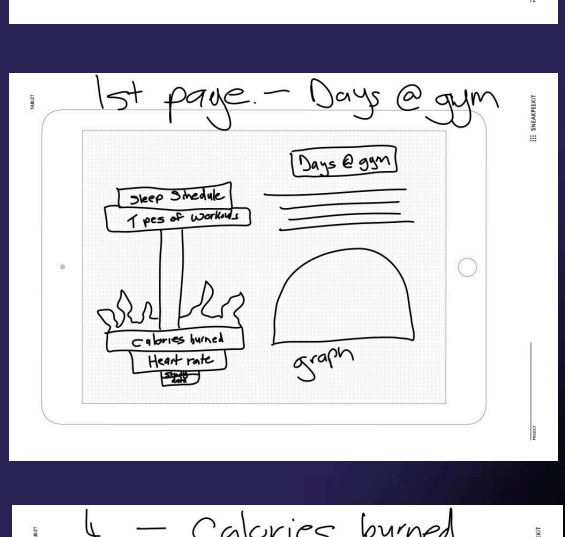
Sketched Wireframes

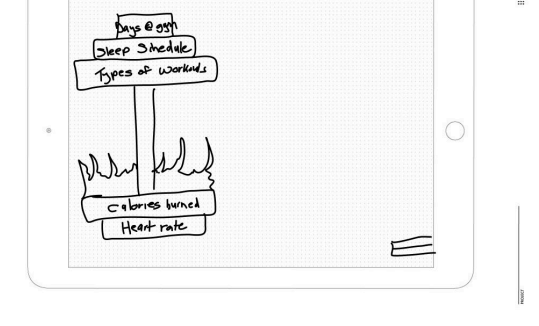

2nd page - Sleep
Days @ gym
Types of workouts
Sleep Shedule
graph
Calories burned
Heart rate

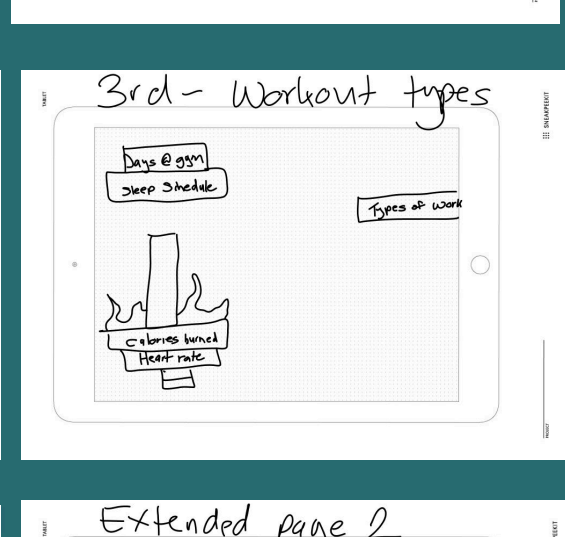

Start up
A personal Reflection.
Mind, Body & Soul.
Grief is in 2 parts. The 1st is loss and the 2nd is the remaking of life
Enter the story of strength
→ Button.

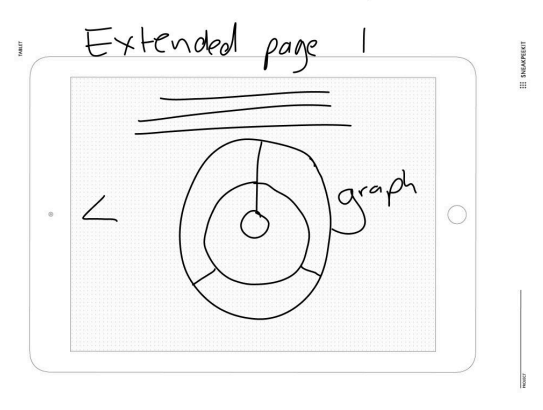

loading/splash screen.

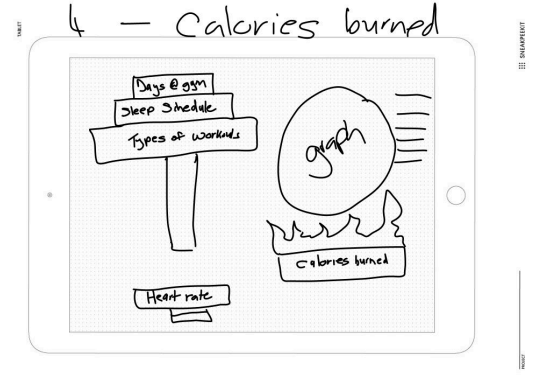

Home page
Select a weight to start
Days @ gym
Sleep Shedule
Types of workouts
Calories burned
Heart rate

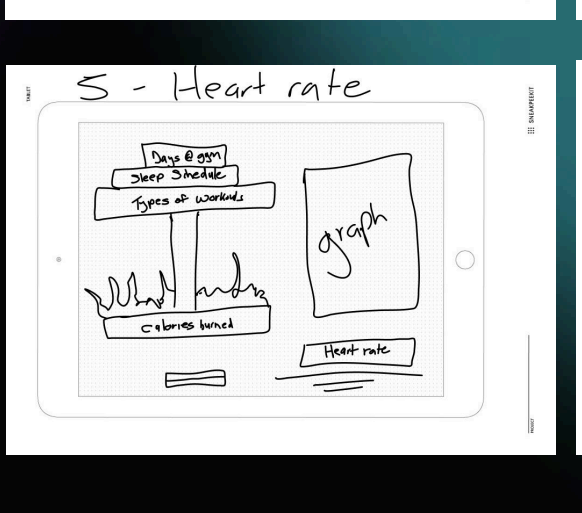

1st page - Days @ gym
Days @ gym
Sleep Shedule
Types of workouts
Calories burned
Heart rate
graph

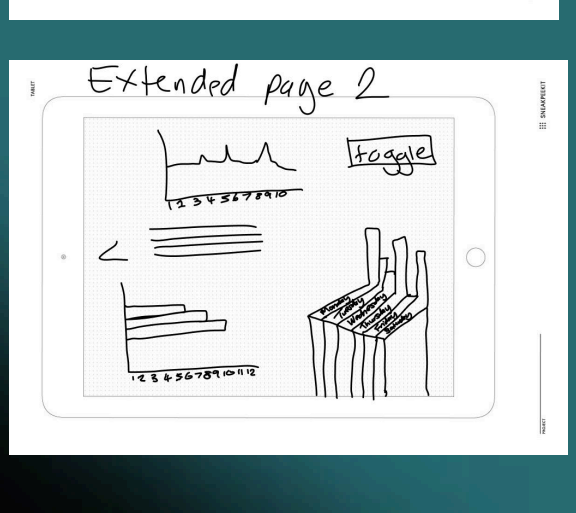

6 - Study data
Days @ gym
Sleep Shedule
Types of workouts
Calories burned
Heart rate


3rd - Workout types
Days @ gym
Sleep Shedule
Types of work
Calories burned
Heart rate

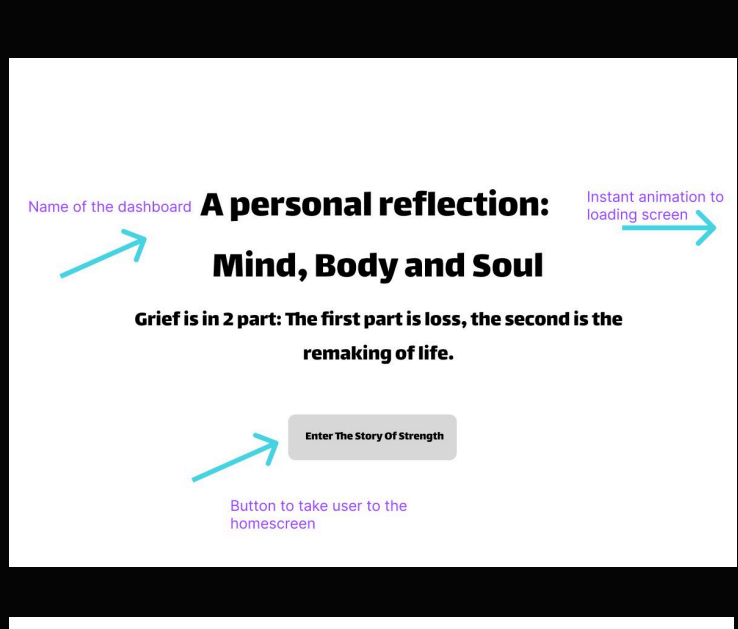

Extended page 1
graph

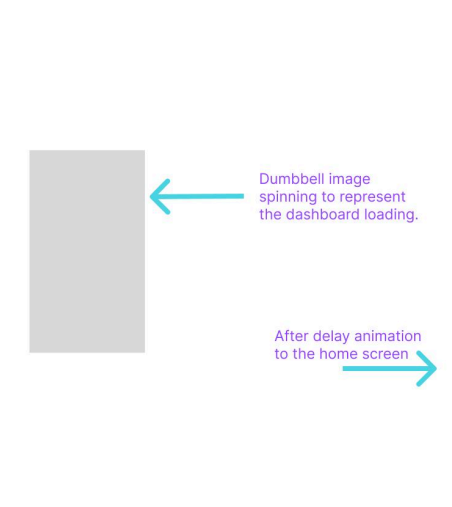

4 - Calories burned
Days @ gym
Sleep Shedule
Types of workouts
graph
Calories burned
Heart rate

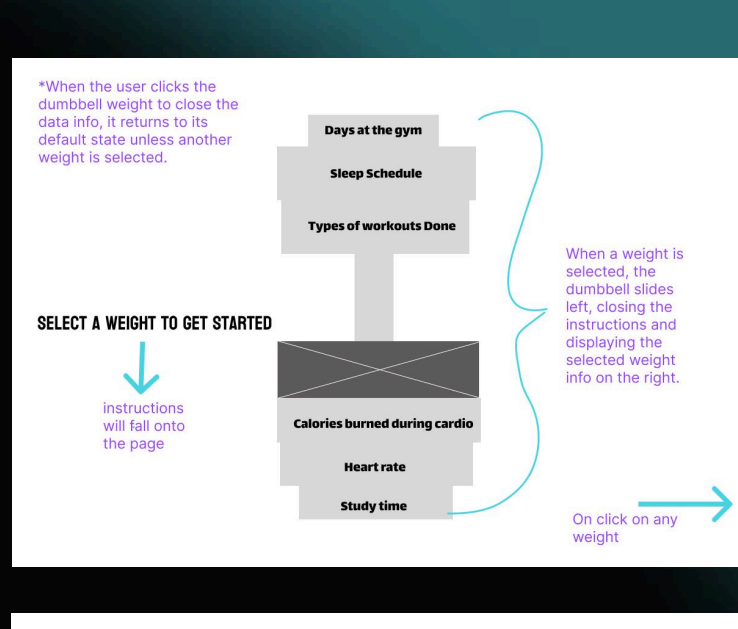

5 - Heart rate
Days @ gym
Sleep Shedule
Types of workouts
graph
Calories burned
Heart rate

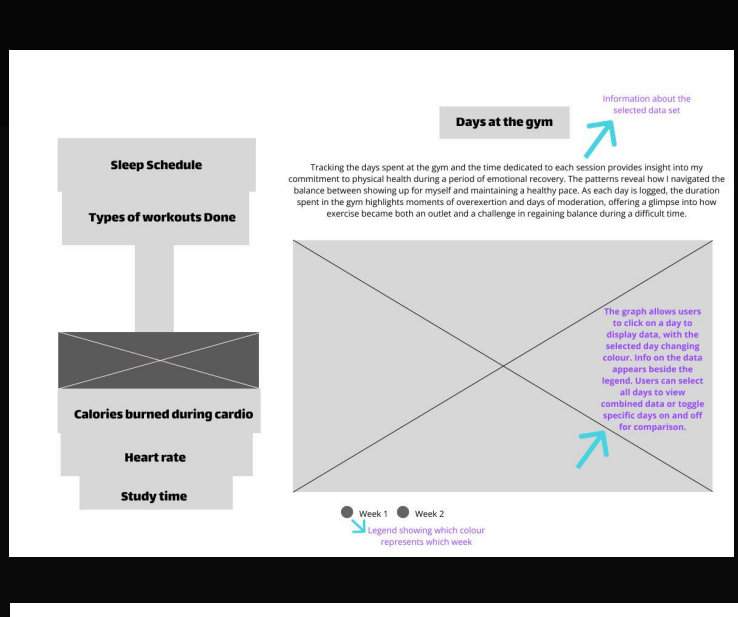

Extended page 2
toggle

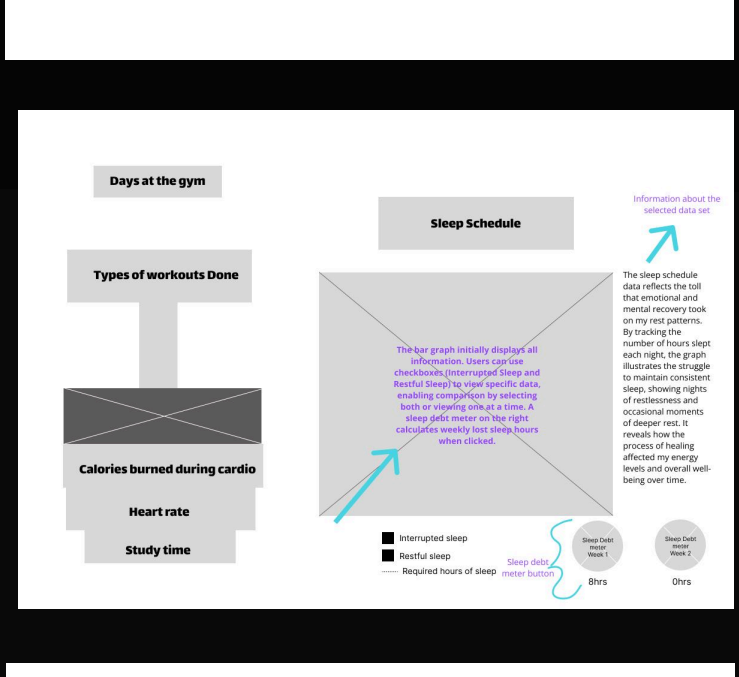
Annotated High fidelity Wireframes

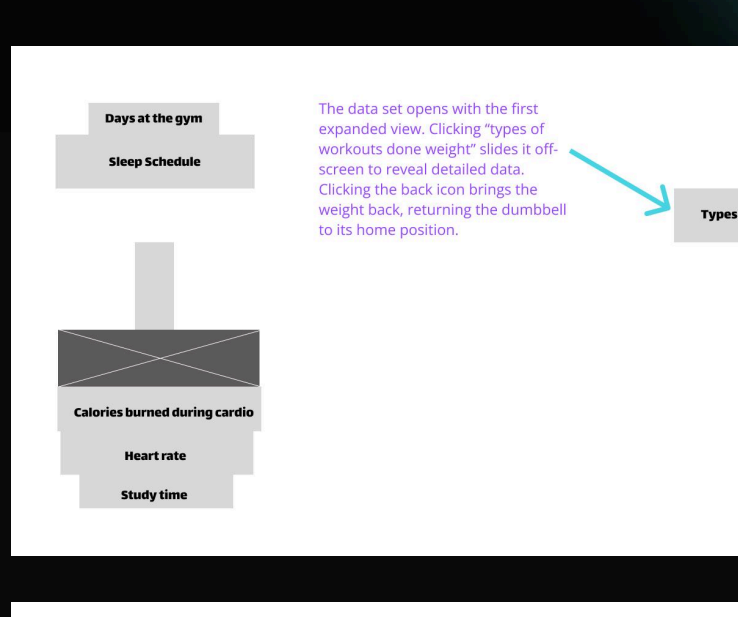

Name of the dashboard
A personal reflection:
Mind, Body and Soul
Grief is in 2 part: The first part is loss, the second is the remaking of life.
Instant animation to loading screen
Enter The Story Of Strength
Button to take user to the homescreen

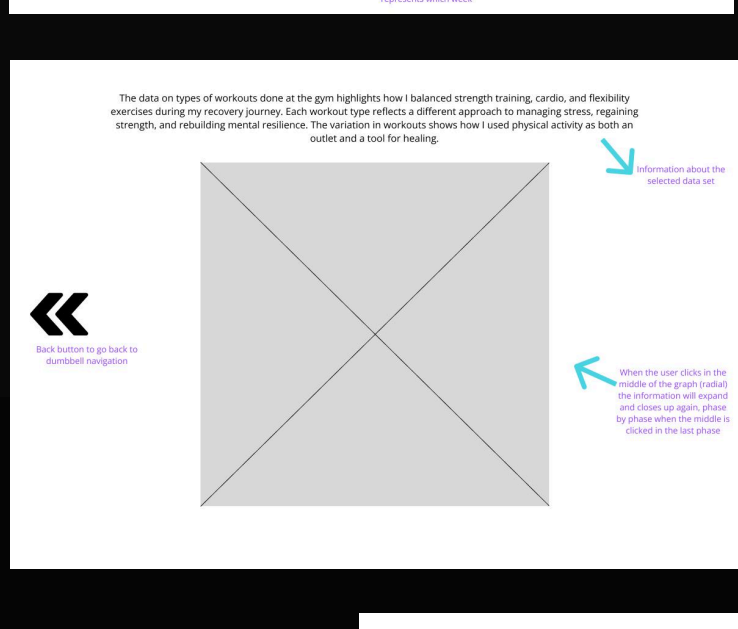

Dumbbell image spinning to represent the dashboard loading.
After delay animation to the home screen

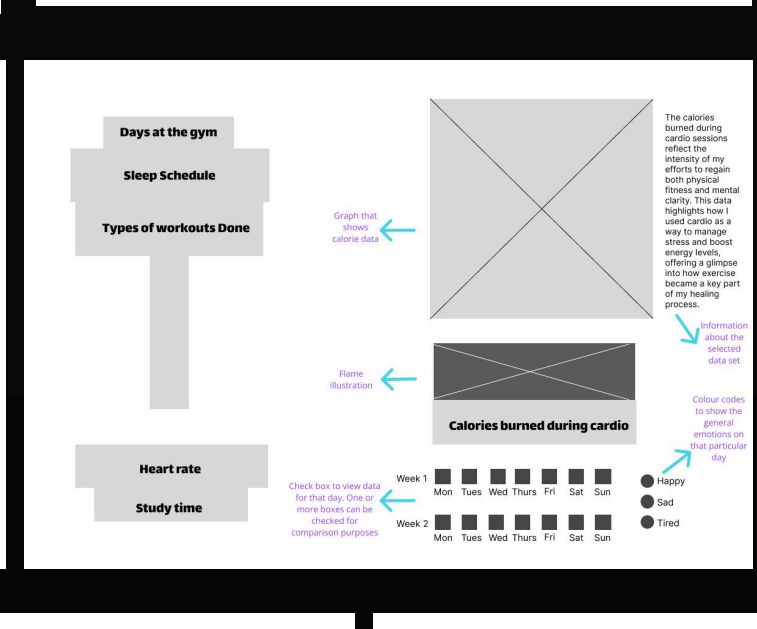

*When the user clicks the dumbbell weight to close the data info, it returns to its default state unless another weight is selected.
Days at the gym
Sleep Schedule
Types of workouts Done
SELECT A WEIGHT TO GET STARTED
Instructions will fall onto the page
Calories burned during cardio
Heart rate
Study time
When a weight is selected, the dumbbell slides left, closing the instructions and displaying the selected weight info on the right.
On click on any weight

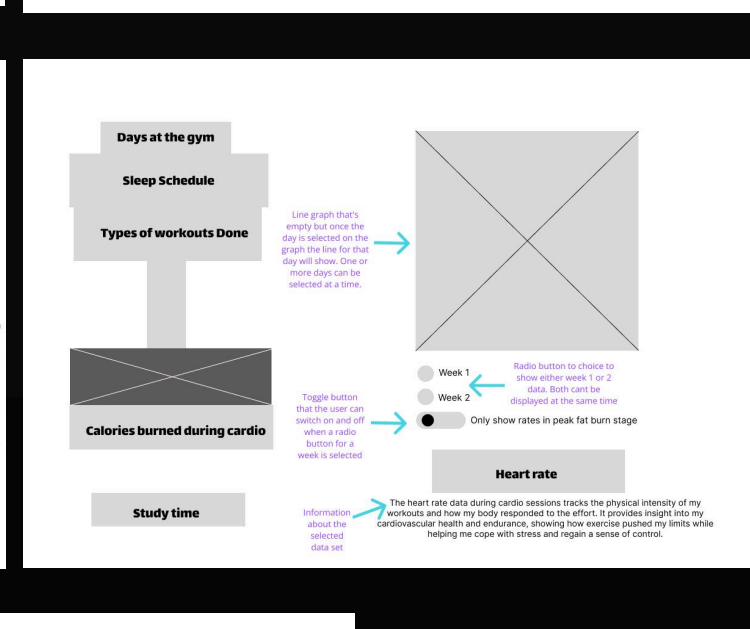

Days at the gym
Sleep Schedule
Types of workouts Done
Calories burned during cardio
Heart rate
Study time

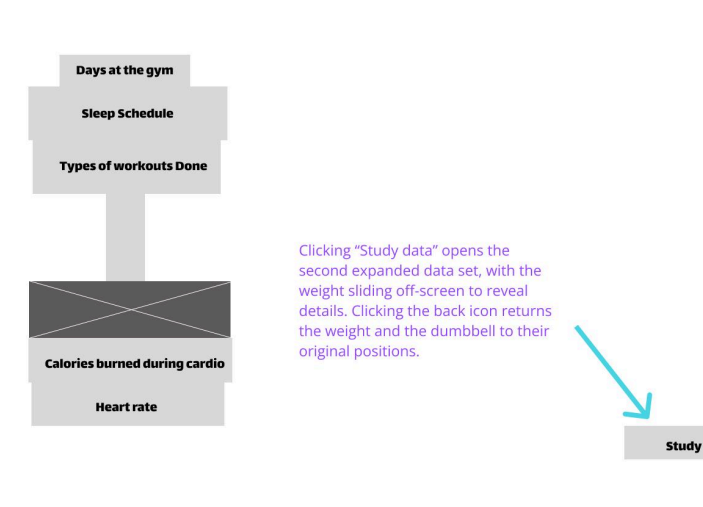

Days at the gym
Sleep Schedule
Types of workouts Done
Calories burned during cardio
Heart rate
Study time

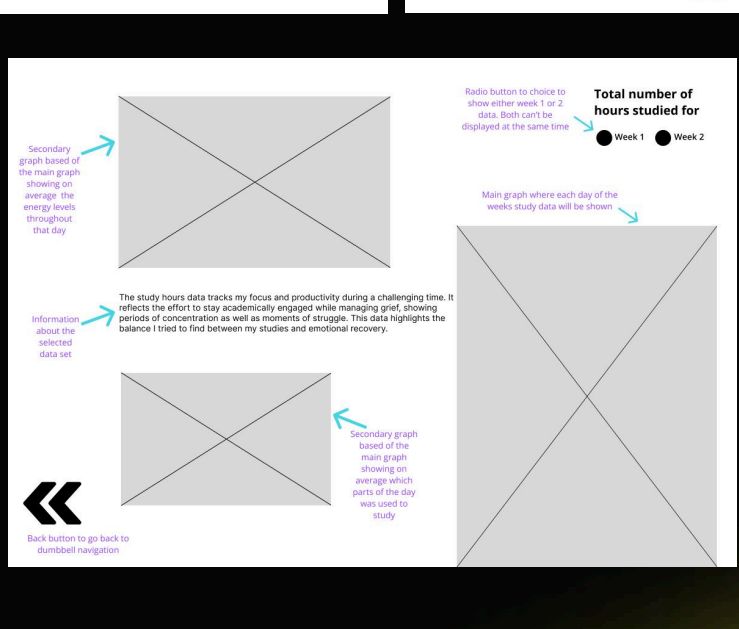

Days at the gym
Sleep Schedule
The data set opens with the first expanded view. Clicking "Types of workouts done weight" slides it off-screen to reveal detailed data. Clicking the back icon brings the weight back, returning the dumbbell to its home position.
Calories burned during cardio
Heart rate
Study time




Days at the gym
Sleep Schedule
Types of workouts Done
Calories burned during cardio
Heart rate
Study time

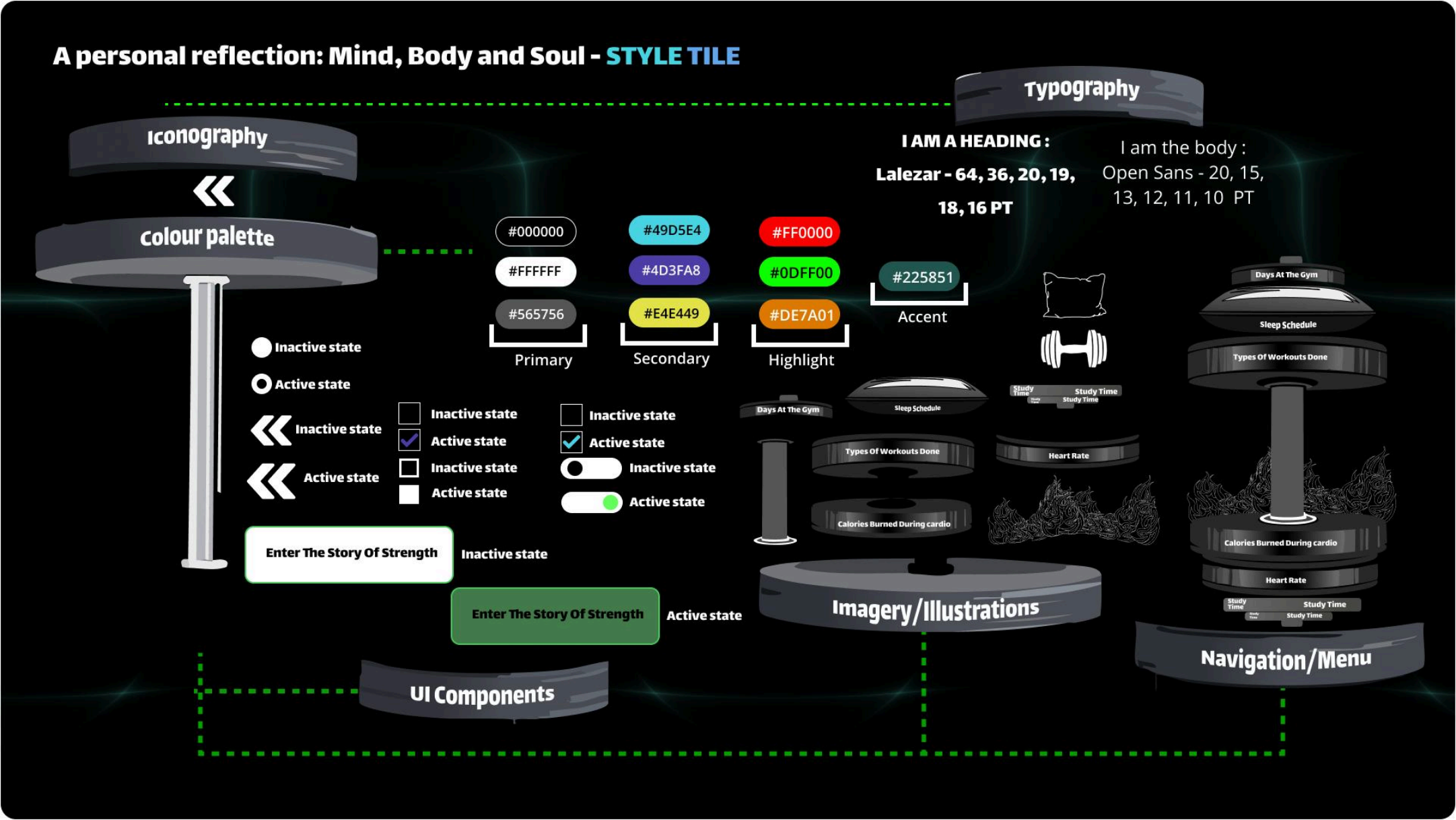

Days at the gym
Sleep Schedule
Types of workouts Done
Calories burned during cardio
Heart rate
Study time


Days at the gym
Sleep Schedule
Types of workouts Done
Calories burned during cardio
Heart rate
Clicking "Study data" opens the second expanded data set, with the weight sliding off-screen to reveal details. Clicking the back icon returns the weight and the dumbbell to their original positions.


Total number of hours studied for

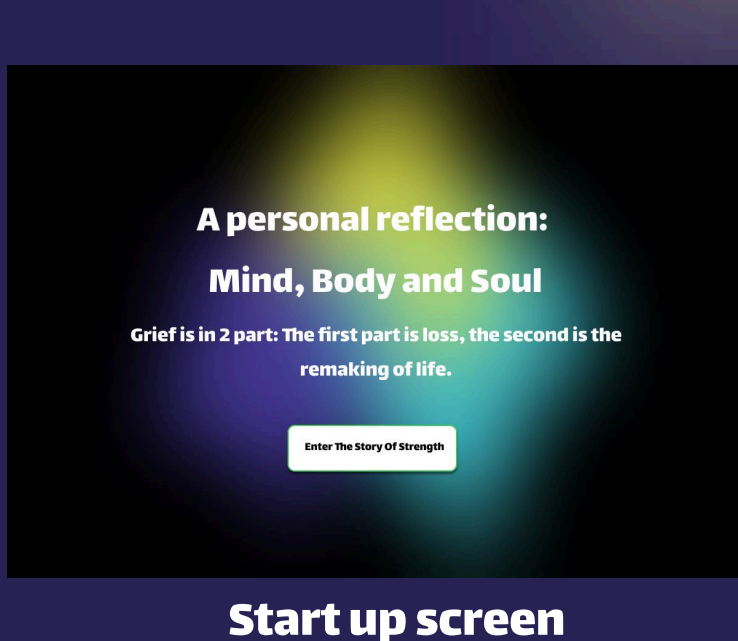
Execution : Style Tile

A style tile was created to establish a consistent visual identity across the dashboard. With a dark background and neon accents, the style tile emphasized introspection and resilience, providing a calm yet engaging aesthetic. This preliminary step helped align the design with the dashboard's purpose, setting the tone for a reflective data experience.

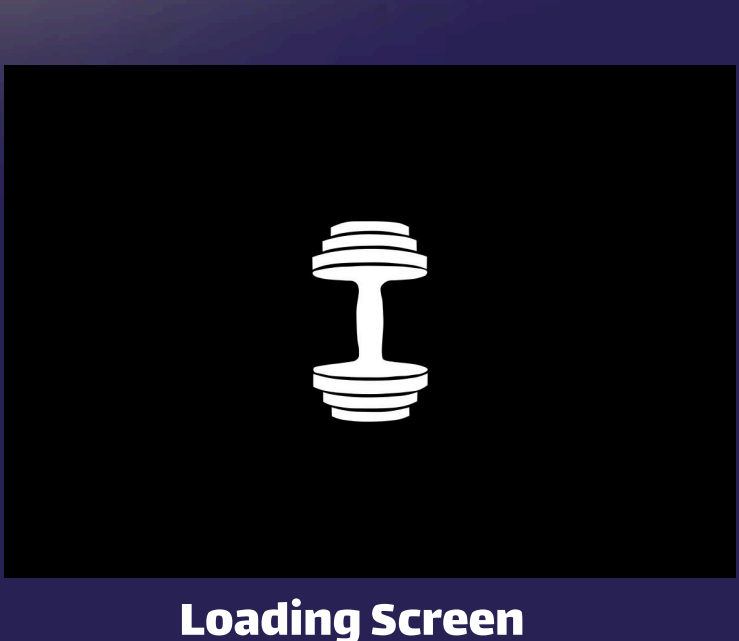

A personal reflection: Mind, Body and Soul - STYLE TILE
Iconography
Typography
I AM A HEADING :
Lalezar - 64, 36, 20, 19, 18, 16 PT
I am the body :
Open Sans - 20, 15, 13, 12, 11, 10 PT
colour palette
#000000
#FFFFFF
#565756
Primary
#49D5E4
#4D3FA8
#E4E449
Secondary
#FF0000
#0DFF00
#DE7A01
Highlight
#225851
Accent
Inactive state
Active state
Inactive state
Active state
Enter The Story Of Strength
Inactive state
Enter The Story Of Strength
Active state
UI Components
Imagery/Illustrations
Navigation/Menu

Final Interface Design

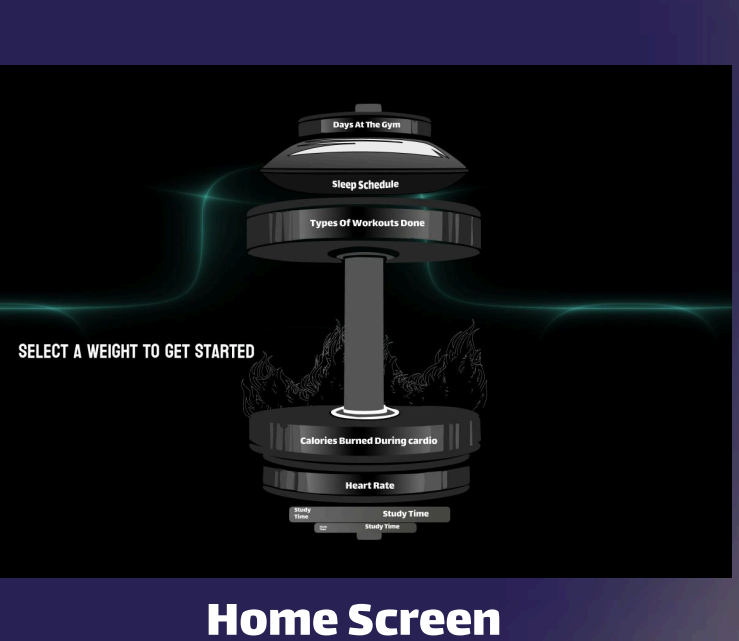
This is where the data found its voice. The final interface designs embody the core philosophy of the project: that healing is a multi-faceted story waiting to be told. Moving from the structural blueprint of the wireframes, the application of the visual system with its calming dark mode and thoughtful pops of color transforms raw metrics into a compelling portrait of recovery. Each chart and interaction is meticulously crafted to feel less like a statistic and more like a chapter in a story of resilience.


A personal reflection:
Mind, Body and Soul
Grief is in 2 part: The first part is loss, the second is the remaking of life.
Enter The Story Of Strength

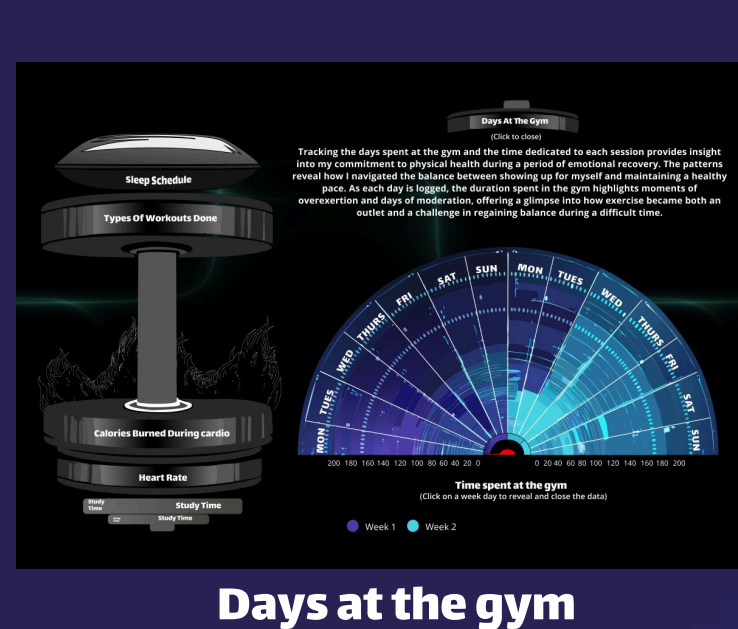
Start up screen



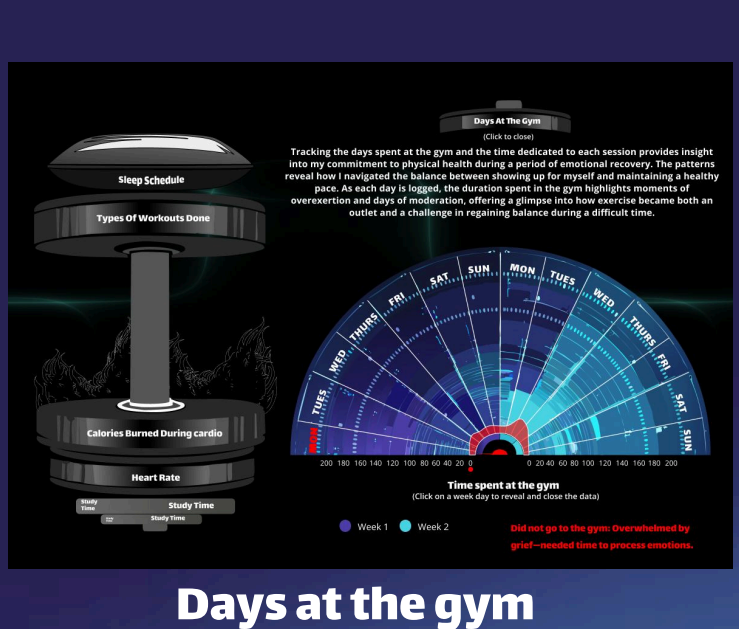
Loading Screen


SELECT A WEIGHT TO GET STARTED

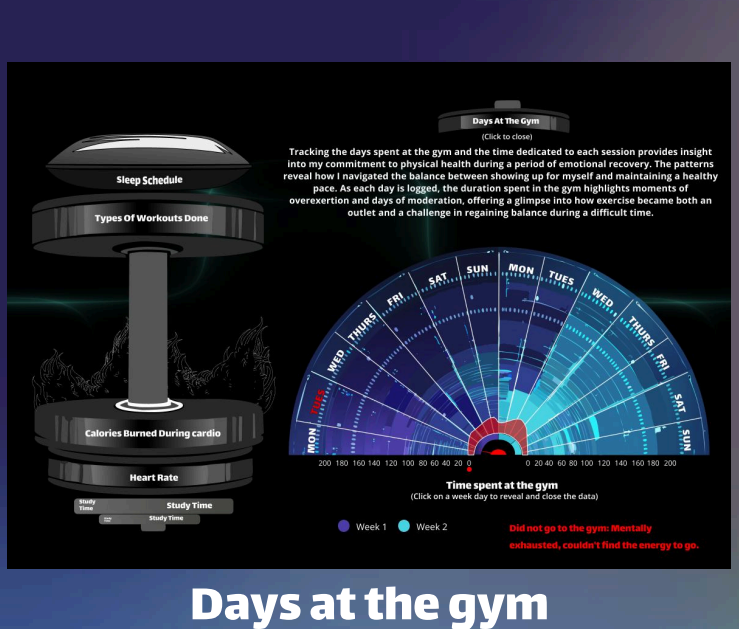
Home Screen



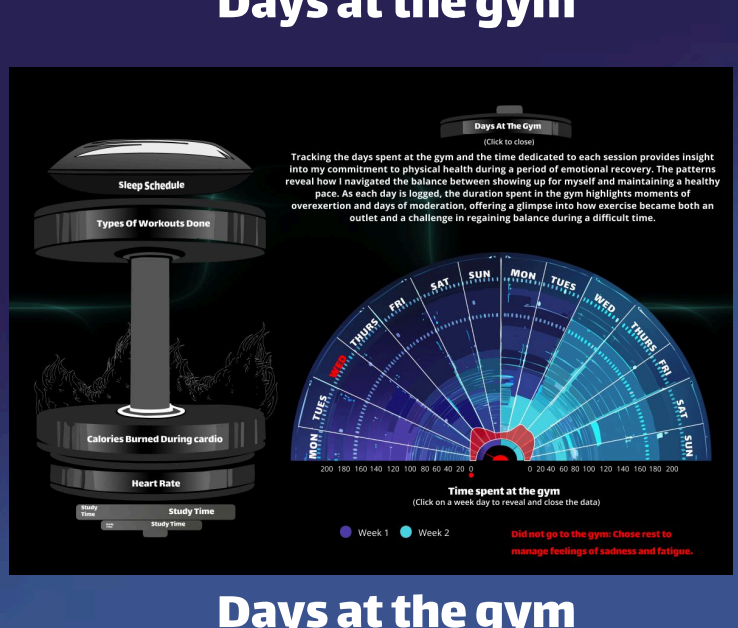
Days at the gym



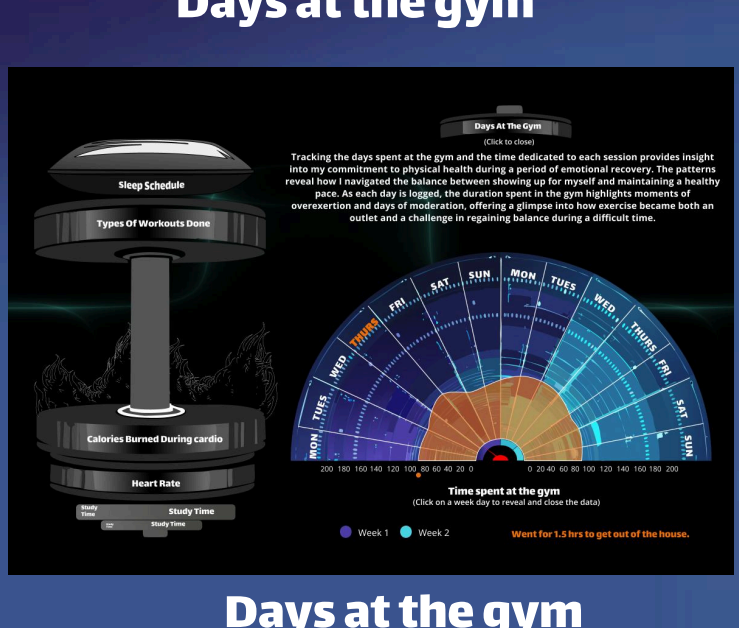
Days at the gym



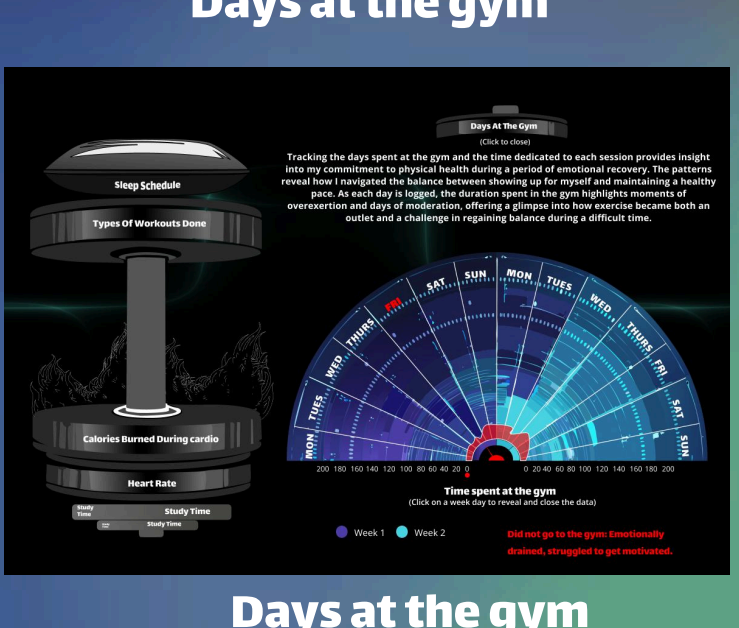
Days at the gym



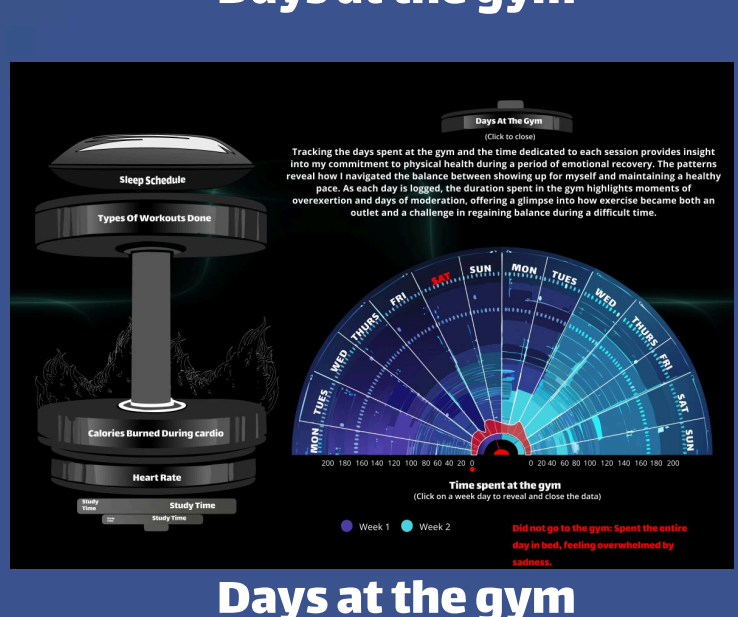
Days at the gym



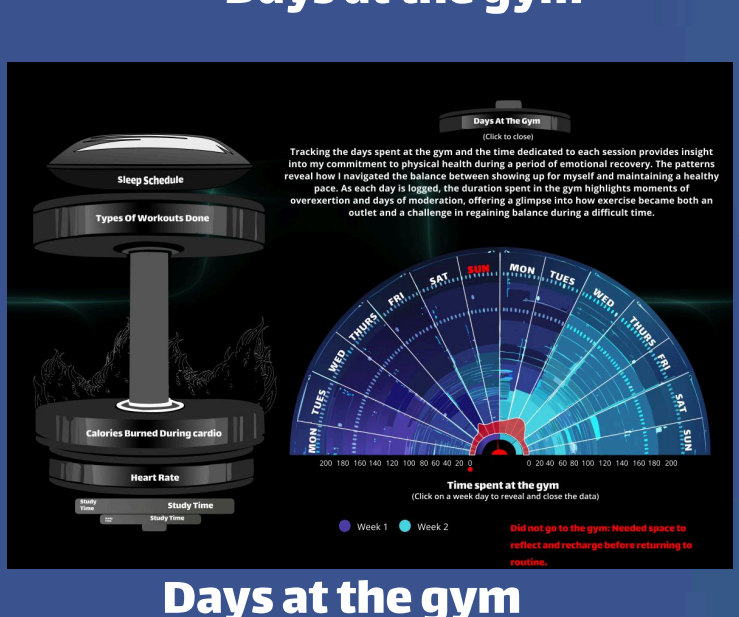
Days at the gym



Days at the gym



Days at the gym



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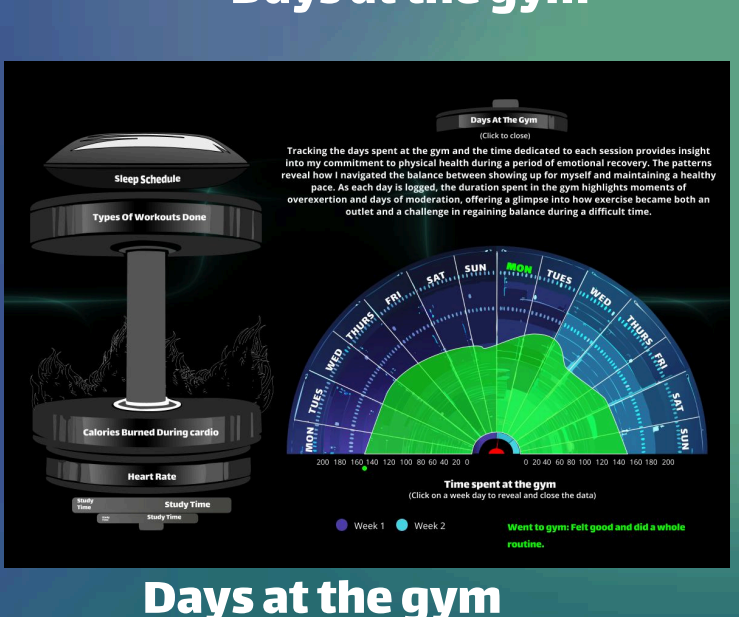

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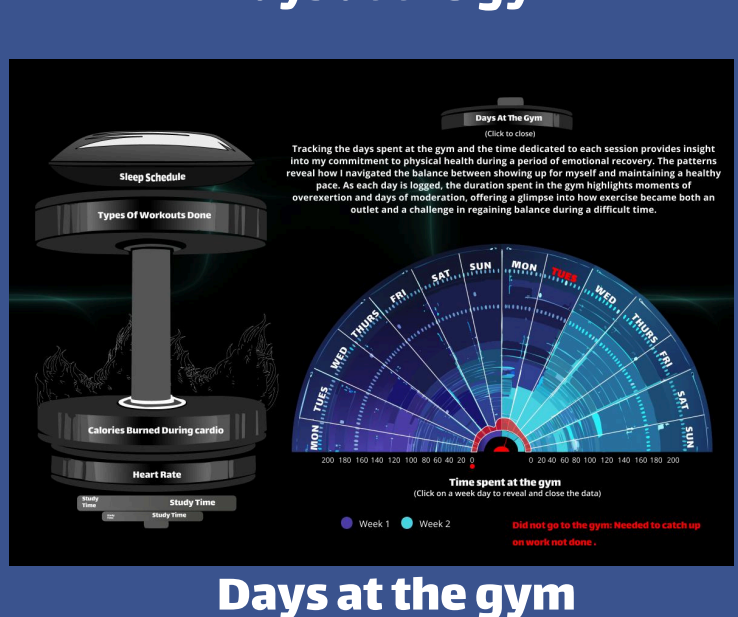

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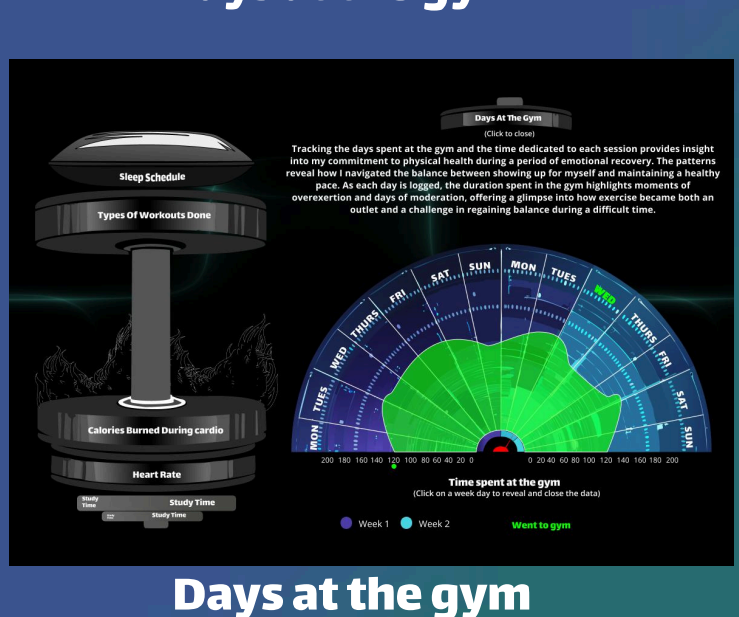

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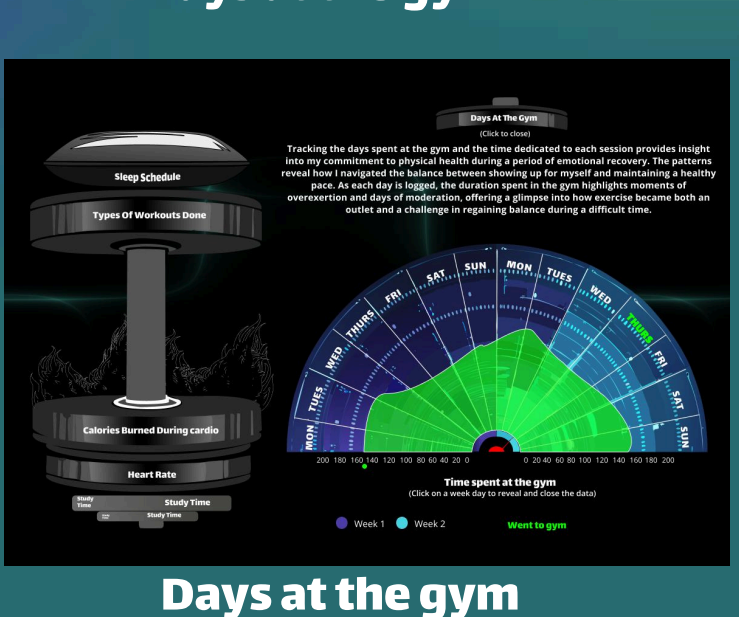

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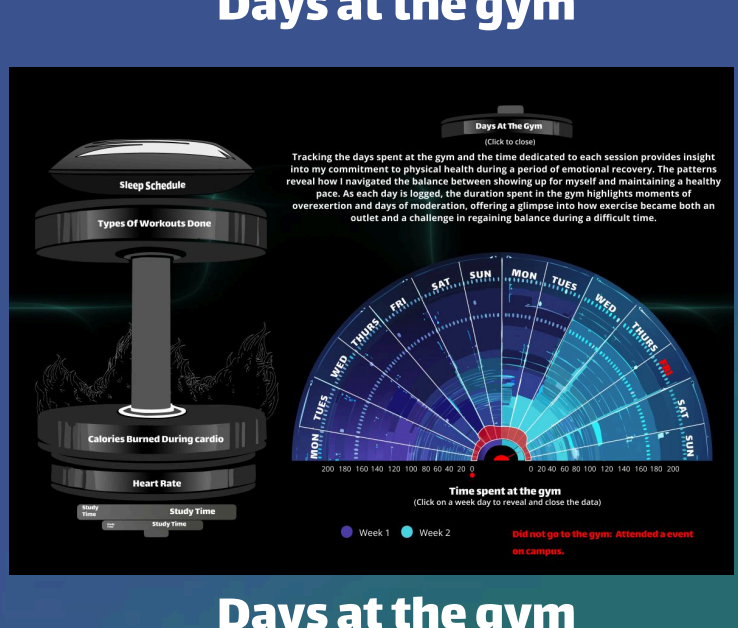

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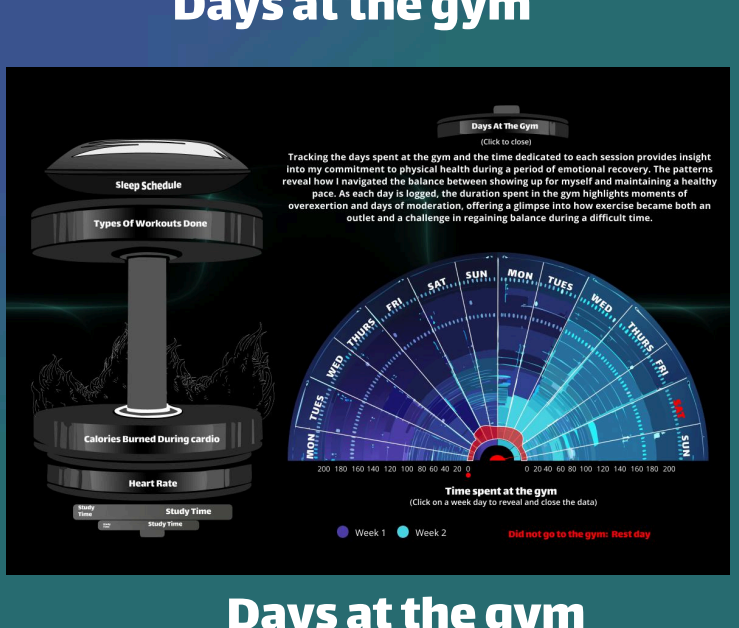

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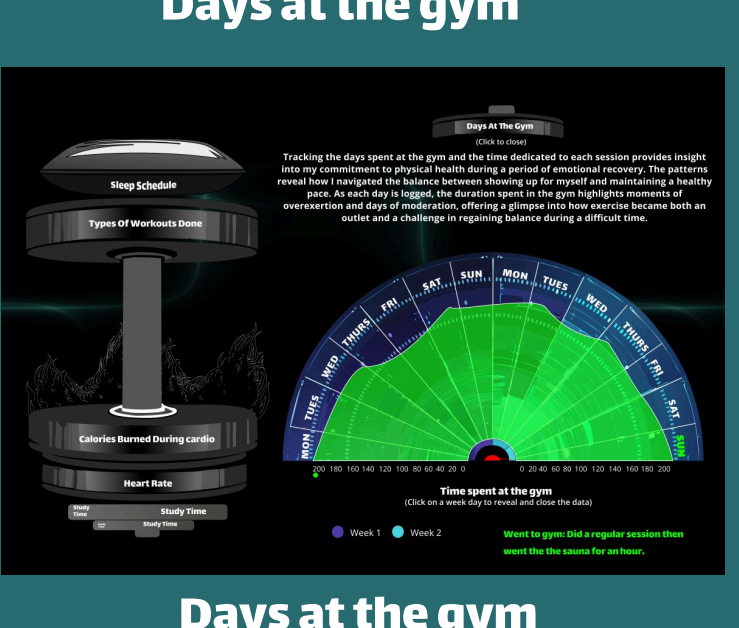

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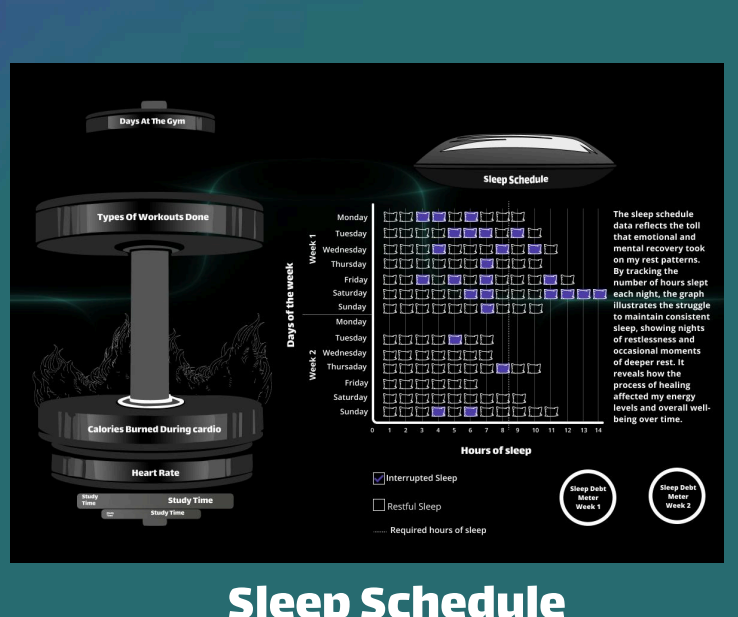
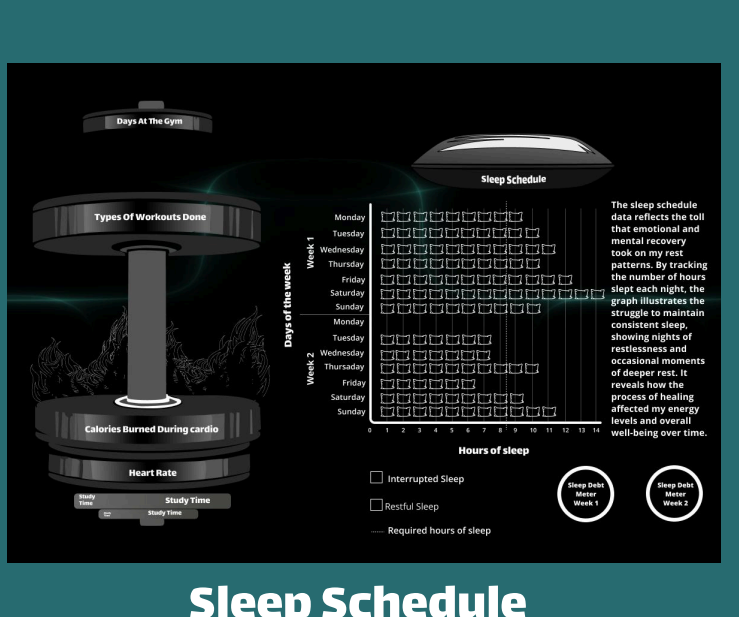


Sleep Schedule



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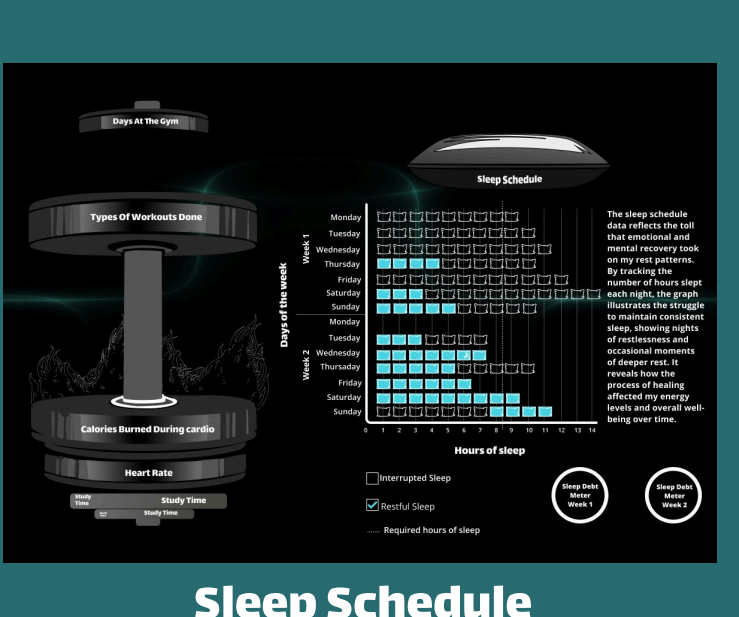

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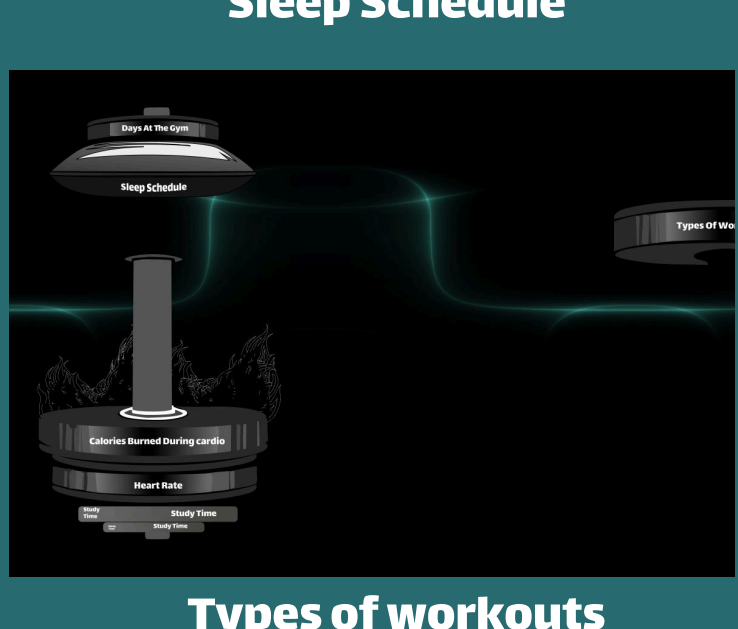
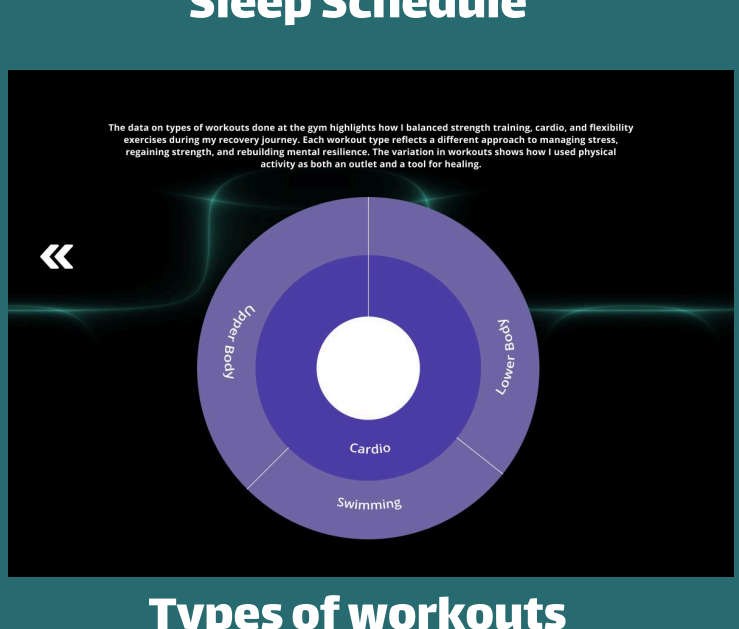
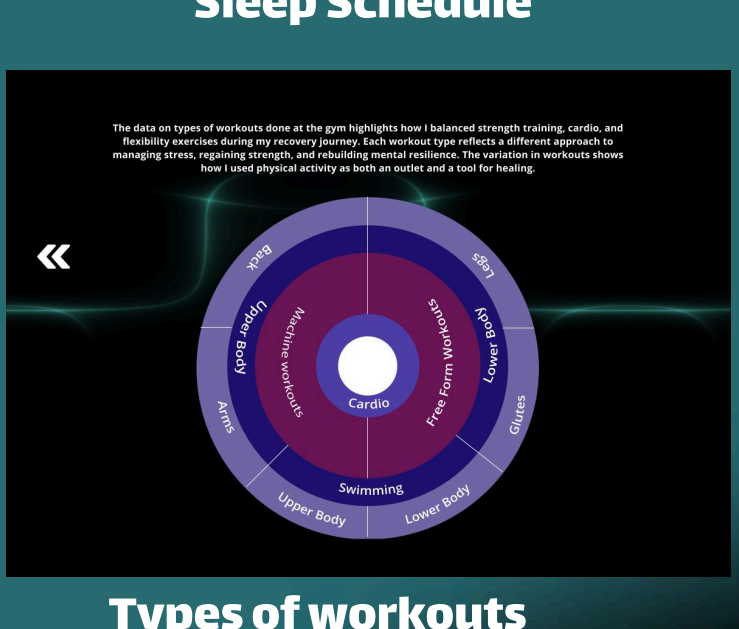


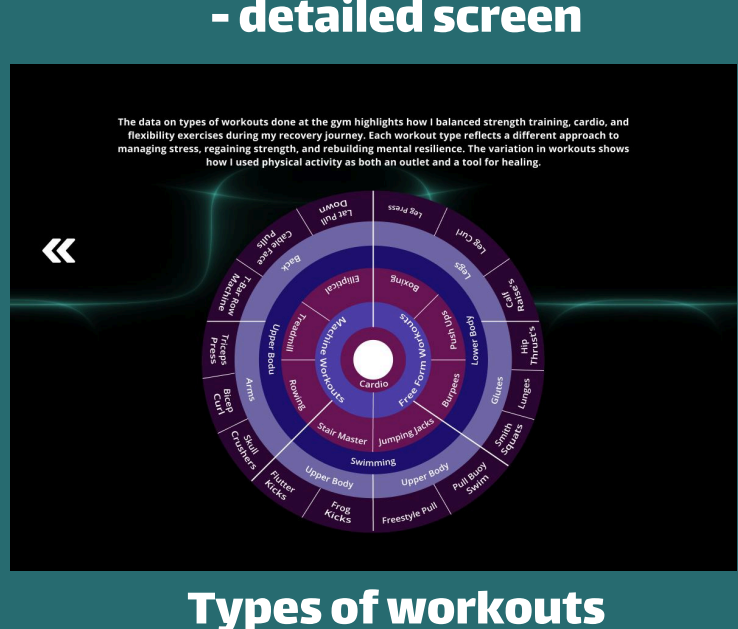
Types of workouts - detailed screen



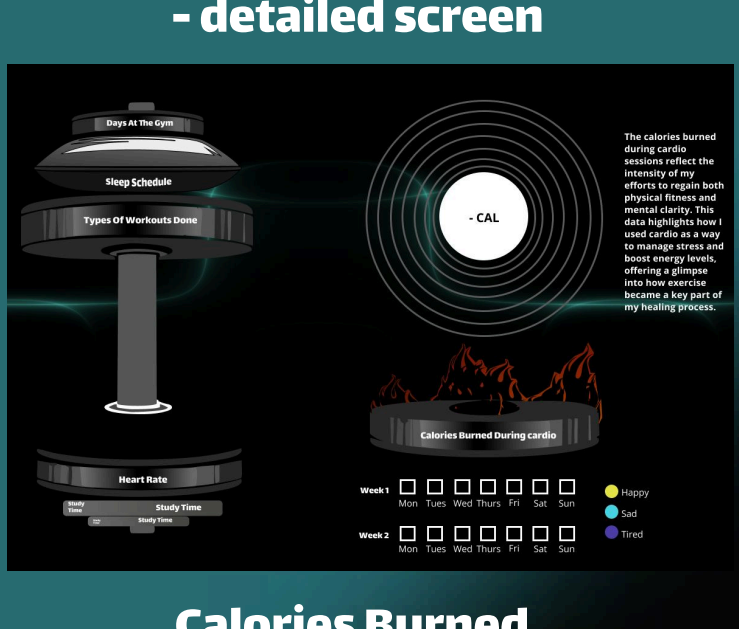
Types of workouts - detailed screen



Types of workouts - detailed screen



Types of workouts - detailed screen



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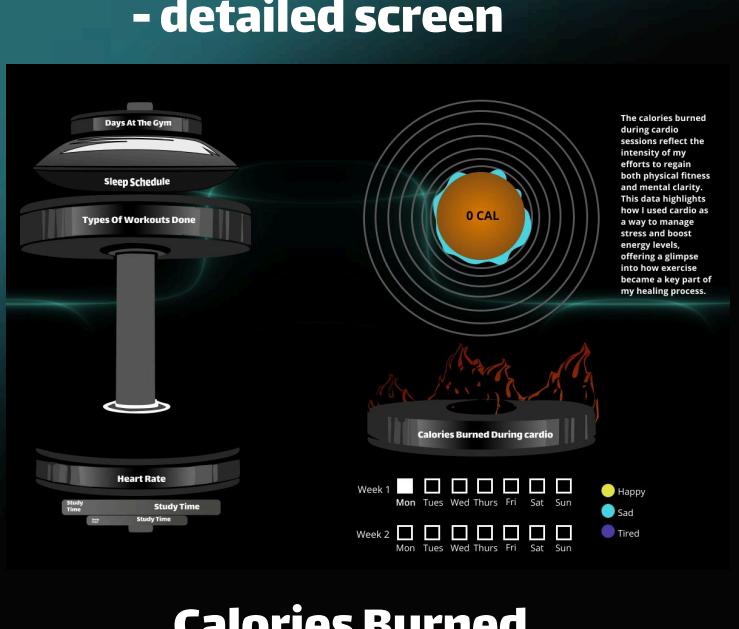

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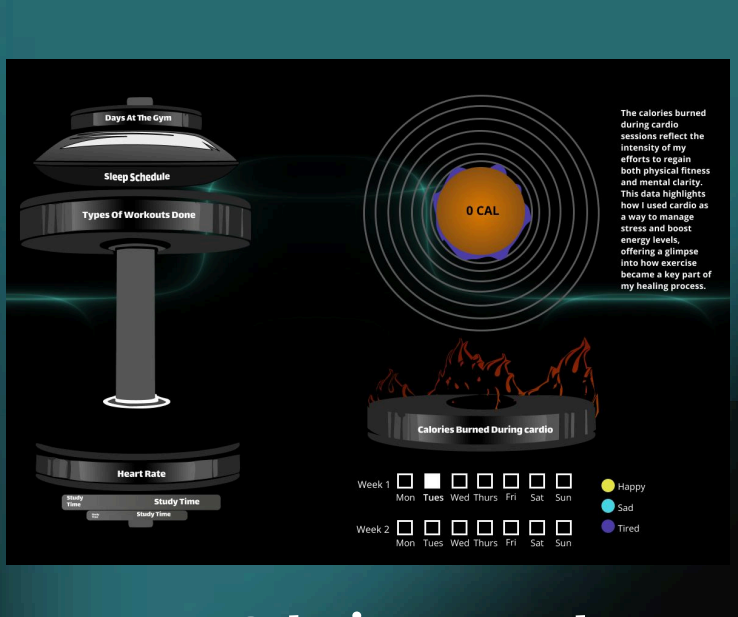

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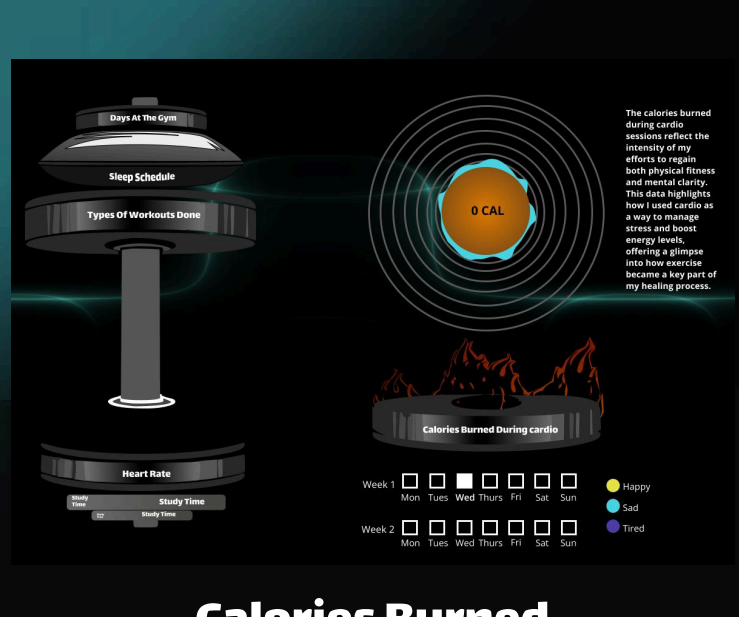

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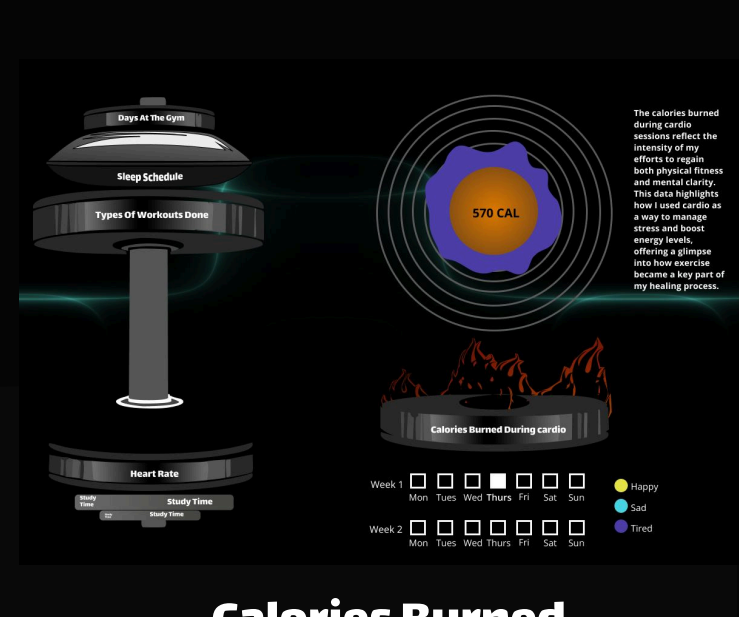

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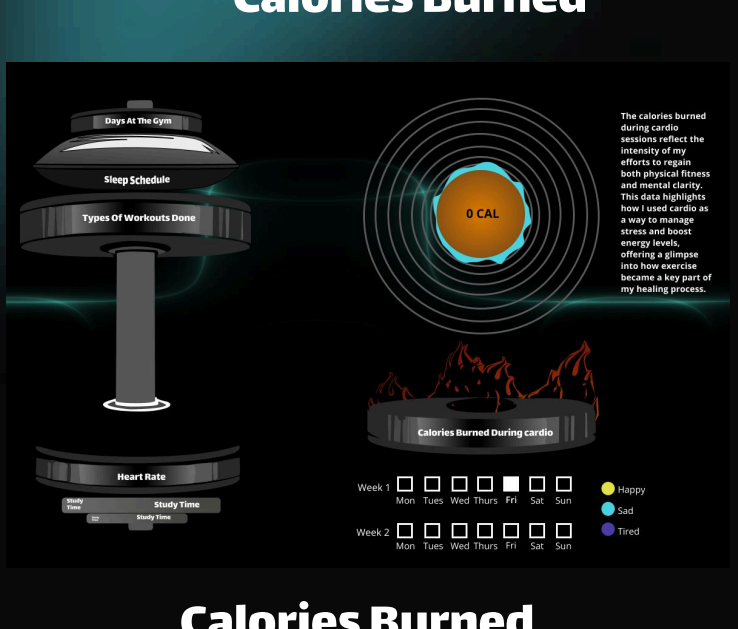

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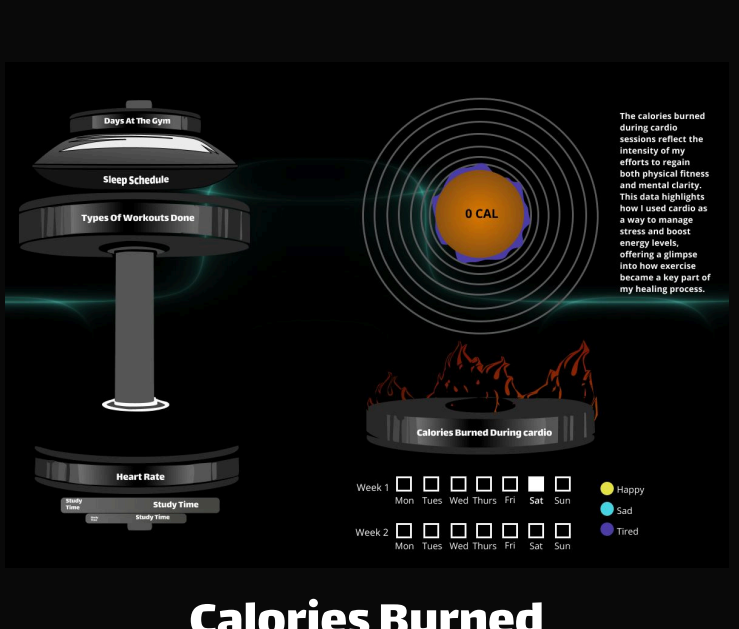

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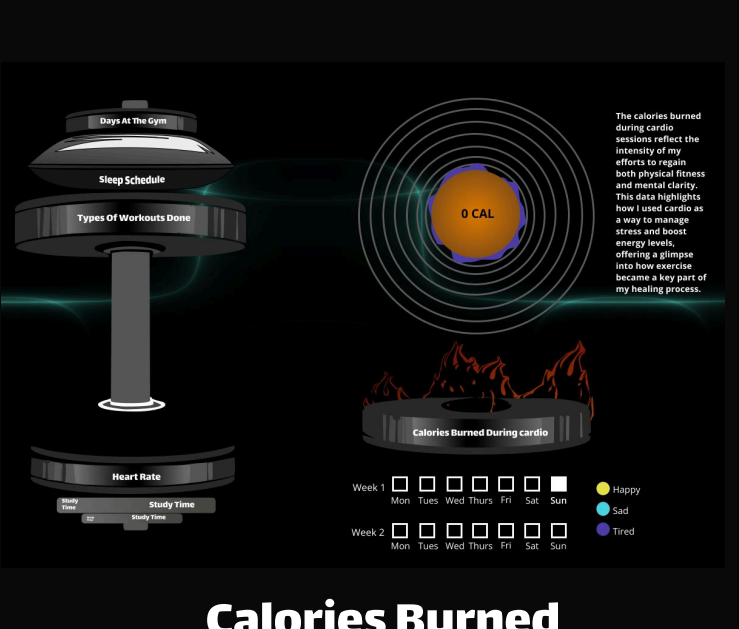

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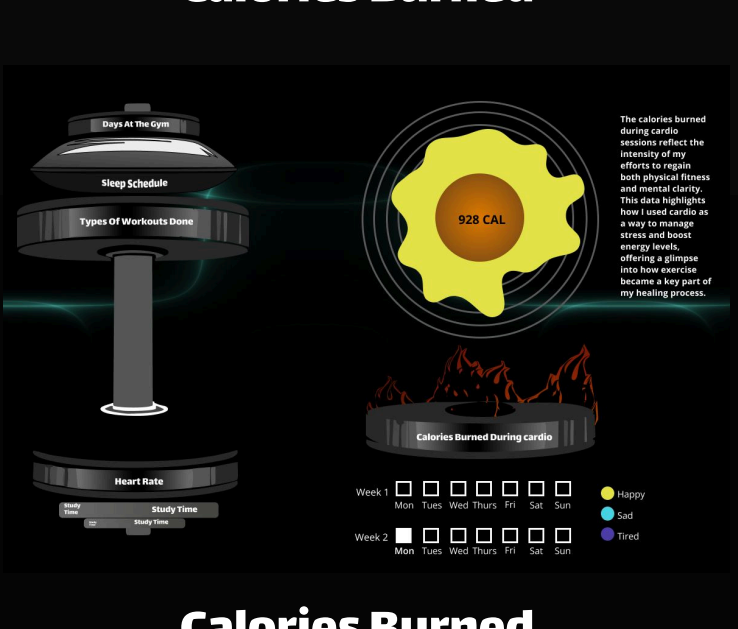

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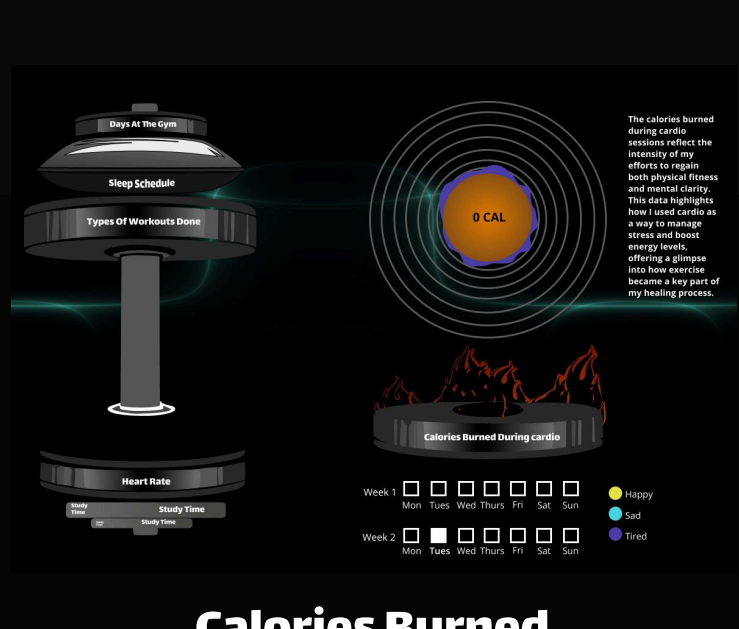

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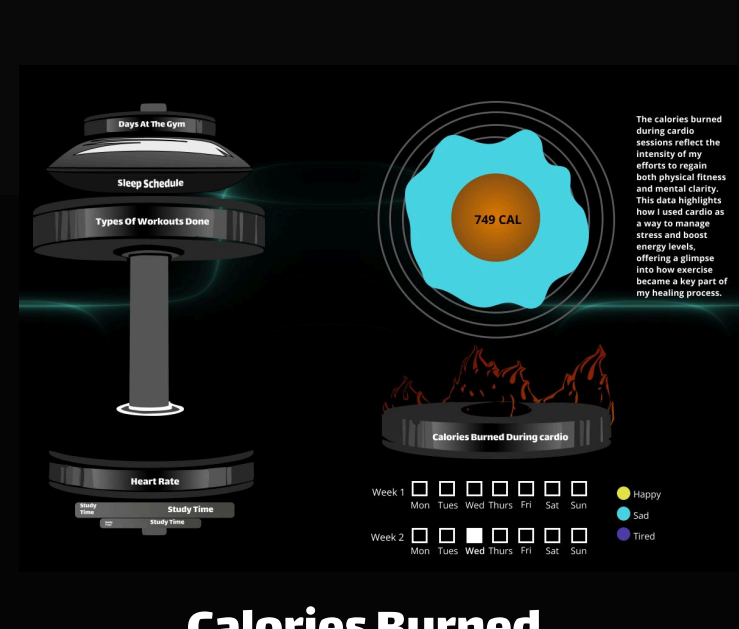

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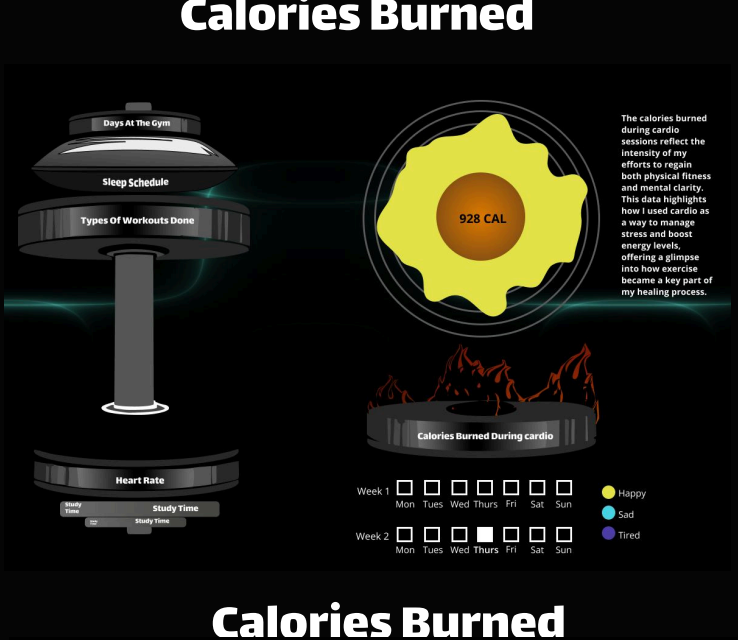

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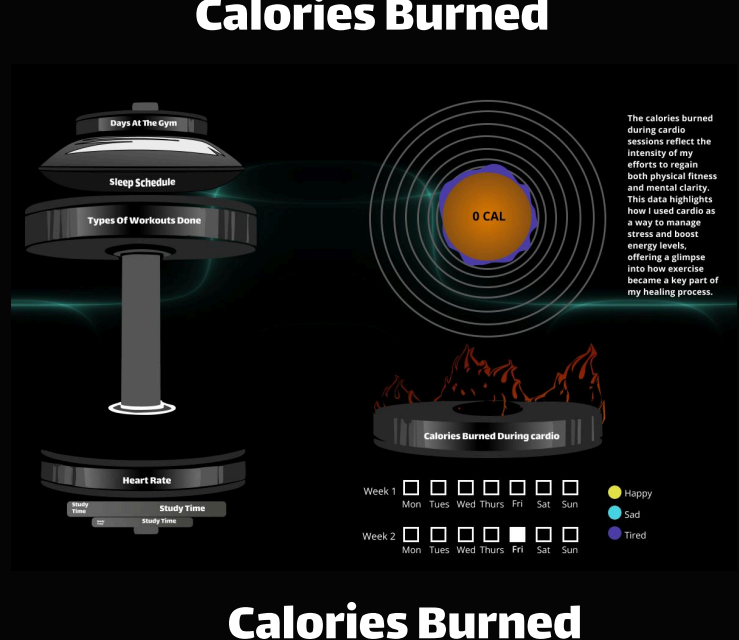

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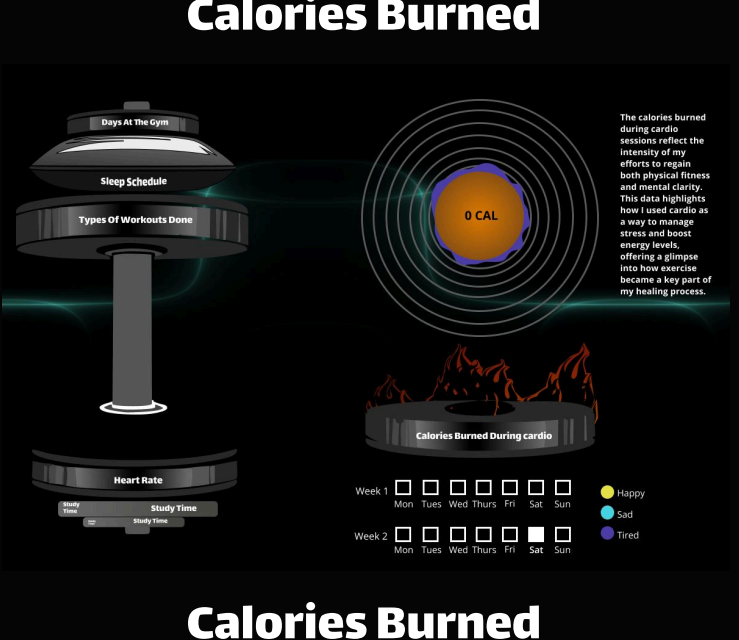

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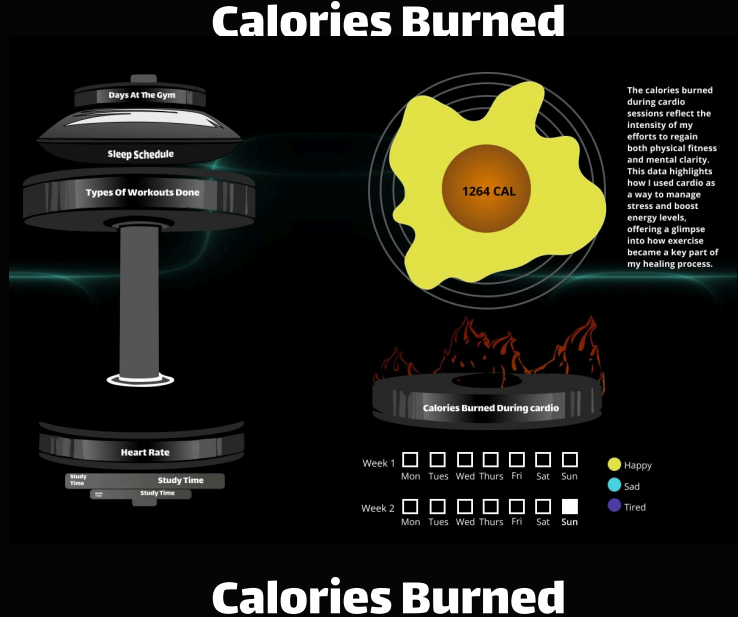

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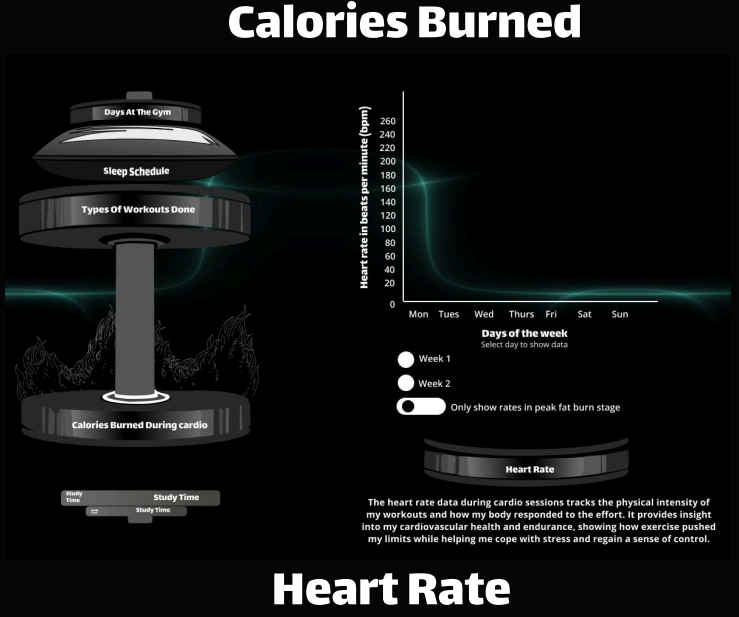
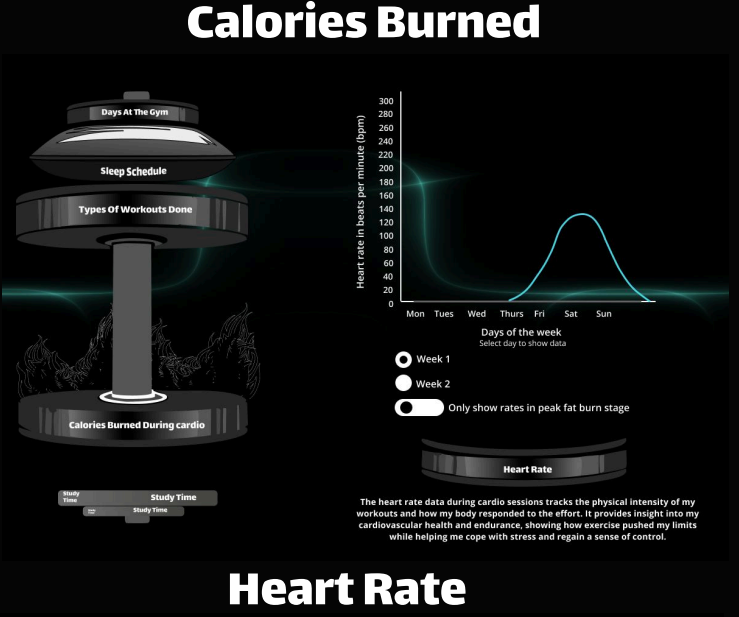


Heart Rate



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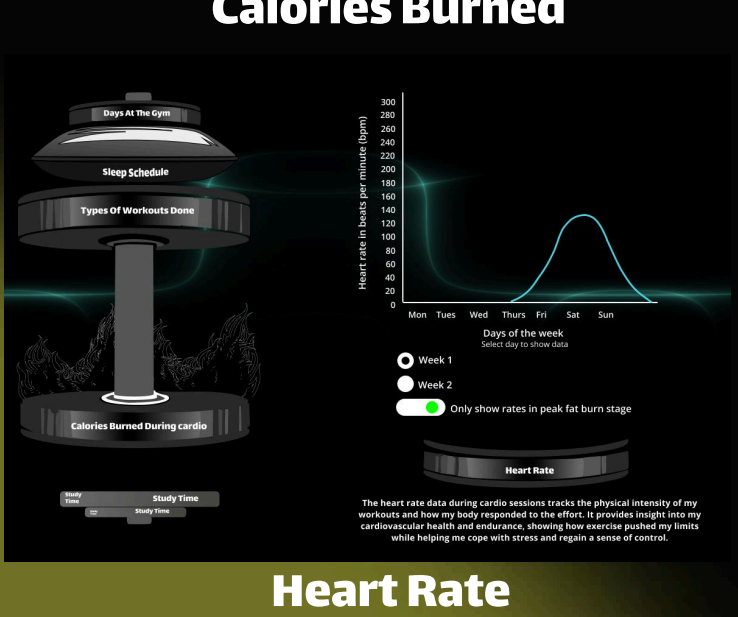

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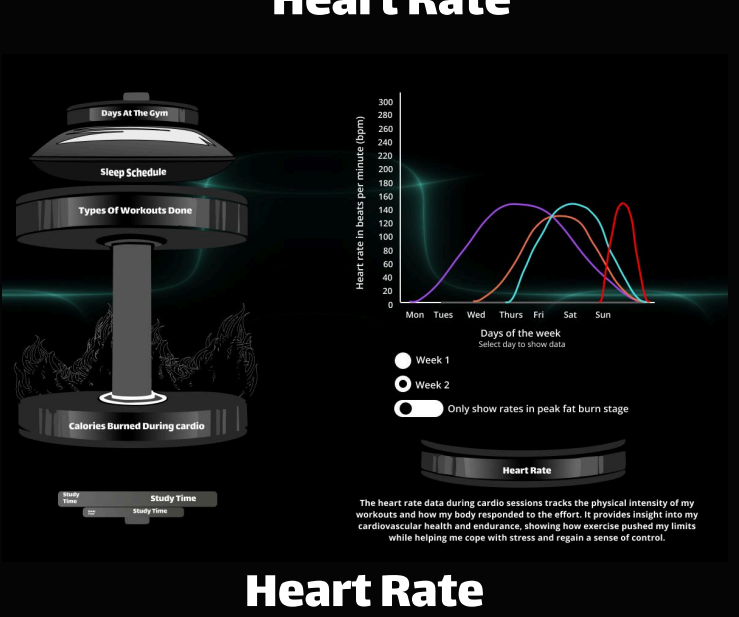

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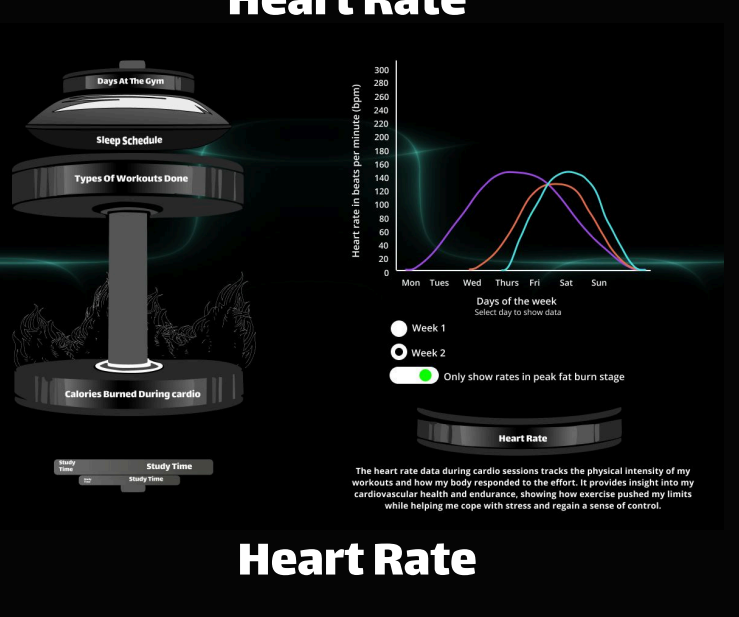

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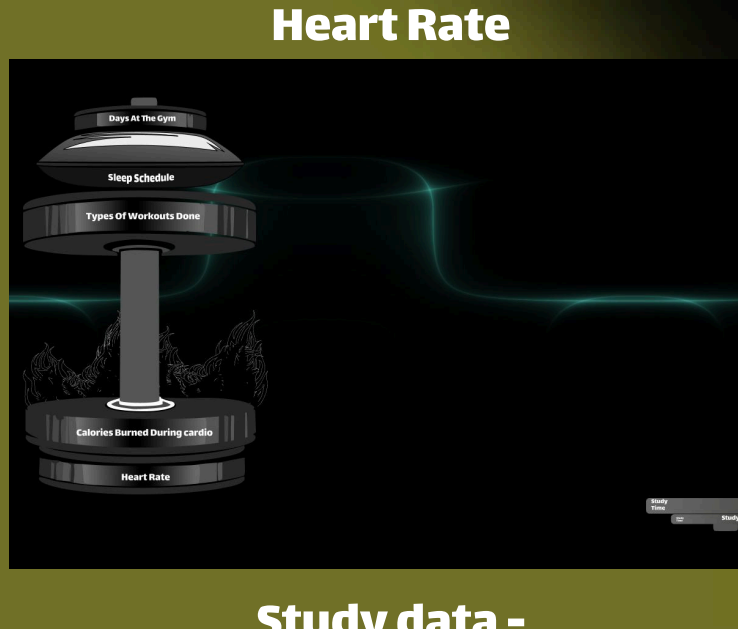
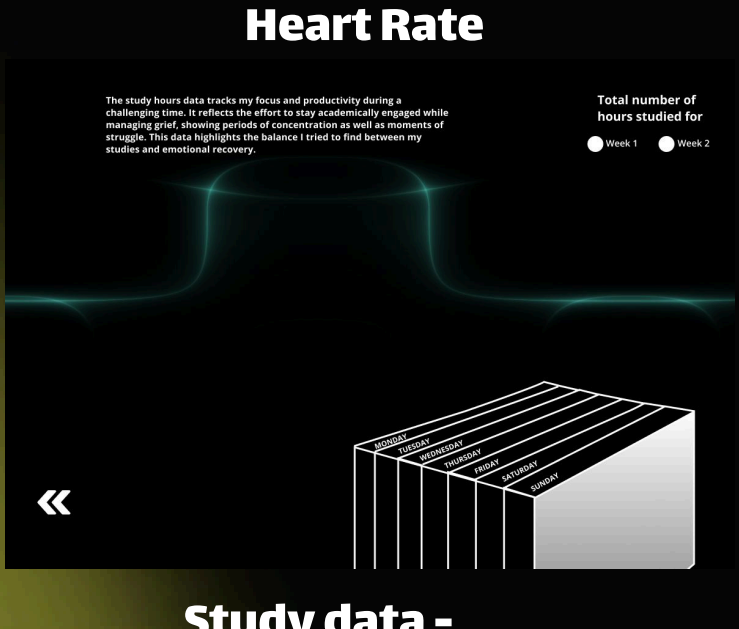


Study data - detailed screen



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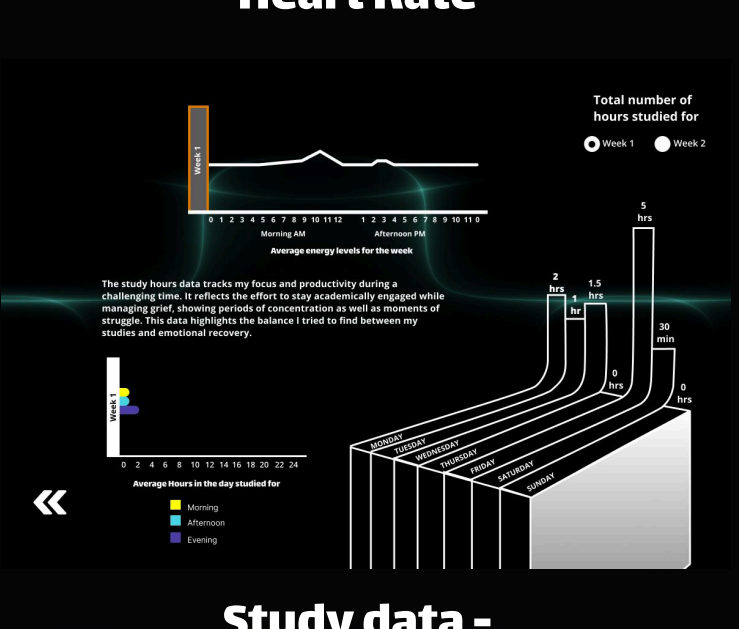

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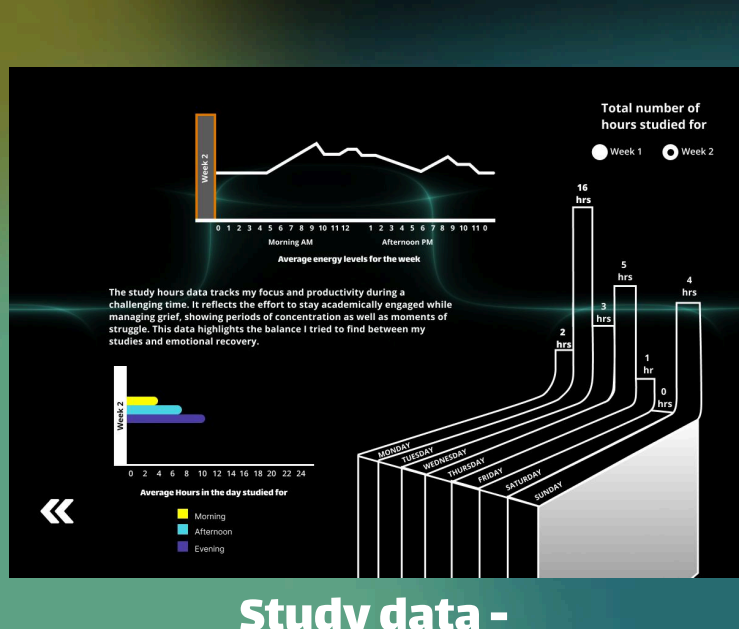

Study data - detailed screen

Prototypes

Prototype video

Link to live prototype

Conclusion

Through this project, critical design learnings included the importance of iterative visualization and structured wireframing, which helped bring clarity to a complex data narrative. Balancing aesthetics with data storytelling was vital, contributing to an effective, immersive user experience.

A key takeaway was recognizing areas for visual refinement. Specifically, enhancing the text hierarchy and color scheme would significantly improve scan ability and guide user attention more effectively. Incorporating more distinct visual indicators, like icons and badges for data points, would make the statistics more immediate and digestible. Furthermore, optimizing the spacing and layout of elements would reduce cognitive load and create a more balanced composition.
From a functional perspective, the interactive prototype could be substantially refined to create a more seamless and intuitive user flow, with smoother transitions and more responsive micro-interactions.

Looking ahead, further improvements could involve expanding data categories to reflect more dimensions of personal well-being, incorporating real-time data to make the dashboard more dynamic and implementing the aforementioned visual and interactive refinements to enhance usability and user engagement.