

Module 5 Assignment Group Assignment

StayFit – Home Workout App

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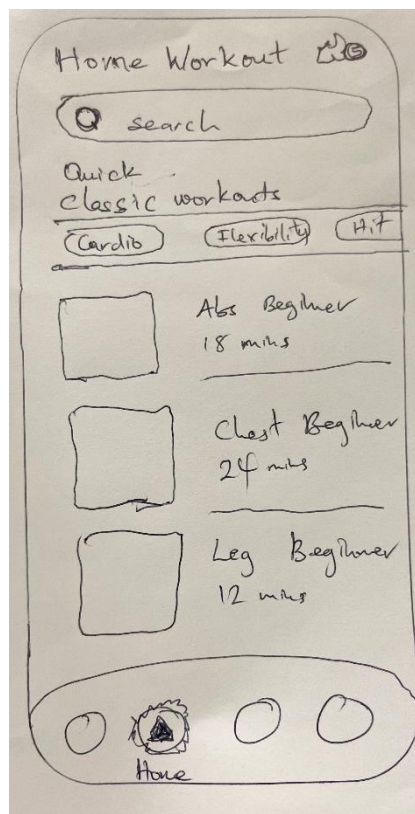
Donald Hutchinson (M10542348 - hutchidd@mail.uc.edu) – Health and Awareness application

Abdul Aleem Mohammed (M16110423 - mohamau@mail.uc.edu) - Location Alert Application

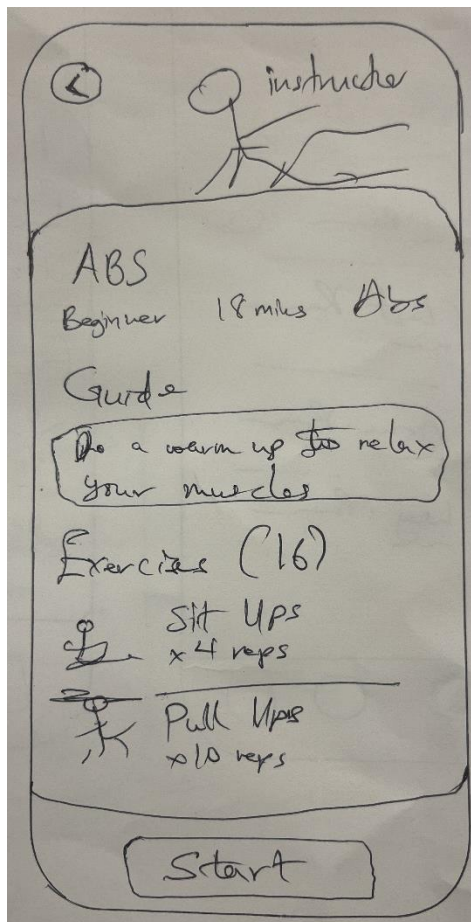
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Mustapha Zakari Nasomah



This screen clearly depicts the home page concept which presents the user with a quick overview of the kind of work out they can do and which part of their body they want to focus on. A search feature is included to help them easily search for what they want if they have a specific workout in mind. The classic workout section is there to assist them easily make their decision quickly. The top right corner is a streak feature symbolized by a fire icon. At the bottom of the page is a list of main menu navigation.



This screen is a detailed page of a specific workout category previously enlisted on the first screen. This detailed page presents the user with how to go about the workout, the kind of reps to do and how to do the posture and with a virtual guide. It also shows the level of the workout and how long it should take one to do it. More importantly, the bottom section of it shows an action button “Start” which should help one begin their workout.

Feedback:

It does look good overall and flows very well. For the home page, you probably could add a personalization to it for the user. Instead of it just being a search for different workouts, have

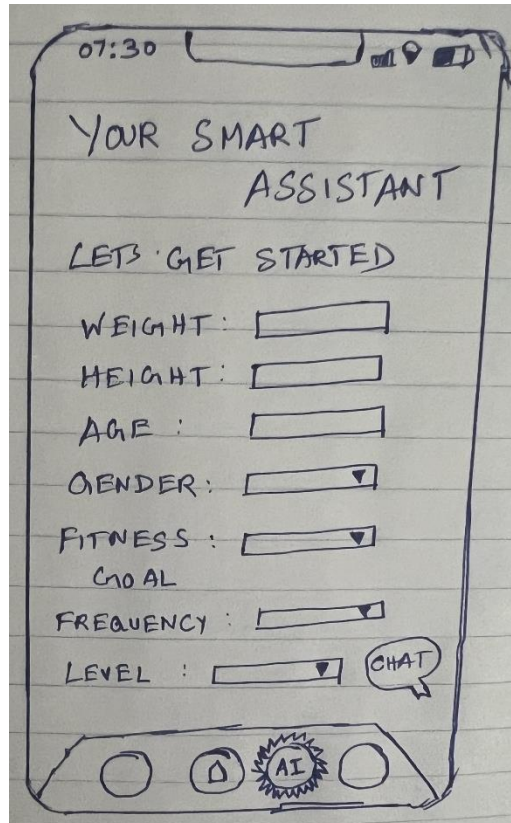
it personalized, welcoming the user to the app and giving them their own home screen to start from. Gives the app a more user-friendly experience and feel. **(Donald Hutchinson)**

The sketch of your design looks good. The way that you have added the little designs for each workout gives an idea of the exercise. I see that you have added a description, but you can also mention what kind of warmups they can do for that workout. You can also have a dropdown showing the abs workout from the Abs beginner instead of the user to go inside another page and then to find out the workout for that set. **(Arun Thirunavukkarasu)**

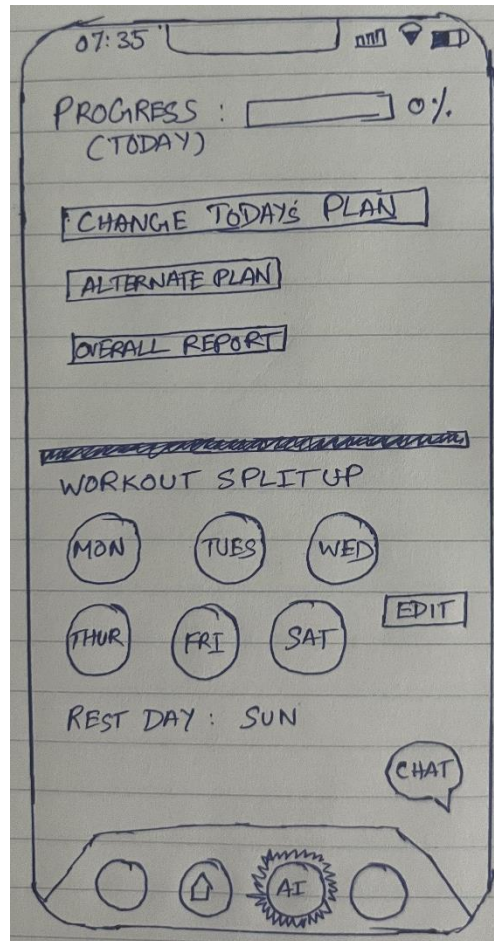
Your design structure for the home workout looks very good with different options for exercises. Prototype is also provided with a great pictorial presentation. It can be more specific by adding some limitation tab which shows limitation on exercise per date. **(Abdul Aleem Mohammed)**

The design is well-constructed with good representations of exercises; however, including specific warm-up recommendations for each exercise would help improve the user experience. For instance, there should be a dropdown for separate workouts, such as abs. Maintaining the limitation tracker to set the restriction for the daily exercise can be helpful for the users' safety and stability. Another area was that the customization of the workout plans would be helpful as well; users would be able to select those workouts that fit them best. **(Shoaib Shaik)**

Arun Thirunavukkarasu



This is the home page when the user clicks on the AI icon inside the app. As you can see on the screen, it basically asks for the user input such as the weight, height, etc. Using these inputs the AI will be able to personalize the workout for that specific individual. There is also a button at the bottom called Chat, where you can chat with the Ai to ask questions about general workout and also the personalized ones.



So when they submit every detail in the first page, they are automatically taken to the second where it shows the progress for today, a button to change today's workout plan which was determined by the inputs from the user, a button to ask the AI for an alternate plan and another button to see the overall progress report of your journey. Below that is the workout splitup, where the user can access the workout for each day which are denoted by the week day names and also it includes a rest day. There is another button at the right called the Edit, which is used to modify the days which the user intends to work and on which day he would like to rest and also edit the workout split-up.

Feedback:

This looks good. I feel like some of the features can be added in a dropdown menu so you would have less on the screen for the user. While having the information present for the user

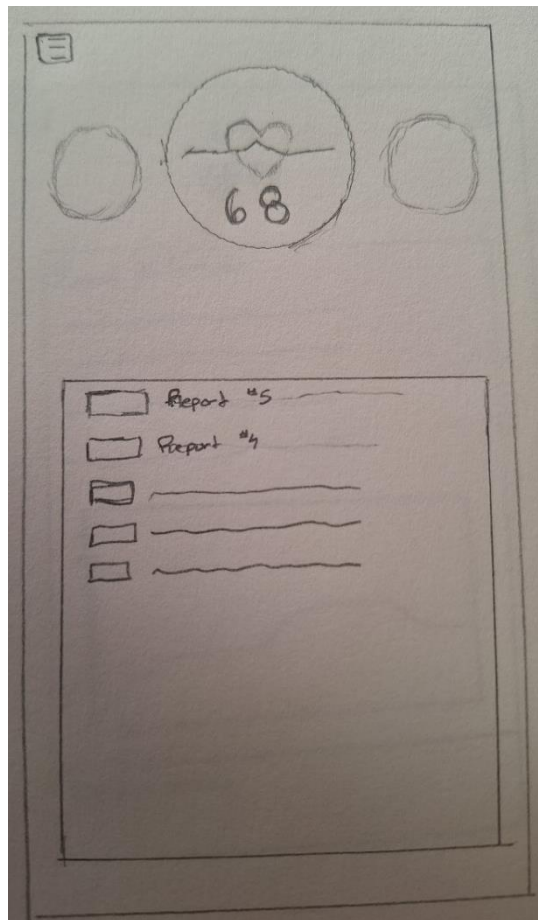
is good, not constantly having it on the screen would help the user a lot. This way, the user can choose what they want to see on the screen whenever possible. **(Donald Hutchinson)**

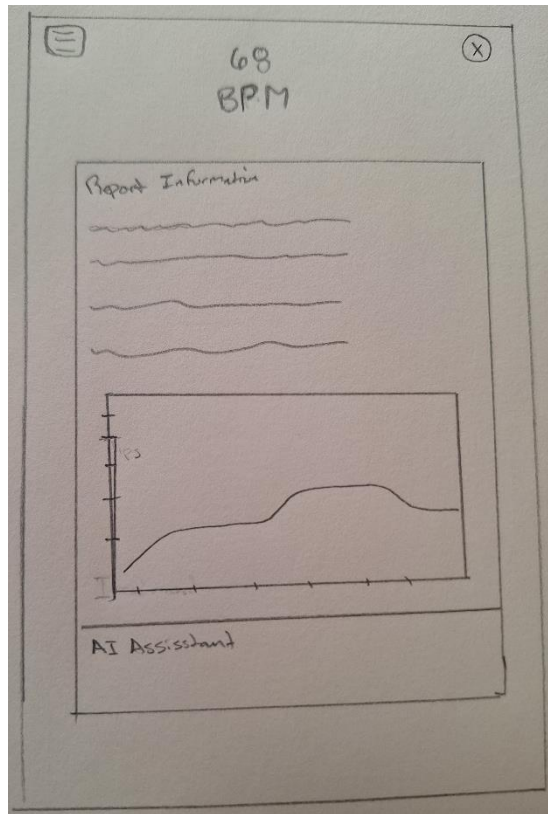
Your design for workout plan looks great. It provides with option to decide a particular workout according to the date. It can be more beneficial if you add a recommendation tab which shows a list of workouts recommended. All over the prototype is good. **(Abdul Aleem Mohammed)**

The prototype appears to be accurate and easy to understand as well. It would have been even better to have a recommendation feature based on a user's preferences or history of workouts to make it even more recommended. All over the prototype is good. **(Shoaib Shaik)**

Your design has a clean minimal look where it has only the essentials without any unnecessary graphics. The dropdown on some inputs is great and efficient space use. My recommendation will be that inputs such as gender or level can easily be made into a radio option selection since it will not use that much space, also for an AI app which you have already accessed, it should have your gender and age already from signup. So, I believe that the gender and age input can go. The 2nd screen showing the progress is fine with me and I love it. **(Mustapha Zakari Nasomah)**

Donald Hutchinson





The user can look at different information about their health from exercising. It will keep a record of each interaction or recorded measurement based on if the user wants to do it. To check out the other health related information, like Blood Pressure, Oxygen, Calories, the user can swipe to the left or right of the icons to view the other information. By pressing on the report button, the user can get an in-depth report of their health during that recorded time. While on full in-depth report, the user can be given tips or instructions by AI to help with their health.

Feedback:

The design looks elegant and simple which will make it easier for the user to navigate through the screen. But I would recommend having an overview of the chart on the main page instead of on another page, by that way, the user can see the overview much more easily and get the insights. You can get extra details if they want to get deeper insights into their health metrics.

(Arun Thirunavukkarasu)

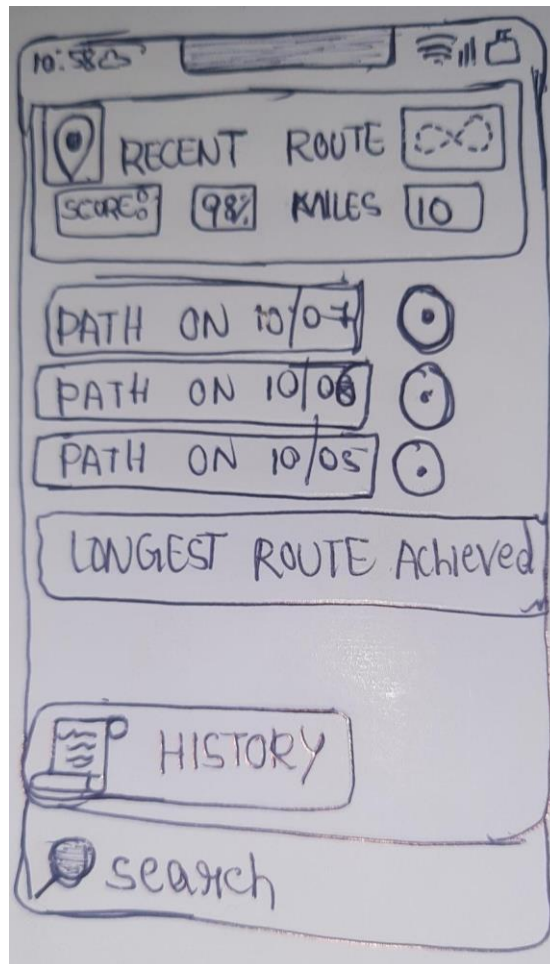
The prototype design is good with all necessary options needed. It provides a great graph representation. The prototype can be more specific if some more tabs like blood pressure and oxygen level can be added. **(Abdul Aleem Mohammed)**

The design is clean and easily navigable, but if the current health statistics were also put on the home page, they would provide faster access. It may help to include additional categories for measurements such as blood pressure or oxygen levels, for example. These changes could even make the prototype more useful to users even though the current model is already strong. **(Shoaib Shaik)**

I'm particularly fascinated by the indication of the breadcrumbs on both your screens and the second screen having an exit button. This shows a great consideration for easy user experience. The charts look simple and are well structured which I believe will be great for all kinds of demographic group because the screens are not cramped and they will be big enough to be seen by my grandma. Also I believe people with disability will have a great time using accessibility technologies with concise screens like this.

(Mustapha Zakari Nasomah)

Abdul Aleem Mohammed



This prototype shows the recent route you traveled along with the structure of the route. It gives information on how many miles you have travelled and gives scores based on efficiency. The other tabs provide different paths travelled on specific dates. The page also gives the longest route traveled. It contains a history tab to search the route based on a particular date.

Feedback:

The idea looks good and can be incorporated into the fitness app. Having a navigation tractor helps and having them to note the path which they have taken helps them to know through which path and how much was distance they walked or ran. The longest route option stands

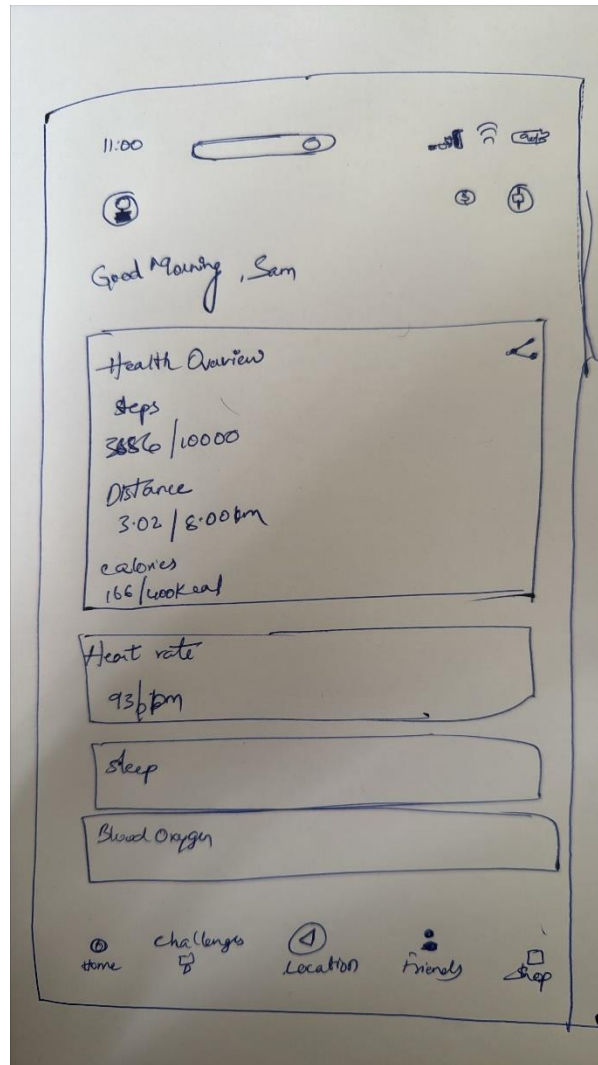
out. Instead of having the previous paths and history, you can combine them which can save space and add some other components which can be useful for the user to navigate. **(Arun Thirunavukkarasu)**

I like the idea of having a tracking system of the location you are working out at or the route you are taking. I would recommend adding a drop-down menu to access other features so that all the information presented is not on the screen at once. I think the search function does not need to be on the page, become an icon to click, or become a part of the history button since the user would be searching for previous information in the history rather than on the screen itself. **(Donald Hutchinson)**

Tracking routes and distances is equally good for users and their progression. It will help free up the interface of grouping previous paths and history into one section, which will contain a dropdown with more options. Reducing the concept to a button or a part of history will bring more convenience to users and maintain the sophistication of the home screen. **(Shoaib Shaik)**

For a fitness enthusiast like me, the summary metrics data at the top of your screen is great and shows the user's high-level progress. While I agree with the history feature, I doubt the search is necessary on this screen. **(Mustapha Zakari Nasomah)**

Shoaib Shaik



The user interface is very friendly, and a user does not need to be a technical expert to operate the application. At the top left corner, the profile will be presented with the basic information about accounts and preferences. The top right corner also provides a counter showing the coins and additional information about your linked watch. One level down,

there is an aggregated general health status screen with basic parameters like pulse, activity, and other signs that inform a person about his or her state of health.

The lower toolbar contains a set of navigation buttons to dive into distinct options. The Home tab provides an overview of the daily activity progress and goals set. The Challenges feature helps to stay engaged with different challenges in the fitness category. In the Location tab, we can track not just how far you traveled but check where specifically. The Friend's tab is the button that shows the activity data of friends and can challenge them to keep up with you and your friends. Lastly, the final tab is the Shop, where you can see new watches and have the options to buy novel items or get extra coins for upgrades to your watch by completing activities and your performance in the challenges. This design also optimizes the display of various wizard elements and allows for user-friendly navigation, which leaves your encounter interactive.

Feedback:

The design and interface is incredibly good. It distinctly shows how the user would be interacting with the app and other users in a fun and competitive environment. I would recommend, since we have the health information already, set it to focus only on the multiplayer/competitive aspect. So, it would track your score, and others score while using the app. **(Donald Hutchinson)**

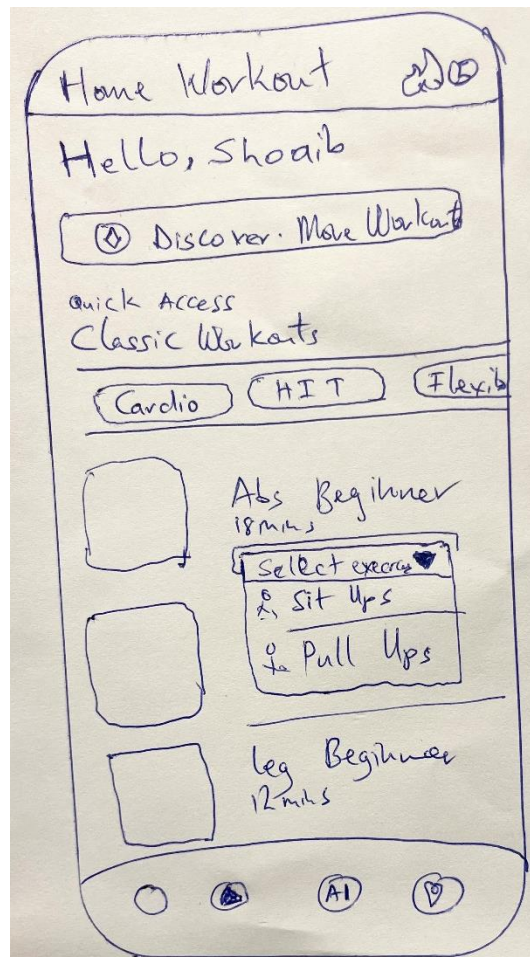
The sketch that you have done is really good. It nicely highlights the health information and also the idea of coins and shops is amazing. Challenges are also a good addition. But since we have a separate health metric page, we can minimize this. Also, by removing some components which are already in health metric, you would be able to integrate or combine with some other feature making it even more useful for the user to get it. **(Arun Thirunavukkarasu)**

The design is exceptionally good with all the health information. It gives the number of steps, calories burned, and the distance travelled. You can just remove some of the components like map tracking which already exists in a particular design or both prototypes can be combined to form an advanced level prototype. **(Abdul Aleem Mohammed)**

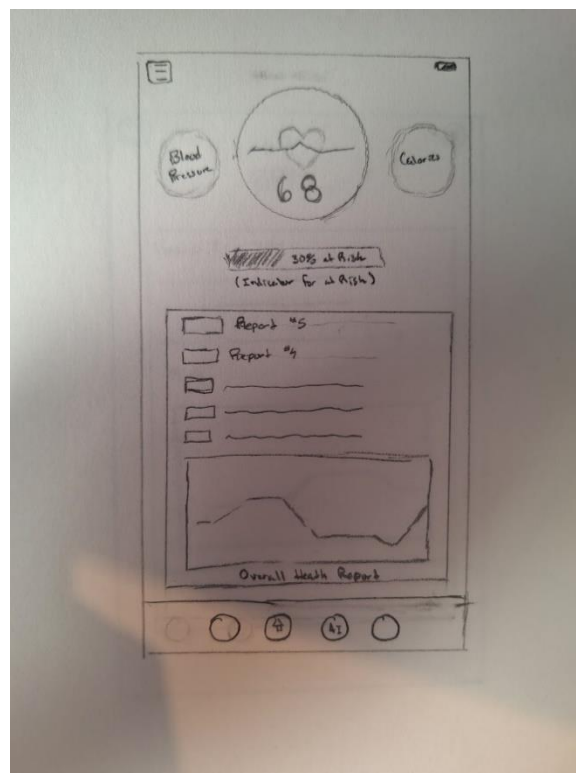
A few things that stood out to me from your design is the Greetings part that greets the user upon visiting the page, access to the profile or account at the top left corner and also the share feature on the first card which is really thoughtful because users might want to share such information. However, just like my other colleagues have pointed out. This screen can

be integrated and combined with some of our other features already contributed by the group. **(Mustapha Zakari Nasomah)**

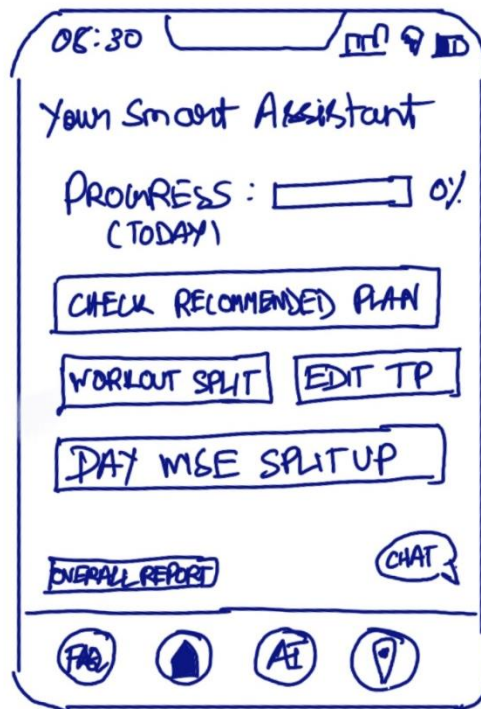
Final prototype:



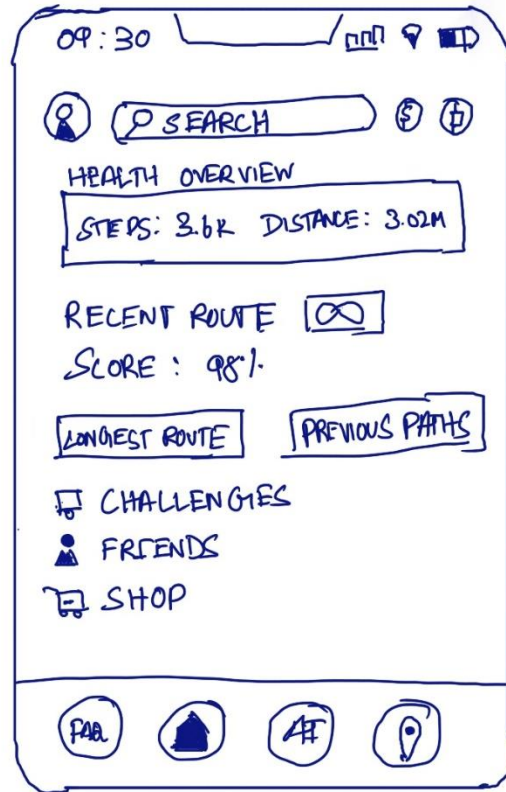
After careful consideration of the suggestions from the group. We decided to streamline the home screen to make it more feature-rich. It starts with a warm greeting to the user, and a button to discover more workouts instead of searching for them. While we maintained the categories and types of workouts, we made each workout category more easily accessible by not going to an entire page just to select it. Now from the comfort of the home screen, there is a lot more users can do. The top right corner also features the streak of their workout more eligibly.



Updated image of the page. Now the reports will give graph showing the change as well as the home icons at the bottom of the page. The second page is still the same, because when the user clicks on the report, it brings up the window/screen for them to review and they can exit back to the main page.



This is the updated version of the AI assistant for the fitness app that we designed. After the feedback received changes are made to have the options in the dropdown menu instead of taking up the whole page and making it redundant.



Since the navigator and the health overview page had less components, it was decided to combine them into a single page. Through this, the user will be able to see which path he covered, the previous paths he took are under the previous path button and longest route is also integrated. Health overview just shows the steps and distance which are required in the page to keep track of how much the user has ran or walked in the path he chose. Challenges button gives you new challenges to compete and also can share with friends. You can also look up your friend's progress and the shop is where you use the coins gained from finishing challenges to buy merchandise.