

IT215 COURSE PROJECT

SoulStretch

A MOBILE YOGA APP

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What is SoulStretch?

SoulStretch is a mobile app designed for busy people who want a consistent yoga practice. It directly addresses the problem of time constraints by providing a convenient, flexible, and motivating platform.

Its core features include guided routines for all levels, a key feature for customizing session lengths (e.g., 5, 10, 20, or 30 minutes), and a simple activity tracker—all presented in a clean, calming interface to help users build a lasting wellness habit.

Problem Statement

Many people want to practice yoga, but they struggle to stay consistent due to lack of time, low motivation, and complex or overwhelming yoga apps. Most existing applications offer long sessions, complicated interfaces, and limited flexibility, making it difficult for beginners or busy users to fit yoga into their daily routine.

Project Objectives

Our goal was to design a complete, high-fidelity prototype that achieves the following:

- Design an intuitive, appealing, and engaging user interface.
- Create a seamless user flow from browsing to starting a workout.
- Implement a key feature: customizable session duration.
- Design a clear and simple system for tracking activity and progress.



Project Scope

User Interface Design: Creation of a modern, intuitive, and visually appealing interface, including layout, color schemes, typography, icons, and visual hierarchy across all key screens.

User Flow Development: Designing a clear and seamless user journey from browsing available workouts to initiating a session, ensuring minimal friction and easy navigation.

Customizable Session Duration Feature: Designing the interface and interaction for selecting workout durations (5, 10, 20, or 30 minutes), ensuring the feature is easily accessible and user-friendly.

Activity & Progress Tracking System: Designing a simplified, clear system for users to view completed sessions, track ongoing progress, and understand their activity history.

High-Fidelity Prototype Creation: Developing an interactive, polished prototype that demonstrates the full user experience, showcasing all visual elements and user flows.

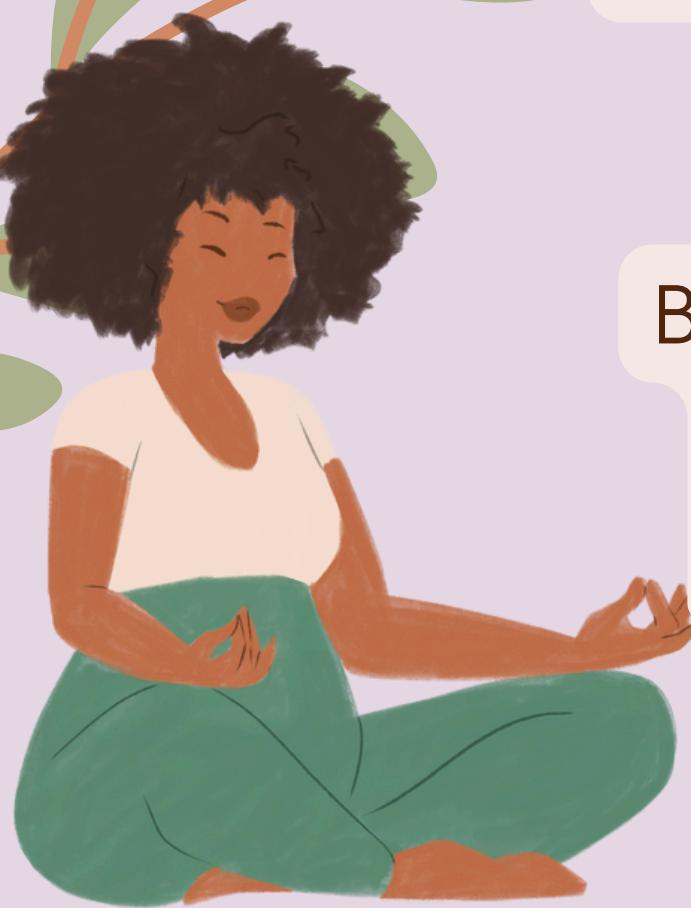
Usability Considerations: Applying basic usability principles to ensure clarity, consistency, and accessibility within the prototype.

Methodology

To design **SoulStretch**, we followed a simple HCI-based approach.

First, we created a short questionnaire and collected responses from 10 users to understand their needs and preferences for a yoga app. Next, we analyzed the results to identify the most important features, such as short session durations, a clean interface, and easy navigation.

Based on these insights, we designed a high-fidelity prototype that included all main screens and user flows. Finally, we shared the prototype with a few users to gather feedback and ensure the design was clear, simple, and aligned with their expectations.



Questionnaire Method

Method of Data Collection

We used a short questionnaire and shared it with 10 participants who are familiar with yoga to understand their needs, challenges, and preferences related to yoga apps.

Designed Questions

1. What is your age?
2. How familiar are you with yoga?
3. How often do you practice yoga?
4. What prevents you from practicing regularly?
5. What session length do you prefer?
6. Do you find most yoga apps difficult or time-consuming?
7. Would you like to choose your session length?
8. Which features motivate you the most?
9. How important is a simple, calming interface?
10. Would you use an app that tracks your progress?

Results

Summary of questionnaire results



Analysis of User Needs

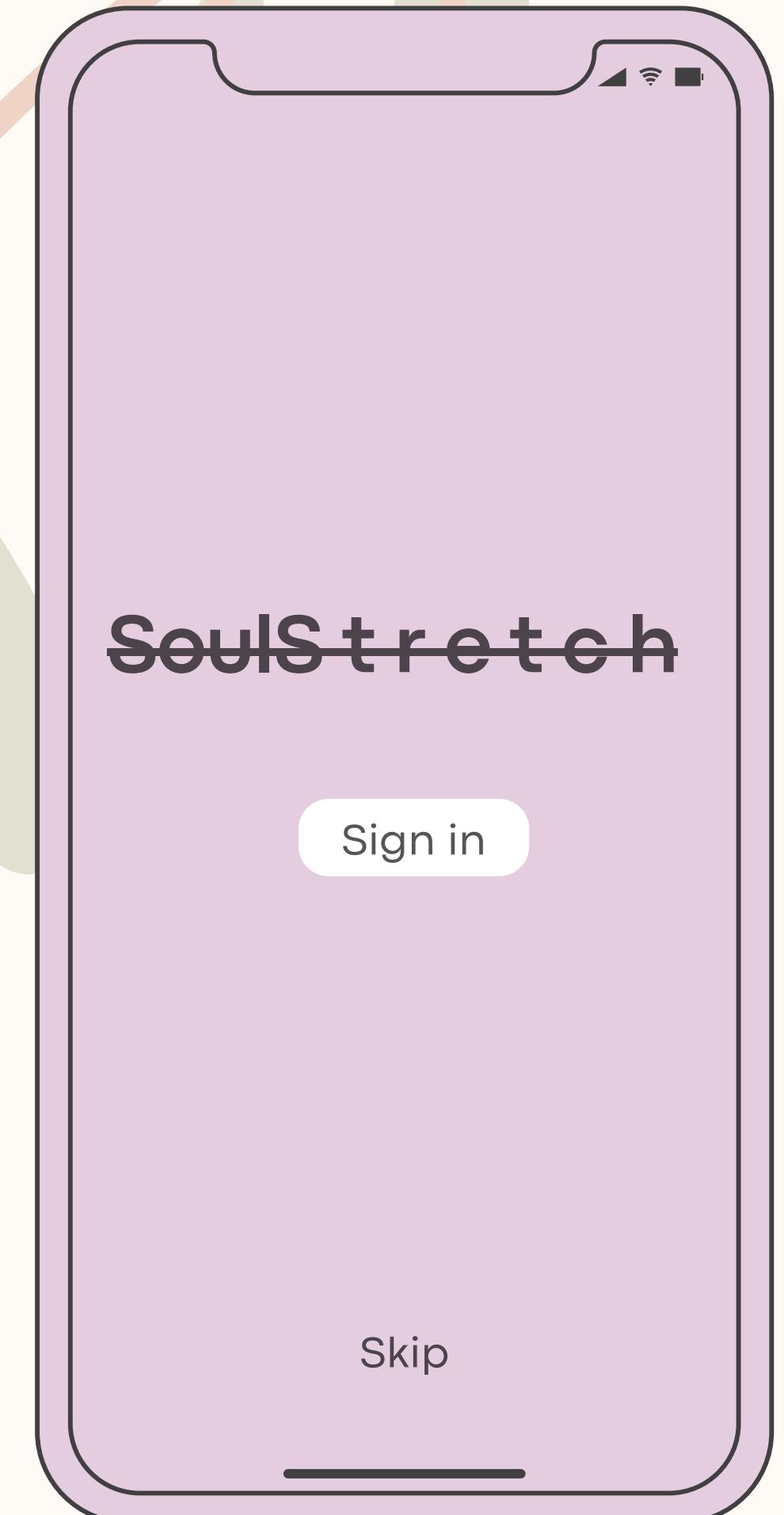
Our design was directly informed by these key user needs:

- **Need for Flexibility:** This is the #1 priority. The app must adapt to the user's schedule, not the other way around.
- **Need for Speed & Convenience:** Users must be able to find and start a workout in as few taps as possible.
- **Need for Motivation:** Users want to see their consistency to feel a sense of accomplishment.
- **Need for Simplicity:** The user is seeking to reduce stress, so the app's interface must be clean, calm, and minimalist.

The Design Walkthrough

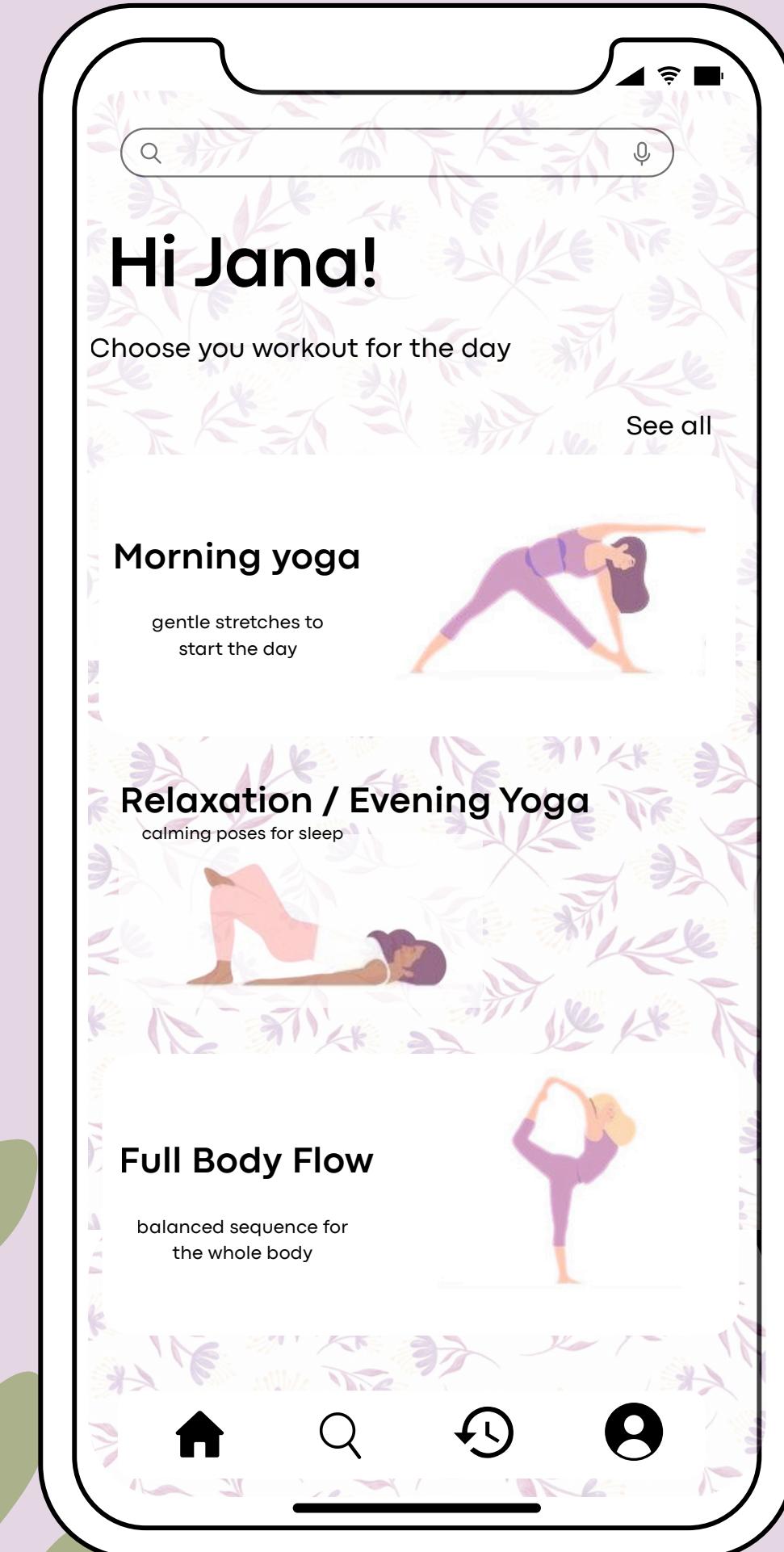
Screen 1: Splash & Sign-In

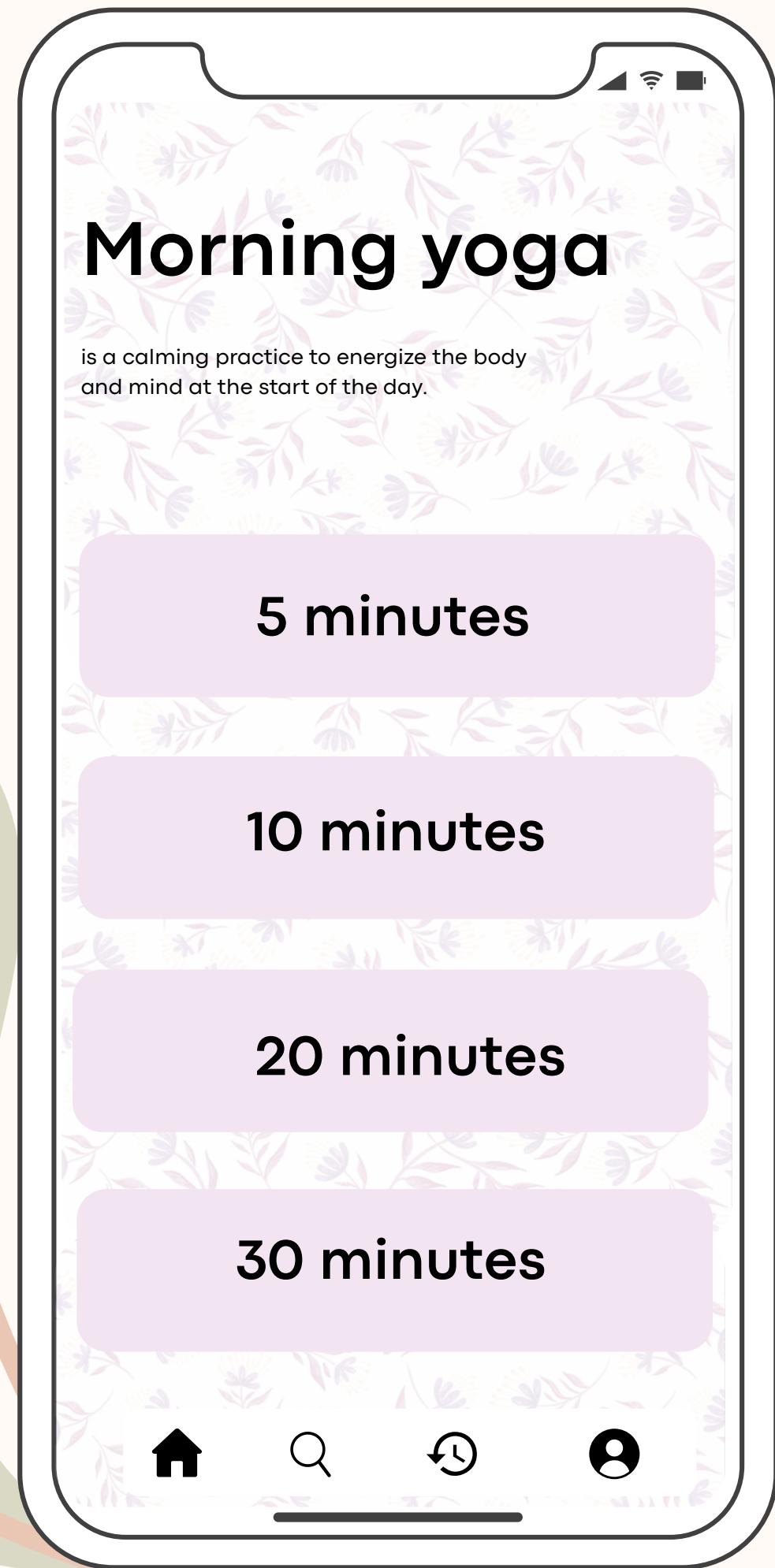
- Warmly introduces the user to "**SoulStretch**" with a clean logo.
- "**Sign In**" for returning users to access their profile and history.
- "**Skip**" for new users or guests who want to explore the app immediately.



Screen 2: Home Screen

- Features a large, friendly personalized greeting ("**Hi Jana!**") to welcome the user and make the experience feel personal right away.
- Designed for easy navigation with a clear prompt to "**Choose you workout for the day**" and scrollable, curated workout categories. Each option (like "**Morning yoga**" or "**Full Body Flow**") includes a brief description and an illustration to help the user make an informed choice.
- A simple bottom navigation bar provides clear, one-tap access to the app's main sections, including Home (active), Search, History, and Profile.





Screen 3: Customizing the Workout

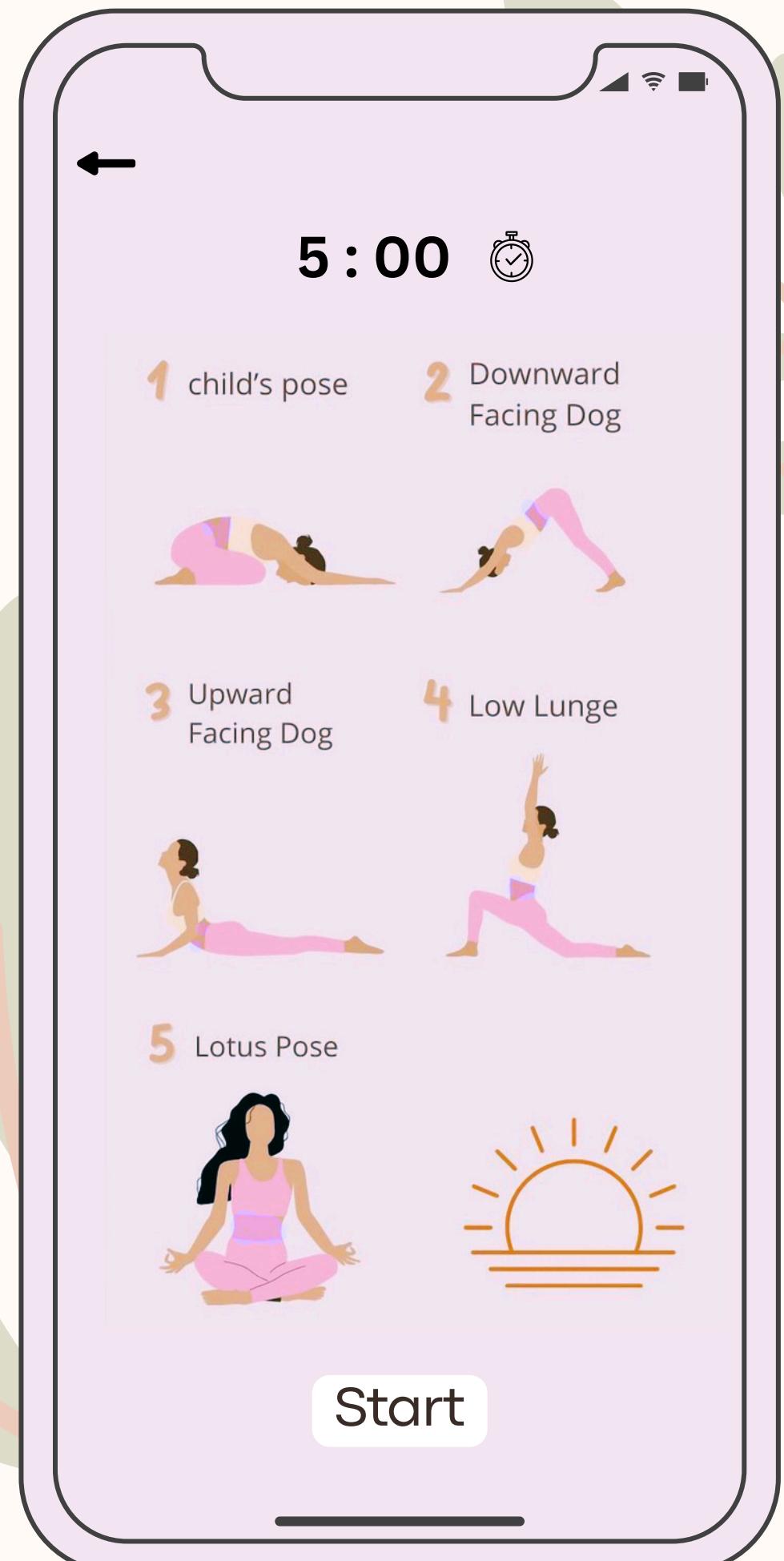
This screen is our core solution for the user's #1 need: **flexibility**.

Instead of forcing a user into a 30-minute exercise they can't finish, it empowers them. After selecting a workout, they are immediately asked to choose a length that fits their actual day: 5, 10, 20, or 30 minutes.

This simple step completely removes the "I don't have time" barrier, turning a major point of friction into a feeling of control and making the app usable even on the busiest days.

Screen 4: The Active Session

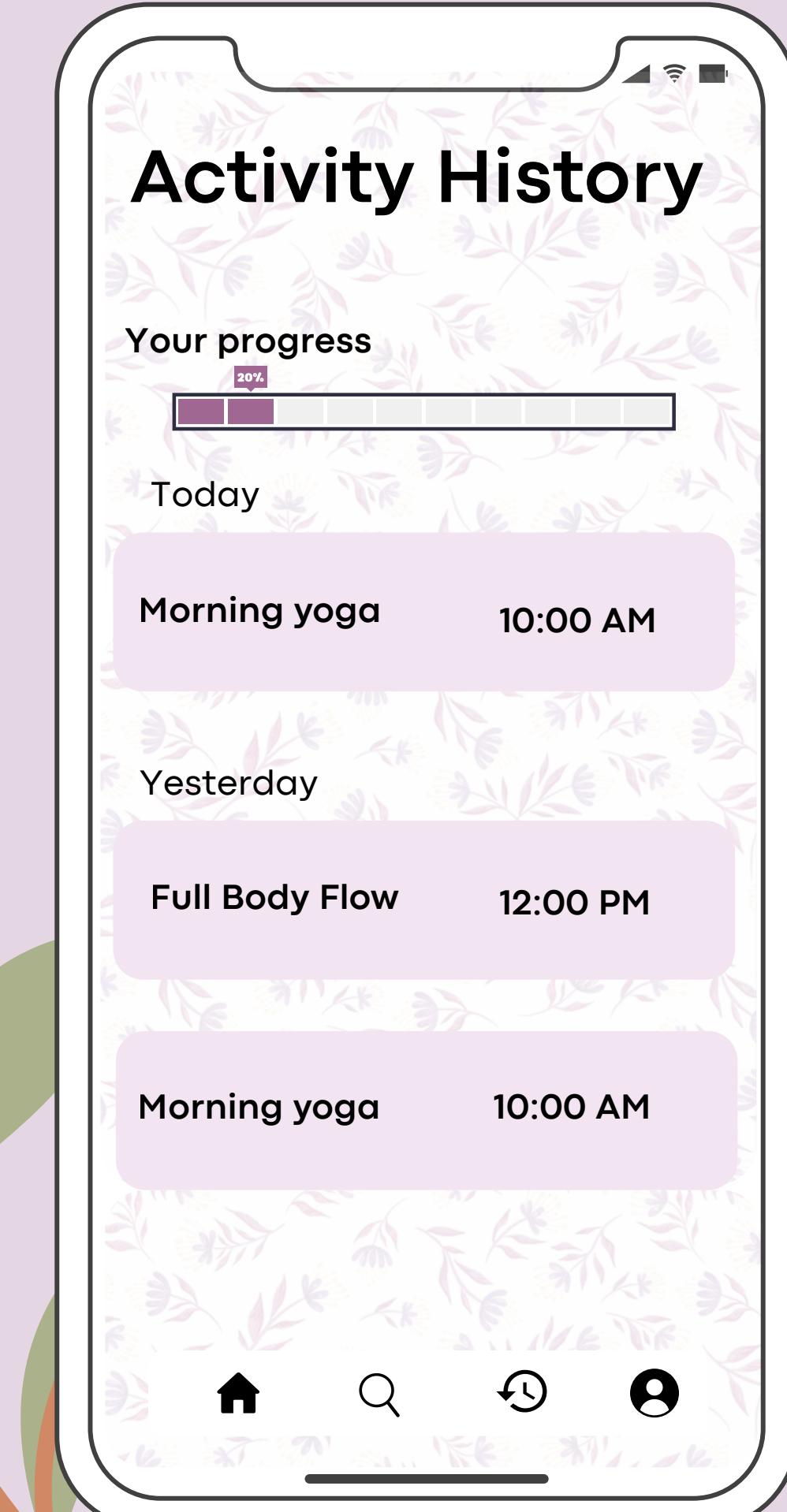
- This screen is the core session, designed as a focused, distraction-free environment so the user can fully immerse themselves in the practice.
- The clear countdown timer manages expectations and shows remaining time, which is highly motivating.
- The visual, scrollable pose guide is a key feature for building confidence. It lets the user mentally prepare for the next movement and understand the flow of the session, so they never feel lost.



Screen 5: Activity & Progress

This screen is the motivation engine of the app. It directly solves the user's need to see and feel their progress.

- The "**Your progress**" bar isn't about complex stats; it's a fast, visual reward. It provides a simple summary of their consistency that makes them feel successful.
- The daily log provides the proof. By showing what they did and when ("**Today**," "**Yesterday**"), it reinforces their commitment and encourages them to show up again tomorrow to keep their streak going and build a lasting habit.



Reviews

WAAD

The app is beautiful, simple and clear. It saves a lot , and everything in it is useful

RAHAF

You created a brilliant program that truly makes our lives easier! Thank you wasayif and Jana ❤️

JOUD

such a simple but powerful yoga app! i can set a 5-min session, follow the timer, and check my past workouts to watch my progress grow. it keeps me motivated every day

SABA

your project looks really nice! I love how clean and calming the design is, and the flow between the screens feels smooth and easy to follow. The whole idea fits the yoga theme perfectly. Great job – you're doing amazing, keep going! ❤️

MUNERAH

The idea is lovely and gentle, reflecting the calm spirit of yoga in a clear and simple way. I liked how the schedule is organized and how easy it is to register. The concept makes starting a yoga journey effortless for anyone. A soothing, creative project that truly meets people's needs

References

www.pinterest.com

a design-usability paper describing an iterative UI design for yoga practitioners.

User interface guidelines

Designing the User Interface: Strategies for Effective Human-Computer Interaction

Thank You

