CS-360-T5539 Mobile Architect & Programming 23EW5

1-4 Assignment: Users and Solutions

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**App Introduction**

The application discussed in this paper is the app called, "MyFitnessPal". The interface design discussions will be presumed to be as viewed from an iOS device.

**App Purpose and Design**

According to MyFitnessPal | MyFitnessPal. (2023), " MyFitnessPal is one of the best weight loss apps and fitness apps, helping nearly 1 million members reach their nutrition and fitness goals every year. . . It’s not just a free calorie counter app — it’s also the best calorie counter app for people who are looking to take back control of their health and fitness."

As defined above, the application is designed to help people with weight loss and it has been expanded to accomplish this by also including features related to fitness tracking and its integration into the weight loss process.

The design of the application is focused on ease of use. The color theme is light blue, white, with light grey. It focuses on having a large database of foods that have caloric and macro data (count of proteins, carbs, and fats in grams) and allowing this databased to be searched and added to the user food list by either searching via keyword or by scanning the barcode of the food to be consumed. The design also uses icons to serve as navigation keys and provides a visual donut graph showing the amount of calories consumed in relation to your goal.

**User Needs Identification**

This app is designed for those looking to lose weight by tracking their calories and/or focusing on macro consumption/concentrations for their dietary goals. It is also designed for those users looking to see the effects of their fitness on their caloric intake. The business objective of the application is to support the users overall health goals. It has a free version that has great functionality, but with the premium version it allows the user to have access to additional health statistics along with suggested food recipes to help promote the health goals of the user. The app is trying to persuade the user to keep their health goals and also buy the premium version and it has expanded capabilities to promote the users cause.

**Features**

The features of this application are based on in the input of food with caloric and macro profiles and then track its effect on the users dietary goals. It also has the ability to understand the effects of the users fitness of these goals. It has the ability to track compliance to the users goals on a daily basis, weekly basis, along with seeing trends overtime. The user can also track body measurements, body weight, and other user defined measurables.

**Useful User Information**

The required inputs for the developer from the user are clearly defined in the app. The user adds these details in the profile creation process. The app asks for the users age, number of pounds to lose per week, base level of activity, current weight and height, and a profile picture. It also has the ability for the user to readily connect with a community to help support the user goals.

**References**

MyFitnessPal | MyFitnessPal. (2023). MyFitnessPal. Retrieved May 6, 2023, from

https://www.myfitnesspal.com/