CS-360-T5539 Mobile Architect & Programming 23EW5

2-2 Assignment: User Components and Data

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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.

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.

**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.

The "Dashboard" screen (as located on the bottom navigation menu) shows the visual graphics for the caloric and macro input. A bar chart is shown for this feature. The users weight is also displayed in a line chart with the weight being the vertical axis and date of weigh-in being the horizontal axis. The Dashboard also allows the use of widgets for the homescreen on iOS devices where the caloric intake can be seen in a donut graph.

The "Diary" screen shows the current or historical dietary input specifics. this is where food is added to different time allotments throughout the day as defined by the user. As an example, the breakfast time allotment is shown by default, and then the user selects the "add" button where they can search for food/data with predetermined nutrients or scan a barcode to have the nutrients automatically added to their daily intake. This all shown in a single column tabular flow.

The "Plans" screen shows current workout plans and potential meal plans to help promote health and the user to "stay on track". The user interface focuses on high quality images in a vertical scrolling menu. The data is based on articles with helpful details that the user would find valuable for their health journey.

The "Newsfeed" navigation menu option shows industry articles related to fitness or new data in the food science world. The user interface is a vertical workflow with selectable articles to help educate the users regarding upcoming health solutions.

The "More" navigation menu option shows the "settings" for the user profile. The users weight, height, fitness goals, recipes, etc. are listed in this menu. The user interface is a vertical scroll with selectable data with customizable options.

**Data Sources**

When reviewing the data shown throughout this application, there is a large data library available for the user when it comes to searching for food to add to the user Diary. This data search is very quick (low lag) and provides multiple options for given foods. This data would be best stored on a cloud based system to ensure it is up-to-date with new foods and barcodes so the user has the newest data without having to update their local database.

Regarding the "Newsfeed" screen, these articles are selectable and then they link to external pages where the article can viewed. This data is stored via cloud or servers to ensure the articles are up to date and available on all platform.

**User Goals**

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.

The data the user needs is based on caloric, macro, and micronutrients. These are integer values and are used to track trends and user goal adherence.

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/