



Project Phase I - GG Health

By

6388072	Pimmada	Tularak
6388113	Poomrapee	Wareeboutr
6388133	Pitchaya	Teerawongpairoj
6388177	Chusong	Xu
6388196	Sasima	Srijanya

Present to

Asst. Prof. Dr. Rawesak Tanawongsuwan
Dr. Woraluck Wongse-Ek

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Overview of the problem

Nowadays, there are many people who lack good health by lacking nutrition and exercise. Not only the elderly should concern about their health. We should concern about our health since we were born until we die. There are many ways for having good health including Intermediate Fasting (IF), 70/30, etc. The most efficient way is 70/30 which 70% is from food and 30% is from exercise. Food is the most important for our body. Eat healthy food with enough exercise to become a healthy person.

This is the reason why we did the GG: Good health Good life application. In the health application, it will help the user to have good health by recommending healthy food and video exercise for daily life and sending the notification to notify the user to not forget to take care of their health.

An analysis of the existing system

I. MyFitnessPal



Figure 1 MyFitnessPal Logo [2]

Business Description:

MyFitnessPal is one of the applications for fitness and weight loss, to support users' nutrition and fitness activity objectives. The users make use of the app's food database, which has over 14 million foods and is available for free usage, as a calorie tracker and counter to keep track of the calories in the food they eat. Moreover, there is also a premium option for users who want special privileges in addition to the free one.

Strong Point:

The strong point of the MyfitnessPal application is user-friendliness. Both the website and the application have cleaned and beautiful UX/UI that clearly categorizes the function, making it easier for users. Additionally, there is a database that can hold a lot of data, including user and nutritional data.

Deficiencies:

The deficiencies of MyfitnessPal are that certain users can easily falsify their personal data, such as weight, height, exercise, and nutrition. In addition to this, the updating of applications with inconsistent data functionality is another issue that might produce application error results.

II. Google Fit



Figure 2 Google Fit Logo [3]

Business Description:

Google Fit is a health-tracking platform developed by Google. It is designed to help businesses and individuals track their health and fitness goals by integrating data from a variety of sources such as wearable devices, apps, and manual inputs. The platform provides a comprehensive view of one's health and fitness status and offers personalized insights and recommendations to improve overall health. In the business world, Google Fit can be integrated into workplace wellness programs to encourage healthy habits and promote productivity among employees. The platform also offers valuable data for businesses to better understand the health and wellness trends of their employees.

Strong Point:

The platform integrates with various wearable devices and health apps to provide a unified view of a user's activity, nutrition, and sleep data. Google Fit also offers personalized insights and recommendations based on the user's data to help them reach their health and fitness goals. The platform is user-friendly and accessible, making it easy for users to track their progress and stay motivated. The platform's integration with other health and fitness apps and devices allows users to have all their data in one place, making it easier to track progress and make informed health decisions.

Deficiencies:

It has a few weaknesses that may impact its overall performance in the market. One of its weaknesses is the limited range of tracking devices it is compatible with, which may prevent some users from fully utilizing the platform. Another weakness is its limited integration with other health and fitness apps, which may make it difficult for users to track all their health data in one place. In addition, the platform has been criticized for being less user-friendly compared to other similar platforms, with some users finding it confusing to navigate and use. These weaknesses may negatively impact Google Fit's market position and hinder its growth.

III. Samsung Health

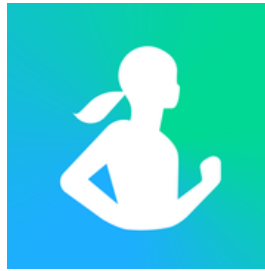


Figure 3 Samsung Health Logo [4]

Business Description:

Samsung Health provides users with a comprehensive platform to track and manage their health and fitness data. With various features such as activity tracking, nutrition tracking, and sleep monitoring, the app aims to help users stay active and gain insight into their overall well-being [10].

Strong Point:

Samsung Health provides a comprehensive range of tools and resources to help users manage their health and wellness. The app's interface is designed to be intuitive, making it easy for users to access and manage their health data. Additionally, Samsung Health offers resources such as fitness coaches, mindfulness exercises, and a community of users to provide support and encouragement. These features help to make Samsung Health a comprehensive and effective platform for managing health and wellness [10].

Deficiencies:

Samsung's APIs are designed specifically for Samsung devices and may not be compatible with non-Samsung devices, which means that the reach of Samsung Health and its associated APIs may be limited only to users who own Samsung devices [1].

A brief description of how the above information was gathered

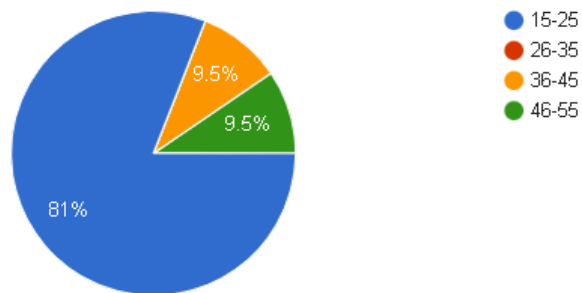
From our survey that we received from Google Forms, we can summarize that most people eat breakfast in the morning, eat 3 meals per day, do not exercise per week, and know how to use mobile applications.

Our group asks about users' weekly life which helps us to design and create a full function for users. Including weight and height for calculating BMI, did users eat breakfast in the morning, how many meals users eat per day, how often users exercise per week, how long users exercise per time and do users know how to use mobile applications.

How old are you?

21 responses

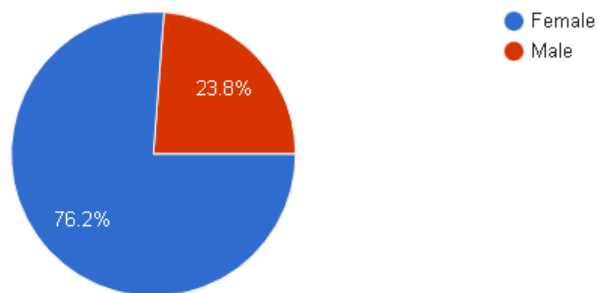
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What is your biological gender?

21 responses

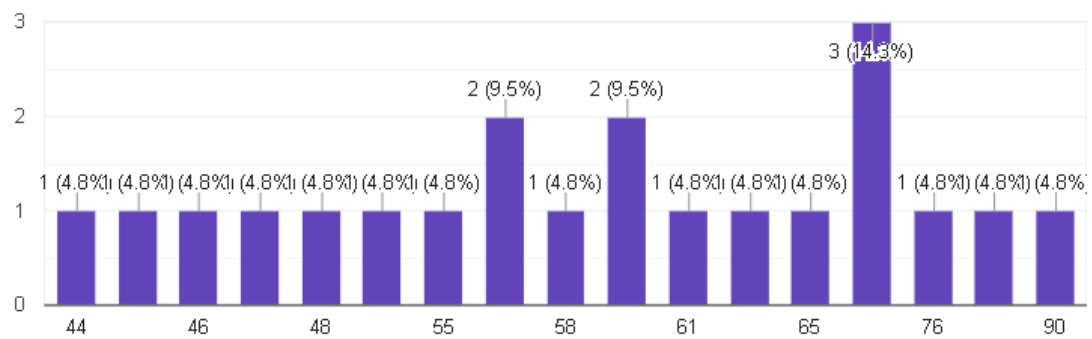
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What is your weight?

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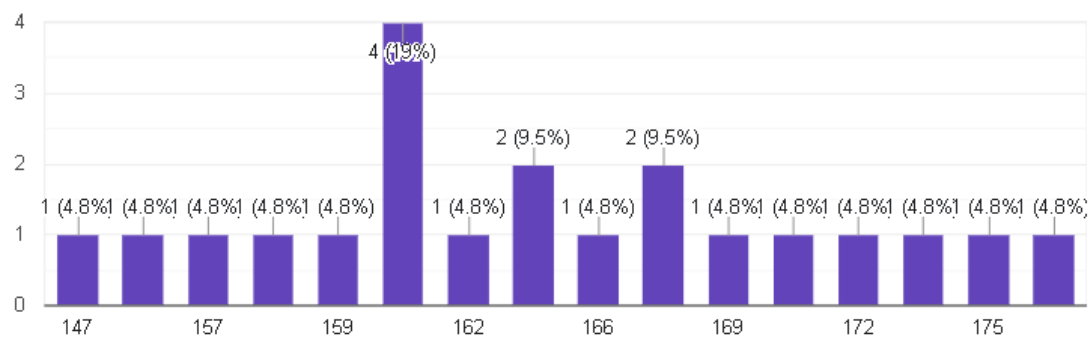
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What is your height?

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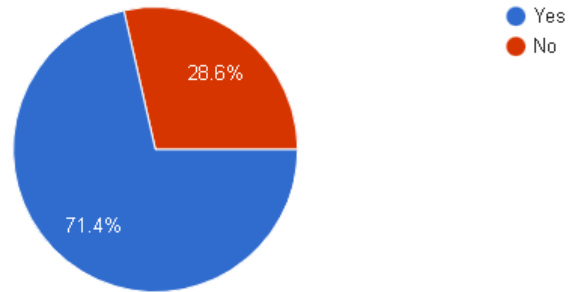
21 responses



Do you eat breakfast in the morning?

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21 responses

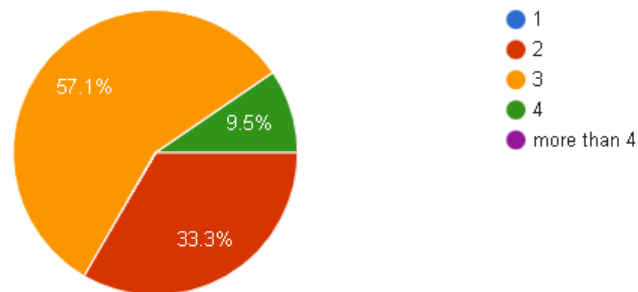


How many meal you eat per day?

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21 responses

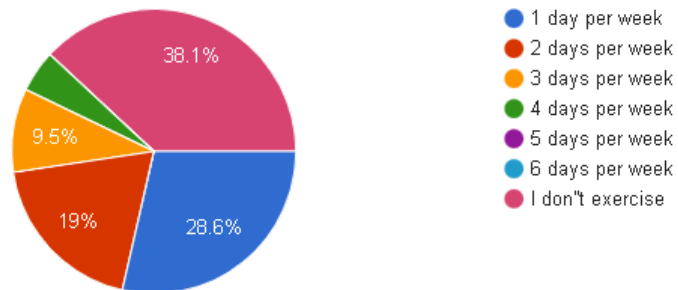
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How often do you exercise per week?

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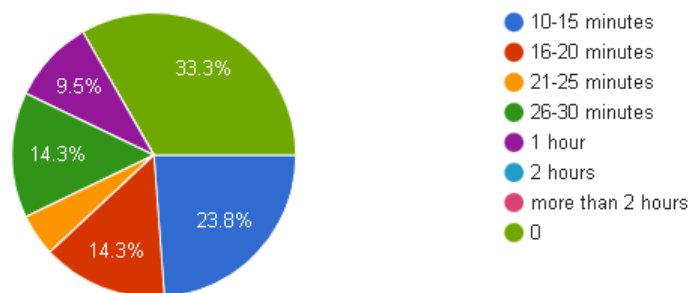
21 responses



How long do you exercise per time?

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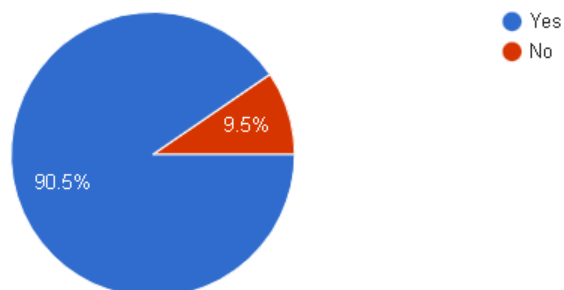
21 responses



Do you know how to use mobile application?

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21 responses



Problem statement

Many people lack good health that from eating and exercising which causes their bodies to become unhealthy. Some people don't take care of their health because they don't have time or enough knowledge.

So, our group came up with a health application that the user will input what they eat in a day and select what they are concerned about in their health. Then, the application will automatically calculate how much the user should eat and how much nutrition they should gain. Lastly, the user can set the application for their exercise to beginner, intermediate, and expert. The application will automatically recommend a video of the exercise that is suitable for the user and send a notification to notify the user every day.

The user personas

There is only one main target group which is people who want to have good health by eating healthy food full of nutrition along with exercise.



**OLIVIA
WILSON**

Film Director

OCCUPATION

➤ **FILM DIRECTOR**

DEMOGRAPHIC

➤ **45 YEARS OLD WHO WORK IN THE MOVIES INDUSTRY FOR 15 YEARS IN CALIFORNIA, THE UNITED STATE. HE USUALLY SITS IN A CHAIR DURING HER WORK.**

GOALS AND NEEDS

➤ **SHE WANTS TO TAKE CARE OF HER HEALTH MORE THAN IN THE PAST BY EATING GOOD FOOD AND EXERCISING.**

PAIN POINTS

➤ **LACK OF APPLICATIONS THAT STORE INFORMATION ON WHAT PEOPLE EAT IN A DAY AND EXERCISE WITH AUTOMATICALLY CALCULATE AND RECOMMEND WHAT PEOPLE SHOULD EAT AND EXERCISE MORE.**

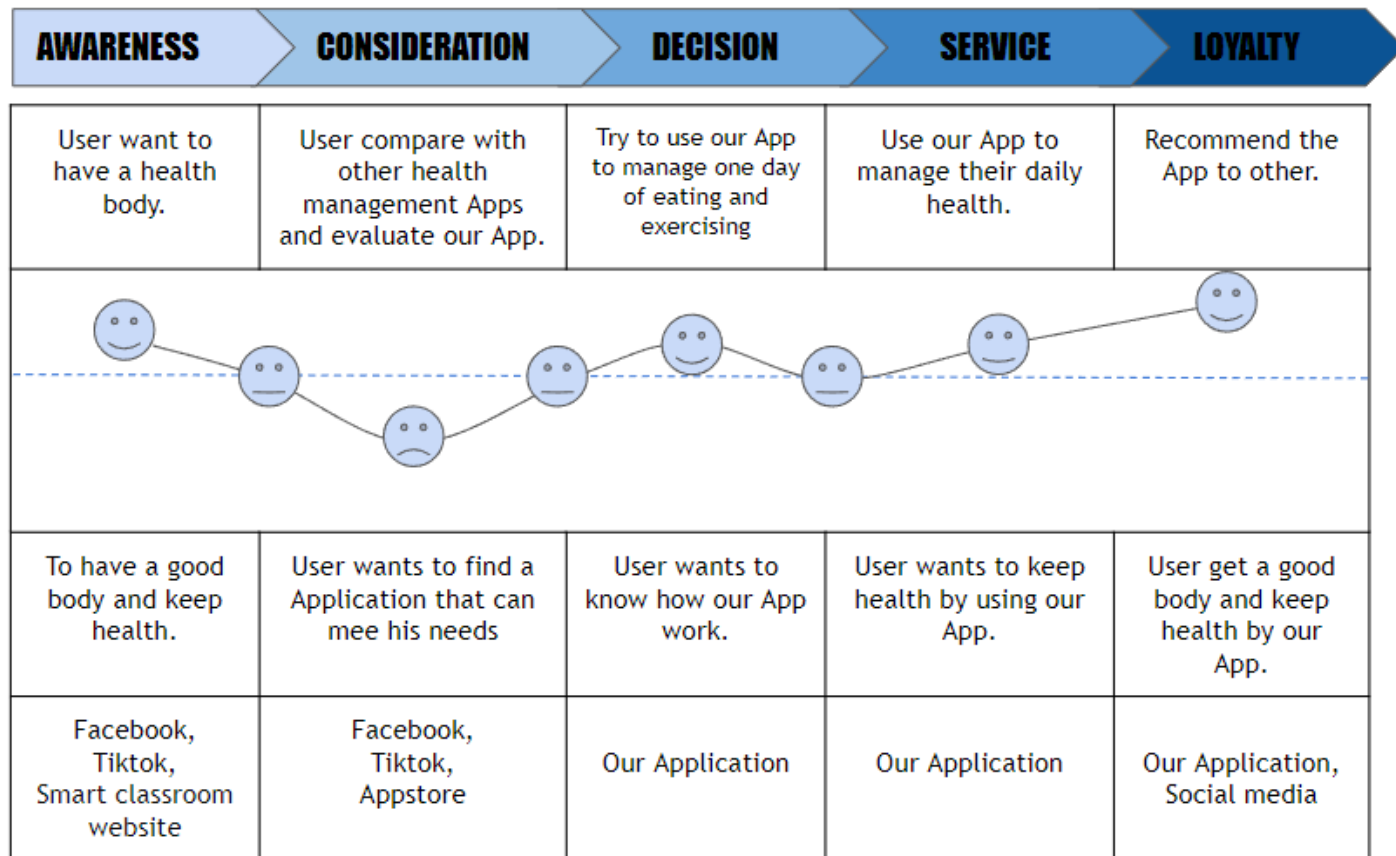
RELEVANT PATTERN OF BEHAVIOR

➤ **SHE IS A GIRL WHO SPENDS MOST OF HER TIME AT WORK. AFTER THE WORK IS DONE, SHE ALWAYS GOES TO THE PARTY TO DRINK ALCOHOL AND EAT JUNK FOOD.**

PERSONALITY

➤ **SHE IS ADDICTED TO HIS PHONE. THAT'S WHY SHE LOVES TO USE THE MOBILE APPLICATION.**

The user journey map



The user journey map is a journey map of the user's experience from not using our app to using our app. In the beginning, users begin to have the awareness that they need to focus on their health or fitness. Then users start to look for apps that they can use to help them keep healthy. And in the process, they find that other apps don't solve their pain points or satisfy their needs. So they are depressed emotionally during the process. After discovering our software in social media, the App store, and other channels, users compared our App with other health management Apps and found that our software can provide accurate data and make a reasonable health plan for users. After using our application many times, users find that our app is a good solution to their pain points and needs, so they use it often and recommend it to others who also want to maintain a healthy lifestyle.

Answer questions

- Who is affected? Who is experiencing the problem and how specifically can we describe them? Who are the potential users/stakeholders?
 - The people who were affected were healthy people. Many people who want to have healthy bodies are lacking in nutrition and exercise. We called these people healthy lifestyles. The potential users for our health application are the people who want to change their lifestyles and care about their own health management.
- What is the problem? What are the struggles and what ultimately needs to be accomplished? Are there pain points that need to be relieved?
 - Our application is necessary to let users enter their daily life information regularly to get the best results from their use, which is a pain point that may make some users think it is difficult to use. We can solve this by creating the notification function of the app and presenting the daily routine to suit the behavior of users to create more enthusiasm for using the app.
- Where does it happen? In what context does the user experience this problem?
 - The issue will arise in the long run and directly affect the user. The context in which users will experience pain points is when they do not recognize and care for their health. In this case, if the behavior persists, it will be a serious problem that must be addressed.
- Why does it matter? Why is this a problem worth solving and what value does this bring to the user?
 - The goal of a GG application is to encourage users to lead better lifestyles by offering suggestions for suitable activities and portion sizes for meals. In order to do so, we need precise data, which is where the notification feature comes in. The notification feature will help remind users not to forget to enter details about the food they have consumed throughout the day so that the GG application will be computed and provide a suitable and accurate result for each user.
- What tasks do they seek to perform?
 - The users need to find some tool to help them to be aware of health and nutrition. The tasks they seek to perform are to balance their nutrition for each meal along with their physical exercises.

- How to improve the user's workflow/journey?
 - The way to improve the user's workflow is to encourage them regularly and integrate the software with wearable health devices. This allows users to import data from their physical activity into the app and is a way to encourage users to improve their workflow in their daily activities.

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Google Sites Link

https://docs.google.com/presentation/d/1Zp_s0q5a6USjBfxYBzqz-lGqFF0JSD_Ct5Cqh4XsJys/edit#slide=id.g1d553789049_1_47