

## Design:

Pure Text Field  
show heading

Clear All Button  
unselect all check box

Progress Bar with label

Timer  
Selector

← Food Intake Questionnaire

Food Preferences Your Persona Timings

Food Categories

Select all the food categories you can eat

✓ Select All

✕ Clear All

Select All Button  
choose all check box

Check Box with labeled text

Step 1 of 3

Wellness Groupie

Follows popular health trends. Enthusiastic about superfoods, supplements and the latest wellness recommendations from influencers.

Select This Persona

Step 2 of 3

Select button  
select current highlighted persona

← Food Intake Questionnaire

Food Preferences Your Persona Timings

Timings

Let us know about your daily eating and sleeping patterns

What time of day approx. do you normally eat your biggest meal?

12:00 PM

What time of day approx. do you go to sleep at night?

10:00 PM

What time of day approx. do you wake up in the morning?

07:00 AM

Step 3 of 3

Pure Text Field  
Display information

Step x of x text  
shows current page

Next

Back Next

Back

Save

Full size Next button  
leading to next page

List of Card field

Swipe left button with left arrow icon

Swipe right button with right arrow icon

Back button  
back to previous page  
only appear after 1 page

constraint size Next button  
leading to next page

Save button  
saves preferences

Card Field components:

- Container/wrapper box
- Header bar with persona name
- Main content area (Persona image)
- Descriptive text field

## Explanation

- **Single Screen into three**
  - Less overwhelming
  - Easier future expansion
- **Progress Design – Clear navigation feedback**
  - **Progress bar** → better visibility positioned top.
  - **Step x of x** → section could have multiple pages
- **Next/Back button**
  - larger portion for “Next” → higher usage frequency.
- **Select All / Clear All**
  - Intuitive icons
  - Efficiently modify options
- **Single-Column Check box**
  - reduces hand movement compared to grid.
- **Left/Right Arrow**
  - Click arrow to browse personas effortlessly, eliminating extra clicks
  - Clear navigation feedback
  - Get persona information immediately.
- **Select Button**
  - Fewer clicks and no need to look for options compared to dropdown.