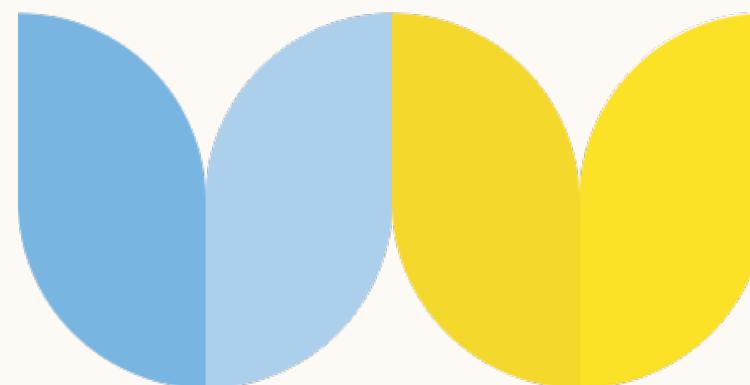
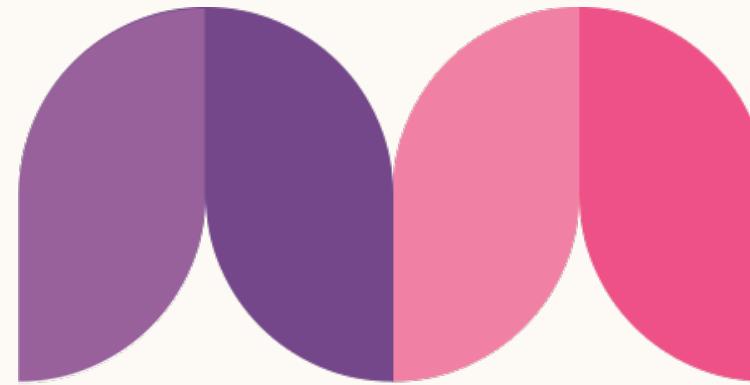


# MOVEWELL



# AGENDA

- Introduction
- Design problem story arc
- Task Flow Diagrams & Design Mockups
- Design rationale
- References



**MoveWell** is an innovative digital platform designed to integrate exercise and movement into the lives of students and young professionals, aged 16 to 35, who are often occupied with academic and work commitments. In today's fast-paced digital world, many individuals spend prolonged hours on their computers, leading to a lack of physical activity and, potentially, declining mental well-being. **MoveWell** addresses this by providing a user-friendly, comprehensive desktop website that encourages regular movement and physical engagement throughout the day.



Through **MoveWell**, users can access a range of flexible, beginner-friendly exercise routines tailored to fit seamlessly into busy schedules. The platform focuses on enhancing productivity and overall health by offering a balanced mix of physical and mental exercises, reminders, progress tracking, and interactive challenges. **MoveWell** is designed with an intuitive interface and clean navigation to ensure that users can effortlessly incorporate short, effective exercise breaks into their daily routines without disrupting their workflow, helping them stay refreshed, focused, and active.

# DESIGN PROBLEM STORY ARC

Story of  
Pamith

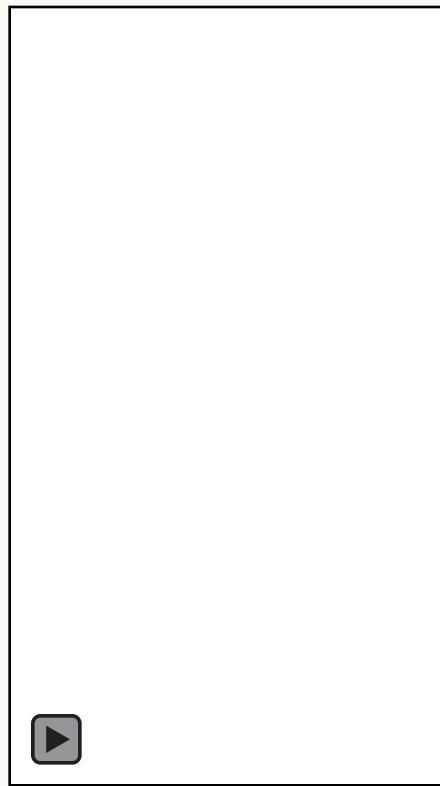


# TASK FLOW DIAGRAMS & DESIGN MOCKUPS

*Pamith's goal is to find a time-efficient, structured workout routine that fits into his busy schedule, helps him build muscle, and tracks his progress, without overwhelming him with unnecessary information or complex fitness plans.*



*Padma's goal is to find a beginner-friendly, structured workout routine that helps her lose body fat sustainably, while aligning with her vegetarian diet and allowing her to work out at home without gym equipment.*



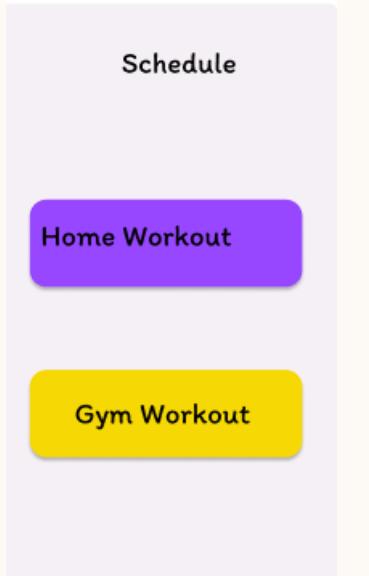
*Jordan's goal is to find short, flexible workout routines that fit into his busy work schedule, allowing him to stay active, improve his energy levels, and build strength without feeling overwhelmed or losing motivation.*



# DESIGN RATIONALE

8

## AFFORDANCE



Schedule		
Day 5		
Cardio	Treadmill	30 mins
Upper Body		
Push Ups      3x10 reps		
Bench Press      3x10 reps		
Lat pull down      3x10 reps		
lateral rise      3x10 reps		
Hammer curl      3x10 reps		
Tricep extension      3x10 reps		
<b>Finish</b>		

Buttons like "Home Workout," "Gym Workout," "Finish," and "Schedule" are prominently labeled, guiding users to take the desired actions without confusion

Profile

Age	<input type="text"/>
Height	<input type="text"/>
Weight	<input type="text"/>
Gender	<input type="button" value="Select ▾"/>
Time period	<input type="button" value="Select ▾"/>
Available Time	<input type="button" value="Select ▾"/>
Workout Type	<input type="button" value="Select ▾"/>
Target	<input type="button" value="Select ▾"/>

## CONSTRAINTS

users must select specific parameters in the Profile (age, height, and fitness level) before they can proceed with scheduling workouts. This **constraint** principle ensures that users enter necessary information, helping tailor workouts more accurately to individual needs.

# ACCESSIBILITY

The app emphasizes accessibility by offering both vegetarian and non-vegetarian diet options, catering to different dietary preferences. The use of plain language and a clean, minimalistic design with adequate spacing ensures that users of all fitness levels and tech skills can use the app effectively

## Non Vegetarian Diet

### Morning (Breakfast)

- Greek Yogurt (200g) with Mixed Berries and Chia Seeds - 20g protein
- Oats (1/2 cup dry) with Almonds and a scoop of Protein Powder (optional) - 25g protein

### Mid-Morning Snack

- Boiled Eggs (2) - 12g protein
- Cottage Cheese (100g) or Low-fat Cheese - 12g protein

### Lunch

- Grilled Chicken Breast (150g) with a side of Quinoa or Brown Rice and Steamed Vegetables - 30g protein
- Lentil Soup (1 cup) as a side - 10g protein

### Pre-Workout Snack

- Banana with a handful of Nuts or a Protein Shake (20-25g protein)

### Post-Workout Meal

- Whey Protein Shake with Low-fat Milk or Water - 20-25g protein
- Rice Cakes or Whole Grain Bread with a spread of Peanut Butter

### Dinner

- Salmon or Tuna (150g) with Sweet Potatoes and Leafy Greens - 35g protein
- Chickpea Salad or Vegetable Stir-fry with added Tofu - 15g protein

### Evening Snack (Optional)

- Cottage Cheese or Greek Yogurt with Fruit - 10-15g protein

## Vegetarian Diet

### Morning (Breakfast)

- Greek Yogurt (200g) with Chia Seeds and Mixed Berries - 18g protein
- Oats (1/2 cup dry) cooked with Almond Milk and a scoop of Plant-based Protein Powder (optional) - 25g protein

### Mid-Morning Snack

- Cottage Cheese (100g) or Paneer cubes with a handful of Nuts - 12g protein
- Roasted Chickpeas or Hummus with carrot sticks - 10g protein

### Lunch

- Lentil Curry (1 cup) with Quinoa or Brown Rice and Mixed Vegetables - 25g protein
- Spinach and Chickpea Salad with a sprinkle of Pumpkin Seeds - 8g protein

### Pre-Workout Snack

- Banana or Apple with a tablespoon of Peanut Butter
- Protein Shake (plant-based, 20-25g protein)

### Post-Workout Meal

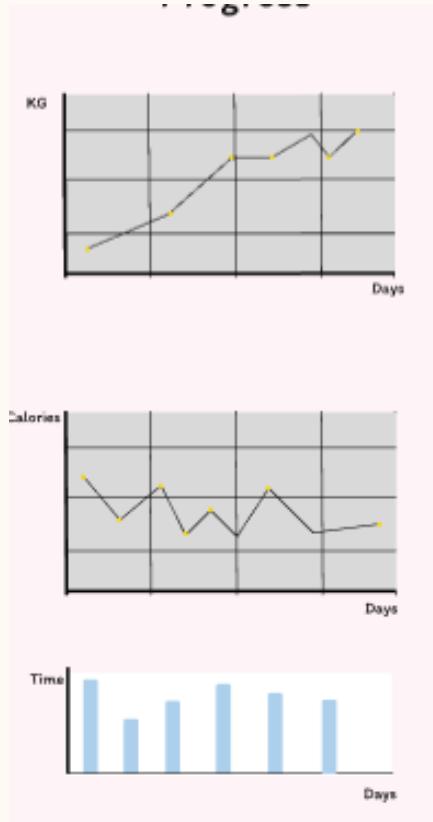
- Whey or Plant-Based Protein Shake with Low-fat Milk or Almond Milk - 20-25g protein
- Rice Cakes with a topping of Cottage Cheese or Hummus

### Dinner

- Tofu Stir-Fry (150g tofu) with Mixed Vegetables- 30g protein
- Mixed Bean Salad or Chickpea - 15g protein

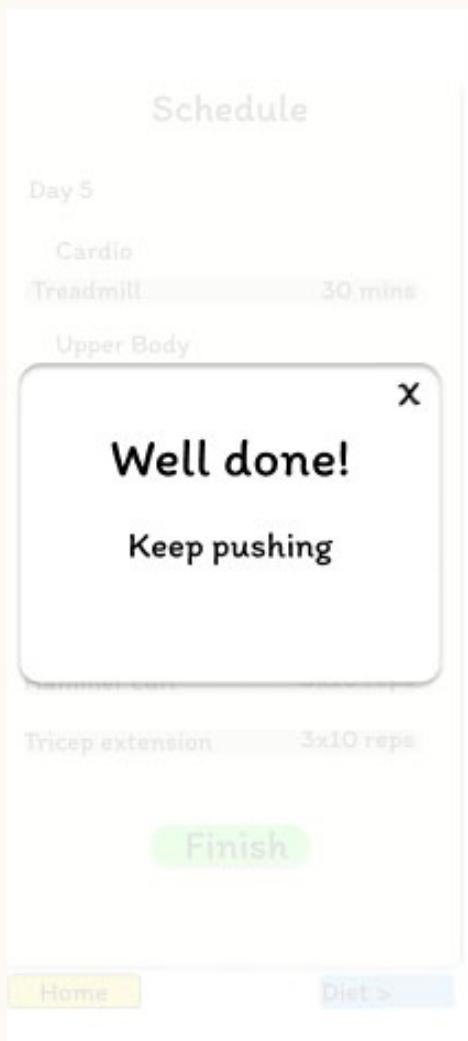
### Evening Snack (Optional)

- Greek Yogurt with Fruit or a handful of Nuts - 10-15g protein



## **SIGNAL-TO-NOISE RATIO**

The **signal-to-noise ratio** principle was considered in the Progress screen, which presents data in a line graph without unnecessary information, allowing users to focus solely on their progress metrics



## **ZEIGARNIK EFFECT**

The **Zeigarnik Effect** is applied by providing task completion reminders and a "Well Done!" message when users complete a scheduled workout. These elements create a sense of closure, motivating users to complete workouts and feel a sense of accomplishment

# REFERENCES

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## Video 1 reference

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## Prototype

*Pathirana, Manpriya MoveWell App Mockup*. Figma, October 2024. <https://www.figma.com/proto/pCqrYmHMRB6K4MoXCH8LBK/Untitled?node-id=0-1&t=Q8c3AMxtKj06Xz38-1>

**THANK YOU!**