UNIVERSITY OF WESTMINSTER⌗

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Module: 5COSC025W: Human Computer Interaction & Usability

Assignment Type: Group

<u>Course work 1 – Report</u>

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Acknowledgement

"Human computer Interaction and Usability" has been a very special module, brought to fruition through the efforts of some very special people. Our team would like to express our deepest appreciation to all those who provided us the possibility to complete this coursework. A special gratitude we would give to our lecturer in "*Human computer Interaction and Usability"*, Ms. Theja Perera and Mr. Banu athuruliya, whose contribution in stimulating suggestions and encouragement, helped to coordinate especially in authoring this project

Problem area

Today, humans are one of the world's fastest-growing and most technologically advanced beings. As a result, human beings have to face both positive and negative effects in life. Such an adverse effect is that people have to be confined to their homes due to the current pandemic and have to carry out their daily activities. Due to this situation people have been facing various complications such as changing their life style and the daily working routines therefore this has brought the fast moving world into a standstill.

The impact of this will affect the people in various ways such as breaking down the mental concentration and specially people are forced not to engage in physical activities. The obligatory lockdown, leading to the closure of fitness activities, overall social life has hampered several aspects of the lives of individuals together with the routine fitness activities of the fitness freaks therefore that has resulted in varied psychological problems and high fitness and health concerns. As a result of this current situation people are more involved in experimenting new food and forgets the fitness and the health cycles that they have to be aware of, so therefore the lack of technology to come across this situation is needed such to inform and to get a better understating of what they are observing and how to be aware of the future threats.

Identify user needs and requirements

In order to identify the user needs our innovative team have come up with several paths of identifying the user need materials. Our Innovative idea is about the bad food routines and helping the user to experience how to get rid of various health disorders. In order to that the user is given the following experiences about our application,

Do you like to experiment new food ?
30 responses

Figure 1 : Question 1

The above graph will show that the users are more likely to experiment new food. So it is clear that the users are more into junk food and get the experience. It will show that we should be concern about the food that people are consuming.
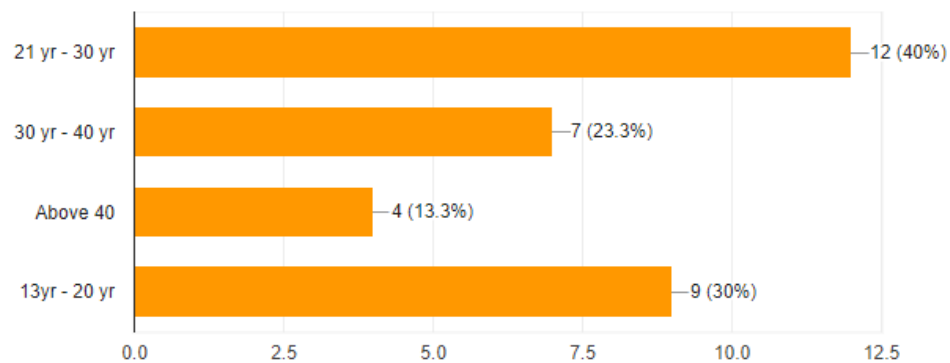
What is your age category?

30 responses

Figure 2 : Question 2

This graph will show the age categories of the users. This will clearly show that age between 21 years to 30 years are more likely to use the application. And secondly the age category of age 13 years to 20 years and age 30 years to 40 years and finally the age above 40 years are interested in the application.

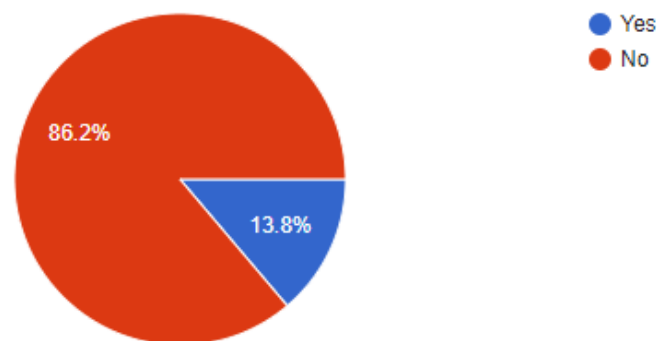Do you do any fitness related activities (Gym, Zumba etc.) ?

29 responses

Figure 3 : Question 3

This graph will show the fitness related activities that are done by the users. It will clearly show that the majority of the users are not involved in physical activities, Therefore it is very important that the user are more involved in the physical activities.
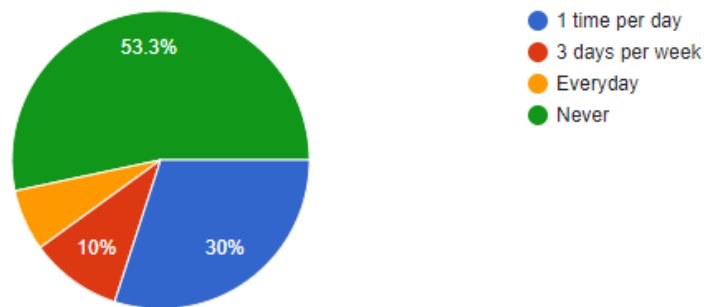
How often do you workout ?

30 responses

Figure 4 : Question 4

This graph will show you about the workout time sudations of the users. It is clear that due to the busy schedules people are not involved in physical activities. But considering the graph it will show us 30% of the responders are at least working-out one day and 10% of the responders are working 3 days per week.

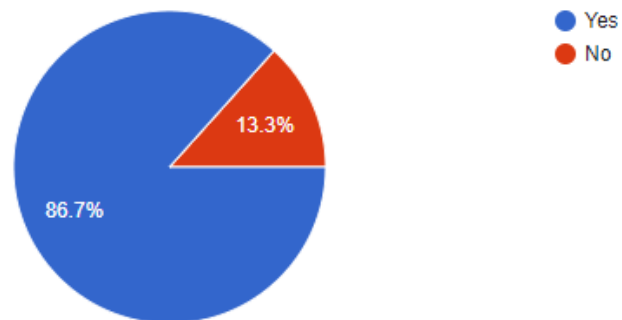Are you more concern about the food routine ?

30 responses

Figure 5 :Question 5

This graph will show that the users are more concern about the food routine that they are having every day. 86.7% are responding as they are more concern about the food routine that day get. And 13.3% of the responders are not concern about the food that day intake.

How often do you eat junk food ?

30 responses

Legend:
- 1 -3 days per week
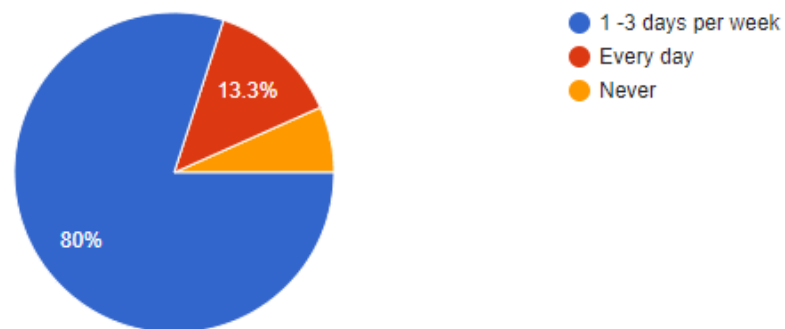- Every day
- Never

13.3%

80%

Figure 6 :Question 6

This graph will show the percentages of the junk food that people take in daily basis. About 80% of the total responders they take consume junk food 1 to 3 days per week. And that will show the risk that the users are facing by taking that much of junk food per week. 13.3% of responders are consuming junk food every day.

Do you like to have a food and fitness guiding application according to the food you consume ?

30 responses

Legend:
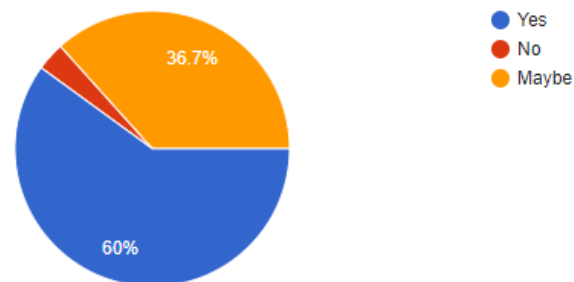- Yes
- No
- Maybe

36.7%

60%

Figure 7 : Question 7

This graph will show the responses for the users that showing the positivity for our innovative application. 60% of the total responders are willing to have an application. Therefore, our team is more concerned about to give the best user experience from our application and bring good solutions for this problem that people are facing.

If "YES" what features do you expect in the application ?

3 responses

To track our calory

Warning the user to identify the consumptions of what they are eating and the threats

Reminder alert

Figure 8 :Question 8

The above graph will show that the users interests from our innovative application. And our team is ready to deliver every user needs from the application.

According to the above mentioned survey form it is clear that the users are more concern about the current situation that they are facing now. By considering the results of the survey form our team came up with the user needs that are effective to the user to experience. These are the features that we are providing the user to experience.

1. The user will need a system to select the food routines that they are consuming in days, weeks or months.

2. A system that identifies the calorie count of the user according to the food that each individual consumes.

3. A warning (indication) system for user to identify the food that they have already consumed according to the calorie input.

4. A feature based on the calorie consumption and the food based health disorders and threats indicator for the user to identify the health disorders.

5. A feature to notified for bad health habits and recommends the user all the physical activities(exercises) in order to get rid of the unwanted calorie consummations and to maintain a good healthy life.

Persona and scenario

Persona Template

Name	Hirushi Perera
Age	38
Psyche	Extrovert

Background	Hirushi is a Human Resource Manager who is too busy with work and taking care of her to worry about her health and she is concerned about her body and wellbeing. She loves to be organised when it comes to her health but with the busy lifestyle she has it is tough for her to achieve that with the limited time she has between work and family
Emotions and attitudes	Hirushi does not have that much of a passion for technology but has somewhat of a knowledge about technology to work her job as a Human Resources Manager in a leading company
Personal traits	Being a workaholic Not having time to be with her famiaving an unfit body
Needs	To be organised and have a healthy life To give a healthy life to her family To keep track of every aspect of her life
Situations	
Scenarios	Hirushi needs to find a fitness solution with minimum exercise because she cant afford to spend time on exercising

Persona Template

	Name Kasun Fernando
	Age 21
	Psyche Introvert

Background	Kasun is a Computer Science student at IIT who likes to eat different kinds of foods. He is frustrated about the fact that he spends hours in one place with his computer without doing any exercise because of the work he has to do and since he is a food lover he is concerned about his body being unhealthy.
Emotions and attitudes	Kasun is a tech enthusiast who is all about technology and has a career in Computer Science at IIT that suits his passion.
Personal traits	Having to work in one place without any exercise Having an unfit body
Needs	To spend less time working on his computer To Eat the food he likes and be healthy at the same time To have a good fit body
Situations	
Scenarios	Kasun needs to have a fit body without giving up eating the foods he likes

User Journey map

Hirushi Perera

Scenario	Expectations
Hirushi needs to find a fitness solution with minimum exercise because she cant afford to spend time on exercising	• Ability to make a diet plan based on the food consumption • Ability to maintain a healthy lifestyle

Awareness	Explore	Trying	Sharing
• Searching for a health plan solution for a workaholic • Looking to give a healthy life to the family	• Explores the app and find out the food and exercise categories. • Finding the best suitable plan for her	• Trying out the food dietary feature of the application • Trying out the exercise feature of the application	Sharing the experience to friends and family

"How can i get a healthy lifestyle without wasting time"

"I like the fact that i can be healthy without consuming time"

"I am getting a postive result after trying"

"I must share with others to make their lives easier"

Customer journey map kasun

Thulith de Zoysa | November 21, 2021

Kasun Fernando

Scenario

Kasun needs to have a fit body without giving up eating the foods he likes

Expectations

- Ability to make a diet plan based on the food consumption
- Ability to maintain a healthy lifestyle

Awareness	Explore	Trying	Sharing
• *Searching for a health plan solution* • *Looking for an less time consuming way to have a fit body*	• Explores the app and find out the food and exercise categories. • Exploring the other features of the application	• Trying out the food dietary feature of the application • Trying out the exercise feature of the application	• Sharing the experience to friends and family •

"How can i get a fit body"

"I like the fact that i can be healthy without consuming time"

"I am getting a postive result after trying"

"I must share with others to make their lives easier"

Low fidelity prototype

ENTRY PAGE
LOGO
NAME

LOGIN PAGE
LOGO
USER NAME OR EMAIL
PASSWORD
SIGN IN

INTRO PAGE 01

INTRO PAGE 02

INTRO PAGE 03

SINGN UP PAGE
NAME
EMAIL
PASSWORD
SIGN UP

HOME
FOOD
EXERCISE

PROFILE
DONE
EDIT PROFILE

Figure 9 : Low fidelity 1

Figure 10 : Low Fidelity 2

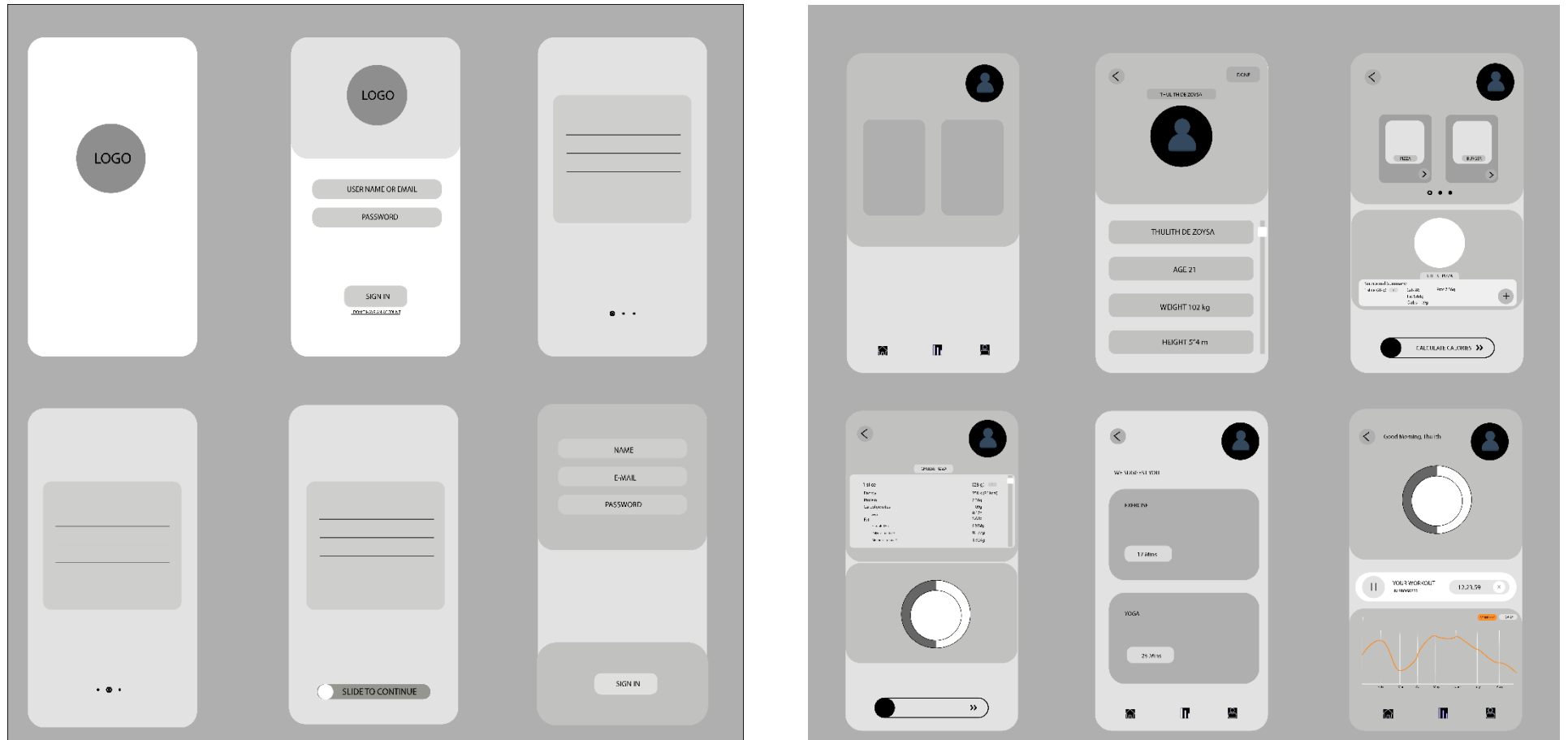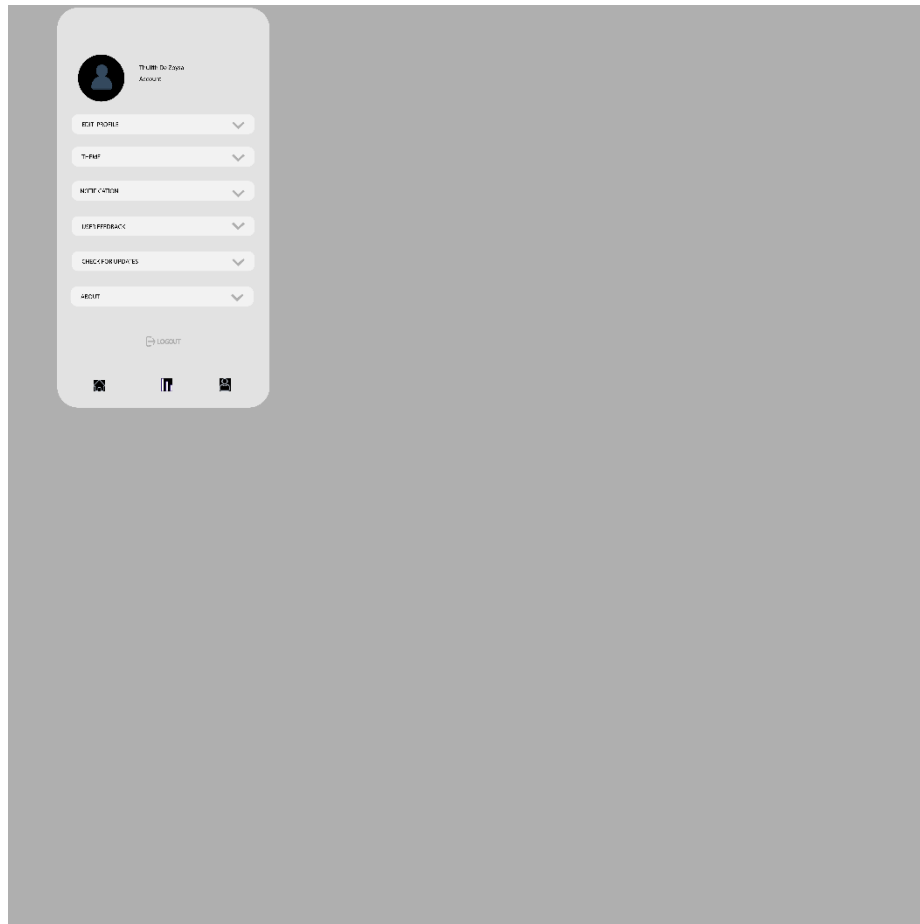*Figure 11 : Full Low fidelity*

Re-Design of Low fidelity prototype

Figure 12 Re design of Low fidelity Porto type

Figure 13 Re Design Low fidelity prototype part 2

Link for the Low fidelity prototype video:

https://youtu.be/TITI-EJhMiw

Conclusion

The obligatory lockdown, leading to the closure of fitness activities, overall social life has hampered several aspects of the lives of individuals. The lack of technology to come across this situation is needed such to inform and to get a better understating of what they are observing and how to be aware of the future threats. The survey has showed that people are facing numerous issues regarding the daily fitness and the lack of guidance. The innovative solution will be displayed by the low fidelity prototype.

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