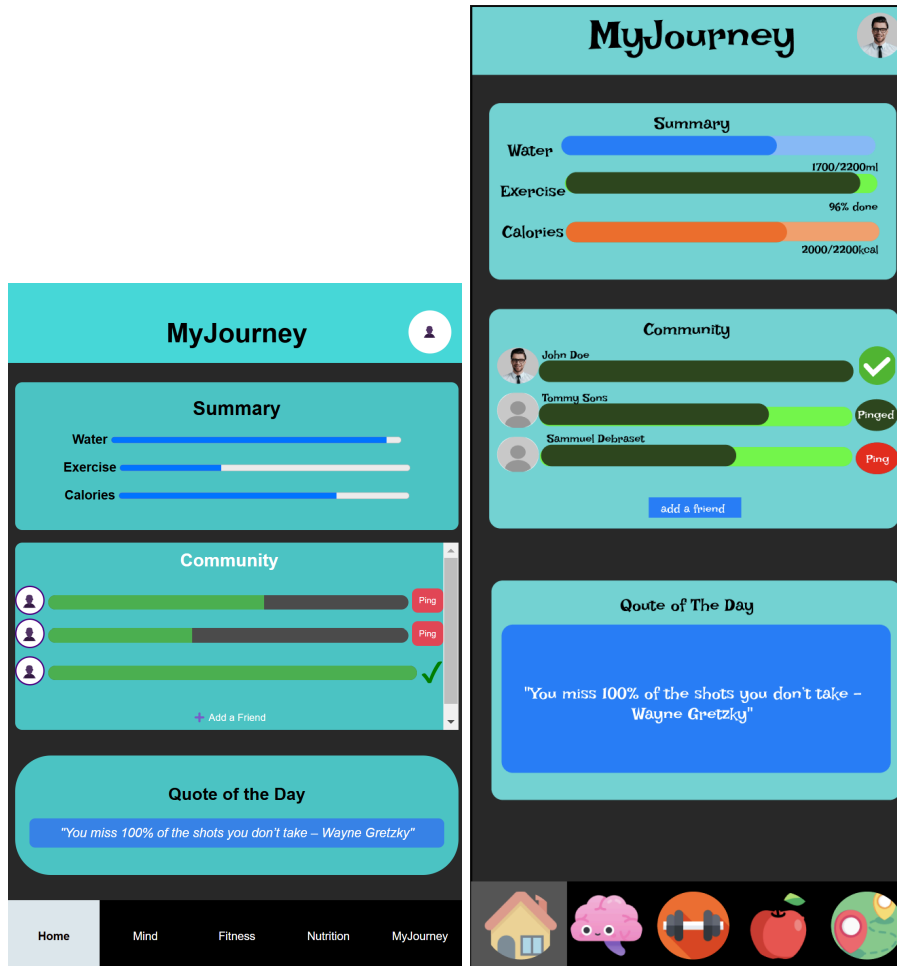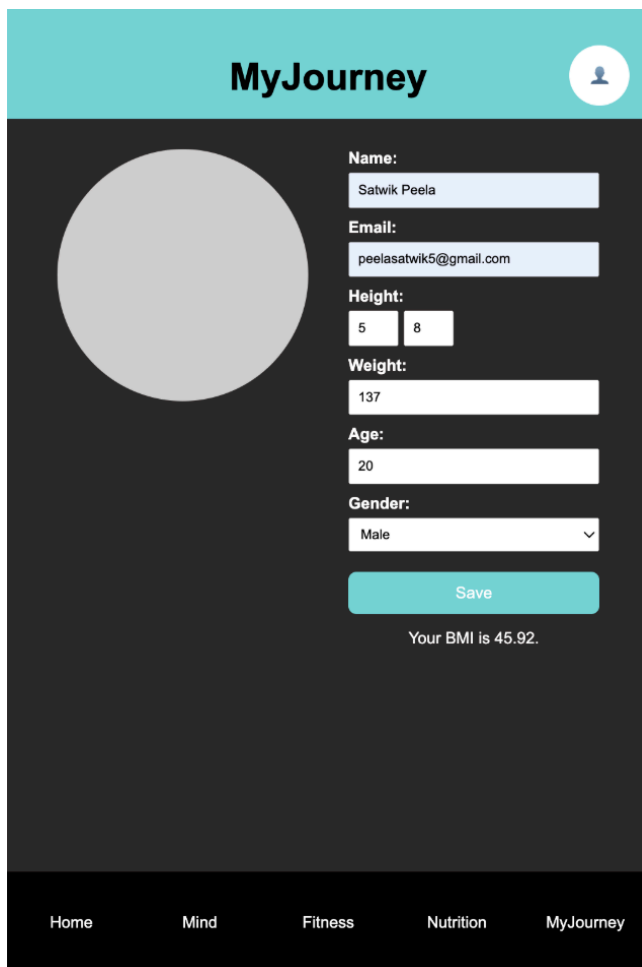**Phase 4**

Home tab
- **Improved the home tab by making the summary match the information found in the other tabs as well as make improvements it the color scheme of the water exercise and calories. I also changed the community tab to make it easier to identify if someone is done, pinged, or needs to be pinged. I also fixed the community header so that it matches the other modulos as well.**

MyJourney

Summary

Water ▬▬▬▬▬▬ 1700/2200ml

Exercise ▬▬▬▬▬ 96% done

Calories ▬▬▬▬▬ 2000/2200kcal

Community

John Doe ✓

Tommy Sons — Pinged

Sammuel Debraset — Ping

add a friend

Qoute of The Day

"You miss 100% of the shots you don't take – Wayne Gretzky"

MyJourney

Summary

Water ▬▬▬▬▬

Exercise ▬▬▬

Calories ▬▬▬▬

Community

Ping

Ping

✓

+ Add a Friend

Quote of the Day

"You miss 100% of the shots you don't take – Wayne Gretzky"

| Home | Mind | Fitness | Nutrition | MyJourney |

Profile Tab
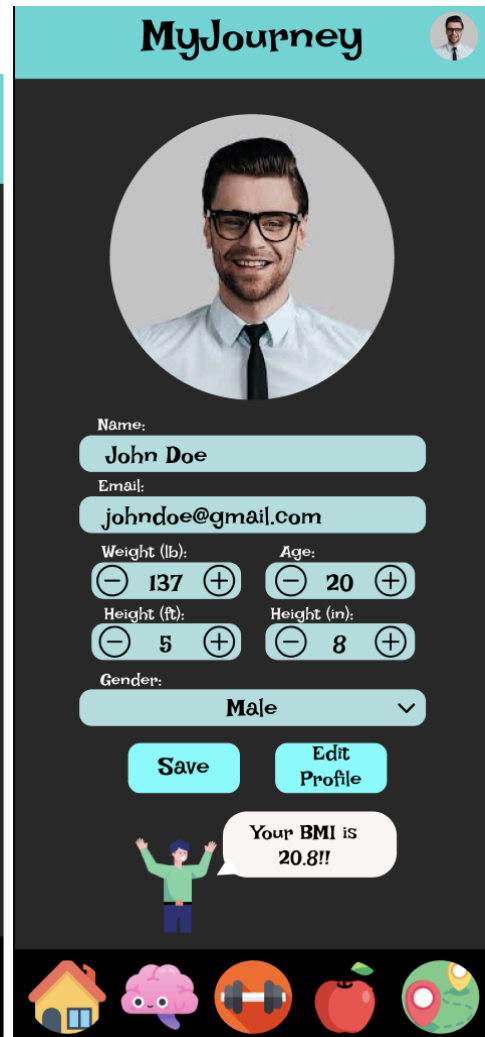
-
- I changed the layout for the profile section as well as changing the length of the bars for input with their respective inputs. Created more detailed labels to make it easier for users to understand what to put in. There are two buttons now, one of them you can save the information, and the other you can edit your information. Kept the color scheme consistent. For fun, I introduced a cartoon to display the BMI information rather than just simply stating it.

MyJourney
- Font: A common change across tabs is the new font and style of the elements within our tabs. Our font is now 'Irish Grover', a more cursive-like font that feels more playful and encouraging than an Arial or Times New Roman.
- Daily Goals: In 'Daily Goals', as well as across tabs, there is now the general denotation of 'Water' being blue, and 'Calories' being orange. The style of each line bar in this section has been slightly altered for this purpose. Additionally, the displays of quantity (ie 2000/2200) no longer act as buttons.
- Weekly Goals: Another improvement was giving meaning to the original green/red blocks. First, we added a key in the top right corner that shows blue = water and orange = calories. From there, we believe it's reasonable to assume a user can infer that a block above the label for each day (another addition) that has a checkmark over an orange and blue block indicates they reached their goal that day, and the lack of color in the block means they did not reach that goal. We also added a section that displays average sleep/wake times based on the data from the past week, in an effort to display more of the information that we are collecting.
- Visualization/Previous Data: This section remains relatively unchanged with a few upgrades. First, the graph now has text to its right that says what the graph is showing and in what unit of measurement. This is also a dropdown menu that currently only has Calories (kcal) and Water (ml), and will redraw the graph when a different choice is selected. We also added a button with the text 'Prev Data' that will allow users to look at past days and weeks.

MyJourney

Daily Goals

Water: ▬▬▬▬▬▬▬▬▬▬ 2000ml
Calories: ▬▬▬▬▬▬▬▬▬▬ 2000kcal

Weekly Goals

🟩🟥🟥🟩🟥🟩🟥

☑ Display data from previous 7 days?

View Profile

Home   Mind   Fitness   Nutrition   **MyJourney**

MyJourney

Daily Goals

Water
1700/2200ml

Calories
2000/2200kcal

Weekly Goals
(previous 7 days)

● Water
● Calories

✔   ✔   ✔   ✔   ✔
M   Tu   W   Th   F   Sa   Su

Average sleep onset time: 11:48 PM
Average wake time: 7:13 AM
Average sleep time: 7:25

Display data? ☑

Prev Data

Calories (kcal) ▼

Nutrition

- To start off I changed the size of the input bars relevant to their input. And instead of having "Add Calories", and "Add Water" I simply put a plus button next to both calories and water. Once the user adds in their numbers and clicks add, it will be then reflected into the progress bars below. I changed the spacing as well. The bars now also have numbers below them representing how much is already consumed and how much more is needed to reach their goals. Added a new feature where they can upload a picture of their food and create a macronutrient breakdown to know what they are eating. Also, I changed the colors of the pie chart to make each variable more visibly different. Also changed the bars to make it more visually appealing. All these changes were made with respect to the feedback we received.

Fitness
- To improve the fitness tab we wanted to add preset workouts that a user could add based on what they want to exercise that day. This would add a preset routine such as 3 sets of 8 bench presses or 3 sets of 8 lateral pull downs. They can also drag to rearrange the exercises and can update the reps and sets of the exercise you wish to do. In order to address the concerns of the feedback, there was an indicator added so you could check off exercises instead of just deleting them.
- You are also able to tap on sets in order to decrease the count by 1 after finishing a set so it allows for easier tracking. The before and after is shown here, the before on the left and after on the right. This follows in line with the other tabs and keeps the same layout.
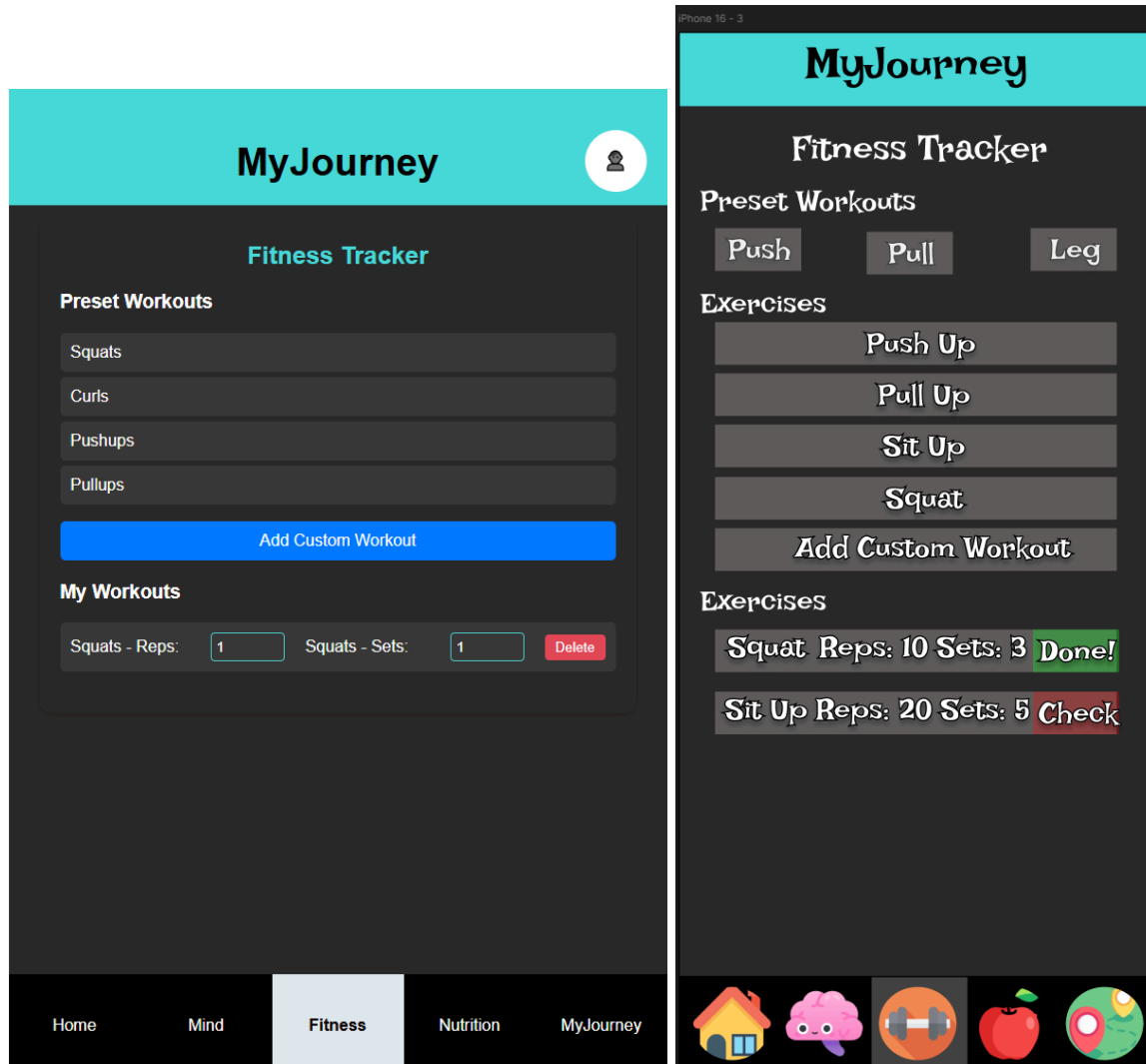
Mind Tab

- **The improvement on the mind tab incorporates a graph representing each day's sleeping hours and quality. Depending on this, at the end of the week, the average hours of sleep are calculated based on the previous seven days.**
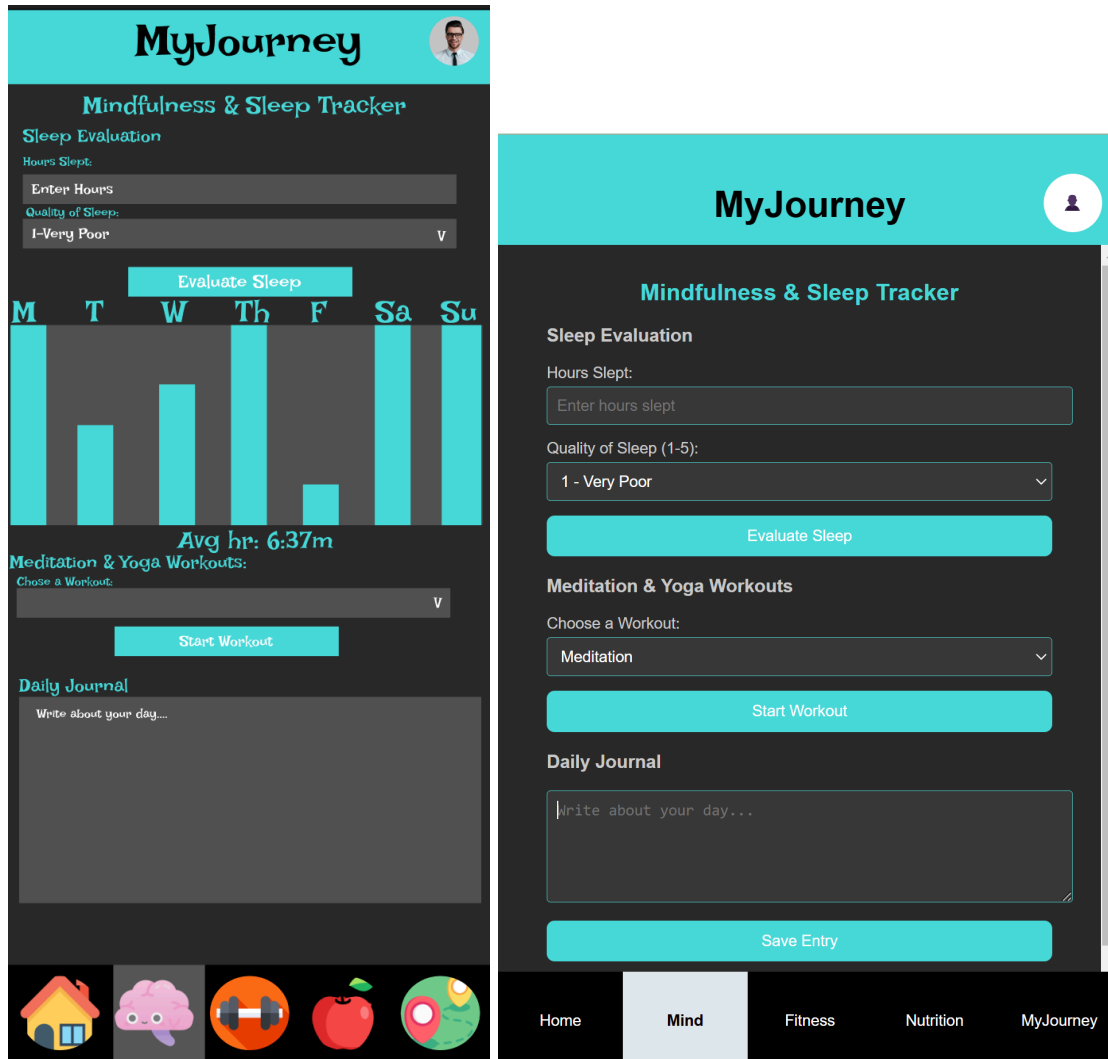
Plans for the Future (Phase 5)

Week 1 & 2

The first two weeks will focus on fixing high-priority issues that hinder core functionality and user experience. We will start by addressing the "Ping" button in the community module, ensuring that clicking the button provides immediate and visible feedback, such as a confirmation message or success animation. Additionally, we will fix the Add Friend feature to display the newly added friend's name in the list, helping users keep track of their connections.

During this phase, we will also resolve data persistence issues across key sections. This includes retaining user inputs for the Nutrition Tracker (calories and water progress bars), Workout Data, Friend List, and BMI Details so that information is not lost when navigating between pages. By the end of Week 2, users should experience a more reliable and seamless app interaction.

Week 3 & 4

In the next two weeks, we will enhance the app's usability and depth by addressing additional functionality concerns. First, we will fix the calorie progress bar so that it updates accurately based on user input and ensure the logic behind its behavior is intuitive. We will also allow users to generate a macronutrient breakdown for their recipes, showing detailed statistics on calories, carbs, fats, and sugars. This will add meaningful depth to the Nutrition Tracker.

Simultaneously, we will address UI consistency issues by standardizing the color of headers (e.g., "Community" and "Calories") across the app and making editable fields for calorie and water goals clearly identifiable. These visual improvements will make the interface cleaner and more intuitive for users.

Week 5

At the midway point, we will conduct a user testing phase to evaluate the fixes and enhancements made so far. Users will be invited to test the macronutrient tracker, progress bar fixes, and other refinements while providing live feedback. We will also gather input on overall usability, visual improvements, and any additional features users would like to see. Special attention will be given to feedback from users with diverse dietary habits and levels of technological expertise. This phase will provide valuable insights to guide further improvements in the following weeks.

Week 6 & 7

Using the feedback from Week 5, we will refine existing features and address any remaining usability concerns. For example, we will make adjustments to the "Save List as Template" feature by clarifying its purpose (renaming it to "Save List") and creating a dedicated menu for stored lists. We will also improve feedback mechanisms, such as notifications for successful actions (e.g., "List saved successfully").

In parallel, we will prioritize design improvements suggested during user testing. This may include refining navigation icons, enhancing the visual appeal of progress bars with gradient colors, and improving the alignment of elements like the profile picture. Additionally, we will evaluate and begin implementing the most requested new features, ensuring they align with the app's overall goals.

Week 8 & 9

In the final weeks, we will focus on polishing the app to deliver a fully functional high-fidelity prototype. We will send out a survey to gather final user feedback on the added features and any remaining concerns. If significant changes were made during Weeks 6 & 7, we will conduct another round of user testing to validate these updates.

Based on this feedback, we will make any necessary final adjustments, such as fine-tuning the macronutrient tracker, ensuring progress bars provide real-time feedback, and resolving any lingering inconsistencies in the app's design. By the end of Week 9, the app will be fully refined and ready for release, providing a user-friendly, reliable, and visually appealing experience.

Accessibility
-   The user understands what the app is about and how to use the app's elements.
-   The user can be physically active and engage in physical activities
-   The user has reliable transportation to the gym
-   The user can track their food and water for the nutrition section.
-   The user has a cellular device
-   The users have familiarity with health apps.
-   The users have an interests in exercises
-   Users who have vast experience with dieting and working out
-   The user that has physical injuries are not best suited for this app
-   The user who doesn't have a phone can not use this app well
-   The users who aren't best familiar with working out will have trouble using the app
-   Users that have never used a health app will not understand how to navigate this app
-   Users who dislike working out and tracking food wouldn't enjoy this app