



Ahmedabad
University

Human-Computer Interaction

Report 1

Section 2

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The Keyboard Krew

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ShapeShift

As the name suggests, “ShapeShift” is an app that focuses on the area of healthcare and fitness in general.

Name of the product - Mobile App

Focus of the project - Healthcare and Fitness

Tools

The tools mentioned here are not confirmed to be used for designing the app; these are potential tools that could be used in the future by us. New tools are still being explored, which could be beneficial to us.

Figma

Figma is a cloud-based design tool that allows teams to collaborate on user interface design and prototyping. It offers a streamlined, intuitive interface for creating wireframes, prototypes, and designs. With Figma, multiple team members can work on the same design simultaneously and see each other's changes in real time, reducing the need for manual version control. Figma also supports vector networks and components, making it easy to build scalable designs and manage design systems. Additionally, Figma's collaboration and commenting features enable teams to share feedback, provide suggestions, and keep track of design decisions. Figma is a comprehensive design tool for teams that streamlines the design process, reduces the time spent on manual tasks, and promotes collaboration.

Adobe Illustrator

Adobe Illustrator is a powerful vector graphics editor used by designers, artists, and professionals for creating illustrations, logos, and graphics. It allows users to design scalable artwork with precise shapes and colours, making it a popular choice for graphic design, fashion, and advertising professionals. Illustrator's features include shape creation, brush tools, text manipulation, colour correction, and layer control. It is often used for creating logos, icons, charts, illustrations, and product packaging

designs, as well as for enhancing digital images, illustrations and prints with its ability to work with a wide range of file formats.

MIT App Inventor

MIT App Inventor is a visual block-based programming language platform that creates mobile applications for Android devices. It was developed by MIT and Google in 2010 and provided an easy-to-use drag-and-drop interface for designing and building apps without needing prior coding experience. The app components can be linked together with blocks, allowing users to create fully functioning apps in a short amount of time. MIT App Inventor is designed for educational and hobbyist use, and its block-based coding is well suited for introductory programming courses and learning about mobile app development.

Market Survey of three real-life fitness apps

Cult Fit

Cult fit is India's popular app in the category of fitness apps. The UI of the app is attractive and appropriate for Fitness related users; the user will not get bored while interacting with the app. Cult fit is effective in fitness-related services such as weight loss and body gain exercise. It is very efficient; once a user gets habituated to the app, it becomes easy for the user to interact as fast as possible. • The app is consistent in providing its services; when we visit one exercise, then it recommends an exercise similar to the original one. It has a feedback system at the end of the workout, which asks for any feedback on how the user feels about it, which is used for modification of exercise or diet set more suitable to the user's goal. It also sets up a food routine exercise routine while considering your weight, age and gender.

Healthify Me

Healthify Me is a comprehensive health and wellness app that provides users with a personalised experience to help them achieve their health goals. From a UI/UX perspective, the app is well-designed and offers a clean and intuitive interface. The app is easy to navigate, with clear and concise icons, labels and instructions. It

considers individual user data such as age, weight, height and dietary restrictions to offer personalised meal plans, workout routines and daily reminders. The app has a gamified approach that encourages users to stick to their routines and provides rewards for their achievements. The app is compatible with different devices and accessible to visually impaired users through its Voice-Over feature.

Strava

Strava is a fitness-tracking application that allows for networking as well. Strava tracks user activity for over 30 sports. It has a well-defined menu at the bottom for users to navigate through the application. It has a consistent font and colour scheme throughout the application. The procedure to track fitness activity is not complex and interacts through descriptive icons and maps. This makes the user's learning and re-using simple. It has a feature to join online clubs and fitness challenges, wherein one can search for a specific challenge. One can interact with friends and share their progress through their fitness journey.

Description of our project plan

We plan to create an app that can change how individuals approach and engage with their fitness and health. We would try to incorporate technology and design to the people so they can get a personalised and immersive experience that caters to their needs as well. We are planning on including various features which some workout apps do not have together, such as interactive workout visualisation to enable ease of understanding, wearable device integration so the user can link the app to their smartwatches as well, providing social support by creating forums where users can discuss workout or fitness related topics and could also act as a motivation for some to pay more attention to their physical activities. We are also planning to incorporate personalised nutrition planning and virtual coaching sessions along with progress tracking and in-app challenges, which result in friendly competition between users according to their level of fitness. With knowledge and wellness content, the app would aim to develop an approach to fitness that everyone understands. The app could also include different playlists

which suit to music taste of the user and motivate them to push themselves. The app design has the potential to be convenient, engaging and motivating for users.