CSE 519: Human Computer Interaction

Project Report 1

The Keyboard Crew

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Finalized Project Details
- What is the Problem definition ?

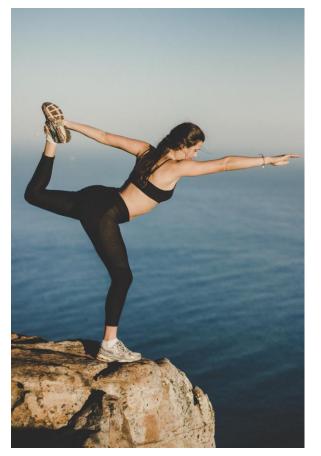- Name of Project: App

- Focus of Project: Fitness And Health

Project Title:-

Shape Shift

Tools

- In this section we have described the tools which can be useful for making the project

- **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. Overall, Figma is a comprehensive design tool for teams that streamlines the design process, reduces the time spent on manual tasks, and promotes collaboration.

- **Adobe Illustrators**

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 colors, making it a popular choice for professionals in the graphic design, fashion, and advertising industries. Illustrator's features include shape creation, brush tools, text manipulation, color correction, and layer control, among others. 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.

Tools

- In this section we have described the tools which can be useful for making the project

- **MIT App Inventor**

MIT App Inventor is a visual block-based programming language platform used to create mobile applications for Android devices. It was developed by MIT and Google in 2010 and provides 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 for learning about mobile app development.

- **IBM Design Systems**

IBM Design System is a comprehensive collection of design tools, guidelines, and resources used to create consistent and user-friendly digital experiences. It provides designers and developers with a unified design language, UI components, and a style guide to build IBM products and services. IBM Design System is built on open-source technologies and is intended to help IBM design teams create efficient, accessible, and user-centered designs. The system is updated and maintained by IBM designers and developers, and it includes assets such as icons, typography, color palettes, and more. IBM Design System is used across multiple IBM products and services and aims to ensure that IBM's digital experiences are visually consistent and easily recognizable.

Market Survey of 3 Real Life Products
- Continued

1) Cult Fit App

- Cult fit is India's popular app in the category of fitness apps.

- The app has 10 Million+ Downloads.

- It has overall rating of 4.4* out of 5*.

- It is rated for 3+.

- The UI of the app is attractive and appropriate with respect to Fitness related users, the user will not get bored while interacting with app. The Cult fit is effective in terms of fitness related services such as providing weight loss, body gain exercise. It is very efficient, once a user gets habituated with the app, it becomes easy for the user to interact with as fast as possible.

- The website is consistent with respect to providing its services, when we visit one exercise, then it recommends exercise similar to original one. It has a feedback system, at the end of workout which asks for any feedback, how they user feel about it, which is used for modification of exercise or diets is set which is more suitable to user goal. It is a manipulative website, user feel it is its own thing. It also sets up food routine exercise routine while considering your weight, age and gender.

Market Survey of 3 Real Life Products
- Continued

2) Healthify Me App

Healthify Me is a comprehensive health and wellness app that provides users with a personalized 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.

User-friendly Interface: The app is easy to navigate, with clear and concise icons, labels and instructions.

Personalized: Healthify Me takes into account individual user data such as age, weight, height and dietary restrictions to offer personalized meal plans, workout routines and daily reminders.

Engaging: The app has a gamified approach that encourages users to stick to their routines and provides rewards for their achievements.

Accessibility: The app is compatible with different devices, and is also accessible for visually impaired users through its Voice-Over feature.

Market Survey of 3 Real Life Products
- Continued

3) Strava App

Strava is a fitness tracking application, which allows for networking as well.

Strava tracks user activity for over 30 sports.

It has a well-defined menu at the bottom for the user to navigate through the application.

It has a consistent font and color scheme throughout the application .

The procedure to track fitness activity is not complex, and has interaction 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 as well. One can interact with their friends, and share their progress through their fitness journey.

Description Of 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 visualization 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 personalized 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.

Thank you !