Summer Training

Design Thinking and Figma Summer Training

A Training Report

Submitted in partial fulfilment of the requirements for the award of degree of

B TECH (CSE)

Submitted To

LOVELY PROFESSIONAL UNIVERSITY

PHAGWARA PUNJAB

From 10/June/2025 to 17/JULY/2025

Submitted By:

Piyush Saini

Registration Number: **12310960**

LOVELY PROFESSIONAL UNIVERSITY

Student Declaration

To whom so ever it may concern

Piyush Saini, 12310960 hereby declare that the work is done by me.

On "Design Thinking and Figma Summer Training"

From 10/June/2025 to 17/JULY/2025, is record of original work for the partial fulfillment of the requirements for the awards of degree.

Piyush Saini 12310960

Signature: Piyush Saini

Date: 23/07/2025

LOVELY PROFESSIONAL UNIVERSITY

CERTIFICATE

CENTRE FOR PROFESSIONAL ENHANCEMENT

Certificate No. 407629

NAAC GRADE A++

Certificate of Merit

This is to certify that Mr./Ms. **Piyush Saini** S/D/W/o **Mr. Pawan Kumar Saini**

student of **School of Computer Science and Engineering** Registration No. **12310960**

pursuing **Bachelor of Technology (Computer Science and Engineering)** completed

skill development course named **Think Design Prototype - Summer Training on Design Thinking & Figma**

organized by **Centre for Professional Enhancement** Lovely Professional University

from **10 June 2025** to **17 July 2025** and obtained **A** Grade.

Date of Issue : 13-08-2025
Place of Issue: Phagwara (India)

Prepared by
(Administrative Officer-Records)

Programme Coordinator
Centre for Professional Enhancement

Head of School
School of Computer Science and Engineering

ACKNOWLEDGEMENT

I, **Piyush Saini (Reg. No. 12310960)**, would like to express my heartfelt gratitude to all those who supported and guided me throughout the journey of completing my internship project titled **"LevelUP–** Health & Fitness App for Busy Students**."**

This project has been an enriching experience where I had the opportunity to apply **design thinking principles** and explore real user needs, while learning the importance of user-centric solutions in academic productivity.

I extend my sincere thanks to my **faculty mentor** for providing valuable guidance, timely feedback, and continuous encouragement during every stage of this project. Your mentorship has been instrumental in shaping my learning experience.

I am equally grateful to my **classmates and peers** who participated in the user research and testing of Task Mate. Their honest feedback, collaborative spirit, and constructive suggestions helped me refine and improve the project.

A special thanks goes to my **parents and family** for their constant support, encouragement, and belief in my abilities, which gave me the strength to persevere and deliver my best work.

Lastly, I would like to thank **Lovely Professional University (LPU)** for providing a platform that encourages innovation, creativity, and hands-on learning through projects like this.

With deep appreciation and gratitude, I thank everyone who contributed, directly or indirectly, to the successful completion of this project.

LOVELY PROFESSIONAL UNIVERSITY

Table of Content

LOVELY PROFESSIONAL UNIVERSITY

Chapter-1: Introduction of the Project Undertaken

1.1 Overview of Summer Internship Training

Summer internship programs are designed to provide students with practical exposure beyond traditional classroom learning. They help bridge the gap between **academic knowledge and real-world applications** by focusing on project-based learning. Unlike theoretical coursework, internships emphasize **problem identification, creative thinking, and solution-oriented execution.**

During my summer training, I enrolled in a course on **Design Thinking & Figma Prototyping.** The objective of this training was not only to teach digital design tools but also to instill a **problem-solving mindset**. Design Thinking, as a **human-centered framework**, focuses on empathy, ideation, and iteration, while Figma provides the platform to visualize and test these solutions.

As part of this training, I developed a project titled **LevelUP – A Health & Fitness App for Busy Students.** The project addresses one of the most pressing issues among college students: maintaining a **healthy lifestyle** amidst busy schedules, academic pressure, and limited time. LevelUP combines **quick workouts, nutrition tips, hydration reminders, and habit tracking** into a unified app, designed specifically for students.

1.2 Importance of Summer Internship

The importance of such training lies in three key areas:

- **Skill Development:** Gaining proficiency in modern tools such as Figma, which are widely used in the UI/UX and design industry.
- **Problem-Solving:** Learning how to approach real-world issues using a **structured design process** rather than guesswork.
- **Professional Preparation:** Building confidence in applying

academic knowledge to meaningful projects that can positively impact society.

For me, the internship became a **transformative experience** because it pushed me to think creatively about student wellness and allowed me to use design as a way to promote healthy habits. The project was not just technical training—it was a step toward contributing to a healthier student lifestyle.

1.3 Introduction to Design Thinking and Figma

Design Thinking is a problem-solving approach based on understanding users deeply, framing their problems clearly, and generating creative yet practical solutions. Its five stages—**Empathize, Define, Ideate, Prototype, and Test**—create a structured yet flexible path to innovation.

- **Empathize:** Understanding user struggles with fitness and nutrition.
- **Define:** Framing the issue of unhealthy student lifestyles in actionable terms.
- **Ideate:** Brainstorming app features such as short workouts, meal suggestions, and reminders.
- **Prototype:** Creating interactive app designs in Figma.
- **Test:** Collecting peer feedback to refine the solution.

Figma, on the other hand, is a **cloud-based design and prototyping tool**. It allows designers to create wireframes, mockups, and interactive app flows. Its collaborative nature made it ideal for testing LevelUP prototypes with peers and incorporating their feedback instantly.

Together, Design Thinking and Figma created a powerful combination: one to **think like a designer**, the other to **work like a designer.**

1.4 Problem Identification and Relevance

College students are under constant academic pressure, leading to irregular eating habits, lack of exercise, and neglect of physical health. Many skip meals, avoid exercise due to lack of time, and often resort to junk food. Over time, this results in:

- Low energy levels.
- Poor concentration and academic performance.
- Stress, anxiety, and declining mental well-being.

Existing fitness apps (like MyFitnessPal or Nike Training Club) are often **time-intensive, complex, or designed for professional fitness enthusiasts.** They fail to address the unique needs of students who require **quick, accessible, and engaging fitness tools.**

The relevance of **LevelUP** lies in filling this gap. It is designed **specifically for students**, with short workouts, easy recipes, water reminders, and habit trackers that **fit into tight schedules.**

1.5 Objectives of the Project

The main objectives of LevelUP are:

- To explore and understand the **fitness and nutrition challenges** faced by college students.
- To design a **fitness and wellness app** that encourages healthy habits in minimal time.
- To integrate features such as:
    - **5-minute workouts** (that can be done in hostels or dorms).
    - **Simple, affordable meal suggestions.**
    - **Hydration reminders** to improve water intake.
    - **Habit trackers** to monitor progress.

    - **Gamification** (streaks, challenges, badges) to boost motivation.

- To apply the **Design Thinking framework** for user-centric development.
- To gain hands-on experience with **Figma** for app prototyping and testing.

1.6 Scope of the Project

The scope of LevelUP is broad and extends beyond just physical fitness.

- **Academic Scope:** Students can maintain healthier bodies, which in turn improves focus and learning ability.
- **Personal Scope:** Encourages a balanced lifestyle with good eating habits, hydration, and exercise.
- **Psychological Scope:** Reduces stress and promotes mental well-being.
- **Technological Scope:** Demonstrates how Figma and design principles can be used to create **digital health solutions**.

In the long term, LevelUP can be expanded into a **fully functional mobile application**, with advanced features like AI-based workout recommendations, progress analytics, and community challenges.

1.7 Work Plan and Implementation Approach

The implementation of LevelUP followed a systematic process:

1. **Problem Research:** Understanding students' lifestyle issues related to health and fitness.
2. **Empathy Stage:** Conducting surveys and interviews with students about their fitness habits.
3. **Define Stage:** Creating a clear problem statement: *"Students*

lack time, motivation, and guidance to stay healthy."

4. **Ideation:** Brainstorming app features—quick workouts, meal guides, water reminders, gamification.
5. **Wireframing:** Sketching low-fidelity designs for layout and navigation.
6. **Prototyping in Figma:** Designing interactive, high-fidelity prototypes of LevelUP.
7. **Testing:** Sharing the prototype with peers, collecting feedback, and refining the design.
8. **Final Documentation:** Compiling the process into this structured report.

1.8 Relevance and Applicability

The applicability of LevelUP lies in its ability to **make fitness easy, quick, and fun** for students:

- **Practical Fitness:** Short, no-equipment workouts designed for dorm rooms.
- **Nutrition Made Easy:** Simple, affordable recipes suited for student budgets.
- **Wellness Support:** Hydration and habit reminders for overall balance.
- **Gamified Motivation:** Streaks and challenges to keep students engaged.

LevelUP is relevant not only to individual students but also to **educational institutions**, as it can be integrated into wellness programs and promoted as a digital companion for student health

LOVELY PROFESSIONAL UNIVERSITY

Chapter-2: Problem Identification and Research

2.1 Introduction

A successful project begins with a clear understanding of the **problem to be solved**. For LevelUP, the problem revolves around how **college students struggle to maintain a healthy lifestyle** amidst demanding schedules. Academic workload, part-time jobs, extracurricular activities, and social obligations leave little time for structured workouts or balanced nutrition.

Although students are aware of the importance of health, they often lack the **time, motivation, or proper guidance** to follow consistent fitness habits. This creates a cycle of **skipped meals, irregular exercise, poor hydration, and unhealthy lifestyle choices**, which eventually impact academic performance, energy levels, and mental health.

The research phase of this project focused on identifying these challenges, exploring **student expectations**, and studying **existing fitness solutions** to evaluate their gaps.

2.2 Problem Statement

The final problem statement of LevelUP was framed as follows:

“Busy college students struggle to maintain a healthy lifestyle due to lack of time, motivation, and guidance. This results in poor eating habits, physical inactivity, and declining mental well-being. There is a need for a quick, engaging, and personalized fitness and nutrition solution that fits into their tight schedules and helps them stay healthy and motivated.”

This statement reflects not only the **functional challenges** but also the **emotional struggles** of students in balancing academics and wellness.

2.3 Importance of Solving the Problem

The importance of addressing this issue lies in its direct impact on student life:

- **Academic Performance:** Poor health reduces concentration, memory, and overall productivity.
- **Physical Health:** Sedentary habits increase risks of obesity, fatigue, and lifestyle diseases.
- **Mental Health:** Stress, anxiety, and burnout are common among students with irregular habits.
- **Long-Term Habits:** College years are crucial in building lifelong health practices. Neglecting wellness now often leads to chronic problems later.

By solving this problem, LevelUP can **empower students** to adopt small, sustainable actions that lead to healthier bodies and sharper minds.

2.4 Research Methodology

The research for LevelUP was conducted through a combination of **primary and secondary research methods**.

2.4.1 Primary Research (Student Insights)

- **Surveys:** Distributed Google Forms among 50 students across different courses.
- **Interviews:** Conducted one-on-one discussions with 10 peers regarding their lifestyle routines.
- **Observation:** Noted common behaviors like skipping breakfast, drinking less water, or relying on fast food.

2.4.2 Secondary Research (Existing Data)

- Reviewed articles and research studies on **student health challenges**.

- Analyzed existing **fitness apps** to identify gaps between what's offered and what students actually need.

This mixed-method approach provided **both quantitative data (surveys)** and **qualitative insights (interviews & observations)**.

2.5 Key Findings from Research

The research revealed several important insights into student health challenges:

2.5.1 Skipping Meals

Students often skip breakfast or lunch due to rushing between classes. Many admitted to relying on **instant noodles, junk food, or energy drinks** as substitutes.

2.5.2 Lack of Exercise

Over 70% of students surveyed said they **rarely exercise**. Common reasons:

- "I don't have time for the gym."
- "I feel too tired after classes."
- "I don't know what workouts to do."

2.5.3 Poor Hydration

A majority reported drinking **less than 1 liter of water daily**, often forgetting to stay hydrated throughout the day.

2.5.4 Stress & Emotional Eating

Students reported **stress eating**, especially during exams. Junk food delivery apps were seen as "convenient stress relievers."

2.5.5 Desire for Simplicity

Most students expressed interest in a **simple, quick, and fun app** rather than complex fitness platforms. They wanted **short workouts, easy recipes, and reminders** rather than detailed gym plans.

2.6 Comparative Study of Existing Apps

A comparison of existing apps highlighted why students often abandon them:

App	Strengths	Limitations for Students
MyFitnessPal	Tracks calories & meals	Too detailed, time-consuming to log food daily
Nike Training Club	Professional workout plans	Requires long sessions; gym equipment sometimes needed
FitOn	Guided workouts, trainer-led videos	Videos are often 20–40 mins, not practical for busy students
Headspace	Meditation & wellness guidance	Limited focus on physical fitness
Generic Water Apps	Sends water reminders	Standalone feature; not integrated with overall health

App	Strengths	Limitations for Students
		tracking

This analysis confirmed the **gap in the market**: students need a **compact all-in-one app** designed specifically for their lifestyle.

2.7 Causes of the Problem

The causes behind unhealthy student lifestyles can be summarized as follows:

- **Time Pressure:** Packed academic schedules leave little time for structured exercise.
- **Lack of Guidance:** Students are often unsure about healthy meals or effective workouts.
- **Motivation Gap:** Fitness apps feel intimidating, and gyms require consistent effort.
- **Stress Factors:** Academic deadlines cause irregular routines, poor sleep, and emotional eating.
- **Awareness Issues:** Many students underestimate the importance of hydration and small daily actions.

Thus, the issue is not unwillingness but rather the **absence of accessible, quick, and student-friendly solutions.**

2.8 Research Objectives

The research objectives of LevelUP were clearly defined to guide the project:

1. To explore how students currently manage (or fail to manage) fitness and nutrition in daily life.
2. To identify the **key barriers** to adopting healthy habits (time,

motivation, resources, awareness).

3. To assess the level of **interest in digital tools** among students for improving health.
4. To determine the **preferred features** in a fitness and wellness app.
5. To understand the impact of **academic stress** on physical and mental well-being.

2.9 Summary

The research phase highlighted that while students understand the importance of health, their **academic lifestyle prevents them from practicing it.** Existing fitness apps are either too complex, time-intensive, or lack student-specific features.

The findings established a clear need for **LevelUP**:

- **Quick 5-minute workouts** that require no equipment.
- **Simple, budget-friendly meal guides.**
- **Hydration reminders and habit trackers.**
- **Gamification elements** (streaks, challenges, badges) to maintain motivation.

This research became the foundation for applying the **Design Thinking process** in the next stage of the project, ensuring that LevelUP would be truly **user-centered and student-friendly.**

Chapter-3: Application of Design Thinking Process

3.1 Introduction

The **Design Thinking process** served as the backbone for the development of *LevelUP*. Unlike traditional linear approaches, Design Thinking emphasizes **user empathy, iterative problem-solving, and creativity**. Its structured methodology ensured that the app was not designed around assumptions but rather around the **real needs and experiences of students.**

For *LevelUP*, each stage—**Empathize, Define, Ideate, Prototype, and Test**—was carefully implemented. This chapter discusses how these stages were applied, the insights collected, and how they shaped the final solution.

3.2 Empathize Stage

The first step was to **understand students' struggles with fitness and wellness.** Without empathy, the app would risk being generic and fail to address the unique challenges of college life.

3.2.1 Methods Used

- **Surveys:** A Google Form was shared with 50 students, focusing on eating habits, exercise routines, water intake, and stress management.
- **Interviews:** Ten one-on-one interviews were conducted to capture personal stories.
- **Observation:** Informal observations in hostels and classrooms highlighted common habits (e.g., students relying on packaged snacks during late-night studies).

3.2.2 Insights from Empathy

- *"I want to work out, but I can't spare 30–40 minutes."*

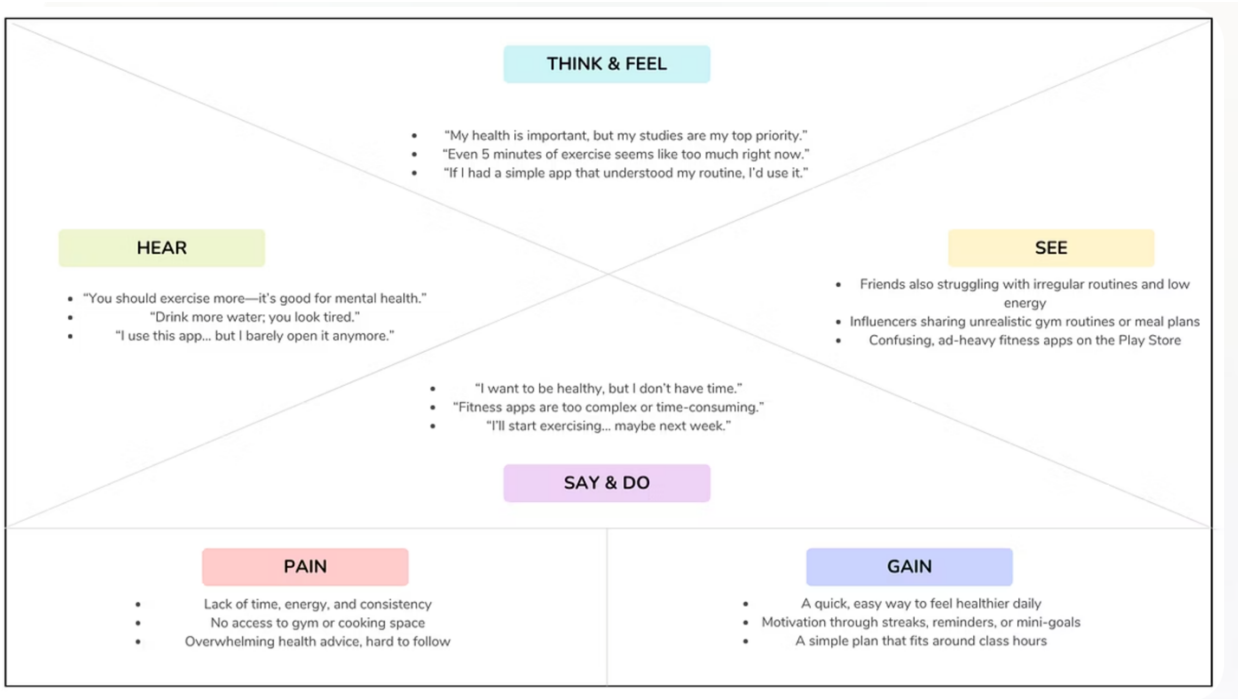
- *"I skip breakfast almost every day because I wake up late."*
- *"I only drink water when I feel thirsty—I often forget during the day."*
- *"I tried using a fitness app, but it was too complicated."*

3.2.3 Empathy Map (Figure 3.1)

A simplified empathy map was created with four quadrants:

- **Says:** "I don't have time for fitness."
- **Thinks:** "I know I should eat better, but fast food is easier."
- **Does:** Skips meals, binge eats, avoids exercise.
- **Feels:** Guilty, stressed, overwhelmed.

These findings confirmed that the **problem was not awareness, but accessibility and motivation.**



3.3 Define Stage

The second stage involved **framing the problem clearly** to ensure

the project stayed focused.

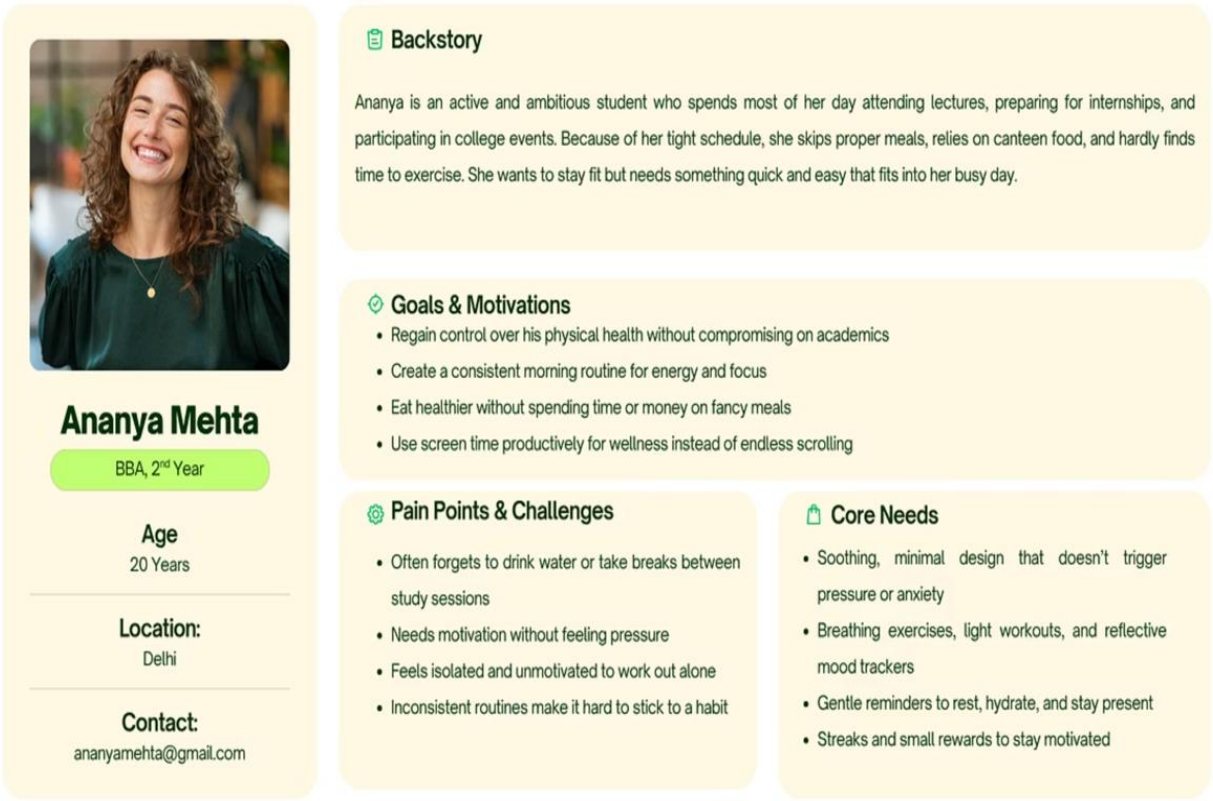
3.3.1 Problem Reframing

From empathy research, the refined problem statement became:
"Students want to stay healthy but lack the time, motivation, and simple tools to integrate fitness and nutrition into their daily routine."

3.3.2 User Personas

Two representative personas were created to define target users:

- **Persona 1: Riya (19, Engineering Student)**
    - Schedule: Back-to-back classes, spends evenings on assignments.
    - Pain Points: Skips breakfast, no time for gym, drinks very little water.
    - Needs: Quick workouts, hydration reminders, affordable meal ideas.
- **Persona 2: Aditya (21, MBA Student)**
    - Schedule: Long lectures + preparation for placements.
    - Pain Points: Stress eating, irregular exercise, often exhausted.
    - Needs: Stress-relief workouts, healthy snack options, motivation.



3.3.3 Final Design Challenge

The design challenge was articulated as:
"How might we design a quick, engaging, and student-friendly fitness and nutrition app that fits into a busy college lifestyle and motivates students to build healthy habits?"

3.4 Ideate Stage

The **Ideate stage** was where brainstorming and creative thinking shaped the features of *LevelUP*.

3.4.1 Brainstorming Sessions

Ideas were generated in three broad categories:

- **Fitness:** 5-minute workouts, yoga stretches, study-break exercises.
- **Nutrition:** Quick recipes, affordable grocery lists, healthy

alternatives to junk food.

- **Wellness:** Water reminders, habit tracker, gamified streaks.

3.4.2 Prioritization

Ideas were filtered using the **"Impact vs Effort Matrix."**

- **High Impact, Low Effort:** Hydration reminders, streak-based habit tracker.
- **High Impact, High Effort:** Healthy meal planner, gamified challenges.
- **Low Impact, Low Effort:** Motivational quotes.
- **Low Impact, High Effort:** Full diet customization.

3.4.3 Shortlisted Features

Based on prioritization, the following features were finalized:

1. Quick workouts (5 min, no equipment).
2. Meal suggestions (simple recipes for students).
3. Water intake reminders.
4. Habit tracking with streaks.
5. Gamification (badges, challenges, competitions).

These features formed the **core of the app design.**

3.5 Prototype Stage

Prototyping was done using **Figma**, where wireframes and interactive mockups were built.

3.5.1 Low-Fidelity Wireframes

Initially, hand-drawn sketches were made to outline navigation flows, such as:

- Home Dashboard → Quick Workouts → Streak Tracker.

- Home Dashboard → Meal Planner → Suggested Recipes.

3.5.2 High-Fidelity Prototypes

These sketches were converted into polished designs on Figma. Key screens included:

- **Dashboard Screen (Figure 3.2):** Shows water intake, today's workout, and streaks.
- **Workout Screen (Figure 3.3):** 5-min guided workout with animations.
- **Meal Planner Screen (Figure 3.4):** Healthy breakfast/lunch/snack suggestions.
- **Progress Screen (Figure 3.5):** Streak history and habit tracker.

3.5.3 Collaborative Testing

Peers were invited to use the Figma prototype in interactive mode. Their clicks, navigation, and feedback helped refine button placement, colors, and text clarity.

3.6 Test Stage

The **Test stage** focused on collecting structured feedback to evaluate whether *LevelUP* was usable, effective, and motivating.

3.6.1 User Testing

- **Participants:** 15 students from different courses.
- **Process:** Asked to perform tasks like "Start a 5-min workout" or "Find a healthy breakfast."
- **Metrics Recorded:** Time taken, ease of navigation, satisfaction level.

3.6.2 Feedback Summary

- **Positive Feedback:**
    - "Really like the short workouts; feels doable."

  - "Meal suggestions are simple and student-friendly."
  - "The streaks and badges are motivating."

- **Improvement Suggestions:**
  - Option for **offline reminders** (when internet is off).
  - More **vegetarian meal options.**
  - Dark mode for late-night use.

3.6.3 Refinements Made

- Added more vegetarian recipe placeholders.
- Improved navigation flow on the meal planner screen.
- Suggested inclusion of "Dark Mode" in future versions.

3.7 Summary

The Design Thinking process ensured that *LevelUP* was not just a random fitness app but a **student-focused wellness solution.**

- The **Empathize stage** revealed that time and motivation were the biggest barriers.
- The **Define stage** helped refine the problem into a clear design challenge.
- The **Ideate stage** generated and prioritized features aligned with student needs.
- The **Prototype stage** brought ideas to life through Figma wireframes and interactive screens.
- The **Test stage** validated the design, collected real feedback, and inspired improvements.

By following this iterative process, *LevelUP* evolved into a **practical, user-centric, and engaging app concept** that directly addresses student lifestyle challenges.

LOVELY PROFESSIONAL UNIVERSITY

Chapter-4: LevelUP Project Development (Features, Implementation & Usability Testing)

4.1 Introduction

Once the **Design Thinking framework** provided clarity on what students truly needed, the next step was to **translate those insights into an actual prototype.** Using **Figma**, the app *LevelUP* was developed with a focus on simplicity, accessibility, and student-centric features.

The development phase had three major objectives:

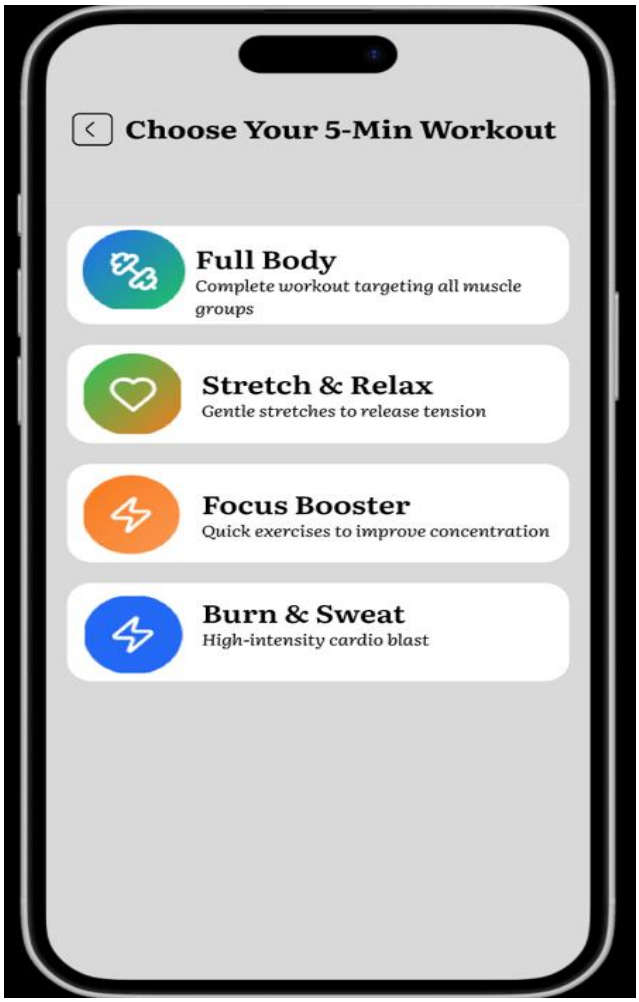
1. To define and integrate **core features** aligned with research insights.
2. To create a **functional and visually appealing prototype** in Figma.
3. To conduct **usability testing** with peers and refine the app for better user experience.

4.2 Core Features of LevelUP

Based on ideation and prioritization, *LevelUP* was designed with five major features that cater directly to student needs.

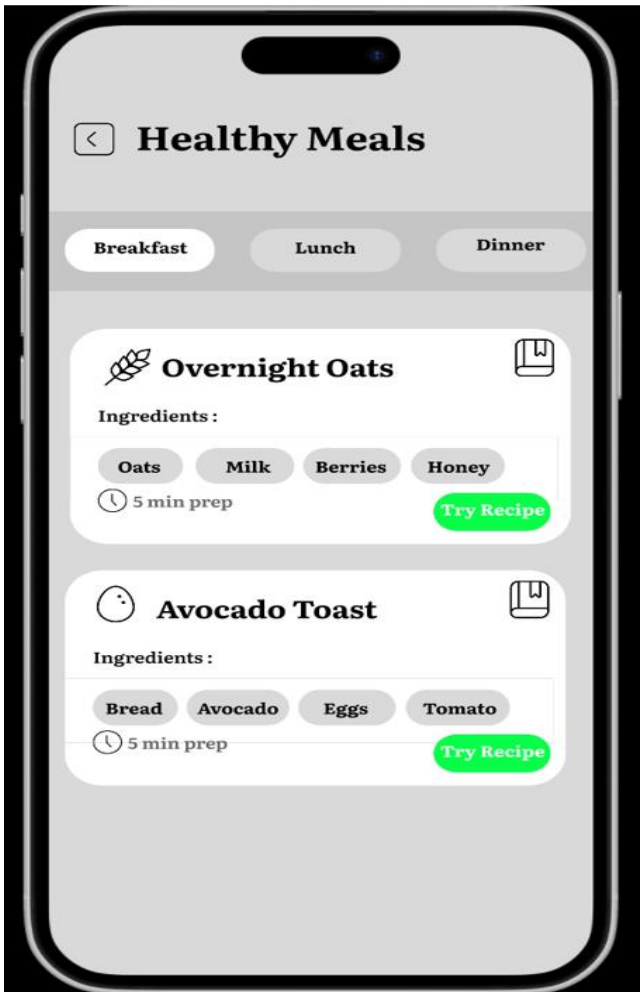
4.2.1 Quick Workouts

- Designed for **5 minutes or less** with no equipment required.
- Categories included: *Morning Energizers, Study Break Stretches, Stress Relief Yoga.*
- Each workout included simple animations and a progress bar to guide students.
- **Value:** Removes the "no time" excuse while still promoting physical activity.



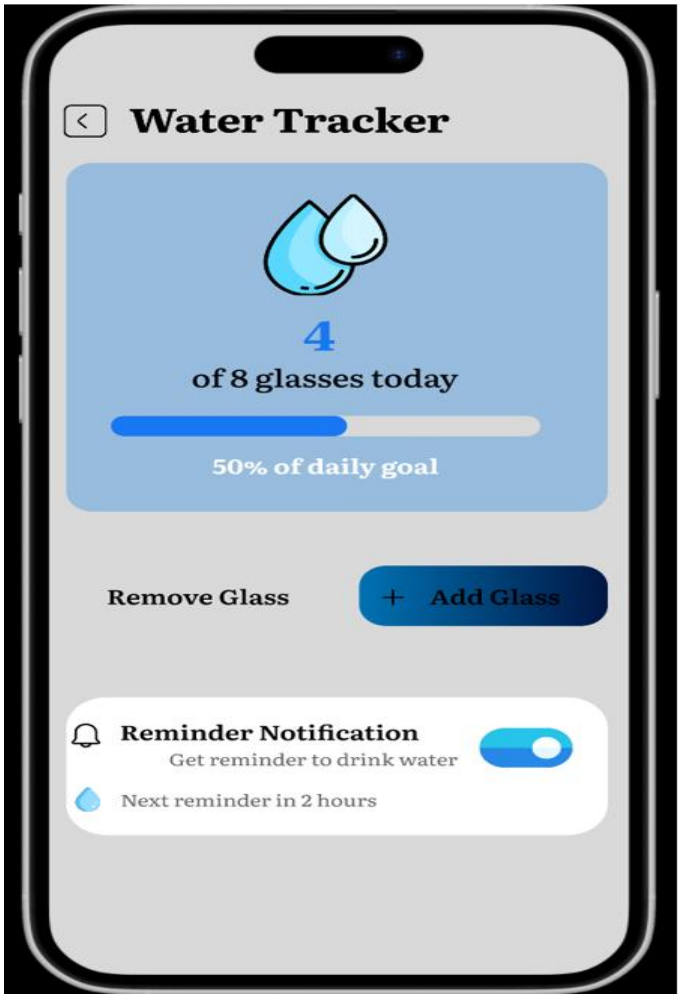
4.2.2 Nutrition Guidance

- Provides **simple, affordable, and healthy recipes** (like overnight oats, fruit salads, or sandwich wraps).
- Suggests alternatives to fast food (e.g., swapping chips with roasted nuts).
- Includes quick grocery checklists to make healthy eating manageable on a budget.
- **Value:** Helps students maintain balanced diets despite limited cooking facilities or time.



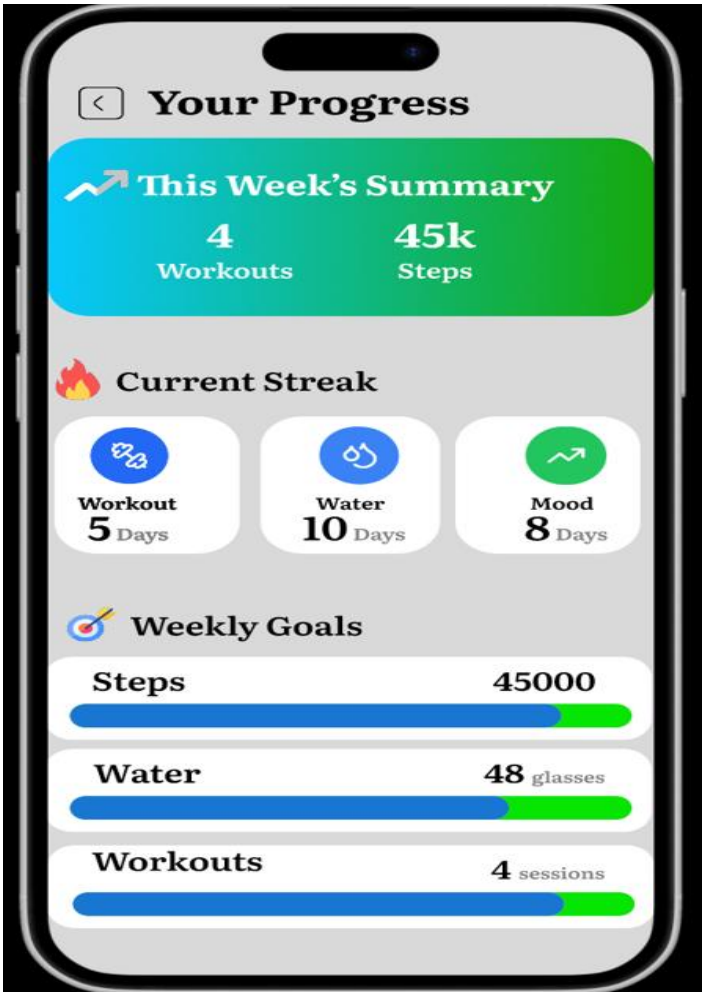
4.2.3 Hydration Reminder

- Sends **push notifications** throughout the day to remind students to drink water.
- A **progress tracker** visually shows daily water intake (e.g., 8 glasses = full bar).
- **Value:** Encourages better hydration habits, which improve focus and energy.



4.2.4 Habit Tracker

- Tracks small daily habits like: *Workout done, Meals logged, Water consumed.*
- Uses **streak-based tracking** (students earn points for consecutive days).
- Shows weekly/monthly progress through charts and streak badges.
- **Value:** Builds consistency and provides a sense of accomplishment.



4.2.5 Gamification & Challenges

- Adds **fun elements** like achievement badges, daily challenges, and leaderboards.
- Example: *"7-Day Workout Streak Challenge"* or *"Drink 2L Water Daily for a Week."*
- Encourages friendly competition by allowing peer comparisons.
- **Value:** Keeps students motivated and engaged over time.

4.3 Implementation in Figma

The implementation was carried out in **three main phases** in Figma.

4.3.1 Wireframing (Low-Fidelity Designs)

- Simple grayscale layouts were created to map the app's flow.
- Focused only on **placement of buttons, navigation menus, and content sections.**
- Example: Dashboard → Workout → Tracker → Progress.

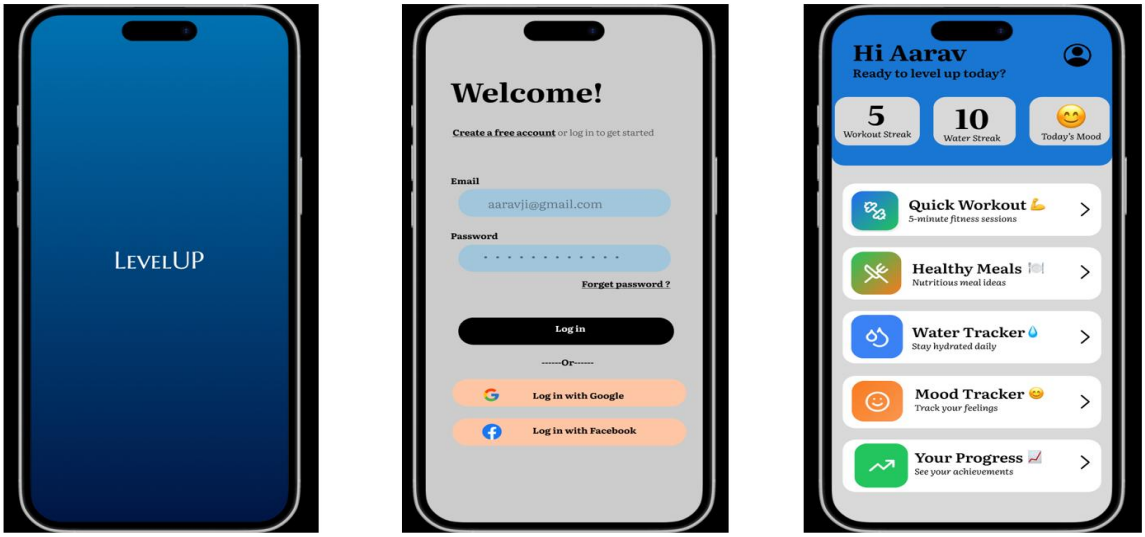
4.3.2 High-Fidelity Designs

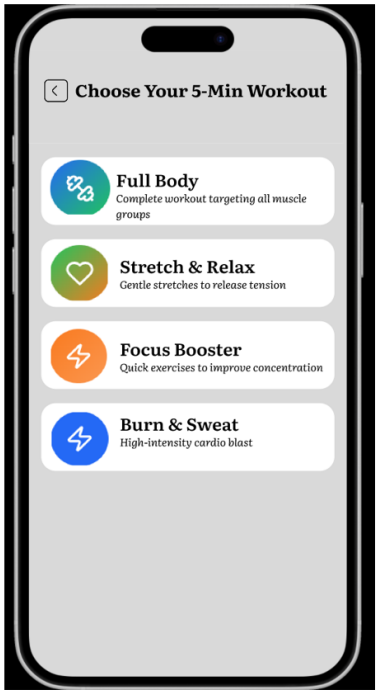
- The wireframes were converted into **full-color prototypes** with icons, animations, and branding.
- The chosen theme was **minimal yet energetic** (green and blue tones for health and freshness).
- Fonts were kept **clear and readable** to maintain accessibility.

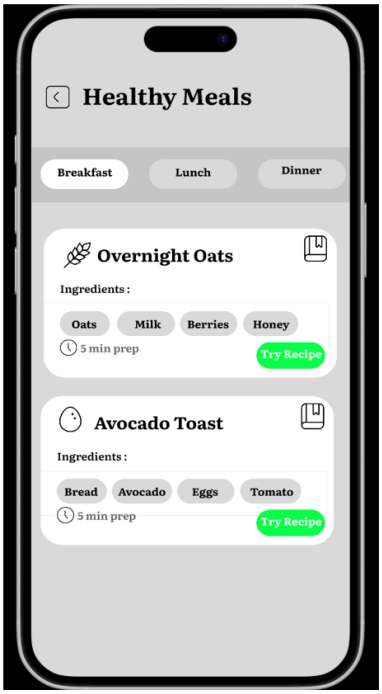
4.3.3 Interactive Prototyping

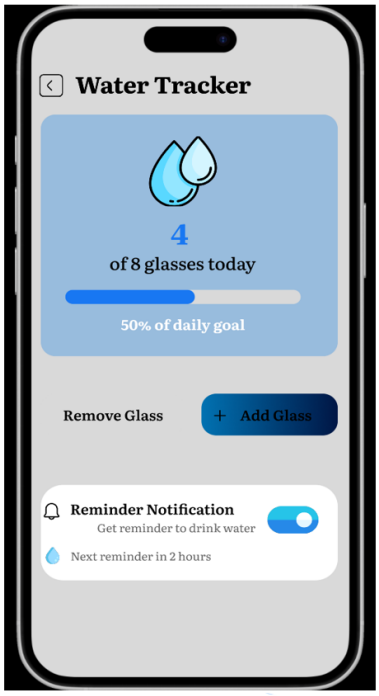
- Navigation flows were linked to simulate a real app experience.
- Buttons (e.g., *Start Workout*) were made interactive, allowing testers to click and move through screens.
- The prototype was shared via Figma links with students for usability testing.

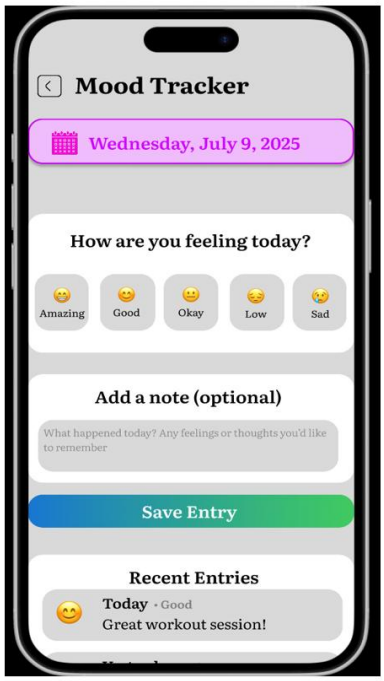
High Fidelity Wireframes

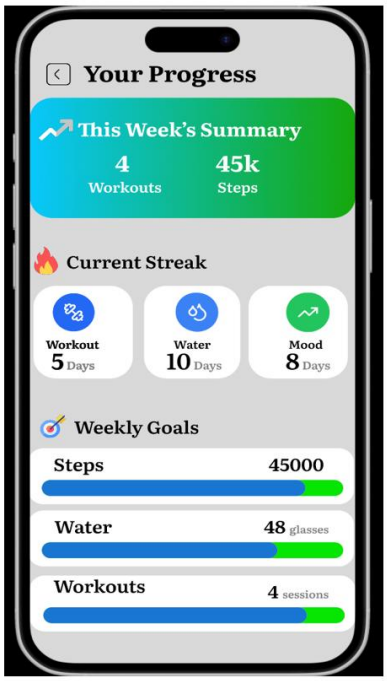


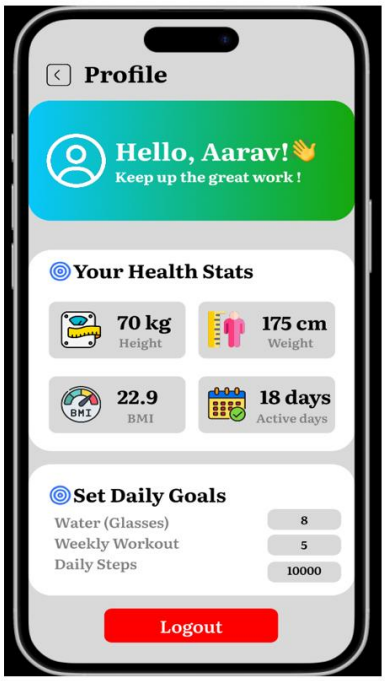

Choose Your 5-Min Workout
Full Body
Complete workout targeting all muscle groups
Stretch & Relax
Gentle stretches to release tension
Focus Booster
Quick exercises to improve concentration
Burn & Sweat
High-intensity cardio blast


Healthy Meals
Breakfast
Lunch
Dinner
Overnight Oats
Ingredients :
Oats
Milk
Berries
Honey
5 min prep
Try Recipe
Avocado Toast
Ingredients :
Bread
Avocado
Eggs
Tomato
5 min prep
Try Recipe


Water Tracker
4
of 8 glasses today
50% of daily goal
Remove Glass
Add Glass
Reminder Notification
Get reminder to drink water
Next reminder in 2 hours


Mood Tracker
Wednesday, July 9, 2025
How are you feeling today?
Amazing
Good
Okay
Low
Sad
Add a note (optional)
What happened today? Any feelings or thoughts you'd like to remember
Save Entry
Recent Entries
Today • Good
Great workout session!


Your Progress
This Week's Summary
4
Workouts
45k
Steps
Current Streak
Workout
5 Days
Water
10 Days
Mood
8 Days
Weekly Goals
Steps
45000
Water
48 glasses
Workouts
4 sessions


Profile
Hello, Aarav!
Keep up the great work !
Your Health Stats
70 kg
Height
175 cm
Weight
22.9
BMI
18 days
Active days
Set Daily Goals
Water (Glasses)
8
Weekly Workout
5
Daily Steps
10000
Logout

4.4 Usability Testing

To ensure that the app was practical and user-friendly, **usability testing** was conducted with a group of students.

4.4.1 Testing Process

- **Participants:** 15 college students across different streams.
- **Tasks Given:**
    1. Start a workout session.
    2. Log today's water intake.
    3. Find a quick recipe.
    4. Check streak progress.
- **Metrics Recorded:** Completion time, number of clicks, user satisfaction.

4.4.2 Key Findings

- **Positive Feedback:**
    - *"Love the quick workouts—I can do them between classes."*
    - *"Meal options are simple and realistic for hostel life."*
    - *"The streak tracker keeps me motivated."*
- **Challenges Reported:**
    - Some students requested **offline reminders**.
    - A few wanted **dark mode** for late-night use.
    - Vegetarian students suggested more **plant-based recipes.**

4.4.3 Improvements Made

- Added a placeholder for **dark mode feature.**
- Increased **variety in meal options**, especially vegetarian-

friendly.

- Improved button visibility for easier navigation.

4.5 Effectiveness of LevelUP

The usability testing demonstrated that *LevelUP* was highly effective in addressing student wellness needs:

- **Practicality:** Short workouts made fitness feel achievable.
- **Engagement:** Gamified features kept students motivated to return daily.
- **Accessibility:** Simple design and student-friendly language improved usability.
- **Relevance:** Unlike generic apps, LevelUP was aligned directly with student lifestyles.

Students reported feeling **more aware of their health habits** after even short interactions with the prototype.

4.6 Summary

The development of *LevelUP* successfully transformed research findings into a **working digital prototype.** With its **five core features**—quick workouts, nutrition guidance, hydration reminders, habit tracker, and gamification—the app directly tackles the challenges faced by busy students.

Implementation in **Figma** allowed seamless visualization of ideas, while **usability testing** ensured that the app was not only functional but also enjoyable. The feedback collected provided a roadmap for **future enhancements** like dark mode, offline support, and more recipe options.

LevelUP stands as a practical, engaging, and student-focused solution that bridges the gap between **student life challenges and healthy living.**

Chapter-5: Key Learnings & Observations

5.1 Introduction

The journey of developing *LevelUP* during the **Design Thinking & Figma Prototyping internship** was not only a technical exercise but also a rich **learning experience**. It offered insights into design methodologies, user research, digital prototyping, and project presentation.

Additionally, the project fostered **personal growth**, encouraging creativity, empathy, and problem-solving skills that go beyond academic boundaries. This chapter reflects on these **key learnings and observations.**

5.2 Learning from the Design Thinking Process

One of the most valuable aspects of the project was gaining **first-hand experience with Design Thinking**.

- **Empathy as the foundation:** Learned how to see problems from a user's perspective rather than assuming solutions.
- **Problem definition clarity:** Understood the importance of framing a clear, actionable problem statement.
- **Iterative ideation:** Realized that brainstorming and filtering ideas systematically leads to more user-relevant features.
- **Prototyping & testing:** Learned that design is never final—it is refined continuously based on feedback.

This process highlighted the **importance of iteration, flexibility, and user-centric design.**

5.3 Technical Learnings through Figma

The project significantly improved technical skills in **UI/UX design**

and prototyping:

- Mastered the basics of **Figma**: wireframing, component creation, and interactive prototyping.
- Learned **UI consistency principles** (color schemes, typography, layout balance).
- Developed **navigation flows** to simulate real app experiences.
- Improved knowledge of **usability principles**—simplicity, clarity, and accessibility.

This hands-on experience with Figma has strengthened confidence in working with **digital product design tools.**

5.4 Observations from Student Feedback

Peer testing of *LevelUP* offered valuable insights into how **users interact with prototypes**:

- **Simplicity matters most:** Students preferred short, clear options over detailed, professional-style plans.
- **Motivation is fragile:** Gamified streaks and badges significantly boosted user motivation.
- **Personalization is expected:** Students want apps that adapt to their lifestyle (vegetarian meals, offline reminders).
- **Small changes = big impact:** Simple features like water reminders were more effective than complex workout modules.

This observation reinforced the idea that **user experience is more important than feature quantity.**

5.5 Challenges Faced

Like any project, building *LevelUP* came with challenges:

- **Time Management:** Balancing internship tasks with academic

workload was difficult.

- **Feature Prioritization:** Many ideas emerged, but only a few could be included realistically.
- **Technical Limits of Prototyping:** Some advanced features (like AI suggestions) couldn't be implemented in Figma.
- **Feedback Diversity:** Different students had conflicting needs—balancing them required compromises.

Overcoming these challenges improved **problem-solving and adaptability.**

5.6 Personal Growth

The project was not just technical but also contributed to **personal development**:

- **Creativity Boost:** Thinking of innovative, student-friendly features enhanced creative problem-solving.
- **Empathy Development:** Understanding the struggles of peers helped in designing meaningful solutions.
- **Communication Skills:** Conducting surveys and interviews improved confidence in engaging with users.
- **Resilience & Patience:** Iterating designs multiple times built persistence in handling setbacks.
- **Awareness of Health:** Working on LevelUP also encouraged me to adopt small health changes in my own life.

5.7 Observations about LevelUP's Potential

During the internship, it became clear that *LevelUP* has the potential to go beyond being a prototype:

- **Scalability:** With further development, it could be transformed into a real mobile app.

- **Institutional Adoption:** Colleges could promote it as part of student wellness programs.
- **Expansion:** Future updates could integrate AI recommendations, wearable device tracking, or group challenges.

This observation suggests that *LevelUP* is not just an academic project but a **practical idea with real-world potential.**

5.8 Summary

The internship experience of designing *LevelUP* provided a **comprehensive learning journey**:

- Gained **methodological knowledge** through Design Thinking.
- Acquired **technical skills** in Figma and UI/UX design.
- Developed **soft skills** like empathy, teamwork, and communication.
- Learned the importance of **user feedback** and iterative improvements.

The project was both challenging and rewarding, leaving lasting lessons in **innovation, problem-solving, and self-growth.**

Chapter-6: Conclusion (Summary + Future Scope)

6.1 Introduction

The development of *LevelUP* during the **Design Thinking & Figma Prototyping internship** was a journey of understanding, creativity, and problem-solving. This chapter presents the overall summary of the project, key findings, and possible directions for future expansion of the idea.

6.2 Summary of the Project

The project began with a simple yet pressing problem: **college students struggle to maintain a healthy lifestyle due to busy schedules, lack of motivation, and limited resources.**

Through **Design Thinking**, the issue was addressed step by step:

- **Empathize:** Gained a deep understanding of student struggles through surveys, interviews, and observations.
- **Define:** Framed a clear design challenge focusing on accessible and student-friendly health solutions.
- **Ideate:** Brainstormed potential features and shortlisted high-impact, low-effort ones for maximum usability.
- **Prototype:** Designed a functional and visually appealing app prototype using **Figma**.
- **Test:** Conducted usability testing with peers, collected feedback, and refined the app accordingly.

The result was *LevelUP*, a **student-focused wellness prototype** with the following features:

- **Quick Workouts** for 5 minutes or less.
- **Simple Nutrition Guidance** with affordable recipes.

- **Hydration Reminders** to improve water intake.
- **Habit Tracker** to build consistency.
- **Gamification** with streaks, badges, and challenges.

This solution directly addressed the challenges faced by students, making health and fitness **accessible, engaging, and practical.**

6.3 Key Outcomes

The project yielded several positive outcomes:

- Demonstrated how **user-centric design** can produce relevant solutions.
- Validated the need for a **student-specific fitness app** through peer feedback.
- Proved that **small lifestyle changes** (short workouts, hydration, meal swaps) can have a big impact.
- Showcased how **Figma prototyping** can effectively communicate ideas before full development.

Beyond the prototype, the project also enhanced the **personal skills and knowledge** of the designer, including empathy, creativity, problem-solving, and digital design expertise.

6.4 Future Scope of LevelUP

While the prototype successfully addressed student needs, there is significant scope to expand LevelUP into a **fully functional mobile application**. Some potential future directions include:

6.4.1 Technical Enhancements

- Integration with **wearable devices** (smartwatches, fitness bands) for step counts and heart rate monitoring.
- AI-driven **personalized recommendations** based on user

habits.

- **Offline mode** for hydration reminders and habit logging.

6.4.2 Content Expansion

- Larger library of **workouts and recipes** (vegetarian, vegan, region-specific).
- Stress-relief modules like **guided meditation and breathing exercises.**
- Educational blogs on nutrition and mental well-being.

6.4.3 Community & Engagement

- Group challenges for friends and classmates.
- Social integration for sharing progress on platforms like Instagram.
- Collaboration with universities to promote student wellness initiatives.

6.4.4 Monetization & Sustainability

- **Freemium model:** Core features free, advanced ones as premium.
- Partnerships with **health brands, fitness trainers, and nutritionists.**
- Campus-level sponsorships to encourage adoption.

6.5 Final Reflections

The *LevelUP* project highlights how **design, empathy, and innovation** can converge to solve real-world problems. What started as an idea to help students stay healthy turned into a structured, user-tested solution prototype with immense potential.

The journey reinforced that:

- **Technology can support lifestyle change** when designed with

empathy.

- **Small, consistent actions** are more powerful than unrealistic goals.
- **Student well-being** must be prioritized alongside academic success.

In conclusion, *LevelUP* is not just a prototype but a **vision for healthier student lifestyles.** With further development and real-world implementation, it can evolve into a meaningful platform that helps students worldwide lead **balanced, healthy, and productive lives.**