

King Saud University

College of Computer and Information Sciences

Information Technology Department

IT214: User Experience Design

2<sup>ND</sup> Semester 1445

Phase #3: Prototype



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## 1- Introduction:

In the fast-paced world of the 21st century, we have witnessed a significant decline in people's physical activity levels and an increasing concern for overall health and well-being. With the emergence of sedentary lifestyles and the lack of movement in our day-to-day lives, it has become important to address this issue and introduce the concept of a healthy life leading to a happy life.

Our project aims to tackle this problem by designing an innovative interface that connects to a scale and utilizes the data obtained from individuals' bodies to create personalized diet and exercise programs. We believe that by providing clear instructions and offering a centralized platform for accessing all the necessary information, we can empower individuals to take control of their health and make informed choices.

## 2- Methodology:

The interviews aimed to gather insights into user behaviors, preferences, challenges, and experiences related to diet, exercise, and health goals. Specifically, the focus was on understanding how users currently approach their diets and exercise routines, their motivations, barriers, and expectations for a personalized program.

The sample consisted of six participants, all of whose ages are of different range. The selection aimed to include individuals with varying levels of experience and goals related to fitness and health.

The interviews were held remotely via video conferencing for convenience and safety. Participants were asked open-ended questions to share their experiences and expectations regarding diets, exercise routines, and personalized programs. Follow-up questions allowed for deeper exploration. Each interview lasted approximately 45 minutes, allowing for thorough discussion. Our goal was to understand the target user group's needs and preferences concerning personalized diet and exercise programs.

Based on the responses from 33 questionnaires, it's evident that there's a significant need for an app to help individuals monitor their diet and exercise. A striking 66% of respondents don't currently use any application for this purpose. Additionally, 48% feel demotivated due to unreliable health information, while 81% resort to multiple sites for exercise plans. Clear exercise instructions are crucial for 78% of users, and 72% prefer preset exercise sessions over planning their own. Furthermore, 93% desire progress tracking within the app.

Drawing inspiration from the questionnaire, our app will address these needs comprehensively. We'll incorporate features such as personalized exercise plans with clear instructions, progress tracking, and reliable health information. Moreover, we'll offer preset exercise sessions for convenience and motivation. Additionally, the app will provide nutritional guidance and alerts for excessive sugar or caffeine intake. By integrating nutritional information, we aim to enhance user experience and promote healthier habits.

### 3- Results:

#### Interviews Result:

Based on the interviews, we found that there is a strong desire for a digital scale that can accurately measure body metrics and upload the information to our website. This would allow us to generate customized workouts and meal ideas tailored to each individual's goals. We also noticed that users would appreciate features such as tracking their progress over time and providing visual representations of their measurements.

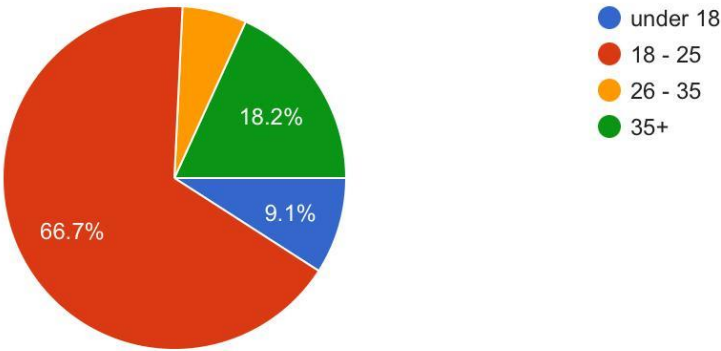
Considering the increasing awareness people have about health and fitness, it is crucial for us to incorporate features that prioritize their well-being. For example, we can display nutritional information for the meal ideas we generate, helping users make informed choices about what they consume. Additionally, we can include a system that alerts users when they exceed certain limits in terms of calorie intake or other nutritional factors.

#### Questionnaire Result:

Based on the 33 questionnaire responses we collected, we found that 66% of respondents do not use any app to monitor their diet and exercises. This highlights the need for our app to help them track and manage their health. Additionally, 48% of people feel demotivated when reliable health information is unavailable, and 81% use multiple sites for exercise plans. Clear instructions for exercises affect the overall workout experience for 78% of respondents. 72% prefer pre-set exercise sessions rather than planning their own, and 93% want to track their progress within the app. Taking all these insights into account, our application will not only incorporate features related providing nutritional information but will also focus on delivering a comprehensive solution for monitoring diet and exercise. By offering reliable information, personalized exercise plans, clear instructions, pre-set exercise sessions, and progress tracking, we aim to address the needs and concerns expressed by the respondents in the questionnaire.

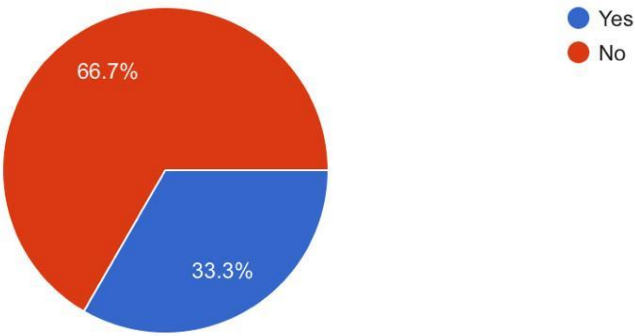
how old are you?

33



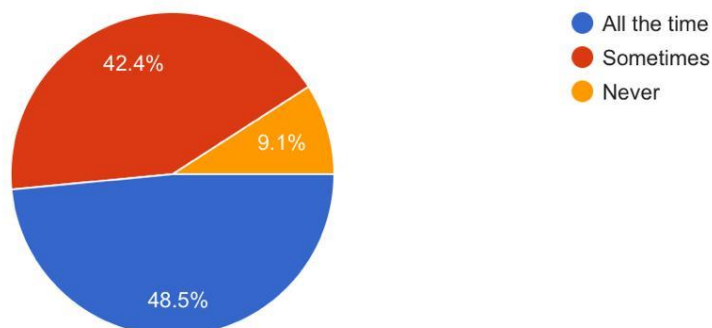
Are you currently using any apps or devices to monitor your diet, exercise, or body  
?measurements

33



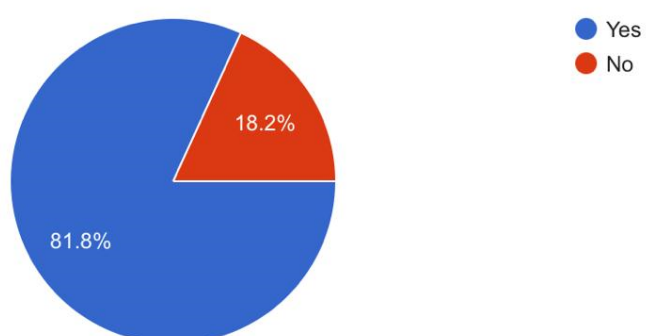
How often do you feel demotivated when you can't find reliable information for your.  
? healthy diet and exercise routine

ردأ 33



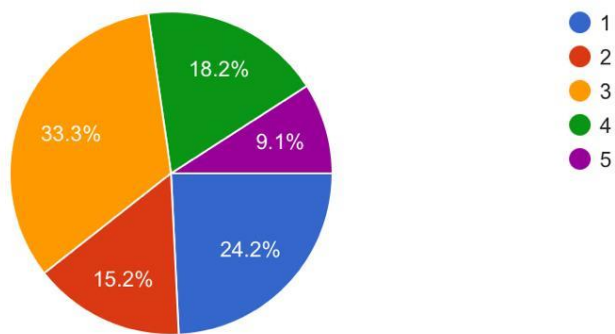
?Do you search in multiple resources to get a specific exercise plan.

ردأ 33



On a scale of 1 to 5, with 1 being **very hard** and 5 being **very easy**  
 how easy is it for you to find recipes that are suitable for your diet

33



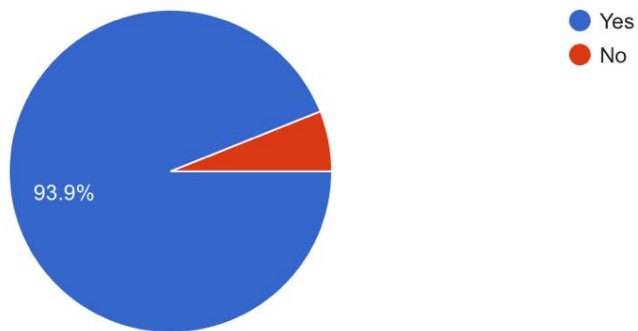
How does clear instructions of a specific exercise affect your overall workout.  
 experience

33



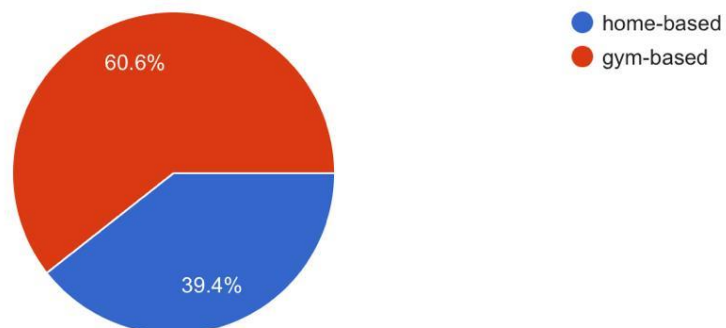
?Would you like the option to track your progress within the app

33 رد



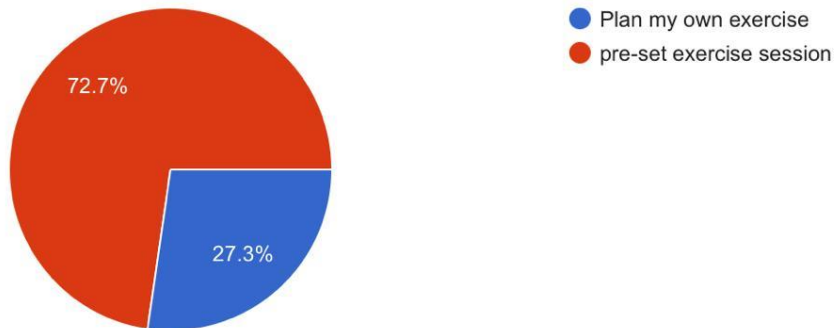
?Are you interested in a home-based or gym-based workout plan

33 رد



Would you prefer choosing your own exercises every day or a suitable pre-set exercise session?

ردأ 33





#### 4- Appendix A: Interview

##### Questions:

Q1: Talk about your workout routine and eating habits. (open question)

Q2: What are your health and fitness goals? (open question)

Q3: Can you describe any previous experiences with a diet and exercise program?

Q4: What aspects worked and didn't work for you in those programs?

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

Q7: Do you usually track your body's measurements? If yes, how?

Q8: How do you use your measurements to plan and execute your exercises and meals?

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

Interviews:

Interview #1:

Interviewee: Raghad 20 years old

Interviewer: Norah Alwasil

Q1: Talk about your workout routine and eating habits. (open question)

- Mainly walking and eating whatever also a lot of junk food and snacks.

Q2: What are your health and fitness goals? (open question)

- I want to have an actual workout routine and start eating healthier.

Q3: Can you describe any previous experiences with a diet and exercise program?

- I tried a healthy food subscription but it didn't work for me and some exercise schedule from YouTube that also didn't do anything.

Q4: What aspects worked and didn't work for you in those programs?

- Nothing worked because I needed something customized to my needs.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

- Not knowing where to start or what to do and which diet is suitable for me.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

- Some key factors to success is for it to be easy to access and well-made to achieve the goals that I want and for it to actually work

Q7: Do you usually track your body's measurements? If yes, how?

- Yes by looking in the mirror and having before, and after pictures because all I care about is how my body looks in the end.

Q8: How do you use your measurements to plan and execute your exercises and meals?

- I don't really know how to do that. I usually just try some recipes online or subscribe to healthy meal subscriptions.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

- I would expect it to track my weight and fat and muscle percentages, helps me customize my meal, planning and customize my workout to achieve specific goals making a nice and easy to read schedule that I can add as a widget on my phone.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- I'm not satisfied with the effectiveness of my diet and exercise. I actually have a poor diet and don't exercise as much as I want which is why I really need something to get back on track

Interview: #2

Interviewee: Rawan 19 years old

Interviewer: Norah Alwasil

Q1: Talk about your workout routine and eating habits. (open question)

-I don't have a specific routine but at least 3 times a week I do a core workout and finish my 10,000 steps everyday at most and eat less in portion size.

Q2: What are your health and fitness goals? (open question)

-To maintain a healthy lifestyle with a plan that suits my goals.

Q3: Can you describe any previous experiences with a diet and exercise program?

-I've tried the 16 hours and 8 hours I can eat that actually helped lose weight alot but the thing it came back because i was lost and didn't know what is working for me.

Q4: What aspects worked and didn't work for you in those programs?

-Trying workouts and programs that i see in social media without knowing what is actually good for my body.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

-I've tried dropping chocolate, chips, candy and soft drinks for 1 month which was difficult because it's hard to balance and plan an effective diet for my body.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

-I think containing more protein helped alot with my journey for a new lifestyle.

Q7: Do you usually track your body's measurements? If yes, how?

-I only track my weight on the scale, and check it every once and a while.

Q8: How do you use your measurements to plan and execute your exercises and meals?

-I scale my weight and see how many calories I should have a day and go by that at least or when I see my cheeks are quite bigger than the are usually.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

-I would like for a 3D figures of specific exercises that would help alot specifically me and it could be specific with every routine with a diet that helps it improve.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

-Well personally when I start to see that i'm losing weights and finding the right program for my own goals.

Interview: #3

Interviewee: Deema 20 years old

Interviewer: Lama Alkhathlan

Q1: Talk about your workout routine and eating habits. (open question)

- I exercise regularly, alternating between resistance training, walking, and rest. I try to eat healthy and avoid fatty, fried, and sweet foods.

Q2: What are your health and fitness goals? (open question)

- My goals are to reach and maintain an ideal weight and improve my physical fitness, strength, and flexibility.

Q3: Can you describe any previous experiences with a diet and exercise program?

- I've tried various diets and exercise programs in the past, but they weren't effective for me.

Q4: What aspects worked and didn't work for you in those programs?

- The only positive aspect was gaining some knowledge about nutrition, but I didn't achieve desired results.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

- The challenge is finding reliable and personalized guidance amid conflicting information online.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

- The key factors for success are proper consultation and a commitment to the program.

Q7: Do you usually track your body's measurements? If yes, how?

- I track my body measurements using a scale and measuring tape.

Q8: How do you use your measurements to plan and execute your exercises and meals?

- Measurements help me gauge progress and adjust my diet and exercise plan accordingly.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

- I expect a user-friendly app that suggests personalized programs, tracks measurements, and provides helpful tips.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- I assess effectiveness through weight, BMI, body fat percentage, and other health and fitness indicators.

Interview: #4

Interviewee: Haifa 26 years old

Interviewer: Lama Alkhathlan

Q1: Talk about your workout routine and eating habits. (open question)

- I exercise and eat differently depending on my condition and mood. I have tried some diet plans but I could not follow them for long.

Q2: What are your health and fitness goals? (open question)

- My goal is to make healthy habits a lifestyle. I want to feel good in my body and health.

Q3: Can you describe any previous experiences with a diet and exercise program?

- I have tried various diet and exercise programs, such as intermittent fasting, calorie counting, resistance training, and walking. Some worked and some did not.

Q4: What aspects worked and didn't work for you in those programs?

- The aspects that worked were losing weight, improving health and mood, and seeing results. The aspects that did not work were sticking to calorie counting and walking.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

- The challenges I encountered were conflicting and confusing advice on food and exercise.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

- The key factors for success are choosing a suitable program, setting a realistic and flexible plan, and monitoring progress. The key factors for failure are following a strict or boring program, not prioritizing or scheduling activities.

Q7: Do you usually track your body's measurements? If yes, how?

- I sometimes track my weight and body measurements using a scale and a measuring tape. I record them on my phone.

Q8: How do you use your measurements to plan and execute your exercises and meals?

- I use my measurements to calculate my BMI and calorie needs. I adjust my food and exercise accordingly.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

- I expect the app to be user-friendly and provide reliable and up-to-date information and tips on food, exercise, and health.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- I use indicators like scale, measuring tape, and BMI to measure the effectiveness of my choices.

Interview: #5

Interviewee: Fares 23 years old

Interviewer: Ruba Alshammari

Q1: Talk about your workout routine and eating habits. (open question)

- well, my workouts are about hypertrophy and exercising muscle memory. I usually train 3-4 times a week depending on my other daily activities My eating habits are decent, I eat minimal calories due to surgery but I still get my protein goal everyday.

Q2: What are your health and fitness goals? (open question)

- Maintain good health, and focus on my stamina and agility.

Q3: Can you describe any previous experiences with a diet and exercise program?

- I had a trainer who taught me the basics of working out, but since then, I've been on my own with my diet and exercise routine.

Q4: What aspects worked and didn't work for you in those programs?

- What worked was their effectiveness for beginners; however, it may be challenging to find a program that suits you best.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

- you have to constantly switch up your workouts to prevent boredom. You may also have to deal with other obligations like to your university and the possibility feeling of burnout.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

- A poor diet may prevent progress regardless of the quality of the exercise program, poor planning may ruin chances of success, and consistency is essential since it can make or break any program.

Q7: Do you usually track your body's measurements? If yes, how?

-Every year to 2 years I go do a medical check up where I can see everything that needs improvement.

Q8: How do you use your measurements to plan and execute your exercises and meals?

- I depend on measuring my progress to evaluate and adjust my exercise and meal plans as needed. I insert supplementary products into my diet if needed, but it doesn't effect in my exercises.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

- I would expect consistent reminders for meeting diet goals, tracking daily exercise duration to ensure meeting targets, and the ability to customize programs and diets based on individual needs like allergies or past injuries.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- By Noticing changes in bone health and the general state of tendons and joints, feeling increasingly healthier and fitter, and witnessing obvious muscle gain.

Interview: #6

Interviewee: Hind 30 years old

Interviewer: Ruba Alshammari

Q1: Talk about your workout routine and eating habits. (open question)

- Currently, my workout routine consists of a mix of cardiovascular exercises like running or cycling, combined with strength training using bodyweight exercises and free weights. As for my eating habits, I try to focus on incorporating whole, nutritious foods into my diet while being mindful of portion sizes and staying hydrated.

Q2: What are your health and fitness goals? (open question)

- I aim to enhance my well-being and fitness by building strength, endurance, achieving a healthier body composition, and improving energy and mood.

Q3: Can you describe any previous experiences with a diet and exercise program?

- I've tried different diet and exercise plans in the past, from following strict meal schedules to specific workout routines.



Q4: What aspects worked and didn't work for you in those programs?

- Clear guidelines and structure were effective in keeping me focused and motivated in those programs. However, some programs lacked flexibility and sustainability, which made long-term adherence challenging.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

- Balancing consistency and flexibility in my diet and exercise is tough, especially with busy schedules and other factors sometimes getting in the way of prioritizing health and fitness.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

- I believe successful diet and exercise programs rely on setting realistic goals, sticking to a routine, flexibility, social support, and enjoying the activities. On the other hand, failure often comes from lack of planning, unsustainable restrictions, and unrealistic expectations.

Q7: Do you usually track your body's measurements? If yes, how?

- Yes, I do track my body's measurements occasionally, usually using a tape measure or a digital scale.

Q8: How do you use your measurements to plan and execute your exercises and meals?

- I use my measurements to monitor progress and make adjustments to my exercise and meal plans based on it.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

- I would expect features such as personalized meal and workout plans based on individual goals and preferences, progress tracking, educational resources on nutrition and fitness, and a supportive community for motivation and accountability.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- Currently, I monitor changes in my energy levels, mood, physical performance, and body composition.

Interview: #7

Interviewee: Sarah 35 years old

Interviewer: Noura Almadhi

Q1: Talk about your workout routine and eating habits. (open question)○

-My workout routine includes a mix of cardio, strength training, and flexibility exercises, with gym visits five times a week. I prioritize whole foods, lean proteins, healthy fats, and plenty of fruits and vegetables in my diet.

Q2: What are your health and fitness goals? (open question)

-My goals focus on building strength, improving endurance, and overall wellness, aiming to increase muscle mass while reducing body fat percentage.

Q3: Can you describe any previous experiences with a diet and exercise program?

-I've tried various diet and exercise programs, finding structure helpful but overly restrictive diets unsustainable.

Q4: What aspects worked and didn't work for you in those programs?

-Structure and guidance worked well, while overly restrictive diets proved unsustainable.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

-Balancing discipline and flexibility is key, especially with busy schedules and social events.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

-Successful programs prioritize sustainable, personalized strategies that consider both physical and mental well-being.

Q7: Do you usually track your body's measurements? If yes, how?

-Yes, I track body measurements using tools like tape measures and body composition scales.

Q8: How do you use your measurements to plan and execute your exercises and meals?

-I use measurements to assess progress and adjust my exercise and meal plans accordingly.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

-I expect personalized meal and workout plans, progress tracking tools, and educational resources from a fitness app.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

- I evaluate effectiveness through how I feel and objective measures like body composition changes, strength gains, and endurance improvements.

Interview: #8

Interviewee: Abdullah 59 years old

Interviewer: Noura Almadhi

Q1: Talk about your workout routine and eating habits. (open question)

-I usually go for a light breakfast and dinner, with a heavier lunch. My fitness routine typically involves weekly gym sessions, swimming, cardio, and some strength exercises. Regarding my diet, I prioritize protein intake while avoiding sugars.

Q2: What are your health and fitness goals? (open question)

-My goal is to maintain overall fitness and achieve a healthy body composition.

Q3: Can you describe any previous experiences with a diet and exercise program?

-I've only followed one specialized exercise program in the past, particularly after an injury, which focused on swimming.

Q4: What aspects worked and didn't work for you in those programs?

-As a result, I experienced decreased pain and increased muscle strength.

Q5: What challenges or difficulties have you encountered when trying to maintain a healthy diet and exercise routine?

-My main challenges in maintaining consistency with fitness routines arise from work commitments, family responsibilities, and difficulty managing my time effectively.

Q6: In your opinion, what are the key factors that contribute to the success or failure of a diet and exercise program?

-To overcome these challenges, I believe commitment and receiving proper guidance are crucial.

Q7: Do you usually track your body's measurements? If yes, how?

-I currently use a basic scale for casual weight monitoring.

Q8: How do you use your measurements to plan and execute your exercises and meals?

-I haven't typically planned my meals or workout routines based on specific measurements.

Q9: What specific features or functionalities would you expect from an app that helps you track and manage your diet and exercise program?

-I would find it beneficial to receive notifications if I reach an undesirable weight or fail to meet my calorie goals.

Q10: How do you currently determine the effectiveness of your diet and exercise choices? What indicators do you use?

-Ultimately, achieving improved breathing, better sleep quality, and avoiding cramps from unhealthy foods would signify success to me in my fitness journey.

## 5- Appendix B: Questionnaire

### Questions:

Q1: Would you like the option to track your progress within the app? (Yes/No)

Q2: Do you search in multiple resources to get a specific exercise plan? (Yes/No)

Q3: Are you interested in a home-based or gym-based workout plan? (Home-based/Gym-based)

Q4: Are you currently using any apps or devices to monitor your diet, exercise, or body measurements? (Yes/No)

Q5: On a scale of 1 to 5, with 1 being "very hard" and 5 being "very easy", how easy is it for you to find recipes that are suitable for your diet? (Scale: 1-5)

Q6: Would you prefer choosing your own exercises every day or a suitable pre-set exercise session? (Plan your own exercise/Suitable pre-set exercise session)

Q7: How does clear instructions of a specific exercise affect your overall workout experience? 7 (Enhance the overall workout experience/Has no effect on the workout experience/Worsen the workout experience and induce pressure)

Q8: How often do you feel demotivated when you can't find reliable information for your healthy diet and exercise routine? (a) All the time. b) Sometimes. c) Hardly ever. d) Never.

## Questionnaire Responses:

<https://docs.google.com/spreadsheets/d/1EYsP47rrZsaJrTL834G1wv088KVIE01bBwK8siaxA3w/edit>

## 6- Problem Definition:

In today's sedentary lifestyle, characterized by declining physical activity levels and increasing health concerns, there exists a pressing need to empower individuals to take control of their health and well-being. Our project aims to address this issue by developing an innovative interface that integrates with a digital scale to provide personalized diet and exercise programs. The objective is to meet the following user needs:

**Accurate Measurement and Analysis:** Users require a digital scale capable of accurately measuring body metrics and seamlessly uploading the data to a centralized platform for analysis.

**Personalized Guidance:** Individuals seek personalized diet and exercise plans tailored to their specific goals, preferences, and health conditions.

**Progress Tracking:** Users desire a system that enables them to track their progress over time, including visual representations of their measurements and achievements.

**Comprehensive Solution:** There is a demand for a comprehensive solution that not only offers personalized programs but also provides nutritional information, clear exercise instructions, pre-set workout sessions, and seamless progress tracking within a single application.

By addressing these user needs, our project aims to empower individuals to make informed choices about their health, overcome barriers to fitness, and ultimately lead happier and healthier lives.

## 7- Personas:

Through interviews and questionnaires, we've observed a shared desire among respondents to lead healthier lifestyles and enhance their strength. A prevalent challenge reported was the difficulty in balancing busy schedules with workout sessions. Respondents expressed a need for a user-friendly interface to assist them in achieving their health and fitness goals effectively.

## Nora



Age: **32**  
Gender: **Female**  
Family: **Husband, 2 kids**  
Location: **Riyadh, Saudi Arabia**  
Marital Status: **Married**

### Goals and Needs

- Nora aims to lead a healthier lifestyle by managing her diet and incorporating regular exercise into her busy schedule. She wants to lose weight and improve her overall fitness to keep up with her energetic family.
- Nora needs a user-friendly platform that simplifies tracking her diet and exercise progress. She values clear instructions for workouts and meal ideas tailored to her preferences and goals.

### Frustrations

- Nora finds it challenging to find reliable health information online and feels overwhelmed by the multitude of exercise plans available on different websites. She often lacks the motivation to stick to her health goals without clear guidance and accountability.

## Ali



Age: **23**  
Gender: **Male**  
Family: **Mother, Father, 2 young sisters**  
Location: **Riyadh, Saudi Arabia**  
Marital status: **Single**

### Goals and Needs

- Ali wants to prioritize his health and fitness. He aims to build muscles, improve his strength, and maintain a balanced diet to prevent lifestyle-related health issues.
- Ali requires a comprehensive solution for tracking his diet and exercise routines conveniently. He prefers pre-set exercise sessions that fit his busy work schedule and appreciates receiving nutritional information for meal ideas to support his fitness goals.

### Frustrations

- Ali struggles with maintaining a healthy work-life balance, often sacrificing his exercise routine and nutritional habits due to work commitments and social obligations. He feels guilty when he neglects his fitness goals.

## 8- User Stories:

### User Story #1:

As a user, I want to enter my body information by a scale connected to the app so I can have pre-set workout exercises and meal plan suits my goal that I can lead to a healthier lifestyle.

Priority: High

### User Story #2:

As a user, I want the application to generate customized meal plans based on my body composition and dietary preferences, so that I can maintain a balanced diet that supports my fitness journey and overall health.

Priority: Medium

### User Story #3:

As a user, I want the application to provide real-time feedback and guidance during workouts, including exercise demonstrations and performance tracking, so that I can improve my form, stay accountable, and maximize the effectiveness of my workouts.

Priority: Medium

### User Story #4:

As a user, I want to have an option to track my progress accurately and efficiently, so that I can achieve optimal results and stay motivated.

Priority: Low

### User Story #5:

As a user, I want the app to provide me with reliable and updated health tips and resources, so I can enhance my knowledge and awareness of good health practices.

Priority: Medium

### User Story #6:

As a user, I want the platform to provide insights and analysis of my overall health, including weight, BMI, and other relevant metrics, enabling me to make informed decisions and adjustments to optimize my wellness journey.

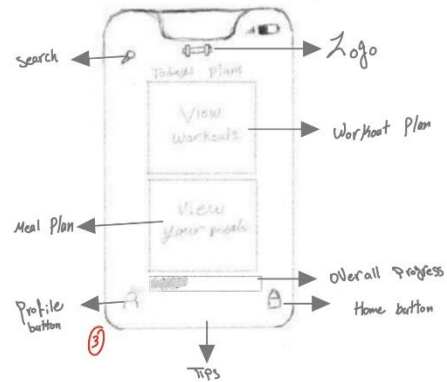
Priority: Medium

## 9- Sketches:

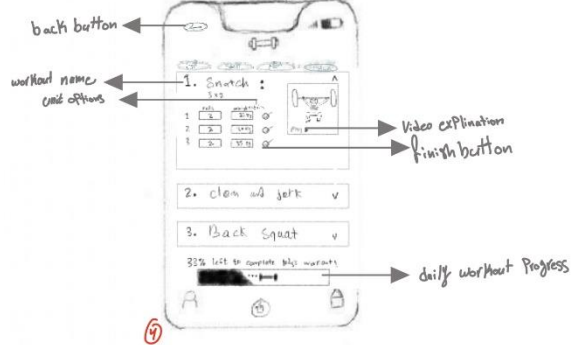
Home Page while setting up



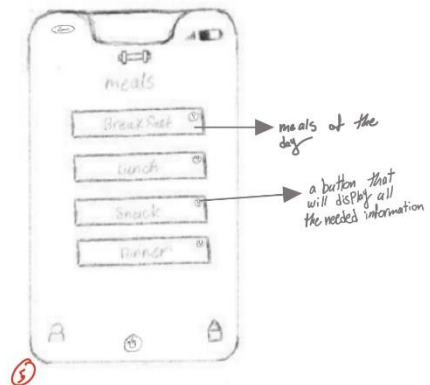
Home Page after connecting:



workout Page



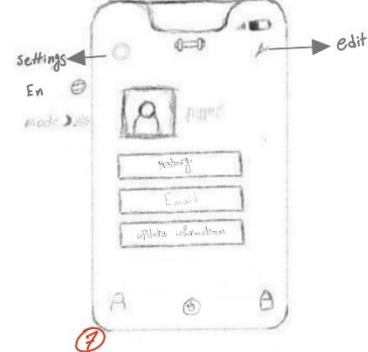
meal Page



meal information



Profile Page



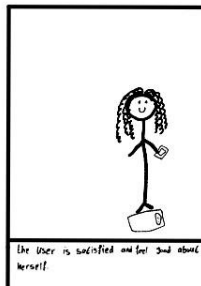
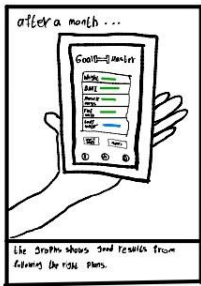
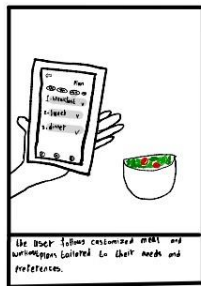
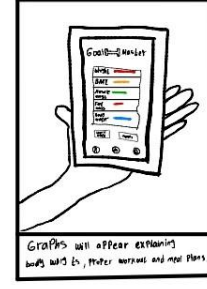
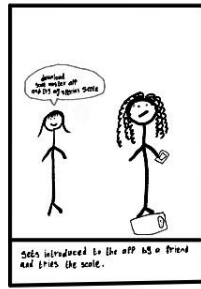


## 10- Story Board:

### Story Board #1:

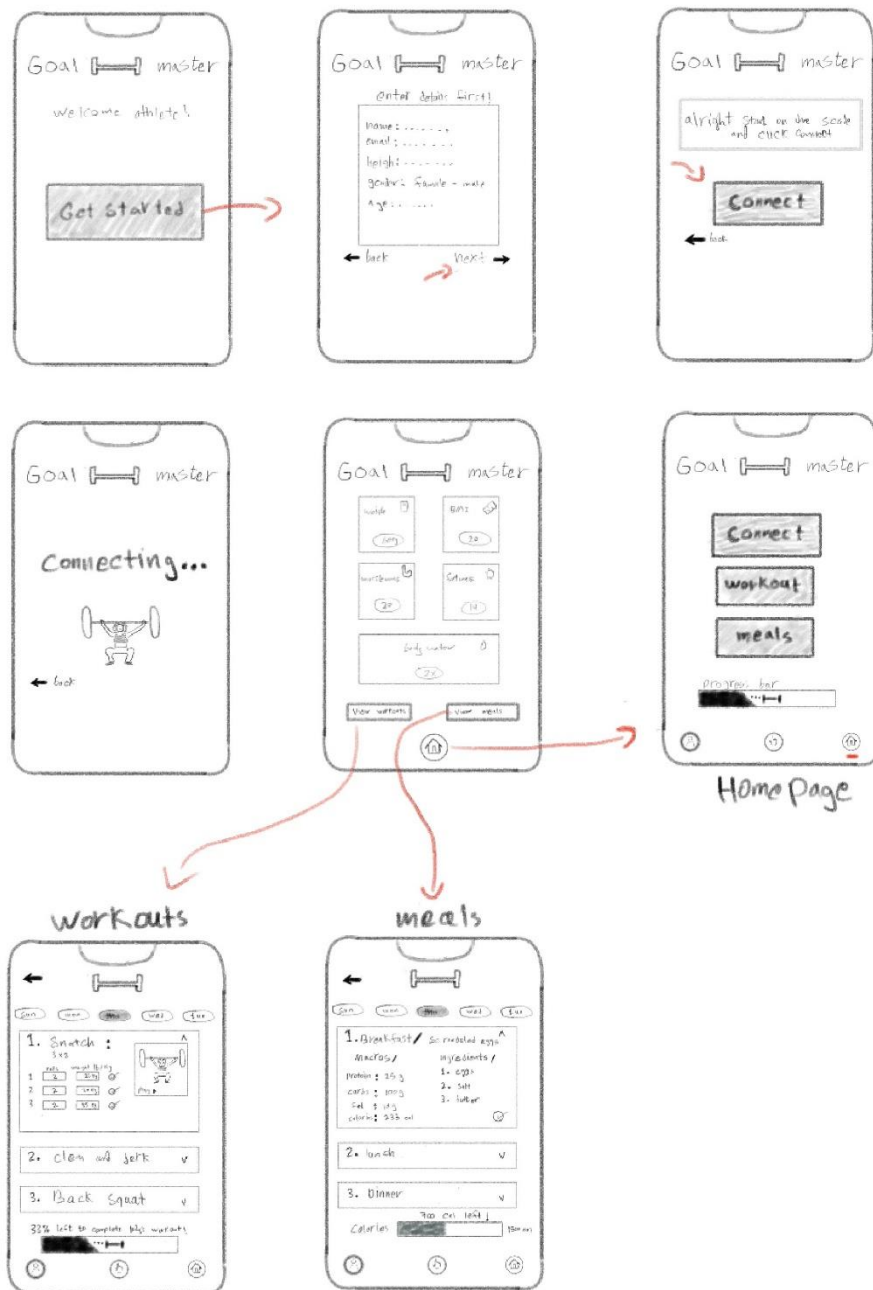


## Story Board #2:

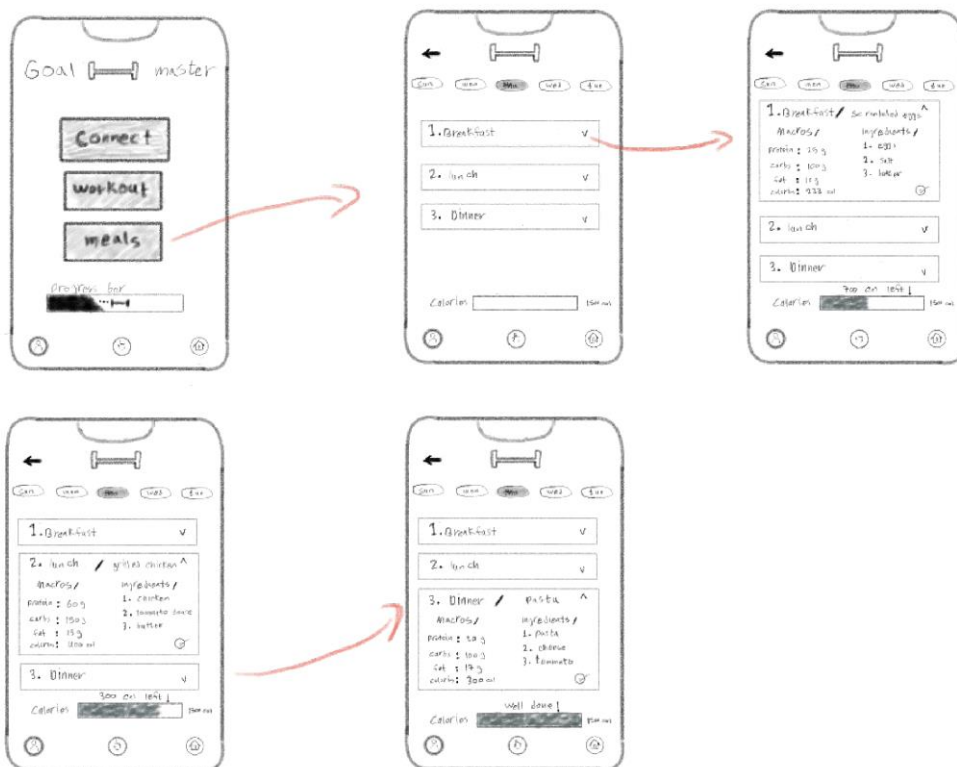


## 11- User Flow:

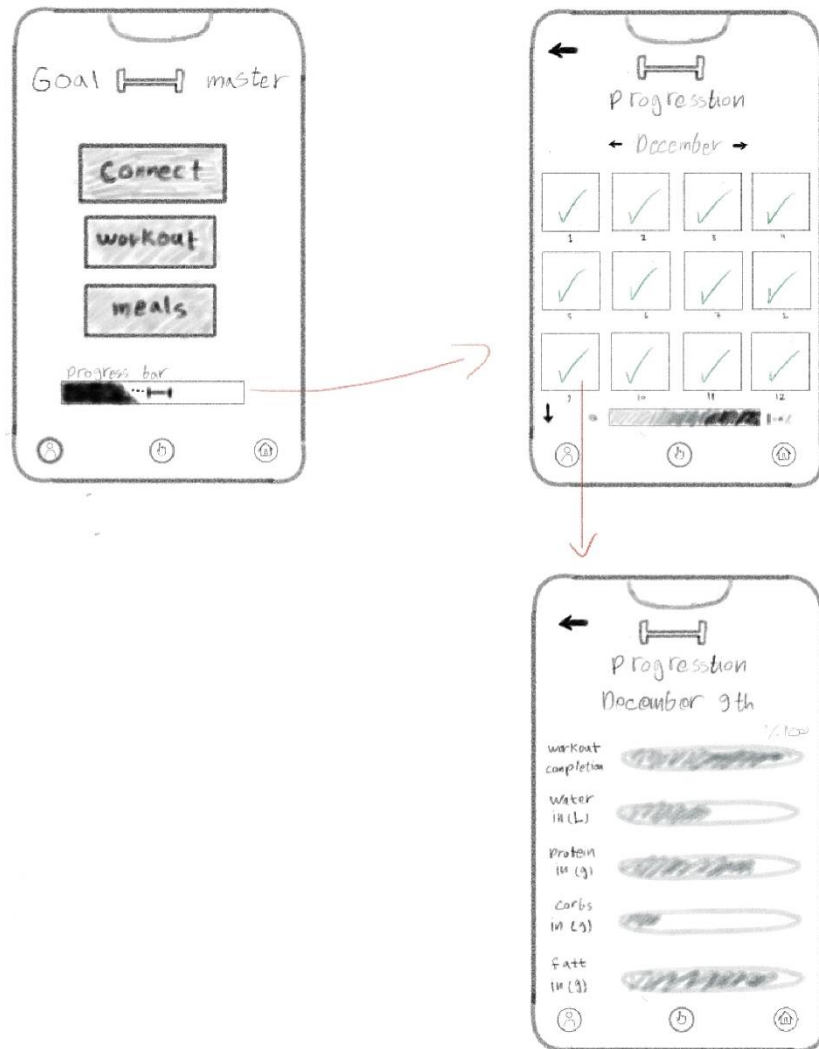
### User Story #1:



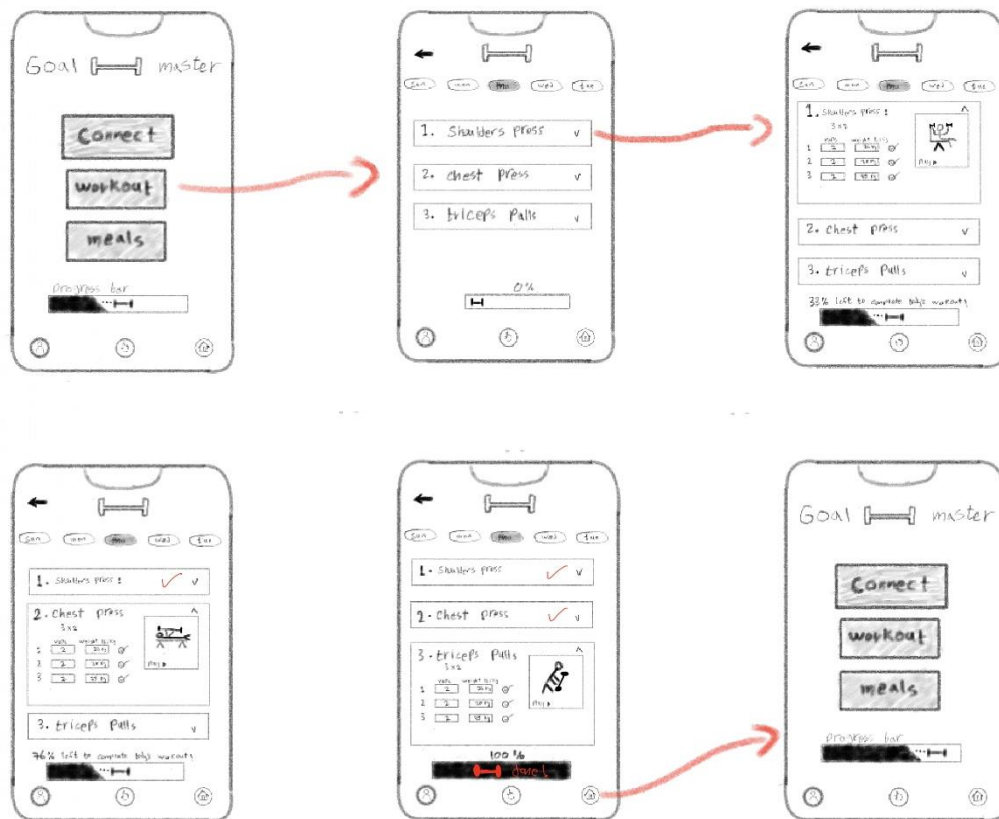
## User Story #2:



### User Story #3:



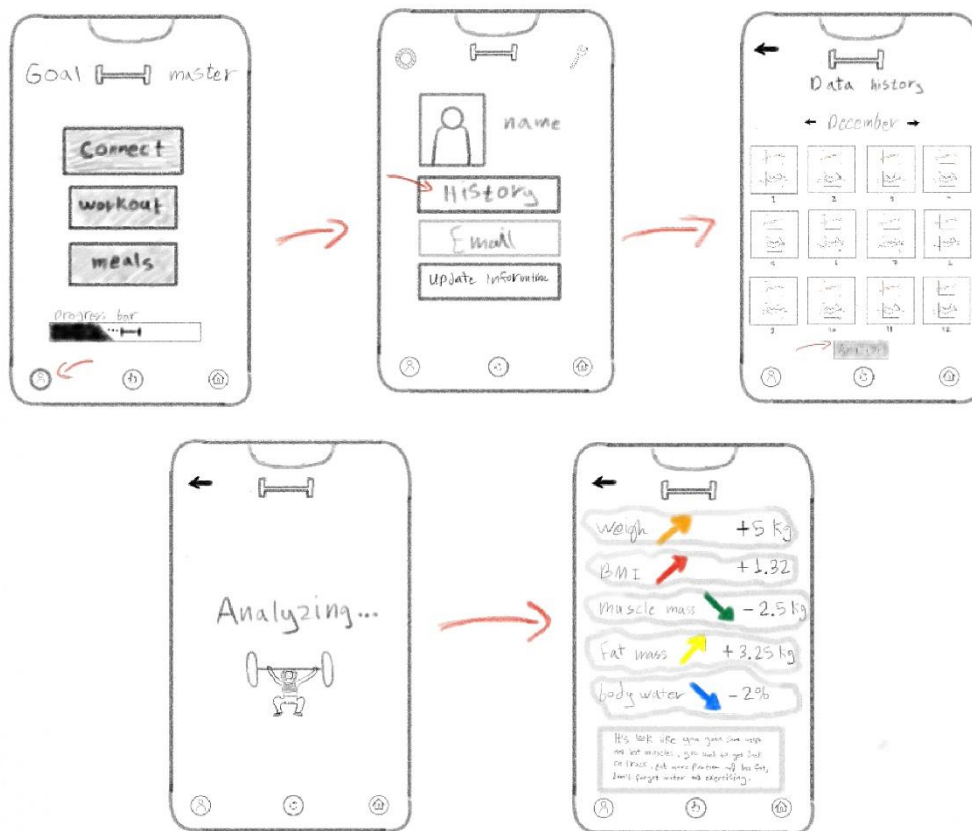
## User Story #4:



## User Story #5:



## User Story #6:





## 12- Design Rules:

### Learnability Principles

Rule#	Principle		Sketch No/ User Flow No	Describe how you applied this principle
1 2	Predictability		Sketch 3	home label describes the action that it performs which is taking the user to the home page
		Operation visibility	User flow 3	clicking on the progress bar the system will show the previous progress of the user according to a specific month
3	Synthesizability		Sketch 2	an error message clearly explains what went wrong and tells how to fix it
4	Familiarity		Sketch 7	common elements are provided such as a sitting icon which is the user familiar with
5	Generalizability		User flow 4	viewing the details of each workout is similar interactions across different applications
6	Consistency		User flow 5	using the back button will generate the same action across the application

### Flexibility Principles

Rule#	Principle	Sketch No/ User Flow No	Describe how you applied this principle
7	Dialog initiative	User story 4	user pre-emptive: the user have the ability to enter an input

			without being limited by the system which in this case is the weight that he used in the exercise
8	Multi-threading ( <i>if applicable</i> )	Not applicable	
9	Task migratability ( <i>if applicable</i> )	Not applicable	
10	Substitutivity	User flow 4	the user have the ability to choose which unit to insert the weight that he used in the exercise
11	Customizability	Sketch 7	user adaptability: the user can choose between 2 moods for the interface (dark / light) mood

#### Robustness Principles

Rule#	Principle		Sketch No/ User Flow No	Describe how you applied this principle
12 13 14 15	Observability	Browsability	User flow 1	user can easily navigate through the system
		Defaults	Sketch 7	in the settings the default language is English and the mood will be light mood unless the user changes them
		Reachability	Sketch 3	important controls are easily accessible to users
		Persistence	User flow 6	the system saves the previous measurements in the history button
16	Recoverability		Sketch 2	if the user enters wrong measurement unit he will be

			notified down the page
17	Responsiveness	User flow 1	when the user clicks on connect button the system will respond to the user action by showing him his body measurements page
18	Task Conformance	User flow 2	when the user finishes the meal he will click the check button under the meal and the calorie bar will increase

### 13- Prototype:

The prototype for "Goal Master" was created using Figma, involving several steps and tools to bring the app's features to life. The process included designing a visually appealing user interface with designs, color palettes, and shapes for a cohesive and engaging experience. Features implemented in the prototype included user registration with forms for inputting information, a scale integration page, a body information display page with access to personalized meal plans and workouts, personalized meal plans with clickable meals, personalized workout routines with progress tracking, a tip center with workout and diet tips, progress tracking with interactive charts, and profile management with information updating and history analysis. Figma's shape and color tools were used for consistent and visually appealing layouts, while scrolling and clicking animations enhanced user interaction and provided feedback. Checkboxes and progress bars were incorporated for tracking meal consumption and workout completion, and icons and pictures were added for navigation and information display. Overall, the prototype created a dynamic and interactive preview of "Goal Master" for users.

### YouTube Video:

[https://youtu.be/yUQpzNCIbgE?si=ORBgsD\\_FssFs7Bj](https://youtu.be/yUQpzNCIbgE?si=ORBgsD_FssFs7Bj)

### Prototype Design:

<https://www.figma.com/file/amdp2GdLRtIF1eJssVQnAB/Untitled?type=design&node-id=0%3A1&mode=design&t=1vdoulGGq4tpJVP4-1>