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SWDV 691
UI/UX Re-Design
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What changes were made in the re-design process?

- The name of my application has changed from Healthy Habits to Healthy Habitude
- I've re-focused the purpose and objective of the application.
- Tasks and storyboard steps updated to reflect more in-depth user interactions with the application.
- Site map updated with pages only accessible by mentors/health professionals managing their content and clients.



Healthy Habitude

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What is Healthy Habitude?

Healthy Habitude is an avenue to foster positive attitudes in the way everyday people think about making healthy choices and creating healthy habits.

Healthy Habitude connects health and fitness professionals to clients. Professionals can create their own libraries of health and fitness content geared towards their unique persona and audience(s). Professionals set the cost for their fitness content and services.

Who is Healthy Habitude for?

In general, there are two groups of users Healthy Habitude is intended for:

Individuals seeking healthier lifestyles: These users are looking to make positive changes in their lives by adopting healthier habits. They may struggle with consistency and motivation and would benefit from a structured platform to track their progress and connect with like-minded individuals.

Health and Fitness Professionals: These users are looking to expand their reach and monetize their expertise by offering fitness, nutrition, and mindfulness content and mentorship to their clients.

User Personas:

The following personas represent three different groups of individuals who would use the Healthy Habits app, each with a different focus, skill level, and role. By considering the needs of these personas, the app can be designed to cater to a diverse range of users and provide valuable features and resources to support their healthy lifestyle journeys. Felix and Nina both represent the role of a mentor (trainer and nutritionist) that would use the application to monetize their knowledge by creating content and providing guidance to everyday users. Brian represents the everyday user who is looking for help from an experienced health and fitness individual such as our mentors.



FIT FELIX

Background:

- Fitness enthusiast and personal trainer.
- Has been working in the fitness industry for 5 years.
- Certified in various fitness disciplines.
- Owns a small personal training studio.

Demographics:

- Male, 35 years old.
- Household income \$50,000 - \$70,000.
- Lives in a suburban area.

Identifiers:

- Leads an active lifestyle and follows a strict workout routine.
- Enjoys creating personalized fitness plans for clients.
- Values efficiency and wants a website that provides comprehensive tracking tools for his clients.



NUTRITION NINA

Background:

- Registered dietitian and nutritionist.
- Works in a private practice, offering personalized nutrition counseling.
- Holds a master's degree in nutrition science.

Demographics:

- Female, 40 years old.
- Household income \$60,000 - \$80,000.
- Lives in a rural area.

Identifiers:

- Passionate about promoting healthy eating habits and helping clients achieve their nutrition goals.
- Stays updated on the latest research in nutrition science.
- Seeks a website that provides evidence-based nutrition information and tools for meal planning.



BUSY BRIAN

Background:

- Busy professional with a demanding job and a family.
- Struggles to find time for exercise and healthy habits.
- Seeks practical solutions to incorporate healthy habits into his busy schedule.

Demographics:

- Male, 45 years old.
- Household income \$100,000 - \$120,000.
- Lives in an urban area.

Identifiers:

- Values efficiency and wants a website that offers time-saving strategies for healthy habits.
- Interested in short, effective workouts and quick meal ideas.
- Seeks a website that provides resources for managing stress and improving sleep.

Task: Creating Content - Nutrition Nina

Objective: Nina is a Nutritionist offering mentorship and plans as services for her clients to gain valuable knowledge about the food they eat. Nina wants to upload a nutritional plan as content for her nutritional mentorship catalog.

Storyboard for Nina the Nutritionist:

Step 1: Logging In

- Nina visits the Healthy Habitude website and logs in to her nutritionist account using her credentials.

Step 2: Accessing the Dashboard

- After successful login, Nina is directed to her personalized dashboard.

Step 3: Navigating to Content Management

- On the dashboard, Nina clicks on the "Content Management" section, which allows her to manage her nutritional mentorship catalog.

Step 4: Uploading New Content

- In the "Content Management" section, Nina clicks on the "Upload New Content" button to add a new nutritional plan to her catalog.

Step 5: Entering Title and Description

- A form appears, prompting Nina to enter the title of the nutritional plan (e.g., "Reading Nutritional Labels") and a brief description explaining the plan's purpose and benefits.

Step 6: Choosing Content Type

- Nina selects the content type for the nutritional plan, choosing "PDF" as it contains detailed information that her clients can download and follow easily.

Step 7: Setting the Price

- Nina sets the price for her nutritional plan. Since it's valuable information that she wants to share with as many people as possible, she decides to offer it for "Free."

Step 8: Uploading the PDF

- Nina uploads the PDF file containing the "Reading Nutritional Labels" nutritional plan, which she has already prepared in advance.

Step 9: Reviewing and Confirming

- Before finalizing, Nina reviews all the details she has entered, ensuring accuracy and completeness.

Step 10: Submitting the Nutritional Plan

- Once she is satisfied with the information provided, Nina clicks the "Submit" button to add the "Reading Nutritional Labels" nutritional plan to her mentorship catalog.

Step 11: Success Message

- Upon successful submission, a confirmation message appears, notifying Nina that the nutritional plan has been added to her catalog.

Step 12: Viewing the Updated Catalog

- Nina navigates to her mentorship catalog and finds the "Reading Nutritional Labels" nutritional plan listed with the option for clients to download it for free.

Step 13: Promoting the New Content

- Excited about the valuable content she has added, Nina uses the platform's built-in sharing features to promote the "Reading Nutritional Labels" nutritional plan to her existing clients and social media followers.

Step 14: Tracking Downloads

- In the "Content Management" section, Nina can track the number of downloads and monitor the engagement with the "Reading Nutritional Labels" nutritional plan.

Step 15: Client Feedback and Interaction

- Clients who download the plan can provide feedback, and Nina can interact with them through comments or messages to address any questions or concerns.

By using Healthy Habitude's content management tools, Nina successfully adds her "Reading Nutritional Labels" nutritional plan to her mentorship catalog, providing valuable information to her clients and expanding her reach as a nutritionist.

Task: Managing Goals for a Client - Fit Felix

Objective: Fit Felix is a fitness mentor that offers training and guidance to clients. Felix wants to enter a new goal for a client by creating a new habit for the client to practice and track.

Storyboard for Overseeing Goals for a Client - Fit Felix:

Step 1: Logging In

- Fit Felix accesses the Healthy Habitude website and logs in to his fitness mentor account using his credentials.

Step 2: Accessing the Dashboard

- After successful login, Fit Felix is directed to his personalized dashboard.

Step 3: Navigating to Goal Management

- On the dashboard, Fit Felix clicks on the "Goal Management" section to view and manage his clients' fitness goals.

Step 4: Selecting a Client

- Fit Felix chooses a specific client he wants to set a new fitness goal for. He selects the client's profile from the list of his registered clients.

Step 5: Reviewing Client Information

- In the client's profile, Fit Felix can review the client's personal information, fitness level, and current progress.

Step 6: Entering a New Goal

- Fit Felix decides to enter a new fitness goal for the client to work towards. He clicks on the "Add New Goal" button within the client's profile.

Step 7: Defining the Goal

- A form appears, allowing Fit Felix to define the new fitness goal for his client. He enters a specific goal title, such as "Increase Endurance," and a description outlining the purpose and benefits of the goal.

Step 8: Setting Dates and Increments

- Fit Felix sets the start date and completion date for the goal. He also specifies the increment for tracking progress, such as daily or weekly.

Step 9: Saving to Goals Catalog

- After entering the goal details, Fit Felix has the option to save the goal to his goals catalog. This allows him to reuse the same goal template for other clients in the future.

Step 10: Assigning the Goal

- Fit Felix clicks the "Assign Goal" button to assign the new goal to the client. The client receives a notification about the new goal through the app or email.

Step 11: Tracking Progress

- As the client progresses towards the goal, Fit Felix monitors their activity and workout logs through the dashboard. The platform calculates the progress automatically based on the selected increment.

Step 12: Entering Rewards

- To keep the client motivated, Fit Felix can enter rewards for achieving milestones or reaching the goal. For example, he enters a reward like "Have a cheat day!" that the client can enjoy upon goal completion.

Step 13: Client Engagement

- The client can view their goal, track their progress, and see the rewards they will earn on their own dashboard. They can also communicate with Fit Felix for support and feedback.

Step 14: Goal Achievement

- Once the client achieves the fitness goal, Fit Felix celebrates their success and congratulates them. The reward is made available to the client to redeem.

Step 15: Analyzing Progress

- Fit Felix reviews the client's progress and the effectiveness of the goal-setting process. He can use this data to tailor future goals and plans for each client.

By utilizing Healthy Habitude's goal management and tracking features, Fit Felix efficiently sets and manages fitness goals for his clients, providing them with personalized guidance and support throughout their fitness journey.