Design Decision Explanation

Our team designed Wellness Warriors to address a common problem identified in our proposal: many people want to maintain wellness habits but struggle due to inconsistent tracking, low motivation, and unclear feedback mechanisms. Our design decisions focus on simplicity, clarity, and immediate visual feedback, aligning closely with established usability principles.

1. Clear Information Hierarchy & Familiar Language

Users should immediately understand their tasks without reading instructions. Based on proposal findings that confusing interfaces reduce engagement, we used plain, real-world labels (e.g., "Add Habit," "Mark Complete") and a minimalist dashboard layout. This supports Nielsen's heuristics of match between system and the real world and recognition rather than recall.

2. Instant Feedback to Reinforce Daily Tracking

Our proposal emphasized that users become discouraged when apps fail to confirm their actions. Therefore, we implemented immediate UI updates when a habit is checked off, visual streak indicators, and clear confirmation states. These design choices support visibility of system status and strengthen motivation—an essential part of our app's purpose.

3. Error Prevention & Undo Functionality

Users sometimes log habits by mistake. To reduce anxiety and support "user control and freedom," we added a one-click undo capability. This decision comes directly from the proposal's focus on avoiding user frustration caused by irreversible actions.

4. Consistency, Predictability & Responsive Layout

Because our app must work across many devices, we adopted a responsive grid layout and consistent navigation bar. This ensures that learners can interact easily regardless of screen size, fulfilling the course expectation for strong responsiveness and polished UX.

The proposal also stresses the importance of intuitive navigation to keep the app simple and approachable.

5. Motivational Visualizations to Encourage Habit Formation

The dashboard uses a single progress ring, streak counts, and a calendar heatmap. These choices connect directly to the proposal's claim that visual progress boosts motivation and habit adherence. Instead of cluttered charts, we opted for simple, high-contrast visual elements that communicate progress at a glance.

Together, these decisions create an app that is simple, motivating, and fully aligned with user problems identified early in the project.