Cook Healthy

Okoye Chiamaka
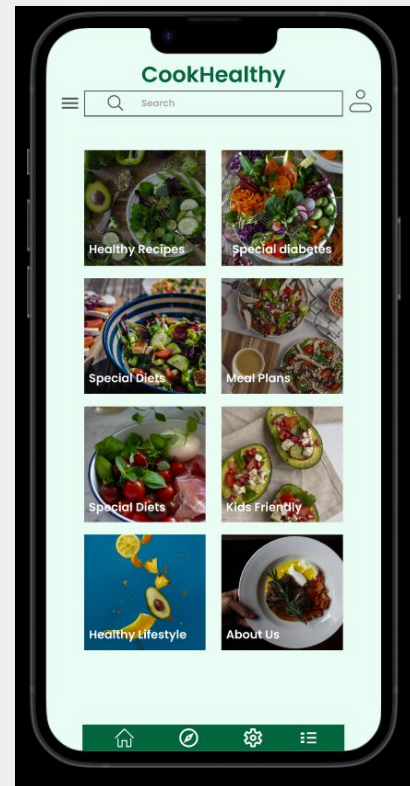
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Project overview

The product:

Cook Healthy is an app designed to help users learn how to eat healthy to avoid illness like Cardiovascular disease and help them maintain a long term weight management.

Project duration:

July - August 2023

Project overview

The problem:

About 50% of people don't healthy in a year thereby causing a high risk of cardiovascular disease and overweight.

The goal:

Design an app that will teach people how to prepare and eat healthy to be able to manage their weight and live a healthy life.

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Project overview

My role:

UX Designer leading the app.

Responsibilities:

Conducting Interviews, Paper and digital wireframing, Low and High-fidelity prototyping, Conducting Usability study, accounting for accessibility, iterating on designs, determining information architecture and responsive design

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Understanding the user

- User research
- Personas
- Problem statements
- Competitive audit
- Ideation

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User research: summary

I used cookhealthy data on weight gain to get interview questions, which were then used to conduct user interviews. Most participated interviewers reported back feeling about about their weight gain but didnt make an effort to eat healthy. The feedback from the research made it clear that users will be open and willing to work towards eating healthy if they had access to tools that will guide through the process.

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Starting the design

- Digital wireframes
- Low-fidelity prototype
- Usability studies

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Digital wireframes

After drafting the paper wireframe, i created the initial design for the CookHealthy app. These designs focused on guiding the users on how to cook healthy meals.

Description of the element and its benefit to the user

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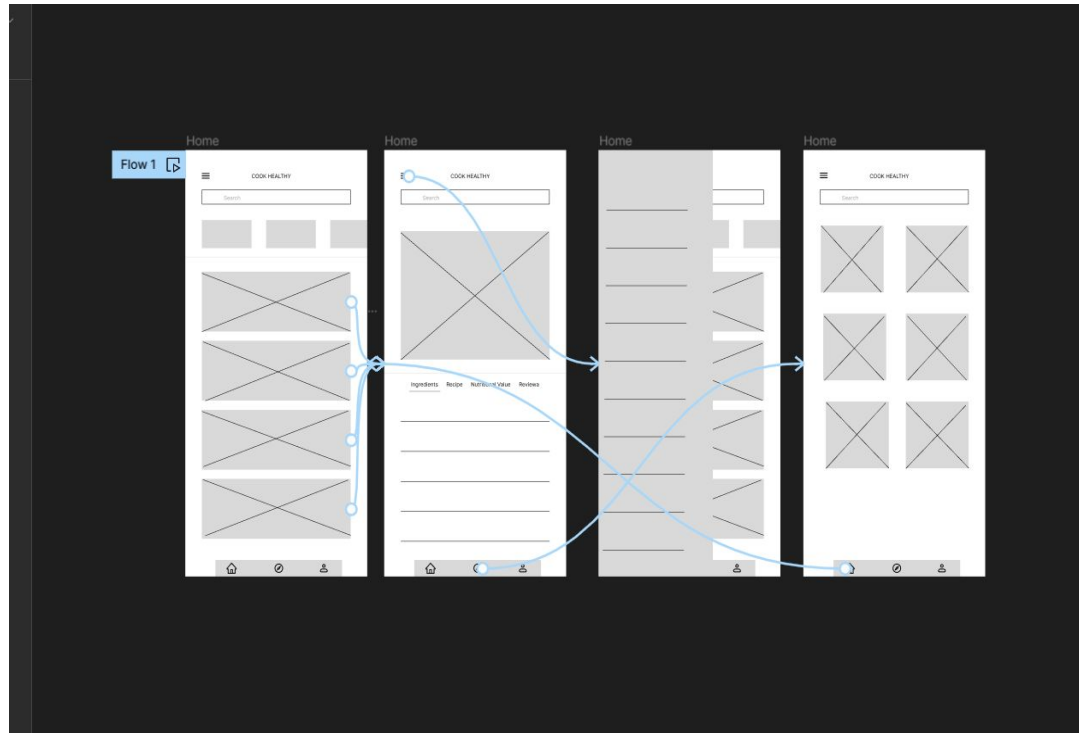
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Description of the element and its benefit to the user

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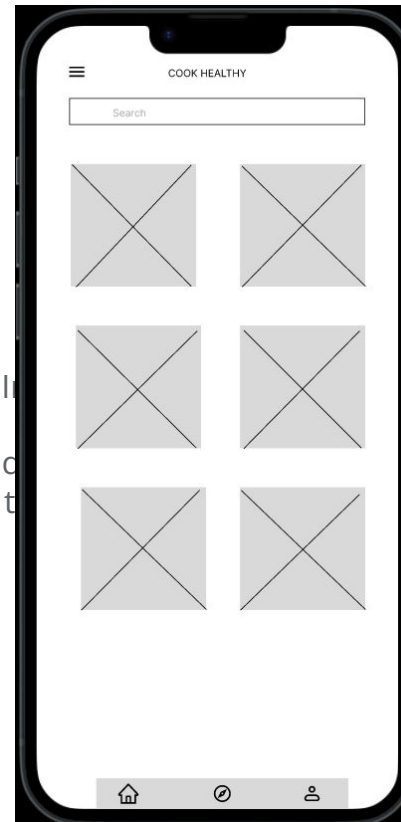
Low-fidelity prototype

To prepare for usability testing i created a low-fidelity prototype that connected the user flow of the items.
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Usability study: parameters

Study type:

Unmoderated usability study

Location:

Asaba, remote

Participants:

6 participants

Length:

30-60 minutes

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Usability study: findings

Insert a one to two sentence introduction to the findings shared below.

1

Recipes

People want recipes that will guide through cooking healthy meals.

2

Timing

People can clear indications on the timing of the food.
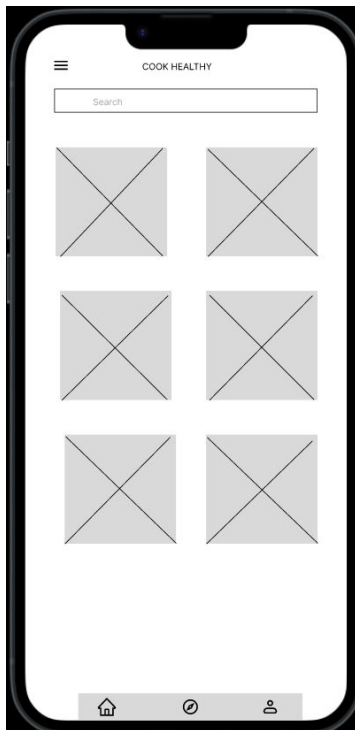
3

Finding

Insert usability study finding 3.

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Refining the design

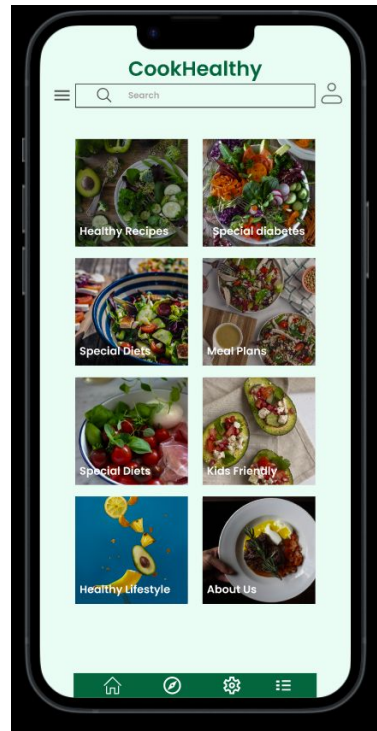- Mockups
- High-fidelity prototype
- Accessibility

Mockups

Based on the insights from the usability study, I applied design changes from the home screen to give clear indications on how to access the healthy food recipes "Healthy Recipes"
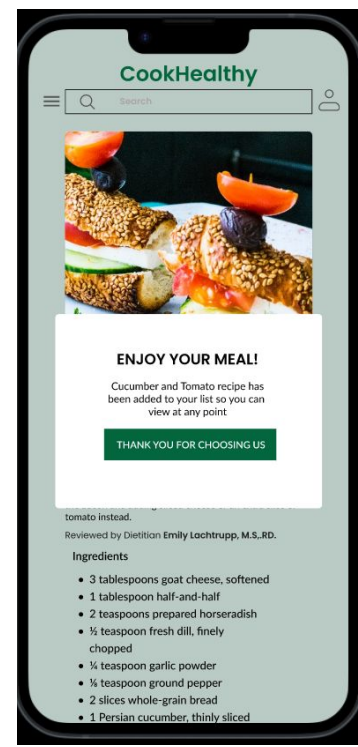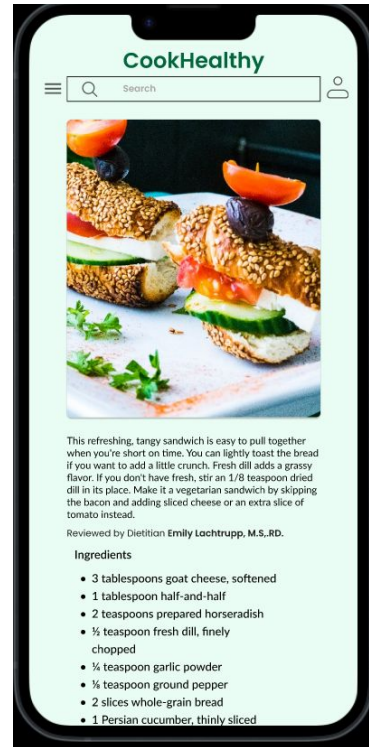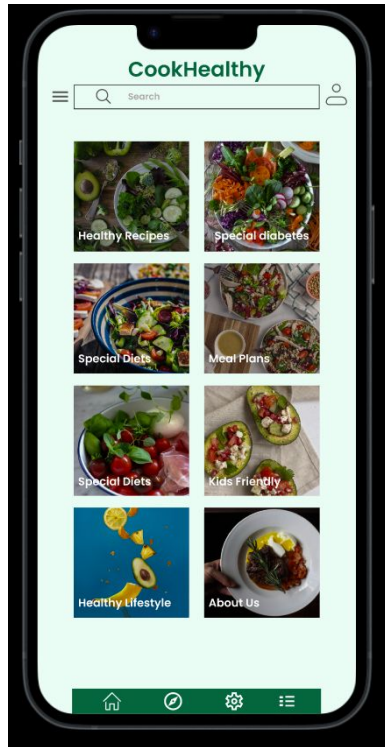
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Mockups

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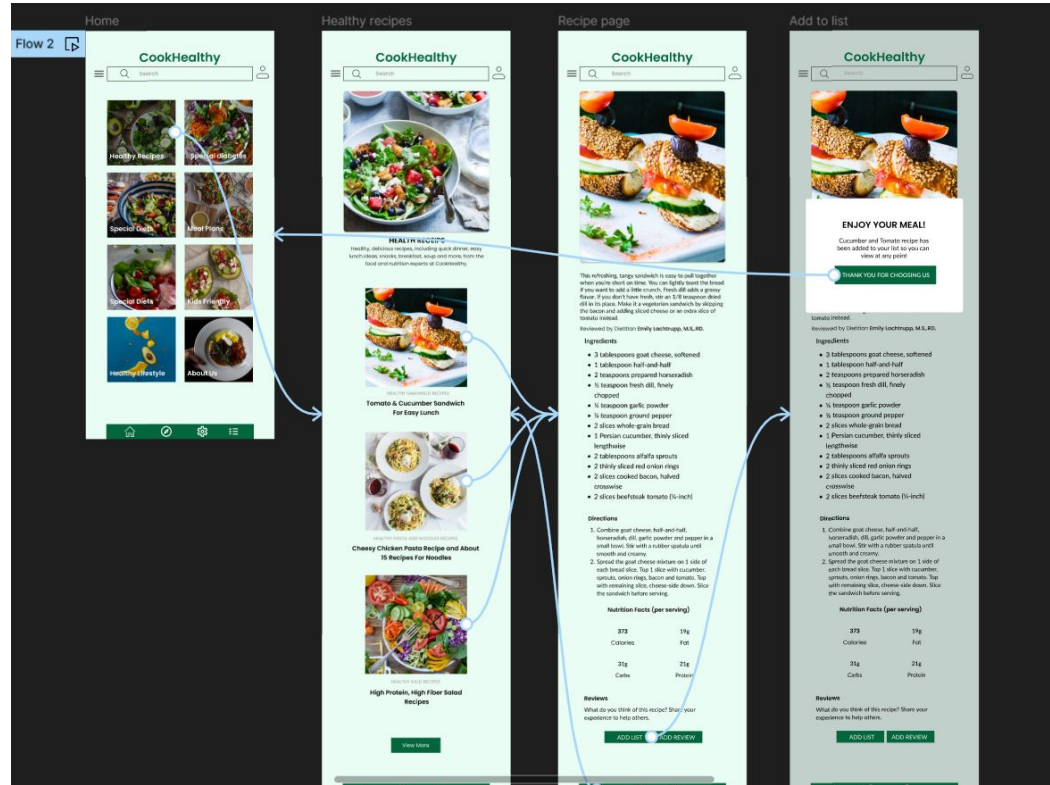
High-fidelity prototype

The high-fidelity prototype followed the same user flow as the low-fidelity prototype including the changes made after the usability study.

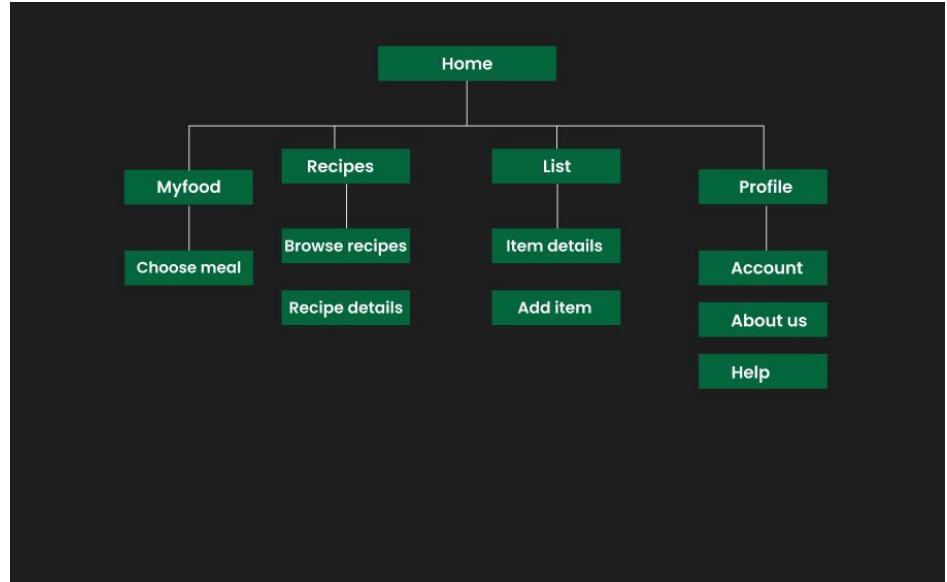https://www.figma.com/file/eGGxOmu14GiSrya7YYKl3f/Untitled?type=design&node-id=0%3A1&mode=design&t=p6XBVjUPays5ls9z-1

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Responsive Design

- Information architecture
- Responsive design

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Sitemap

With the app designs completed. I started work in designing the responsive website.i used the sitemap to guide the organizational structure of the app.

Responsive designs

The designs for screen size variation included mobile, tablet and desktop. I optimized the designs to fit into different screens for the user.

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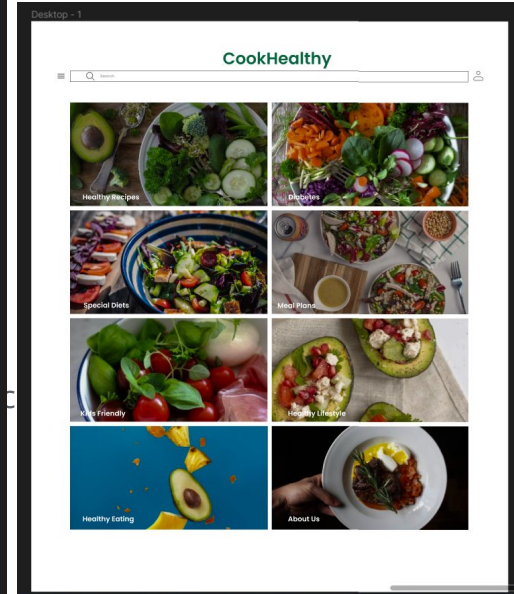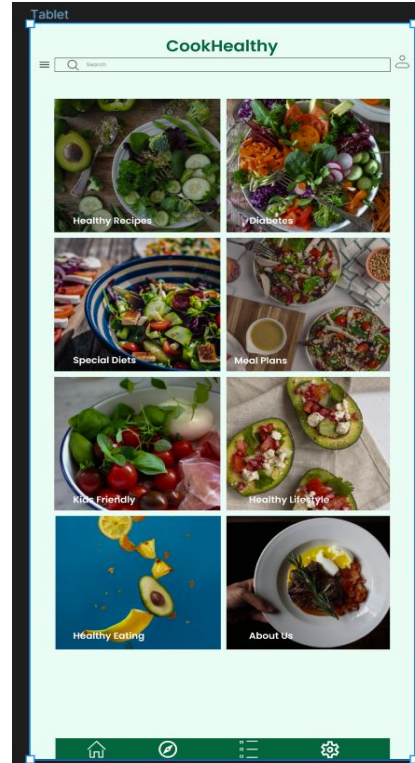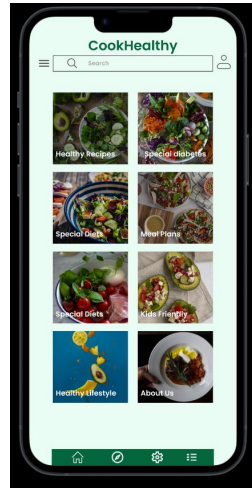
Going forward

- Takeaways
- Next steps

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Takeaways

Impact:

Users shared the app made CookHealthy seem like something that could really help users maintain their weight and avoid some diseases that comes with unhealthy eating.

What I learned:

I learned that even though the problem i was trying to solve will take a certain about of time, i happily and diligently went each design steps and aligning the users needs, it helped me come up with solutions that was useful to the user.

Next steps

1

Conduct research on how successful the app in reaching the goal to reduce unhealthy eating.

2

Add more educational resources for users to learn more about healthy eating.

3

Provide rewards to users who actually start eating healthy.

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Let's connect!

Thank you for taking your time to review my work on the CookHealthy if you will like to see more or contact me   here is my details below.
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