Healthzen

Persona

Bio

Former Business owner. Going to fitness for 5 years and studied International Business at Hogeschool van Amsterdam.

Likes to eat healthy foods and monitors daily food intake by using several applications.

Name: Mitch
Age: 24
Gender: Male
Marital status: Single
Nationality: Dutch
Religion: None
Birthplace: Amstelveen
Residence: Uithoorn
Occupation: Manager

The problem

The result and the problem:

We have seen from the resulsts that poeple who do fitness miss crucial information about what are healthy foods and what are bad foods. It is also clear that their is alot of mi sconception about how much an average dult needs per day in terms of ingredients. Also from the culture probe resulsts we have seen that poeple do not set any goals unless asked for it.

The Product

The app supports poeple who just started with fitness and want a healthier lifestyle.
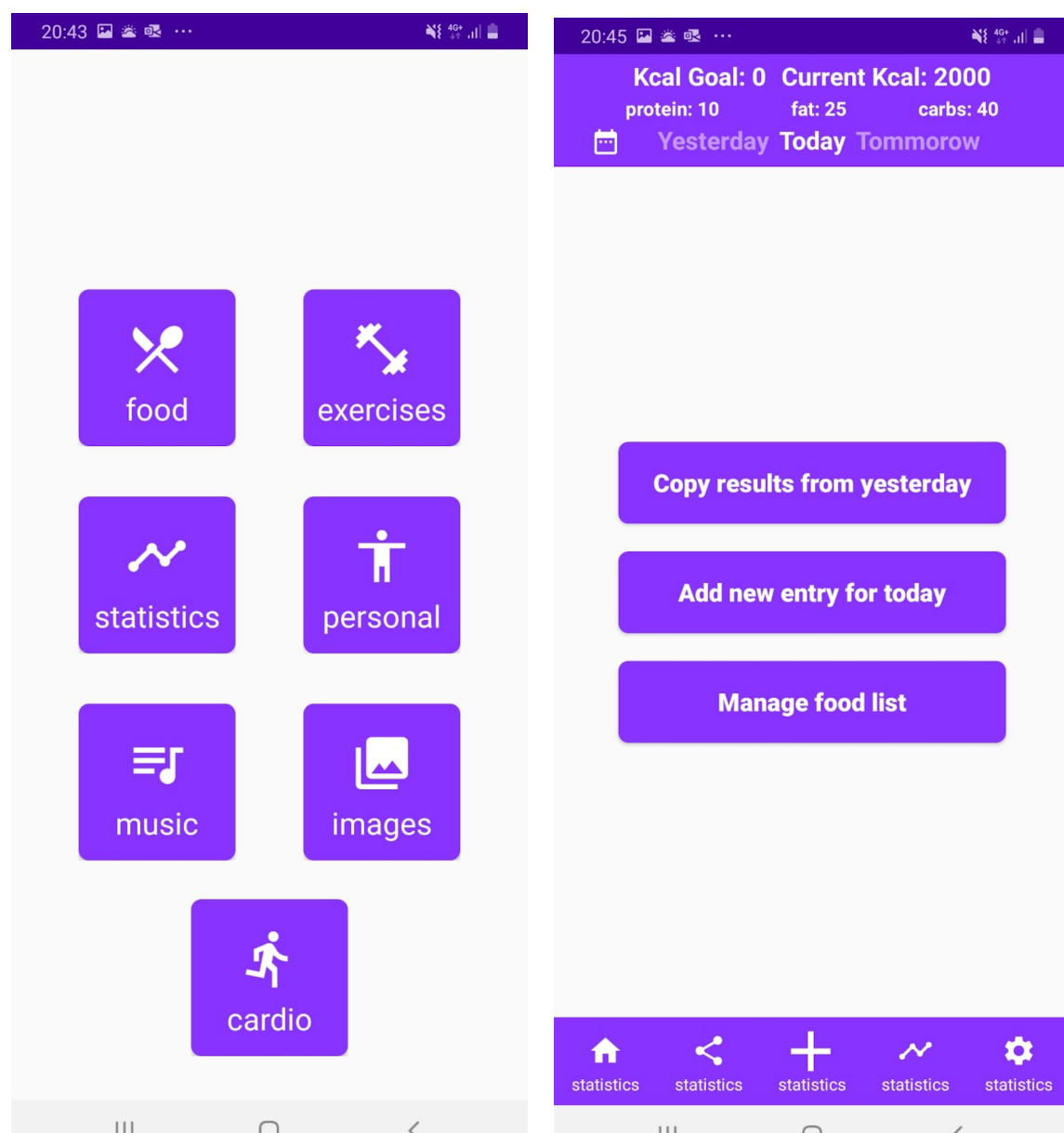
The goal is to inform and let poeple track their dialy ingredients intake.

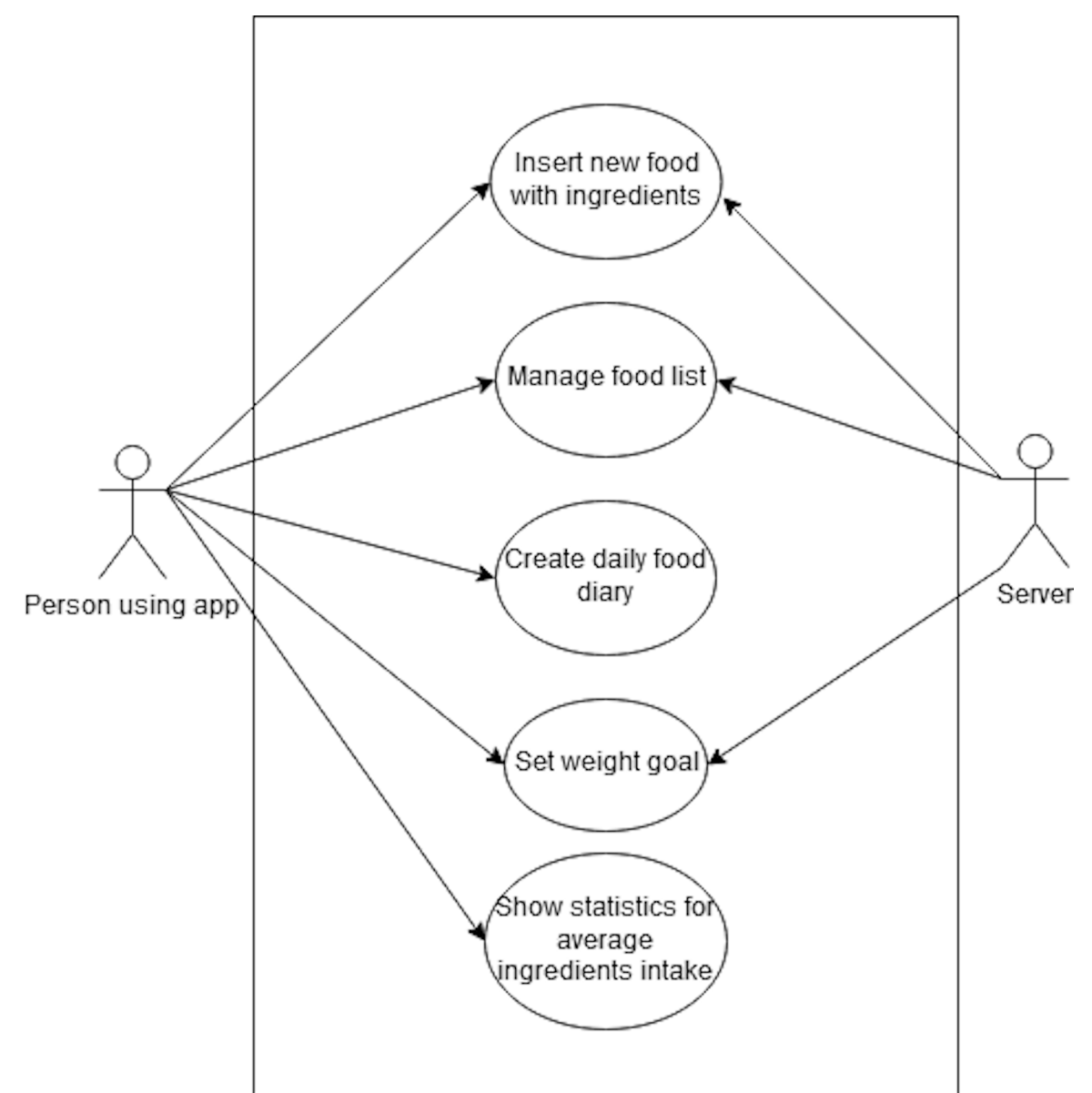The app will contain statistics about how much igredients is used per day for the person.

It will be made for android first.

The person will be able to put goals for reaching a specific weight.

Mockup

20:43
food | exercises
statistics | personal
music | images
cardio

20:45
Kcal Goal: 0   Current Kcal: 2000
protein: 10   fat: 25   carbs: 40
Yesterday **Today** Tommorow

Copy results from yesterday

Add new entry for today

Manage food list

statistics | statistics | statistics | statistics | statistics

Use case

Person using app

- Insert new food with ingredients
- Manage food list
- Create daily food diary
- Set weight goal
- Show statistics for average ingredients intake

Server

Scenario

In the supermarket
Hey i never tried this food!

Supermarket
I should add it to the app so i can add it later to my food diary.

Fitness
In the fitness doing cardio, adding this to the app so i can calculate my kcal later

In the Kitchen.
Alright i am gonna try out that new food so i am gonna add this to my todays food diary

Back at home
Lets see how much more kcals i need for today by looking at my daily diary!

being tired he now goes to sleep and wonder if he reached his goal for today.
I have reached my daily goal for kcals today!

And then he lives happily ever after as an healthy person.