

MILESTONE 2

Low fidelity prototypes

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SNACK & TRACK

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1. COLLECTION OF IDEAS

Snack & Track serves as a tool to keep the students engaged and motivated to achieve a healthy lifestyle. Our goal is to make it as easy as possible to track the progress and move forward, as well as experience a pleasing interaction with the app thanks to its gamification features.

The design is aimed to be attractive for students in particular, so neither overly professional nor too childish design is suitable for Snack & Track. The start page should be welcoming, colorful, and not overloaded with information to ensure a high-level usability. Modern icons, friendly and clear page structures, and intuitive navigation are also to be implemented.

The main functions of the Snack & Track app are:

1. Dashboard overview

On the start page the user is able to see a brief overview of their daily progress, such as calorie and water intake, as well as fitness activity. The data is presented in a form of pie or bar charts for a better understanding of the progress.

2. Adding nutrition

On the page dedicated to nutrition the user can add a new meal (breakfast/lunch/dinner) and track their nutrition with the help of the nutrition calendar. Quick selection of previously entered foods is also provided.

3. Recipe recommendations

Along with the previously mentioned function the user can also find relevant recipes to try cooking a new healthy and filling meal. Every recipe will include a picture of the dish, the amount of time and ingredients needed, and a step-by-step guide on how to cook this meal.

4. Adding physical activity

On the page dedicated to fitness the user can add their physical activities of the day, choosing from the given list of overall activities. Their progress will be shown on the dashboard and saved to the fitness calendar. Daily steps will also be counted.

5. Challenges

Snack & Track provides the user with various daily challenges, e.g. «Eat 2 servings of vegetables», «Do a plank for 90 seconds». Each completed challenge boosts the level of the user by adding more XP. Joint challenges with other users are also included to help students find fitness buddies and meaningful connections.

6. Reward system and motivation

As mentioned before, the user gains a certain amount of XP, depending on the challenge they overcome. New rewards like «Master of nutrition» or «Fitness guru» can also be earned by sticking to the streak and meeting daily goals.

7. Reminders

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Drink reminders, exercise breaks, motivational messages etc. will be sent to the user during the day.

To reflect and create new ideas, we created an ABC list. We wrote the words in two columns that we associated with students' problems and possible functions of the app.

ABC list (Lull's ladders)

	Students' problems	Possible functions of the application
A	Avoidance	Achievement board
B	Burnout	Buddy finder
C	Caffeine	Challenges offers
D	Disorganization	Diagrams
E	Expensive	Exercise list
F	Fatigue	Friend invitation
G	Guilt	Gamification
H	Hunger	Healthy eating
I, J	Irregular	Ideas Generator (recipes, sport)
K	Kick	Knowledge
L	Low motivation	Likes
M	Monday	Meal's logging
N	Nervousness	Notifications
O	Obesity	Overview
P	Procrastination	Push reminder
Q	Quitting	Quality content
R	Rush	Rank score
S	Snacking	Step counter
T	Tiredness	Timer
U	Unmotivation	Usability
V	Void	Virtual
W	Weakness	Workouts
X, Y, Z	Yearning	Zone

Analysis:

- The **achievement board** can be used to help students not to **avoid** sports
- During **burnout**, a **buddy** will help to cope and support
- If a person consumes a lot of **caffeine**, they can join a **challenge** that would minimize this habit.
- Students often consider sports to be **expensive**, so free recorded videos with **exercises** will be offered.
- If students often feel **hungry**, the app can provide **healthy multiple meals**
- People often eat healthy and exercise **irregularly** because they get bored. Therefore, a list of recipe **ideas** and sports activities can help.
- With **low motivation**, people can receive **likes** from others, which will support the user's goal achievement
- During **procrastination**, it is important to receive **push-reminders** to interrupt this state and start doing something useful again

By completing the ABC-List (Lull's ladders), we have clearly defined the problems that our application can solve with which functions. Thanks to this, our product will have a unique selling proposition and can be successful on the market.

2. LOW-FI PROTOTYPES

2.1. Prototype 1

The Snack & Track low-fidelity prototype was designed with three student user groups in mind: active, moderately active, and inactive individuals. The app structure focuses on simplicity, motivation, and gamification, offering four core screens - Progress, Health Radar, Friend Stories, and Leaderboard - each tailored to different levels of engagement and lifestyle habits.

The “Progress Screen” uses daily health quests like “Do 5 min stretching” or “Drink a glass of water” to encourage consistent, achievable actions. Completing tasks earns XP and fills a progress bar, providing a clear sense of reward. The “Health Radar” Screen offers a simple visual summary of steps and nutrition, helping users reflect without feeling overwhelmed. “Friend Stories” creates a social space where students can share healthy meals, workouts, and milestones, while the “Leaderboard” fosters friendly competition through weekly rankings and growth-focused feedback.

For active users, the app includes more challenging quests, detailed tracking, and competition features that match their goals and drive. Moderately active users benefit from low-barrier tasks and visual motivation that support habit-building. Inactive users are met with clear, gentle guidance and emotionally supportive feedback, helping them start small and feel successful.

Overall, Snack & Track adapts its tone, features, and complexity based on the user’s lifestyle, aiming to make healthy habits fun, social, and sustainable for every student.



2.2. Prototype 2

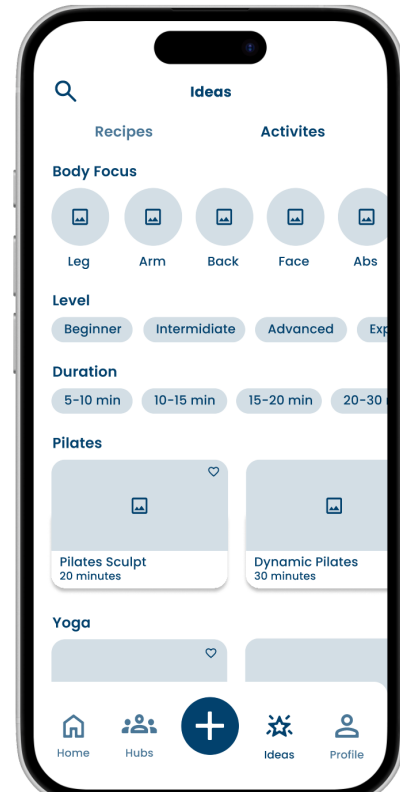
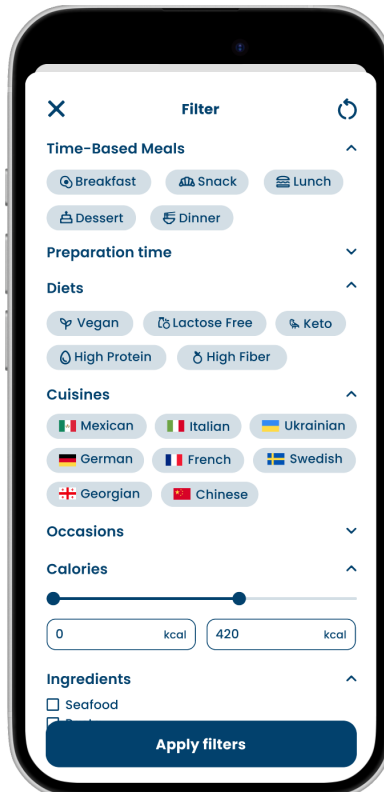
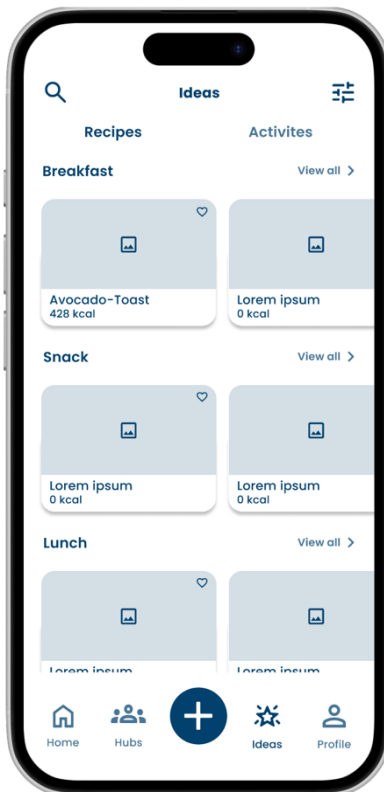
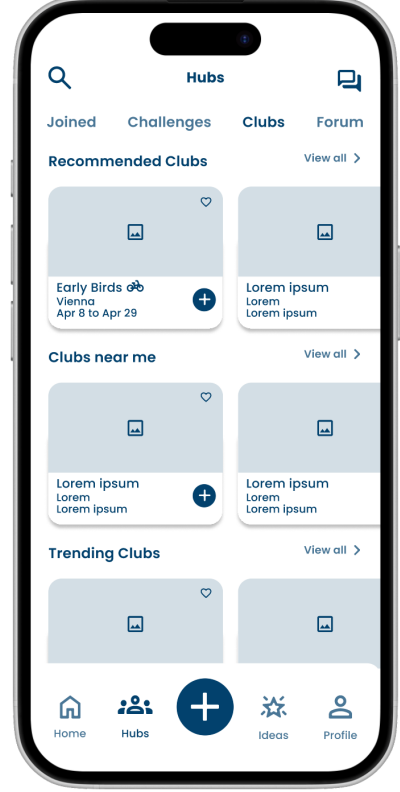
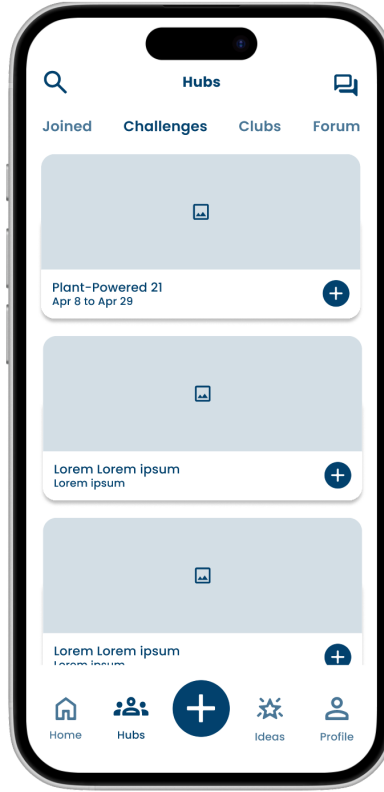
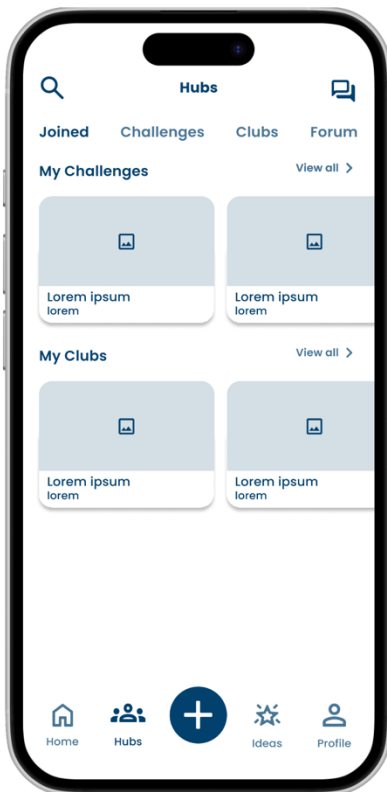
After registration, the user is directed to the main screen, where the primary element are the target circles. There are three circles that, depending on the color and percentage of completion, display the number of kilometers walked, the number of calories consumed, and the amount of water drunk. At the bottom, it displays how many calories were eaten for each meal. If one clicks on the calendar at the top, the user will see how successfully he or she has completed certain circles depending on the day. The next tab in the bottom menu after the “Home” screen is the “Hubs” screen. At the top, there are 4 possible options, such as “Joined”, “Challenges”, ‘Clubs’ and “Forum”. Under the “Clubs” and “Challenges” tabs, a large number of relevant offers can be found. At the top right, there is an option to send private messages. Another option in the bottom menu are “Ideas”. They are divided into ideas for recipes and sports. By clicking on the filter icon at the top right, the user can view a large list of filters and apply the necessary ones. The “Activities” page also has different categories so that each student can choose classes from the desired section. The fourth option in the navigation menu is “Profile”. The largest button on the navigation menu is “Plus”. By clicking on it, a person can enter data on calories consumed (manually or using AI analysis of food photos), the amount of water consumed, and record their physical activity. It is also worth pointing out that depending on which screen a person is on, the icons in the Navigation Footer are highlighted in a contrasting color.

The mockups were developed in such a way that the rules of interaction design were followed. Considering that our target group will be students, certain changes were made.

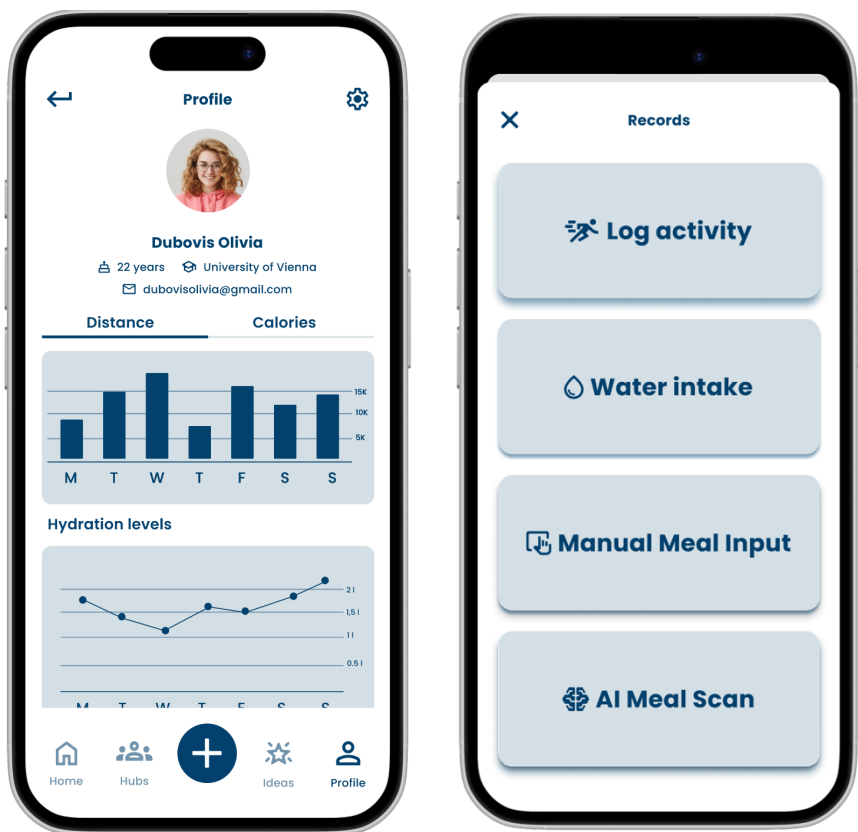
First of all, depending on the level of physical fitness, each of the target groups of students can choose the appropriate level of difficulty of physical training by using the ‘Level’ filter with the options ‘Beginner’, ‘Intermediate’, “Advanced”, ‘Expert’. For active users, the function of creating a challenge and a club has been added. In addition, they can filter the recommended dishes depending on the amount of protein or fibre content. Moreover, the profile now has a QR code function, which allows students easily write to each other. For users who lead an inactive lifestyle, a feature has been added to the home screen that displays the number of days the user has met the step/calorie/water balance. For users with a moderate interest, a function to post their activity and success in the challenge was created.



Milestone 2



Milestone 2



Adjustments:



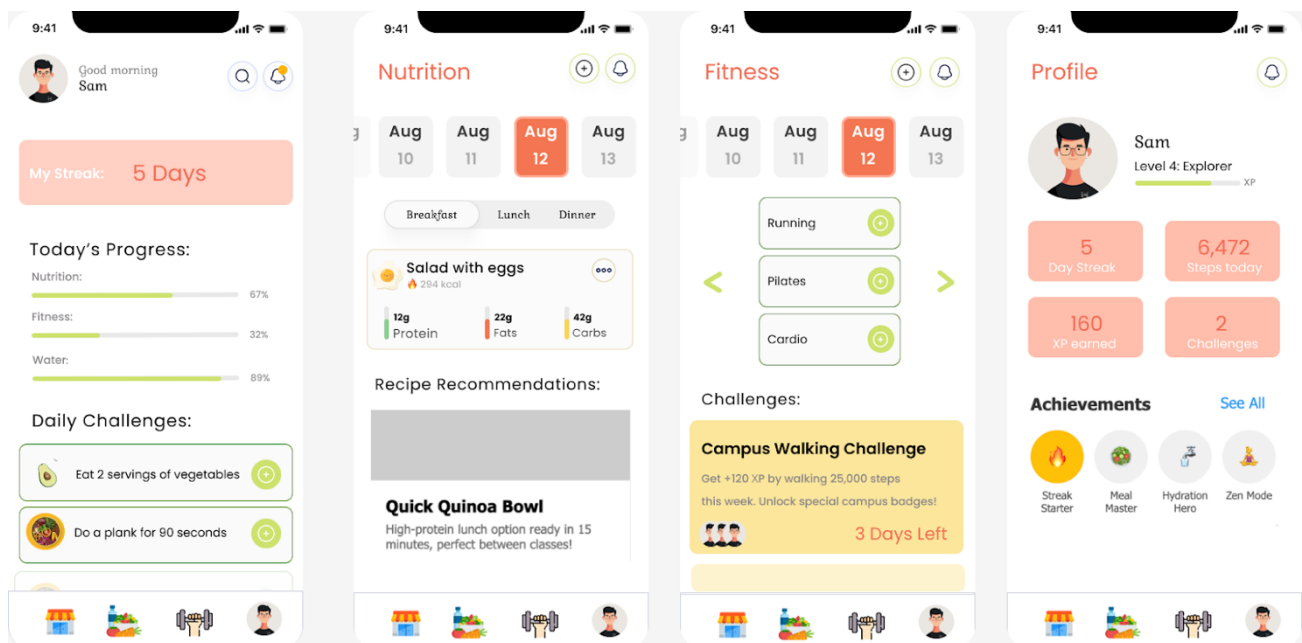
2.3. Prototype 3

On the Home Page, the user can instantly see their current streak of active days and their progress so far in three categories: “Nutrition,” “Fitness,” and “Water.” Also, some daily challenges are recommended to the user that they can complete to earn XP. At the bottom of the screen, there is a navigation bar with four buttons: Home, Nutrition, Fitness, and Profile.

On the page “Nutrition,” the user can track their meals of the day by pressing a “+”-button in the right corner above. Each meal entered shows the intake of protein, fats, and carbohydrates in grams. In another section, “Recipe Recommendations,” the user can find different recipes to try cooking at home, with a picture and a list of ingredients provided.

The “Fitness” screen works similarly, as it lets users log their physical activities, choosing from the given database. The user can also join short-term challenges such as the “Campus Walking Challenge” with a countdown timer and reward badges to keep them moving.

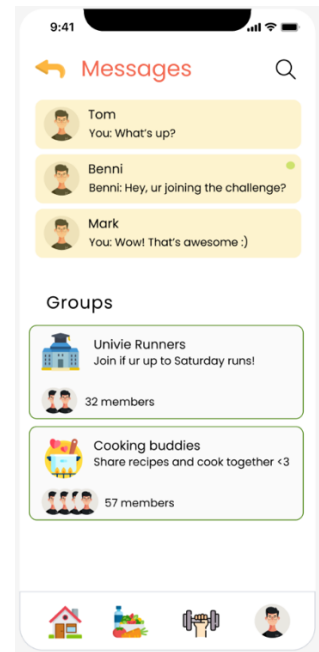
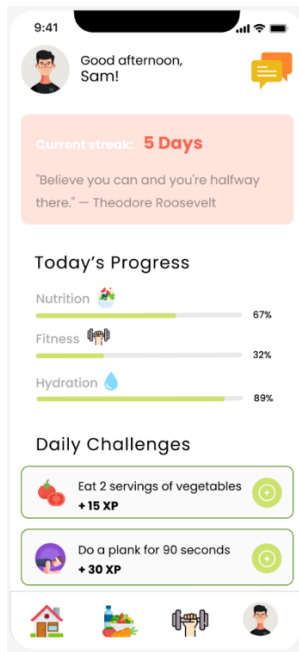
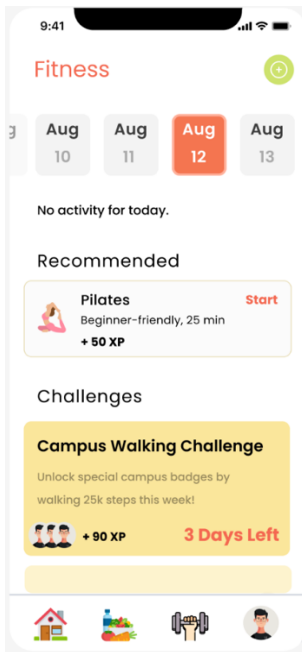
Finally, the “Profile” page acts like a personal progress hub. Under their name, the user can view four categories: their streak day count, number of today’s steps, XP earned, and challenges completed so far. The achievements made by the user are also presented below.



Adjustments:

For less motivated students, a broader XP system and motivational quotes were added. For users with a moderately active lifestyle, a new “Recommended” section was added in the “Fitness” tab that includes full video-based routines. For the advanced users, a new “Messages” window was implemented for chatting and joining interest-based groups.

Milestone 2



2.4. Prototype 4

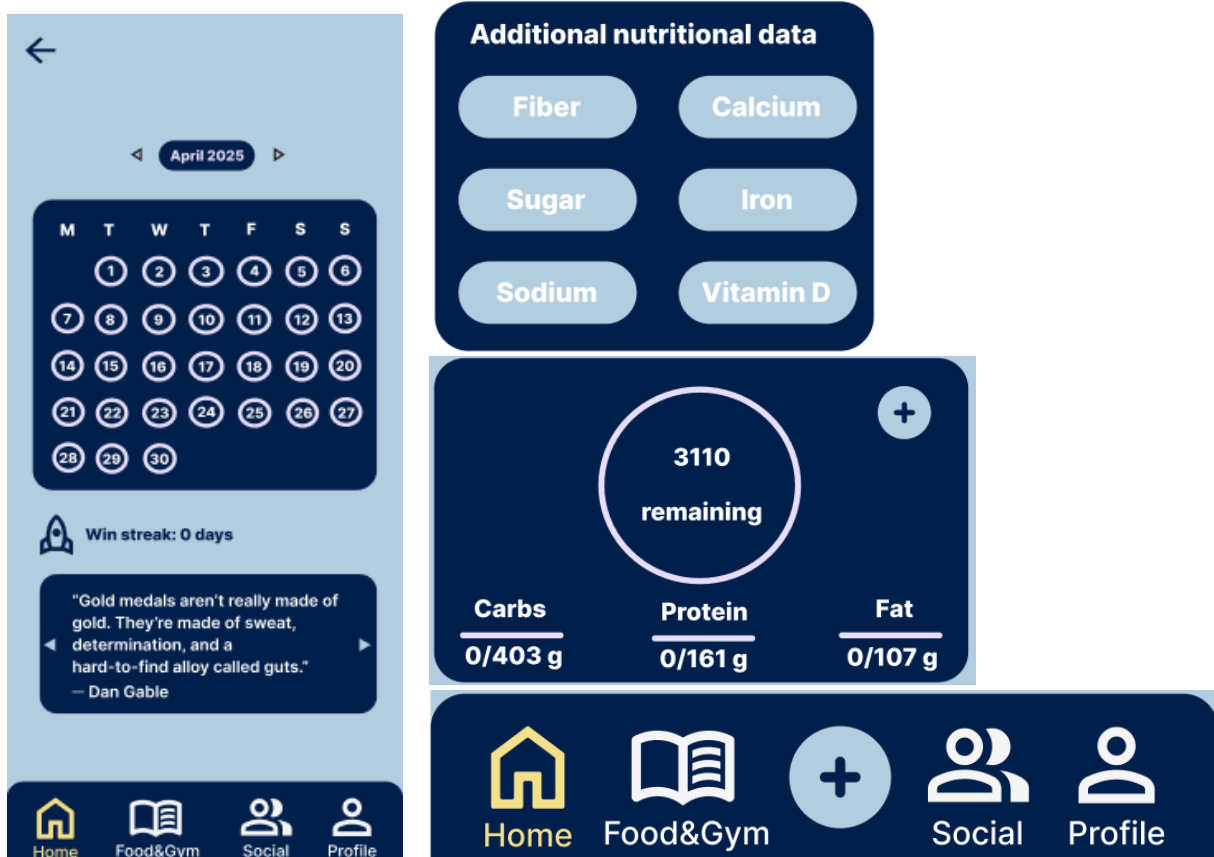
The main navigation bar at the bottom of the screen includes four sections: Home, Food & Gym, Social, and Profile. The Home screen displays a nutritional summary for a selected date, remaining calories, and steps taken. Users can log meals and view individual calorie goals. Calendar displays a monthly calendar view with daily activity, alongside a "win streak" feature showing the number of consecutive active days. The Food & Gym section is divided into two tabs: Food and Gym. The Food tab allows users to search for recipes using tags and view meal suggestions with brief descriptions. The Gym tab functions similarly, providing workout routines filtered by type and duration. The Social screen has a search function and a list of friends, including chat previews. The Profile section provides a personalized view with user information, achievements and personal goals. After conducting user analysis, I have decided to implement for the users with an inactive and unhealthy lifestyle - motivational quote section on the calendar page, this will provide gentle encouragement and emotional support, for the users with a moderately active and healthy lifestyle - plus (+) button between Food & Gym and Social. This allows users to quickly add food or nutrition items, for the users with an active and healthy lifestyle - the plus (+) button near the calorie tracker now also allows for logging additional nutritional data to meet the need for precision and aligns with their expectations for a more advanced tool.



Milestone 2



Adjustments:



3. INTERVIEWS

Description of the interviewing process

Each of our team members found friends and acquaintances who gave feedback on our prototypes. The respondents were Lahuta Doliana (leads a moderately active and healthy lifestyle), Pajkusz Sofia (leads an active and healthy lifestyle), Vlad Kolyadyuk (leads an active and healthy lifestyle) and Antal Povhan (leads a moderately active and healthy lifestyle).

At the beginning of the interview, we told them about the name, description and goals of the app. Then the prototypes were demonstrated one by one. All interviews were conducted individually to minimize the influence of other participants.

After analyzing the interviews, the advantages, disadvantages and improvements that can be made for each of the prototypes were identified and structured.

Results of the interviews

Prototype 1

Advantages:

All interviewed participants noted the high level of gamification of this prototype. The creation of different levels and progression using XP is a strong motivation for regular maintenance of a healthy lifestyle. In addition, the creation of a leaderboard was a great solution to maintain a competitive spirit.

Disadvantages:

This prototype lacks personalisation and filtering for the user's fitness level. In addition, the bonus system on the basis of which the leaderboard is created is unclear, as there is no information on how many bonuses the user receives and for what. It is also unclear how to enter information about calories consumed.

Improvements:

The functionality of this application is quite limited, so suggestions are to create functions for adding physical activity, recipe recommendations and sports activities.

Prototype 2

Advantages:

The biggest advantage of the second prototype is its minimalist design and laconic color scheme. Also, the bottom navigation menu is well structured and divided into groups, and the large “Plus” button is an intuitive button for entering your data. The social elements in the “Hubs” category are well structured, clearly labeled that allows users to understand the different ways they can engage. Creating goal rings is a good idea to visualize progress for the day.

Disadvantages:

This prototype has no other gamification elements and achievement systems other than challenges. One more drawback is the wrong color scheme for the functions (Hydration is marked in orange, although it should be turquoise, and food is vice versa orange). In addition, the target circles in the general calendar are poorly displayed due to their small size and strong detail at the same time.

Improvements:

The main and necessary improvement is to add motivational phrases, highlight progress and create a points system to increase student motivation. Also, a preliminary short questionnaire during registration will help algorithms recommend more relevant content.

Prototype 3

Advantages:

The respondents liked the light design with accent colours and lots of icons. This prototype contains a clear and well-structured system for accumulating points. Also, the green buttons at the top are convenient for entering activity and calories

Disadvantages:

One of the drawbacks of this prototype is the poor colour contrast (white text on a soft pink background) Also, the navigation menu at the bottom does not show which page the user is on. In addition, it is not clear how to join groups and where to see their general list.

Improvements:

Adding a function such as an activity/nutrition calendar would be a convenient feature, as currently the user needs to scroll long to the left to see, for example, data that was entered 2 months ago. Adding filters to the recommended recipes is also a necessity, as some people have food allergies or avoid certain foods for ethical reasons.

Prototype 4

Advantages:

First of all, it is worth pointing out that the design is intuitive, and the categories are not loaded with subgroups. The additional parameters for the consumption of micronutrients such as iron, vitamin D3, and others are a good feature of this interface. The introduction of motivational phrases is a nice element of emotional support.

Disadvantages:

3 out of 4 respondents said that the colour scheme is too dark and there are no bright accent colours. Also, the text in the middle of the target circle is small and unclear, as there are no units of measurement nearby.

Improvements:

To improve this prototype, it is also worth adding the ability to view and analyse trends in the form of graphics, for example, for the last week, month, year. Besides the function of adding calories consumed, it would be nice to include the option of entering extra activity to the steps taken.

4. TASK DIVISION

Denys-Lev Gusti	Definition of main functions, ABC-list, 1 prototype, interviewing one person and analysing the results for own prototype
Shevkoplias Sofiia	Definition of main functions, ABC-list, 1 prototype, interviewing one person and analysing the results for own prototype, task division, document formatting
Sokyruk Yeva	Definition of main functions, ABC-list, 1 prototype, interviewing one person and analysing the results for own prototype
Hriazin Ivan	Definition of main functions, ABC-list, 1 prototype, interviewing one person and analysing the results for own prototype