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Figma Prototype:
https://www.figma.com/file/KEBefzJpDSefBZqAH6jMhS/DietAid?node-id=0%3A1

Task 1: Starting from the welcome screen, the user will enter their age into the welcome screen using the enter button next to the age text field and submit their personal info to advance to the meals screen.

Task 2: Starting from the meals screen with Doritos already typed into the snacks search barr, the user should enter the doritos into the snacks section and advance to the suggestions based on the meals they entered.

Task 3: Starting from the suggestions screen, the user should go to the meals screen with an apple added to their lunch based on the suggestion that says to do so.

Task 1 Write up: The user tried to edit the age, which they can't do because there are not functioning text fields in this prototype, before they clicked enter to confirm the already entered age and clicked submit to move to the meals. To avoid this next time I would make clear in the instructions that the age has already been inputted for you. I would also change the text box to be white and have rounded buttons to differentiate it from the enter button that's right next to it.

Task 2 write up: The user was confused for a moment due to the fact that there were four sections of the screen and they only needed to use the snacks section, but they eventually did as they were supposed to and clicked enter below the already inputted word Doritos and then clicked find suggestions to advance to the suggestions screen. To avoid this I would add text to the other sections (breakfast, lunch and dinner) to indicate that meals had already been added in them so the user is aware of which section to add foods into.

Task 3 write up: The user was quickly able to click the "Add to meals screen" button below the add an apple to your lunch suggestion based on the instruction to do so. They did not encounter any obstacles; no changes are required.

Improve Your Prototype: To improve my prototype I replaced the gray rectangle with 37, the already inputted age in it in the welcome screen with a white rectangle with rounded edges. I did so because the user noted that he had difficulty distinguishing between it and the enter button directly to the right of it and because text fields are usually white with rounded edges so this would improve my consistency and standards heuristic from Nielsen's 10 heuristics.

(I also added text in the breakfast, lunch and dinner sections as I said would improve my prototype for task 2)

Before:

Welcome to DietAid

315 × 43

Take back your health. Take back your life.

Enter Height (Inches)

Enter Weight (lbs)

Enter Age (Years)

6' 2"

210 lbs

37   Enter

Submit

After:

Welcome to DietAid

Take back your health. Take back your life.

Enter Height (Inches)   Enter Weight (lbs)   Enter Age (Years)

6' 2"   210 lbs   37   Enter

Submit