

CS102**Spring 2020/21**Project
Group**G2B**

Assistant:

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Criteria	TA/Grader	Instructor
Presentation		
Overall		

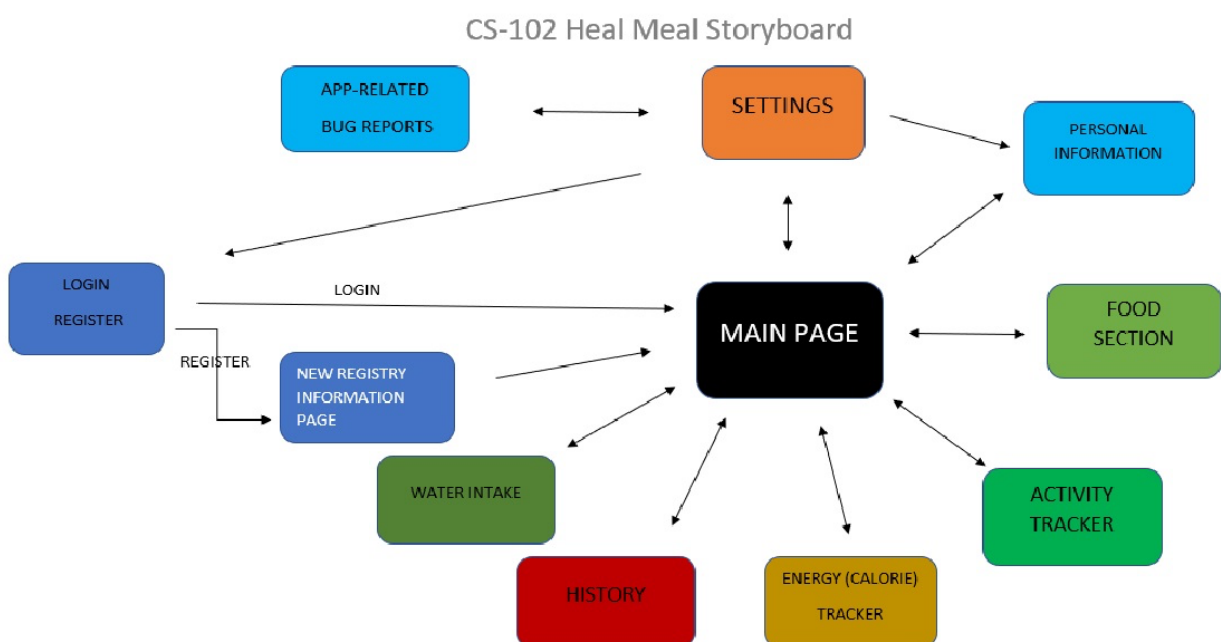
UI-Design Report**(v2.0)****4 April 2021****1. Introduction**

Controlling our daily meal plans, exercises or even daily water intake has become an obstacle for contemporary societies. Therefore, it is crucial to be aware of what is being taken to our body on a daily basis and doing some exercises according to calories that we intake play a major role in order to maintain a healthy lifestyle. This project will provide a user-interactive interface to make the control and interaction in the most possible way; therefore, it will be easier to understand and make interventions to his/her menu from users' perspective. This application will ask for the user's diseases and will recommend exclusive products for them. It will give users some main options with titles such as aperitives, desserts and main courses; then provide various subsections to enable the user to select which one he/she plans to eat (or has eaten). Consequently, while the user can determine what she/he wants to eat, the program will also show the user the remaining calories he/she should take. Additionally, it can give warning if the user exceeds the calorie limit or takes in less calories than he/she should take. Overall, the user can acquire daily or weekly reports to follow the schedule.

2. Details

HealMeal is a desktop application designed for people who want to trace their activity, calorie consumption, and stay healthy. The application will be user-friendly. In this report, we will demonstrate what the application's user interface looks like by using images and clearly describing them.


2.0 Storyboard



This is our application's overall structure. There are 11 pages in our application in total. Details about that pages are below.

2.1 Login / Register Page

Welcome to



For a personalized experience,
create your HealMeal account
and attain your goal!

Continue Your Experience

Login

or


Start a New Journey

Register

User will encounter this page first. On this page, users can sign in by writing their e-mails and passwords if they already have an account. If they don't have an account, they can create an account by writing their name, surname, e-mail, and password on this page. After logging in by pressing the login button user will confront the main page (2.3). After pressing the register button, the user will confront the new registry information page (2.2).

2.2 New Registry Information Page

WELCOME TO



We will ask you a few personal questions in order to give you the best HealMeal experience.

What is your goal ? ☐ Lose weight ☐ Maintain weight ☐ Gain weight

What is your gender ? ☐ Female ☐ Male

How old are you ? years old OR

2001
1975
1976
1977
1978
1979

 Select your birth year

How tall are you ? cm

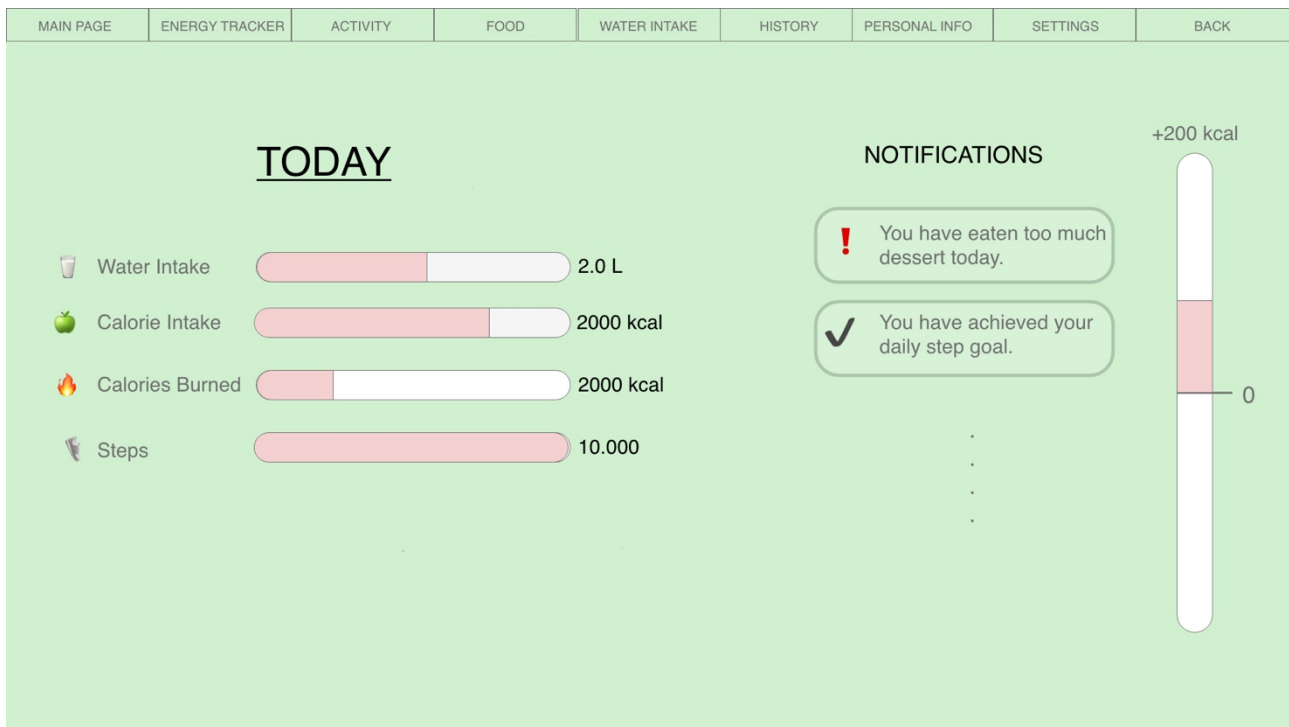
How much do you weigh? kg

Do you have any illness ? ☐ Diabetes ☐ Ulcer ☐ Obesity ☐ Cirrhosis ☐ Gout

BEGIN

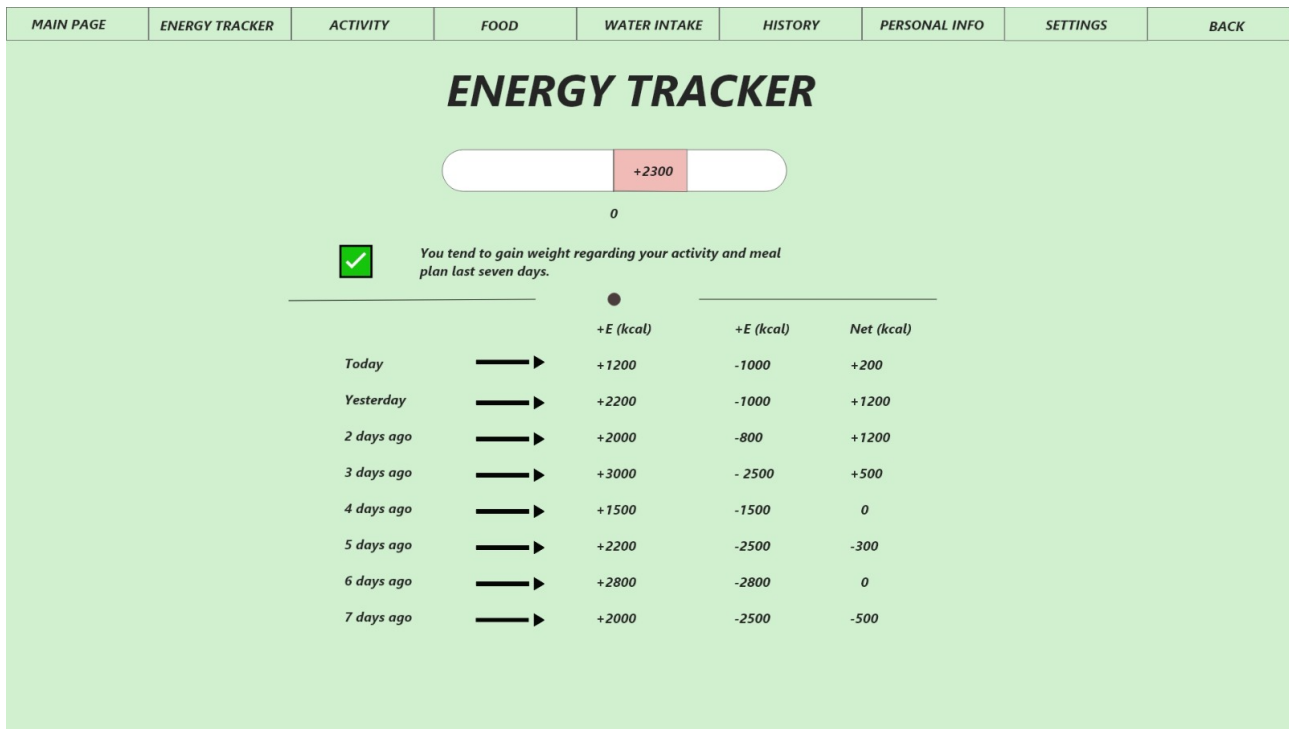
When the user creates a new account (registers), he/she will confront this page. In this page, application gets important user information. User selects his/her target about weight by selecting one of three options. User selects his/her gender, he/she writes his/her age, his/her height, weight. Last but not least, user gives information about the diseases he/she has by clicking boxes near the disease. After giving all of the information, user clicks the begin button and he/she goes to main page (2.3) For an ease of use there can be scrolling bars where the user can choose his/her date of birth instead of age in a text field.

2.3 Main Page



This is the application's main page. On this page, the user sees the summary of his/her day. At the very top of the page, there are buttons to go to other pages. If the user clicks activity tracer, he/she will see the page about calories. If the user clicks the activity button, he/she will see the page about physical activity logs. If the food button is clicked, the user will see the page about meal logs. If the user clicks the history button, he/she will see a page about his/her past seven days. If the personal information button is clicked, the user will go to the page about his/her information. If the user clicks the back button, he/she will go back to the page which is previously opened. Under the today section, there are four bars. Across the water intake text, the user will see a bar which indicates his/her water intake. The application will determine a target for the user and display the completion bar with their target at the right of the bar. Across calorie intake text, the user will see a bar which indicates the user's calorie intake. This bar ends at the user's calorie target and if this target is exceeded, the bar turns red. Across the calories burned text, the user will see a bar which indicates the user's calorie consumption. When the target is achieved, bar will be full and turn to green. Across steps text, the user will see a bar which indicates the user's steps today. If the target which is 10000 by default is exceeded, just as water intake and calories burned bar, it will be full and turn to green and their new step count will be updated as they log (see 2.5). Under the notification part, the user sees notifications about his/her health if necessary. For example, if the user consumes too much dessert today, the application creates a notification. Also, whenever the app has allowed a cheat day for the user, they will be able to see it on the notifications panel. At the very right of the page, there is one more bar which indicates the user's net calorie consumption in that day. The middle of the bar is 0 and it could be both negative and positive.

2.4 Energy Tracker



On this page, the user sees information about net calorie consumption. At the very top of the page, there are buttons to go to other pages works in the same way as those on the main page. Under the energy tracker page, there is a bar which indicates the user's net calorie consumption, and at the middle of the bar represents 0. At the bar, there is also a number which informs the user what the net calorie consumption is. Under this bar, the application informs the user about his/her tendency about gaining/losing weight according to his/her last 7 days' net calorie consumption. Under this information, the user can see his/her calorie intake, calorie consumption, and net calorie consumption of the last 7 days with numbers.

2.5 Activity

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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PHYSICAL ACTIVITIES

Most popular

Cardio

Machines

Outdoors

House

Sports

Other

Walking

Running

Biking

Swimming

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Activity

Duration (min)

Amount (count/distance)

Date/Time

Today

11.30

steps (1000)

kcal

-100

!! You should keep yourself active

Yesterday

21.00

cardio (30 min)

-200

!! Try to be more active

2 days ago

19.45

swimming (45 min)

-300

12.00

steps (1500)

-150

Great, active day!

Another button on the top panel will be used to switch to the physical activities section. In this section, there will be a list of sports that the user can do on a daily basis. This list will also indicate which sport can help how many calories burned in how much time. The user will be able to select the sports he/she has done that day from this list and transfer this information to the program for further calculations. The sports selected from the list will affect the daily calories burned and will be included in the general calorie calculation. In this way, a clearer calorie tracking pattern will be created. The user will be asked to enter the duration and/or the amount of the activity they have done along with the date/time information so that they can trace their past activities in the history page.

2.6 Food

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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FOOD SECTION

LOG NEW MEAL

BREAKFAST

MAIN COURSE

APERATIVES

SNACKS

DRINKS

Egg

Cheese

Tea

Jam

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MEAL

PORTION/COUNT

LOG

RECOMMENDED MENU FOR TODAY

BREAKFAST

LAUNCH

DINNER

This section is the main part of the program. The most important part of the design and implementation of the program will be on this screen. Users who log in to the program can access this panel by clicking the button named "Food" from the menu above. This panel will contain many different lists from which users can select the foods they eat daily. These lists will be updated depending on the information users enter while registering for the application, the diseases they have and daily excessive consumption of some foods. By using these lists, they can enter the foods consumed daily. In this way, the program can keep track of their daily meals much more easily. Users will be able to access a detailed food list from the section right under the title "Log New Meal" on this page. This part will contain lists of various types of dishes. For example, a separate list for desserts, a separate list for breakfast meals, a separate list for main dishes and a separate list for snacks will be located in this part. Besides, there will be a search bar at the bottom left of the page in which users can easily add the nutrients they consumed to the program. Before they finish selecting food from the list, they will also be asked to enter the portion amount eaten. After selecting food by lists or search bar, users can select the log button and the application saves that food and its calorie according to the type of food and the amount of it. Thanks to this part of the program, the daily calorie intake of the user will be easier to track.

2.7 Water Intake

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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WATER INTAKE

Log New Intake

100 ml
 200 ml
 300 ml
 400 ml

Amount (mL)

Date / Time

Today
 Yesterday
 2 days ago
 3 days ago

History

Today

Yesterday

2 days ago

3 days ago

4 days ago

Last week's completion rate 80%

Your daily goal 2.0 L




Recommended daily goal 2.5 L

Update Daily Goal :

On this screen, there will be a panel where the user can control the amount of water that should be consumed during the day. Through this panel, the user will enter the amount of water consumed daily into the program in terms of various measurements. In this way, he/she will see his/her distance to his/her daily water intake goal. There will also be a panel on this screen where past water intake stats will be observed. From this panel, water intake statistics of the past days can be observed. They can also update their daily water intake goal from the bottom right of the page. The recommended and actual daily goal can be seen at the bottom left.

2.8 History

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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YOUR LOG HISTORY					Net calorie (kcal)
<u>Today</u>					
13.00		Karniyark	1.5 portion(s)		+500
11.30		Steps	1000		-100
<u>Yesterday</u>					
16.15		Water	400 mL		0
21.00		Cardio (High Tempo)	30 minutes		-200
<u>2 days ago</u>					
18.00		Milk	2 portion(s)		+150
19.45		Swimming (Medium Tempo)	45 minutes		-300

This part of the application will be prepared for a general condition check. This screen will be designed for the user to see the foods eaten in more detail. All the foods consumed weekly by the user will be displayed on the screen. Besides these foods, the amount of energy they contain will be shown. In addition to this, the net calorie amount will also be displayed according to basic calculations. Also, the amount of activity, food or water will be displayed at the middle of each row.

2.9 Personal Information

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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PERSONAL INFORMATION

HEIGHT

WEIGHT

GENDER ☒ Female ☐ Male

AGE

Illnesses

☐ Diabetes
☒ Ulcer
☒ Obesity
☐ Gout
☐ Cirrhosis

WEIGHT GOAL | ☐ Lose Weight ☐ Maintain Weight ☐ Gain Weight

UPDATE

On this page, users can see and change data about his/her health. In the box opposite height text, the user can see his/her height and he/she can change it by writing his/her new height into the box and clicking the update button. In the box opposite weight text, the user can see his/her weight and he/she can change it by writing his/her new weight into the box and clicking the update button. In the selections across gender text, the user can see his/her gender and he/she can change it by selecting different gender and pressing the update button. In the box across age text, the user can see his/her age and he/she can change it by writing the box and pressing the update button. Under the illnesses text, there are illnesses related to nutrition. User can see illnesses he/she has, and he/she can change them by pressing the button at the left of them and pressing update button after this. Above the update button, the user can see his/her goal in the terms of his/her weight as gain weight, lose weight and maintain weight. Users can change this preference by selecting another option. At the top of the page, there are buttons to go to the other page and they work the same as on other pages.

2.10 Settings

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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PERSONALIZATION

Update my password

Update

PREFERENCES

Cheat Days ☒

Are you sure?


This screen will have a section where the general settings of the application will be made. This settings tab, which can be accessed via a button on the top panel of the program, will allow the user to update various personal information. The user will be able to update his/her old information such as e-mail, password and their personal information (see 2.9), turn the "Cheat Day" feature on or off, delete his/her account, change the units of the measurements (meters to inches or kilograms to pounds), send the developers feedback (see 2.10.1) and log out and return to the login / register page (see 2.1).

2.10.1 Feed Back

MAIN PAGE	ENERGY TRACKER	ACTIVITY	FOOD	WATER INTAKE	HISTORY	PERSONAL INFO	SETTINGS	BACK
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Send Us Feedback

Write your feedback here



On this page, users inform developers about bugs or they can share their opinions about the application with developers by writing in the box and pressing send button. They can also rate the application by pressing the buttons 1, 2, 3, 4, 5 stars and pressing send afterwards. At the very top of the page, there are buttons to go to the other pages. User will return to the settings page if the “Back” button is clicked.

3. Summary & Conclusions

We used Adobe XD to create these images. Our logos are created in Adobe Photoshop. Although these are not the exact user interface of the application, they are a representation of the user interface of the application, and they ease visualizing application. There can be minor differences with the actual application.

References:

1. The Short Guide to Avoiding Plagiarism, David Davenport & Derya Davenport. URL: <http://www.cs.bilkent.edu.tr/~david/plagiarism/> 2008. Last visited: 31/01/2017.
2. Calorie Calculator. Maple Tech International LLC. <https://www.calculator.net/calorie-calculator.html>. Accessed: 24.02.2021.
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