



Student Athlete App

Ben Eiffert, Emersyn Funk, Brianna Rawlings



Introduction

Problem Statement

- + Student athletes can only compete well if they fuel their bodies well. However, proper nutrition requires multiple resources: knowledge, good dining options, time, money, proximity to grocery stores, and proper cookware.
- + It is difficult for student athletes to spend time planning what to eat, how much of it, and when to eat it with actual diets because of schedules, workouts, and lack of availability of good resources on college campuses. These obstacles lead to under-fueled athletes who struggle to recover from workouts and are not able to perform to the best of their ability.

Solution

- + We propose an all-in-one resource where customized recipes and shopping lists are provided for athletes based on workout and competition schedules.
- + Assumptions: We assume that athletes will know their training plan ahead of time and that they have the resources to actually make the meals suggested for them. We also will assume that we have proper nutrition knowledge to create these meal plans.
- + HCI Features: We will focus on eliminating the planning and research required to create a science-based nutrition plan, and look at specifically how the user will input their training schedule, how they will select what meals and ingredients fit their dietary preferences, and how much nutrition information the application will provide.



Users

- + Right now Student Athletes
- + Taylor, College Students, Athletes in general

Why This Matters to Us and You

- + Student Athletes Ourselves
- + Fueling our bodies properly/Nutrition
- + Help solve the problem of food options for athletes right now, but even for those who aren't technically "athletes"



Design Story

User Interviews

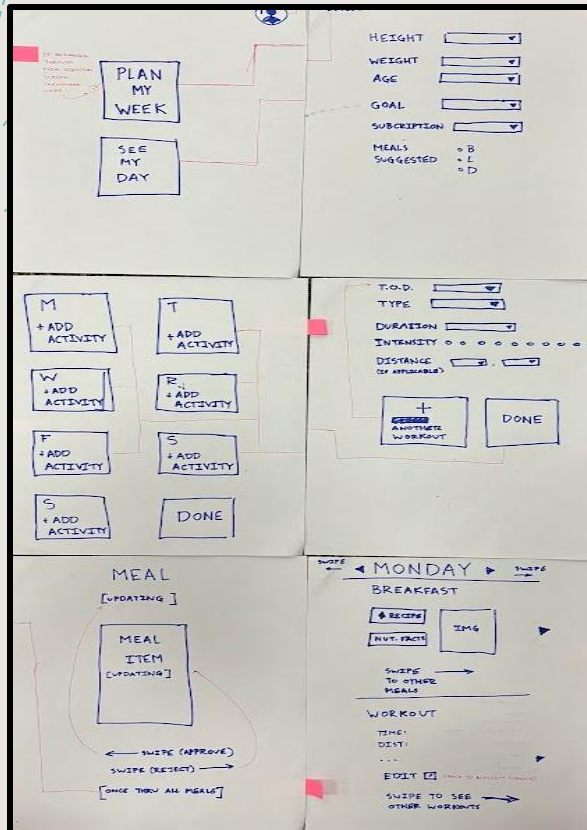
+ Things We Learned

- Athletes want to be able to pick their own meals
- General macros recommended should be provided as well
- Meals need to be customizable

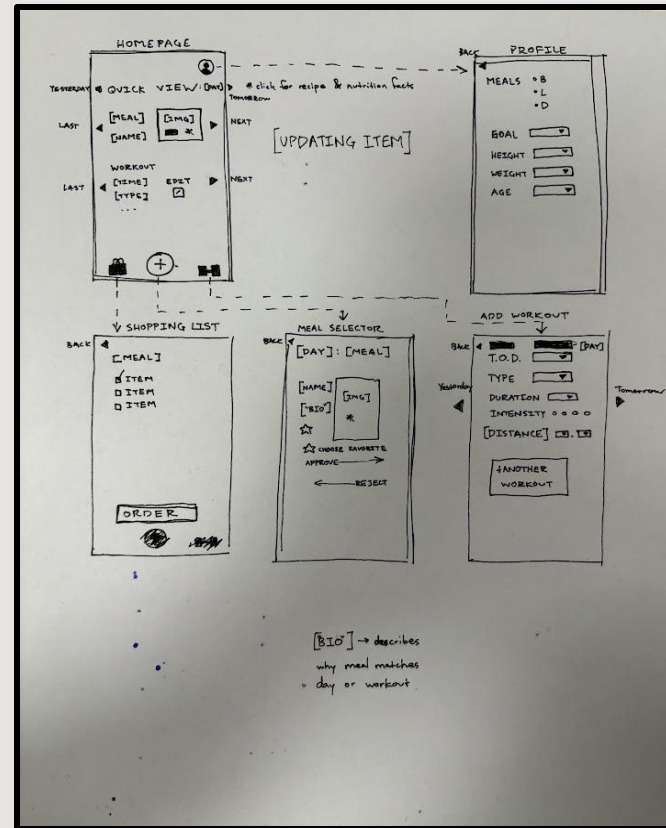
+ Things We Confirmed

- Athletes of all sports see a direct correlation between food and performance
- Many athletes feel under-qualified to plan their own meals

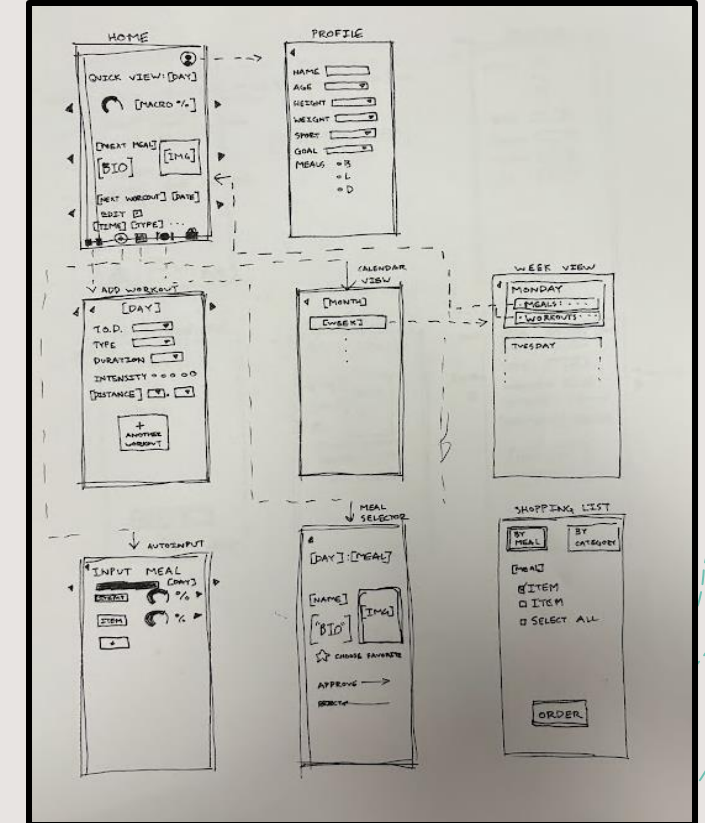
Milestone 1



Homepage, activity add, day view, profile. We like swiping!

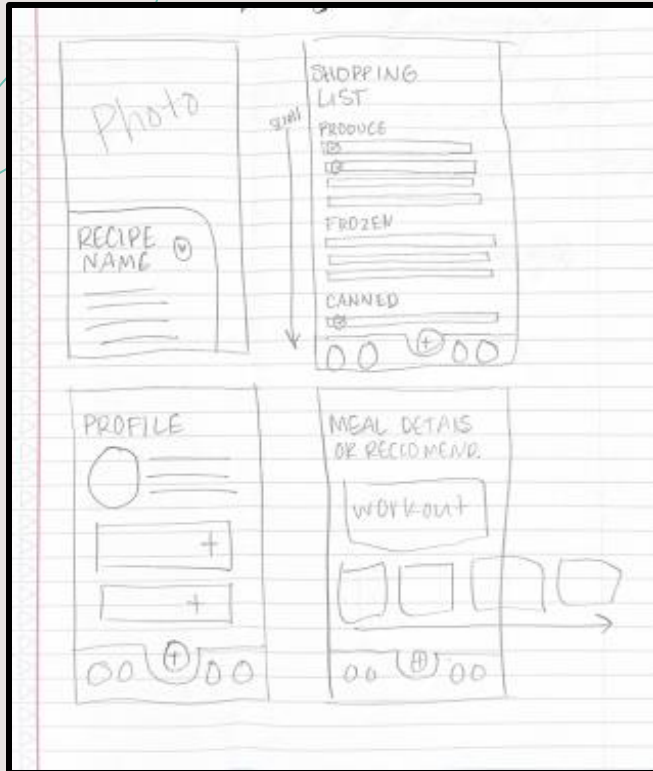


Added a shopping list & favoriting. Each page is accessible within 1 click.

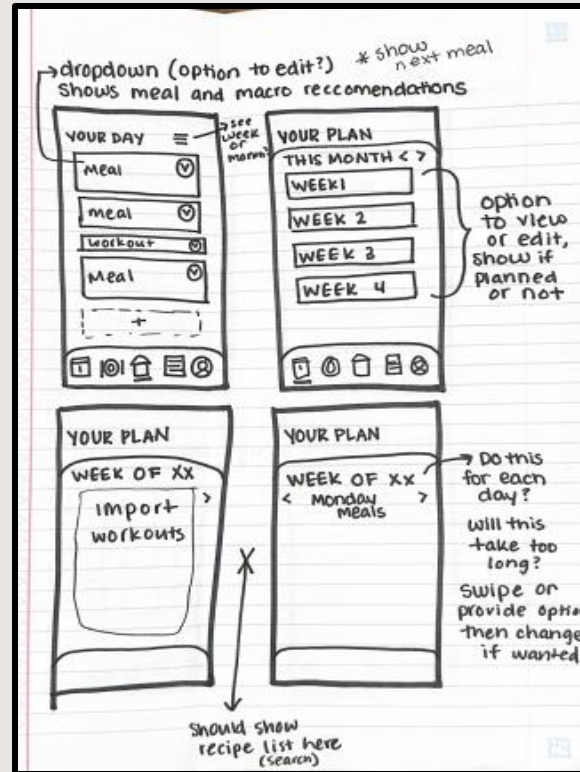


We added a calendar! Along with this, we added macro-nutrient visualizations.

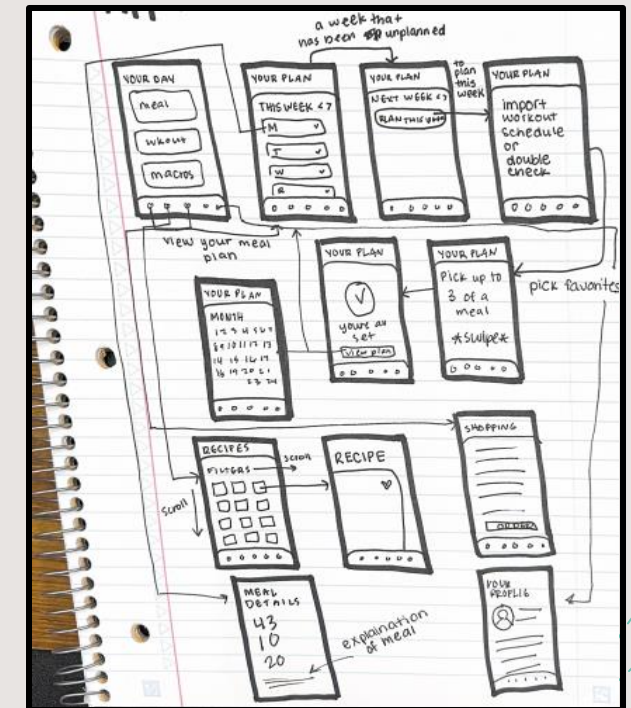
Milestone 1, cont.



We liked the navigation at the bottom and favoriting functionality.



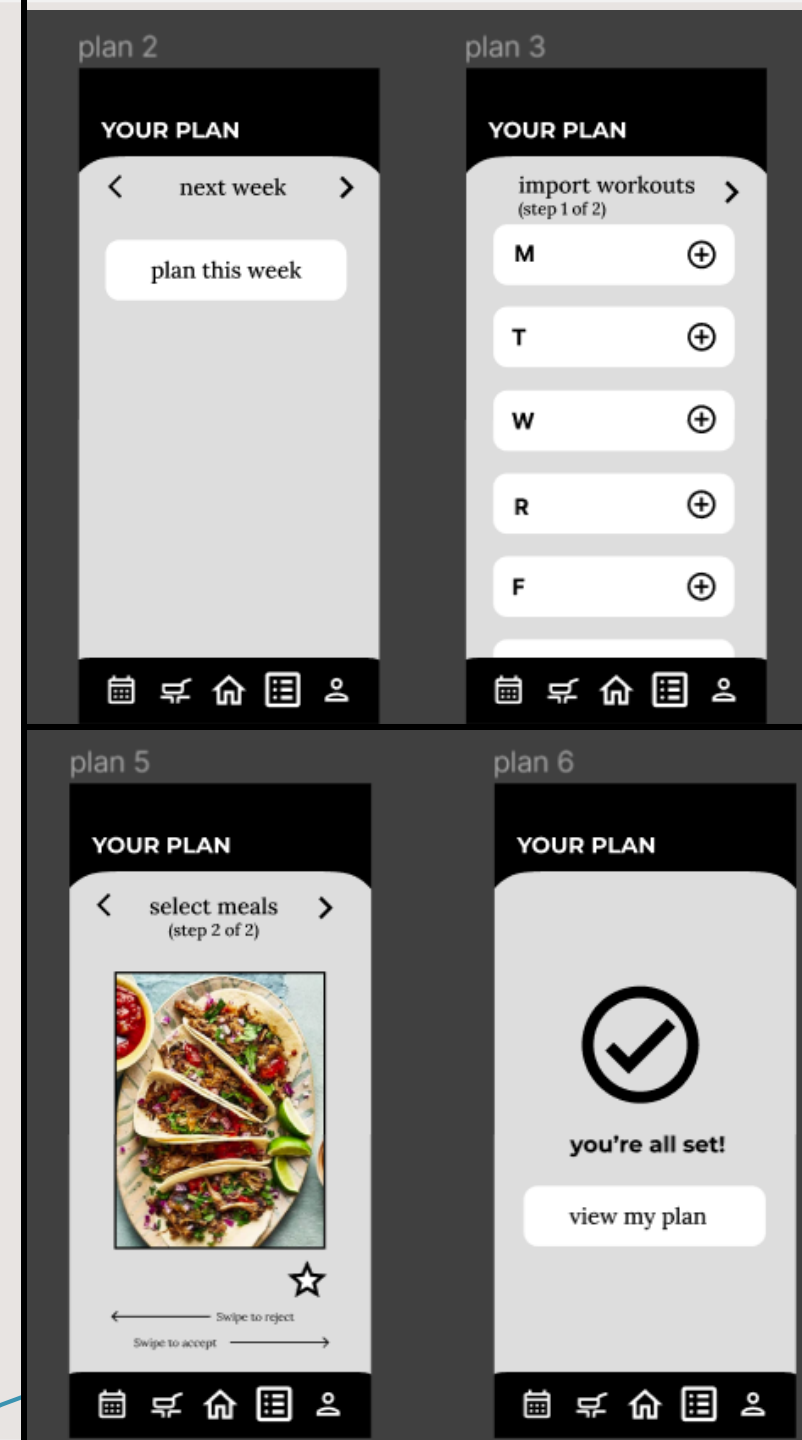
In this iteration, we further developed user flow, along with creation of plans. We loved the week view.



This iteration further connected actions with screens.

Milestone 2

- + Convergence from paper to Figma
- + Successes: week view, meal planning, home page, and profile
- + Issues: "favoriting" meals, unclickable items, buried functionality
- + Ideas: add "back arrows," place more items on the home screen, and signifiers when meal-planning





Milestone 3

- + Improving User Interface
- + Error Handling
- + Improved user flow and limiting confusion



Final Prototype

Walkthrough

<https://www.figma.com/file/vhOmKdoaZ35nu9lt8o5w0X/HCI-project?type=design&node-id=0%3A1&mode=design&t=BBGfE4nFVmqiYyFA-1>