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Sr.No	Description	Date	CO	Sign
1.	Study of UI life cycle		CO1	
2.	Study of open source UX Tools		CO1	
3.	<b>Prepare Project Proposal and Requirement Gathering (Choose the project)</b>  The project should be a web, desktop, or mobile interface. If the chosen project is a mobile application, note that it must at least be possible to simulate the project, since one of the prototypes will be such a simulation that can be evaluated.		CO2	
4.	<b>Analysis Problem statement:</b> Briefly state the problem(s) that the project will seek to solve. Take the user's point of view. Consider what the user's goals are, and what obstacles in the way. <b>Output:</b> <ul style="list-style-type: none"> <li>Write up a user analysis, task analysis and domain analysis clearly, concisely, and completely.</li> <li>A problem object model or entity-relationship diagram.</li> </ul>		CO1	
5.	Create a Social model of the chosen Project.		CO2	
6.	Identify the Users and Design a User persona.		CO2	
7.	<b>Design Creation of Scenario</b> Write a scenario that involves all three of the tasks identified for the chosen project. <b>Output:</b> Explain the Scenario <ul style="list-style-type: none"> <li>Sketch the scenario (use any tool or hand sketches)</li> </ul>		CO2	
8.	Draw a mental model for the above drawn scenario.		CO2	
9.	Create High-Fidelity prototype (Wire Frame) using Figma tool.		CO3	
10.	Create Prototype for Chosen Project.		CO3	
11.	Design Customer Journey map.		CO4	
12.	Perform UX Evaluation of Chosen Project. Testing of User Interface from Third Party (Test scripts).		CO4	

## Practical No :1

### Study of UI life cycle.

A user interface also called a "UI" or simply an "interface," is how a person controls a software application or hardware device.

- A user interface is the point of human-computer interaction and communication on a device, webpage, or app. This can include display screens, keyboards, a mouse, and the appearance of a desktop.
- User interfaces enable users to effectively control the computer or device they are interacting with. User interface is important to meet user expectations and support effective functionality.
- A successful user interface should be intuitive, efficient, and user-friendly.
- Nearly all software programs have a graphical user interface or GUI. This means the program includes graphical controls, which the user can select using a mouse or keyboard.
- A typical GUI of a software program includes a menu bar, toolbar, windows, buttons, and other controls.
- User Interface Design is the craft and process of designing what a user interacts with when communicating with software.

**Types of UI** **User Interface (UI)** refers to the visual elements, controls, and interactions that users experience when interacting with software or hardware. There are several types of UI, each serving different purposes and contexts.

Here are some common types of UI:

1. **Graphical User Interface (GUI):** GUI is the most prevalent type of UI. It uses graphical elements such as icons, buttons, windows, and menus to allow users to interact with a system. Operating systems like

Windows, macOS, and Linux, as well as many software applications, use GUI.

2. Command Line Interface (CLI): CLI relies on text commands to communicate with a system. Users enter commands through a terminal or command prompt to perform tasks. While it may seem less user-friendly to some, it can be powerful and efficient for users familiar with specific commands.

3. Voice User Interface (VUI): VUI allows users to interact with a system using spoken commands. Popular examples include virtual assistants like Amazon Alexa, Google Assistant, and Apple's Siri. VUI is becoming increasingly common in smart homes, cars, and mobile devices.

4. Touch User Interface (TUI): TUI relies on touch gestures to control and interact with a system. Common in smartphones, tablets, and touch-enabled devices, TUI enables users to tap, swipe, pinch, and perform other gestures to navigate and manipulate content.

5. Augmented Reality (AR) and Virtual Reality (VR) Interfaces: AR and VR interfaces provide immersive experiences. AR overlays digital information onto the real world, while VR creates a completely virtual environment. Both use specialized hardware, such as headsets, to deliver interactive experiences.

6. Gesture-Based Interface: This interface type allows users to interact with a system using gestures, which can include movements like swiping, waving, or other physical actions. Devices like Microsoft's Kinect and some smart TVs use gesture-based interfaces.

7. Web User Interface (WUI): WUI refers to the user interface elements found on websites. It includes navigation menus, buttons, forms, and other elements that users interact with while browsing the web.

8. Natural Language Interface: This type allows users to interact with a system using natural language, such as text or speech. Chatbots and virtual assistants often use natural language interfaces to understand and respond to user queries.

9. Haptic User Interface (HUI): Haptic interfaces provide tactile feedback to users, allowing them to feel sensations or vibrations. This is commonly used in gaming controllers, virtual reality devices, and some touchscreen interfaces.

10. Biometric User Interface: This type involves the use of biometric data (such as fingerprints, facial recognition, or iris scanning) for user authentication and interaction. Biometric UI is commonly found in smartphones, access control systems, and security applications.

11. Brain-Computer Interface (BCI): BCI allows users to control devices or software using brain signals. Electroencephalography (EEG) is often used to detect brain activity, enabling users to interact with computers or other devices through their thoughts.

12. Tangible User Interface (TUI): TUI involves physical objects or manipulatives to interact with a digital system. For example, a tabletop interface where users can manipulate physical objects that are tracked and interpreted by the system.

13. Multi-Modal User Interface: Combining multiple modes of interaction, such as voice, touch, gesture, and more, into a single interface. This approach aims to provide a richer and more flexible user experience.

14. Adaptive User Interface: An interface that dynamically adjusts its layout, content, or behavior based on user preferences, behavior, or contextual information. This helps personalize the user experience and cater to individual needs.

15. Contextual User Interface: This type of interface adapts based on the context of use. It takes into account factors such as location, device capabilities, user preferences, and other environmental conditions to optimize the user interface.

16. Kiosk User Interface: Commonly found in public places, kiosk interfaces are designed for self-service transactions. Users interact with a fixed, standalone terminal to perform tasks such as information retrieval, ticketing, or payment.

17. Wearable User Interface: Interfaces designed for wearable devices, such as smartwatches or fitness trackers. They often have limited screen space and utilize gestures, touch, or voice for interaction.

18. Responsive User Interface: An interface that adjusts its layout and design to accommodate various screen sizes and resolutions. This is crucial for delivering a consistent user experience across different devices, such as desktops, tablets, and smartphones.

### **UI Life Cycle:**

The User Interface (UI) life cycle refers to the different stages and processes involved in designing, implementing, testing, and maintaining a user interface for a software application or system. The UI life cycle typically includes the following phases:

#### **1. User Research and Analysis:**

- User Research: Understanding the target audience, their needs, preferences, and expectations through methods like surveys, interviews, and observations.
- Competitor Analysis: Analyzing the user interfaces of similar products or systems to identify trends and best practices.

#### **2. Requirement Gathering:**

- Define Objectives: Establishing the goals and objectives of the user interface based on user needs and business requirements.
- Functional Requirements: Identifying the specific features and functionalities that the UI must support.

#### **3. UI Design:**

- Information Architecture: Organizing and structuring information to create a logical and intuitive navigation flow.
- Wireframing: Creating low-fidelity sketches or wireframes to outline the basic layout and structure of the UI.
- Visual Design: Defining the aesthetics, including colors, typography, images, and overall visual style.
- Prototyping: Developing interactive prototypes to simulate the user experience and gather feedback.

#### **4. Implementation/Development:**

- Front-end Development: Translating the design into actual code using web technologies (HTML, CSS, JavaScript) or other programming languages.
- Back-end Integration: Connecting the UI with the application's back end services and databases
  - Usability Testing during Development: Conducting iterative testing to identify and address usability issues as the UI is developed.

#### **5. Testing:**

- Usability Testing: Evaluating the UI with actual users to identify any usability issues and gather feedback for improvements.

- Cross-Browser and Cross-Platform Testing: Ensuring the UI functions correctly on different browsers and platforms.

- Performance Testing: Assessing the speed and responsiveness of the UI under various conditions.

#### 6. Deployment:

- Release Planning: Planning the deployment of the UI, considering factors such as timing, user communication, and potential impact on existing users.

- Rollout: Deploying the UI to production, making it accessible to users.

#### 7. Monitoring and Maintenance:

- Monitoring Usage: Analyzing user interactions and feedback to identify areas for improvement.

- Bug Fixing: Addressing any issues or bugs that arise after deployment.

- Updates and Enhancements: Implementing updates or enhancements based on user feedback, changing requirements, or emerging trends.

## Practical No: 2

### Study of open source UX Tools

#### 1. Sketch:

- Vector-based design for creating scalable interfaces.
- Extensive library of plugins for additional functionalities.
- Artboards for organizing and presenting designs.
- Robust symbols system for reusability
- Pixel-perfect design and export features.

#### 2. Figma:

- Web-based, allowing collaborative design in real-time.
- Cross-platform accessibility (works on Windows, macOS, Linux).
- Auto Layout and constraints for responsive design.
- Prototyping features for creating interactive user flows.
- Design systems and components for consistency.

#### 3. Adobe XD:

- Part of the Adobe Creative Cloud, facilitating integration with other Adobe tools.
- Vector-based design with support for prototyping.
- Voice prototyping for designing voice-enabled experiences.
- Plugins and integrations with third-party tools.
- Collaboration features for design teams.

#### 4. InVision:

- Prototyping and animation tools for creating interactive experiences.
- User testing and collaboration features.
- Inspect mode for developers to extract design specifications.
- Design System Manager for maintaining design consistency.
- Integrations with popular design tools.

#### 5. Axure RP:

- Advanced prototyping with dynamic content and logic.
- Conditional flows and interactions for complex user journeys.
- Annotations and documentation features for detailed specifications.
- Team collaboration and version control.
- Integration with other design tools.

**6. Zeplin:**

- Bridges the gap between designers and developers.
- Export designs with style guides and assets.
- Version history for design iterations.
- Commenting and collaboration features.
- Integrations with various design tools.

**7. Marvel:**

- User-friendly interface for designing and prototyping.
- Collaboration features for remote teams.
- User testing and feedback collection.
- Integrations with popular design tools.
- Design versioning and history.

**8. Proto.io:**

- Web-based prototyping tool for web and mobile applications.
- Rich library of UI components and interactions.
- Real-time collaboration and user testing.
- Animation and gesture support.
- Integrations with design and project management tools.

**G. Balsamiq:**

- Low-fidelity wireframing tool for quick ideation
- Focus on simplicity and ease of use.
- Sketch-style wireframes for early-stage design concepts.
- Collaboration features for team projects.
- Integration with Jira and other project management tools.

**10. Autodesk SketchBook:**

- Drawing and sketching tool with a variety of brushes and tools.
- Cross-platform support (Windows, macOS, iOS, Android).
- Customizable brushes and drawing settings.
- Layers for organizing and editing sketches.
- Suitable for concept sketching and ideation.

## Practical No: 3

### Prepare Project Proposal and Requirement Gathering.

#### Project Title: Fitness Tracking Web Application

##### **Aim:**

To design an intuitive and engaging user interface and user experience for a fitness tracking application that helps users monitor their physical activity, set health goals, and stay motivated towards maintaining a healthy lifestyle.

##### **Objective:**

- 1) Enables users to easily log workouts, track progress, and stay motivated through clear and intuitive interfaces
- 2) Provides personalized experiences tailored to users' fitness levels and goals
- 3) Facilitates seamless communication between users and trainers/coaches
- 4) Empowers trainers to assign plans and monitor user performance efficiently
- 5) Allows admins to manage users, content, and community features with clarity and control
- 6) Creates a consistent, responsive, and accessible UI across all devices

##### **Theory:**

A Fitness Tracking Web Application is a digital platform that enables users to monitor, record, and analyze their physical activities and health-related metrics over time. It helps users stay motivated and improve their fitness by providing insights such as calories burned, steps taken, workout duration, and progress toward goals..

##### **Overview of the project:**

This Fitness Tracking Web Application is designed to help users monitor and improve their health by tracking daily physical activities, nutrition, and fitness goals. The platform provides an intuitive interface and real-time insights to promote healthier lifestyle habits. Designed with accessibility and ease of use in mind, the application supports users across various fitness levels.

## Key Features:

- **Activity Tracker** - Log steps, workouts, distance, and calories burned
- **Nutrition Logging** - Record meals and track daily caloric intake
- **Goal Management** - Set and monitor personalized fitness goals
- **Progress Dashboard** - Visual reports and graphs of user health trends
- **Reminders & Notifications** - Custom alerts for workouts and meals
- **User Profile** - Personalized settings and health stats
- **Community Sharing (Optional)** - Share achievements with friends (social aspect)
- **Responsive UI** - Optimized for desktop, tablet, and mobile views

## Purpose:

To provide an engaging and user-friendly platform that motivates users to maintain a healthy lifestyle by consistently tracking their fitness routines, eating habits, and personal health milestones. The goal is to simplify health management through a seamless, accessible, and visually appealing user experience.

## Proposed System:

The Fitness Training Web App consists of three main modules:

### 1. User Module

- **Dashboard** - View fitness stats & progress
- **Workout Tracker** - Log daily workouts
- **Nutrition Log** - Track meals & calories
- **Goals** - Set and monitor fitness goals
- **Reminders** - Alerts for workouts/meals
- **Profile** - Update personal info
- **Chat with Trainer** - Get guidance/support
- **Feedback** - Rate experience

## 2. Trainer Module

- **Trainer Dashboard** – View client summaries
- **Client Management** – Access user profiles
- **Workout Plans** – Create & assign routines
- **Nutrition Advice** – Suggest meal plans
- **Progress Reports** – Monitor user growth
- **Messaging** – Communicate with users

## 3. Admin Module

- **Admin Dashboard** – System overview
- **User/Trainer Management** – Add/edit/remove users
- **Reports** – View app usage and feedback
- **Settings** – Configure app settings
- **Support Panel** – Handle user issues

•

### • Technology Stack:

Frontend: HTML,CSS,JavaScript

Backend: MongoDB

## Specifications Modules:

### 1. User Management Module:

- Role-based access (Admin, Trainer, Member).
- User registration and profile management.

### 2. Workout & Diet Module:

- Trainers can assign personalized plans.
- Members can log their workouts and diet.

### 3. Progress Tracking & Reports Module:

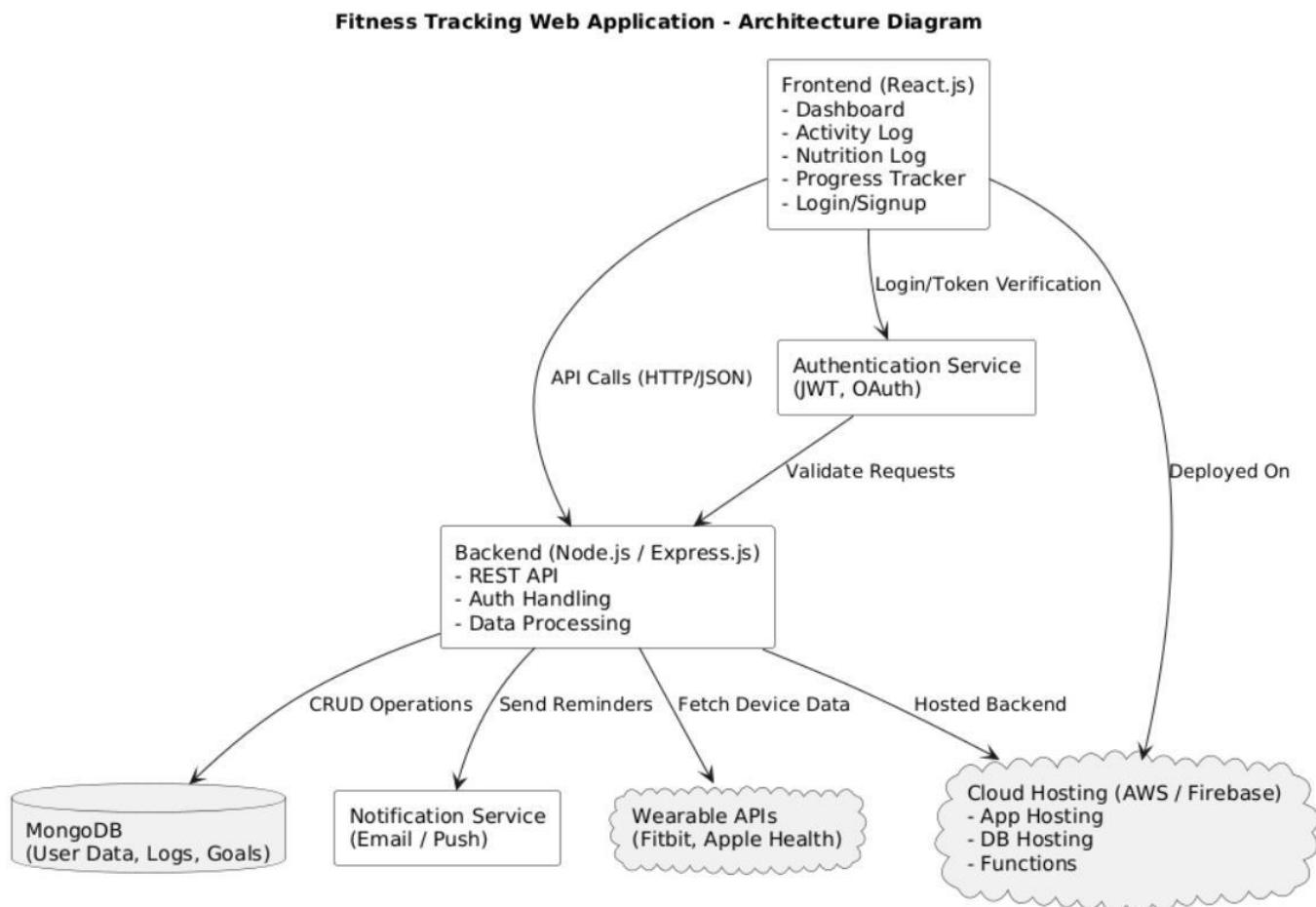
- Track BMI, weight, and fitness progress.
- Generate analytical reports for trainers.

### 4. Notification & Alert System:

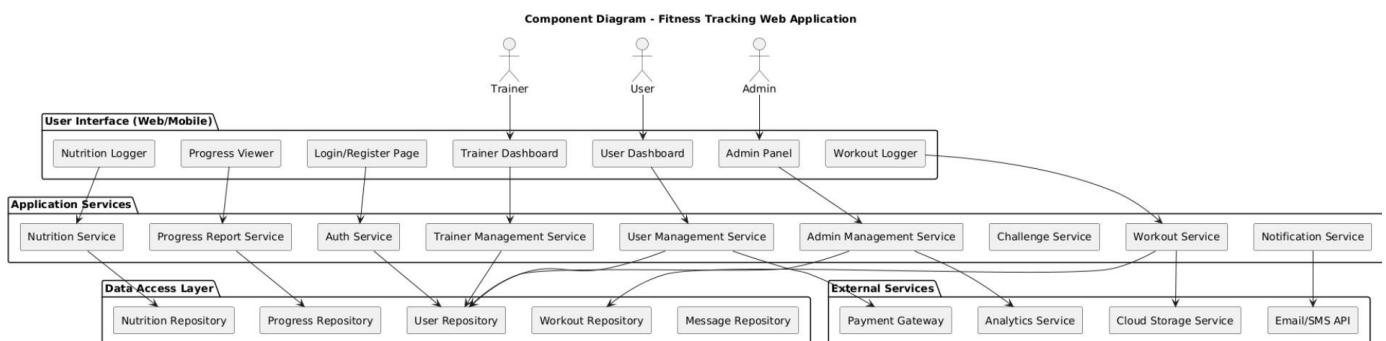
- Automated alerts for payments, class reminders, and fitness tips.
- Email and SMS integration for communication.

## System Design:

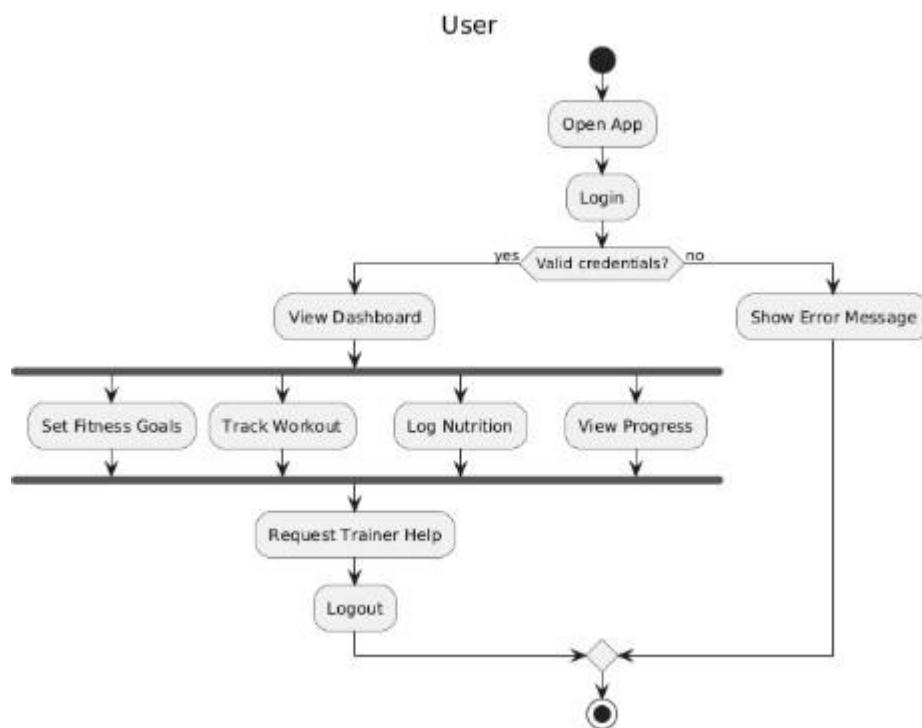
- **Architecture Diagram:**



- **Component Diagram:**



- Sequence Diagram:



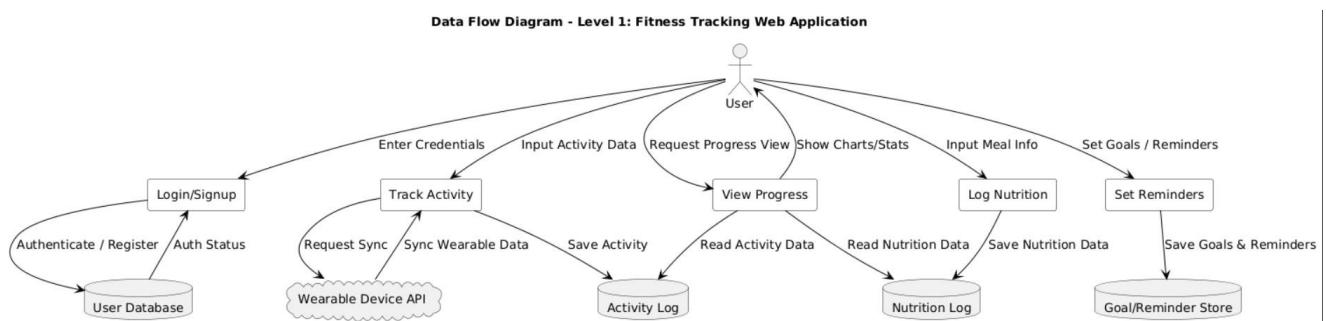
Trainer



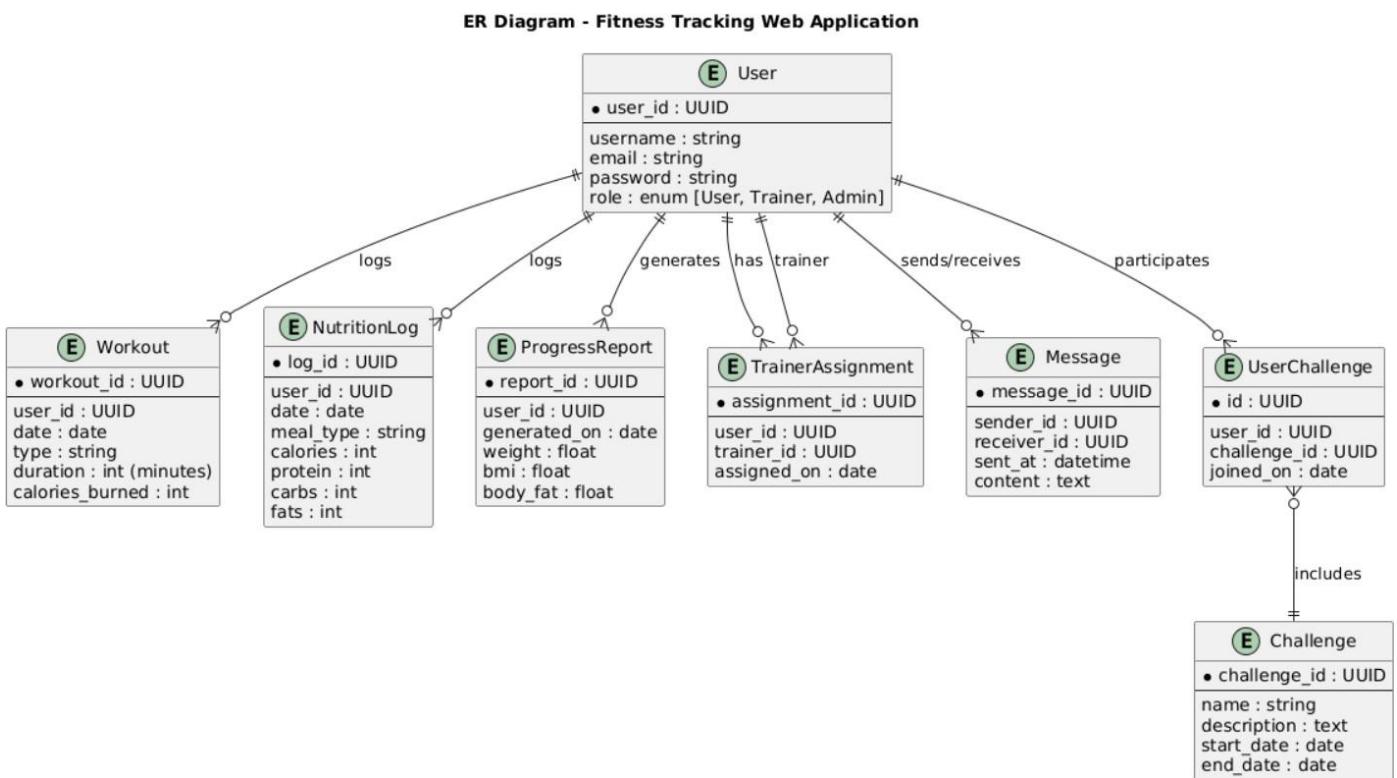
Admin



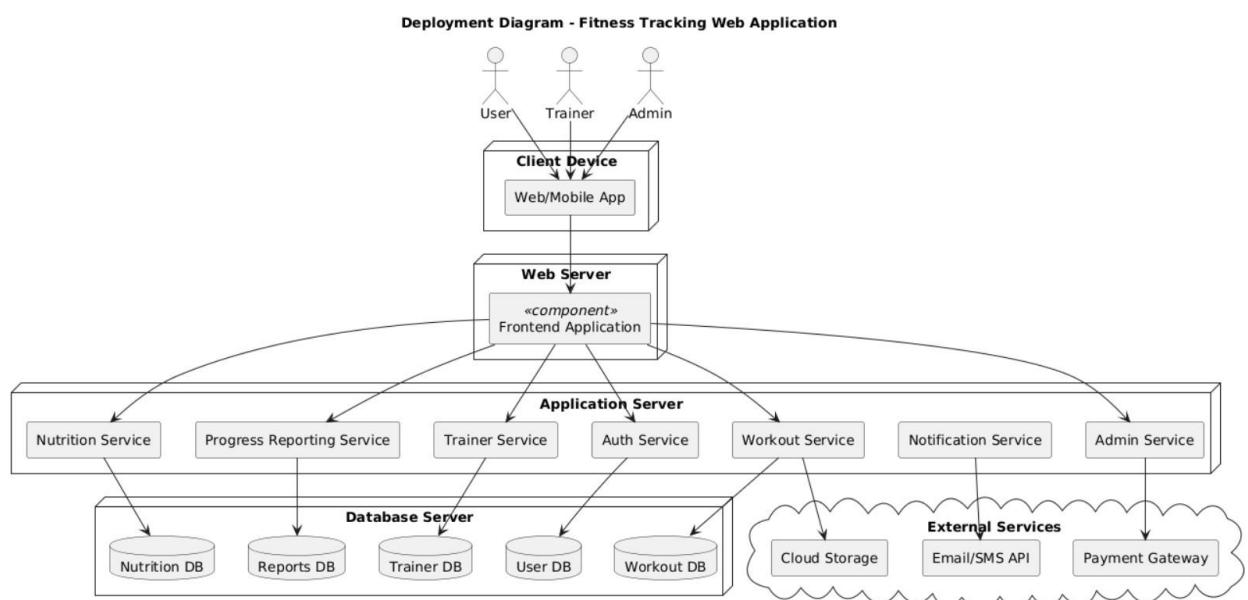
- Data-flow diagram:



- Entity-relationship diagram:

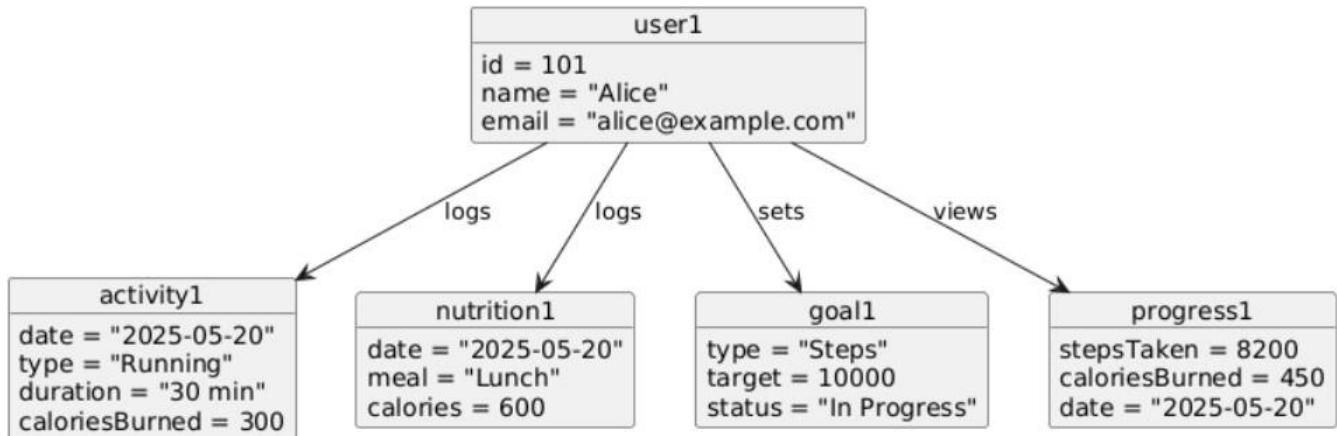


- Deployment Diagram

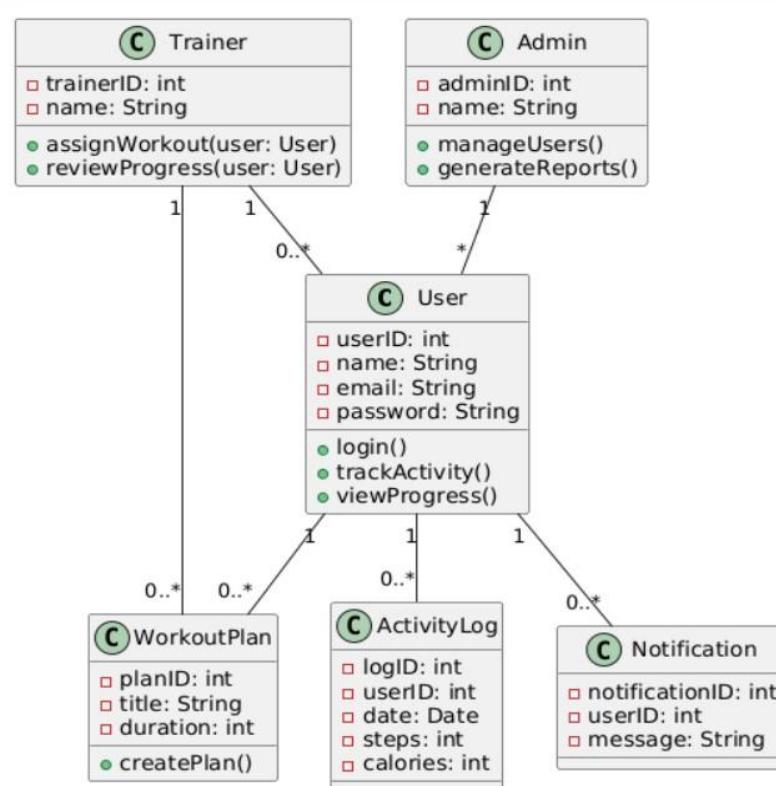


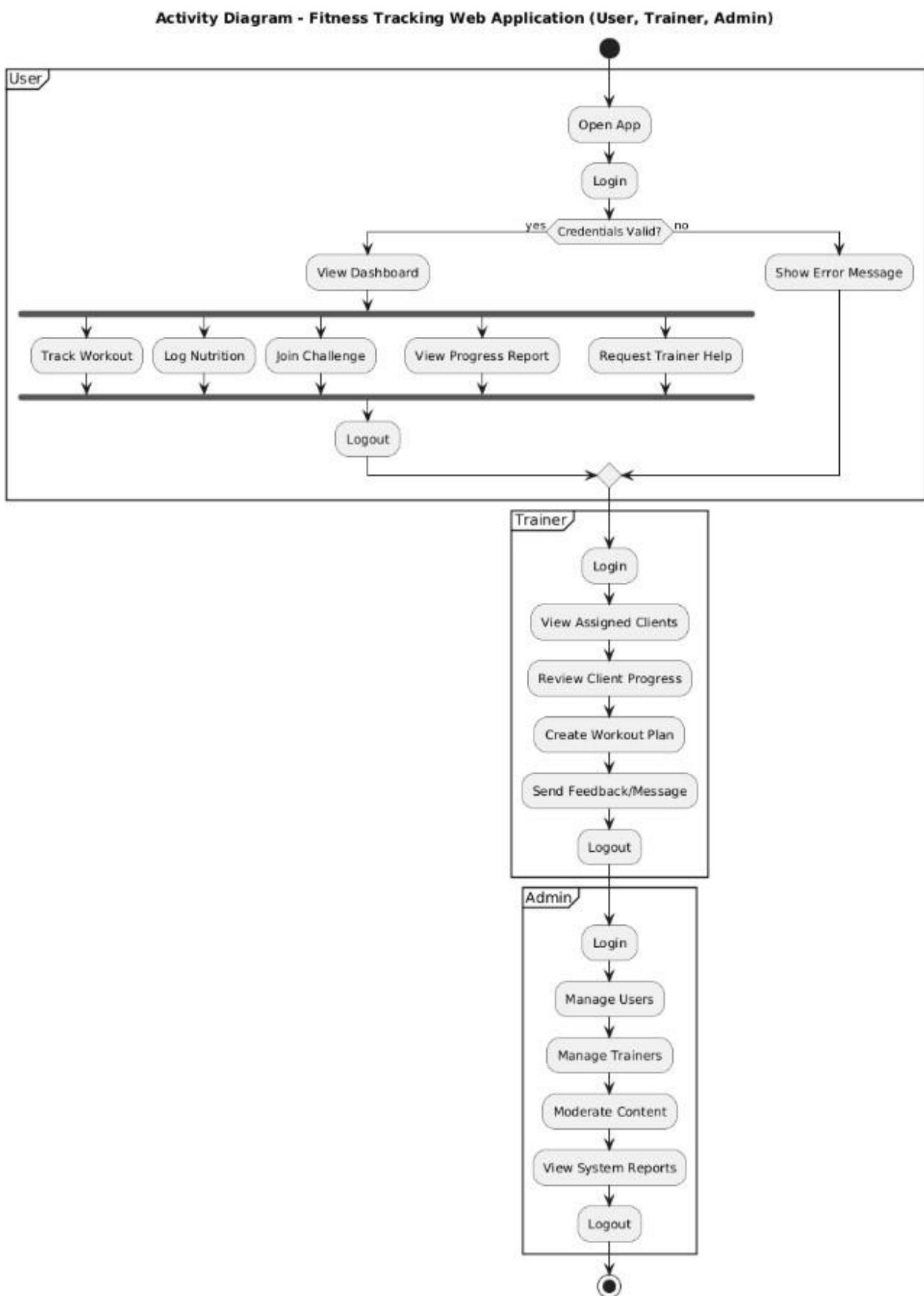
- Object Diagram

**Object Diagram - Fitness Tracking Web Application**

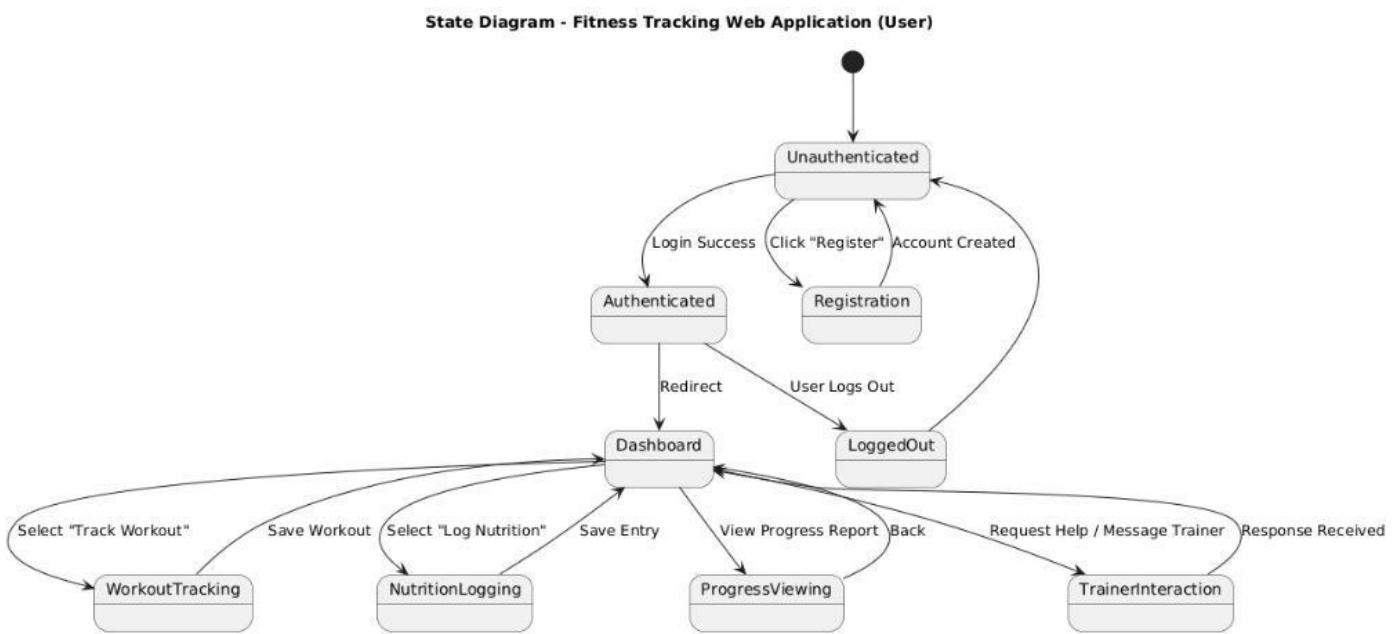


- Class Diagram



**•Activity diagram:**

- State Diagram:



### Conclusion:

The Fitness Tracking Web Application delivers a user-centered design that prioritizes simplicity, clarity, and motivation. Through an intuitive and responsive UI, users can effortlessly navigate their fitness journey—whether it's logging workouts, tracking progress, or booking sessions with trainers. Clear visualizations like charts and progress bars provide immediate feedback, fostering engagement and sustained motivation.

For trainers and admins, the interface balances functionality with ease of use, enabling efficient management of clients, workout plans, and platform oversight without unnecessary complexity. Consistent design patterns, accessibility considerations, and responsive layouts ensure a seamless experience across devices.

Overall, the UI/UX strategy strengthens user satisfaction, encourages consistent use, and supports the app's mission to make fitness tracking both effective and enjoyable.

## PRACTICAL NO.4

### Analysis

#### Problem statement:

Users struggle to stay consistent with their fitness routines due to lack of personalized guidance, poor progress visualization, and overwhelming or cluttered interfaces. Trainers find it difficult to manage and communicate with multiple users effectively.

The application lacks an intuitive, user-centric interface that can:

- Motivate users with visual progress tracking and personalized feedback
- Offer seamless navigation across features like workouts, stats, and goals
- Empower trainers with tools to assign plans and track user performance
- Provide admins with clear control over users and app content

A well-designed UI/UX is critical to improve user engagement, simplify interactions, and deliver a tailored fitness journey for every user type (User, Trainer, Admin).

#### User's Point of View – Goals & Obstacles

##### Goals

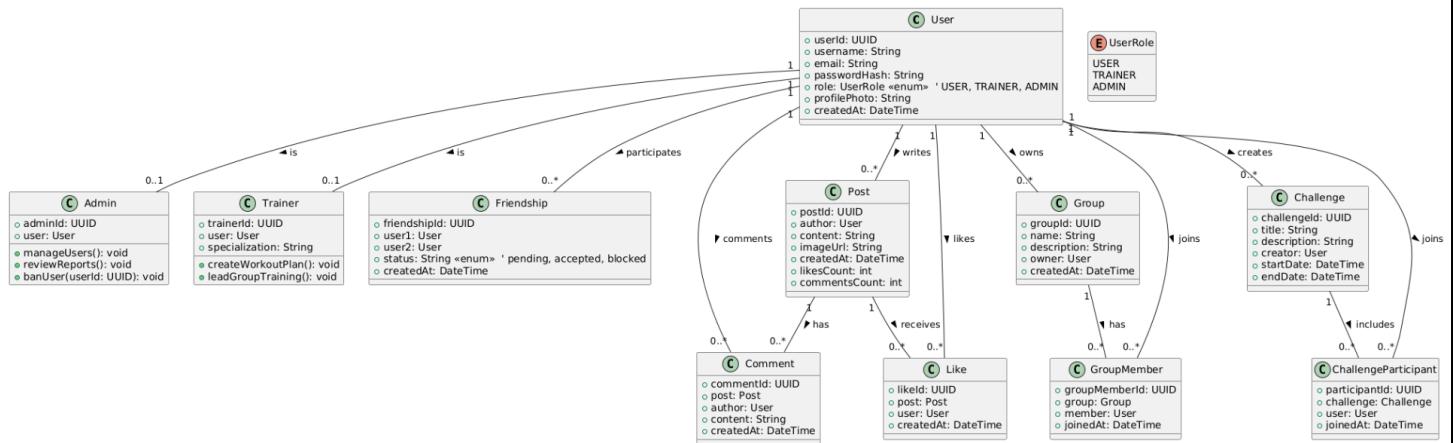
- Stay consistent with fitness routines
- Track daily activity (steps, calories, workouts) easily
- Monitor long-term progress through clear visuals
- Receive personalized workout plans or tips
- Participate in challenges for motivation
- Get reminders and feedback without being overwhelmed

##### Obstacles

- Complex or cluttered app interface
- Lack of motivation due to poor feedback or engagement
- Difficulty understanding progress stats or workout history
- Inconsistent notifications or reminders
- Limited guidance for beginners or casual users
- Difficulty integrating workouts with their busy schedule

## PRACTICAL NO.5

### Create a Social model of the chosen Project.



**PRACTICAL NO.6****Identify the Users and Design a User persona.****1. User**

 <p><b>Mansi Bhosale</b></p> <p><b>Demographic</b></p> <p>Age: 27 Occupation: Software Developer Location: Bangalore, India Fitness Goal: Lose weight and build stamina</p>	<p><b>Pain Points</b></p> <ul style="list-style-type: none"> <li>Easily loses motivation without visual progress</li> <li>Finds it hard to plan workouts or track variety</li> <li>Gets overwhelmed by too much fitness information</li> <li>Wants quick access to daily stats</li> </ul>
<p><b>Interest Areas</b></p> <ul style="list-style-type: none"> <li>Progress tracking (steps, calories)</li> <li>Diet and nutrition logging</li> <li>Fitness challenges &amp; badges</li> <li>Quick home workouts</li> <li>Trainer tips &amp; motivation</li> <li>Community engagement</li> </ul>	<p><b>Needs from the App</b></p> <ul style="list-style-type: none"> <li>Easy-to-use activity and workout logger</li> <li>Personalized progress dashboard</li> <li>Timely notifications/reminders</li> <li>Access to trainer tips without being overwhelmed</li> <li>Social challenges or badges for motivation</li> </ul>

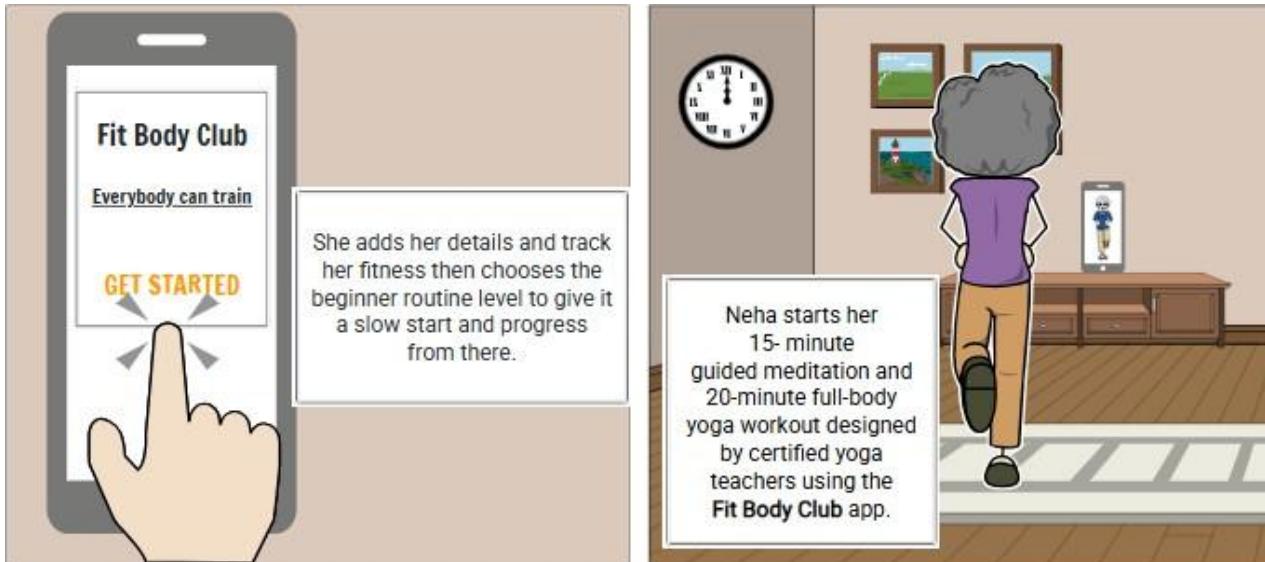
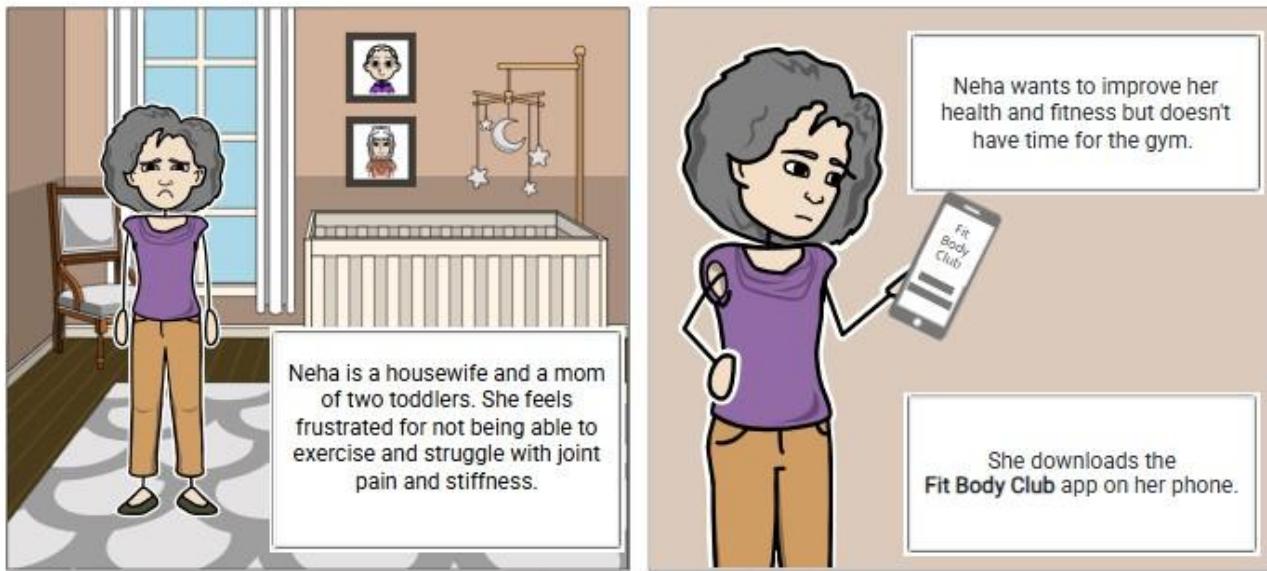
**1. Trainer**

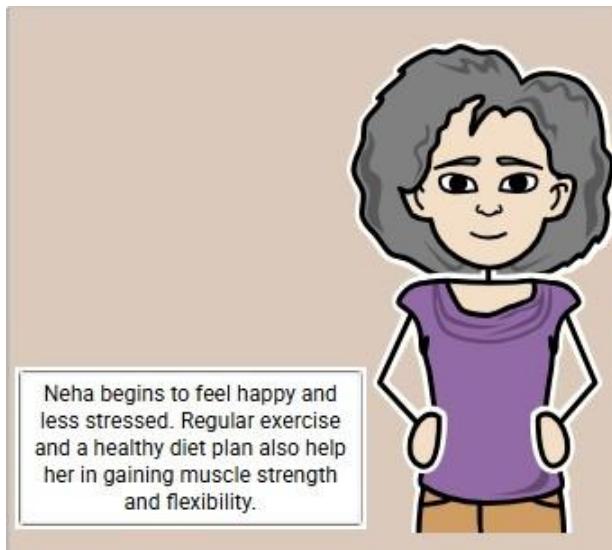
 <p><b>Priya Sharma</b></p> <p><b>Demographic</b></p> <p>Age: 35 Occupation: Certified Fitness Trainer Location: Mumbai, India Specialization: Strength training and weight loss programs Experience: 10 years in personal training and online coaching</p>	<p><b>Pain Points</b></p> <ul style="list-style-type: none"> <li>Difficulty managing multiple client plans in one place</li> <li>Limited tools for tracking individual user progress remotely</li> <li>Wants a better way to communicate with clients directly</li> <li>Needs automated alerts for inactive users</li> </ul>
<p><b>Interest Areas</b></p> <ul style="list-style-type: none"> <li>Custom workout creation</li> <li>Tracking client progress</li> <li>Fitness goal management</li> <li>Sharing video tips or plans</li> <li>Engaging in user motivation</li> <li>Managing multiple clients efficiently</li> </ul>	<p><b>Needs from the App</b></p> <ul style="list-style-type: none"> <li>Workout builder and assignment tools</li> <li>User progress dashboard (steps, workouts, feedback)</li> <li>Direct messaging and feedback interface</li> <li>Notification system for client inactivity or achievements</li> <li>Content upload feature (videos, guides, plans)</li> </ul>

## PRACTICAL NO.7

### Creation of Scenario

**Write a scenario that involves all three of the tasks identified for the chosen project.**





Neha begins to feel happy and less stressed. Regular exercise and a healthy diet plan also help her in gaining muscle strength and flexibility.



This holistic approach to wellness is working for her and giving her all the tools she needs to take care of her physical and mental health every day.

## PRACTICAL NO.8

### Mental Model for the Above Drawn Scenario

#### **1. Customer (User – e.g., Neha)**

##### **Goals/Needs:**

- Improve health and manage joint pain
- Fit exercise into a busy schedule as a mother of toddlers
- Avoid time-consuming or high-effort fitness routines
- Reduce stress and improve mental well-being
- Access reliable and beginner-friendly guidance
- Create sustainable health habits at home

##### **Mental Workflow:**

"I want an easy, beginner-friendly way to feel healthier and more energetic without leaving home or spending hours at the gym."

##### **Key Expectations:**

- Clear and simple app navigation
- Personalized routines based on current fitness level
- Short, manageable sessions (15–30 minutes)
- Guided meditation and full-body workouts
- Visible progress tracking and motivation
- Support for both physical and mental wellness

#### **2. Platform (App Providers – Fit Body Club & FitnessX)**

##### **Goals/Needs:**

- Provide engaging, accessible fitness programs for all levels
- Build user trust through personalization and progress tracking
- Encourage habit formation with reminders and streaks
- Offer both physical and mental health support
- Drive app adoption and long-term engagement

##### **Mental Workflow:**

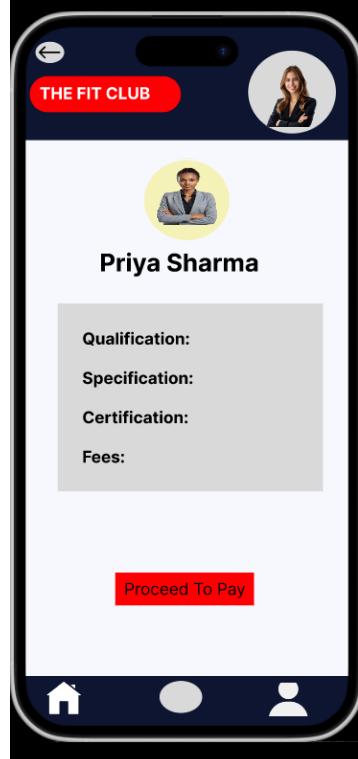
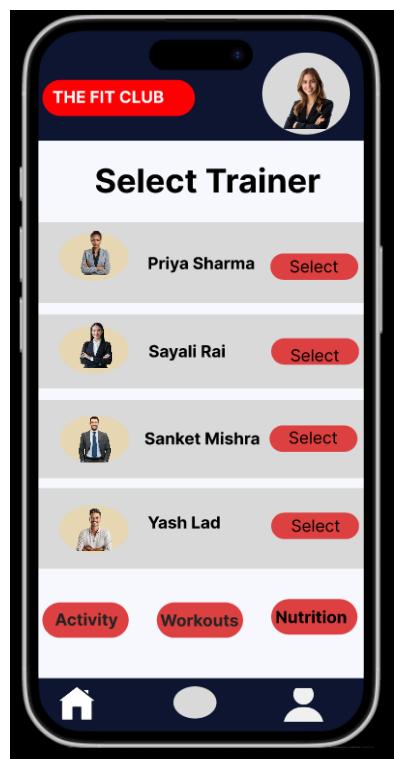
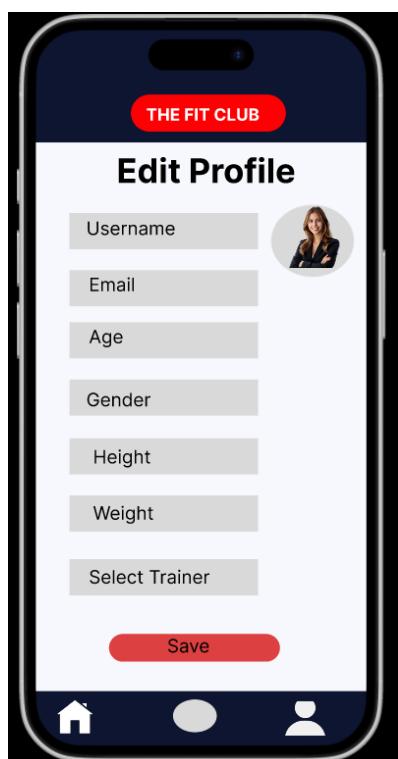
"We want users to easily adopt fitness routines through tailored content that makes them feel empowered and supported every step of the way."

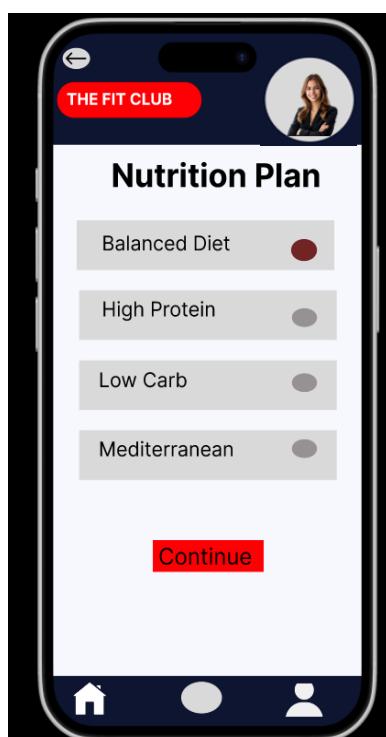
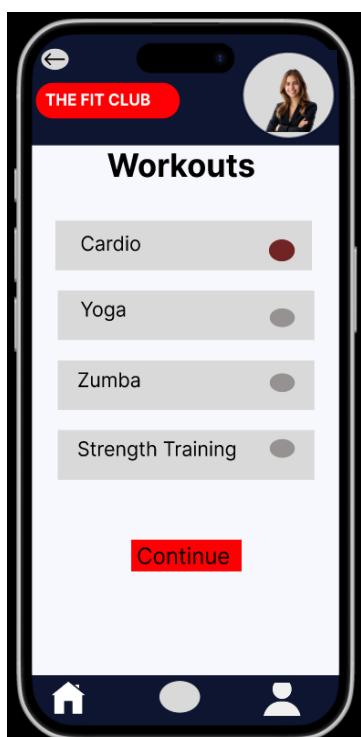
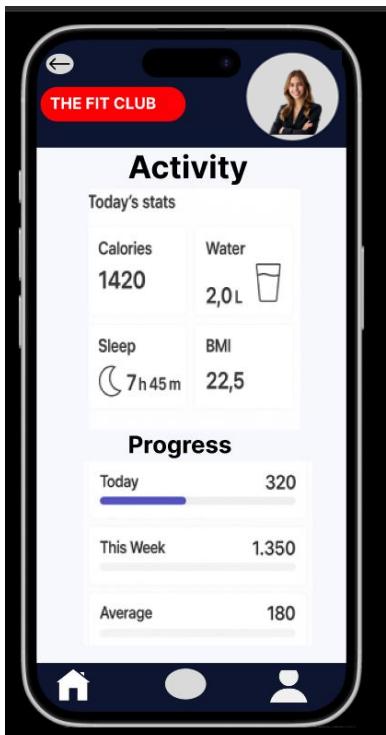
##### **Key Expectations:**

- Intuitive onboarding and fitness level selection
- Seamless integration of meditation and workouts
- Automated tracking, reminders, and goal-setting
- Friendly user experience with visual feedback (e.g., badges, streaks)
- Data privacy, especially around health metrics

## PRACTICAL 9:

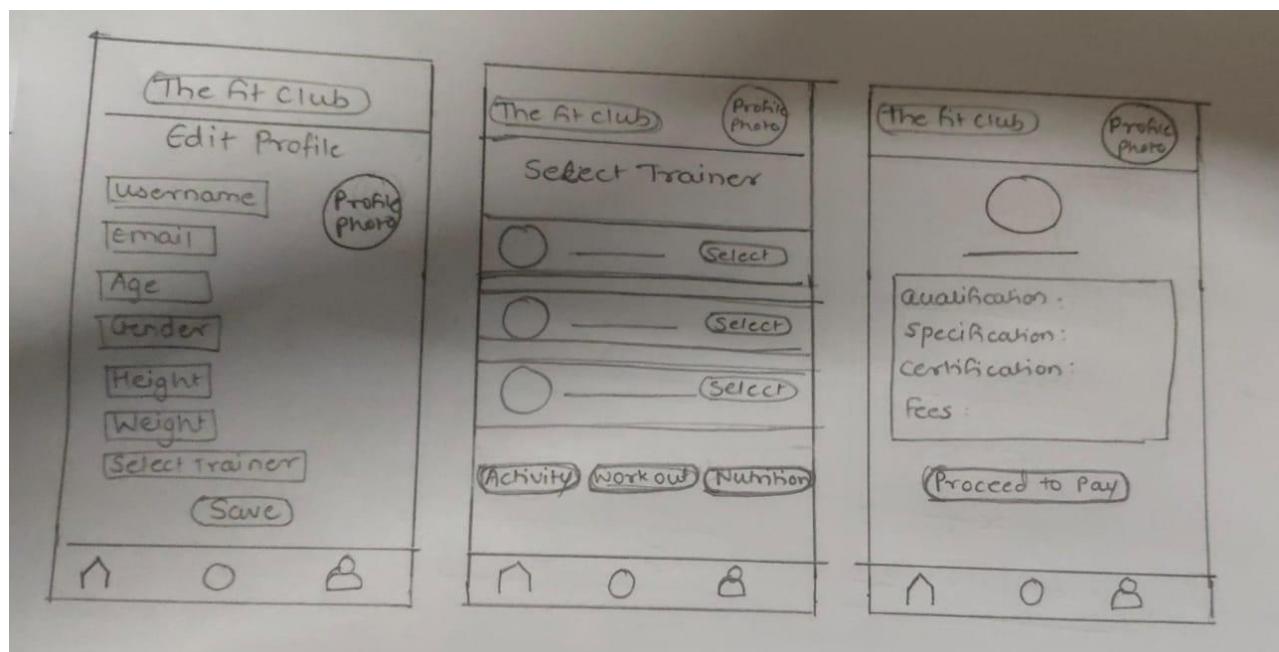
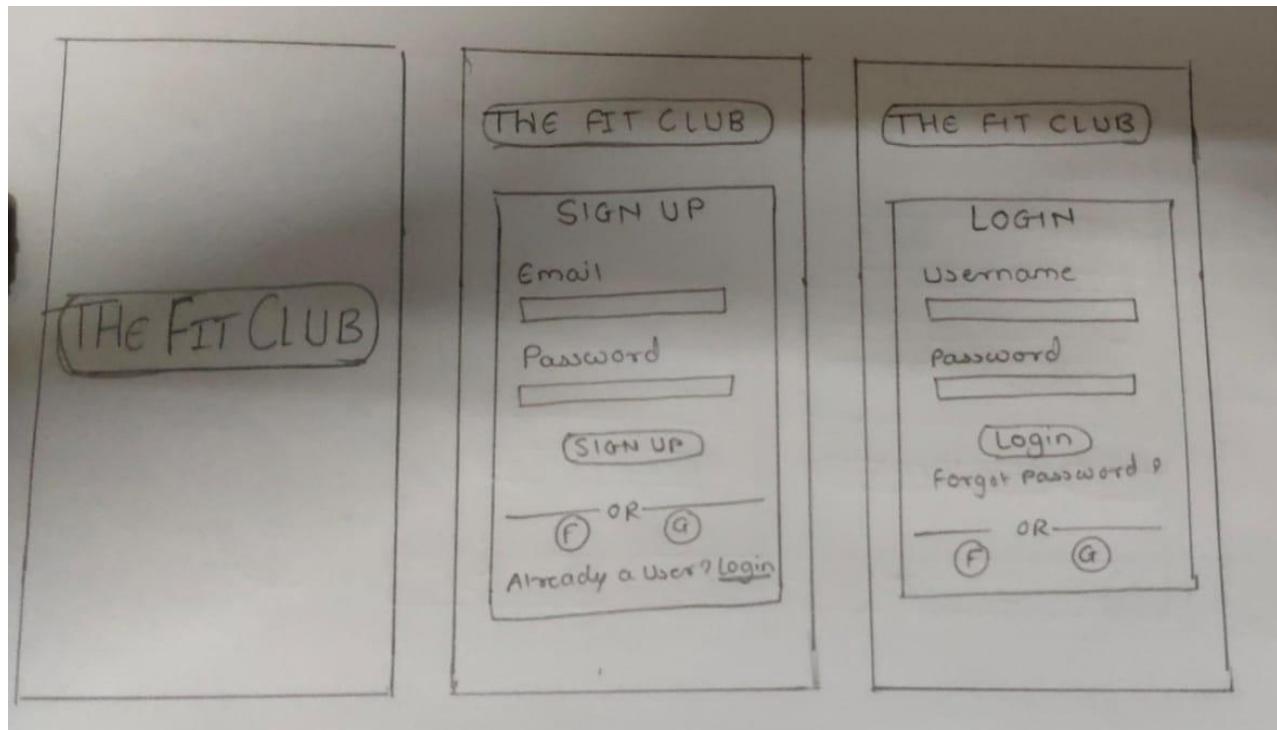
### Create High-Fidelity prototype (Wire Frame)

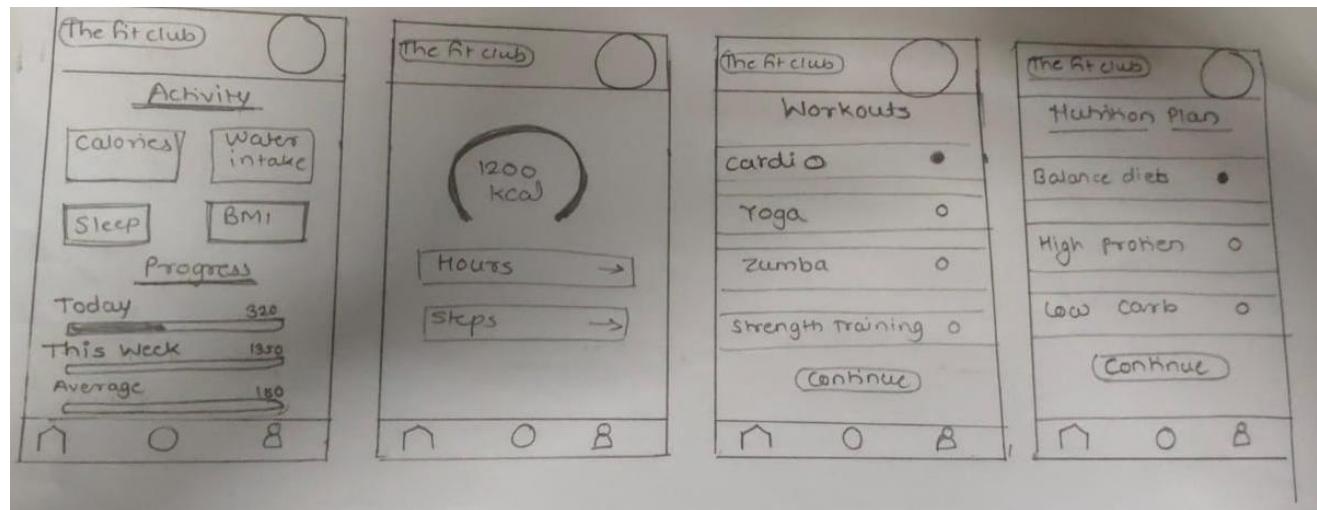




## PRACTICAL 10:

### Create Prototype for Chosen Project





## PRACTICAL 11

### Design Customer Journey map

Journey Stage	Customer Actions	Touchpoints	Experience	Pain Points	Opportunities
1. Awareness	Frustrated with pain, searches for easy fitness solutions	Social media, Search engines, Blog posts	Curious, cautious	Overwhelmed by choices, skeptical of effectiveness	Targeted ads for moms, real user stories, health blogs
2. Consideration	Reads app reviews, views features, watches intro video	App website, Testimonials, Videos	Interested, evaluating	Unsure if it suits her schedule or needs	Emphasize short, low-impact routines; showcase beginner success
3. Onboarding	Registers, inputs health data, selects beginner routine	Sign-up form, Setup wizard	Guided, hopeful	Too much info to enter at once	Offer profile import, guided setup, clear benefits
4. Routine Start	Begins daily meditation and yoga workouts	Dashboard, Workout videos, Notifications	Motivated, comfortable	Unsure if routines are effective or correct	Add visual aids, beginner-friendly instructions
5. Tracking Progress	Logs workouts, checks calendar, views progress trends	Activity tracker, Calendar, Graphs	Encouraged, engaged	Lacks detailed feedback or suggestions	Provide AI-based tips, trend comparisons, motivational badges
6. Sustaining Habit	Adjusts difficulty level, sets goals, joins community	Goal setting, Community forums, Groups	Confident, social	May feel isolated or demotivated	Enable buddy system, fitness challenges, regular encouragement
7. Results & Feedback	Feels better, tracks improvements, shares experience	Feedback form, Social share tools	Empowered, satisfied	Wants more variety in routines	Add new programs regularly, personalized recommendations

**PRACTICAL 12**  
**Perform UX Evaluation of Chosen Project.**  
**Testing of User Interface from Third Party (Test scripts).**

Test Case	Objective	Expected Outcome	Pass/Fail	Tester Comments
TC01 – Onboarding Setup	Test sign-up and routine selection	User registers and selects beginner-level routine easily	<span style="background-color: green; color: white; padding: 2px;"> </span>	Simple flow; consider tooltips for routine levels
TC02 – Start Daily Workout	Check ease of launching and completing workout	Workout starts smoothly and logs progress after completion	<span style="background-color: green; color: white; padding: 2px;"> </span>	Seamless experience; minor lag in video start
TC03 – Guided Meditation	Test meditation access and reminder setup	Meditation plays and user sets daily reminder	<span style="background-color: green; color: white; padding: 2px;"> </span>	Clean UI; reminder options could include push + email
TC04 – Progress Tracking	Verify fitness data visibility	Dashboard displays completed sessions and progress clearly	<span style="background-color: green; color: white; padding: 2px;"> </span>	Well-organized data; add motivational badges
TC05 – App Switching Workflow	Evaluate use of both Fit Body Club and FitnessX	Users switch between apps and progress syncs correctly	<span style="background-color: green; color: white; padding: 2px;"> </span>	Smooth transition; integrated tracking is effective
TC06 – Personalization for Pain	Confirm customization based on joint issues	Routine adjusts to low-impact exercises	<span style="background-color: green; color: white; padding: 2px;"> </span>	Great feature; clear explanation provided during onboarding
TC07 – Notifications & Reminders	Test effectiveness of daily reminders	App sends notification at scheduled time	<span style="background-color: green; color: white; padding: 2px;"> </span>	Timely reminders; option to snooze would improve UX

## Heuristic Evaluation (Based on Nielsen's Principles)

Heuristic	Evaluation Notes
<b>Visibility of System Status</b>	█ Progress bars and daily streaks clearly show activity tracking
<b>Match Between System and Real World</b>	█ Uses familiar fitness/wellness language (e.g., “Beginner Routine”, “Stretch Flow”)
<b>User Control and Freedom</b>	█ Users can pause or skip exercises, go back to previous screens easily
<b>Consistency and Standards</b>	█ Follows standard app conventions (e.g., tab navigation, icons, back arrows)
<b>Error Prevention</b>	↳ Routine mismatch possible (e.g., joint pain users selecting high-impact sessions)
<b>Recognition Rather Than Recall</b>	█ Last completed workout and reminders are shown prominently
<b>Flexibility and Efficiency</b>	█ Custom routines and quick start buttons improve repeat usability
<b>Aesthetic and Minimalist Design</b>	█ Calming color palette and minimal UI clutter support a focused wellness feel
<b>Help and Documentation</b>	↳ No built-in help or guidance for first-time users
<b>Recovery from Errors</b>	█ App provides clear feedback and suggests suitable options when routines fail