



Dashboard



Current HR 72 bpm



This Week


Total Exercise	50 min
Target Exercise	22min
Days	2 days



HR Range

Minimum HR	100 bpm
Maximum HR	120 bpm



- Added the full MAX logo – now the landing page
- Removed the min and max HR as they don't really add to the user experience
- Added the HR range
- Potential Additions
 - HR loading notification
 - If HR range is not set, can the HR Range have a notification that says "Click  to set" instead of being blank or having dashes

Settings

User

Features

Setting Target Heart Rate (HR) Range

Age

Maximum HR

Minimum HR

Setting Exercise Goal

Time in target

HR range

per week

Save User Settings



- Kept age in case we can build in the ability for the app to calculate the heart rate range directly
- Included setting exercise goal on page (to be used to create personalized weekly exercise reminders)

Settings

User

Features

Set weekly reminder for exercise

☒

Mon Tue Wed **Thu** Fri Sat Sun

Time

10:00a

Vibration Alert

☐

Save Features Settings



- Added a features settings page to the settings icon
- From here users can turn on weekly reminders or vibration alert
- Users can also set when they want their reminder to be



Exercise Session

70 bpm

Start Warm Up



- On clicking exercise page, should be tracking heart rate but no info regarding performance besides colour indicating range
- From here can click start warm up to initiate session
- Future: provide ability to set exercise time including warm up and cool down



Exercise Session

Warm-up Time: 1:59

100 bpm

Warm up those muscles
and slowly increase your
heart rate

Start Session

Start Cool Down



- For Warm up; timer should count down
 - For now, set to two minutes
- ? Start Session button in case user wants to skip warm up
- Can the text under the heart rate be different from when they're in the main exercise session? Or be a quick mask before the user starts?
- Can the color be different (lighter green) when they are in the warm up phase?



Exercise Session

Cool-down Time: 1:59

90 bpm

Slow down your pace to
slowly lower your heart
rate

Pause Session

End Session



- For cool down, timer should count down
 - For now, set to two minutes
- Can the text under the heart rate be different from when they're in the main exercise session? Or be a quick mask before the user starts?
- Can the colour (lighter green) be different when they're in the cool down phase?
- ?End Session button cuts cool-down short and leads to Session Summary Page; otherwise when cool-down is finished it should lead direction to Session Summary page



Session Summary

Date	5/Feb/2020
Warm Up Time	2:00
Cool Down Time	2:00
Total Exercise Time	24:00
Total Time Spent in Target Heart Range	10:02
Max Heart Rate	145 bpm
Minimum Heart Rate	65 bpm

Save Session



- Summarizes Exercise Session
- Save session button leads to exercise summary page



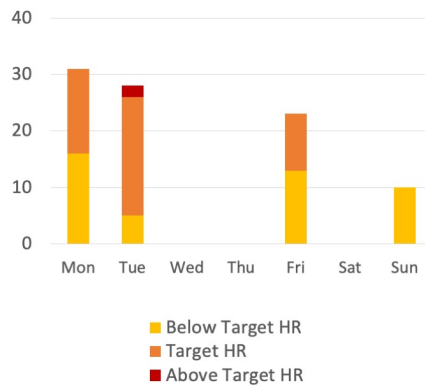
Exercise Summary

Log

Badges

Daily Weekly Monthly

Minutes in Heart Rate Zones



- Added Badges under Exercise Summary (previously Exercise log page/icon)



Exercise Summary

Log

Badges



Exercise Star

Exercised 3 days in a week
Earned 2 times



Exercise Medal

Exercised for 30 min in one session
Earned 1 time



Exercise Cup

Exercised for 60 min target HR range
In one week
Earned 1 time



- Badges provide additional motivation for users to see how well they're exercising
- Pre-set to
 - Exercising 3 days/week
 - Exercising for 30 minutes in one session (not including warm up and cool down)
 - Exercising for 60 minutes in target HR range in one week