SmartBite

Part 1: Problem statement

Identifying a need for this application

Over sixty-six percent of Australians are overweight and 1 in 2 Australians do not meet the recommended physical activity guidelines. Some reasons as to why people do not exercise include the lack of: comfort and convenience, knowledge, motivation, facilities and equipment. However, with the rapid increase of people using technology, applications that encourage physical activity and healthier eating could prove beneficial in promoting healthy living.

Existing applications such as My FitnessPal, Daily Burn, and HappyScale include insightful features to:

- Manage a food diary. The user is able to log in their food intake and calories, as well as receive a nutritional breakdown of each meal.
- Log physical activity. The user can enter in data on the type of exercise they performed alongside the duration.
- Set up meal reminders. Users are able to set up reminders that would notify them of when their next meal is.
- Suggest relevant workouts and recipes. The workouts can be sorted by type and different categories such as beginner, intermediate and advanced. The recipes can be sorted by time taken to prepare and dietary requirements such as vegan, vegetarian, gluten-free etc.
- Provide an overview of goals achieved and insightful predictions. The user is able to view a history of their goals achieved such as weight progression, and also receive predictions of how long it would take to achieve their next goal.

However, researchers have discovered that the majority of current applications have failed to engage and motivate users in the long term. Many users lost interest overtime, failed to stick to their fitness and diet routines and eventually gave up utilising the application. Additionally, due to principles such as anchoring and loss aversion, it has been shown that many users get discouraged to use a particular app when there is a price associated with its installation and usage over time. SmartBite aims to address these problems so our application is affordable, motivational and engaging to all users in their fitness and diet journeys.

Extended features of our application

Thus, SmartBite hopes to extend these features to:

1. Include a point system which encourages users to log data.
   Each user would be allocated points for inputting data such as a meal, amount of water and food consumed or daily weight. These points are then accumulated and displayed on the 'Leaderboard page'.

2. Display a community leaderboard of points so users are motivated to follow their regime.
   This feature is used to gamify the user's experience and to encourage them to frequently input and update their data. The community leaderboard will display the position of the user amongst all the users of SmartBite.

3. Allow users to exchange their points for rewards such as discounts at our partner businesses.
   Users can accumulate their points and later redeem points for incentives at our partner businesses. The rewards include discounts and vouchers to purchase meals, clothes, equipment etc, and can be used as a source of motivation for users to engage with the application.

4. Provide a community forum where users can post or answer questions.
   The forum can be utilised by users to post and answer questions, view tips and to interact with other users. The forum could allow users to feel a sense of community and togetherness, especially those that feel alone in their fitness and diet journey.

5. Show progression bars that display:
   - Daily water intake
   - Daily calorie intake
   - Weight management goals

   The progression bars are displayed to provide a general overview to the users of their current progress vs their customised goals. The visual representation would encourage the users to strive for their daily and long term goals.

6. Schedule meals ahead of time, and allow users to view them in their personalised calendar.
   Users can schedule all their meals ahead of time so they are more likely to adhere to their schedule. Additionally, users also get notifications reminding them to when to eat their meals or to drink water, hence allowing them to achieve their goals.

7. Provide all functionalities with no premium cost.
   All features of the application are provided with no extra costs for users as SmartBite's income is from partnerships. Our partner companies are displayed and advertised in the 'Rewards page' of the application.

Problem statement summary

In summary, the problem statements are as follows:

1. The majority of current applications incur premium costs or ongoing subscriptions for most features.
2. There are a few applications which enrich the user experience by providing motivation and incentives.
3. Many applications lack community and behavioural support for users.

Part 2: Identify and Describe User Stories

a) Features List

- Users can sign up
- Users can login
- Users can remain logged in
- Users can logout
- Users can reset password
- Main Menu Tab
- Water Progression Bottle
- Water Reminders
- Calorie Progression Apple
- Calorie Reminders
- Weight Progression Bar
- Meal Reminder
- Exercise Reminder
- Food Search Bar
- Recommended Exercises Tab
- Users can sort through exercises
- Recommended Recipes Tab
- Leaderboard
- Rewards
- Users can change their goal weight
- Users can update their current weight

- Users can update their height
- Users can change their age
- Users can view their BMI
- Users can view a food diary consisting of consumed food and planned food in a calendar format
- Users can select any future date in the calendar and plan a meal in advance
- Users can view posts in a community forum
- Users can create posts in the community forum
- Authors can edit their own posts in the community forum
- Authors can delete their own posts in the community forum
- Users can like posts in the community forum
- Users can dislike posts in the community forum
- Users can sort through posts in the community forum (popularity/recent)
- Users can find posts in the community forum through a search by title
- Users can find posts in the community forum through a search by author
- Users can follow other profiles to view the posts they have created
- Users can change their username
- Users can change their email
- Users can change their password
- Users can change their profile picture

b) User Stories and Requirements Analysis

Feature: Users can sign up

As a user,

So that I can create an account to use the functionalities of this website,

I want to sign up

Scenario: User wants to create an account on the website

Given that I have clicked on the link to this website,

Then I will be directed to a page that will ask me to either sign in or sign up.

When I fill in my name, email and password, agree to the terms and conditions and click the ‘Sign Up’ button,

Then I will be redirected to a page that asks for my age, height, gender, current weight and goal weight.

When I have filled out all the fields and click done,

Then I should be redirected to my profile page with all the given details stored and I am logged in.

Feature: Users can login

As a user,

So that I can assess my profile in order to store information about my diet and get regular updates on how my progression is going,

I want to login into my personal profile

Scenario: user has an account and would like to login to access their website

Given that I have clicked on the link to this website,

Then I will be directed to a page that will ask me to either sign in or sign up.

When I type in my email and password correctly in the appropriate fields and click ‘sign in’,

Then I will be redirected to my profile page

Feature: Users can remain logged in

As a user,

So that I can easily access my profile at any time without repeatedly logging in again,

I want to remain logged in.

Scenario: User has to go to another website, but would like to still access their profile without having to login

Given that I am already logged in

When I move to another window or close the current window,

Then if I reopen the webpage, I should still have access to my profile without needing to log in.

Feature: Users can logout

As a user,

So that I can ensure that I am able to maintain my privacy by preventing any individuals from gaining access to my details, progression and goals,

I want to be able to log out when I see fit.

Scenario: The user is logged in already and would like to leave the page completely by logging out

Given that I have logged on as a user on this website

When I click the logout button that is next to the setting button,

Then I should be redirected back to the page that I have initially visited when I clicked the website's link

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Feature: Users can reset password

As a user,

So that I can still access my profile when I do not remember the current password,

I want to reset my password.

Scenario: When a user is trying to login, but has forgotten the password

Given that I have clicked on the link to this website, and I have failed to login,

When I click the 'Forgot Password?' button,

Then I should be redirected to a new page that will ask for my personal email.

When I open the email sent to my email from this website and click the link,

Then I will be given instructions on what to do to reset my password

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Feature: Main Menu Tab

As a user,

So that I am able to access any page that I am interested in from the current page that I am on,

I want a main menu tab on the side with links to all the other pages of the website.

Scenario: User wants to go from home page to another page

Given that I am already logged in,

When I would like to go to another page,

Then I should locate this on the main menu tab displayed on the left hand side.

When I click on the appropriate tab,

Then I should be redirected to that page.

Feature: Water Progression Bottle

As a user,

So that I can keep track of how much water I have drank in order to reach my set goal in a fun and interactive manner,

I want a bottle shape icon that displays my water progression.

Scenario: User would like to input the amount of water they had throughout the day

Given that I have already inputted my water goals/requirement per day,

When I input how much water I drank at a given time,

Then the water bottle should appropriately increase such that it looks like the bottle is being filled up.

When the bottle is completely filled,

Then a pop-up will be displayed, showing that I have reached my goal

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Feature: Water Reminders

As a user,

So that I get reminded to input water intake, and thus be remind me to drink water periodically throughout the day,

I want a pop-up notification on my desktop reminding me to do so.

Scenario: User is logged in, but hasnt inputted any water intake

Given that I have already inputted my water goals/requirement per day,

When a certain time that the user has selected has gone by without any input of water taken,

Then a small pop-up message should appear on the desktop stating it is from this website and thus the user is being reminded to input their water intake through-out the day.

Feature: Calorie Progression Apple

As a user,

So that I can keep track of how much calories I have taken in order to reach my required goal in a fun and interactive manner,

I want a bar that displays my water progression.

Scenario: User would like to input the calories they have taken throughout the day

Given that I have already inputted my calorie goals/requirement per day,

When I input the food I have consumed at a given time,

Then the calorie progression bar should appropriately increase

When the bar is completely filled,

Then a pop-up will be displayed, showing that I have reached my goal

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Feature: Calorie Reminders

As a user,

So that I get reminded to input calorie intake periodically throughout the day,

I want a pop-up notification on my desktop reminding me to do so.

Scenario: User is logged in, but hasnt inputted any calorie intake

Given that I have already inputted my calorie goals/requirement per day,

When a period of time (adjustable by the user) passes without any new inputs of calories consumed,

Then a small pop-up message should appear on the desktop stating it is from this website and that the user is being reminded to input their calorie intake through-out the day.

Feature: Weight Progression Bar

As a user,

So that I can keep track of my weight in a fun and interactive manner,

I want to be able to input my current weight.

Scenario: User would like to input their weight in order to see how far they are from their goal and work towards it

Given that I have already inputted my weight goals,

When I go click on the profile icon in the top right

Then click the 'Edit Details' button,

And update my current weight,

Then the weight progression bar should appropriately increase

When the bar is completely filled,

Then the bar will show that the goal weight has been reached

Feature: Meal Reminder

As a user,

So that I can keep track of my planned meal in a fun and interactive manner,

I want to be able to plan my next meal.

Scenario: User would like to plan out a meal and be reminded that they have a specific meal to eat, in order to achieve their weight goal or a healthy diet

Given that I have already planned my next meal,

Then at the scheduled time of that meal, a pop-up will be displayed, showing that I have a meal planned for that time

When I want to complete my task of eating a planned meal,

Then I click on the on 'Complete Meal' button in the bottom right of the home page, which will complete the task and show up your next planned meal.

Feature: Exercise Reminder

As a user,

So that I can keep track of my planned exercise in a fun and interactive manner,

I want to be able to plan my next exercise.

Scenario: User would like plan out exercise routines and be reminded when they need to complete the exercise, in order to achieve their weight goal or a healthy lifestyle

Given that I have already planned my next exercise,

Then at the scheduled time of that exercise, a pop-up will be displayed, showing that I have an exercise planned for that time

When I want to complete my task of a planned exercise,

Then I click on the on 'Complete Exercise button in the middle-right of the home page, which will complete the task and show the next planned exercise.

Feature: Food Search Bar

As a user,

So that I am able to get more details and a nutritional breakdown of different types of foods,

I want a Food Search Bar.

Scenario: User would like to look at the different types of food and learn more about it

Given that I am already logged in,

When I click on the calorie counter tab,

Then I will be redirected to the 'Calorie Counter' page.

When I click on the search bar at the top of the page and search for a particular type of food,

Then I will be given a nutritional breakdown on that specific type of food.

When I click the 'Add To Food Diary" button,

Then this will be noted in my food diary, and my calorie intake will increase accordingly.

Feature: Recommended Exercises Tab

As a user,

So that I am able to get access to different types of exercises available and can easily update my daily list of calories burned,

I want a recommended exercise tab that will allow me to browse through and see what kinds of exercise I can do.

Scenario: User would like to look at the different exercises available and update their caloric progression accordingly

Given that I am already logged in,

When I click on the "Recommended Exercise and Recipes" tab on the side bar,

Then I would be redirected to this page with a list of exercises according to the type of exercise it is.

When I scroll through and click on a particular exercise,

Then I will be given a breakdown on the type of exercise it is, how much calories I will burn and how to properly do it.

When I click the "Complete" button,

Then this will direct me to a Youtube Video that shows how to do the particular exercise

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Feature: Users can sort through exercises

As a user,

So that I am able to find exercises relevant to me,

I want to filter through the different types of exercises available.

Scenario: Users would like to find exercise relevant to their weight management journey.

Given that I am already logged in,

When I click on the “Recommended Exercise and Recipes” tab on the side bar,

Then I would be redirected to a new page with a list of exercises according to the type of exercise it is.

When I click on the ‘Sort’ button, a drop down menu will appear showing different categories of exercises

And If I select a category

Then the page will offer only exercises of that category

Feature: Recommended Recipes Tab

As a user,

So that I am able to get access to a variety of healthy recipes,

I want an recommended recipes tab that will allow me to browse through options available

Scenario: User would like to look at different recipes available and follow it

Given that I am already logged in,

When I click on the “Recommended Exercise and Recipes” tab on the side bar,

Then I would be redirected to this page

When I click the ‘Recipes’ tab at the top of the page

Then I would be redirected to recommended recipe page

When I scroll through and click on a particular recipe,

Then I will be given a breakdown on ingredients, steps and time it takes to make it

When I decide what to make and click the “Add to Food Diary” button,

Then it will take me to the food-diary page and be ready for me to choose a date & time for the meal.

Feature: Leaderboard

As a user,

So that I am motivated to continually input daily intake and weight progression,

I want a gamified leader board that shows how well I am performing in respect to the other users of the website

Scenario: user would like to browse through the leaderboard to see how the users are doing

Given that I am already logged in,

When I click on the community tab on the side bar,

Then I would be redirected to the ‘Leaderboard’ page

When I select the ‘Leaderboard’ button

Then I would be redirected to this page which will display a leaderboard

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Feature: Rewards

As a user,

So that I am motivated to maintain a healthy lifestyle

I want a gamified system which allows me to exchange points for ‘real-life’ rewards

Scenario: user would like to exchange points earned for external rewards

Given that I am already logged in,

Then I click on the rewards tab on the side bar,

When I would be redirected to the ‘Rewards’ page

Then I click on a the redeem button next a reward

And I have enough points

Then I will now own the reward and my account will be updated to deduct the points that were spent.

Feature: Users can change their goal weight

As a user,

So that I can update my weight management objectives,

I want to change my goal weight.

Scenario: Users can change the weight they aim to progress towards

Given I am already logged in

When I click on the profile picture in the top right

Then I should be redirected to my profile page

When I click on the pencil icon

Then I should see the ‘Edit Details’ pop-up menu

When I enter a new number in the ‘Goal Weight’ field

And click ‘Done’

Then the goal weight displayed throughout the app will update

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Feature: Users can update their current weight

As a user,

So that I can keep track of my weight management progress,

I want to update my current weight.

Scenario: Users can update the ‘current weight’ measurement

Given I am already logged in

When I click on the profile picture in the top right

Then I should be redirected to my profile page

When I click on the pencil icon

Then I should see the ‘Edit Details’ pop-up menu

When I enter a new number in the ‘Current Weight’ field

And click ‘Done’

Then the current weight displayed throughout the app will update

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Feature: Users can update their height

As a user,

So that I can make sure the app has my accurate measurements,

I want to edit my height.

Scenario: User can change the ‘height’ measurement within the app

Given I am already logged in

When I click on the profile picture in the top right

Then I should be redirected to my profile page

When I click on the pencil icon

Then I should see the ‘Edit Details’ pop-up menu

When I enter a new number in the ‘Height’ field

And click ‘Done’

Then the height displayed throughout the app will update

Feature: Users can change their age

As a user,

So that I can resolve any mistakes made about my d.o.b. during the sign-up process,

I want to edit my date of birth.

Scenario: User can change the ‘age’ measurement within the app

Given I am already logged in

When I click on the profile picture in the top right

Then I should be redirected to my profile page

When I click on the pencil icon

Then I should see the ‘Edit Details’ pop-up menu

When I enter a valid birthday in the ‘Date of Birth’ field

And click ‘Done’

Then the age displayed throughout the app will update

Feature: Users can view their BMI

As a user

So that I can assess my current health

I want to view my BMI

Scenario: A user will be able to view their current BMI

Given I am already logged in

When I click on the ‘Calorie Counter’ tab

Then I will be redirected to the ‘Calorie Counter’ page

And If I fill out the ‘BMI Calculator’ with the relevant details

Then I should be presented with my BMI

Feature: Users can view a food diary consisting of consumed food in a calendar format

As a user,

So that I can keep track of my eating habits,

I want to view the contents of my diet on any day of my choosing.

Scenario: User can select any date in the past (on a calendar) and view the food consumed on that day

Given I am already logged in

When I click on the 'Food Diary' tab

Then I should be redirected to the 'Food Diary calendar'

When I select a past date

Then I will be able to view my diet for that specific date

Feature: Users can select any future date in the calendar and plan a meal in advance

As a user,

So that I can enforce better eating habits,

I want to pre-plan meals for future dates.

Scenario: User can select any date in the future (on a calendar) and plan a meal for that day

Given I am already logged in

When I click on the ‘Food Diary’ tab

Then I should be redirected to the ‘Food Diary calendar’

When I select a future date

And I select ‘Add Food’

Then I can add that item to a planned meal for that day

Feature: Users can view posts in a community forum

As a user,

So that I can get tips and encouragement on my weight management,

I want to view the posts of like-minded users.

Scenario: A user can view a list of community posts by other users

Given I am already logged in

When I click on the ‘Community’ tab

Then I should be redirected to the ‘Community’ page

And If I select the ‘Forum’ button

Then I can view a series of posts from users in the community

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Feature: Users can create posts in the community forum

As a user,

So that I can help others by spreading my knowledge and experiences,

I want to create and post my insights in a text format to a public platform.

Scenario: A user can create a post (consisting of text) and share it with other members of the community

Given I am already logged in

When I click on the 'Community' tab

Then I should be redirected to the 'Community' page

When I click on the 'Forum' button

And select the '+ Create Post' button

Then a pop-up should open

When I fill out the title, body and select 'Publish'

Then my post will have been created for the community to see

Feature: Authors can edit their own posts in the community forum

As an author,

So that I can rectify mistakes in my posts,

I want to edit posts I have created.

Scenario: User can modify the content of posts they have created

Given I am already logged in

When I click on the profile icon in the top right

Then I should be redirected to my profile page

When I select the ‘Posts’ button

And I click on the ‘Edit’ button on a post

Then a pop-up will open

And If I modify the contents of the pop-up and select ‘Done’

Then my post will have been edited

Feature: Authors can delete their own posts in the community forum

As an author,

So that I can remove my post from the public domain,

I want to delete a post I have previously created.

Scenario: User will delete a post they have previously created

Given I am already logged in

When I click on the profile icon in the top right

Then I should be redirected to my profile page

When I select the ‘Posts’ button

And I click on the ‘Delete’ button on a post

Then a pop-up will open

And If I select ‘Yes’

Then my post will be deleted

Feature: Users can like posts in the community forum

As a user,

So that I can show my appreciation for another post,

I want to leave a like on their post.

Scenario: A user will be able to leave a ‘like’ underneath each post

Given I am already logged in

When I click on the ‘Community’ tab

Then I should be redirected to the ‘Community’ page

When I click on the ‘Forum’ button

And I select the Thumbs-up icon

Then I can leave a like on the post

Feature: Users can dislike posts in the community forum

As a user,

So that I can show my dissatisfaction for another post,

I want to leave a dislike on their post.

Scenario: A user will be able to leave a ‘dislike’ underneath each post

Given I am already logged in

When I click on the ‘Community’ tab

Then I should be redirected to the ‘Community’ page

When I click on the ‘Forum’ button

And I select the Thumbs-down icon

Then I can leave a dislike on the post

Feature: Users can sort through posts in the community forum (popularity, recent)

As a user,

So that I can view different types of community posts,

I want to sort my community forum page with different criteria.

Scenario: A user will switch between sorting through popular and recent posts to get exposure to different posts

Given I am already logged in

When I click on the 'Community' tab

Then I should be redirected to the 'Community' page

When I click on the 'Forum' button

And I select the ('Recent'/'Popular') sorting option

Then the posts on my forum feed will be sorted in order of (newest to latest /most-liked to least-liked)

Feature: Users can find posts in the community forum through a search by title

As a user,

So that I can find community posts relevant to me,

I want to search blogs by their title.

Scenario: Users will find relevant blogs through a search bar

Given I am already logged in

When I click on the ‘Community’ tab

Then I should be redirected to the ‘Community’ page

When I click on the ‘Forum’ button

Then I fill out the search bar

And I click ‘Enter’

Then I am presented with posts which have the searched word in the title

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Feature: Users can find posts in the community forum through a search by author

As a user,

So that I can find posts from a specific author,

I want to search for blogs by their author.

Scenario: Users will find relevant blogs through a search bar

Given I am already logged in

When I click on the ‘Community’ tab

Then I should be redirected to the ‘Community’ page

When I click on the ‘Forum’ button

Then I fill out the search bar

And I click ‘Enter’

Then I am presented with authors who have the searched word in their name

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Feature: Users can follow other profiles to view the posts they have created

As a user,

So that I can keep up to date with my favourite authors,

I want to follow their profile.

Scenario: Users will be able to view the page of an author and see their other posts

Given I am already logged in

When I select the ‘Community’ tab

Then I should be redirected to the ‘Community’ tab

When I select a user other than myself

Then I will be redirected to their profile

And if I select the ‘Follow’ button

Then the user will be added to my ‘Following’ list

Feature: Users can change their username

As a user,

So that I can change my online identity,

I want to edit my current username.

Scenario: User will be able to edit their username

Given I am already logged in

When I click on the settings icon,

Then the setting bar will expand to show all the options available.

When I click “Change Username”,

Then I will be redirected to a new page.

When I fill my new username twice and they both match,

Then this should update my current username with the recently updated one and I would be prompted with a message notifying me that this has occurred successfully

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Feature: Users can change email

As a user,

So that I am able to update my personal email that is saved in the database with the email that I desire,

I want to be able to reset my email.

Scenario: User's current personal email has changed, so they would like to use that one instead of the one they had initially used to register into our website

Given that I am already logged in,

When I click on the settings icon,

Then the setting bar will expand to show all the options available.

When I click "Change Email",

Then I will be redirected to a new page.

When I fill my new email twice and they both match,

Then this should update my current email with the recently updated one and I would be prompted with a message notifying me that this has occurred successfully

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Feature: Users can change their password

As a user,

So that I can keep my account accessible and secure,

I want to change my password.

Scenario: User will change their password

Given I am already logged in

When I click on the settings icon,

Then the setting bar will expand to show all the options available.

When I scroll down and click “Change Password”,

Then I will be redirected to a new page.

When I fill my new password twice and they both match,

Then this should update my current password and I would be prompted with a message notifying me that this has occurred successfully

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Feature: Users can change their profile pictures

As a user,

So that I can customise my online identity,

I want to change my profile picture.

Scenario: User will upload and set a new profile picture

Given I am already logged in

When I click on the settings icon,

Then the setting bar will expand to show all the options available.

When I scroll down and click “Change Profile Picture”,

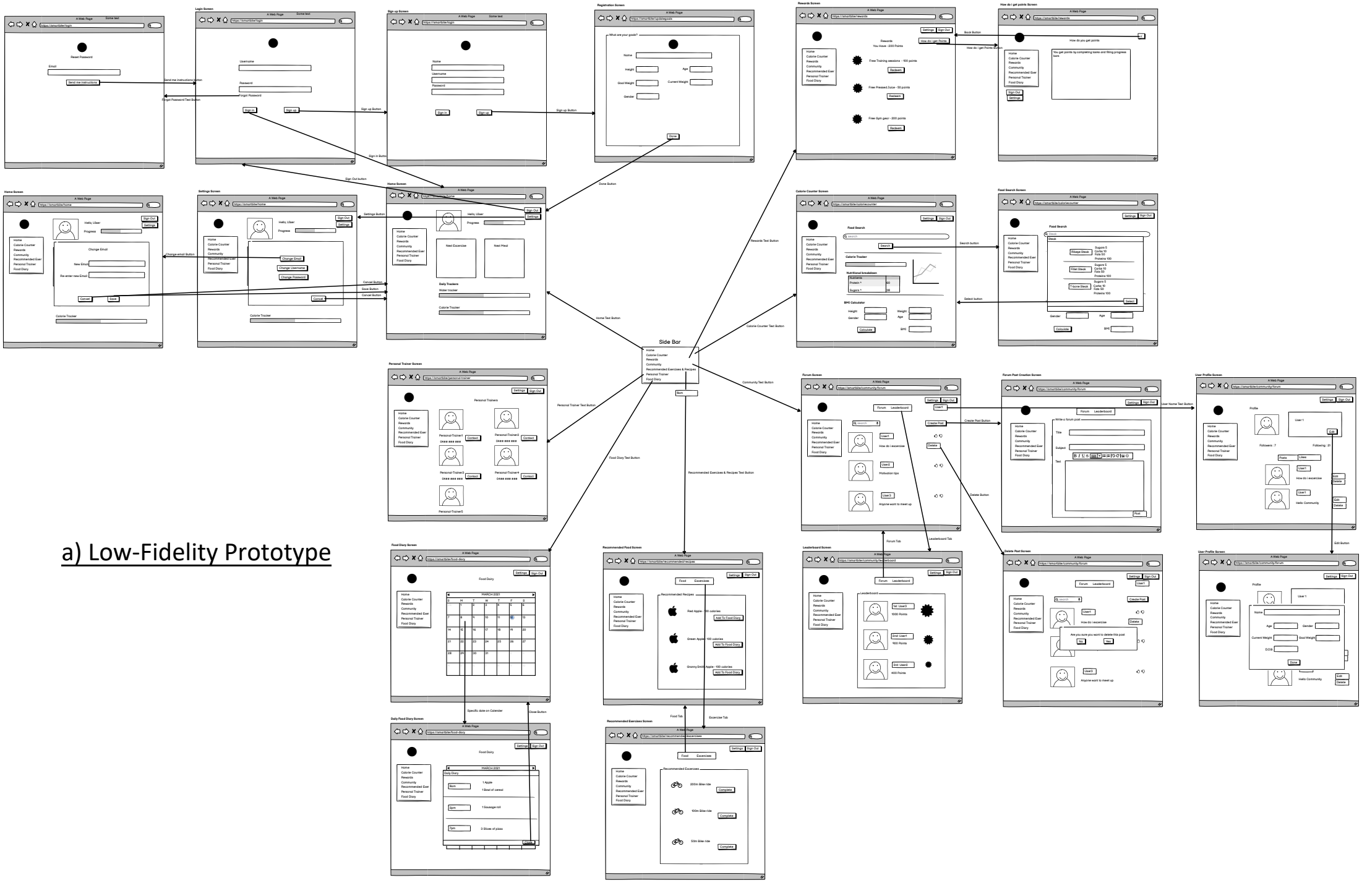
Then I will be redirected to a new page.

When I upload a new image

And I click save

Then I will have a new profile picture

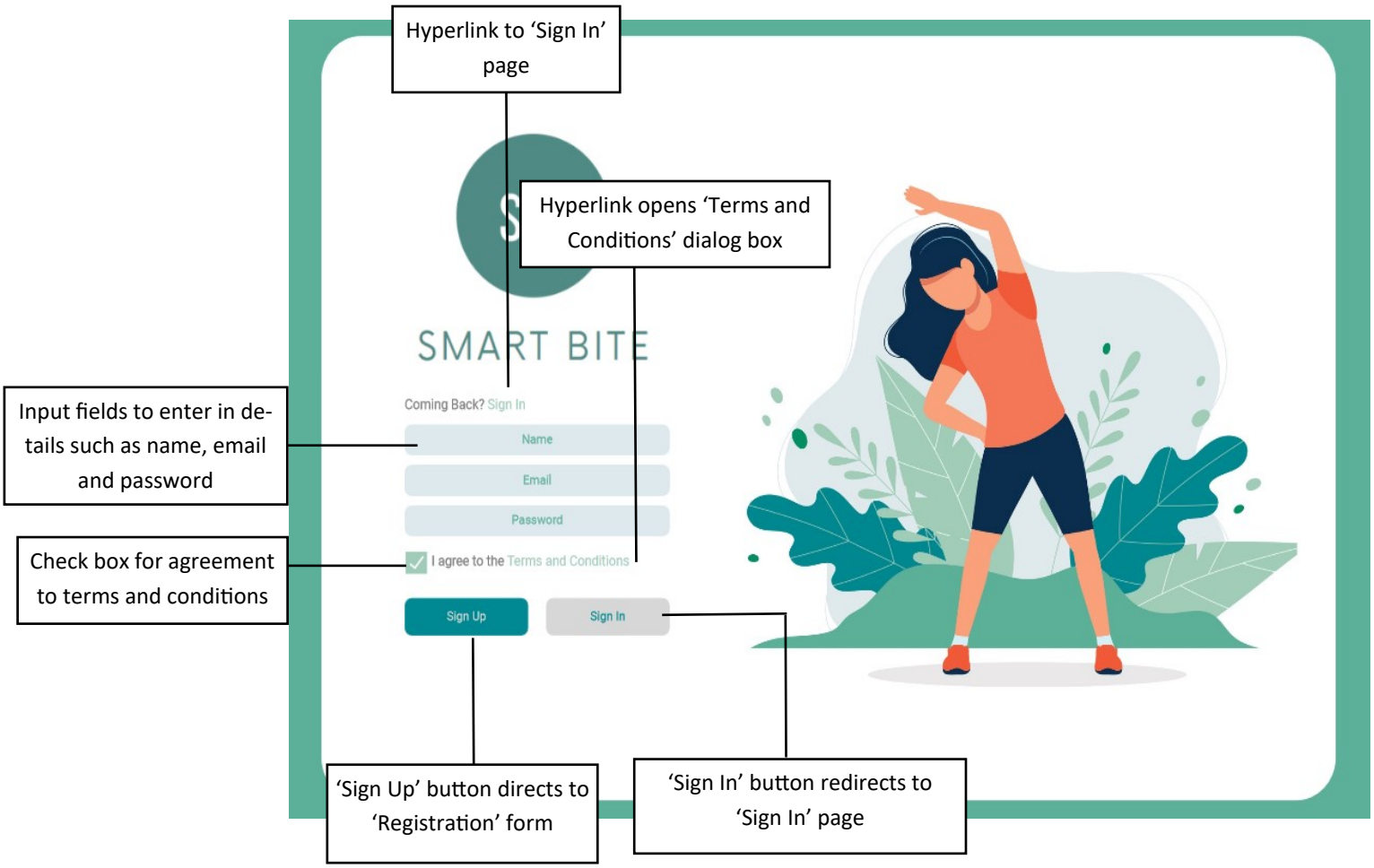
Part 3: Prototypes



a) Low-Fidelity Prototype

b) High-Fidelity Prototype

1. Sign Up Page



S•B

SMART BITE

Coming Back? Sign In

Name

Email

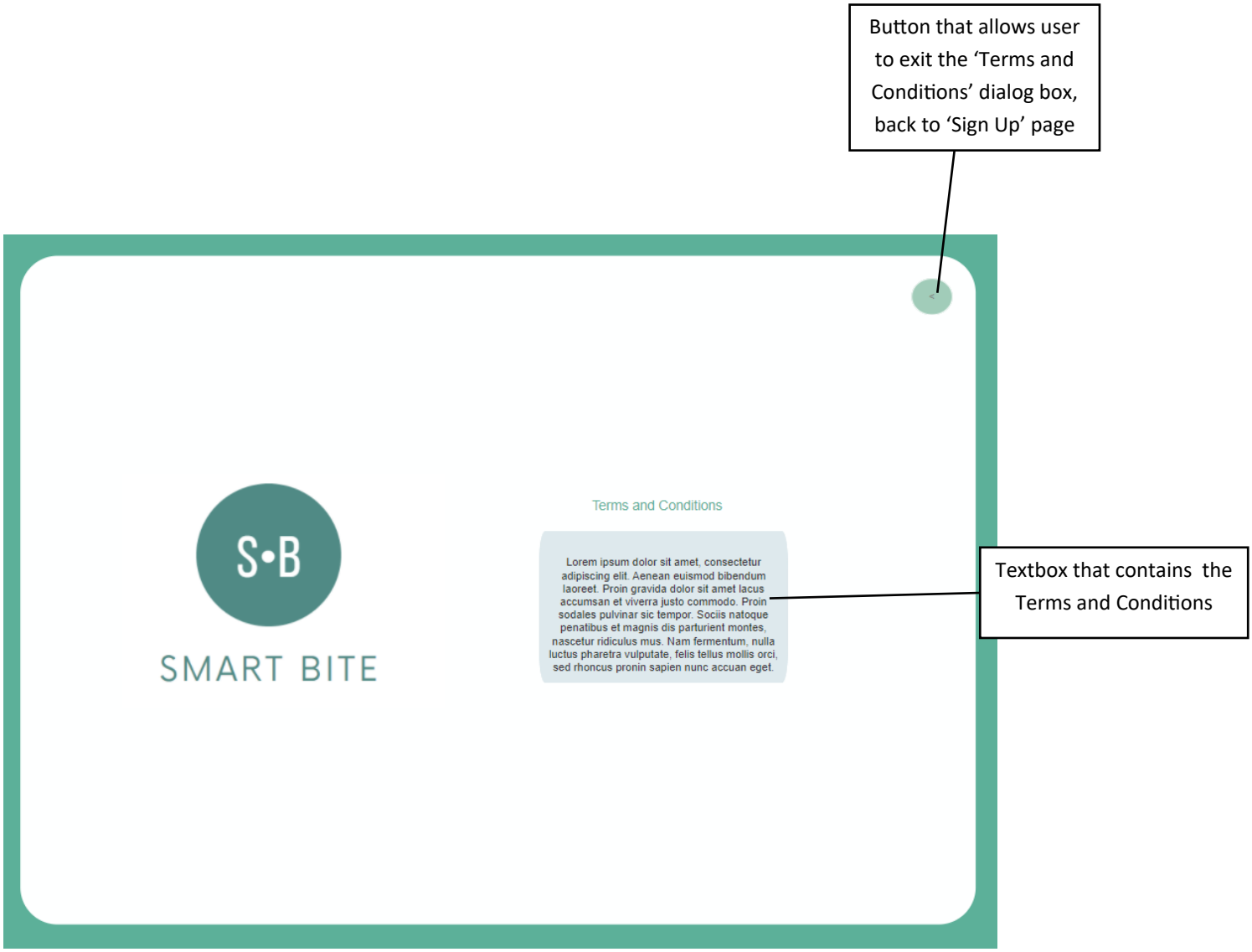
Password

I agree to the Terms and Conditions

Sign Up

Sign In

1a. Terms and Conditions



SMART BITE

Terms and Conditions

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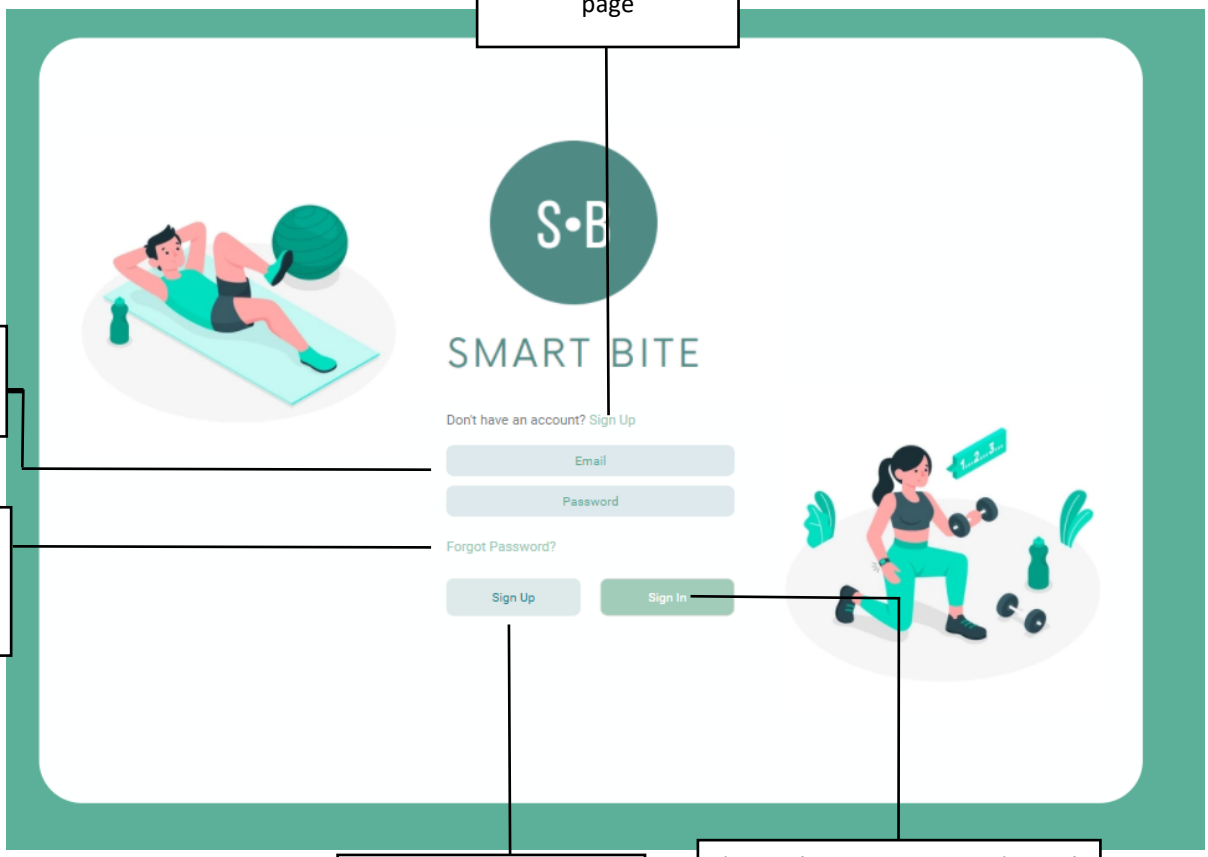
2. Sign In Page



S•B

SMART BITE

Don't have an account? Sign Up

Email

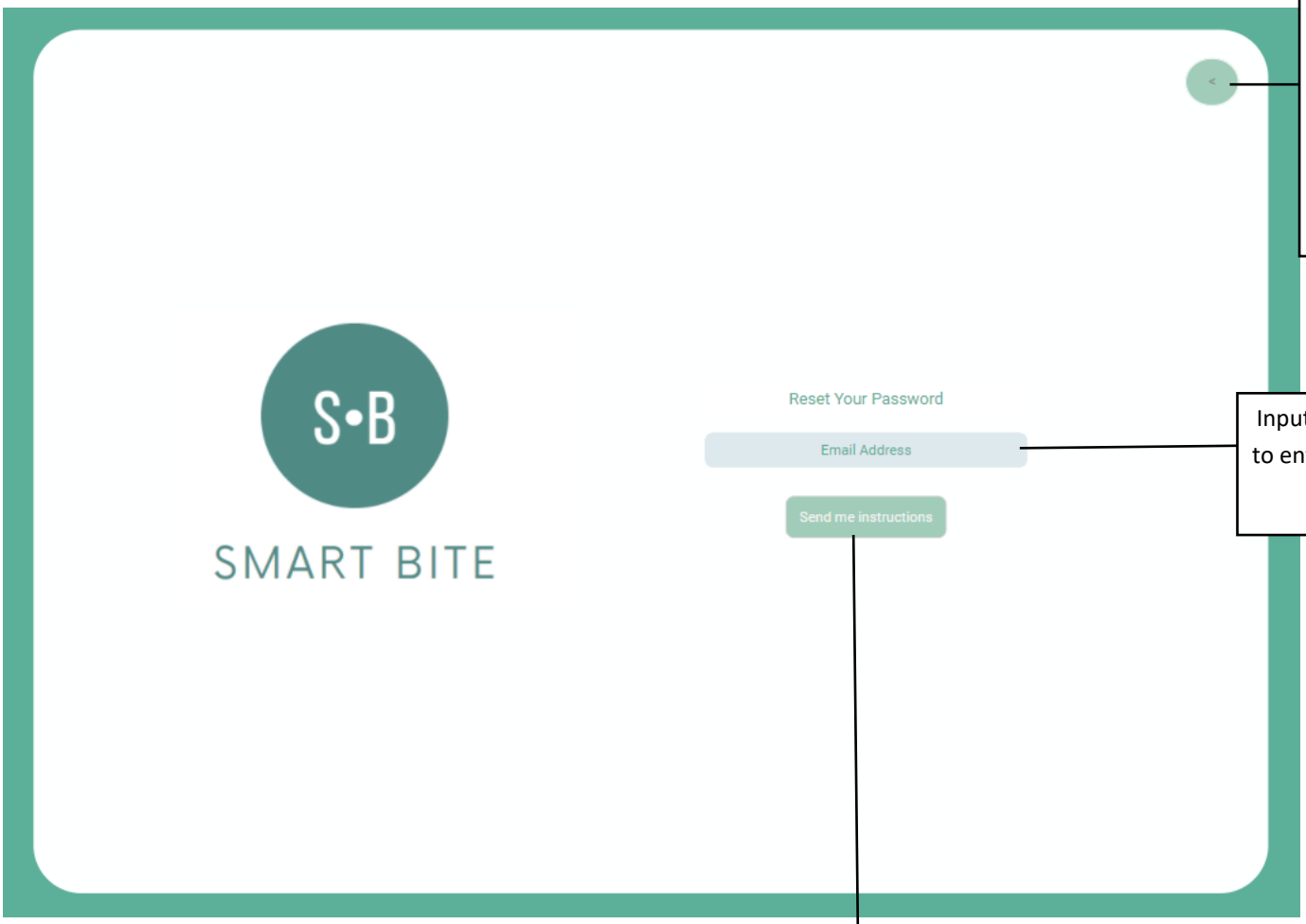
Password

Forgot Password?

Sign Up

Sign In

2a. Forgot Password



Button that allows user to exit the 'Forgot Password' dialog box back to 'Sign In' page

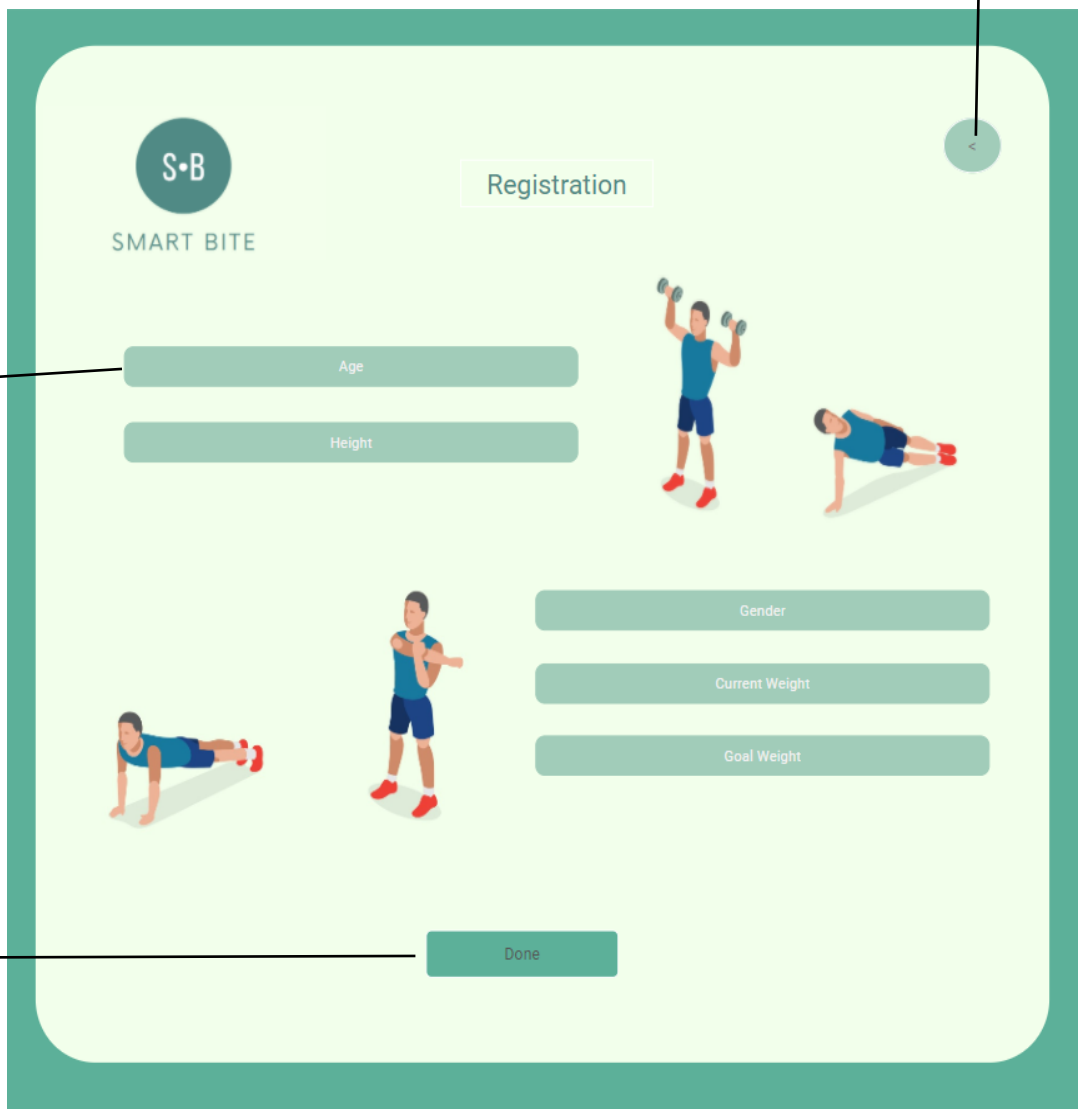
Input field for user to enter their email address

Button that emails users instructions on how to reset their password given their email address is valid

S•B
SMART BITE
Reset Your Password
Email Address
Send me instructions

2b. Registration form

Button that allows user to exit the registration form back to the 'Home' page



Input fields to enter in details such as age, height, gender and weight

'Done' button that redirects user to 'Home' page

S•B

SMART BITE

Registration

<

Age

Height

Gender

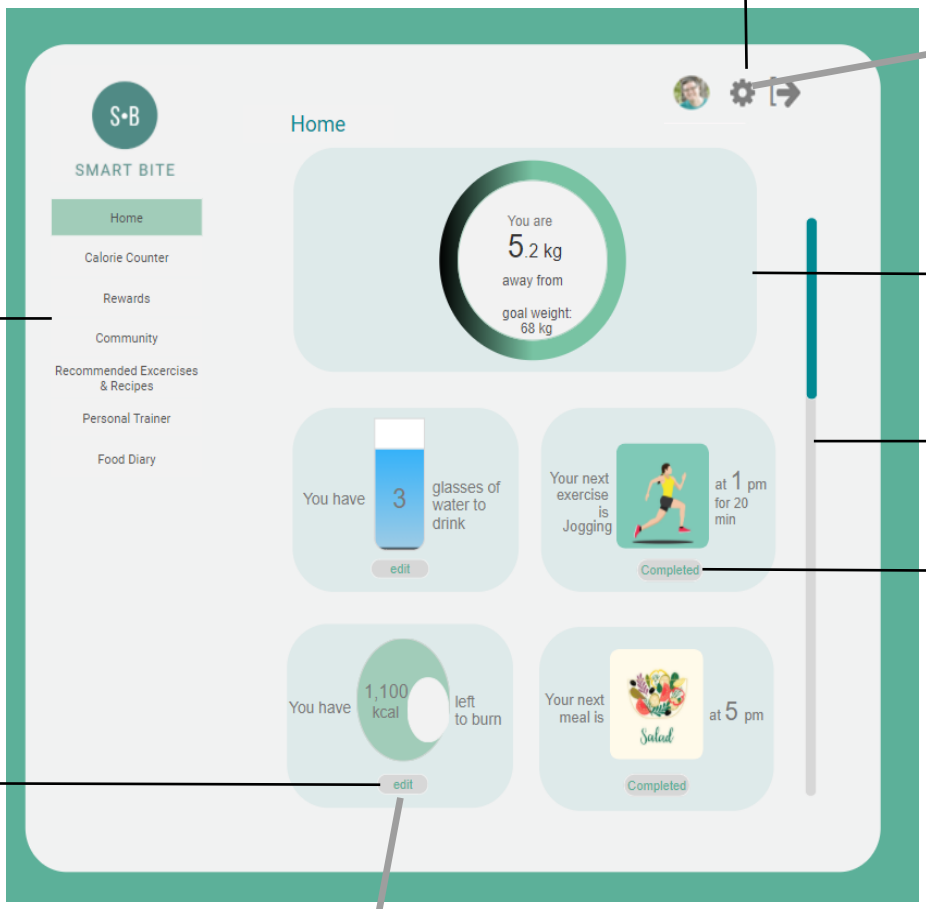
Current Weight

Goal Weight

Done

3. Home Page

In the top right hand corner of every page, the profile picture of the user, a settings button and exit button are displayed. The exit button redirects users to the 'Sign In' page. If the user clicks on the profile picture, they get redirected to their profile page



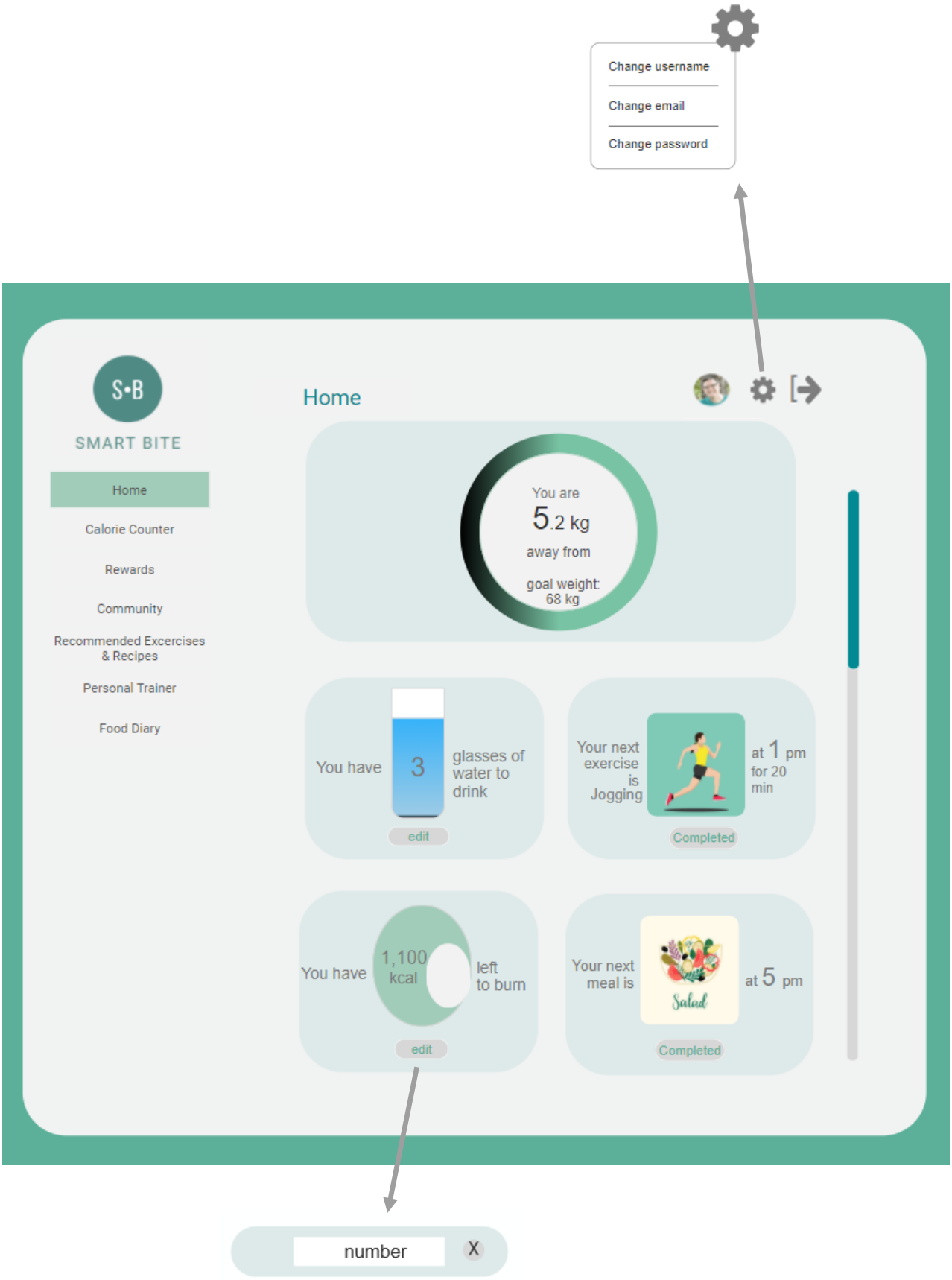
Side panel contains buttons that direct to the different features of the application. The current page is highlighted in green. This panel can be seen from all of the pages of the application

This panel displays the weight progression of the user

Scroll bar for navigation

If users do not click the 'Completed' button before the scheduled time, they will receive a notification to remind them to complete the task

The 'Edit' button allows users to manually enter in the amount of water/calories consumed


Change username
Change email
Change password
S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Home
You are
5.2 kg
away from
goal weight:
68 kg
You have
3
glasses of water to drink
edit
Your next exercise is Jogging
at 1 pm for 20 min
Completed
You have
1,100 kcal
left to burn
edit
Your next meal is
Salad
at 5 pm
Completed
number
X

4. Calorie Counter Page

Input field for users to enter in a food

'Search' button opens a 'Food Search' dialog box

This panel displays the calories consumed by the user alongside a nutritional breakdown

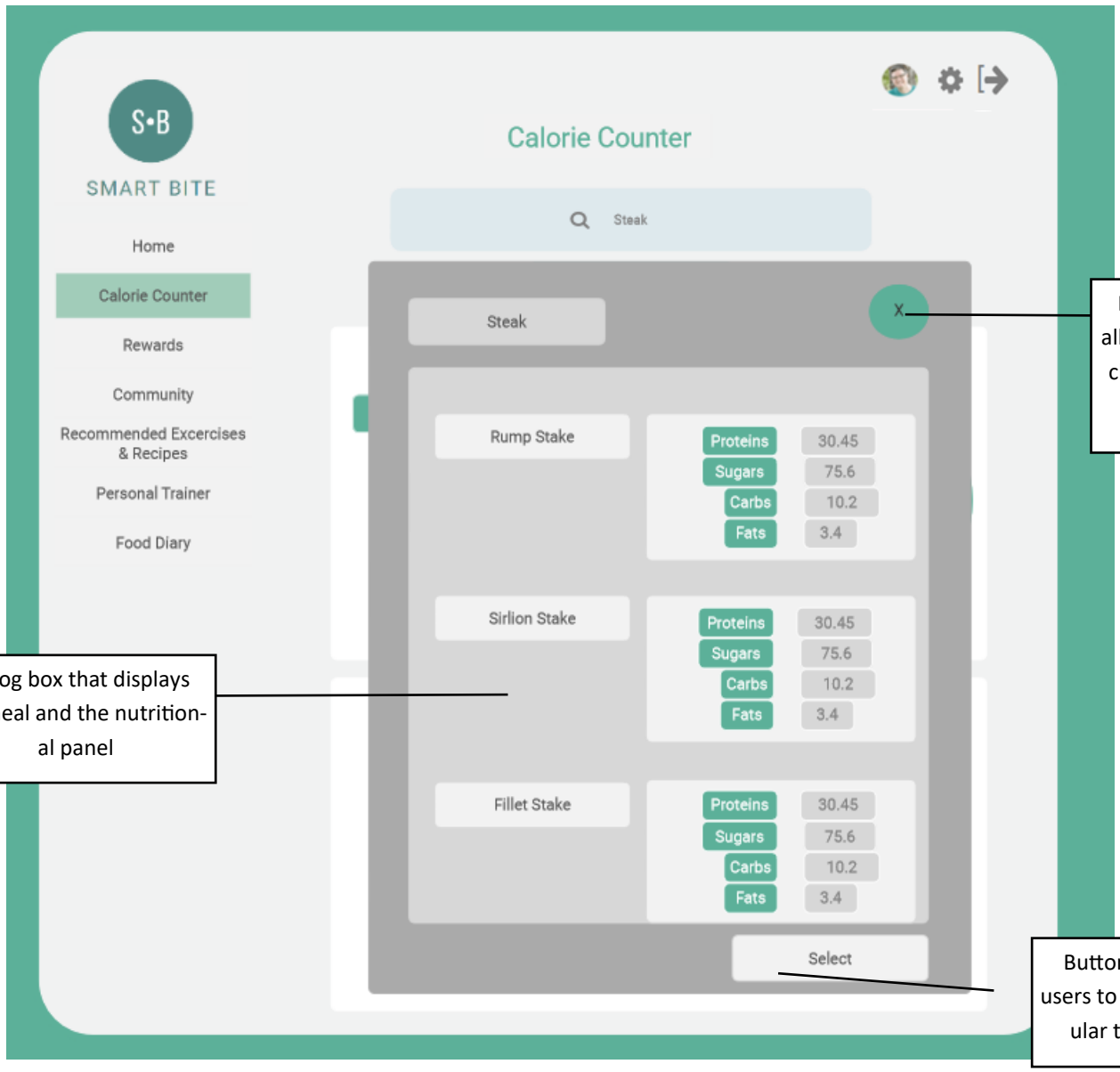
Input fields for users to enter in height, age, gender and weight

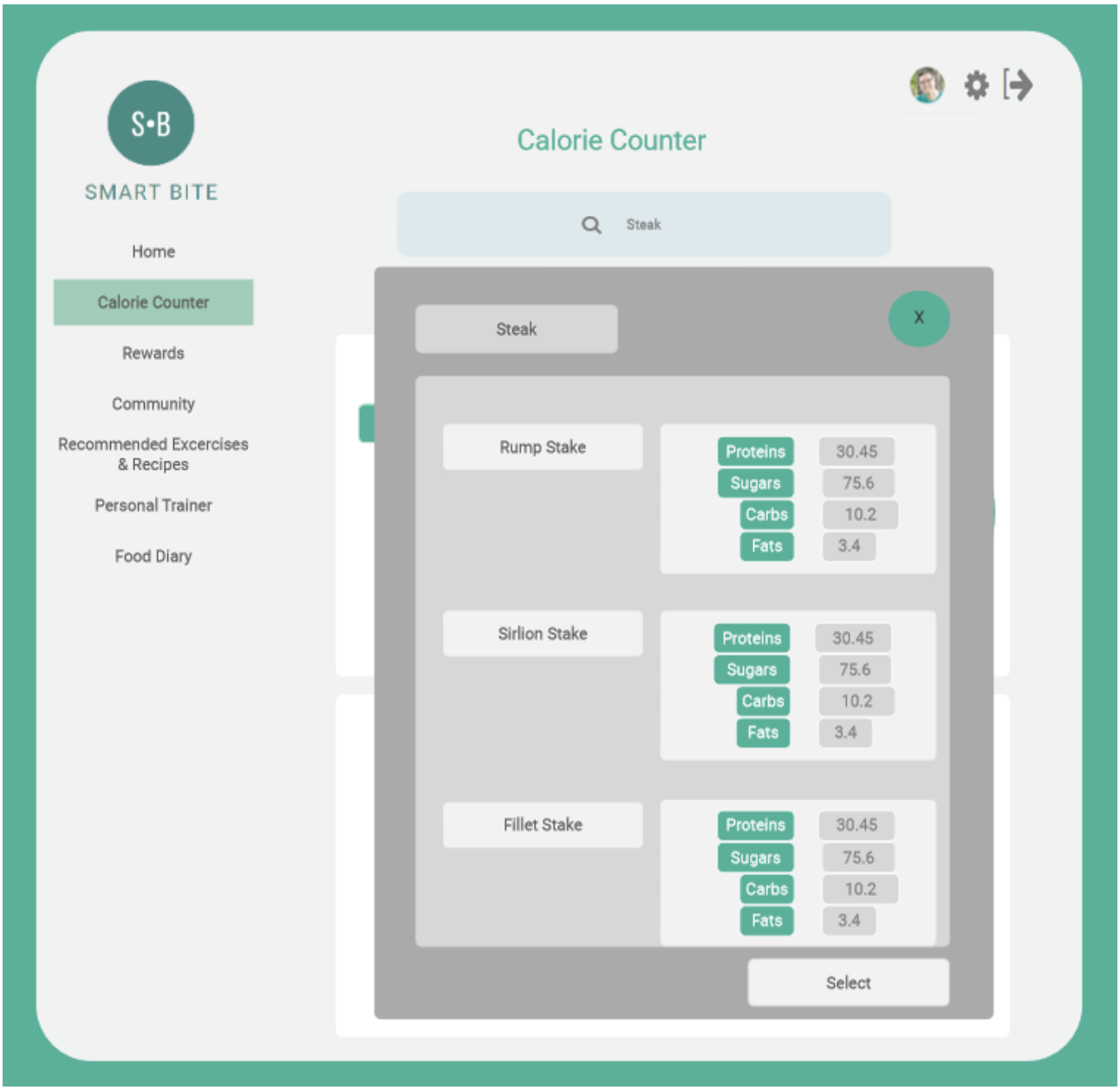
When the 'Calculate' button is clicked, the BMI is displayed in the grey box

The calculated BMI is displayed here

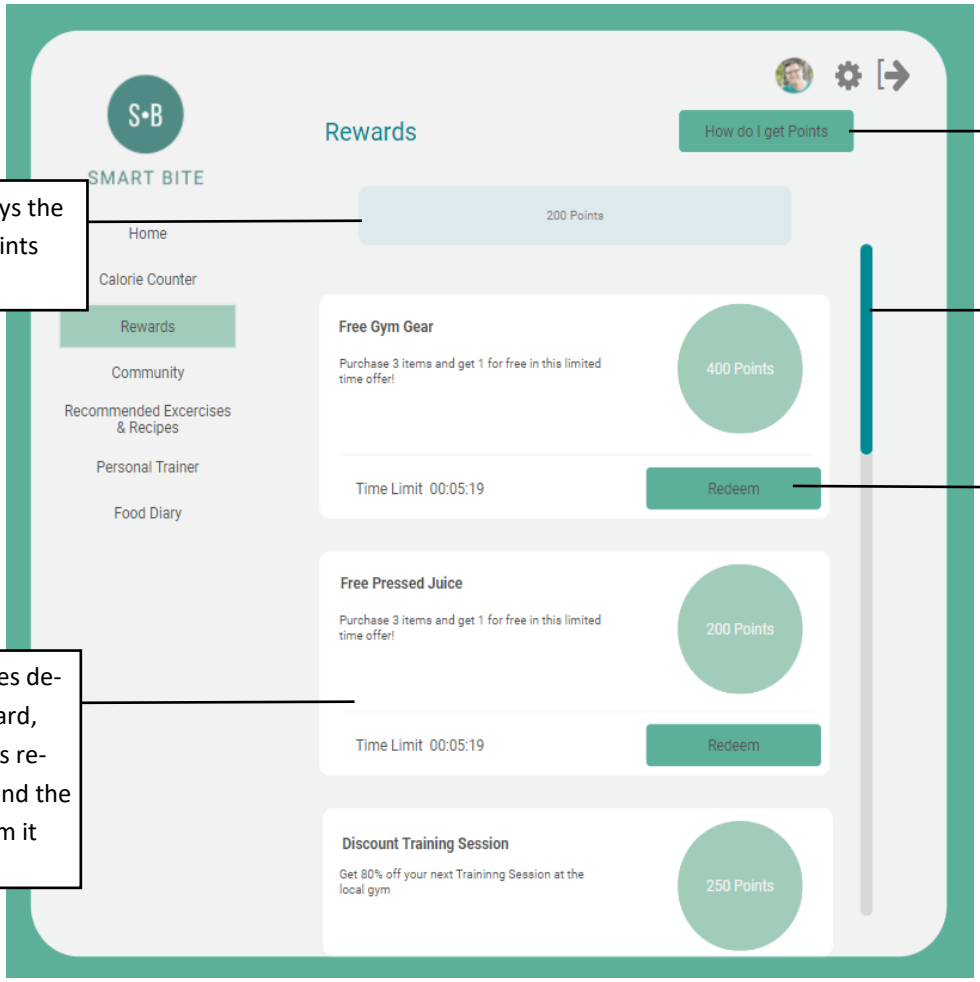
S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Calorie Counter
Food Search
Search
Todays Calories
Remaining Calories
350
Nutritional Breakdown
Sugars
75.6
Carbs
10.2
Proteins
30.45
Fats
3.4
1150 Calories Consumed
BMI Calculator
Height
Gender
Age
Weight
Calculate

4a. Food Search




S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Calorie Counter
Steak
Steak
X
Rump Stake
Proteins 30.45
Sugars 75.6
Carbs 10.2
Fats 3.4
Sirlion Stake
Proteins 30.45
Sugars 75.6
Carbs 10.2
Fats 3.4
Fillet Stake
Proteins 30.45
Sugars 75.6
Carbs 10.2
Fats 3.4
Select

5. Rewards Page



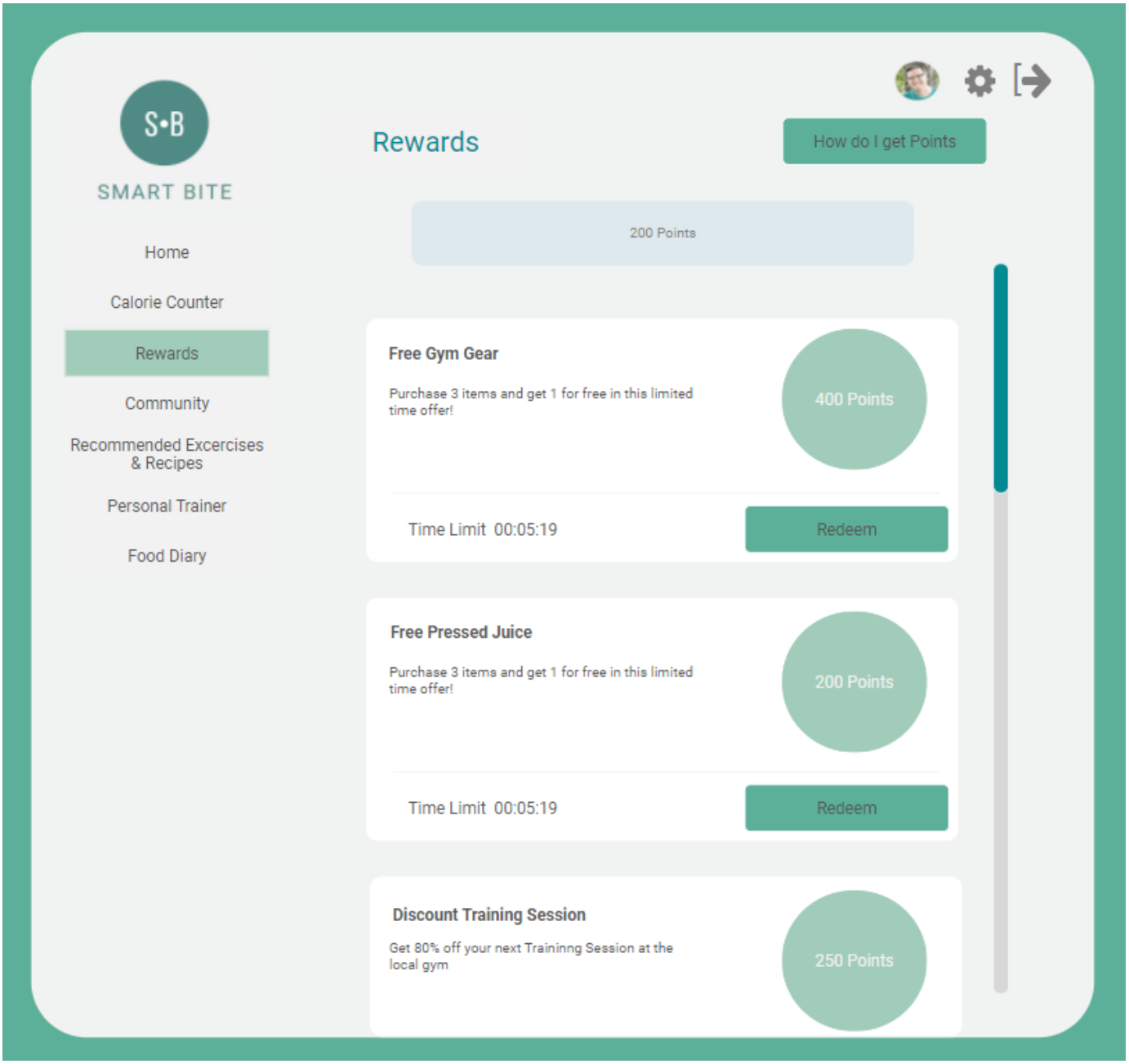
Panel that displays the user's total points

When this button is clicked, it opens the "How do I get points" information box

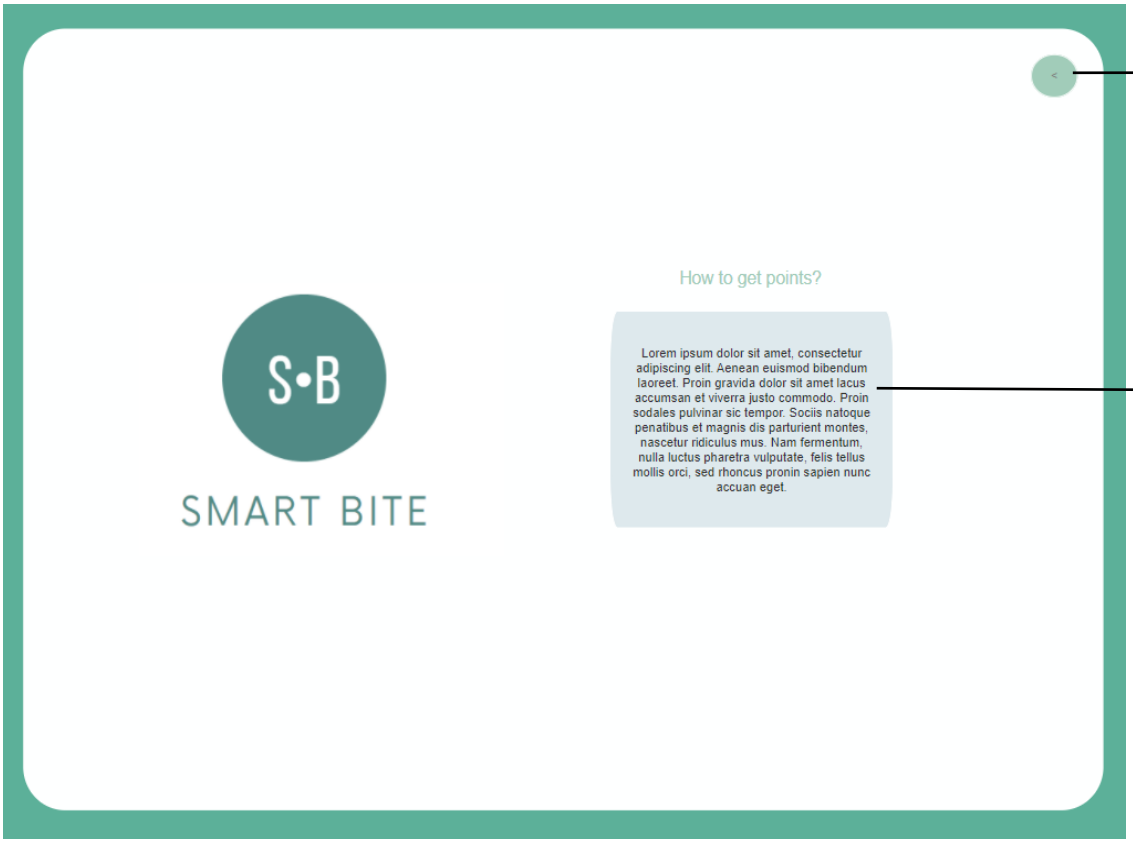
Scroll bar for navigation

When users click the 'Redeem' button, further details are sent to their email. The points spent are deducted from their total points

Each panel includes details of the reward, amount of points required to claim it and the time left to claim it


S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Rewards
How do I get Points
200 Points
Free Gym Gear
Purchase 3 items and get 1 for free in this limited time offer!
400 Points
Time Limit 00:05:19
Redeem
Free Pressed Juice
Purchase 3 items and get 1 for free in this limited time offer!
200 Points
Time Limit 00:05:19
Redeem
Discount Training Session
Get 80% off your next Traininng Session at the local gym
250 Points

5a. Rewards Details



Button that allows user to exit the 'How do I get points' dialog box, back to 'Rewards' page

Textbox that contains details about accumulating points

S•B
SMART BITE
How to get points?
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6. Community Page—Leader board

Drop down menus which allow the user to select the filters for the leaderboard.
Left: worldwide, country and friends
Right: all-time, yearly, monthly and weekly

Slider to switch between the 'Forum' and 'Leaderboard' pages

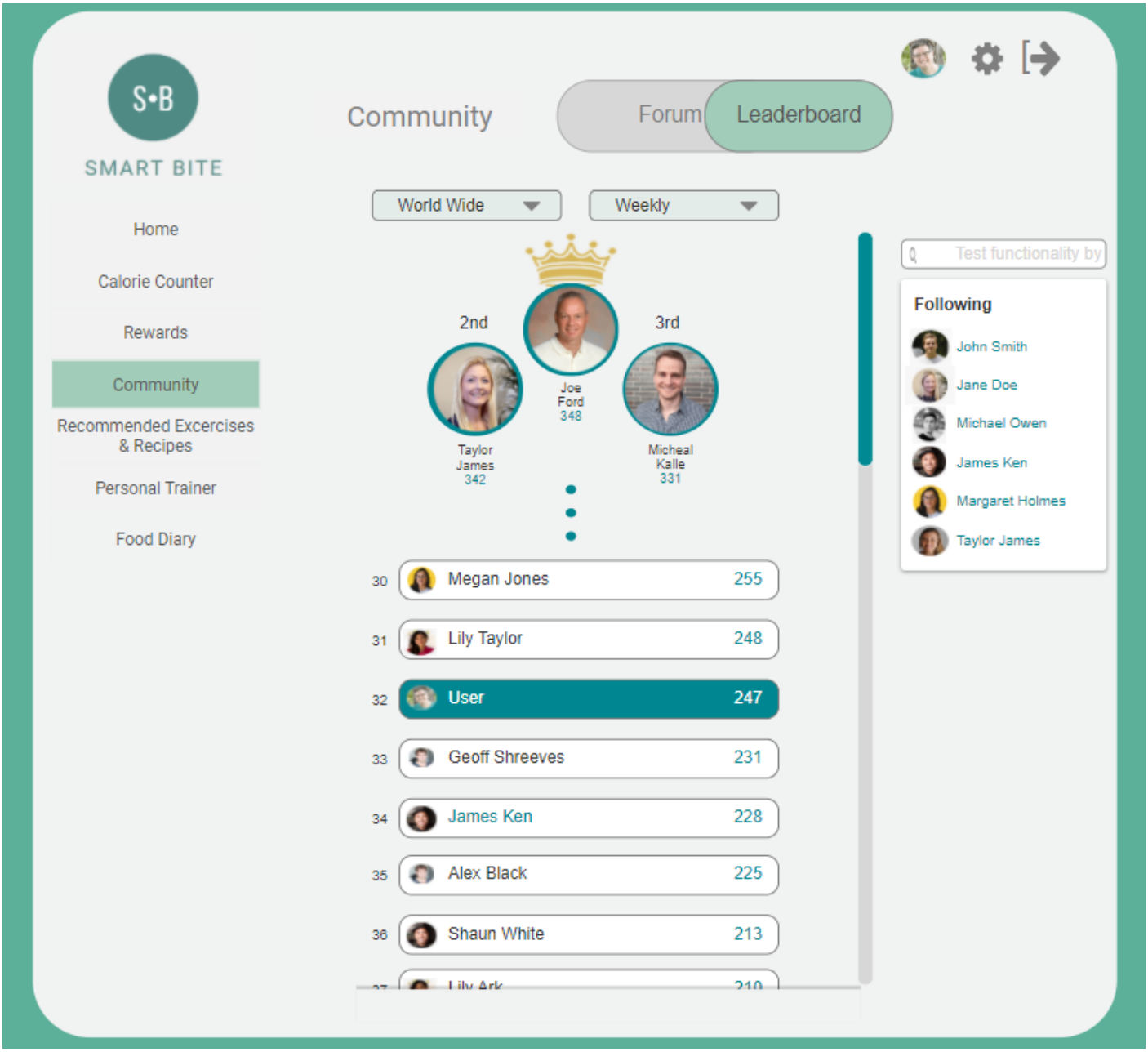
Search bar to find other users. Results will return a list of names. Each name is a link to a profile page

List of profiles followed by the user. Clicking on a name will redirect the user to a profile page

Scroll bar for navigation

Users in the leaderboard are presented as:
Rank—Profile Picture; Full name—Points total

The current user is displayed in a coloured bubble, friends are displayed in a coloured text


S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Community
Forum
Leaderboard
World Wide
Weekly
2nd
3rd
Joe Ford 348
Taylor James 342
Micheal Kalle 331
30 Megan Jones 255
31 Lily Taylor 248
32 User 247
33 Geoff Shreeves 231
34 James Ken 228
35 Alex Black 225
36 Shaun White 213
Test functionality by
Following
John Smith
Jane Doe
Michael Owen
James Ken
Margaret Holmes
Taylor James

6a. Community Page—Forums

Drop down menu which allows the user to sort their forum feed based on 'Recent' & 'Popular' posts

Search bar asks users for text input and returns posts, containing the word in either the author's name or the post's title

Button which allows users to create a post by redirecting to the pop-up shown below

This is an example of author permissions on a post. Authors are able to edit and delete their own post, The edit button will lead to a prompt similar to the '+ Create Post' button

Like/Dislike buttons to allow users to show their satisfaction/ dissatisfaction with a post

S•B
SMART BITE
Community
Forum
aderboard
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Recent
Test functionality by typing 'new'
+ Create Post
Test functionality by
Following
John Smith
Jane Doe
Michael Owen
James Ken
Margaret Holmes
Taylor James
Lorem ipsum dolor sit amet, consectetur adipiscing
Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor Lorem ipsum dolor sit amet, consecte Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor sit amet, consectetur adipiscing
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Created by John Smith 3 hrs ago 4
Lorem ipsum dolor sit amet, consectetur adipiscing
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Created by Lucy Rick 1 day ago 4
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6b. Community Page—Forums—Posts

Simple text fields in the pop-up prompt the user to fill out a title and body separately

The user is able to go back to the forum page by pressing 'Cancel'

Once there is input in the text fields, the user can press 'Publish' to create the post

S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercise & Recipes
Personal Trainer
Food Diary
Community
Forum
aderboard
Recent
Test functionality by typing 'new'
+ Create Post
Test functionality by
Following
John Smith
Jane Doe
Michael Owen
James Ken
Margaret Holmes
Taylor James
Lorem ipsum dolor sit amet, consectetur adipiscing
Title
Create your post...
Cancel
Publish
Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor Lorem ipsum dolor sit amet, consecte
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Created by Mark Chalers
13 hrs ago
4
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Created by Lucy Rick
1 day ago
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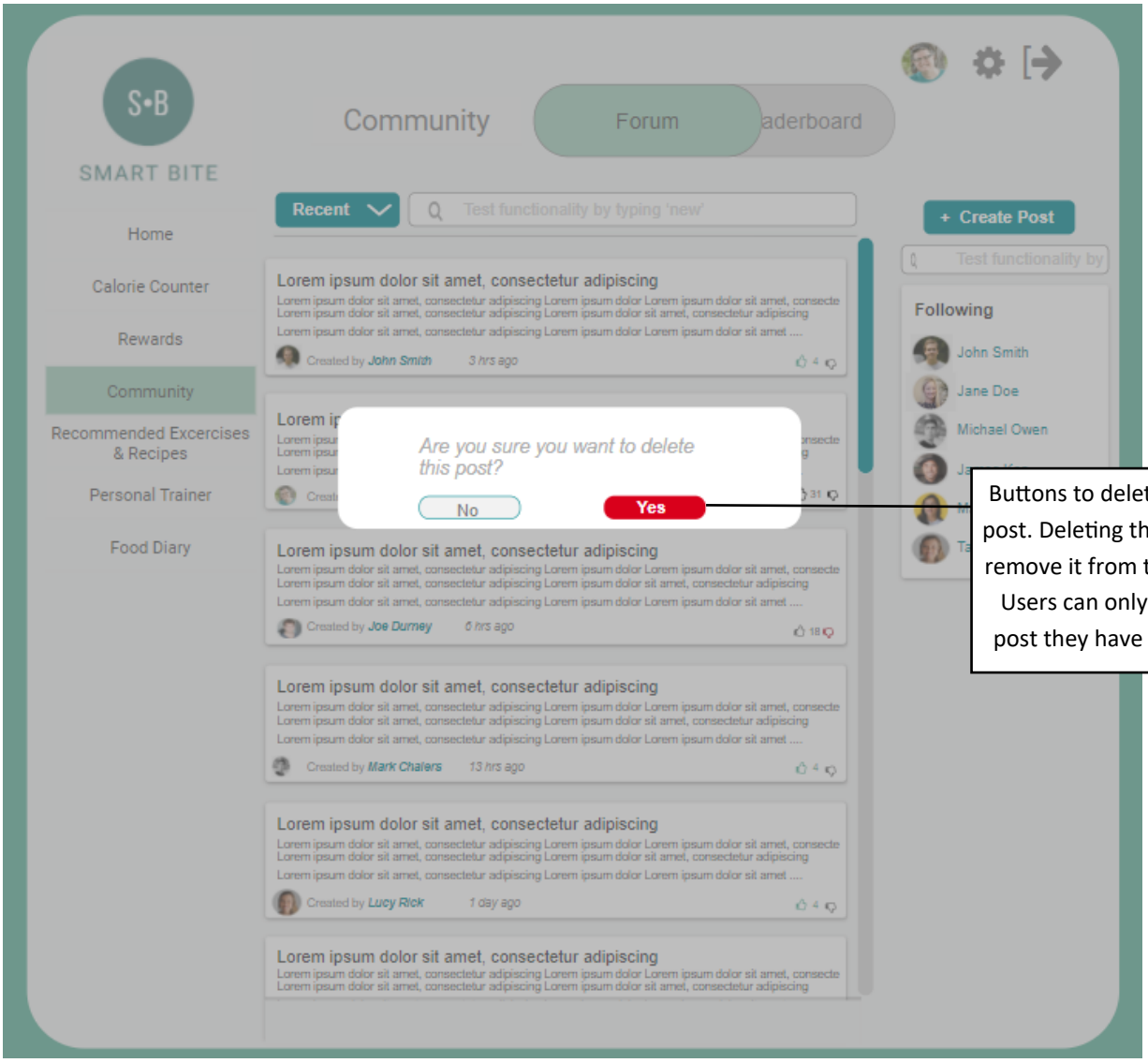
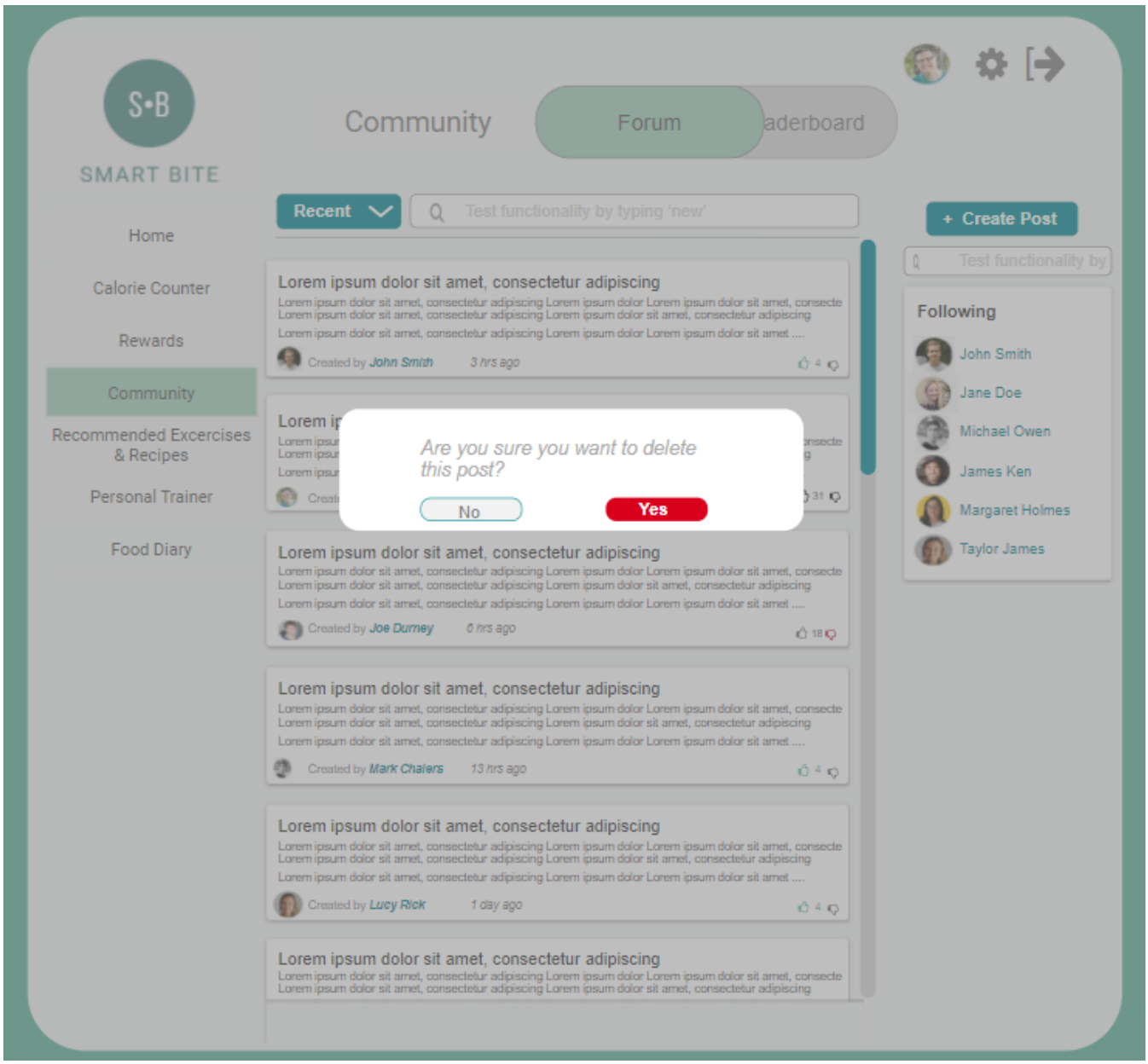
6c. Community Page—Forums—Deleting a Post




S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Community
Forum
aderboard
Recent
Test functionality by typing 'new'
+ Create Post
Test functionality by
Following
John Smith
Jane Doe
Michael Owen
James Ken
Margaret Holmes
Taylor James
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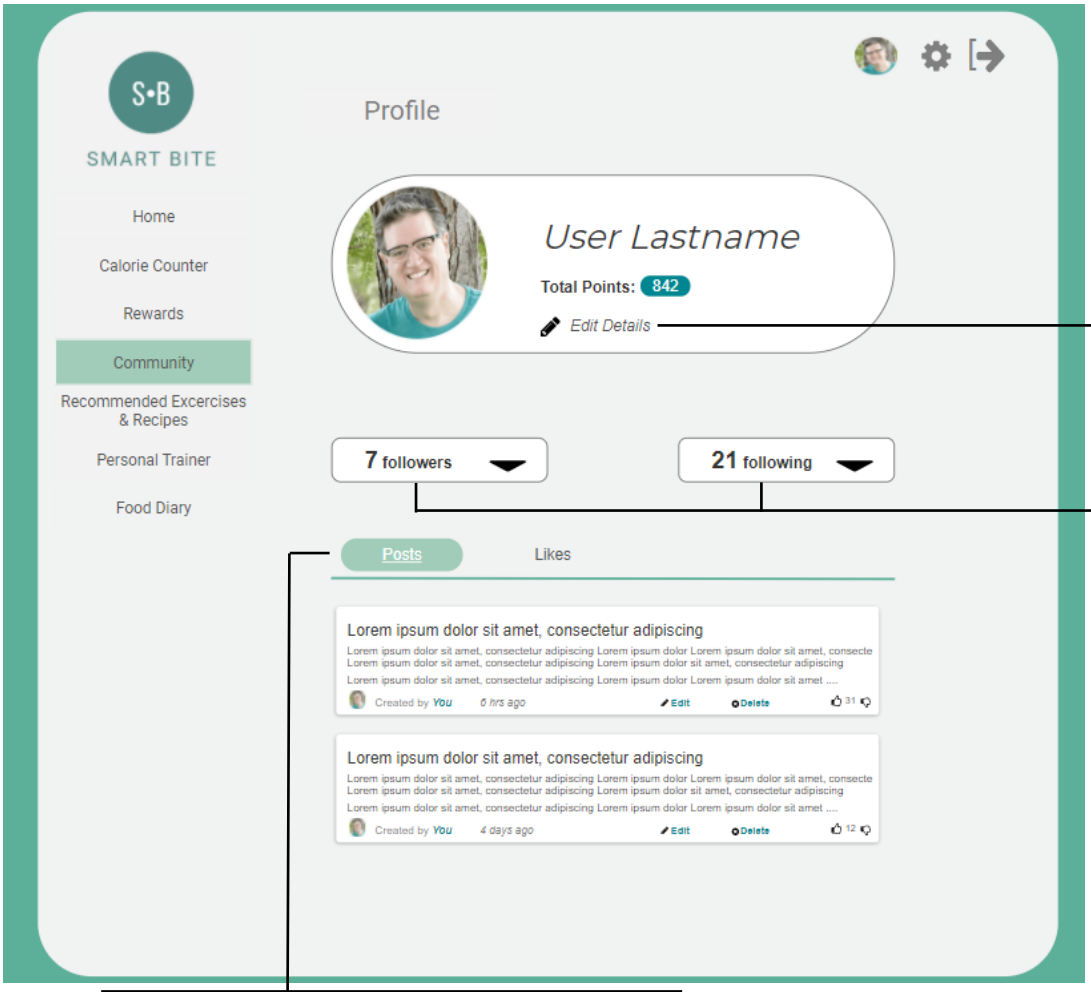
Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor Lorem ipsum dolor sit amet ....
Created by John Smith 3 hrs ago 4
Are you sure you want to delete this post?
No
Yes
Created by Joe Durney 6 hrs ago 18
Created by Mark Chalers 13 hrs ago 4
Created by Lucy Rick 1 day ago 4

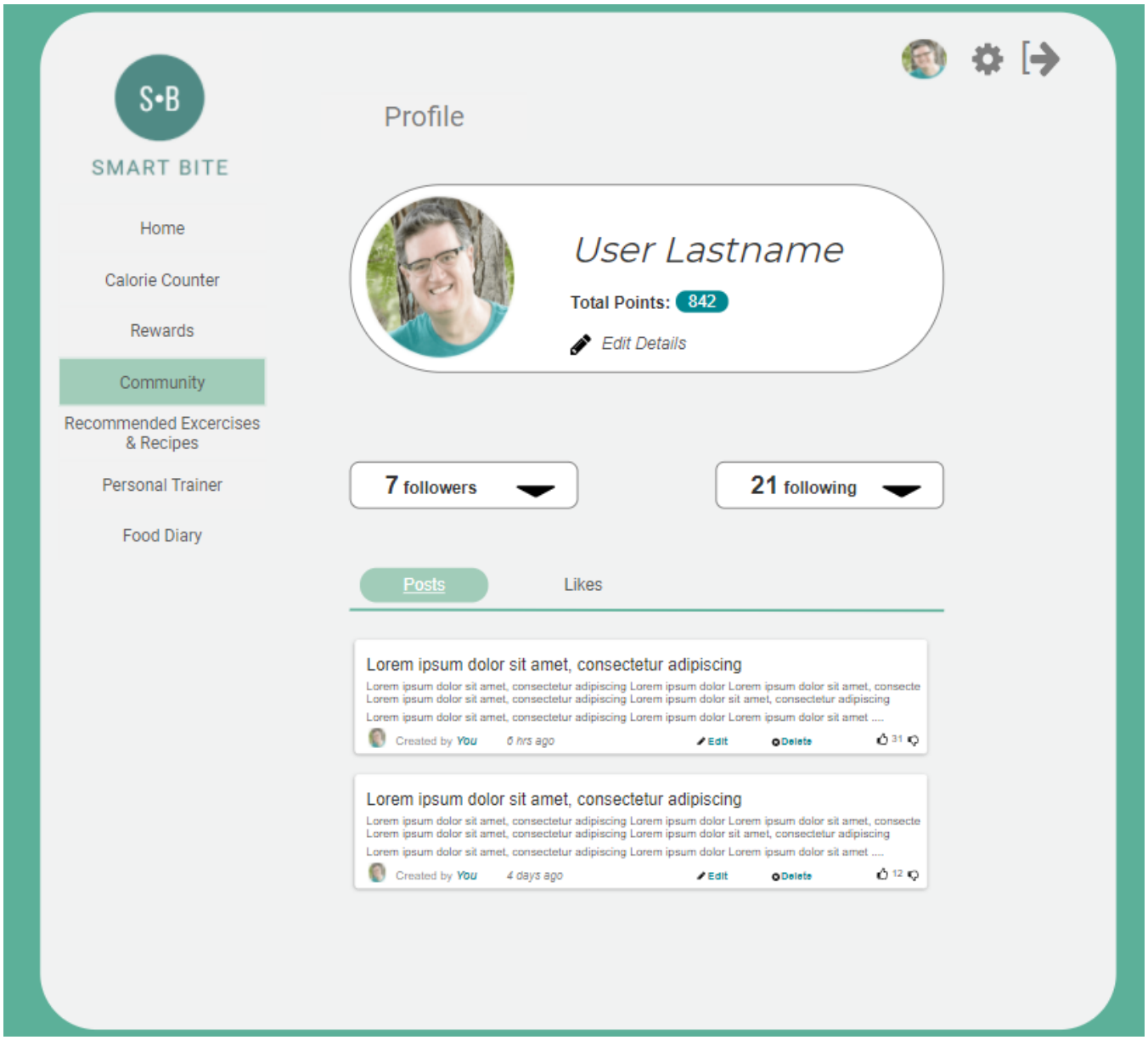
6d. Community Page—User Profile



Edit button which is only available if the user is visiting their own profile page. This redirects to the pop-up shown below

Scrollable pop-up menus which allow the user to view a list of people the profile follows and is followed by

The user can toggle between viewing the profile's created and liked posts. Both options will provide a list of posts which the user can scroll through


S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Profile
User Lastname
Total Points: 842
Edit Details
7 followers
21 following
Posts
Likes
Lorem ipsum dolor sit amet, consectetur adipiscing
Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor Lorem ipsum dolor sit amet, consecte Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor sit amet, consectetur adipiscing
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Created by You 6 hrs ago Edit Delete 31
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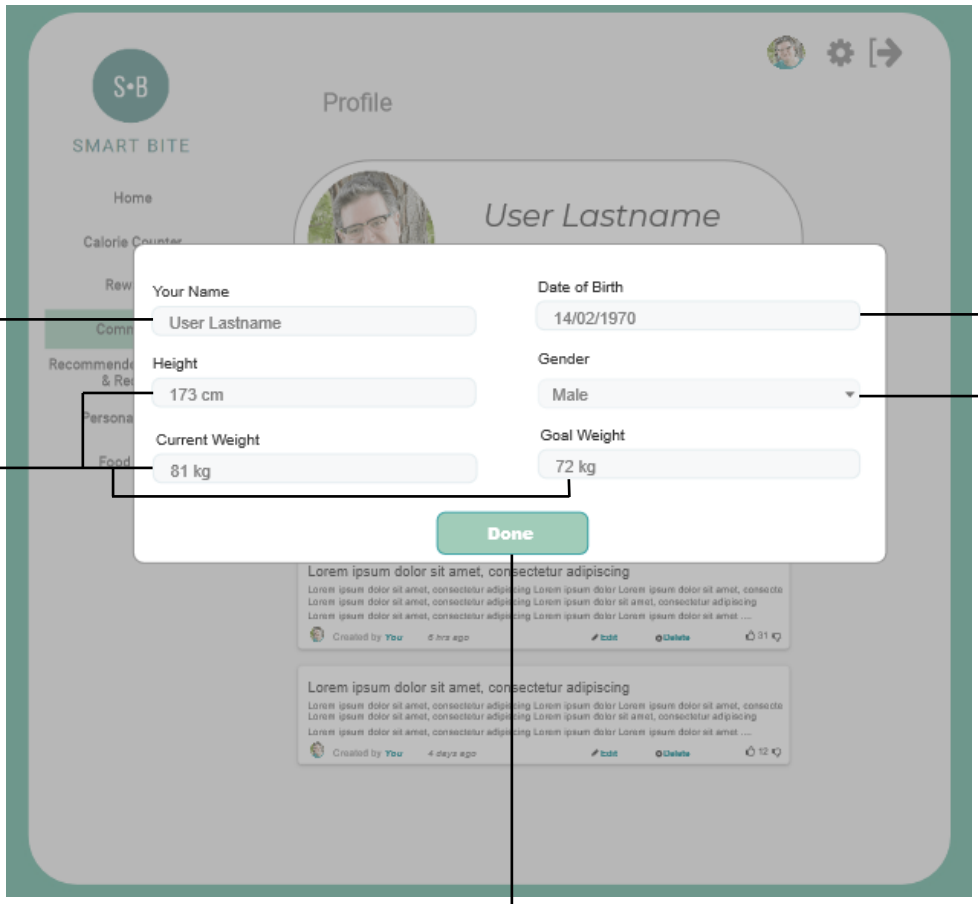
Created by You 4 days ago Edit Delete 12

6e. Community Page—User Profile —Details



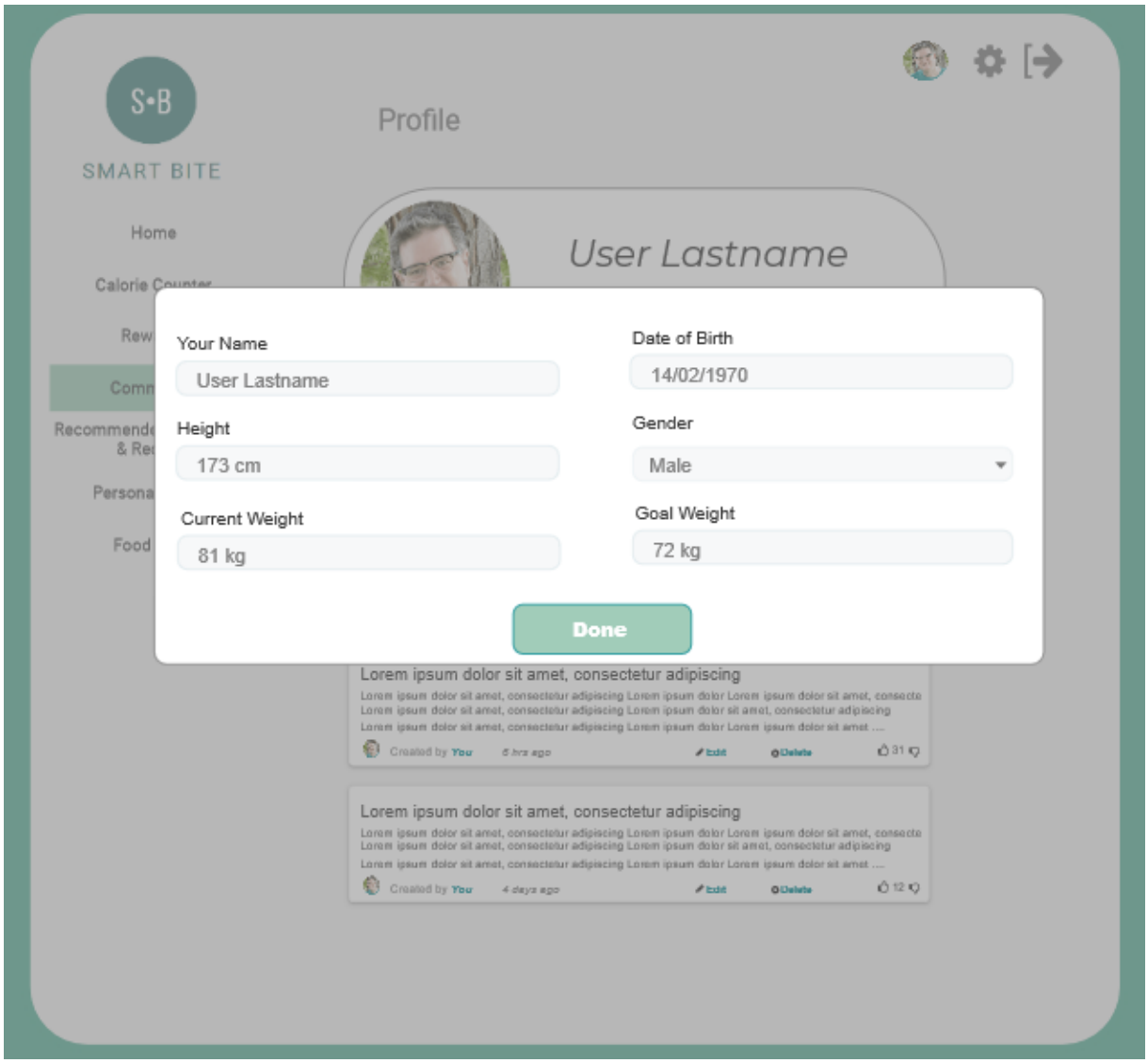
User must input alphabetic characters

User must input numerical values

Accepts input in the form: DD/MM/YYYY

User must select from the drop down menu

Button that allows users to exits the dialog box


S•B
SMART BITE
Home
Calorie Counter
Rew
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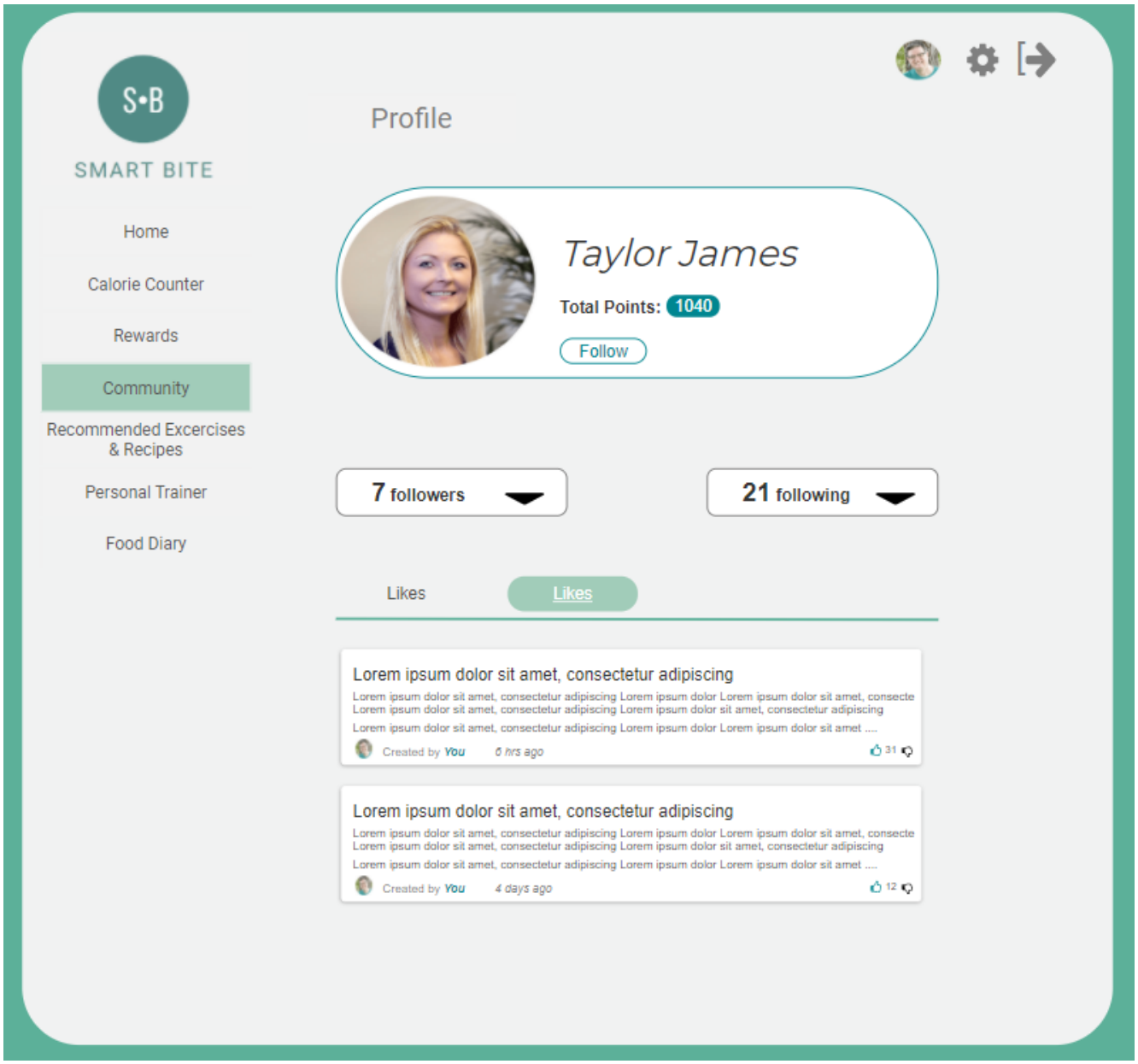
Recommende
& Re
Persona
Food
Profile
User Lastname
Your Name
User Lastname
Date of Birth
14/02/1970
Height
173 cm
Gender
Male
Current Weight
81 kg
Goal Weight
72 kg
Done
Lorem ipsum dolor sit amet, consectetur adipiscing
Created by You
6 hrs ago
Edit
Delete
31
Lorem ipsum dolor sit amet, consectetur adipiscing
Created by You
4 days ago
Edit
Delete
12

6f. Community Page—Following other users

When viewing the page of another user, the 'Edit Details' option is replaced by the 'Follow'/'Unfollow' button. This gives the user the option to follow/ unfollow the profile


S•B
SMART BITE
Home
Calorie Counter
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
Profile
Taylor James
Total Points: 1040
Follow
7 followers
21 following
Likes
Likes
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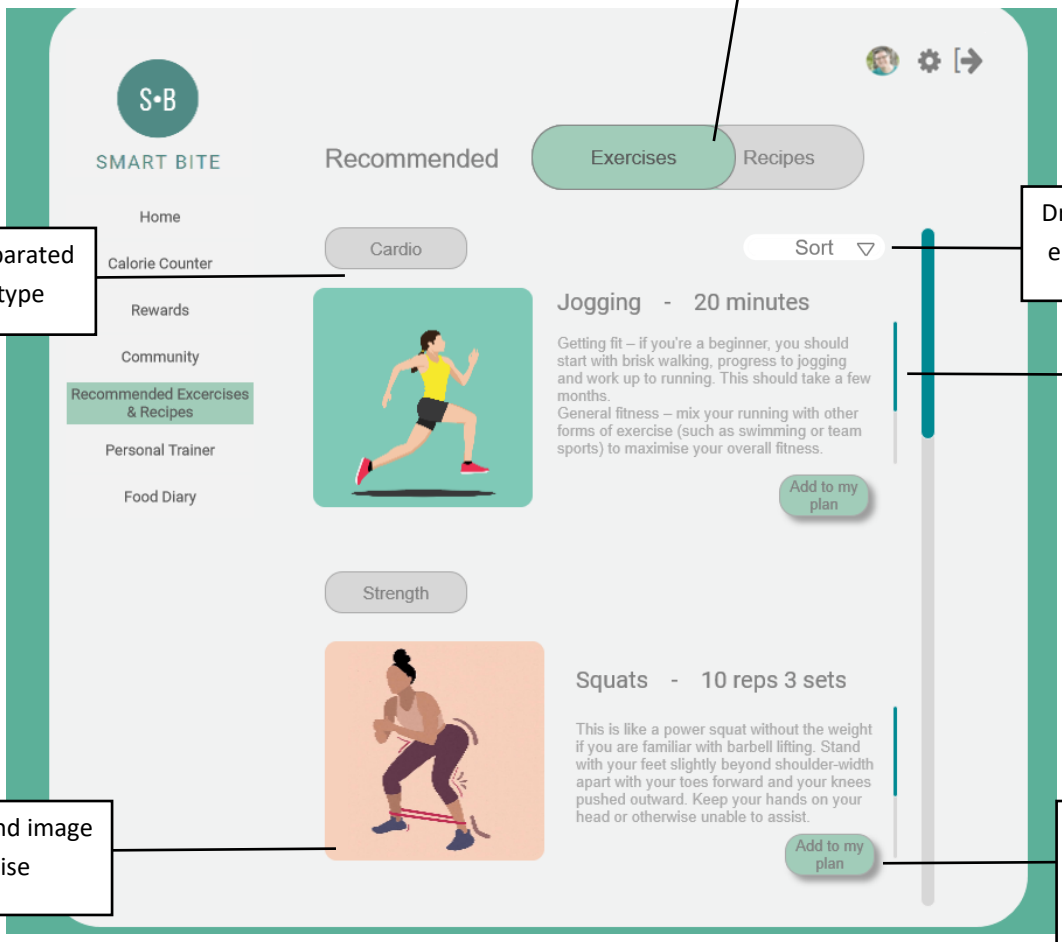
7. Recommended Recipes and Exercises— Exercises



Tab that allows users to switch between exercises and recipes

Exercises separated based on type

Dropdown allows users to sort exercises

Scroll bar for navigation

Description and image of exercise

Clicking will add this exercise to user's planned exercise in home page

S•B

SMART BITE

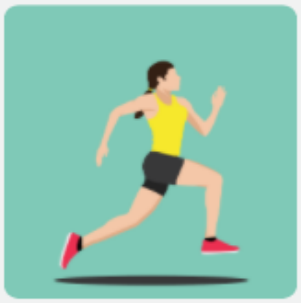
- Home
- Calorie Counter
- Rewards
- Community
- Recommended Excercises & Recipes
- Personal Trainer
- Food Diary

Recommended

Exercises | Recipes

Cardio

Sort



Jogging - 20 minutes

Getting fit – if you're a beginner, you should start with brisk walking, progress to jogging and work up to running. This should take a few months.
General fitness – mix your running with other forms of exercise (such as swimming or team sports) to maximise your overall fitness.

Complete

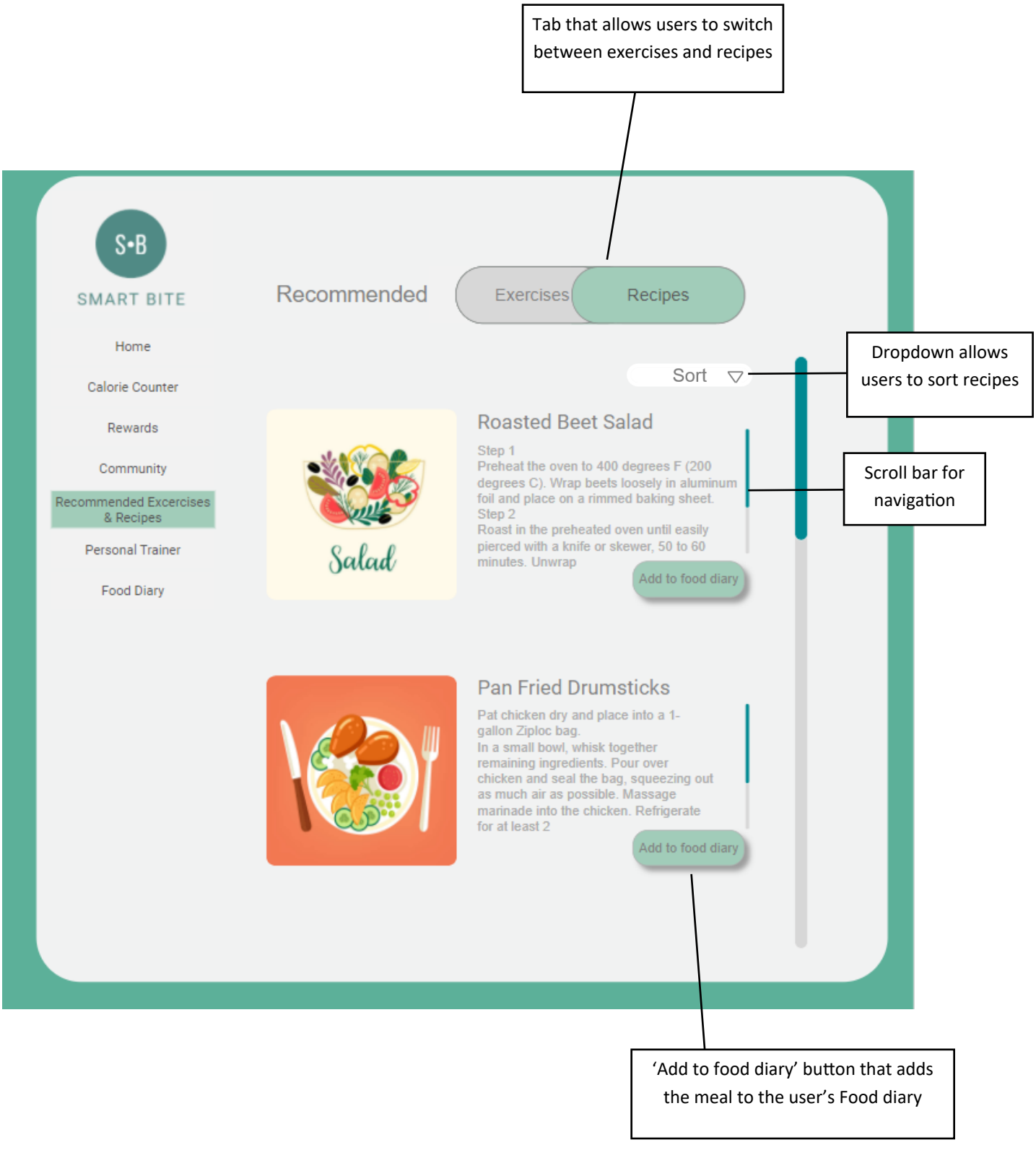
Strength

Squats - 10 reps 3 sets

This is like a power squat without the weight if you are familiar with barbell lifting. Stand with your feet slightly beyond shoulder-width apart with your toes forward and your knees pushed outward. Keep your hands on your head or otherwise unable to assist.

Complete

7a. Recommended Recipes and Exercises— Recipes



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Community

Recommended Excercises & Recipes

Personal Trainer

Food Diary

Recommended

Exercises | Recipes

Sort

Roasted Beet Salad

Step 1
Preheat the oven to 400 degrees F (200 degrees C). Wrap beets loosely in aluminum foil and place on a rimmed baking sheet.
Step 2
Roast in the preheated oven until easily pierced with a knife or skewer, 50 to 60 minutes. Unwrap

Add to food diary

Pan Fried Drumsticks

Pat chicken dry and place into a 1-gallon Ziploc bag.
In a small bowl, whisk together remaining ingredients. Pour over chicken and seal the bag, squeezing out as much air as possible. Massage marinade into the chicken. Refrigerate for at least 2

Add to food diary

8. Personal Trainer Page

Scroll bar for navigation

Profile of personal trainers including their name and what they specialise in

The 'Contact' button allows users to send an email to the personal trainers

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Personal Trainer

Food Diary

Personal Trainer

Pam

Swim Instructor

Contact

Jim

Swim Instructor

Contact

Sam

Weight Lifter

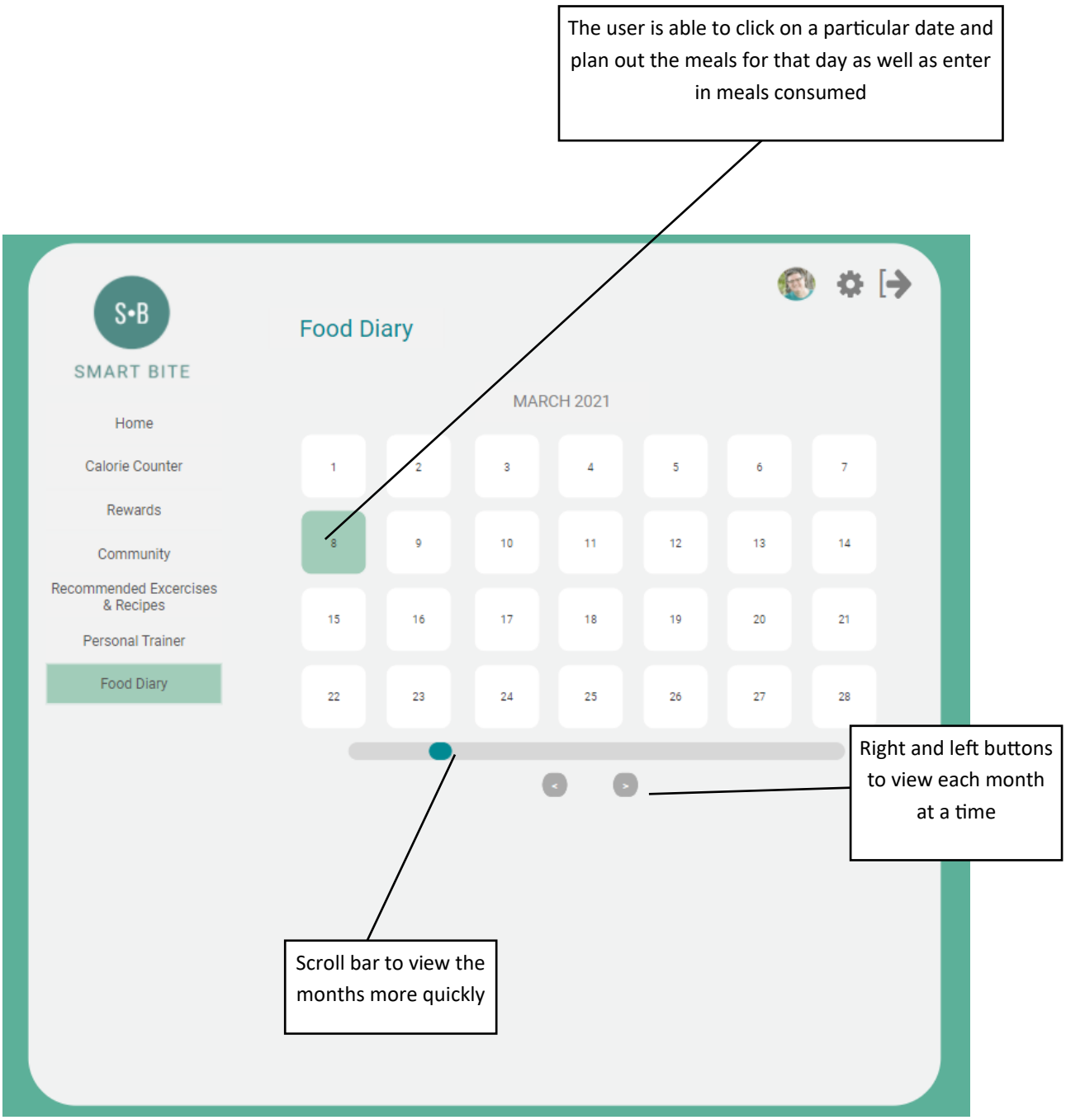
Contact

Tam

Yoga Instructor

Contact

9. Food Diary


The user is able to click on a particular date and plan out the meals for that day as well as enter in meals consumed
S•B
SMART BITE
Food Diary
MARCH 2021
Home
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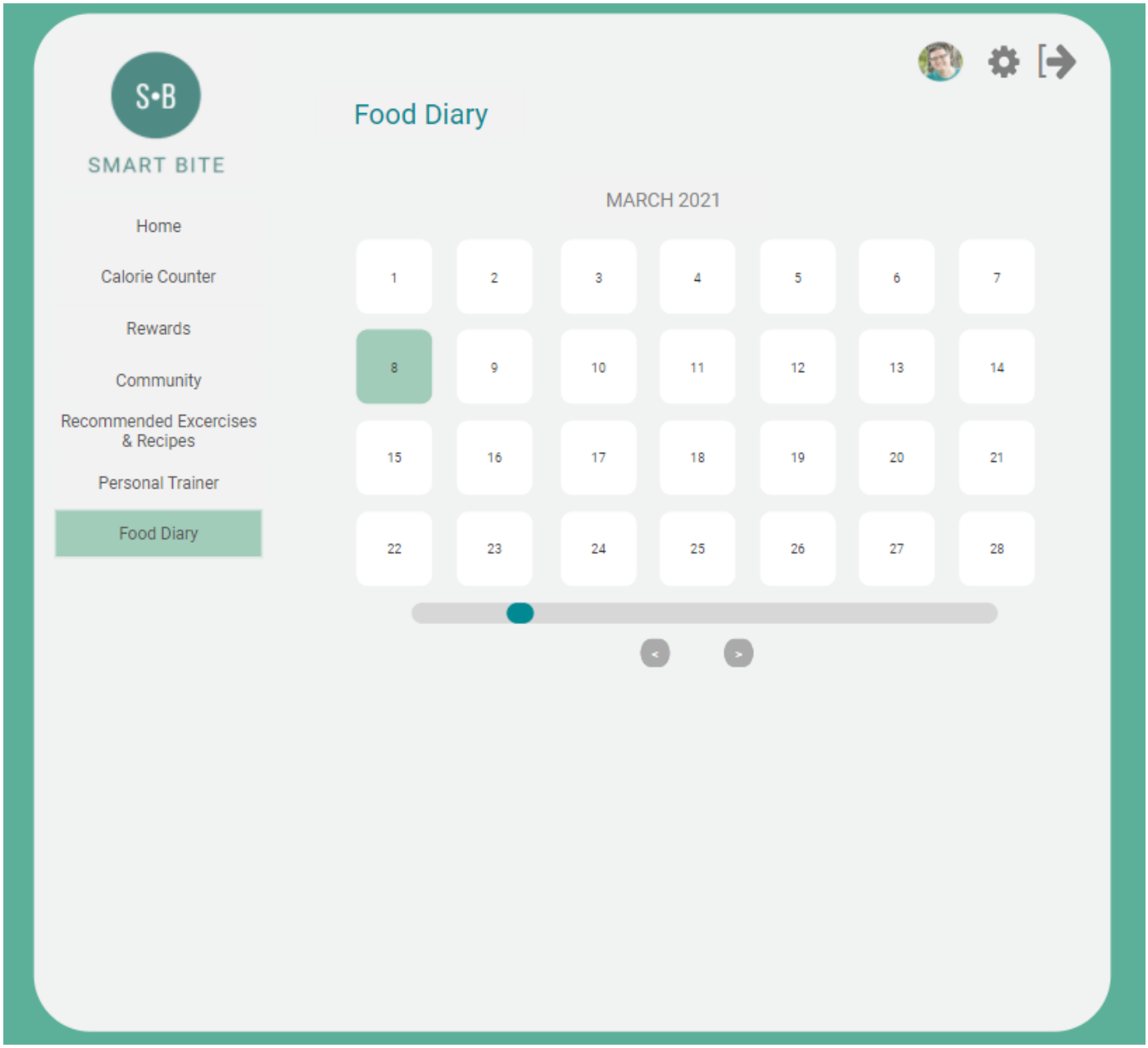
Rewards
Community
Recommended Excercises & Recipes
Personal Trainer
Food Diary
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
Right and left buttons to view each month at a time
Scroll bar to view the months more quickly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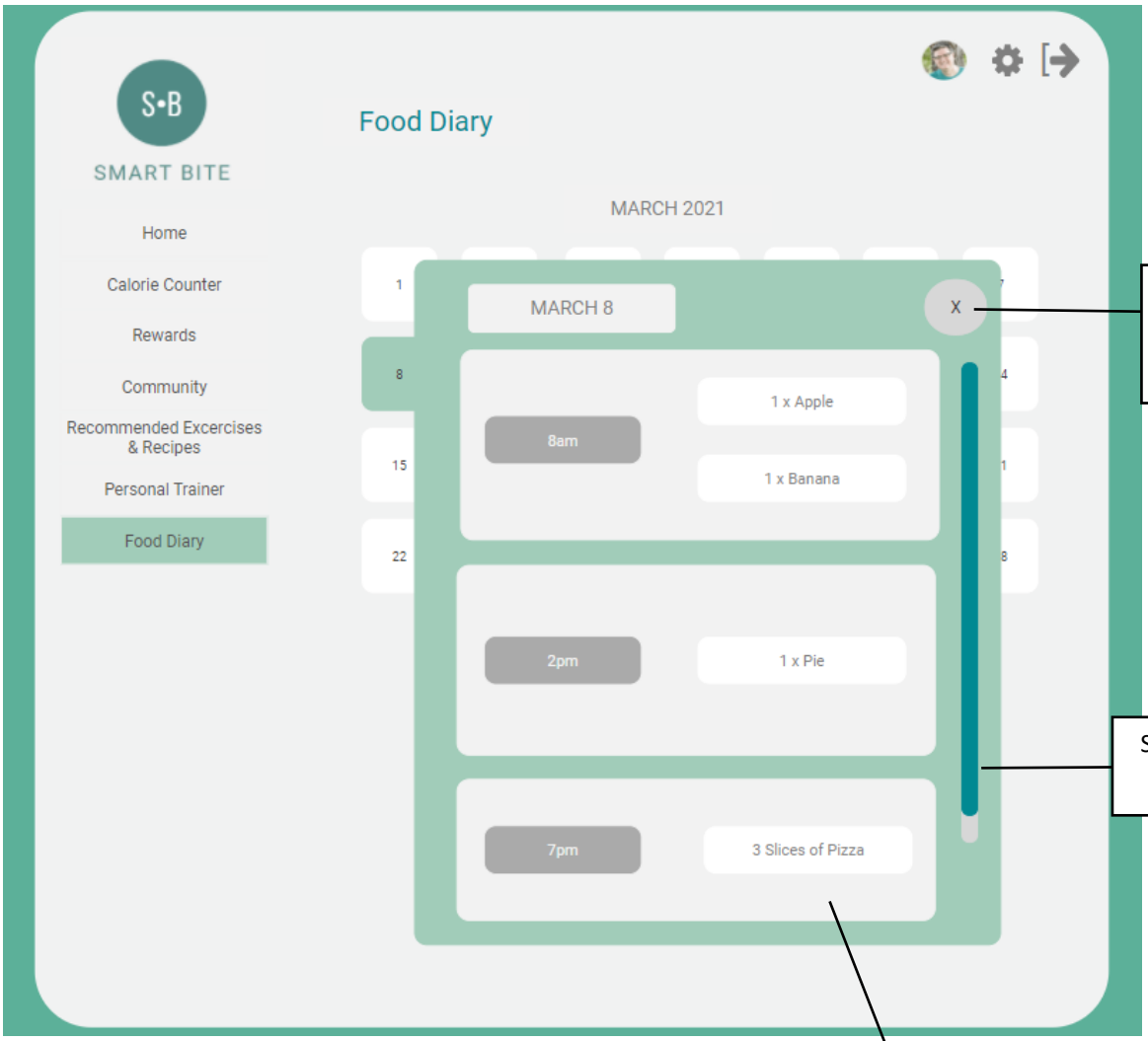
Personal Trainer
Food Diary
Food Diary
MARCH 2021
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
<
>

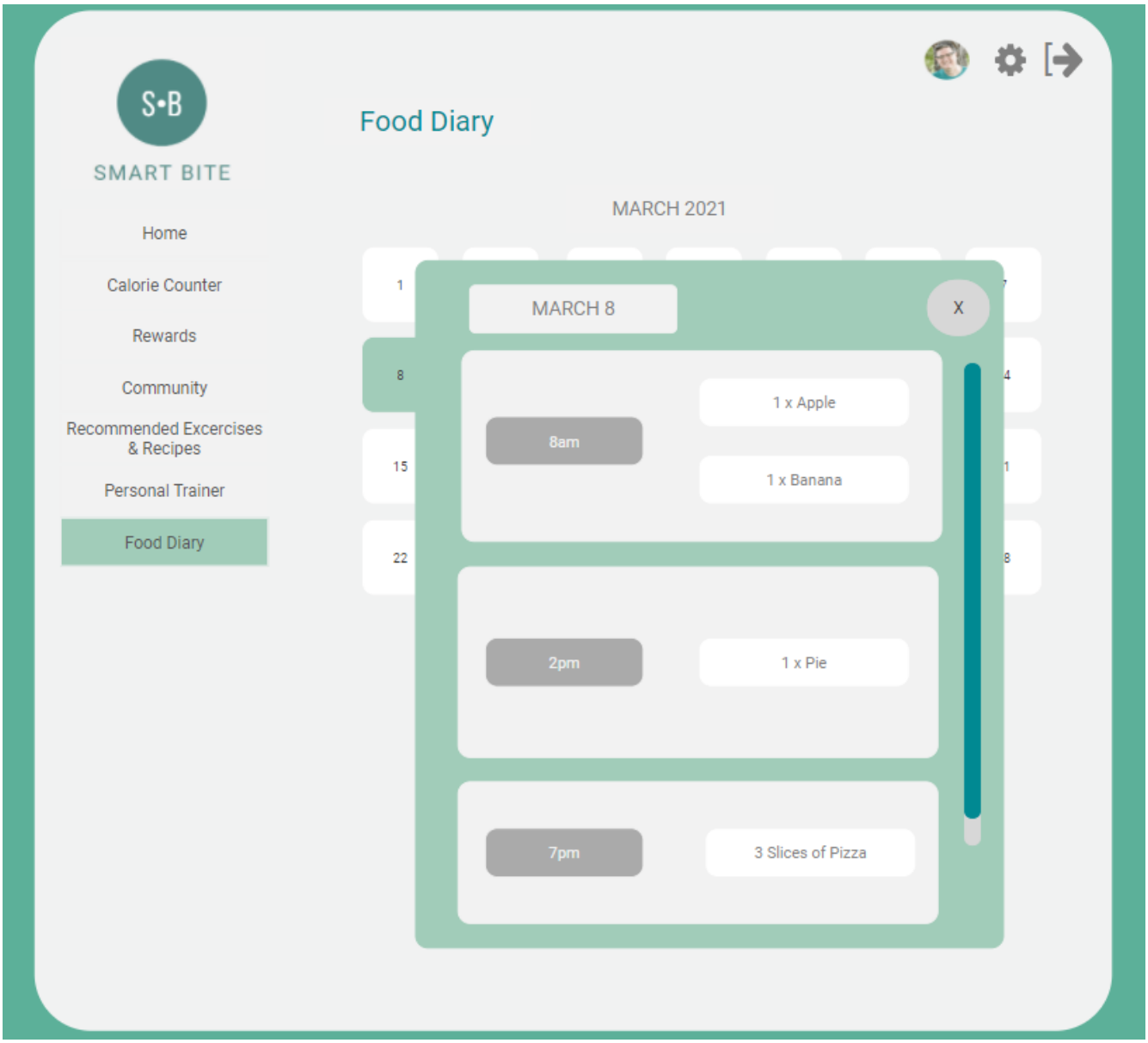
9a. Food Diary—Daily Overview



Button that allows users to close the dialog box

Scroll bar for navigation

Each panel displays the daily overview of meals including the time and the quantity of food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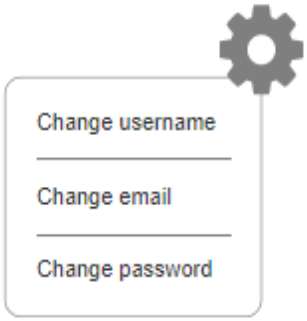
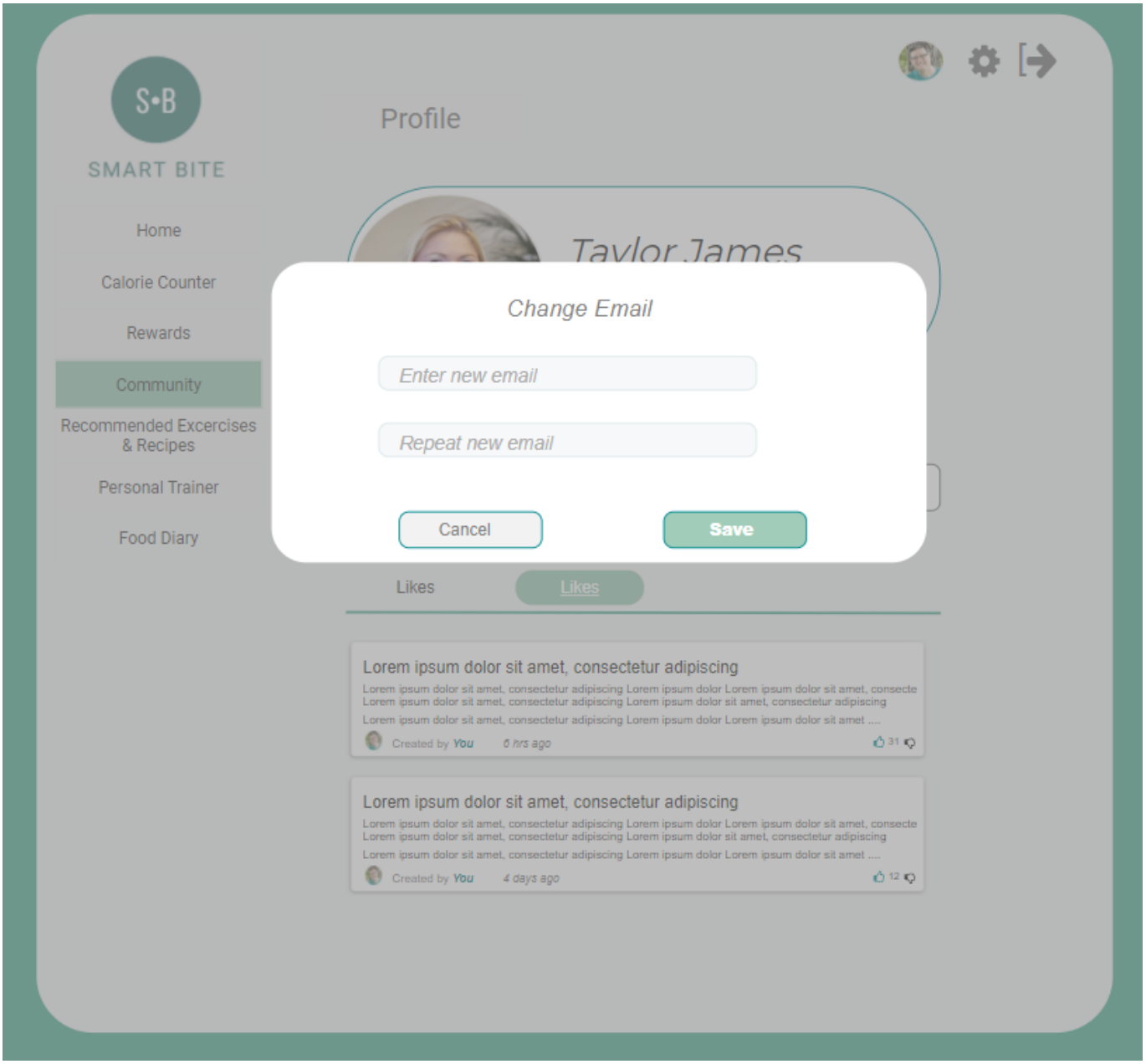
Personal Trainer
Food Diary
Food Diary
MARCH 2021
1
8
15
22
MARCH 8
X
8am
1 x Apple
1 x Banana
2pm
1 x Pie
7pm
3 Slices of Pizza

10. Settings Button


Change username
Change email
Change password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Taylor James
Change Email
Enter new email
Repeat new email
Cancel
Save
Likes
Likes
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Lorem ipsum dolor sit amet, consectetur adipiscing Lorem ipsum dolor Lorem ipsum dolor sit amet, consecte
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