

UI/UX Project Brief

Project Title: Smart Food Application for Diabetic and Hypertension Patients

1. Introduction

This project aims to design an application that helps individuals with diabetes and high blood pressure select balanced meals. The app will provide customized meal plans, nutritional guidance, and tracking features to support a healthier lifestyle.

2. Problem Statement

People with chronic conditions such as diabetes and hypertension often struggle to choose the right meals that fit their health needs. Most available apps are either too generic or complicated, making it hard for users to follow a proper diet.

3. Goals

- Create a simple, accessible, and visually appealing interface.
- Provide meal suggestions tailored to user health data.
- Help users track their nutrition intake and monitor their progress.
- Encourage community sharing and motivation.

4. Target Audience

- Adults diagnosed with diabetes or high blood pressure.
- Family members who prepare meals for patients.
- Health-conscious individuals interested in balanced nutrition.

5. Core Features (UI/UX Focus)

- Onboarding: Easy sign-up with health information input.
- Personalized Dashboard: Daily meal recommendations with calories and nutritional breakdown.
- Meal Planner: Weekly planner with option to swap meals.
- Tracking System: Track daily food intake and progress.
- Community Section: Share recipes, tips, and experiences.
- Notifications: Reminders for meals and health tips.

6. Design Approach

- Wireframes: Low-fidelity sketches to map user journey.
- User Flow: Define the path from onboarding to meal tracking.
- UI Design: Modern, clean interface with accessible typography and soft colors.
- Prototype: Interactive prototype for testing usability.

7. Tools & Technologies

- Figma → for wireframes, prototypes, and user testing.