

Fit Sphere - Design Documentation

Themes and Purposes

Fit Sphere is designed to be a comprehensive and user-friendly fitness hub with various integrated tools and services to assist people with their health and wellness. The primary themes of the website include personalized fitness guidance, educational content, and practice resources for effective and lasting workout routines. The website consists of a BMR calculator, which allows users to determine their basal metabolic rate and customize their calorie intake to their specific needs. It will also include embedded workout videos that demonstrate proper exercise form, helping users perform exercises correctly and safely. To complement the physical exercise, the website would provide diet recommendations based on the user's BMR, ensuring the nutritional intake aligns with the fitness goals of the user, whether it's gaining muscle, losing fat or overall health improvement. Additionally, the website would include a gym locator tool to assist users in locating nearby fitness centres. These features would work together to offer a comprehensive fitness experience, providing users with the tools, knowledge, and support they need to achieve fitness goals.

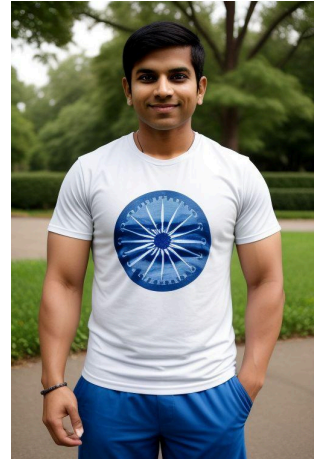
The goal of this website is to provide a useful and accessible resource for individuals at all stages of their fitness journey. This website is important because it addresses typical issues faced by people looking to better their health, such as finding accurate fitness information, understanding nutritional needs, and accessing local training facilities. By focusing on these essential areas, the website hopes to have an impact on users' fitness routines and overall well-being.

I am personally motivated to build this website as I have found myself using BMR calculators frequently and searching for videos to better my exercise form. So, I am hoping to create a helpful tool that can help users on their fitness journey with safe and useful information.

Personas

Iqbal Dhaliwal

- Age: 30
- Gender: Male
- Occupation: Marketing Manager
- Interests/Hobbies: Weightlifting, running, competitive sports, and nutrition.
- Ethnicity: Indian



About:

Iqbal works as a Marketing Manager for a technology business and is very interested in being physically healthy. He has been weightlifting for many years and is an active runner. His fitness routine is tough, and he is constantly exploring new training techniques and nutritional strategies to improve his performance. Iqbal is experienced with complex workout routines and appreciates using technology to track progress and improve his workouts.

Scenario #1:

Iqbal wants to improve his diet to meet his tough exercise program. While he has a solid understanding of nutrition, he wants to ensure that his calorie intake and macronutrient distribution are properly aligned with his workout. Iqbal is looking for a program that not only measures his BMR but also offers nutritional advice based on his specific training requirements, such as high-protein meal plans for muscle growth and recovery.

Scenario #2:

Iqbal focuses on good form and technique in his workouts to avoid injury and achieve optimal results. He's particularly interested in obtaining high-quality fitness videos that show proper exercise form. Iqbal is seeking a website that provides a library of workout videos focused on perfect form and technique, allowing him to fine-tune his routines and make little tweaks to improve his performance.

Mary Rodriguez

- Age: 29
- Gender: Female
- Ethnicity: Hispanic
- Occupation: Elementary School Teacher
- Location: Austin, TX



About

Mary is a dedicated elementary school teacher in Austin who prioritizes her emotional and physical health. She practices yoga regularly and is becoming more interested in fitness, although she considers herself a beginner. Mary is reasonably tech-savvy and enjoys trying out new activities such as mindfulness and reading fiction. She is looking for straightforward, reliable options to help her improve her overall fitness.

Scenario #1

Mary is overwhelmed by the sheer volume of online exercise resources and is looking for a website that provides beginner-friendly training videos and clear, step-by-step directions. She wants to find a platform that simplifies her fitness journey and allows her to easily include light exercises into her daily routine.

Scenario #2

Mary enjoys visually appealing and easily navigable websites. She is more likely to interact with a platform that is simple and user-friendly, with well-organized content that she can easily access. If she finds a site that matches these characteristics, she is more likely to return and incorporate it into her normal workout practice.

John Thompson

- Age: 42
- Gender: Male
- Ethnicity: Caucasian
- Occupation: Software Engineer
- Location: San Francisco, CA



About

John is an experienced software engineer with over 15 years of experience in the IT business. He lives in San Francisco and has a secure job at a well-known technology business. In recent years, John has been more concerned about his health, looking for ways to incorporate fitness into his busy life. He has a moderate understanding of fitness and nutrition, but he often struggles to keep his diet on track with his exercise goals.

Scenario #1

John routinely uses a BMR calculator to determine his calorie requirements, but he has trouble finding a program that delivers individualized diet suggestions based on his activity level and health goals. He wishes there was a user-friendly platform that could streamline the process and provide comprehensive fitness materials targeted to his specific requirements.

Scenario #2

As someone who loves structure and organization, John prefers websites with simple, easy-to-use layouts. If he could find a platform that provides well-organized fitness tools, such as training schedules and nutritional advice, he would most likely incorporate it into his daily routine and utilize it consistently to preserve his health.

Ahmad Khan

- Age: 35
- Gender: Male
- Ethnicity: South Asian
- Occupation: Small Cafe Owner
- Location: New York, NY



About

Ahmad, a dedicated small business owner in New York, manages a profitable cafe. Outside of work, he is an avid fitness enthusiast who routinely competes in local fitness competitions. With a comprehensive understanding of both fitness and nutrition, Ahmad is constantly seeking ways to improve his workout routines and diet, despite his hectic schedule.

Scenario #1

Ahmad needs a website that offers thorough training routines and high-calorie food recommendations based on his muscle-building objectives. He is seeking a complete platform that can meet his advanced fitness requirements while also allowing him to balance his gym program with his hectic job schedule.

Scenario #2

Ahmad frequently switches between devices to perform his work as a result of his frequent business travel. He needs a fitness platform that is available via both his laptop and smartphone, allowing him to adjust his workout and nutrition plans on the move. Ahmad prefers in-depth, content-rich resources that challenge and interest him in his fitness path.


Further Requirements

1. Night Mode Toggle
 - Implement a toggle switch or button that allows users to easily switch between light and dark modes.
2. Mobile-Friendly Interface:
 - Design with mobile-first principles in mind, ensuring that the site is optimized for small screens before scaling up to larger devices (Smartphones, Tablets, Laptops, Computers)
3. Orientation Flexibility:
 - Ensure the site displays correctly in both portrait and landscape orientations, particularly for workout videos and other multimedia content.

Accessibility Requirements

1. Text Size and Readability
 - Implement a hierarchy of text sizes depending on the importance of the information.
 - Ensure that text can be resized by at least 200% without loss of functionality
2. Alt Text for Images
 - Include descriptive alternate text for all images to ensure that users relying on screen readers can understand the content.

Site Mock Up



BMR Calculator Workout Diet Locate

BMR Calculator

Age

Value

Gender

Value

Height


Value


Weight


Value

Submit

Workout Videos







Diet Plans

Keywords

Spring X Smart X

Modern X

☒ Label

Description

☒ Label

Description

☒ Label

Description

Label

\$0-100

Color

☒ Label

☒ Label

☒ Label

Size

☒ Label

☒ Label

☒ Label

Search

Q

✓ New

Price ascending

Price descending

Rating

Text

\$0

Text

\$0

Text

\$0

Text

\$0

Text

\$0

Text

\$0

Locate Gym

X

Instagram

YouTube

LinkedIn

Use cases

UI design

UX design

Wireframing

Diagramming

Brainstorming

Online whiteboard

Team collaboration

Explore

Design

Prototyping

Development features

Design systems

Collaboration features

Design process

FigJam

Resources

Blog

Best practices

Colors

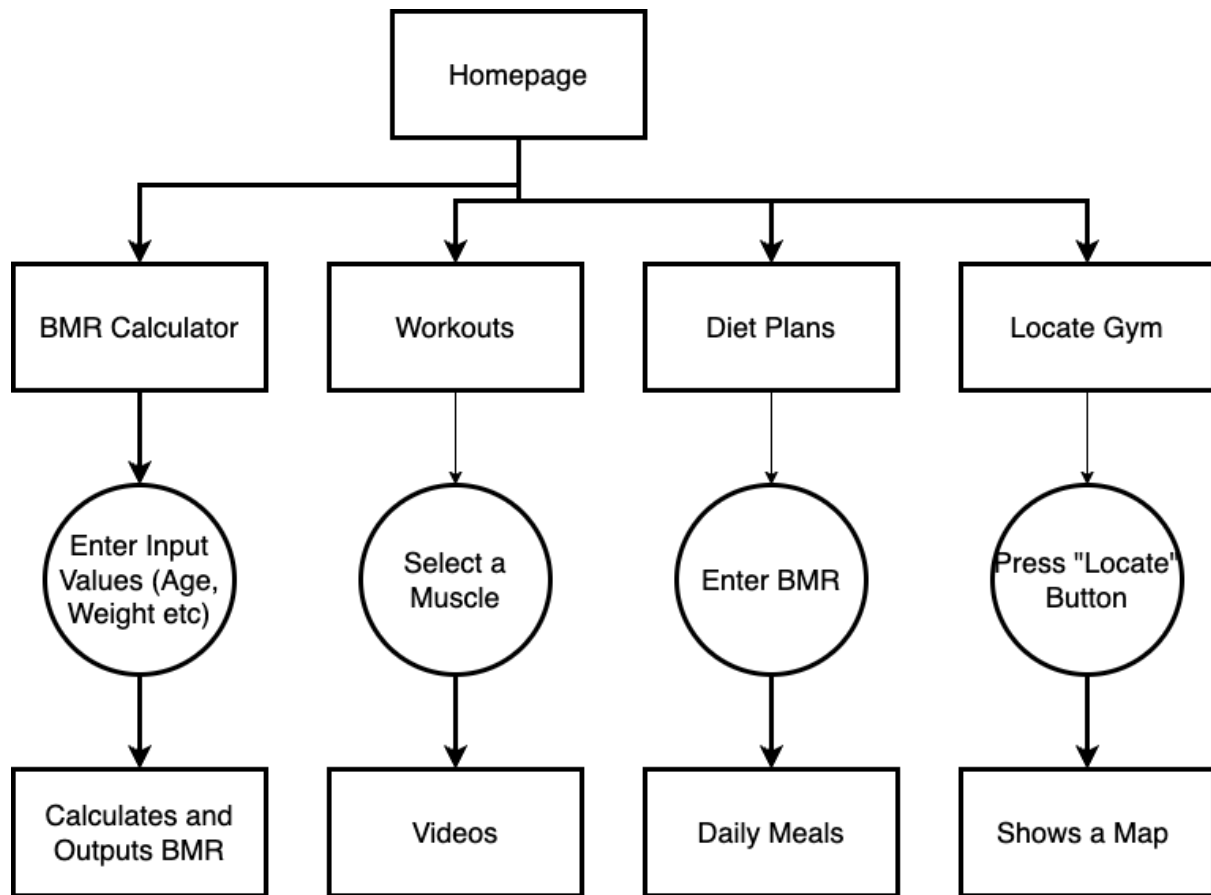
Color wheel

Support

Developers

Resource library

Site Map



The website starts at the homepage with a header and a navigation bar. The navigation bar has four options, BMR calculator, workouts, diet plans and locate gyms. Once clicked on the BMR calculator, it takes you to a forum that inputs the user's weight, age, height etc and calculates the BMR values. For the workout option, the user selects the muscle they want to target and then views the video on that muscle exercise. On the diet plan page, the user enters their BMR value and gets recommended a diet plan. Finally, on the locate gym page, the user presses a button and views the nearby gyms.

Learning Diary

Summary of Work:

In this unit, I focused on planning and designing the foundational elements of the Fit Sphere website. The primary tasks included creating personas, developing scenarios, and defining the core requirements for the website. I also explored various design tools, specifically Figma, to create mockups and prototypes of the site's user interface and created a site map to show the breakdown of the website.

Rationale:

My desire to create the Fit Sphere website comes from my own fitness journey. I've frequently used BMR calculators to find my caloric requirements and spent hours looking for videos to help me improve my exercise technique. These experiences underlined the need for a comprehensive and easily available platform that could provide credible tools and information to help others with their fitness goals.

Meeting Learning Outcomes

In this unit, I successfully defined Fit Sphere's target audience and purpose by creating personas and scenarios that represent various user needs. These personas included gym beginners, gym excerpts, various ages and genders. This led to the development of a website that directly meets these demands with features such as a BMR calculator, training videos, nutrition suggestions, and a gym directory.

What Went Well

Several aspects of this unit went particularly well. I was able to identify the audience of the Fit Sphere with ease which allowed me to create purpose driven and user centric design for Fit Sphere. Additionally, the use of Figma to create mockups was a significant success. The tool allowed me to visually communicate my ideas clearly, leading to a well-organized and aesthetically pleasing design.

What Did Not Go Well

I had hard time finding the images of the personas. I tried various AI generating sites but none of them worked. At last, I found "Perchance", which worked well for creating human images based on persona description.

Improvements for Next Time:

If I had to do this unit again, I would spend more time testing the mockups with real users, even if just informally. Getting early feedback could help identify usability issues that I might overlook.

References

1. **Image Generator Used for Personas:** <https://perchance.org/ai-character-generator>
2. **Site mock up:** <https://www.figma.com/>