

Journal Entry #3

<p><b>Chosen technology:</b> Diet app (My Net Health) for</p> <p><b>Goal:</b> To evaluate the usability of the My Net Health app by tracking food intake, setting weight goals, and analysing calorie consumption</p>	<p><b>4 chosen Design Principles:</b> Constraints, Feedback, Visibility, Signifier</p> <p><b>Mode:</b> complete outside of class. Submit to Canvas. Graded.</p> <p><b>Format:</b> 2-3 pages + min 3 annotated images</p>
<p><b>Student Name:</b> Yafie Farabi</p>	<p><b>Student Number:</b> 14458044</p>
<p><b>Tutor's Name:</b> Shamim Hajhashemi</p>	<p><b>Tutorial Number:</b> Tutorial 01</p>

**Context of use:** After a long day, I wanted to check my diet progress and ensure I was meeting my nutritional goals. I decided to use the My Net Health app to track my food intake, set a weight goal, and analyse my calorie consumption. I am at home by myself, in a quiet environment with minimal distractions, allowing me to focus on adjusting my meal servings. The room is well-lit, and I feel comfortable navigating the app's basic features, though I am still exploring its advanced functions for personalized feedback.

**Critique:** Describe the interface before you (i.e. screen/step, design elements, structure, media, etc.), identify 1-2 design principle(s) at work, explain their effect on the interaction (separately or together), and suggest an improvement. Max 3 pages in total (in Calibri 11 or equivalent, e.g. Arial 11). Include a minimum of 3 annotated images (captions and annotations in size 8 approx.).

Upon opening the app, I am presented with my diet target weight page. This page allows users to set a target weight goal, displaying its effect on calorie intake, BMI, and other health metrics. As can be seen in Figure 1 the app simply hides the target values without any explanation if a user sets an unhealthy weight goal (e.g., 90 kg when it's considered excessive based on BMI calculations). This is a good example of constraints. The app applies constraints by limiting target weight values that fall outside a reasonable range. However, this can confuse use who are unfamiliar with health, as they receive no feedback on why their target is not displayed. A better approach to improve this constraints principle is by implementing a pop-up message informing users that the selected weight goal is unhealthy. The message could explain the risks and ask users to confirm if they still want to proceed. This would not only reinforce constraints but also provide necessary guidance rather than just preventing the action without clarification. This improvement is also relating to feedback principle.

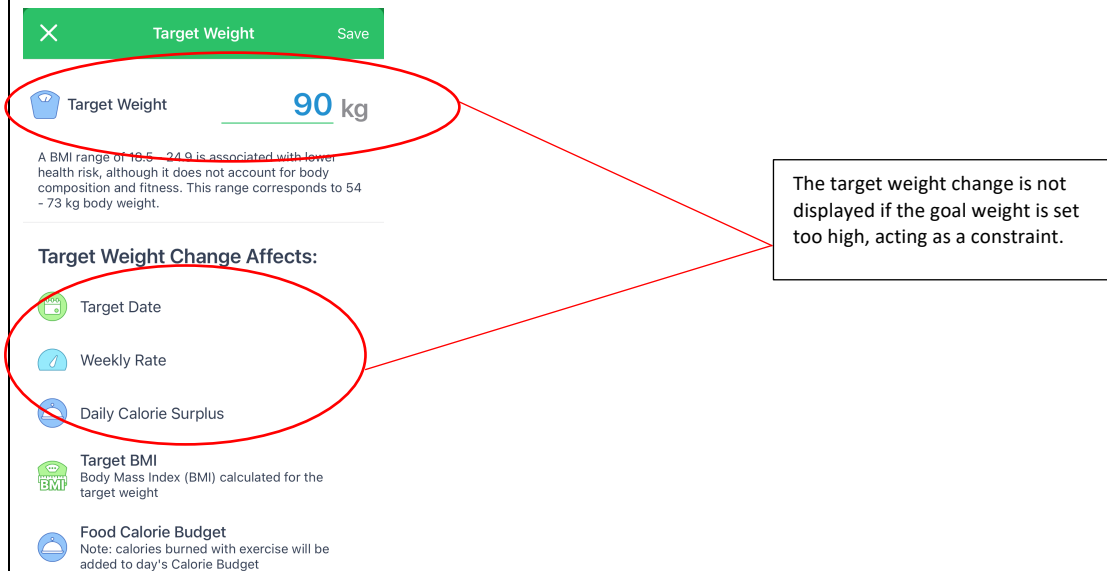


Figure 1 weight goal interface

Moving forward, I am starting to track my food for daily intake. As attached in Figure 2, the interface lets users customize meal servings by adjusting the quantity in grams or servings, showing the corresponding calorie amount. This highlights the principles of feedback. This feature immediately responds to user input by calculating and displaying the calorie count, providing direct information about the consequences of their choices. The app could offer additional feedback on whether the serving size aligns with dietary goals whether their meal is balanced like “This serving is low in protein, consider adding more,” or “This exceeds your calorie goal for today.” This would provide users with more control and help them make informed, healthier decisions.

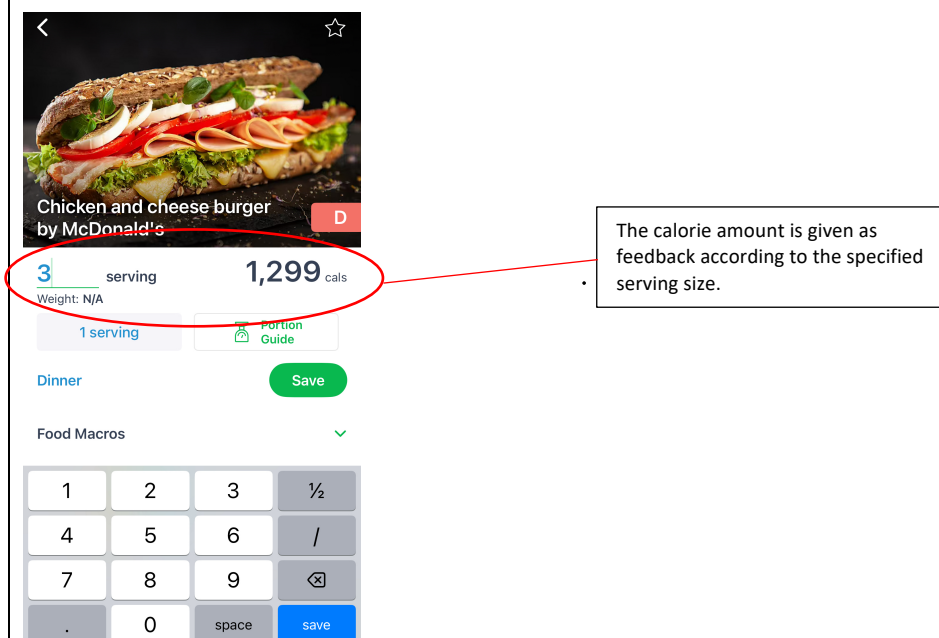


Figure 2 meal tracking menu screen

Throughout the day, the app visually tracks a clear representation of calorie tracking. For example, it includes a red apple icon highlighting when calorie intake exceeds the budget represented by Figure 3. This is a good example of signifier. The signifier principle is applied

through this red warning, signalling an overage in calorie consumption. To enhance the signifier, the app could make interactive elements clearer. Adding subtle animations, like a slight bounce or glow on hover, would indicate interactivity. A small label such as “Tap for details” or underlined calorie values would further guide users. This way, users can easily see calorie details when hovering, improving clarity and engagement. This improvement is also align with feedback design principle.

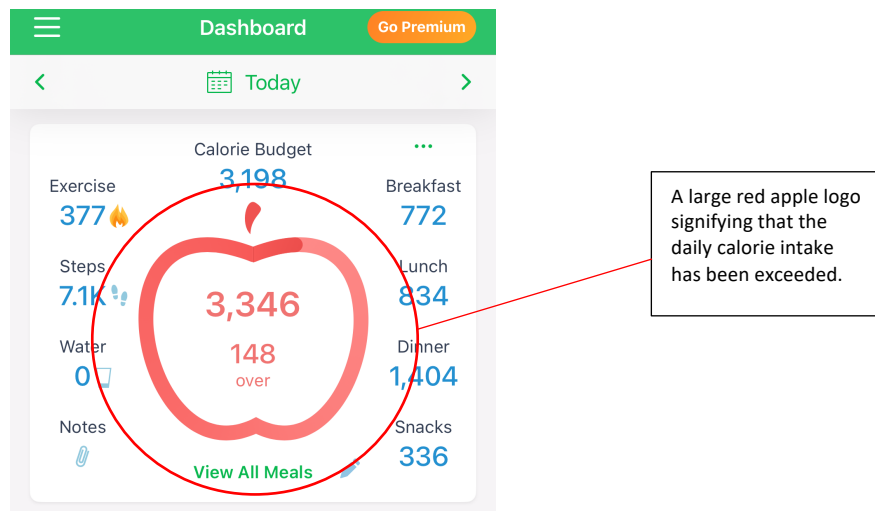


Figure 3 calorie budget intake interface

As I keep using the app for all over the week, I was presented with a bar chart that visually represents my daily calorie intake from Figure 4. It uses different colours to indicate variations over time. This aligns with the principle of visibility. This effect allows users to quickly assess whether they are within, under, or over their calorie target. However, the current colour scheme lacks clear differentiation, making it difficult to immediately recognize subtle variations in intake. To enhance visibility, the app should use a gradient colour scheme where green, orange, and red shades vary based on calorie intake. Darker green could indicate a balanced intake, lighter green for slightly under, orange for a small surplus, and dark red for excessive intake. This would provide clearer visual feedback, making it easier for users to assess their progress at a glance.

