

Group 6

Milestone 3 - System Prototype and
Evaluation Plan

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CPSC 4140

Description of the Prototype

Technology for a *healthier* you

In an effort to create a healthier community, our team is working on a technology solution to motivate and inspire users to achieve their lifestyle and wellness goals.

The feedback we received from Milestone 2 made it clear that our biggest challenge would be understanding and creating a source for motivation. Our research has shown that the best source for motivation is through positive, community-provided feedback. This realization pushed our team to develop a unique *social media platform* that enables users to set and achieve wellness goals through interaction with related groups, forums, and events.


How it works

Our SMP relies on users setting long and short-term activity, dieting, and other wellness-related goals. The system analyzes these goals to recommend interests, groups, people, and events to the user. Interests work similar to reddit in which users subscribe to a topical discussion board and submit articles, recipes, and other content. Other users can then comment on and 'like' these posts to make them more prevalent on the Interest board. Additionally, the system recognizes mutual interests and goals between users to find related groups, where small networks of users can connect, show encouragement, and schedule intra-group events. Lastly, the system recognizes the trends in a user's progress in their goals to find local events such as charity runs, climbing competitions, and swimming classes.

Breakdown

Each user has their own account in which they can set goals, discover interests, and find events and groups. The user profile divides these actions into 6 major navigation tabs: Motivation, Goals, Interests, Groups, People, and Events.

Motivation



John Doe
@jdoe45

MOTIVATION

GOALS

INTERESTS

GROUPS


PEOPLE


EVENTS


SETTINGS


Motivation

Daily Goals


☐ Enter body weight 

☐ Go for a run 

☐ Eat less than 2300 calories 


☐ New Goal 

Top Interests




10 Quick Paleo Breakfasts
eathealthy.com
New recipes from Jillian for on-the-go Paleo dieters ...

1.5k




What Time of Day Should You Run?
runninglife.com
New studies show you how to get the most out of your run ...

1.2k




How Paleo Improves Your Liver
paleofoodies.com
Dr. Richard Feinbaum explains how your liver is dependent on protein ...

1.2k



That Sugar Film!
netflix.com
Damon Gameau embarks on a unique experiment to document the effects of a high ...

1.1k



Cardio Before or After Weightlifting?
buildingbody.com
Our experts explain the primetime to run for mass ...

1.0k

Progress


Week

Month

Year


| Weight | Running | Calories |
|-----------------|-----------------|---------------|
| Target: -0.7lbs | Target: 10mi | Target: 16100 |
| Total: +0.8lbs | Total: 10.4mi | Total: 15200 |
| | Per Run: 3.03mi | |

Events Near You




Anderson Annual Charity 5k
4/16/17
Come join us as we run for a cause in downtown Anderson!

+




Fike Group Workout
4/20/17
Come join us at Fike Recreational Center at 8:00 PM for a group workout! Must have a valid CUID...

+



Cooper River Bridge Run - 10k
5/21/17
The Cooper River Bridge Run provides a world-class 10-K foot race. The race promotes...

+

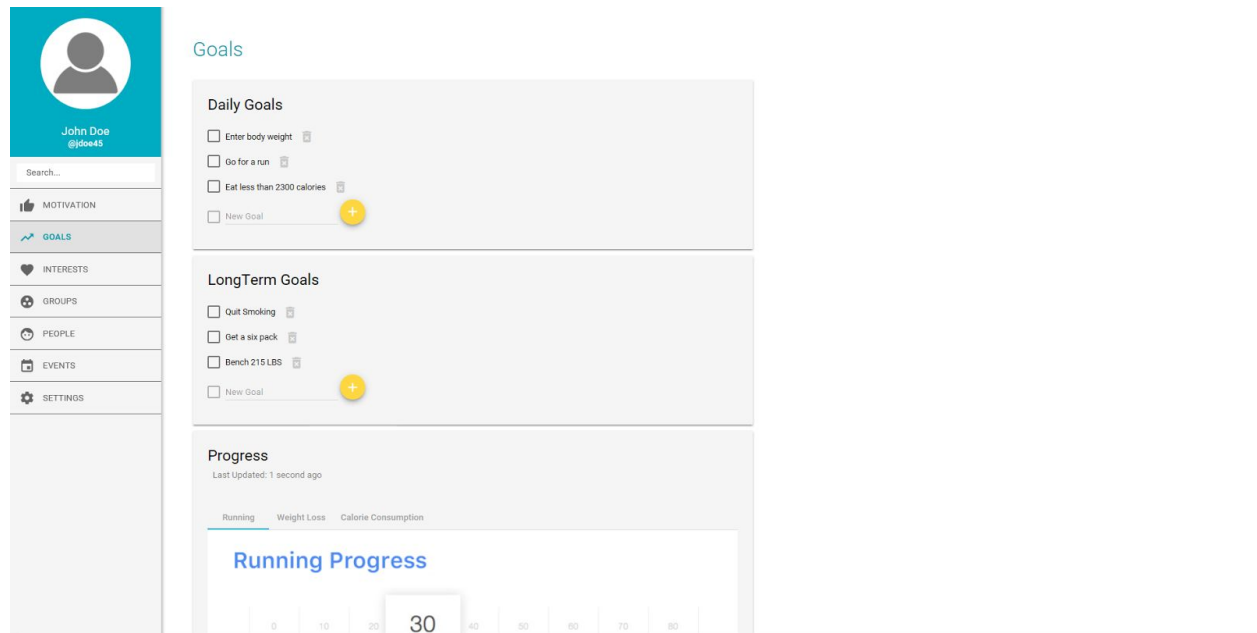


Clemson Annual Color Run
4/6/17
The Color Run, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates...

+

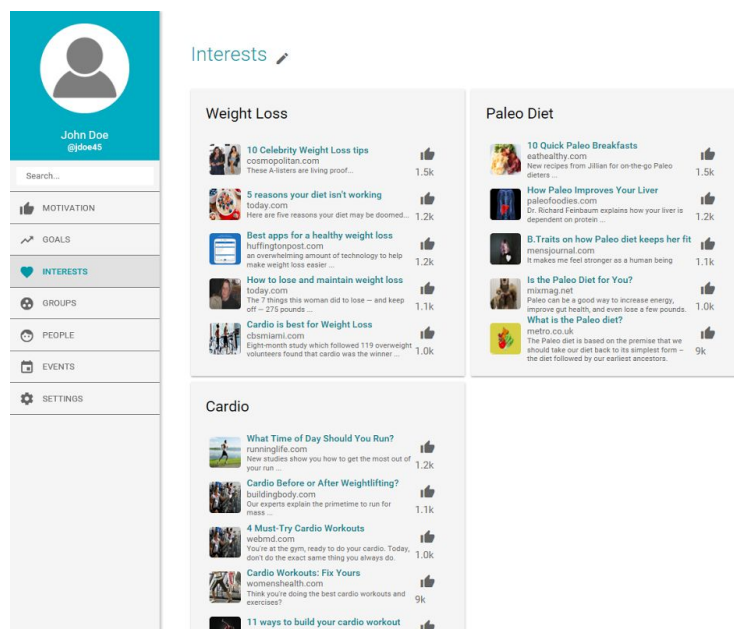
This tab serves as the user's dashboard. It provides a general overview of their daily goals and progress as well as top articles from their Interests and some upcoming local Events. On this page the user can quickly add new short-term goals, log their progress for the day, and navigate to top articles or Interests.

Goals



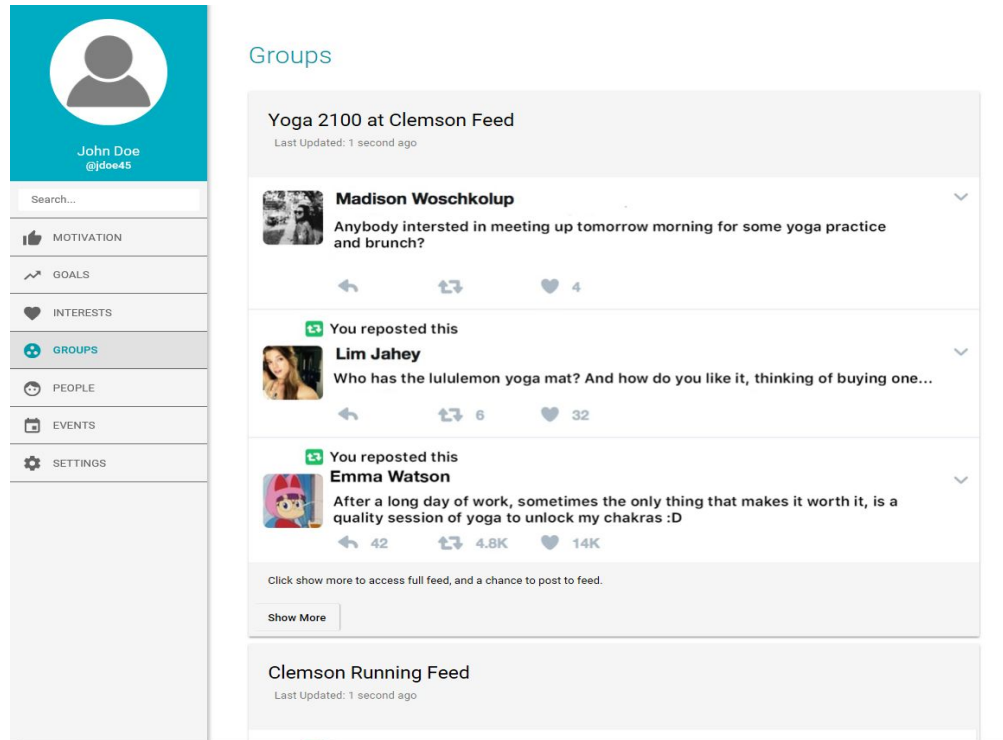
The Goals tab provides the user with a more descriptive overview of all their long and short-term goals. The user can add new goals and log their progress on current goals. At the bottom of the page, the user can view graphical diagrams that portray their progress towards their goals.

Interests




The interests tab is made for users to be able to see the current interests they have chosen to subscribe to. This page will also show them more information about their specific interests which will allow them to stay updated on recent findings and have an easier way to see the latest relevant news respectively.

Groups



The groups tab is made for the user to see a constant feed of what people in their respective groups are saying about their recent workouts/fitness related concerns/or comments and questions. If the show more button is selected, there will more options to post to the feed or read further into the feed.

People



John Doe
@jdoe45

MOTIVATION

GOALS

INTERESTS

GROUPS


PEOPLE

EVENTS


SETTINGS

People

Your Connections




Darius McMillan




Susan Thomson


People Near You




Jack Venable




Sai Chaganti




Joshua Gates




Bryan Pyle




Tyler McCall




Kevin Price




Arnold Cunningham




Nick Bottom




Monty Python




Shamar Collins



Emma Watson




Lim Jahey



Madison Woschkolup

The People tab allows the user to view their friends/connections and add new friends based on the user's goals, interests, and location. The user will be able to (not currently) click on the users to view his/her profile page.

Events



John Doe
@jdoe45

MOTIVATION

GOALS

INTERESTS

GROUPS

PEOPLE

EVENTS


SETTINGS

Events

Your Events

Clemson Annual Color Run

4/6/17




The Color Run, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness, happiness, and individuality.

Events Near You

Anderson Annual Charity 5k

4/16/17



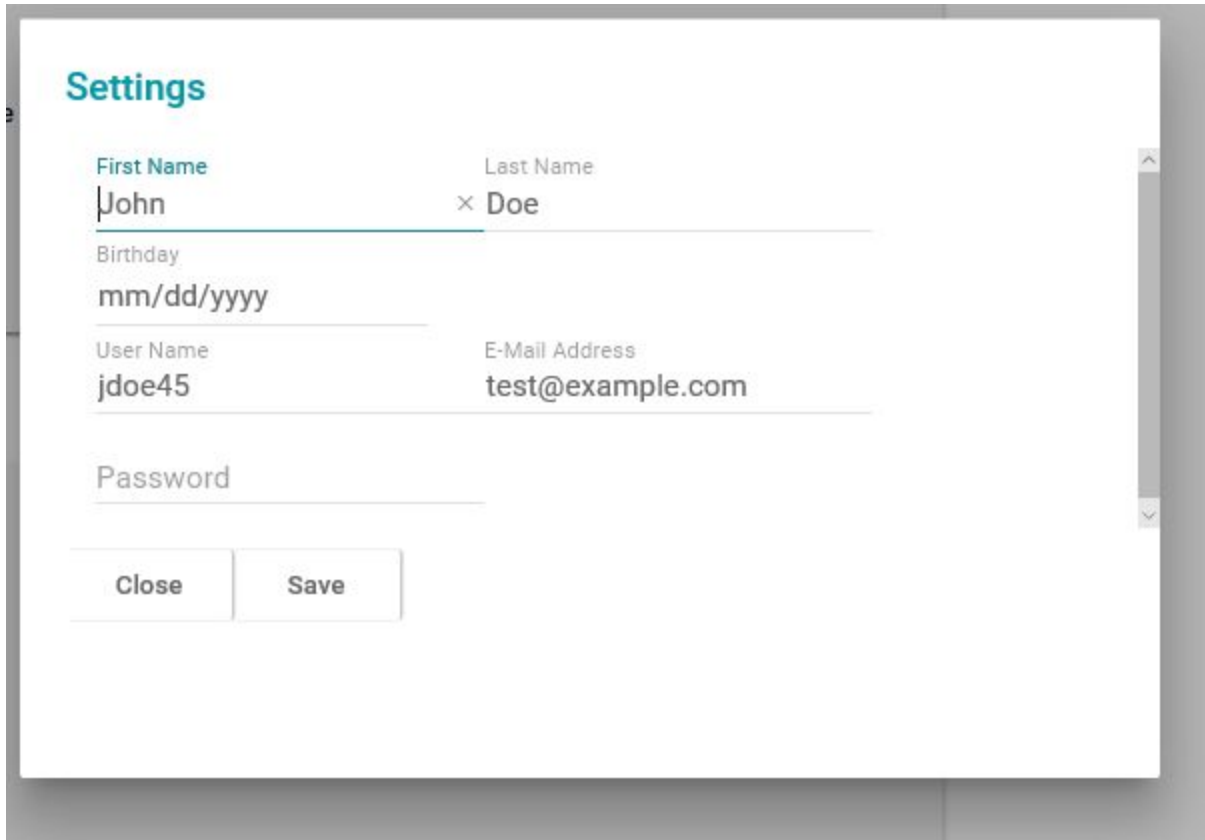
Come join us as we run for a cause in downtown Anderson!

Fike Group Workout

4/20/17

The events window allows the user to find events that cater to their interests that happen to be around their area. It allows them to subscribe to these events. The system will then remind the user when the event is scheduled to take place.

Settings



Settings is a dialog box that enables the user to control their account settings. They can control their username, password, full name, and email address. Their profile picture can be adjusted by clicking on the profile picture.

Usability Specifications for Milestone 4

Testable Tasks for User to Complete

- Add short/long term goals
- Check off short/long term goals upon completion
- Add specific interests
- Add upcoming events you would like to participate in
- Add friends to your network
- View progress of a specific goal
- Log progress of a specific goal

Beta users will be given a task list of things to do while we can time them as they progress through the list to measure ease of access and how intuitive the website is. We plan to do this by measuring how long it takes for somebody to perform a certain task. This will help us

understand if certain tasks are simpler than others and where we can help users by changing the layout to increase speed and decrease the time it takes to accomplish these tasks.

Another way we plan on collecting quantitative data was by measuring the number of mistakes it takes to complete certain tasks to find places where the system may not be as simple as we intended it to be.

The types of qualitative data that we plan to collect are results from a survey that we will provide the user. A tentative list of survey questions follows:

1. What was your favorite aspect of the site?
2. What was your least favorite aspect of the site?
3. Did the fitness community motivate you to stay healthy?
4. Is there something we could add to help motivate you more?
5. What were some areas where the website could be improved?
6. What was your overall opinion of the color scheme?
7. Was it easy to figure out how to do the tasks you wanted to do?
8. Once you figured it out, was it actually easy to do the task?

Implementation Challenges

The biggest challenge faced was learning how to work with a brand-new framework, Angular. There are two versions of Angular: Angular, and AngularJS. A tutorial meant for one version would not work for the other version as they are completely unrelated frameworks. This made research of the API difficult.

Furthermore, Angular uses a component-centered structure which is great for modularity, but makes communication between pieces difficult and complicated. As a result there are some components that don't function as they should (e.g. when a user clicks on the top-right navigation button of a card on the Motivation page, the tab highlighting in the sidenav does not update).

Lastly, we chose to use Angular's material design premade components to make development "easier". We later realized that Angular Material is still in *beta* and not easily customizable. This didn't necessarily prevent us from implementing certain parts, but it definitely slowed us down because documentation was hard to find. For example, we wanted to have the interests settings at the Account Settings box, but the implementation of Material Design's chips was limited to the point that it was non-functional for this purpose.

Design Rationale

We ended up choosing to solve our problem by providing users with a website to receive the motivation they need in order to pursue a healthier lifestyle. We thought this was the most practical solution because it can be accessed from anywhere with internet access and will be the best way to facilitate community-driven feedback. This solution is similar to other social media sites in that it allows you to connect with your community, but is unique because it is

specific to all things health related and at the same time keeps your priorities in order by keeping track of your goals along with the progress you have made.

Aesthetically, we chose to use Google's Material Design UI specification because it provides a common look that many users can pick up quickly, as well as being very simple. Since Google uses many of these assets on their product, many users will be familiar with the look of our website.

To convey a feeling of health and motivation, we went with a Cyan and Amber color scheme. Light blue is often associated with wellness and health such as with Blue Cross Blue Shield, while yellow conveys excitement, energy, and interest.