Phase 1 Report

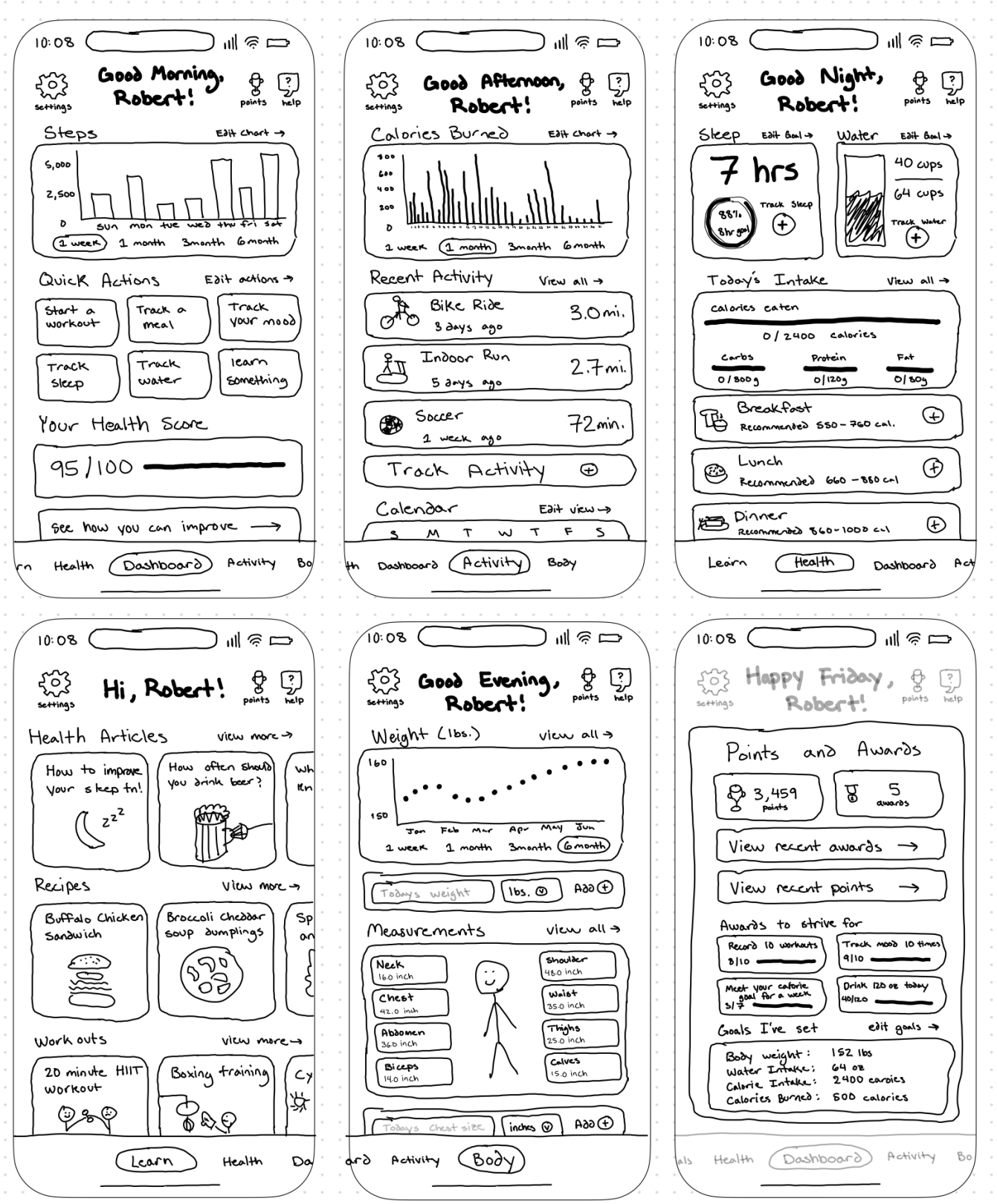
Jay Desmarais, Neel Joshi, Asha Nur, Erica Nwoga

System Requirements

A list of things that people will be able to accomplish/do/experience via what you are designing

- Able to contain various measurements (water intake, weight, steps, blood pressure)
- Allow users to access their progress via charts or diagrams
- Recommends calorie intake and workout plans to user based on stats
- Sends out reminders
- Track user weight gain and/or loss
- Set personal health goals for things such as weight loss, improved fitness, or better sleep.
- Be able to connect with other users for support and encouragement
- Access resources such as articles and videos on recommended health topics

Low Fidelity Prototype



Expected Users Context

- Beginners to fitness who want to improve on their overall health but do not know where to begin
- Beginners and Intermediate who look for workout plans based on their skill level
- People who look to lose weight and improve their health
- Fitness enthusiasts who look to improve their skills

Expected Work Context

- Tracking progress for weight loss
- Having a workout plan
- Knowing their caloric limits for calorie in calorie out (CICO) expenditure to lose weight

User Feedback on Prototype

Interface Design

- Our design may be too overwhelming/cluttered for someone not familiar with using apps.
- Difficult to implement given time frame.
- For people who are visually impaired, the design might be too hard to navigate
- The bottom navigation bar being scrollable may cause issues, as horizontal scrolling in a thin/small area can be uncomfortable. Possible solution could be having the nav-bar be fixed while the page itself scrollable instead.
- Add a bit of padding to the UI so the components aren't as cluttered

App Features

- For measurements, there should be an option to set units of conversion, as not everyone may use the imperial system.
- It's good that the measurements for different body parts are included, as people may want to focus on different parts.
- Defining/Measuring a health score will be difficult as everyone has different medical histories and goals.
- Competitions on a health app may backfire, as it can lead to users adopting unhealthy habits to reach goals, or build discouragement/insecurity among users.
- It may be difficult to verify that the health articles aren't spreading misinformation. We would be held responsible if so.
- Not enough emphasis on mental/emotional health in the health section.
- The included recipes and health articles in the app would be very convenient because everything is one place.

Readability

- The vocabulary used should be easy to understand.
- The font should be large enough for those with diminished eyesight.
- For the "Good Morning/Afternoon", what happens to the text if the user has a very long name?

Buttons

- Out buttons' text is too small to read, making it difficult for users to read. In our revision, we made two color options midnight and cerulean with bold white text.

Icons

- Initially we planned to make all icons gray. However, it was pointed out that gray is associated with disabled content. So, we decided to make our icons dark blue — which aligns with our style guide while indicating they are clickable.

Primary and Secondary App Features

Primary Features

- Track and view food, calorie, and water intake
    - Ability to track specific food items/ingredients and their macros in the app to see your daily intake based on different serving sizes or measurements
    - Ability to track certain amounts of water as intake for the day to meet your water intake goals
    - Track only intake by calories
    - Create meals to easily track multiple ingredients at once in the calorie tracker
- Track workouts, exercises, and step count
    - See past exercises, workouts, and step counts in a calendar and graph view to see progress in consistency and activity level.
    - Track new workouts, exercises, or steps manually or through linked health devices.
- Track and view weight and size goals and progress
    - Record weight and body measurements in you profile
    - See your progress in weight gain/loss
    - See progress in body measurement changes over time throught graphs
- Compete against friends (or yourself) in health goal competitions.
    - View and start competitions with friends, family, or others
    - Gain points through consistent tracking and viewing of health stats
- Remind user to use the app or set schedules reminders for tracking certain things
    - Allows the user to create new reminders to get them to open the app and track their meals and activity throughout the day
- Track daily mood and mindset
    - Allow the user to input their daily mood and mindset along with other notes to see and track how their mood and mental health improve/decrease as a result of certain things.

Secondary Features

- View workout descriptions
    - View descriptions and examples of workouts and how-to's/tips
- View meal plans and recipes
    - Browse and create/post healthy meal plans and recipes
- Read health articles
    - Browse and open health articles to engage the user in living a healthier lifestyle

Style Guide

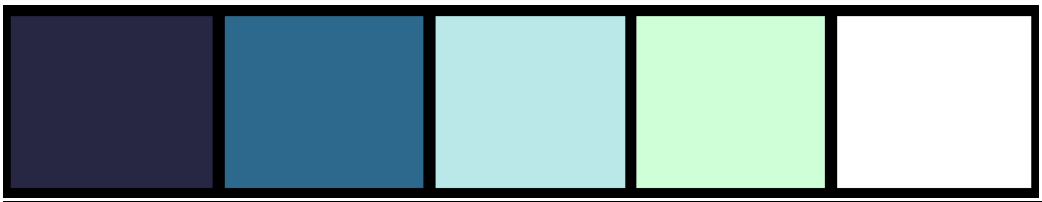
UI Library

We will be using the Semantic UI React Library to streamline our app style. The docs can be referenced from the following site:

https://react.semantic-ui.com/

Color Palette

The Health App should be primarily blue, with accents of green. Keywords: “Calming” , “Soothing”, “Nurturing”. Nothing too bright, contrasting, clashing, or alarming.



MIDNIGHT #272643	**CERULEAN** #2C698D	**POWDER** #BAE8E8	**MINT** #CFFFD7	**WHITE** #FFFFFF	**GRAY** #D3D3D3
Will act as our “black”. Will be used for the text.	Our primary color. Could be used for buttons.	Our secondary color.	Our accent color, also the lightest color. Used sparingly.	Used for the background and maybe some text.	Will be used for disabled buttons.

Typography

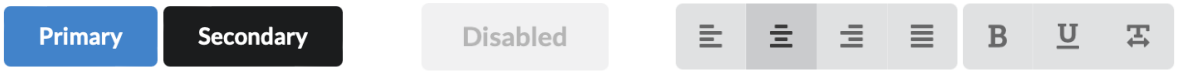
Text should be large and easy to read. No black text, since it causes eye strain. Bold Poppins font for titles, and Open Sans font for regular text.

24pt Poppins BOLD in #272643 - Lorem ipsum dolor.

18pt Open Sans in #272643 - Lorem ipsum dolor.

Buttons

Buttons are large and rounded. Similar to the following images, they will darken when hovered over/clicked and lighten when disabled. (buttons will follow the color palette described above)



Icons

Icons use both imagery and in most cases, text for increased accessibility. Icons will appear similarly to those in the below image. The Icon library we use will be from the Semantic UI React Library as described above.