

Phase 4 Report

Jay Desmarais, Erica Nwoga, Neel Joshi, Asha Nur

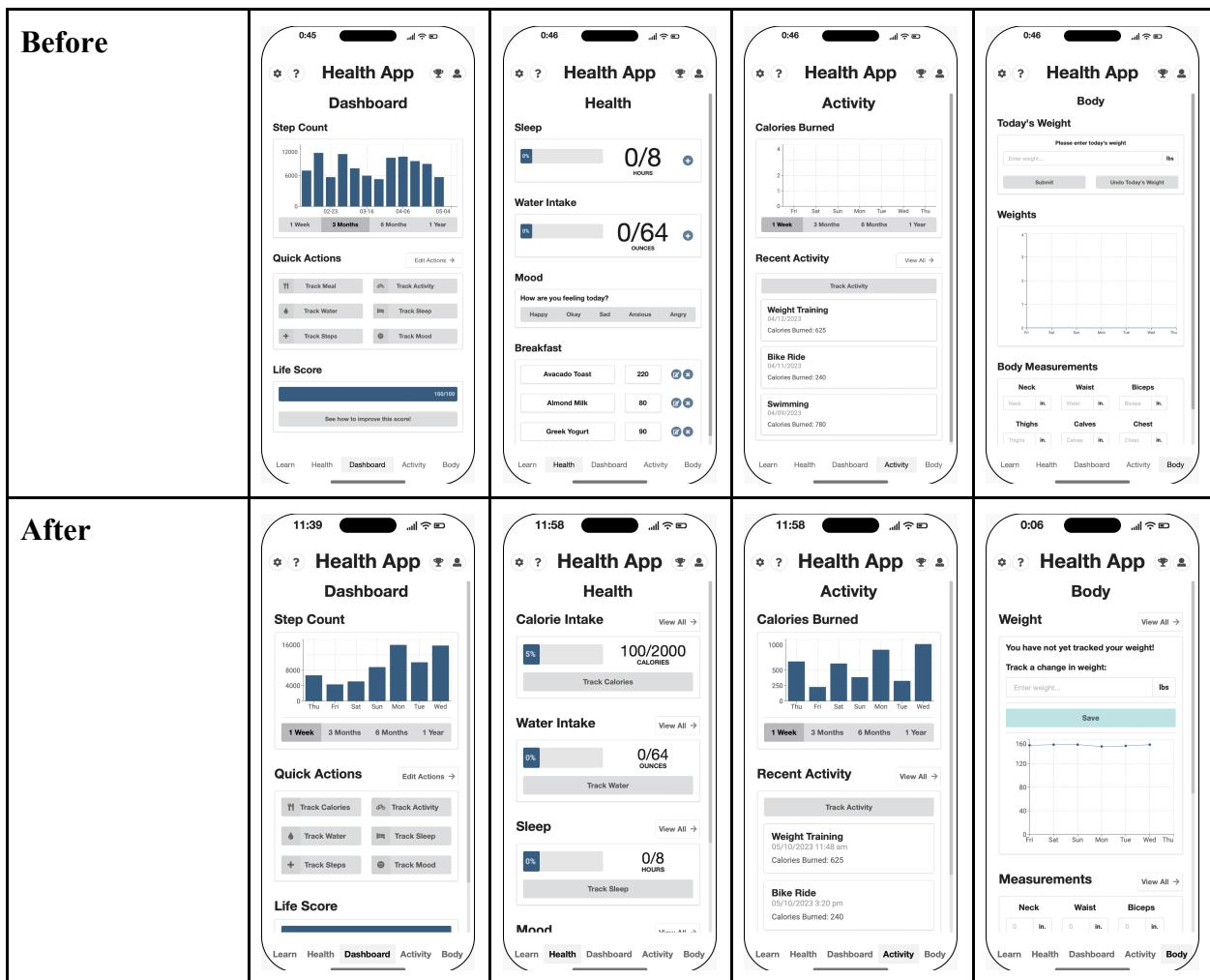
Design Improvements

Sizing of text when displayed at phone screen size

Feedback: “Considering that this prototype is supposed to be a smartphone app, when we display it on our screen at the size of a phone the text font size is in general too small to be comfortably readable except for the headings of the app, page, and panels. This is something worth looking at as you move forward.”

What was changed: Made the site-wide font sizing larger and more readable to users

Discussion: In order to provide a comfortable viewing experience, it was suggested to increase the font size proportionally to a phone screen. As seen in the ‘After’ pictures, the subheaders are considerably larger. This increases the readability, more effectively signaling to users what each component services.

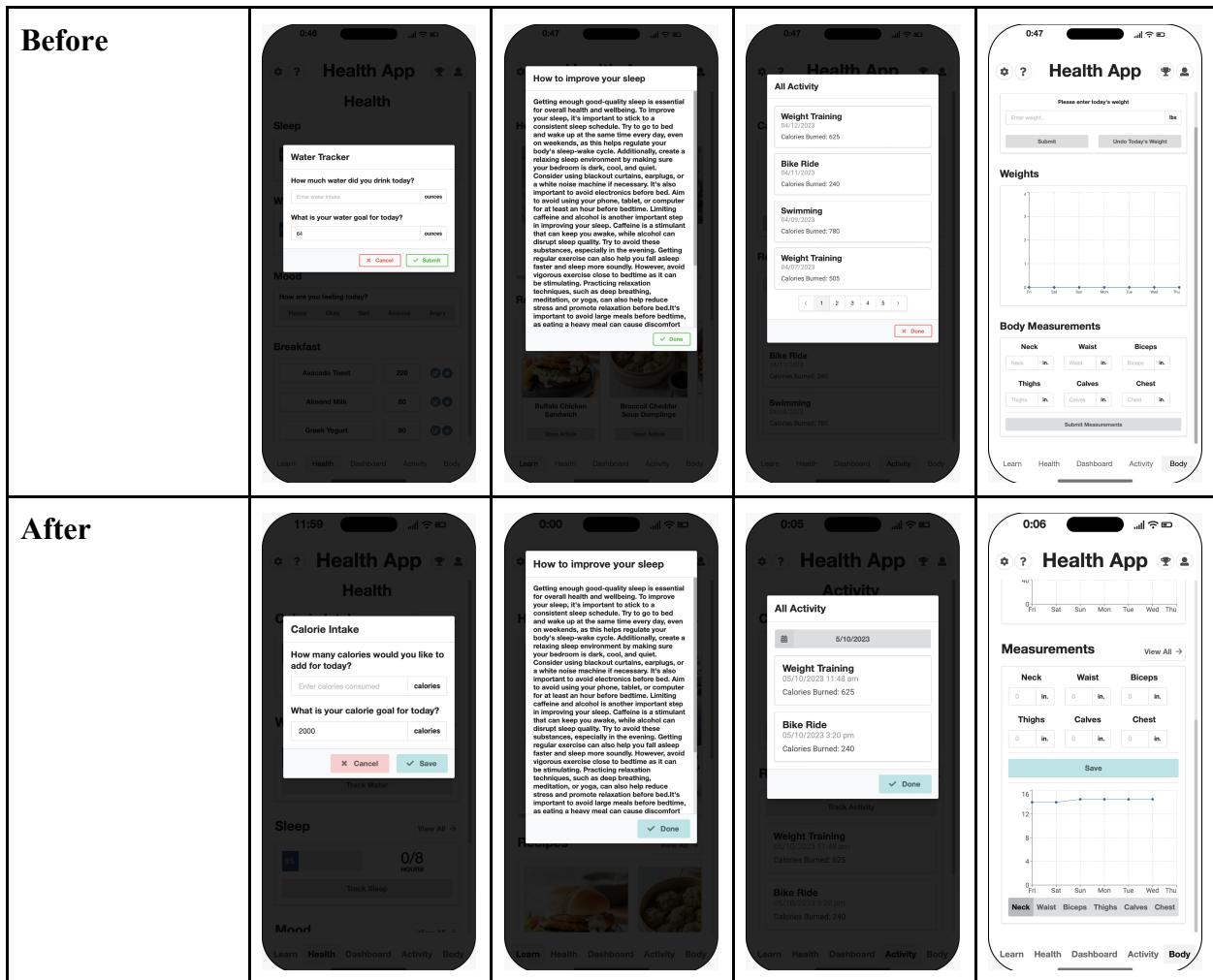


✓ Submit and cancel button improvements

Feedback: "When adding something like sleep, the Cancel and Submit buttons are harsh on the eyes due to the colors used for the text and outline (this comment applies to everywhere you use this color scheme). "Submit" should really be "Save" there and in other places."

What was changed: Made the cancel and submit buttons a lighter more scheme-friendly color, and changed "submit" to "save"

Discussion: The colors of the buttons for "Save" and "Cancel" were too jarring compared to the muted color scheme of the rest of the app, causing discomfort in viewing. By desaturating the red, and opting for a light blue rather than bright green, the change was successful. Pink and Blue still contrast each other, further representing the opposing actions of saving versus canceling.

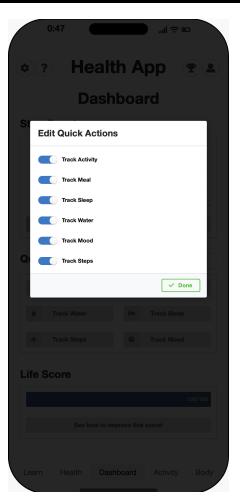
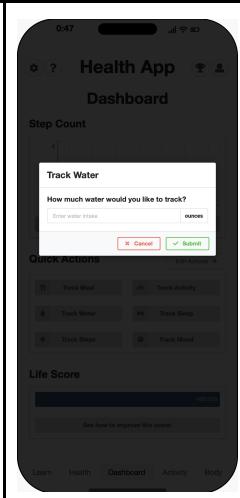
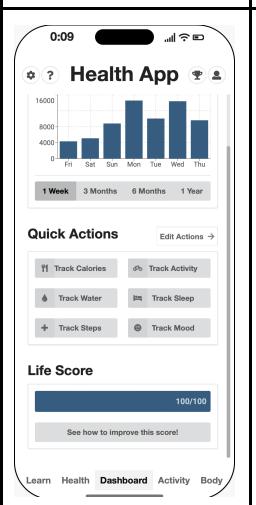
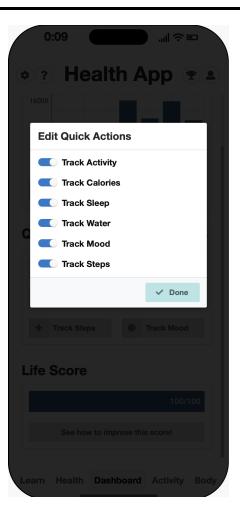
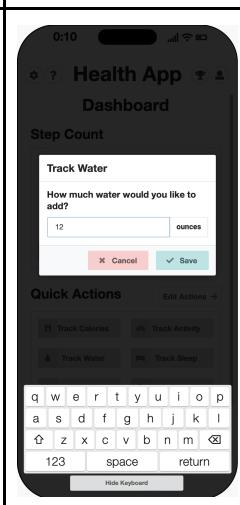
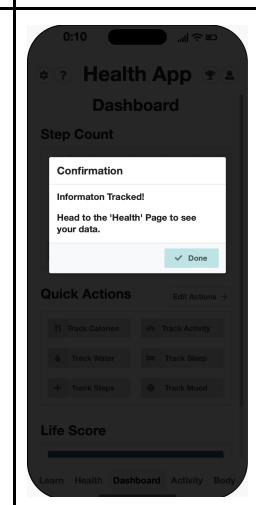


✓ Quick actions panel improvements

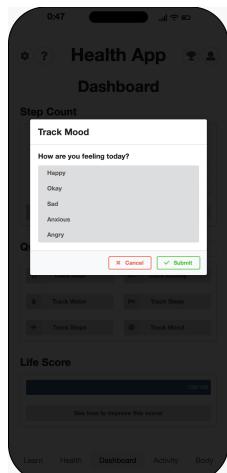
Feedback: “In your dashboard tab, up to 6 different metrics are given a portal to add new data points to, while aside from meals would change the visualization shown on the same page, other metrics are not immediately visualized in the same screen but somewhere else instead. This is not as intuitive for the users. Consider mechanisms to make this interaction smoother. For example, display a visual hint after successfully logging data for those trackers with maybe a message that helps users to navigate to where they can check the data that they just put in.”

What was changed: Made a confirmation modal that tells the user what was changed and where they can see those changes and changed wording to be consistent with that of the real actions (where you edit on the page itself rather than in quick actions)

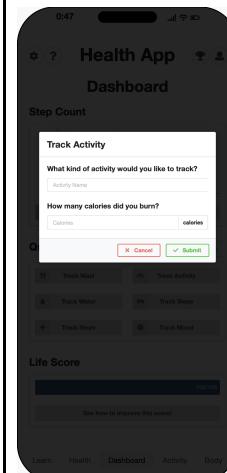
Discussion: Previously, there wasn't an indicator that informed users of changes via the Dashboard. So, this feature was added, alerting the user that changes were acknowledged.

Before				*No before
After				

Before

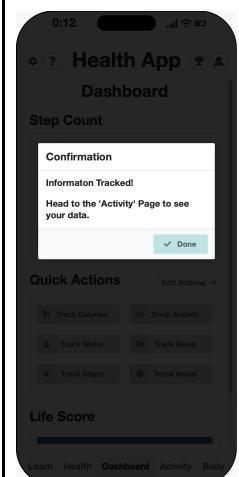
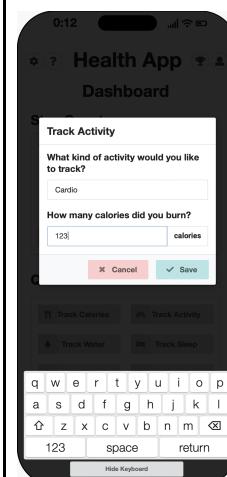
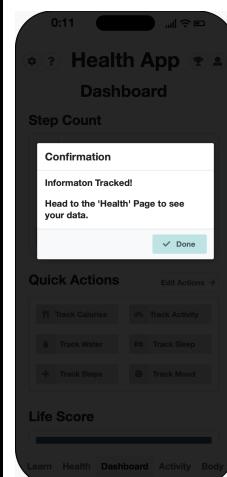
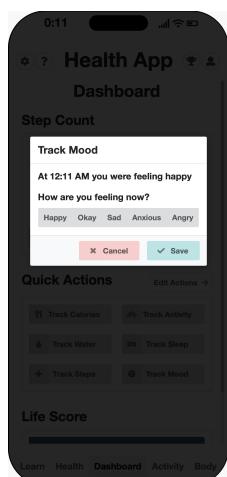


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After



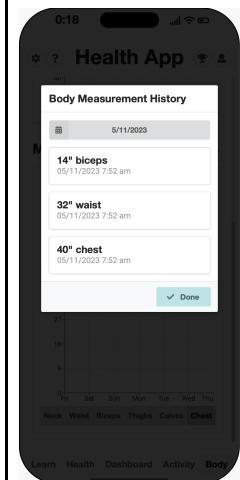
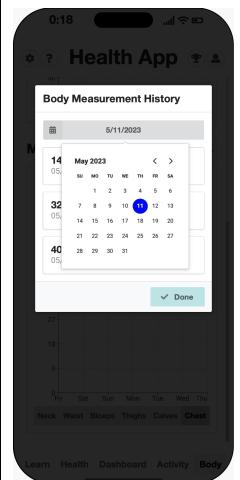
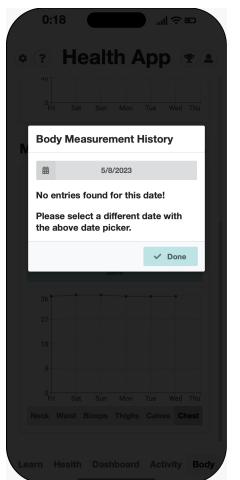
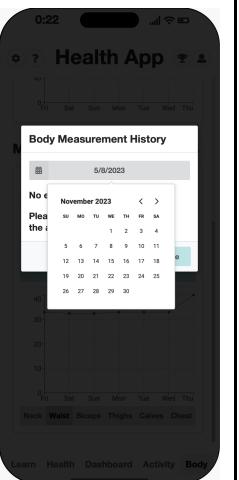
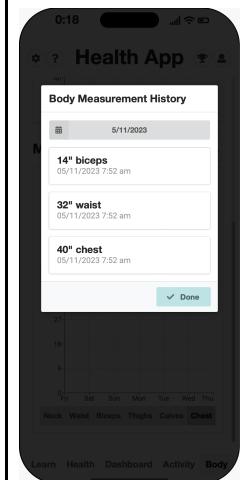
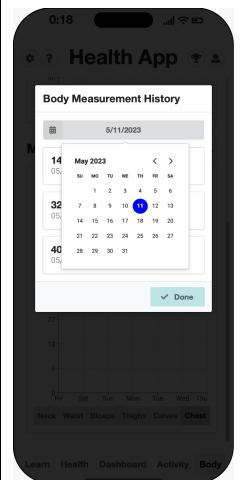
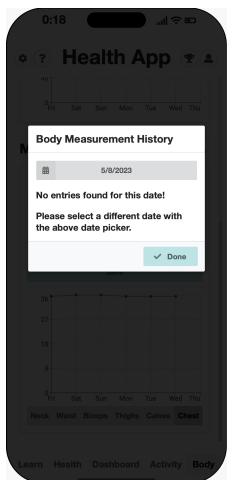
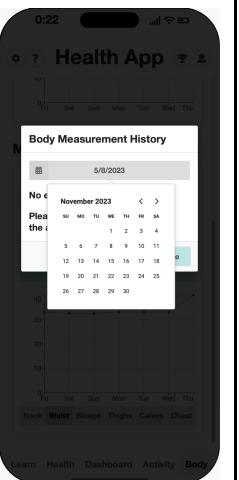
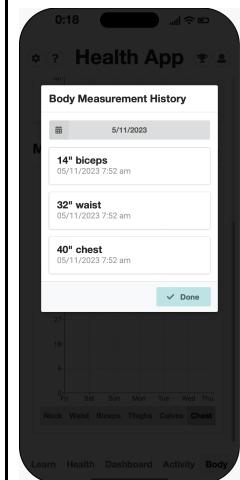
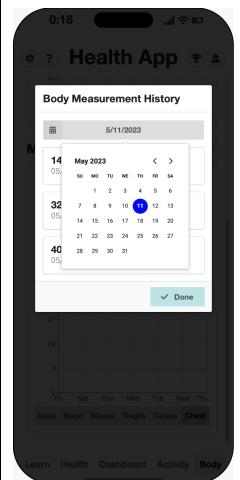
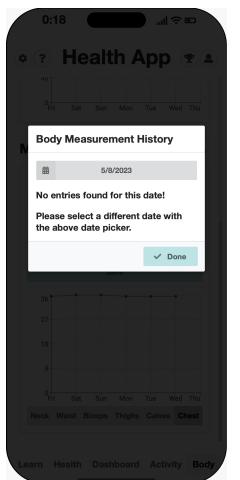
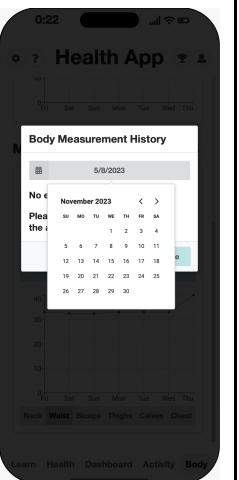
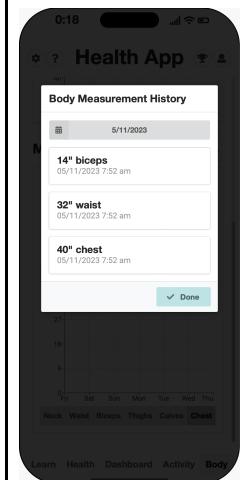
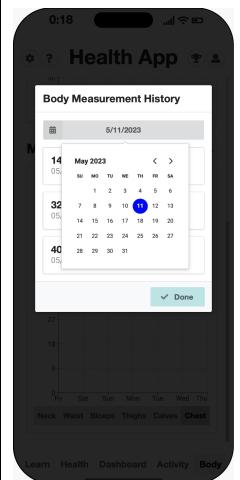
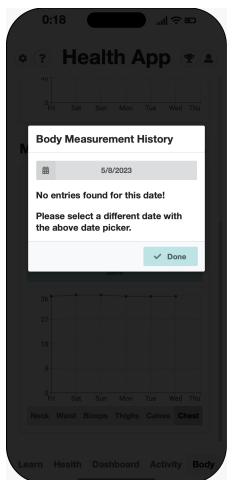
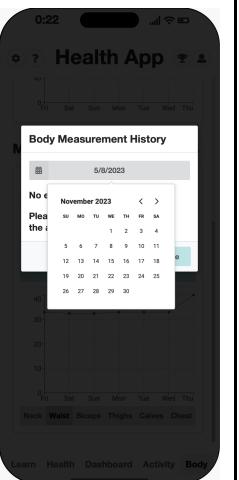
✓ Body measurement visualization

Feedback: “The Body measurement data is not currently reflected anywhere in the app. It feels like a “visualizations of tracking data” feature tab needs to be designed as you move forward.”

What was changed: Added a chart, like the one for weight, with a picker for the body measurement the user would like to visualize as well as a “view all” section to see any previously tracked data.

Discussion: Since there were no visualizations for the body measurements, a chart was added to track these measurements. Now users can input data and immediately see it reflected within the chart. In addition to the measurements chart, past data is also accessible through the history feature. This feature improves communication with those who need to see their data illustrated, or need to recall previous entries.

Before		*No before	*No before	*No before
After				

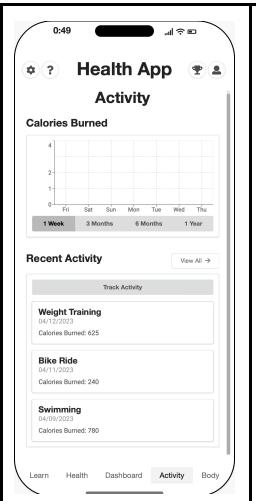
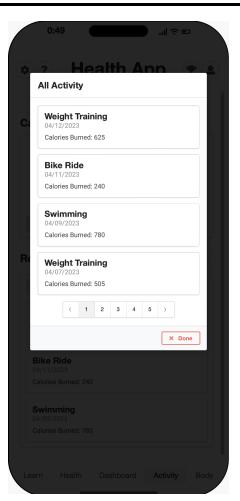
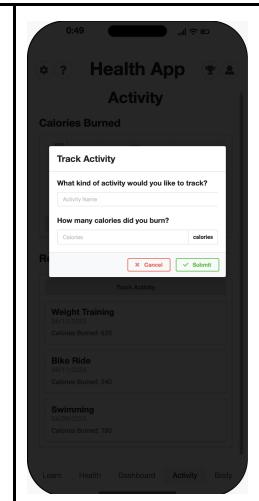
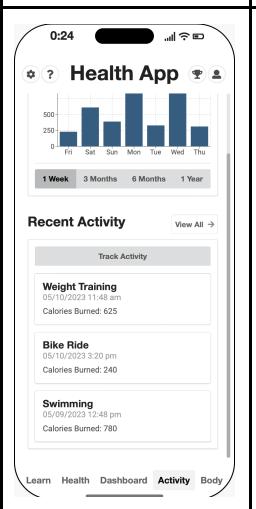
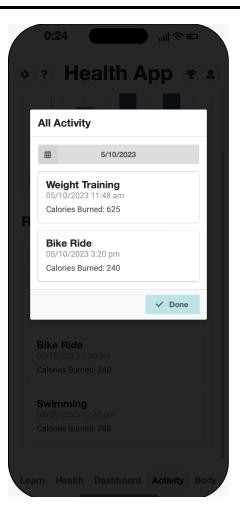
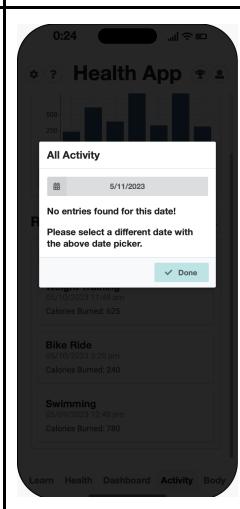
Before	*No before	*No before	*No before	*No before
After	   	   	   	   

View all activities improved

Feedback: “The Activity tab has information about calories burned that comes from the tracking of activities below, but we think this activity tracking could be better designed for realistic interaction and scalability. Consider how all of this would look after even a month. We feel some form of structure to the "View All" would be needed to make it useful.”

What was changed: Added a calendar view in the “view all” modal where you can view the activities from a certain date.

Discussion: The activity tracker needed to accommodate larger data points, so a feature that was able to track long term was needed. The calendar allows for more amounts of data to be added without overwhelming the main component, and accommodates both daily and monthly viewing.

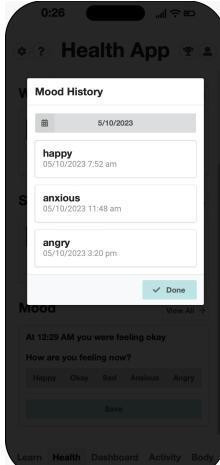
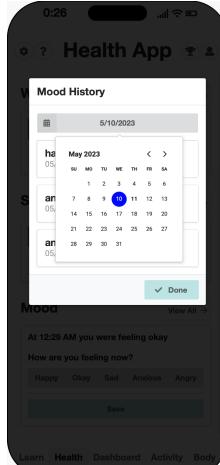
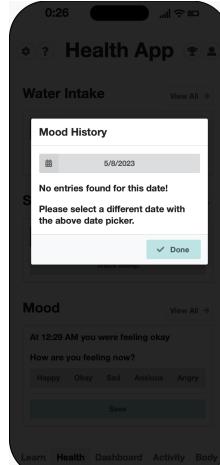
Before	 <p>The 'Activity' screen shows a bar chart of 'Calories Burned' over the last week. Below the chart is a 'Recent Activity' section listing three activities: Weight Training, Bike Ride, and Swimming, each with a timestamp and calorie count.</p>	 <p>A modal titled 'All Activity' displays a list of activities with their details. The first activity is 'Weight Training' on 04/11/2023 with 625 calories. The second is 'Bike Ride' on 04/11/2023 with 240 calories. The third is 'Swimming' on 04/09/2023 with 780 calories. A 'Done' button is at the bottom right.</p>	*No before	 <p>The 'Track Activity' screen asks for 'Activity Name' and 'How many calories did you burn?' with fields for 'Calories' and 'calories'. Buttons for 'Cancel' and 'Submit' are at the bottom.</p>
After	 <p>The 'Activity' screen now features a daily bar chart showing calorie burn for each day of the week. The 'Recent Activity' section remains the same.</p>	 <p>The 'All Activity' modal now includes a date picker at the top. It shows activities for May 10, 2023, and May 11, 2023. A 'Done' button is at the bottom right.</p>	 <p>The 'Track Activity' screen now includes a date picker for selecting the activity date. It also features 'Cancel' and 'Save' buttons instead of 'Submit'.</p>	

Improved mood tracking

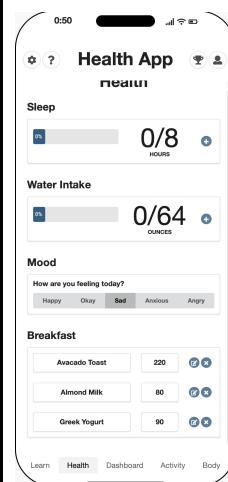
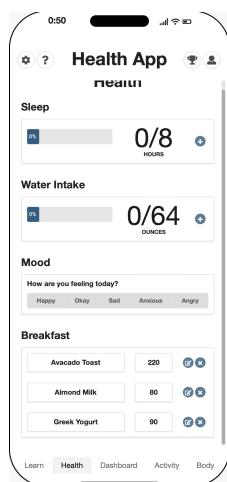
Feedback: “It feels a bit odd how Mood that can be done through the Health tab or the dashboard quick actions look radically different between the two. From the health tab, there is no feedback that this choice has somehow been recorded or indication of whether this can change throughout the day and still be tracked. There should be a “mood” visualization that is meaningful and realistic as part of a tracker, containing mood information across multiple dates and even within a date.”

What was changed: Made the button selection consistent across views (quick action and mood page) and created a line of text that shows the most recently entered view to provide feedback to the user. Also added a calendar view in the “view all” modal.

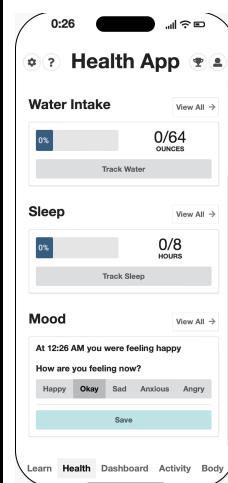
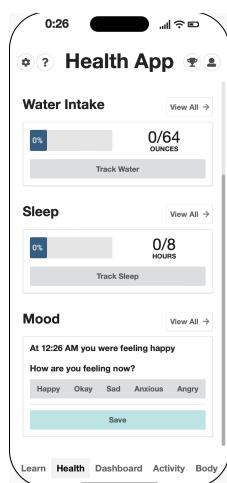
Discussion: As the mood tracker can be tracked on both the Dashboard and the Health page, consistency would help the user recall their similar functions. The buttons were changed to familiarize the user with the mood tracker. It also needed to be shown that mood can fluctuate throughout the day, or time in general. A calendar feature was added to access mood history, allowing users to understand occurrences throughout a given time period.

Before	*No before	*No before	*No before
After			

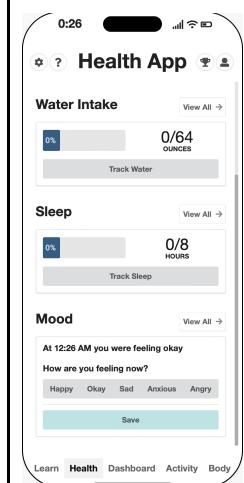
Before



After



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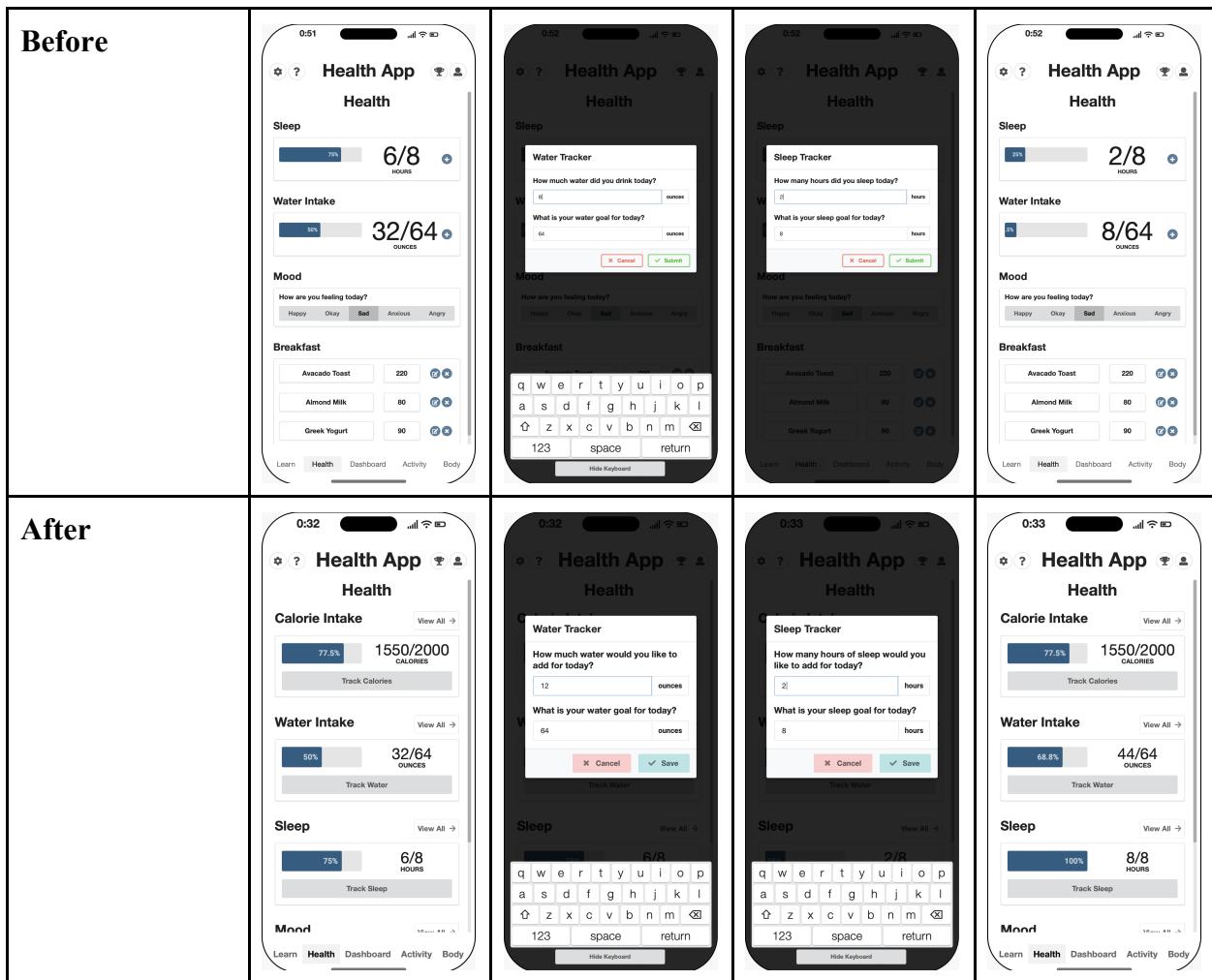


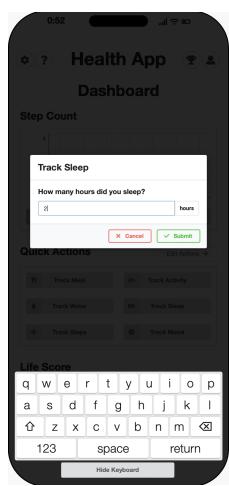
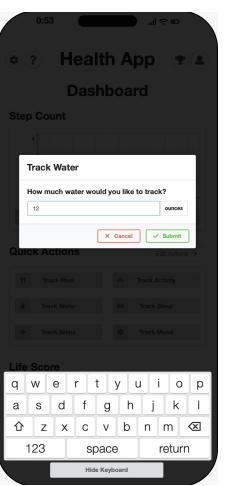
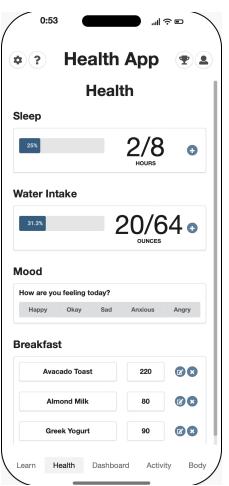
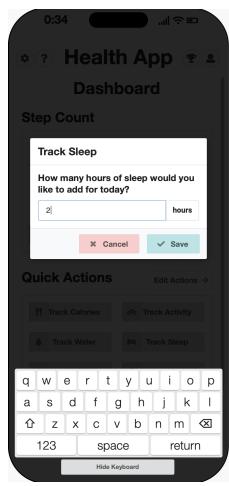
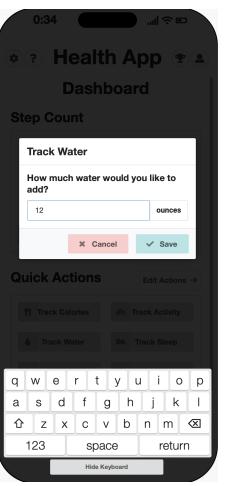
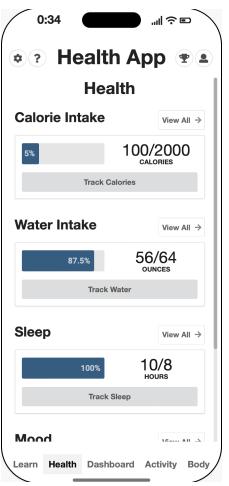
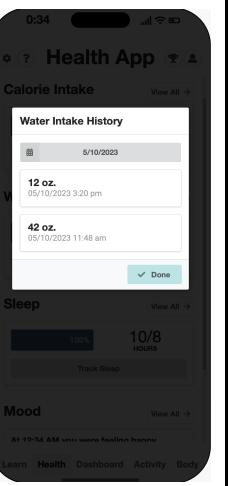
✓ Consistent sleep and water tracking

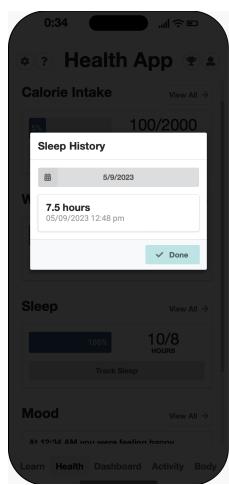
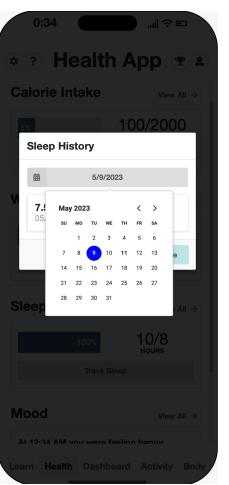
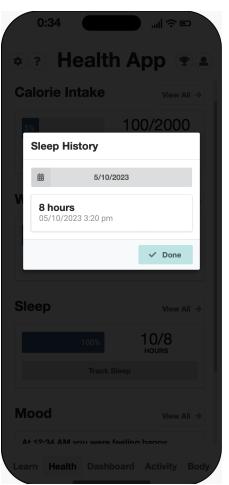
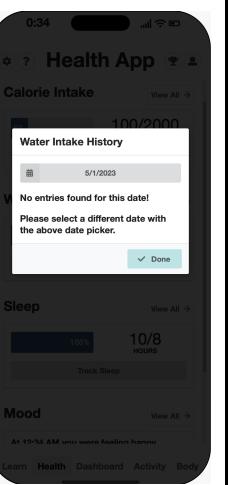
Feedback: “It is not intuitive for the users to input the cumulative sleep amount and water intake amount into the tracker. Use some indications on whether the “total amount” is needed or the “incremental amount” is needed.”

What was changed: Made the dashboard and health section track counts the same way, also making it clear that numbers entered are added to the current amount. Also added a calendar view in the “view all” modal.

Discussion: The sleep and water trackers did not indicate if the value being added is cumulative or the total, which would confuse users. To promote clarity, both trackers are cumulative, meaning each entry adds to the total. This also helps understanding behaviors of the user, since water intake can increase throughout the day.



Before				*No before
After				

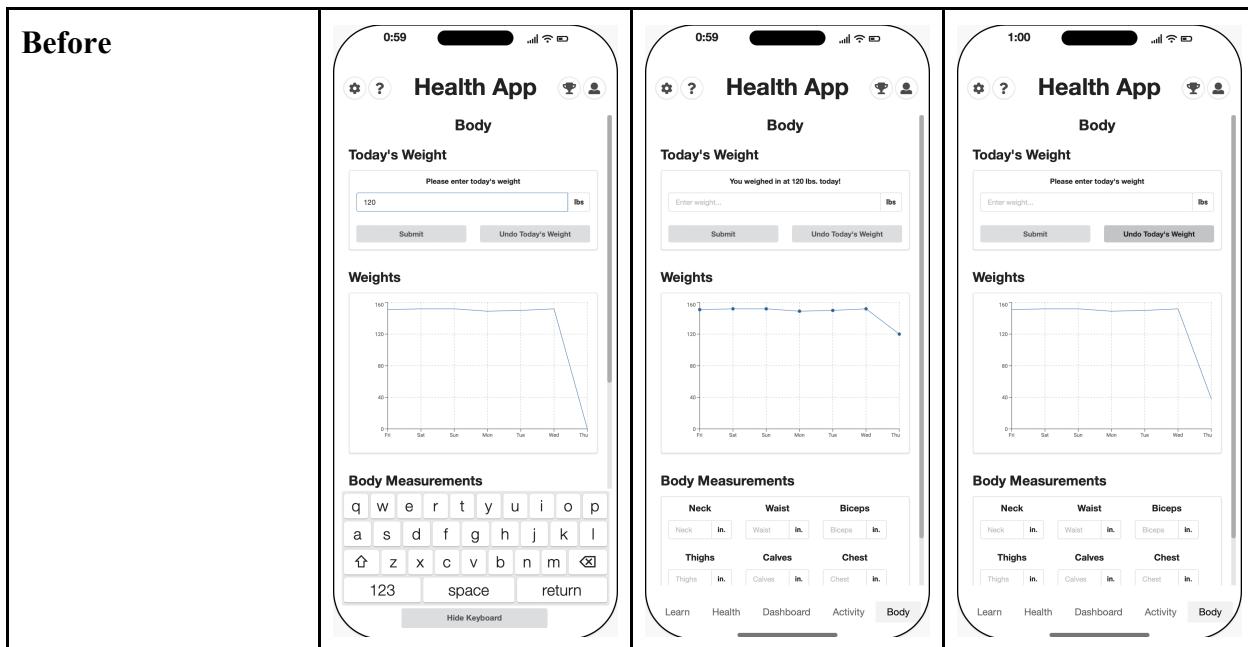
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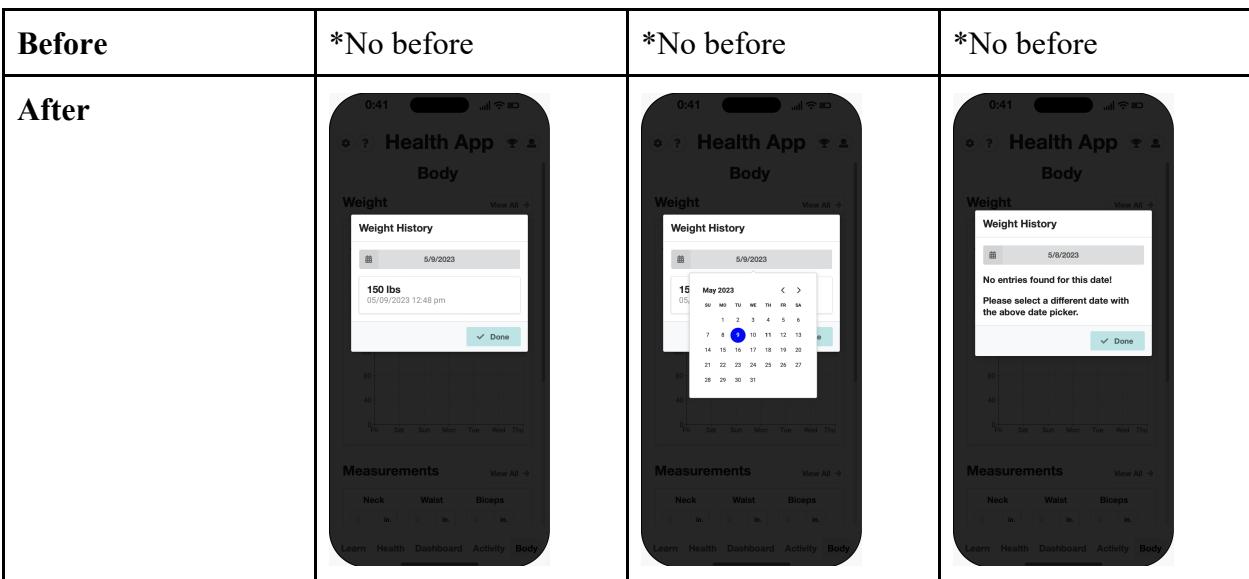
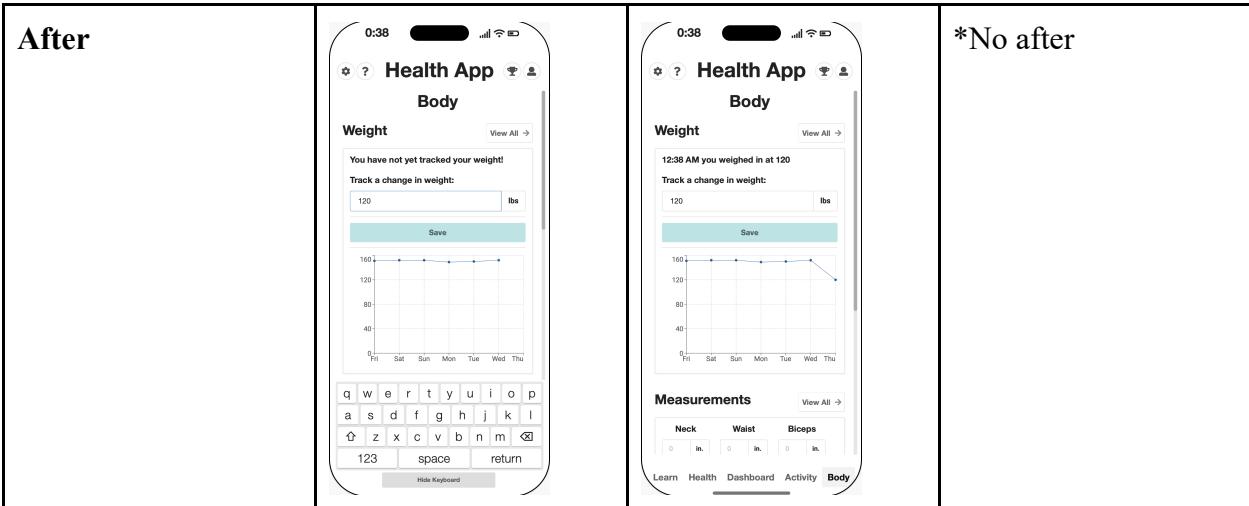
Improved weight tracking

Feedback: “In the body page, the panel of Today's weight includes a button that undoes today's weight, which operates only on the visualization in the panel underneath. This button feels like it should be moved to collocate with the visualization instead of the logging panel.”

What was changed: Removed the “undo today's weight” button, and gave the section better clarity for when the last progress was tracked. Also added a calendar view in the “view all” modal.

Discussion: The placement of the button did not map seamlessly with its function, so it was removed. Instead, the body page was modified to track weight progress, and view all entries. This process helps streamline the addition of entries, rather than slow the user down with logging issues.





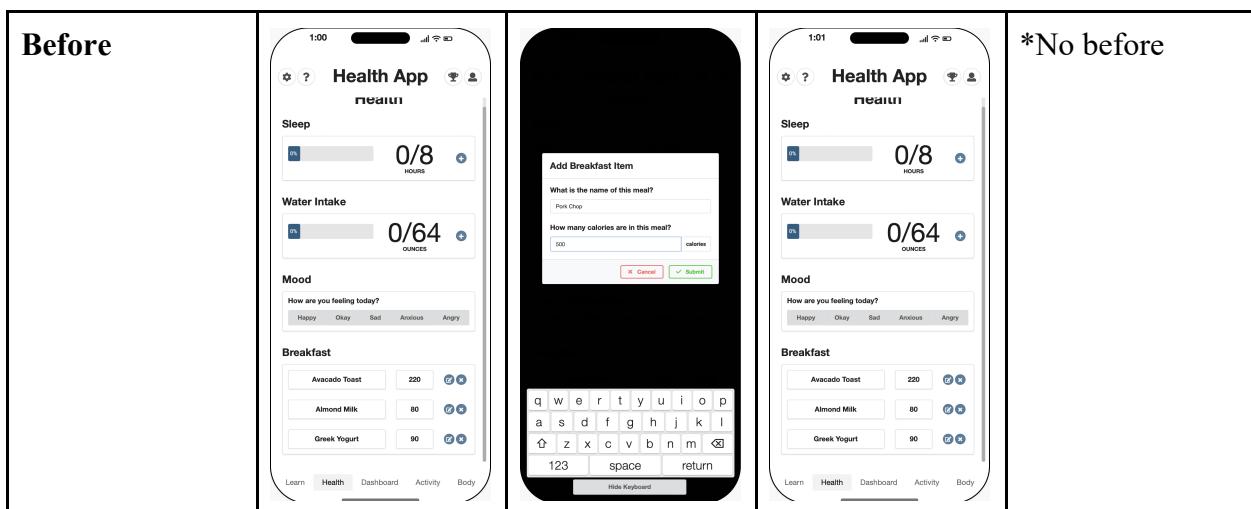
✓ Improved meal tracking

Feedback: “The “breakfast” panel in the “Health” screen:

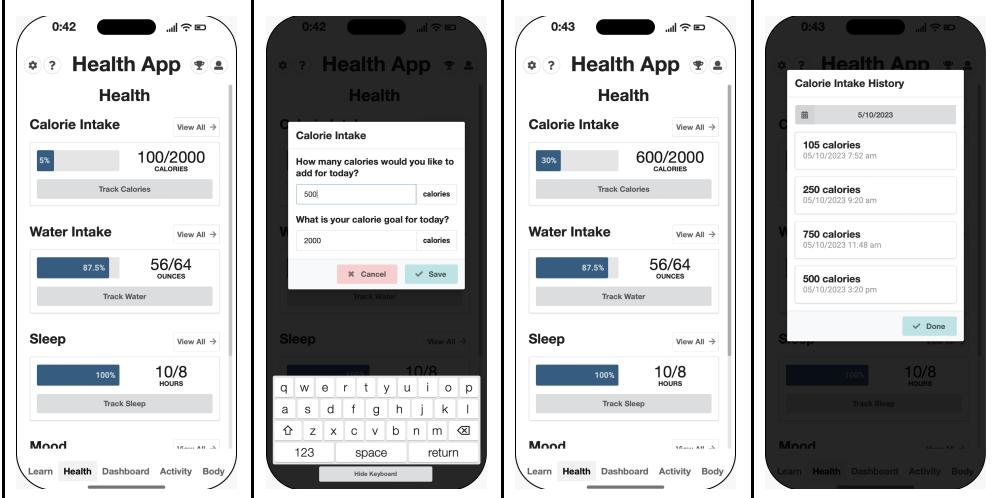
- 1) There is no place for other meals other than breakfast.
- 2) This panel also takes in data in a different manner than the meal track on the home screen. The information asked in both places is somewhat overlapped yet not identical making it confusing.
- 3) The number of types of food taken is fixed to 3 ñ. look into providing a way for users to add and remove different numbers of food intake for meals at the meal panel to make things more realistic.
- 4) This feels oddly wedged in here in terms of high-level design and navigation. There should be a feature tab just about food entry, etc. rather than this attempt at an all-purpose generic “health” tab.”

What was changed: The idea of a meal tracker was scrapped for the time being as we were unable to find a good way to incorporate it into the app and more research could be done, so we opted for a calorie tracker to take its place. The calorie intake tracker follows the likes of the weight tracker. Also added a calendar view in the “view all” modal.

Discussion: Rather than have meal tracking as a separate, distinguished component, it was re-implemented as a Calorie tracker. This provided visual and functional consistency to our system, mirroring the other Health page trackers. The new calorie tracker better accommodates having multiple food entries, and long-term meal tracking. The Health page appears more cohesive, rather than a mass collection of features.



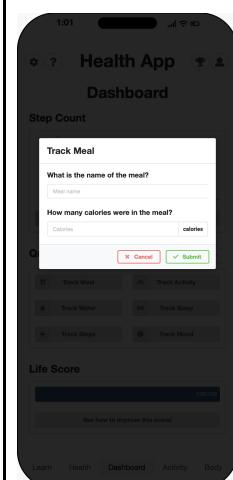
After



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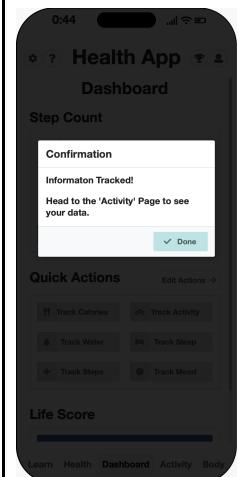
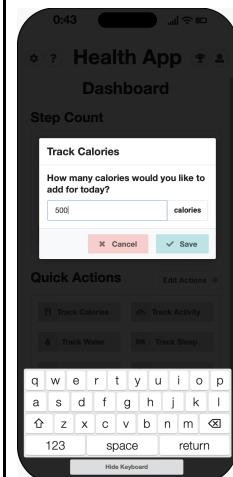
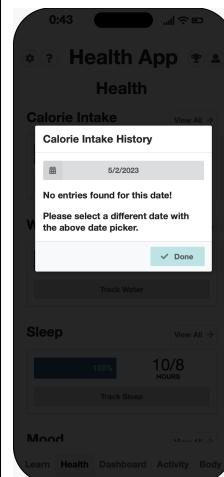
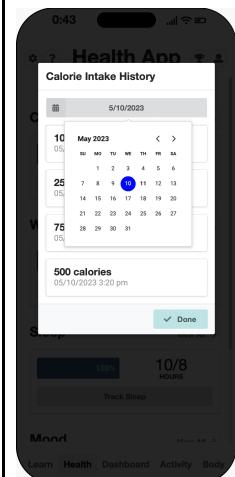
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*No before



*No before

After



Plan of Action

Based on the feedback received, we will implement the following changes to improve the user experience of the app. Firstly, we will increase the font size of the text to make it more readable when displayed on a smartphone screen. Secondly, we will make the metrics on the dashboard tab more easily accessible and intuitive for the user, by displaying a visual hint after successfully logging data and adding visualizations for all metrics on the same screen. We will also make the Health tab non-scrollable, change the color scheme of the Cancel and Submit buttons, and rename "Submit" to "Save." To address the issue of inconsistent mood tracking, we will create a unified design for tracking mood, with a meaningful and realistic visualization. We will also update the "breakfast" panel to include other meals, allow for a variable number of food intakes, and move food entry to a dedicated feature tab. Additionally, we will provide clearer instructions on whether to input cumulative or incremental data for sleep and water intake tracking. We will relocate the "undo today's weight" button to the visualization panel on the Body page and create a visualization feature tab for body measurement data. Lastly, we will redesign the activity tracking feature to improve sizing and create a structure for viewing all data. We will prioritize changes based on their impact on user experience and feasibility, with the most critical changes to be completed within the next two weeks, followed by secondary changes in the following month. We will communicate these changes to the person who raised the concerns and provide a detailed description of our approach to address their concerns.

Assumptions Inventory

- We are assuming that our users understand all the vocabulary and concepts surrounding health and fitness. Take terms such as “Caloric Intake” for instance. The total amount of calories a user needs depends on their current body composition and goal — however, 2000 kcals is declared as the standard. Issues may also occur when tracking their meals. Due to misunderstanding how serving sizes work, many may log their information incorrectly.
- There are assumptions on what is considered healthy. Since health practices are varied towards individuals, it is difficult to truly dictate a user’s health. For instance, if a user doesn’t track their exercise activities, the app could assume they are not achieving fitness goals. In reality, they could go on bike rides daily, but find it redundant to log the same distance everyday. Or, they could not be physically able to do exercises. Consequently, the lack of exercise data in the app can negatively impact their points and life score.
- We are assuming that users want to be encouraged to use the app to meet goals. However, there is a risk that using the app for progress tracking will cause demotivation, stress, or overall discontent over goals not being met. There could be users that want to track occasionally, or during certain seasons.
- We are assuming that the user’s priority is fitness and/or dieting. Although our app focuses on health, there is an emphasis on fitness. There can be users seeking more information on their sleeping habits or mood changes.
- It is possible we are assuming how long or how frequently our users will use our Health app. Our app accommodates daily and monthly tracking, however it may not be secure enough to support those who use it for multiple years.
- It’s possible that users may not use certain features of the app that do not cater to what they need. For example, users may not go through the hassle of wanting to measure and update their body measurements.
- We assume that the data inputted is accurate as can be. Although for certain things such as sleep and calorie counting the inputted values may be off due to user error.