

LiftLog

Overview

Health and fitness can be extremely overwhelming, especially if you are a newcomer to the lifestyle. How do I track my calories? Am I meeting my water drinking goals? What kinds of exercises should I be doing? While there are many fitness aids on the market, a lot of these questions can still go unanswered. You'll often have to use more than one application to get what you need for tracking. However, with LiftLog, you can easily keep tabs on how much water you drink, your caloric intake and output, your exercise time, and activities, and many more options regarding a healthy lifestyle. Our all-in-one fitness application can help you keep track of all your health progress, whether it be physical, mental, or even emotional.

Goals

The primary goal of this app was to create an interface for users to enter their nutritional information and activities to keep track of their calories burned and ingested for each day as well as how much water they drink, the weight and reps of their workouts, and more. All this information is kept in a daily log for the user to look back on and compared to their current day's fitness, which helps to create a competition with oneself and aids in tracking progress. With the combination of all these tools, we hope to create an app that will help users stay fit and make good progress on their fitness goals. In the native apple health app, it is difficult to enter meals you have eaten and their nutritional values. In the apple activities and fitness app, it is very difficult to track activities without the help of an apple watch, and near impossible to track past activities regardless of your access to an apple watch. Because of this, we wanted to supply an easy way for users to enter this information and link it to their apple health info with HealthKit. Each of the following subsections is an explanation of some key goals and components that were incorporated into the project.

Activity and Nutrition Tabs

As there are a multitude of settings and features within our app, it would be very confusing for the user to navigate a cluttered, single-page UI. Because of this, we decided to make use of tabs for the UI and split everything into two different categories - Activity and Nutrition Views. Within their respective tabs, you can manage your daily calorie expenditures (activities) or caloric intake (nutrition) as well as many more items.

View of Activities

On the activity tab, you'll have the ability to view all the previous activities and workouts that you have entered. Upon navigating to this tab and selecting a date to view the activities of, there will appear a list of the activities you entered for that day along with some key information like

the type of activity, the time the activity was started, and the calories burned during the activity. In addition to the few pieces of information initially provided, each activity has many more fields, which can be seen by clicking on the activity in the list, which will bring you to a page that displays this extra information and allows you the option to make changes to any one specific part of the activity as well as add more information to it.

Adding an Activity

Using the plus button on the top right of the activity tab, the user can begin the process of adding the exercise or sport that was recently finished. This view allows the user to input items like the activity type, activity start time, duration, calories burned, a photo, and a set of “sub-activities” with its own name, set/rounds, and rep information as well as weight and time.

View of Meals

The scrolling list of meals is very similar to that of the activities, but there are some minimal differences between the two. For instance, rather than having a list of activities performed in the day, there is a picker that allows the selection of a meal category from the following options: breakfast, lunch, dinner, and snack. These options each display the meals entered for that category of the day selected in the top day navigator. This view, like the activity list, when clicked on, brings you to a new page with more meal information including the name, time, category, caloric intake, and a photo.

Adding a Meal

Like the Activities tab, the user can add a meal using the same plus button at the top right of the screen. From here, a sheet view will show up that gives you the option to input the name of the meal. Underneath, the user can note a date and time input along with the category of meal, as well as a user input of calories ingested.

Water Tracker and Drinking Goal Progress

The first thing you'll come across and notice on the Nutrition tab is our Water Tracker. With this feature, you'll be able to set your daily water intake goal and track your progress throughout the day. To increase and update your drinking throughout the day, you can use the corresponding plus and minus buttons. As you modify the current intake value, you can also notice a blue progression bar underneath that increases and decreases with your input.

Burned and Ingested Calorie Counters

On both the Nutrition and Activity tabs, you can find a calorie counter corresponding respectively to caloric intake and output. As you input new meals and activities, these values will rise and fall proportionately.

Sub-Activities

For each workout/activity you do, you are also able to record the specific exercises along with the number of reps and weight using the 'Add Sub-Action' button after beginning the process of adding a new activity. This allows you to keep a record of weight and rep progression to look back on and use as a reference for future workouts.

Date Selection Menu

Each of the tab views have a date picker at the top of the view to select and show specific information pertaining to that day. However, what you can also notice is that the dates are synchronized between tabs, meaning if you select one day of the year (i.e., May 1, 2023), then when navigating to the opposite tab, the same date will carry over, also showing the respective activities/meals for that same day. This menu gives you the option to progress by either one day or one week, making it easier to navigate between all the dates you would like to track information for and gives a better view by limiting the list view of each meal and activities to a single day.

Adding Photos to Meals and Activities

If you'd like to, when adding a new activity, we have also given you the option to upload a photo of the workout as a means of holding yourself accountable or maintaining a record of progress pictures of your fitness journey. This same idea is present when trying to add a new meal. This should help you keep a record of what each meal looked like and get a relative size for portions for either future meals or to share with friends and family. To do this, you can select the 'Select a photo' option when adding a new meal/activity and upload the chosen photo.

Editing, Deleting, and Copying Activities

Upon clicking on an activity, a new view with all the information for a single activity is shown. In the top right corner, is an "edit" button that displays a slightly different view with the ability to edit the information. In this tab, the user can edit the type of activity by way of a drop down, the date, by way of a date and time picker, as well as the duration in hours and minutes and the calories burned, both of which are done with text fields. In addition to the basic activity details, there is an option to add and remove a "sub-activity", which includes a name, a field for rounds and reps, a weight, and minutes and seconds for length. This option gives the user the ability to break their activity or workout into different sub-activities for tracking smaller workouts that are part of a larger, encompassing activity, like bench press and squats as part of a weight training exercise, or different lap times as part of a swimming workout. In addition to these features on this page, a user can add a photo to their workout by using their camera roll. They are also able to create a duplicate of the activity which saves another version of it, so you can edit the current one without affecting the copy. Lastly, the edit page gives you the option to delete either individual sub-activities, or the activity, but will first confirm with you to make sure you're not accidentally hitting the delete button.

Editing and Deleting Meals

Much like the activities page, the meals page includes an edit button that allows a user to change information like the meal name, the date and time, the category, and the calories ingested, by ways of a text field, date and time picker, dropdown, and text field, respectively. In addition to this, like the activity page, a user is allowed the option to upload a photo of their meal from their camera roll and delete the meal if they would like.

User Interactions

The following is an all-inclusive walk-through of user interactions, including screen captures and highlights of key components.

Logging In

When entering the app for the first time, the user is greeted with a login page that has no current functionality other than as a landing page and sharing some information with the user about the creators of the app. Once the user clicks the “Login” button that can be seen in Figure 1a, they are shown the screen in Figure 1b, which gives the user some information on the apps use of HealthKit information and asks if they would like to allow it. If the user selects the first button labeled “Enable HealthKit”, the sheet shown in Figure 1c will be presented and will allow the user the option to enable access for reading or writing of health information to the LiftLog app. The user will have the option to skip the HealthKit verification by clicking “Skip for now” seen at the bottom of Figure 1b or by clicking “Don’t Allow” at the top of Figure 1c. Upon completion of this step, the user will no longer be prompted for HealthKit settings and can enjoy the app at its landing page, the nutrition tab, which appears next, as shown in Figure 1d.

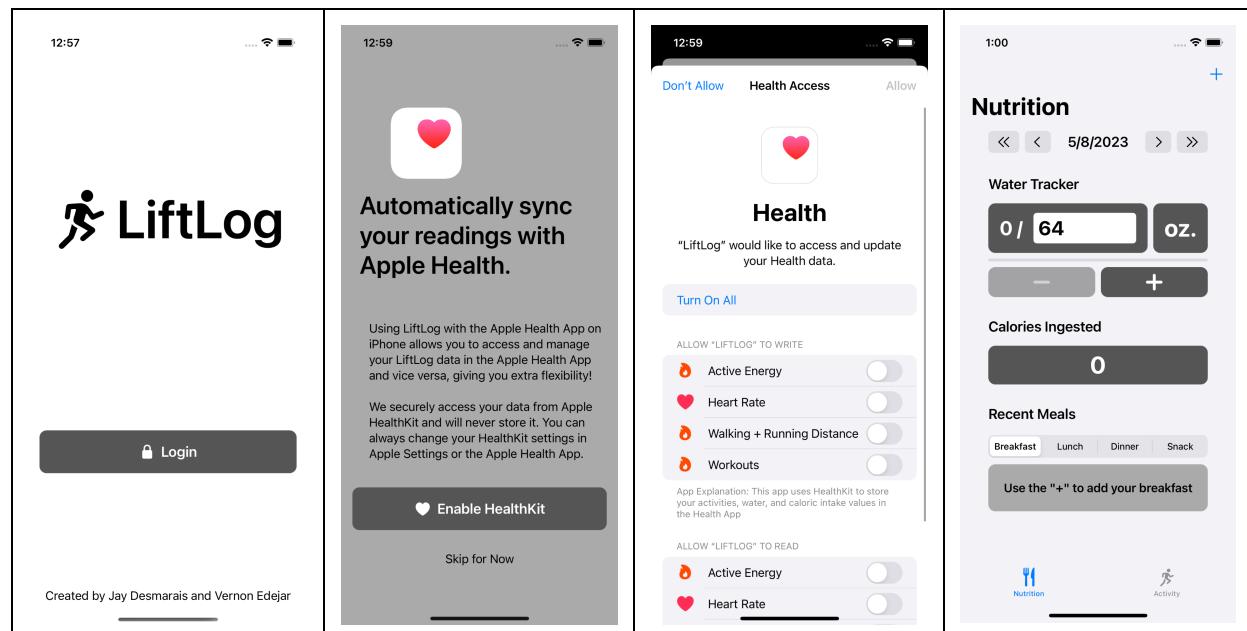


Figure 1a	Figure 1b	Figure 1c	Figure 1d
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Tracking an Activity

Upon navigating to the “Activity” tab on the right side of the navigation menu, circled in red in Figure 2a, a user can select the blue plus sign, which is circled in green in Figure 2a. Once clicked, the blue plus sign will display a sheet much like the one presented in Figure 2b, which the user can swipe out of or click the “cancel” button at the top left to dismiss the sheet and cancel adding the activity. On this sheet, the user will enter the activity information, starting with the activity type, which defaults to be an “Indoor Run”. By clicking the “Indoor Run”, a dropdown selection displays as seen in Figure 2c, which allows a selection from many options. Next, the user can select the date and time, the pickers of each are shown in Figures 2d and 2e, respectively. Next, a user will enter the time the activity lasted using the text fields circled in red, and the calories burned using the text field circled in green, both shown in Figure 2f. Upon entering the base information, the user now has the option to add sub-action. By clicking the button circled in blue on Figure 2f, an option, as seen circled in red in Figure 2g, will appear. In this option are 6 text fields, all of which can be edited to store sub-activity information. It must be noted that not all these fields must be entered. Any field that is not entered in this section will simply not be displayed in the view of the sub-action, making the sub-action type extremely versatile for each kind of activity. The user now has the option to delete this sub-action with the small red minus icon next to the sub-action’s title, or to add more with the same “Add a sub-action” button that was previously described. Now that the user has entered their sub-actions. The last thing they have the option to do is to add a photo with the orange highlighted “select a photo” button in Figure 2f. Once this button is clicked, the user will be displayed their photo library to choose a photo to add, as shown in Figure 2h. Upon selecting a photo, we are completed entering data, and the page should look like that shown on Figure 2i. Here, the user can change anything else, delete the photo, select a new photo, and once completed with all last changes, they can click the “Add” button at the top right of the screen. This will save the workout and display it in the “Activity” section of the “Activity” tab, as seen in Figure 2j.

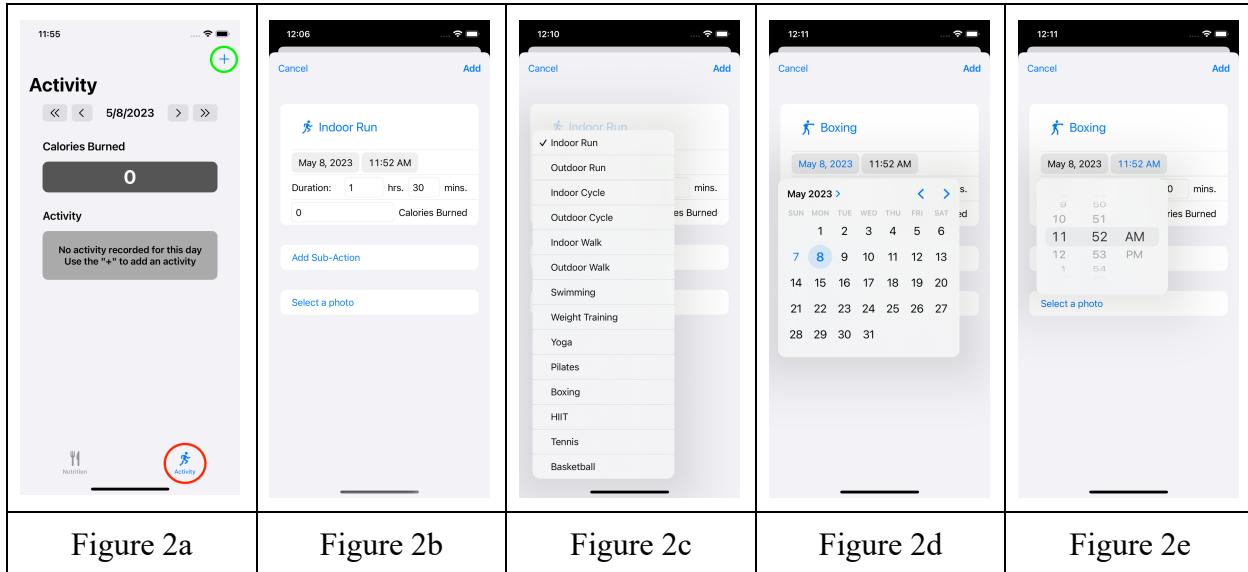


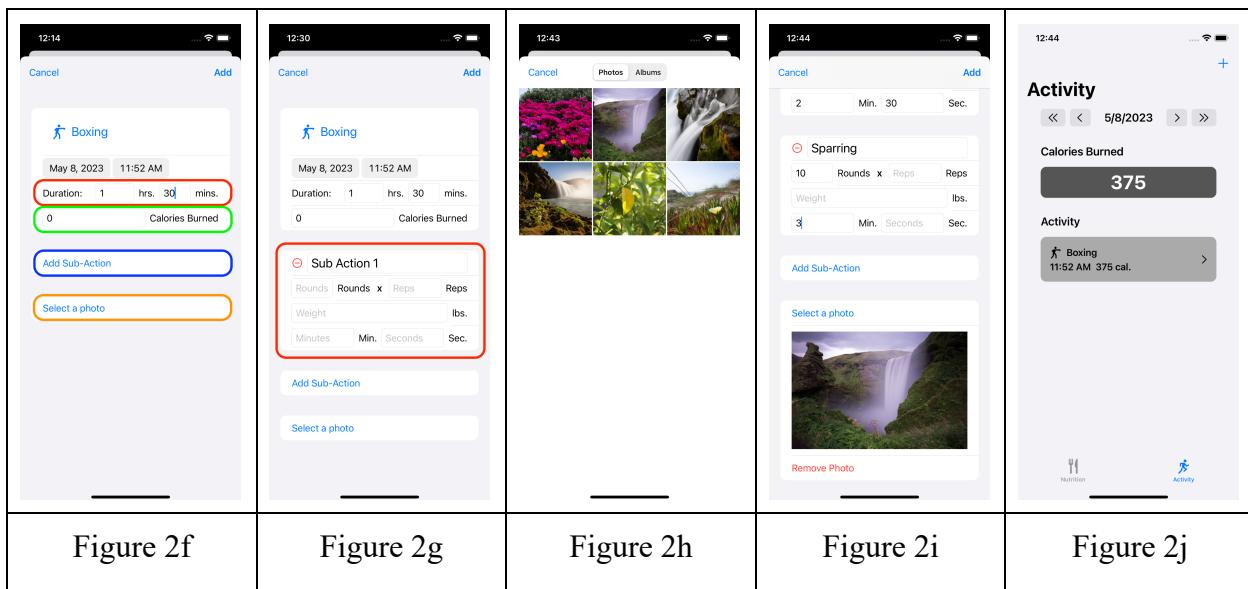
Figure 2a

Figure 2b

Figure 2c

Figure 2d

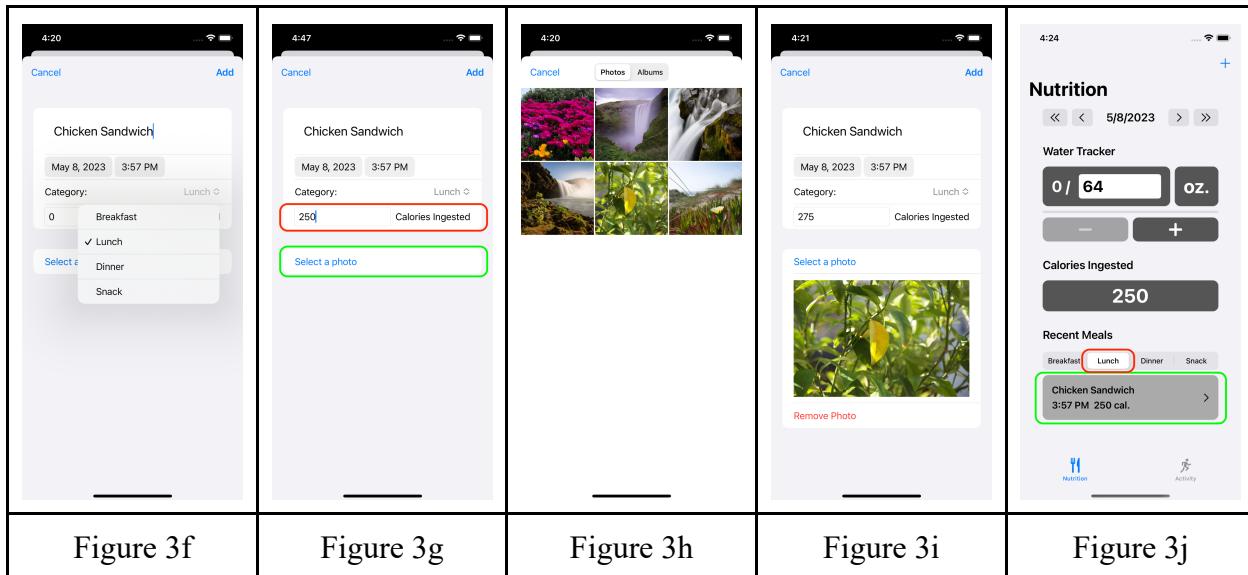
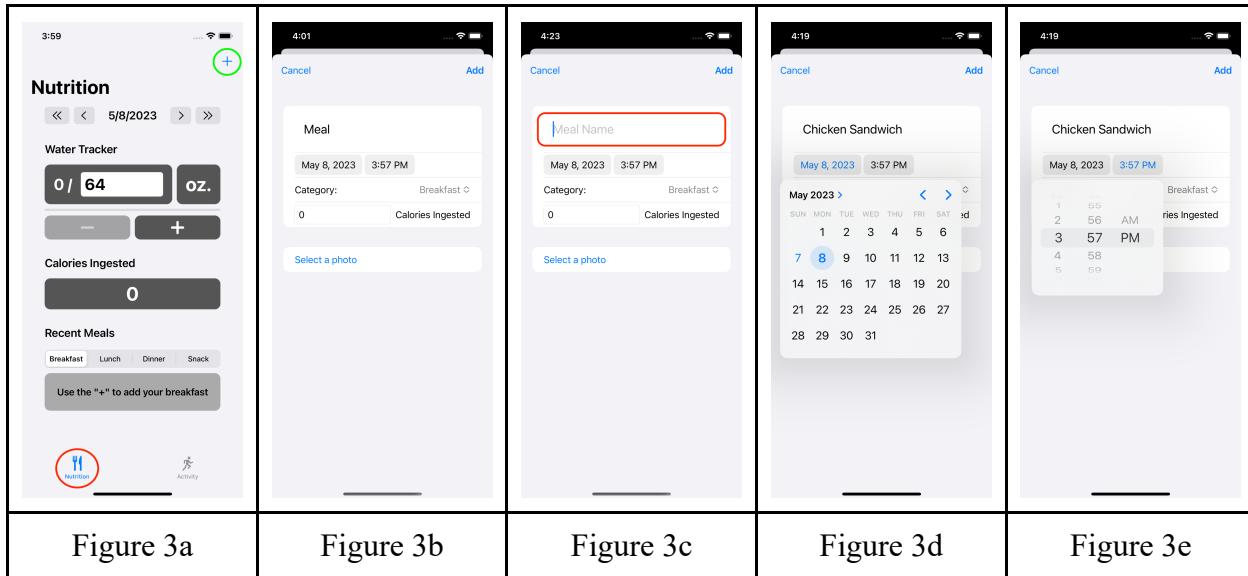
Figure 2e



Logging a Meal

Like tracking an activity, the user can enter a new meal by navigating to the “Nutrition” tab that can be seen at the bottom of Figure 3a, highlighted in red. The user can then head to the top of the page to click the blue “+” button, which is circled green in Figure 3a. Once the “+” button is clicked, the user is brought to a sheet as seen in Figure 3b. Once in this sheet, the user can start to enter the details for their meal. First, they can enter the meal name in the section highlighted in red in Figure 3c. Next the user can select the meal date and time with the pickers shown in Figures 3d and 3e, respectively. Next the user has 4 options of meal categories to choose from in the dropdown shown in Figure 3f, followed by the calorie count, which can be entered in the box that is highlighted red in Figure 3g. The last thing the user has the option to add is a photo of the meal, which they can add using the button circled in Figure 3g in green. Upon clicking this

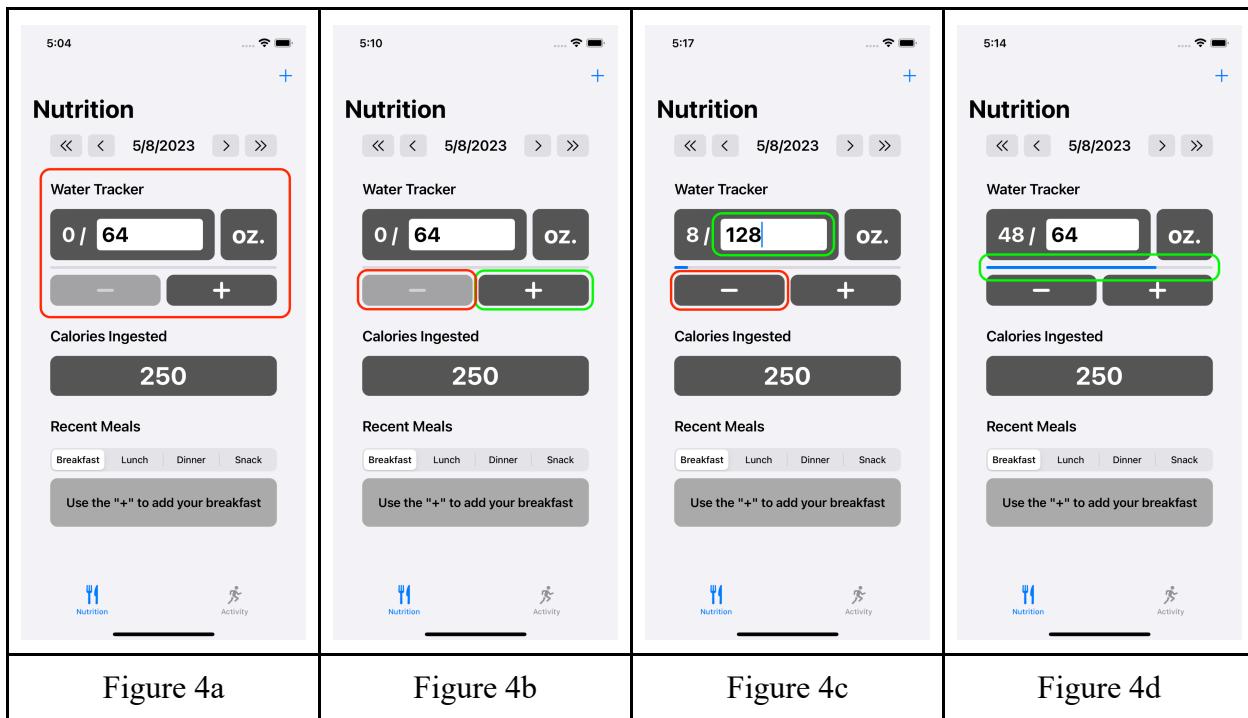
button, the user is presented with a page like that of Figure 3h that shows their photo library for choosing an image. Once selected, the photo will appear like it does in Figure 3i, where the user can now either remove the photo, select a new one, or change the other details of the meal before clicking the “Add” button at the top right of the Figure 3i image. Now that the meal is added, the user will be brought back to the “Nutrition” tab view of the app where they can select “Lunch” in the “Recent Meals” section, highlighted in red on Figure 3j, where they will see their recently added meal and its details, as highlighted in green on Figure 3j.



Tracking Water

A water tracker can be found on the “Nutrition” tab view as seen circled in red on Figure 4a. It is here that the user can track water for a day and change their water goal. By clicking the “+”

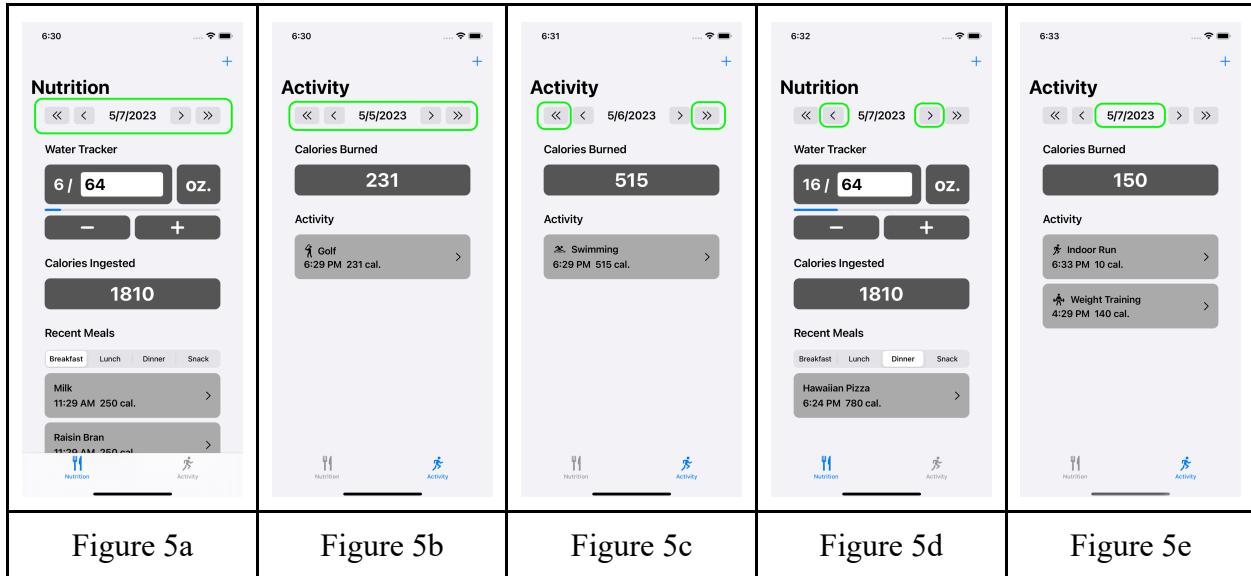
button below the water tracker section, which is highlighted in green on Figure 4b, the user can increment their water count for the day by 1oz. In addition, if the count for the current day is above 1, the user will also be able to click the “-” button which is highlighted in red on both Figures 4b and 4c, however, the button is disabled on Figure 4b due to a count that is already at 0 and cannot go lower. In addition to the ability to track water, the user can also edit their water goal, using the text box that is circled in Figure 4c in green. The last feature in the water tracker is the progress bar, which is highlighted in green in Figure 4d. The progress bar, which is circled in red in Figure 4d, changes as your goal and current day’s water count does, filling up as you get closer to meeting your goal, which can be seen between the levels of fill in Figures 4b, 4c, and 4d (it is only circled for reference in Figure 4d).



Navigating Dates

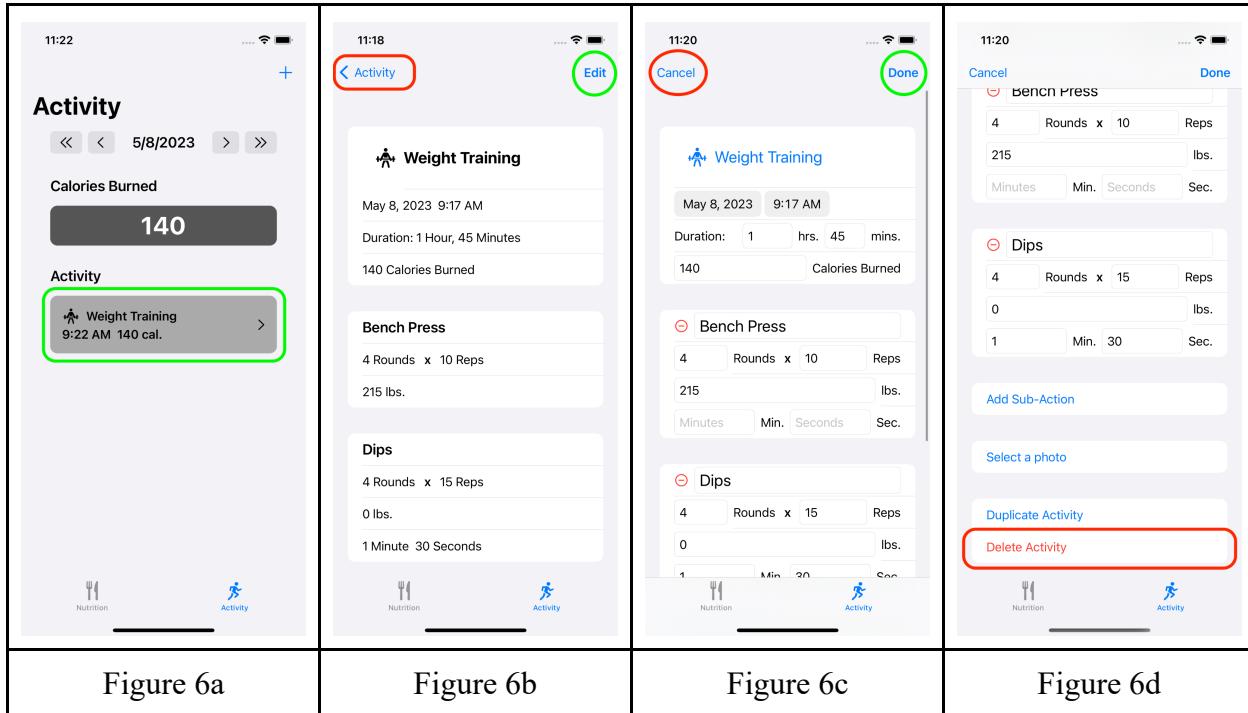
At the top of both the nutrition and activity sections, the user can find a date navigator to select the day they would like to view information for. The date picker can be seen in the green-boxed sections of Figures 5a and 5b. By using “<<” and “>>” buttons on the outside of the component, a user can easily navigate one week in either direction. These buttons are highlighted in green in Figure 5c. By using the “<” and “>” buttons more towards the center of the screen, a user can navigate one day into the future or past. These buttons are highlighted in green in Figure 5d. Lastly, as highlighted in Figure 5e, the user can see the date that represents the information they are currently seeing. This date defaults to the current date and will stay consistent across tab views if it is changed. This allows the user to change dates and view the information for that day without having to skip around on both tabs, just doing it once to take effect. In addition to this

functionality, the user can also click the date in the center, which will take them back to the current day's view (the current date).



Editing and Deleting Activities

When adding new activities, you may find that you have made a mistake when inputting the details. Fortunately, we were able to create a way for you to edit or delete these mistakes. To do so, you can navigate to the day of the activity and select the specific activity you'd like to edit, as seen in Figure 6a. From here, you'll be presented with a new view that shows the details of the activity you selected. In Figure 6b, you can see the edit button within the green circle. When you select this, a new view will appear allowing you to edit all the details within the activity. The screen that appears will be the same as the one you were presented with when you created the initial activity. As such, you'll be able to modify any input values that you have made any errors on. When you are done editing, you can hit 'Done', which is shown within the green circle in Figure 6c. Additionally, if you didn't make any changes, you can also hit the back button shown in the red circle. Finally, if you wish to delete the activity, the delete button is found within the red circle on Figure 6d. This will completely remove the saved data within the list of activities for the selected day. However, please note that when you select the option to delete the activity, another action sheet will pop up asking you to confirm your decision.



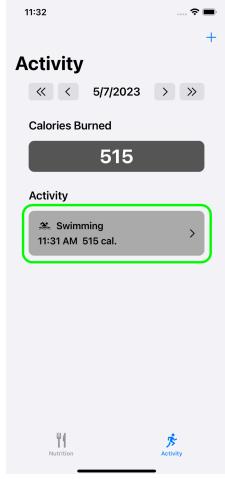
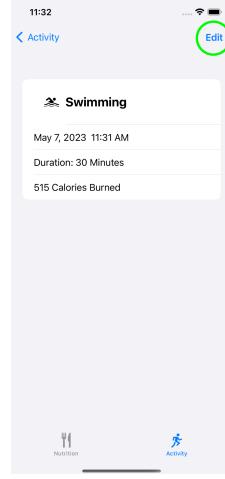
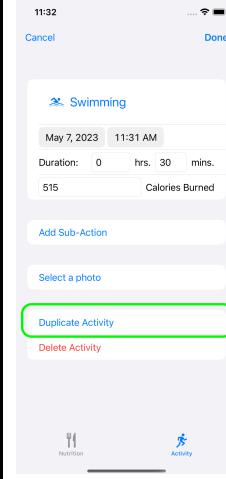
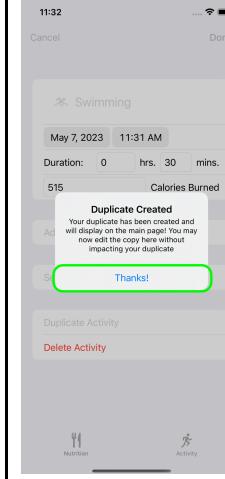
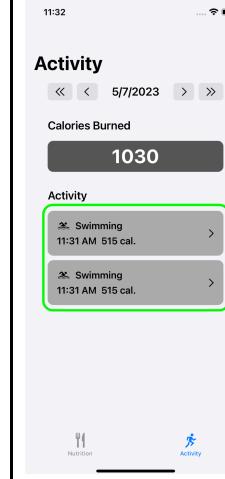
Editing and Deleting Meals

Like editing activities, you'll also be able to edit any meals you have put in. On the main page, you can select which meal you want to edit. However, be sure to select the right picker option (i.e., Breakfast, Lunch, Dinner, Snack). When you select the meal (as shown in Figure 7a), you will be redirected to the page in Figure 7b. If you want to edit the details of the meal, you can select the 'Edit' option circled in green. Afterwards, you will be presented with a view that is like when you were adding a meal. You can edit the title, date, time, meal category, calories, and what photo was uploaded. In Figure 7c, you can notice that you will also have the option to delete the specified meal. After deleting the meal, it will remove itself from the list of meals for the specified category and date. Just like for the activities, you will be asked to re-confirm if you want to delete the chosen meal.



Duplicating Activities

There are some days when you want to redo a workout from the past week or when you feel like one activity or one workout in the same day isn't enough. For this reason, we have allowed users to create a duplicate activity with the same values as the original. To do so, we go through the same process as editing activities. However, the only difference is seen when you get to the modification page seen in Figure 8c. Here, instead of editing any values or deleting the activity in its entirety. You can select 'Duplicate Activity' as shown in the green circle. In doing this, you'll be presented with an alert that informs you that a duplicate activity of the same values has been created and inserted in the list on the main screen. As such, editing the current activity on screen will have no effect on the other. Thus, you can edit the date, time, exercise, reps, without any conflict on the original option. If you don't change anything, when you leave the edit screen, you'll see that there are two of the same activity on the same list, seen in Figure 8e.

 <p>Activity</p> <p>Calories Burned 515</p> <p>Activity</p> <p>* Swimming 11:31 AM 515 cal.</p>	 <p>Activity</p> <p>* Swimming</p> <p>May 7, 2023 11:31 AM</p> <p>Duration: 30 Minutes</p> <p>515 Calories Burned</p>	 <p>Activity</p> <p>* Swimming</p> <p>May 7, 2023 11:31 AM</p> <p>Duration: 0 hrs. 30 mins.</p> <p>515 Calories Burned</p> <p>Duplicate Created</p> <p>Your duplicate has been created and will display on the main page. You may now edit this entry here without impacting your duplicate.</p>	 <p>Activity</p> <p>Calories Burned 515</p> <p>Activity</p> <p>* Swimming 11:31 AM 515 cal.</p>	 <p>Activity</p> <p>Calories Burned 1030</p> <p>Activity</p> <p>* Swimming 11:31 AM 515 cal.</p> <p>* Swimming 11:31 AM 1030 cal.</p>
Figure 8a	Figure 8b	Figure 8c	Figure 8d	Figure 8e

Development Process

The following is a discussion of the development process, including when/how tasks were completed; any setbacks encountered; decisions and changes made to the initial plan; and what we learned, both about the development process and the features we used that were not covered in class.

The development of this app started with a decision as to what kind of app was to be made. After brainstorming some ideas, we landed on a health and fitness app. The next decision was what we would include in this app. The main two things we decided were crucial for a health and fitness app were ways to track meals/caloric intake and activity/calories burned. With these two main elements/ideas for our app, we thought separating them into two Navigation Stack Tabs in a Tab View would be the best practice, so we started with that. After separating the two tabs and sections of info, we started to think about what we could include in each section and how we could start to develop a great health app.

Now that we had an idea of where we wanted to go with the app, we had to decide what we wanted to include and how we wanted those items to work, how the users would interact with them, and how they would fit into the platform. With each added element, thought went into how users may interact with that feature in the future as well as how those features can be incorporated into the app, which leads to an explanation of how every element was incorporated with the other. We started with a list of both meals and activities as well to add new meals and activities. For this, we started by creating a data structure for both meals and activities, which detailed what information we would be storing in each. For activities, we decided that the most important pieces of information would be the type of activity, which we would base off of the

apple activity types for better translation to HealthKit, the start time, the duration, and calories burned, and more information would later be stored in what we will call sub-actions, which would include a name, a time, a weight, and reps/rounds. For meals, we thought the most pressing pieces of information were the meal name, category, and time eaten, as well as calories. In the future, we hope to include things like macronutrients and ingredients for more complex meals, but for now, we wanted to make sure we had a system that worked well all together before spending too much time adding extra fields.

Once the data was decided on, our next goal was to think of views to add the data, visualize it, and edit it. Since the fields contain a lot of information and the user may want to edit that information after creating it, we thought it best to include a small snippet of each piece of data and by clicking on it, you could see more and edit it, which gave us the idea to use a ZStack on top of an invisible Navigation Link for the main snapshot of the data and a Navigation Stack with a list for the full edit view. This made it so clicking the smaller set of info would bring you to a new page that contains a list of more info, which could be edited. To add a piece of data, we wanted a sheet to show up to signify that the data is not yet permanently stored yet and can be “swiped away” easily if the user decides not to add that information.

Now that we had a plan, we started implementing these pieces for activity. We started with the button to add an activity. This button triggered a sheet, where you could add information and store it in the activity array. Next, we took that array and created a clickable list of entries, which brought you to a linked navigation view, which would store the data and allow you to edit it. Building out that list for viewing all activity information was next. This list was quite simple to build, but we wanted to make sure the edit screen and full view matched up so it would be intuitive for the user as to what data they were editing when they hit the edit button. This made it so that when the edit button is clicked, the view doesn’t change all that much, but now the information is editable and looks inviting to edit.

With the information now addable, editable, and viewable, we wanted to improve this experience. To do this, we thought we could improve the view of the data snapshot by including a few more pieces of information like the date, and an icon of the activity next to its name. This allowed the user a little more information without needing to click into the activity. Next, we moved the “Add” button to the top right of the screen, where it’s still very accessible on both pages, but it wouldn’t take up space in the list of meals or activities, where other information the user cares more about could go, like the calorie count for activities. Lastly, we improved the view of the edit page by adding extra fonts, looks, and descriptions to make the list look less bland.

With the activity section set up, we now wanted to include a calorie count. We first started by limiting the entries to those of the past week, in a “Recent activity” kind of way. We then added

up the calories from the activity of the last week and displayed those. Once this was done and we were happy with the views, we copied this functionality over to the meal tab and made it work in the same way, just changing the data that was displayed. In the meal section, for now, the last feature we planned to add was a water tracker, so we added one more section to the user's data to track their water intake and water goal. Then we added a counter view and some buttons to increment and decrement that value. This is a bit tedious to track the water by a single ounce per click, so we have room to improve this feature but thought it had all the functionality it needed for the time being.

With these views now implemented, we started to add the ability to add and view a sub-action to an activity. This was added in a new section of the activity list with a slightly different view to make it, so it was noticeably different from the main activity data fields. Some of the main difficulties in creating this app came from deciding how we would store a lot of these data fields in a user-based data object. We decided to include sub-actions as a nested array of Enums within the main activity array. Now that we had sub-actions added, and their view and edit features incorporated into that of an action, we added some of our last features.

We added a way to delete an activity or meal, a way to remove sub-actions, an option to duplicate an activity, a way to change the water goal and view progress, and a way to add photos to meals and activities, which took some time to figure out since it wasn't touched on in class. All these features were things we thought would improve the user-experience and give users more options for some of their tracking habits, making the app more functional for a wider audience with a vast variety of health habits.

Now that we had the main components of our app complete, we decided to change one last thing. Currently, the app had a view of only a few last meals or workouts, which could sometimes become jumbled and messy, but the user had access to other past workouts, so we aimed to change that. We thought that because there are multiple meals in a day and sometimes multiple workouts or activities in a day, we would change the views to consist of a day view only and the user could track info for the current day, but we could eventually build out visualizations for more complex data and data across timeframes. This day view would help us better display information and help the user more easily track their data for that day without being distracted by past day's items.

To accomplish this, we first build a date selector at the top of the page. We then added buttons to navigate forward or backward in time, displaying only the information for the current date, where if there was none, it would prompt you to add some for the day. This allowed us to keep only key information displayed, yet still allow the user access to all past and future entries in the same view.

In addition to this change, we also started to prepare for future development by incorporating a way for users to “Login” by adding a login page, although it has no current functionality. In addition to this, we added a way for users to allow HealthKit permissions so we can start to work on adding the ability to track your progress in both this app and in the apple native apps, viewing data in whichever you prefer, and entering it in the app that is easiest, which is hopefully our app as we planned to make some key elements easier to access and enter in our app as compared to the apple native apps.

All together, we learned a lot about the development process. It is difficult to manage an app and find ways to incorporate ideas without much of a brainstorming process. Since some components don’t work the way, you want all the time and some things come up as more difficult to implement than planned, it can be hard to come up with an idea for an app and plan it without a wealth of knowledge or a large team with experience in development, design, and UI/UX research. The cumulation of all these topics make for a long and tedious research and design phase which is ideal before starting to create an app. Without having gone through this process, we learned that a lot of things we did, large or small, had to be removed, re-written, or re-thought out.

By taking on a project like this, the biggest learning curve by far was just that of managing a project of this size. There will always be more things that you can add to an app and there are usually many ways to do it, so thinking of the project as a whole and how those pieces will all work together can be difficult, but sometimes jumping in and trying them all is the only or best way to do it. We are very happy with where our app currently is, and we are extremely excited to continue developing it and making it as functional as we can for as many people as possible!

Future Directions

One of the biggest challenges we faced was the dilemma on how our app would differ from the competition. Given that there are a multitude of health and fitness tracking apps out there, how would we be able to distinguish ourselves amongst our competitors as the best on the market? The option that stood out the most for us was to tackle the convenience and usability curves within most apps. We wanted to create an environment where the user can track every single part of the health within one place. Given the time frame of the assignment, we were only able to complete the physical health portion of this selection as many users are mainly looking for a physical health tracker.

While we were able to get much of the user input and data programmed, we would also like to add numerous features pertaining to what is already integrated within the current version of the app. Long term data storage would be a top priority, as local files are currently not able to be preserved within the app. Along with this, we would also like to have our login page be functional, saving data for different users and allowing it to move between the main view of our

page and the login view. Integrating Apple's native HealthKit system was also an intended goal of ours, but we were not able to achieve this. Doing so would enable you to seamlessly switch back and forth between applications. Lastly, in terms of exercise and nutrition, we would also like to add some sort of data visualization. This way the user would be able to better interpret their progress throughout their health journey. We could track caloric expenditure and intake using different graphs or run pie charts on the most popular activities.

However, this emphasis on nutrition and exercise is not the only way we can appeal to physical health tracking. Sleep is one of the most significant aspects of our life and our health. With just one hour of lost sleep, our performance in any activity or task drastically goes down. However, in future updates and developments in our application, we wish to tackle this issue. In a general overview, we want to be able to include different options for users to better track and manage their sleep. Within the app, we would include a tab view of sleep tracking with a user input goal for sleep. Additionally, we planned on including options for users to use different versions of sleep sounds (i.e., whale songs, white noise, brown noise, rain, fireplace, etc.)

Additionally, we also wanted to play into an audience that looks for more spiritual and mental guidance. To do so, we planned on having a space to use as the user's journal. Here, we would include different prompts that can inspire the user to either go on a creative adventure to jot down their thoughts or even use it as a space to reflect on themselves. Within this tab, we would also promote productivity and have a space for productivity timers to promote smart time management.

To separate ourselves from the competition, we need to be able to establish a reason why our customers would prefer to use our app. To do so, we decided to tackle the issue of convenience by creating an all-in-one app. However, initially, this model would come with some drawbacks. When most apps have too much information in the hopes of being convenient for the user, data and features in the app tend to get cluttered and confusing. However, our app is meant to look like Apple's native iOS graphical user interface. This allows us to create an extremely minimalistic view that is easy to navigate, in turn solving the clutter problem and giving the user an easy-to-use app that can track all the health needs.