HEALTHOHOLIC

SOCIAL MAVERICKS

GROUP -17

https://www.figma.com/file/PNuoPtI7JYX1rKamMCSOeZ/HCI_Project_HealthoHolic?node-id=0-1&t=qPGlfmhYt1j2HS6g-0

MOTIVATION & PROJECT OVERVIEW

- Health and fitness have become top priorities for people of all ages.
- Technological advancements have allowed individuals to track their progress and stay motivated.
- Designing a user-friendly application that integrates technology into the user's fitness regimen can be challenging.
- Human-Computer Interaction (HCI) is critical in creating a seamless and pleasurable experience for users.
- The goal of the project is to develop a user interface for a health and fitness app.
- The UI design will be based on HCI principles and take into account user needs, preferences, and restrictions.
- User research, persona generation and prototype design will be included in the project.
- Usability and user satisfaction will be assessed to produce a visually appealing, intuitive, and useful app for reaching fitness goals.

FEATURE 1 : EXERCISE SUGGESTER

FUNCTIONALITY

The feature provides five options of the five equipment to the user which are dumbbell, skipping rope, exercise mat, exercise ball and resistance band. The feature then provides brief information, according to the choice of the equipment done by the user, about how the exercise is done.

RULES / PRICIPLES

- User-centered design: The feature was created with the user in mind, making it simple for them to select equipment and examine workout recommendations.
- Consistency: The feature keeps the user flow consistently throughout, making it simple to browse and understand.
- Feedback: The feature gives the user feedback at each stage of the process, ensuring that they know what to expect.

INTERACTION STYLE

The Workout Suggester feature's interface approach is of direct manipulation. By touching on the correct option, the user can select the equipment they have access to. After selecting the equipment, the feature presents a list of workout options that the user can navigate through.

FEATURE 2 : YOGA

FUNCTIONALITY

The yoga feature of the fitness app offers different poses based on fitness levels and preferences, including beginner, advanced, senior citizen, and pregnant women, with step-by-step instructions and videos for each pose. Users can schedule yoga sessions at their convenience.

RULES & PRINCIPLE

- Prevent Errors: The app minimizes errors by providing detailed instructions and videos on how to perform each pose correctly.
- Consistency: The interface has a consistent theme and design across all yoga poses, ensuring ease of use.
- Cater for universal usability: The app caters to a wide range of users, including beginners, pregnant women, and senior citizens, making it accessible to all.

INTERACTION STYLE

- Menu selection: Users can select the type of Yoga poses he or she wants to perform from the four options provided by the interface which are beginner, advanced, senior citizen and pregnant woman.
- Button based Interaction: The user can click on the poses for which the user wants to know the steps or watch a video and learn how it is done properly.

FEATURE 3 : SOCIAL SHARING

FUNCTIONALITY

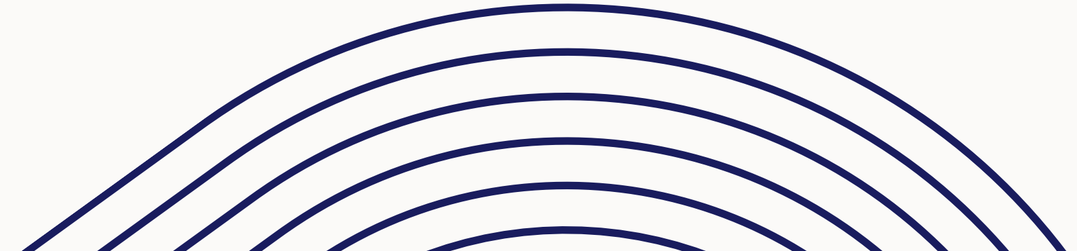
FitCom, a feature that resembles social media on the fitness app, enables users to chat with their yoga and gym partners. Users may view one another's profiles, talk, exchange tales and photographs, and save and like posts.

RULES & PRINCIPLES

- Consistency: The FitCom feature has a uniform look across the whole programme, which makes it simple for users to comprehend and utilize.
- Feedback: When a user likes, comments on, shares, or saves a post, they immediately receive feedback from the feature.
- User freedom and control: The user has the option to edit or remove any of their postings or chats.

INTERACTION STYLE

- Direct manipulation: The user has the ability to directly affect both their own postings and the posts of their friends by favoriting, commenting, sharing, or saving them.
- Selecting options from a menu allows the user to choose among options like checking profiles, interacting with friends, and sharing photographs and tales.
- Input/Output: Users enter their own conversations and posts, and they get text, photographs, and tales about the chats and posts of their friends.



Difficulties encountered and Solution

- Alignment Issues:
  - Alignment difficulties can arise when working on UI designs in Figma, resulting in visual inconsistencies.
  - Figma's alignment tools, such as the alignment and distribution buttons, can be used to properly align and distribute design elements on the canvas.
- Layers not appearing correctly:
  - In Figma, layers or objects may not display correctly or appear to be missing from the canvas.
  - To address this issue, you can ensure that the affected layer is not hidden or masked by other objects and inspect its position on the canvas, adjusting it as needed.
- Components failing to update properly:
  - In Figma, components may fail to update correctly when changes are made, especially when the component has multiple instances or is nested within another component.
  - To fix this issue, one approach is to detach the affected instances and reapply the updated component.

CHALLENGES INVOLVED

- Data Accuracy: Accurate tracking of user activities, including workouts, diet, and progress, is essential to avoid negative user experiences and impact fitness goals.

- Integration with Wearable Devices: Integrating wearable devices can enhance engagement and accuracy, but challenges arise due to the vast number of devices with unique features and data formats.

- Social Features: Providing social features enables users to share progress and interact with the community, but managing negative behavior, such as cyberbullying, is challenging.

- Compatibility with Various Platforms: Ensuring compatibility with various platforms, including iOS and Android, is necessary for a broader user base but poses challenges due to device hardware and software differences.

SOLUTION

- Data Accuracy: For data accuracy, the application should use reliable tracking technologies and provide manual data entry options with the ability to edit or delete inaccurate data.

- Integration with Wearable Devices: To integrate with wearable devices, the application should support a wide range of devices and provide clear instructions for connectivity.

- Social Features: Social features require strict community guidelines, reporting options, and positive features like in-app messaging and forums.

- Compatibility with Various Platforms: For compatibility with various platforms, the application should follow platform-specific design guidelines and undergo rigorous testing on each platform.

LEARNING THROUGH PBL/ENALE

- WE GET PRACTICAL EXPERIENCE IN DESIGNING A FITNESS APPLICATION USING HCI CONCEPTS AND VARIOUS INTERACTION PATTERNS AND STYLES.
- UNDERSTAND THE IMPORTANCE OF USER-CENTERED DESIGN AND USABILITY TESTING THROUGH ITERATIVE DESIGN PROCESS.
- LEARNED APPLICATION OF INTERFACE DESIGN AND HCI PRINCIPLES IN A REAL-WORLD SETTING FOR STUDENTS.
- THE PROJECT HELPED THE TEAM UNDERSTAND THE VALUE OF USER FEEDBACK AND ITERATIVE DESIGN IN THE DESIGN PROCESS.
- THE TEAM LEARNED HOW TO DESIGN APPLICATIONS THAT MEET USER REQUIREMENTS AND EXPECTATIONS.
- THE PROJECT HELPED THE TEAM IMPROVE THE PRODUCT'S USABILITY AND USER EXPERIENCE.

FIGMA LINK:

https://www.figma.com/file/PNuoPtI7JYX1rKamMCSOeZ/HCI_Project_HealthoHolic?node-id=0%3A1&t=HZPG2f81ZqErYB9T-1

VIDEO LINK:

https://drive.google.com/file/d/1GBFJBevrFkjtBX72FMtEZNCbOh8K-eph/view?usp=sharing

THANK YOU