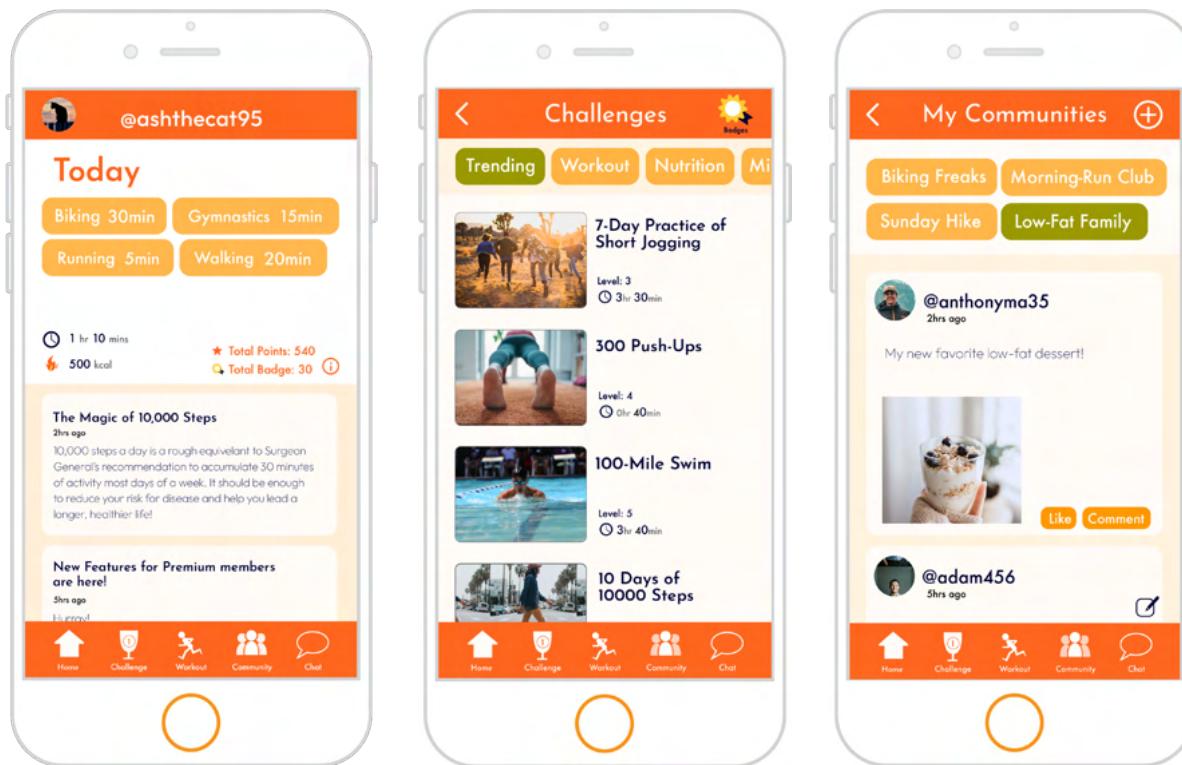




# Fitness Motivator



Karen Chang  
Product Design  
UX Research  
Visual Design



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- 13.1 High-Fidelity Wireframes
- 14.1 Revision
- 15.1 Clickable Prototype



## 2.2 Research Plan



## Background

For many, exercise is boring and tedious. It'll be interesting to find out if there is a need for constant motivation to exercise and where people are currently getting them from.

## Goals

To determine whether stronger motivators for fitness are needed and whether phone apps have the potential to provide them.

## Research Questions

- Demographics of the participants
- Workout habits of the participants
- Motivators for the participants to exercise
- Current products made to influence people's workout habits.
- Participants' experiences of using health and motivation related apps.

## Methodology

- User Interviews: Conduct interviews with 3 potential customers for 15-30 minutes each to get insights into their workout habits and incentives.
- User survey: Build an online survey to collect user information.

## Participants

People aged 18+ who are interested in workout motivation apps and products.



# Interview Questionnaire

1. Your age, gender, and occupation.
2. Do you exercise regularly? Why or why not?
3. Are there any changes you would like to make to your workout routine?
4. What motivates you to exercise?
5. Do you think you need stronger motivation to meet your ideal exercise routine?
6. Are you happy when exercising? Do you consider it tedious?
7. Have you ever used apps related to health and motivation? How do they function and what were your experiences?
8. Do you know anyone else who had used similar apps before and how did he/she like them?
9. What are your thoughts on getting motivation from apps?



# Survey Questions

1. Your age and occupation.
2. How much time do you spend on exercising daily?
3. Do you wish to spend more time exercising?
4. What are some things that motivate you to exercise?
5. What health-related apps have you used before (ex: Pokémon Go, Nike Run Club)?  
What are your experiences with them?
6. Do you wish to have stronger motivation to exercise regularly?



## 3.1 Empathy Research



# User Interview

Participant \ Question	Paul	Helen	Jones
	Male, 36 Software Engineer	Female, 59 Housewife	Male, 62 Businessman
Do you exercise regularly? Why or why not?	I exercise once a week to keep fit.	No, because I am lazy and I am not used to exercising.	No, because I am too busy to exercise.
Are there any changes you would like to make to your workout routine?	Yes, I would like to exercise more.	I wish I could start doing a 30 minute walk each morning.	I wish to take a stroll after lunch every day.
What motivates you to exercise?	I want to lose weight.	Lose weight, keep fit, keep healthy.	To have some quiet time alone and to lose weight.
Do you think you need stronger motivation to meet your ideal exercise routine?	Yes.	Yes.	Yes.
Are you happy when exercising? Do you consider it tedious?	I find exercising boring.	I feel relaxed when taking my walks.	No, I consider it tiring.
Have you ever used apps related to health or motivation? How do they function and what were your experiences?	Yes, I use Keep. It is a sport training app like a personal trainer. It provides guidance to a variety of exercises. There are videos for you to follow and do the exercise together with the app, and there are various strength levels for you to choose. I like it a lot. It gives	No.	I used Pillow to track my sleep cycle. I thought it would be interesting to observe my sleep cycle, but the app was too complicated to use, and it wasn't a free app.



	you badges when you complete a certain number of tasks or challenges.		
Do you know anyone who had used similar apps before and how did he/she like them?	Yes, I know a lot of people who use Keep and they also like it.	No.	No.
What are your thoughts on getting motivation from phone apps?	It feels great getting badges from the app and comparing my workout records to other users online.	Yes, especially when the app gives its users practical rewards.	It could potentially be effective.



## 3.2 Persona



# Nina

*"A positive mindset brings positive things"*

## ABOUT

Nina is a front-end engineer working at a small tech startup in San Francisco. She is trying to improve her skillset and apply for a front-end position at a bigger company in the Bay Area. She struggles to find time to workout and take care of her health condition, and she hopes to cram these things into her busy schedule.

## NEEDS

- Balance work and life while staying competitive
- Finding occasional distractions from a busy and pressured life
- Staying fit and energetic despite sitting in the office for 8 hours a day

## SOCIAL MEDIA ACTIVITY

FACEBOOK

INSTAGRAM

TWITTER

AGE

27

OCCUPATION

Front-end Engineer

INCOME

70K

STATUS

Single

LOCATION

San Francisco, CA

## FRUSTRATIONS

- Work takes away most of her time and energy
- After her work and study, she is not motivated to workout or develop hobbies
- She is concerned about her worsening shape and health condition

## CURRENT FEELINGS

Stressed

Concerned

Demotivated

## PERSONALITY

Passionate

Competitive

Hard-working

Friendly

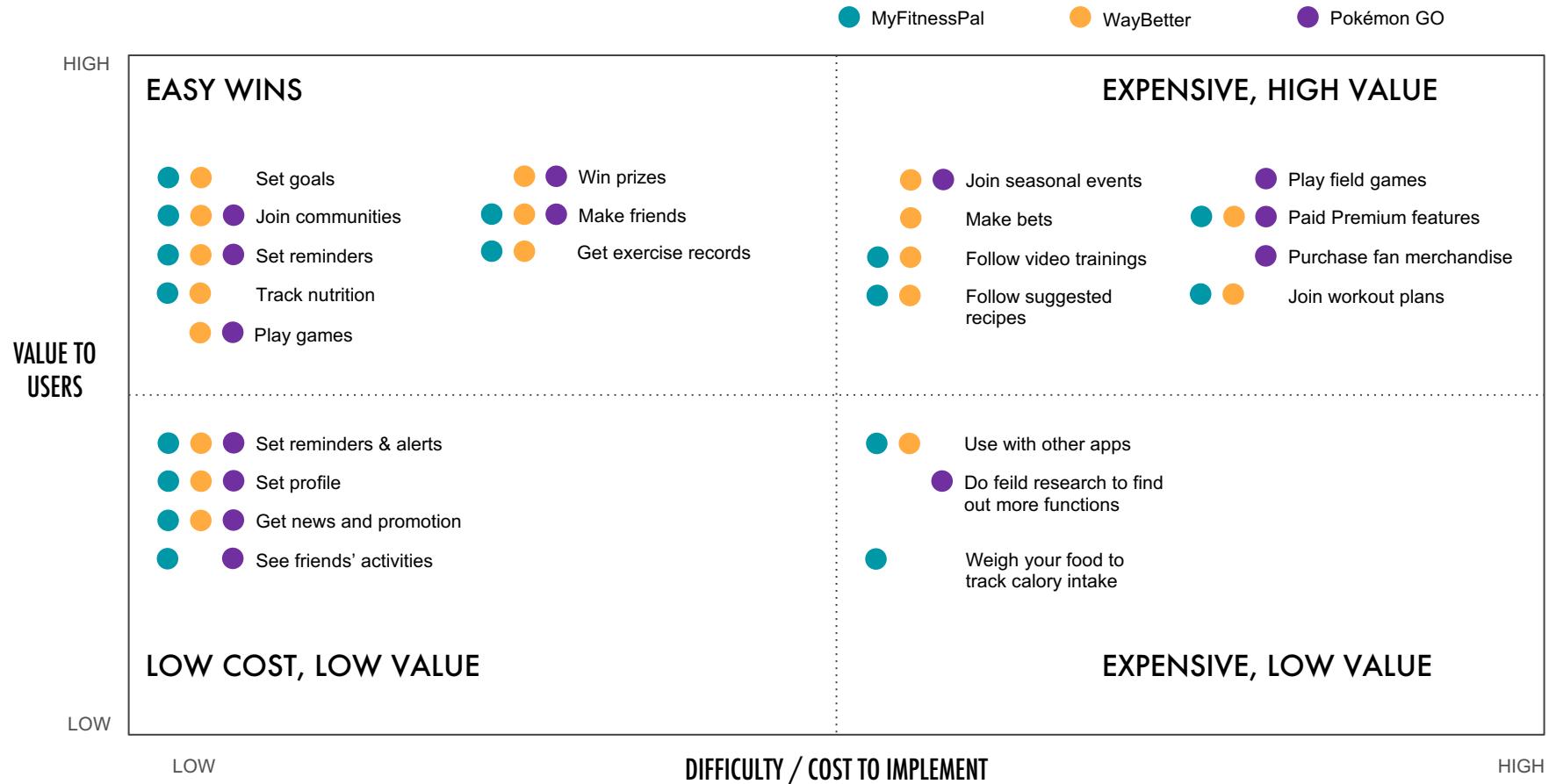
Ambitious



# 4.1 Feature Matrix & Heuristic Review



## FEATURE MATRIX





# Heuristic Evaluation – WayBetter

The search results page shows a grid of game cards. One card for 'Push It Up' is highlighted, showing a thumbnail of a person doing push-ups, the duration (Oct 4 - Oct 31 • 4 weeks), the host (Push It Up), and the bet (\$25 bet). Other categories like Nutrition, Mindfulness, and All games are visible at the top.

Game search page is clean and easy to use. The games are well categorized and displayed.

The game details page for 'Run to Lose Weight' shows a purple header, a large image of a runner, and a purple 'Join now' button. It includes stats: \$30 bet, 103 players, and \$2,790 pot size. Below are links for 'About', 'Schedule', and 'More details'.

Description  
Hit your weight loss goals by hitting the streets for 6 weeks. Burn calories, build stronger lungs & get your heart pumping with the original cardio workout. Whether you can run 5 blocks or 5 miles, all levels are welcome in this time-based running game!

Details  
 Average length 5 mins/day  
 Requirements 3-4 days/week

Game information page clearly shows the bet, number of players, and pot size with distinctive icons.

A post from 'WayBetter Melanie' (@Game host) asking 'When is the last time you played a board game? What was it?'. It has 4 comments and was posted 17 hours ago.

A post from 'WayBetter Melanie' (@Game host) asking 'When is the last time you played a board game? What was it?'. It has 4 comments and was posted 17 hours ago.

I'm waaaay overdue for some board games with the family. I can't even remember the last game we played.

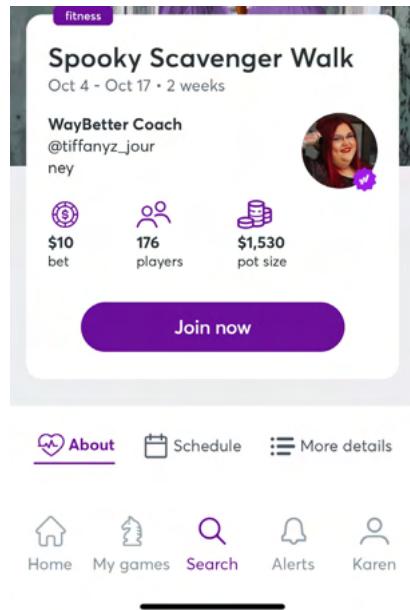
When was the last time yo...  
[Read more](#)

Home page displays posts from game hosts and allows players to comment and make interactions.



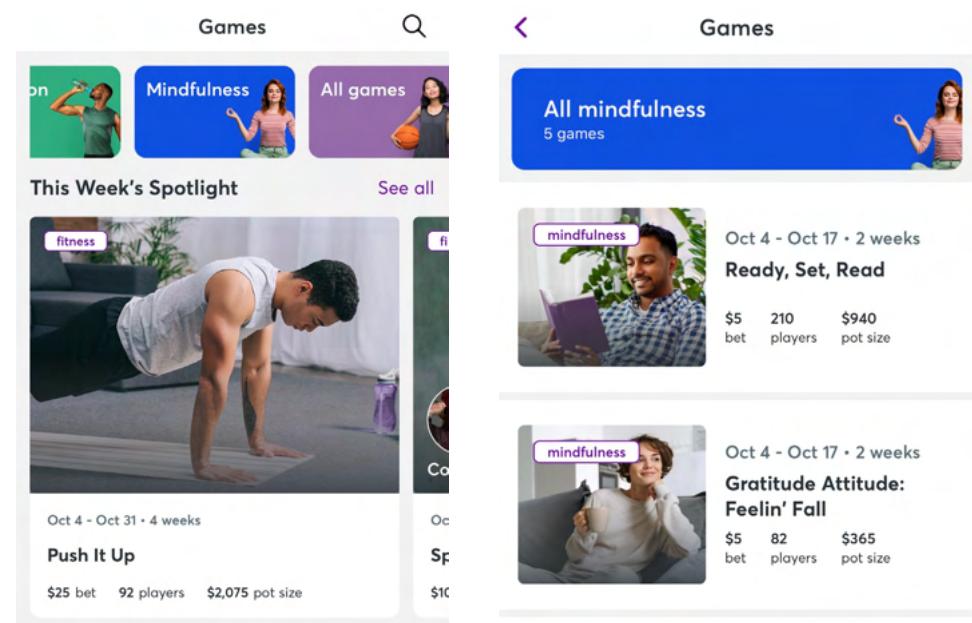
# Heuristic Evaluation – WayBetter

## 1. Visibility of system status



Easy-to-read icons allow the users to find information/functions quickly.

## 2. Recognition rather than recall



Title of the category stays on the same spot while the user is scrolling through the posted content.



### 3. User control and freedom

The screenshot shows the waybetter app interface. At the top left is a back arrow and the brand name "waybetter". Below it, a section titled "Become a member and get access to:" lists a "Spooky Scavenger Walk" activity, represented by a smiling face icon and the text "Spooky Scavenger Walk". Further down, a "Games" section is shown with a green button labeled "All nutrition" containing the text "10 games" and an icon of a person drinking water. Below this, a specific game card for "Hydration Nation" is displayed, featuring a woman drinking water, the text "Oct 4 - Oct 17 • 2 weeks", and statistics: "\$10 bet", "178 players", and "\$1,620 pot size".

### 4. Aesthetic and minimalist design

The screenshot shows the waybetter app interface with a clean, minimalist design. At the top left is a back arrow and the brand name "waybetter". The top navigation bar includes "Games" and a search icon. Below the navigation, there are three categories: "Fitness" (with a person doing yoga), "Nutrition" (with a person drinking water), and "Mindfulness" (with a person meditating). A "This Week's Spotlight" section features a photo of a man and a woman cooking together, with the text "Coach @sim\_on\_ww". Below this, another game card for "Fall for Food Tracking" is shown, with the text "Oct 4 - Oct 17 • 2 weeks", and statistics: "\$20 bet", "84 players", and "\$1,540 pot size". On the right side, a large call-to-action button says "Join now".

Exit icons are located on the top-left corner on every page, and close icons are easy to find as well.

Information is limited in each area to reduce confusion.



## 5. Error prevention

### Details

	Average length	5 mins/day
	Requirements	2-5 days/week
	Pace	Minimum 18 min/mi
	Difficulty	All levels
	Verification type	Tracker

Crucial information and reminders appear whenever there are choices for the users to make.

## 6. Help and documentation

The screenshot shows the WayBetter help center. At the top, there's a navigation bar with a back arrow, the word "Help", and a sign-in button. The main header is "waybetter". Below it, a breadcrumb trail shows "WayBetter > WayBetter > FAQ". A search bar is present. On the left, a sidebar titled "Articles in this section" lists "WayBetter Membership". The main content area displays an article titled "WayBetter Membership" with a sub-headline "Membership". It includes a timestamp "4 months ago · Updated". To the right, there's a poll asking "Was this article helpful?" with "Yes" and "No" buttons, and a note that 133 out of 718 found it helpful. Further down, there are links for "Return to top", "Related articles" (with "Membership" listed), and other frequently asked questions like "Can I play in more than one game at once?", "WayBetter Game Rules", "How do you prevent cheating?", and "DietBet Fees".

The app includes a help center and an FAQ area. It also asks the users to rate the answers or ask more questions.



## 7. Match between system and real world

Share with us 😊

What keeps you going strong? +

Trending New

Lace up, go go See all

fitness Oct 4 - Nov 14 • 6 weeks

Get Running

\$30 62 bet players \$1,710 pot size

Push reset See all

nutrition Oct 4 - Oct 17 • 2 weeks

Hydration Nation

\$10 179 bet players \$1,630 pot size

See all games

**Titles and instructions are engaging and easy to understand.**

## 8. Flexibility and efficiency of use

DISCONNECTED

Fitbit CONNECT

Garmin CONNECT

Runkeeper CONNECT

Strava CONNECT

Apple Watch CONNECT

System remembers external connections the users had made before and connects them automatically upon logging in.

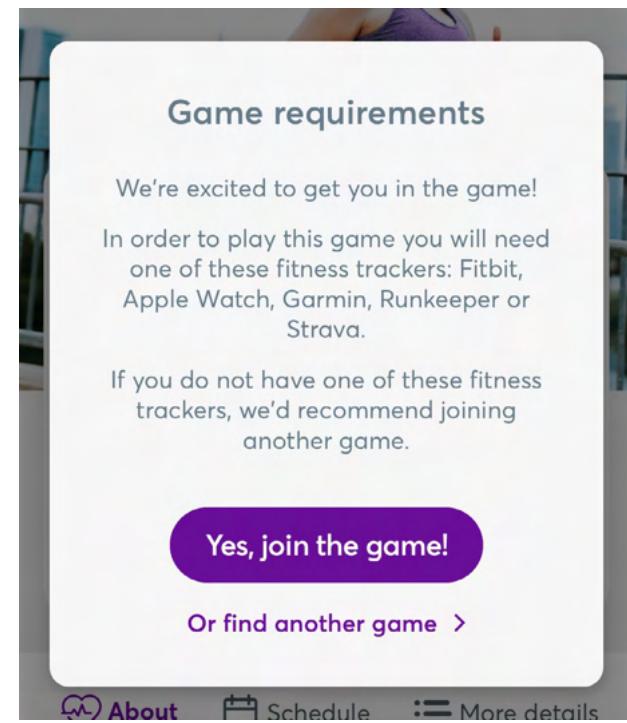


## 9. Consistency and standards



The news and media posts are formatted and displayed the way most social media platforms do.

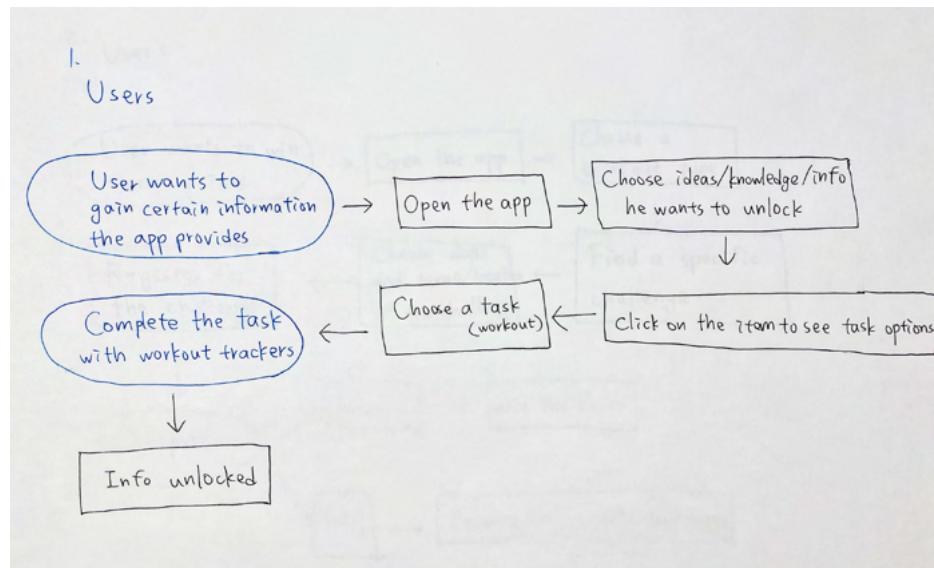
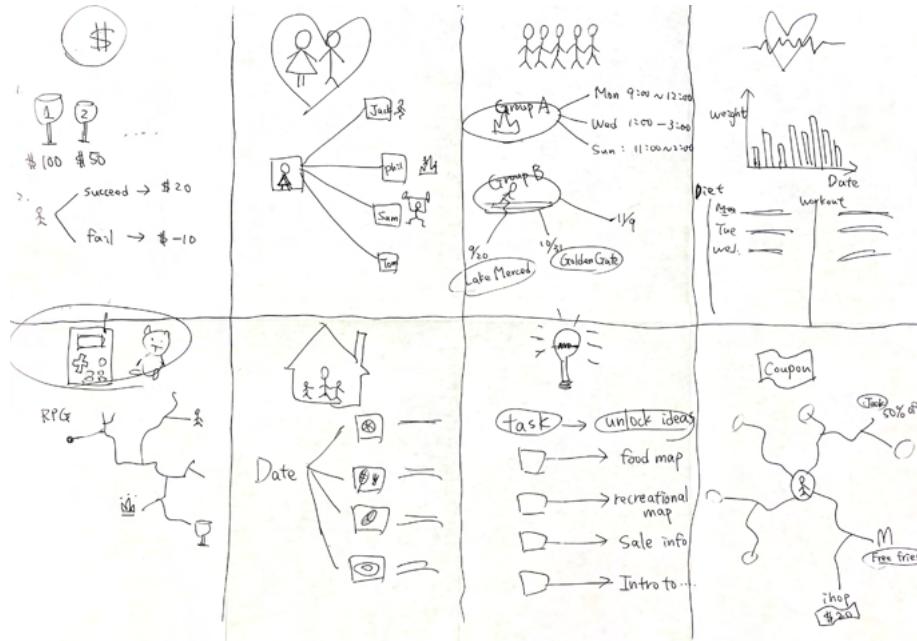
## 10. Help users recognize, diagnose, and recover from errors



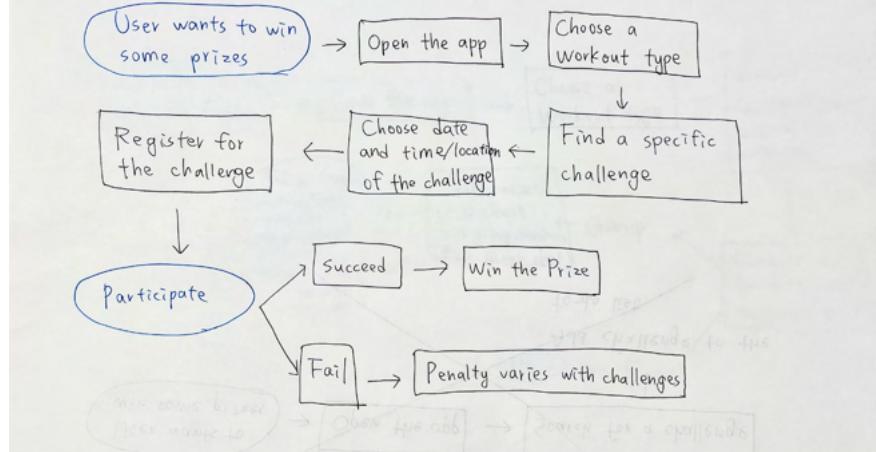
The app double checks the user's decision before entering the next step.



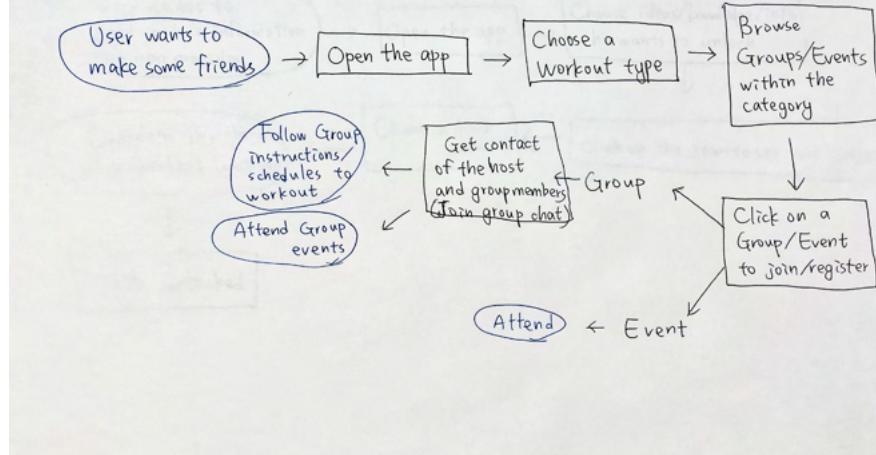
# 5.1 Brainstorming



## 2. Users



## 3. Users





# 6.1 Finalized Task Flows



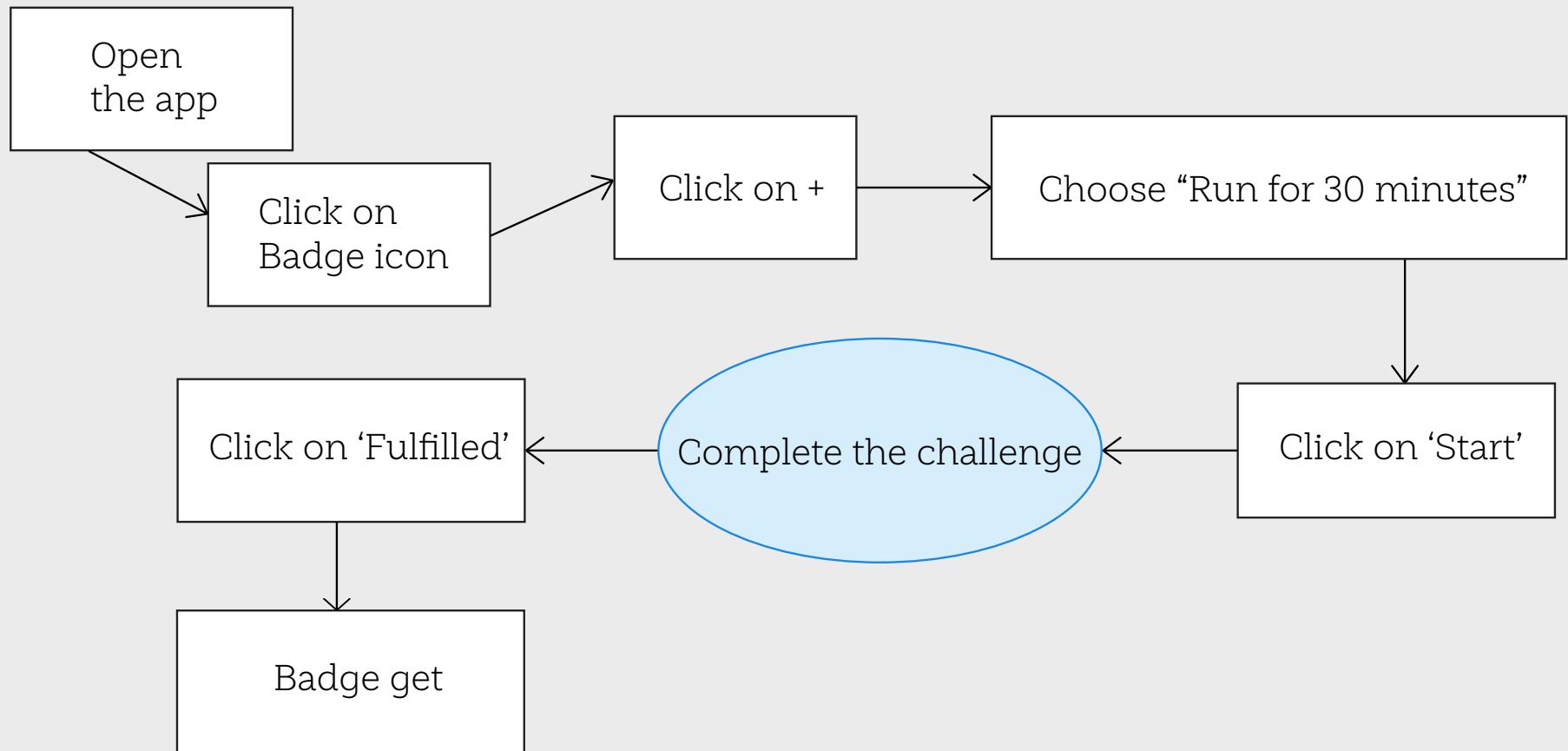
**Nina**

27

Front End Engineer  
San Francisco

## Task Flow 1

Nina wants to get a 7-day workout badge





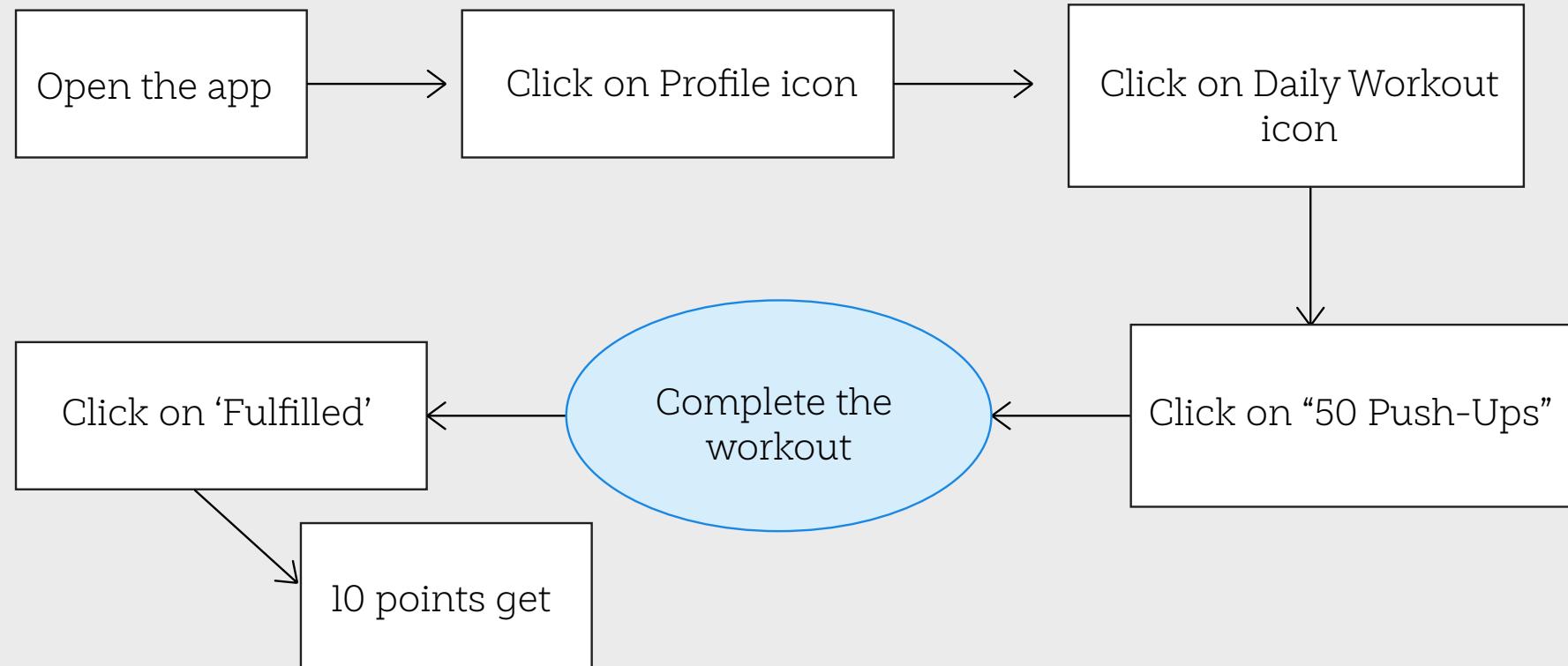
**Nina**

27

Front End Engineer  
San Francisco

## Task Flow 2

Nina wants to get daily workout points





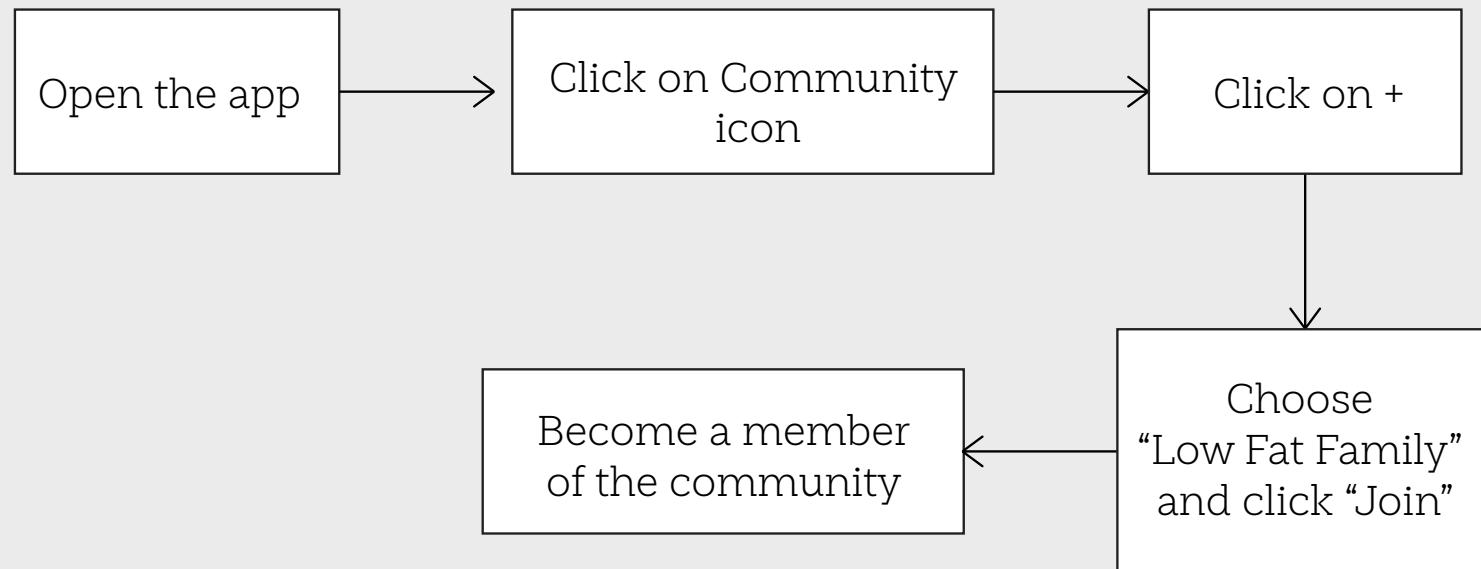
**Nina**

27

Front End Engineer  
San Francisco

## Task Flow 3

Nina wants to join a low-fat diet community





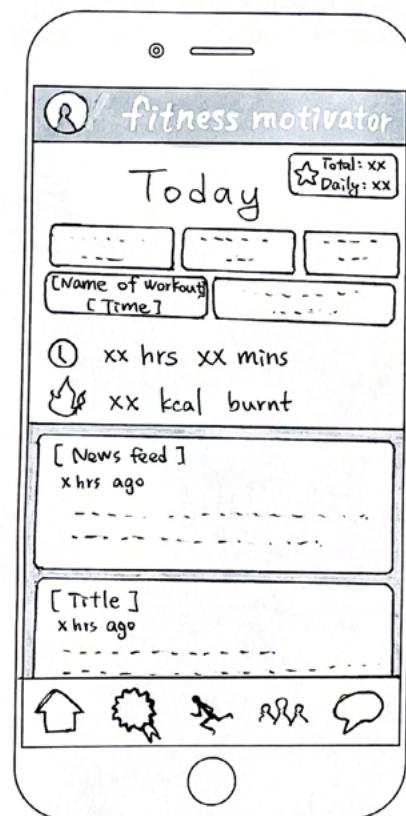
# 7.1 Wireframe Sketches



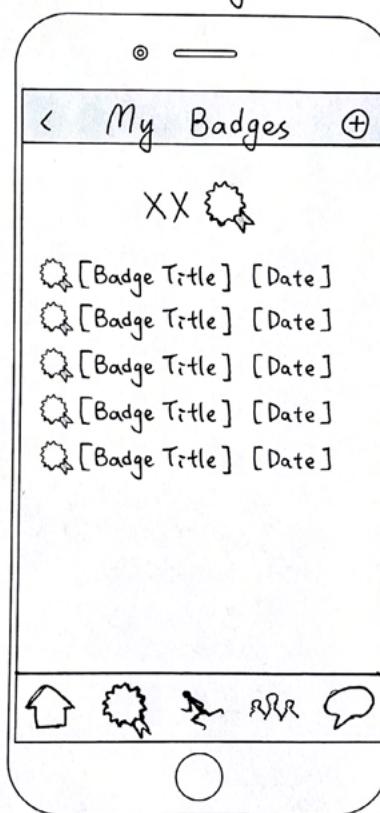
## #1 - Get a workout badge

TASK # & DESCRIPTION

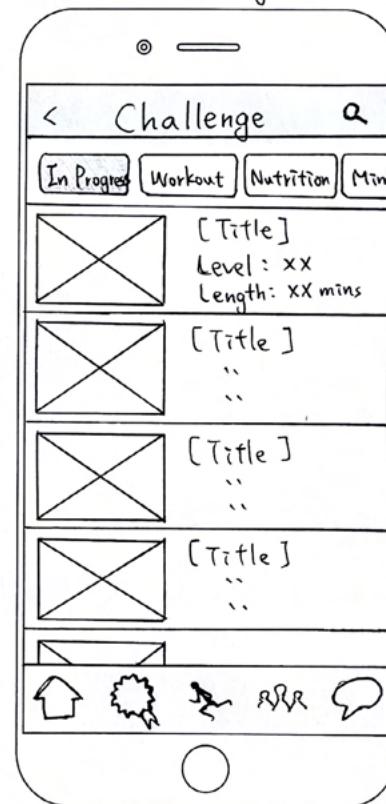
STEP # 1 Home



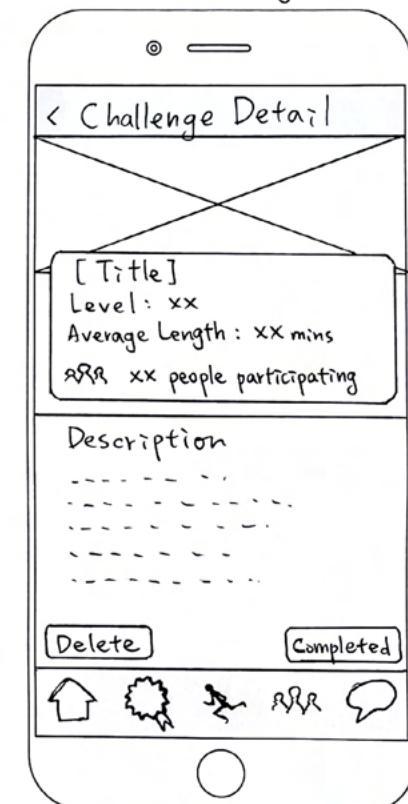
STEP # 2 Badge



STEP # 3 Challenge Browser



STEP # 4 Challenge Detail



NOTES

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NOTES

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NOTES

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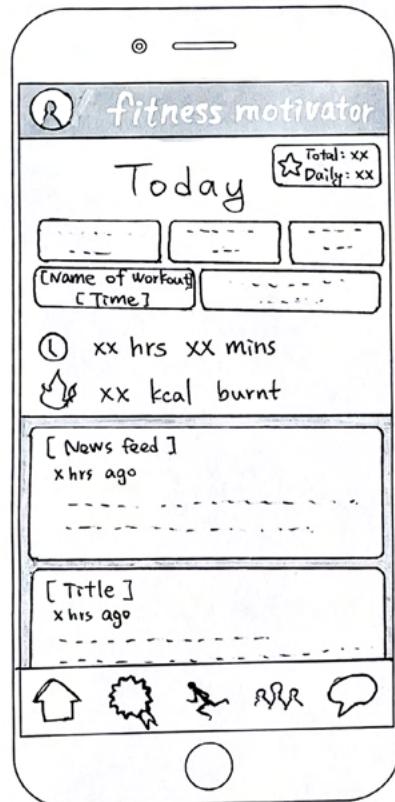
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## #2 - Get Daily Workout Points

TASK # & DESCRIPTION

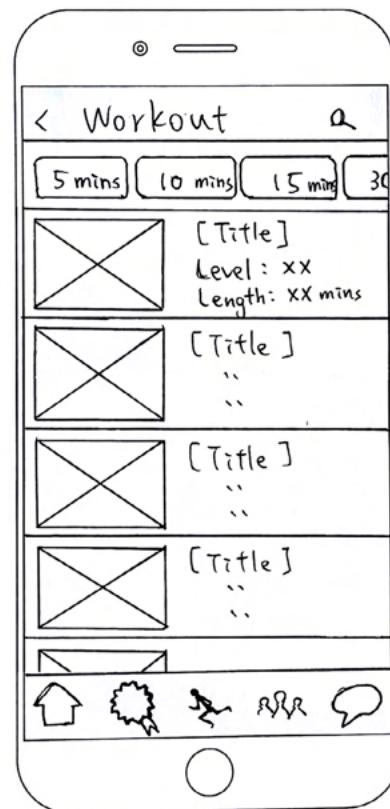
STEP # 1 Home



NOTES

Click on the star icon  
on the top right corner  
to goto Workout Browser

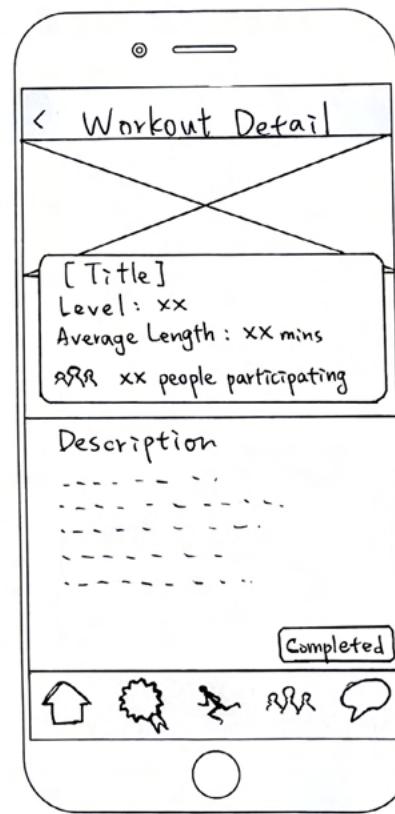
STEP # 2. Workout Browser



NOTES

\_\_\_\_\_

STEP # 3. Workout Detail



NOTES

\_\_\_\_\_

Fitness Motivator

PROJECT

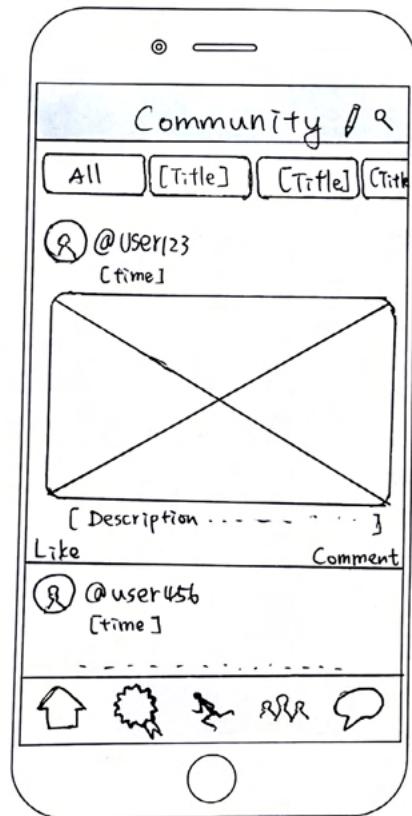


## #3 - Join a Community

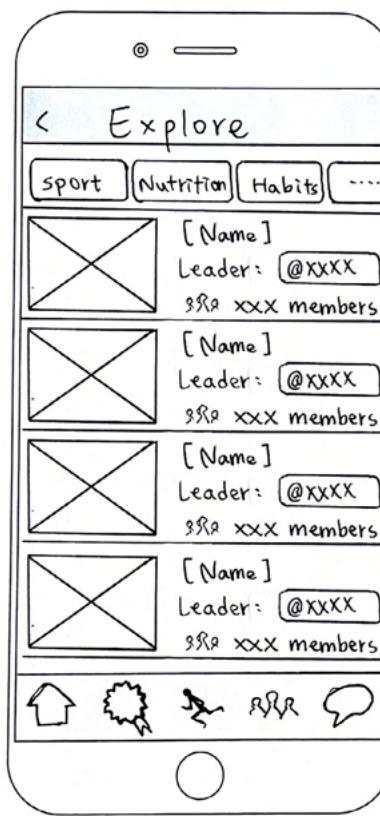
TASK # & DESCRIPTION

Fitness Motivator  
PROJECT

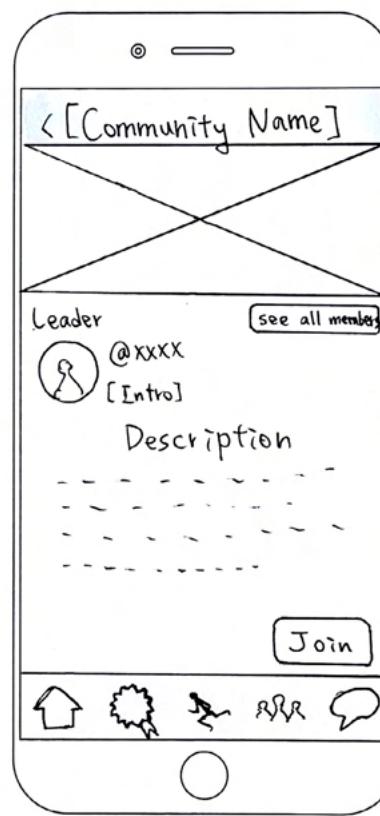
STEP # 1. Community



STEP # 2. Community Browser



STEP # 3. Community Detail



NOTES

(Posts and activities)

NOTES

NOTES



# 8.1 Digital Wireframes



# Task-1: Get a Badge



Note: Badges are trophies that show the user's accomplishments.

## Step #1

Open the app and go to Challenge Browser

- On Home page, go to the bottom navigation bar and click the Challenge icon.

## Home



## Step #2

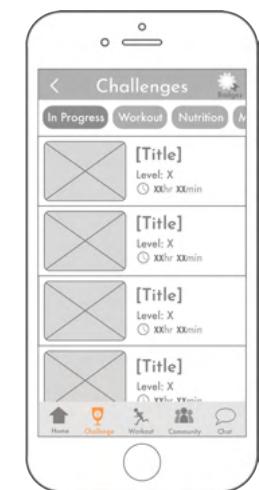
Choose a challenge

- Click on any challenge to go to the Challenge Detail page.

### Note:

Click on the badge icon on the top-right corner to view earned badges.

## Challenge Browser



## Step #3

Complete the challenge

- Hit 'Completed' and a badge will be added to the Badge page.

or

- Hit 'Save' and the challenge will appear in the Challenge Browser under "In Progress".

## Challenge Detail

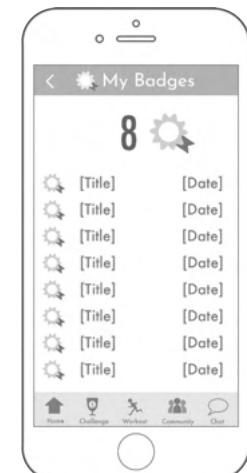


## Step #4

View earned Badges

- On Challenge Browser page, click the badge icon on the top-right corner to go to the Badge page.

## Badge





## Task-2: Get Workout Points



Note: Points are used to increase the user's Level. Some of the communities and workouts in this app have level requirements.

### Step #1

#### Open the app

- On Home page, go to the bottom navigation bar and click on the **Workout** icon.

### Home



### Workout Detail

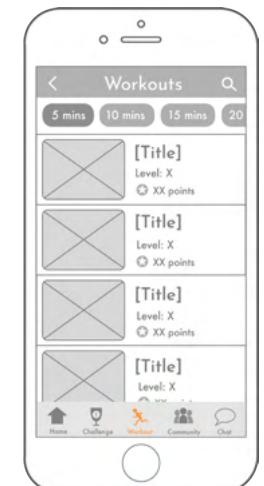


### Step #2

#### Choose a workout

- Click on any workout to go to the **Workout Detail** page.

### Workout Browser



### Step #3

#### Complete the workout

- Hit 'Completed' and the points will be added to the user's total points.

Note: The total points are shown on the top-right corner of Home page.



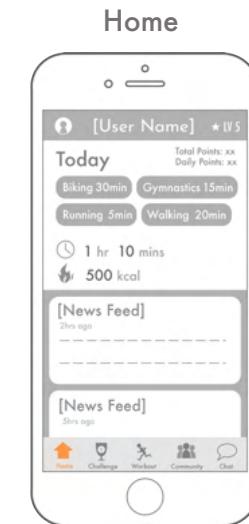
## Task-3: Join a Community



### Step #1

Open the app and go to Community page

- On Home page, go to the bottom navigation bar and click the Community icon.

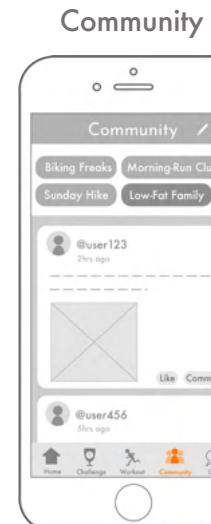


### Step #2

Click +

- Click + on the top-right corner to go to the Community Browser page.

Note: The Community page shows posts and activities of the members of the communities the user has joined.

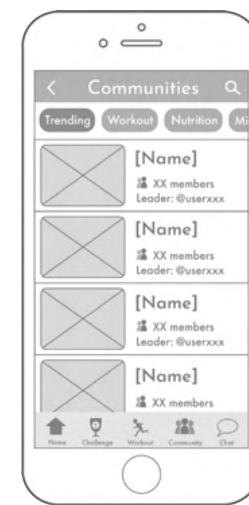


### Step #3

Choose a community

- Click any community to go to Community Detail.

### Community Browser



### Step #4

Join the community

- Click 'Join' to join the community.

Note: After joining a community, the user will be able to see on the Community page the posts and activities of its members. The name of the community will also show on the filter bar.





# 9.1 Preparing for Testing



## Persona Attributes

- Contexts
  - 1. Wanting to be more motivated to exercise
  - 2. Pursuing a healthier lifestyle
  - 3. Leading a busy life
- Behaviors
  - 1. Staying indoors most of the time
  - 2. Staying inactive most of the time
- 3. Paying no attention to diet
- Motivations
  - 1. Weight loss
  - 2. Health improvement
  - 3. Feeling better about oneself
- Attitudes
  - 1. Passionate
  - 2. Desperate
  - 3. Self-doubting



## Screening questions

From 1 to 5, rate how accurate each scenario describes you.

1. I want to be more motivated to work out daily.
2. I am pursuing a healthier lifestyle.
3. I am leading a busy life
4. I stay indoors most of the time
5. I think I should pay more attention to my diet
6. I want to lose some weight
7. I want to improve my health condition.
8. I wish to feel better about myself
9. I am a passionate person
10. I often doubt myself

(Note: Eliminate people who rate lower than 3 on more than 5 questions.)

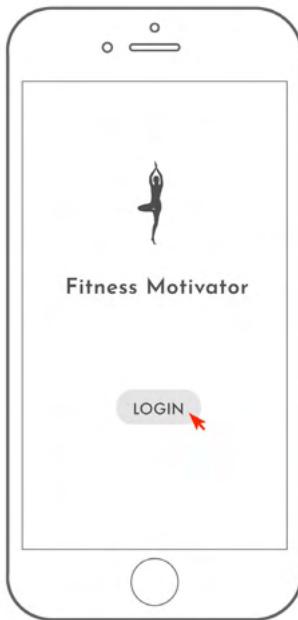
## Prototype Testing Schedule

1. Paul - Wednesday November 10
2. Elu - Monday November 8
3. May - Thursday November 11



## Task-1: Get a Badge

1. Log In



2. Home



3. Challenge Browser



4. Challenge Detail



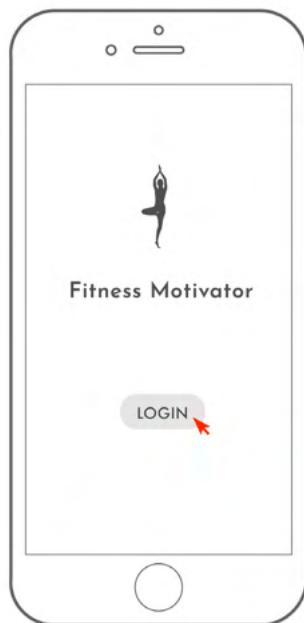
5. Badge





## Task-2: Get Workout Points

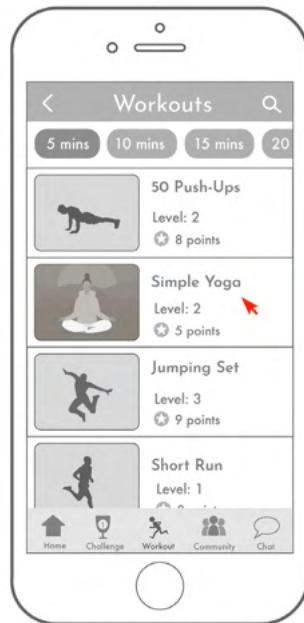
1. Log In



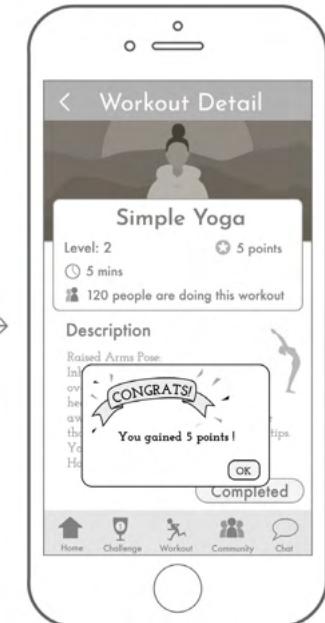
2. Home



3. Workout Browser



4. Workout Detail



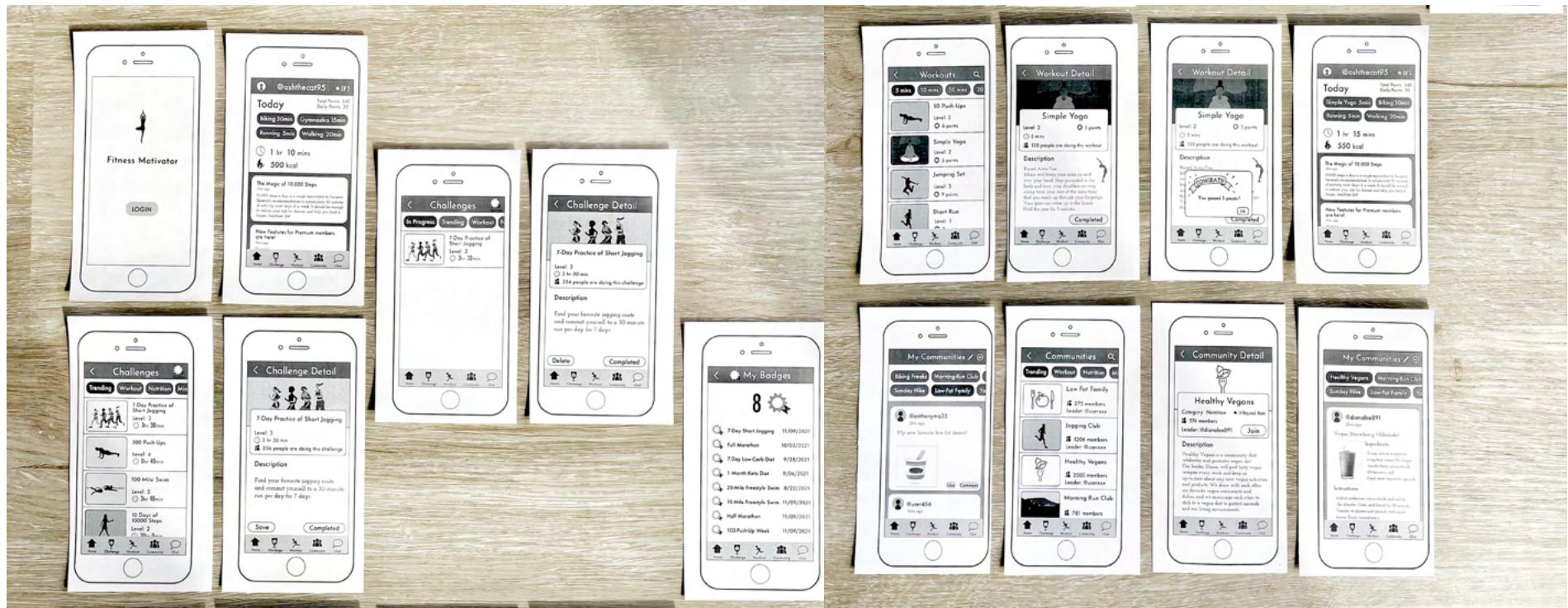


## Task-3: Join a Community





# Paper Cut-outs



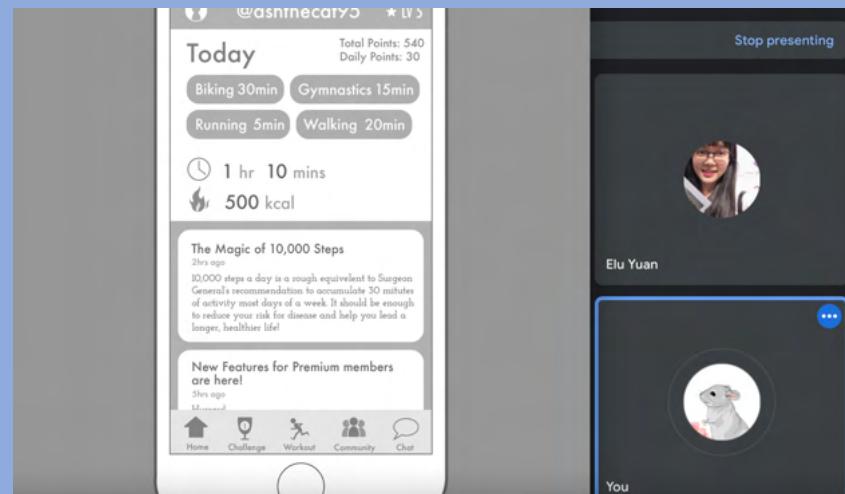
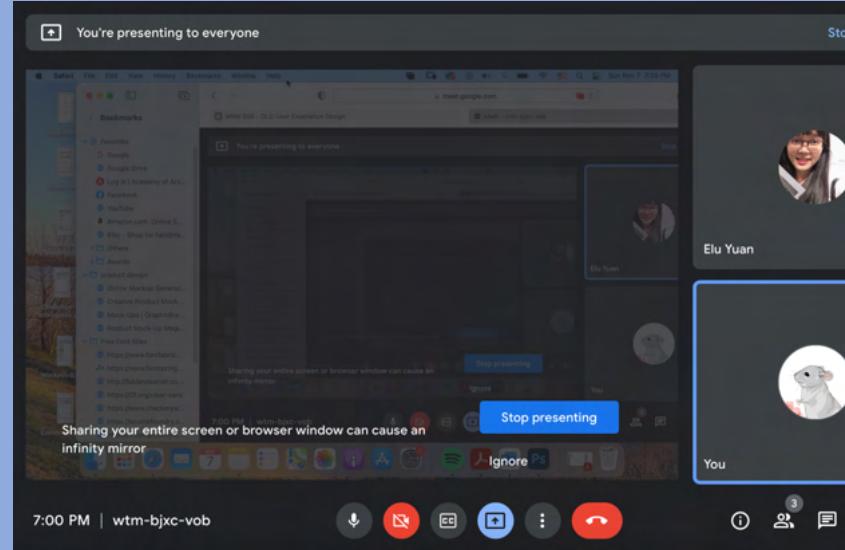


# 10.1 Paper Prototype Testing



# Test 1

Moderator: Karen  
Tester: Elu





Task-1:

- Step 5: I assume the badge I get most recently would be highlighted or stood out from the badges I got previously.

Task-2:

- Step 2: I would prefer seeing the workouts I did today be listed instead of stacked.

Task-3:

- Step 3: I want to see the empty state of the browser when I login for the first time.

Conclusion:

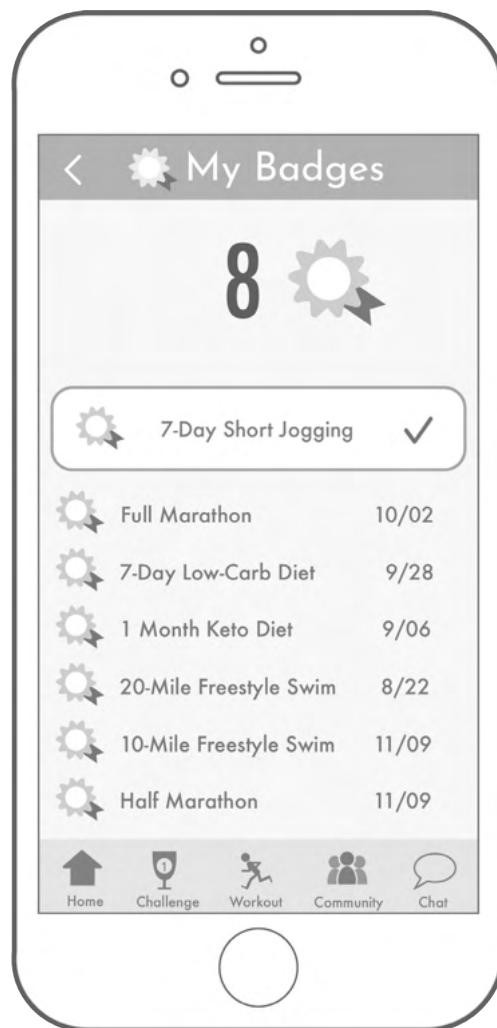
- Elu had no problem using the app and completing the tasks, yet she wishes to see the empty state of the whole app as a new user.



Before



After





# Test 2

Moderator: Karen  
Tester: Paul





Task-1:

- Step 4: I wish there's a pop-up window telling me that I have completed the challenge.

Task-2:

- Step 4: I wish the pop-up is larger and positioned in the middle of the interface.
- Step 4: When I complete the workout, I assume I would be directed back to the browser instead of the home page.

Task-3:

- Step 3: It's a bit hard to tell what the pencil icon does here. Maybe change it to a feather pen if it was supposed to mean "creating a post".

Conclusion:

- Paul had no problem understanding how the app works, yet he thinks that subtle changes could be made to the actions after completing the tasks to enhance the user experience.



Before



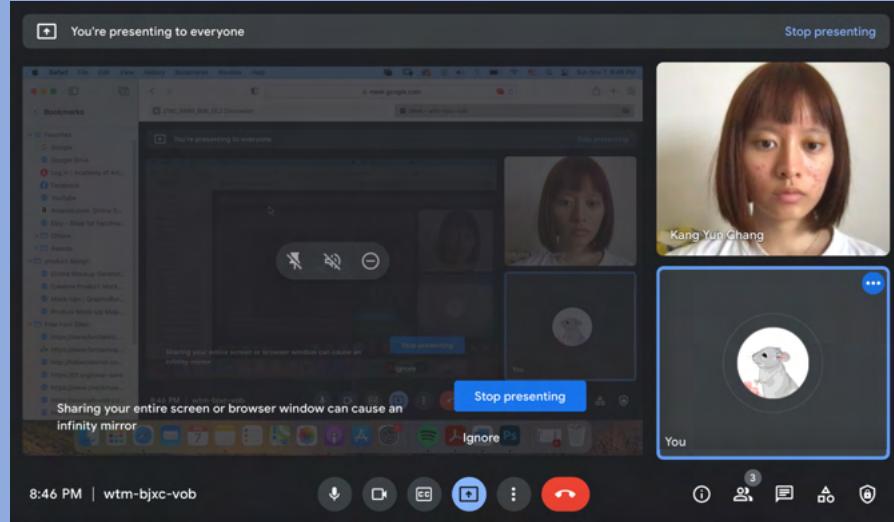
After





# Test 3

Moderator: Karen  
Tester: May





### Task-1:

- Step 4: I wish to be able to record and edit my progress after saving a challenge to the "In Progress" list.

### Conclusion:

- May could easily understand the interfaces and how they function. She wishes to see more features and functions be developed.



# 11.1 Develop a Grid System



## Home

@ashthecat95 ★ LV 5

**Today**

Total Points: 540 Daily Points: 30

Biking 30min Gymnastics 15min

Running 5min Walking 20min

1 hr 10 mins

500 kcal

**The Magic of 10,000 Steps**  
2hrs ago  
10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!

New Features for Premium members are here!  
5hrs ago  
Hurray!

Home Challenge Workout Community Chat

## Challenge Browser

Challenges

Trending Workout Nutrition Mi

7-Day Practice of Short Jogging  
Level: 3  
 3hr 30min

300 Push-Ups  
Level: 4  
 0hr 40min

100-Mile Swim  
Level: 5  
 3hr 40min

10 Days of 10000 Steps  
Level: 2  
 20hr 0min

Home Challenge Workout Community Chat

## Challenge Detail

Challenge Detail

7-Day Practice of Short Jogging

Level: 3  
 3 hr 30 min  
 256 people are doing this challenge

**Description**

Find your favorite jogging route and commit yourself to a 30-minute run per day for 7 days

Save Completed

Home Challenge Workout Community Chat

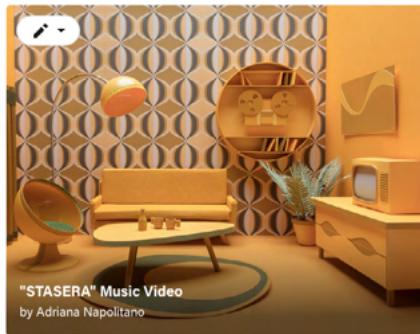
Gutter: 1

Column Width: 60

Margin: 19



## 11.2 Mood Board



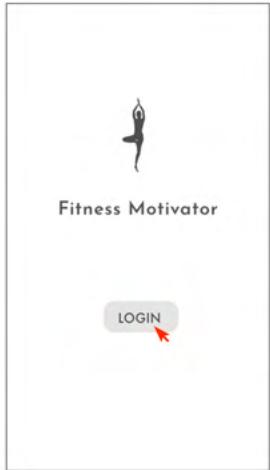


## 12.1 Medium Fidelity Wireframes

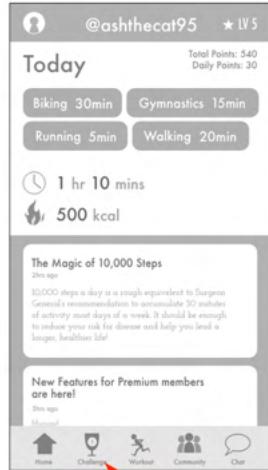


## Task-1: Get a Badge

1. Log In



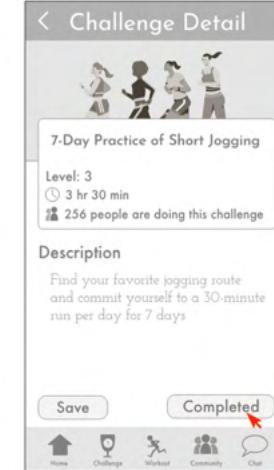
2. Home



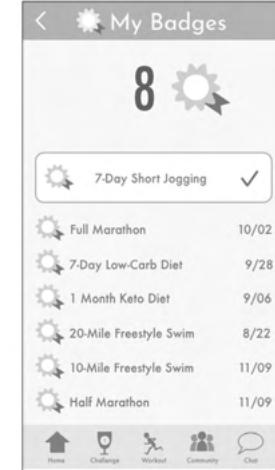
3. Challenge Browser



4. Challenge Detail



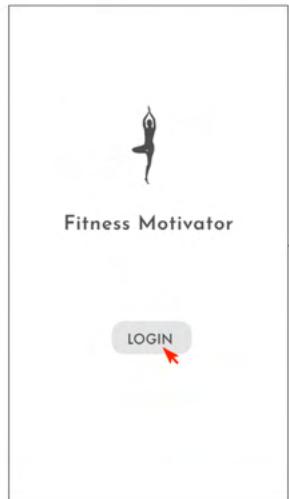
5. Badge





## Task-2: Get Workout Points

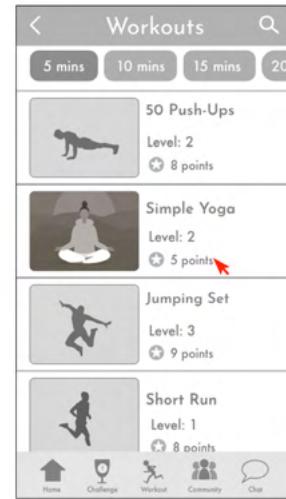
1. Log In



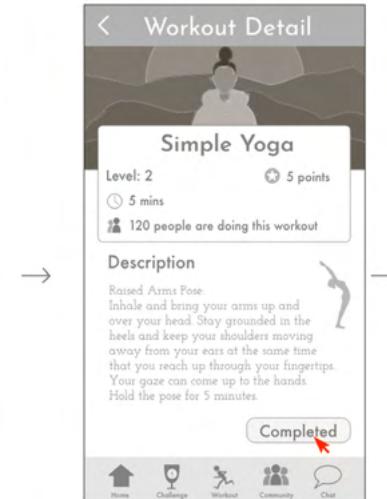
2. Home



3. Workout Browser



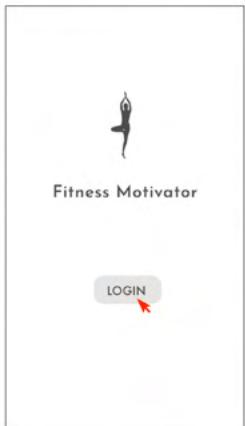
4. Workout Detail





## Task-3: Join a Community

### 1. Log In



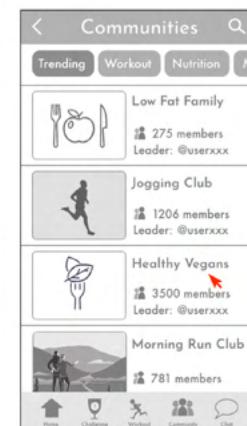
### 2. Home



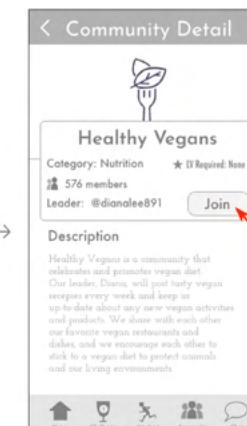
### 3. Community



### 4. Community Browser



### 5. Community Detail



### 6. Community





## 12.2 UI Style Guide



## Color Palette



## Typography

### Josefin Sans (Logo font)

Heading 1 Regular 28pt  
Heading 2 SemiBold 19pt  
Navigation Regular 9pt

### Outfit

Heading 3 Medium 25pt  
Body Text Light 13pt

### Futura

Subhead Medium 23pt  
Button Text Medium 20pt  
Button Text 2 Medium 18pt

## Components

### Buttons



### Icons



### Navigation



## Light on Dark

That is how paragraphs will look like that is how paragraphs will look like that is how paragraphs will look like.

## Dark on Light

That is how paragraphs will look like that is how paragraphs will look like that is how paragraphs will look like.



# 13.1 High Fidelity Wireframes



# Task-1: Get a Badge

1. Home

@ashthecat95

**Today**

Biking 30min   Gymnastics 15min  
Running 5min   Walking 20min

⌚ 1 hr 10 mins   ★ Total Points: 540  
🔥 500 kcal   🏆 Total Badge: 30 ⓘ

**The Magic of 10,000 Steps**  
2hrs ago  
10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!

New Features for Premium members are here!  
5hrs ago  
Hurray!

Home Challenge Workout Community Chat

2. Challenge Browser

Challenges

Trending   Workout   Nutrition   Mi

**7-Day Practice of Short Jogging**  
Level: 3   ⌚ 3hr 30min

**300 Push-Ups**  
Level: 4   ⌚ 0hr 40min

**100-Mile Swim**  
Level: 5   ⌚ 3hr 40min

**10 Days of 10000 Steps**

Home Challenge Workout Community Chat

3. Challenge Detail

Challenge Detail

**7-Day Practice of Short Jogging**

Level: 3   ⌚ 3hr 30min

**Description**  
Find your favorite jogging route and commit yourself to a 30-minute run per day for 7 days

Completed

Home Challenge Workout Community Chat

4. Badge

My Badges

8 🌞

Challenge	Status
7-Day Short Jogging	✓
Full Marathon	10/02
7-Day Low-Carb Diet	9/28
1 Month Keto Diet	9/06
20-Mile Freestyle Swim	8/22
10-Mile Freestyle Swim	11/09
Half Marathon	11/09

Home Challenge Workout Community Chat



# Task-2: Get Workout Points

1. Home

@ashthecat95

**Today**

Biking 30min Gymnastics 15min  
Running 5min Walking 20min

⌚ 1 hr 10 mins ⚡ Total Points: 540  
🔥 500 kcal 🔥 Total Badge: 30

**The Magic of 10,000 Steps**  
2hrs ago  
10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!

New Features for Premium members are here!  
5hrs ago  
Hurrrry!

Home Challenge Workout Community Chat

2. Workout Browser

Workouts

5 mins 10 mins 15 mins 20

**50 Push-Ups**  
Level: 2 8 points

**Simple Yoga**  
Level: 2 5 points

**Jumping Set**  
Level: 3 9 points

**Short Run**

Home Challenge Workout Community Chat

3. Workout Detail

Workout Detail

**Simple Yoga**

Level: 2 5min

**Description**

Raised Arms Pose:  
Inhale and bring your arms up and over your head. Stay grounded in the heels and keep your shoulders moving away from your ears at the same time that you reach up through your fingertips. Your gaze can come up to the hands.

Home Challenge Workout Community Chat

4. Workout Complete

Workout Detail

**CONGRATS!**

You gained 5 points!

OK

Home Challenge Workout Community Chat



# Task-3: Join a Community

1. Home

 @ashthecat95

**Today**

Biking 30min | Gymnastics 15min | Running 5min | Walking 20min

⌚ 1 hr 10 mins | 🔥 500 kcal | ★ Total Points: 540 | 🏆 Total Badge: 30

**The Magic of 10,000 Steps**  
2hrs ago  
10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!

**New Features for Premium members are here!**  
5hrs ago  
Discover

 Home |  Challenge |  Workout |  Community |  Chat

2. Community

< My Communities +

Biking Freaks | Morning-Run Club | Trending

Sunday Hike | Low-Fat Family | Workout

 @anthonyma35  
My new favorite low-fat dessert!  
  
 Like |  Comment

 @adam456

 Home |  Challenge |  Workout |  Community |  Chat

3. Community Browser

< Communities 🔎

Trending | Workout | Nutrition | Mi

 Low Fat Family  
Leader: @userxx

 Jogging Club  
Leader: @userxx

 Healthy Vegans  
Leader: @userxx

 Morning Run Club  
Leader: @userxx

 Home |  Challenge |  Workout |  Community |  Chat

4. Community Detail

< Community Detail



**Healthy Vegans**  
★ LV Required: None

Category: Nutrition | 576 members | Leader: @dianalee891



**Description**

.....

 Home |  Challenge |  Workout |  Community |  Chat

5. Community

< My Communities +

Healthy Vegans | Morning-Run Club | Sunday Hike | Low-Fat Family | Yog

 @dianalee891  
Vegan Strawberry Milkshake!  
  
Ingredients:  
- 2 cups whole strawberries  
- 1 cup half frozen No Sugar vanilla bean coconut milk  
- 1/8 teaspoon salt  
- Fresh mint leaves for garnish

Instructions:  
- Add strawberries, coconut milk and salt to the blender. Cover and blend for 30 seconds.  
- Transfer to glasses and garnish with mint leaves. Enjoy immediately.

 Home |  Challenge |  Workout |  Community |  Chat



# 14.1 Revision



# Task-1: Get a Badge

- Added a pop-up window for users to share their badges with the community immediately after they completed a challenge.

1. Home

The screenshot shows the user's profile at the top with the handle @ashthecat95. Below it is a summary of today's activities: Biking 30min, Gymnastics 15min, Running 5min, and Walking 20min. A badge summary follows: 1 hr 10 mins, 500 kcal, Total Points: 540, and Total Badge: 30. A recent post titled "The Magic of 10,000 Steps" is displayed, stating: "10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!" Below the post is a note about premium features. At the bottom are navigation icons for Home, Challenge, Workout, Community, and Chat.

2. Challenge Browser

This screenshot shows the challenge browser with categories: Trending, Workout, Nutrition, and Badges. It lists three challenges: "7-Day Practice of Short Jogging" (Level: 3, 3hr 30min), "300 Push-Ups" (Level: 4, 0hr 40min), and "100-Mile Swim" (Level: 5, 3hr 40min). Each challenge has a thumbnail image and a brief description. Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.

3. Challenge Detail

This screenshot shows the details of the "7-Day Practice of Short Jogging" challenge. It includes a thumbnail of people jogging, the challenge name, level (3), duration (3hr 30min), and a "Completed" button at the bottom. Below the challenge details is a "Description" section with instructions: "Find your favorite jogging route and commit yourself to a 30-minute run per day for 7 days". Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.

4. Share Badge

A pop-up window titled "Challenge Detail" shows a sun icon with a blue arrow pointing to it, accompanied by the message "You got a new badge!". It includes "Share" and "Close" buttons. Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.

5. Completed

This screenshot shows the user's communities feed. It displays a recent post from the user (@ashthecat95) about completing the challenge, with 288 likes and 50 comments. The challenge details are shown again, including the sun badge icon and the challenge name. Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.



# Task-2: Get Workout Points

- Change workout instructions from written texts to videos.
- User gets points when a video is played.
- User use their points to unlock premium courses.

1. Home

@ashthecat95

**Today**

Biking 30min | Gymnastics 15min  
Running 5min | Walking 20min

⌚ 1 hr 10 mins | 🔥 500 kcal

★ Total Points: 540 | 🏆 Total Badge: 30

**The Magic of 10,000 Steps**  
2hrs ago  
10,000 steps a day is a rough equivalent to Surgeon General's recommendation to accumulate 30 minutes of activity most days of a week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life!

New Features for Premium members are here!  
5hrs ago

Home Challenge Workout Community Chat

2. Workout Browser

< Workouts >

5 mins | 10 mins | 15 mins | 20

**50 Push-Ups**  
Level: 2 | 8 points

**Simple Yoga**  
Level: 2 | 5 points

**Jumping Set**  
Level: 3 | 9 points

**Short Run**

Home Challenge Workout Community Chat

3. Unlock Course

< Workout Detail >

**50 Push-Ups**

This course takes 30 points to unlock

Unlock | Cancel

125 people are doing this workout

Home Challenge Workout Community Chat

4. Workout Detail

< Workout Detail >

**Simple Yoga**

5 points

Level: 2 | 5 min | 125 people are doing this workout

Home Challenge Workout Community Chat

5. Workout Complete

< Workout Detail >

You won 5 points!

OK

125 people are doing this workout

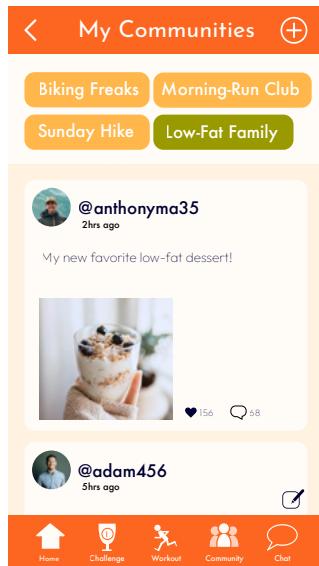
Home Challenge Workout Community Chat



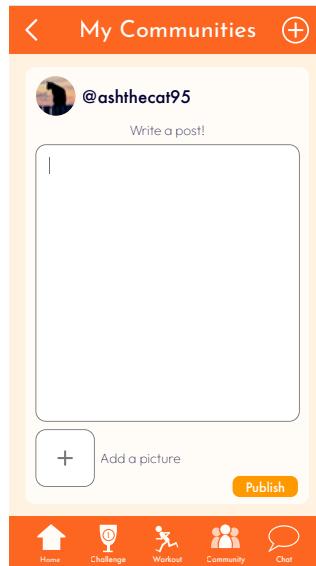
# Task-4 (New): Make a Post

- On the community page, users can make posts and share with the community their achievements.

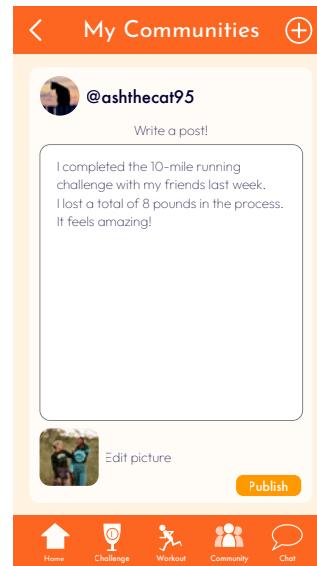
1. Community



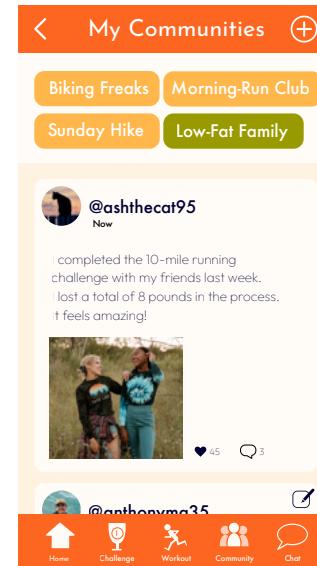
2. Write a Post



3. Publish Post



4. Post Published





# Information Modal Window

- On the home page, users can click on the info icon to understand how points and badges work.

1. Home

The screenshot shows a user profile header with the handle '@ashthecat95'. Below it, a large orange header says 'Today'. Underneath are four activity cards: 'Biking 30min', 'Gymnastics 15min', 'Running 5min', and 'Walking 20min'. At the bottom left, there's a circular icon with a person walking and a timer, followed by '1 hr 10 mins' and '500 kcal'. To the right, there are two small icons: a star with 'Total Points: 540' and a sun with 'Total Badge: 30'. A blue arrow points from the 'Total Badge: 30' icon to a notification box in the next screenshot.

2. Info Window

This screenshot shows the same 'Today' header and activity cards as the first one. A blue arrow points from the 'Total Badge: 30' icon on the home screen to this modal window. The modal has a white background with a red border and contains two sections: 'Points:' and 'Badges:'. The 'Points:' section says 'Use your points to unlock premium courses!' and the 'Badges:' section says 'Keep track of the challenges you completed by going to the badge page!'. Both sections have small orange icons to their left.



# 15.1 Clickable Prototype



# Fitness Motivator

<https://xd.adobe.com/view/0d1c1e83-d983-476d-a4ef-762c1a65eab7-584f/>



# Resources



# Photo Credits

Adam - Photo by [Ben Parker](#) on [Unsplash](#)

Anthony - Photo by [Ben den Engelsen](#) on [Unsplash](#)

Diana - Photo by [Allef Vinicius](#) on [Unsplash](#)

Group run - Photo by [Jed Villejo](#) on [Unsplash](#)

Hike - Photo by [Anders Nielsen](#) on [Unsplash](#)

Jogging - Photo by [Clem Onojeghuo](#) on [Unsplash](#)

Jump - Photo by [dan carlson](#) on [Unsplash](#)

Low fat - Photo by [Joanna Kosinska](#) on [Unsplash](#)

Milkshake - Photo by [Sincerely Media](#) on [Unsplash](#)

Profile Cat - Photo by [Wouter De Praetere](#) on [Unsplash](#)

Push up - Photo by [Conscious Design](#) on [Unsplash](#)

Run - Photo by [Chander R](#) on [Unsplash](#)

Short run - Photo by [Tomasz Woźniak](#) on [Unsplash](#)

Swim - Photo by [Brian Matangelo](#) on [Unsplash](#)

Vegan - Photo by [Brooke Lark](#) on [Unsplash](#)

Walk - Photo by [Tyler Nix](#) on [Unsplash](#)

Yoga -- Photo by [Jared Rice](#) on [Unsplash](#)

Yogurt - Photo by [Ellieelien](#) on [Unsplash](#)

50 Push Up - Photo by [Sam Owoyemi](#) on [Unsplash](#)



# Thank You!

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