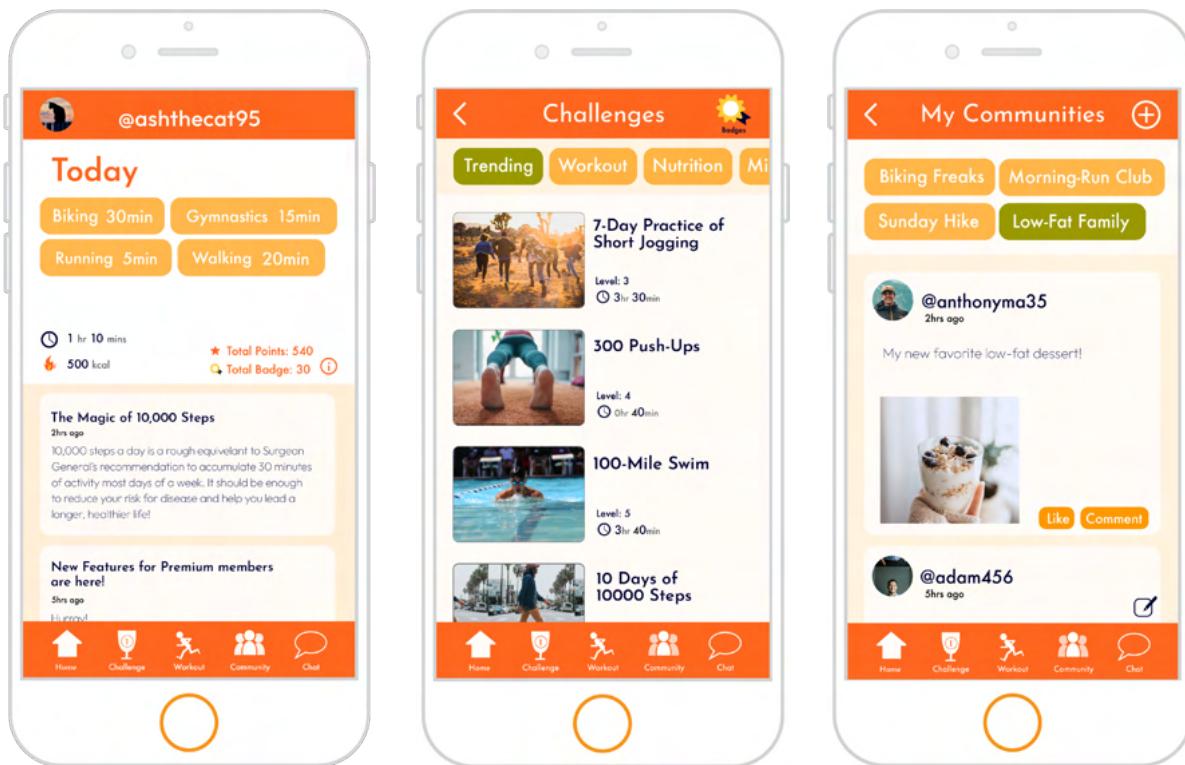




Fitness Motivator



Karen Chang
Product Design
UX Research
Visual Design



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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

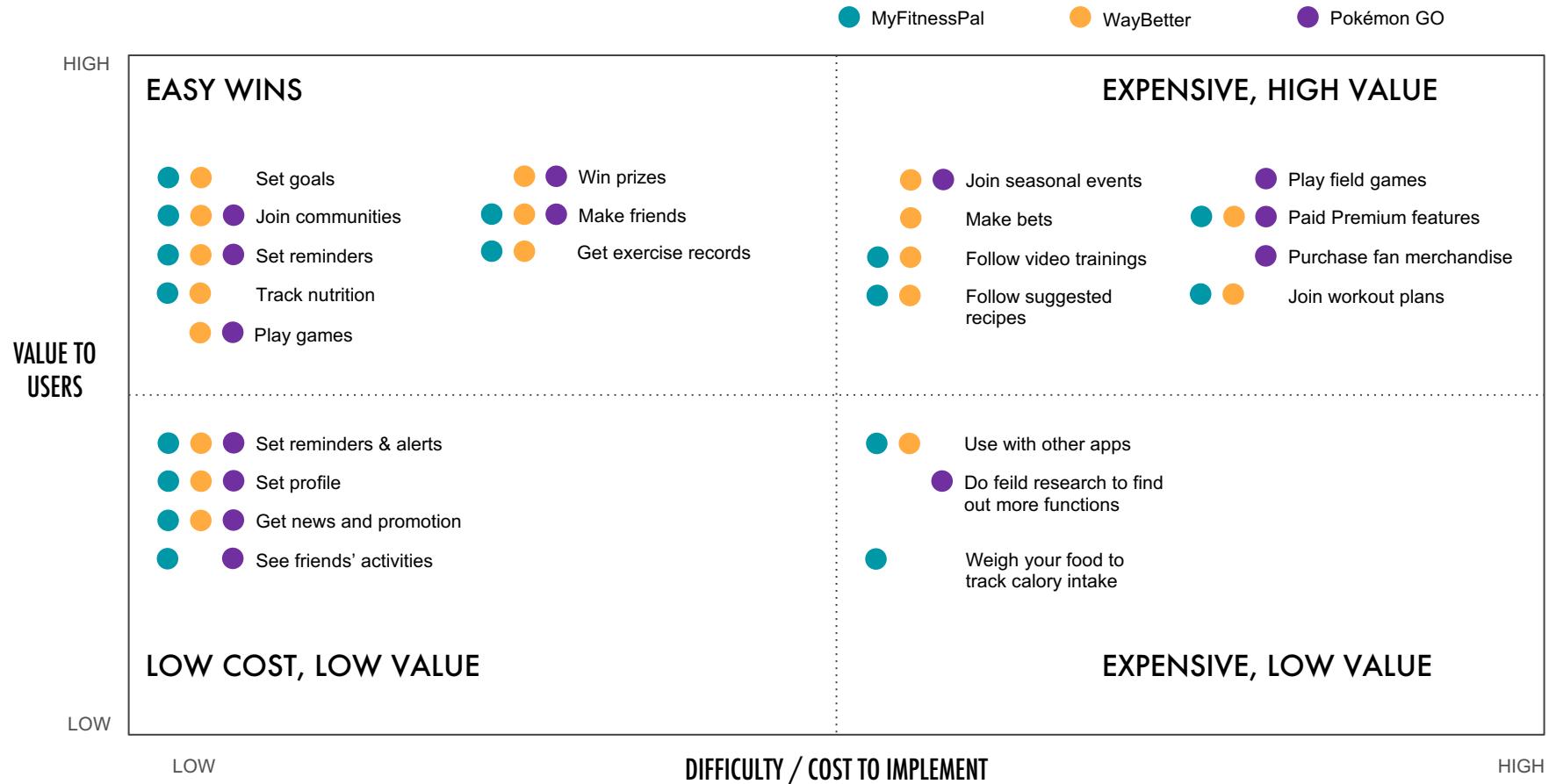
Ambitious



4.1 Feature Matrix & Heuristic Review



FEATURE MATRIX





Heuristic Evaluation – WayBetter

The screenshot shows a clean, user-friendly interface for searching games. At the top, there's a navigation bar with 'Games' and a magnifying glass icon. Below it, three categories are displayed: 'Fitness' (with a person flexing), 'Mindfulness' (with a person meditating), and 'All games' (with a person playing basketball). A section titled 'This Week's Spotlight' features a thumbnail of a man doing push-ups, with the text 'Oct 4 - Oct 31 • 4 weeks' and 'Push It Up'. Below this, there are other game cards with titles like 'Sp' and 'Co' partially visible.

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

This screenshot shows a specific game page for 'Run to Lose Weight'. At the top, it says 'fitness' and the game title 'Run to Lose Weight' with the duration 'Oct 4 - Nov 14 • 6 weeks'. Below that are three icons: a person icon with '\$30 bet', a people icon with '103 players', and a coins icon with '\$2,790 pot size'. A large purple 'Join now' button is centered. At the bottom, there are tabs for 'About' (which is underlined), 'Schedule', and 'More details'.

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

This screenshot shows a post from 'WayBetter Melanie' (Game host) posted 17 hours ago. The post asks, 'When is the last time you played a board game? What was it?' with a blue background and a chessboard image. Below the post, there are interaction metrics: 4 comments, 1 like, and 1 heart.

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

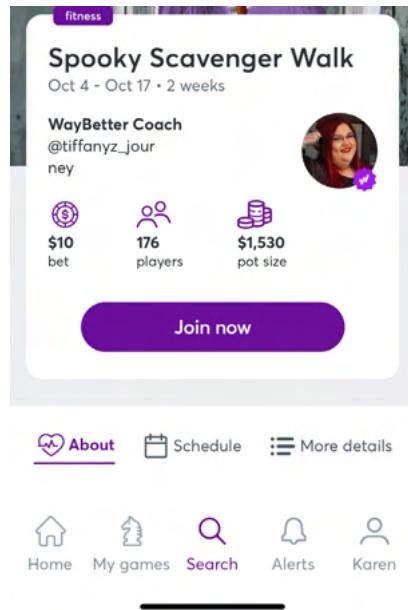
When was the last time yo...
[Read more](#)

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



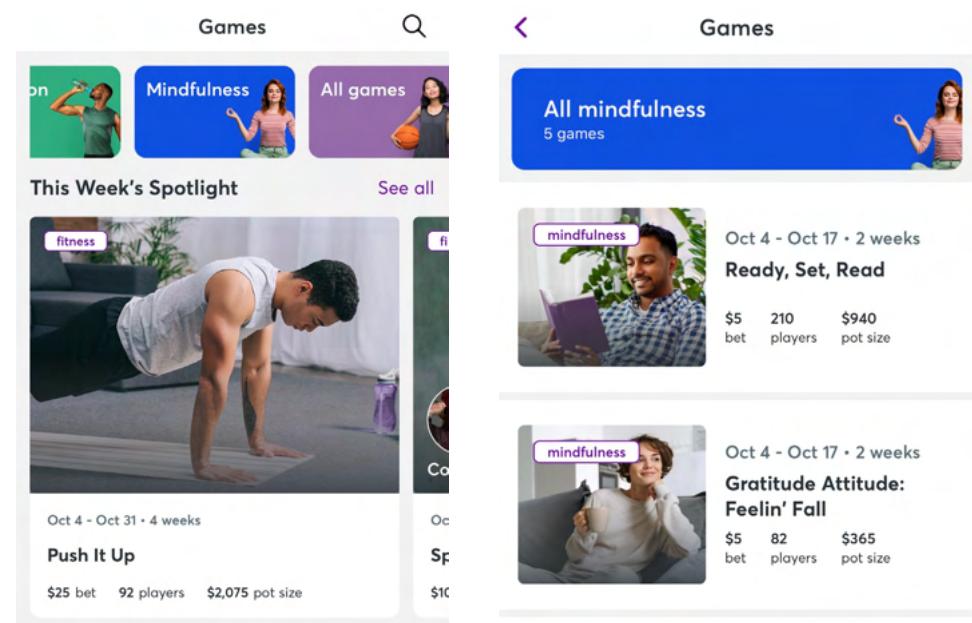
Heuristic Evaluation – WayBetter

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 tabs for "Games" and a search icon. Below the navigation, there are three main categories: "Fitness" (with an image of a person), "Nutrition" (with an image of a person drinking water), and "Mindfulness" (with an image of a person meditating). A section titled "This Week's Spotlight" shows 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, featuring a woman drinking water, 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

The screenshot shows a mobile application interface. At the top, there's a purple button labeled "Share with us 😊" and a red button labeled "What keeps you going strong? +". Below this, there are two tabs: "Trending" (underlined) and "New".

The main content area displays two challenges:
Lace up, go go: A challenge related to fitness, featuring a woman in a pink hoodie. It runs from Oct 4 - Nov 14 for 6 weeks. Statistics: \$30 bet, 62 players, \$1,710 pot size.
Push reset: A challenge related to nutrition, featuring a woman drinking water. It runs from Oct 4 - Oct 17 for 2 weeks. Statistics: \$10 bet, 179 players, \$1,630 pot size.

At the bottom, there's a large purple button labeled "See all games".

Titles and instructions are engaging and easy to understand.

8. Flexibility and efficiency of use

The screenshot shows a mobile application interface for connecting external devices. At the top, it says "DISCONNECTED". Below this, there are five entries, each with a device logo, the device name, and a "CONNECT" button:
Fitbit: Device logo is a teal hexagon with white dots. CONNECT button is purple.
Garmin: Device logo is a black square with a blue "G" and "ARMIN" text. CONNECT button is purple.
Runkeeper: Device logo is a teal square with a white silhouette of a runner. CONNECT button is purple.
Strava: Device logo is an orange square with a white silhouette of a runner. CONNECT button is purple.
Apple Watch: Device logo is a white square with a red heart. CONNECT button is purple.

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

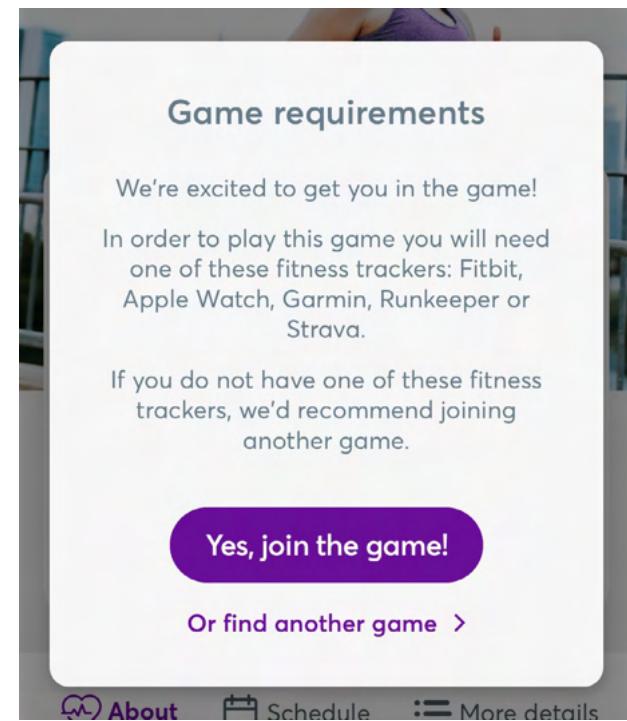


9. Consistency and standards



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

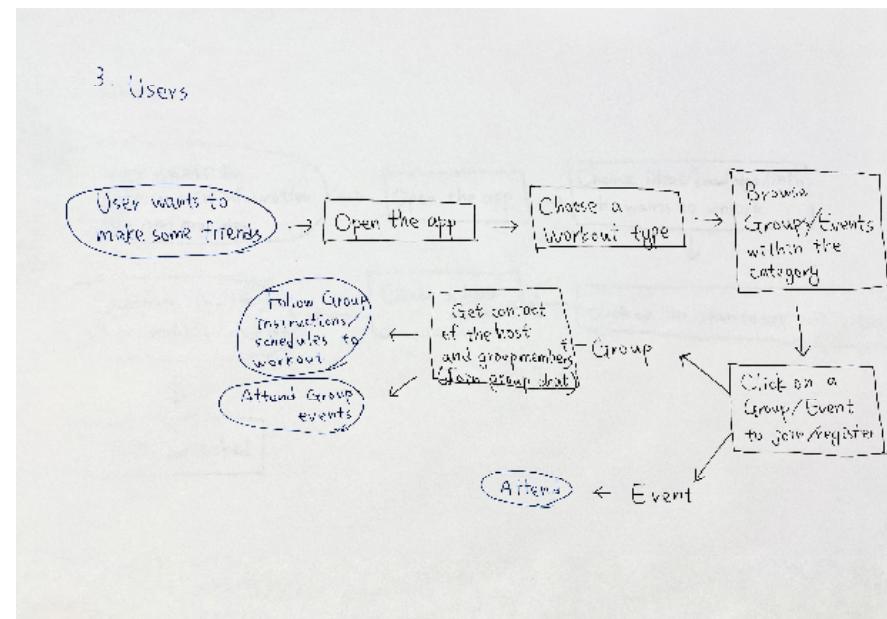
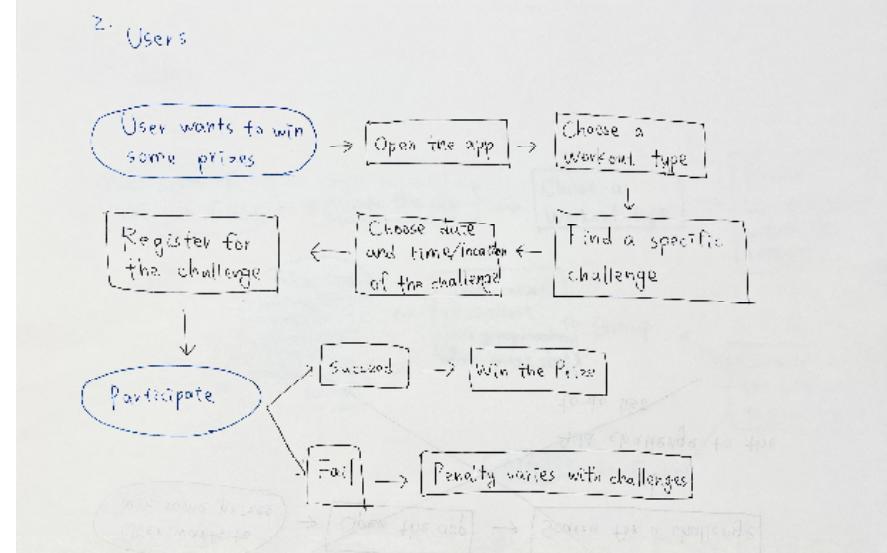
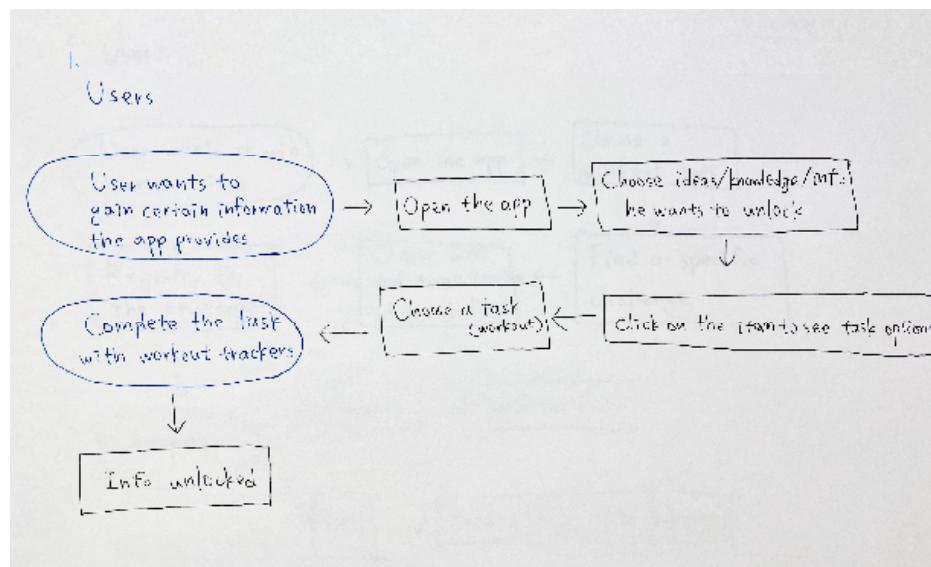
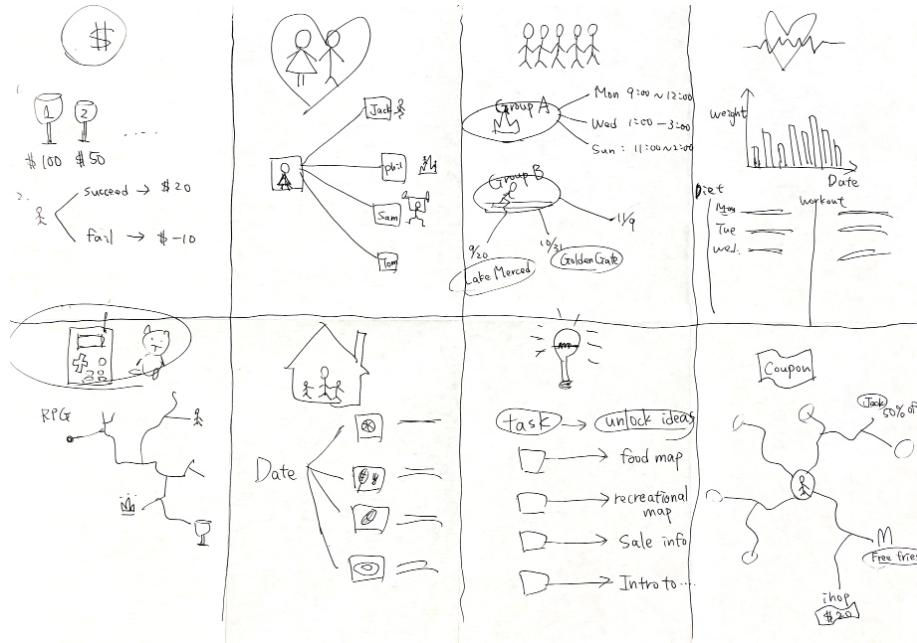
10. Help users recognize, diagnose, and recover from errors



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



5.1 Brainstorming





6.1 Finalized Task Flows



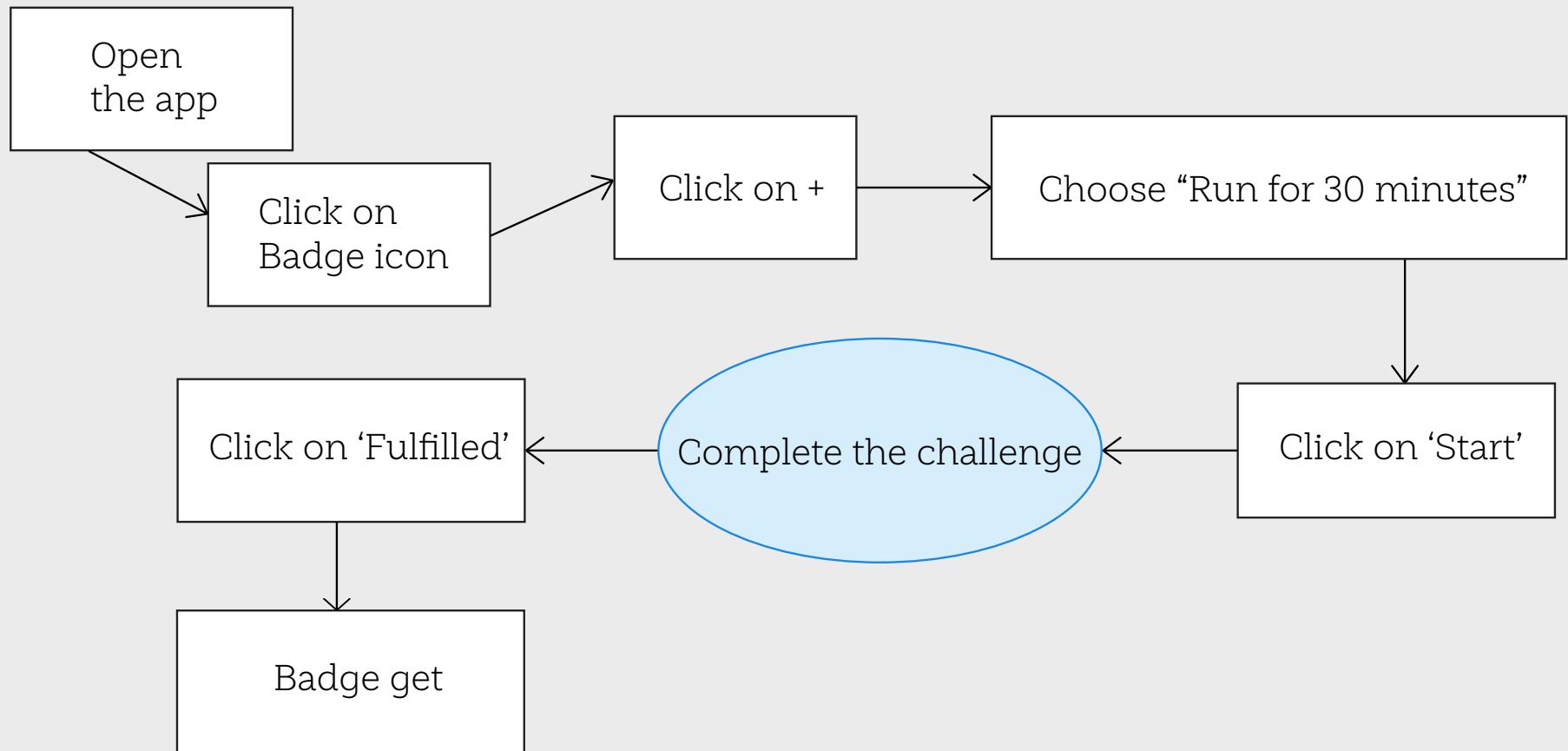
Nina

27

Front End Engineer
San Francisco

Task Flow 1

Nina wants to get a 7-day workout badge





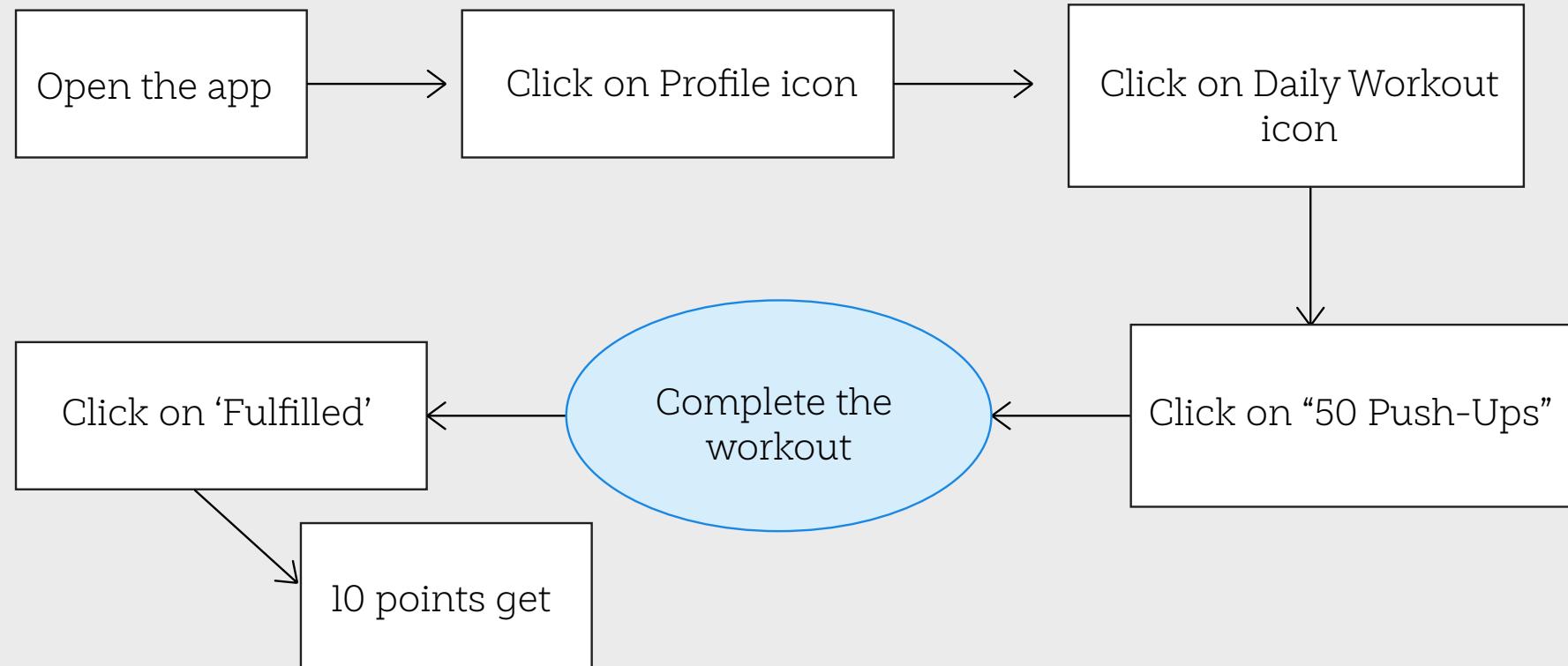
Nina

27

Front End Engineer
San Francisco

Task Flow 2

Nina wants to get daily workout points





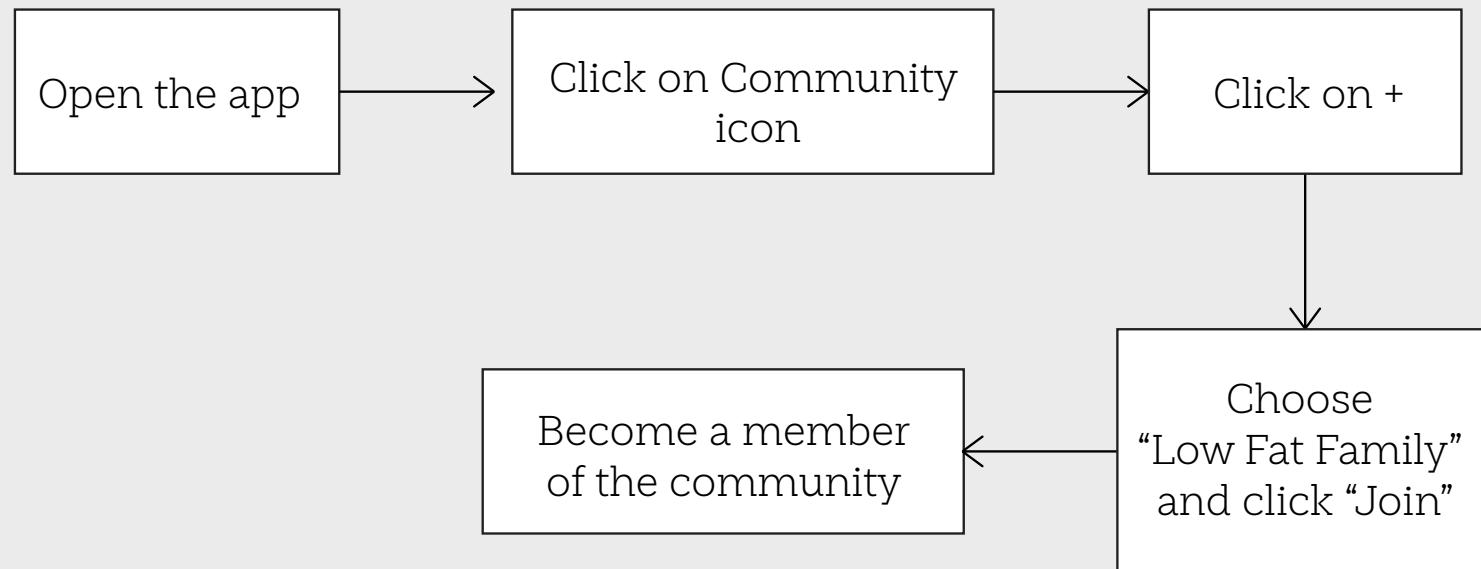
Nina

27

Front End Engineer
San Francisco

Task Flow 3

Nina wants to join a low-fat diet community





7.1 Wireframe Sketches



Step 1 - Get a workout badge

Task # & Description

Fitness Motivator

Project

Step # 1 Home

The Home screen displays a summary of today's activity: 1000 steps taken over 1 hour and 30 minutes. It also shows a goal of 10,000 steps remaining. Below this, there are sections for 'Today' and 'Yesterdays' activity. At the bottom are five navigation icons: house, tree, person, gear, and speech bubble.

Step # 2 Badge

The Badge screen shows a list of six badges, each with a placeholder title and date. The first badge has a circular icon with 'XX' and a gear symbol. Navigation icons are at the bottom.

Step # 3 Challenge Browser

The Challenge Browser screen lists four challenges, each with a placeholder title, level, and duration. Navigation icons are at the bottom.

Step # 4 Challenge Detail

The Challenge Detail screen shows a challenge with a placeholder title, level, duration, and participation count. It includes a 'Description' section with placeholder text and 'Delete' and 'Completed' buttons. Navigation icons are at the bottom.

Notes

Notes

Notes

Notes



#2 - Get Daily Workout Points

TASK # & DESCRIPTION

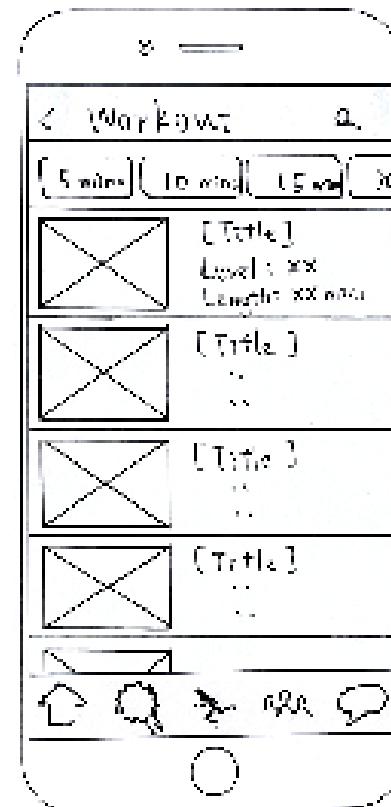
Fitness Motivator

PROJECT

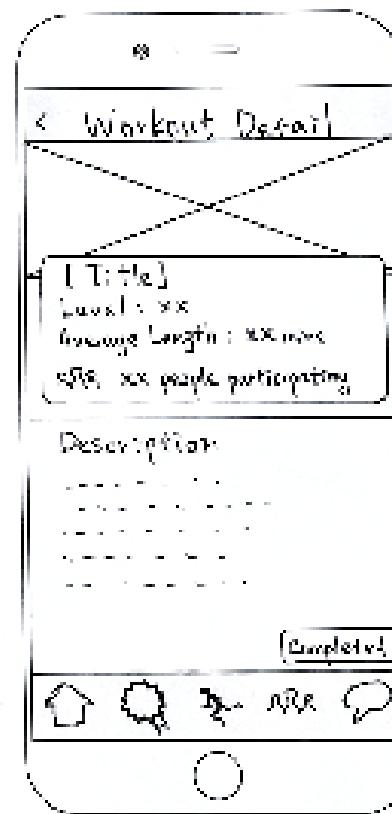
STEP # 1 Home



STEP # 2 Workout Browser



STEP # 3 Workout Detail



NOTES

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

NOTES

NOTES



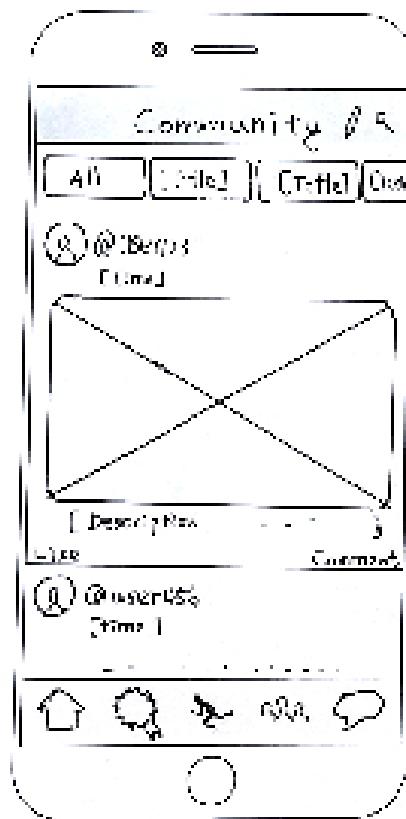
4.3 - Join a Community

TASK # & DESCRIPTION

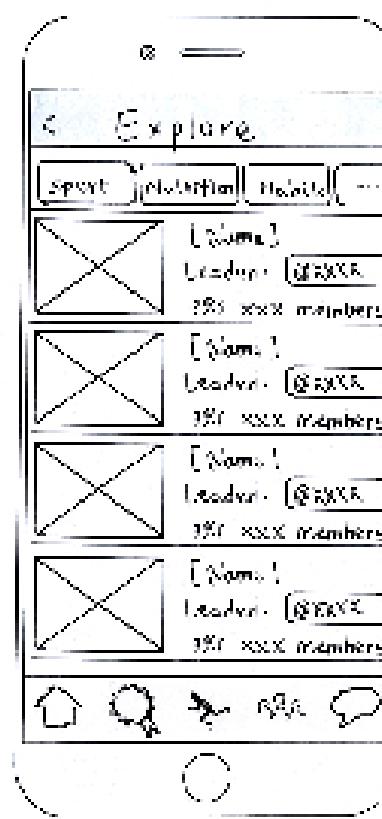
Fitness Motivator

PROJECT

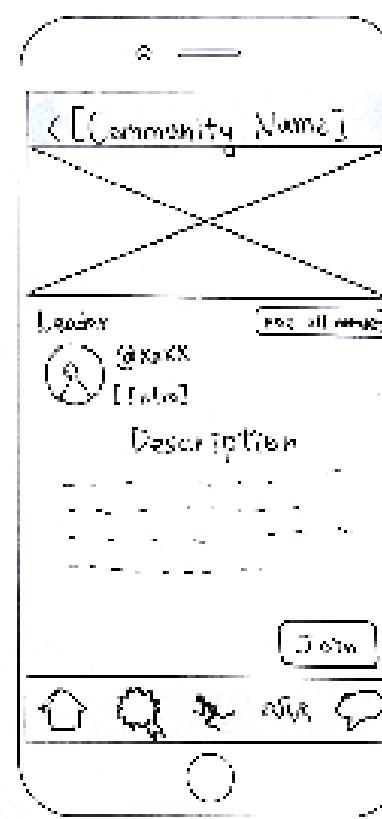
STEP # 1: Community



STEP # 2: Community Browser



STEP # 3: Community Detail



NOTES

(Posts and activities)

NOTES

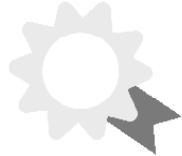
NOTES



8.1 Digital Wireframes



Task-1: Get a Badge



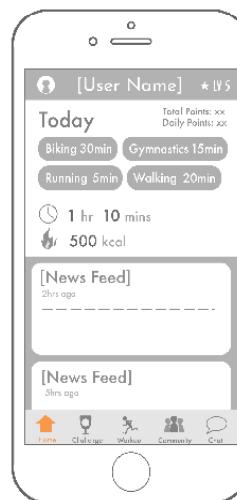
Note: Badges are trophies that show the user's accomplishments.

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



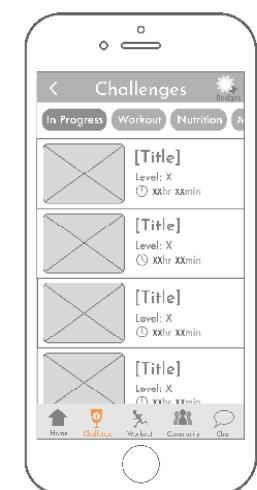
Step #2

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

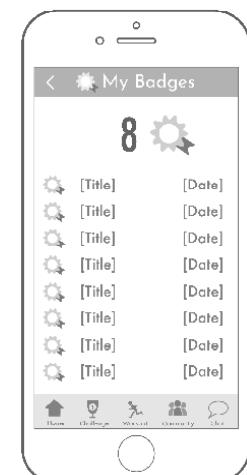


Step #4

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



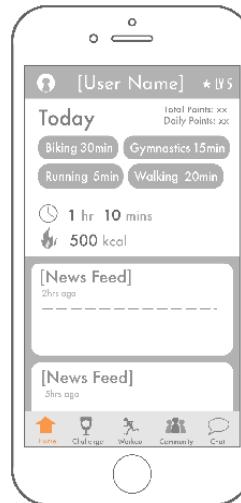
Note: Points are used to increase the user's Level. Some of the communities and workouts in this app have level requirements.

Step #1

Open the app

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

Home



Workout Detail



Step #3

Complete the workout

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

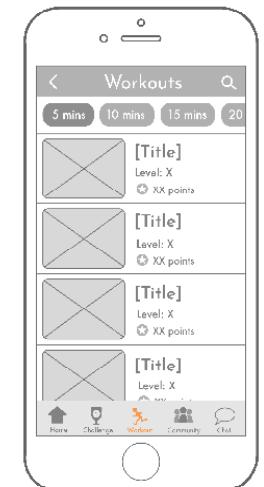
Note: The total points are shown on the top-right corner of Home page.

Step #2

Choose a workout

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

Workout Browser





Task-3: Join a Community

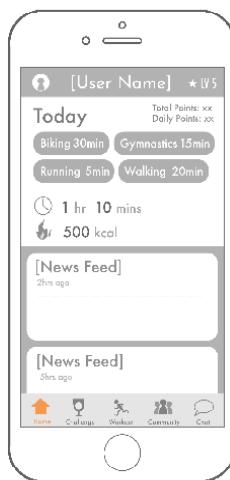


Step #1

Open the app and go to Community page

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

Home



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.

Community

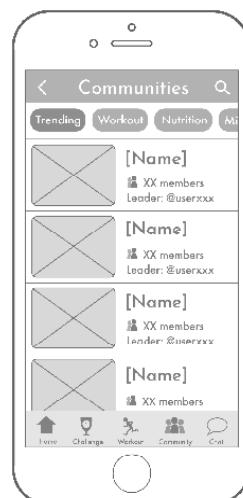


Step #3

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.

Community Detail





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

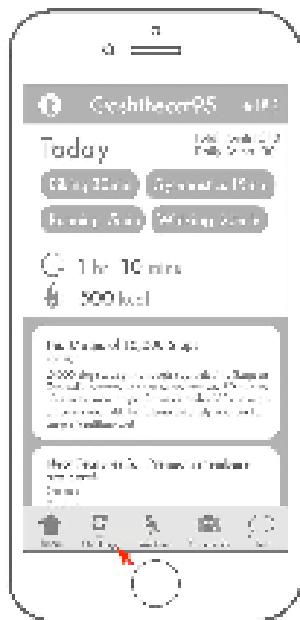


Task-1: Get a Badge

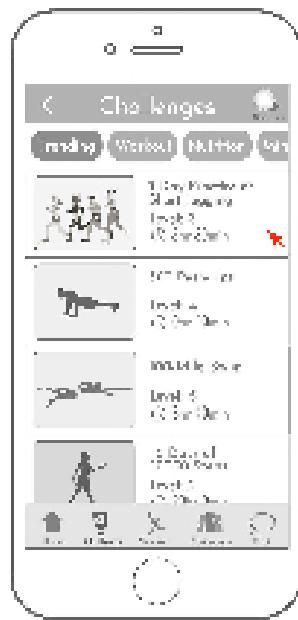
1. Log In



2. Home



3. Challenge Browser



4. Challenge Detail



5. Badge





Task-2: Get Workout Points

1. Log In



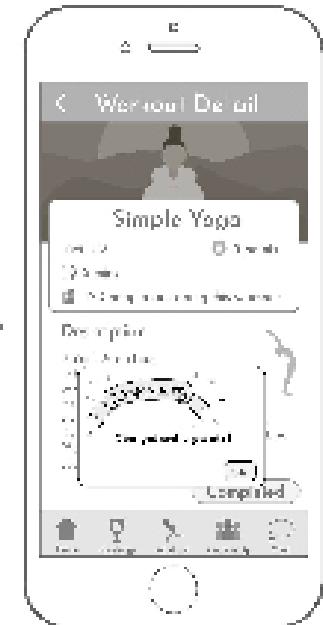
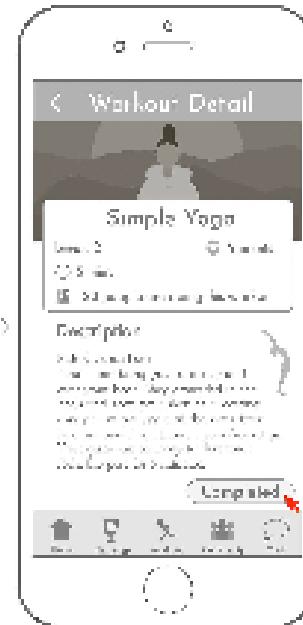
2. Home



3. Workout Browser



4. Workout Detail



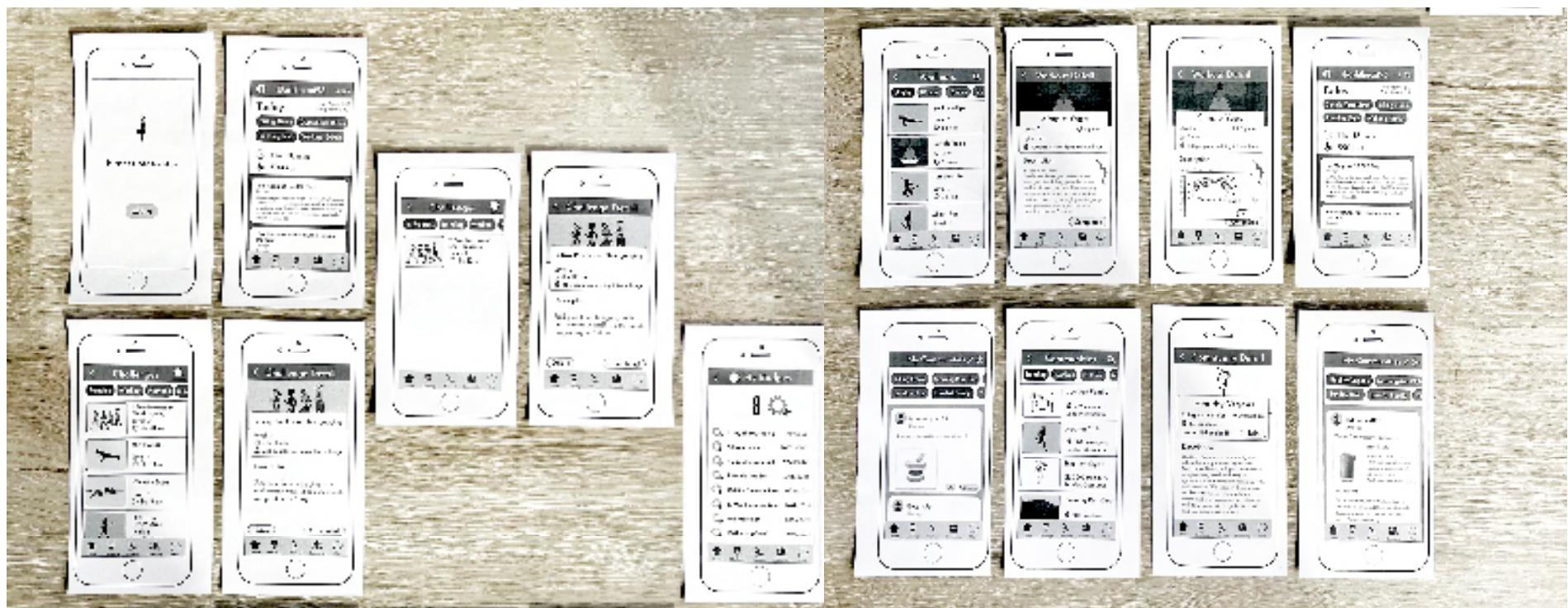


Task-3: Join a Community





Paper Cut-outs



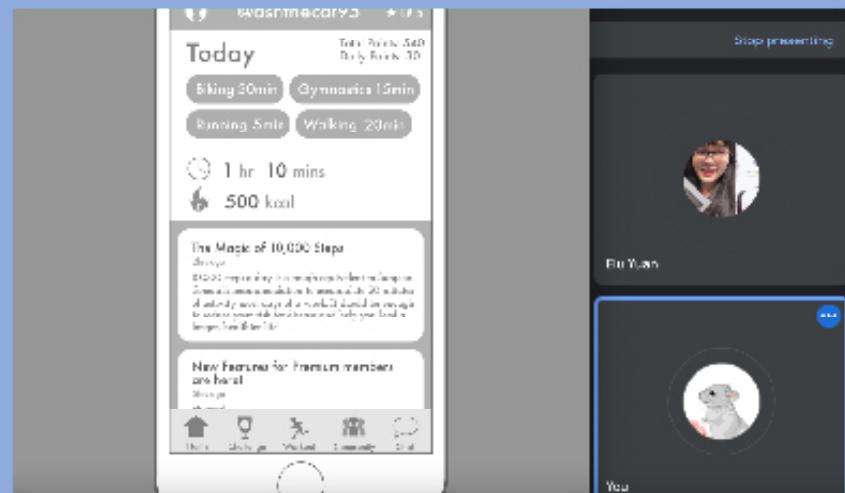
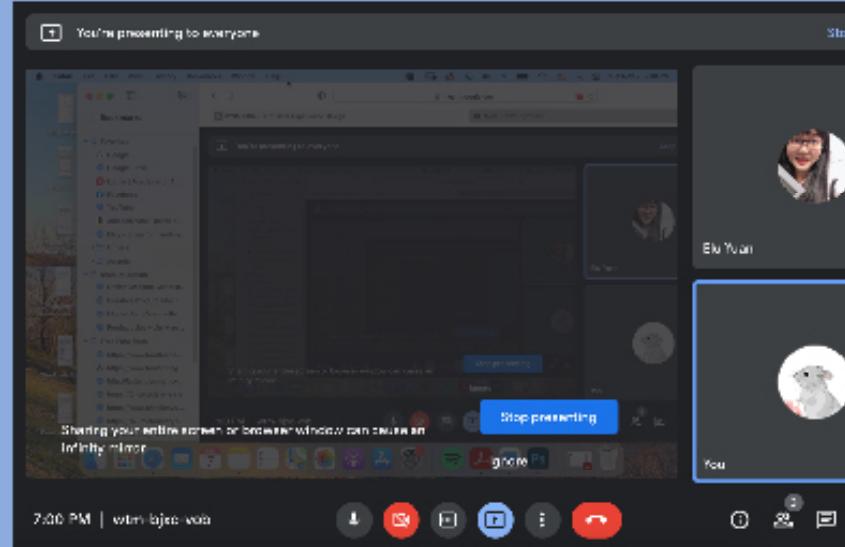


10.1 Paper Prototype Testing



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



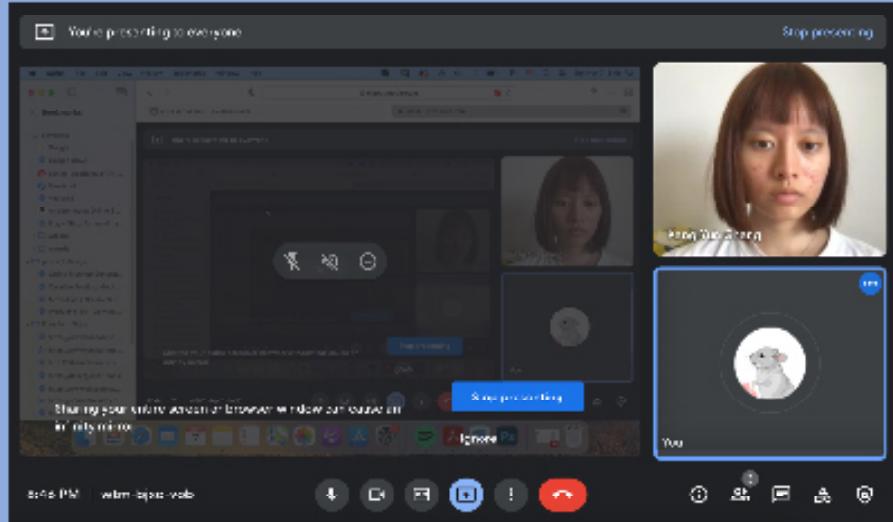
After





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

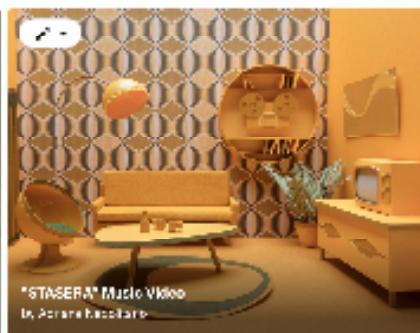
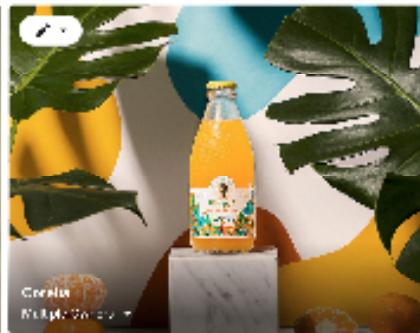
Gutter: 1

Column Width: 60

Margin: 19



11.2 Mood Board





12.1 Medium Fidelity Wireframes



Task-1: Get a Badge

1. Log In



2. Home

@ashtheocal95 +0.5

Today

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

1 hr 10 mins 500 kcal

The Magic of 10,000 Steps

How many steps is enough? According to experts, it's better to have a few short walks during the day than a single, long walk at once. It's easier to stick to shorter walks throughout the day.

How Features for Premium members can help!

Home Challenges News Groups Events Chat

3. Challenge Browser

Challenges

Trending Workout Nutrition

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

300 Push-Ups Level 4 40mins

100-Mile Swim Level 5 40mins

10 Days of 10000 Steps Level 2 1hr 30mins

Home Challenges News Groups Events Chat

4. Challenge Detail

Challenge Detail

7-Day Practice of Short Jogging

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

Description

Run your favorite jogging route - one minute, you will do a 30-minute run per day for 7 days.

Save Completed

Home Challenges News Groups Events Chat

5. Badge

My Badges

8

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	7/09
Half Marathon	11/09

Home Challenges News Groups Events Chat



Task-2: Get Workout Points

1. Log In



Fitness Motivator

LOGIN

2. Home

@ashthecat95 ★ 125
Today Total Points: 145 Daily Points: 23
Biking 30min Gymnastics 15min
Running 5min Walking 20min
1 hr 10 mins 500 kcal
The Magic of 10,000 Steps
How Features for Fitness members can work!
Run Up Stairs Gymnastics Details De
Up Stairs Gymnastics Details De

3. Workout Browser

< Workouts >
5 min 10 min 15 min 20
50 Push-Ups Level: 2 8 points
Simple Yoga Level: 2 5 points
Jumping Set Level: 3 9 points
Short Run Level: 1 6 points
Up Stairs Gymnastics Details De
Up Stairs Gymnastics Details De

4. Workout Detail

< Workout Detail >
Simple Yoga Level: 2 5 points
5 mins 120 people are doing this workout
Description
From: Arms Flex arms and bring your arms up and over your head, then straighten them and have your shoulder moving away from your ears in the same time, then you can drop your fingers, then you can complete work that the pose for 5 minutes
Completed
Up Stairs Gymnastics Details De
Up Stairs Gymnastics Details De

< Workout Detail >
CONGRATS! You gained 5 points!
Description
From: Arms Flex arms and bring your arms up and over your head, then straighten them and have your shoulder moving away from your ears in the same time, then you can drop your fingers, then you can complete work that the pose for 5 minutes
Completed
Up Stairs Gymnastics Details De
Up Stairs Gymnastics Details De



Task-3: Join a 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 | 🔥 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
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

The Home screen displays the user's profile (@ashthecat95) at the top. Below it, a summary of today's activities: Biking (30min), Gymnastics (15min), Running (5min), and Walking (20min). A total of 1 hr 10 mins and 500 kcal are shown. A badge indicates Total Points: 540 and Total Badge: 30. A featured post about 'The Magic of 10,000 Steps' is displayed, along with a message for Premium members. At the bottom, there are navigation icons for Home, Challenge, Workout, Community, and Chat.

2. Workout Browser

The Workout Browser screen shows a grid of workout cards. The first card is '50 Push-Ups' (Level: 2, 8 points). The second card is 'Simple Yoga' (Level: 2, 5 points). The third card is 'Jumping Set' (Level: 3, 9 points). The fourth card is 'Short Run'. At the bottom, there are navigation icons for Home, Challenge, Workout, Community, and Chat.

3. Workout Detail

The Workout Detail screen for 'Simple Yoga' shows the title, level (Level: 2), duration (5min), and a brief description. The description includes instructions for the 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. At the bottom, there are navigation icons for Home, Challenge, Workout, Community, and Chat.

4. Workout Complete

The Workout Complete screen shows a large 'CONGRATS!' banner with a yellow ribbon. It states 'You gained 5 points!' and has an 'OK' button. The background shows a sunset scene. At the bottom, there are navigation icons for Home, Challenge, Workout, Community, and Chat.



Task-3: Join a Community

1. Home



@ashthecat95

Today

Biking 30min Gymnastics 15min

Running 5min Walking 20min

⌚ 1 hr 10 mins ★ Total Points: 540

🔥 500 kcal ⚡ Total Badge: 30 (1)

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

Curated

Home Challenge Workout Community Chat

2. Community

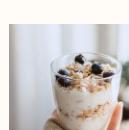
My Communities

Biking Freaks Morning-Run Club

Sunday Hike Low-Fat Family

 @anthonyma35

My new favorite low-fat dessert!



Like Comment

 @adam456

Workout Community Chat

Home Challenge Workout

3. Community Browser

-  **Trending**
-  **Workout**
-  **Nutrition**



Low Fat Family

 12 members
Leader: @userxxx



Jogging Club

 12 members
Leader: @userxxx



Healthy Vegans

 12 members
Leader: @userxxx



Morning Run Club

 12 members
Community

4. Community Detail

The image shows a mobile application interface for a community named "Healthy Vegans". At the top, there's a navigation bar with a back arrow and the title "Community Detail". Below the title is a photograph of several healthy vegan meals, including bowls of salad and smoothies. The main title "Healthy Vegans" is displayed prominently in a large, bold, black font. To the right of the title is a yellow star icon followed by the text "LV Required: None". Below the title, there's a section for community details: "Category: Nutrition", "576 members", and "Leader: @dianalee891". On the far right, there's an orange "Join" button. A large, bold "Description" heading is centered below the leader information, with several horizontal dashed lines underneath it for additional text. At the bottom of the screen, there are five circular icons representing different features: a house (Home), a trophy (Challenge), a person running (Workout), a group of people (Community), and a speech bubble (Chat).

5. Community

[Home](#) [Challenge](#) [Workout](#) [Community](#) [Chat](#)

My Communities

[Healthy Vegans](#) [Morning-Run Club](#)

[Sunday Hike](#) [Low-Fat Family](#) [Yoga](#)



@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.



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 the text: "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 text "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

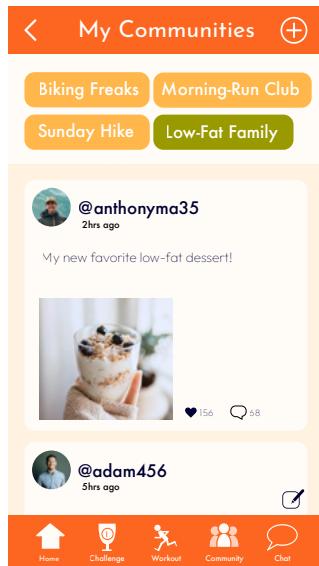
Home Challenge Workout Community Chat



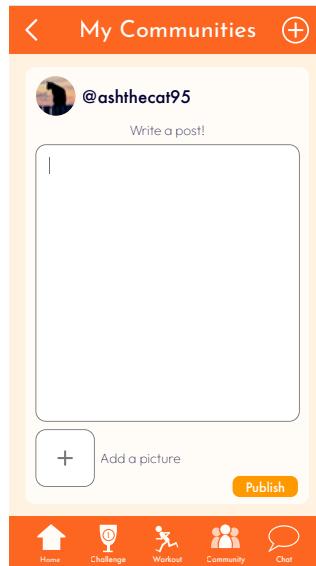
Task-4 (New): Make a Post

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

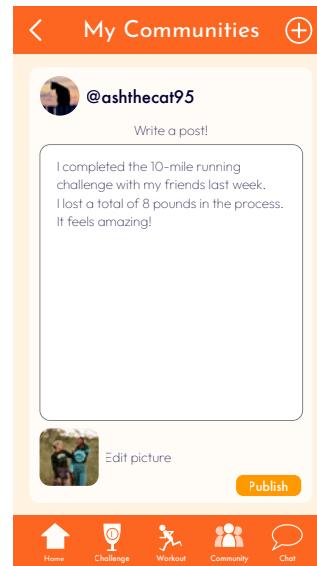
1. Community



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 at the top 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 notification card titled "The Magic of 10,000 Steps" with a timestamp of "2hrs ago". It contains text about the benefits of 10,000 steps a day. To the right of this is another notification card titled "New Features for Premium members are here!" with a timestamp of "5hrs ago". At the very bottom are five navigation icons: Home (up arrow), Challenge (trophy), Workout (runner), Community (people), and Chat (speech bubble).

2. Info Window

This screenshot is identical to the first one, but it includes a semi-transparent orange modal window in the center. The modal has rounded corners and contains two sections: "Points:" and "Badges:". The "Points" section says "Use your points to unlock premium courses!". The "Badges" section says "Keep track of the challenges you completed by going to the badge page!". An "X" icon is in the top right corner of the modal, and an info icon (a question mark inside a circle) is located in the top right corner of the main page area.



15.1 Clickable Prototype



Play with the prototype → Click Here

<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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