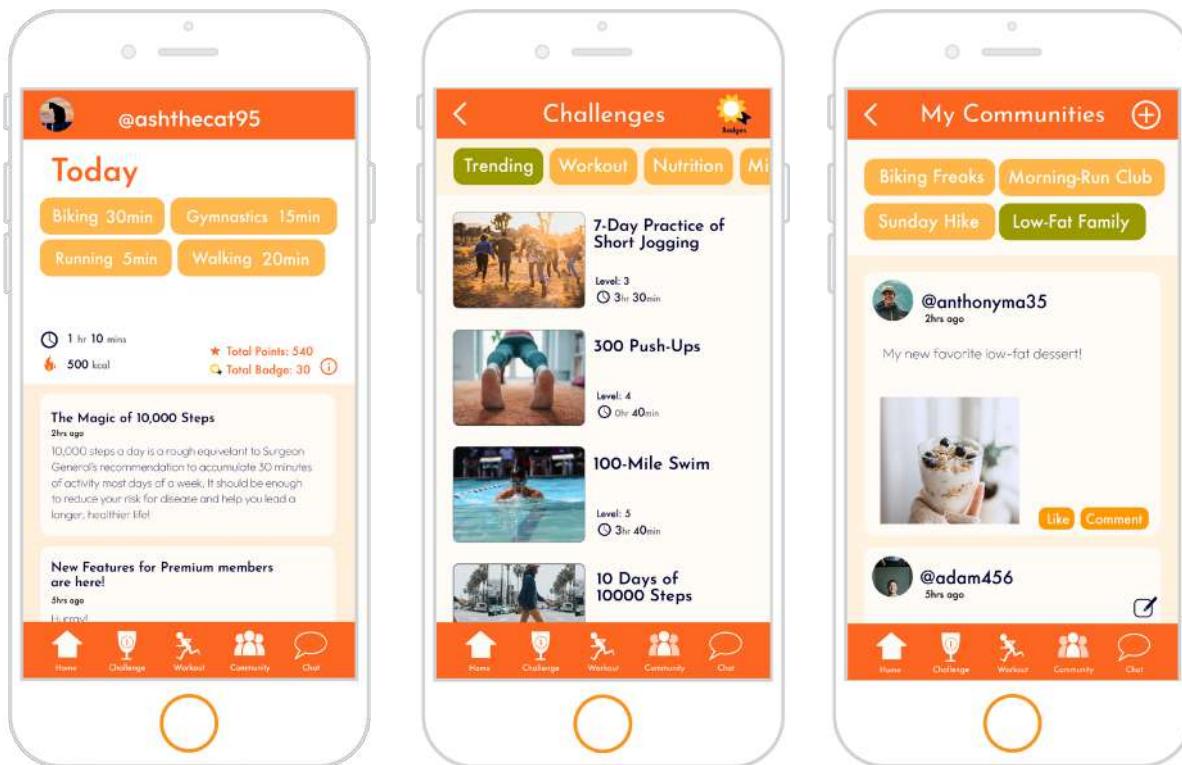




Fitness Motivator



Karen Chang
Product Design
UX Research
Visual Design



Table of Contents

1. Research Plan	- p.3	10. Paper Prototype Test	- p.41
2. Empathy Research	- p.7	11. Develop a Grid System	- p.50
3. Persona	- p.10	12. Mood Board	- p.52
4. Feature Matrix and Heuristic Review	- p.12	13. Medium-Fidelity Wireframes	- p.54
5. Brainstorming	- p.20	14. UI Style Guide	- p.58
6. Finalized Task Flows	- p.22	15. High-Fidelity Wireframes	- p.60
7. Wireframe Sketches	- p.26	16. Revision	- p.64
8. Digital Wireframes	- p.30	17. Clickable Prototype	- p.69
9. Preparing for Testing	- p.34	18. Resources	- p.71



1. 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?



2. 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. 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

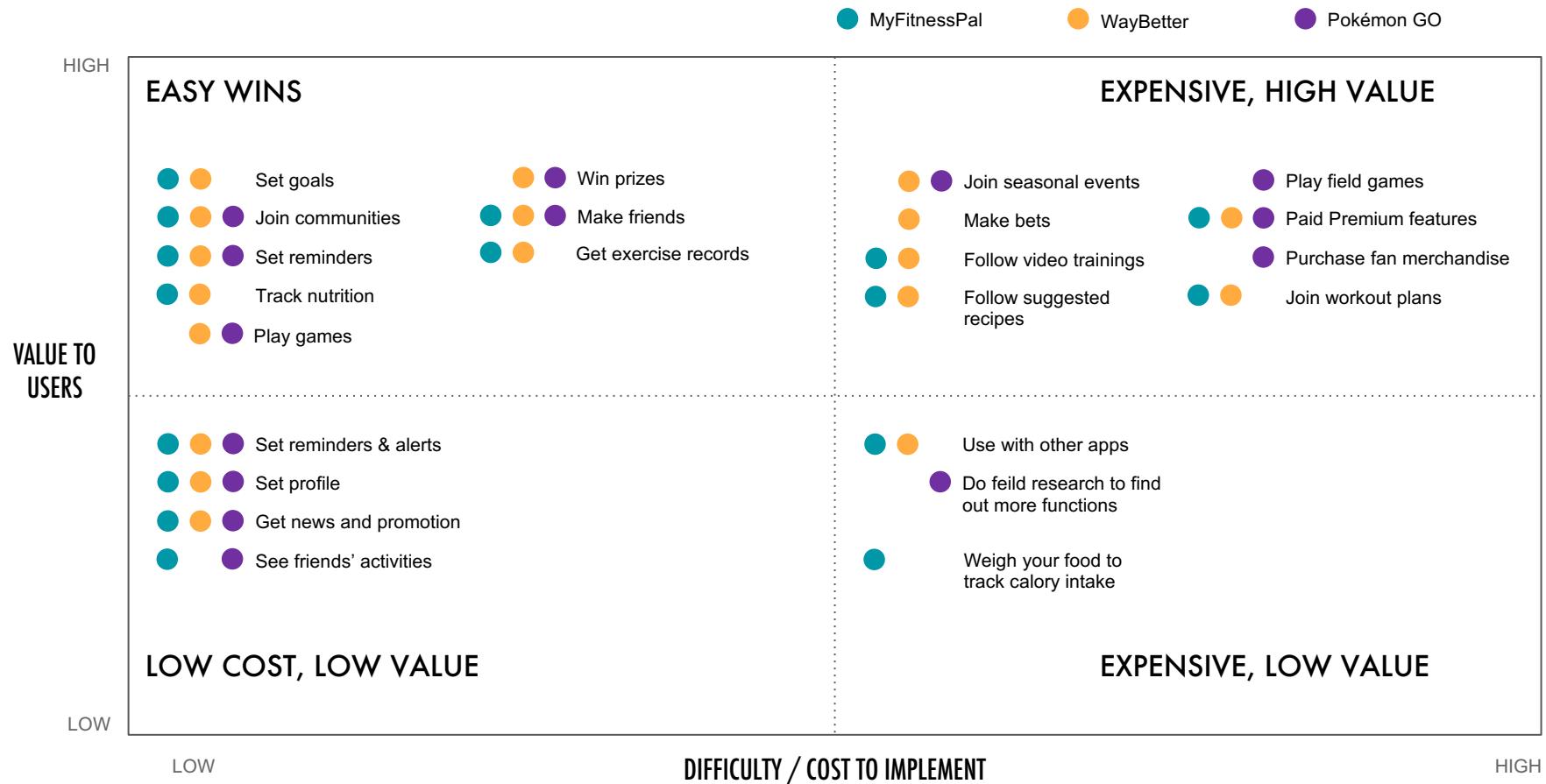
Ambitious



4. Feature Matrix & Heuristic Review



FEATURE MATRIX





Heuristic Evaluation – WayBetter

The screenshot shows the homepage of the WayBetter platform. At the top, there's a navigation bar with 'Games' and a magnifying glass icon. Below it, there are three categories: 'Fitness' (with an icon of a person flexing), 'Mindfulness' (with an icon of a person meditating), and 'All games'. A 'This Week's Spotlight' section features a thumbnail of a man doing a plank, labeled 'Push It Up' with a duration of 'Oct 4 - Oct 31 • 4 weeks', a bet of '\$25 bet', and 92 players. To the right, there's a 'See all' link. The overall design is clean with a white background and a grid layout.

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 subtitle 'Oct 4 - Nov 14 • 6 weeks'. Below that are three icons: a dollar sign for '\$30 bet', a person icon for '103 players', and a stack of coins for '\$2,790 pot size'. A large purple 'Join now' button is centered. At the bottom, there are links for 'About', '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). The post is titled 'When is the last time you played a board game?' and includes the question 'What was it?'. It has 4 comments. The post is from 'Self Care' and was posted 17 hours ago. The background of the post area is blue with a board game theme.

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

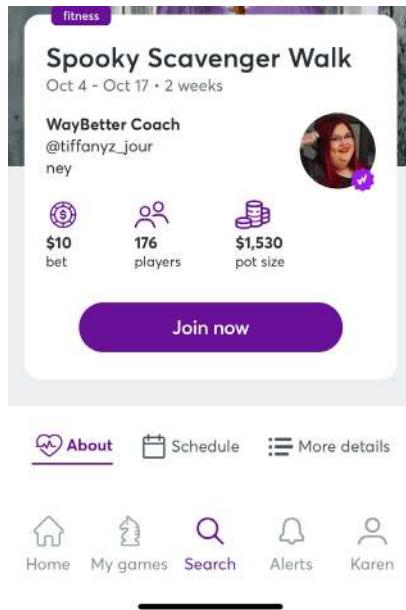
When was the last time yo...
Read more

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



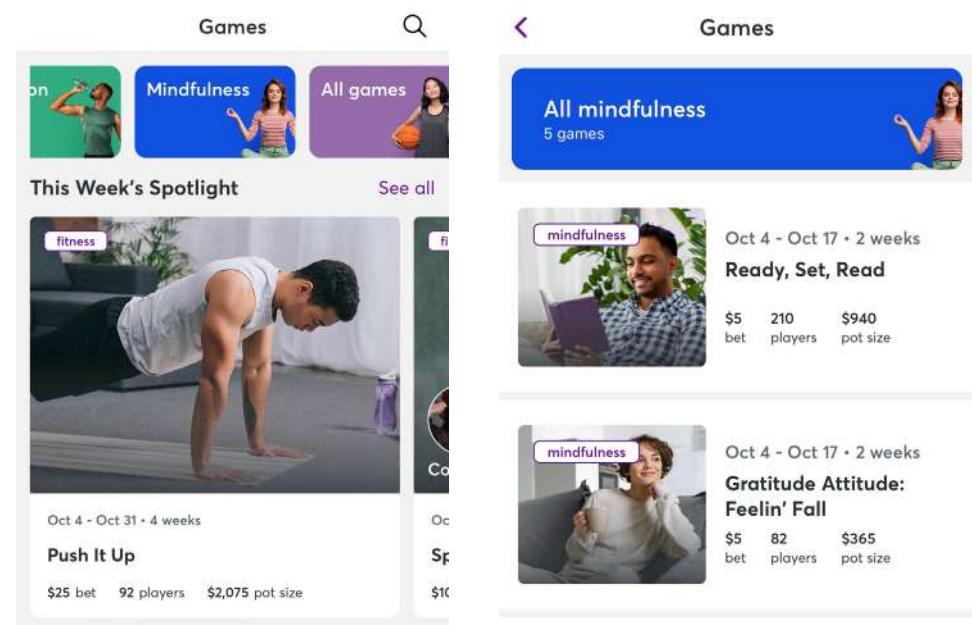
Heuristic Evaluation – WayBetter

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 mobile application interface. At the top left is a back arrow and the word "waybetter". Below it, a purple banner reads "Become a member and get access to:". Underneath, a purple circle icon with a smiley face is followed by the text "Spooky Scavenger Walk". Further down, another back arrow and the word "Games" are visible. A green button labeled "All nutrition" with "10 games" is shown, accompanied by a small icon of a person flexing. Below this, a thumbnail for a game titled "Hydration Nation" is displayed, featuring a woman drinking from a water bottle. The thumbnail includes the text "Oct 4 - Oct 17 + 2 weeks", "Hydration Nation", "nutrition", "\$10 bet", "178 players", and "\$1,620 pot size".

4. Aesthetic and minimalist design

The screenshot shows the waybetter mobile application interface. At the top left is a back arrow and the word "waybetter". Below it, a search bar with a magnifying glass icon is visible. A purple banner at the top says "Fitness", "Nutrition", and "Mindfu...". Below this, a section titled "This Week's Spotlight" shows a thumbnail of a man and a woman cooking, with the text "See all" next to it. Another thumbnail for "Hydration Nation" is shown, featuring a woman drinking from a water bottle. It includes the text "Oct 4 - Oct 17 + 2 weeks", "Hydration Nation", "nutrition", "\$10 bet", "179 players", and "\$1,630 pot size". A large purple button at the bottom right says "Join now".

Information is limited in each area to reduce confusion.

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



5. Error prevention

Details

<input type="checkbox"/> Average length	5 mins/day
<input checked="" type="checkbox"/> Requirements	2-5 days/week
<input type="checkbox"/> Pace	Minimum 18 min/mi
<input type="checkbox"/> Difficulty	All levels
<input type="checkbox"/> 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. Below it is the WayBetter logo and a search bar. The main content area has a title "WayBetter Membership" with a subtitle "4 months ago · Updated". To the right, there's a sidebar with a "Help" section asking if the article was helpful (with "Yes" and "No" buttons), a note that 133 out of 716 found it helpful, and a link to "Submit a request". Below that is a "Related articles" section with links to "Membership", "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.

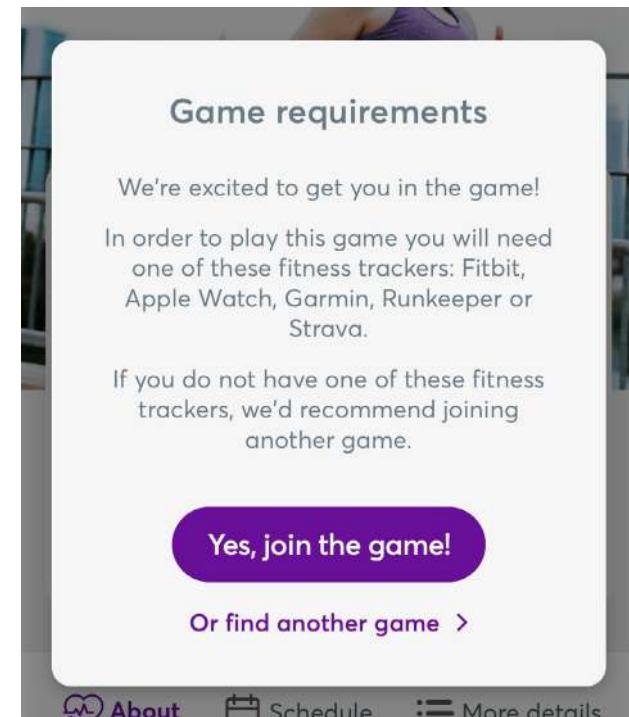


9. Consistency and standards



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

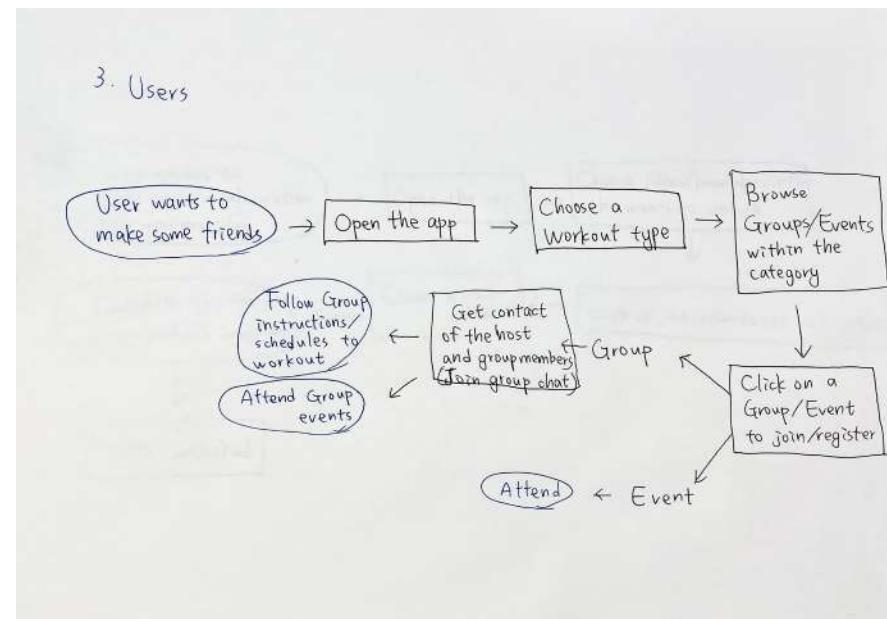
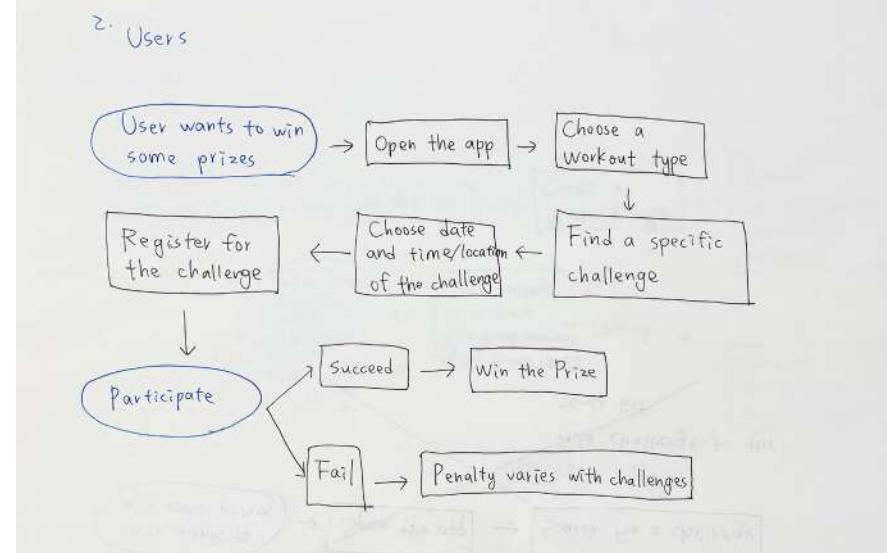
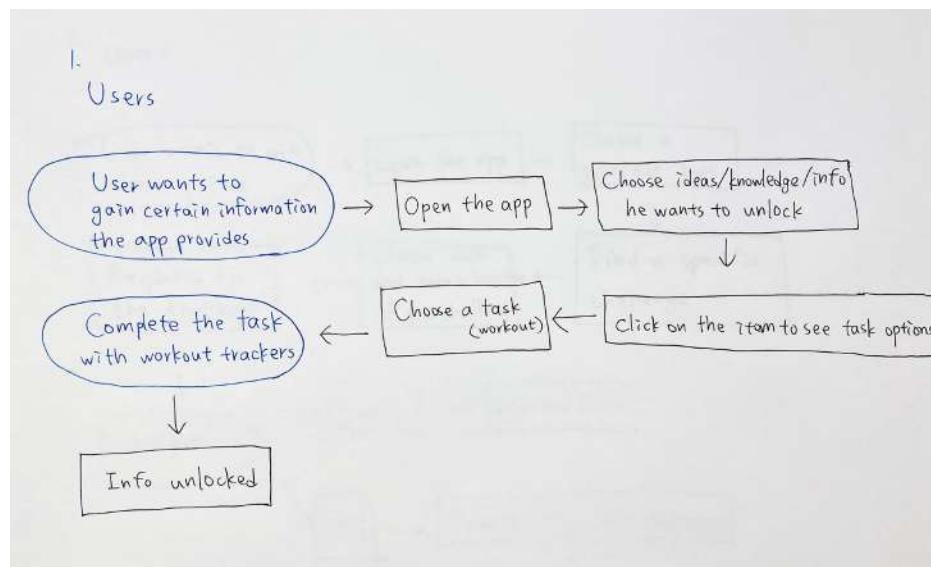
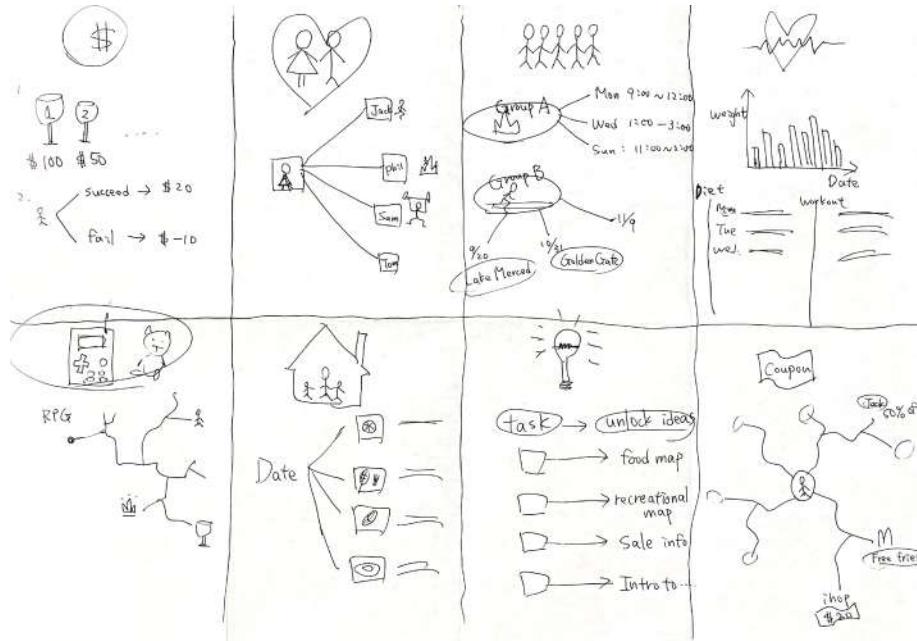
10. Help users recognize, diagnose, and recover from errors



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



5. Brainstorming





6. Finalized Task Flows



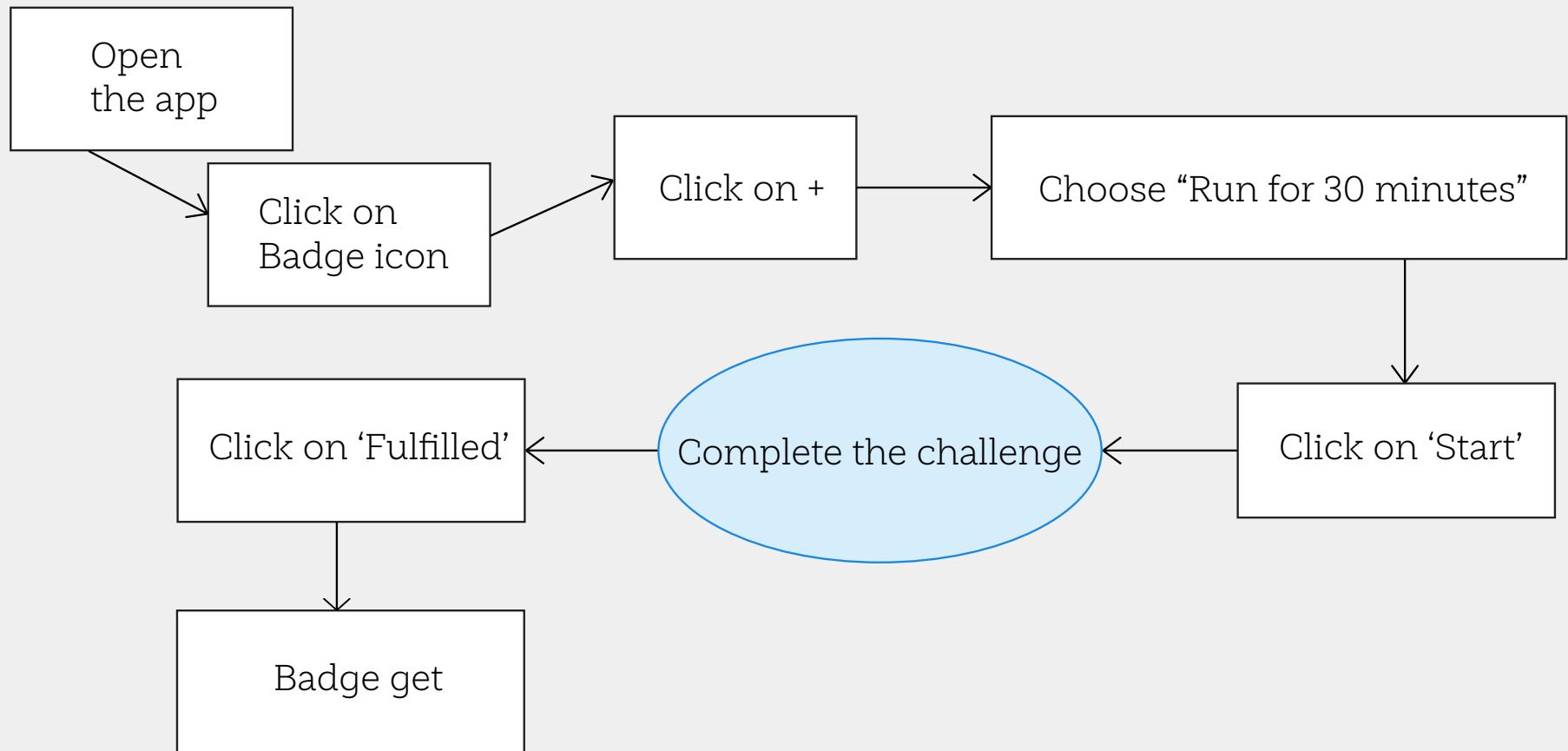
Nina

27

Front End Engineer
San Francisco

Task Flow 1

Nina wants to get a 7-day workout badge





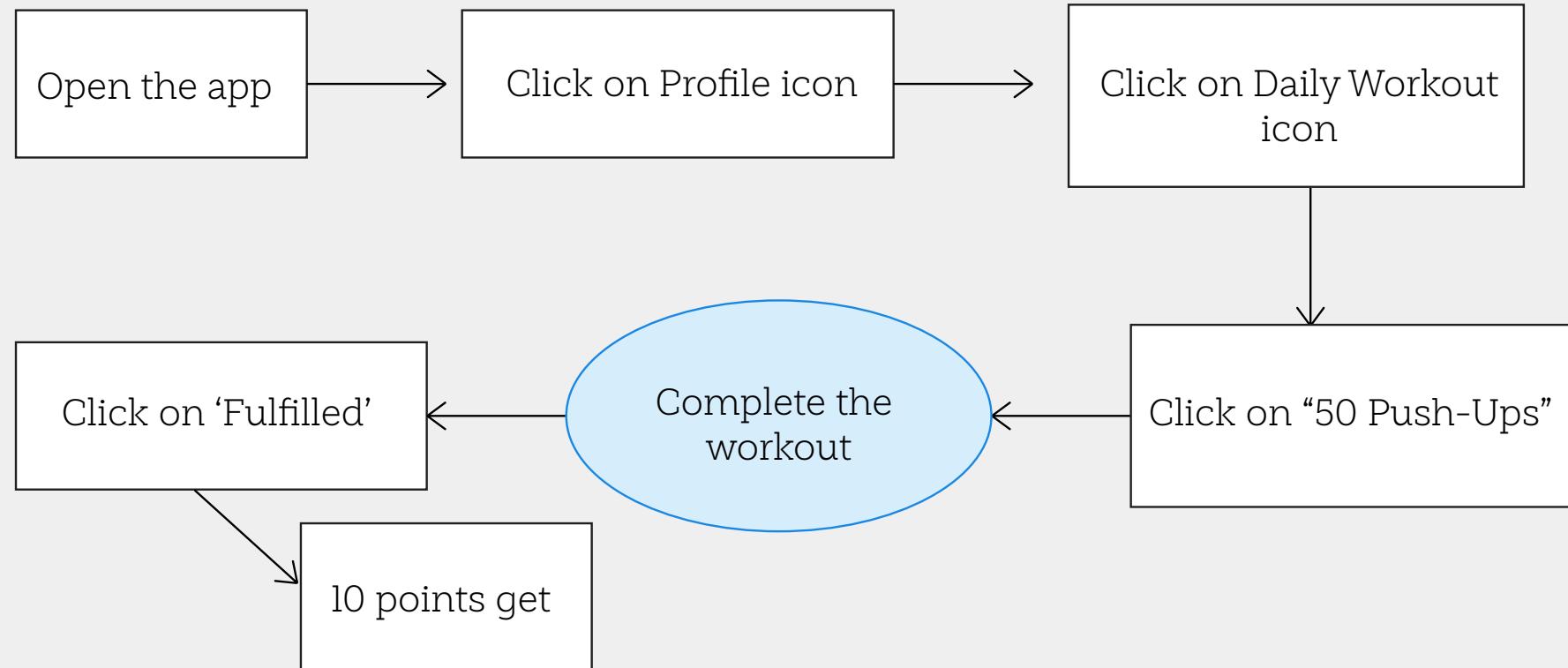
Nina

27

Front End Engineer
San Francisco

Task Flow 2

Nina wants to get daily workout points





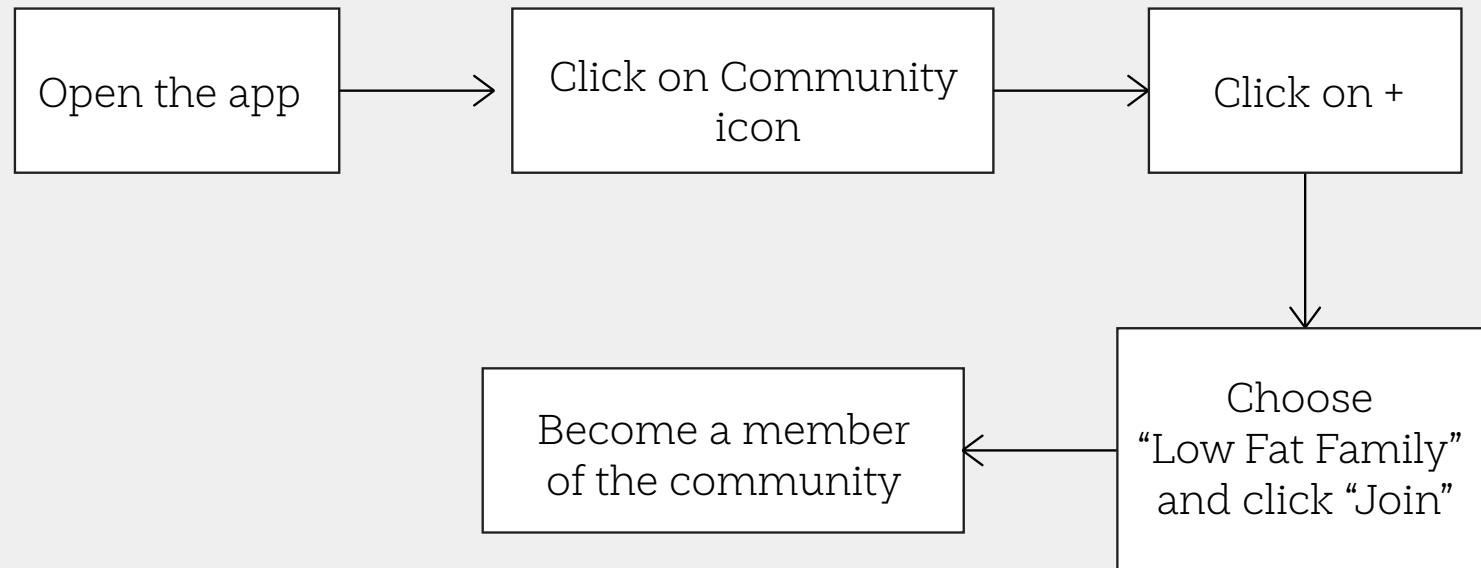
Nina

27

Front End Engineer
San Francisco

Task Flow 3

Nina wants to join a low-fat diet community





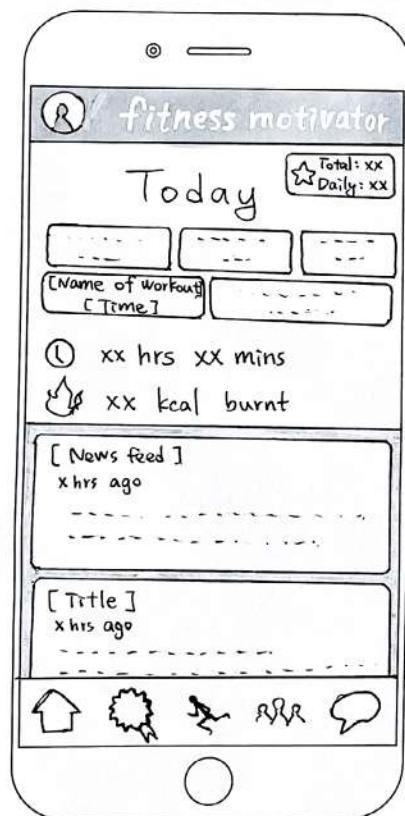
7. Wireframe Sketches



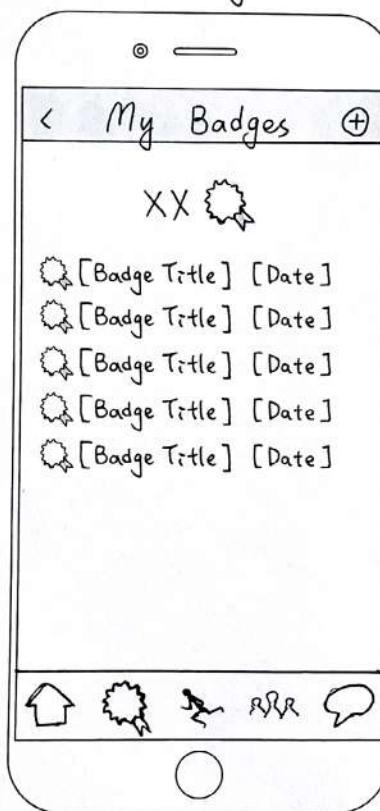
#1 - Get a workout badge

TASK # & DESCRIPTION

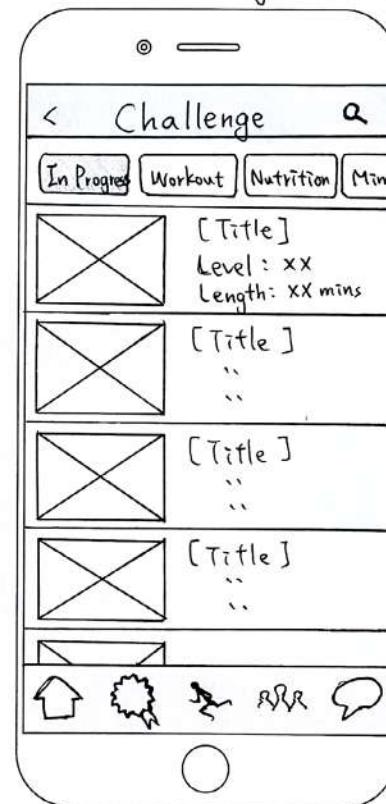
STEP # 1 Home



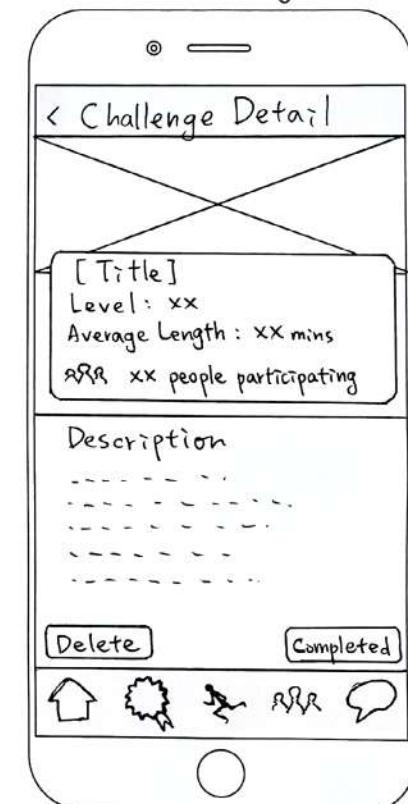
STEP # 2 Badge



STEP # 3 Challenge Browser



STEP # 4 Challenge Detail



NOTES

NOTES

NOTES

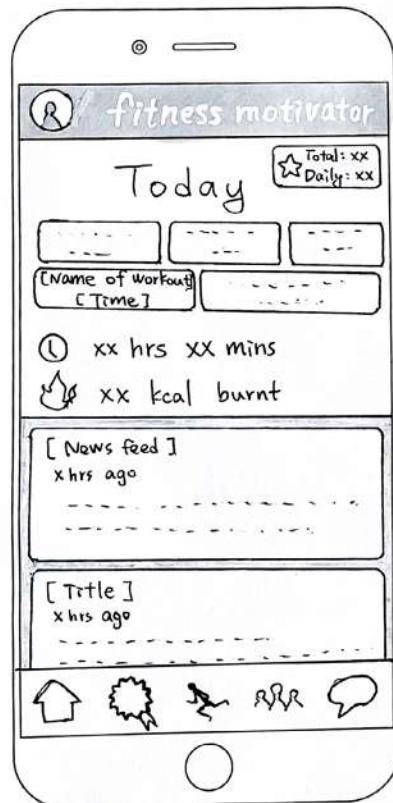
NOTES



#2 - Get Daily Workout Points

TASK # & DESCRIPTION

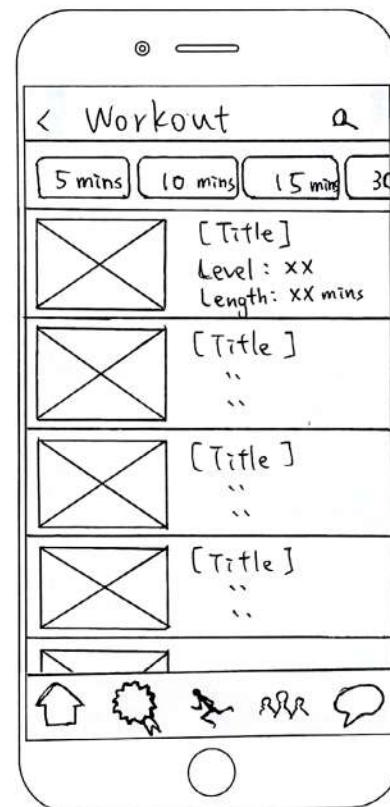
STEP # 1 Home



NOTES

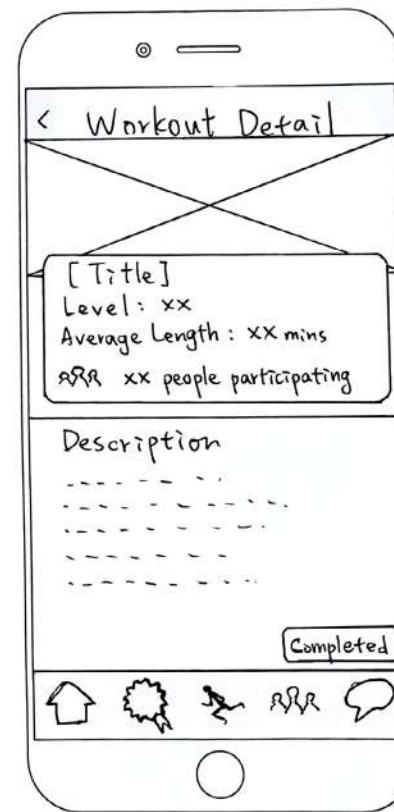
Click on the star icon
on the top right corner
to goto Workout Browser

STEP # 2. Workout Browser



NOTES

STEP # 3. Workout Detail



NOTES

Fitness Motivator

PROJECT

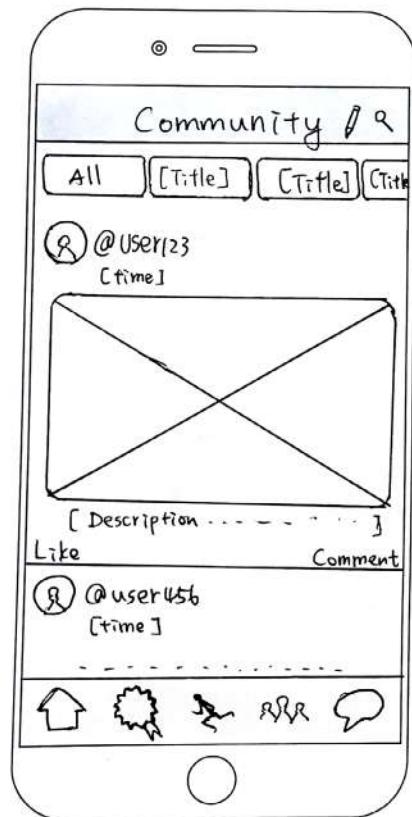


#3 - Join a Community

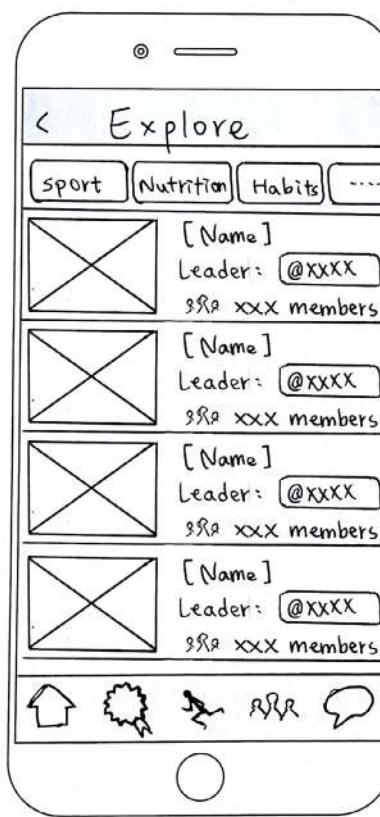
TASK # & DESCRIPTION

Fitness Motivator
PROJECT

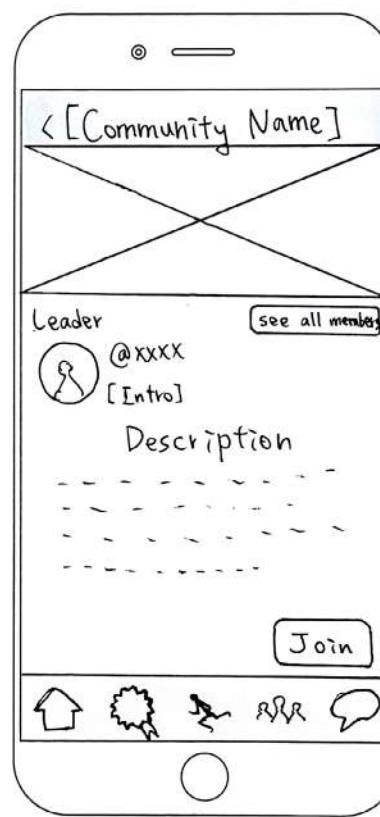
STEP # 1. Community



STEP # 2. Community Browser



STEP # 3. Community Detail



NOTES

(Posts and activities)

NOTES

NOTES



8. Digital Wireframes



Task-1: Get a Badge



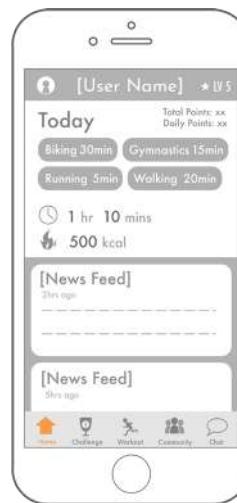
Note: Badges are trophies that show the user's accomplishments.

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

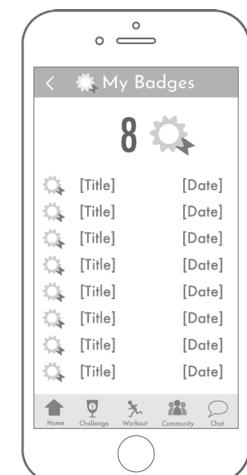


Step #4

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



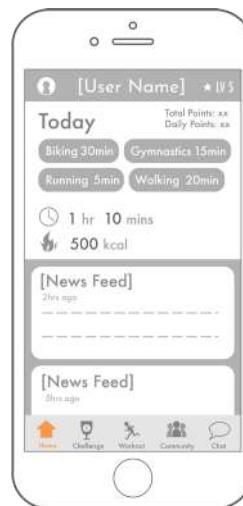
Note: Points are used to increase the user's Level. Some of the communities and workouts in this app have level requirements.

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.

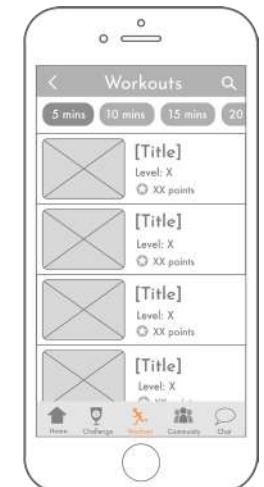
Note: The total points are shown on the top-right corner of Home page.

Step #2

Choose a workout

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

Workout Browser





Task-3: Join a Community

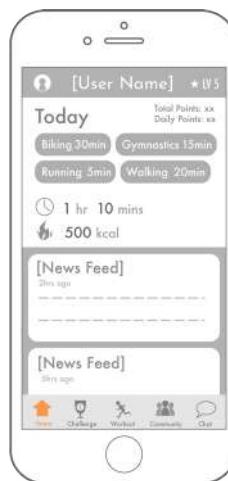


Step #1

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

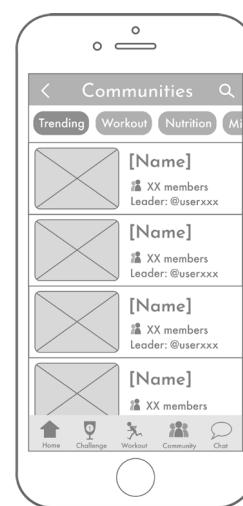


Step #3

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. 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

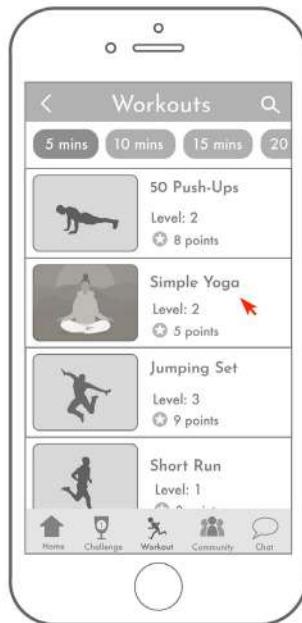
1. Log In



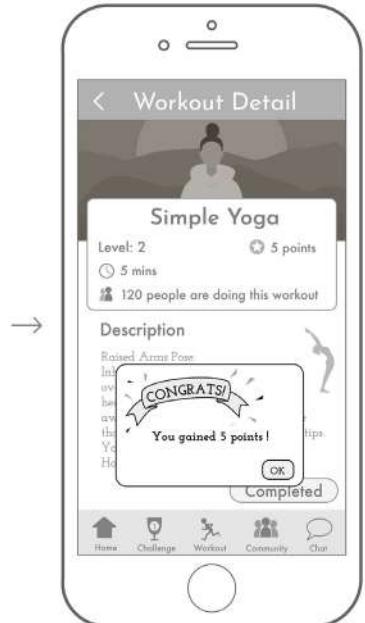
2. Home



3. Workout Browser



4. Workout Detail



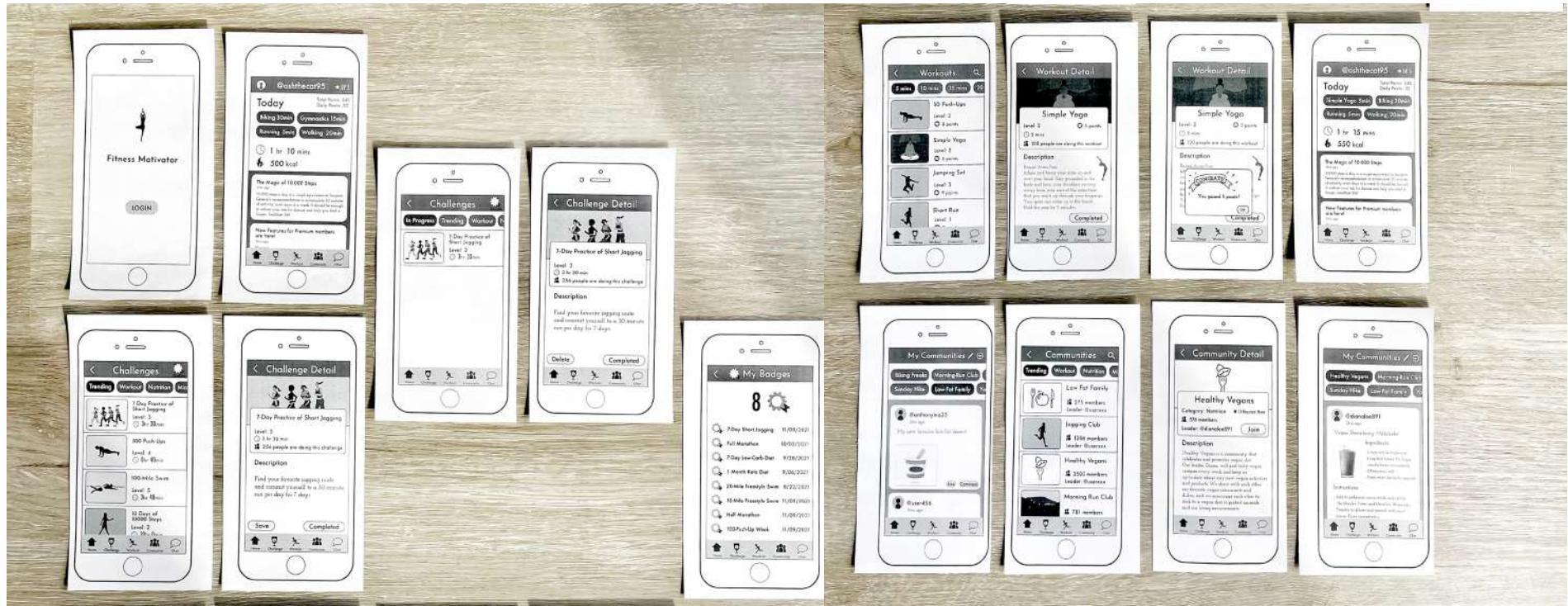


Task-3: Join a Community





Paper Cut-outs



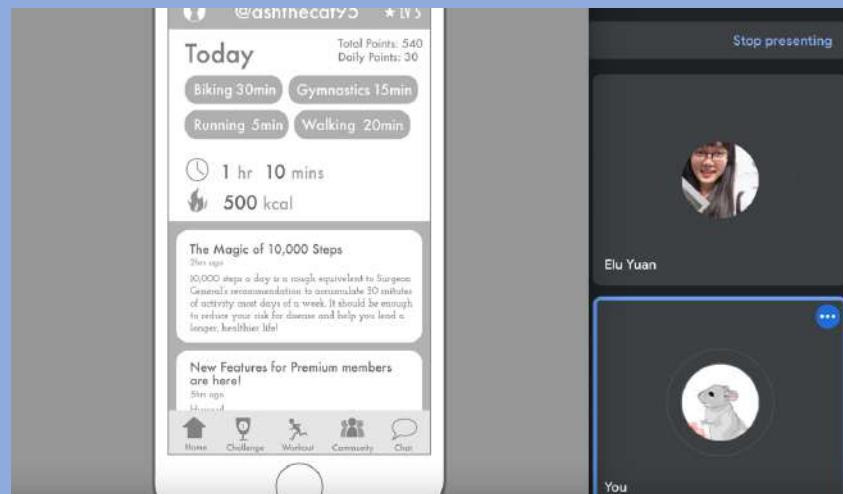
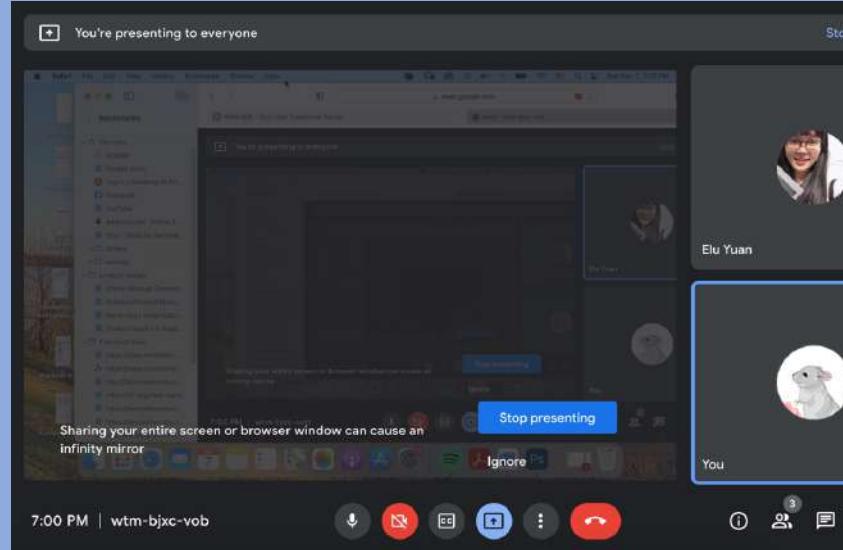


10. Paper Prototype Test



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:

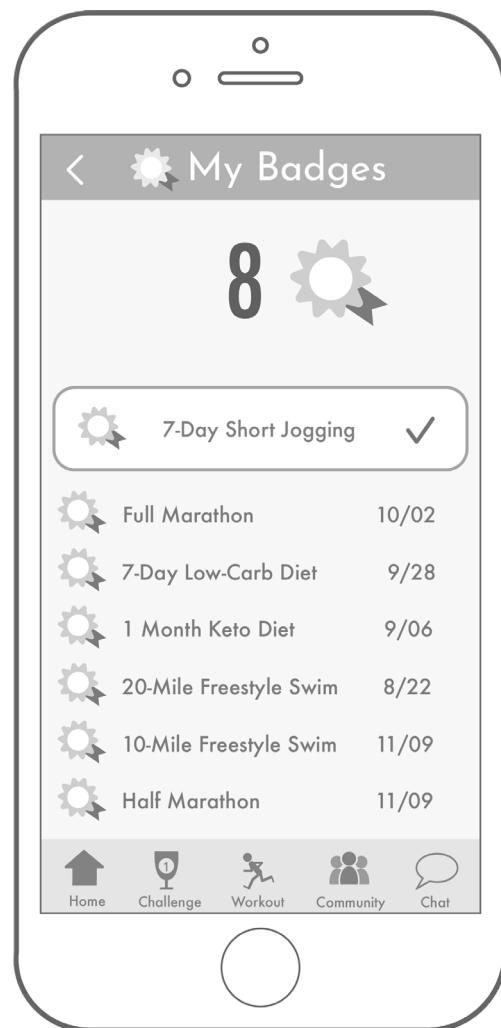
- Elu had no problem using the app and completing the tasks, yet she wishes to see the empty state of the whole app as a new user.



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



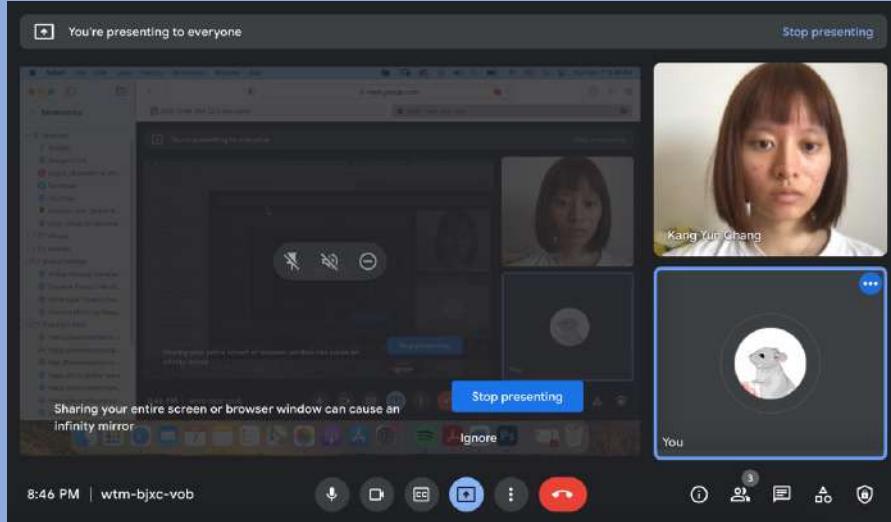
After





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. 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
2 hrs 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!
5 hrs ago
Premium!

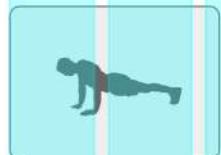
 Home  Challenges  Workout  Community  Chat

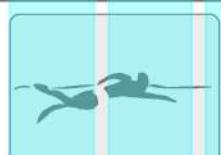
Challenge Browser

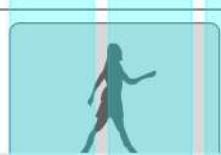
 Challenges 

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

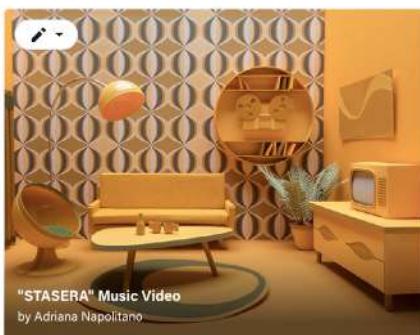
Gutter: 1

Column Width: 60

Margin: 19



12. Mood Board





13. Medium-Fidelity Wireframes

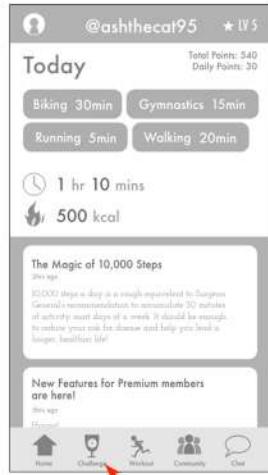


Task-1: Get a Badge

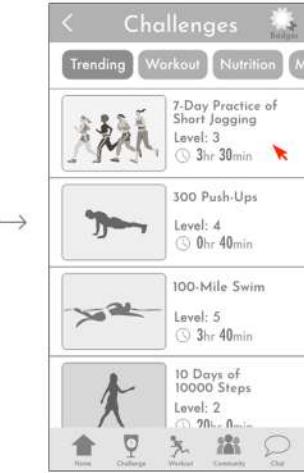
1. Log In



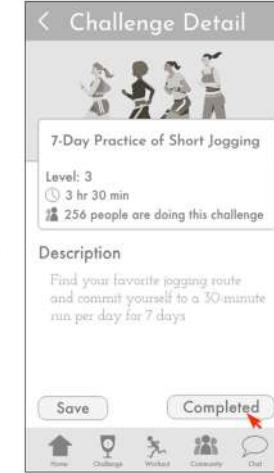
2. Home



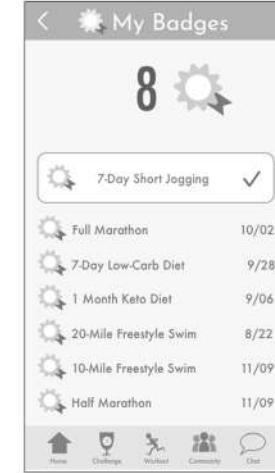
3. Challenge Browser



4. Challenge Detail



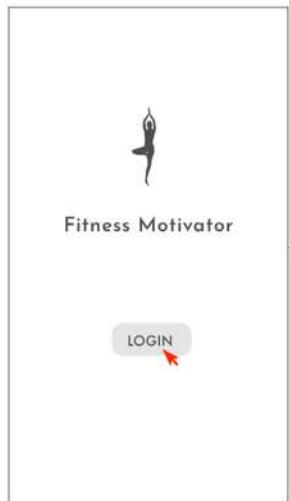
5. Badge





Task-2: Get Workout Points

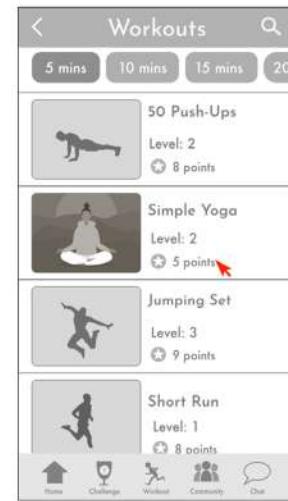
1. Log In



2. Home



3. Workout Browser



4. Workout Detail



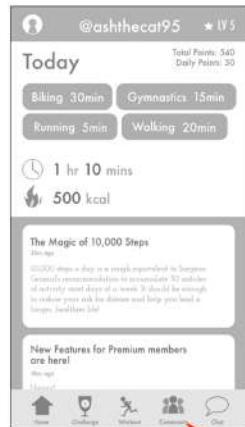


Task-3: Join a Community

1. Log In



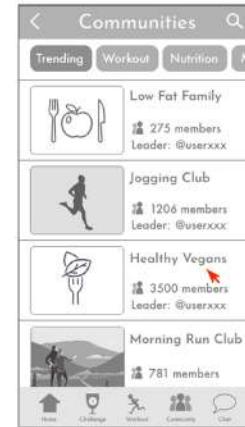
2. Home



3. Community



4. Community Browser



5. Community Detail



6. Community





14. 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.



15. 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
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

Completed

Home Challenge Workout Community Chat

4. Badge

My Badges

8 🌞

Badge	Completion 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
🔥 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
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 5 points

Level: 2 5min 125 people are doing this workout

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.

Completed

Home Challenge Workout Community Chat

4. Workout Complete

Workout Detail

CONGRATS!

You gained 5 points!

OK

Completed

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

Home Challenge Workout Community Chat

2. Community

My Communities +

Biking Freaks Morning-Run Club

Sunday Hike Low-Fat Family

@anthonyma35
2hrs ago

My new favorite low-fat dessert!

Like Comment

@adam456
5hrs ago

Home Challenge Workout Community Chat

3. Community Browser

Communities 🔎

Trending Workout Nutrition Mi

Low Fat Family
275 members Leader: @userxx

Jogging Club
1020 members Leader: @userxx

Healthy Vegans
3500 members Leader: @userxx

Morning Run Club
Home Challenge Workout Community Chat

4. Community Detail

Community Detail

Healthy Vegans

★ LV Required: None

Category: Nutrition
576 members Leader: @dianalee891

Join

Description

Healthy Vegans is a community that celebrates and promotes vegan diet. Our leader, Diana, will post tasty vegan recipes every week and keep us up-to-date about any new vegan activities and products. We share with each other our favorite vegan restaurants and dishes, and we encourage each other to stick to a vegan diet to protect animals

Home Challenge Workout Community Chat

5. Community

My Communities +

Healthy Vegans Morning-Run Club

Sunday Hike Low-Fat Family Yogi

@dianalee891
2hrs ago

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



16. 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, a summary of recent 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 post from 2hrs ago titled "The Magic of 10,000 Steps" discusses the benefits of daily step accumulation. A "New Features for Premium members are here!" section is visible. 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 participation count (256 people are doing this challenge). A "Description" section explains the goal of finding a jogging route and committing to a 30-minute run per day for 7 days. A "Completed" button is at the bottom. 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 badge with a blue arrow pointing to it. The message "You got a new badge!" is displayed. Buttons for "Share" and "Close" are present. Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.

5. Completed

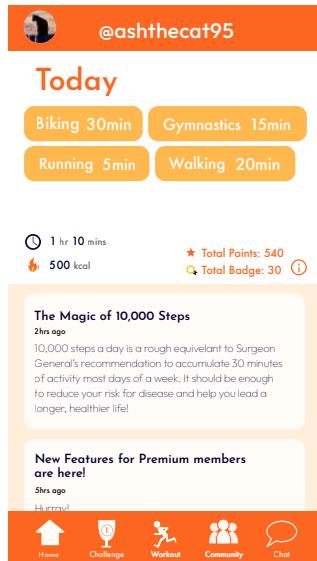
This screenshot shows the user's communities: Biking Freaks, Morning-Run Club, Sunday Hike, and Low-Fat Family. A post from 2hrs ago by @ashthecat95 is shown, stating "recently completed" and linking to the "7-Day Practice of Short Jogging" challenge. Another post from @anthonyymg35 is also visible. Navigation icons at the bottom include Home, Challenge, Workout, Community, and Chat.



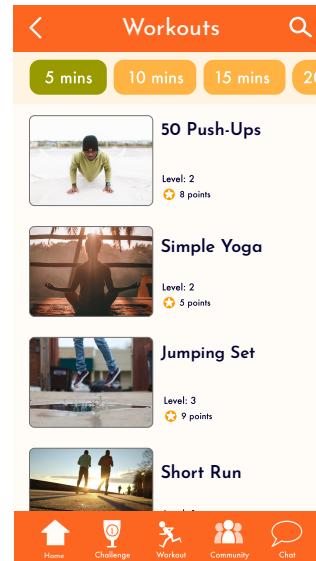
Task-2: Get Workout Points

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

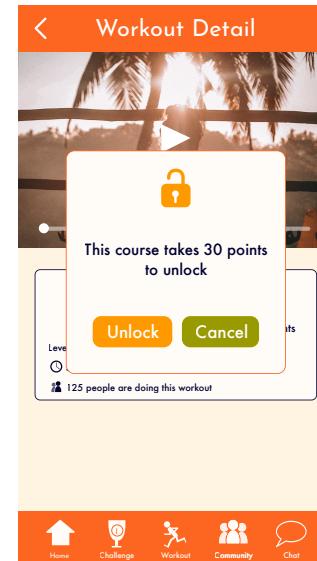
1. Home



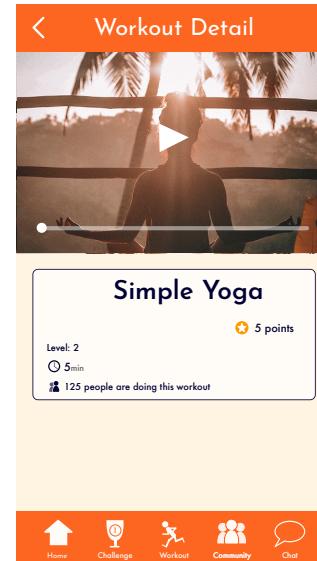
2. Workout Browser



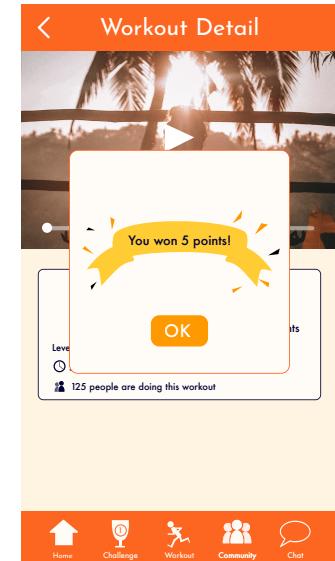
3. Unlock Course



4. Workout Detail



5. Workout Complete

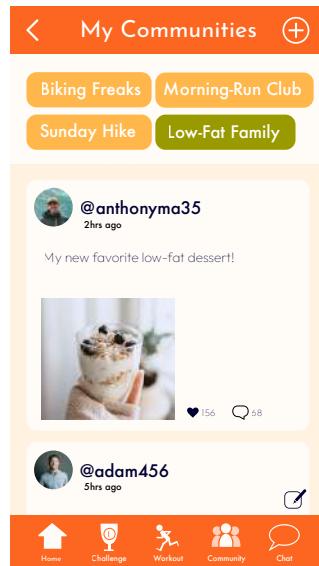




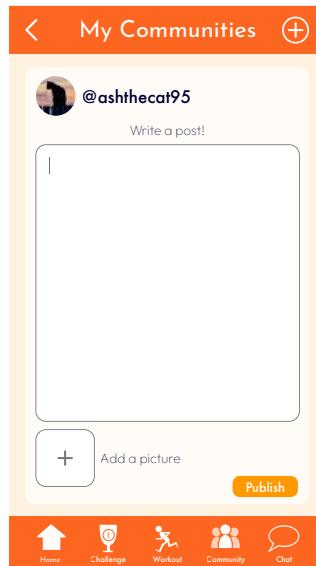
Task-4 (New): Make a Post

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

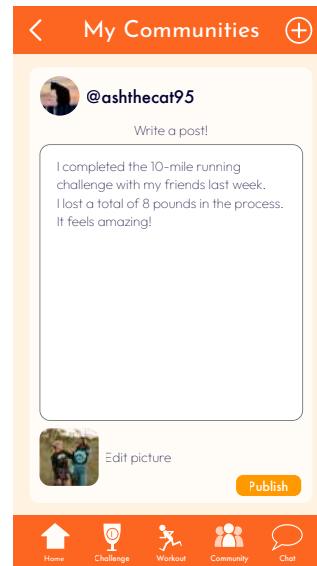
1. Community



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 for "The Magic of 10,000 Steps" posted 2hrs ago, which reads: "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!". At the bottom right, another notification card for "New Features for Premium members are here!" posted 5hrs ago, which reads: "Surprise! Premium members get access to exclusive features like...". 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 modal window overlaid on the "New Features" notification. The modal has a white background with rounded corners and a thin orange border. It contains two sections: "Points:" and "Badges:". The "Points" section says: "★ Points: Use your points to unlock premium courses!". The "Badges" section says: "Badges: Keep track of the challenges you completed by going to the badge page!". There is a close button "X" in the top right corner of the modal.



17. Clickable Prototype



Play with the prototype → Click Here

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



18. 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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<https://karenchangdesign.com>