



FormCoachAI

User Interface Design

Open Learning 2025

Maksym Grebeniuk

I545801

Table of Contents

Introduction	3
Design Goals	3
Target Audience	3
Design System	3
Color Palette	3
Typography	4
Wireframes & Layout	4
Homepage/Analysis (Desktop)	4
Exercise Selection (Desktop)	5
Homepage/Analysis (Mobile)	6
Video Upload Interface	6
Analysis Results Display	6
User Flows	7
New User Onboarding	7
Exercise Selection and Analysis	7
Conclusion	7

Introduction

FormCoachAI is my AI-powered exercise form analysis application that gives users real-time feedback on their workout technique. I've designed it to help prevent injuries and improve exercise form through advanced computer vision technology.

Design Goals

I want FormCoachAI to feel intuitive and approachable. The interface needs to be clean and focused, without overwhelming users with technical information. It should clearly communicate complex form analysis in visual ways that make sense even to beginners. The dark theme with orange accents creates a modern fitness app feel while ensuring good contrast for readability.

Target Audience

I'm designing primarily for fitness enthusiasts who work out regularly but don't have consistent professional guidance. This includes home gym users, people who exercise at commercial gyms without trainers, and those rehabilitating from injuries who need to ensure proper form. The interface needs to work for both beginners and experienced lifters.

Design System

Color Palette

I've chosen a color scheme based on the Basic-fit orange (#FF6500) as the primary brand color. This sits against dark backgrounds (#111827 and #1F2937) for strong contrast and visual appeal.

- Primary: #FF6500 (Basic-fit orange)
- Secondary: #1F2937 (Dark gray)
- Dark/Neutral: #111827 (Darker background)
- Accent: #FF8533 (Lighter orange)
- Feedback colors:
 - Success: #36D399 (Green for positive feedback)
 - Error: #F87272 (Red for form corrections)
 - Warning: #FBD223 (Yellow for cautions)

I'm also incorporating gradient backgrounds (from dark gray to slightly lighter gray) to add depth to the interface without being distracting.

Typography

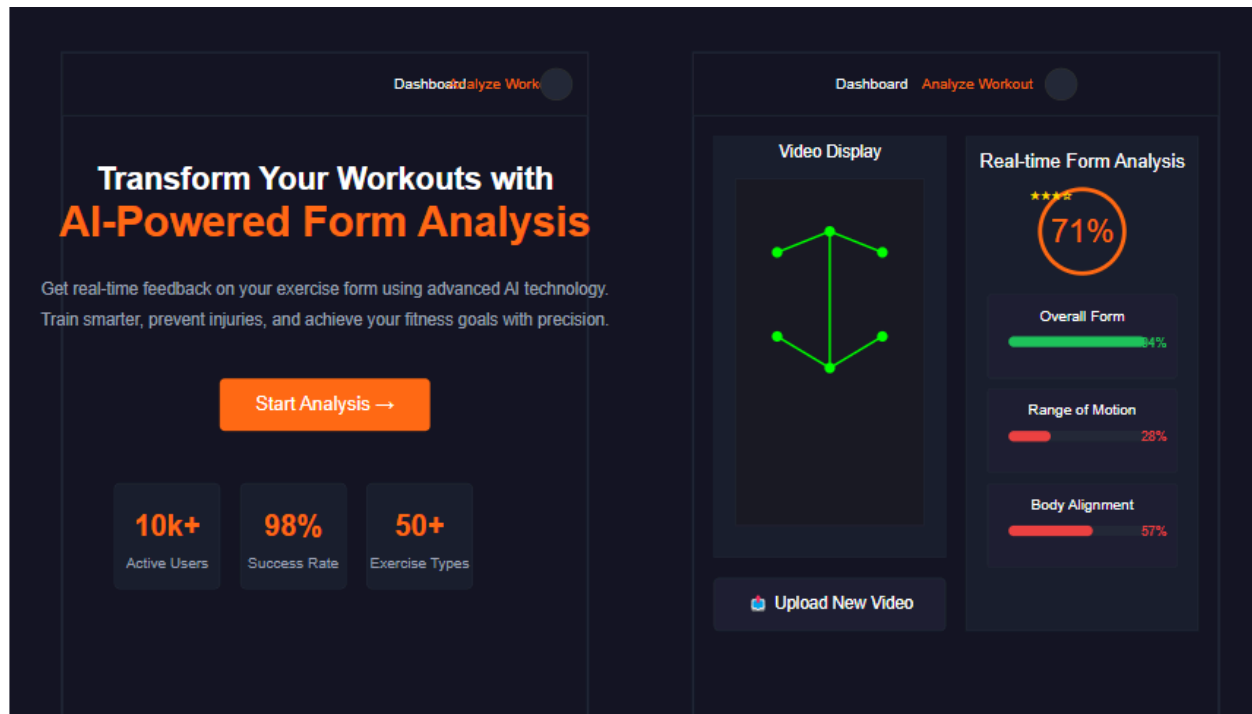
I'm using the Inter font family throughout the interface for its clean, modern look and excellent readability:

- Headings: Inter Bold (text-2xl to text-4xl)
- Body text: Inter Regular (text-sm to text-base)
- Button text: Inter Medium (text-base)

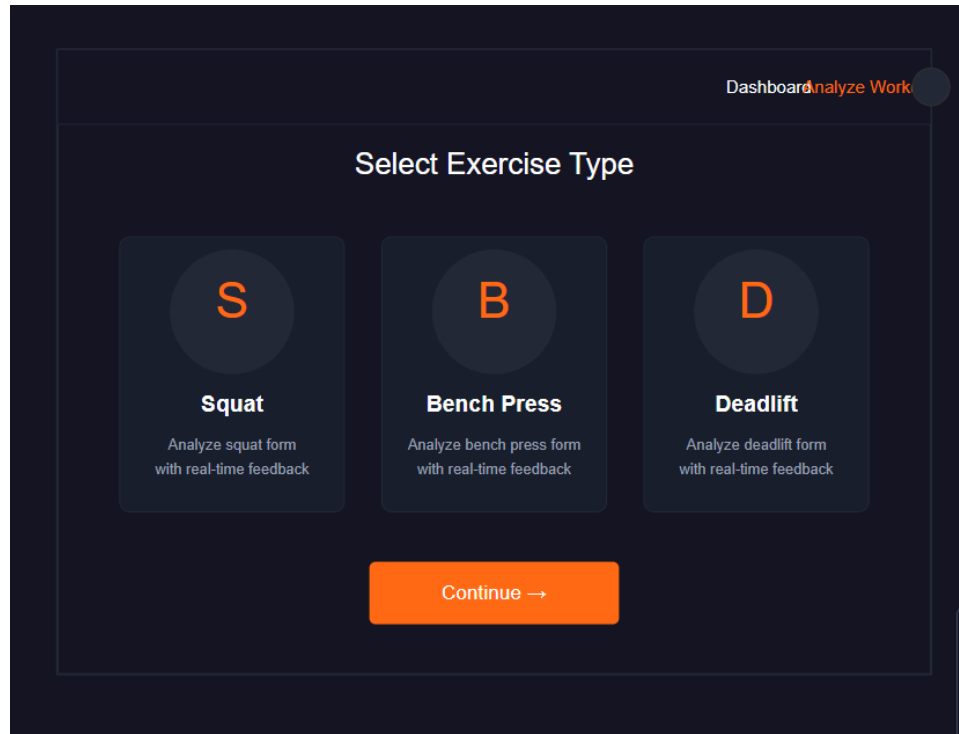
Wireframes & Layout

Homepage/Analysis (Desktop)

The desktop and analysis pages on the desktop will have a compact and simple layout, fitting the most information on one screen as possible, and in the case of analysis, fitting all the content on one page. The analysis page will have 3 main sections, video player on the left, scores and feedbacks/graphs on the right.

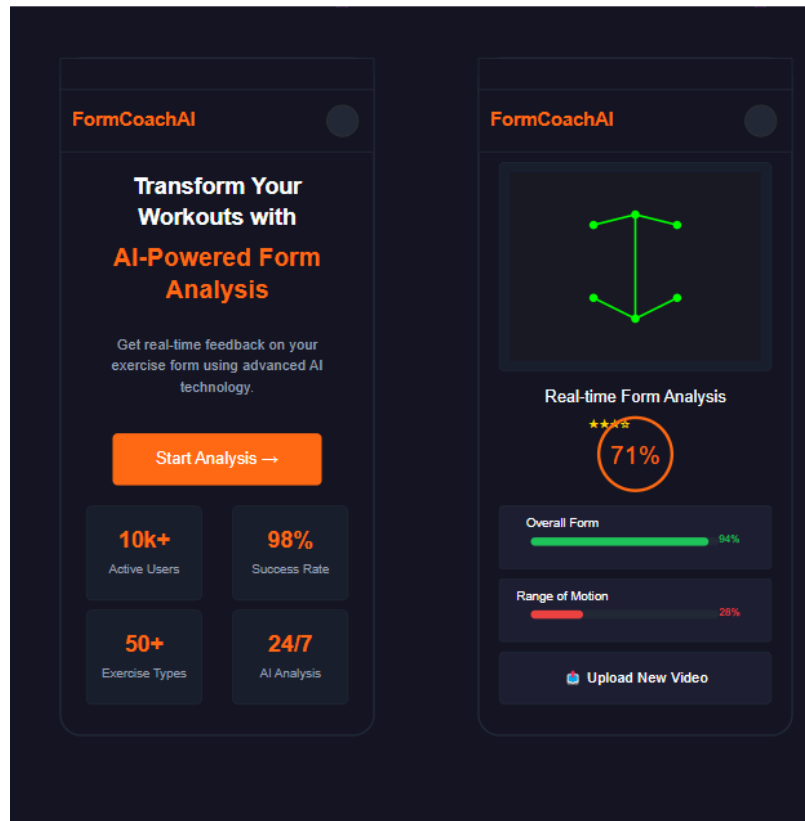


Exercise Selection (Desktop)



The exercise selection screen keeps things simple with clear icons representing each exercise type. I've designed each option as a standalone card to make the choices distinct.

Homepage/Analysis (Mobile)



On mobile, all the boxes will stack vertically while maintaining the same visual style. In the case of the analysis page, the goal is to face the challenge of displaying a lot of information on 2 mobile screens, keeping everything vertical with the video displaying on top and the feedback below.

Video Upload Interface

The upload interface features a simple drop zone with clear instructions. Users can drag and drop on desktop or tap to access their camera or gallery on mobile. I've included a progress indicator that shows upload status, and clear messaging if there are any issues with the file format or size.

Analysis Results Display

The results screen is the heart of the application. It features:

- Video playback section side-by-side with analysis results
- Overall score as a circular progress indicator with percentage
- Specific aspects of form shown as horizontal progress bars with color coding
- Skeletal visualization helping users see exactly what the AI is analyzing
- Feedback messages

User Flows

New User Onboarding

When new users arrive, they're greeted with a clear value proposition explaining what FormCoachAI does. After creating an account, they're able to see new pages on the navbar.

Exercise Selection and Analysis

From the Analysis, users can quickly start a new analysis session:

1. Select their exercise type
2. Upload/record a video
3. Wait briefly while the AI processes it
4. View results with feedback
5. Save to their history or discard

The entire process is designed to take the time of the video length, from starting to receiving feedback.

Conclusion

This user interface design creates a clean, focused experience for FormCoachAI users. It balances aesthetic appeal with functional clarity, making complex AI analysis accessible and actionable even for beginners. The responsive design ensures that people can analyze their videos straight after a workout and by tapping only around 3 times on the screen.