Healthy lifestyle app

Stay Fit

Małgorzata Dobrzańska

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Tools used:

Figma, Zeplin, Miro

Problem Overview

We live in a times when public awareness of a healthy lifestyle and the importance of healthy eating and physical activity are increasing.

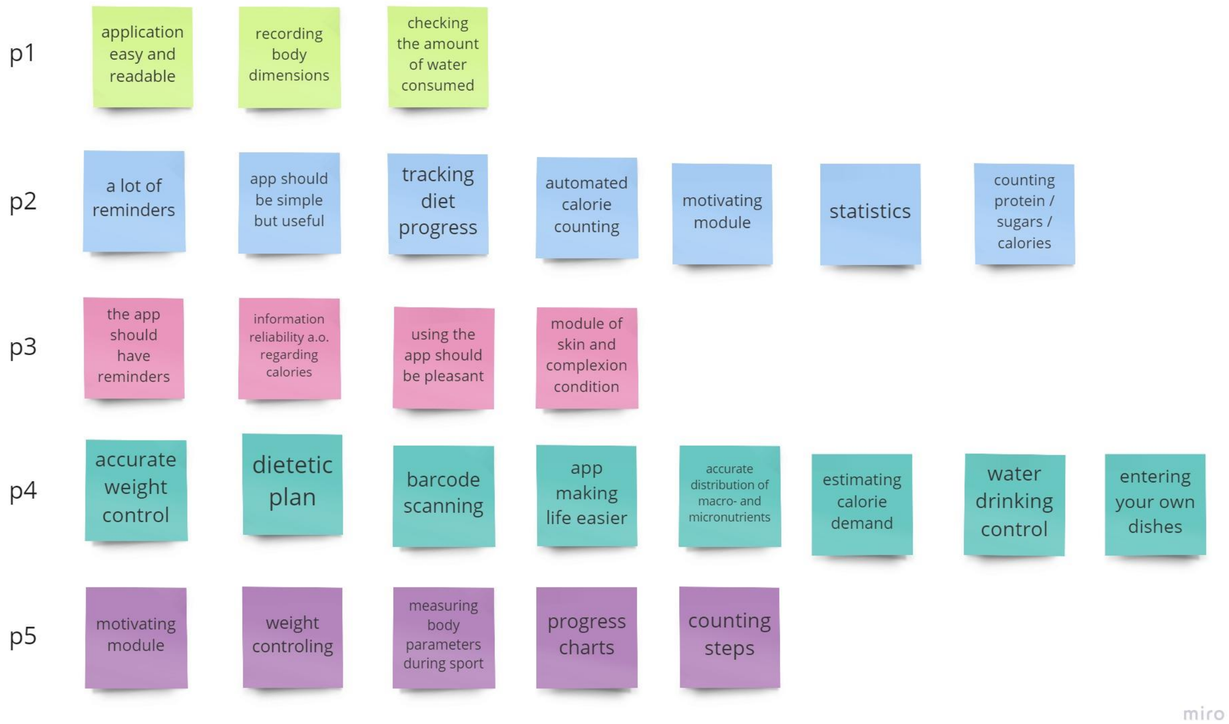
More and more people try to use digital tool to help stay healthy but there is no current solution that would solve their expectations.

Customers expect similicity and easy of use as well as reliable information.

Discovery: Research & Analysis

We discover that an effective solution for controlling the diet is preferable.

In addition, users love the option of reminders and because of forgetting, especially when implementing healthy habits, this solution would make life much easier.



Interview notes made in Miro:
https://miro.com/welcomeonboard/Q3jsLaPlak8cIb65l7OUyYkpsakoYuGFYTy3Co7b5eP7cAjuP4dCOmfAwLfNAjM0

Design:
Concepts & Sketching

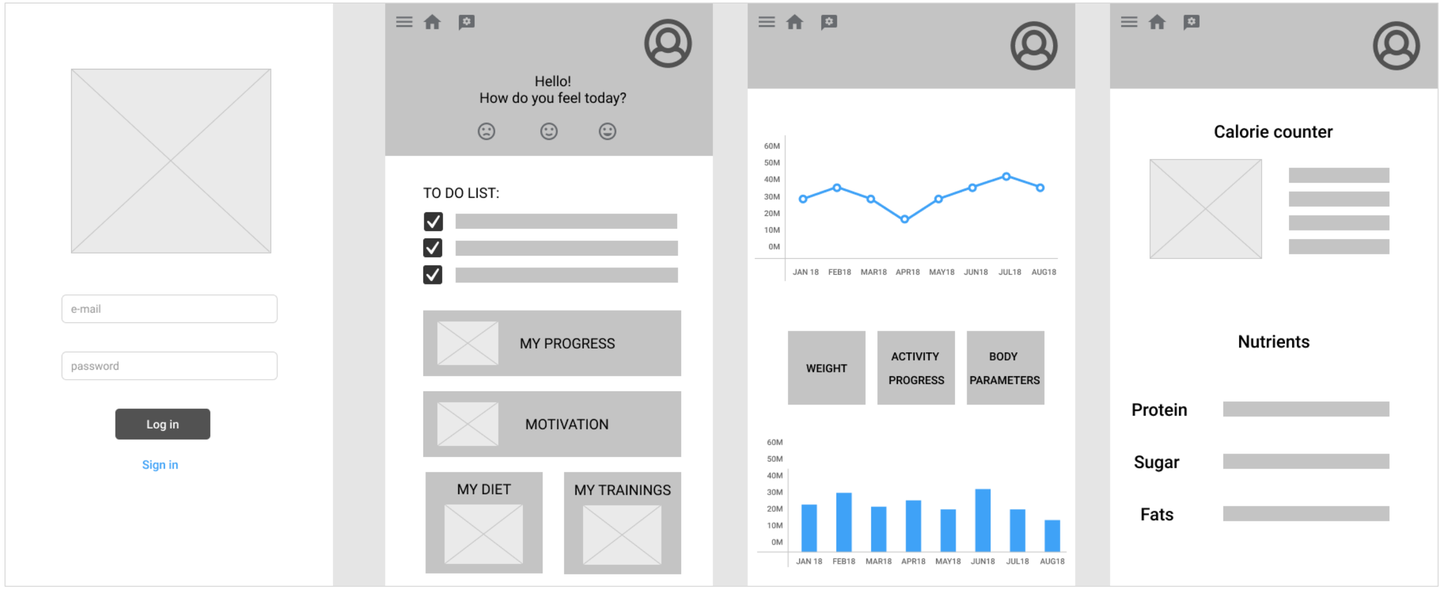
„I do sport but diet is more important to me. I started by changing my diet because of skin problems”

~ Participant 3

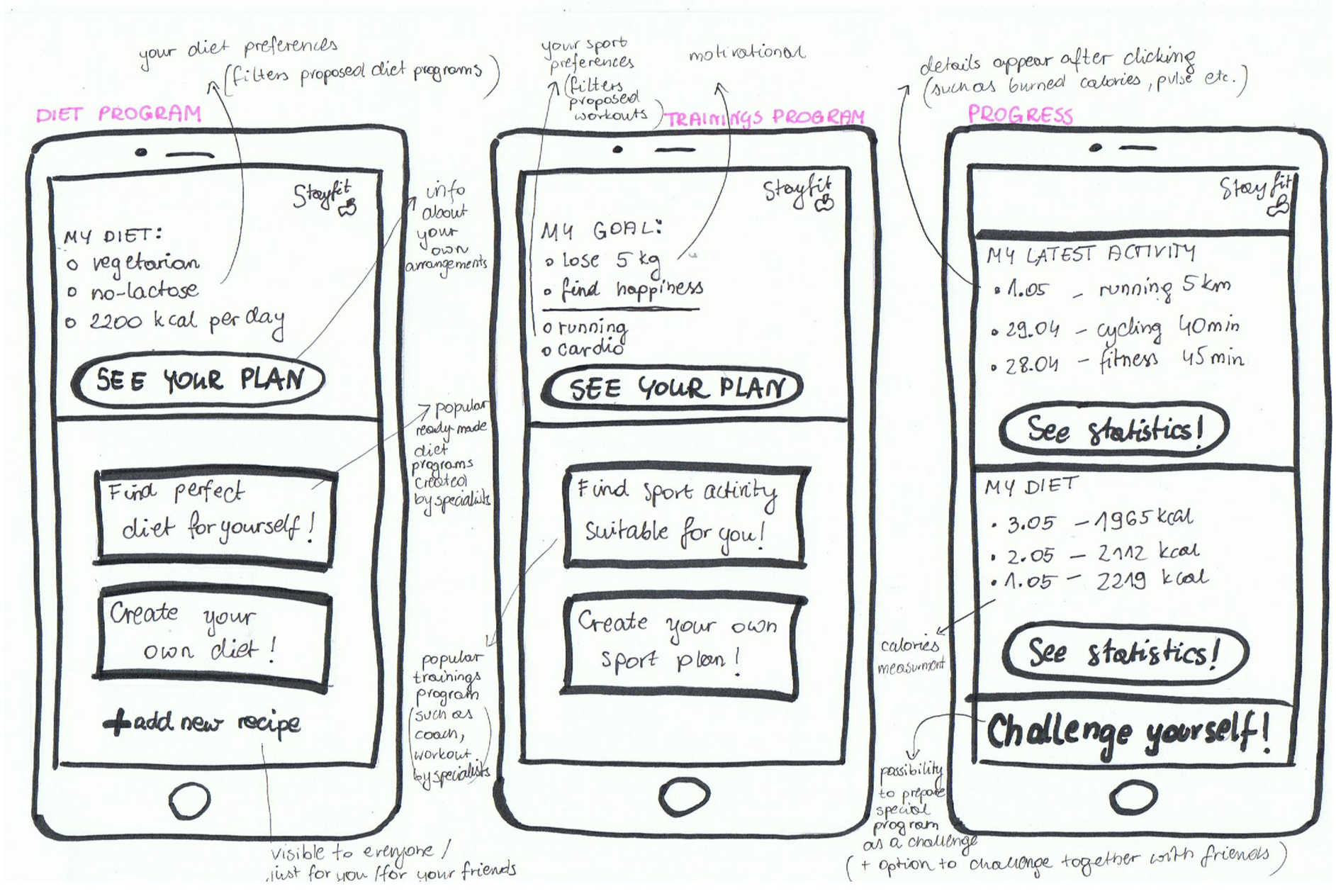
After research, it is known that users would prefer both the diet module and the training module - measuring the progression and motivation are also an important element.

„A healthy lifestyle application should, above all, have the notification function turned on so that the user does not forget to use it”

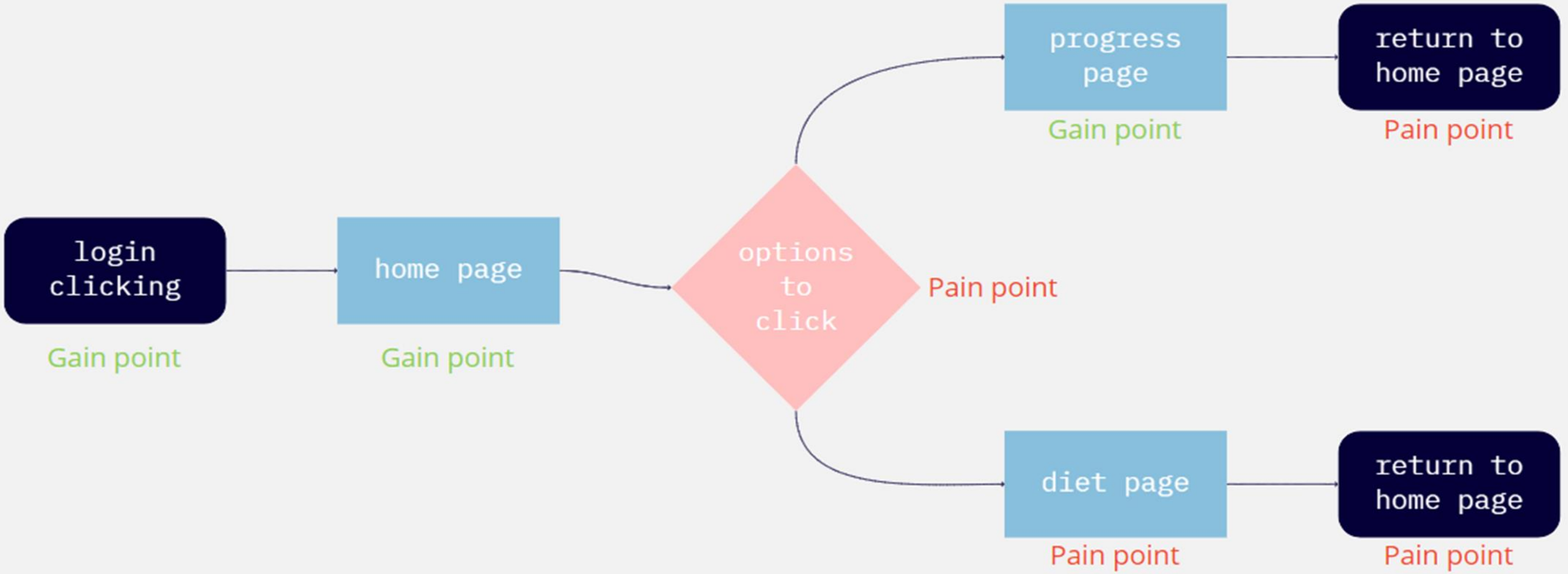
~ Participant 4



Original sketches of the app



Analysis based on users feedback



Style Guide made in Figma

Typography

H1/Roboto Regular 34

H2/ Roboto Regular 26

H3/ Roboto Medium 24

H4/ Roboto Medium 22

H5/ Roboto Light 16

Icons

UI elements and styles

Profile Images

Login rubrics

e-mail

password

Imagery/Illustrations

Colors

Secondary700
00696B
100%

Secondary600
018786
100%

Secondary500
01A39D
100%

Softgrey
A09F9F
100%

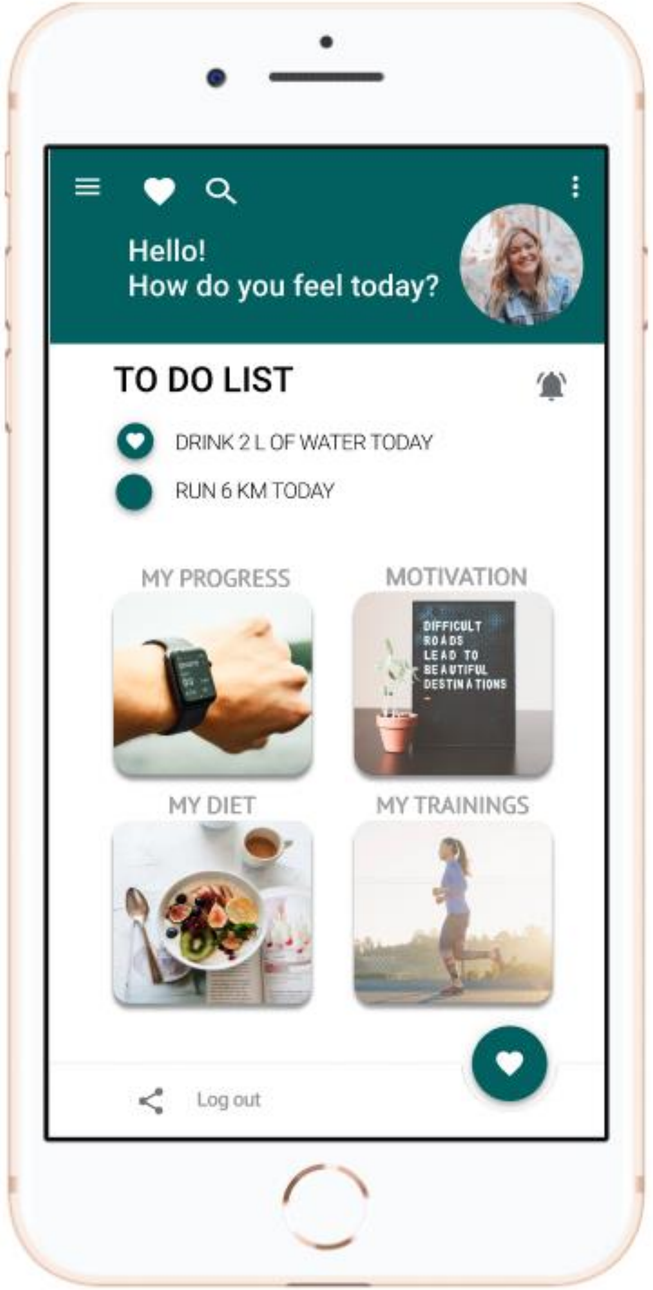
Backgroundwhite
FFFFFF
100%

Develop: Prototyping

The final prototype based on research will be shown on the next slides.

Here you can find it on Figma:

https://www.figma.com/file/YGPexFw3sV3qL8cNPzfanM/Healthy-Lifestyle-App?node-id=0%3A1



e-mail

password

LOG IN

Sign in

Hello!
How do you feel today?

TO DO LIST

DRINK 2 L OF WATER TODAY

RUN 6 KM TODAY

MY PROGRESS

MOTIVATION

MY DIET

MY TRAININGS

Log out

Activity progress

RUNNING

My weight

Body measurements

Log out

Motivation

My notes:

Log out

My today's diet

See meal counters

BREAKFAST

LUNCH

DINNER

SUPPER

+ ADD NEW RECIPE

See my previous meals

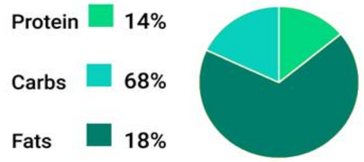
Log out

Todays breakfast:
oatmeal with strawberries, banana and blueberries

This dish has

366 kcal

Nutrients



Log out

New recipe

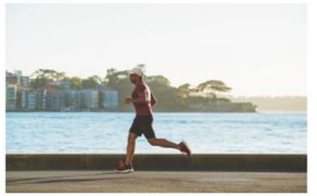
Toast with eggs and hummus

See the ingredients

Log out

This week activities

RUNNING

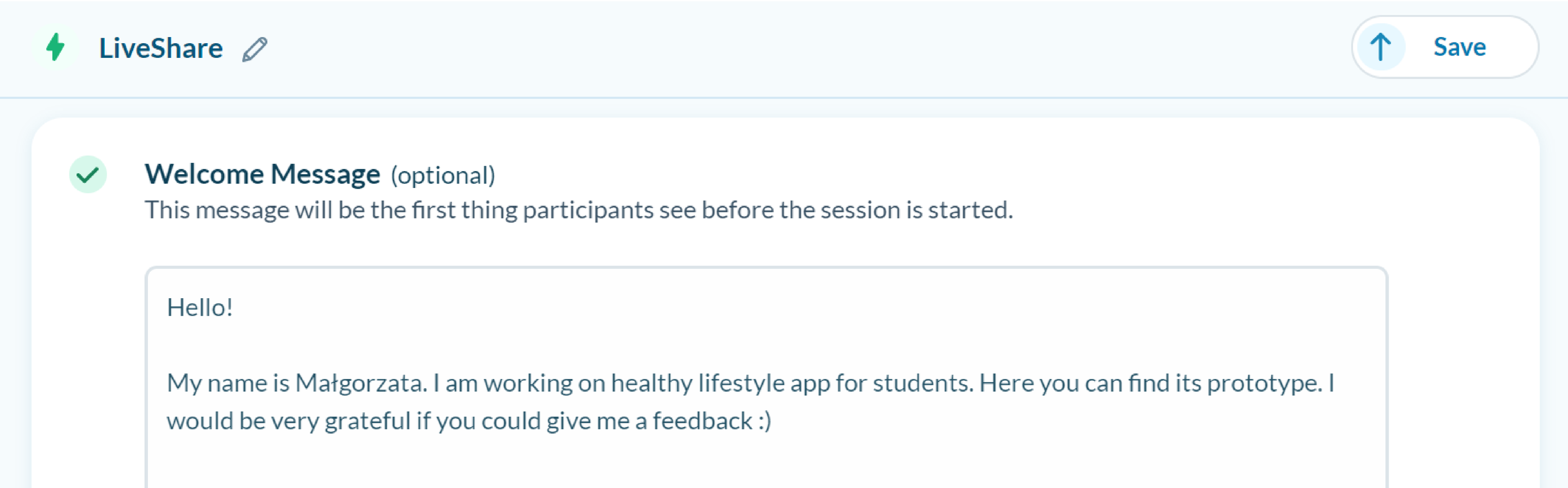


FULL BODY WORKOUT

Log out

Test:
Validation, Usability, Feedback

The Usability Test was made on Lookback platform.



Test Insights

- I like to draw lots my meals, I love varied diet (Participant 1)
- Aesthetics is extremely important, the color should attract (Participant 2)
- Readability, functionality and simplicity (Participant 3)
- I require reliable dietary knowledge of nutrients (Participant 4)
- I like solutions that control, resemble and summarize on their own (Participant 5)
- Inspiration motivates us and builds us up (Participant 6)
- Health and its monitoring is the most important for me! (Participant 7)
- I used to forget, so I like reminders and motivators! (Participant 8)
- Goal setting and diligence - the key to success (Participant 9)
- Transparency is crucial (Participant 10)

The hypothesis based on data

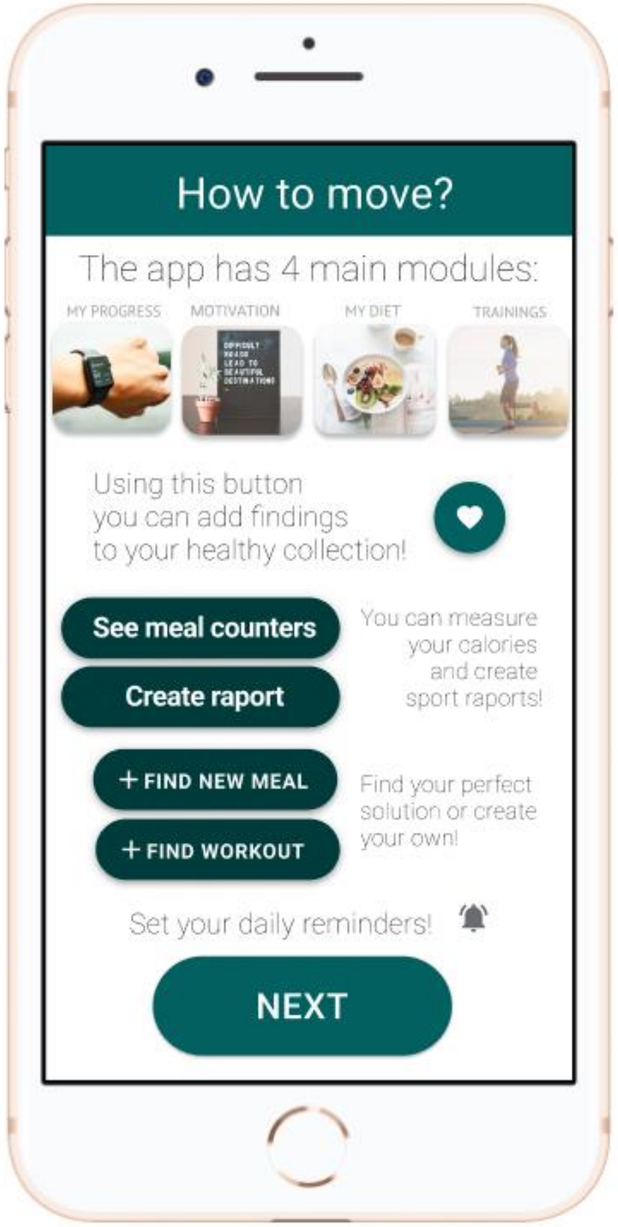
- ✓ 90% of cases do not continue in the ‚diet module' to the ‚see the counters' and ‚add new recipe' section

- ✓ 20% on the first page does not know whether to enter login and password

Design: Iteration

Based on data few things was introduced:

1. Adding a short instruction – showed on picture beside
2. Adding base of meals and trainings (option to draw lots)
3. Understanding heart buton function
4. Easily visible reminders
5. More elaborate motivational module + option to add photos or finding inspirational quotes
6. Goal setting with summaries

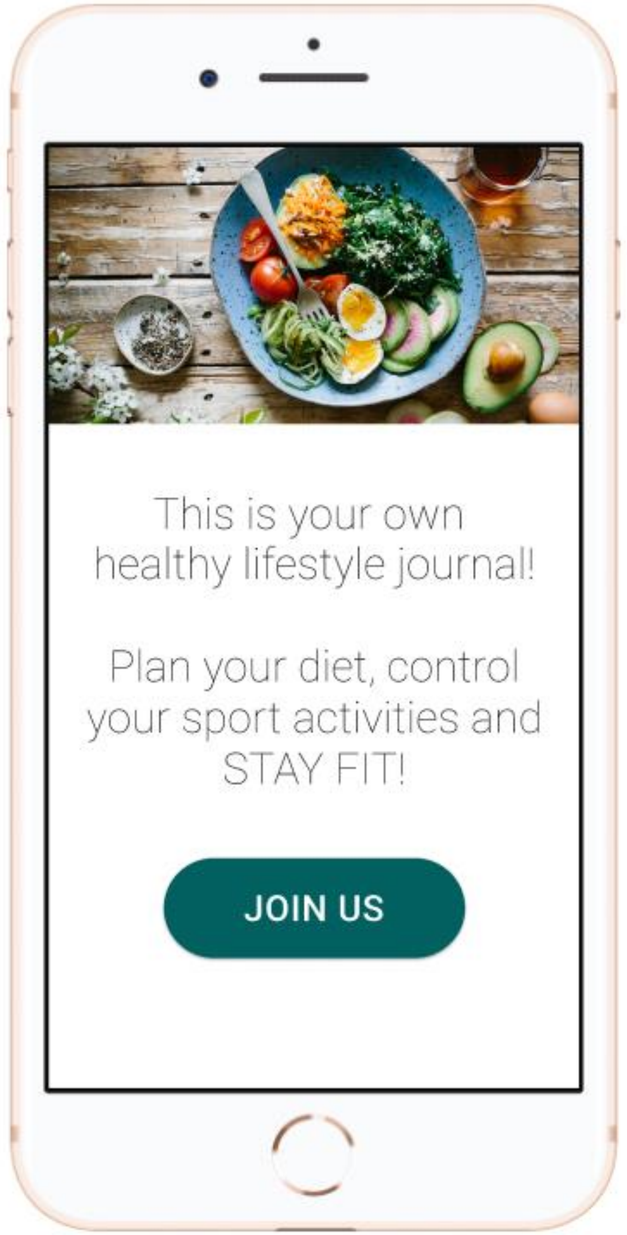


Solution & Impact Overview

The final app contains 4 main modules – shown on the next page.

Here you can find clickable prototype:

https://www.figma.com/proto/yx7rvV7yhBMDdPjB2K7qLa/Final-clickable?node-id=154%3A1268&scaling=scale-down



Activity progress

Create raport

RUNNING

7 KM
6 KM
5 KM
4 KM
3 KM
2 KM
1 KM

23 min
26 min
24 min
22 min
22 min
28 min
29 min

Mon Tue Wed Thu Fri Sat Sun

My weight

Body measurements

Log out

My goal:
loose -10 kg

FIND INSPIRATION

ADD PICTURES

Summaries:

Log out

My today's diet

See meal counters

BREAKFAST

LUNCH

DINNER

SUPPER

+ FIND NEW MEAL

+ ADD NEW RECIPE

See my previous meals

Log out

This week activities

RUNNING

FULL BODY WORKOUT

+ FIND WORKOUT

+ CREATE PLAN

Log out