



# 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.

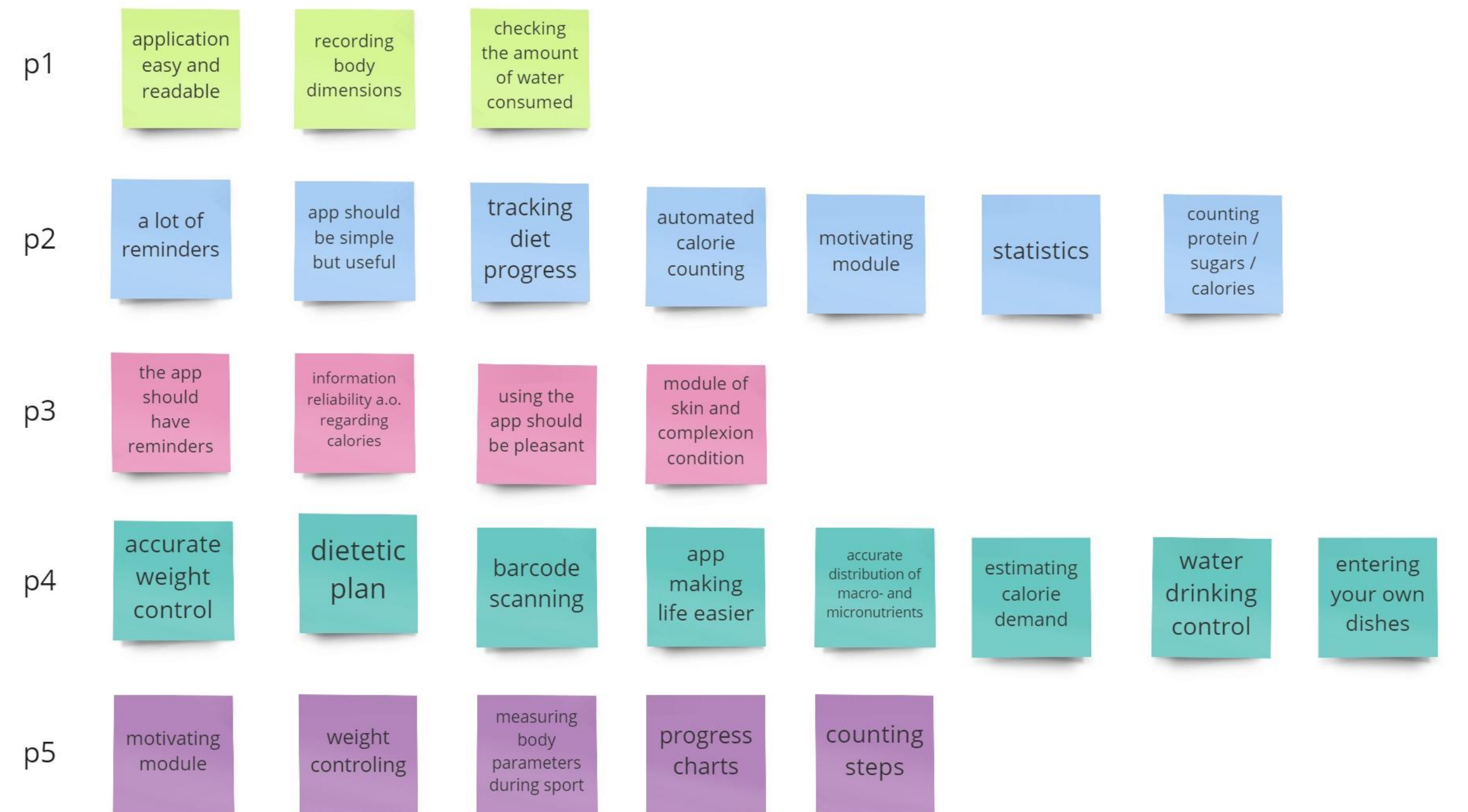




# Discovery: Research & Analysis

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.



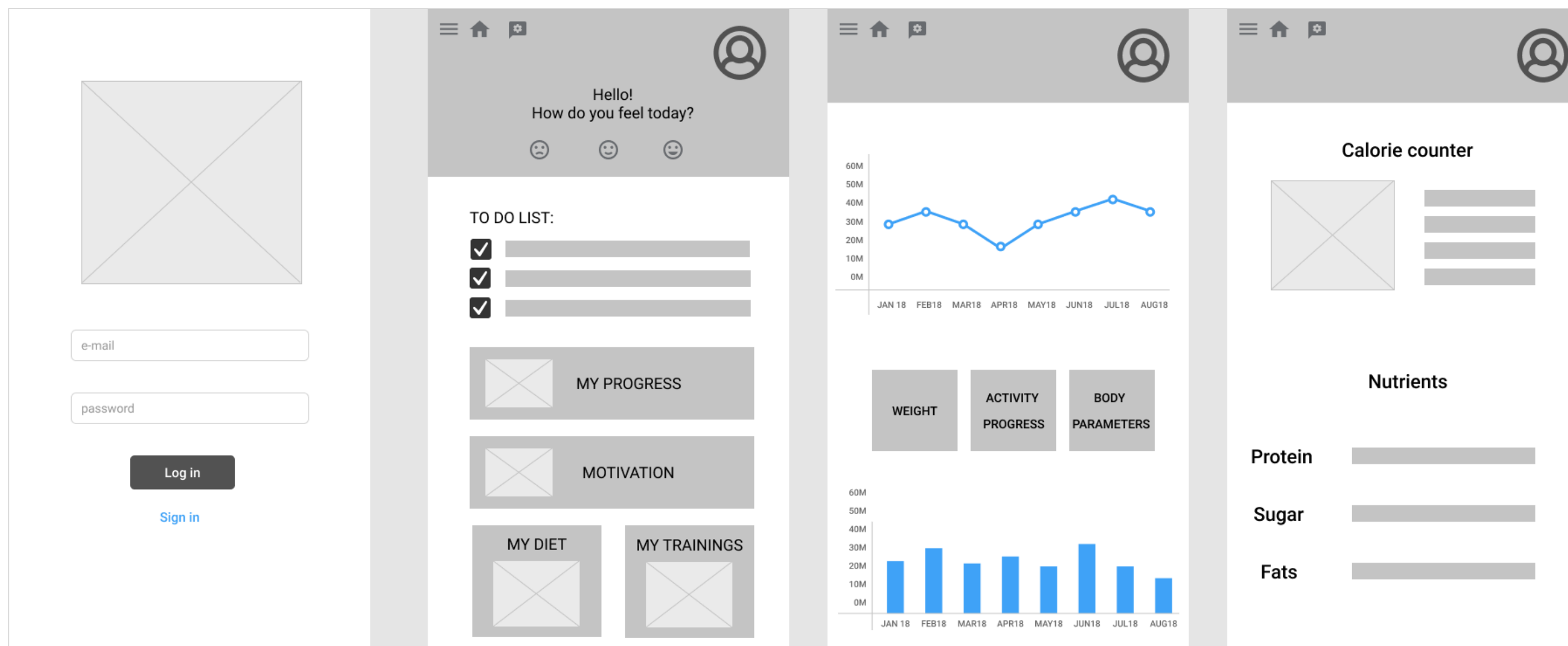
miro

Interview notes made in Miro:

<https://miro.com/welcomeonboard/Q3jsLaPlak8clb65l7OUyYkpsakoYuGFYTy3Co7b5eP7cAjuP4dCOmfAwLfNAjM0>

# Design: Concepts & Sketching

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.



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

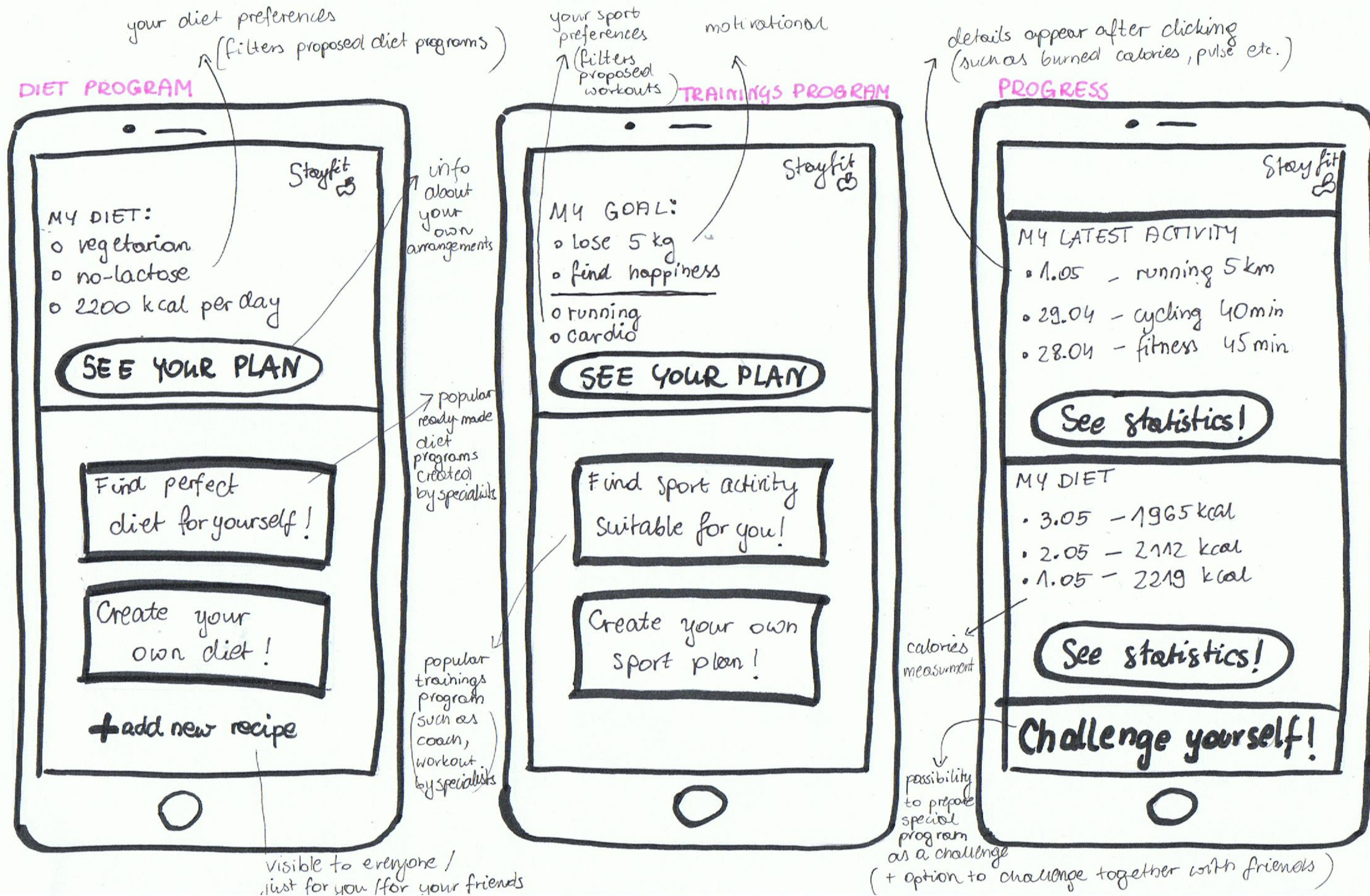
~ Participant 3

„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

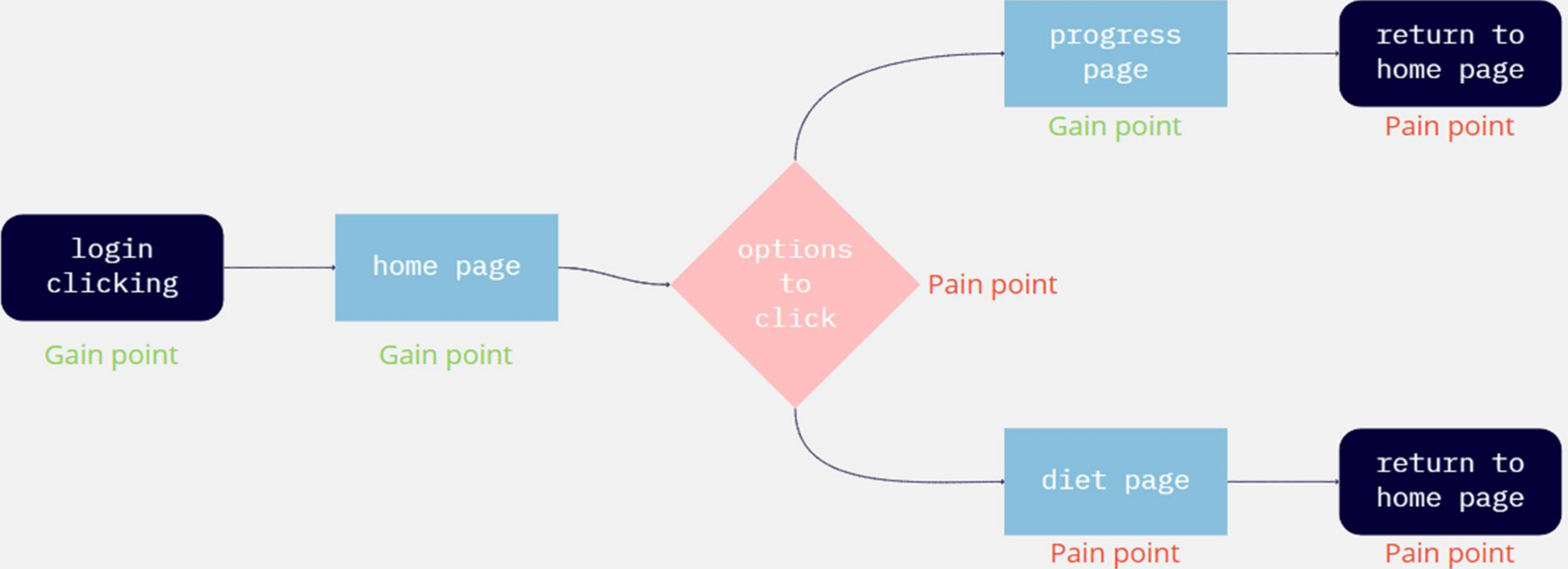


# Original sketches of the app





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

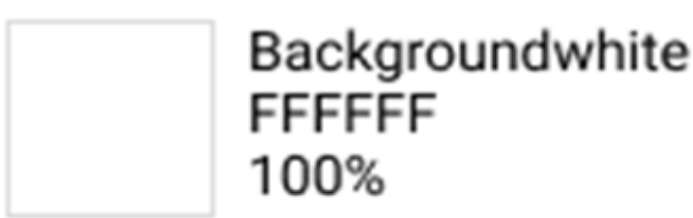
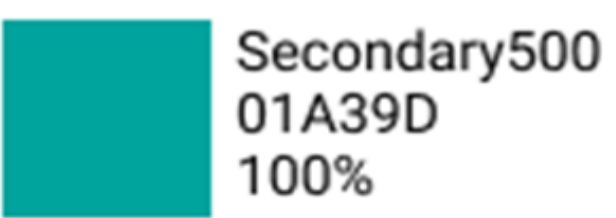
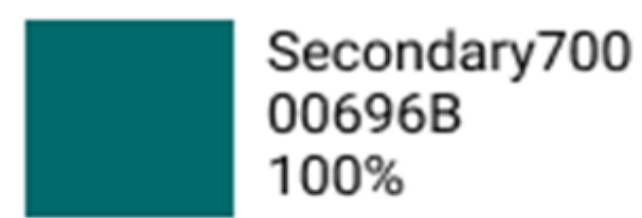


### Login rubrics

## Imagery/Illustrations



## Colors



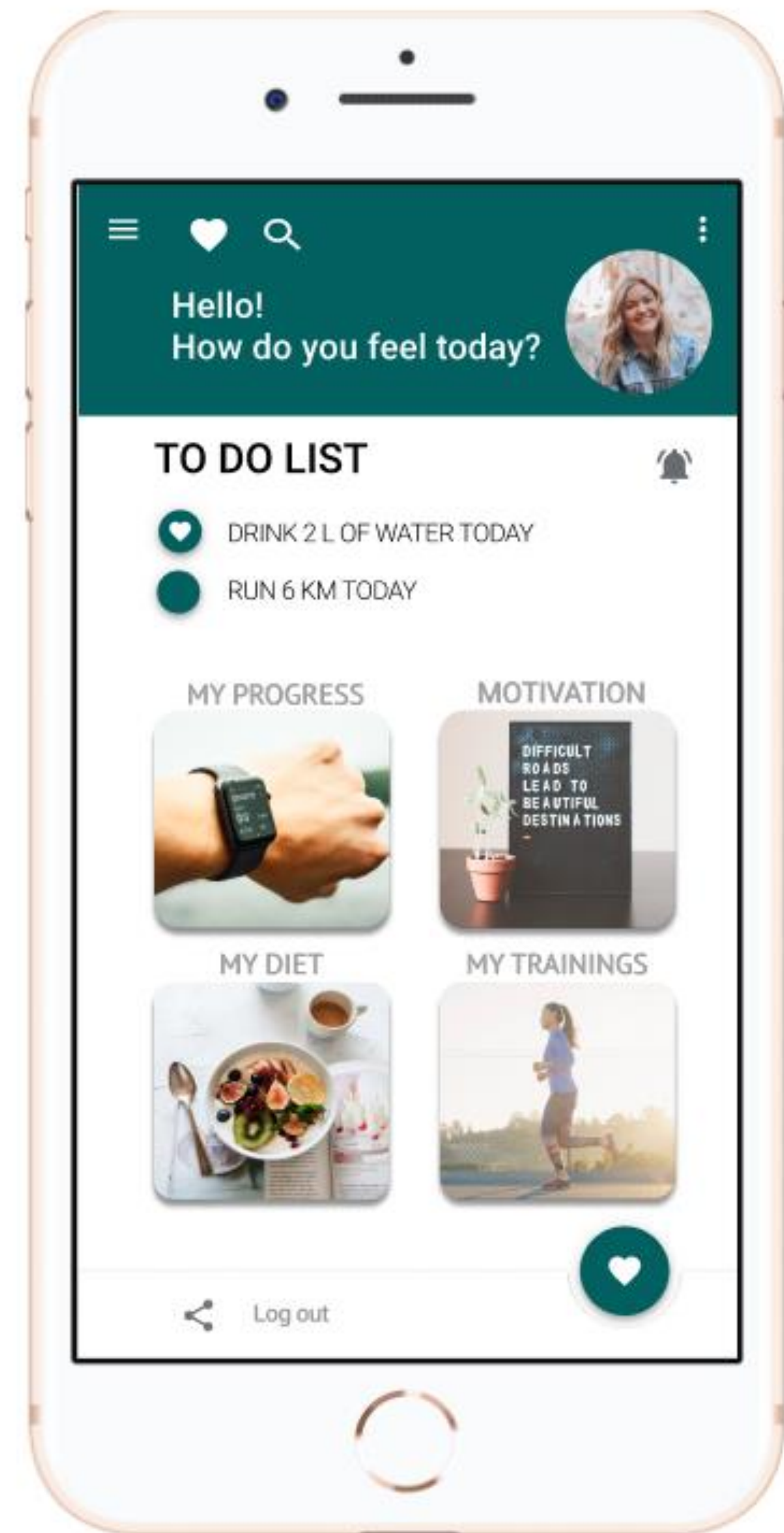


# Develop: Prototyping

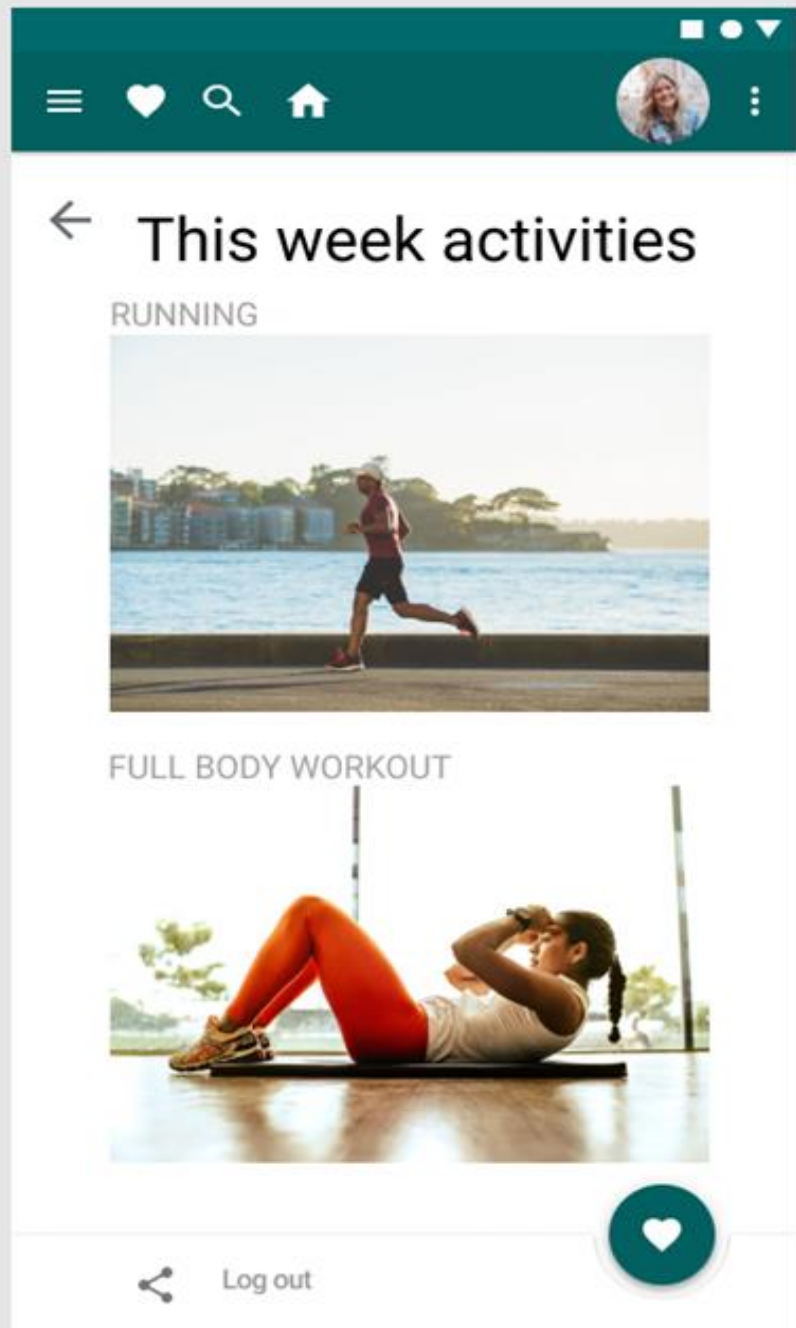
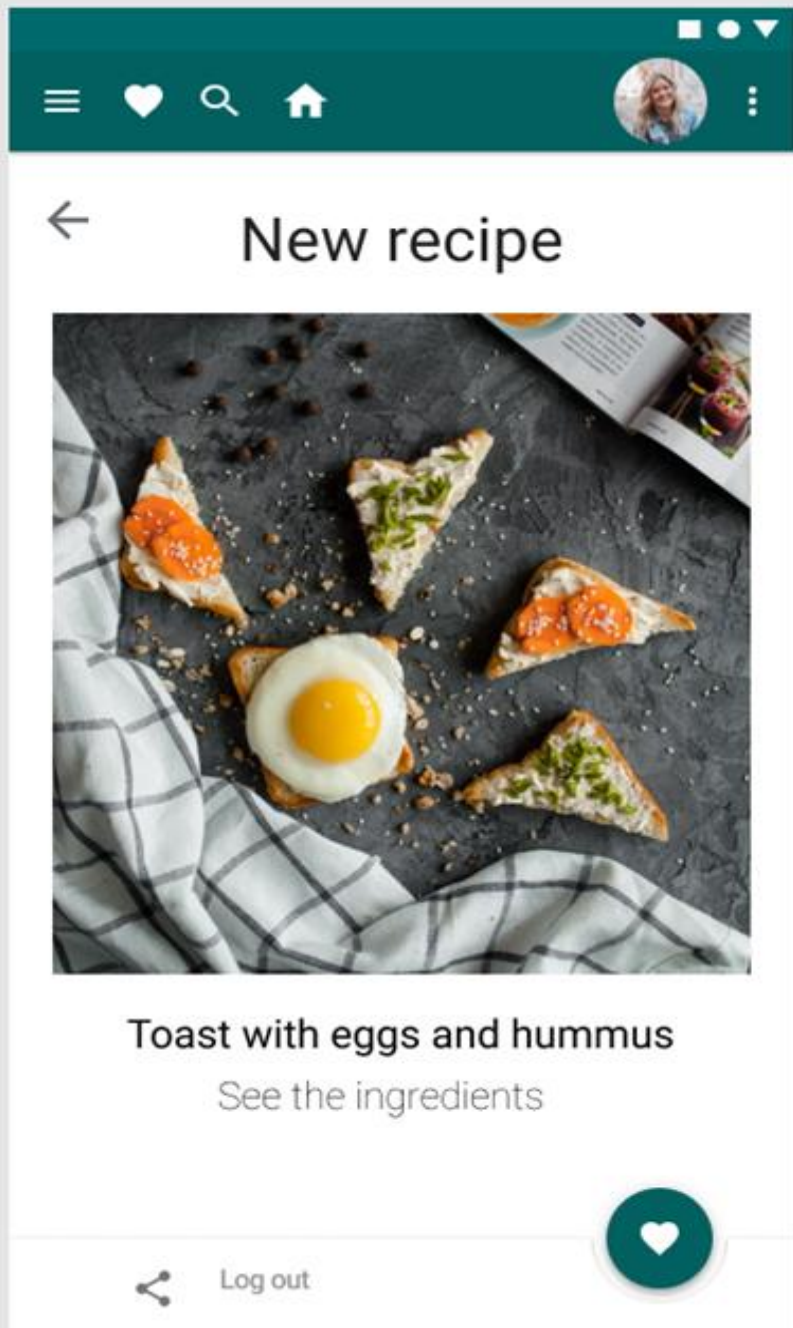
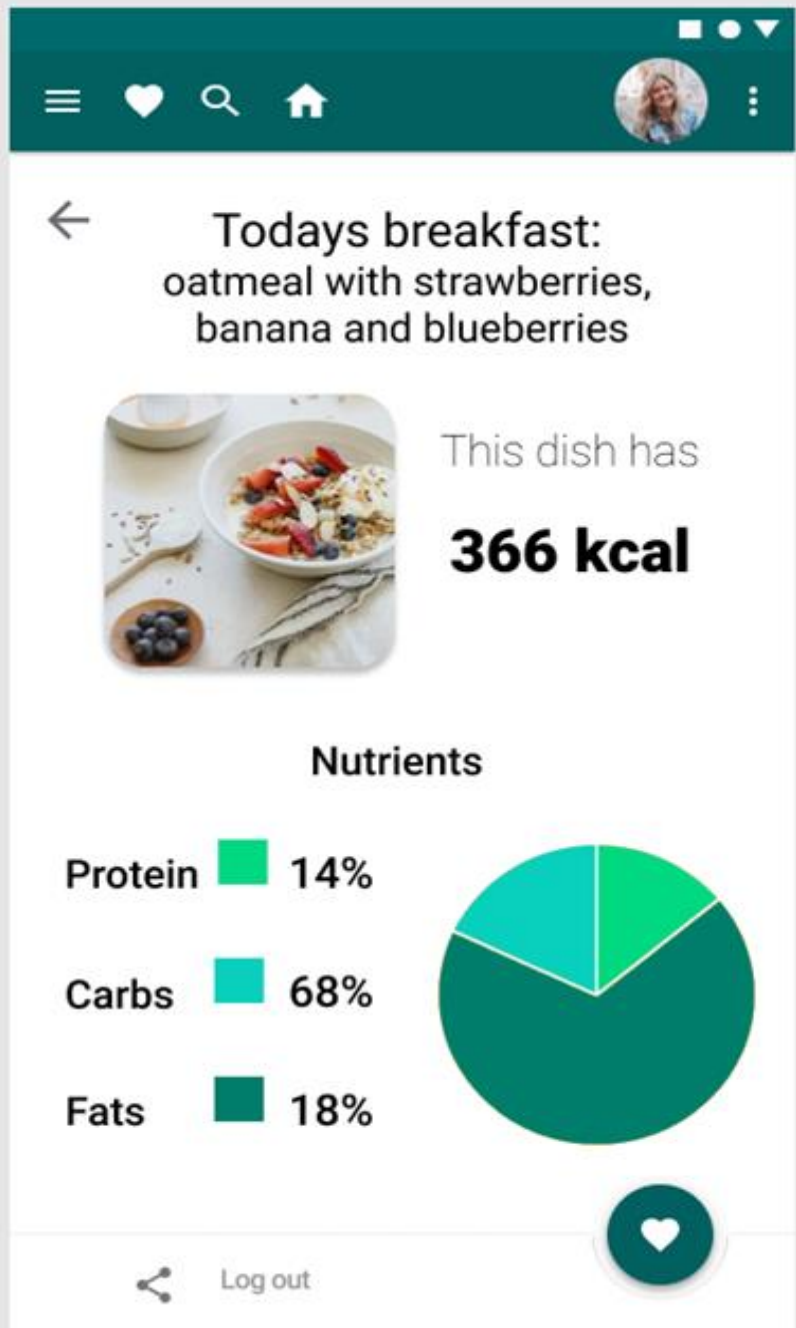
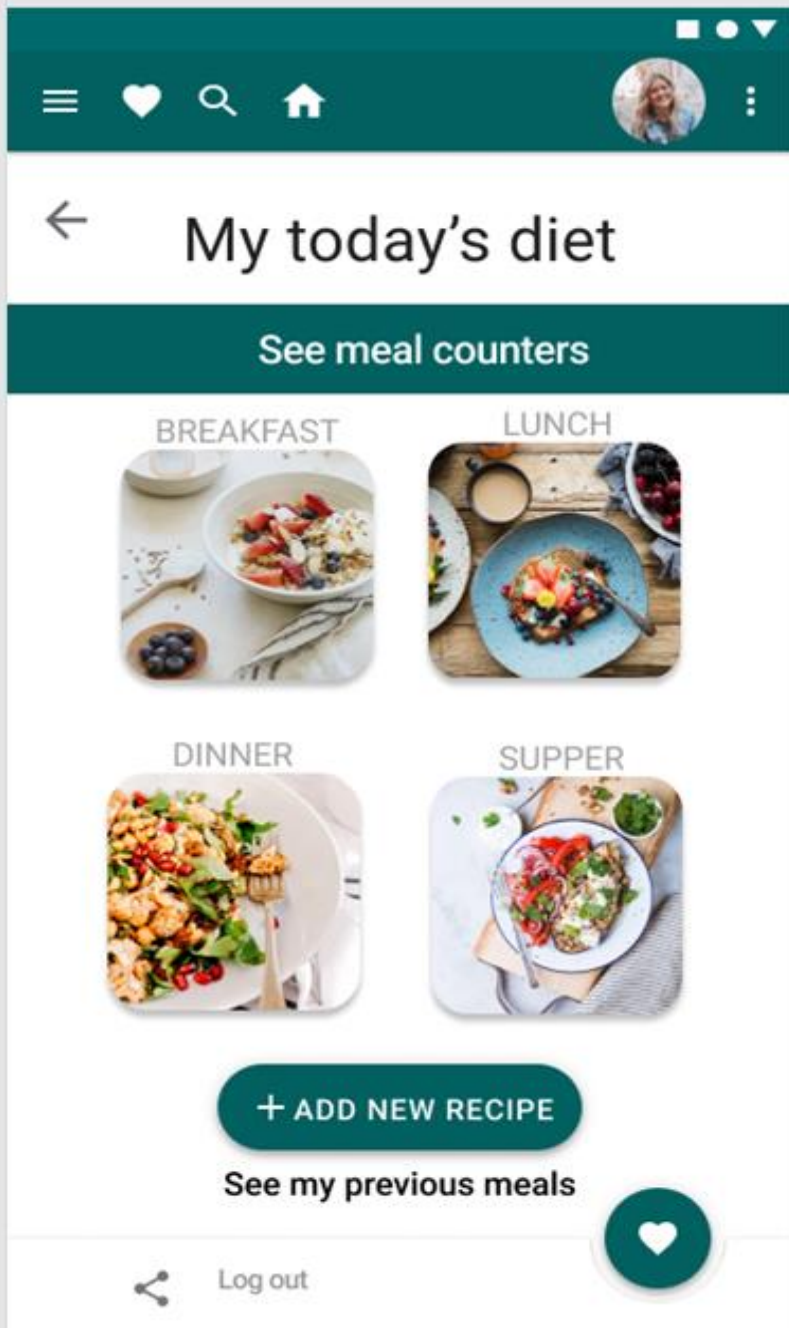
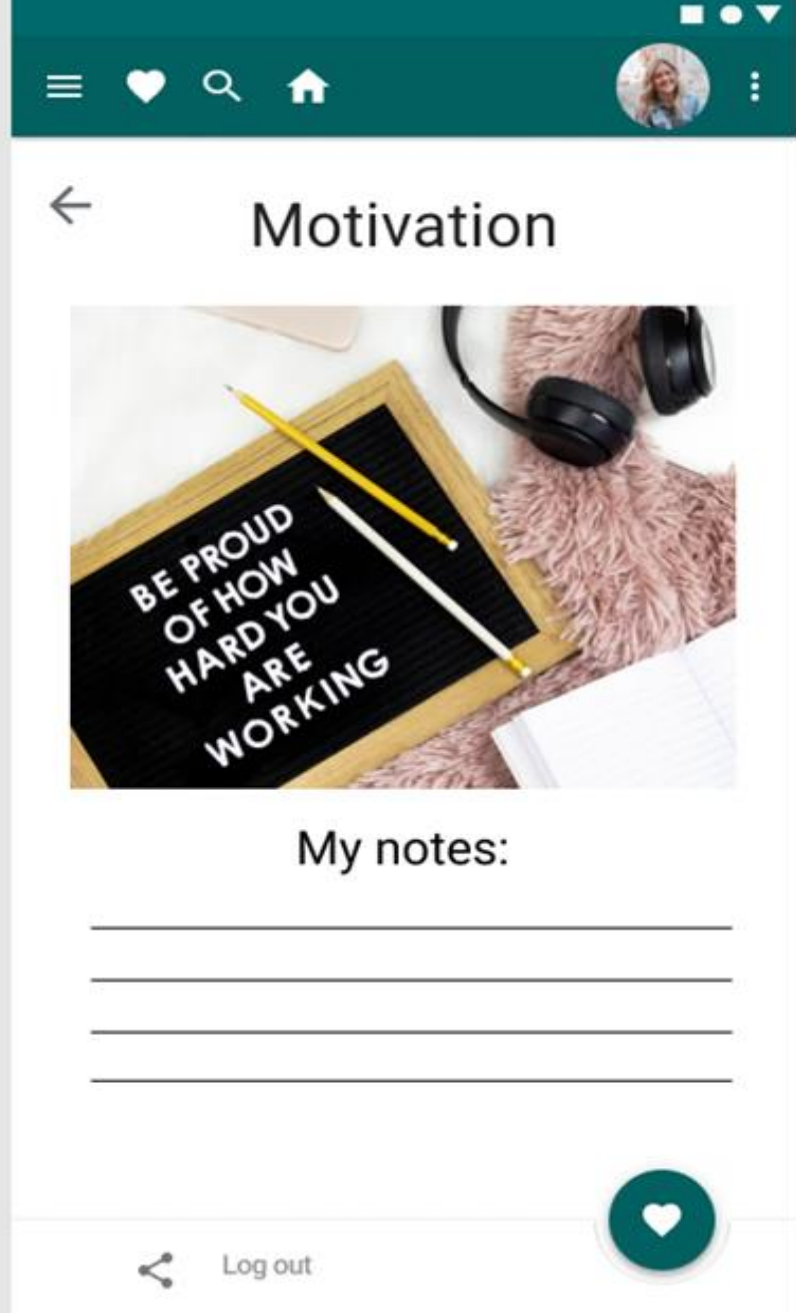
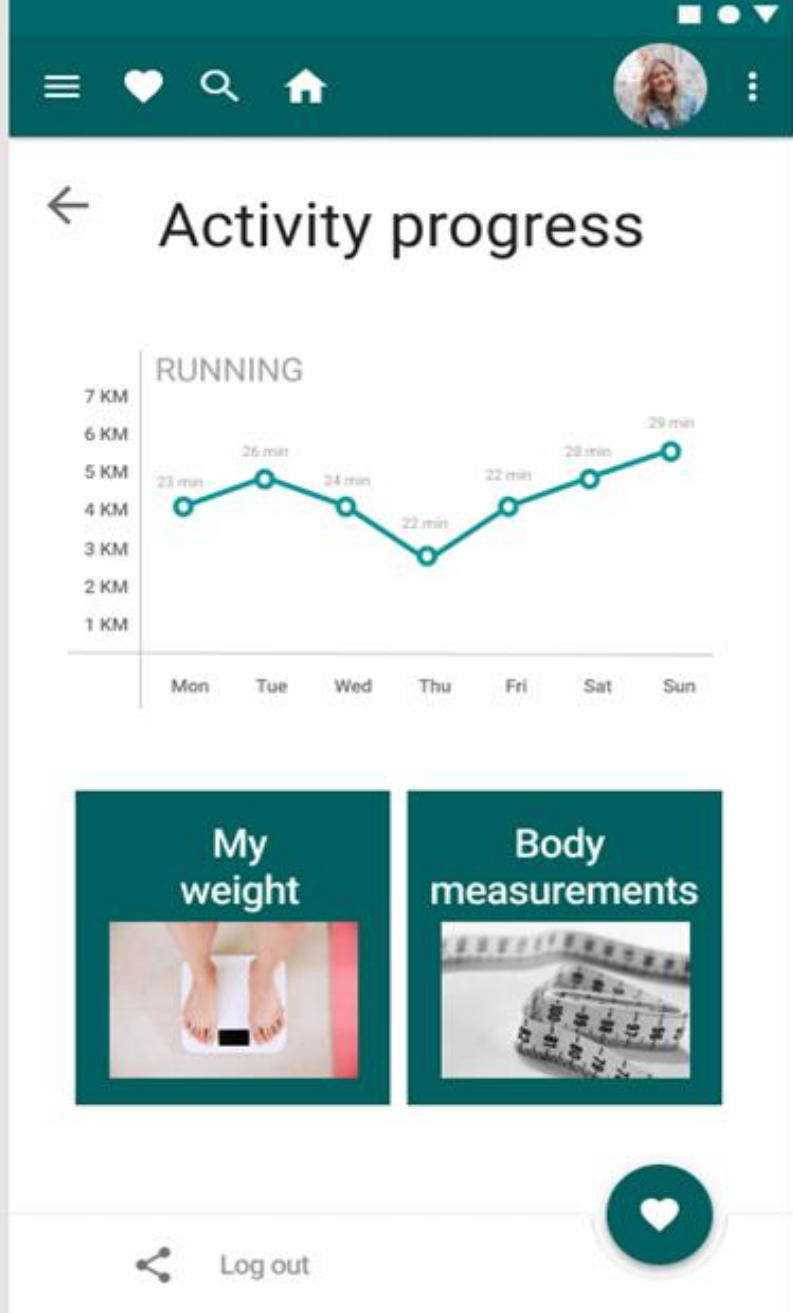
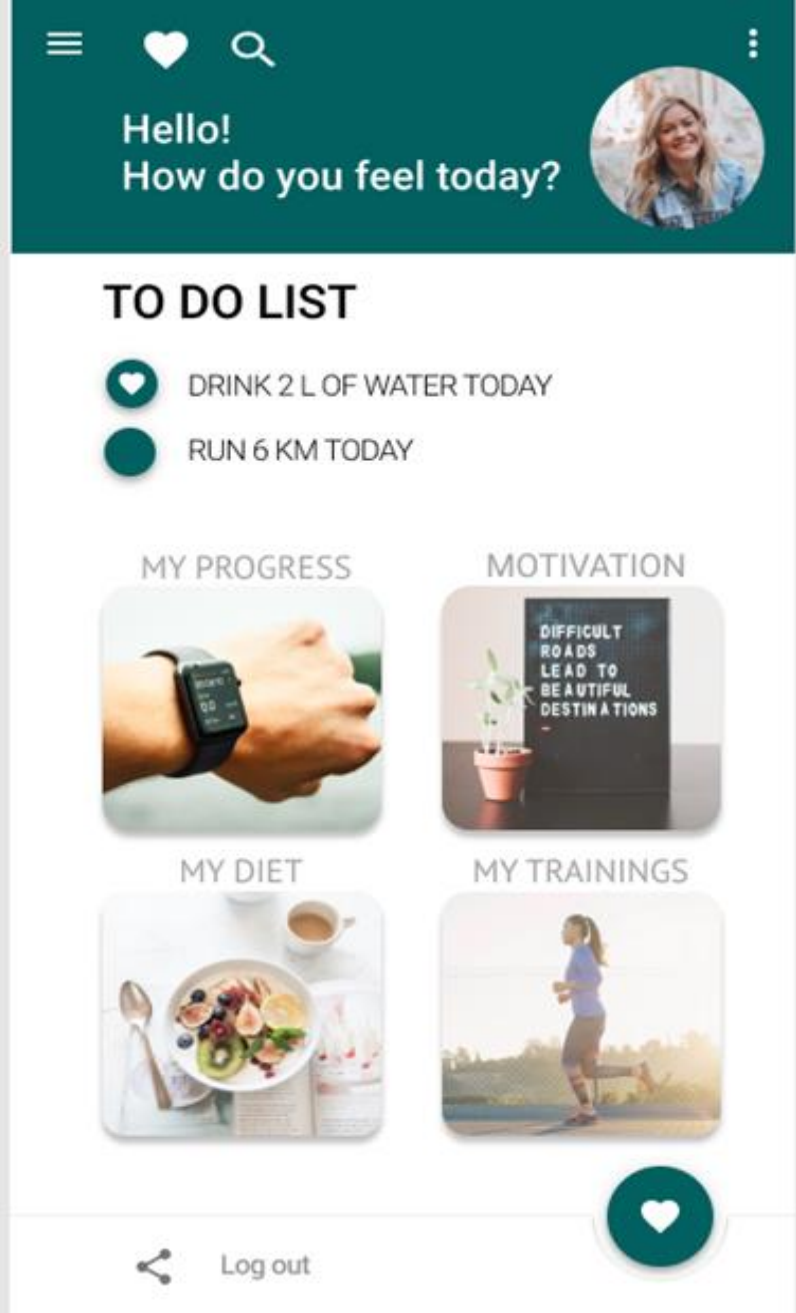
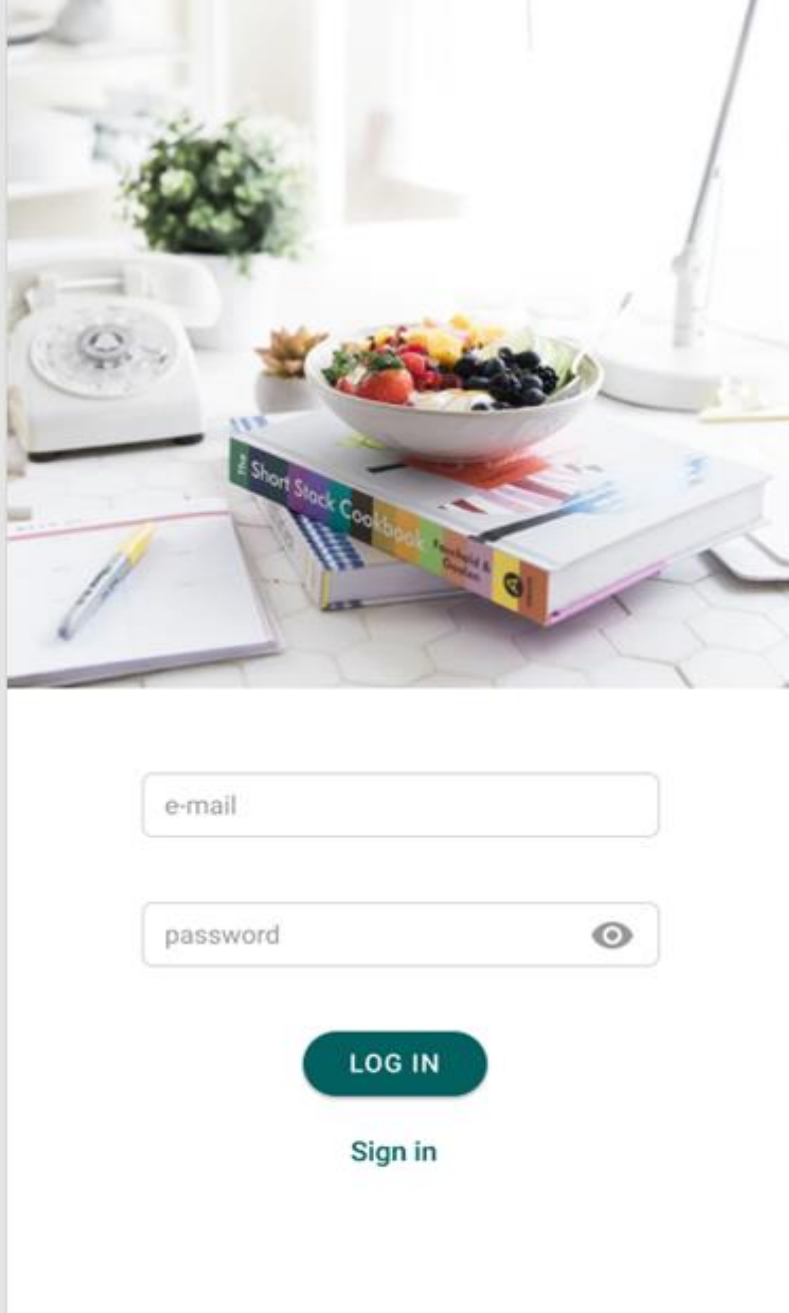
The final prototype based on research will be shown on the next slides.

Here you can find it on Figma:

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









# Test: Validation, Usability, Feedback

The Usability Test was made on Lookback platform.

 LiveShare 

 Save



## Welcome Message (optional)

This message will be the first thing participants see before the session is started.

Hello!

My name is Małgorzata. I am working on healthy lifestyle app for students. Here you can find its prototype. I would be very grateful if you could give me a feedback :)



# 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

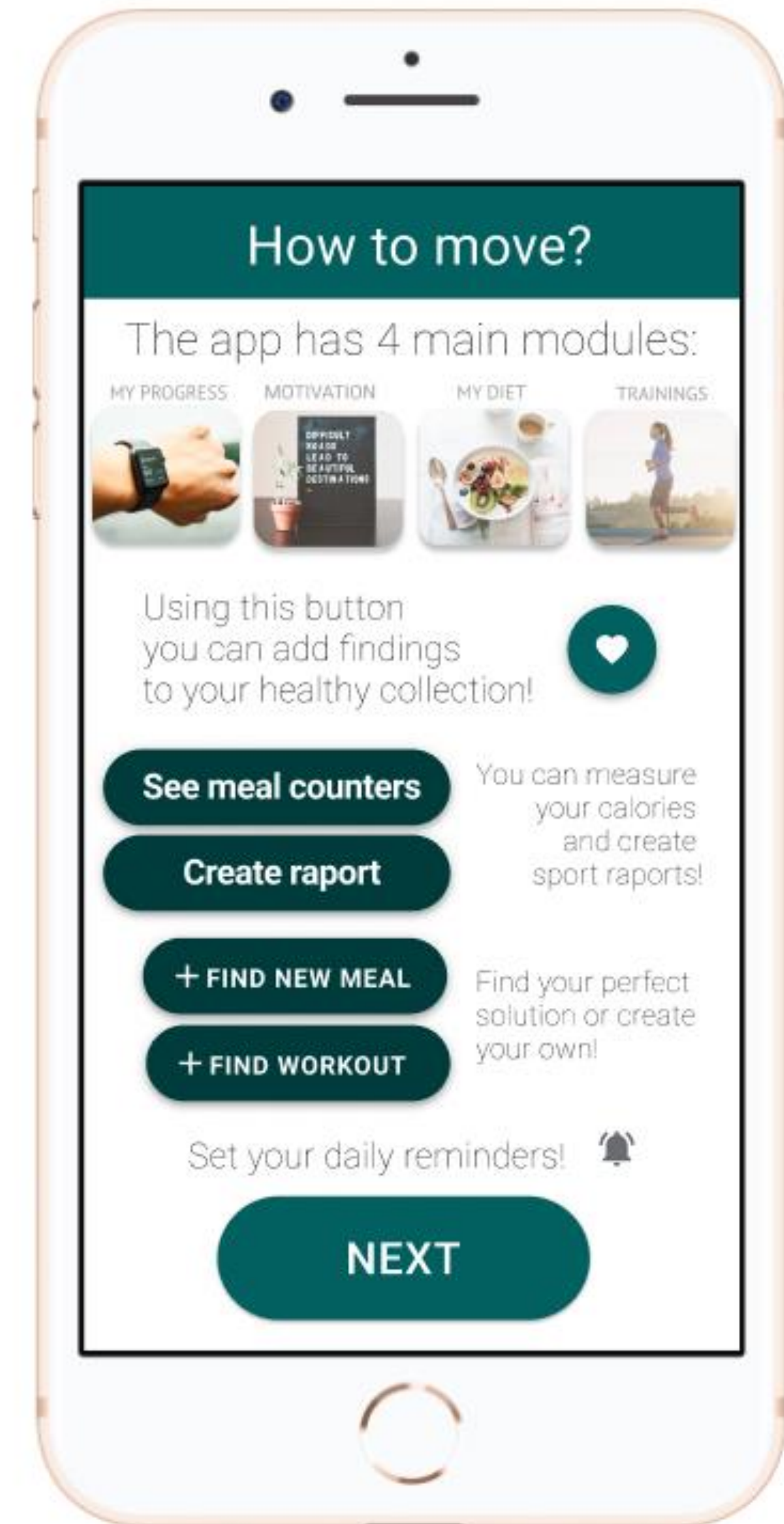
- ✓ 90% of cases do not continue in the ,diet module' to the ,see the counters' and ,add new recipe' section
- ✓ 20% on the first page does not know whether to enter login and password



# 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

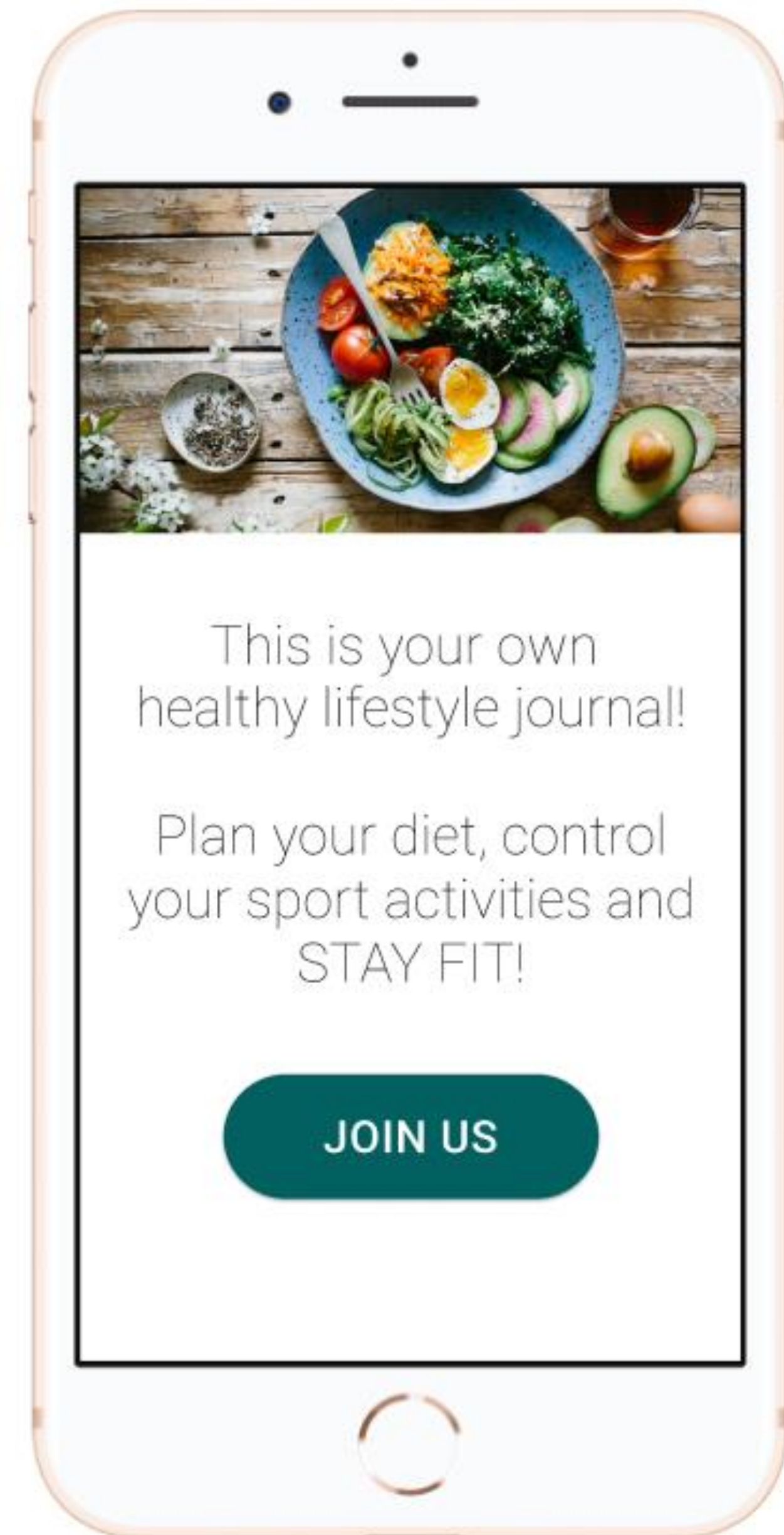


# Solution & Impact Overview

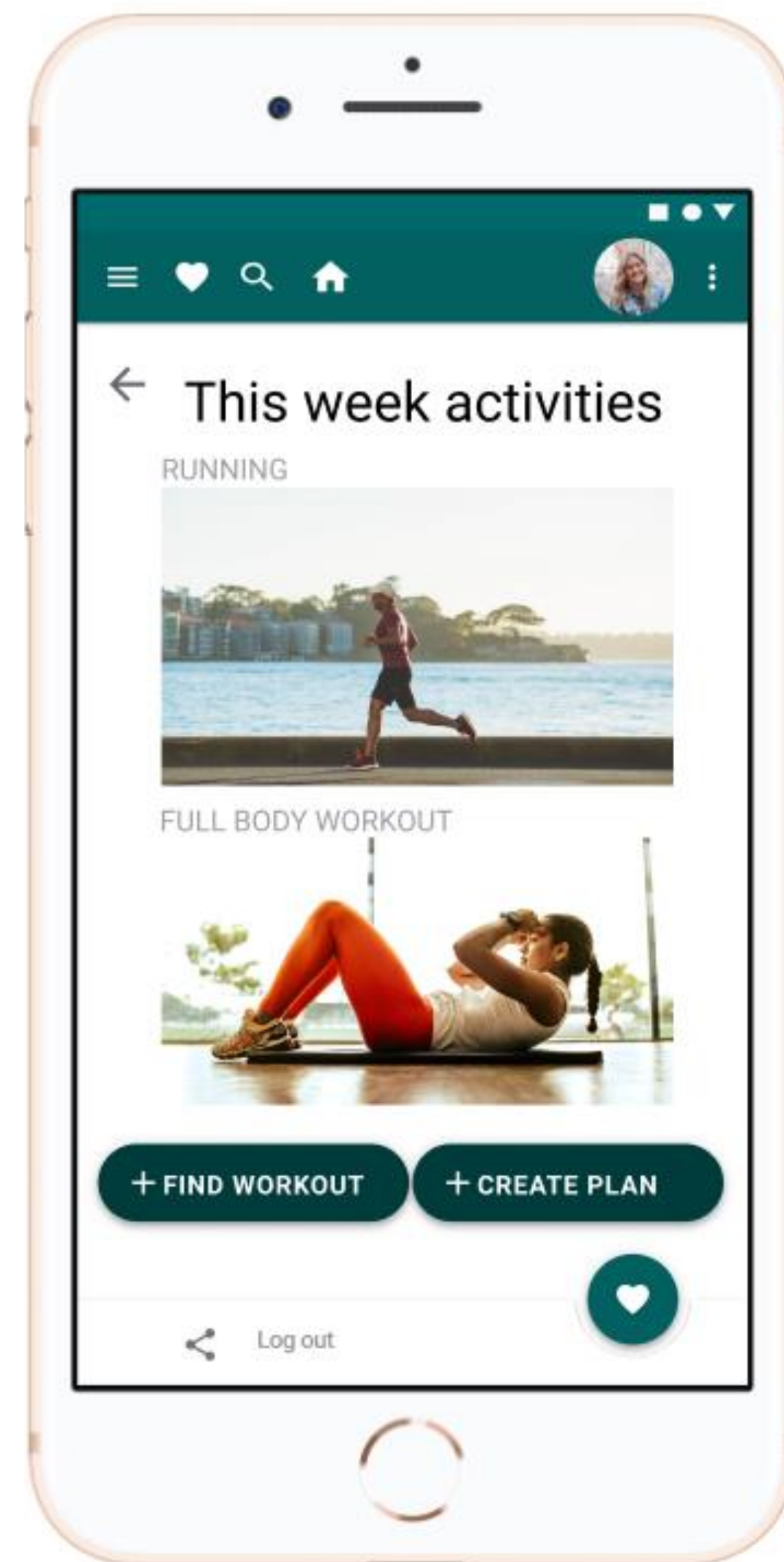
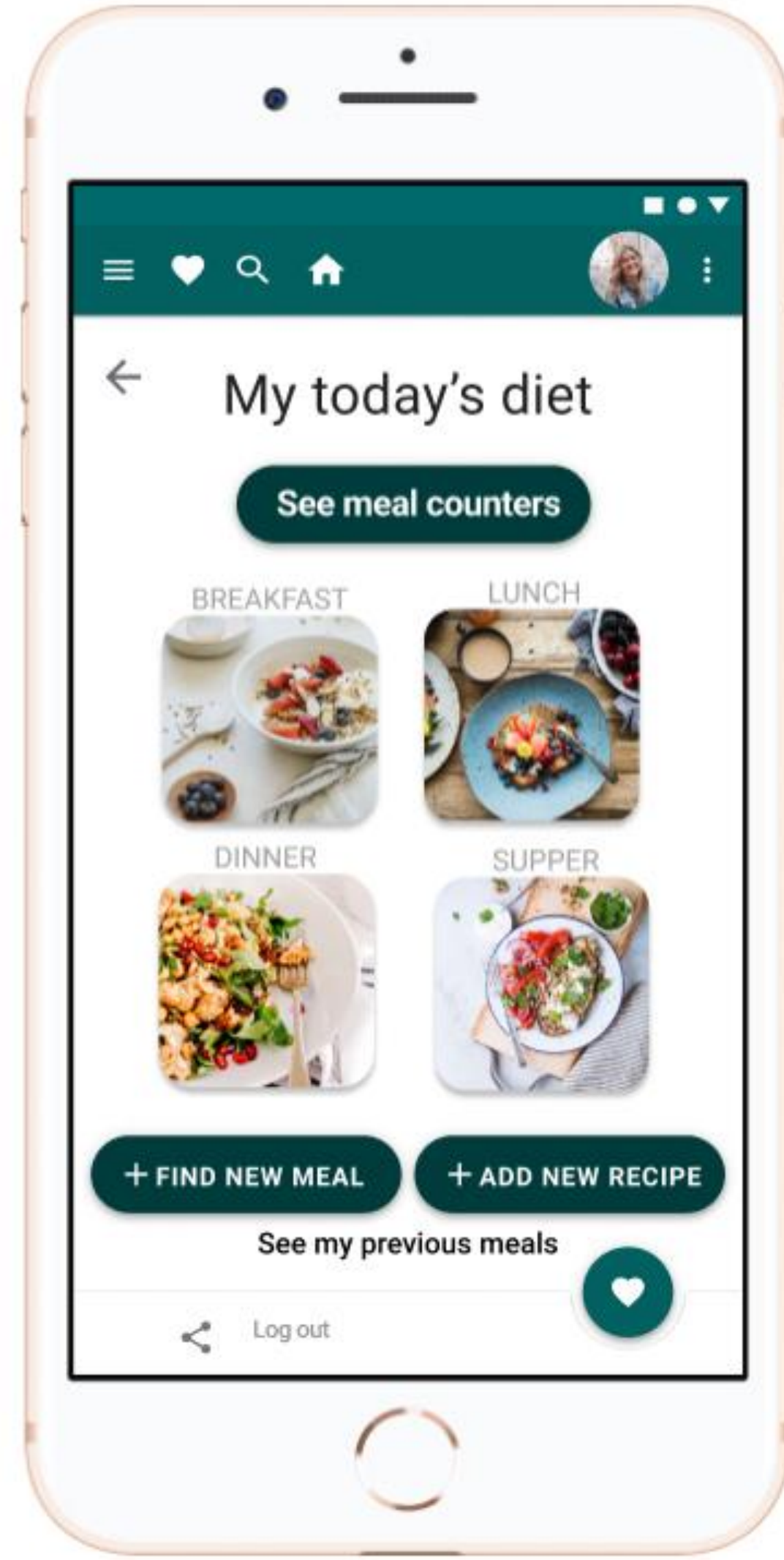
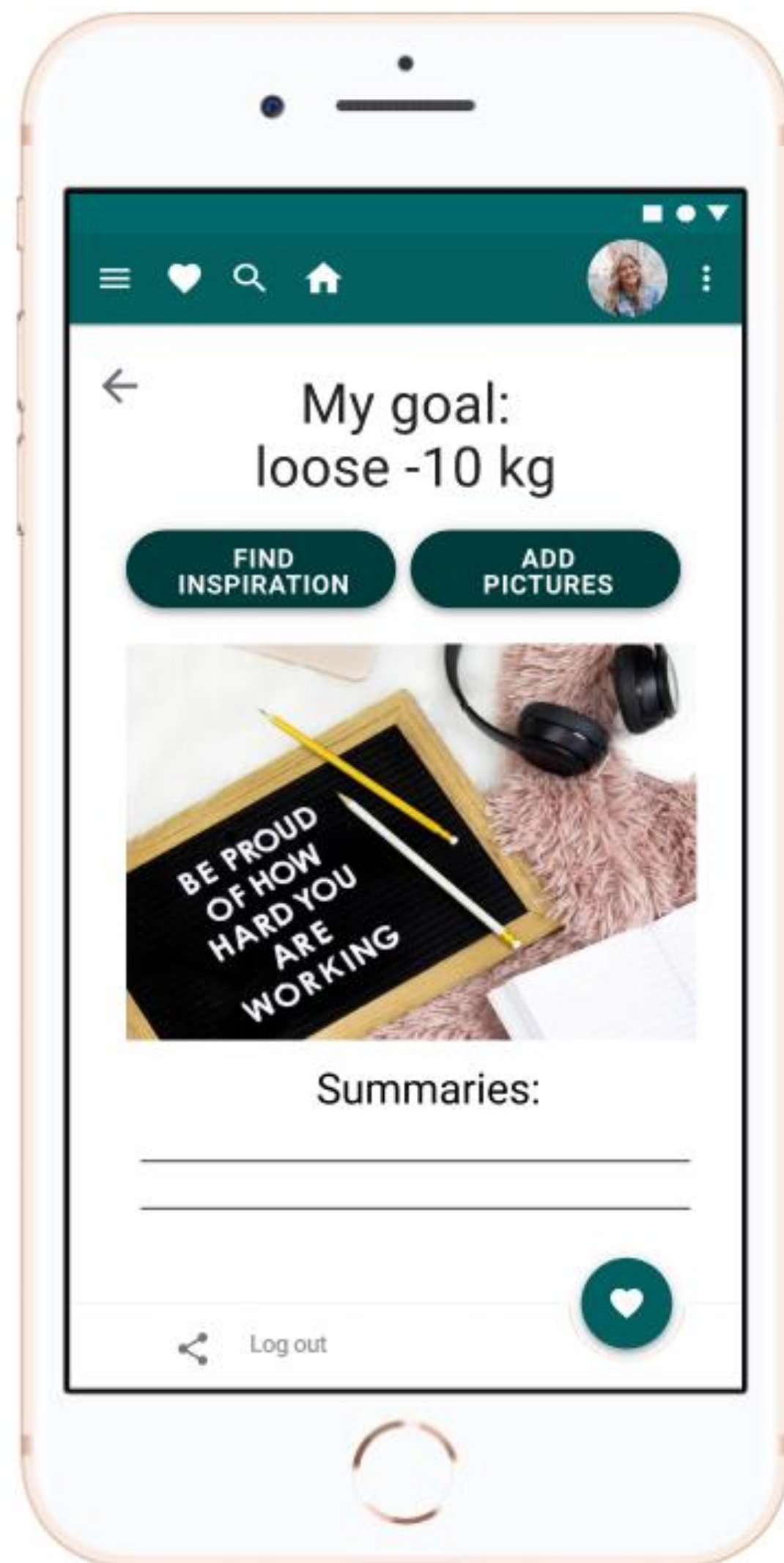
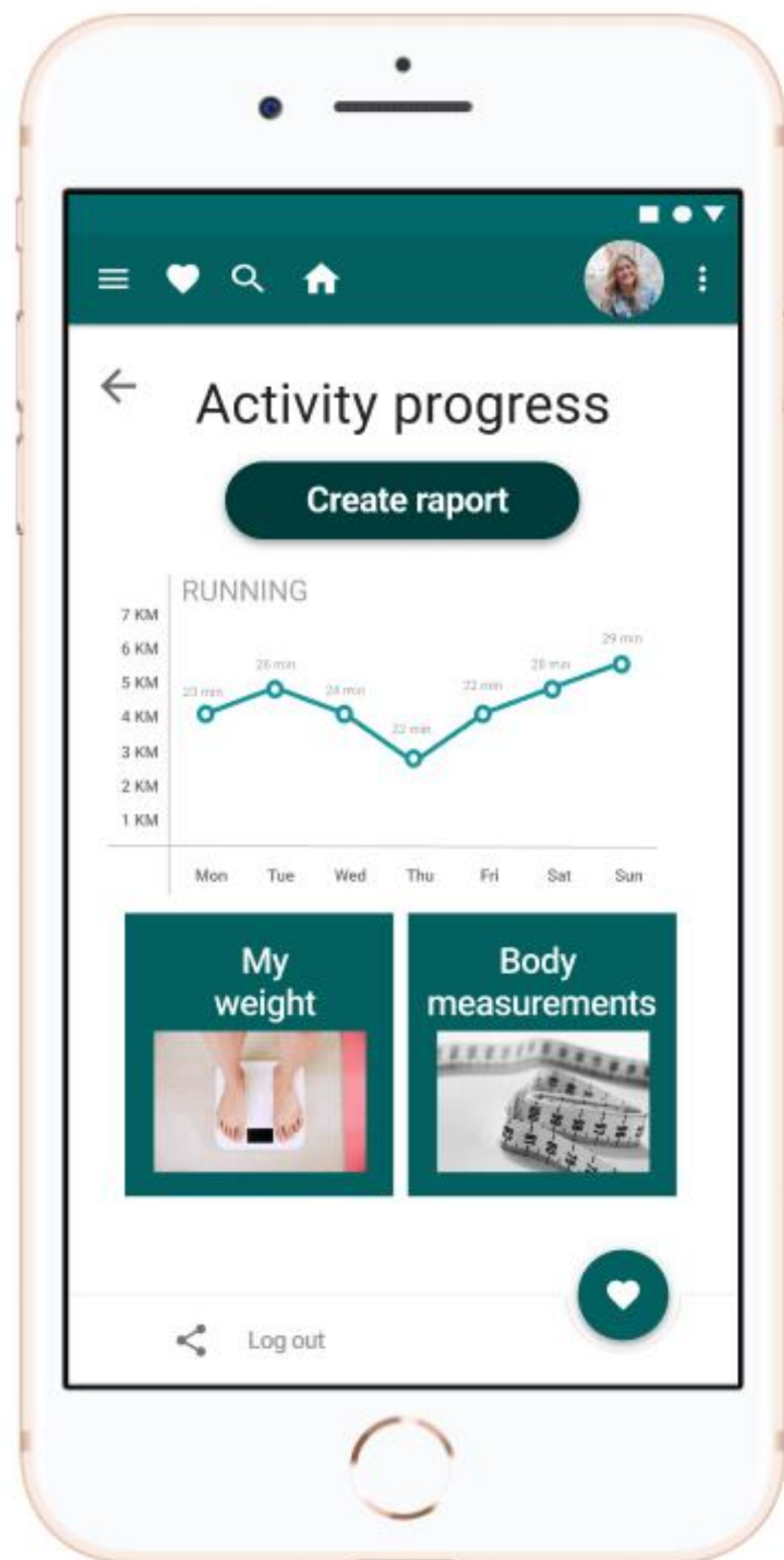
The final app contains 4 main modules – shown on the next page.

Here you can find clickable prototype:

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









# About Me

I am Małgorzata,  
a Biotechnologist working in Designing.  
I am interested in Graphics, Researches based  
on psycho-socio background as well as  
all new technological solutions  
especially in life sciences.  
I love designing on Figma or Canva.

I made this user-research project due to needs  
of young people who implement healthy habits  
in their life.

