

Health and Wellness Mobile Web App for University Students

App walkthrough

COST 31112



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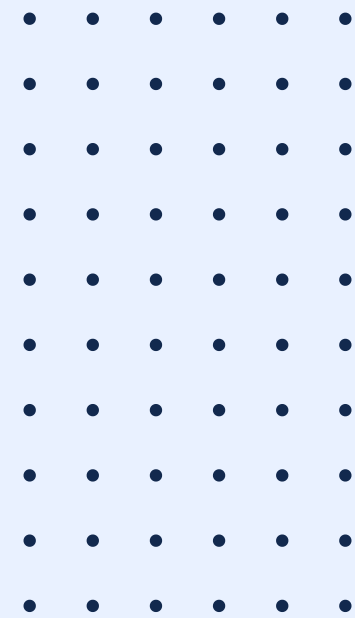


“Fitness Buddy” is a mobile web app designed exclusively for university students, tailored to support their well-being and fitness goals.

About App

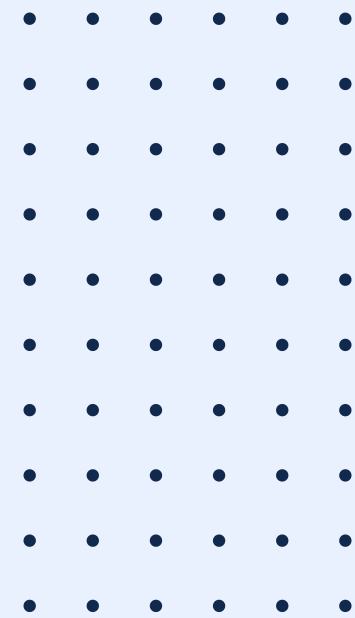
This innovative platform combines the power of technology with the unique needs of the academic environment, offering a holistic approach to health and fitness management.

Objectives



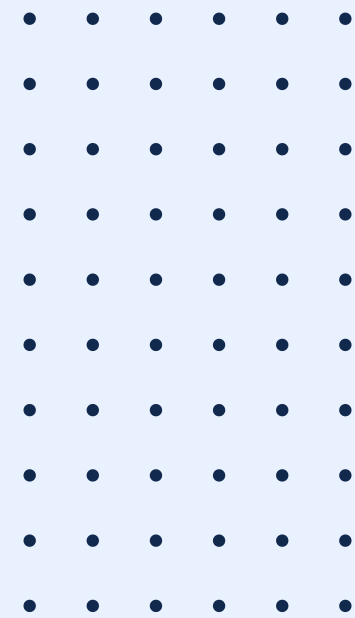
- **1. Promoting Physical Well-being:** Encourage regular exercise, healthy eating, and overall physical wellness among students.
- **2. Convenience:** Provide easy access to fitness routines, nutritional guidance, and health resources that fit the busy schedules of university life.
- **3. Education:** Offer informative content about nutrition, exercise and the importance of a balanced lifestyle.
- **4. Goal Setting:** Help students set achievable health and fitness goals and track their progress.

Objectives



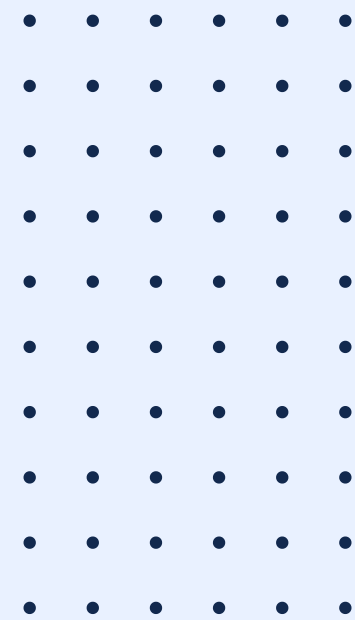
- **5. Community Building:** Foster a supportive online community where students can share experiences, challenges, and successes.
- **6. Customization:** Tailor fitness plans and dietary recommendations to individual needs and fitness levels.
- **7. Tracking and Monitoring:** Allow users to log their workouts and meals to monitor their overall well-being.
- **8. Integration:** Seamlessly integrate with wearable fitness devices and apps for real-time data tracking.

Objectives



- **9. Accessibility:** Ensure the app is accessible to all students, regardless of their fitness levels or physical abilities.
- **10. Feedback and Accountability:** Provide regular feedback and reminders to help students stay on track with their health and fitness goals.
- **11. Research and Trends:** Stay updated with the latest health and fitness trends and incorporate evidence-based practices into the app.
- **12. Data Privacy:** Prioritize user data privacy and security in accordance with relevant regulations.

Objectives



- **13. Collaboration:** Partner with university health services and fitness facilities to offer additional resources and support.
- **14. Feedback Loop:** Create a system for users to provide feedback, suggest improvements, and help shape the app's ongoing development.
- **15. Incentives:** Offer rewards or incentives for achieving health and fitness milestones.
- **16. Continuous Improvement:** Regularly update and enhance the app based on user feedback and evolving health and fitness trends.

Sign In

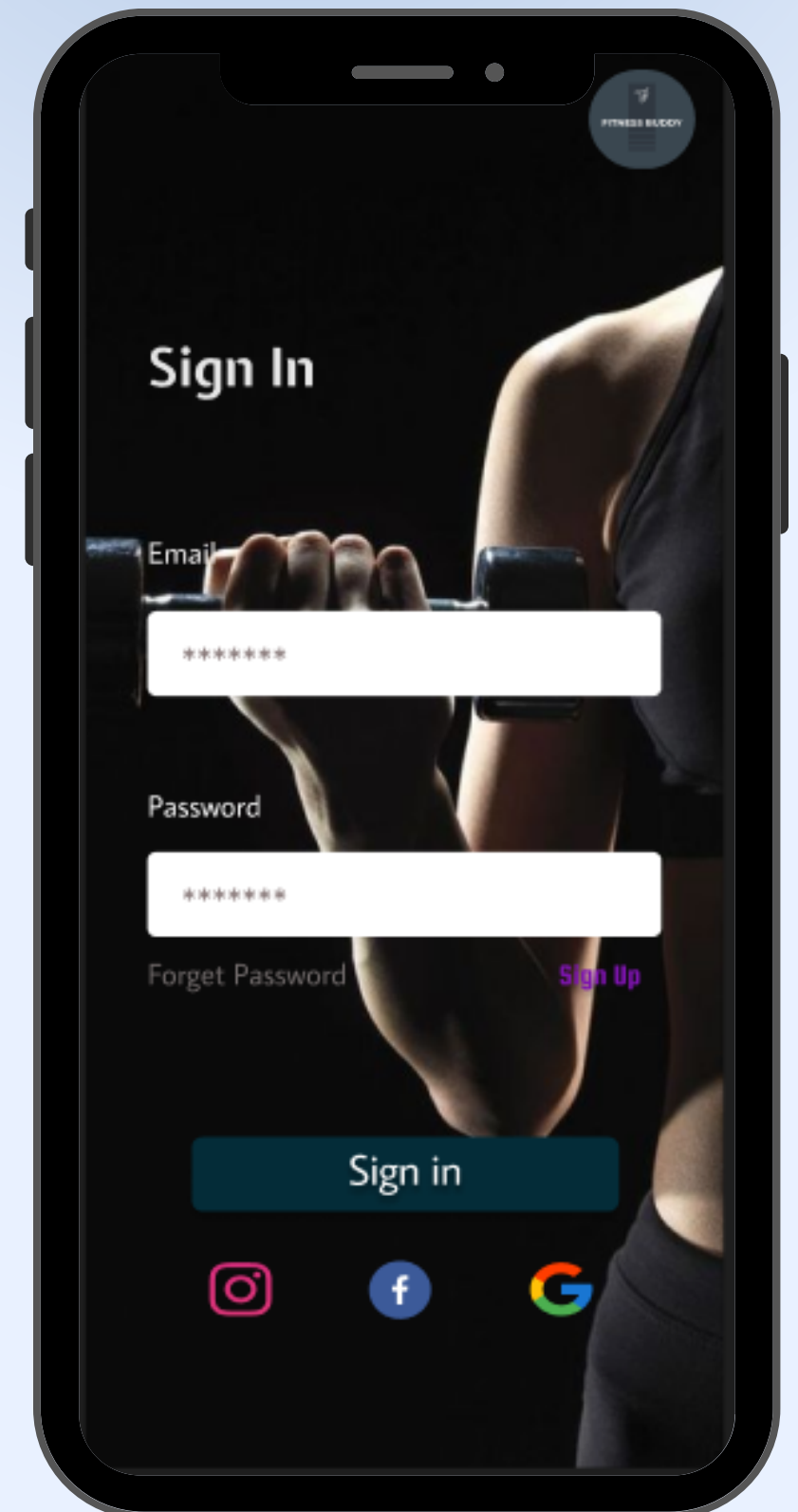
Your Credentials Matter: At the heart of our sign-in page are two essential fields: your email and password. These are your keys to unlock a world of fitness plans, nutritional guidance, and social connections with fellow students. Enter your registered email and password with confidence.

Forgot Your Password? No Problem: Life can get busy, and passwords can slip our minds. If that happens, don't worry. Just click on the "Forgot Password", and we'll guide you through the process of resetting it. Your account security is important to us.

New to UniFitTrack? Join Us: If you're new here and haven't created a Fitness Buddy account yet, it's easy to get started. Just click the "Sign Up", and we'll walk you through the registration process step by step. You'll be part of our health-conscious community in no time.

Your Journey Begins: Once you sign in, you'll gain access to a world of fitness plans, academic integration, nutrition tips, and a supportive social community—all designed with university students like you in mind. Your well-being and fitness journey is just a sign-in away. Let's take those first steps together!

You can access the Today Page by clicking “Sign In”.



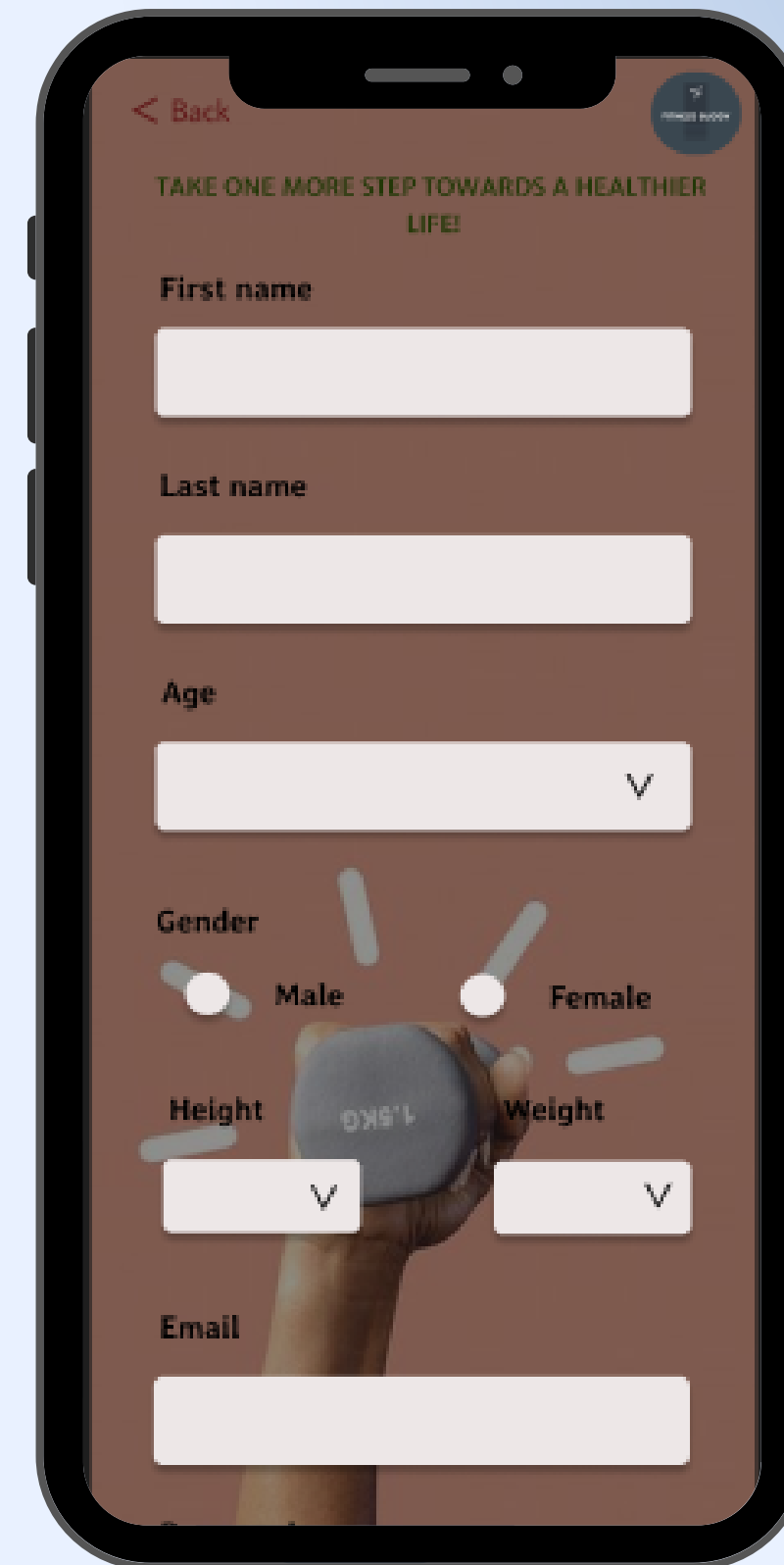
Sign Up

Our sign-up process is designed to make joining our community quick and easy. Here's how to get started:

1. Personal Information: Begin by providing us with some basic personal information. We'll need your full name, email address, and a secure password etc. Your privacy is our priority, and your data is safeguarded.

2. Sign Up: Once you've filled in your details and agreed to our terms, hit the "Sign Up" button. Congratulations, you're now part of the Fitness Buddy community!

By clicking “Sign Up” button you can Sign up to Fitness Buddy Successfully!

A mobile app interface for the first step of sign-up. At the top, there is a red '< Back' button and a small circular profile icon. Below is a green header with the text 'TAKE ONE MORE STEP TOWARDS A HEALTHIER LIFE!'. The form fields are: 'First name' (text input), 'Last name' (text input), 'Age' (text input with a dropdown arrow), 'Gender' (radio buttons for 'Male' and 'Female'), 'Height' (text input with a dropdown arrow), 'Weight' (text input with a dropdown arrow), and 'Email' (text input).

< Back

TAKE ONE MORE STEP TOWARDS A HEALTHIER LIFE!

First name

Last name

Age

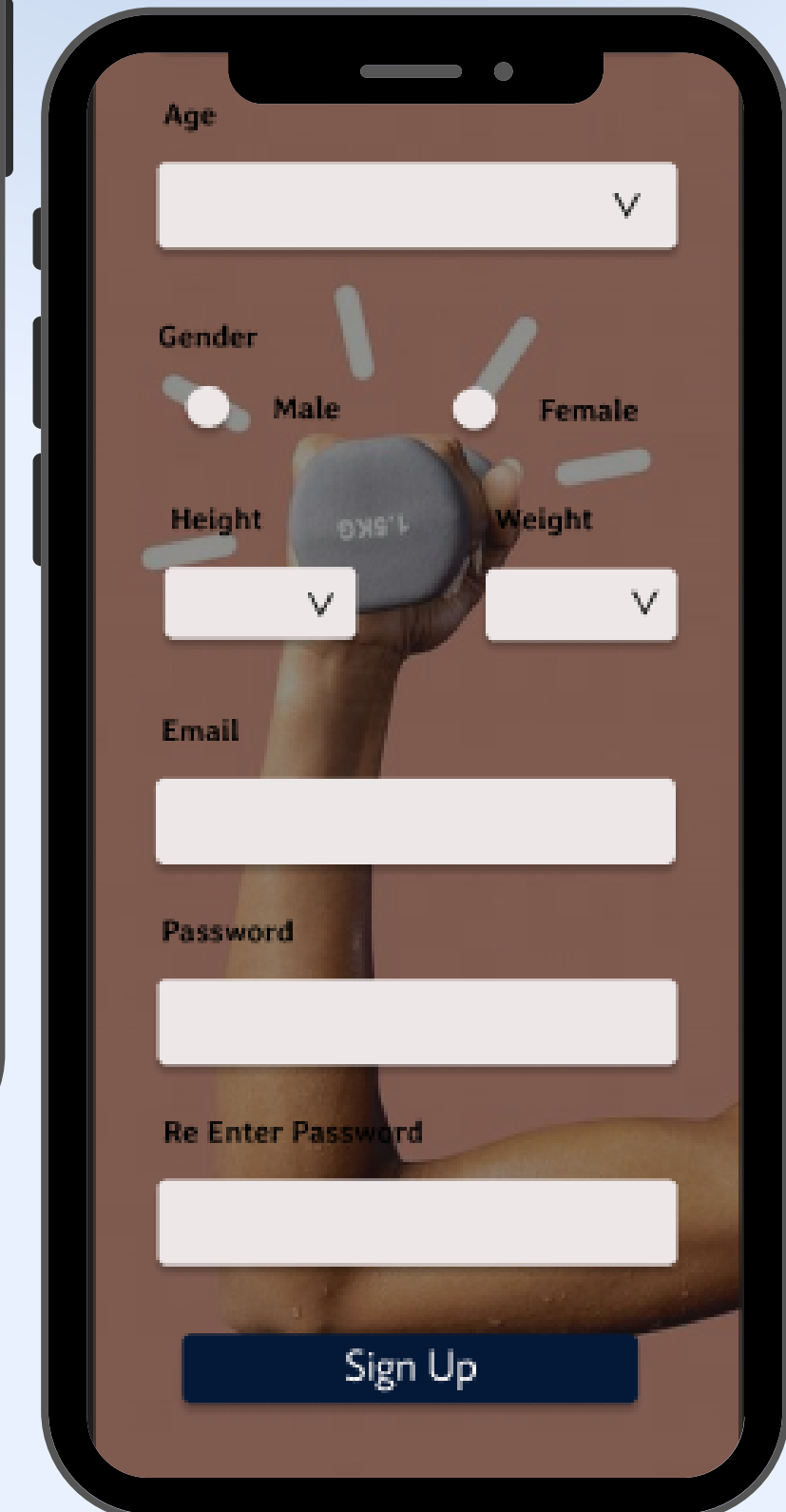
Gender

Male Female

Height

Weight

Email

A mobile app interface for the second step of sign-up. The form fields are: 'Age' (text input with a dropdown arrow), 'Gender' (radio buttons for 'Male' and 'Female'), 'Height' (text input with a dropdown arrow), 'Weight' (text input with a dropdown arrow), 'Email' (text input), 'Password' (text input), and 'Re Enter Password' (text input). At the bottom is a dark blue 'Sign Up' button.

Age

Gender

Male Female

Height

Weight

Email

Password

Re Enter Password

Sign Up

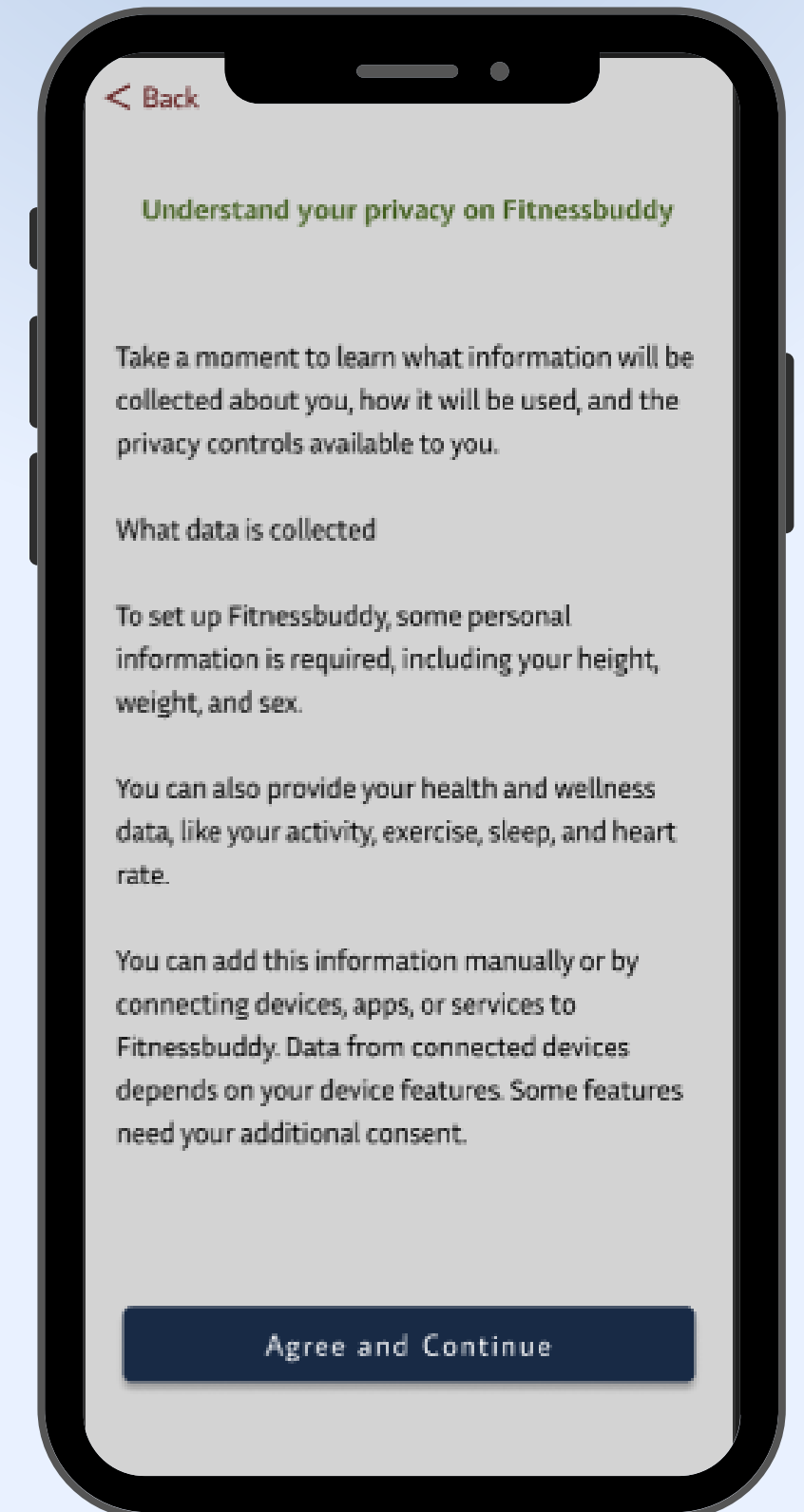
Privacy Policy

At Fitness Buddy, we are committed to safeguarding your privacy and ensuring the security of your personal information. This Privacy Policy is designed to provide you with a clear understanding of how we collect, use, and protect your data. By using our app, you agree to the terms outlined in this policy.

What Information We Collect: We collect essential information during registration, including your name, email address, age, and gender. Additionally, Fitness Buddy tracks health and fitness data such as heart rate, step count, and calorie burn to provide you with a personalized experience.

How We Use Your Information: Your data is used to personalize your fitness experience, improve our services, and communicate important updates with you. We never sell your data to third parties and employ strict security measures to protect it.

*By clicking on “Agree and Continue“, you can complete the sign up process.
The back button redirects you again to the Sign In page.*

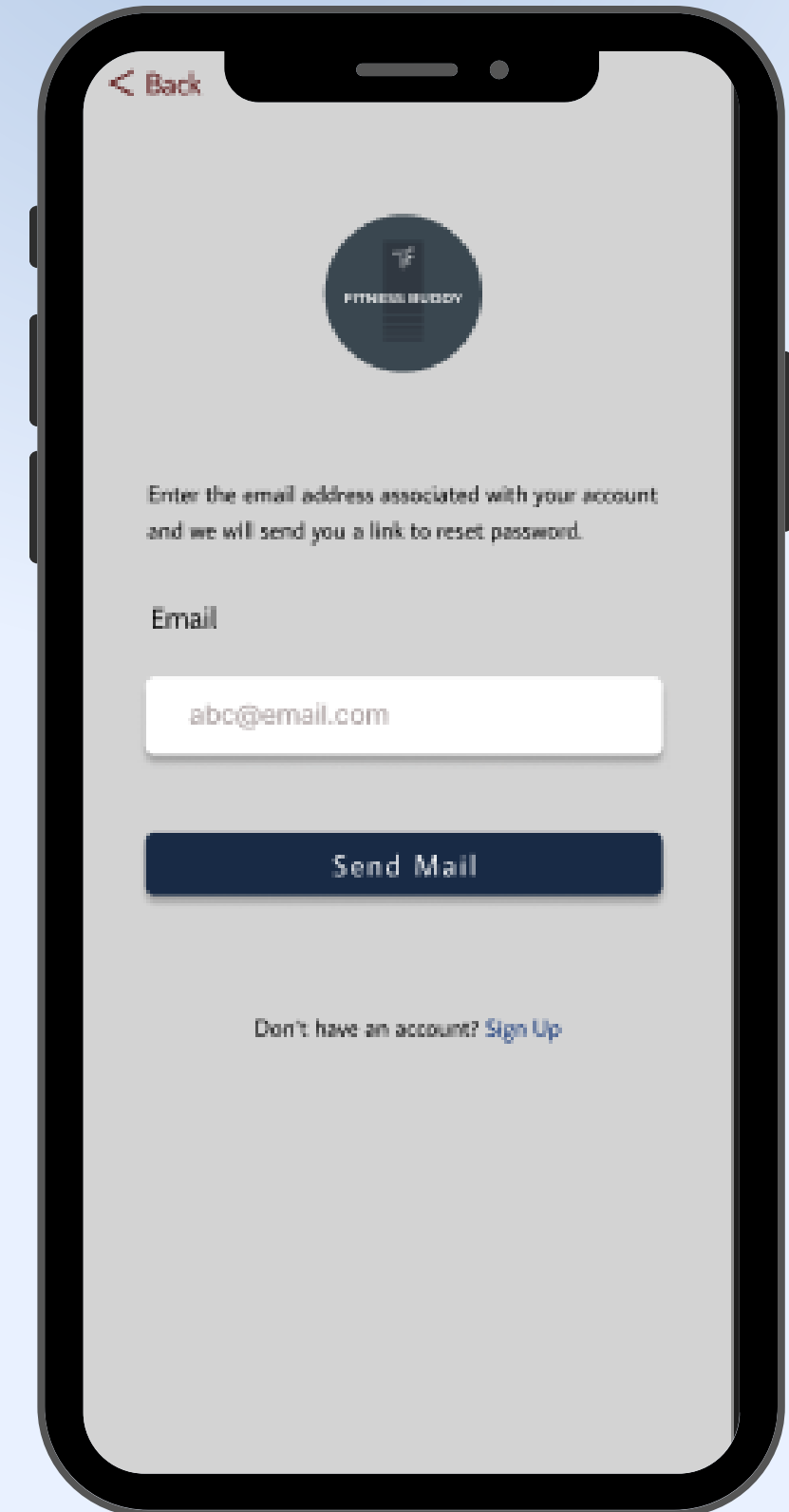


Forget Password

Losing your password happens to the best of us, but fear not! If you've forgotten your password, here's how to recover it:

- 1. On the Sign-In Page:** Start by navigating to the Fitness Buddy sign-in page.
- 2. "Forgot Password" Link:** Just below the password field, you'll find a "Forgot Password" link. Click on it.
- 3. Email Address:** You'll be prompted to enter the email address associated with your Fitness Buddy account. Make sure to enter the correct email you used during registration.
- 4. Reset Link:** After entering your email, click the "Reset Password" button. We'll then send you an email with a link to reset your password securely. Open your email inbox and look for the message from Fitness Buddy. This email will contain a link to reset your password. Click on it.
- 5. Reset Your Password:** Follow the instructions in the email to create a new, secure password for your account. Make sure to choose a strong password to enhance your account's security.
- 6. Sign In:** Once you've successfully reset your password, return to the sign-in page and use your new password to access your account.

The “back” button will direct you to the “Sign In” page and “Sign up” will direct you to the “Sign Up” page.



Today

Fitness Buddy Home Page is your central hub for monitoring and managing your daily health and fitness progress. Here's what you'll find on this dynamic dashboard:

1. Heart Rate Monitoring:

- Your current heart rate is prominently displayed, providing real-time insights into your cardiovascular health.
- You can track trends over time and set heart rate goals to improve your fitness level.

2. Calorie Tracking:

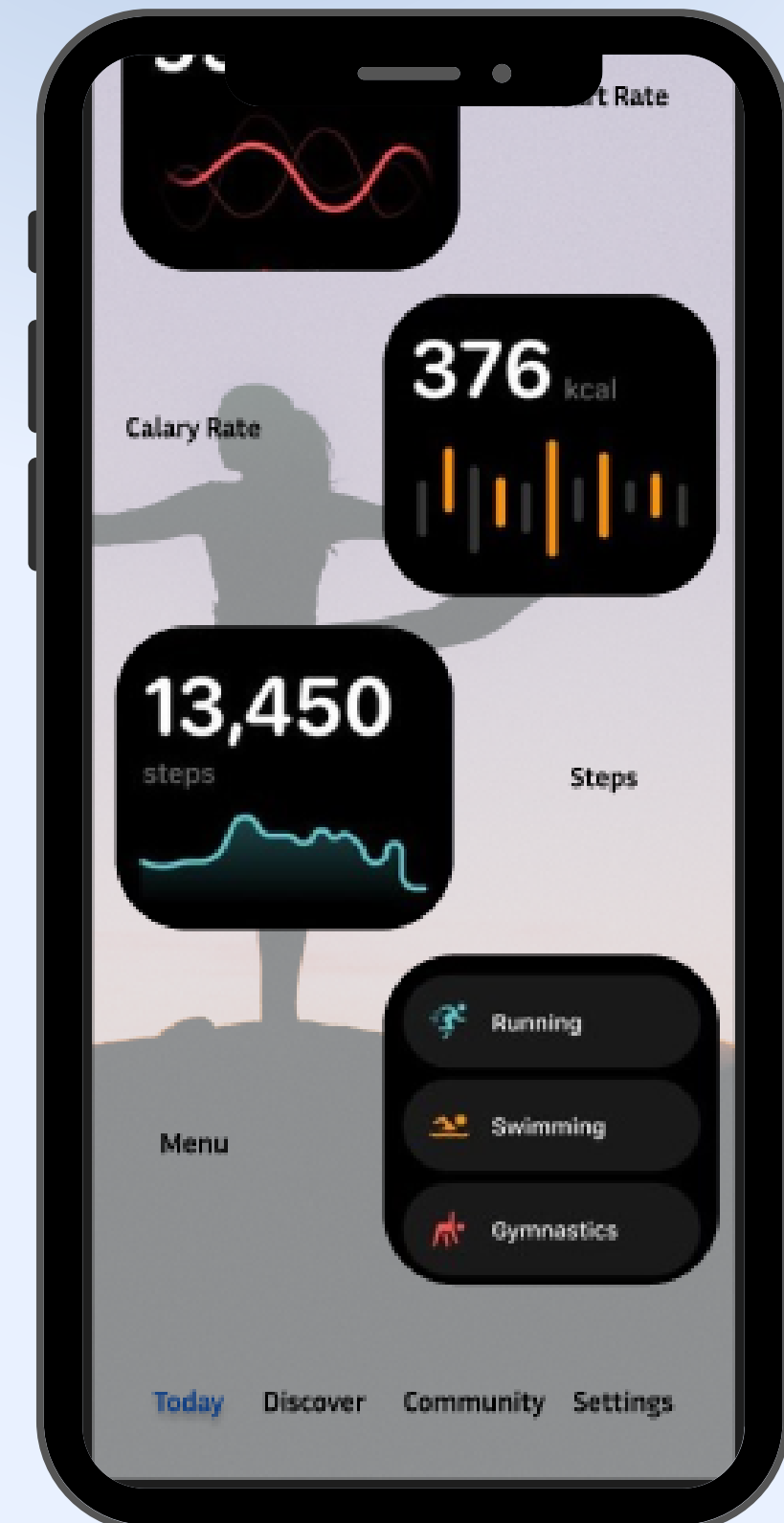
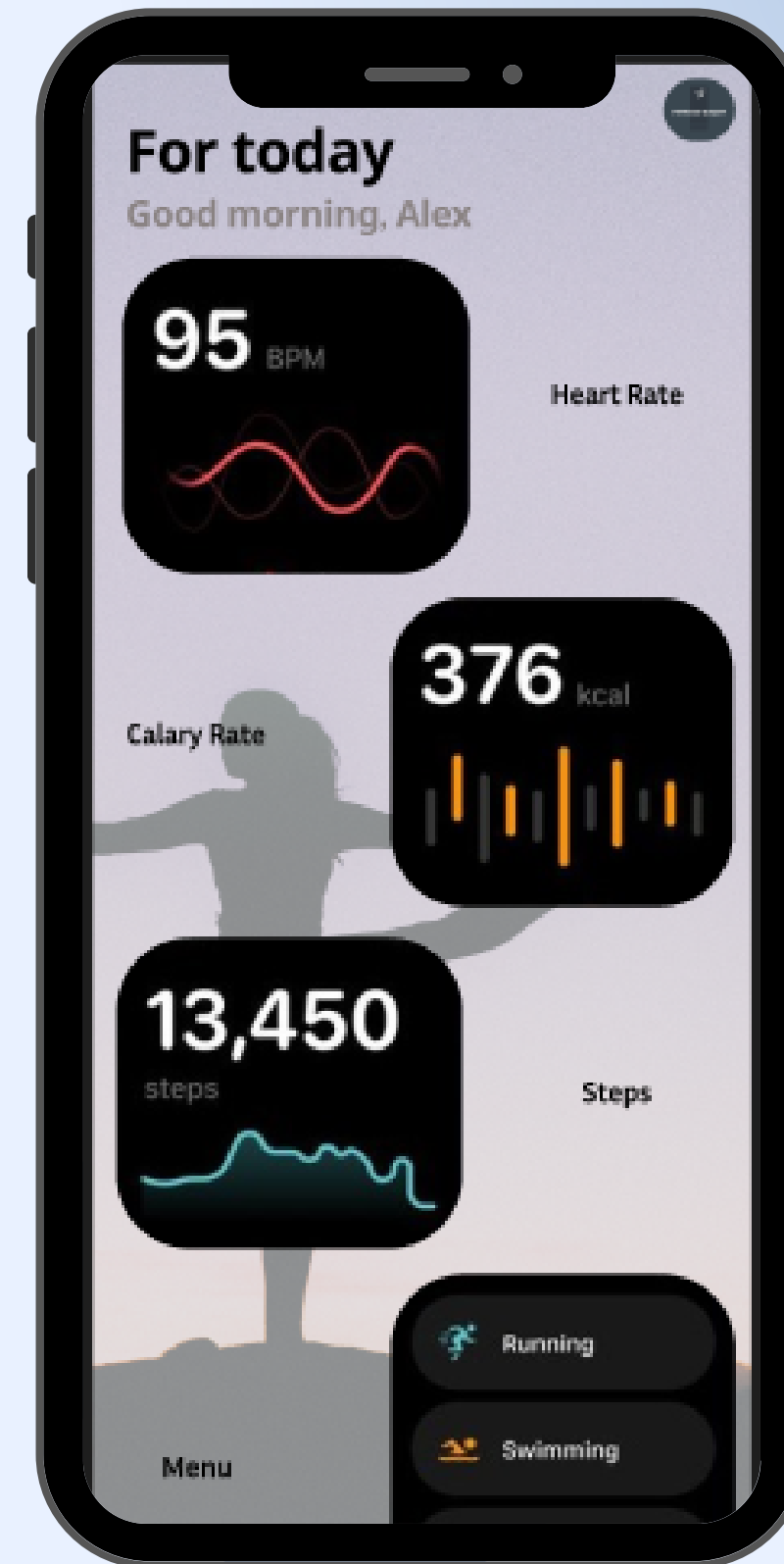
- Monitor the number of calories burned throughout the day, helping you maintain a balanced diet and manage your weight.
- Set calorie targets and receive notifications to stay on track.

3. Daily Steps:

- Keep count of your daily steps, encouraging an active lifestyle.
- Set step goals to challenge yourself and stay motivated.

4. Wireless Device Integration:

- UniFitTrack seamlessly connects with your wireless fitness device, ensuring accurate and automatic data synchronization.
- Your heart rate, calorie burn, and step count are effortlessly recorded and displayed for your convenience.



Discover

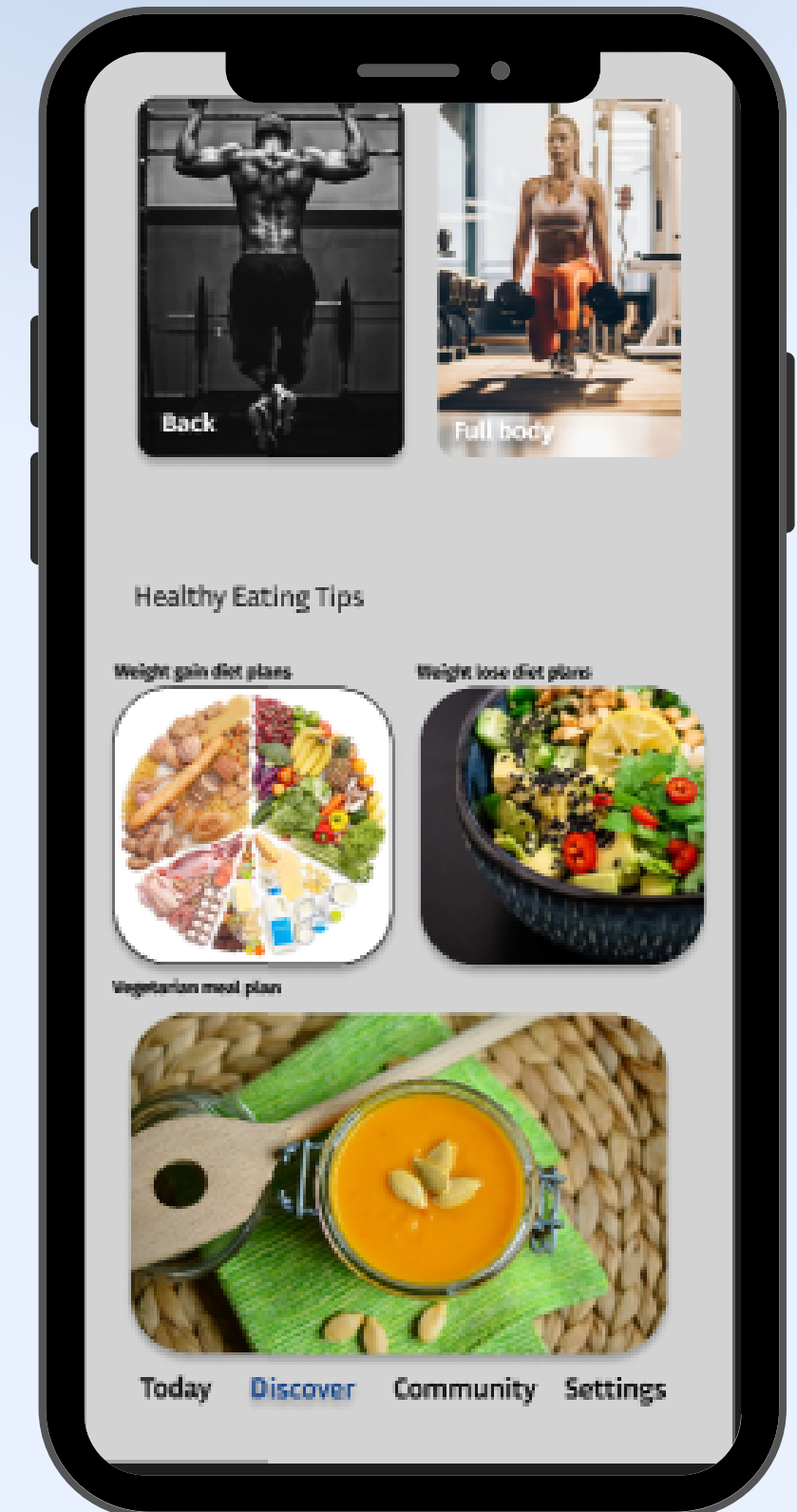
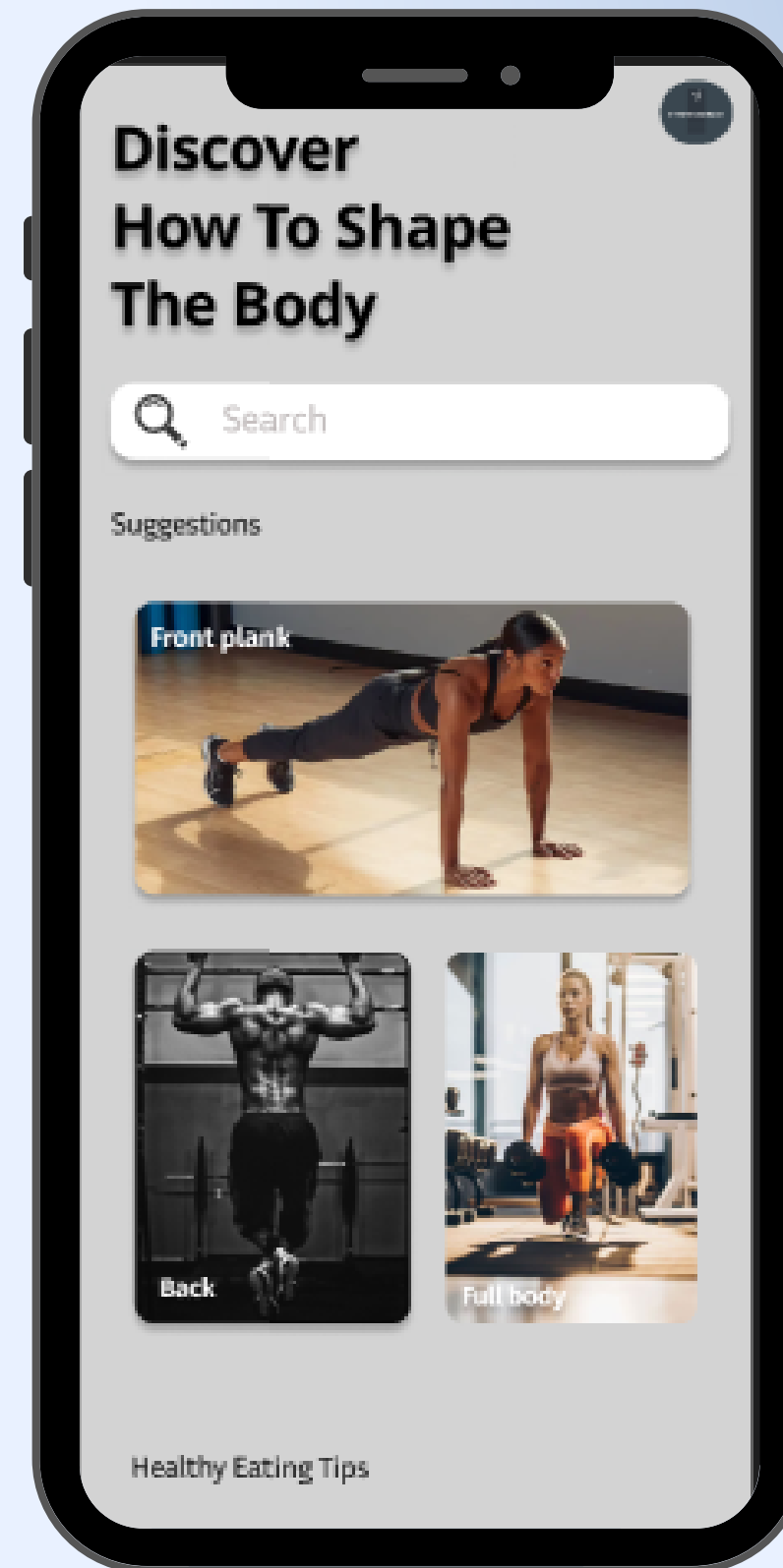
Your journey to a healthier and more vibrant you begins right here on the Fitness Buddy Discover Page. This is your go-to destination for a treasure trove of health and fitness insights, tailored specifically for new users like you.

Explore Healthy Food Tips: On this page, you'll discover a wealth of knowledge about nutrition, meal planning, and healthy eating habits. We provide tips on balanced diets, delicious recipes, and strategies to make nutritious choices a natural part of your life.

Shape Your Body: Everyone's fitness goals are unique, and that's why our Discovery Page offers a wide array of exercises and workouts designed to target different body parts. Whether you're aiming to sculpt your core, tone your legs, or build strength in your upper body, we've got you covered. Our exercise library includes step-by-step guides and video demonstrations to ensure you're performing each exercise with proper form.

Stay Informed and Inspired: We understand that starting a fitness journey can be both exciting and overwhelming. That's why we provide articles and videos to keep you informed and motivated.

You can access the “Discover” page from the below navigation bar.



Community

Your health and fitness journey isn't a solitary endeavor – it's a shared experience. That's why we've created the Fitness Buddy Community Page, a vibrant hub where you can connect with like-minded individuals, find support, and share your successes.

Connect with Fellow Members: On the Community Page, you'll discover a diverse group of Fitness Buddy members, all united by their commitment to better health. Connect with others and build valuable friendships.

Share Your Progress: Celebrate your victories, big or small, with the community. Share your progress and let others cheer you on. Together, we celebrate your achievements and support you during setbacks.

Ask Questions and Seek Advice: Have a question about nutrition, workout routines, or any aspect of your fitness journey? The Fitness Buddy Community is here to help. Pose your questions, and you'll receive valuable advice from experienced members and fitness enthusiasts.

You can access the “Community” Page from the below navigation bar. Once you click on your profile picture, you will be directed to “Profile” Page.

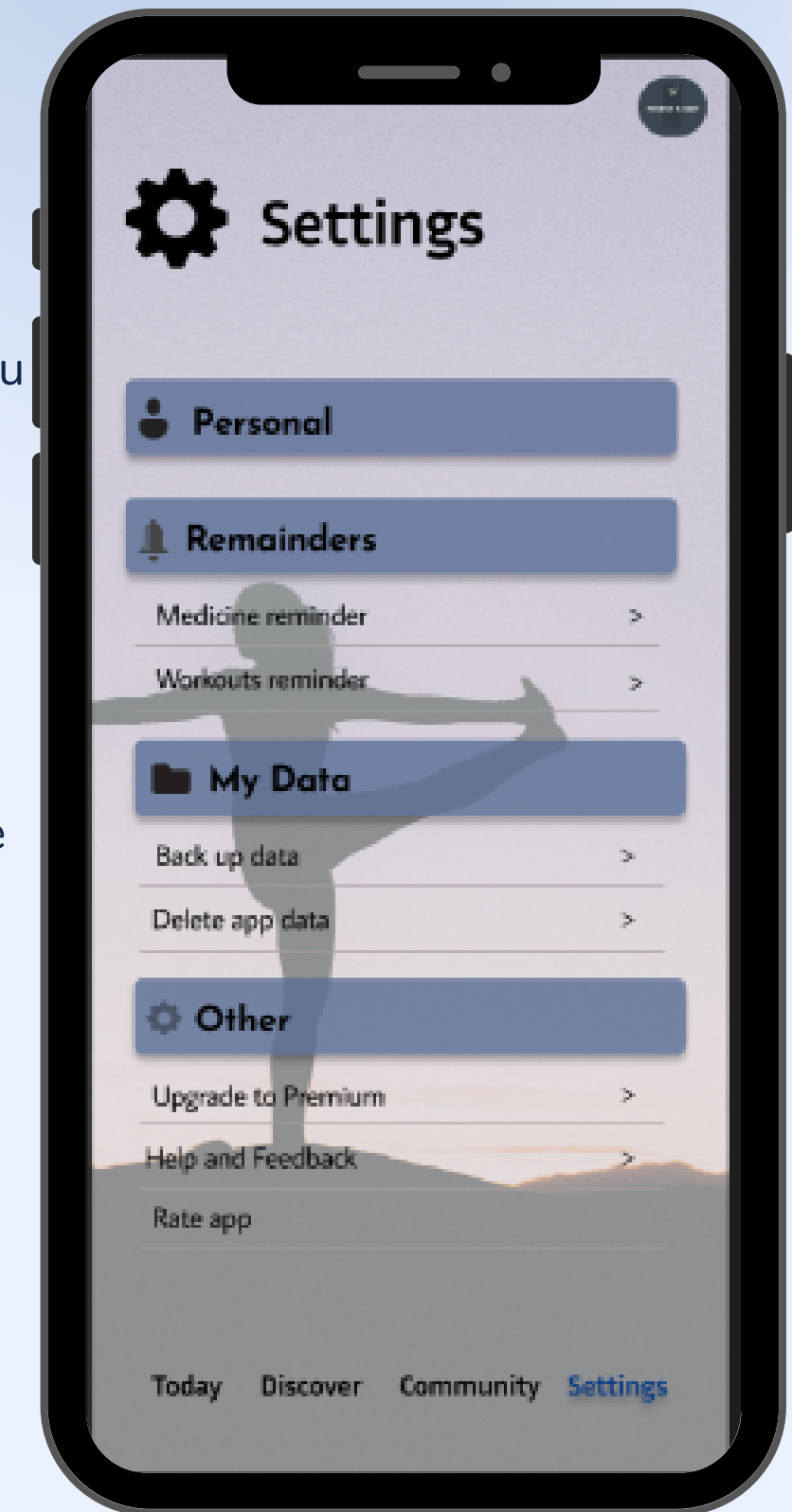


Settings

Your Fitness Buddy Settings Page is where you can customize your app experience to best suit your health and fitness journey. Here's what you can do in this hub of personalization:

- 1. Personal Settings:** Customize your profile, update personal information, and manage your preferences.
- 2. Medicine Reminder:** Stay on top of your health with our medicine reminder feature. Set up reminders for medications or supplements, ensuring you never miss a dose.
- 3. Workout Reminders:** Never skip a workout again. Configure workout reminders that keep you motivated and on track with your fitness routine.
- 4. Back Up Data:** Protect your progress. Safeguard your fitness data by backing it up securely, so you never lose your hard-earned achievements.
- 5. Delete App Data:** If you ever decide to start fresh, you have the option to delete app data. Please note that this action is irreversible and will remove all your current data.
- 6. Premium Access:** Unlock premium features and gain access to advanced tools that will supercharge your fitness journey. Explore the premium offering to take your Fitness Buddy experience to the next level.
- 7. Help and Feedback:** We're here to assist you. If you have questions, encounter issues, or need assistance, visit the Help and Feedback section to access resources and contact our support team.
- 8. Rate App:** If you love using Fitness Buddy and want to share your experience with others, consider leaving a review. Your feedback helps us continue to improve and inspire more users on their health and fitness journeys.

You can access the Settings from the below navigation bar.



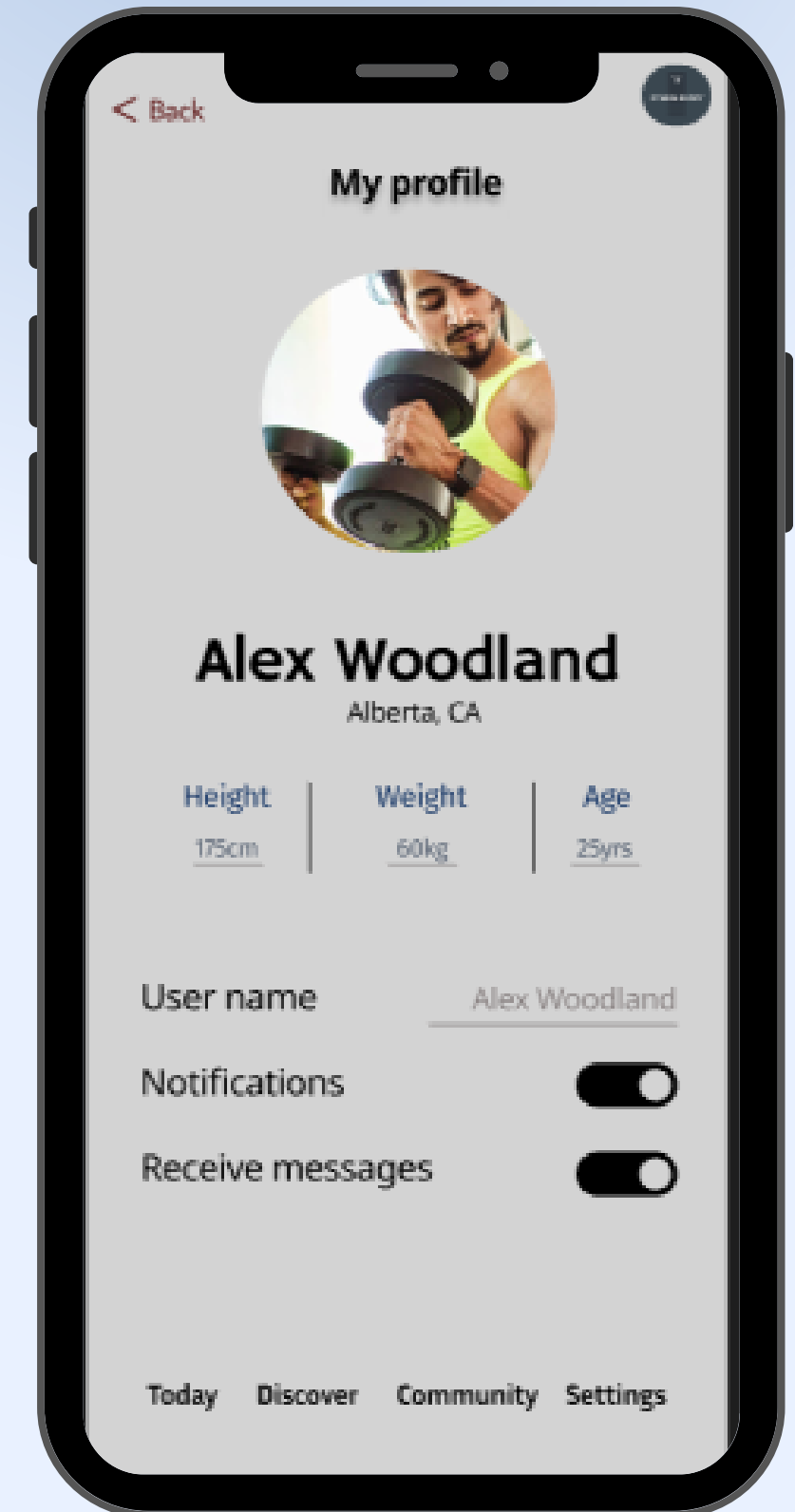
Profile

Your Fitness Buddy Profile Page is where you can effortlessly manage your personal information and app settings, ensuring that your health and fitness journey remains personalized to your needs. Here's what you can do:

- 1. Personal Information:** View and update your personal details such as height, weight, and age. Keeping this information accurate is crucial for tailoring your fitness plans and tracking your progress effectively.
- 2. Notification Settings:** Take control of your app notifications. Easily toggle on or off specific notifications to align with your preferences. Whether it's workout reminders or community updates, you decide what you want to receive.
- 3. Receiving Messages:** Stay connected with your fitness community. Receive messages, updates, and support from fellow users. Engage in conversations that motivate and inspire you on your journey and you can take control of receiving messages as well.

Your Profile Page is your portal to maintaining an up-to-date and personalized Fitness Buddy experience.

The “Personal” section in Settings will direct you to the Profile Page and by clicking “back”, you can go to the Settings Page again.



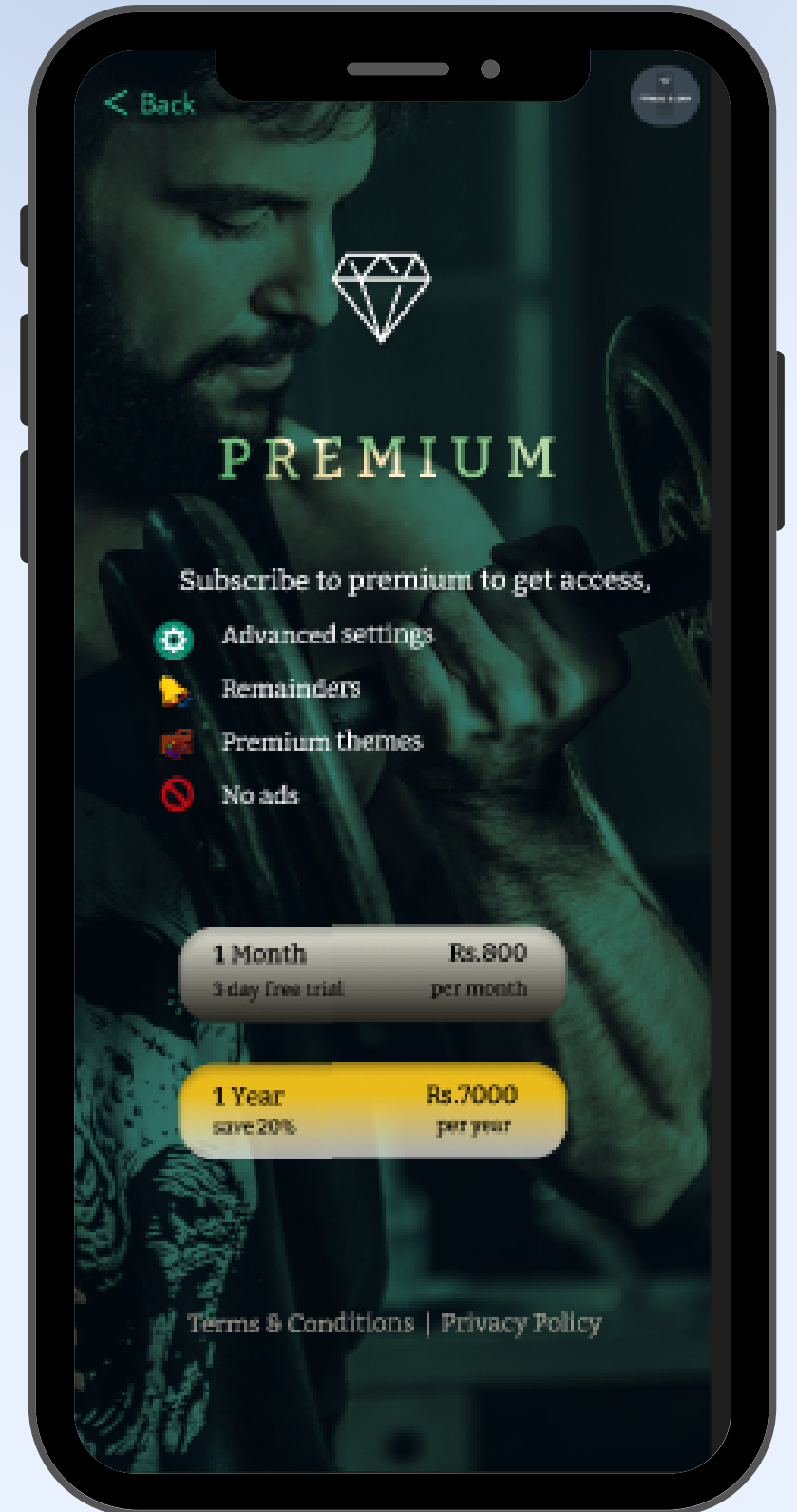
Premium



Upgrade to Fitness Buddy Premium for a truly elevated health and fitness journey. With Premium, you gain access to advanced settings and exclusive features designed to supercharge your experience. Here's what you can expect:

- 1. Advanced Settings:** Take control of your fitness journey like never before. Premium users enjoy access to advanced settings, allowing you to fine-tune your workout routines, nutrition plans, and health metrics to meet your unique goals.
- 2. Custom Reminders:** Never miss a beat with personalized reminders tailored to your schedule and preferences. Set up custom workout and medicine reminders to keep you on track.
- 3. Premium Themes:** Express your individuality with premium themes and personalized color schemes. Choose from a variety of visually stunning options to make your UniFitTrack app uniquely yours.
- 4. Ad-Free Experience:** Say goodbye to interruptions. Premium users enjoy an ad-free environment, allowing you to focus on your health and fitness goals without distractions.
- 5. Exclusive Content:** Unlock a treasure trove of exclusive content, including advanced workout plans, expert nutrition tips, and in-depth health insights to accelerate your progress.
- 6. Priority Support:** Enjoy priority access to our support team for faster assistance and resolution to any questions or issues you may encounter on your journey.

You can access the “Premium” Page from the “Settings” Page And the “Back” Button will direct you to the “Settings” Page again.



Links



Wireframe Link

<https://www.figma.com/file/LG72lqMOXgCb1zBY6yfoUt/HCI?type=whiteboard&node-id=0%3A1&t=PAudQ8kY1k9Z9FiD-1>



Prototype Link

<https://www.figma.com/file/IUTbeyJG0FrTcvDADOYwCG/Untitled?type=design&node-id=0%3A1&mode=design&t=DLYGmn1G5BPG1wqw-1>

TEAM MEMBERS

HS/2019/0541 - N.K.H.M Nanayakkara

HS/2019/0553 - P.M. Thotabaddadurage

HS/2019/0418 - P.V.T.Navodya

HS/2019/1244 - K M S Samarasinghe

HS/2019/0924 - P.G.S.N Ilangathilaka

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