

Version: 1.0.0
Date: September 24, 2018

1. Health Rival

Interactive Design Document

Presented by: Team 2

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Team Member 3's Name	Doanh Pham

2. Revision History:

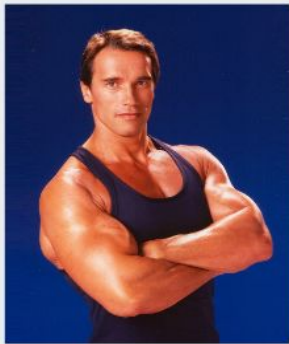
- September 24 - Document Created and Started - v1.0.0
- October 10 - Deliverable 4 - v1.1.0
- October 22 - Deliverable 5 - v1.2.0

3. Conceptual and Intermediate Design

3.1 Sample Persona

Persona 1: Arnold (Experienced Gym Member)

Persona 1: Experienced Gym Member



Attributes

- Is a regular at the gym
- Typically eats at least 4 meals a day
- Eager to try out new workouts
- Enjoys biking over running
- Finds himself to be a bit unorganized

Goals

- Reach higher weight on all exercises
- Stay in shape in cardio
- Eat healthy
- Diet in order to lose fat
- Stay organized
- Go to the gym at least 4 times a week

Example: Arnold

"I want to be stronger and healthier than any point previous in my life."

Background

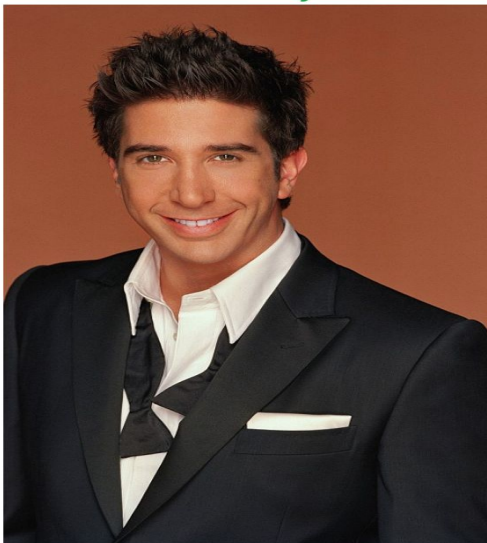
Age: 29

Experience: Adept

Agenda: Focused on going to the gym

Persona 2: David (Casual Gym Member)

Persona 2: Casual Gym member



I

Attributes

- Go to the gym 3-4 times a week
- Want to have a friend to go to the gym with

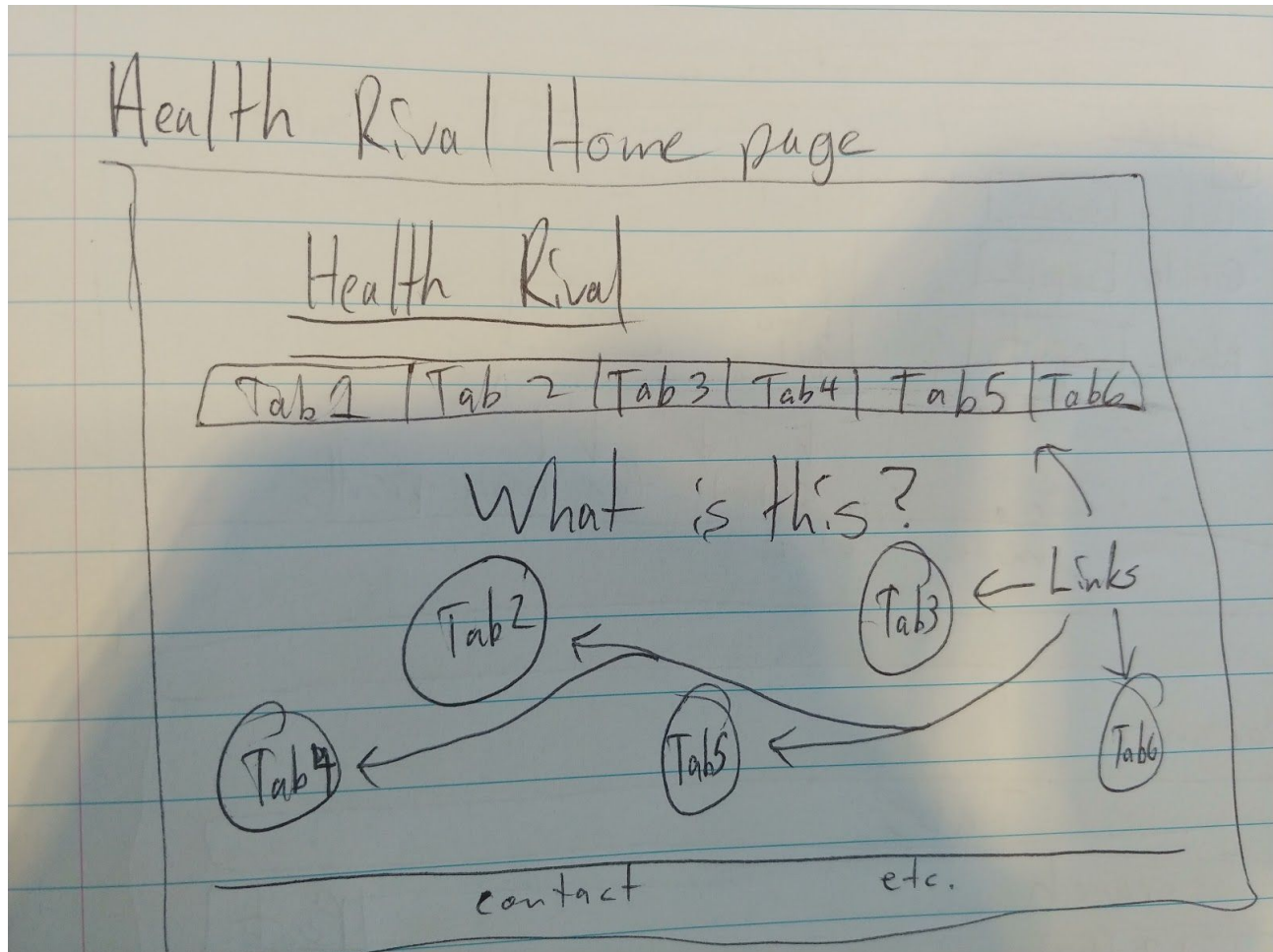
Goals

- Looking an app to keep tracking progress
- Having a schedule planner
- Stay in good shape
- Connect with people who have the same interest

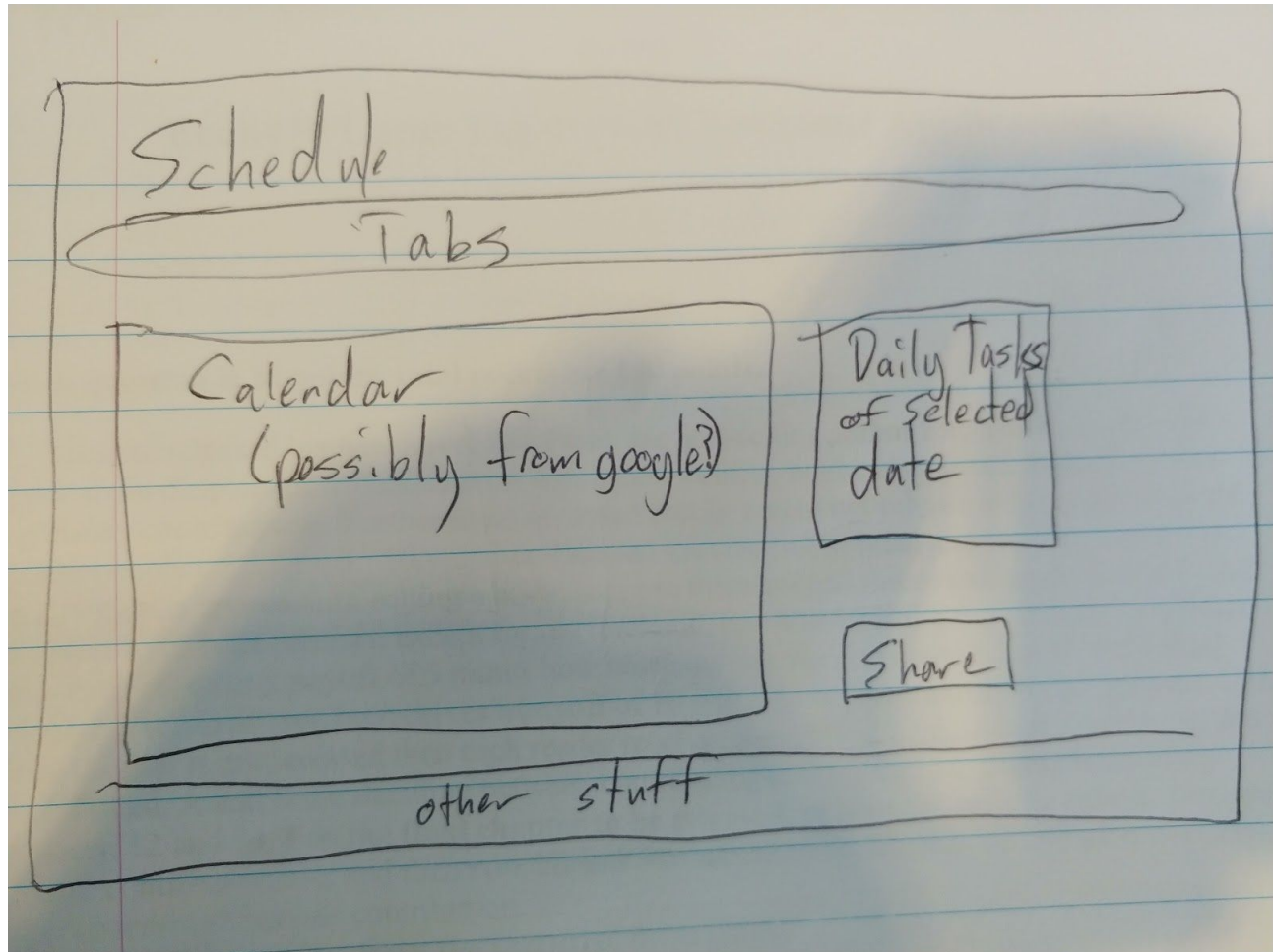
Background

- Age: 35
- Experience: Intermediate

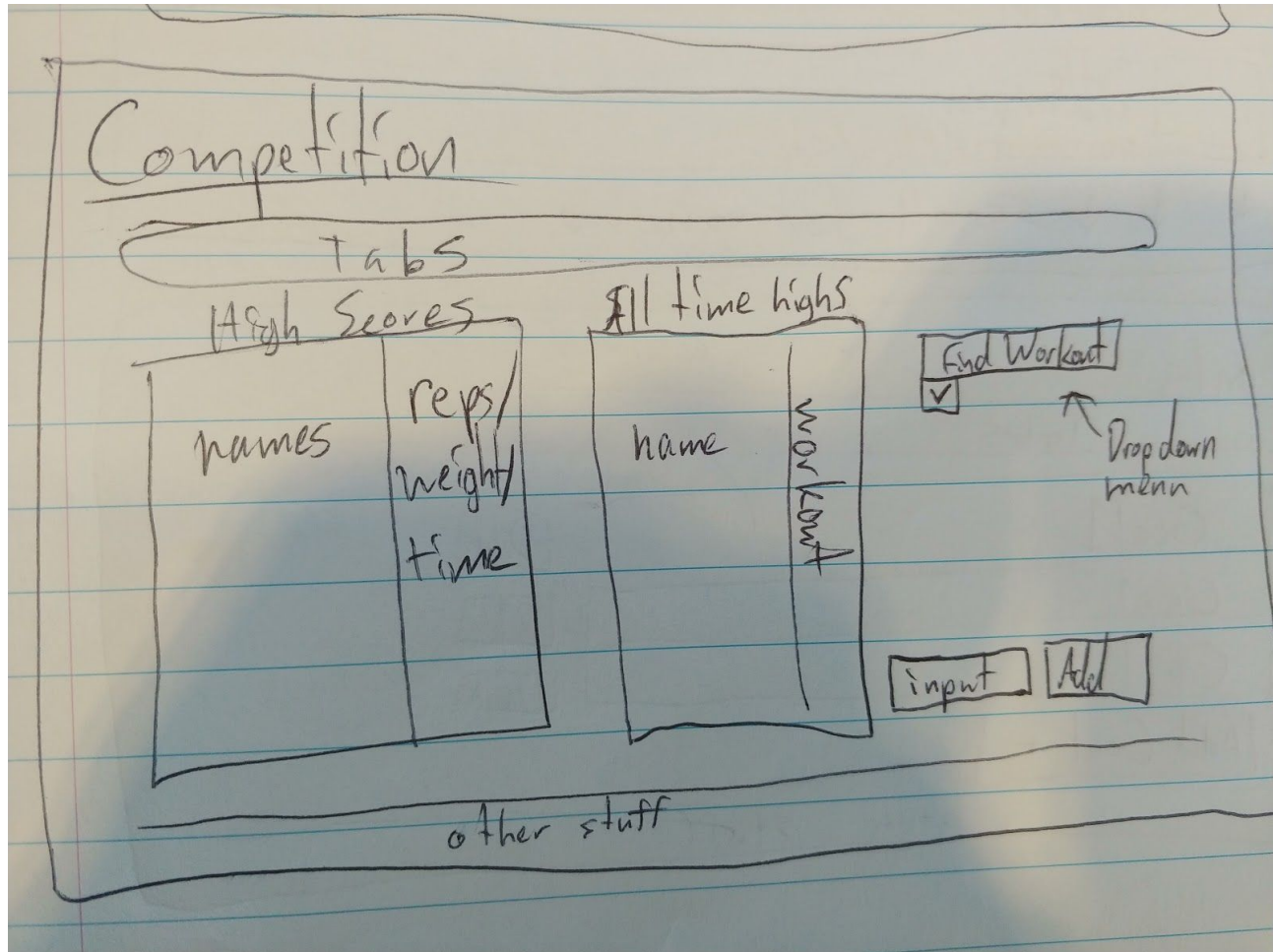
3.2 Ideation and Sketches



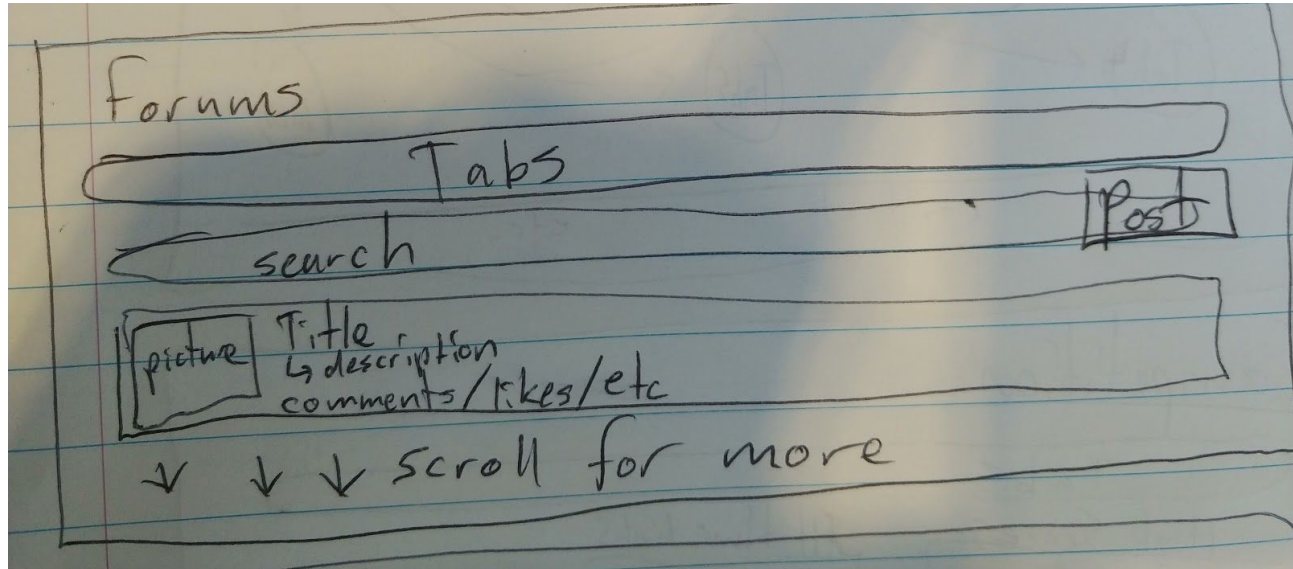
Ideas/Features: Home page to give users information and easy links to each page.



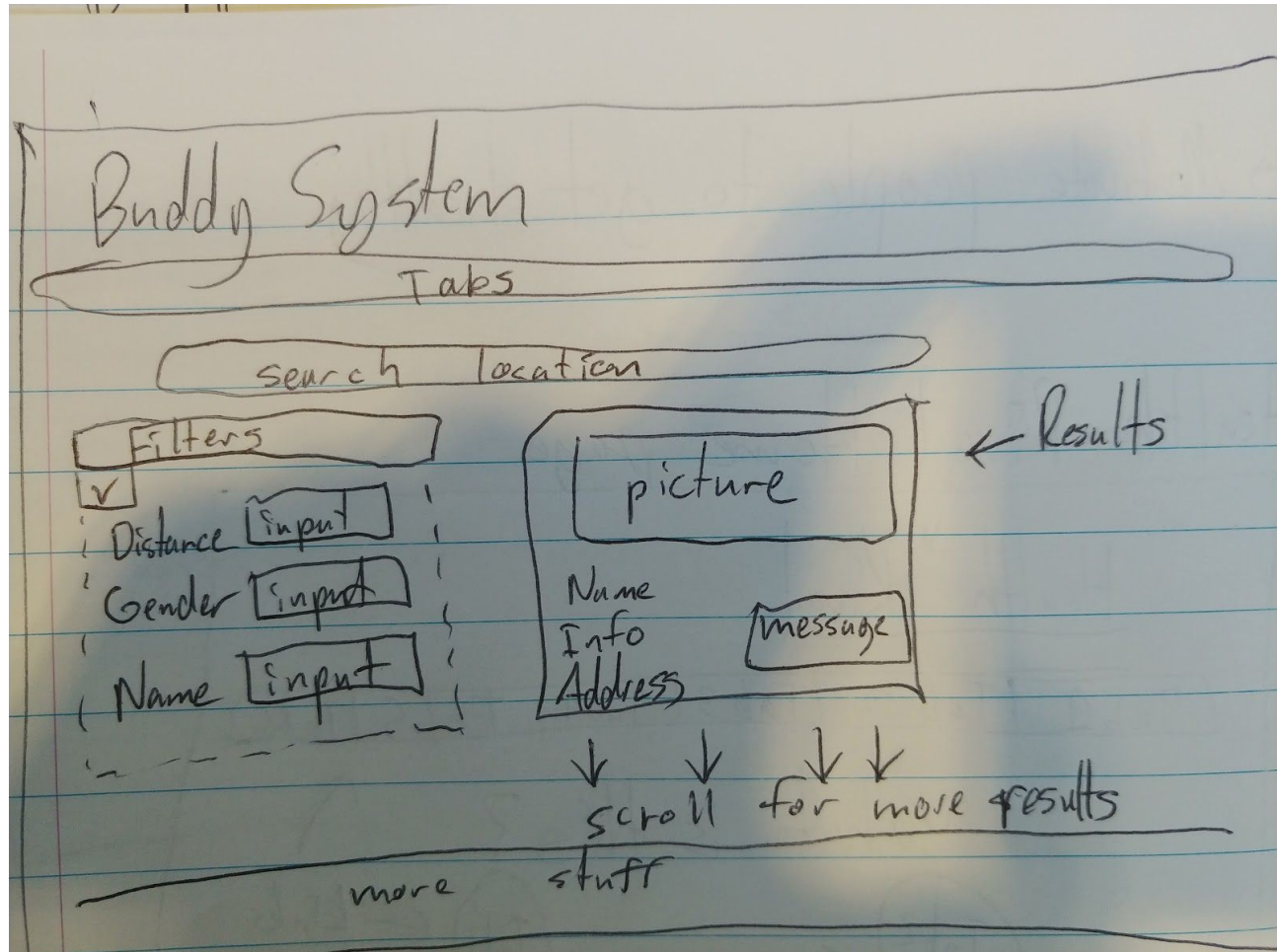
Ideas/Features: Schedule page to allow users to set their schedules and organize their days. Possible features allow users to share their calendars with buddies. If possible, integrated google calendar? Allow users to view daily tasks and get to any page from the tabs section.



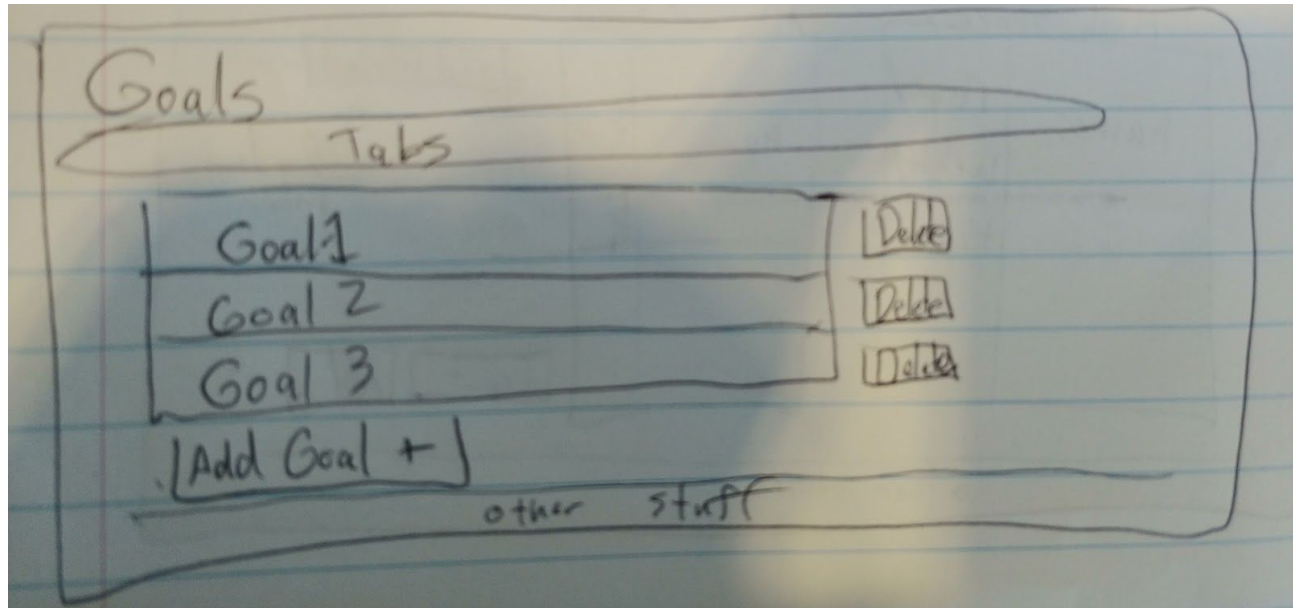
Ideas/Features: Allow users to compete with others. Find workout changes the high scores to that of the current workout selected. All time highs shows all the workout high scores. Input allows users to add a workout depending on what is selected. Tabs allows them to get to any page.



Ideas/Features: Forums page allows users to post as well as search others post. They will be able to comment or like or anything else (maybe share or copy). There will be posts as you scroll down and the typical more information at the very bottom. Tabs page to allow users to get to any page easily.

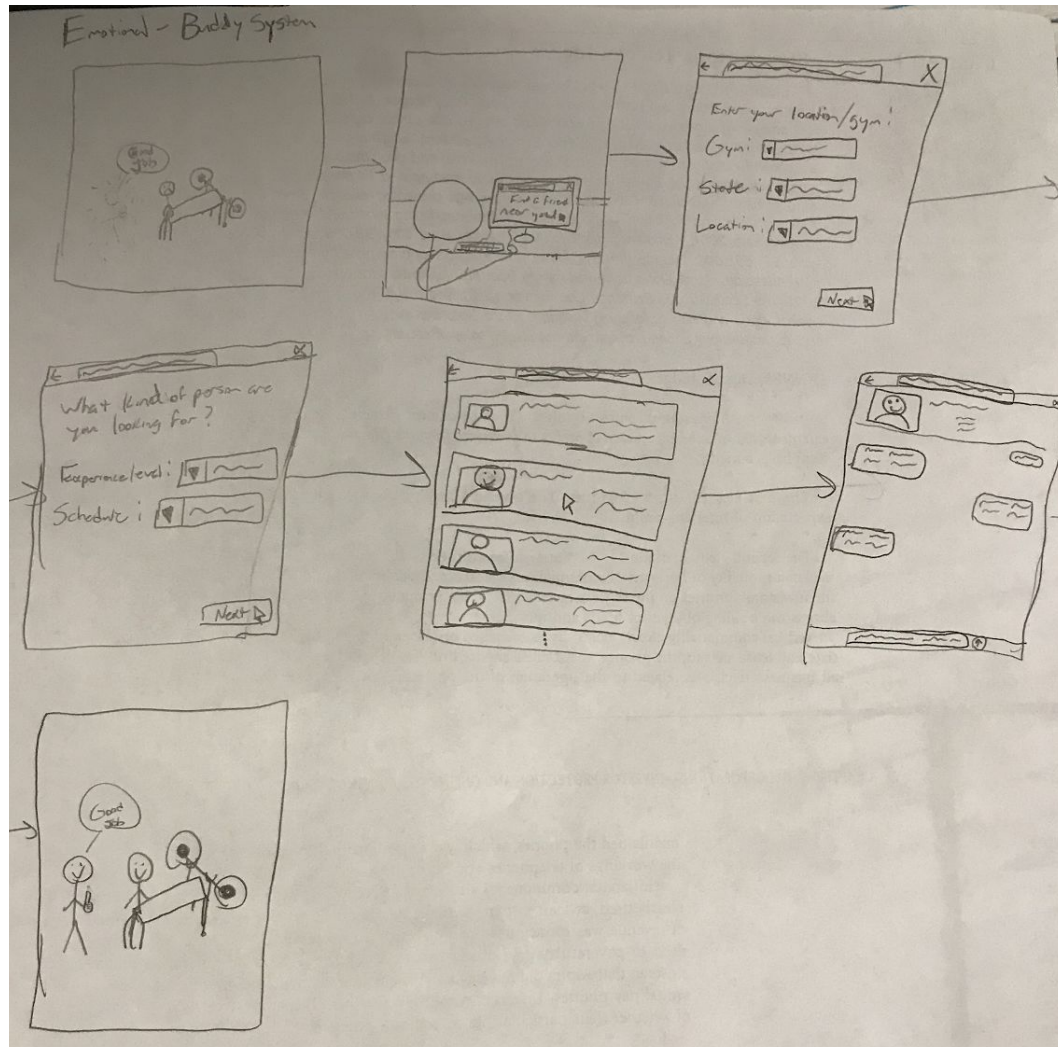


Ideas/Features: Buddy system page will allow users to search for a location. There will be filters and results once the search has been made that you can scroll down to see more. Will have to create profile at some point(my account page??). Tabs will allow users to go to any page easily.

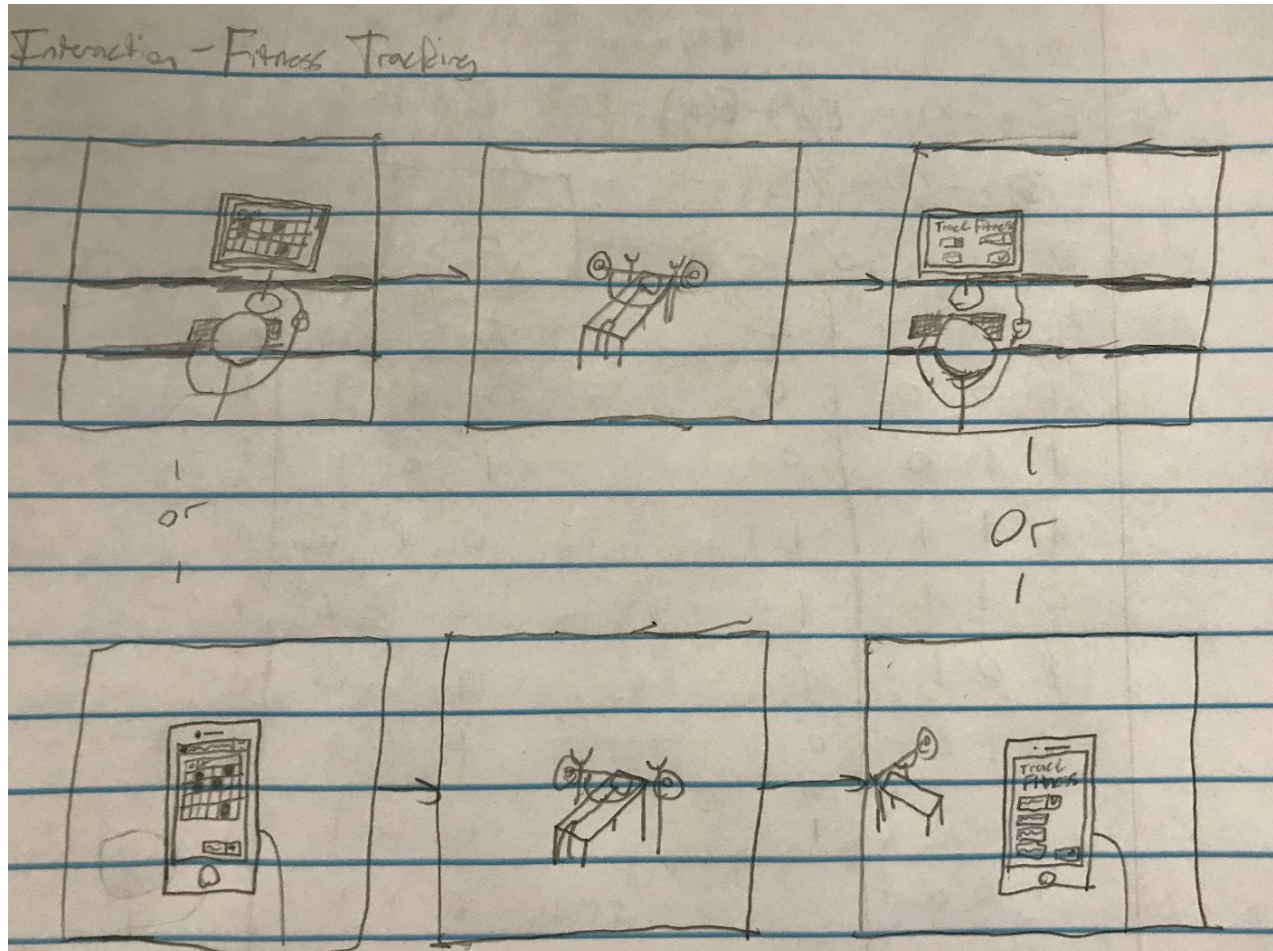


Ideas/Features: Goals page will allow users to set goals and delete them when finished. Possible feature is to set dates for goals to be completed by or share goals with others. Tabs will be provided so users can get to any other page easily.

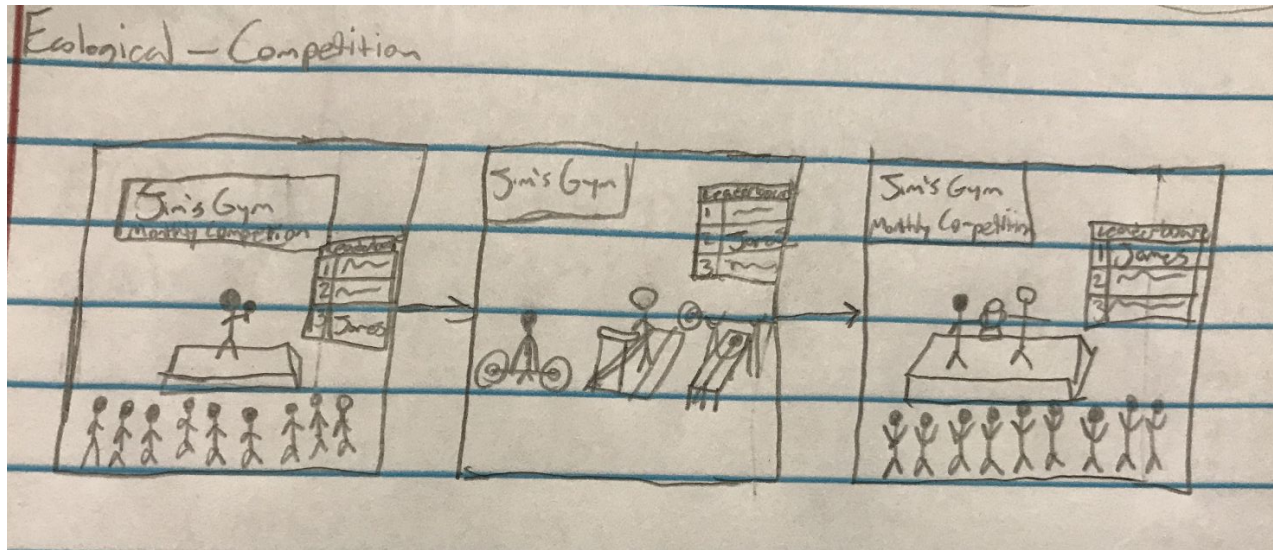
3.3 Storyboards



This storyboard shows the emotional impact of finding a friend to go to the gym with. It starts out with a person working out alone on a bench with no one to motivate him. He then visits Health Rival where he goes to the find a friend section. He then puts in his information/scheduling and what kind of person he is looking for. This brings up a selection of people to choose from and then messages them to meet up. The person makes a friend and they are there to motivate him during his workouts.



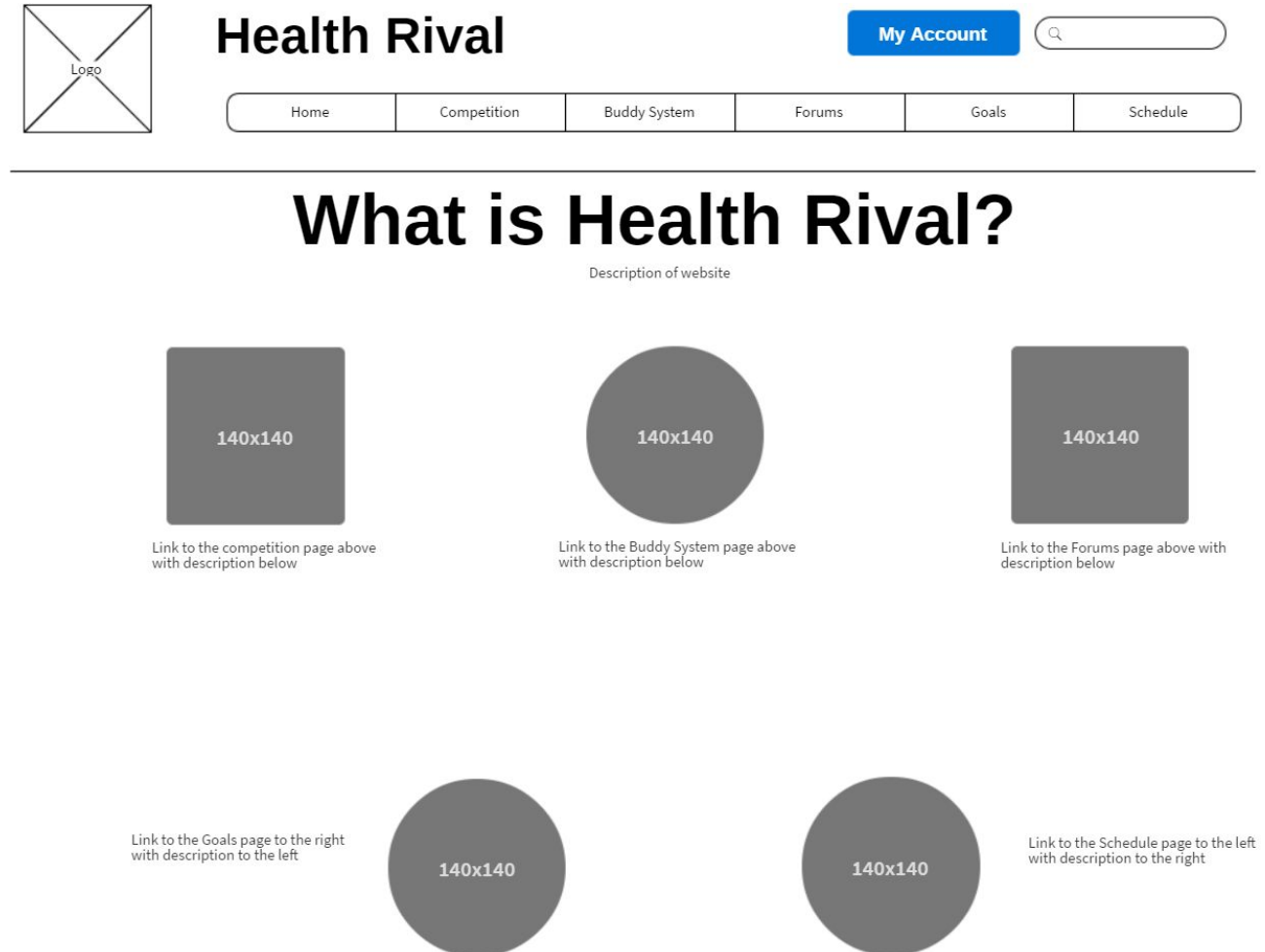
This storyboard shows the interaction between a user and Health Rival during their workouts. First they can be seen making a gym schedule or looking over what they had previously made. They can see what days they have selected based on what works best for them. This can be done at home on their computer or on their smartphone. Once they have completed their workout for the day, they can enter their information like what activity they performed and for how long/how many reps. This can also be done at their computer at home or on their smartphone at the gym.



This storyboard shows the competition aspect and how it affects the community around them. A competition is being held at a local gym for a small prize for fun and motivation. James has started in 3rd place but slowly makes his way to the top of the leaderboards by his increased motivation and dedication. He tracks his progress in Health Rival and the owner of the gym is able to see the statistics of his gym members. At the end of the competition, James wins the prize and his community cheers for him.

3.4 Wireframes

I. Home Page



Arrived at this design: On the Home page, the user will probably be wondering what the website is about so the description of what it is and its goals will be at the top. The features are listed below in picture format with descriptions so they have a better understanding of what each page is.

II. Goals Page

Logo

Health Rival

My Account

Home

Competition

Buddy System

Forums

Goals

Schedule

Delete

Get to the gym at least 4 days a week

☒ Done

Delete

Eat at least 3 healthy meals a day

☐ Not Done

Delete

Drink at least 5 cups of water every day for 6 weeks

☒ Done

Delete

Reach 150 pounds for squats

☐ Not Done

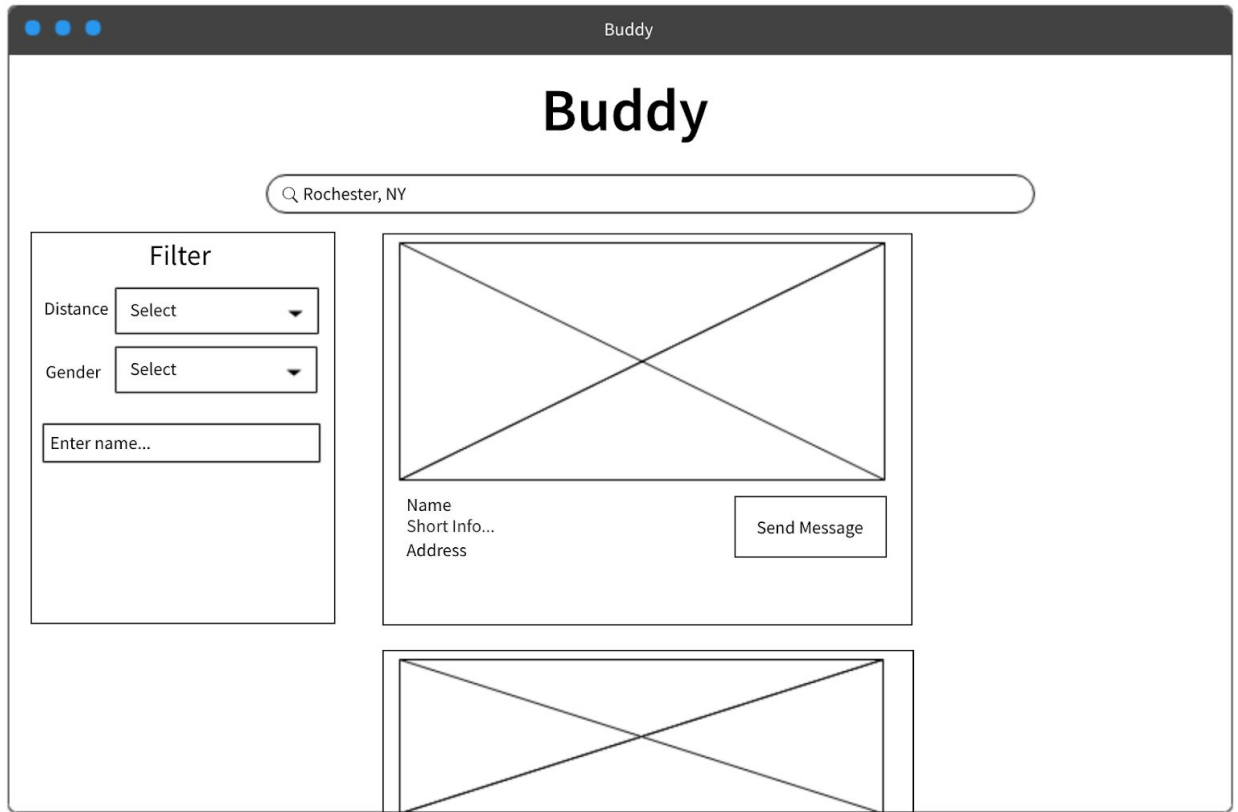
Goal

Add Goal

Anything else we want to include
extra such as contact, profile, etc.

Arrived at this design: The user must be able to set goals so there is an input at the bottom for that. The goals must be large enough to stick out to the user so that it is in their face and they realize what they are trying to achieve. The user must also be able to delete goals and check them off if they are done.


III. Buddy System Page



The wireframe shows a web application titled "Buddy" in a browser window. At the top, there is a search bar containing the text "Rochester, NY". Below the search bar, the page is divided into two main sections. On the left is a "Filter" sidebar with three input fields: "Distance" with a "Select" dropdown, "Gender" with a "Select" dropdown, and "Enter name..." with a text input field. On the right is a list of search results. The first result is a card with a placeholder image (a rectangle with an 'X'), a "Name" field, a "Short Info..." field, an "Address" field, and a "Send Message" button. Below this is a second, identical result card, also with a placeholder image.

Arrived at this design: It has to be simple and easy for a user to use. The user has the option to filter the final result by distance, gender, and name for better UX. The user only need to enter their location, the list of the friends will be automatically displayed

IV. Schedule Page



Health Rival

[My Account](#)

[Home](#)[Competition](#)[Buddy System](#)[Forums](#)[Goals](#)[Schedule](#)

< January 2017 >

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Share Schedule

Daily Schedule

11am-12:45am | Econ Class

3pm-4pm | HCI Class

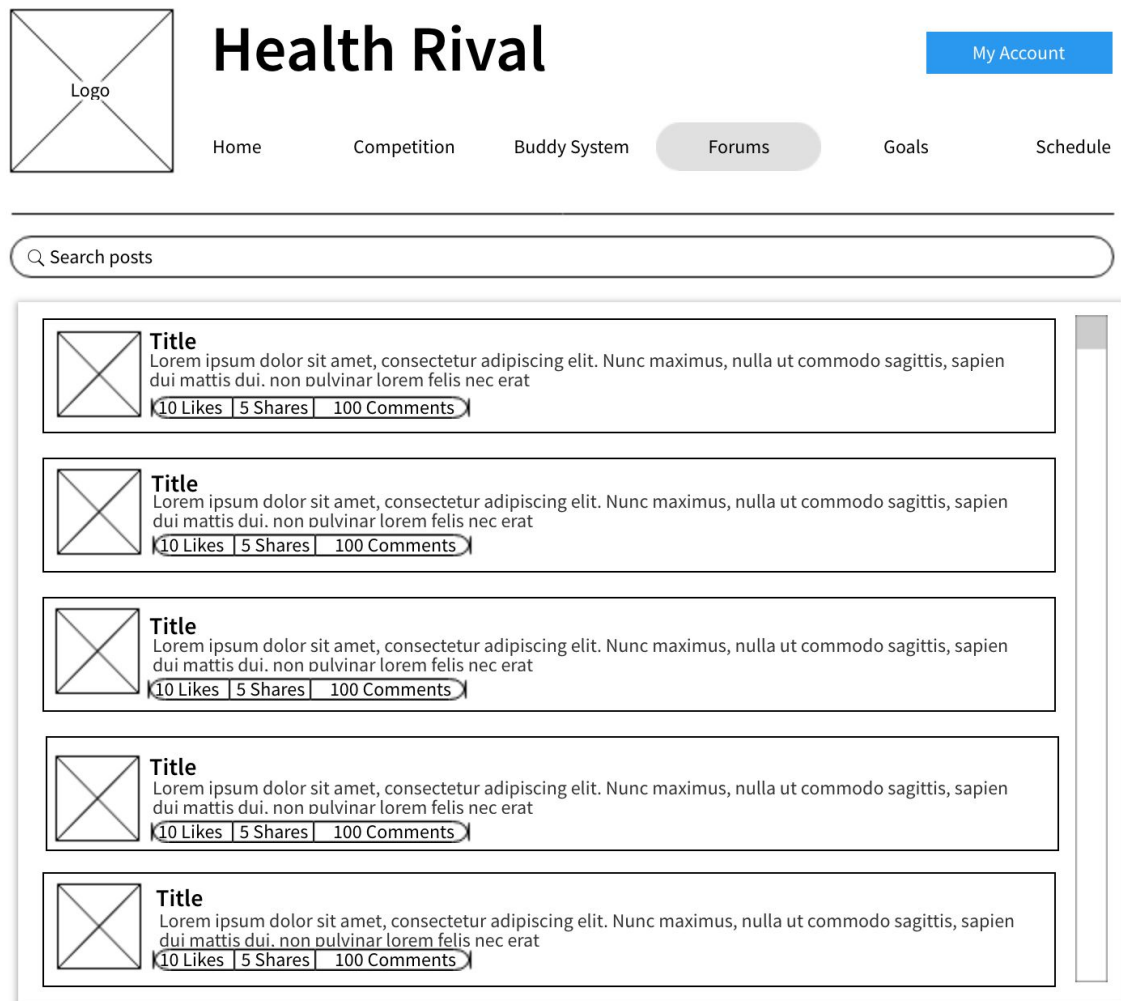
5pm-7pm | Homework

7:30pm-9pm | Gym

11pm | Sleep

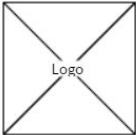
Arrived at this design: The user will be able to select a date directly on the schedule and add to the schedule. When they select a date, their daily schedule for that day will be displayed on the side so that they can see what they have on the queue for that day. They will also be able to share that schedule with any of their buddies.

V. Forums Page



Arrived at design: A user can see a list of recent posts from other users. A post will have a title and short description, number of likes, shares, and comments. The user can search the post with the topic they are looking for. We give a short description of a post, so the user can know what the post will be talking about. If it is interesting to them, they can click and read more

VI. Competition Page



Health Rival

[My Account](#)

[Home](#)[Competition](#)[Buddy System](#)[Forums](#)[Goals](#)[Schedule](#)

Competition

Dead Lift | 5 Reps

	Weight
John Smith	200
Lukas Orana	155
Devon Lad	130
Jonah Bates	125
Ali Batayneh	100

Current High Scores

Squats Ali Batayneh
Dead Lift John Smith
Bench Press Devon Lad
Incline Curl John Smith
Leg Press Jonah Bates

New Workout

Squats

Dead Lift ✓

Bench Press

Incline Curl

Running

Leg Press

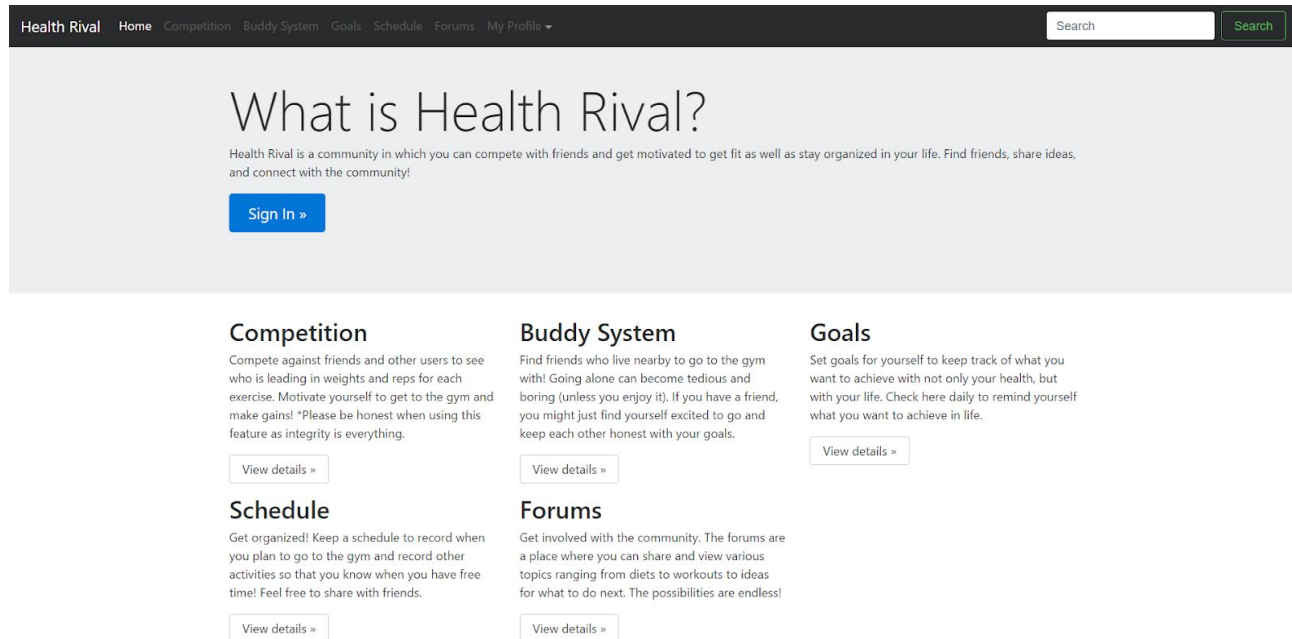
Anything else we want to include
extra such as contact, profile, etc.

Arrived at this design: The user has to be able to submit a workout and also view the high scores for workouts. When a workout is selected, the user can submit the rep and weights or the time depending on the workout. In this case, deadlifts have been selected and the user may input his reps and weight. The user can also view the high scorers in each section.

4. Detailed Design

4.1 Description of the User Interface

< Paste images of prototype screens. For each screen in your prototype, have a screen ID, title, and a short description as to what system features the user and computer interaction represents.>



Screen ID: 1 Title: Home

Description: This is the home page. It is what a user first sees when traversing the web to this site. It gives a short description of the website itself and prompts the user to sign in. It also provides the user with a description of every feature on the site and view details just brings the user to the specified page. There is also a navigation bar at the top which highlights which page the user is on in white.

Health Rival Home Competition Buddy System Goals Schedule Forums My Profile Search Search

Competition

Dead Lift | 5 Reps

Name	Weight
John Smith	200
Lukas Orana	155
Devon Lad	130
Jonah Bates	125
Ali Batayneh	100

Current High Scores

- Squats | Ali Batayneh
- Dead Lift | John Smith
- Bench Press | Devon Lad
- Incline Curl | John Smith
- Leg Press | Jonah Bates

New Workout

Search

- Squats
- Dead Lift ✓
- Bench Press
- Incline Curl
- Running
- Leg Press

Reps and Weight/Time Submit

Progress Over Time

Months

Weeks

Days

Screen ID: 2 Title: Competition

Description: This page allows the user to fuel their competitive nature. They can view specific categories for high scores of different exercises and weights. They can view the current high scorers for all exercises with the heaviest weights and highest reps. They can then select a workout and submit their reps and weight and time, separated by spaces which will then be added to the leaderboards. The user can also view their own progress over time on the right.

Health Rival Home Competition Buddy System Goals Schedule Forums My Profile Search Search

Buddy System

Search: Rochester, NY

Filter

Distance: Select

Gender: Select

Enter name...

Name
Short Info...
Address

Send Message

Screen ID: 3 Title: Buddy System

Description: This page will allow the user to find people to go to the gym with. A user will provide the system with an address of a gym or location nearby, then select the distance from said location and gender of the person they are looking for. They can also specify the name of the person.

Results will pop up adhering to the search results. The user can then send a message or click on their profile to add them as a friend immediately.

Health Rival Home Competition Buddy System **Goals** Schedule Forums My Profile ▾ Search Search

Goals

Delete»

Delete»

Delete»

Add

Screen ID: 4 Title: Goals

Description: This page allows users to set goals. As you can see, the design is simple, yet effective. A user will enter a goal in the prompt and click add. The goal will pop up in that very place and the addGoal section will go below allowing the user to scroll. If a user finishes a goal, they can hit delete which will remove the goal from the list.

Health Rival Home Competition Buddy System **Schedule** Forums My Profile ▾ Search Search

Schedule

<
January 2017
>

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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Share Schedule

Daily Schedule

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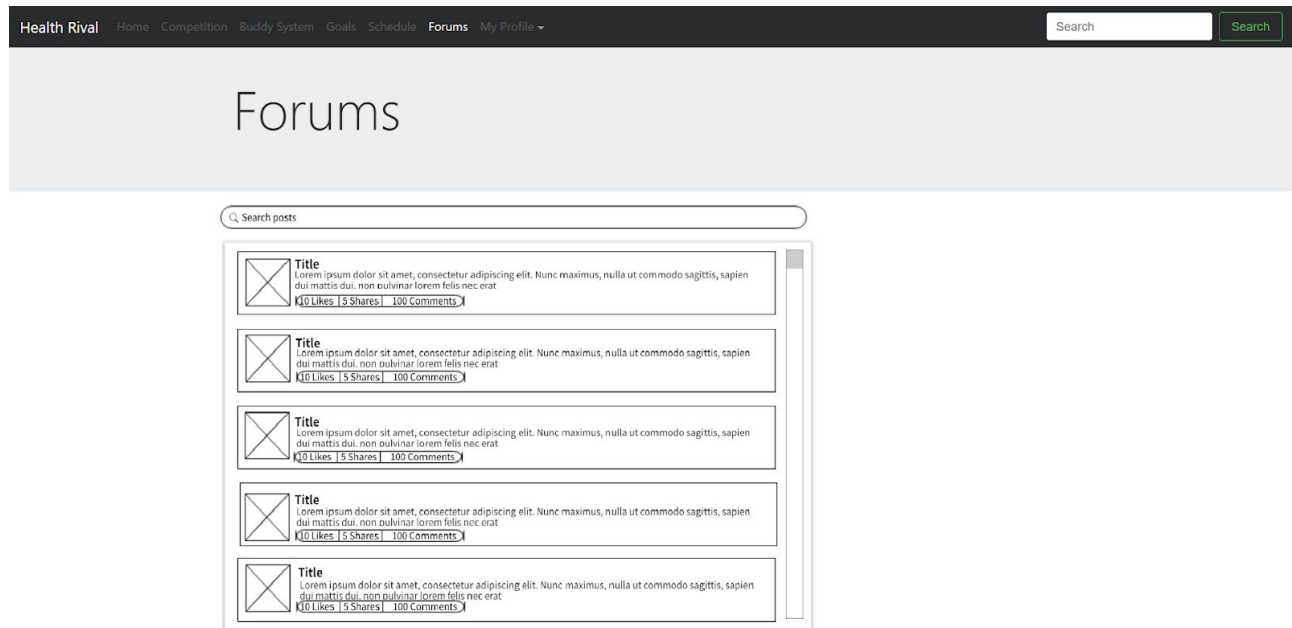
5pm-7pm | Homework

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11pm | Sleep

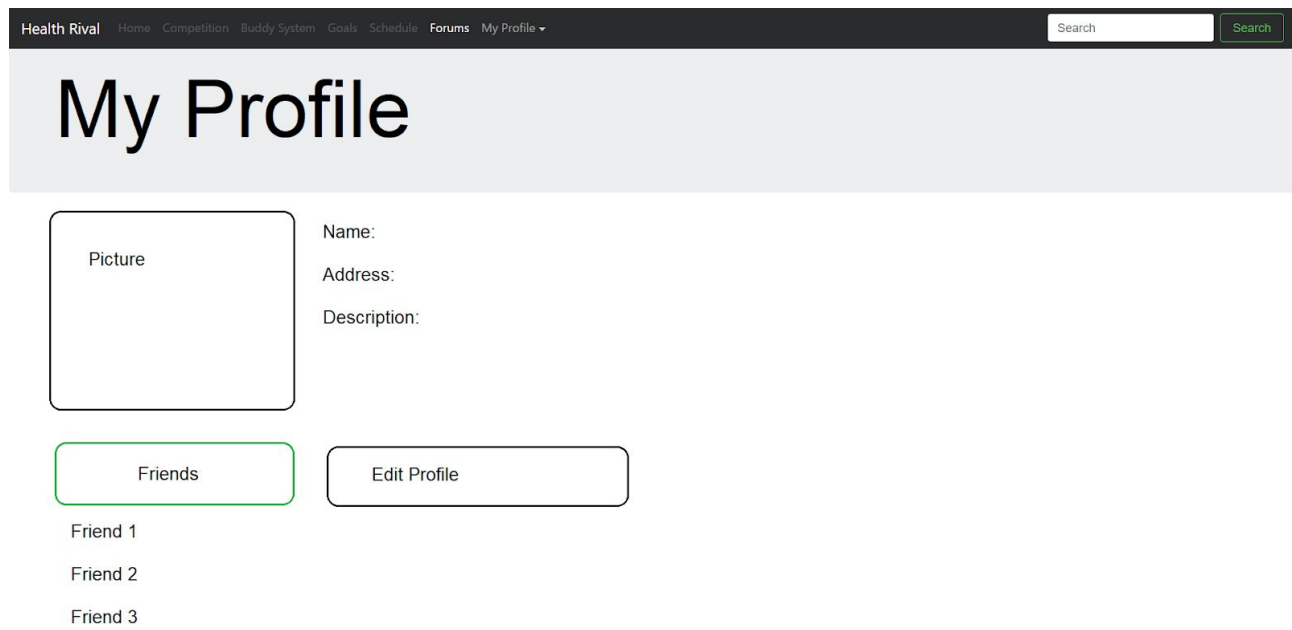
Screen ID: 5 Title: Schedule

Description: The user can click on any day which will provide them with their schedule for that day. If the user double clicks a day, they will be presented with a pop-up that allows them to edit their schedule for said day. The schedule can also be shared by clicking the share schedule link which will provide the user with a drop down listing all of their friends. *Note: you must have friended a person to share a schedule.



Screen ID: 6 Title: Forums

Description: The user can search for posts or categories by typing up in the search posts box. They can then read posts, post comments, and post new threads. The user can also like and share posts to give popularity or share community information.



Screen ID: 7 Title: My Profile

Description: Once the user logs in or signs up, they will then have a myProfile page which allows them to edit or view information about the user. The user can also view their friends at the page and clicking on a friend would bring them to a similar page to view their friends profile.

4.2 Interface Design Rationale

We took many different aspects into account when designing our project. We wanted to design a simple interface but not too simple where there was nothing going on. We didn't want the user to be overwhelmed by the amount of buttons or options available to them on a given page. We also wanted to make everything as intuitive as possible. Whether that's navigating between pages or performing any action, this should be easy to learn. We also wanted to limit the amount of memorization that would be needed by a user to complete tasks. As a project with a wide spread of members, memorization should not be required to learn our system. We also wanted to make sure that everything could be undone in case the user incorrectly put in the wrong data or information. The biggest aspect of this project is to really make and motivate users to be fit. Whether that's from competing against friends or just watching their own personal progress, the user should feel good about being active, losing weight, or building muscle.