



Project Health Management

Date 04/26/2021



Childhood obesity and diabetes



Internet & online world



Heavy academic workload



reluctant & lack of interest

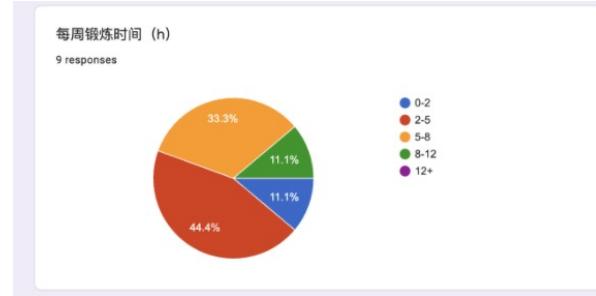
Problem

Teenagers lack physical activity

Goal: Help teenagers build doctor-recommended exercising habits.

Data Collection

- Primary stakeholders
 - Chinese teenagers age 10-18
- Secondary stakeholders
 - Teachers and parents
- Survey
 - For Teenagers:
 - Exercise time, school activities, attitudes
 - For Parents & teachers:
 - Observation of child/students and attitudes
- Interview
 - In-depth opinions, suggested improvements and reasons
- Observation
 - Investigation of student activities at school

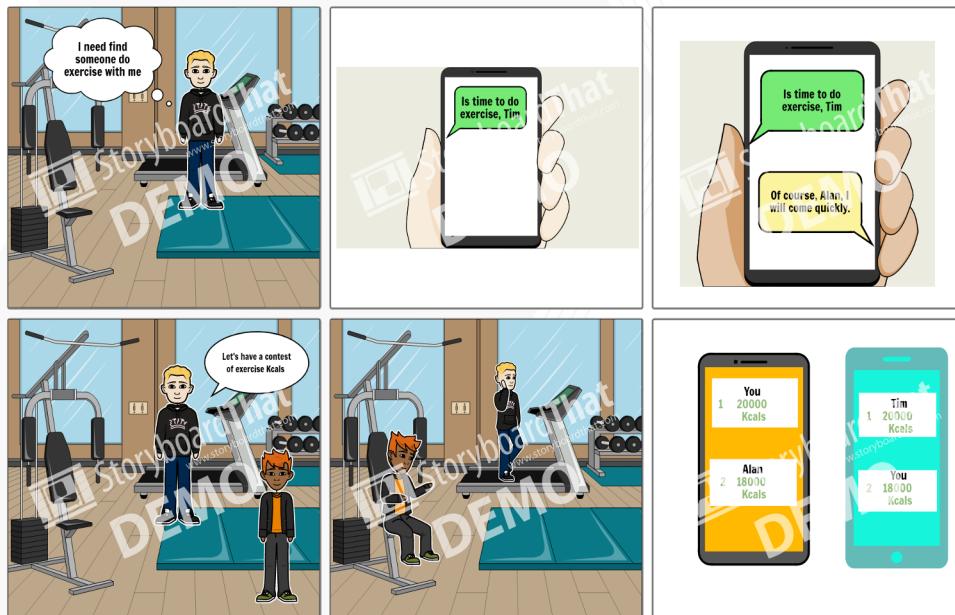


Insights & Design Criteria

- Motivation
 - Focus more on academics
 - Teenagers lack motivation, “waste of time”
 - Attract, encourage, and motivate users to exercise regularly.
- Customizable
 - School activities are tedious
 - Does not satisfy individual need
 - Recommend users to perform exercising activities that are based on their health conditions and individual needs.
- Social
 - Teenagers are more likely to exercise with friends/group
 - Connects users and encourages them to create and participate in exercising activities with each other.
- Preference
 - Cell phone prohibition
 - Different device preferences
 - A cross-platform product that includes the above basic essential features.

Low-fidelity prototype

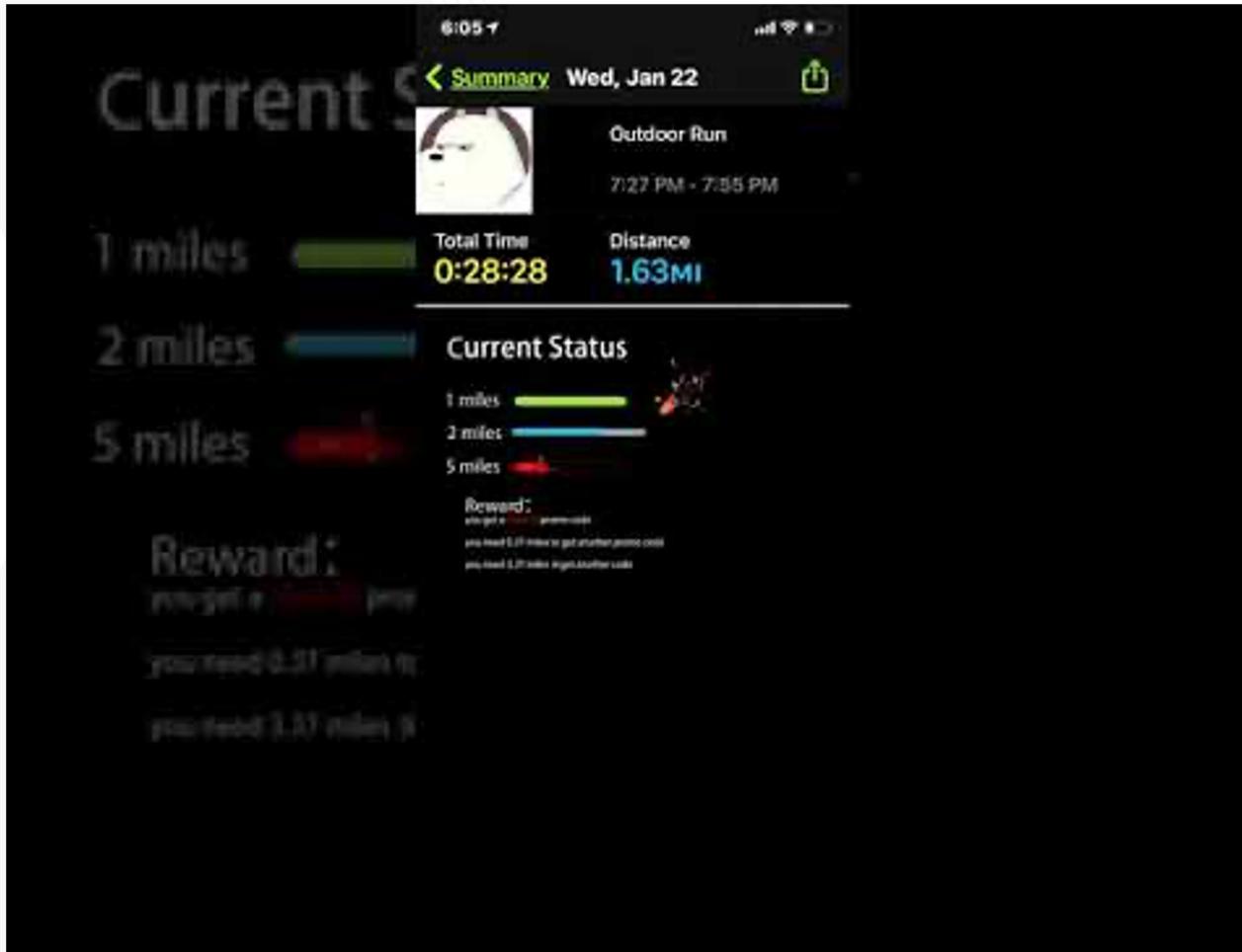
Storyboard:



Sketch:



High-fidelity prototype(video)



Reward system
User has different level of goals,
User can get promo code in different level

High-fidelity prototype(Clickable)



Please type your name

Please type your age

Please type your height(inch)

Please type your weight(lb)

Please select your chronic Diseases ▼

Please select your chronic Diseases ▲

Blind

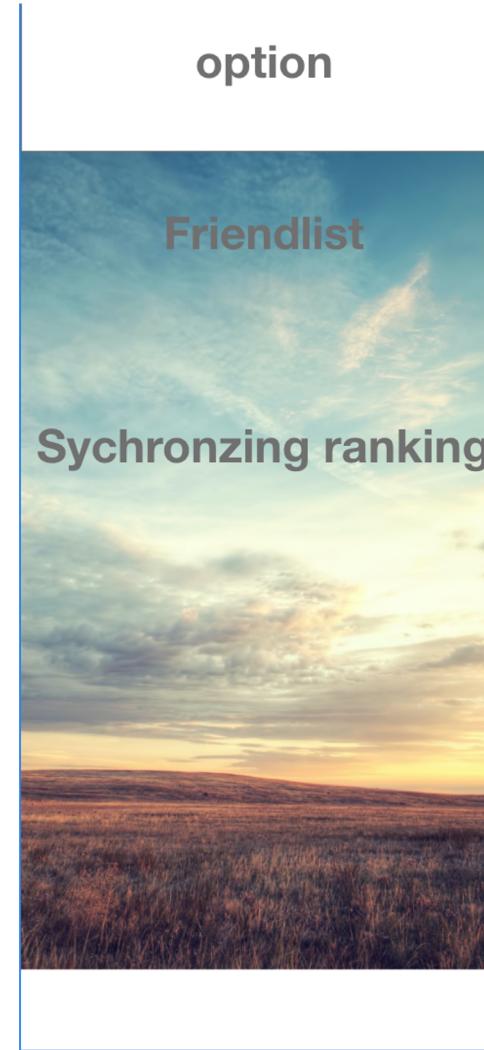
Deaf

Mental retardation

[Submit](#)

Customer
Intelligence
Exercise Plan based
on the information
provided.

[Link](#)



Social interaction of the exercise can check the leaderboard of the exercise and communicate with others who also are doing exercise

[Link](#)

Evaluation

Heuristic:

1. It is unclear where the user was suppose to click in order to get the chick-fil-a coupon to appear
2. there should be a seperate screen for you to access the coupons rather than showing the coupon on the same screen as the work out stats page
3. Users should be able to select the rewards they want, and it can have rewards that are more general for everyone to use or allow users to choose one item out of multiple rewards
4. Can provide another type of reward rather than coupons
5. Some heading makes some confusion. For example, Current status as a heading was confusing, instead maybe it could be: Goal status. Reward: as a heading was also confusing, maybe it could be changed to "Next reward when..."
6. It suggested that display current status with reward next to each completed goal
7. Current Status might need to be reworded into something like "Current Tasks" or "Your Tasks"
8. The reward button and details are way too small for my poor eyesight
9. Users should have options to go back on each stage
10. Might need to provide onboarding for new users
11. The prototype didn't include errors and incorporate help
12. The evaluator want to see other people's achievement and their daily activities.
13. the UI can be more consistent with the other prototypes.
14. font size can be better
15. the rewards can be workout equipments
16. it's hard to track some exercises and maybe people can cheat to get reward
17. maybe you can list the reward for each milestone the user make

Walkthrough

1. There should be a "None of the above" option for people with a different diseases
2. There should be a "None of the above option" for people with a different disability
3. Some submit button is unclickable
4. There should be a send button :) Using enter is not intuitive
5. Only one emojis are support, other emojis is unclickable

Evaluation

Improvement point

1. We can add a send button in the first clickable prototype
2. Add a None choice in disability and diseases
3. Make each chat page is support in emojis function
4. Make a instruction for users to get know what function is support in prototypes
5. Make sure the second clickable prototype's submit button is clickable
6. Change the font size of the video prototype
7. Add more type of rewards of the video prototype and give the choice of the users
8. list the reward for each milestone the user make in video prototype
9. For video prototype,make a seperate screen for you to access the coupons rather than showing the coupon on the same screen as the work out stats page
10. Change some headings in the video prototype to make sure it more understandable
11. Display current status with reward next to each completed goal in video prototype
12. Current Status might need to be reworded to Current Tasks
13. The reward button and details make large to make people to easily read
14. Achieve the video prototype have function that users can have options to go back on each stage
15. include errors and incorporate help in video prototype

reflection