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Option 3

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Weight Tracking App

CS360 Mobile Architect and Programming

Application Development Proposal

A diagram of a flowchart

Description automatically generated

Application Option Three is a weight tracking app. The users I have identified to use this app are the following: Users generally monitoring weight for their health, fitness enthusiasts, and users looking to change their weight with a goal weight in mind. People sometimes have a hard time keeping their weight steady and need help monitoring it. General health is a great way to use this tracking app. These users are focused on maintaining a healthy lifestyle. This app can help them track their weight and make sure they are on a steady maintenance trajectory for a healthy lifestyle. Another category of users are enthusiastic about their fitness. They have weight gains they specifically want to reach. Each time they add a new weight, they may have went up on plates at the gym that month during bench presses or deadlifts, for example. They want to track their weight and are excited about it because they want to see visual progress of all of the hard work they have put into their work outs. This app can help them see their progress over time. The last category of user I am going to cover are those specifically looking to change their weight and have a goal in mind. These users are typically wanting to lose weight and know what weight they specifically want to reach. These users are looking for a way to keep them on track and accountable with each weigh in. This app can help them stay motivated in their weight goals and can even notify them as they hit their goals. All three types of users will enjoy the following functionalities of the app and in turn be able to reach their individual goals, accordingly.

Using this app is straightforward. It is simple in functionality and in user interface design. The app has a black background with white text. In later versions the user will be able to change the font and add a color of their choosing that will be applied to all buttons. The user first downloads the app. They first see the login screen where they either create a new account, or enter their username and password. There will always be a button on every screen in this app that allows the user to exit at any time. If the user entered valid credentials, they move on to the next screen. If this is their first time using the app, they see: ADD or Update weight? This will be the ADD or UPDATE weights screen. If they are a returning user, they see their previously logged weights in the WEIGHT LOG screen. The database will have three tables: daily weight entries, user login entries, and a goal weight entry. The returning user will see all three categories in the WEIGHT LOG. They will additionally be able to see the dates that all information was previously entered on. The returning users are additionally given the option to ADD or UPDATE weights on the WEIGHT LOG screen. They can add weights as needed which includes the selection of measurement each entry. Some may want to add weights in lb, kg, or g, for example. If this is a valid entry each time, the weight is stored in the database and the user is sent to the weight goal screen. If the entry is invalid, they are taken back to the ADD or UPDATE weights screen. Once the goal weight is set, the background processes compare this current weight with the goal weight. If they have reached their goal weight, the notification process sends them the following notification: “Congratulations! You have reached your goal weight.” If the goal weight has not been achieved yet, the app simply carries on as usual. The update weight works the same way as the add weight. Both processes will update in the database. The update weight process also has the same invalid entry check in place. All screens and features described in this first installment of the app coordinate in creating a user-centered user interface design.

Users will have the ability to track their weight over time and watch themselves get closer to their set weight goal. They will enjoy the app because it will be so responsive and simple to use. Entering in their weights will be so quick they won’t feel it is taking their attention away from important things in their life and may even be able to multitask while using the app. The sleek user interface will not distract them from their goals or their life. Digital minimalism will be incorporated into this app (Kernaghan, 2023). Incorporating digital minimalism, as well as, incorporating an exit button on every screen aligns with Android’s material design principles (Android Developers, 2019). Eventually the user will be allowed to change colors of all buttons, which aligns with Android’s guidelines for personalization (Android Developers, 2019). The consistent user experience additionally aligns with Android’s encouragement of predictability in app design (Android Developers, 2019).

Buttons, Drop Down, Input Field, Submit, Exit, Text, and Grids will all be included in the app. All of these features of the app will be incorporated into the user interface and also the code itself. When the user logs in or creates an account, authentication will be initiated, as well as, encryption. The app will use features in the code like POST, UPDATE, and GET when the user interacts with the app. These requests will connect the user interface to the backend to create the desired app functionality. When the user is on the login or create account screen, the user will be prompted to add their credentials. This is linked automatically to the User Login Table in the database. This will regularly be updated on the backend. The user is then prompted to either add a weight or update a weight which is then linked to the back end through the Weight Log in the database. Connecting what the user sees to the backend is critical in the ultimate smooth user experience with the app. The functionality needs to be simple and seamless. The ultimate goal for this app is to help these three types of users keep track of their weights incorporating digital minimalism along the way.

*Android Developers*. (2019). Android Developers. https://developer.android.com/design

Feedme.design; feedme.design. <https://www.feedme.design/simplifying-life-exploring-the-world-of-digital-minimalism/>

Kernaghan, C. (2023, October 15). *Simplifying Life: Exploring the World of Digital Minimalism*.

*Mobile | UI Design*. (n.d.). Android Developers. https://developer.android.com/design/ui/mobile

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