

MY WELLNESS BUDDY

**- PERSONALIZED
HEALTH AND FITNESS
COMPANION**

SECTION 5
GROUP 2

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ABOUT US

OUR VIDEO



Respondant I

MUHAMMAD AIDIL HAIKAL BIN MAZALAN
II SEC JH | 9y/o

Hi Aidil, long time no see.
How are you?

SCAN ME



1.0 INTRODUCTION

INTRODUCTION TO BACKGROUND

Technology has brought us many conveniences, but maintaining a healthy lifestyle can be challenging for a variety of reasons, such as busy schedules, misinformation and a lack of personalized guidance. Therefore, we need a comprehensive and user-friendly solution that could not only track daily activities and provide healthy meals, aka a personalized health and fitness companion.



Proposed Solution

That's why we launched My Wellness Buddy, an app designed to solve the challenges individuals face in achieving and maintaining a healthy lifestyle.

Objective

- Provide comprehensive health tracking methods based on user needs.
- Encourage users to stick to healthier habits over the long term.
- Allow users to comprehensively monitor and manage their health status easily.
- Users can interact with each other to increase user enthusiasm.

Introduction

Scope

My Wellness Buddy is a Personalized Health and Wellness system



2.0 Detailed Steps Related to the Project

2.1 Empathy:

- Understand user problems.
- Interviewed 3 UTM students.
- Valuable insights for user-centered app.
- Address health and workout challenges.

2.2 Define:

- Verify user issues.
- Evaluate interview responses.
- Identify demands and issues.

2.3 Ideate:

- Brainstorm solutions.
- Develop My Wellness Buddy app.
- Address user problems.

2.0 Detailed Steps Related to the Project

2.4 Prototype:

- Identify best solution.
- Create My Wellness Buddy UI.
- Demonstration to tackle users' challenges.

2.5 Test:

- Prototype testing.
- Gather user feedback.
- Identify flaws, make improvements.

2.0 Detailed Steps Related to the Project

2.6 Evidence:



Figure 2.6.1 Interview in the Empathy Stage

2.0 Detailed Steps Related to the Project

2.6 Evidence:

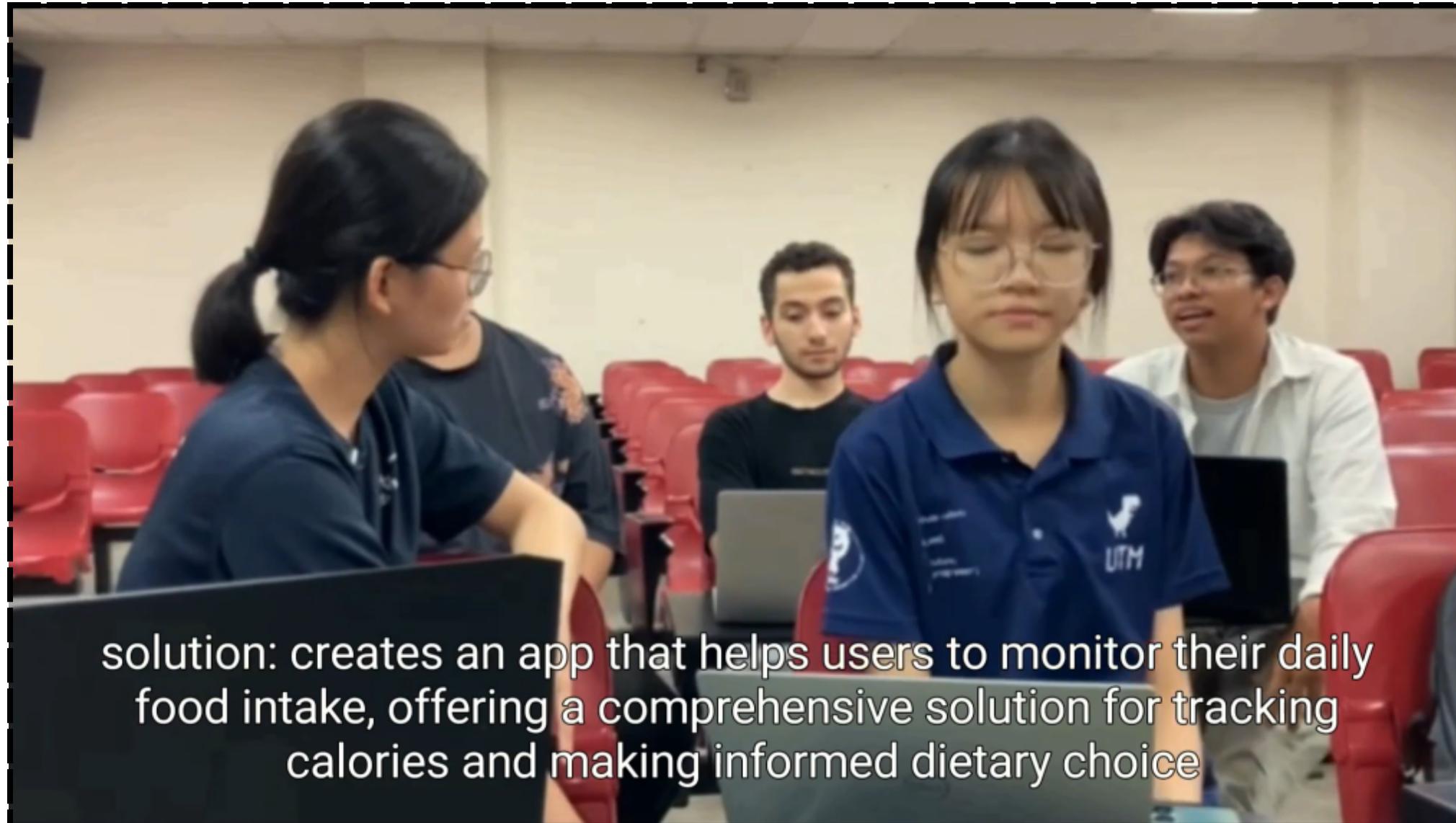


Figure 2.6.2 Discussion during the Define and Ideate Stage

2.0 Detailed Steps Related to the Project

2.6 Evidence:



Figure 2.6.3 Developing phase during the Prototype Stage

2.0 Detailed Steps Related to the Project

2.6 Evidence:



Figure 2.6.4 Test the prototype to the user

3.1 Addressing Personalization Gap in Health Apps

- Existing health apps often offer one-size-fits-all plans, disregarding individual preferences, goals, and constraints.
- My Wellness Buddy introduces a revolutionary approach, providing personalized health and fitness plans designed exclusively for each user.

3.2 Enhancing Engagement & Collaborative Efforts

- Users commonly disengage due to limited features in existing apps, hindering sustained commitment.
- My Wellness Buddy incorporates engaging elements like gamification and community interactions, fostering motivation and accountability.
- Our team's diverse roles and collaborative efforts significantly contributed to the development of My Wellness Buddy.

3.3 My Wellness Buddy Overview & Learning

- My Wellness Buddy's prototype boasts detailed user setup and dynamic functionalities, providing a personalized experience from the start.
- Learning from successful apps like MyFitnessPal, we aim to continuously improve and expand My Wellness Buddy for a comprehensive user experience.

4.0 PROTOTYPE AND ITS DESCRIPTION

LOGIN / CREATE ACCOUNT

LOGIN

Email Address

Password

LOGIN

[Forgot Password?](#)

Don't have account?
[Create Account](#)

CREATE ACCOUNT

Name

Email Address

Password

Gender

Male Female

Age

Height

Weight

CREATE ACCOUNT

[Login](#)

Already have an account?

On the Create Account page, beyond the standard email and name inputs, users are prompted to provide essential health details, including age, gender, weight and height. This approach ensures that each user receives a customized experience, optimizing their health journey right from the start.

Homepage

BIG UPDATE NEW WORKOUT PLANS

ON TODAY'S PLAN

HARD BUT WORTH IT +

15 MIN



HARD BUT WORTH IT
- Abs Challenge

WANT TO UNLOCK ALL CONTENT?



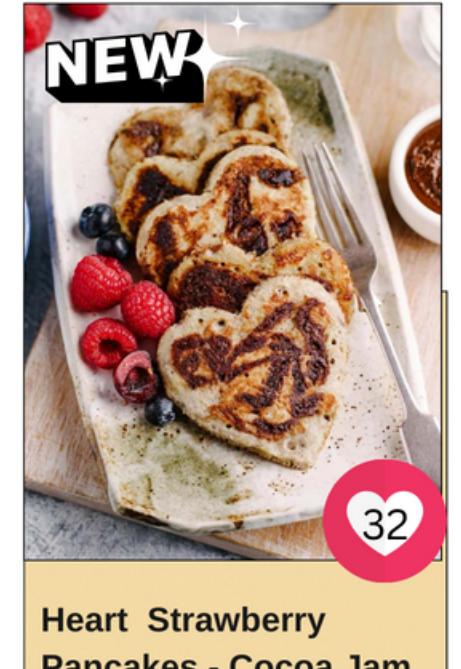




NEW

47

Cheesecake Bars with Blueberry Swirl



NEW

32

Heart Strawberry Pancakes - Cocoa Jam



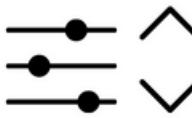
The Homepage serves as a dynamic hub for users, offering real-time updates on their personalized workout plans and today's fitness challenges. The homepage becomes a central space for users to stay informed, inspired and committed to their health goals.

RECIPES

Recipes



Search



WANT TO UNLOCK ALL CONTENT?



The recipes page introduces a visually appealing display of diverse food pictures. Users can save their favourite recipes to a personalized meal file for easy access. The inclusion of a search bar allows users to explore a wide variety of recipes and they can even contribute by uploading their own creations. This page seamlessly integrates nutrition into the user's health journey.

WORKOUT PLAN

The Workouts page features a prominent search bar at the top left. To its right is a "My Plan" section represented by a folder icon. Below these are two large thumbnail cards for workout videos. The first card, titled "10 MIN HEARTBEAT ON FIRE" under the "CARDIO / HIIT" category, shows a woman in a teal outfit and has a timer of 10:51. The second card, titled "10 MIN CALORIE BURNER" under the "NO EQUIPMENT" category, shows a woman in a blue outfit. At the bottom of the page are five navigation icons: Home, Workouts, Recipes, Community, and My Plan.

The Workouts page is designed for flexibility and personalization. Featuring a search bar, users can find workout videos tailored to their specific needs. The "My Plan" feature allows users to curate a personalized workout schedule, saving preferred videos for easy access. This page empowers users to structure their fitness routines efficiently.

The Community page includes a search bar at the top. Below it is a yellow banner with the text "Exercise or injury? Incorrect exercise methods can lead to..." and an illustration of a person lifting weights. A section titled "Exercise Guru" features a profile picture of a man and the text "A middle-aged man who loves fitness". Another section asks "Is there any way to manage health without exercising?" with a response from a "boy full of energy" about managing health through other means. A third section from a "Top trainer at XX gym" discusses effective ways to exercise. At the bottom are five navigation icons: Home, Workouts, Recipes, Community, and My Plan.

The Community Page serves as a virtual forum where users can share experiences and insights, connect with like-minded individuals. Users can join global clubs such as runner clubs and engage in discussions about workouts and daily routines. Users can gain motivation, advice and a sense of global community, enhancing their overall wellness experience.

5.0 REFLECTION TOWARDS APPLICATION

In exploring existing health apps such as MyFitnessPal, we drew inspiration that aligns with our prototype, "My Wellness Buddy," particularly in the realm of video-based workouts





Key Insight

MyFitnessPal's Video Workout Integration

Its effective utilization of video workouts resonates with our approach in "My Wellness Buddy". We aim to offer a diverse library of video-based exercises tailored to individual needs

Personalized Experience

Both MyFitnessPal and our prototype prioritize personalized user experiences, ensuring that each user's fitness journey is uniquely tailored from the outset



Unique Additions

My Wellness Buddy distinguishes itself with real-time updates on the Homepage and a "My Plan" feature enabling users to create personalized workout schedules based on their preferred video exercises.

Future Direction

Building on the success of MyFitnessPal and other platforms, our focus is to enhance My Wellness Buddy's workout section by integrating a wider range of video workouts. By expanding this library and refining the user experience, we aim to create a comprehensive fitness application that combines personalized guidance with a rich variety of video-based exercises for users' benefit.

6.0 TEAMWORK

NAME	MUHAMMAD MUJAHIDUL ADLI	AHMED ISLAM MOHAMED EZZELDIN ABDELMOH SEN	HU HAO	YAP EN THONG	CHEN SHU YAN
TASKS	Brainstorming				
Interview					Interview
Prototype design					
			Video editing		
					Detailed description related to the project
	Reflection				
				Detail Steps related to the project	
Introduction		Introduction			
			Prototype descriptions		



Thank you !

QnA Session