




DEMO VIDEO:

[https://www.youtube.com/watch?v=BeY5OUw
mjmc](https://www.youtube.com/watch?v=BeY5OUwmjmc)



“ACCORDING TO **WHO**, 60 TO 85% OF
PEOPLE IN THE WORLD—FROM BOTH
DEVELOPED AND DEVELOPING
COUNTRIES-LEAD SEDENTARY
LIFESTYLES, MAKING IT ONE OF THE
MORE SERIOUS YET INSUFFICIENTLY
ADDRESSED PUBLIC HEALTH PROBLEMS
OF OUR TIME.”

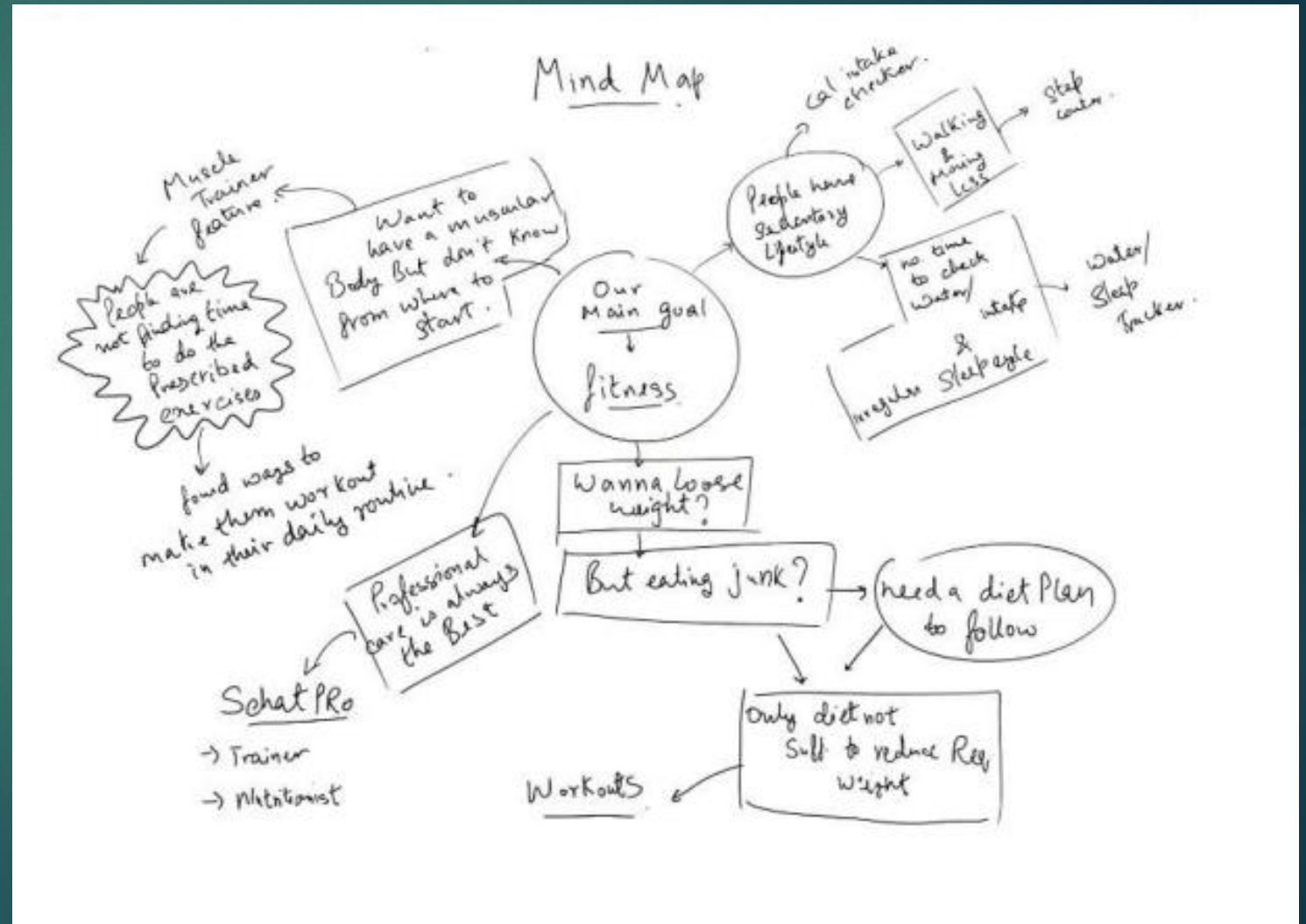




“WE DECIDED TO COME UP WITH THE SOLUTION OF A HEALTH AND FITNESS APP THAT WOULD ASSIST THE USERS IN SUCCESSFULLY CARRYING OUT THEIR FITNESS GOALS.”

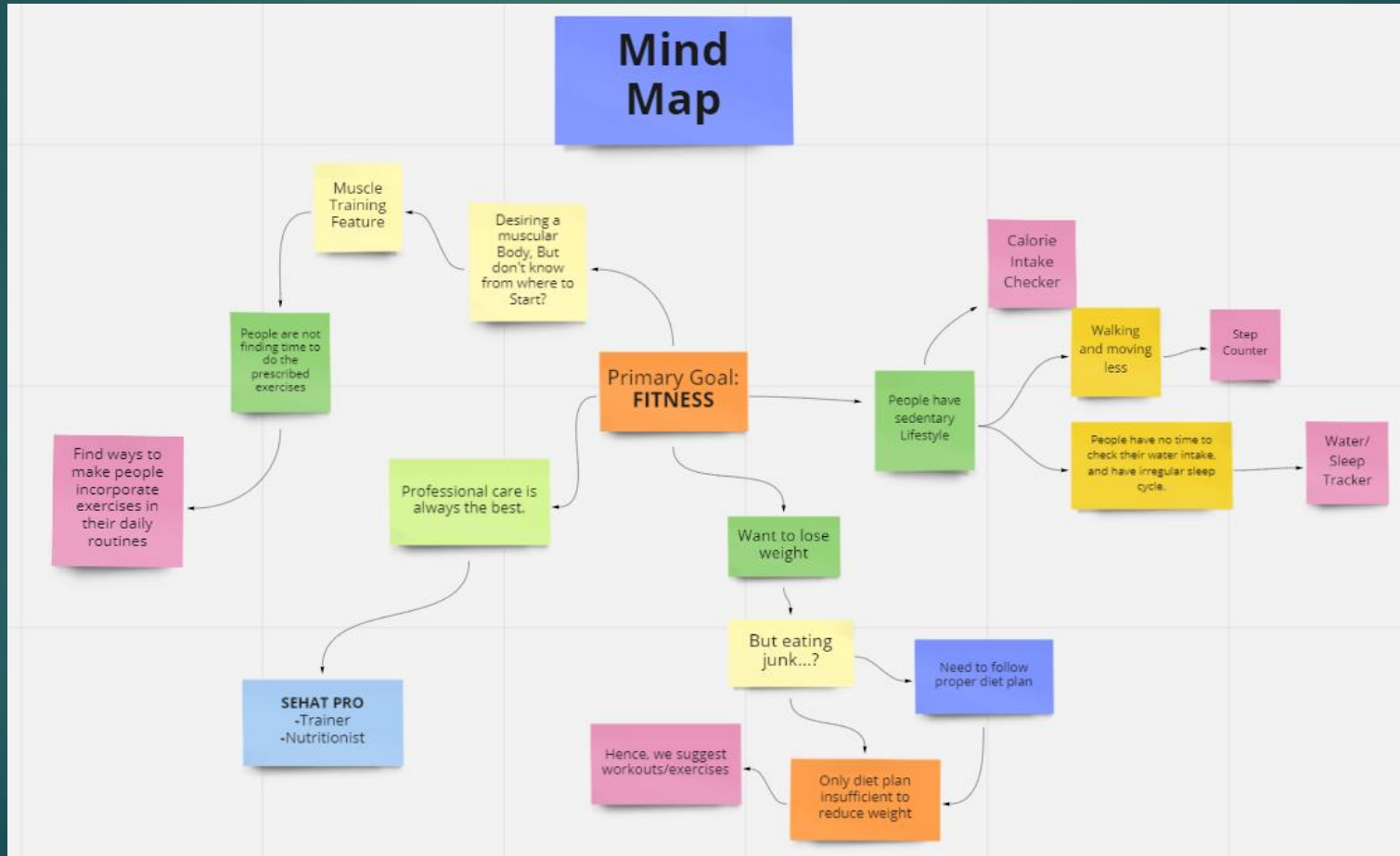
Lo-Fi Prototyping.

Mind Map : We conducted regular meets along with ideation cum brainstorming sessions over a period of time to think about the various solutions for the problem and different features/functionalities that our app could include. Here we thought about numerous solutions and after taking into considerations all ideas, we identified the most practical and feasible solution.



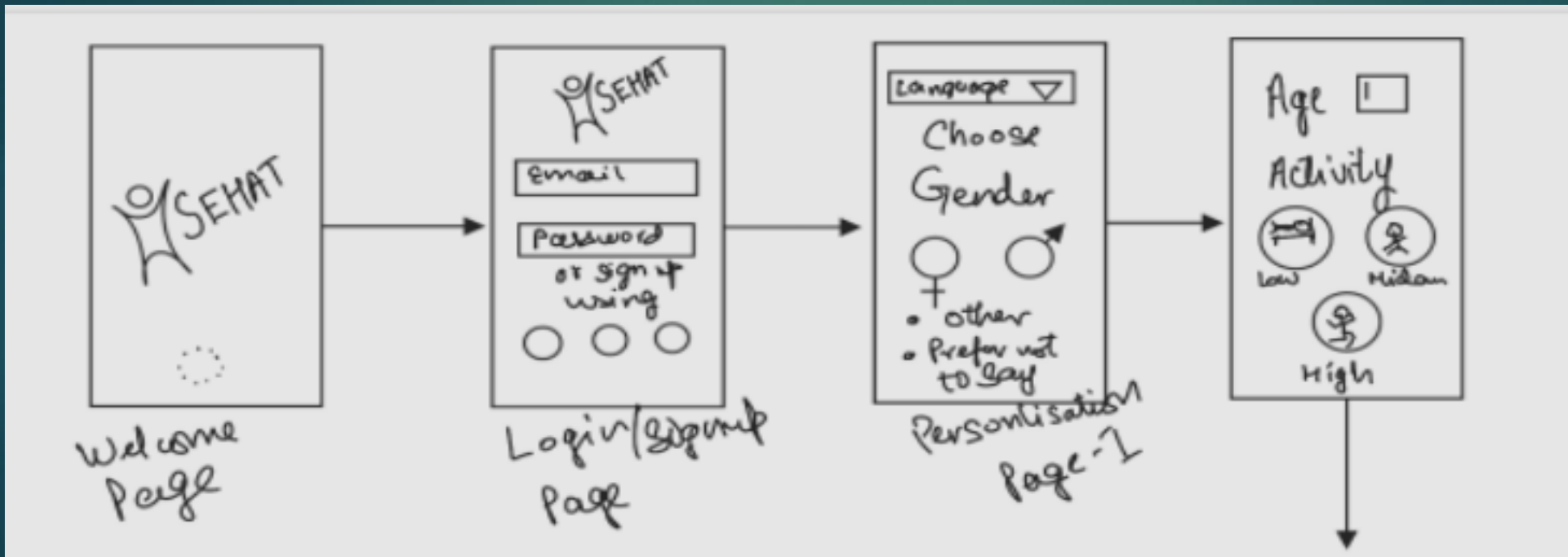
Miro version of the previous mind map:

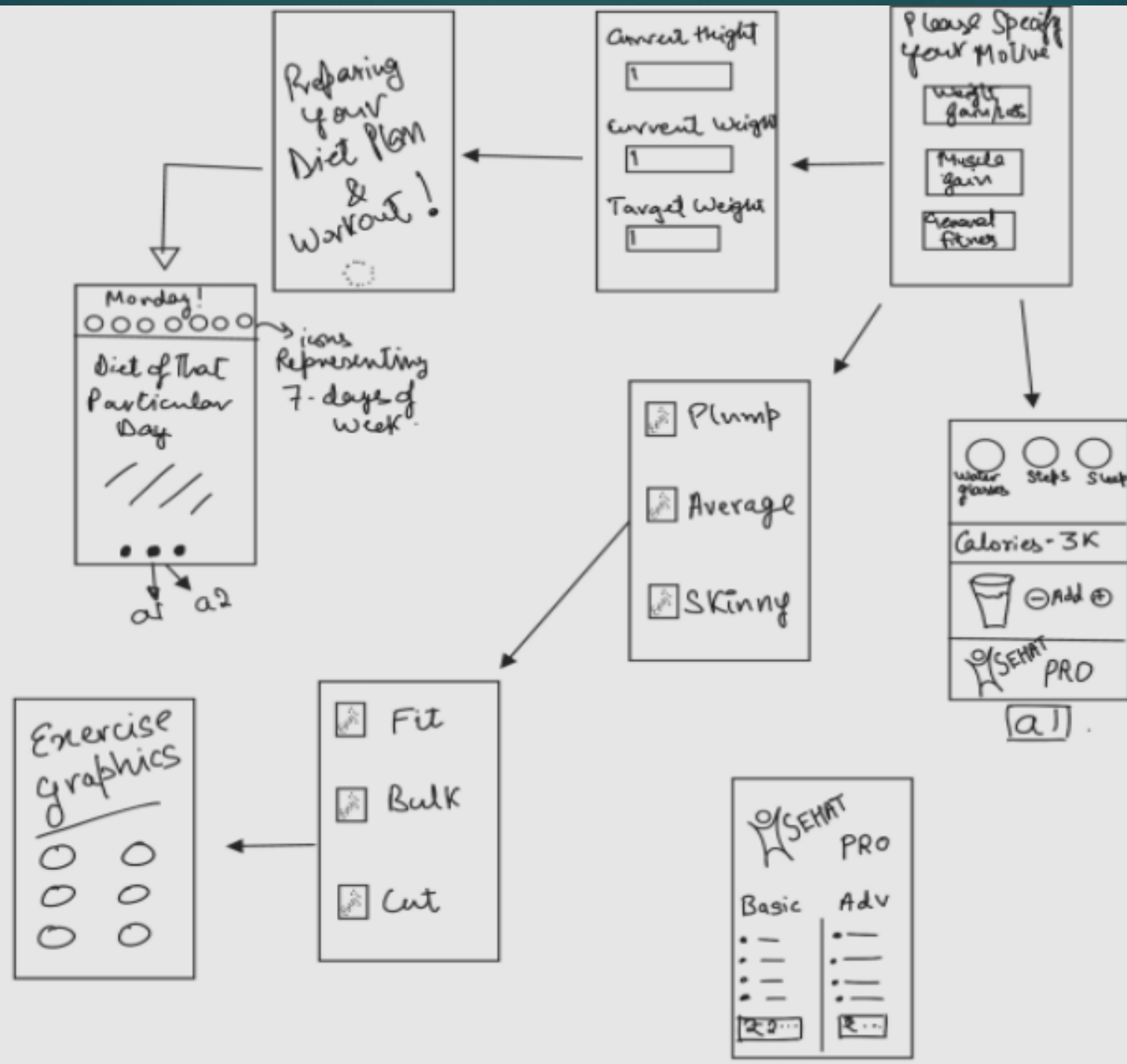
Link : https://miro.com/app/board/uXjVOAkxOtA=



Lo-Fi Prototyping :

The following represents our app's basic flow in the form of a flowchart, along with basic sketches of the interface at each step. This is a Low-Fidelity Prototype of our app :

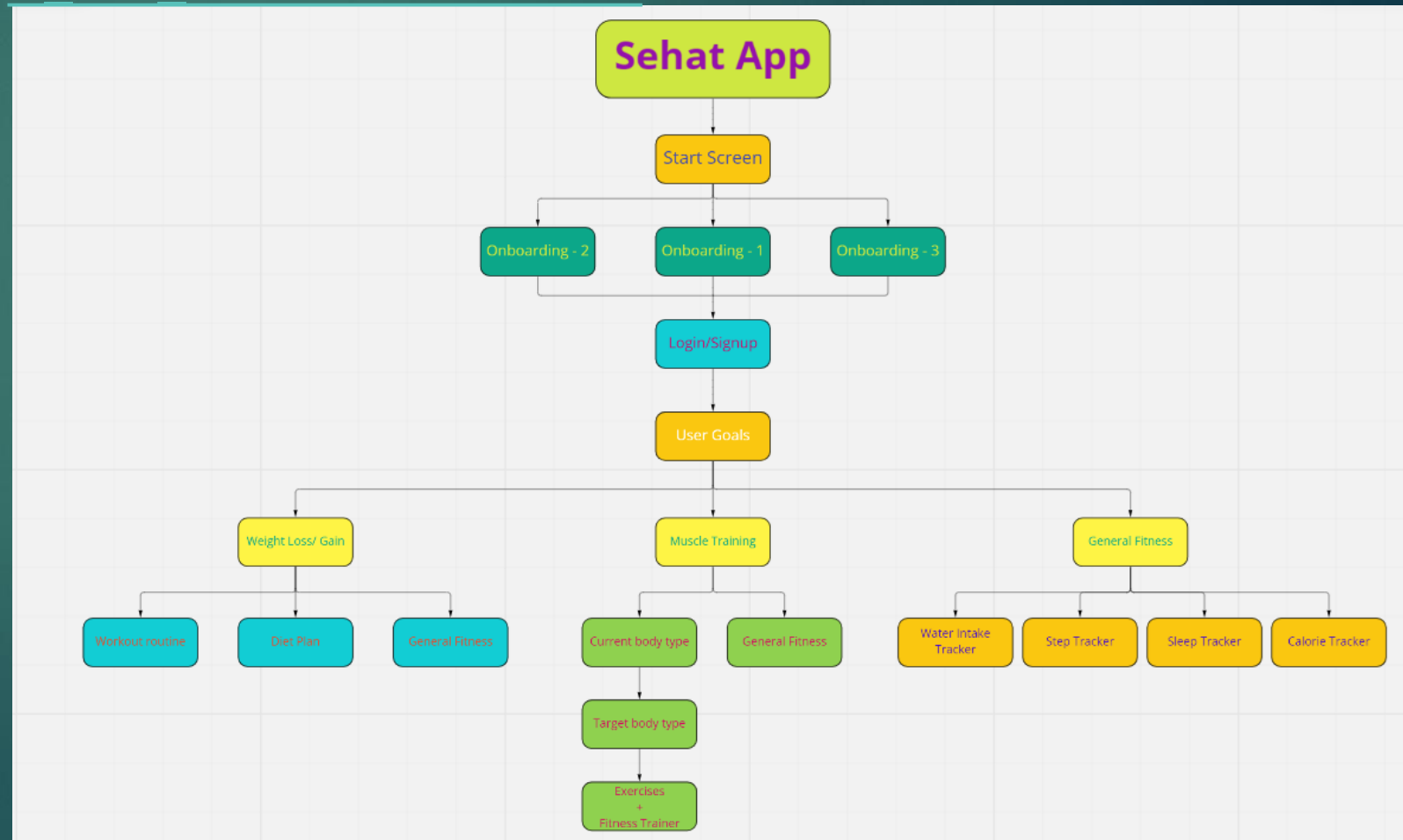




App Flow and Information Architecture :

The following is the link to the information architecture plan that we made on Miro:

https://miro.com/app/board/uXjVOAlWqql=/?invite_link_id=543558962640



High-Fi Prototype.

After making a low-fi prototype of our app, we were able to identify the possible shortcomings of our proposed solutions. This helped us to further build upon our ideas, improve the functionality of our app, and shape our High-Fidelity prototype to its present form. The following is an interactive version of our High-Fidelity Prototype which was created on the prototyping tool Adobe XD. This high-fidelity prototype reflects our final solution to the problem.

Link: <https://xd.adobe.com/view/d30fa54e-c5fb-44e0-995c-d3d003aee363-865c/?fullscreen>

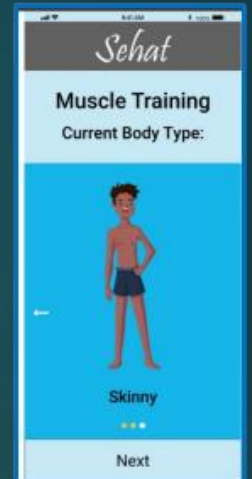
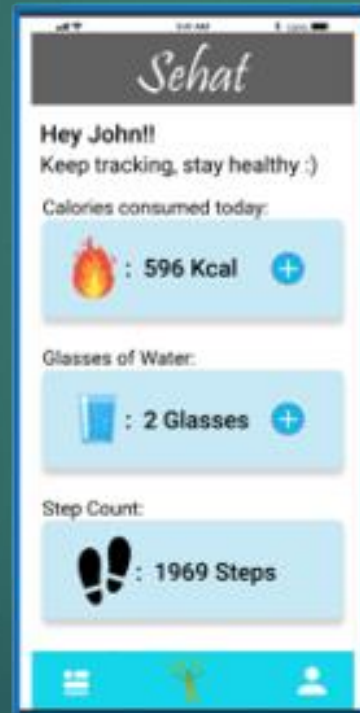
The High-Fidelity Prototype was created keeping in mind all major design principles such as:

- Visibility • Feedback • Constraints • Consistency • Affordance

Our primary focus while making the high-fidelity prototype and coming out with the final product was to ensure that user experience shouldn't be at the cost of usability. Thus, we ensured that the app/product was both useful and enjoyable to use, and fulfilled its purpose to the core. The following are the key usability goals we focussed on:

- Effectiveness & Efficiency • Safety • Utility • Memorability • Learnability

Key Screens of Hi-Fi Prototype:



Evaluation :

We took interviews of various people that fall under our target audience and showed them the hi-fidelity version of our app. We took interviews in order to record their live responses while browsing through the app. We assured them that their identity will not be revealed. We started off by giving them the link to our prototype so that they could browse around at their ease and then we started with the interviews where we asked them some questions.

Links to the interview:

https://drive.google.com/file/d/186E6y6wv6_LFJuf38jqLerZoOSb0xuKg/view?ts=6247eaa1

https://drive.google.com/file/d/186gxH1013bdh3EQkdasgLlxfw2lYg1_6/view?ts=6247ea95

<https://drive.google.com/file/d/18A5hw6054ZDloltZO6xJxIMQvV53BRzw/view?ts=6247ed87>

Bibliography/References.

- > <https://medlineplus.gov/healthrisksofaninactivelifestyle.html>
- > <https://www.myfitnesspal.com/>
- > <https://www.healthifyme.com/in/>
- > <https://play.google.com/store/apps/details?id=daily.workouts.exercises.fitness&hl=en&gl=US>
- > <https://www.fooducate.com/>
- > https://www.medicinenet.com/script/main/notfoundstatic.asp?refurl=/healthy_living/article.html

Contribution.

Ayush Chauhan: Worked on Hi-Fi prototype, information architecture.

Mahima Chopra: Requirement gatherings, interviews, survey form, evaluation plan/interviews

Srijan Kar: Target Users/Stakeholders, Evaluation plan, interviews

Srimant Mohanty: Mind-mapping, App comparison, Project report writing

Yajat Gupta: Requirement gatherings, interviews, survey form, low fi prototyping, mindmapping

Yaksh Patel: Research and write-up on Limitations of existing Apps/solutions, low fi prototyping.

Link to the project report :

<https://drive.google.com/file/d/1N7n8eOBVU75d1zrKCNRI1WKEvLKoTyew/view?usp=sharing>