

Assignment 4: Interaction Design Concept

Task 1 - Mood Board Review

After thorough analysis of our mood board and story map, we have identified three main visual styles that will be suitable for our app:

1. Bold and Motivational Style

This style will include vibrant colors like reds, oranges, and dark blues to create an energetic and motivating feel. This can be highly effective for users focused on intense workouts and who benefit from motivational cues. We will also need to use strong, bold fonts like Montserrat Bold to help make headings and metrics stand out, providing clear information during active workouts. Finally, simple, bold icons, especially those with shadows or outlines, will help make buttons and icons easily clickable and visible. This style will appeal to users who want a high-energy, engaging experience. And it could be used for areas where motivational prompts and progress tracking are most critical, such as the “Goals” and “Workout” screens.

2. Calm and Centered Style

For this style, we can utilize soft, muted colors (light blues, greens, and neutrals) that are proven to convey relaxation and are ideal for users focused on wellness and gradual improvement rather than intense workouts. In addition to that, light, elegant fonts and rounded icons could be used to create a supportive and approachable look, which aligns with our persona Leah (beginner) who may be seeking a supportive environment. This style will provide a less competitive atmosphere, ideal for users new to fitness tracking or those looking for a balanced, health-oriented app experience. This style may be used for onboarding screens, account settings, or progress tracking for beginner users.

3. Sharp and Analytical Style

This style will be based on Dark themes with neon accents to give the app a data-focused, high-tech appearance, which is ideal for users interested in detailed tracking (like our advanced persona, Madeline). To support, clean, thin-line icons with neon highlights will be used on dark backgrounds, providing precision and clarity in data-heavy screens. This style is best suited for users who want to feel in control of their progress with clear, data-focused visuals that enable them to monitor complex metrics. This style could be applied to the “Stats” or “Active Workout” screens where advanced users may want precise, easy-to-read data during workouts.

Task 2 - Team Workshop

Information Architecture

The following is a list of all key sections, pages, and features needed for our application, arranged in a way that reflects their relationship:

- Initial Account Screen
 - “Sign Up” Button
 - “Sign In” Button
- Welcome Page
 - Welcome message
 - Week activity overview
 - Goals/targets overview
 - Friends overview
- Search Page
- Workout Page
 - Recommended exercises
 - Change workout dropdown menu
 - Option to use a previous exercise sequence
 - Option to define a custom exercise sequence
 - “Start workout” button
- Active workout screen
 - Exercise set sequence (can be grouped by colors)
 - For each set:
 - How many repetitions
 - Exercise variations
 - Rests between sets
 - Next 2-3 exercises
- Stats Page
 - Goals section
 - Records section
 - Targets section
- Profile Page
 - Username
 - Profile picture
 - User seniority
 - Other personal information
 - Detailed list of friends
 - List of paired devices (smartwatches, wristbands, headphones, etc)
 - Settings dropdown menu
 - App Settings

- Account settings
- Profile settings (what is public and private)
- Option to log out/switch user

User Flow Journey Map

<https://www.figma.com/board/tZE8dCzuBZ11bNNFFkuMZd/User-flow-journey-map?t=4lS5txyfNDeUHyM9-6>

Task 3 - Draft Sketches

A total of six individual design sketches were produced. After internal team validation, the best qualities of each were selected and merged to form the final sketch seen in Task 4. Pictures of the initial sketches are found in the folder linked below. They are labeled according to their iteration number.

[HCI Draft Sketches](#)

Commentary for each sketch

Iteration 1: The first attempt at a sketch. We can see that all of the app's features are divided into just three screens, an amount which was quickly deemed too little upon feedback; all subsequent sketches have at least six screens. Despite this, there were still successes in this sketch: namely the presence of a workout menu, a stats menu, and a profile page. These are also mainstays in the next sketches.

Iteration 2: Navigation between the workout menu, the stats menu, and the profile page now happens using icons at the bottom of the screen (though here the profile page is referred to as “Friends Page”. This helps the flow between screens be more intuitive and accessible compared to the previous iteration. This is also the first iteration with a “Login / Sign Up screen”, which was a successful aspect. Here we also begin to explore and directly outline what the flow between screens would look like, as well as what “features” should be grouped under which menu. Device connectivity features (e.g. Bluetooth) make their first appearance here, but where they should be placed was subject to much debate and they would be moved a couple more times before reaching their final spot. Finally, we begin experimenting with the placement of the app’s motivational or “progress update” features, in this case, the “You’re on a 15 day streak!” message in the stats page. This placement is also not final.

Iteration 3: Following our feedback from Iteration 2, a search page makes its first appearance here. The amount of icons for main navigation has been increased from 3 to 4. This iteration also attempts to explore how many screens it would approximately take to fully implement some of our highest-priority features; in this case, the Workout functionality of the app.

Iteration 4: A more detailed and complete sketch, with a higher number of flow indicator arrows between screens. The amount of main navigation icons has once again been increased from 4 to 5; upon feedback, this was determined to be a success and was set as the final amount. This also greatly helps the flow between screens to not be as linear as in previous sketches. Other successes include the placement of the settings and device connectivity features within the profile page.

Iteration 5: This iteration consists of a single screen, meant as a mostly separate test to showcase what a finalized “home screen” might look like (though it is loosely based on Iteration 4’s Welcome Page). This sketch also attempts to implement the “Sharp and Analytical” style outlined in our mood board and in this assignment’s Task 1. We would eventually decide on this style for our finalized product, so this test sketch was an overall success.

Iteration 6: This is our final sketch iteration, and the one that most closely resembles the interactive prototype liked below in Task 4. Major successes include the finalized placement of the navigation icons, connectivity features, and settings. The information chosen to be displayed on each page was also unanimously agreed upon.. The only negative aspect of this iteration is the noticeable lack of a “Login / SignUp Page” due to an oversight, but this was once again re-added to the interactive prototype.

Task 4 - Interactive Prototype

(NEW) Link to our **paper-based** interactive prototype sketch:

<https://marvelapp.com/prototype/ccgi1h7>

Link to our interactive prototype sketch (with a more detailed interface):

<https://marvelapp.com/prototype/fg18bjg>

Task 5 - Concept Overview

Concept overview

Our interaction design seeks to touch upon all major steps in our story map. This includes creation and management of personal profile, creating and tracking workouts, and visualizing one’s progress. The focal points of this design is how to start workouts, and where progress and statistics are held on the app.

Mood Board References

We see in our sketches that some visual design cornerstones originally attached to the mood board have continued to influence our choices. Most notably among them is the presence of a specialized user profile page and a stats page, and a workout page, both easily accessible from the different main menus or “welcome screens” of the sketches. It is important to

compartmentalize the information displayed to the user to avoid a cluttered design and stick to our chosen design principles and goals.

Initial Sketches

This Google Drive folder contains our initial sketches. It is the same folder linked in Task 3. The best qualities of each were selected to form the prototype sketch in Task 4.

https://drive.google.com/drive/folders/1m0eHRtWKd5NY52kuKYtXt24JlmitpsPn?usp=share_link

Lessons Learned

The main thing that improved through sketch iterations was the organization of information and features. We have known what information we wish to make available for a long time now, but this was the first point where we have had to group this information, as well as the order/transitions between these groups, in a way that achieves our design goals and makes most sense to our users. Looking back on our interviews and user research proved helpful. For future assignments, we will definitely keep a more detailed log of our actions, changes, discussions, and decisions, so that we can more reliably fall back on previous iterations, should we make a mistake in the future with our product's design's direction.

Ideas for Final Version / MVP

From our sketches and working prototypes, the optimal hierarchy of information that would best fit our product became more clear. The main subdivisions of information include a Home Page, a Search Page, a Workout Page, a Stats Page and a Profile Page. These are essential to our MVP and will remain unchanged for the next prototype version. The content of each page as well as the structure of any further information subdivisions is not final, but is not expected to change significantly in the future. This is all not too different from the proposed Team Workshop structure in Task 2, further indicating the good quality of our previous tasks. Once we had the opportunity to better visualize our final product through our prototype sketch, we decided that the “Sharp and Analytical” style from our mood board would be the best fit for our vision.