

Low-Fidelity Prototype and Testing Plan for *Healthier Living* Fitness App

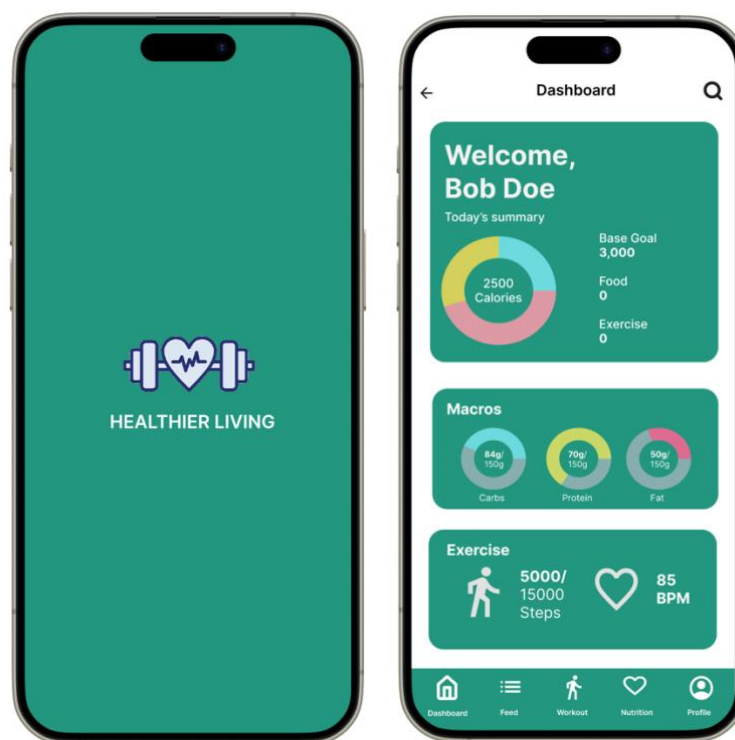
Introduction

Healthier Living is a fitness app designed to help users track their daily activities, manage caloric intake, and monitor overall health. This low-fidelity prototype outlines the core features of the app, including a user-friendly dashboard, workout routines, and nutrition tracking. The app's primary goal is to assist users in achieving a healthier lifestyle by providing a simple and intuitive interface.

Prototype Screenshots and Explanations

Screen 1: Loading Screen

- **Description:**
This screen features the app's logo displayed during the loading process.
- **Explanation:**
The loading screen is essential for establishing brand identity and preparing users for the app's experience. It reassures users that the app is functioning while the main interface loads.
- **Testing Approach:**
Usability testing will ensure the screen does not have excessive loading time, maintaining user engagement.



Screen 1: Loading screen with logo displayed.

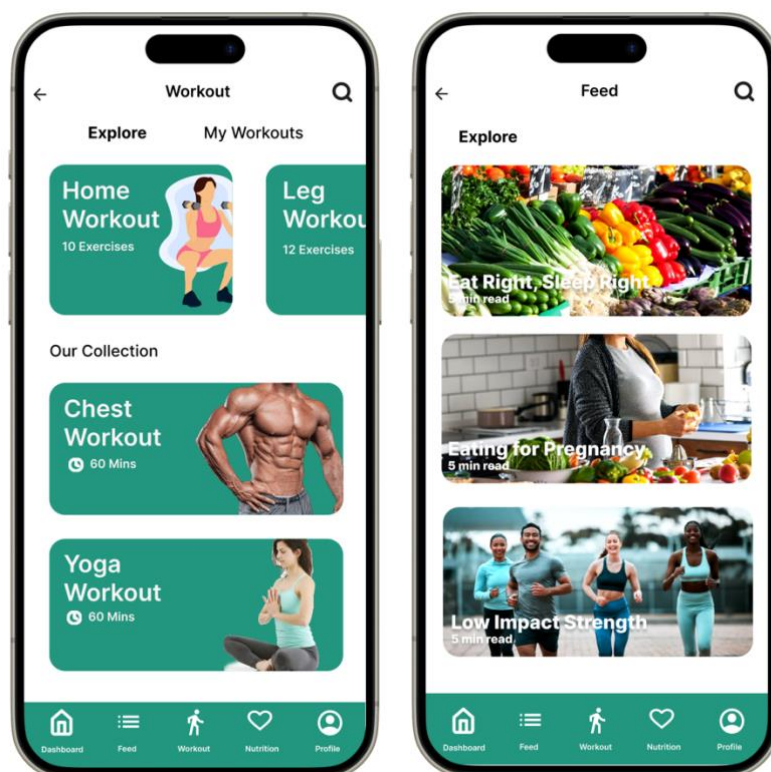
Screen 2: Dashboard showing key health metrics.

Screen 2: Dashboard

- **Description:**
The dashboard offers a summary of essential health data, including calories consumed, calories burned, caloric goals, macros eaten, steps taken, and heart rate (BPM).
- **Explanation:**
This screen provides a quick overview of users' daily fitness progress, motivating them to stay on track by visualizing their activity and goals.
- **Testing Approach:**
Usability testing will assess whether users can easily comprehend and interact with the dashboard features.

Screen 3: Workout Page

- **Description:**
The workout page offers users different workout routines (e.g., chest workouts, yoga) tailored to their fitness goals.
- **Explanation:**
By providing a variety of workouts, users can choose the exercise routines that best suit their needs and preferences, making fitness more accessible and personalized.
- **Testing Approach:**
Beta testing will evaluate if users can intuitively select and begin their desired workouts.



Screen 3: Nutrition Page showing each meal in more detail.

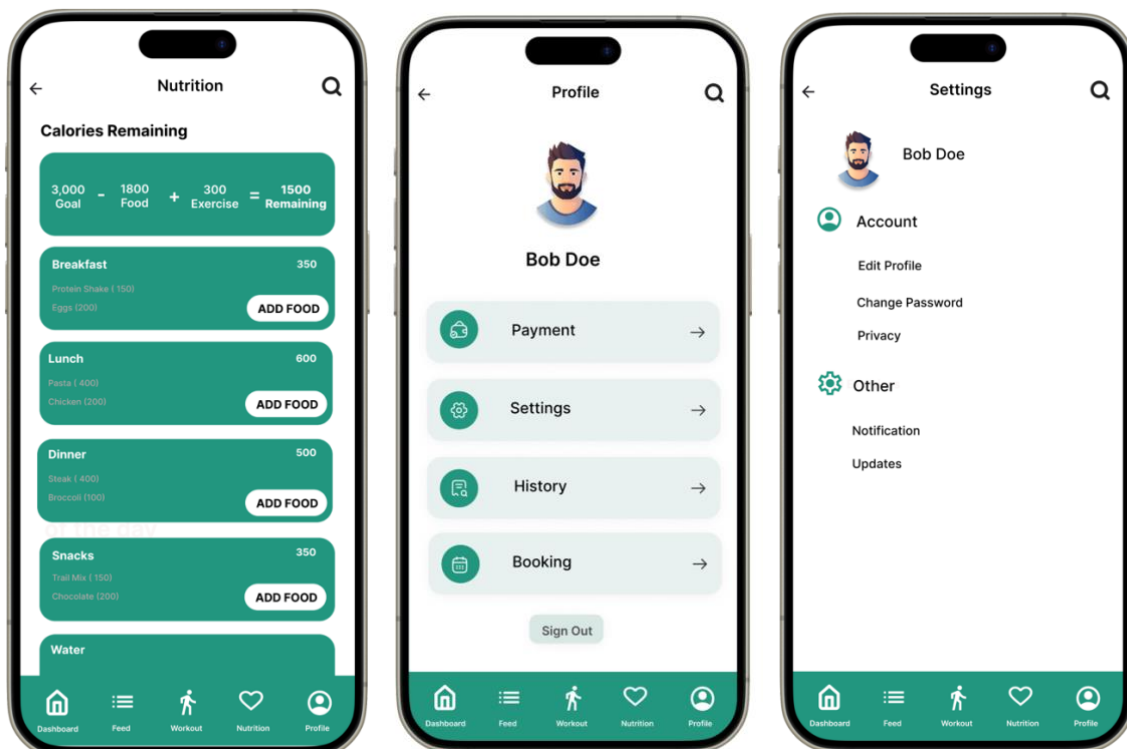
Screen 4: Feed page showing various articles.

Screen 4: Feed Page

- **Description:**
The feed page displays fitness-related articles and videos for users to read or watch, offering useful insights and workout tips.
- **Explanation:**
This page provides users with additional resources to stay informed and motivated in their fitness journey. Offering curated fitness content helps users expand their knowledge and explore new workout methods.
- **Testing Approach:**
User testing will focus on content relevance and whether users find the articles and videos useful and engaging.

Screen 5: Nutrition Page

- **Description:**
The nutrition page allows users to log their meals and track their caloric intake and macros throughout the day.
- **Explanation:**
This feature enables users to maintain control over their diet, ensuring they meet their nutritional goals by tracking their food consumption in detail.
- **Testing Approach:**
Usability testing will focus on the ease of logging meals and the clarity of the nutritional breakdown provided.



Screen 5: Nutrition page for logging meals and tracking intake.

Screen 6: Profile page displaying user data and achievements.

Screen 7: Settings page for managing preferences and privacy.

Screen 6: Profile Page

- **Description:**
The profile page displays user-specific information, such as personal progress and health stats, along with customization options.
- **Explanation:**
This screen offers users personalized insights into their fitness journey, allowing them to review achievements and monitor their progress over time.
- **Testing Approach:**
A/B testing different profile layouts will help optimize the user experience and personalization features.

Screen 7: Settings Page

- **Description:**
The settings page allows users to manage preferences such as notifications and privacy settings.
- **Explanation:**
This page is vital for user control, enabling them to tailor their experience to their personal preferences and maintain privacy within the app.
- **Testing Approach:**
Testing will focus on the ease of navigation and the comprehensiveness of the customization options offered.

Testing Plan

User Testing

To ensure that *Healthier Living* provides an intuitive and effective experience, the following testing strategies will be employed:

- **Usability Testing:**
A small group of users will test the app's main features, such as logging meals and selecting workouts. Their ability to complete tasks and navigate the app will be evaluated to identify any usability issues.
- **Beta Testing:**
A beta version of the app will be distributed to a larger user base to gather feedback on overall performance, functionality, and design.

Metrics for Success:

- **Task Completion Rate:**
The percentage of users who successfully complete essential tasks like logging meals and starting workouts.
- **User Satisfaction Scores:**
Users will rate the app's ease of use, design, and overall experience through feedback forms.

- **Error Rate:**

Tracking the number of errors or issues encountered by users during their interactions with the app.

Conclusion

The *Healthier Living* app prototype provides a user-friendly platform for tracking health and fitness goals. Through a series of intuitive screens, users can log workouts, monitor nutrition, and visualize their progress. The testing plan will refine the app's functionality and user experience, ensuring it meets the needs of its audience and delivers a seamless fitness tracking solution.

Link to Demo Video of the Prototype on Figma:

https://drive.google.com/file/d/1KC_VYAiom_gVgHdQ4QjsswTy7l6iILDQ/view?usp=sharing