

Department of Statistics & Computer Science

University of Kelaniya

ACADEMIC YEAR – 2021/2022

COST 31112 – Human Computer Interaction

Assignment 1 - Mobile App Design

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Report on Mobile App Onboarding Flow

For a hypothetical **fitness-tracking** (Health and Wellness) **App**

For university students!

In today's fast-paced world, maintaining a healthy lifestyle is crucial, especially for university students juggling academics, social life, and personal well-being. To address this challenge, our project focuses on the development of a Mobile App Onboarding Flow tailored for university students seeking to enhance their health and wellness.

This report presents a comprehensive overview of the design process and key considerations that went into creating an effective onboarding experience for our **hypothetical fitness-tracking app**. The aim is to provide students with a user-friendly, engaging, and motivating platform that encourages them to embrace healthier habits.

The report delves into various aspects of the project, including the **iterative design process** used to refine the **app's onboarding flow**. We explore how the app addresses the specific needs and preferences of university students, considering factors such as their **busy schedules**, **fitness goals**, **preferred food** and **workout schedules**.

In the report, we will include each interface we designed, along with its corresponding specifications from here onwards!

Onboarding Flow discussed will be:

1. **Initial Welcome**
2. **Sign-Up/Login**

Navigation bar Elements:

1. **Profile**
2. **Workouts**
3. **Food**
4. **Reports**

In conclusion, this report showcases our efforts in designing a Mobile App Onboarding Flow that aims to empower university students to take charge of their health and wellness journey.

Link to figma prototype :

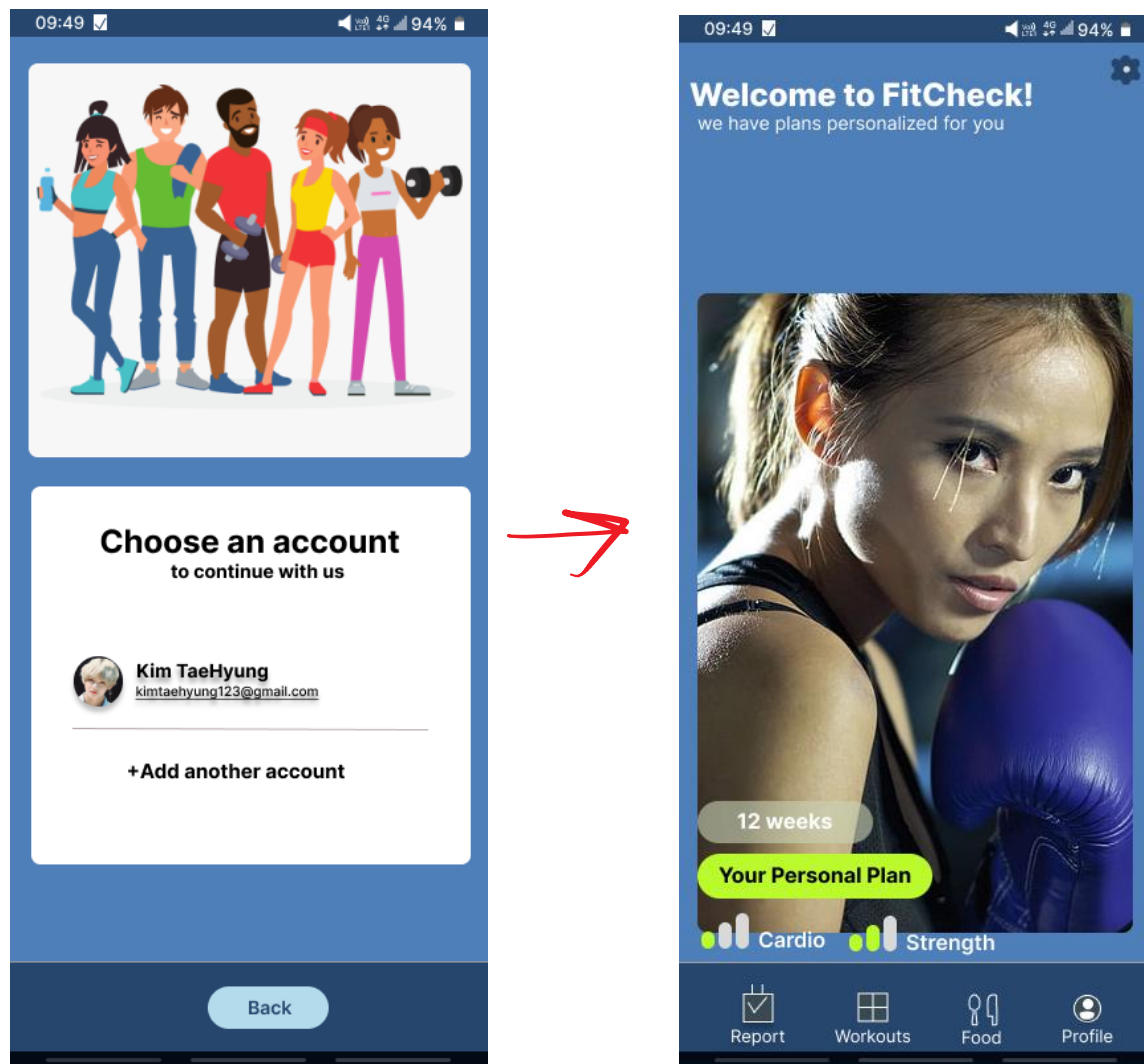
<https://www.figma.com/file/PZ6rdtEYaUNTnvlli1XeTk/Main?type=design&node-id=0-1&mode=design&t=jG1igaQiadnzYnAc-0>

1. Initial Welcome & Sign-Up/Login



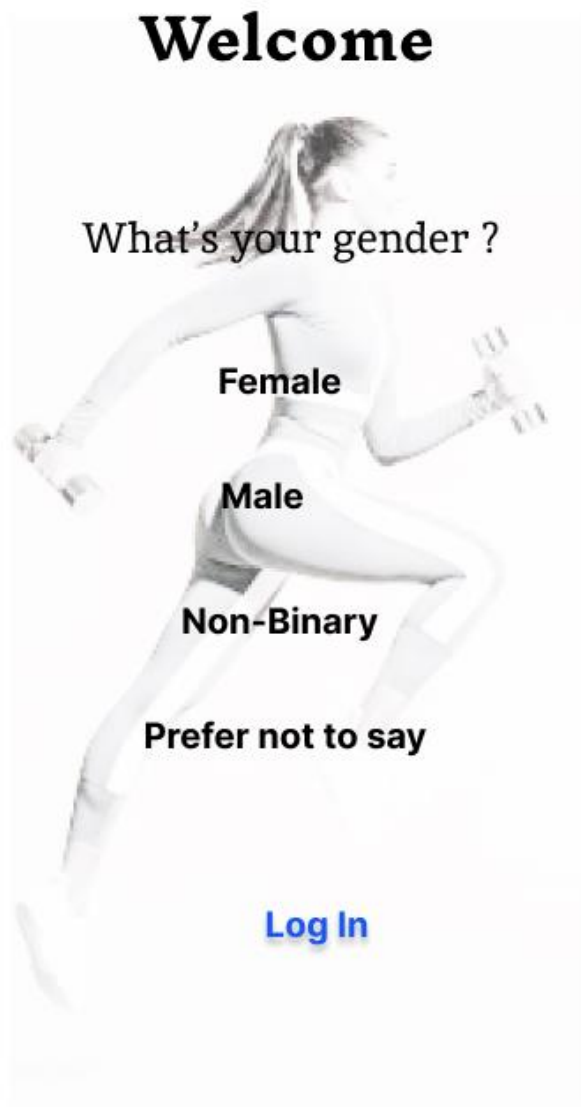
- In this fitness app, when the user is open the app this welcome page will display.
- If you already have an account you can click log in button.
- If you don't have an account you must have to go through the questionnaire, because it will help us to make a plan for you.
- In the welcome section we will be categorizing the new users and existing users. That will be discussed next.

1st path: You already member in our app. Select what is the your prefer path to select account.



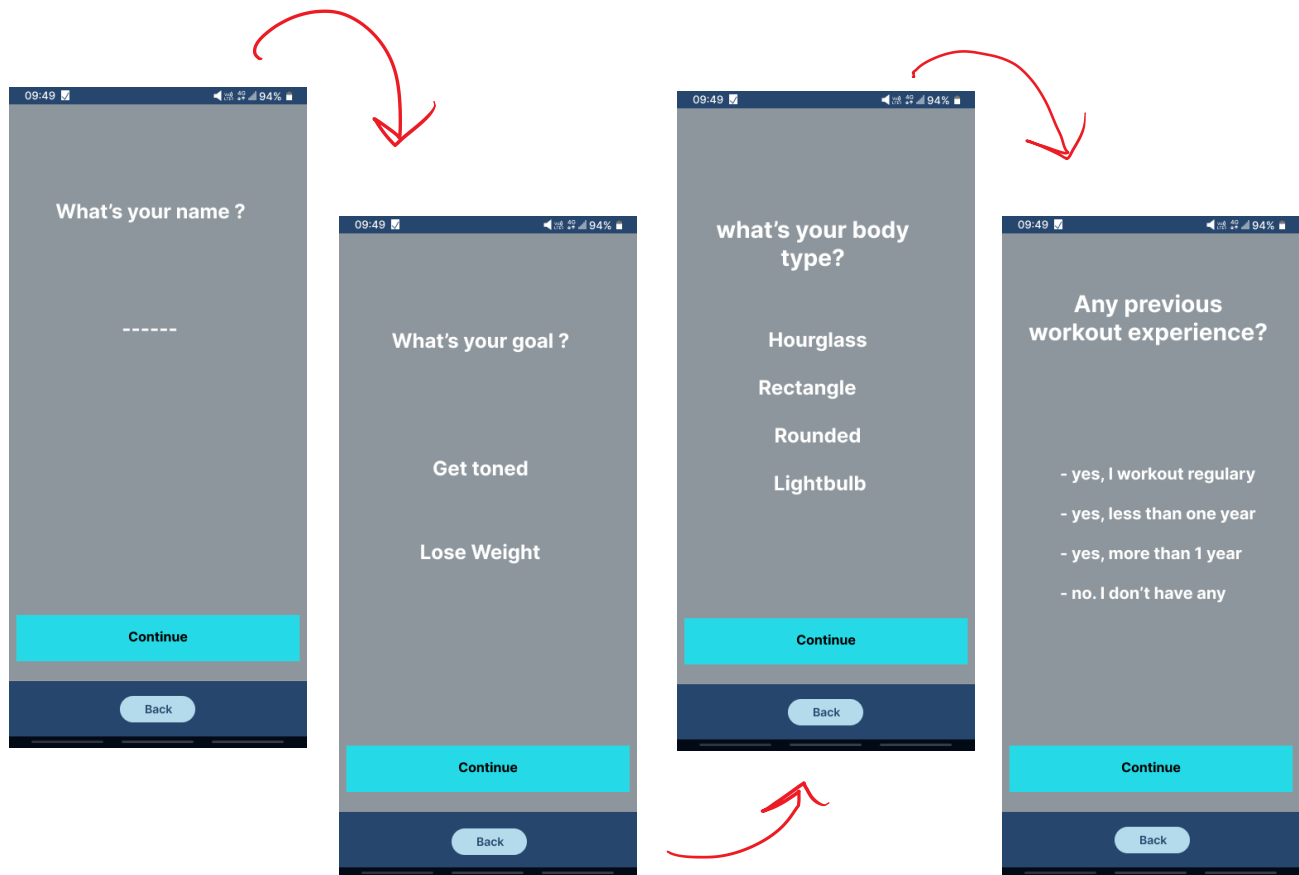
- First, select your account or add another account.
- Next you'll be directed to the home slide. You can select my plan, workouts, food, and profile in home.

2nd path: If you don't have an account, you must have to go through the questionnaire.



- Select your gender. Then you will allow us to start questioner.
- *Selecting female, non-binary or prefer not to say users will follow this path.*
- No need to click log-in.
- By button actions, you'll be directed straight to the questioner.



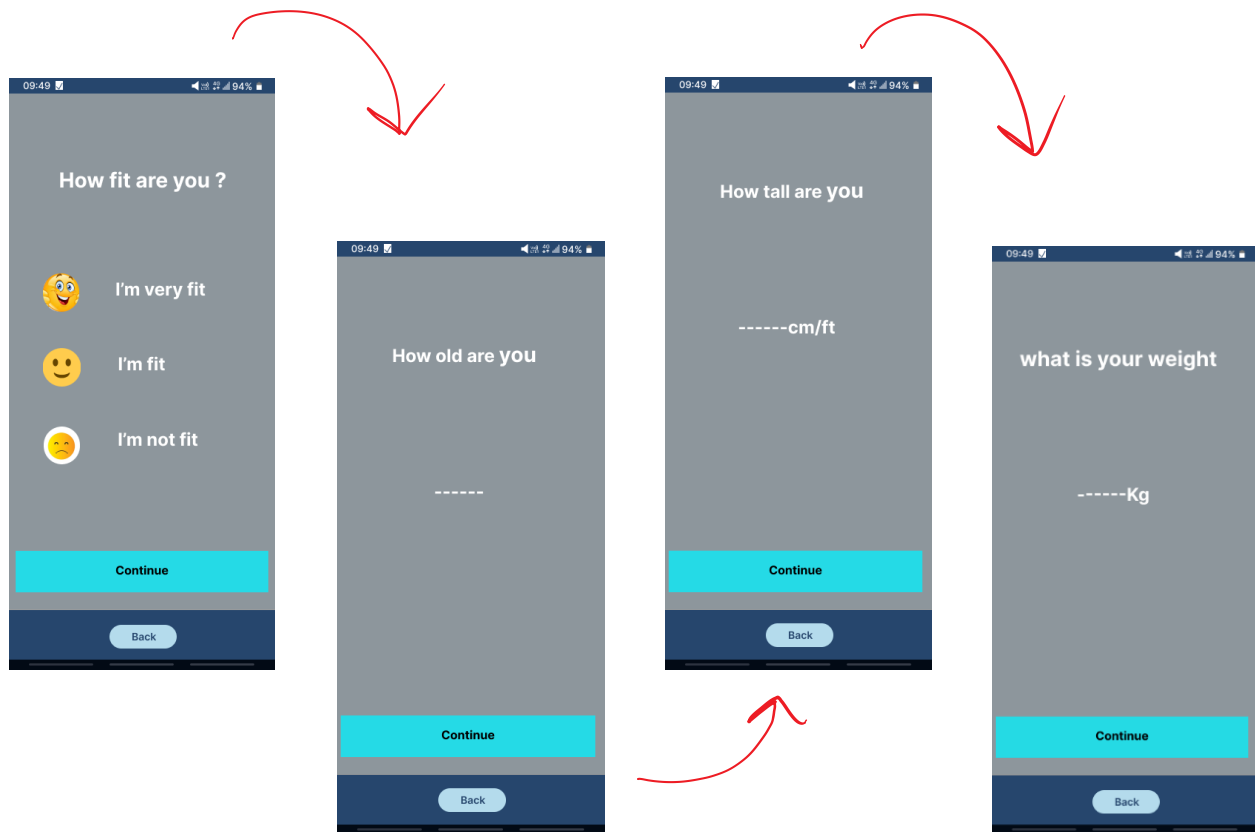


Qslide 1 : Get the user name , if you want to go back select back . to move on click continue.

Qslide 2: Get the user goal, to go back click on back. to move on click continue. You can only select one here.

Qslide 3: Ask user body type here. the user can select only one. to go previous, click on back. to move on click continue.

Qslide 4: Ask users previous workouts. Here also user can select only one .To go previous click on back. to move on click continue.

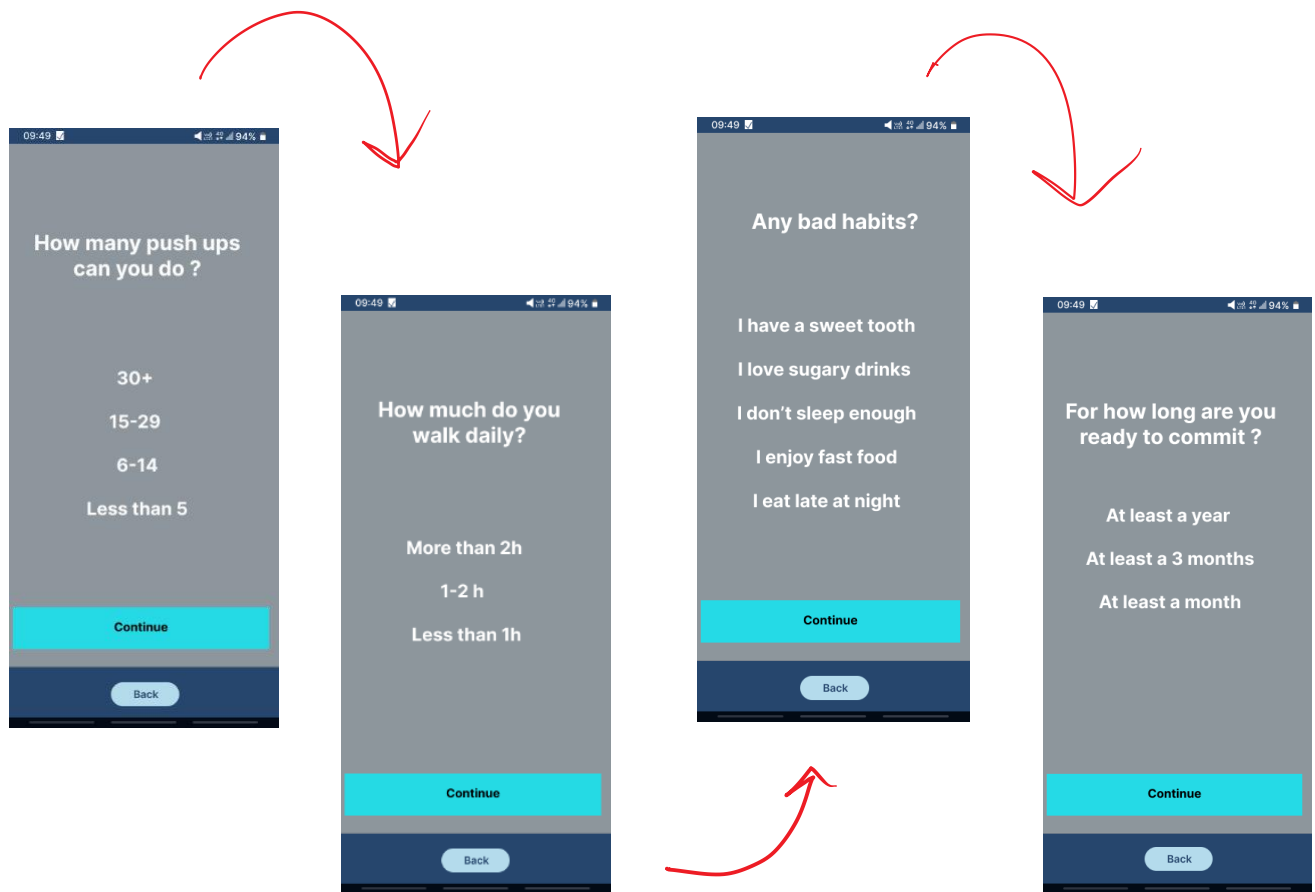


Qslide 5: Here we ask the users fit. Here also can select one .To go previous click on back. To move on click continue.

Qslide 6: Get user age. To go previous click on back.to move on click continue.

Qslide 7: Get user height. To go previous click on back.to move on click continue.

Qslide 8: Get user weight. To go previous click on back.to move on click continue.

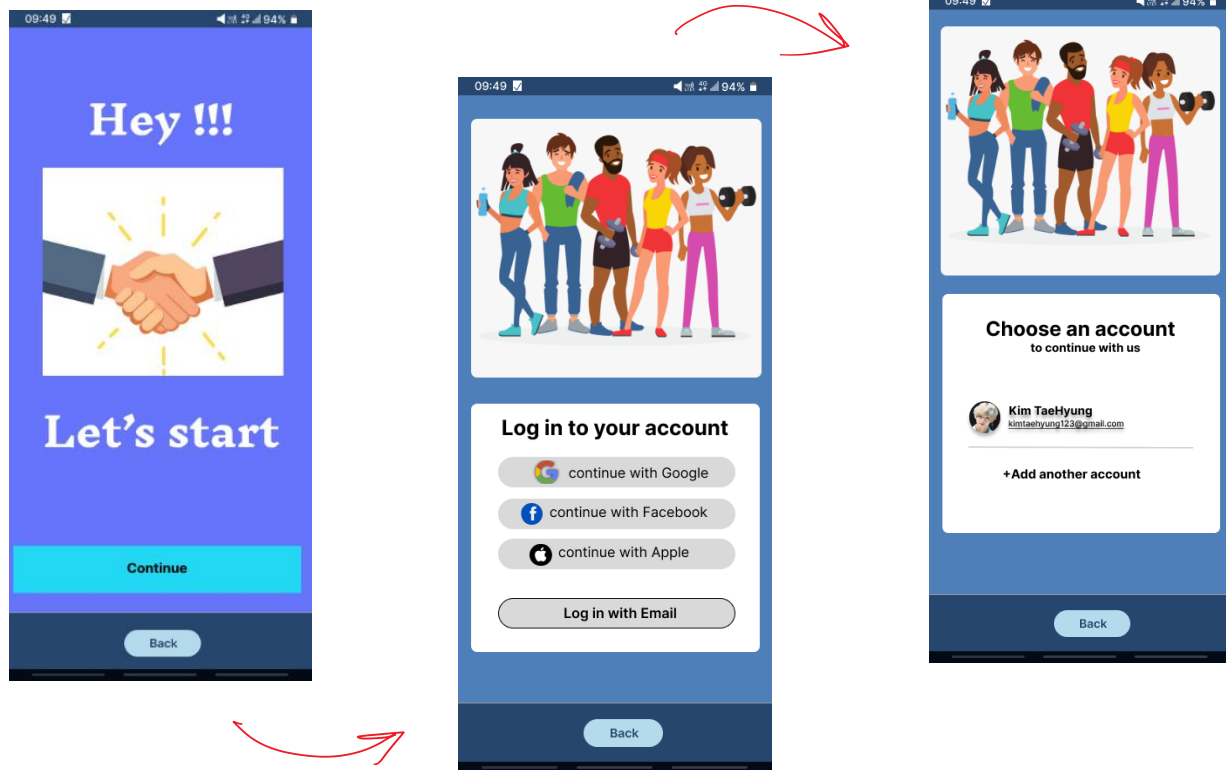


Qslide 9: Get know user push-up ability. To go previous click on back.to move on click continue.

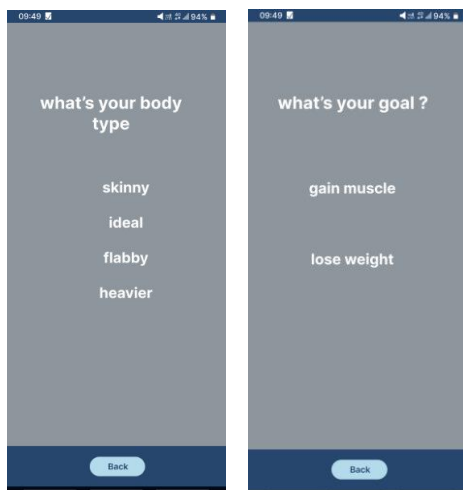
Qslide 10: Get user's walking details per day. To go previous click on back.to move on click continue.

Qslide 11 : Get know about unhealthy habits of user. To go previous click on back.to move on click continue.

Qslide 12: Ask from user that is how long user will continue with the app.



- All done: now user ready to use the app and app stored user's details.
- After the answering the questions now user ready to have an account. You're already a member in our app. Select what is the your prefer path to select account.
- Select your account or add another account.



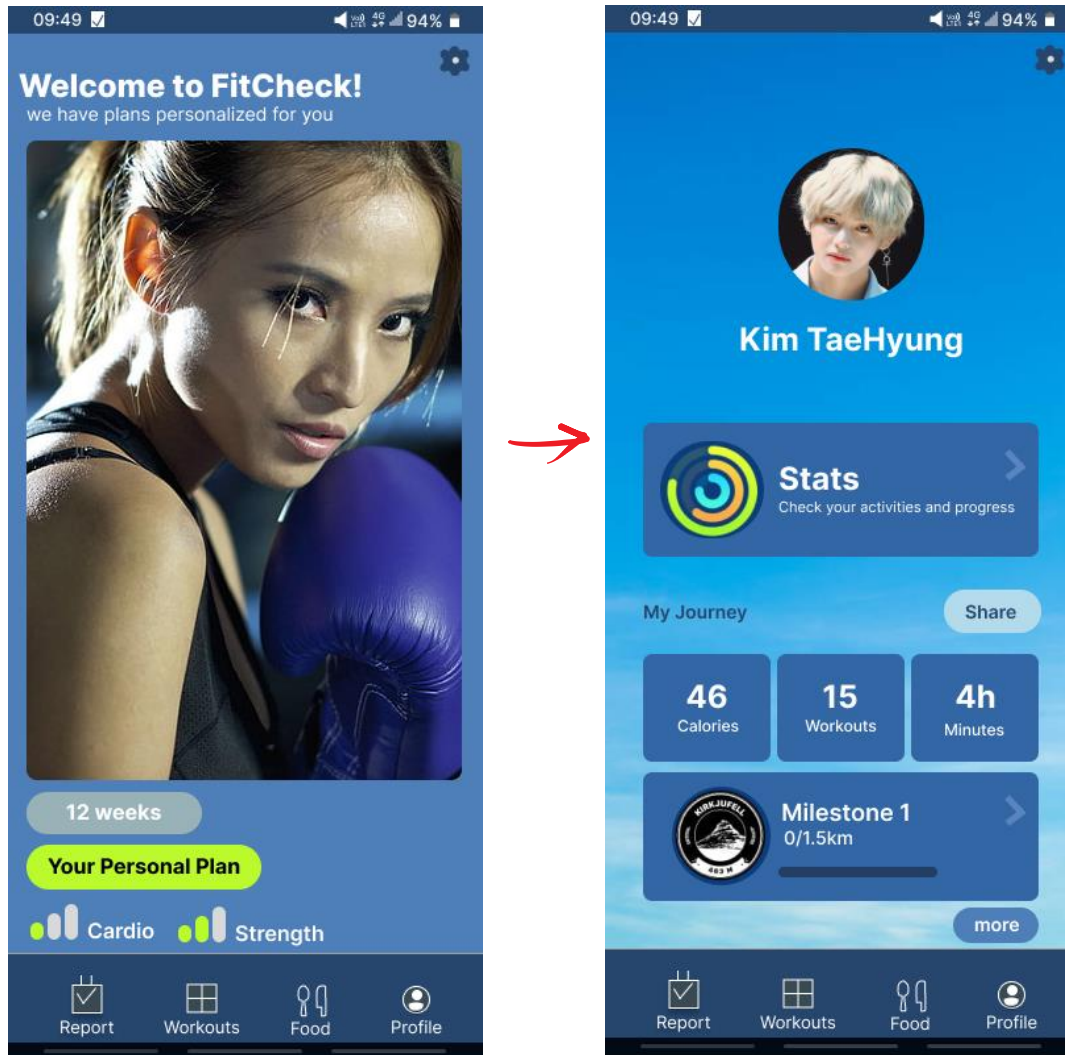
Selecting male first two question slide will only change.

Qslide 13: Get male user's goal. To go previous click on back.to move on click continue.

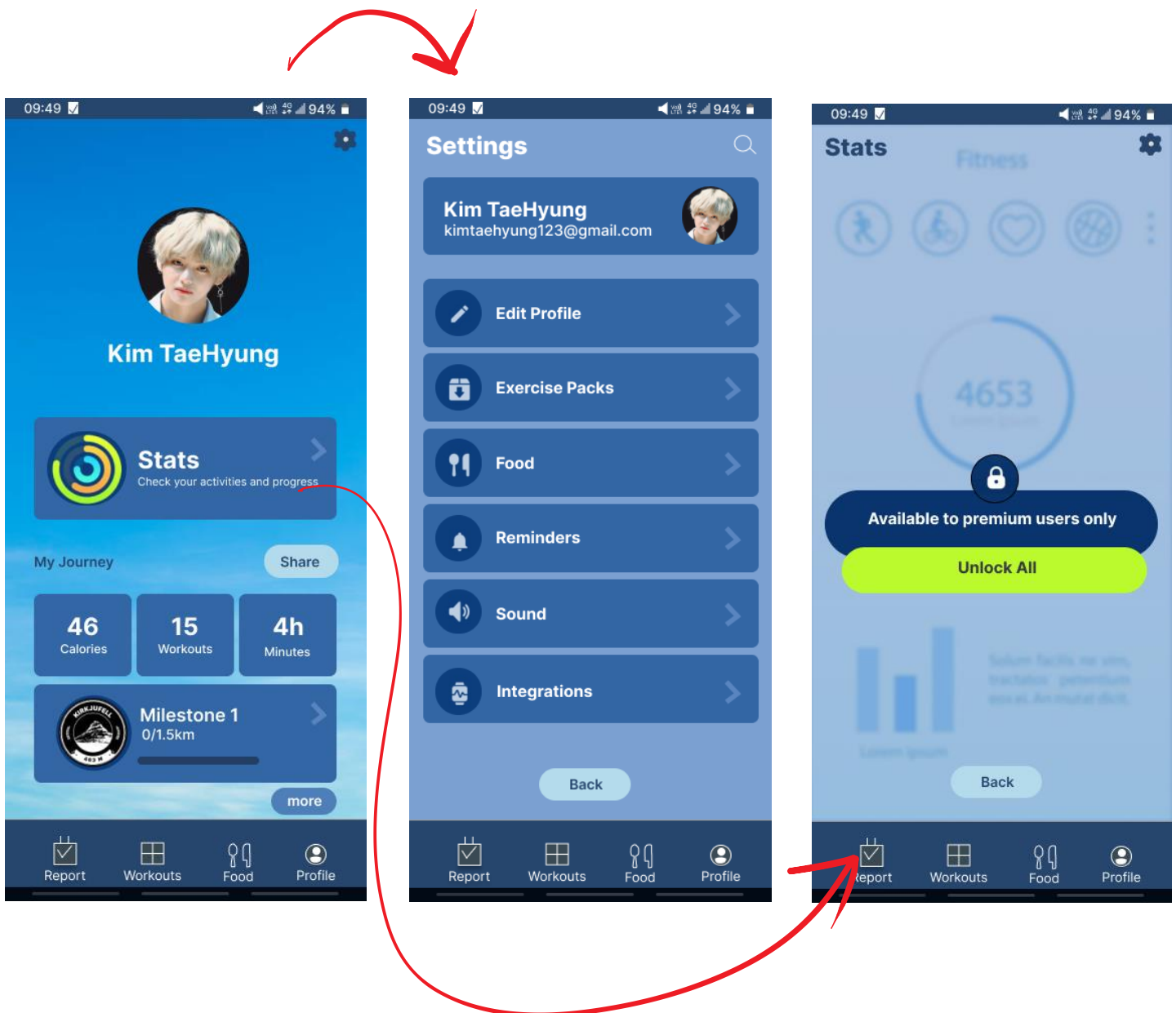
Qslide 14 : Ask male user body type. To go previous click on back.to move on click continue.

After the above slide again, question will combine.
(staring Qslide5 to)

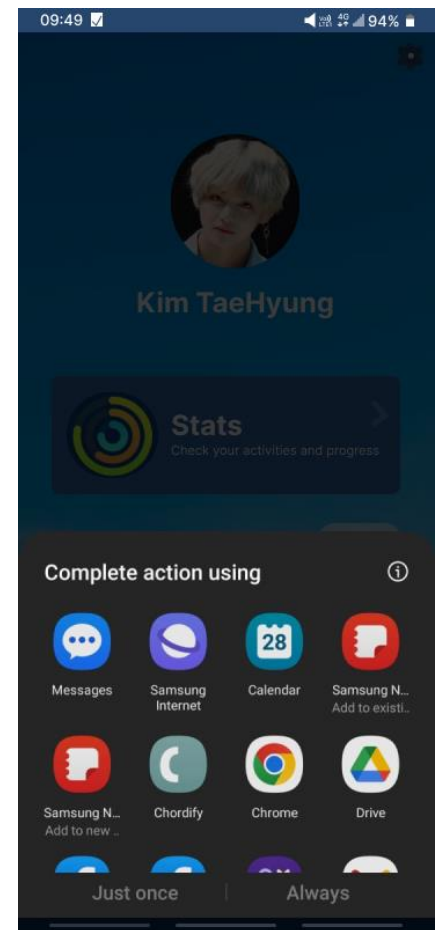
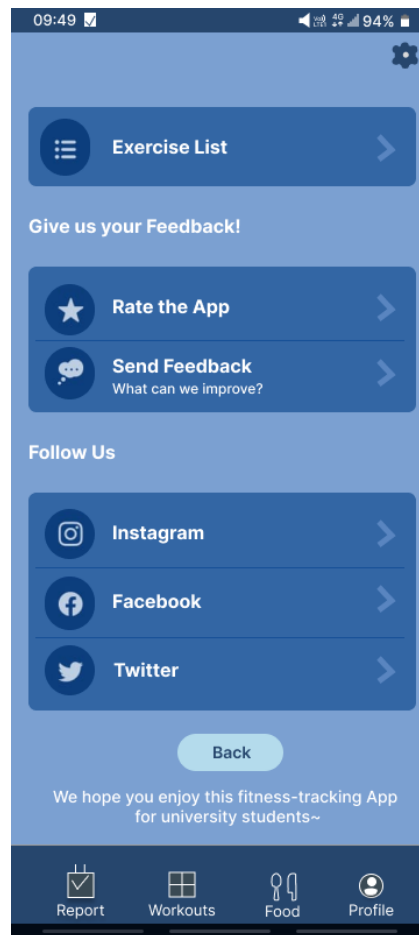
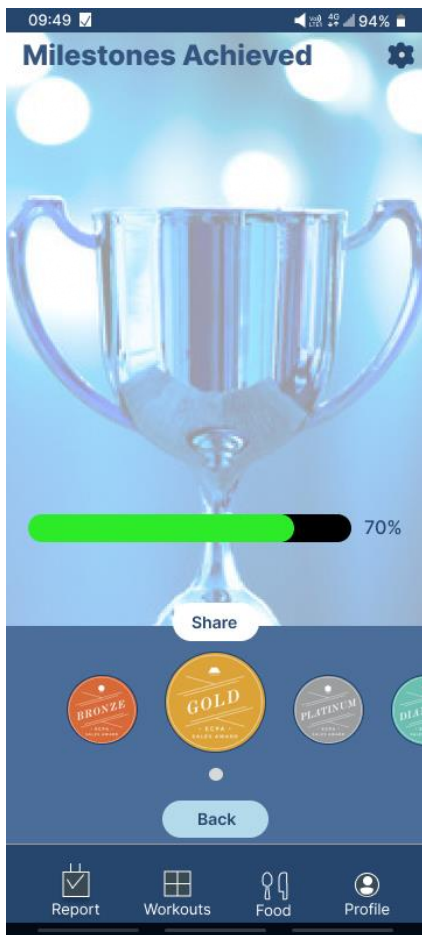
Navigation Bar Element 1: Profile



- Once you're logged in you'll be directed to the **home page**.
- By clicking "**Profile**" icon on the **navigation bar**, we're good to start on his profile.
- On the profile page, there are few options such as **settings**, **Check Stats**, **Share the profile**, **Check Milestones**, **more** tab. They will be discussed more next.

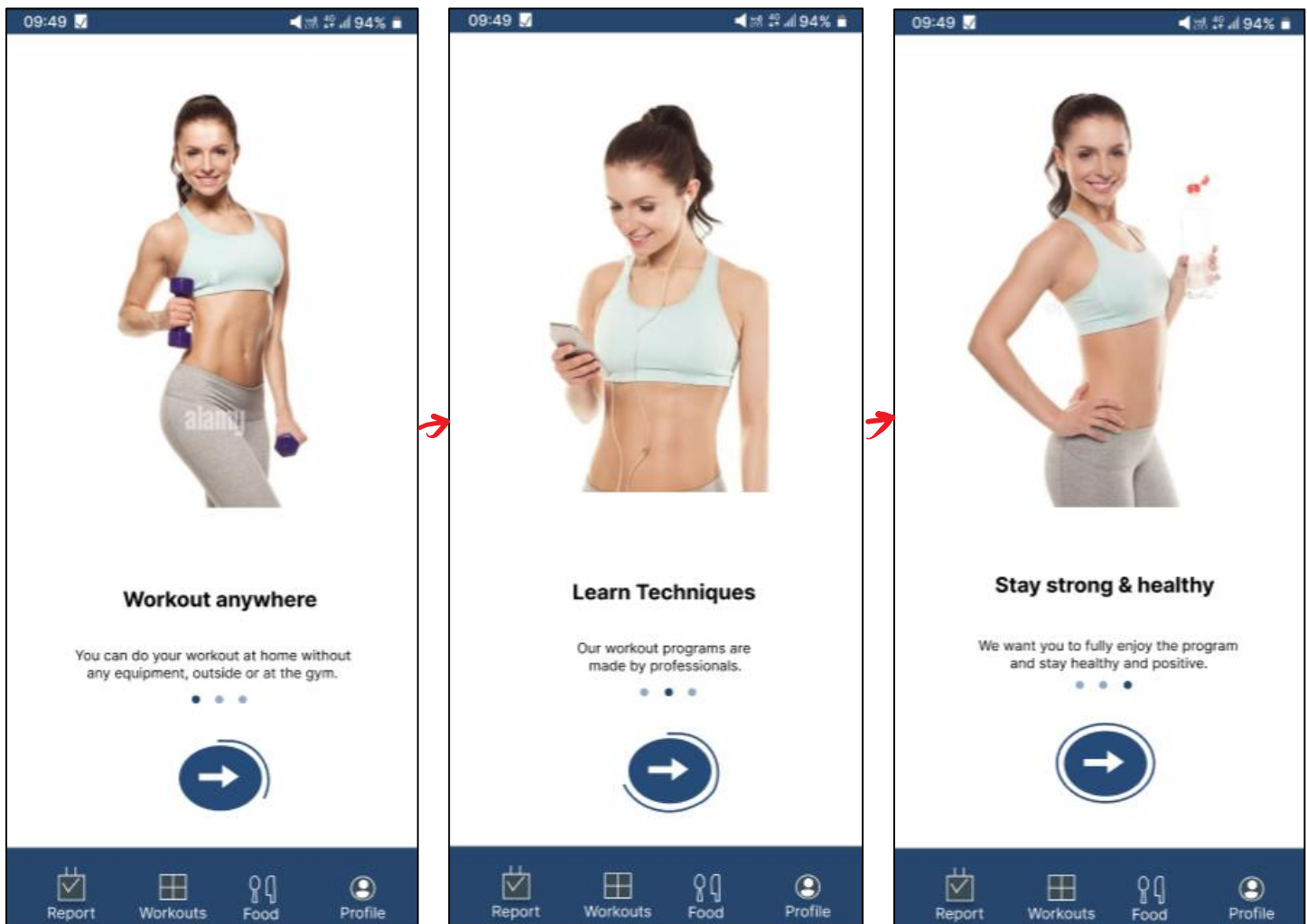


- Starting on the profile page, there are few button actions we've added.
- Let's start from **settings**. Once you click on settings icon, you'll be directed to the settings page. On the settings page, user can edit his profile, exercise packs, reminders, sound and etc. By clicking on back button you'll be directed back to the profile page.
- Next is the **Stat bar** in profile page. Once you click on it, you'll be directed to the Stats page. If you're a premium user you can view your stats and if not unfortunately you won't be able to access it. By clicking on back button you'll be directed back to the profile page.

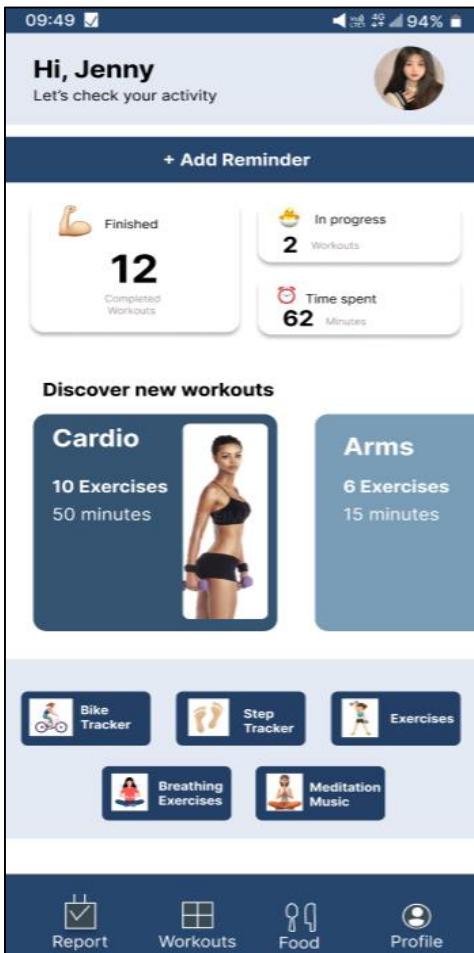


- In here, we'll discuss other 3 options. First up is **Milestones**. Once you click on in this the profile page, you'll be directed to it. Milestones will display all the achievements you have reached according to your performance.
- Next up is **More** tab. Once you click on in this the profile page, you'll be directed to it. In it, you can **view exercise** list. Also if you want to rate the app and follow the app's pages. Click back button to go to profile page.
- Finally is **share** option. That is to share your profile with external party.
- This is all about profile tab.

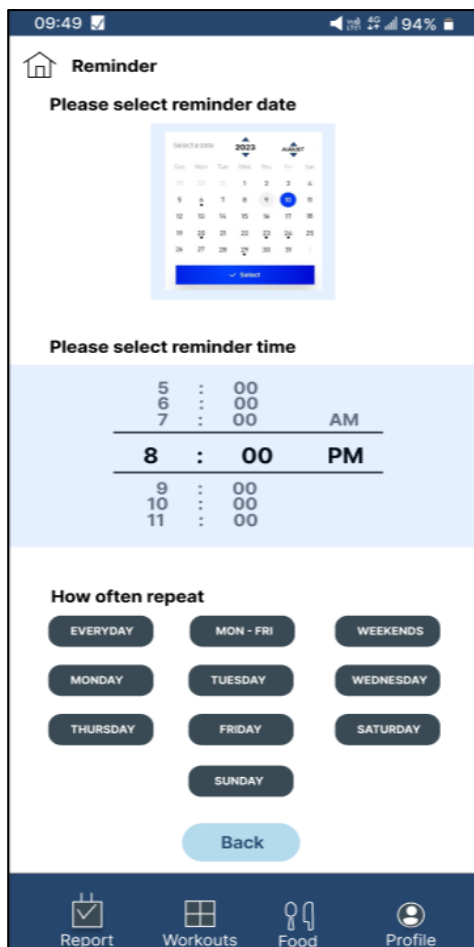
Navigation Bar Element 2: Workouts



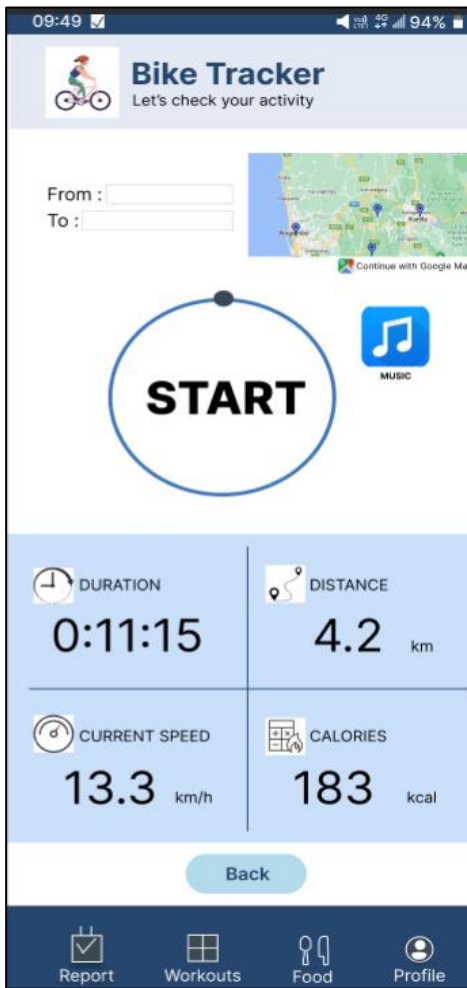
- These are the first three interfaces (quick app tour) that the users can see, when they want to go to workouts section. Step by step those interfaces describe information about doing workouts.



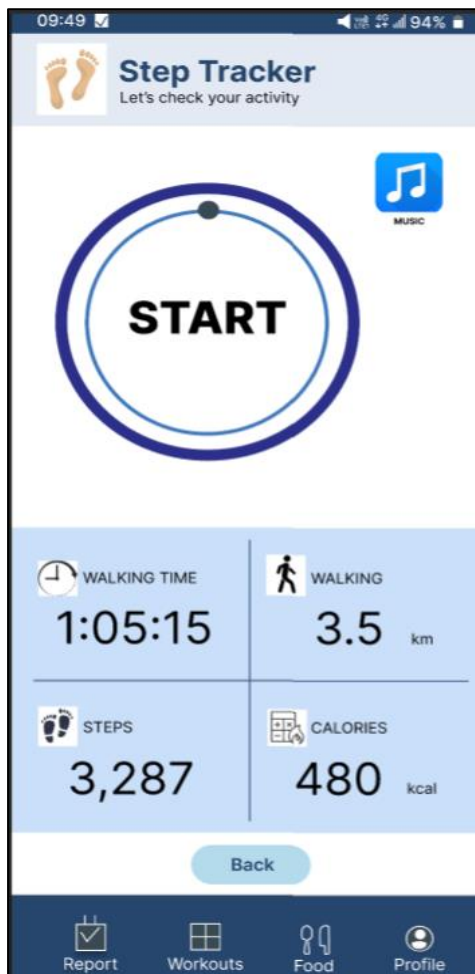
- This is the main page of the workout section.
- In here users can see their name and profile picture.
- They can add reminders and schedule their future-plans.
- After that, this interface shows the finished tasks, tasks in progress & how much time they spent on this workout section.
- Then they can see new workouts.
- Workouts section have categorized into 5 sections. (Ride tracker, step tracker, exercises, meditation music). Users can choose any category and can go into those sections also.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section. But when user clicks on workout icon, he stays on the same page.



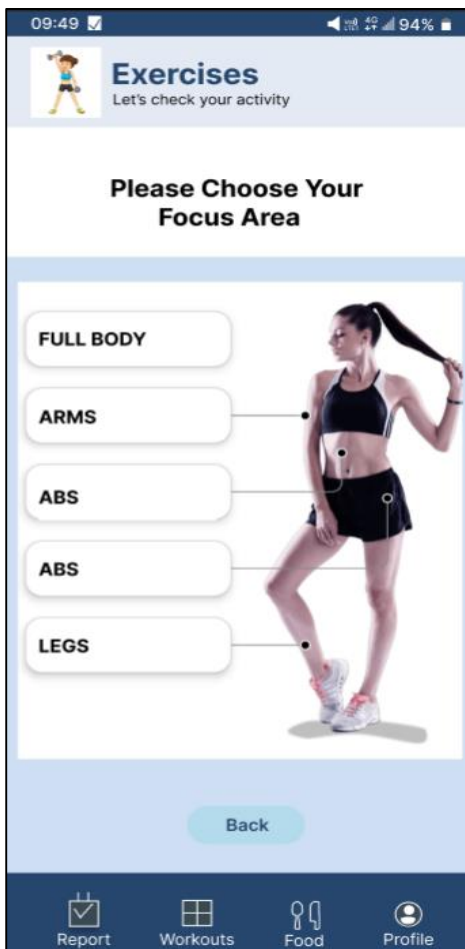
- When user clicks “add reminder”, then this page will open.
- In here users can choose dates, times according to their needs.
- As well as they can repeat the reminder, if they need.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



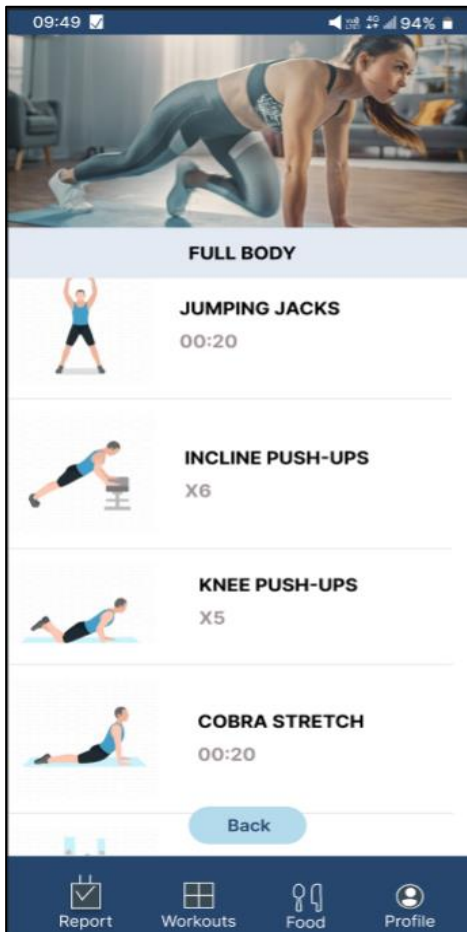
- This is the “Bike Tracker” of the workout section.
- In here users can add locations. Otherwise, they can use google maps.
- Users can listen to songs, while they are riding.
- Then app will show the riding information (duration, distance, current speed and calories).
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



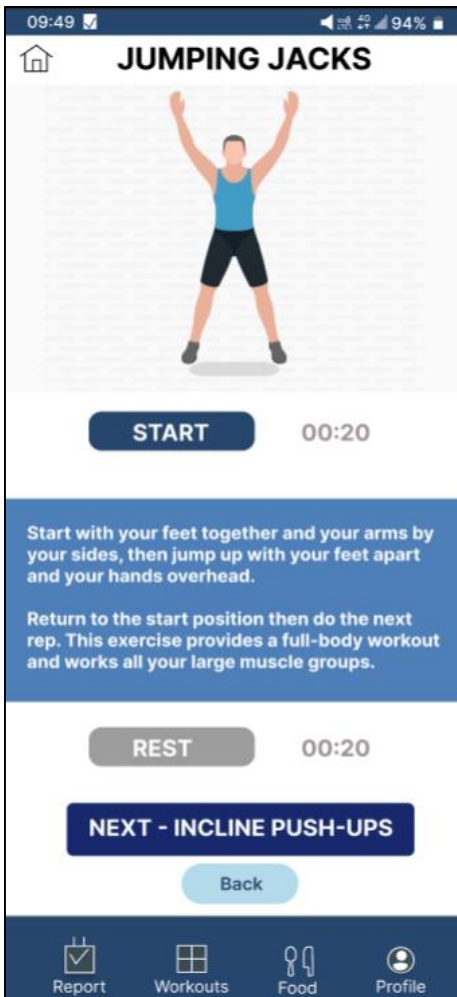
- This is the “step Tracker” of the workout section.
- Users can listen to songs, while they are walking.
- Then app will show the walking information (duration, distance, current speed calories and steps).
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



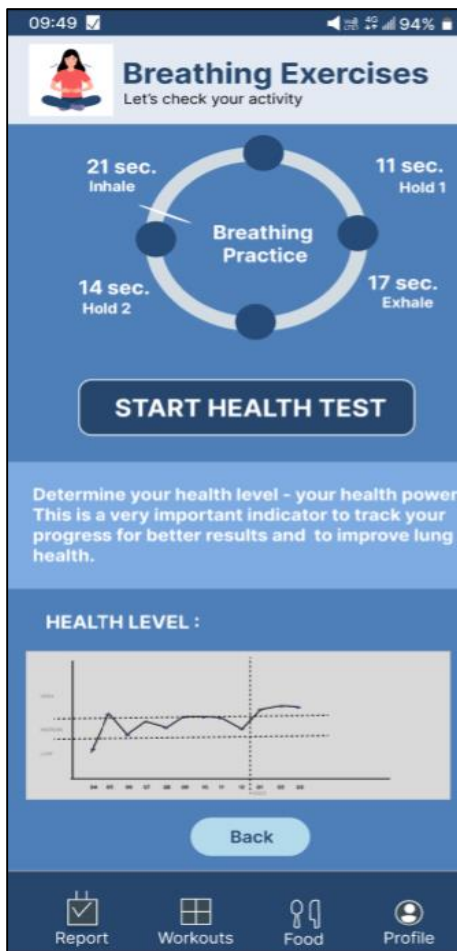
- This is the “Exercises” of the workout section.
- Users can choose the types of the exercise from the list.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



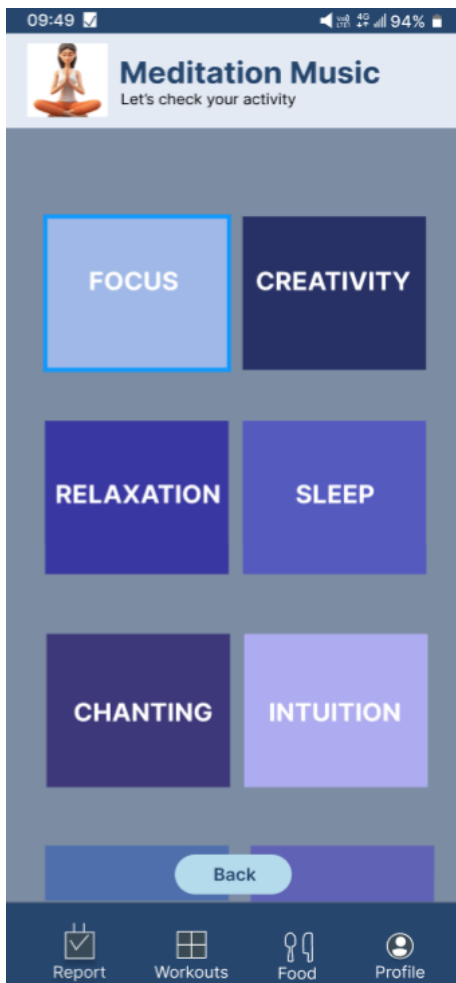
- Then app will give you a list of exercises that matches with your details.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



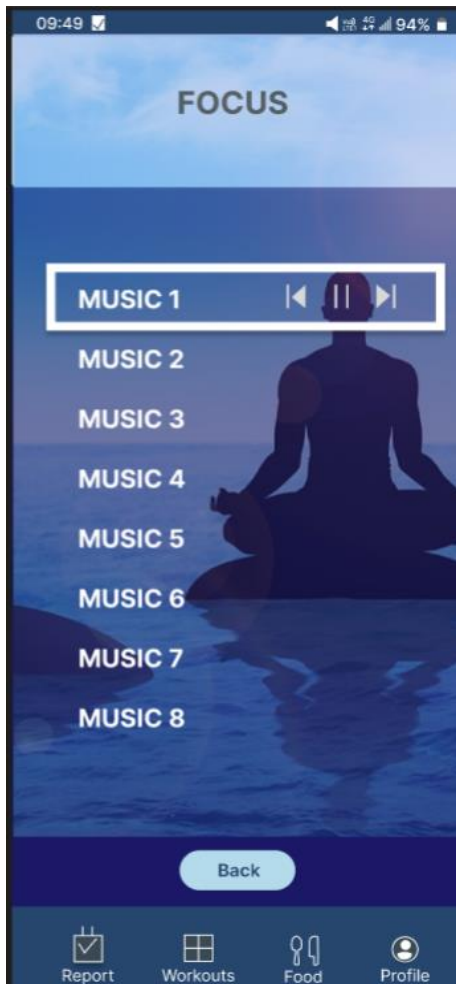
- In here app will give you a sample video.
- By watching the video, they can get idea about the exercise.
- After they did the exercise, they can be able to click Rest.
- After that they can do the next exercise.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



- This is the “Breathing Exercise” of the workout section.
- After doing the breathing practice exercise, users can get a report about their health level.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.

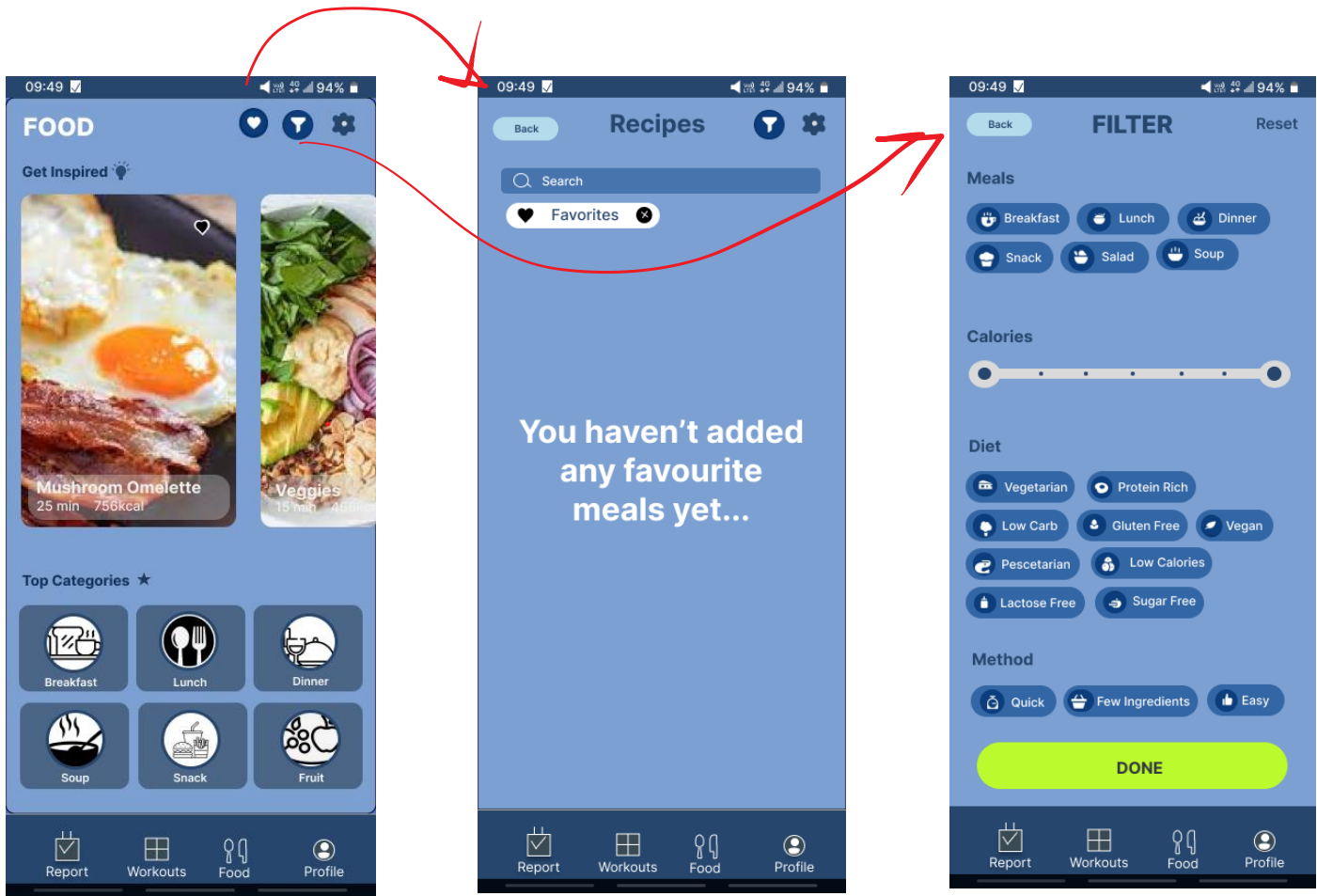


- This is the “Meditation music” of the workout section.
- There are some categories of songs and users can select any category and play songs.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.



- In here users can select any song and play.
- When users click Back button, they will directly come to the main workout section.
- In the bottom of this section, users can see navigation bar and they can directly move to report section, food section or profile section.

Navigation Bar Element 3: Food

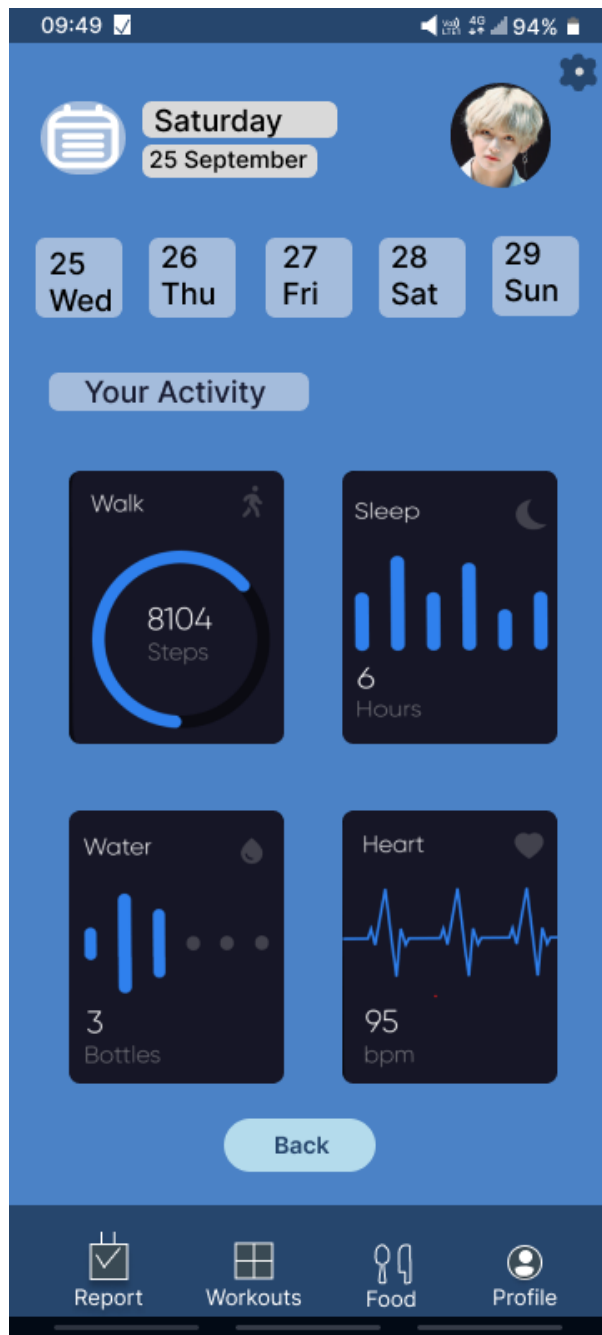


- Now we're in the **Food tab** on the **navigation bar**. Alongside that there are favorites and filter pages. In the Food interface there are options like **Favorites, filter, settings, Food Categories** (6).
- By clicking on each Food Category out of **Breakfast, Lunch, Dinner, Soup, Snack & Fruits** you will be directed to the respective page.
- Alongside that, there is **favorites** option. Once you click on that, you'll be directed to the favorites page as in above. On it you can search, and add favorite foods.
- By clicking on filter option, you'll be directed to the **filter page**. On it can filter in the foods according to your diet menu.



- On the **Food** page, as mentioned in above there are **6 categories**. Out of those you can select the one you like the most and then you'll be directed to the **respective page** as your selection.
- Once you go into one of those pages, you'll get interfaces like attached above.
- Moreover according to the calories you need to burn/gain, set of food suggestions will be displayed to you, in those interfaces.

Navigation Bar Element 4: Report



- This is the **Report page** that loads once you click on the Report icon, on the navigation bar.
- On the report page you can still access the settings page.
- Moreover, according to your **schedule your activity** tracked report will be shown.
- On the activities, **Average steps** you've walked, Number of **hours of sleep** you took, **Amount of water** you took, **Heart bpm** measure will be tracked.
- By clicking on back button you can return to the home page.

FIGMA Prototype - Screenshot

