

King Saud University

College of Computer and Information Sciences

Information Technology Department



IT214 - User Experience Design

Second semester 2023/24



Introduction:

In our current era filled with smart technologies and wearable devices, self-care and improving one's healthy lifestyle have become essential. Many individuals face difficulty in determining the quality of their sleep and analyzing their dietary patterns and daily physical activity accurately and effectively. Hence, our application comes into play to provide a comprehensive and innovative solution that facilitates individuals in understanding their health habits and improving them to maximize the benefits of their self-care efforts. In response to this reality, we introduce an innovative application aimed at accompanying you on your self-care journey and enhancing your sleep and lifestyle.

Methodology:

In order to create a suitable application that serves our users, we had to perform both interviews and questionnaires that would help in getting to know the users' needs and likes and dislikes. We chose people from the age 18 and above, people who are busy with life and need something to help them track their daily activities.

As for the interview, we asked the interviewees questions that can give a detailed feedback of the user's preferences and we gave them the freedom to describe themselves, we selected a sample that matches our age restrictions (18 and above) and made sure that we have the opinion of at least one young, adult, and old person.

As for the questionnaires, we made a forum that we shared on the internet, we included yes or no and middle-ground answers, we also made sure to ask about the person's age and gender in the beginning. and we asked important questions that can be useful in the creation of the application.

Results:

> Interview result:

We interviewed 8 people who matched our desired sample. We asked a variety of questions to learn more about the requirements of users and the problems they face.

They had some common problems, which are the inability to track daily activities due to the lack of time and the need for an application that organizes their daily activities. Users agreed to the idea of reminders and personal notifications from applications to help them adhere to the routine and improve their daily activities.

It is important to pay attention and follow daily activities, so the requirements of users, such as calculating the steps of walking, a reminder to drink water, calculating calories, tracking sleep, and a detailed analysis of physical activity. They also want the user interface to be easy to understand, use, simple, and also to have the possibility of sharing the activity with other people in the same application.

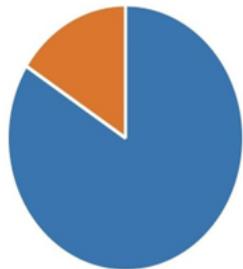
➤ Questionnaires results

We made a 11 questions survey and had 44 responses, 84% of them were female and 16% were male, more than half of them were between 18-25, the majority had an interest to maintain a healthy lifestyle to keep them motivated and active, more than 75% wanted to be constantly reminded about it, not a lot of people showed interest to a smartwatch related app idea, but more than half of them were fond of the challenge idea.

1. الجنس

Sex

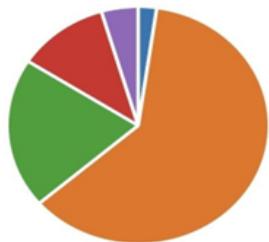
Female - أنثى	37
Male - ذكر	7



2. الفئة العمرية

Age range

Less than 18 - أقل من ١٨	1
18 to 25 - ١٨ إلى ٢٥	27
26 to 35 - ٢٦ إلى ٣٥	9
36 to 45 - ٣٦ إلى ٤٥	5
46+ - ٤٦+	2



3. هل أنت مهتم بتبني الجوانب الصحية في حياتك مثل خطوات المشي، الوجبات، والنوم؟
Are you interested in tracking health aspects in your life such as Steps, Meals, and Sleep?

● Yes - أجل	33
● Not sure - لا أعلم	4
● No - لا	7



4. هل يعد الحفاظ على نمط حياة صحي حافزاً كبيراً بالنسبة لك؟
Is maintaining a healthy lifestyle a significant motivation for you ?

● Yes - أجل	34
● Not sure - لا أعلم	6
● No - لا	3



هل تفضل تلقي ملخصاً لأدائك الصحي من 5. التطبيق بشكل يومي/أسبوعي؟
Would you prefer receiving health summarise from the app on daily/weekly basis ?

● Yes - أجل	35
● Not sure - لا أعلم	3
● No - لا	5



هل تعتقد بأن تتبع جوانب صحتك يحسن نمط 6. حياتك بشكل عام؟
Do you believe that tracking your health improve your overall lifestyle?

● Yes - أجل	39
● Not sure - لا أعلم	3
● No - لا	0



7. هل تستخدم حالياً أي ساعة ذكية وترغب ببرؤية التطبيق فيها؟

Do you currently use any smart watch and would like the app to integrate with?

● Yes - أجل	8
● Not sure - لا أعلم	4
● No - لا	31



8. هل ترغب بتلقي إشعارات بشكل مستمر من التطبيق لتنذرك بأدائك؟

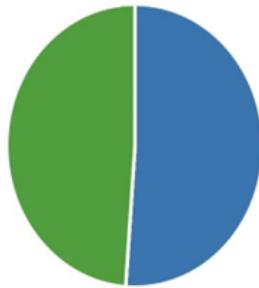
Would you like to receive continuous notifications from the application to remind you of your performance?

● Yes - أجل	33
● Not sure - لا أعلم	5
● No - لا	5



9. هل سبق لك أن شاركت في تحدي عد الخطوات؟
Have you ever participated in counting steps challenge?

● Yes - أجل	22
● Not sure - لا أعلم	0
● No - لا	21



10. هل ترغب في مشاركة نتائجك مع آخرين (الأصدقاء، المدرب، الدكتور... إلخ)؟
Would you like to share your results with other people (friends, coach, doctor... etc)?

● Yes - أجل	25
● Not sure - لا أعلم	7
● No - لا	11



هل ترى نفسك تستخدم تطبيقنا؟ 11.
Do you see yourself using our application?

- | | |
|--------------------------|----|
| ● Yes - أَجْل | 24 |
| ● Not sure - لَا أُعْلَم | 14 |
| ● No - لَا | 5 |



Appendix A: interviews:

Interview #1:

interviewee: Raneem, 18.

Interviewer: Raghad.

Q1:What is your lifestyle? Are you physically active?

“Sometimes and I try to be always physically active.”

Q2:Do you struggle tracking your daily activities? and why?

“Yes, because I don't have time.”

Q3:What are the features you would like to see in our app?

“I would like to have notifications that remind me when I need to do things.”

Q4:What are the features you would like to avoid seeing in our app?

“As for features to avoid, I prefer to steer clear of overly complex interfaces.”

Q5:How long do you see yourself using this App ?

“If it's a good application, I'll always use it.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“Yes, I am interested tracking my heart rate activity.”

Q7:What is the hardest part about tracking your daily activities ?

“The hardest part of tracking my daily activities is maintaining consistency.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“Never.”

Q9:What do you think of the idea of the application Could ?it be useful for you?

“It's a great idea that will help me organize my schedule.”

Q10:what are your goals after using the app?

“My goals after using the app would include improving my overall health.”

Interview #2:

Interviewee: Mazen , 30

Interviewer: Raghad

Q1:What is your lifestyle? Are you physically active?

“My lifestyle is relatively active, with a priority given to incorporating physical activity into my daily routine. “

Q2:Do you struggle tracking your daily activities? and why?

“Yes, sometimes, I find it difficult to stay consistent with keeping track of my daily activities, especially when my schedule becomes busy.”

Q3:What are the features you would like to see in our app?

“I would love to see features like comprehensive sleep tracking, detailed analysis of physical activity.”

Q4:What are the features you would like to avoid seeing in our app?

“There should not be difficulty in using the application.”

Q5:How long do you see yourself using this App ?

“ If it's a useful and good application, I'll use it on a daily basis.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“Yes, I want to know how much calories have been burned.”

Q7:What is the hardest part about tracking your daily activities ?

“For me, the most challenging aspect of tracking my daily activities is staying consistent.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“I was using an app to count walking steps.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“It's a great idea and I think it will benefit me a lot in improving my sleep pattern and achieving my goals.”

Q10:what are your goals after using the app?

“I aim to optimize my sleep quality, increase my physical activity levels, and make healthier dietary choices.”

Interview #3:

Interviewee: Monerah, 57

Interviewer: Noha

Q1:What is your lifestyle? Are you physically active?

“I am active, I do not attend a gym but I move a lot and do many physical activities.”

Q2:Do you struggle tracking your daily activities? and why?

“Yes, because I have a lot to do and it is hard to follow up with everything.”

Q3:What are the features you would like to see in our app?

“Adding reminders and to do list that is related to each category.”

Q4:What are the features you would like to avoid seeing in our app?

“A complicated application, I would rather see a simple interface with selective options that I can personally add and avoid adding the options that I do not need.”

Q5:How long do you see yourself using this App ?

“If I see a progress and feel good using it, I can see myself using the app for months and maybe years.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned).

“I would like to have blood pressure measurement.”

Q7:What is the hardest part about tracking your daily activities ?

“Facing unexpected events during the day and having to deal with anxiety of not being able to track my surroundings makes it hard to track my daily activity.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“I never use such application.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“I think that it’s a very good idea, that might be suited for younger people, or people who have concerns about their health, I personally might not find a good use of it.”

Q10:what are your goals after using the app?

“keep track of my weight, fix my sleep schedule.”

Interview #4:

Interviewee: Mohand, 23

Interviewer: Noha

Q1:What is your lifestyle? Are you physically active?

“I am sitting on my desk most of the time, I can be active sometimes but not frequently.”

Q2:Do you struggle tracking your daily activities? and why?

“No I do not, because I do not track my daily activities in the first place.”

Q3:What are the features you would like to see in our app?

“I want the app to do things automatically without the need of manually adding informations, and get advices for my goals from the app.”

Q4:What are the features you would like to avoid seeing in our app?

“access to mic and camera, such as opening the mic for the sleep tracking function to track my breathe and sleep talk.”

Q5:How long do you see yourself using this App ?

“I will not use it.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“Measure my mass.”

Q7:What is the hardest part about tracking your daily activities ?

“Having to manually add my daily activities.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“Never.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“The app needs a unique value proposition.” Q10:what are your goals after using the app? “Achieve body perfection.”

Interview #5:

Interviewee: Lama, 19

Interviewer: Salma

Q1:What is your lifestyle? Are you physically active?

“i don’t follow a specific lifestyle and I’m not physically active but I do have an interest in calculating my steps in my college campus.”

Q2:Do you struggle tracking your daily activities? and why?

“Yes I do, doing several daily activities at the same time can make me lose track of it all.”

Q3:What are the features you would like to see in our app?

“I would like to see a feature that allows me to share my activities with others in the same app.”

Q4:What are the features you would like to avoid seeing in our app?

“i used an app with the same idea that had a feature that would calculate my activities but reset them after a week.”

Q5:How long do you see yourself using this App ?

“I think even after I reach my goals i would still want to keep track of everything.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“maybe the calories expected to burn in the next week.”

Q7:What is the hardest part about tracking your daily activities ?

“losing track of the time I spent sleeping.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“very often, like everyday.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“it’s definitely an application that is going to improve the quality of my life in the category of health which affects everything, it’s going to be very useful.”

Q10:what are your goals after using the app?

“developing a maintaining mental health with my lifestyle.”

Interview #6:

Interviewee: Raghad, 21

Interviewer: Salma

Q1:What is your lifestyle? Are you physically active?

“I’m sort of a random person with my lifestyle sometimes I try to follow a healthy lifestyle and I fail to follow it, no I’m not.”

Q2:Do you struggle tracking your daily activities? and why?

“yes, I couldn’t find an application that is able to track my progress in all aspects such as sleep, food, physical activity.”

Q3:What are the features you would like to see in our app?

“calculating steps, calculating calories, notifications to remind users to drink water.”

Q4:What are the features you would like to avoid seeing in our app? “too many notifications that has nothing to do with the idea of the app.” Q5:How long do you see yourself using this App ?

“it definitely will be a part of my routine.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“notifying me that I reached the calories needed for my goal.” Q7:What is the hardest part about tracking your daily activities ? “tracking the hours i spent sleeping.”

Q8:How often do you use track of your steps, sleep schedule, and meals?

“very often, I don’t use any applications that can help me with this matter but if your application offers them it won’t be that often.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“I think it’s important for everyone to track our progress and daily activities to reach a healthy lifestyle.”

Q10:what are your goals after using the app?

“achieving the healthy lifestyle I’m looking for, my body becoming healthier and hydrated and the quality of my sleep improving.”

Interview #7:

Interviewee: Deemah, 21

Interviewer: Hussah

Q1:What is your lifestyle? Are you physically active?

“No, honestly besides the basic daily activities I don’t do much.”

Q2:Do you struggle tracking your daily activities? and why?

“No, because as I said I don’t do much. But maybe it will encourage me to do more.”

Q3:What are the features you would like to see in our app?

“Easy access, number of steps I walked, the time I spent, and the calories I burned.”

Q4:What are the features you would like to avoid seeing in our app?

“I really care about the design so I don’t want to see unmodern design, annoying colors and I hate ads.”

Q5:How long do you see yourself using this App ?

“If the app worked for me I would use it for long time.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“Yes, I’m interested in seeing the calories I burned and the calories in my meals.”

Q7:What is the hardest part about tracking your daily activities ? “When the application hangs, or doesn’t count my activities accurately.” Q8:How often do you use track of your steps, sleep schedule, and meals?

“I have an app to count steps and another one for meals and I rarely use them and as far to sleep schedule I’m trying to take healthy naps but I never used an app for that.”

Q9:What do you think of the idea of the application? Could it be useful for you? “I think it is a helpful idea and I would love to use it to help have a healthy lifestyle.” Q10:what are your goals after using the app?

“I will accomplish a healthy weight and lifestyle and keep my calories count in a good range.”

Interview #8:

Interviewee: Turki, 23

Interviewer: Hussah

Q1:What is your lifestyle? Are you physically active?

“Yes, I go to the gym three times a week and prefer walking to places near my house instead of taking the car.”

Q2:Do you struggle tracking your daily activities? and why?

“Yes, because the smartwatch I use is not 100% accurate and I have to charge it regularly.”

Q3:What are the features you would like to see in our app?

“Analytics to what time I’m most active in a day and if I’m not active what could be the reason.”

Q4:What are the features you would like to avoid seeing in our app?

“Complicated sign up requirements, and unclear interface that could make me confused.”

Q5:How long do you see yourself using this App ?

“Depends on the completeness of the app and its quality.”

Q6:Are there any specific metric related to your physical activity that you would like to monitor? (e.g., heartbeat rate, calories burned)

“I would like to see the calories I consumed in day, and the if the app became available in smart watches I would like to see the quality of sleep.”

Q7:What is the hardest part about tracking your daily activities ?

“That I can’t have my phone with me all the time, and I have to charge it.” Q8:How often do you use track of your steps, sleep schedule, and meals? “On a daily basis. And I especially check it before I sleep and when I wake up.”

Q9:What do you think of the idea of the application? Could it be useful for you?

“Yes, if it reached my expectations then I would use for a lifetime.”

Q10:what are your goals after using the app?

“More knowledge about my lifestyle, activities, and health metrics.”

Appendix B: Questionnaire:

Q1: Are you interested in tracking health aspects in your life such as Steps, Meals, and Sleep?

Q2: Is maintaining a healthy lifestyle a significant motivation for you ?

Q3: Would you prefer receiving health summarise from the app on daily/weekly basis ?

Q4: Do you believe that tracking your health improve your overall lifestyle?

Q5: Do you currently use any smart watch and would like the app to integrate with?

Q6: Would you like to receive continuous notifications from the application to remind you of your performance?

Q7: Have you ever participated in counting steps challenge?

Q8: Would you like to share your results with other people (friends, coach, doctor... etc)?

Q9: Do you see yourself using our application?

Problem Definition:

Our application aims to provide tracking the user's daily activities while also providing features that would improve their progress

Personas defining:

We identified our personas based on the interviews and survey we made, we came up with 2 personas. The first one is "Nada Faisal" she is 20 years old and she speaks for people who can't find motivation to start working for a healthier life.

The second persona is "Rashed Ahmed" he is an ambitious 26 years old guy, who tries to balance the gym fun and the gym tiredness by having a friend to challenge and want to achieve great scores for himself and his friend.

Personas:

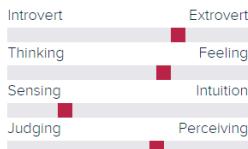
Nada Faisal



"The road of a healthy lifestyle is full of obstacles but it's a road that I am willing to walk in."

Age: 20
Work: Student
Family: Unmarried
Location: Riyadh

Personality



Goals

- Regain motivation.
- Bounce back to a healthier lifestyle.
- Get healthy naps.

Frustrations

- Too dry with no Motivational features.
- No advices offered from the app.
- Progress is reset upon the end of the week.

Bio

I used to be physically active, but due to the apps I used to use not meeting my own needs, I began to lose my motivation slowly and ended up completely lost of track. my physical and mental health is at stake and I wish to regain my previous self again.

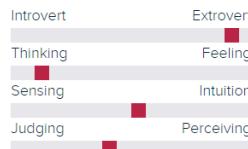
Rashed Ahmed



"I LOVE MY FAMILY AND WORKING OUT!"

Age: 26
Work: Data analyst
Family: Unmarried
Location: Khobar

Personality



Goals

- Increase my stamina.
- Defeat Naif (my friend) in steps count.
- Break all my past records.
- Eat healthier.
- Stay hydrated.

Frustrations

- Had to screenshot the results every time to share it with my friend.
- Me and my friend were using a different app because we couldn't settle for one.

Bio

I subscribed in a gym near my work place to avoid traffic and ran into my co-worker Naif there, we bounded over working out then he suggested the idea of challenging each other to see who walks more steps a day. I loved the idea and we started it with excitement but after a point it got cold because the process of checking each other's results was time consuming.

User stories:

- Based on the user research we made the first thing that caught our attention was that a large sample were people who had trouble tracking & organizing their activities

- the main 4 user stories:

1-as a fitness beginner, I want to share my results with my friends so that we can challenge each other

2-as an ex-physically active person who lost motivation, I want a function that helps me regain my motivation by unlocking achievements and goals.

3- As a working mom I want to find suggestions for healthy meals easily so it doesn't take a lot of my time when I'm home

4- As a person in his 20s I want to keep my calories in check and trying to protect myself from laziness and diseases

The functions that we extracted from the users' stories are equally important for our program.

User Stories:

No.	User Story
1	As a fitness beginner, I want to share my results with my friends so that we can challenge each other.
2	as an ex-physically active person who lost motivation, I want a function that helps me regain my motivation by unlocking achievements and goals.
3	As a working mom I want to find suggestions for healthy meals easily so it doesn't take a lot of my time when I'm home.
4	As a person in his 20s I want to keep my calories in check and try to protect myself from laziness and diseases.
5	As someone on pills I need to check if I slept enough hours a day.
6	As someone on accutane I need to be constantly reminded to drink water so that I don't get dry.

Sketches:



1-User Page



2-Sleep page Icon



3-Meals page Icon



4-Footsteps page Icon



5-Home page Icon

(Each Icon of the main bar icons will be shaded when pressed)



6-Person adding Icon



7-Direct messages Icon



8-Back button



9-Add a friend button

...

10-Options icon



11-Achievements icon



12-Goals icon



13-Add new goal icon



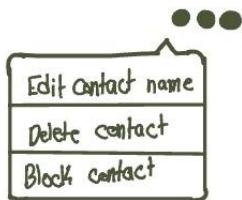
14-Settings icon



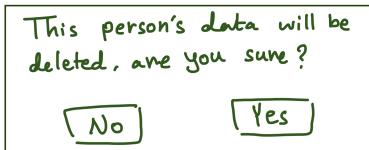
15-Enable/Disable icon



16- deleting profile from the meals section



17- deleting a contact from the messages



18-confirmation message after choosing to delete a contact or a profile

< Goals

Steps	Do 60,000 steps this week. <small>3000m</small>		change Goal
Meals	No goals added		change Goal
Sleep	No goals added		change Goal
Hydration			

1     

19-change goal

create account

type your first name
type your age
type your email address
type your Password
Password requirements
Add a lowercase letter Add an uppercase letter Add a number Add a special character (!@#\$%^&*_-+) Add at least 8 characters
create account

*20-Create account

Welcome,

Account information
EMAIL ADDRESS
NAME
AGE
Login

*21-login welcome page.

←
Me

personal information

age: 25 yo Meals remaining: 0

height: 166cm calories: 7100 cal

weight: 57 kg

Meals

Breakfast: Fried egg and bread 120 Cal

Lunch: Rice and meat 480 Cal

Dinner: Kebab in bread with salad 200 Cal

You have completed Today's meals !

Excellent



*22-Health details

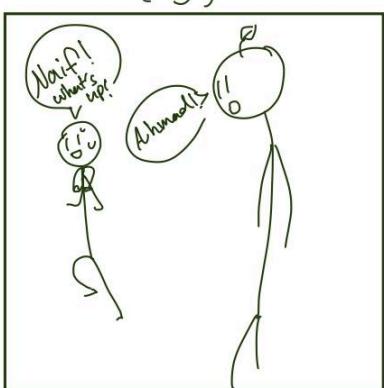
Story Board 1:



Naif decided he wanna start taking care of his body and start some sort of activity... he wants to start small, running!



However, he's stumped by the fact that he won't be able to know how many steps he ran.



Naif bumps into his friend ahmad and explains the situation.

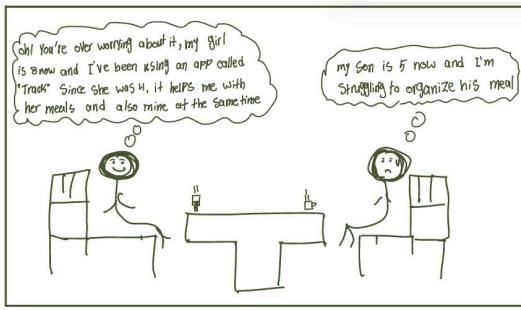


Ahmed offers an app that would track Naif's footsteps.



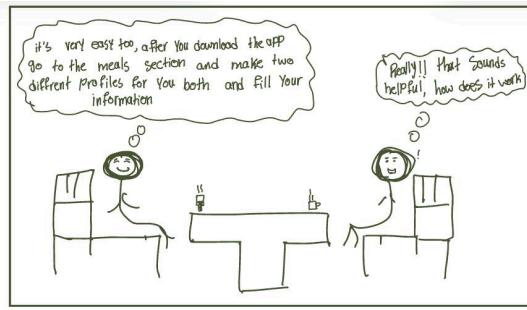
Naif and Ahmad decided to add each other in the app to see each other's progress!

Story Board 2:



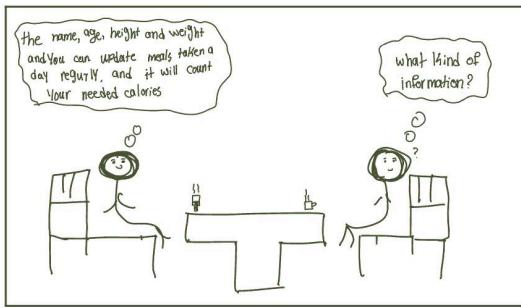
-1-

During the lunch break Norah was sharing her concerns about her Son's dietary Program with her co-worker



-2-

Her co-worker tells her something interesting about the app "Tracky" and Norah is curious



-3-

As the conversation go Norah wants more details

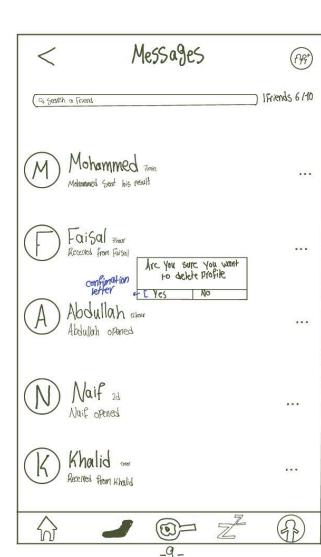
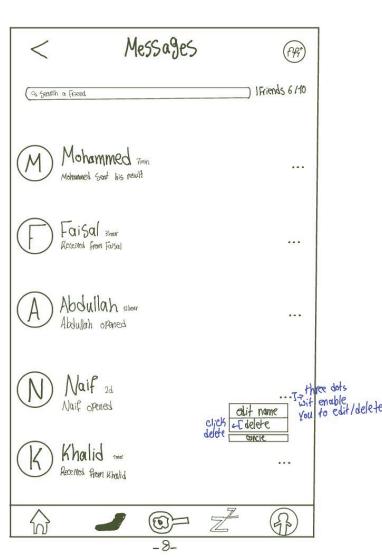
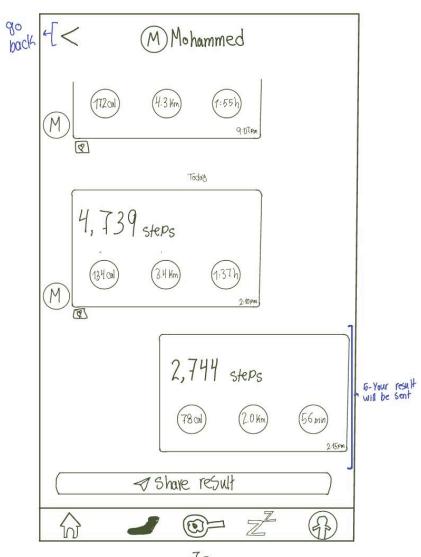
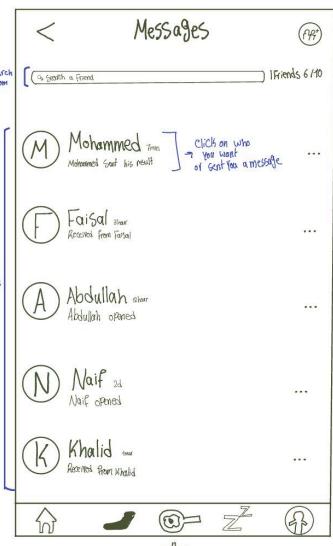
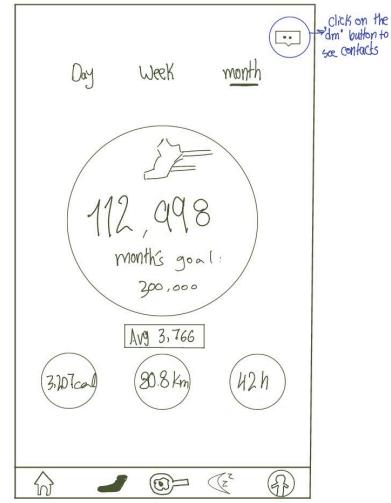
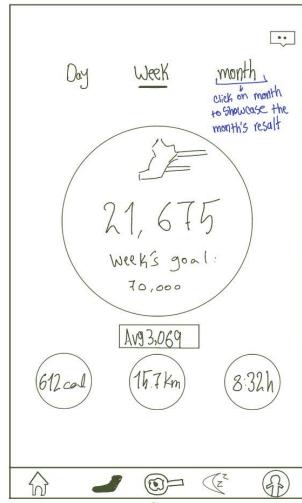
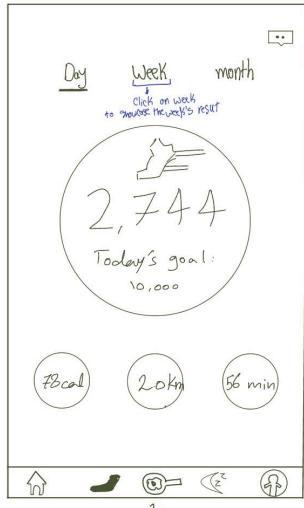


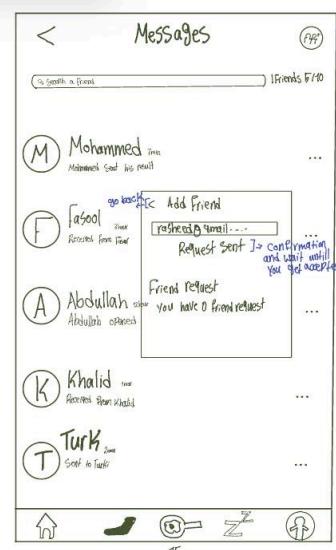
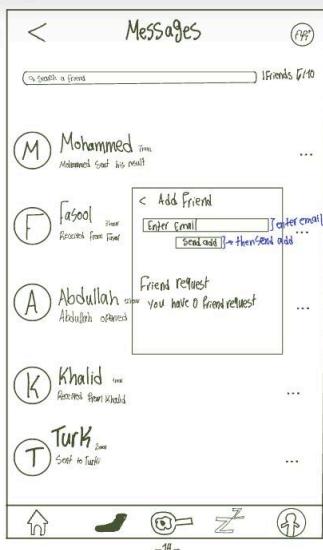
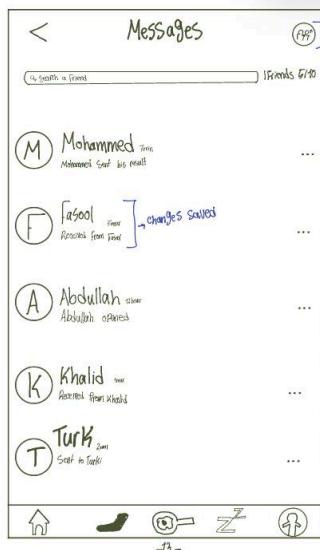
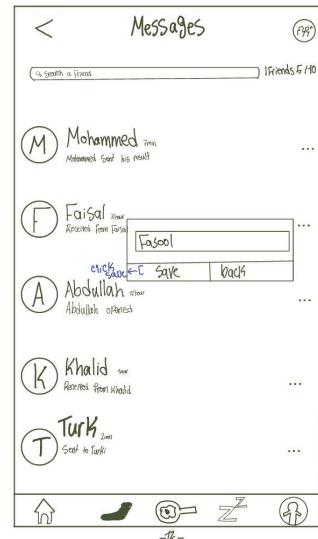
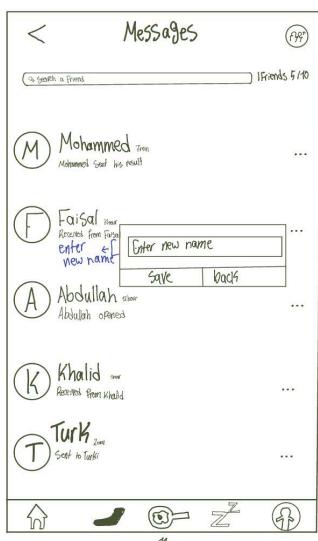
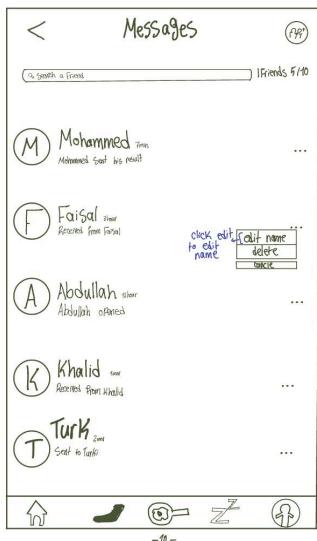
-4-

Norah upload the application and thank Jood for the help

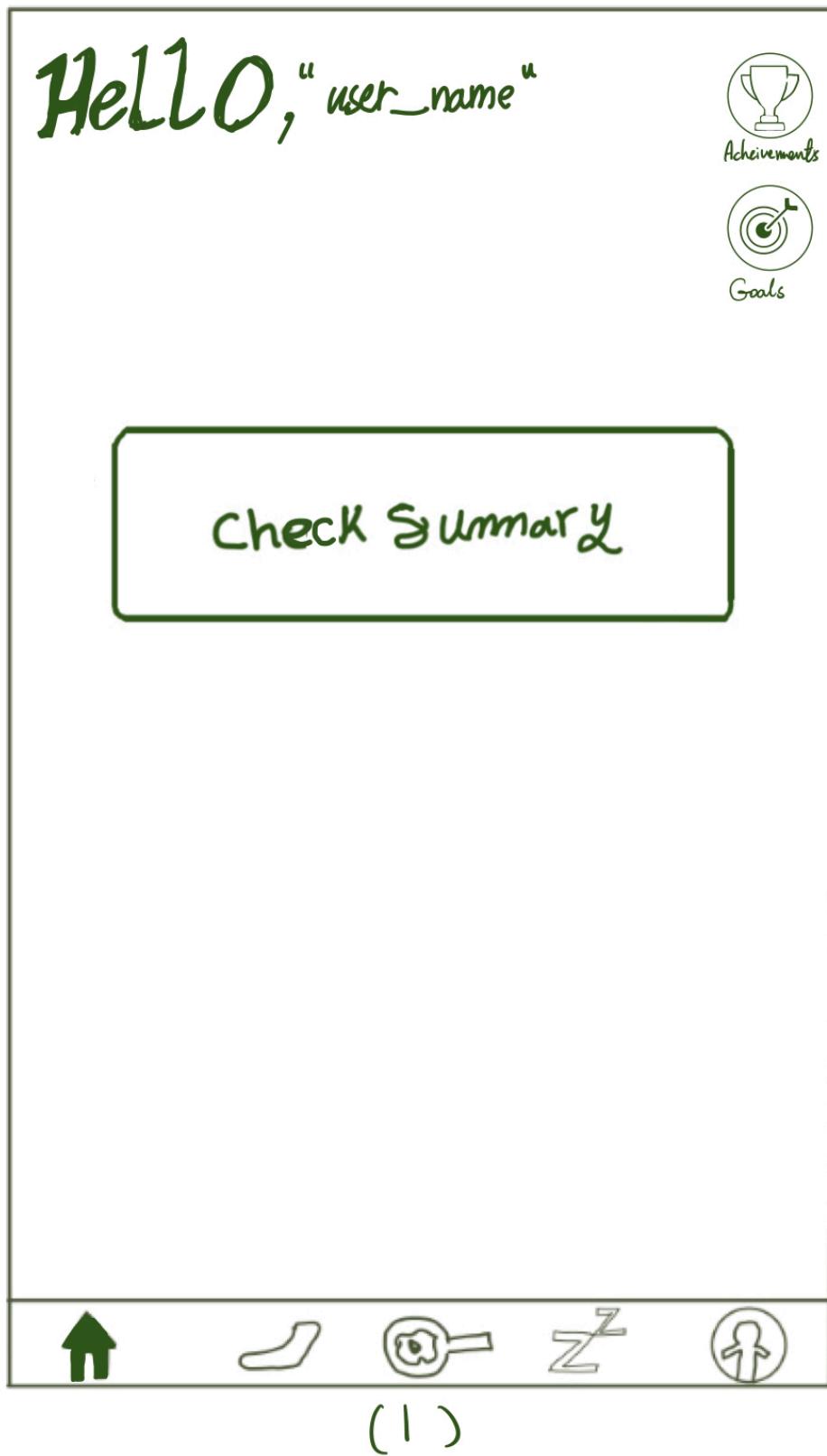
User Flow:

User Flow 1:





User Flow 2:



(4) Go back

②
check
ongoing
achievements

③
check done
achievements

<  Achievements

Not done Achievements:

 Do 10,000 steps today. 2,741/10,000

 Finish your steps goals.

• Do 60,000 steps this week. 2,741/60,000

Done achievements:

 Drink 13 cups of water today. 13/13 

← done achievements have a check sign next to them

(2)

Hello, "user_name"



Achievements



Goals

⑤ ← Press
the goals icon

Check Summary



(3)



Goals

Steps

- Do 60,000 steps this week. 2,744/60,000



ADD A Goal

Meals

- No goals added



ADD A Goal

Sleep

- No goals added



ADD A Goal

⑥

press
"ADD A Goal
button"

Hydration



(4)

< Goals

Sleep

Each Day:

amount of hours 8 ↑

Duration

week ↕

ADD Goal

(7) Adjust goal as desired.

(8) Press "ADD Goal" button when done



(5)

⑩

Go back →



Goals

Steps

- Do 60,000 steps this week. 2,741/60,000



ADD A Goal

Meals

- No goals added



ADD A Goal

Sleep

- Sleep 8 hours a day for a week. 1/7



ADD A Goal

Hydration



⑨ ← see that
the new goal
has been
added



(6)

Hello, "user_name"



Achievements



Goals

(11)

← Press
to check new
achievements.

Check Summary



(7)

< Achievements

Not done Achievements:



Do 10,000 steps today. 2,741/10,000



Finish your steps goals.

• Do 60,000 steps this week. 2,741/60,000



Finish your sleep goals.

• Sleep 8 hours a day for a week. 1/7

⑫

See that
a new achievement
has been added.

Done achievements:



Drink 13 cups of water today. 13/13 



(8)

User Flow 3:

ADD P^+ click on add to add another profile

here you can see the profiles you already have

Me	age: 25 yo height: 166cm Weight: 59 kg	Meals remaining: 0 calories: 7200 cal
Majed	age: 26 yo height: 178 cm Weight: 70 kg	Meals remaining: 0 calories: 7500 cal

More details →

-1-

enter the information for the new profile

L Profile

Name: Enter
 age: Enter
 height: Enter
 weight: Enter

Save

-2-

L Profile

Ahmed
 15
 130
 30

Save → click save

-3-

L Profile

conformation letter ← **Saved**

-4-

ADD P^+

You can edit/delete profile via the three dots

Me	age: 25 yo height: 166cm Weight: 59 kg	Meals remaining: 0 calories: 7200 cal
Majed	age: 26 yo height: 178 cm Weight: 70 kg	Meals remaining: 0 calories: 7500 cal
Ahmed	age: 15 yo height: 170 cm Weight: 30 kg	Meals remaining: 1 calories: 900 cal

More details →

click delete to delete

The new profile added successfully

-5-

ADD P^+

Are you sure you want to delete profile?

Yes | No

Me	age: 25 yo height: 166cm Weight: 59 kg	Meals remaining: 0 calories: 7200 cal
Majed	age: 26 yo height: 178 cm Weight: 70 kg	Meals remaining: 0 calories: 7500 cal
Ahmed	age: 15 yo height: 170 cm Weight: 30 kg	Meals remaining: 1 calories: 900 cal

More details →

-6-

ADD P^+

edit
delete
cancel
profile
profile

Me	age: 25 yo height: 166cm Weight: 59 kg	Meals remaining: 0 calories: 7200 cal
Ahmed	age: 15 yo height: 170 cm Weight: 30 kg	Meals remaining: 1 calories: 900 cal

More details →

-7-

the information will be updated click and edit what you want

L Profile

Me
 35
 166
 159

Save

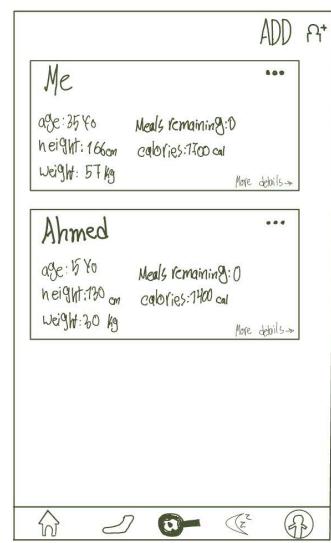
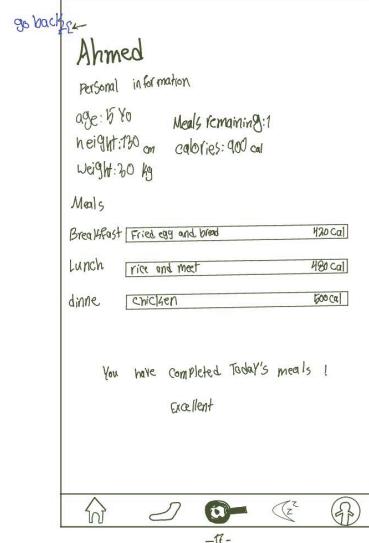
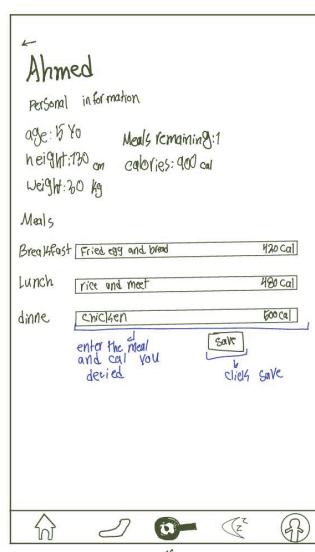
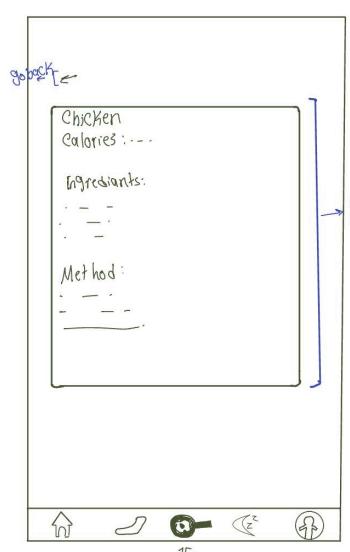
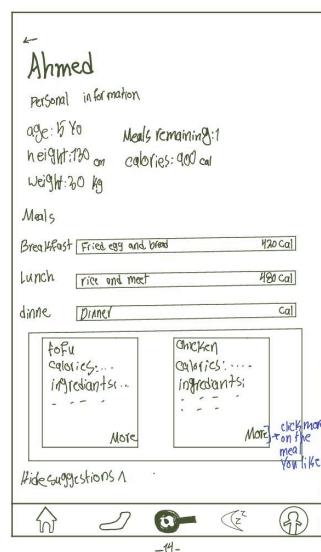
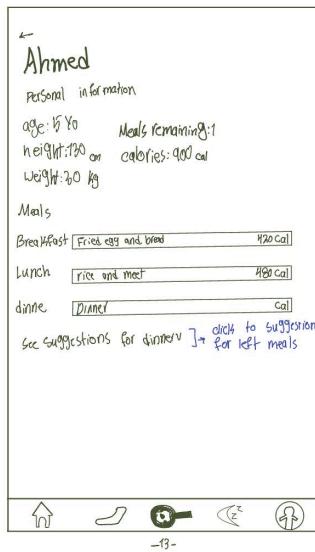
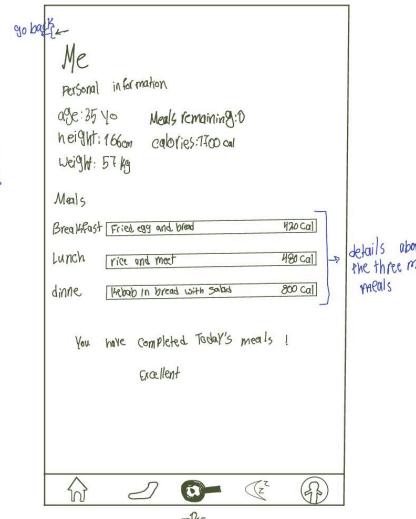
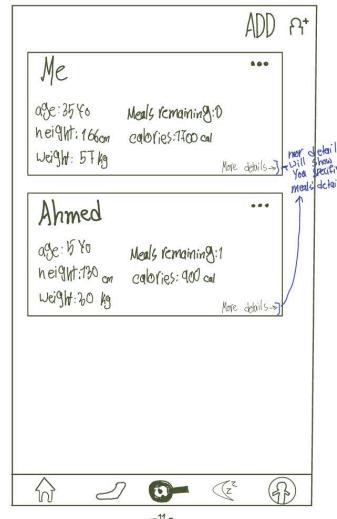
-8-

L Profile

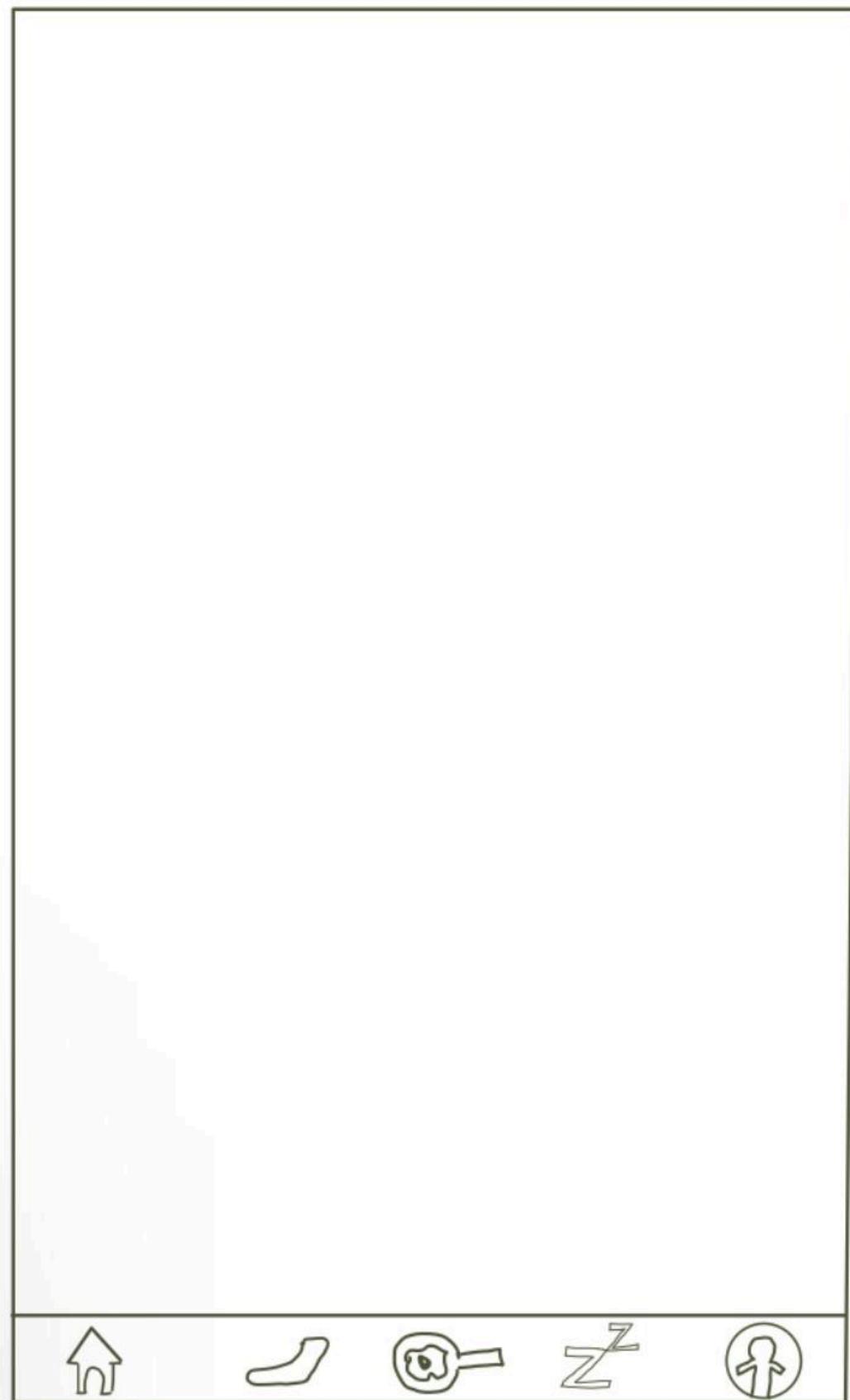
Me
 35
 166
 159

Save → click save to save changes

-9-



User Flow 4:



①
↑
Press home
button

Hello, "user_name"



Achievements



Goals

Check Summary

← Click on
check summary



Hello, "user_name"

③

Press on day, week
or month button
to see the summary.

Day

week

month

total Calories...



4051 Cal.

Goal progress

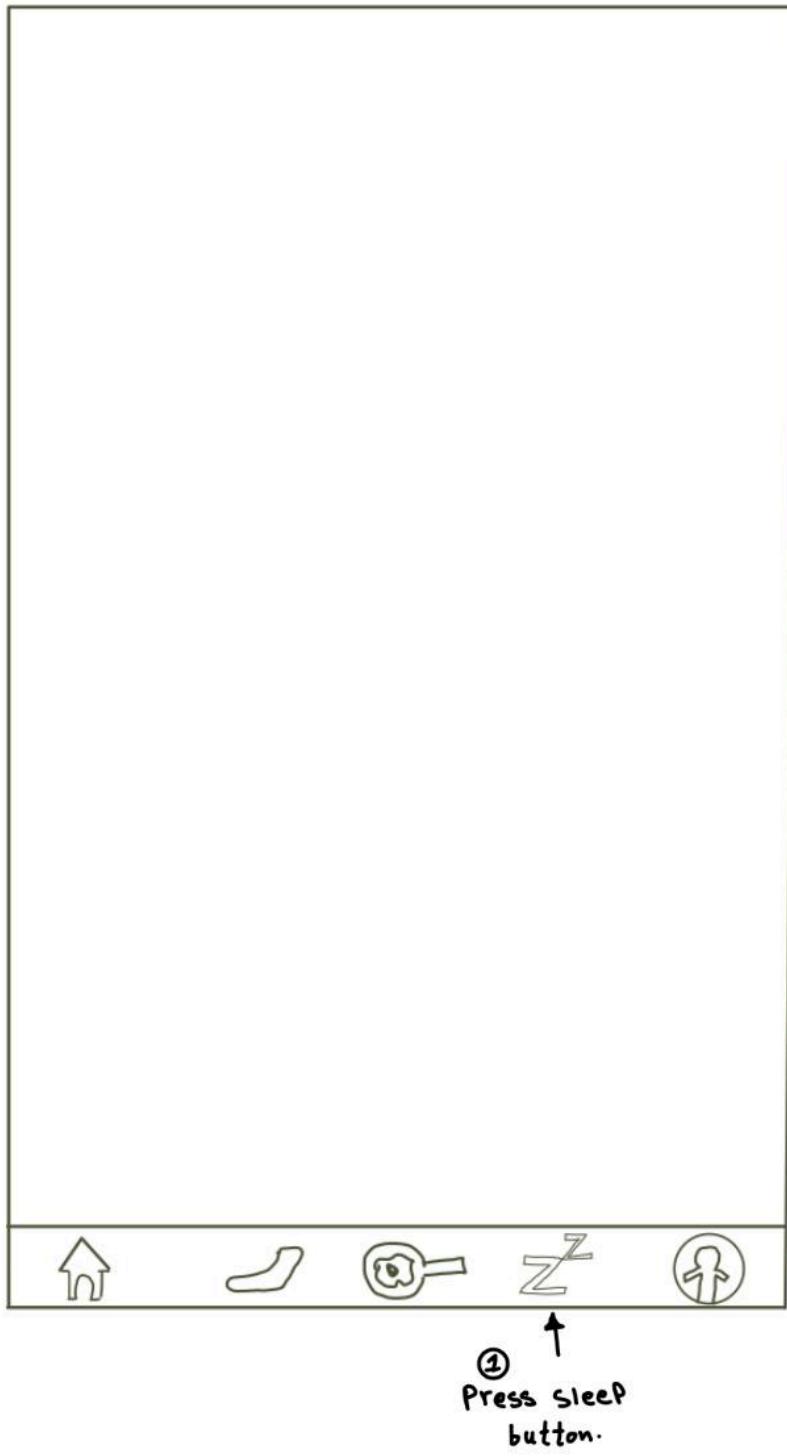


89%. good job!

Sleep duration



User Flow 5:



Your sleep for this week..



Average of... 7 hours a day.

ADD+



Z^z



②
← Press ADD
Button



ADD SLEEP



Sleep time:

③

Enter sleep
time



wake up time:

④

Enter wake up
time

Save



⑤

Press save
button to
Save



Your sleep for this week..

Good
90%.

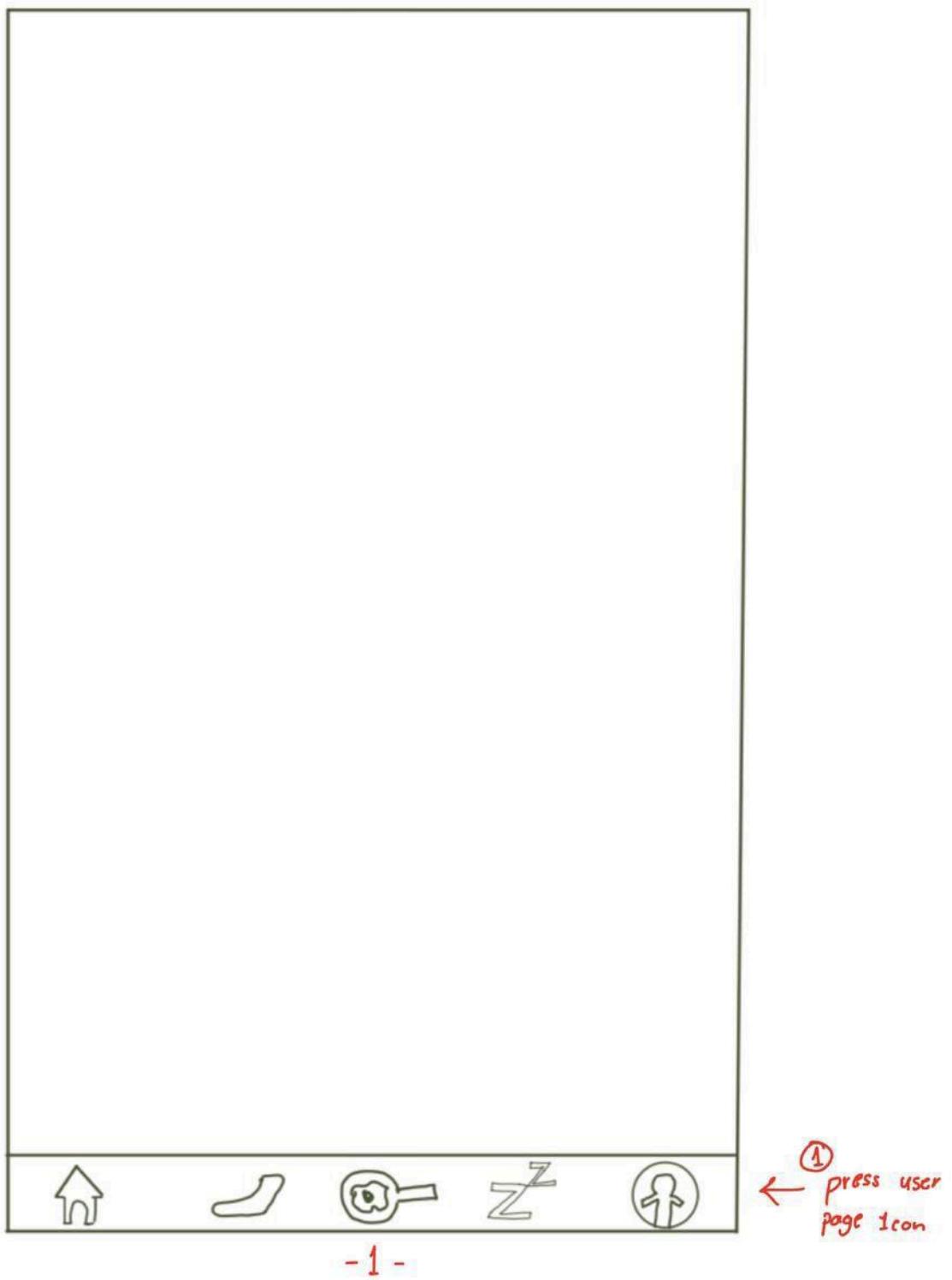
Average of... 7 hours a day.

✓ Sleep schedule added!

the added
will appear →



User Flow 6:



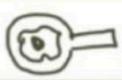
Account Information



② press settings
Icon

userName:

Email:





③

Click on health details
← to show the details

④

Click on change goals
to change goals

⑤

← Click
disable/Enable
Icon

⑥

← Click
disable/Enable
Icon



Health Details >

Change goals >

⑦
Once it's
Enabled, the
Privacy will be
activated

Fitness privacy

⑧
Once
it's Enabled,
the reminders
will start
appearing every
once in a while

Receive reminders to drink water



Saturday, 9th of March

9 : 05

Tracky:

Heads up! Don't forget to drink your water!

⑤ ← the reminders
will appear
this way

Design Rules:

Learnability Principles :

Rule#	Principle	Sketch No/ User Flow No	Describe how you applied this principle
1	Predictability	Sketch 15 / user flow 6 Sketch 5 / user flow 4	-the user can predict that pressing the “settings icon” is used to set content. -the user can predict that pressing the “home icon” is used to return to home page.
2	Operation visibility	user flow 2	-“add” button will appear in grey if the user didn’t enter any information.
3	Synthesizability	user flow 5	-when the user adds their preferred sleep schedule successfully a confirmation message will appear.
4	Familiarity	Sketch 3 , Sketch 4 , Sketch 5	-the sleep page icon, meals and steps are familiar to the user.
5	Generalizability	user flow 2 , Sketch 6	-Using the “left arrow” to go back and the “home icon” to return to home page like most apps.
6	Consistency	Sketch 1,2,3,4,5,66	the navigation bar is on the bottom of every page.

Flexibility Principles:

Rule#	Principle	Sketch No/ User Flow No	Describe how you applied this principle
7	Dialog initiative	Sketch 19	-asking the user whether they are confirming the deletion to avoid errors.
8	Multi-threading (if applicable)		not applicable
9	Task migratability (if applicable)		not applicable
10	Substitutivity	user flow 4	-There are multiple ways to view the user’s consumption (graphs, text)
11	Customizability	user flow 2	-the user is able to customize whether it’s calculated in a month, week or day.

Robustness Principles:

Rule#	Principle		Sketch No/ User Flow No	Describe how you applied this principle
12 13 14 15	Observability	Browsability	user flow 1	-In the steps status page, the user can see the steps current state at the moment.
		Defaults	user flow 6	-the default for the reminders is disabled.
		Reachability	user flow 2	-Users can change their sleep schedule easily by using the arrows.
		Persistence	user flow 3	-after pressing the “more details” button more details will appear until the user doesn’t click anything on the screen.
16	Recoverability		user flow 2 Sketch 9	-Avoiding free-form input and using a scroll function to choose from, in addition of the back button when opening a screen by mistake.
17	Responsiveness		user flow 3	-when the user clicks the “add” button another profile will be added.
18	Task Conformance			not applicable (Sketch stage)