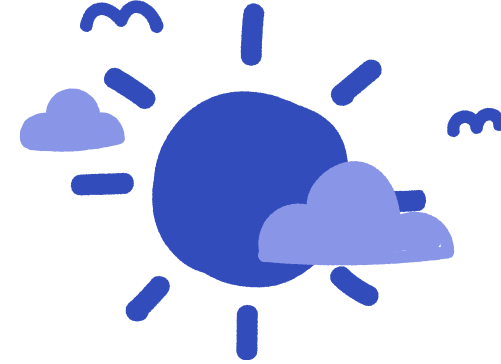


TRACKY



PROBLEM

- PEOPLE STRUGLING TO TRACK THEIR DAILY ACTIVITIES.
- PEOPLE WHO LOST MOTIVATION DUE TO NOT FEELING "ACHIEVED THEIR GOAL".
- PEOPLE FORGETTING TO STAY HYDRATED DURING THE DAY.

SOLUTION

- OFFERING MANY WAYS TO TRACK DAILY ACTIVITIES WITH NEW HELPFUL FEATURES.
- GIVING THE USER A FEELING OF ACCOMPLISHMENT TO KEEP THEM MOTIVATED.
- THE ABILITY TO RECIEVE REMINDERS AND DISABLING THE FEATURE IF NOT NEEDED.

DESIGN PROCESS

هل أنت مهتم بمتابعة 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

☐ Not sure - لا أعلم

☐ No - لا

هل يعد الحفاظ على نمط حياة صحي حافزًا كبيرًا بالنسبة لك؟
Is maintaining a healthy lifestyle a significant motivation for you?

☐ Yes - أجل

☐ Not sure - لا أعلم

☐ No - لا

هل تقبل تلقي ملخصًا لأدائك الصحي من التطبيق بشكل يومي/اسبوعي؟

1-NEEDS FINDING.

< Goals

Steps
• Do 60,000 steps this week

Meals
• No goals added

Sleep
• No goals added

Hydration

2-LOW-F PROTOTYPE

< Goals

Steps
• Do 60,000 steps this week
2744/60,000

Meals
• No goals added

Sleep
• Sleep 8 hours a day
for a week 1/7

Hydration
• No goals added

3-HIGH-F PROTOTYPE

FEATURES

- THE ABILITY TO SET REMINDERS.
- OFFERED SUGGESTIONS AND RECIPE FOR UNCOMPLETED MEALS.
- COMPETING FAIRLY WITH FRIENDS.
- THE ABILITY TO SIT GOALS AND TRACK THEM ALONGSIDE ACHIEVEMENTS.

Health Details

Change goals

Fitness privacy

Receive reminders to drink water

Tofu stir Fry
Calories: 500

Ingredients:

- 1/2 French shallot, finely chopped
- 1 large garlic clove, crushed
- 2 tbsp extra virgin olive oil
- 1/2 cup fresh basil leaves, plus 1 tbsp finely chopped, extra
- 2 large (about 700g) Coles RSPCA Approved Chicken Breast Fillets, halved lengthways
- 300g mixed baby tomatoes, halved
- 4 (about 50g) bocconcini, sliced
- 1 tbsp Coles Italian Red Wine Vinegar
- 1/2 tsp caster sugar
- Crusty bread, to serve

Method:

Combine the shallot, garlic, 1 the oil and the extra basil in a bowl. Season. Heat the remaining oil in a large ovenproof non-stick frying pan over medium-high heat. Season the chicken and cook, turning, for 4 minutes or until browned. Remove the pan from the heat. Preheat the oven grill to high. Scatter the tomato around the chicken. Spread chicken with half the basil mixture. Top with the bocconcini and spoon over the remaining basil mixture. Drizzle tomato with vinegar and sprinkle with sugar. Season. Grill for 4 minutes or until the cheese melts and tomatoes blister. Sprinkle with the basil. Serve with bread.

(M) Mohammed

Today

4,739 Steps

2,744 Steps

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