

Motivate

Software Requirements Specification

Version: 1.0.0

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Presented by: Gelatinous Robots

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Revision History:

Who	What	When	Version
Nate L.	Template	2/16	0.0.0
Team	Fill out user interview results	2/20	0.1.0
Yura/Nate	Create personas	2/27	0.2.0
Ryan/Nate	Fill out personas and features	3/6	0.3.0
Ryan/Nate	Fill out scenarios and UI wireframes	3/7	0.4.0
Team	Finish for submission	3/7	1.0.0

System Summary

The system will provide nutrition/diet tracking for users in order to help motivate them to achieve their target weight. This is intended to help users more effectively gain or lose weight, and to help those recovering from an eating disorder.

The system will allow users to track their nutrition input by manually entering nutrition information, or by scanning nutrition labels.

The system uses visual comparative motivation to constantly show the user their physical progress over time and helps to continually motivate them by acknowledging those who are further along in progress towards their goal. Users can anonymously motivate each other through notification based messages.

It's important to note that this functionality is only used if the user identifies that they are not recovering/recovered from an eating disorder. If the user is recovering or has recovered from an eating disorder, there will be close to no emphasis on comparing the users visual appearance.

The system will send users notifications to help further push motivation and consistency with their diet, and the wording in each notification will be tailored to be specific to what visual appearance the user aspires to look like, as well as the users gender. For example, if the user wants to get thinner, the notification text will be worded differently than if the user wants to put on a lot of mass. The wording is essential to effectively motivating users in order to achieve their target weight goal.

The system stakeholders include the users, developers, and potentially fitness coaches, nutritionists, and counselors of the users. The goal of this mobile application is to motivate users who want to gain or lose weight by motivating them to consistently follow an effective food regimen.

Existing Competition

- No competing apps focus on motivating the user to keep up with their diet. Our system will capitalize on this, and make it the focal point of our application.

My Fitness Pal - Calorie Counter

- <https://play.google.com/store/apps/details?id=com.myfitnesspal.android>
- This app has almost a million downloads and is geared to keep track of meals, exercise, and weight. There is a food diary with a large database with pre-populated meals. Exercise diary for recording calories burned.

- Our system allows the user to scan food nutrition labels to quickly input information and save it for later. It will also use the Livestrong API as a food database. It will keep track of nutrition, with emphasis on calories, protein, carbs, and fats.

Fitbit

- <https://play.google.com/store/apps/details?id=com.fitbit.FitbitMobile&hl=en>
- The Fitbit app links only with users of Fitbit wearable technology. It allows users to track steps in depth, and also provides a massive food entry database that has a huge number of existing foods for users who want to set their own nutrition goals. When goals are met, the app alerts the user, but that is all.
- Our system will allow photo comparisons of progress, and will motivate the user to continue to work towards their dietary goals.

Personas



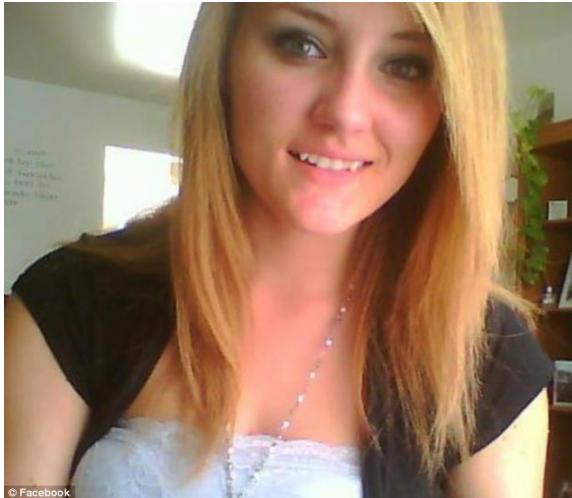
Corey Colyer
540 Water Street
Walnut Creek, CA 94597

Corey is an unmarried 30 year old environmental chemist who works at Rolling Thunder. He goes to the gym off and on, but wants to get leaner for his touch football games with his brother and nephews on Sundays.

Corey is taking night classes to earn his Masters in chemistry. He's often sitting at his desk in the lab working on experiments, or working out equations in his head. Because of this Corey is starting to realize that his lethargic lifestyle is having a negative effect on his health. He's starting to see a lot of the food he consumes go to his stomach, and is developing a "beer belly."

The majority of Corey's gym knowledge comes from his colleague Frank, who's been a habitual gym-goer for the last 10 or so years. Frank helps Corey with workout routines, but doesn't actually work out with him. Because of this, Corey doesn't have anyone to push him while he's doing cardio, so he often gives up out of boredom, or because he doesn't see results quick enough.

Corey owns an android phone that he uses regularly. Several of his friends use Android apps to help them keep track their calorie intake, but Corey hasn't tried this before. He is curious about these apps, and thinks they might help him, but isn't sure he'll stick to using it since he has no prior experience using similar apps.



Rachel Dames
3014 Rollins Road
Grand Island, NE 68801

Rachel just moved to California for her job, and many of her girlfriends from work go to the beach on the weekends. They often invite Rachel, but she is fairly insecure about how she looks in a bikini. Rachel used to run all the time before moving, but never really felt like she was making any progress, further demoralizing her from buying any new suits for the summer.

The problem is that Rachel eats healthy foods, and eats everything in moderation. She's very cognizant of what she puts into her body and she doesn't understand why her figure isn't changing even though she eats well.

Rachel follows a lot of fitness posts on Pinterest, and often steals workouts to use when she goes to the gym during the week. She's hoping that lifting weights will help lower her weight, but she isn't really sure because ever since she started, she hasn't seen any drastic changes.

Rachel tracks her calories in an existing Android app, which actually has more or less all of the foods that she eats, but she often finds it frustrating to re-enter the same foods that she eats all the time. She also has a Fitbit, and likes seeing how far she ran because it makes her feel a little bit better about her physique.

**Naomi Wilhelm**

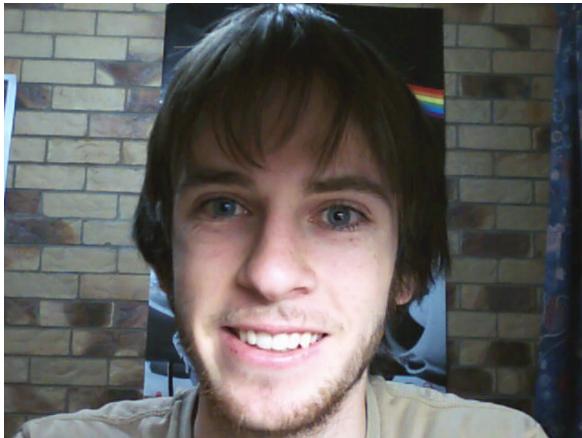
1218 Worley Avenue
Brookneal, VA 24528

Naomi is recovering from anorexia. She has been through a treatment program and has had success in overcoming her disorder, but it wasn't easy. She's had a lot of self confidence issues with her figure, and she still sees herself as being overweight. Naomi wants to change this, but eating food is tough for her at times because she thinks that whatever food she eats will contribute to making her overweight.

She still occasionally forgets or is occasionally reluctant to eat. More often than not her mom will yell at her to remind her that she needs to eat. Her mom is scared that if she doesn't remind Naomi, she'll return back to her old anorexic habits.

Naomi's mom also has a lot of problems speaking to her daughter, mainly because her weight is such a touchy, emotional subject. This makes any conversation concerning food very difficult whenever a point is trying to be made. Naomi is at the point in her life where she has no problem being rude to her parents, and many arguments result in her mothers points going in one ear and out of the other.

Naomi is wary of setting her own reminders because she feels that knowing they came from herself, she won't feel as accountable to observe them. Naomi is open to the possibility of using a dedicated app to track her diet and potentially remind her to eat, but in truth doesn't really see the point if all it's going to do is yell at her when she doesn't eat enough.



Leo M. Patton
3478 Peck Street
Manchester, NH 03103

Leo is trying to put on some serious mass. He works out with his friend Dave at school, who is seriously fit. Dave weighs close to 190 pounds and is rock solid. Leo aspires to be like Dave, but is very reliant on working out with him, as he is just starting to learn the ropes. Because of this, Leo follows Dave's lead, and doesn't ask many questions because Dave is so experienced.

Leo knows that he is underweight for his height, and he believes if he works out with Dave consistently, he'll be able to get a lot stronger. Leo's issue is that he doesn't understand that he needs to eat **a lot of food** in order to actually see changes in weight. He's seen "mass gaining meal plans," but often gives up on them over time because he doesn't see gains quickly.

Leo doesn't live with Dave, so he doesn't have anyone looking over his shoulder outside of the gym telling him to eat more; which is why Leo isn't able to see significant gains. Leo has a Nexus 6, but has never used a food tracking app because he really never saw any use for one when he didn't work out. His friend Dave doesn't use one because he follows a habitual schedule which definitely works, but again, Leo doesn't live with Dave, so he isn't able to tap into this schedule. Leo needs to follow Dave's advice, on his own.

System Features

1. At first launch, the user is asked to enter personal details such as gender, height, weight, and activity level, as well as their goals such as gaining or losing weight, or recovering from an eating disorder.
2. At first launch, user also selects an image of a person that they want to look like.
3. Reminders at mealtimes of what nutrition consumption is still needed for the day (calories, protein, carbs, fat).
4. Weekly selfie to remind user that they're making progress with their goals, in terms of their appearance.
5. A user will be asked to motivate another user who shares their goal but who is farther in their regimen.
6. Contextual notification that motivates you by comparing your current stats to the prior week.
7. Users will constantly be presented with an image of a person that embodies the goal they're trying to attain. This will be visible in the header of the dashboard view, but will not be shown if the user has said they are recovering from an eating disorder.
8. Diet logging with the help of an external food API to keep track of nutrition intake via manual logging and scanning nutrition labels.
9. User can save a meal for quick logging later
10. Logging will offer autocomplete functionality for foods/meals.
11. Point system that is influenced by meeting goals
12. Weight graph over time to track nutrition intake.

Persona Scenarios

Corey Colyer

- Corey wakes up feeling a bit groggy. He's been working out for the past month and has been using Motivate for a week, but feels like he isn't making any progress visually. Corey checks his phone for before he leaves his bed. He finds a notification from Motivate saying, "You're doing great! This is what you looked like last week..." Corey slides open the notification, and finds a picture he took of himself last Friday in Motivate. He looks down at his stomach and flexes his core and begins to see some definition in his upper abs. Corey gets out of bed, showers, and makes his morning trip to the gym with enthusiasm. He's finally starting to notice some visual change.
- It's lunchtime and Corey returns to his apartment for some home-made hamburgers. On the way there, Motivate sends him a notification suggesting he limit his meal to a smaller amount of calories, such that he can still have a filling dinner. Because of this, he rethinks his lunch choice and decides to instead have a chicken caesar salad.

Rachel Dames

- It's Saturday night and Rachel's friend Diana invites her to go out clubbing with some of their coworkers. Rachel hasn't been able to work out today, so she decides to go to the gym and do some cardio. After she returns from the gym, Rachel gets a notification from Motivate letting her know that she's just about to reach the maximum number of recommended calories for the day.
- Rachel decides that a post workout shake keeps her within the recommended calorie limit, and wants to enter the ingredients of her shake into Motivate. Because she's already saved the ingredients of the shake as a group, she is able to easily log her shake all at once without taking time to add each individual ingredient.

Naomi Wilhelm

- Per her mother's request, Naomi has downloaded Motivate to help solidify good eating habits. Motivate makes it easy on Naomi by reminding her when she should eat, during primary mealtimes. After being notified by Motivate that she should eat soon, Naomi eats a turkey, ham, and cheese sandwich for lunch.
- Given that this is Naomi's normal lunch food of choice, instead of re-entering her each food, she is instead presented with a list of prior food choices/groups before searching for anything. Because of this, Naomi simply has to select the meal from her recent food entries that appear directly beneath the search bar.
- Naomi's mother unexpectedly treats her to dinner at a new restaurant. Although Naomi is reluctant to go through the trouble, after some discussion with her mother, Naomi logs her dinner in Motivate. Since this isn't her typical dinner, Naomi needs to manually enter her dinner. She does so, with Motivate helpfully autocompleting her entries as she goes, using an external database of foods. Naomi appreciates the help from the app, since it makes logging her dinner easier and much faster which helps her maintain the habit of doing it.

Leo Patton

- Last week Leo skipped out on two workout sessions with Dave. His excuse to Dave was, "idk dude, I don't feel like I look any bigger." Dave's response was one that Leo didn't want to hear: "it's because you're not eating enough." After receiving this text from Dave, Leo decides to get serious about tracking his food intake and downloads Motivate in hopes that it might help him eat more. As soon as Leo downloads Motivate, it asks him to take a picture of himself so that he can compare with what he will look like next week. Leo is a bit uncertain, but he decides that if he's going to really go for it and put on some serious mass, he's willing to take a selfie.
- Leo has been using Motivate for a few weeks now, and has been sticking to his mass-gaining diet as well as his workout regimen. Because Motivate periodically asks him to motivate other users that are stronger and more fit than he is, Leo is driven to work

harder and not give up on his diet so that he can eventually look like those that he is motivating.

Nonfunctional Requirements

Usability Requirements

- A user shall be able to find a food item in under 5 seconds
- A user shall be able to log a meal in under 30 seconds
- A user shall be able to easily tell if they have, or have not met their goal for the day
- A user shall be able to easily measure their progress visually
- A user shall be constantly aware of their visual appearance in comparison to others that are closer to their goal. This is to emphasize visual motivation.
- Graphs should be usable by people with issues seeing color.
- If a nutrition label has successfully been read and processed, a longer haptic will alert the user. If not, a quick double haptic will tell them it has not (along with an accompanying modal).

Task Analysis

Onboarding - First App Launch

User Goal - Personalize and Start using the app

- Choose your gender
- Enter your height
- Enter your weight
- Specify if you have recovered/are recovering from an eating disorder
 - If you are
 - Enter what you want to weigh - your goal weight
 - Enter your level of activity
 - Specify what you want to look like
 - If you are not recovering from an eating disorder
 - Take a photo of yourself as the benchmark for comparison
 - Proceed to the dashboard view
 - If you are recovering from an eating disorder/have recovered
 - Proceed to the dashboard view

Log a meal

User Goal - Add a meal that they have consumed to the app

- Tap add button
- Select add meal
- Type components of meal into search bar
- For each component
 - Select quantity
 - Add to meal
- After all meal components have been added
 - Log meal

Motivate another user

User Goal - Help another user meet their dietary goal for the day

- User is prompted to motivate another user randomly twice a week
 - User is presented with a modal view to motivate user
 - User can select a motivational phrase, or type a personalized message to motivate the other user
 - User confirms their choice, and the motivational notification is sent

Weekly Selfie

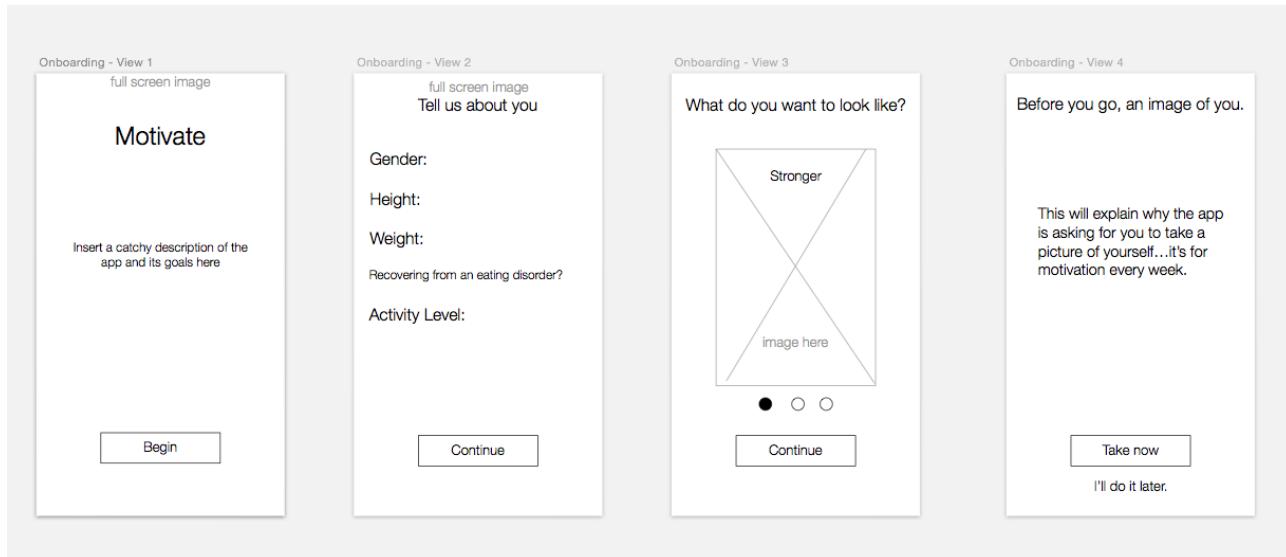
User Goal - Take picture of themselves weekly

- If the current day is Friday and opens app at any point
 - User is prompted to take a selfie for progress comparison
 - If user says okay
 - Camera view is initiated and user takes picture
 - If user can't take the picture at the time
 - Remind them in an hour

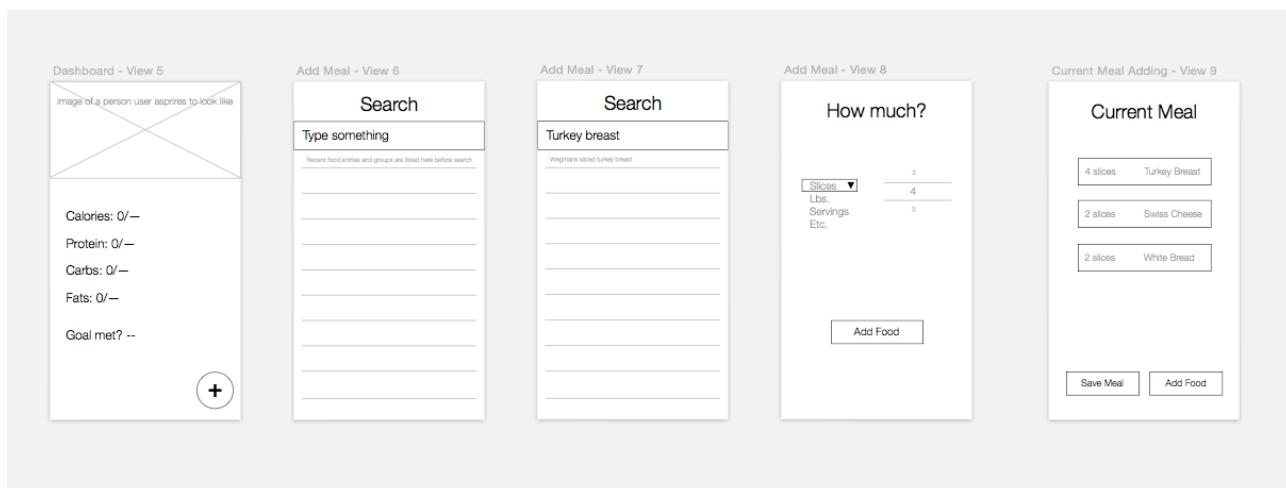
Prototype

Wireframe mockups are shown horizontally to show the breadth of the system first, then are shown full-size separately for legibility.

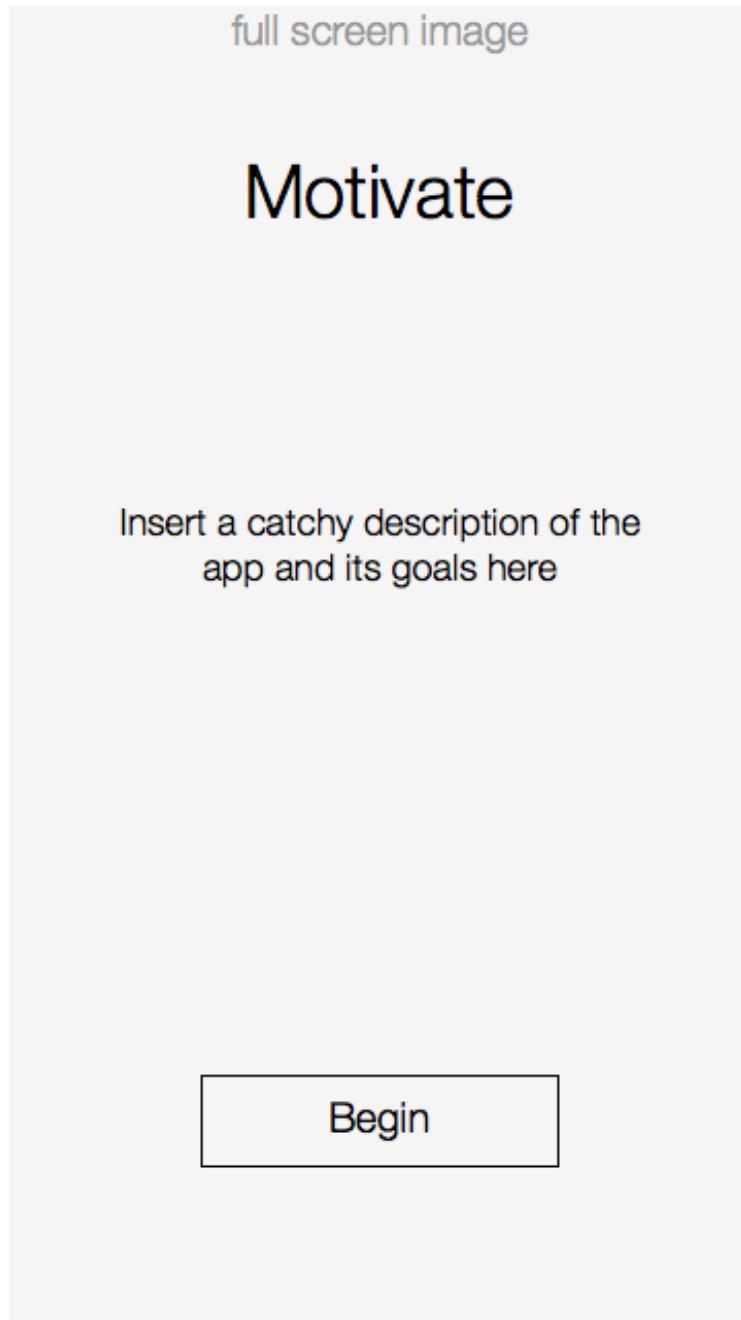
Wireframe Mockups



Onboarding User Flow



Add Food & Meal User Flow



Onboarding View 1

full screen image
Tell us about you

Gender:

Height:

Weight:

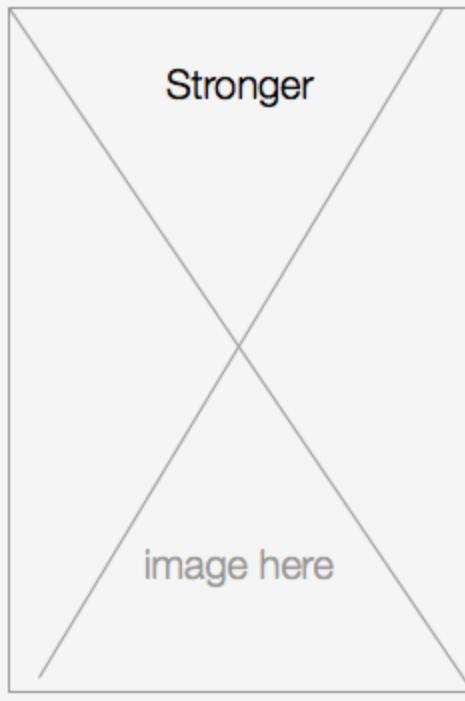
Recovering from an eating disorder?

Activity Level:

Continue

Onboarding View 2

What do you want to look like?



Continue

Onboarding View 3

Before you go, an image of you.

This will explain why the app
is asking for you to take a
picture of yourself...it's for
motivation every week.

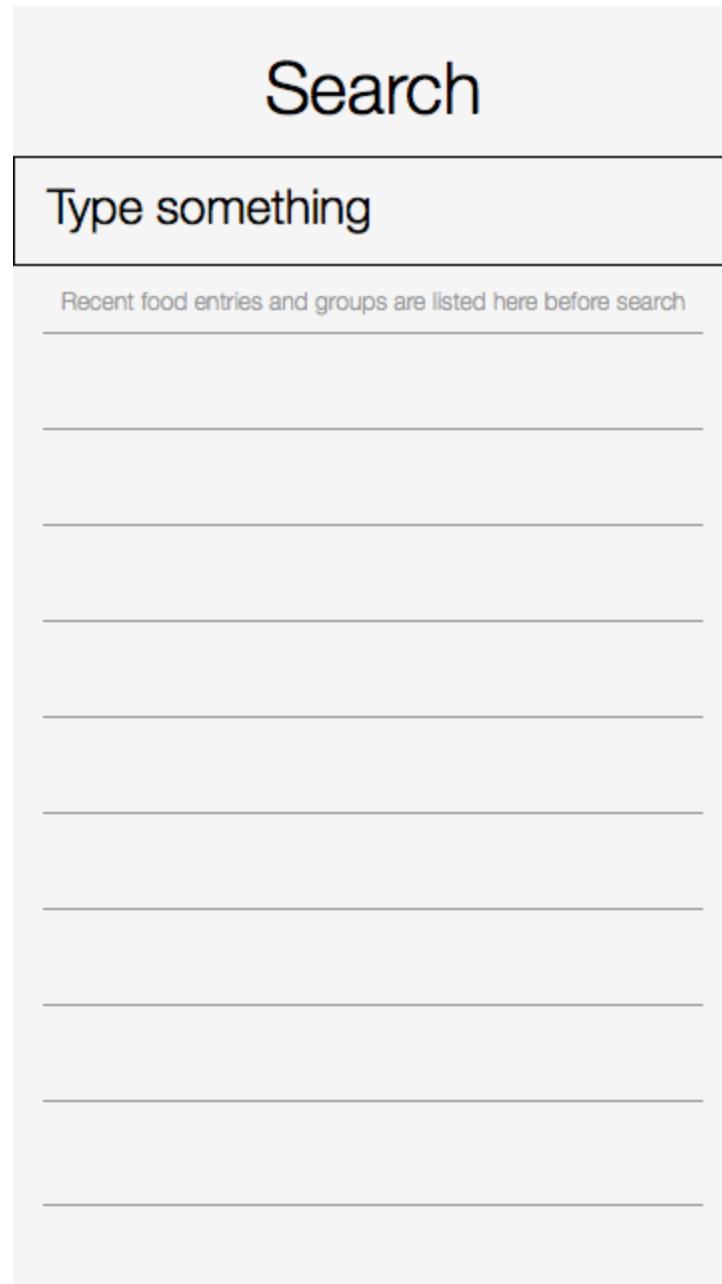
Take now

I'll do it later.

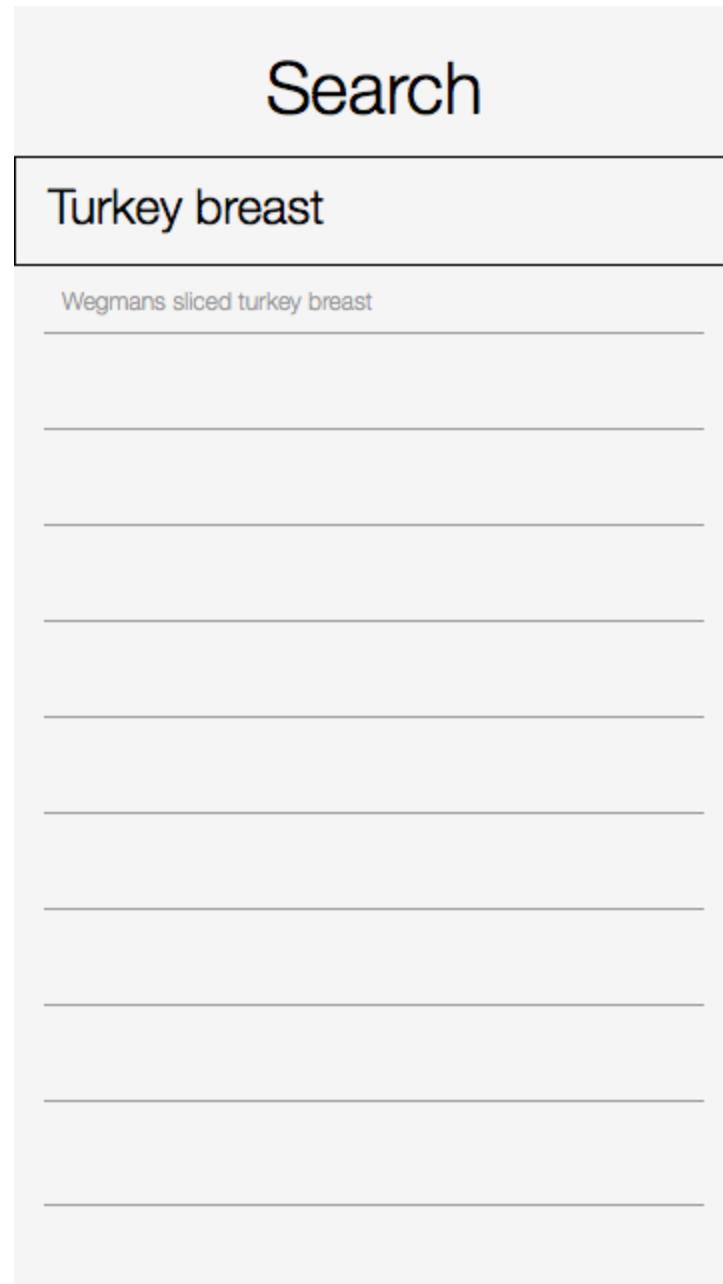
Onboarding View 4



Dashboard View 5



Add Meal View 6



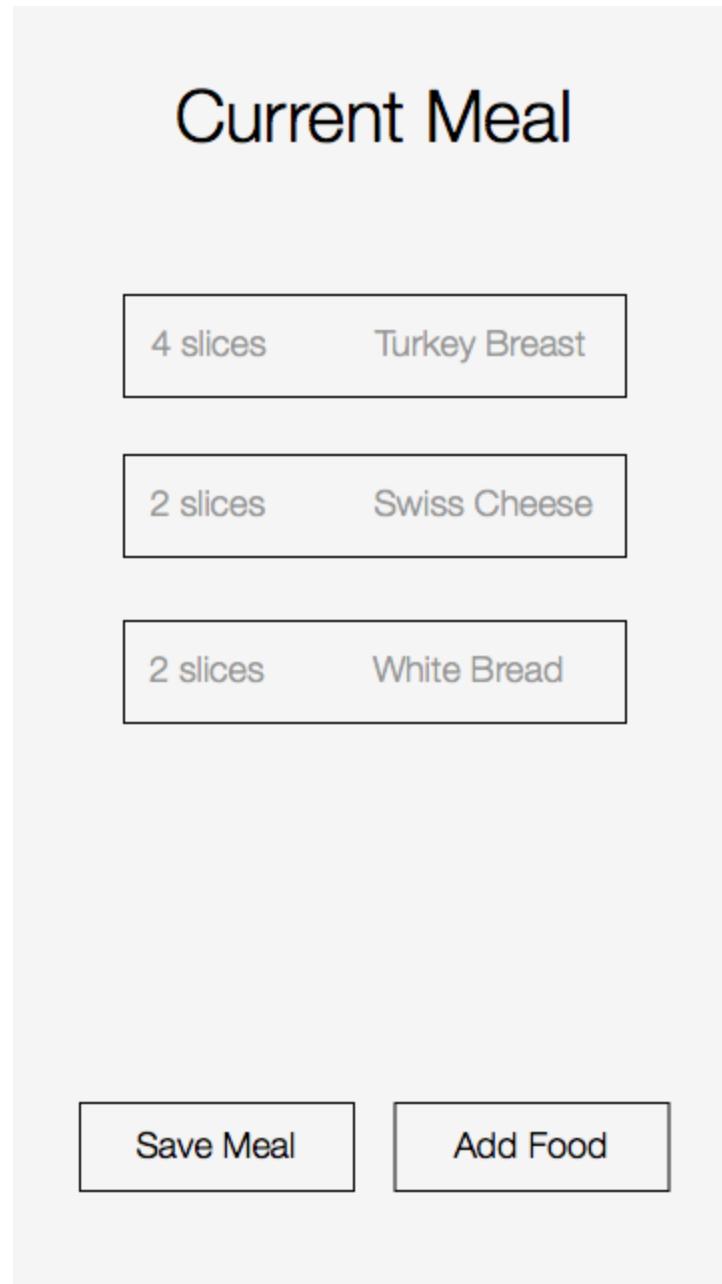
Add Meal View 7

How much?

Slices ▼ 3
Lbs. 4
Servings 5
Etc.

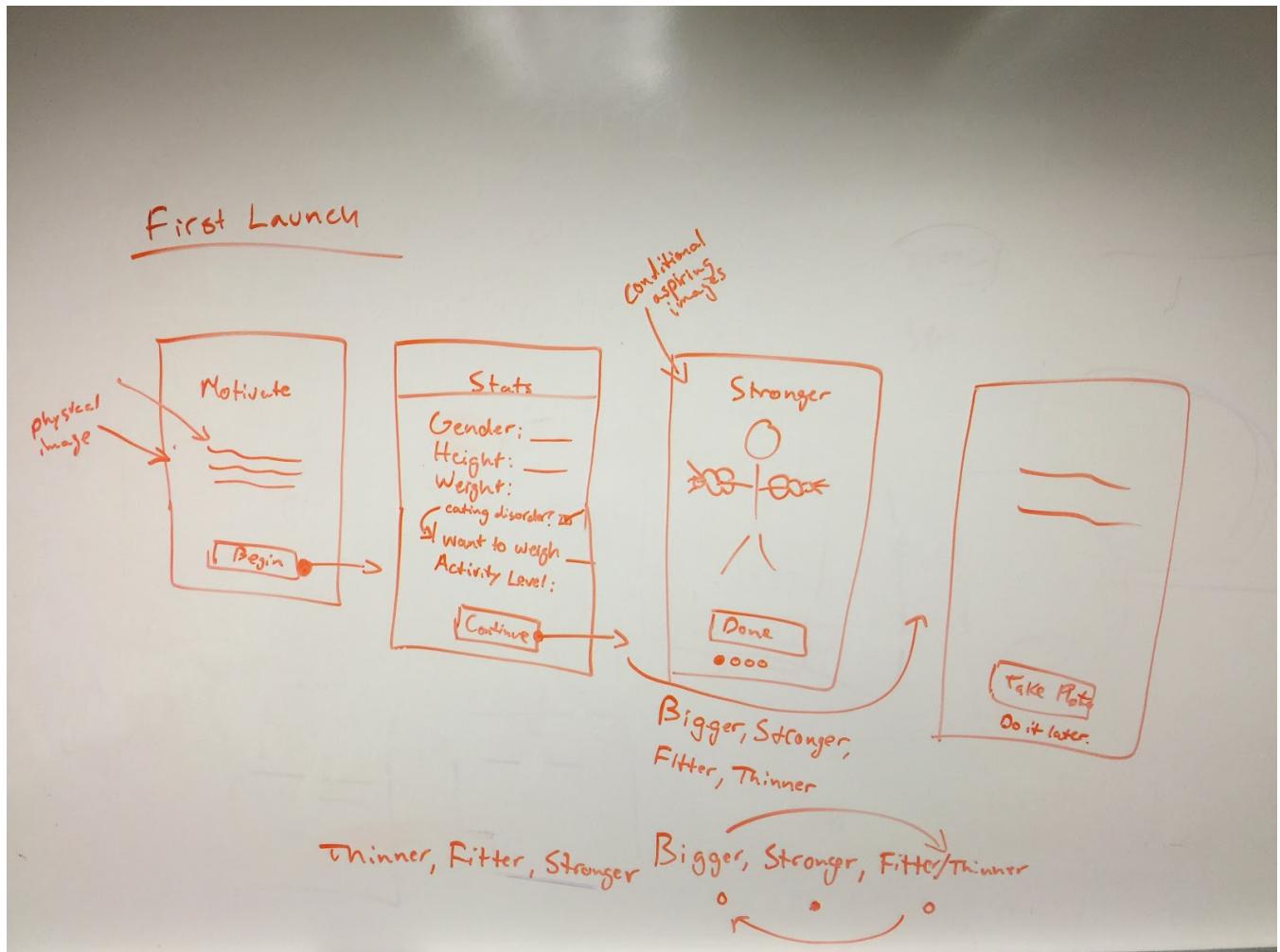
Add Food

Add Meal View 8



Current Meal View 9

Onboarding View Flow - Initial Whiteboard Sketch



Food Entry View Flow - Initial Whiteboard Sketch

