

App 1: Calorie king

App 2: Lose It!

Visibility of System Status:

- In the bottom left on “Diary,” the page automatically tells you how many calories you’ve had that day and how much exercise you’ve done. Below that, there is a number of calories that does not have a label, which can be a bit confusing at first, whereas the top section has a setting that says “Calories Left,” and if you click it, how many calories you have used. This can be confusing since there are now 3 ways you can view calories, but it could get confusing to see what they represent. There is also a section that just says “TOTAL CARBS” next to “CALS” and at first glance, you may wonder why only those are there. (2)
- Once you’ve added food for each of your meals, the Diary also shows the calories you ate and how many carbs you had, as well as the time you ate. The setting at the very middle bottom of the setting list gives options to add workouts, notes, check ins, and meals. These are all listed in the diary according to time, which is quite logical. There could be a setting that separated all the settings by groups and then by time, but that could be extra. (1)
- The reports setting, shows statistics and charts of checkins, weight over time, daily calories, and achievements. It looks very simple and clean, and isn’t too cluttered. Each graph is very simple and nice to look at and easily shows you change over time (1)
- The main page, which is the log, shows breakfast, lunch, dinner, snacks, etc. all on one page. It does look a little cluttered, with calorie suggestions. It gives the option to take a photo of the food and there is also a clear place in the top right to edit profile. (2)
- There is an option at the bottom that says “I’m done logging,” which sets up a chain of inputs for the user to not break. (1)
- In the “My Day” tab, one can easily see how many calories they had that day. (1)
- It is clear how many calories are left in the day in the Log, since there is a meter bar showing how much you’ve eaten that day. (1)
- The user profile in the top right is visible in each tab, so you can always easily access it (1)

Match Between System and the Real World

- All the settings at the bottom: diary, reports, foods, and settings, have icons that are easily recognizable and easy to distinguish. In the diary page, there is a setting that allows you to account for how many cups of water you have had that day, which is also easily distinguishable in the form of water droplets. (1)
- The icons for breakfast, lunch, dinner, snack, note, exercise, and check in in the middle section of the app are also easily recognizable. (1)
- All of these are grouped in a logical way, with the diary on the front page having calories and exercise taking up half the page, which is the most important thing users would be

needing to track. Even the button in the very middle bottom of the settings is large enough to be easily clickable and seems to be used as the main thing for recording information. (1)

- All icons used are easily recognizable and the order of the steps to sign up are logical and similar to other sign up processes (1)
- Customizability is in the top right, under profile, and settings is also under profile. It may be better to have a separate tab for settings rather than having it be under profile, where one would usually have customizable goals (2)
- The Goals tab does not let you edit your goals, unless you pay for those features. The Goals tab should allow you to edit goals in that section rather than having to go under the profile. (3)

User Control and Freedom

- It is very easy to delete something you've entered; just slide to the left and press delete, but there is no redo option (2)
- There is the "foods" section that allows you to enter your own food and recipes, and there's a pop up that allows you to put in calories, and other nutrition facts. (1)
- In the options, there is an option to "Show All Help Bubbles Again" but there is not an option to undo that setting (2)
- When you are first signing on and deciding what your goal weight is, it automatically selects a "recommended" goal range for you. For users who have an ideal weight, it isn't clear how to set that up, and that is often the main purpose of the app. You have to select your own ideal weight range. I would remove this feature. (3)
- There are many customizable options in the profile tab, possibly too many options, and they need to be paid for (2)
- There is a section called "personalize lose it!" which is nice to set reminders and change the theme of the app (1)
- There are custom foods and "My Foods" section and "My Exercises" section in the user section, which is very easy to access. There is even a food database region if you are from a different country (1)
- Units and Application Preferences Setting under user tab is also very customizable (1)
- User has no control over how many ads or articles that are suggested on the My Day page or what the Log should say (2)

Consistency and Standards

- Between the app and the website, the app is easier to maneuver. The settings are not all collected in the same place; for example on the website, the side tab has energy report and weight report automatically there whereas reports in the app are all under the "Reports" tab. (2)
- The settings tab on the phone and website are both consistent, as are the fonts and shapes of the interface (1)
- The rest of the interface is quite consistent with the standards, even though it is more minimalistic than other apps (1)

- Someone who has never used a calorie counting app before would not have much difficulty with the app, though this one in particular has a lot of different foods in the database and a new user may not know what kind to choose in the options (1)
- The social icon on the bottom left and the person icon on the top right can be ambiguous (2)
- Usually, a settings tab is on the bottom right corner, but settings is under the user profile icon in the top right. I would add a settings button. (2)

Error Prevention

- When deleting entries, there is no pop up that says “are you sure?” This should be implemented because someone could accidentally slide all delete without looking and there would be no way to recover the data (3)
- There is an “are you sure?” option when choosing to skip creating an account for the application. (1)
- There’s an option for people to choose premium and a popup comes up that asks you to confirm (1)
- When entering an absurdly large weight, there is a pop up that says “Continue Saving?” (1)

Recognition Rather than Recall

- Since I have tried other fitness apps, the order of entering data is quite standard and logical. However, I found it odd that they would ask “how minutes do you want to exercise per day” after asking “what is your activity level,” since minutes of exercise per day should correlate to activity level. (3)
- It is confusing at first to differentiate between the “foods” tab and the plus button, where you actually go to select a meal, then a food you want to enter. A solution could just to change the Foods option to “Recipes” (2)
- All the icons used are recognizable and minimalistic so it isn’t too difficult to select what report, meal, food, etc. to enter (1)
- In the “My Day” tab, one can easily see how many calories they had that day. (1)
- Icons are easily recognizable and clickable, a Log is understandably something used to log data for that day, but compared to the My Day feature, they are very similar and could be confusable at first use (2)
- Editing goals can be difficult with so many options in the goal tab. I had trouble finding where I could actually change my goals, since I couldn’t in the goals, tab, but I had to go to my “Edit Profile” (2)

Flexibility and Efficiency of Use

- There is an option to change the unit of measurement in the setting page which is very easy to see, in either the imperial system or metric system. (1)
- For people who want to see different highlighted nutrients on their diary, they have the option to choose in the settings (1)
- Food and exercise selection is easy as there are pop-ups once you type in the first few letters of the word you are entering (1)

- Once a food or workout has been used once it is at the top of the list when adding foods or workouts again (1)
- The website offers recommendations for users but makes it hard for them to create their own goal trajectory, since it is so minimalistic. People would generally want to use all the recommendations, so this feature could be added for those who do not (2)
- When entering food, you have to click the tiny plus button on the right side. I would much prefer to click over the entire section so it would be easier to access (3)
- When adding photos of food, there are suggestions from an AI feature that allow you to label the food (1)
- There are no options for what you want to see in the log, in terms of nutrients, suggestions, etc. (2)
- The social tab is an option for people add friends and join groups. Finding groups is easy since they have featured groups and recommended groups. (1)

Aesthetic and Minimalist Design

- The design is very minimalist and easy to navigate. The color scheme is nice and it highlights the important features of the app, which is calories and exercise. The other bolded icon is the plus button in the middle, where you would add workouts or foods for the day. There are few words on each page and it is very easy to read. (1)
- This app attempts to be minimalistic, but there is just too much going on. There are too many charts and unnecessary features that are constantly being offered so that you can purchase the upgraded version, but that only deters me from using this app (3)
- The color scheme is not bad and the font is easy to read, and the font is also reasonably sized, but there could be fewer words in the Log (2)

Help Users Recognize, Diagnose, And Recover From Errors

- There is an option to show all help bubbles again in the settings tab (1)
- There is an option to refresh app receipt which is good for those who have paid for the app previously and wants to delete them on a new device (1)
- There's an option to create an account for this app, and once signing in, it's very easy to enter your email, password, etc.
- There's an option for people to choose premium and a popup comes up that asks you to confirm (1)
- When entering an absurdly large weight, there is a pop up that says "Continue Saving?" (1)

Help and Documentation

- At the very top of the settings app is a hyperlink to the support website (1)
- Though they have the option show help bubbles again, I believe there needs to be more help bubbles in general, because on the Diary page, when I first saw the highlighted nutrients, I wondered why they were there and was confused about those in comparison to the calories at the top of the diary tab. I would improve this by adding more help bubbles that explain each tab, instead of just 2 help bubbles on the diary page. It would be nice to explain the difference between the "Foods" tab and the "+" button tab, where you can add food that is already in the system (2)

- In the top right there is an icon of a person, and at the very bottom of that page is access to support, a help center, and account editing. It can be hard to find if you don't scroll all the way down (quite a lot of scrolling) (2)