

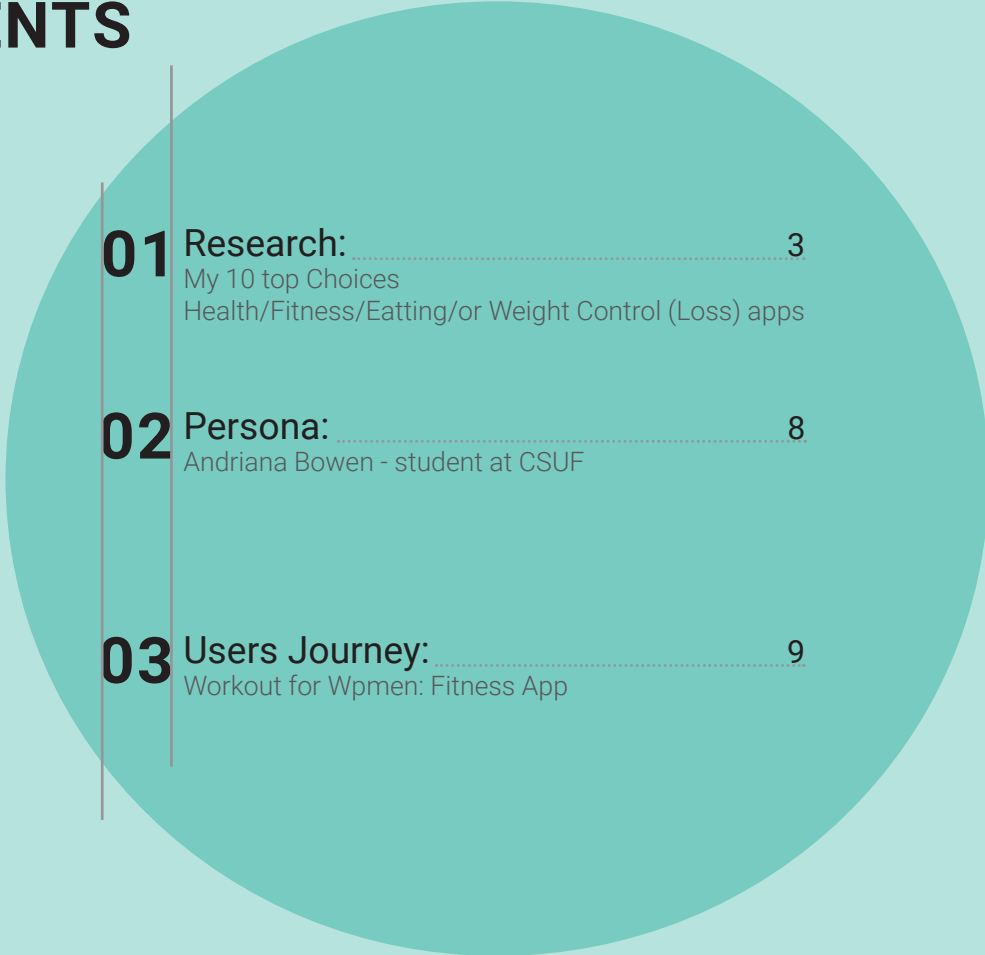
## Project 02: UX Design Process



**ANDRIANA BOWEN**

2019 Spring | W 1:00 - 6:45 483F

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## Project 02: UX Design Process

# 01 RESEARCH:

My 10 top Choices:

Health/Fitness/Eating/or Weight Control (Loss) apps

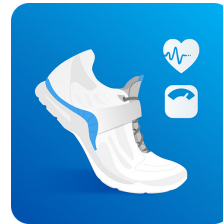


### Fooducate Nutrition Tracer

Eat healthy. Lose weight.

The first thing You will see when you open the app are: "new user" or "existing user". After pressing New User, an app asks permission to sync your food, nutrition, exercise, and sleep data with the Health app. Then app asks you what is the desired weight and what is the current weight, height, gender, age (optional),and amount of activities. Then it calculates daily calories. sign up, or use you facebook or google account. after sign in you will get your astimet diet plan. There are premium features, that can trace your diet in more detail, but you would have to pay for it. There's also navigation bar on the bottom of the screen: Foor Finder (scan barcode), Community, Tracker, Recipes, Diet Tips.

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### Pacer Pedometer & Step Tracker

Weight loss, health & fitness

The first thing You will see when you open the app are: "new user" or "returning user". After pressing New User, it asks my gender, date of birth, then asks me to sign up or log in via facebook. The app asks to have access to my Motion Activity and notification. Navigation bar on the bottom of the skreen: Me - tracks steps, activity log and history; Insights - steps, weight, blood pressure, flights, others; Run (home - tracing calories, tim, miles. Has timeline of the day and a calendar, map with trails in different countries; GPS (walr, hike, run, ride); Workout). Feed - to find friends; Explore - their challenges to run 5k and so on and everyone can join it.

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## Project 02: UX Design Process

# 01: Research:

My 10 top Choices  
Health/Fitness/Eating/or Weight Control (Loss) apps



### MyFitnessPal

Calorie Counter & Diet Tracker

The first thing You will see when you open the app are: "Sign Up" or "Log In". After sign in there are a line of questions, such as goal, activity level, address and birthday, height and weight, email and password. all this is mandatory, which i dont like that much. Then it calculates daily calories. The app asks to have access to my Motion Activity and notification. Navigation bar on the bottom of the screen: Home;Diary - you need to write down you breakfast, lunch, Dinner, Snacks, Exercise, Water. Then there is "Progress" - where you keep track of weight and calendar. More... - there are many additional features like reminder, steps, challenges, goals, my profile, blog, meals, recipes and foods.

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### Workout for Women: Fitness App

Female Weight Loss & Exercise

The first thing You will see when you open the app is license and policy agreement. Then: "Sign Up" or "Log In". After sign in there are a line of questions, such as goal, activity level and so on. Then the app calculates daily calories. Then the app calculates daily calories. The app asks to have acces to my Motion Activity and notification. Navigation bar on the bottom of the screen depicted with three icons. First is a workout icon, after pressing on it the new navigation bar on top of the screen appears with different types of exercises. selecting workout and on the screen there are many different workouts, with different time and calories. Press on one of the and there will be detailed images with exercise and, then press the arrow and watch a youtube video of that workout.

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## Project 02: UX Design Process

# 01: Research:

My 10 top Choices

Health/Fitness/Eating/or Weight Control (Loss) apps



### Argus: Calorie Counter & Step

Meal Planner, Activity Tracker

The first thing You will see when you open the app are: "Log In" or "Get Started". What's your goal? Lose Weight; Build Muscle; Be more active. after fill in Goal Setup: weight current and desired, activity level, height, gender, date of birth - estimates your daily based calorie consumption. Daily Steps Goal. Log In/Sign Up Navigation bar on the bottom of the screen: Me - recommended calories for breakfast, lunch, dinner, snacks, coffee amount, challenges, you can add you food photos, add water consumption. Friends - add friends or explore. Meals - Meal Plan and Recipe. Challenges. Argus allows you to keep a photo journal of what you eat, which is the best way to keep track of your nutrition.

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### Lose It! - Calorie Counter

Weight Loss Nutrition Tracker

The first thing You will see when you open the app is a line of questions, such as date of birth, height, weight, goal weight. It gives you calculate of calories per day and goal date, with the weekly weight loss. Sign in and accept license. then it brings you to Navigation bar on the bottom of the screen: My Day: calories, nutrients, bonus, challenges and weekly calendar. Log - Breakfast, lunch, dinner and snacks - calories suggested for each.Social - activity, messages, friends, groups. Goals - weight loss graph. Me - personal information, badges, insights, foods, exercises, but the bad thing about section "Me" is that you need to pay to be able to access it.

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## Project 02: UX Design Process

# 01: Research:

My 10 top Choices

Health/Fitness/Eating/or Weight Control (Loss) apps



### Mealthe: Easy Healthy Recipes

Pressure Cooker & Air Frier

The first thing You will see when you open the app are: "Sign up" or "Log In with Facebook/email or as a guest". Enter your data: Date of Birth, email, weight, height. Then there's a choice of food/recipes you prefer: Vegan or All types of food/recipes. On top of there screen there is a search Mealthy bar. Images of the food collections on the screen that you can slide up and down with you finger; you also can touch the image and it will open another page with a recipe of that particular dish. navigation bar on the bottom of the screen: Discover - Search tab that linked with the top search bar. Video - videos of recipes presented by Mealthe. My Recipes - where you can save your favorites. My Applications - cooking equipment. Me - your profile page.

[Rate: 2.48K](#)  
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### Instant Heart Rate: HR Monitor

Pulse Tracker & Stress Test

The first thing You will see when you open the app is follow directions and measure your heart rate, it'll show you the resolute in a min. Then press Next to continue to the Sign Up/Log In page. On the home page there is a calendar in the top left corner. Navigation bar on the bottom of the screen: Insights - heart rate, resting heart rate (1month, 3month, 6month). Stress Test. Measure. Programs. More - your profile. There's many advertisements and anything you want to do besides a simple heart rate measure, you have to pay for, which is not good.

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# 01 Research:

My 10 top Choices  
Health/Fitness/Eating/or Weight Control (Loss) apps



### Carb Manager: Keto Diet App

Low Carb & Macro Food Tracker

The first thing You will see when you open the app are: "Sign up" or "Log In with Facebook/email or as a guest". Enter your data: Date of Birth, email, weight, height. Then there's a choice of food/recipes you prefer: Vegan or All types of food/recipes. On top of there screen there is a search bar. Images of the food collections on the screen that you can slide up and down with you finger; you also can touch the image and it will open another page with a recipe of that particular dish. Navigation bar on the bottom of the screen: Discover - Search tab that linked with the top search bar. Video - videos of recipes presented by Mealthy. My Recipes - where you can save your favorites. My Applications - cooking equipment. Me - your profile page.

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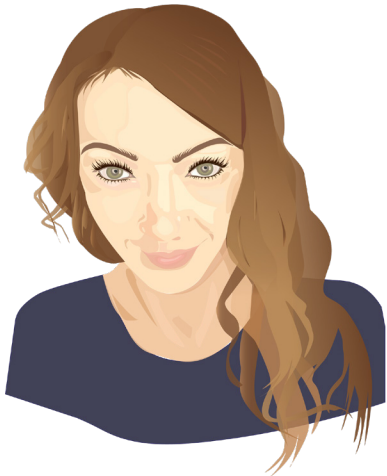
### Mealime Meal Plans & Recipes

Meal Planner & Grocery List

The first thing You will see when you open the app are: "Get Started" with four pages on the screen with names and short description of the program, that you can swipe right and left. After an app asks what kind of diet would you like; Name any allergies you have; Name Food items you dislike; How many servings do you need per meal. Meal plan reminder, than a Meal Plan page. on the right top side there's a tab "New" press on it and it will take you to the page with recipes to choose it for you meal plan. Navigation bar on the bottom of the skreen: Meal Plan; Grocery List; Favories; Settings.

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## 02 PERSONA:



**Andriana Bowen**

**Gender:** Female  
**Major:** Graphic design  
**Education:** Orange Coast College; CSUF

### **Goals**

To get more daily experiences, to get in better shape. Improve eating habits.

### **Challenges**

- Not enough time
- Not enough motivation

### **Technologies:**

- Phone, iPad, TV

### **Interests/Hobbies**

- Walking by the Beach
- Hiking/Walking
- Oil painting
- Photography and photo correction
- Digital applications
- Food
- iPhone
- Movies/TV



# 03 USER JOURNEY:

## Workout for Wpmen: Fitness App Female Weight Loss & Exercise

Open the App

License agreement & policy:  
accept/decline

3 icons on the bottom of the  
screen.

Home Page "7M WOMEN"  
10 items on the horizontal menu

Touch the app on the screen to  
open it.

Scrolling to the end of page and  
press "accept"

Workout type; page that keeps  
track of the workout; and weight  
and calendar

Pressing ones on any of them  
and on the screen uppers exer-  
cises



Each exercise on the screen has  
level of difficulty, duration time,  
and astimet calory burne

Manu moves by touching and  
swiping. Exercises on the screen

Open detailed workout with im-  
ages and an image and names  
of them

Weight/calendar page

Choose an exercise that fits for  
you

Choose an exercise that you  
want to do

Read and press on the arrow  
next to the name to see oh it's  
done (video there)

Enter your start weight, then cur-  
rent, then changes. Keep track of  
the weight loss

