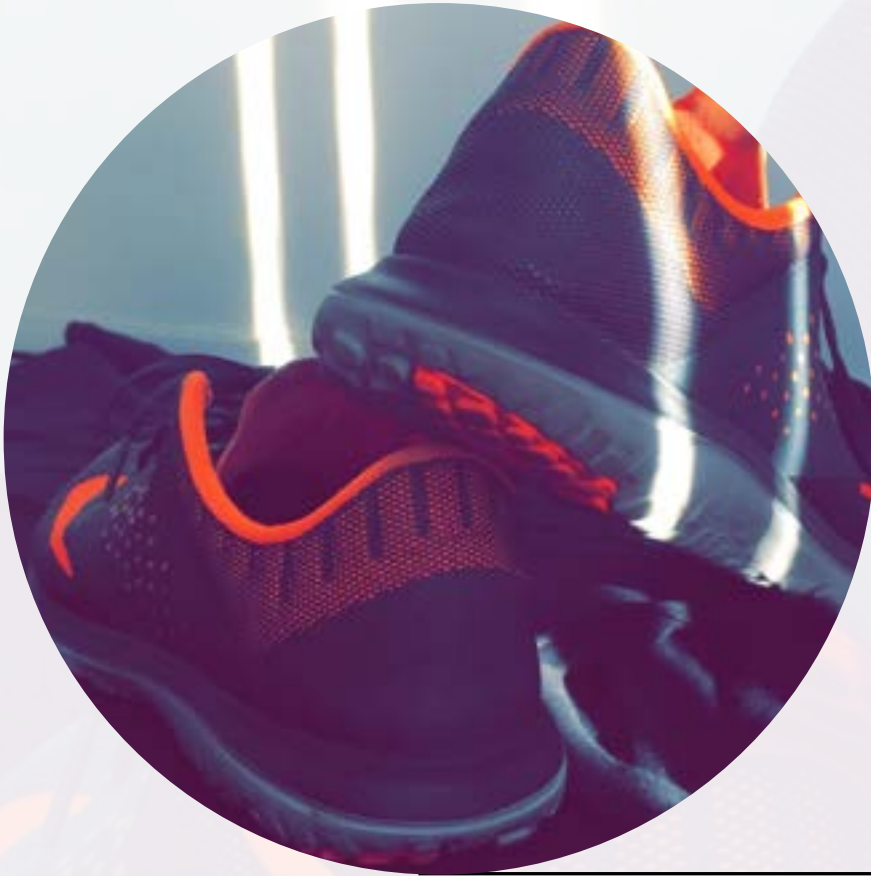


Project 02: UX Design Process



ANDRIANA BOWEN

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

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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.

[Rate: 34.2K](#)
[Link to download](#)



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.

[Rate: 46K](#)
[Link to download](#)

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.

[Rate: 493KSw](#)
[Link to download](#)



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 access 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.

[Rate: 173K](#)
[Link to download](#)

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.

[Rate: 26.1K](#)
[Link to download](#)



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.

[Rate: 257K](#)
[Link to download](#)

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](#)
[Link to download](#)



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.

[Rate: 79.7K](#)
[Link to download](#)

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 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 Mealthy. My Recipes - where you can save your favorites. My Applications - cooking equipment. Me - your profile page.

[Rate: 220K](#)
[Link to download](#)



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; Favorires; Settings.

[Rate: 103K](#)
[Link to download](#)

02 PERSONA

Andriana Bowen - CSUF MAF Student



ANDRIANA

Gender: Female

Major: Graphic design

Education: OCC; CSUF

GOALS

Wants get more daily experiences

Wants to maintain healthy weight

Wants to Improve daily eating habits

Wants to get better sleeping habits

CHALLENGES

Has a busy daily schedual

Not enough time for work out

Wants to creat time for the phisical activeties

Eating unhealthy food

HOBBIES

Walking by the Beach

Oil painting

Take pickters

Cooking and eating

Watching movies

Play tannice

SOCIAL/DEVICES

Instagram

Facebook

Pinterest

Google

Iphone

Laptop

03 USER JOURNEY

Workout for Wpmen: Fitness App

Open the App

Touch the app on the sckreen to open it.



License agreement & policy: accept/decline

Scrolling to the end of page and press "accept"



3 icons on the bottom of the screen.

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



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

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



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

Choose an exercise that fits for you



Manu moves by touching and swiping. Exercises on the screen

Choose an exercise that you want to do



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

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



Weight/calendar page

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



03 USER JOURNEY

Workout for Wpmen: Fitness App



ANDRIANA




Female | Single | CSUF

Bio

Andriana is a student at CSUF. She wants to maintain weight and establish her daily workout routines, as well as improve her eating and sleeping habits.

Quotation

The app is great for the begging stage, but minus is that you need to pay for premium.

Mood	Login	Log			Today	Workouts	Meals	Profile
		Activity	Meal	Weight				
 Feel Happy!	Open the app with one touch on the app icon	Many varieties of activities, easy to monitor each one by entering your daily data		Easy to enter data and update it anytime	It has all daily routine needed, log activities, meals, step tracking		All the recipes have calories amount, nutrition info and time duration for prep and cooking	There's a calendar where you can see all your activity logs, workout amount, weight, fitness plan, resources
 It's Okay.			Nice meal plan for few days, but to change a meal it requires pro update which you have to pay					
 Unsatisfied.						It has several steps to get to exercicia that you like, and then you need to click on each exercise one by one to watch		

04 NEEDS & INFORMATION STRUCTURE

Workout for Wpmen: Fitness App

Needs

- Get fit
- Loose weight
- Gain muscle
- Maintain a fix work-out schedule
- Target specific body section you want to work on
- Know your meal plan
- Keep tract on how much calories consumed daily
- Create a healthy life style
- Choose your favorite work-out
- Gain your work-out duration

Information Structure



Today

Today's work-out with work-out preview: set of exercise instructions. You can use the set the app suggested or customize a different set. The goal is to complete 3 rounds of the exercise set as fast as you can. When you hit "Get ready!", there are options if you want to do warm up/cool down, and options of enable or disable sound effects during work-out session.



Workouts

Workouts has 2 sections: My program and Classes. My program features 6 sets of exercises (each is listed with session duration and calories can be burned). You can also give feed back on what level you are at with the exercise set. Beside, it inserts other activities for you to log in. For Classes, you have to pay for 8fit Pro to get access to classes on specific body parts and yoga.



Log

Log section includes 3 different catagories. The first one is Activity which is the list of other activities you can log in beside your main work-out session. The second one is Meal that helps to track your nutrition. You have to upgrade to 8fit Pro to enable the feature. the third on is Weight, logging your data everyday help reaching your goal easier.



Meals

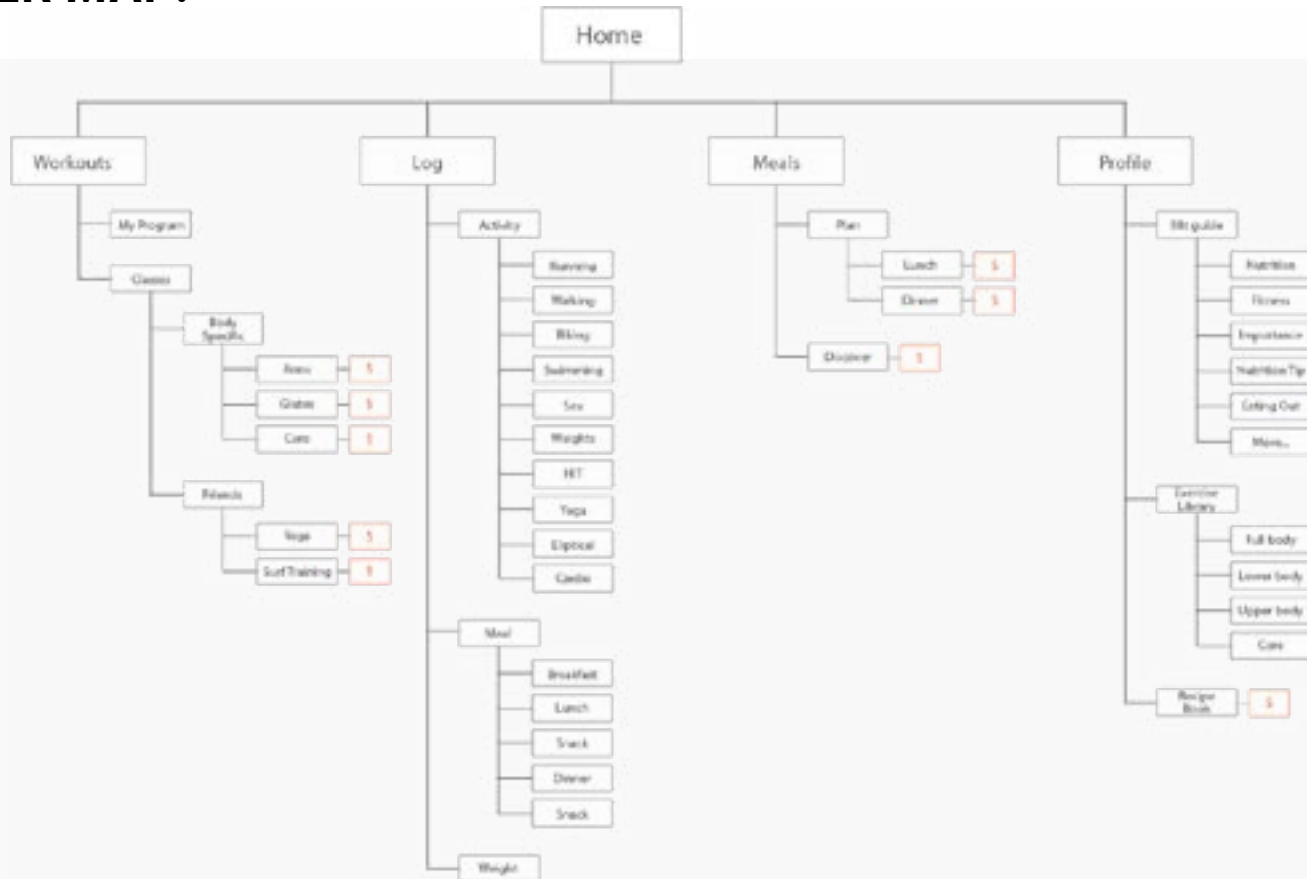
Meals is where 8fit helps you customize your own meal plans. To start on getting your meal plan, you have to complete a quiz so 8fit nutritionists can gather information about your diet reference and goal to design your meals. To enable this special feature, you need to pay for 8fit Pro.



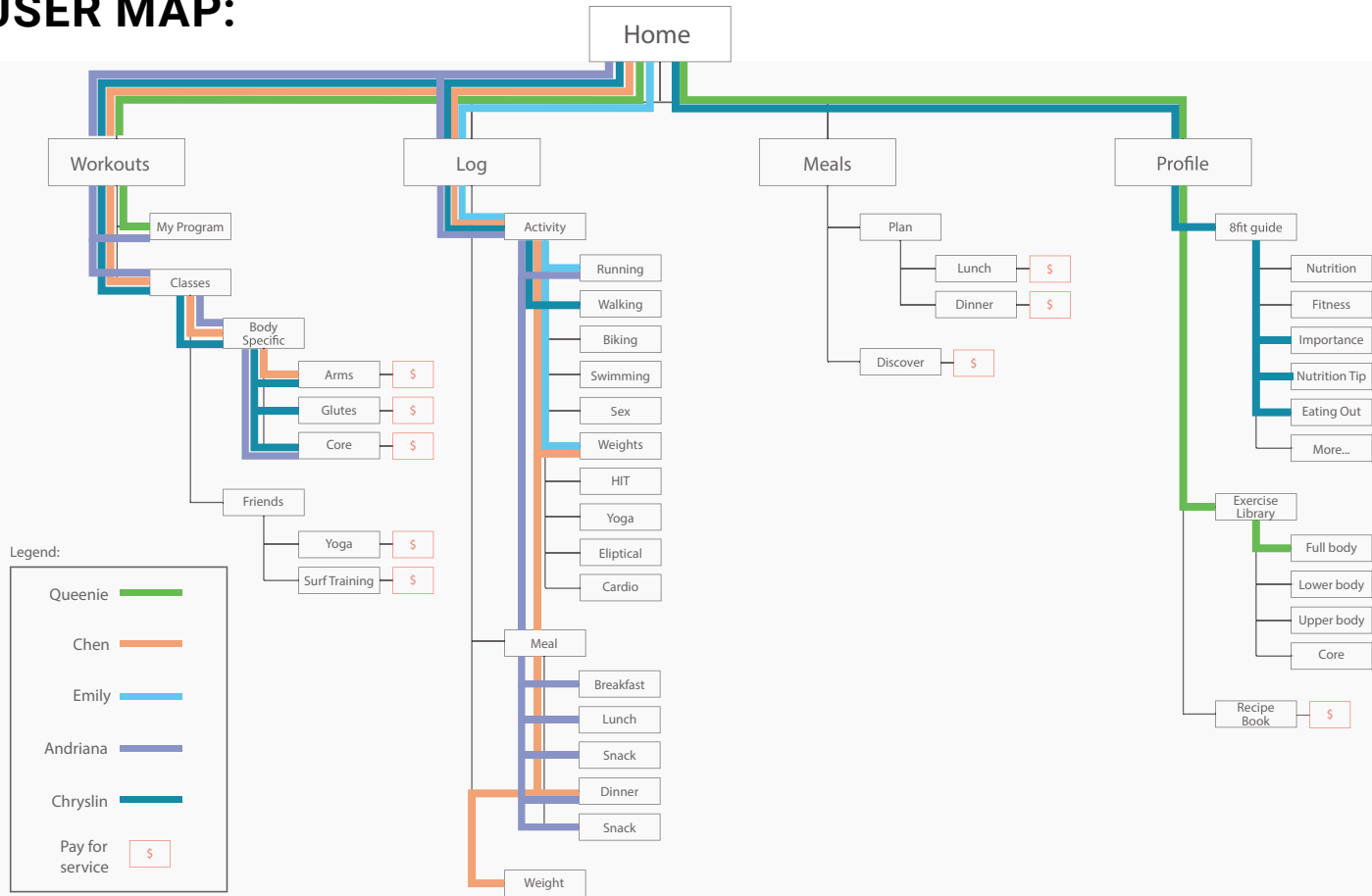
Profile

Profile shows your work-out and weight infographic along with your activity calendar, which helps to keep yourself on tract. There is also resources including nutrition and fitness guide, exercise library and recipe book (need 8fit Pro upgrade to use). Ofcourse, 8 fit shows your fitness plan and your target values in the Profile for you to review and modify anytime.

05 USER MAP:



06 USER MAP:



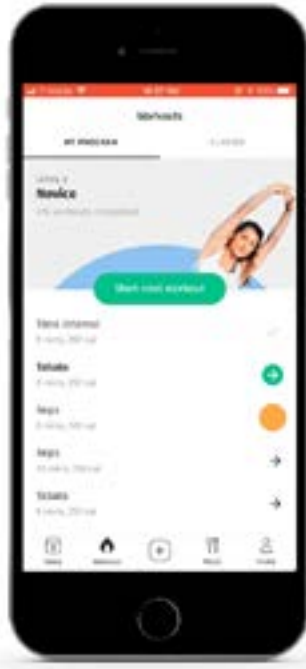
07 WIREFRAME:



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08 INTERACTION: (group project)

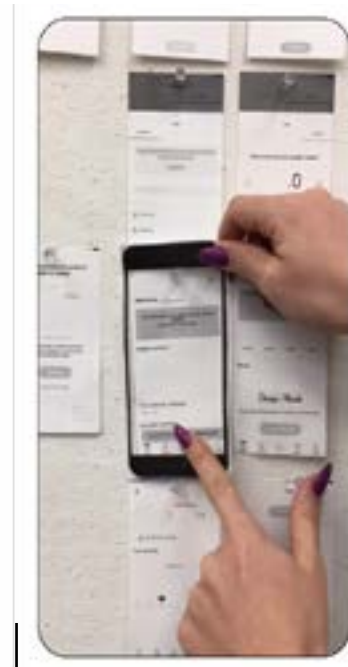
Action: Workout - Andriana Bowen



Touch Point
Screen Based

Check video by visiting:

<https://www.youtube.com/watch?v=bonqG3BmiEE>



Touch Point
Paper Based

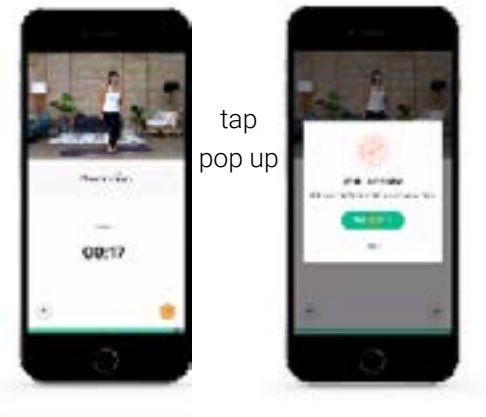
Check video by visiting:

https://www.youtube.com/watch?v=3m7v-vS_UyA

Project 02: UX Design Process

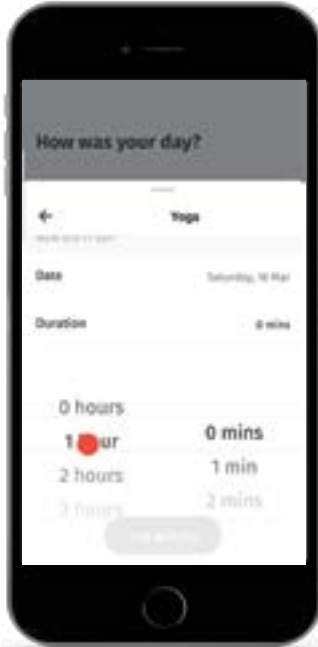
08 INTERACTION: (group project)

Action: Workout - Andriana Bowen



08 INTERACTION: (group project)

Action: Logging a workout and weight - Emily Pillai



Touch Point
Screen Based

Check video by visiting:

<https://www.youtube.com/watch?v=bhLK&feature=youtu.be>



Touch Point
Paper Based

Check video by visiting:

<https://www.youtube.com/watch?v=2qk3yeus9L8&feature=youtu.be>

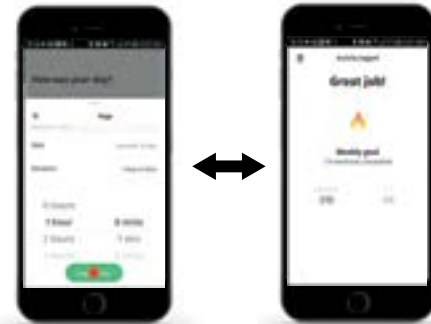
Project 02: UX Design Process

08 INTERACTION: (group project)

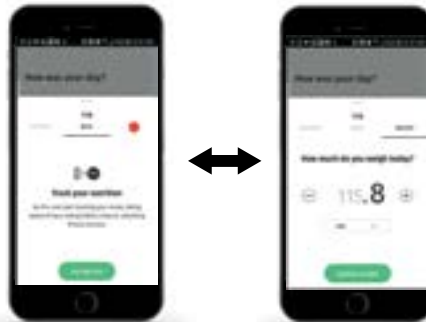
Touch Point: Logging a workout and weight - Emily Pillai



Scroll up & down



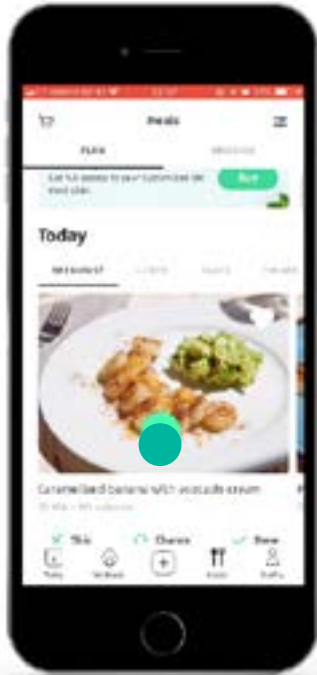
Tap to open next screen



Tap to slide to next screen

08 INTERACTION: (group project)

Action: Plan a Meal - Chen Liu



Touch Point
Screen Based

Check video by visiting:

<https://www.youtube.com/watch?v=2ADiQ6rvqx8&feature=youtu.be>



Touch Point
Paper Based

Check video by visiting:

<https://www.youtube.com/watch?v=qnw4LydHad8&feature=youtu.be>

Project 02: UX Design Process

08 INTERACTION: (group project)

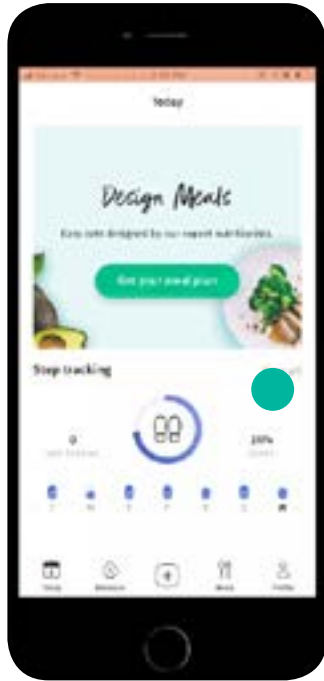
Touch Point: Plan a Meal - Chen Liu



Project 02: UX Design Process

08 INTERACTION: (group project)

Action: Step Tracking - Queenie Pham



Touch Point
Screen Based

Check video by visiting:

<https://www.youtube.com/watch?v=DcWifYV1APs&feature=youtu.be>



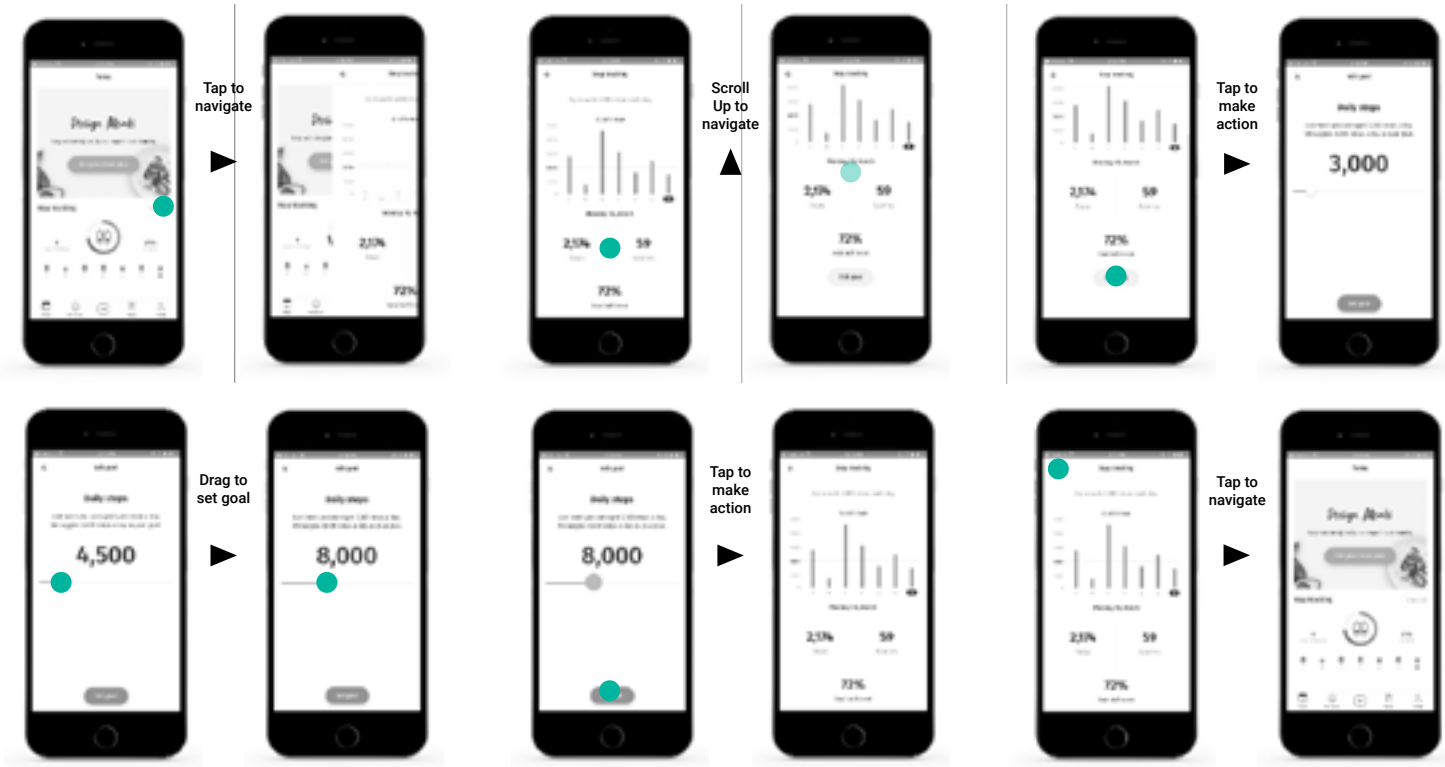
Touch Point
Paper Based

Check video by visiting:

<https://www.youtube.com/watch?v=DcWifYV1APs&feature=youtu.be>

08 INTERACTION: (group project)

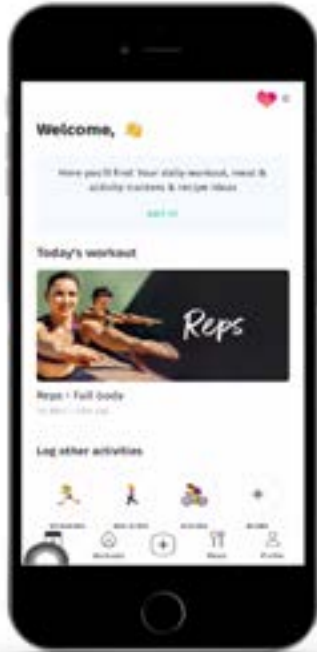
Touch Point: Step Tracking - Queenie Pham



Project 02: UX Design Process

08 INTERACTION: (group project)

Action: Modify Fitness Plan - Chrislyn Yen



Touch Point
Screen Based

Visit link to watch:

<https://www.youtube.com/watch?feature=youtu.be&v=6yLevi55XdE>



Touch Point
Paper Based

Visit link to watch:

https://www.youtube.com/watch?feature=youtu.be&v=SrVg4_bjDx8

Project 02: UX Design Process

08 INTERACTION: (group project)

Touch Point: Modify Fitness Plan - Chrislyn Yen

Tap - Slide Left



Scroll Right

Tap - Slide Right

