

## Project 02: UX Design Process



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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

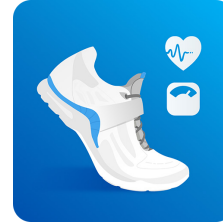


### Fooducate Nutrition Tracer

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 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.

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

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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 (1 month, 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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## Project 02: UX Design Process

### 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 is 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.

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#### Mealime Meal Plans & Recipes

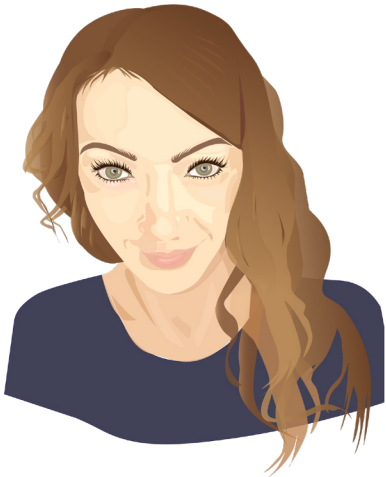
Meal Planner & Grocery List

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; Favorires; Settings.

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## 02 PERSONA:

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**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

Touch the app on the screen 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 appears exercises



Each exercise on the screen has level of difficulty, duration time, and estimated calorie burn

Manu moves by touching and swiping. Exercises on the screen

Open detailed workout with images 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



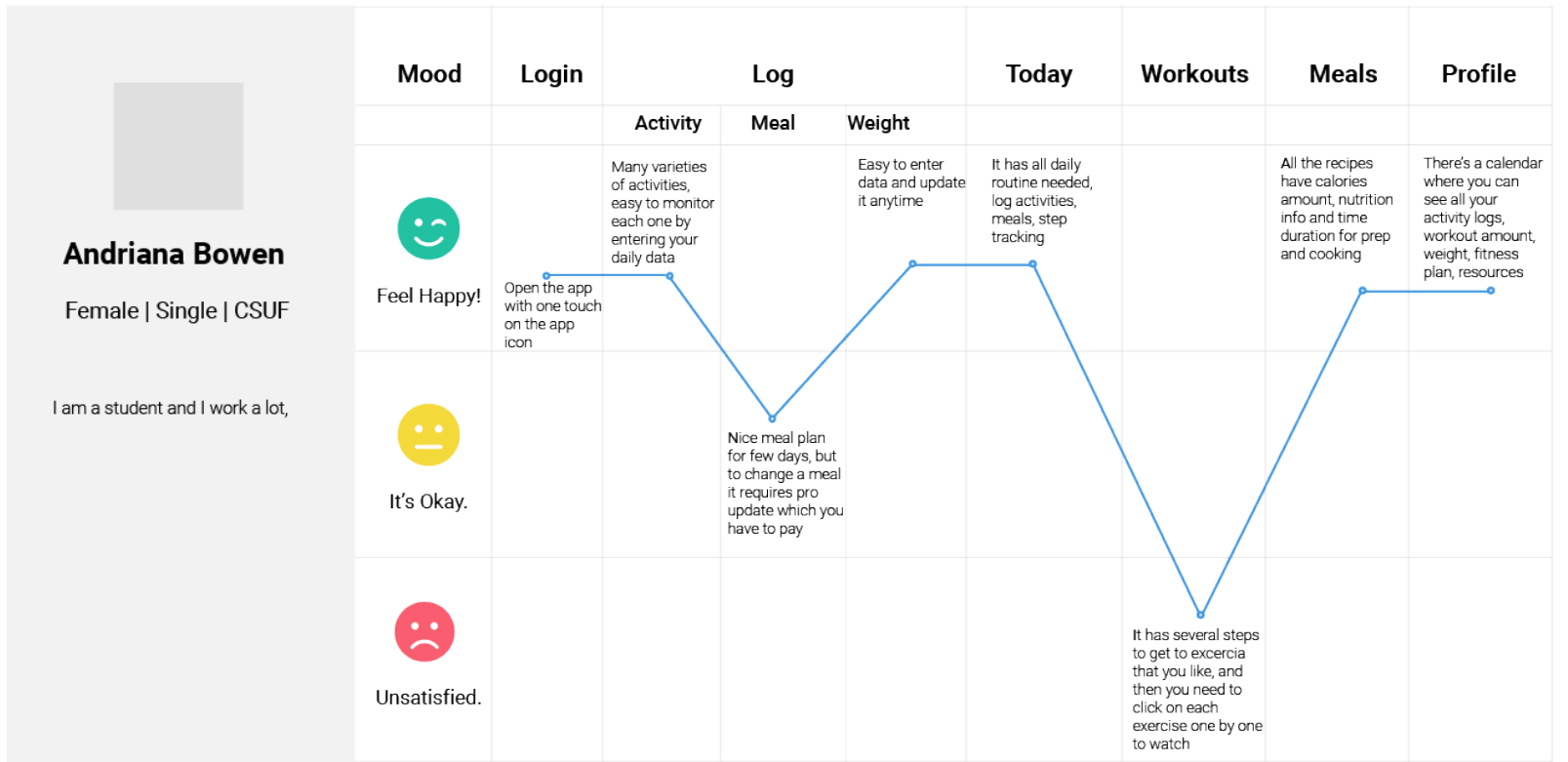
Read and press on the arrow next to the name to see oh it's done (video there)



Enter your start weight, then current, then changes. Keep track of the weight loss



### 03 USER JOURNEY:



# 04 NEEDS:

## 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

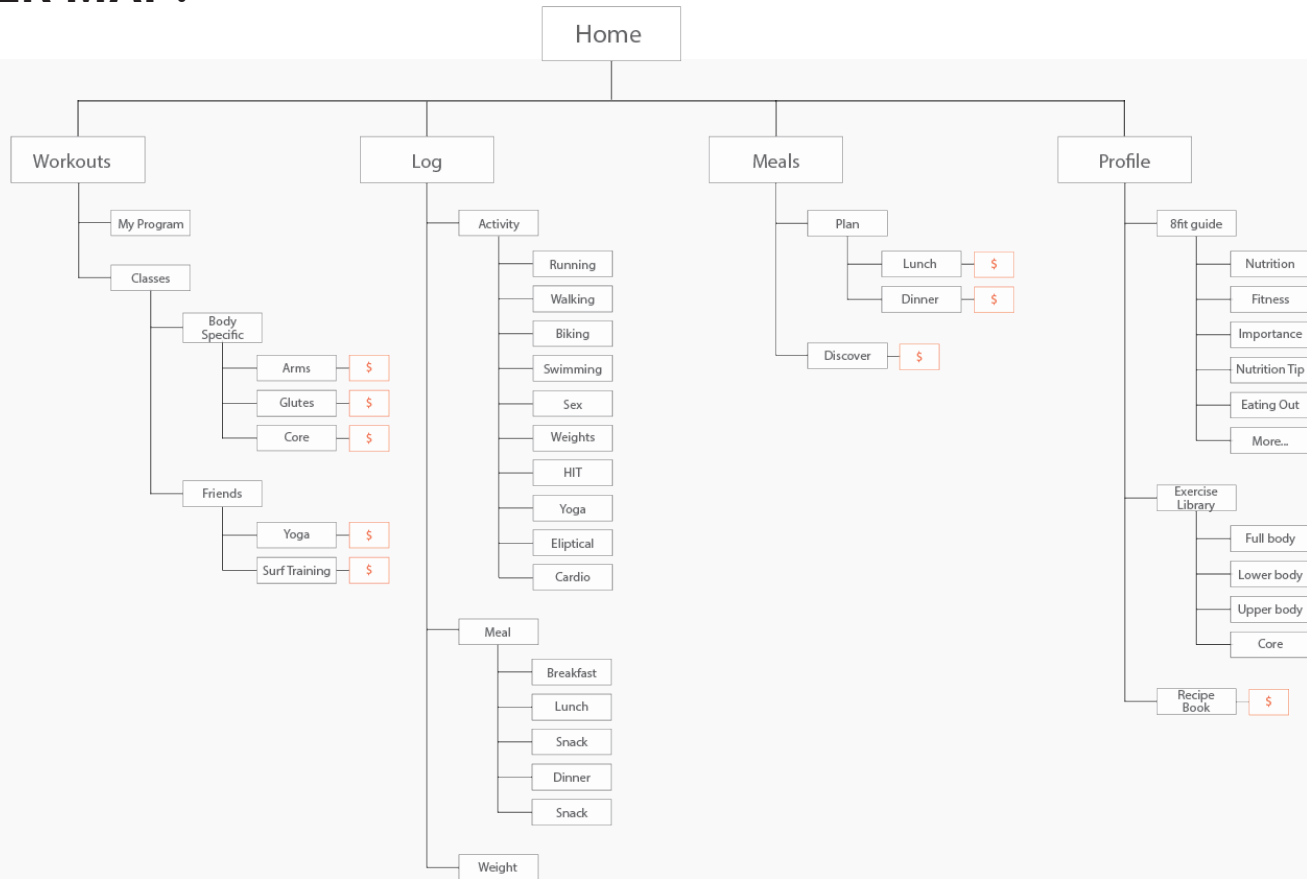
Meals is where 8fit helps you customize your own meal plans. To start on getting your meal plan, you have to complete a quiz so 8fit nutritionists can gather information about your diet reference and goal to design your meals. To enable this special feature, you need to pay for 8fit Pro.



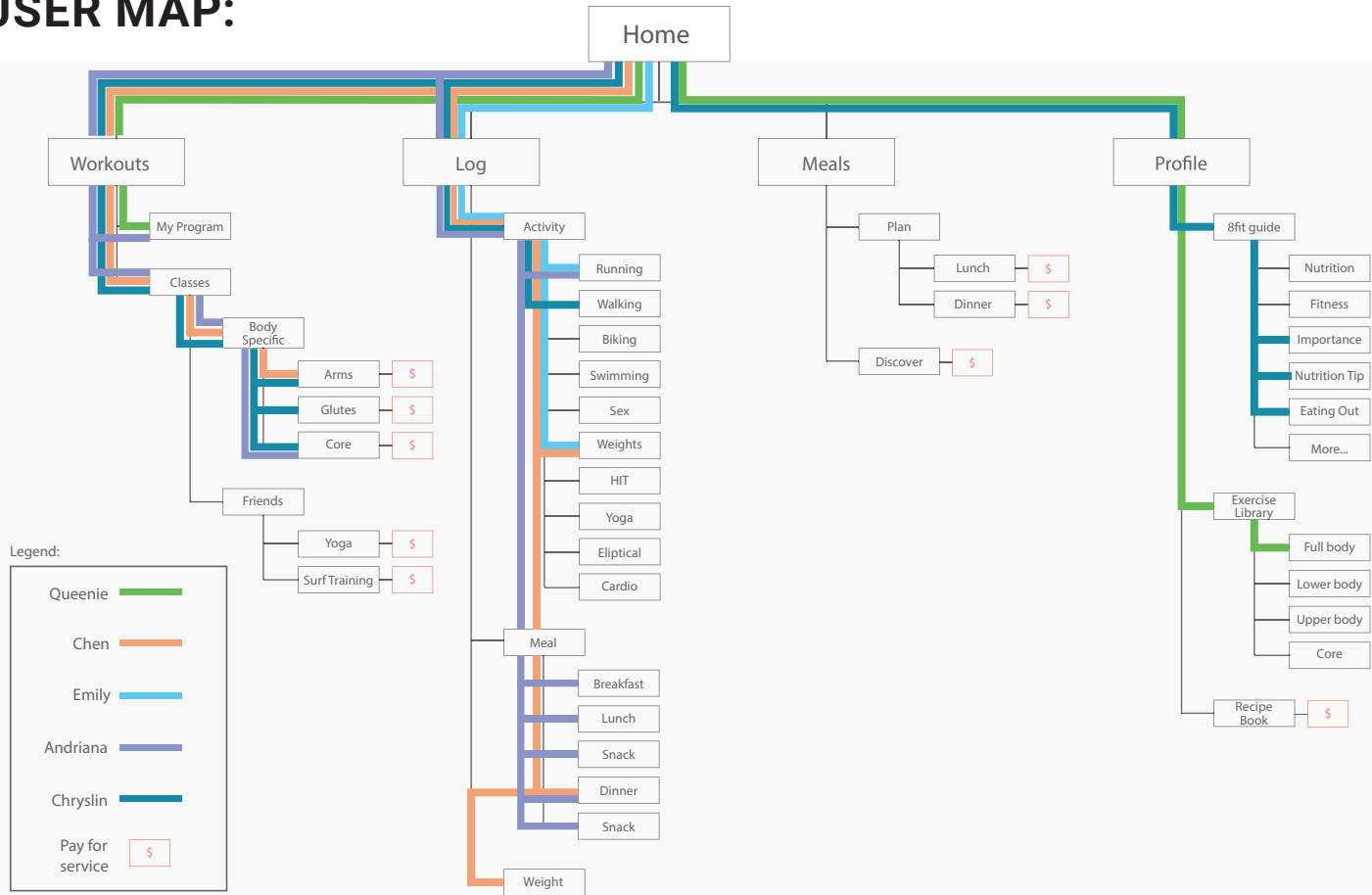
Profile

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:

