

HEALTHMATE

Team members and roles

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Problem and Solution Overview

Problem

Our contextual inquiry result shows that people have no trouble coming up with workout goals. However, they have difficulty building a right workout plan to achieve their goals and motivating themselves.

Solution

HealthMate builds a right workout plan for your goals.

HealthMate tracks your progress and visualizes.

HealthMate connects you with workout partner.

Tasks

Easy: Joining a group

Medium: Tracking the Progress

Hard: Completing First Workout Routine

Interface Revision Sketches

Simplifying Navigation Menu

In old navigation design (Figure1), our navigation menu were structured in main menu on the top (workout, track, social), and sub-menu on the bottom that changes depending on the menu main choices. We placed sub-menu in the interface at contextual inquiry and task analysis stage so that we can use the space to put more options if necessary. However, we learned that the sub-menu is not necessary and only builds up complexity while building low-fidelity prototype.



Figure 1: Old Navigation Menu System (with sub-menu)

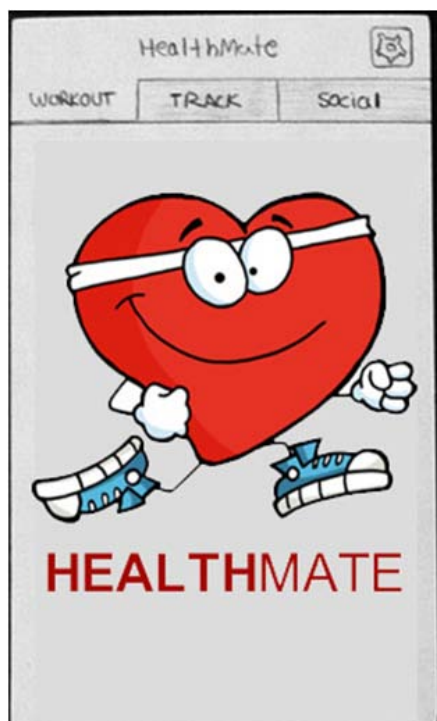


Figure 2: New Navigation Menu System

More Flexible Graph

At contextual inquiry and task analysis, we had an abstract idea that we need a graph feature for tracking. Through low fidelity user testing, we learned that manipulating three drop-down menu to render a graph takes too many clicks (Figure 3). Also, we learned from feedback that users want to track their progress by day, week and month and so on. We were missing a feature to control the time scale (horizontal-axis). We simplified three drop-down menus to list menu at the bottom (Figure 4) so that users can choose a graph settings by one-tap. We were inspired by stock market style graphs that offers time scaling menu within the graph. We placed the similar time scaling menu (day, week, and month buttons on graph section of Figure 4).

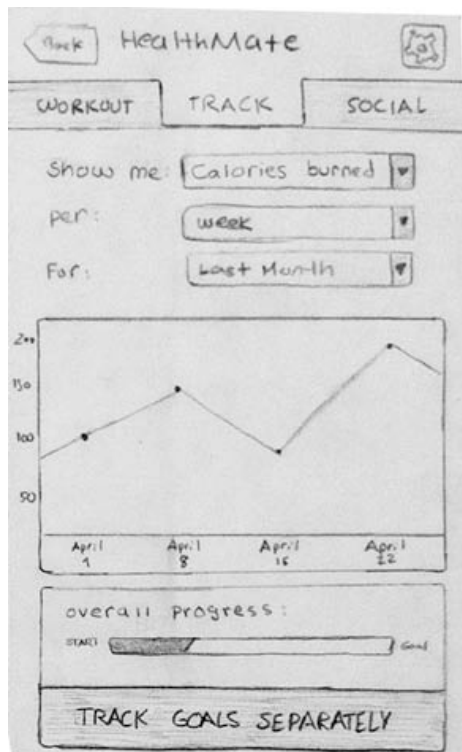


Figure 3: Old Track Interface



Figure 4: New Track Interface

Applying Fitt's Law for Social Section

Social section of our interface was particularly complex (Figure 5). There were too many contents so that many items were forced to be small. Also, the interface was organized by a main menu on the top and a sub-menu in the bottom. To click on a sub-menu item after selecting a main menu item forces users to travel their fingers from the top of the interface to the bottom. Both small items and organization that forces users to move around the screen, and this is bad practice of Fitt's law.



Figure 5: Old Social Interface



Figure 6: New Social Interface

Prototype Overview

Overview of Implementation

The prototype was implemented keeping in mind the scenario tasks we wanted the user to go through. We have main screen where the user can login or sign up for first time user (Figure A1). The registration screen where the user can choose their username, password and as well enter their personal information such as weight, height and age needed for our app to give specific recommendations (Figure A2). The next screen is where we can select a goal to reach (Figure A3). After choosing a goal, the user will see a numbered list of workout recommendations (Figure A4).

Having completed a workout routine, the user will then press “Done” to get the next workout recommendation (Figure A5).

Now if the users want to track their progress, they will tap on the Track tab where it shows a graph of current progress (Figure A6). They can view the graph in a month range (Figure A7), then sort by calories burned (Figure A9).

Finally in the social tab, they will see a list of workout groups with different interests by tapping the “Groups” icon (Figure A10 and Figure A11). They will be able to join a group by tapping “Join” next to the group’s name (Figure A12). If later they choose to leave a particular group, they can tap on “Leave” next to the group’s name (Figure A13).

Scenarios for 3 Tasks

Scenario for Task 1: Getting workout recommendations (first time user) (see Figure A2)

You just started to use HealthMate and want to get workout recommendations.

First time user:

1. Tap on "Sign up" link at the bottom right
2. Tap on the height field
3. Enter your height
4. Tap on the weight field
5. Enter your weight
6. Tap on the age field
7. Enter you age
8. Tap the Submit button

Setting a goal:

1. Tap on "Lose 5 Pounds"
2. Another screen will show your first working routine

Getting next workout recommendations (see Figure A4)

You are done with your first workout routine, and you want to see the next one.

But you are wondering why HealthMate recommends this routine.

1. Tap on Workout tab at the top of the screen
2. Tap on "DONE" button for the workout you just did
3. Tap on "INFO"

Scenario for Task 2: Tracking your progress by month and calories burned (see Figure A9)

After using HealthMate for 1 month, you want to track your progress by calories burned.

1. Tap on the "Track" tab at the top of the screen
2. Tap above the graph the text "1 month"
3. Tap on "Calories Burned"

Scenario for Task 3: Finding a workout group (Figure A10)

You are interested in finding groups of people that do weight training so that you can workout with someone who's at the gym.

1. Tap on the "Social" tab at the top of the screen
2. Tap on "Groups" icon
3. Tap on "Join" next to the Soccer group

Description of tools used

How the tools helped

For the interactive prototype, we used Hype, a designer-friendly authoring tool for HTML5 interactive Web content, for animate and interact with our prototype. It is a keyframe-animation system that allows users to create and record objects that move across the screen. It supports CSS3 styles and JavaScript for object manipulation. Therefore Hype helped us focus more on the interaction content than the details of coding as it generates HTML5 and Javascript for our prototype automatically.

For our scenario tasks, we used JQuery UI to make the tabs for each different scenario. It was really easy and straightforward to separate each scenario task.

How the tools did not help

Hype was really good for recording animations and replaying it. However we cannot control how specific mouse interaction like dragging the graph in the track progress section to see past and future dates. Furthermore we cannot insert custom HTML so we can type with the keyboard entering the username for example.

What was left out of the prototype and why?

Since we used Hype to record key-frame sequence of slides animations, we need the tasks to be done in a sequential order. For example, to do task 4 we need to have done task 3, and to do task 3 we need to have done task 2 etc.

We put a note under task that needed previous tasks to be done first.

The order makes sense as for tracking your progress, you need to have done some workout.

We have only implemented actions and features that are part of our scenarios since it covers the core features of our application so people can get a sense of the unique features of the app.

We omitted the extra features not because of technical limitations but because we considered they were future functionality and we try to limit to scope of our prototype for the time allotted. We chose not to implement checking in a place, finding who's here, adding a friend, viewing the inbox or viewing the privacy policy because we think they already know from using Facebook what those functionalities are.

Prototype Screenshots



Figure A1: Main login screen.

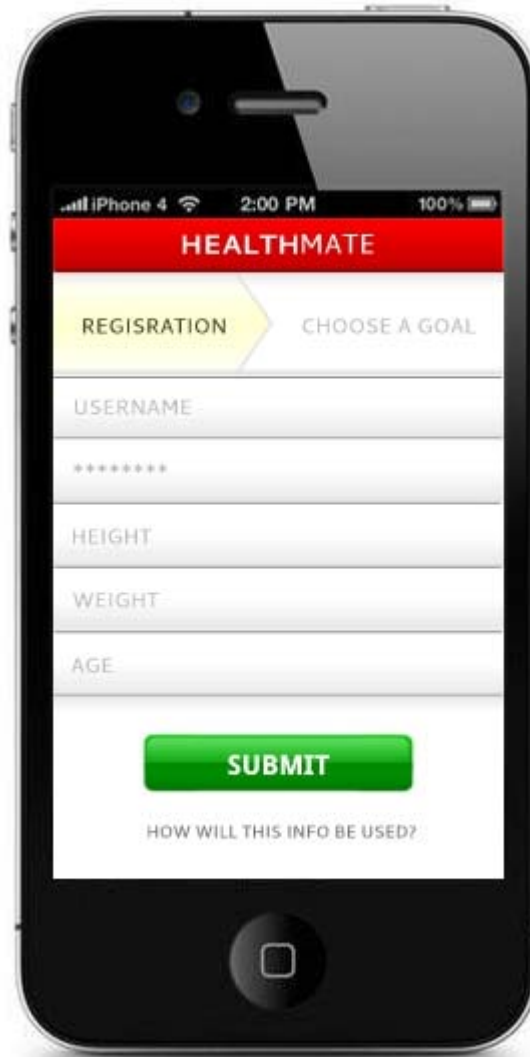


Figure A2: Registration screen (enter personal info like username, password, weight, height and age)

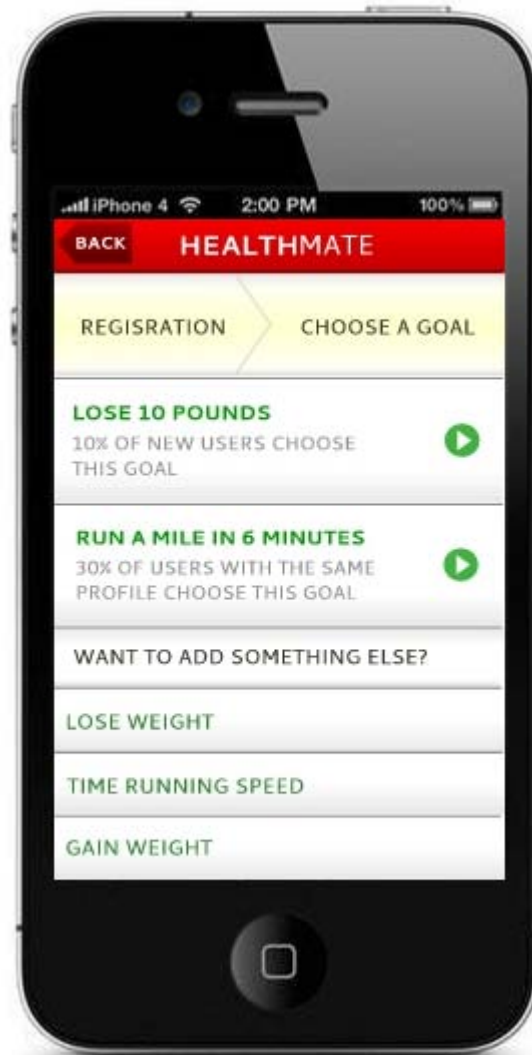


Figure A3: Choosing a goal

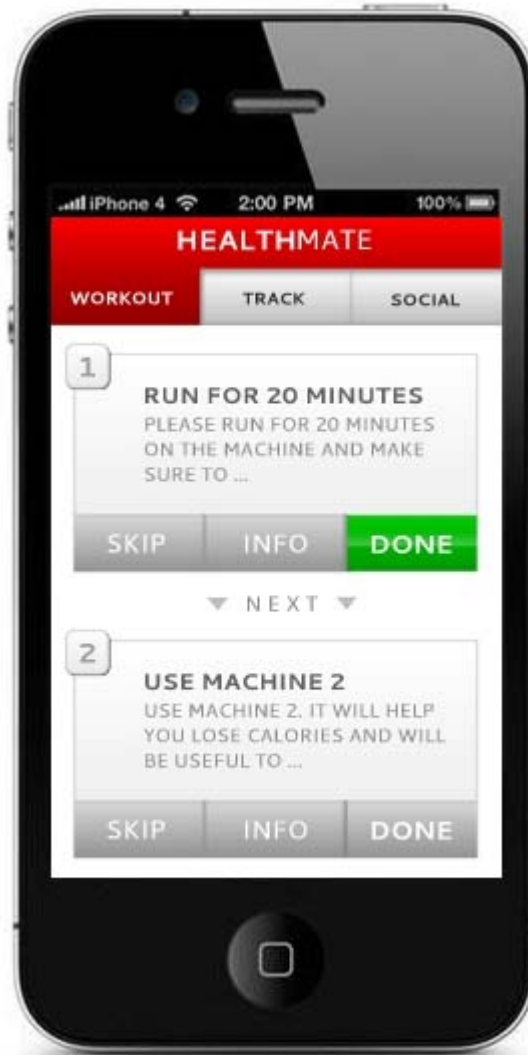


Figure A4: Get personal workout recommendations

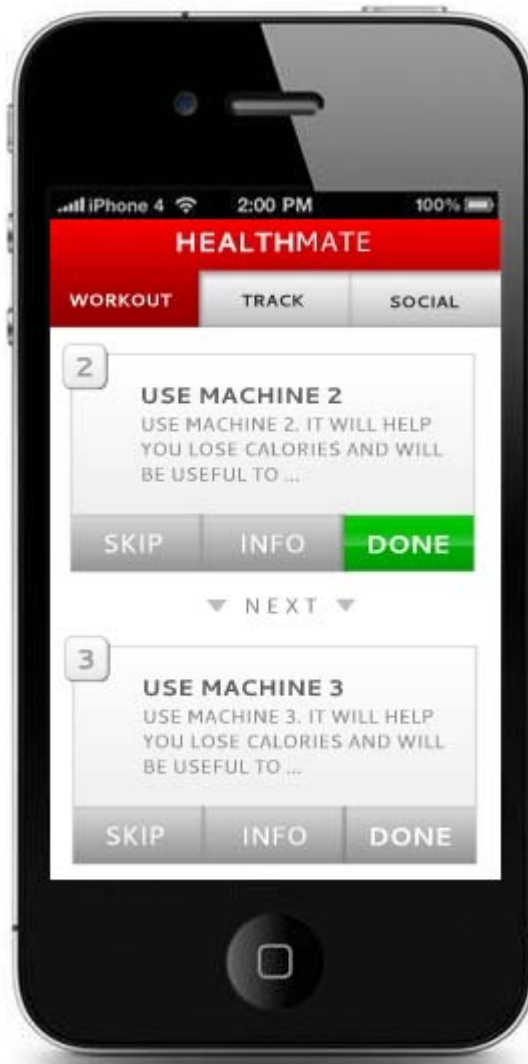


Figure A5: Get next recommendation



Figure A6: Tracking progress



Figure A7: Loading screen when filtering data



Figure A8: Tracking for 1 month period

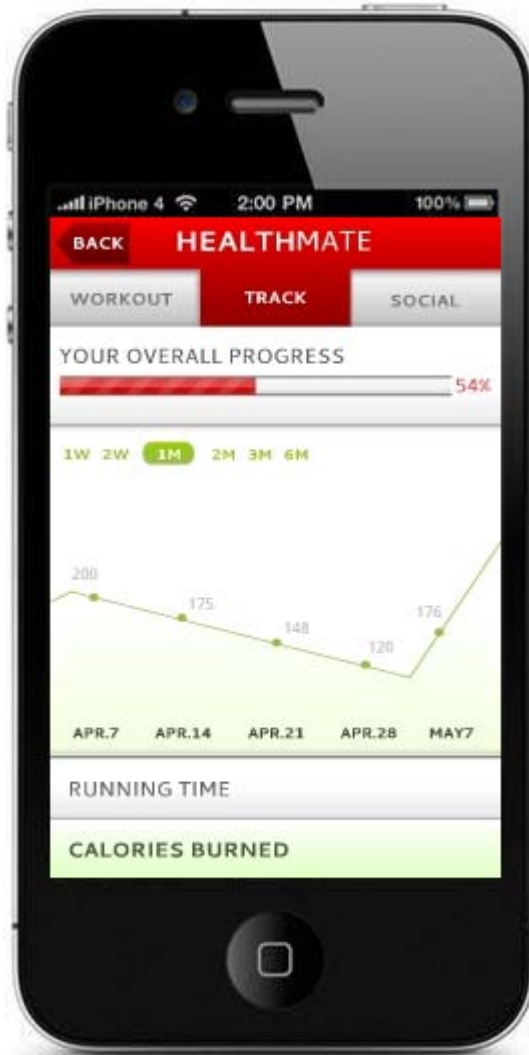


Figure A9: Track by calories burned



Figure A10: Social main screen



Figure A11: Groups listing

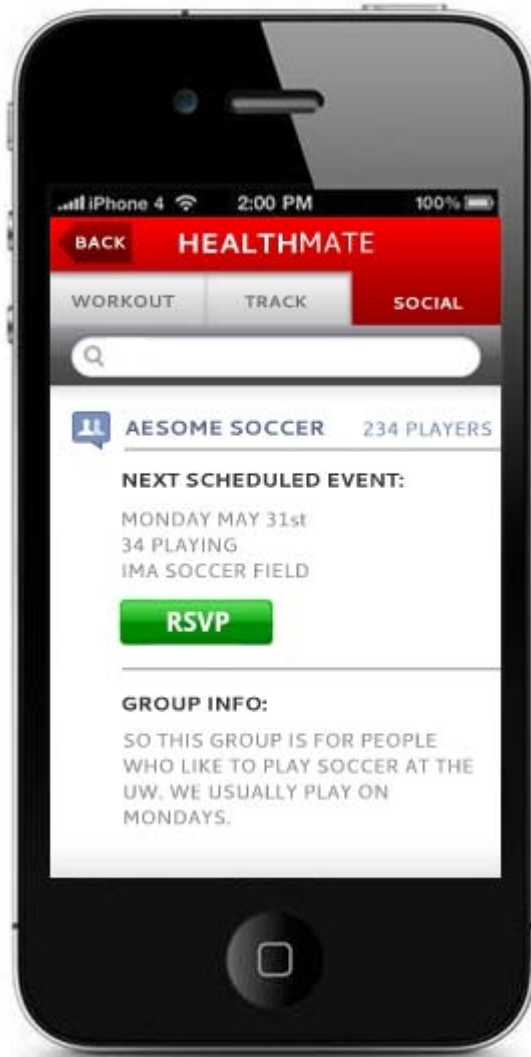


Figure A12: After joining a group, group description page



Figure A13: Option to leave a group