

# Healthy Fitty



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**1. A memorable and catchy name for your app.**

- a. If you are enhancing an existing app, you can choose to come up with a new name or simply append Ver 2.0 to it.**

The name I came up with for this health and fitness app is Healthy Fitty.

**b. Rationale behind the name**

The Rationale behind this name is because this app is a health and fitness app which is to promote users to be healthy and sit to encourage improvement on their fitness and health ability. Hence, I came up with this name Healthy Fitty as I think that it is very motivational and sounds athletic.

**2. A section containing your research about the current situation: moving towards post-COVID-19. Include this information:**

**a. Which COVID-19-related solution are you planning to work on?**

The COVID-19- related solution I am planning to work on are

- How can users checking of crowds number while pre-booking for gym/workout sessions
- How to make users checking in and out of the building more accessible
- How can users work out at home safely
- How can users track activities other than running, step count

**b. Why did you choose to work on this concept?**

Because nowadays people are more prompt to keep themselves fit and active to keep themselves healthy and avoid getting sick easily. As the Covid-19 case got worse people are wary of going to the gym as they are scared of getting close contact with people who are infected which can result in themselves getting infected and passing on to their loved ones. As well as having a lockdown during that period of time, they won't be able to work out in the gym or outside, so they will only be able to workout at home. However, working out at home can be dangerous if you are not a professional, so by providing a feature that users are able to watch workout videos will lead to a more safe experience while working out.

**c. Benefits to retaining this solution post-COVID-19.**

- They will be able to track the crowd number before going to their gym session as users will still be wary of huge crowds in fear of the infection still ongoing.
- They will be able to choose the location of their gym places as well as pre-book their gym session as fear of overcrowding when walking in. However, the option for walking in is still available in this app.
- They will be able to still workout at home as there are workout/ fitness training videos available in the app. When they think that the gym has too many people but they still want to workout, they can watch those videos to help them work out safely and efficiently.
- They will be able to check in and out of the building easily as in the app itself there will be a feature for checking in and out which makes it easily accessible because post- covid-19 some of the building will still require users to check in and out which they have to toggle to a different app to do so. However, with the checking in and out feature added, this can then save some time as there will not be a need to toggle to a different app to check in and out.

**d. Any other information related to your chosen concept. The more thorough the better.**

It is also because I like workout and keeping myself fit and healthy. During the Covid-19 period, I cannot go to the gym at all to workout which makes me a little disappointed and I tried to do my own workout at home. However, there is noting that I can follow along with whereas in the gym there will be instructors guiding on what workout steps we should do. As well as, when the lockdown is over and the gym reopens, I went to the gym only to find out that it is too crowded and have to go home instead.

**3. Brief description (purpose and goals) of what the original app / digital solution does**

**a. Summary of proposed enhancements to be made, explaining why this is still useful post-COVID-19.**

The COVID-19- related solution I am planning to work on are

- As they will be able to pre-book their gym session while viewing the crowd number on the booking slot to avoid having to walk into a crowded gym.
- If the users want to workout at home, there will be videos to help them and guide them to avoid injuries.

**b. Who are your target audience and how can your app help them fulfill their goals?**

My target audience are users who like keeping their body fit and healthy, users who like to maintain their body shapes as well as users that workout a lot. My app can help them fulfill their goals because it allows them to track the activities. For example, how much they have run, how many steps they have taken, they can also monitor their heart rate as well as add in other activities like skipping etc. My app can also fulfill their goals because they will be able to monitor the crowd numbers to prevent them from going into a crowded gym as well as pre-book their gym session so that they will be able to save a space for themselves to workout. However, there is still an option for walking-in in case they forget to book. Furthermore, tracing for checking in and out of the building is also available in the app itself so as to save the users sometime without having to find and toggle to another app which make it more easily accessible.

**4. Features for BOTH Mobile App and Smart Watch app**


**a. Mobile App: Determine and list at least THREE main features for your mobile app**

The main features for my mobile app are

- Log in and sign up for account to store information of the pre-book session as well as to sync on smart watch and to keep the account email safe
- Tracking of activities. For example, running, steps count and heart rate. Able to add other activities to track as well. For example, skipping, cycling or rock climbing.
- Able to choose the location of the gym place and monitor the crowd numbers for the gym sessions. After determining which gym session they want, there is a pre-book and walk-in option available for them to choose.
- Trace their pre-book as well as checking in and out of the building for their gym session
- Able to watch video of workout or look at the instruction/steps written to follow along for a more safe workout at home
- Logout feature so that the user can logout of the app

Mobile App Login page

Healthy Fitty



Log In

User123


\*\*\*\*\*

Log In

Here we keep FIT and HEALTHY!!  
Want to join but no account?

Sign Up

Healthy Fitty



Log In

Username/Email


Password

Log In

Here we keep FIT and HEALTHY!!  
Want to join but no account?

Sign Up

Healthy Fitty



Log In

User123

Password


Log In

Here we keep FIT and HEALTHY!!  
Want to join but no account?

Sign Up

Mobile App Login page

Healthy Fitty



Sign Up

Username


Email

Password

Confirm Password

Sign In

Healthy Fitty



Sign Up

User123


User123@gmail.com

Password

Confirm Password

Sign In

Healthy Fitty



Sign Up

User123

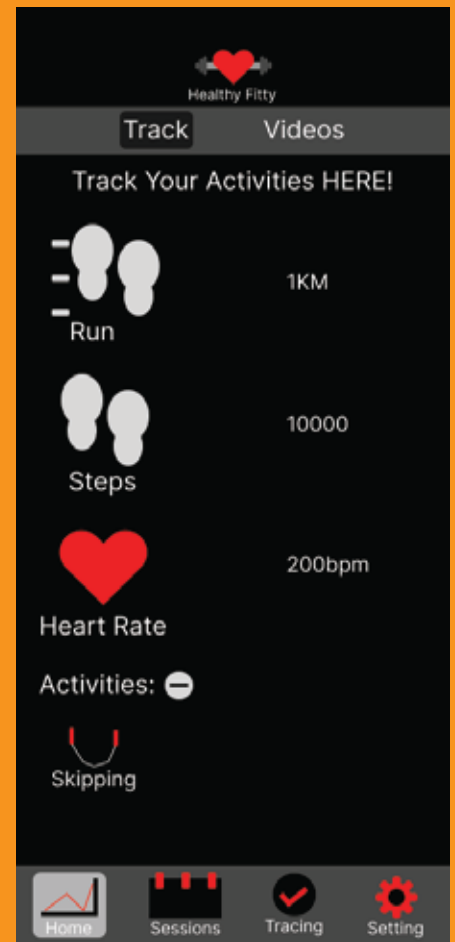
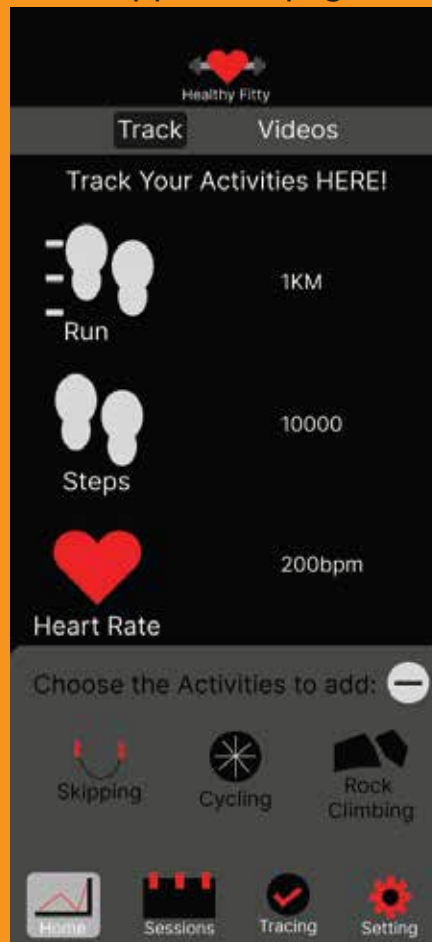
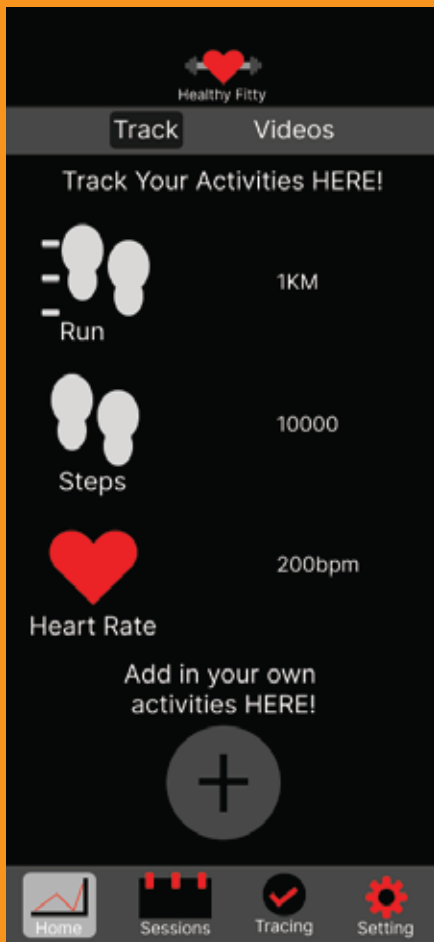
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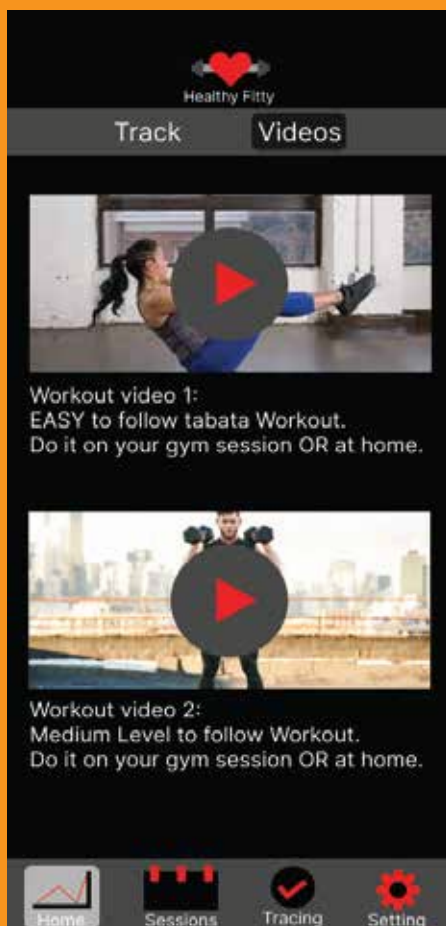
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Sign In

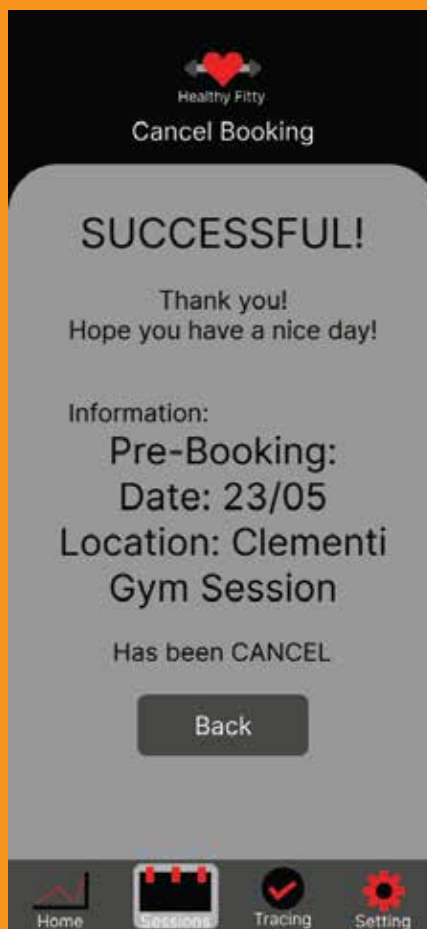
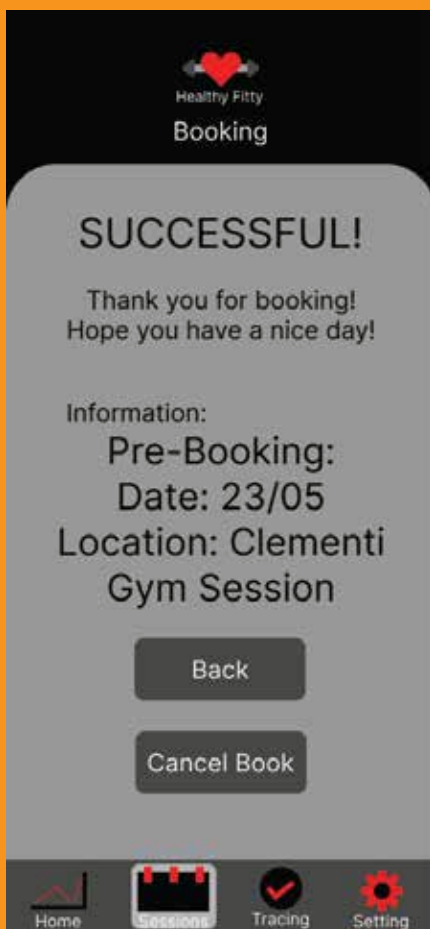
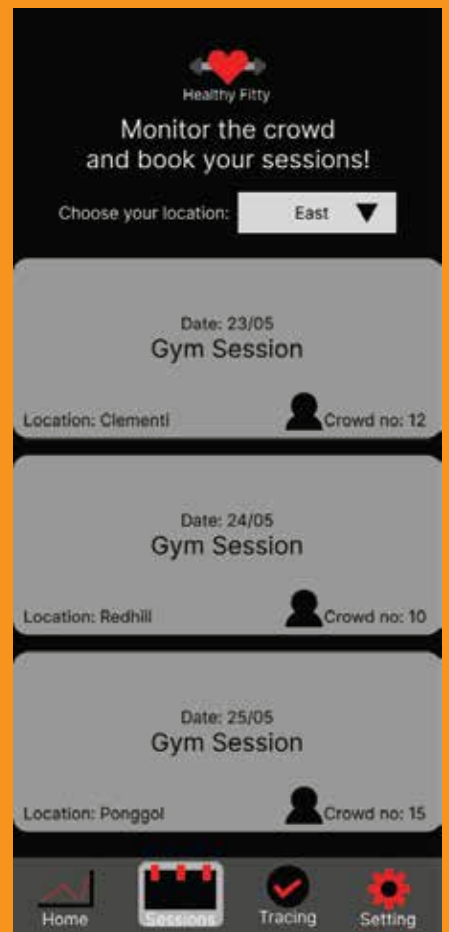
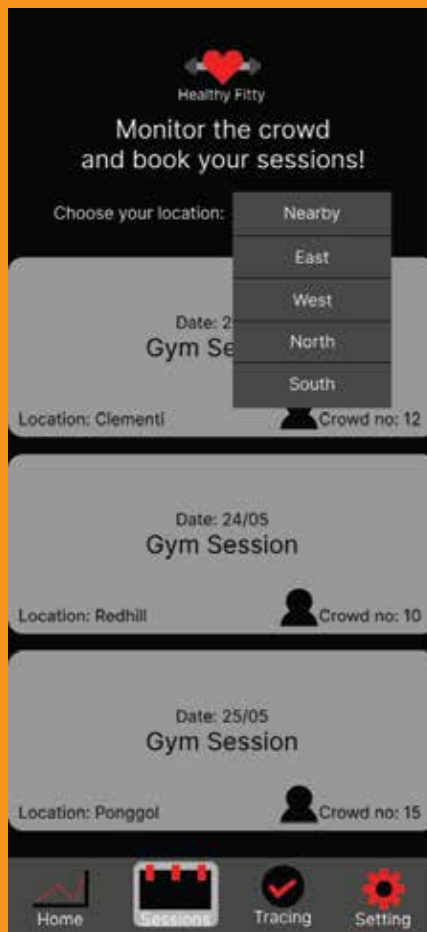
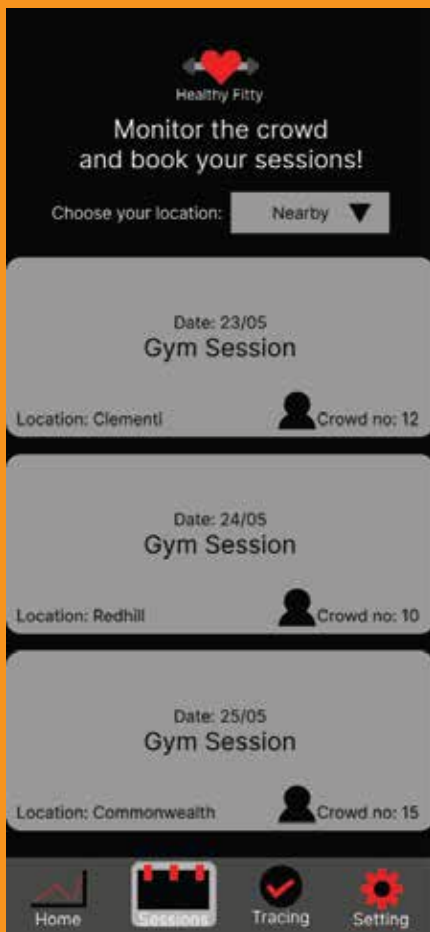
## Mobile App Home page, Track



## Mobile App Home page, Video

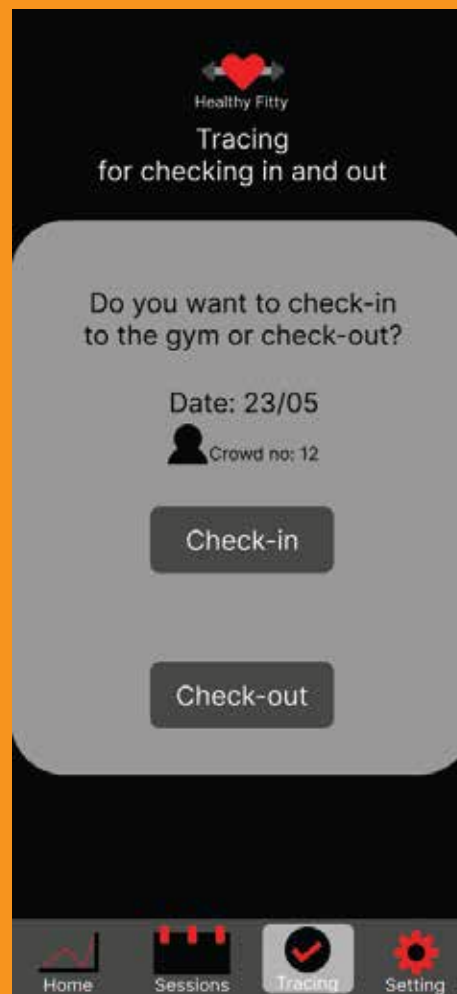
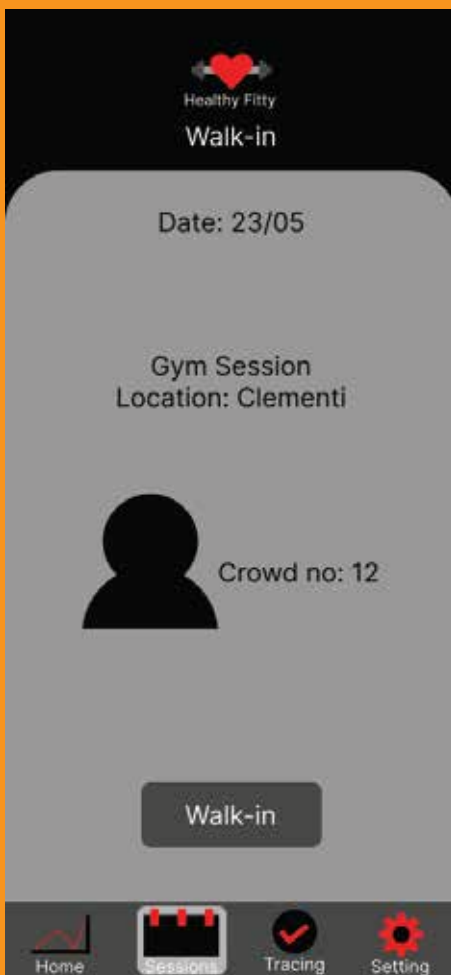
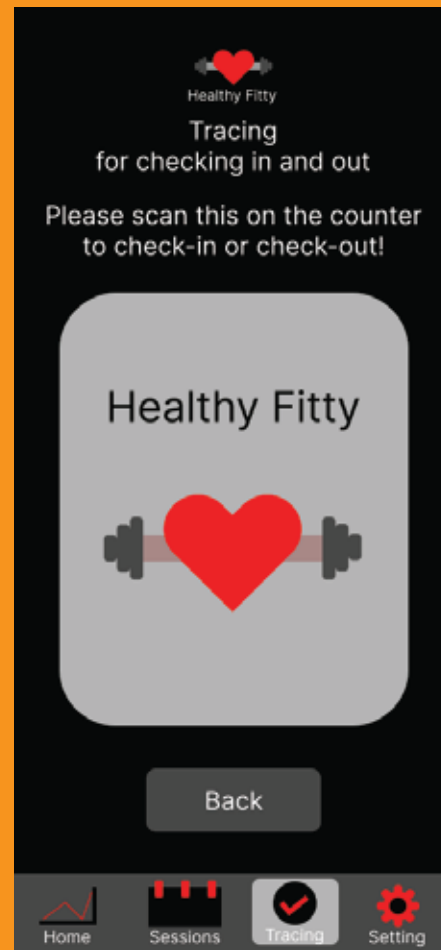
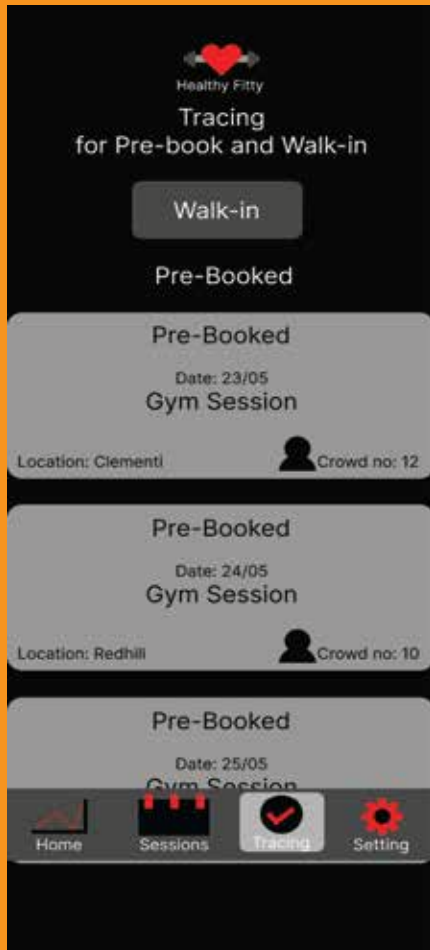


## Mobile App Session/booking page





## Mobile App Tracing, walk-in page

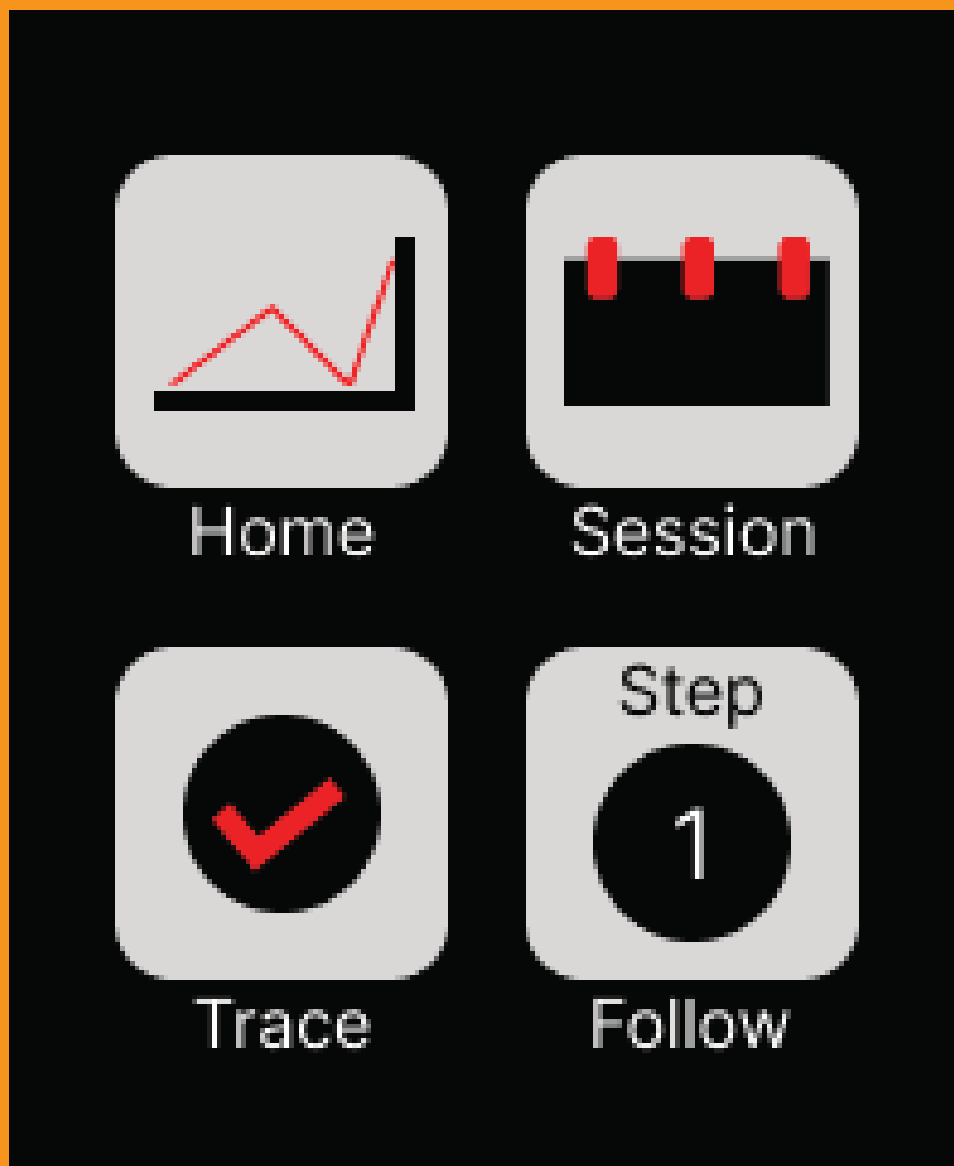




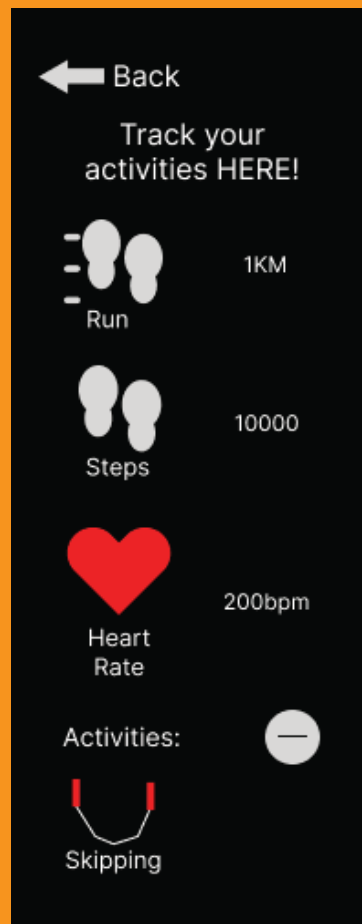
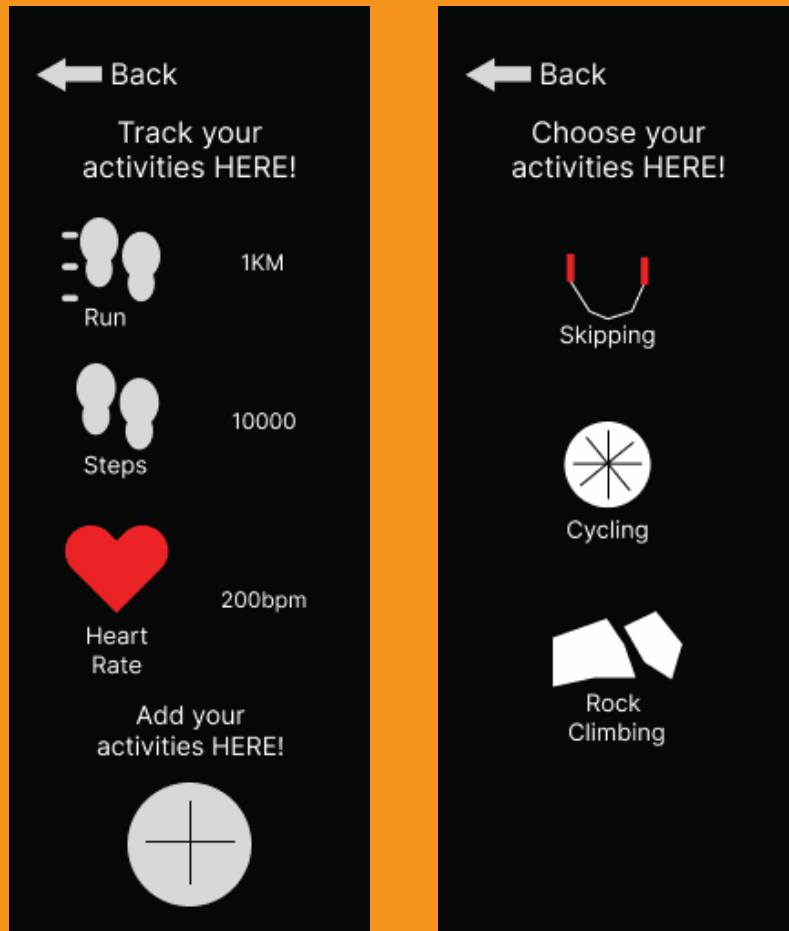
**d. Smart Watch App: Propose a set of features for accompanying Smart Watch app, providing a clear explanation on how/what/why features are same/different from the main mobile app.**

- There will not be log in or sign up as the smart watch is sync to the phone so if the phone is logged in, it will be sync to the smart watch as well and also the users will not have to go through so much typing to log in.
- The video feature will be different for the smart watch as the screen is too small to watch a video. Hence, it will be changed to an option for the users to choose the level of difficulty with instructions/ steps written there for them to follow along.
- The tracking of activities features will still be the same because the icons and functions of the mobile app feature is simplified enough to be used for the smart watch.
- The Pre-booking feature is the same for mobile and smart watches as here is not much typing because the functions are already clearly stated and simplified for them, so all they have to do is choose. However, as for the walk-in feature, it is a little different as for the mobile app, it will prompt the users the information again before going to the QR code for checking into the building but for the smart watch, it will prompt them straight to the QR code for scanning.

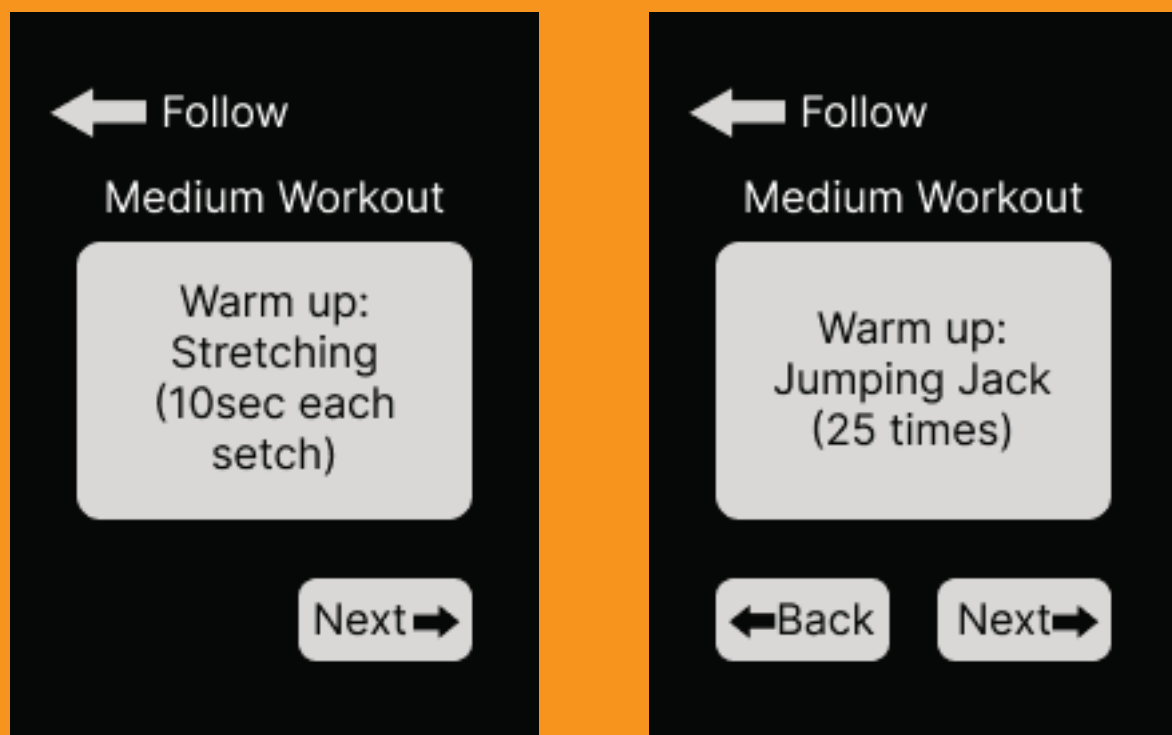
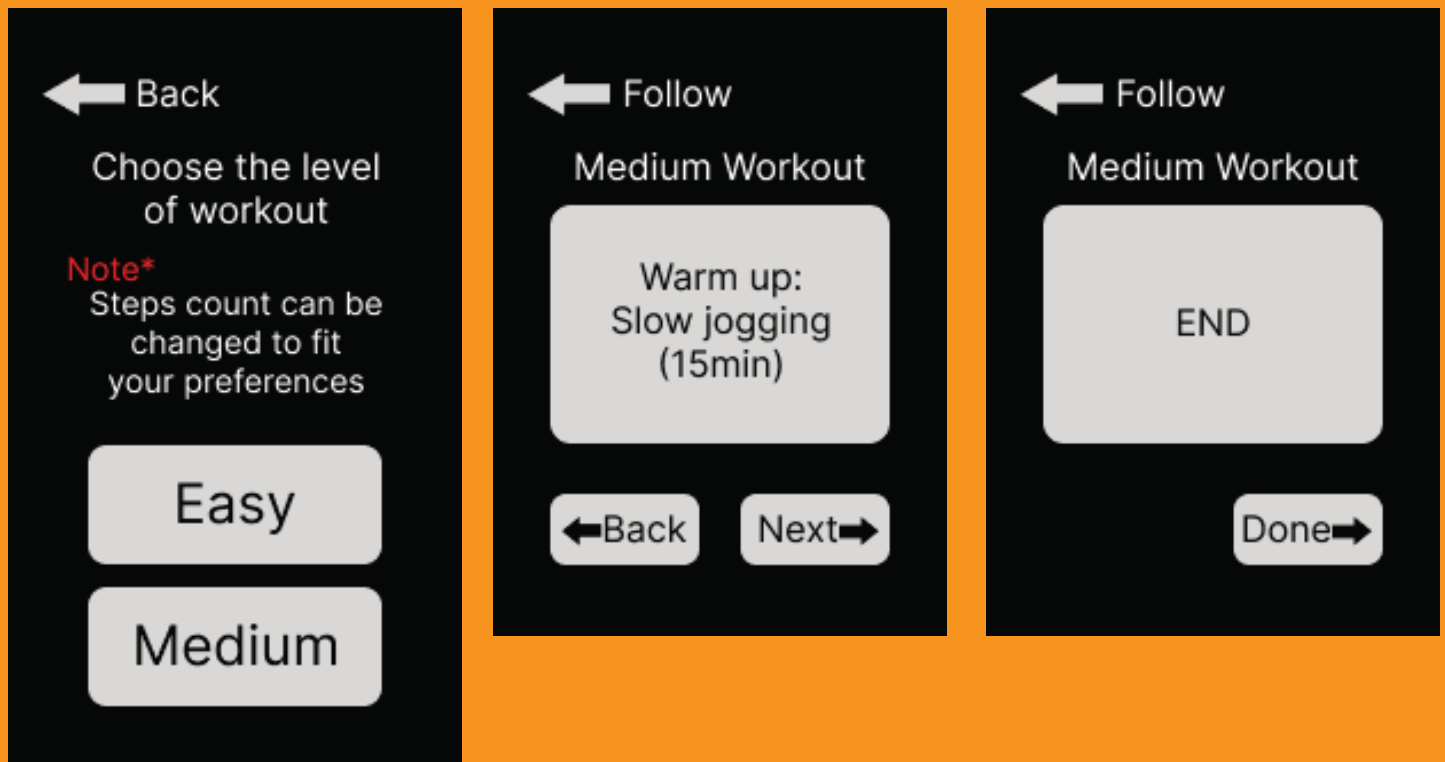
Smart Watch Menu page

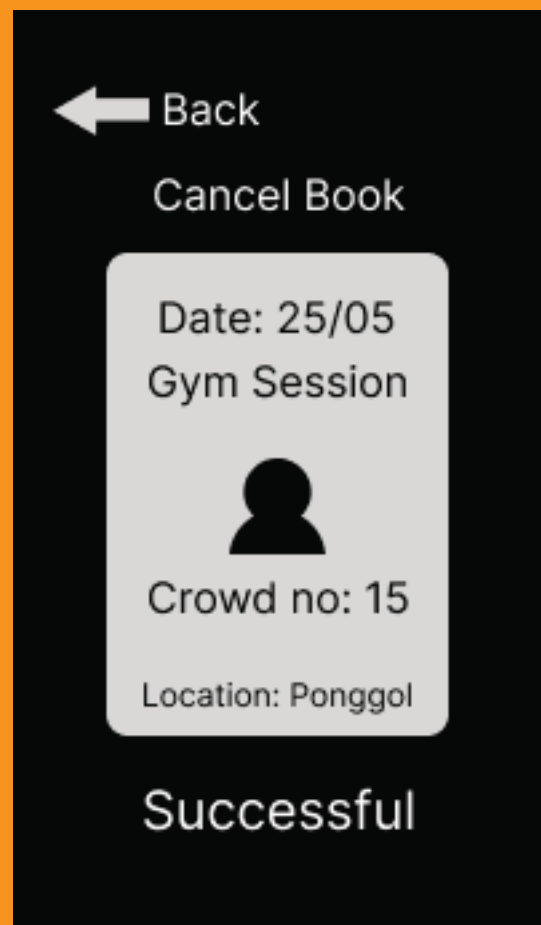
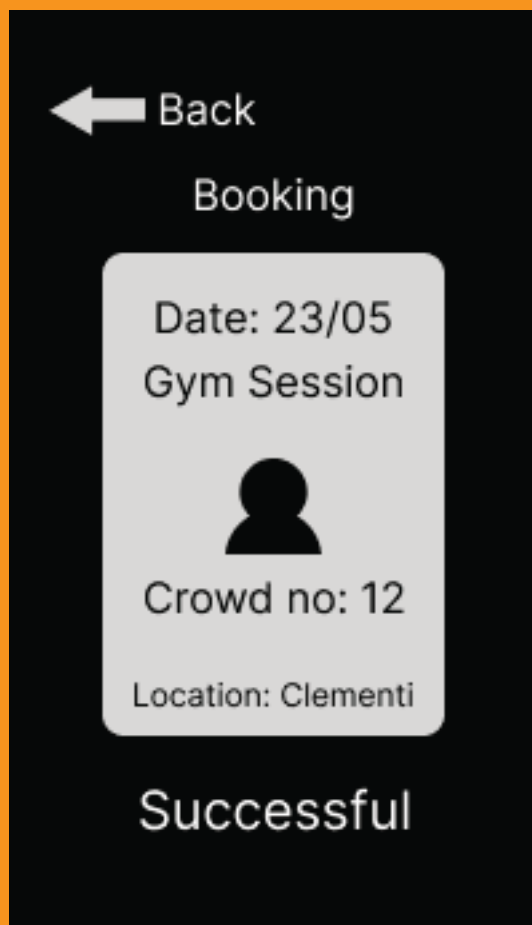
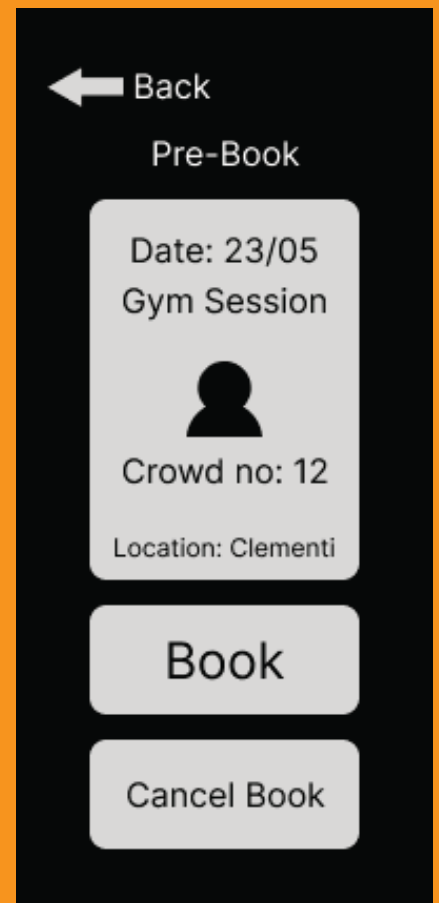
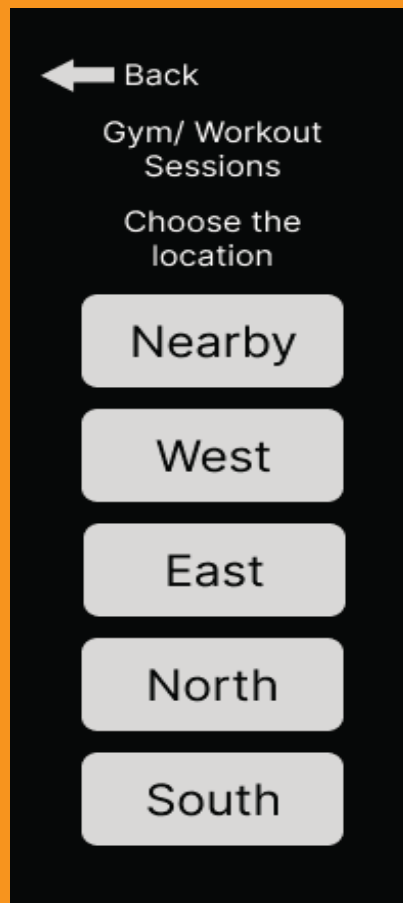
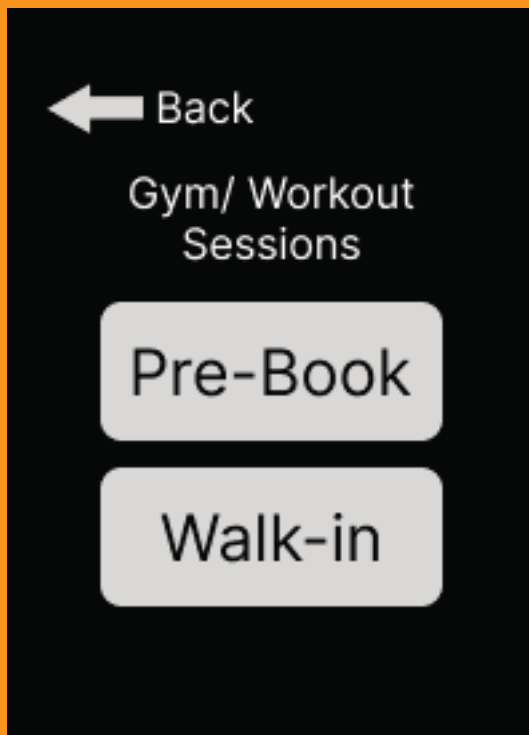


## Smart Watch Home page

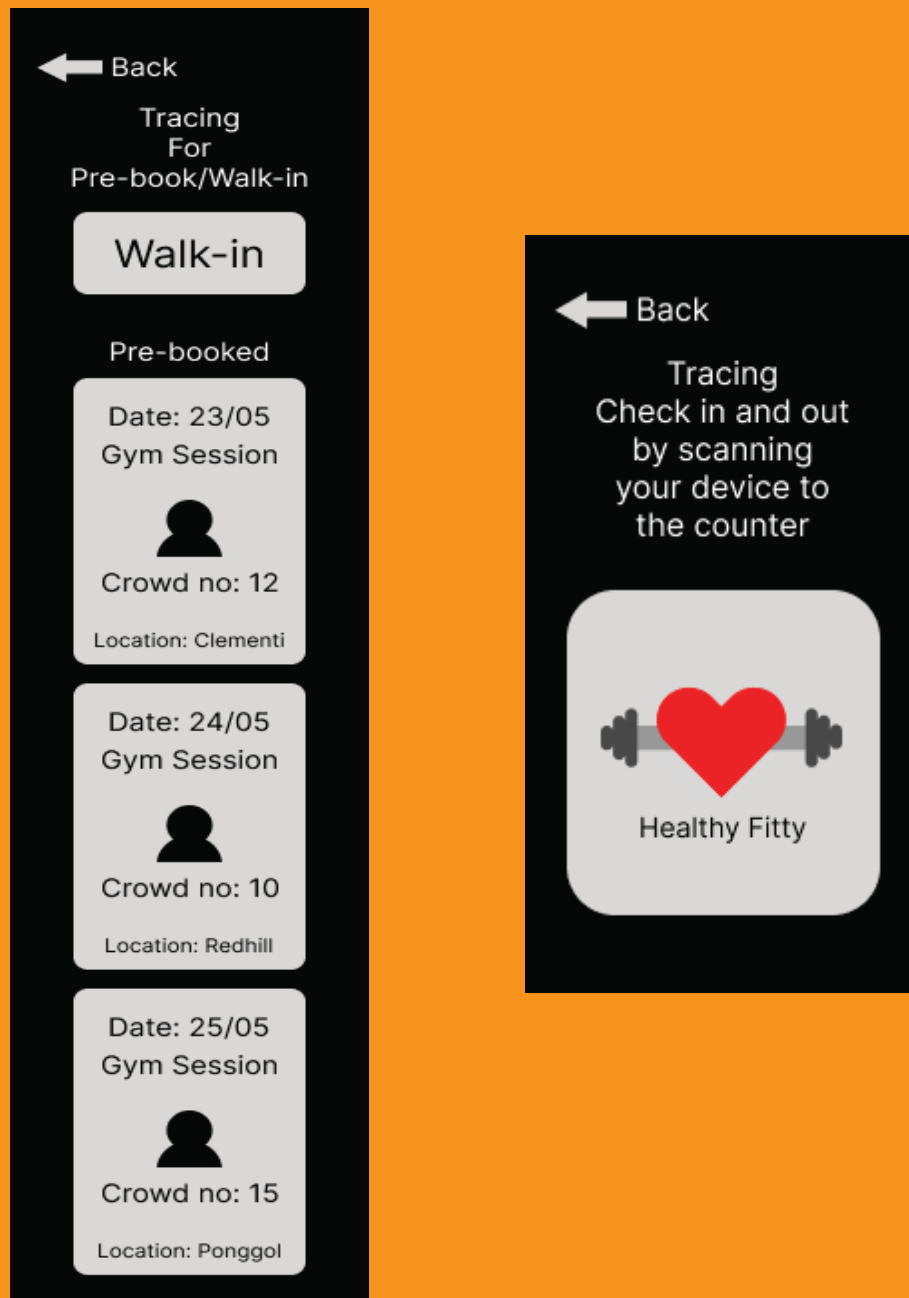


## Smart Watch Follow page

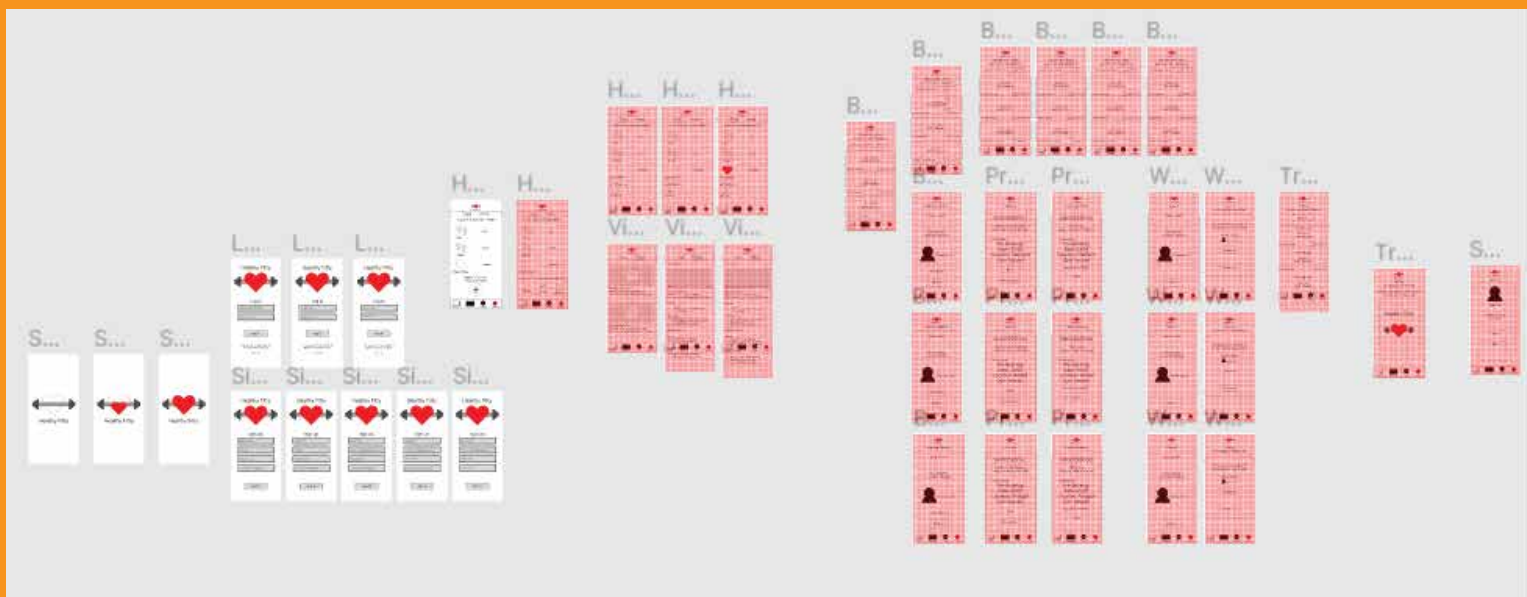




## Smart Watch Trace page



## Low Fidelity wireframe for mobile



## Low fidelity wireframe for Smart Watch



### c. Providing an overview of what each feature does, elaborating on the benefits.

- Sign up is for first time users that is interested in joining
- Login is to store information like their pre-book sessions and activities tracking as well as to sync the account to the smart watch
- Homepage have tracking feature which is to track the users running, how many steps they took, how is their heart rate as well as they will be able to add in other activities like skipping etc that they want to track as well. There is also a video feature at the homepage for user to watch and follow along when they are working out at home for a safety workout or at the gym. Below the video, steps/instructions will also be provided for users to look at if they find the video too hard to follow.
- Booking sessions features can allow the users to monitor the crowd number for each gym, they can also choose the location of the gym place as well as the date of when they want to go to the gym. Through monitoring the crowd number for each gym the users will be able to determine whether they want to pre-book another date or walk-in to the gym.
- Trace feature allows the users to trace their pre-book gym session as well as to trace for their walk-in of checking in and out of the gym.
- Setting feature allows the users to logout of the app.





## 5. Perform a Competitive Analysis

### a. With 3 similar mobile apps

### b. Competitors can be direct, close or indirect.

The 3 competitive analysis app that are chosen are Samsung Health, Home Workout and Google Fit. I will be performing a summary UX/UI for all the app. The summary includes their design, login page, home/track page, video page, session page, booking page and tracing page. This summary is done based on how I felt/experience why using the apps.

## Summary for competitive analysis

				
Competitor	Samsung Health	Home Workout	Google Fit	Healthy Fitty
Design	Good	Great	Good	Good
Login page	Poor	Poor	Great	Good
Home/Track page	Good	Great	Good	Poor
Video Page	Great	Great	NIL	Good
Session Page	NIL	NIL	NIL	Good
Booking page	NIL	NIL	NIL	Poor
Tracing page	NIL	NIL	NIL	Great
UX/UI score	7/10	8/10	7/10	7/10

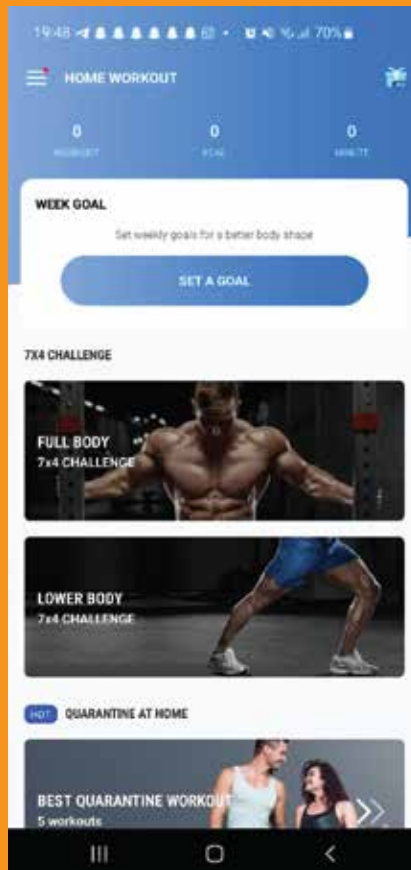


Some images screenshotted from my phone:

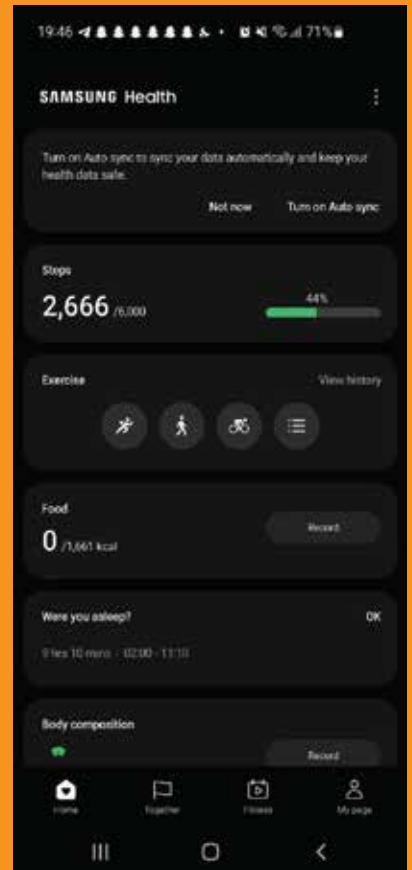
Google Fit Login page



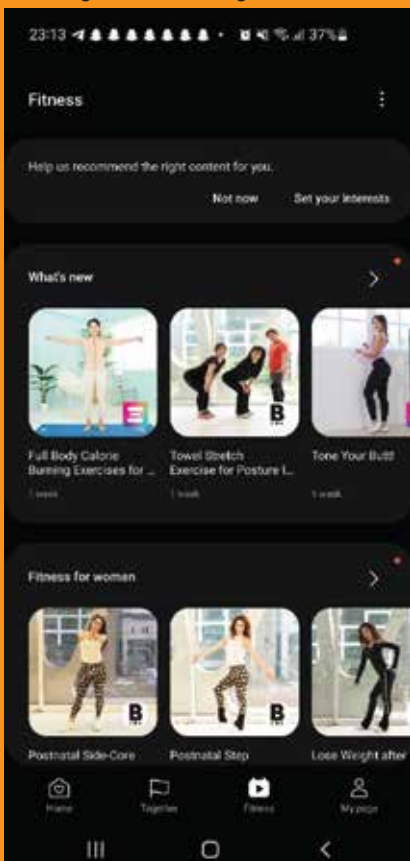
Home Workout Home page



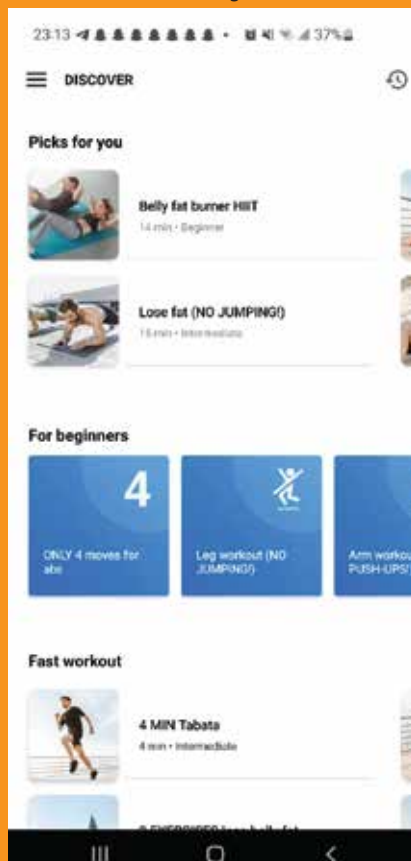
Samsung Health Home/Track page



Samsung Health Video Page



Home Workout Video Page



**6. Identify and list 2 core objectives from the perspective of your user. Examples:**

- a. A user wants to register himself to join the dine-in queue at a popular Food & Beverage outlet so that he can receive notifications when it is his turn instead of having to join the physical queue.**

The 2 core objectives are

- A user wants to work out, but when he was monitoring the crowd number on the app, the user saw that there were a lot of people using the gym. However, the user still has the urge of working out and he wants to have a safe workout and have something to follow along. The user can go to the video feature where there is video and instructions/steps written of different levels of workout for the user to follow.
- A user wants to monitor the crowd number on the gym to determine whether the user wants to pre-book another day as the gym on the day the user wants to go is too crowded or just walk in into the gym for his/her sessions as it is not crowded and trace the check in and out feature provided in the app without having to toggle to other app to trace into the building. The trace features also have the function for storing the users pre-booked sessions. Instead of blindly walking to the gym just to find out that the gym is crowded and having to go home.

**Persona**

**7. Determine the main target audience to help craft your persona**

- Interview a real potential user.

**8. Invite your persona to test the actual app and to craft an empathy map based on his/her experience.**

**9. Design a set of "A Day in the Life of..." storyboard for this persona and consider when is a good time to 'slot in' the app's usage**

Target audience:



Name: Juliet

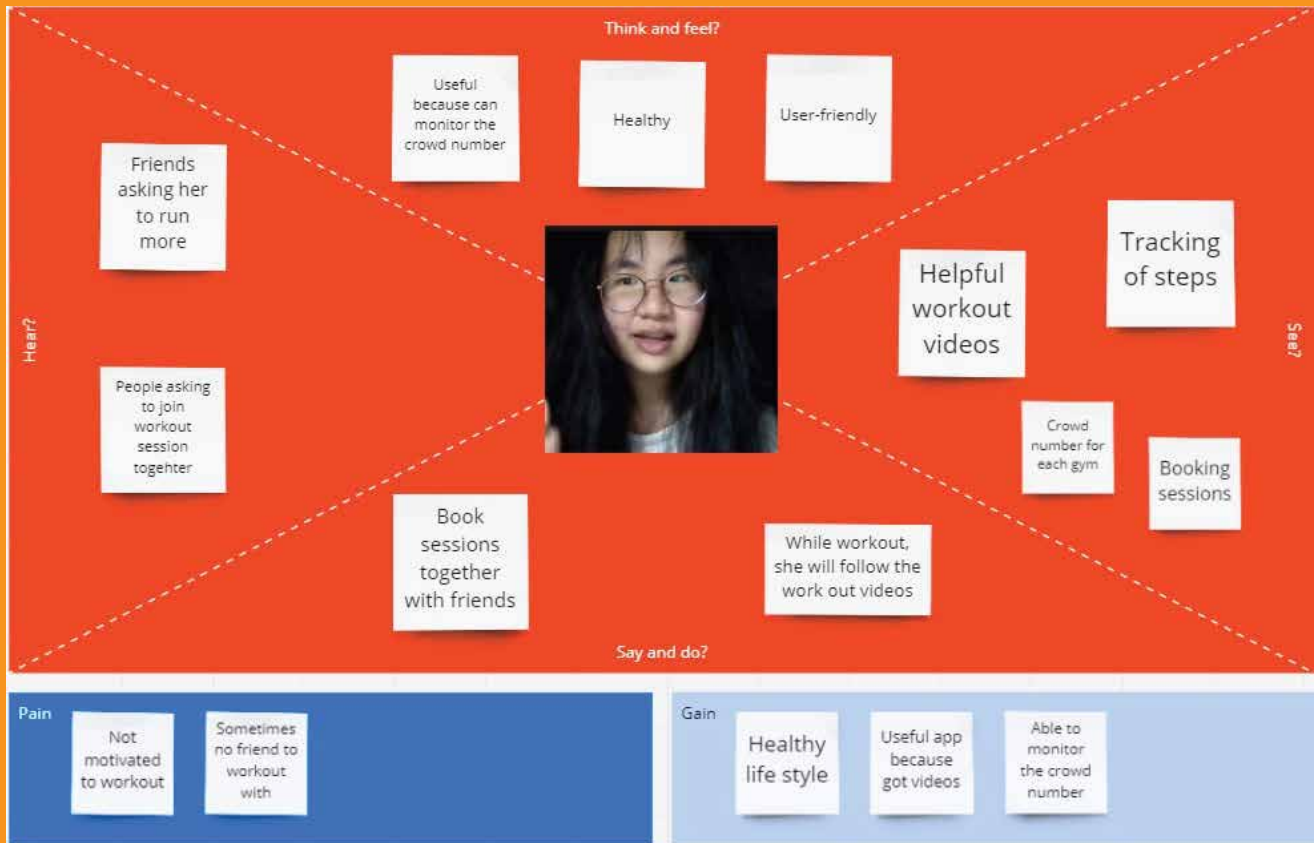
Age: 20

Hobbies: Likes to workout and exercise, likes to go jogging, likes to watch video

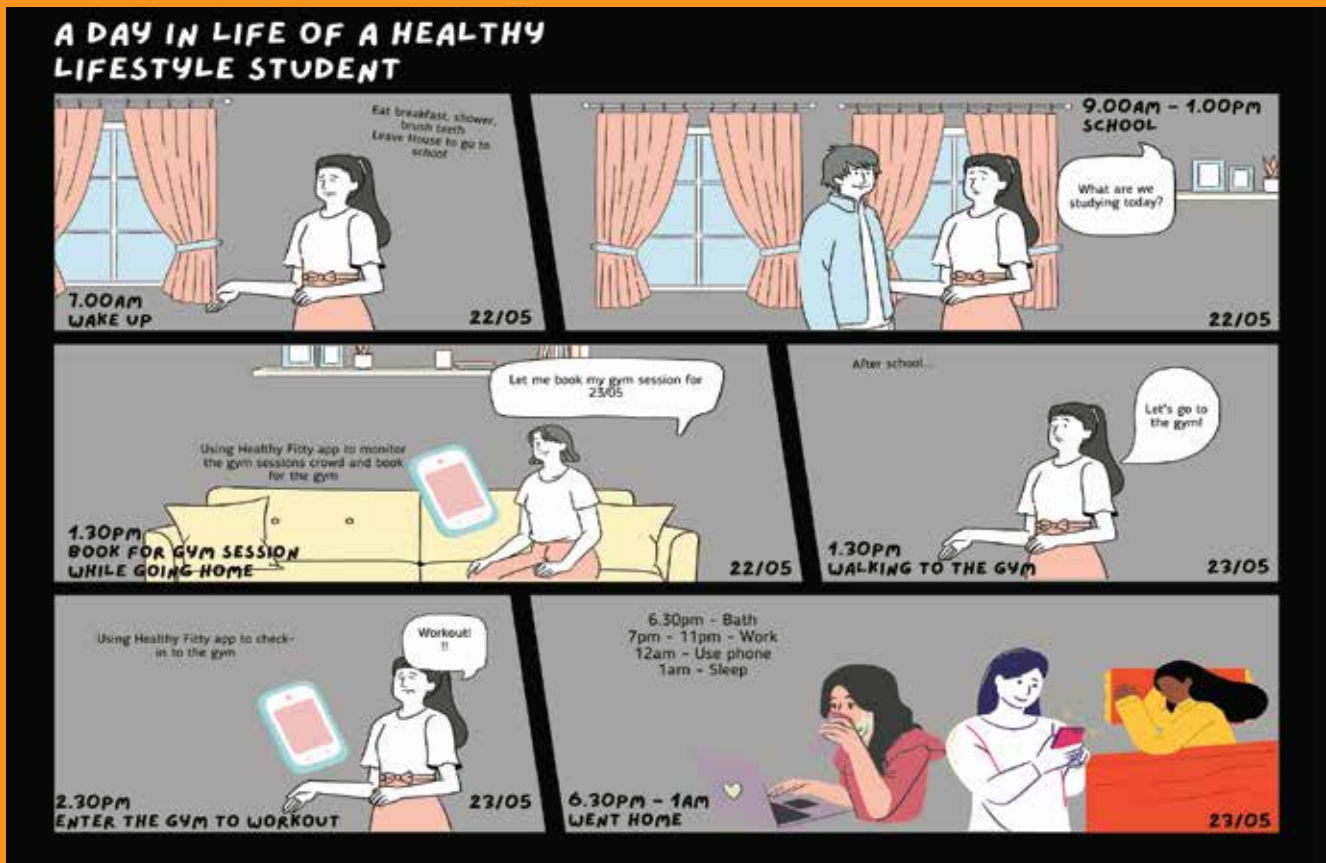
Motivations: Friends. Family

Painpoints: Dislikes to do things alone, very easily not motivated

## Empathy Map



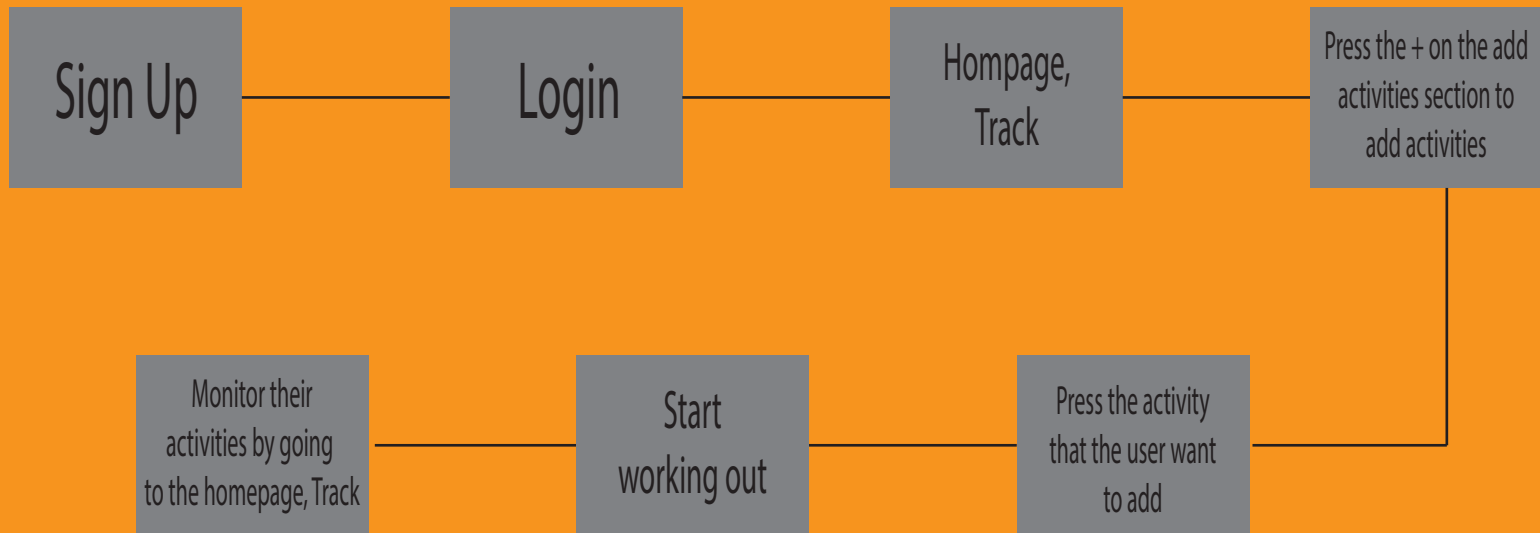
## A Day in Life of a Healthy Lifestyle Student Storyboard



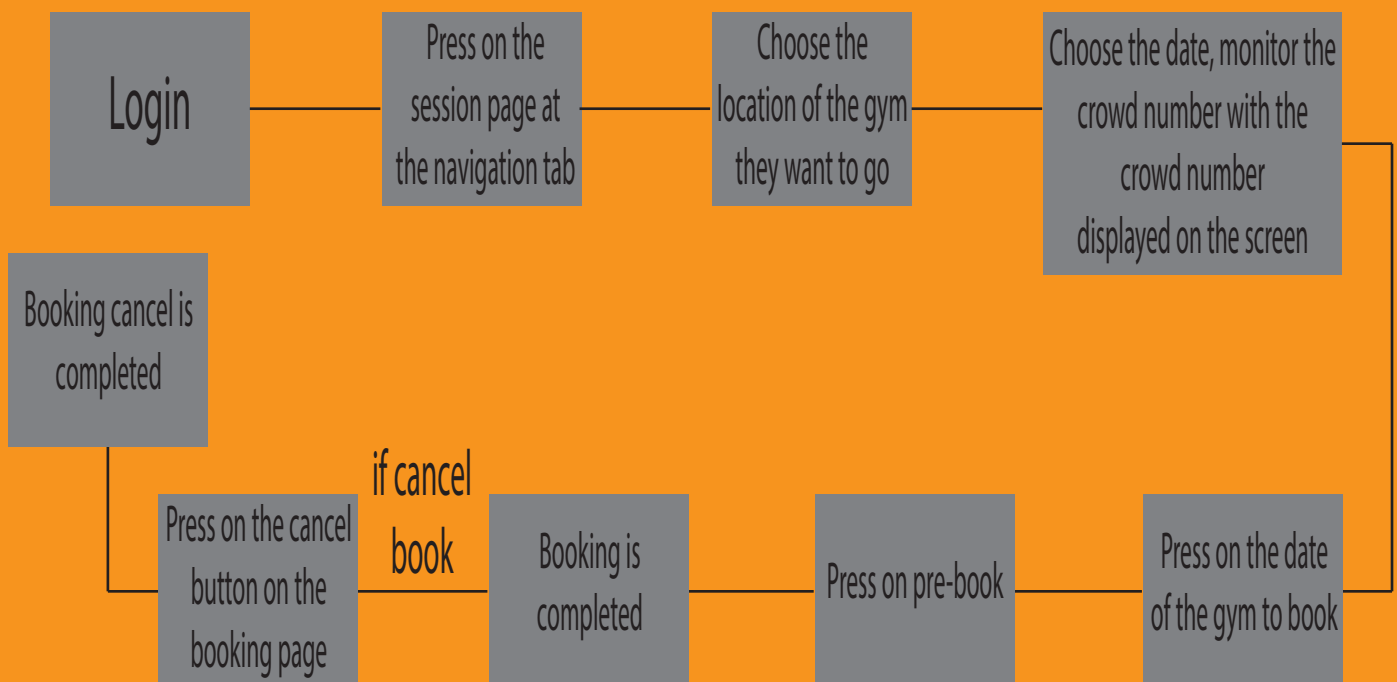
## User Journey

10. Craft the planned user journey for your concept and to include the user flows for the major features.

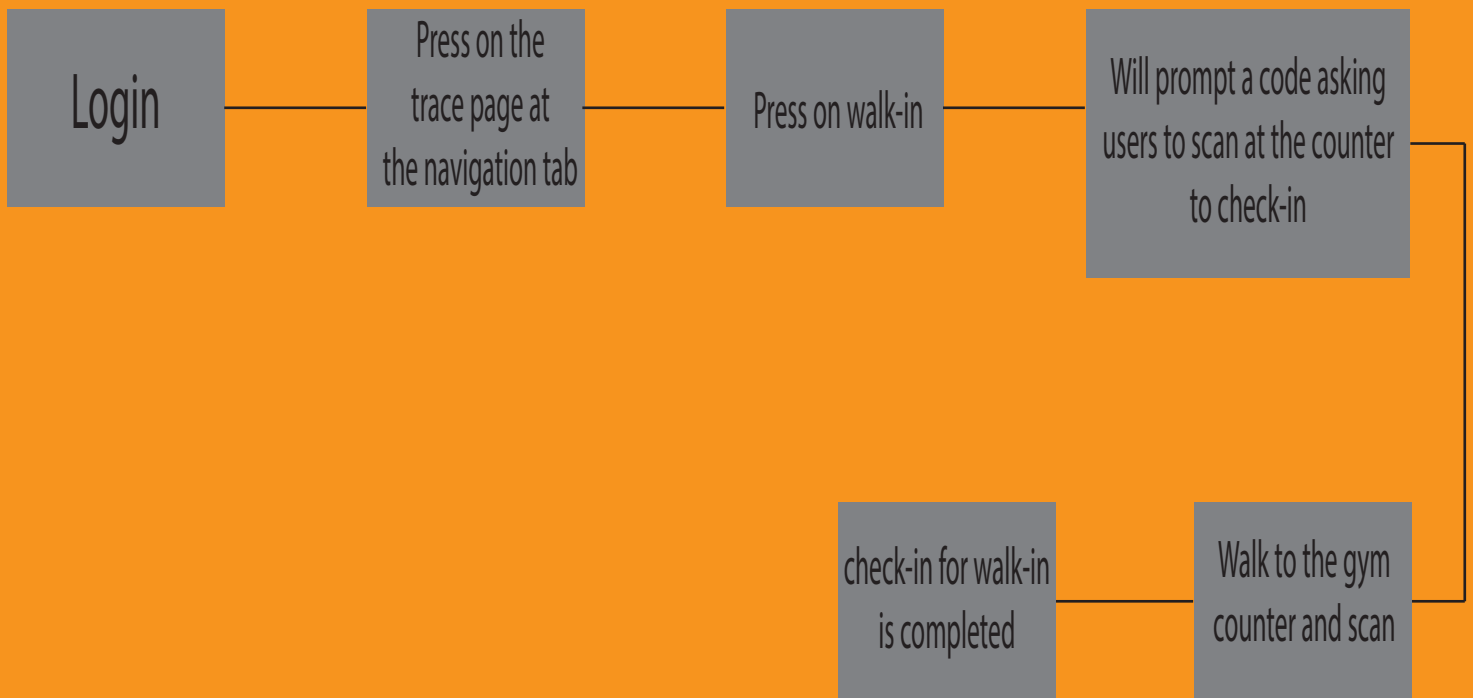
- User 1 is a first time user want to track their activities as well as adding other activities.



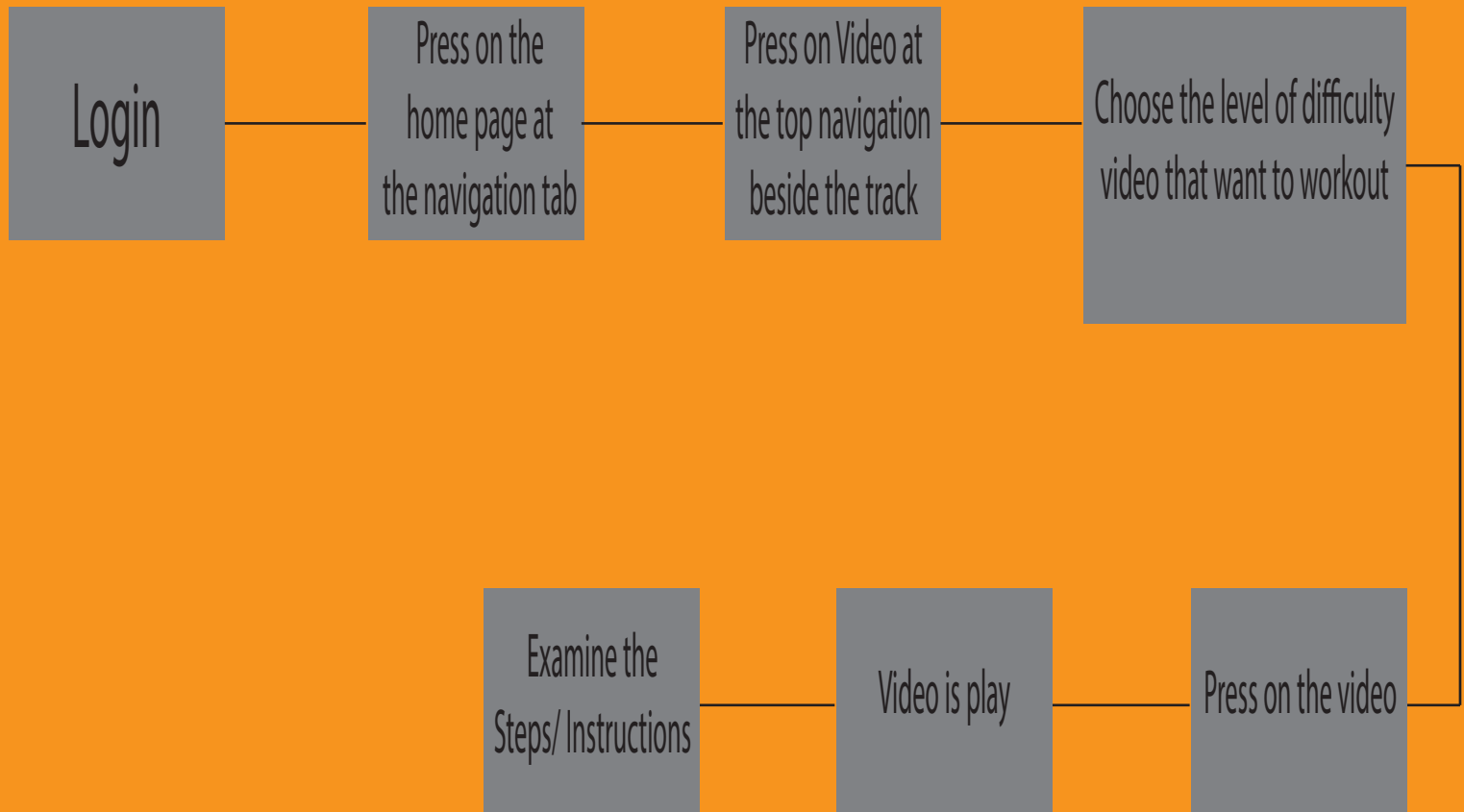
- User 2 wants monitor the crowd number for the gym and to pre-book a gym session.



- User 3 wants monitor the crowd number for the gym and walk-in to the gym session.



- User 4 wants to watch workouts videos to follow along when he workout at home.



### **Demo Video Link**

<https://youtu.be/mvBVTqNEAe4>

### **Figma prototype link for mobile(Press r when playing the prototype)**

[https://www.figma.com/proto/ZOehhpvzOXjROPiYcX3ryh/DUX\\_ASG1?node-id=1%3A5&scaling=scale-down&page-id=0%3A1&starting-point-node-id=6%3A2&show-proto-sidebar=1](https://www.figma.com/proto/ZOehhpvzOXjROPiYcX3ryh/DUX_ASG1?node-id=1%3A5&scaling=scale-down&page-id=0%3A1&starting-point-node-id=6%3A2&show-proto-sidebar=1)

### **Figma prototype link for mobile(high fid & low fid)**

[https://www.figma.com/file/ZOehhpvzOXjROPiYcX3ryh/DUX\\_ASG1?node-id=6%3A2](https://www.figma.com/file/ZOehhpvzOXjROPiYcX3ryh/DUX_ASG1?node-id=6%3A2)

### **Figma prototype link for smart watch(high fid & low fid)**

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[https://www.figma.com/proto/ZOehhpvzOXjROPiYcX3ryh/DUX\\_ASG1?node-id=145%3A8&scaling=scale-down&page-id=145%3A8&starting-point-node-id=145%3A8&show-proto-sidebar=1](https://www.figma.com/proto/ZOehhpvzOXjROPiYcX3ryh/DUX_ASG1?node-id=145%3A8&scaling=scale-down&page-id=145%3A8&starting-point-node-id=145%3A8&show-proto-sidebar=1)

## **Credits/References**

### **11. Any other supporting research, information and credits**

**Tabata video image available at:**

[https://i0.wp.com/post.greatist.com/wp-content/uploads/sites/2/2019/04/TABATA\\_FEATURE-4-1200x628.jpg?w=1155&h=1318](https://i0.wp.com/post.greatist.com/wp-content/uploads/sites/2/2019/04/TABATA_FEATURE-4-1200x628.jpg?w=1155&h=1318)

**Workout video image available at:**

<https://www.mensjournal.com/wp-content/uploads/2015/07/DBfrontsquat.jpg?w=900&quality=86&strip=all>

**A day in life canvas available at:**

<https://www.canva.com/design/play?category=tACZCigycaA&referrer=comic-strips-landing-page#>

**Empathy Map available at:**

<https://miro.com/app/board/uXjVO5KhmVc=/>