



# Fettle

MIDSEM HACK (DHCS)

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## Interview 10 users and ideate about the project problem:

We interviewed 10 people including regular gym goers and foodies who frequently order food from fast food joints. Following are the inferences we could draw out from the information:

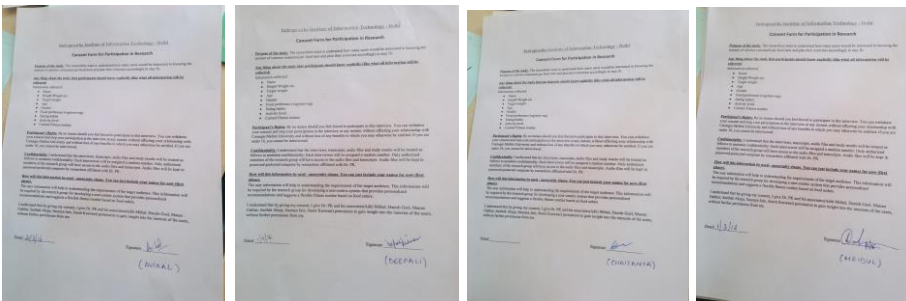
[LINK FOR COMPLETE CI VIDEOS: Link](#)

Some snapshots:



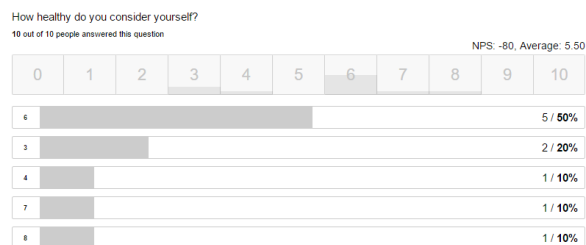
[LINK FOR CONSENT FORMS \(ALSO ATTACHED\): Link](#)

Some snapshots:

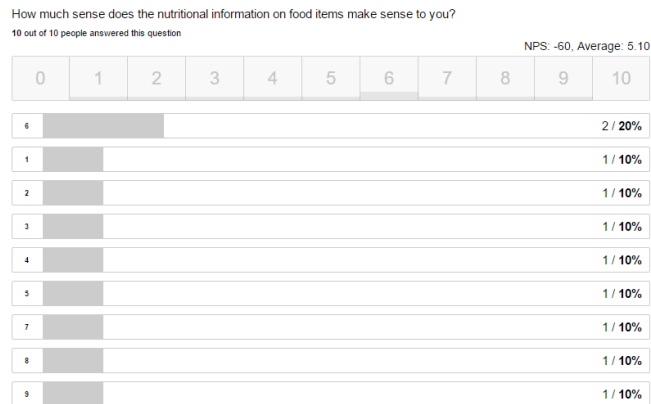


## OBSERVATIONS FROM THE CIS:

- How often do you have fast food? - 75% said from 1 to 5 times a week
- How often do you work out? - 63% said 1 to 3 times a week.
- 80% of the people always carry their phone with them.
- Different people had different workout schedules - 50% used the gym.
- 50% gave themselves a 6 health factor (on the scale of 0-10)



- The earlier applications they used were generally not successful in tracking their fitness
- There was a wide variety in how much the users were able to comprehend the nutritional facts(calories) given
- A lot of participants were not aware of the average calorie intake per day.
- The difference in the amount of calorie contained in one pack of Kurkure and the amount told by the user was a lot.
- The users would be comfortable in having the calorie measure as well as the duration for which the physical exercises need to be carried out.
- As long as the app fulfils the basic purpose, the participants don't have a problem if redirected to Zomato for ordering purpose.
- Half of them think that their workout deals with the calories they consume.
- Everyone thinks there is room for improvement.
- Almost everyone gave at max 3/5 for the UI of the fitness app they used, though the apps seemed intuitive.
- They would prefer if the app gives them a plan to follow and a deadline to beat.
- Apps like HealthifyMe has Indian dishes too, which is good.
- Some apps did not have all food items.
- Motivational pings - examples, quotes, sexy bodies.
- Need exercise specialization for specific body parts like tummy or upper arm.
- Would be good if it could tell the calories burned in the gym.
- Half of them didn't know how many calories they should be consume daily.



- They like that they will get an app that combines food and activity tracking into one app.

- Overall they loved the idea:

Do you think if you would cut down on/make more informative decision on your food and workout schedule, you'll be more likely to achieve your fitness goals?

10 out of 10 people answered this question

1	Yes	9 / 90%
2	No	1 / 10%

Would you be willing to use our application?

10 out of 10 people answered this question

1	Yes	10 / 100%
2	No	0 / 0%

[LINK FOR AFFINITY DIAGRAMS \(ALSO ATTACHED\): Link](#)

Some snapshots:



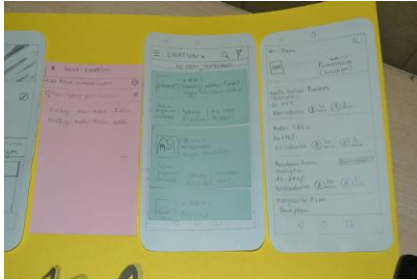
#### INPUTS FROM THE USERS REGARDING DESIGN REQUIREMENTS:

- 1) Participants didn't want complex UI, lesser the options, more the usability. Only relevant information should be displayed and details should be visible in the extendible list.
- 2) Aim is to minimize the number of clicks to complete any given operation.
- 3) Customizable reminders is preferable.(changeable time)
- 4) Personalized recommendation list of items.
- 5) Reminders should be such that they make the user aware of their daily calorie intake and make them feel guilty if they do not follow the fitness goals.
- 6) Need the application to remind us if we miss a meal.
- 7) Initial screen should be intelligent, dynamic and customizable.
- 8) Graphical way of showing users about daily calorie intake and goals met could be effective.
- 9) Cross-platform support is necessary (Windows, Android, iOS)
- 10) Should have indian dishes.
- 11) Integration with band and other fitness devices.
- 12) Ability to track workouts

# Design low fidelity prototypes and do one round of evaluation:

LINK FOR PROTOTYPES (ALSO ATTACHED): [Link](#)

Some snapshots:



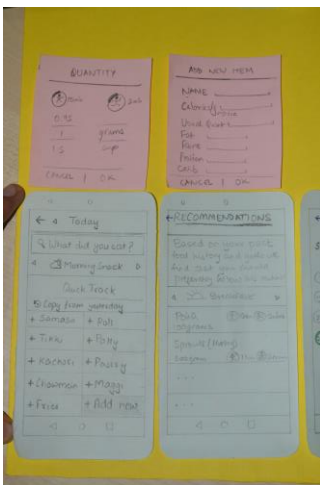
## FETTLER PROTOTYPE & FLOW



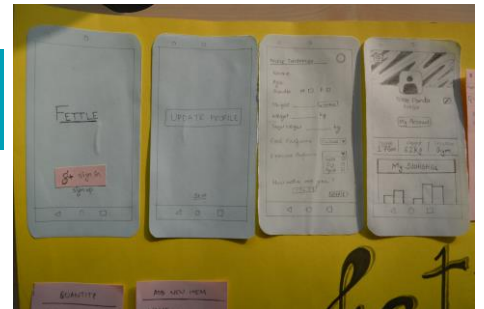
Food Ordering Activity



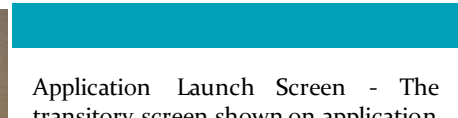
Analytics and Graphs



Home Screen with navigation drawer - Dynamic screen with two major cards.

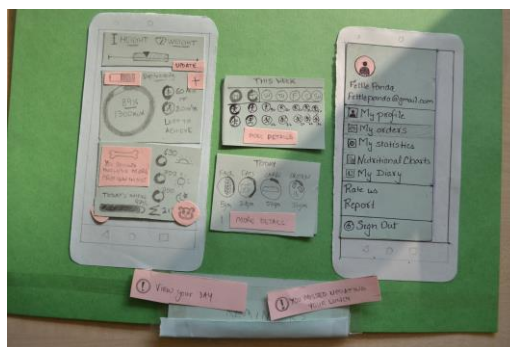


Recommendation Screen and Food input recording Activity



Application Launch Screen - The transitory screen shown on application launch. Shows a loading gif in the center.

First Time Use Screen (Gmail Signup) - For first time launch. Shows only sign up and log in buttons.  
Setup Profile Screen: Can be skipped.



## LINK FOR 1<sup>ST</sup> ITERATION VIDEOS: [Link](#)

Some snapshots:



### DESIGN ISSUES WITH APPLICATION (FEEDBACK FROM THE USERS):

- Landing home page is not on the navigation drawer.
- Repetition is there. You can go to a screen via multiple options(floating action menu/nav-drawer)
- Sliding cards should show recommendations in a minimalistic form
- Combine the activities for exercising and food for daily logging. Too many activities making the app cluttered
- Should be given a tutorial in the beginning about what the app is about.
- Should be given a tutorial in the beginning about how to use the app.
- Shouldn't be shown height and weight on the home landing page
- The floating action menu does not look like one on the low-fi. Instead of a panda it should be of a more standard form.
- Have appropriate header

### CHANGES INCORPORATED:

- Landing home page will be added on the navigation drawer.
- Making the floating action menu of a more standard and easily recognizable form.
- Should be given a tutorial in the beginning about what the app is about.
- Adding appropriate headers to the pages.
- Height and weight removed from the landing page.
- Showing motivational messages on being on track.
- Showing warning messages if the user goes off track by a high margin.