Prototyping 03

Injury-recovery research app

Designing a user-centered solution for tracking recovery and promoting healing

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Assignment: **POT03**

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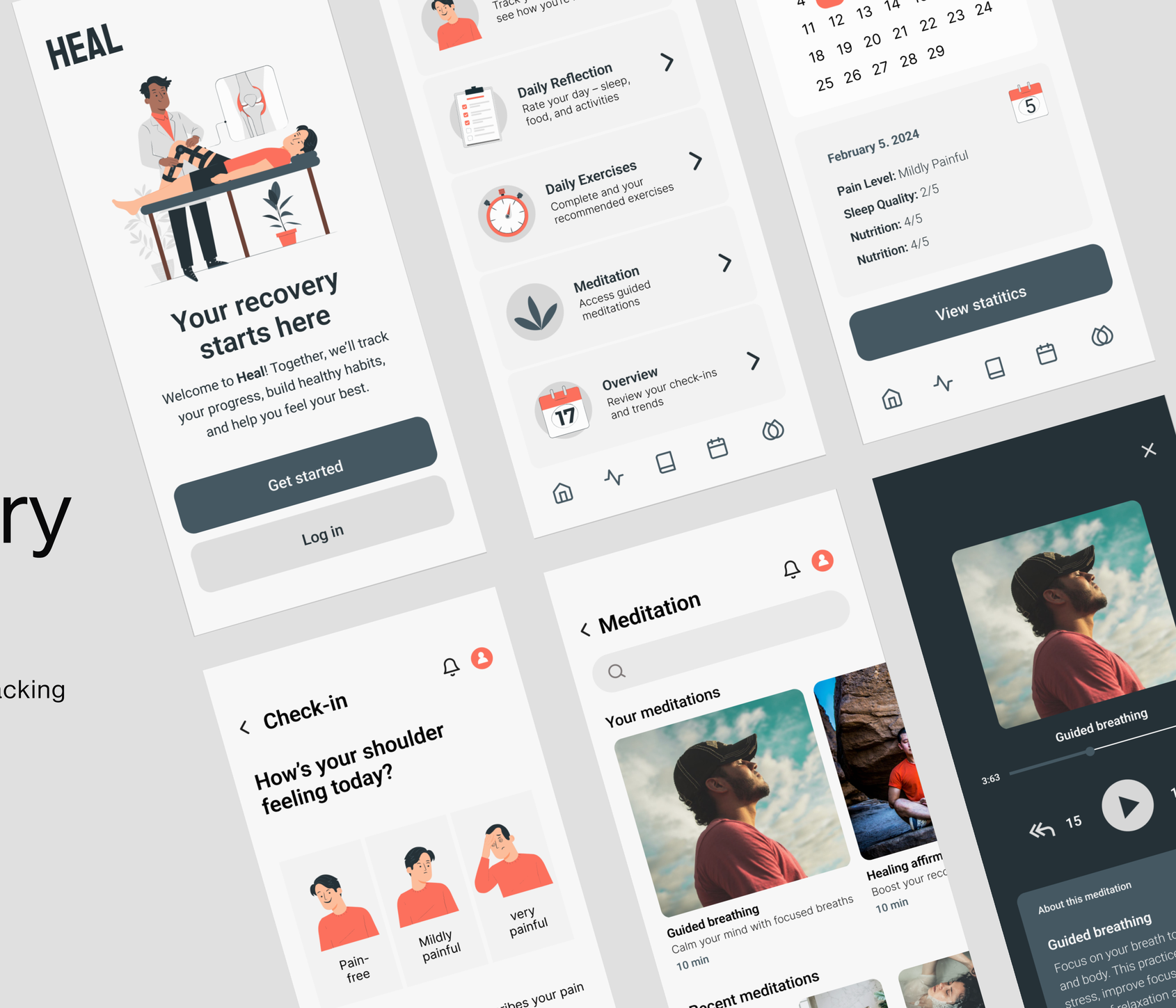

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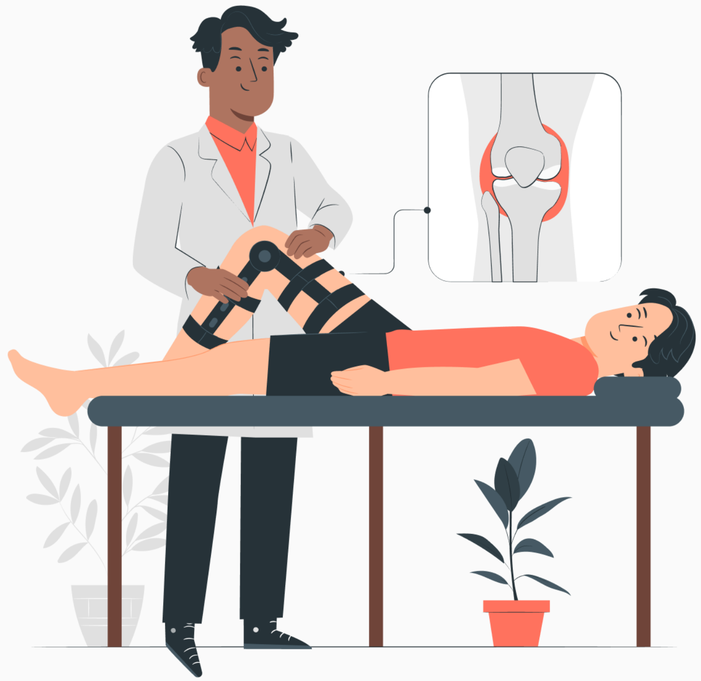
Introduction & background

For this assignment I have designed "Heal," an app that help people in their injurie recovery process. The app focuses on tracking progress, helping them keep track of exercises, and offering helpful tools like meditation to keep them engaged in their recovery. It has features like pain check-ins, exercise plan, and daily reflections to help users take control of their healing.

My aim was to make the app easy to use and visually clear, to make it helpful for users like the persona Chris, a 37-year-old designer and swimmer recovering from shoulder injury. You can learn more about Chris on the following page.



Chris Olsen

Age: 37
Proffession: Designer
Status: Single
Location: Oslo, Norway

Bio:
Chris is a 37-year-old former competitive swimmer who is passionate about staying fit and healthy. After years of training, he recently suffered a painful shoulder injury that required surgery. Despite several weeks of recovery, Chris still struggles with limited range of motion and daily discomfort. His injury is affecting his work as a designer. He works from home and spends long hours at his desk.

Interests:

Swimming | Fitness | Technology | Mindfulness

Personality:

Health conscious

Committed

Tech savvy

Goal oriented

> ***The recovery timeline stresses me out, but I'm trying to focus on one step at a time***

Frustrations/pain points:

- Forgets to complete his daily rehabilitation exercises.
- The slow pace of his shoulder recovery.
- The pain and restricted movement in his shoulder affect his ability to work efficiently.
- Feels stressed and overwhelmed thinking about his recovery timeline, which makes him frustrated and affects his mental well-being.

Goals and needs:

- Needs an effective way to remember and stay on track with his daily rehabilitation exercises.
- He wants to monitor his recovery progress over time
- Needs tools or strategies to manage his shoulder pain.
- Needs a way to manage his stress and anxiety about the recovery process.

Motivations:

- Regaining full shoulder mobility and returning to his active lifestyle.
- Reduce the pain and limitations so he can work more comfortably and efficiently as a designer.
- Regain his physical strength to prevent future injuries and maintain overall health

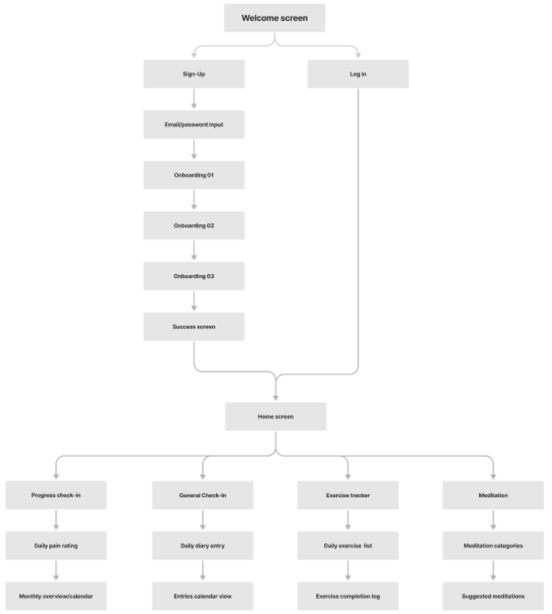
Favorite brands:

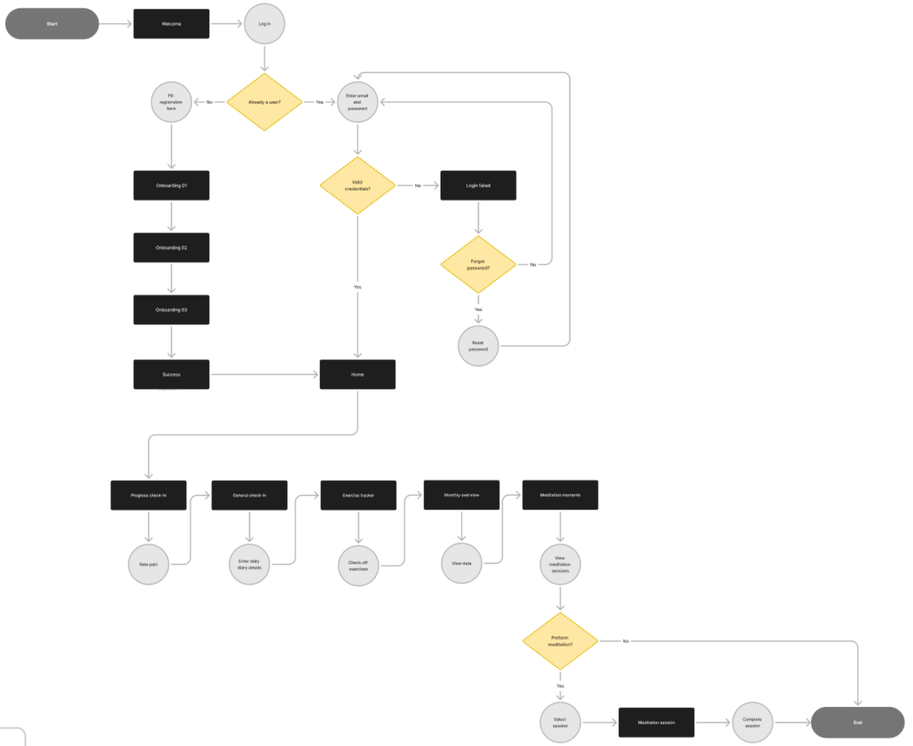
arena | Hyperice

Information architecture & User flow

I created an information architecture and a user flow to organize the app's layout and guide how users will interact with it. The information architecture shows how different features are connected. The user flow shows the steps users will follow to complete important actions, ensuring a smooth and simple experience.

View in Figma

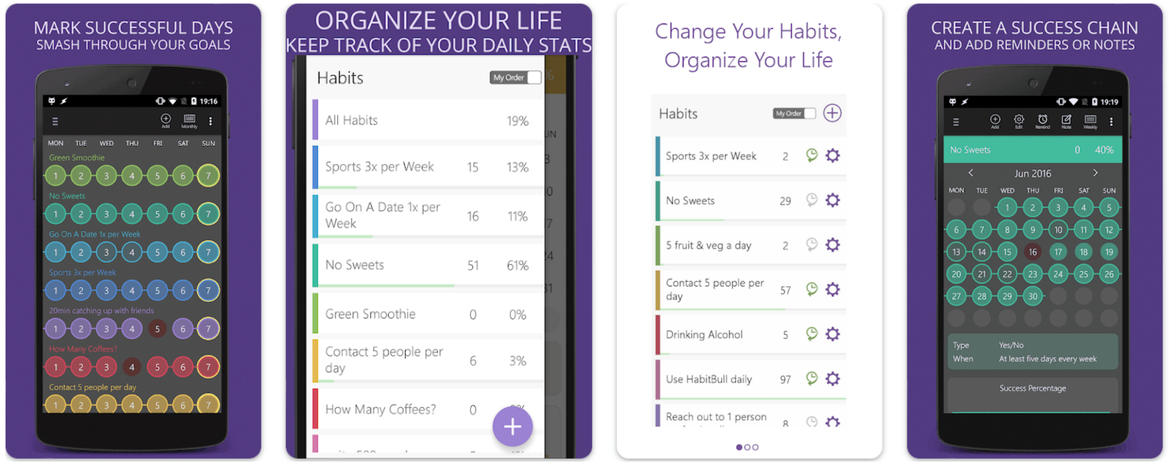




Competitive research

Habit Tracker

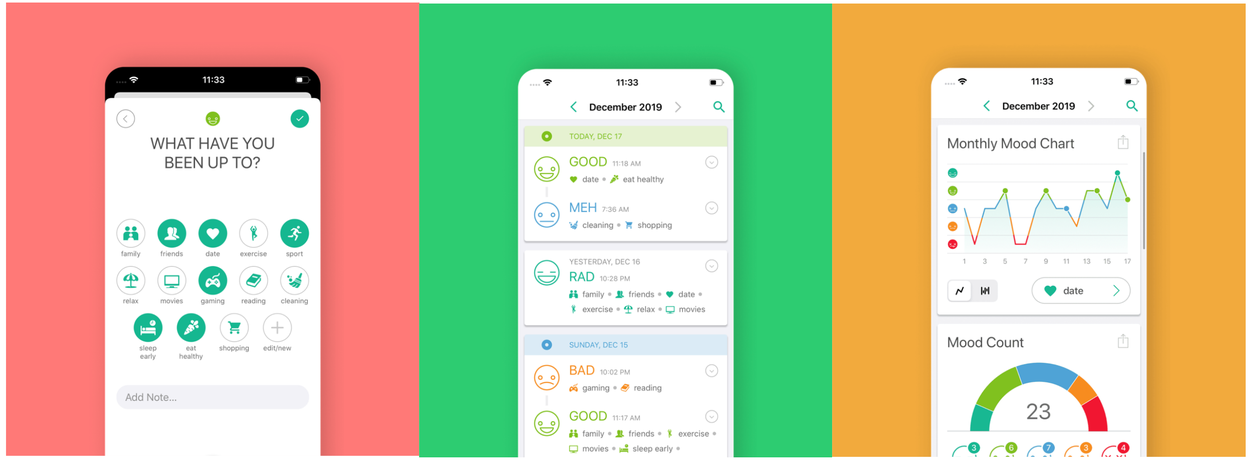
Habit Tracker is an app that lets users track daily routines and long-term goals. It provides detailed progress monitoring through visual graphs and has customizable settings. The app has a functional but a bit dated interface, focusing on practicalities over visual aesthetics. it has clear data visualizations and goal tracking features, though it may lack the visual standard of more modern apps.



https://play.google.com/store/apps/details?id=com.oristats.habitbull&hl=en&gl=US

Daylio

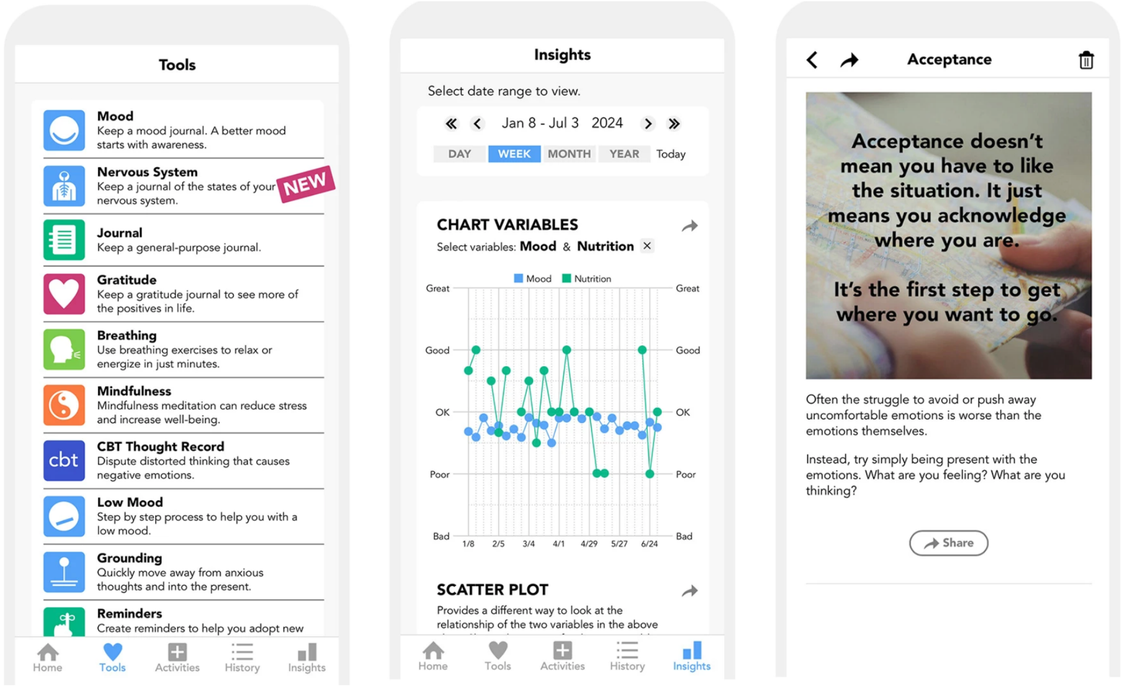
Daylio is a mood-tracking and journaling app. It has simple/ minimalistic design, featuring bright visuals with colorful icons and charts that make mood tracking intuitive. The app's clean layout ensures that users can quickly log entries without feeling overwhelmed. Daylio balances simplicity, vibrant visuals, and intuitive design and can be an inspiration for creating an easy to use and engaging tracking app, however, the contrast between text/elements and background seems a bit low in certain screens.



https://daylio.net

Moodfit

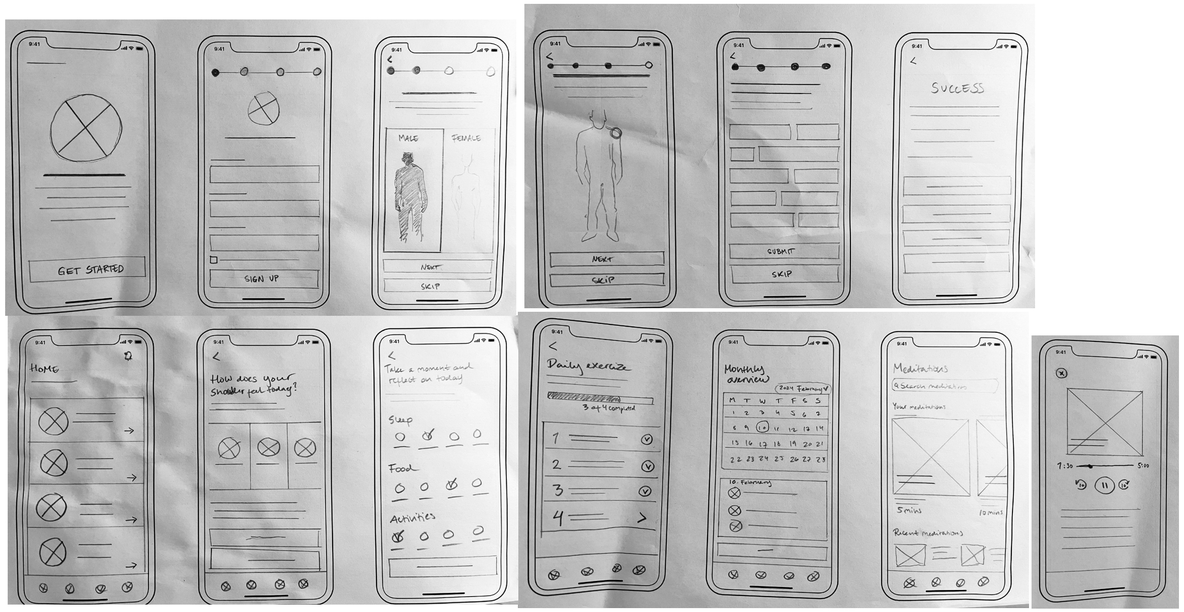
Moodfit is a comprehensive mental health app designed to help users track their moods, habits, and well being. The app offers a variety of tools such as mood tracking, exercise logs, nutrition, and journaling. It combines mood tracking with wellness features, making it a helpful tool for managing mental health. Many find the visual representations motivating. Bright clear colors, clean layout and graphics makes it engaging, but on the other hand, the color combination can create an overwhelming experience for some.

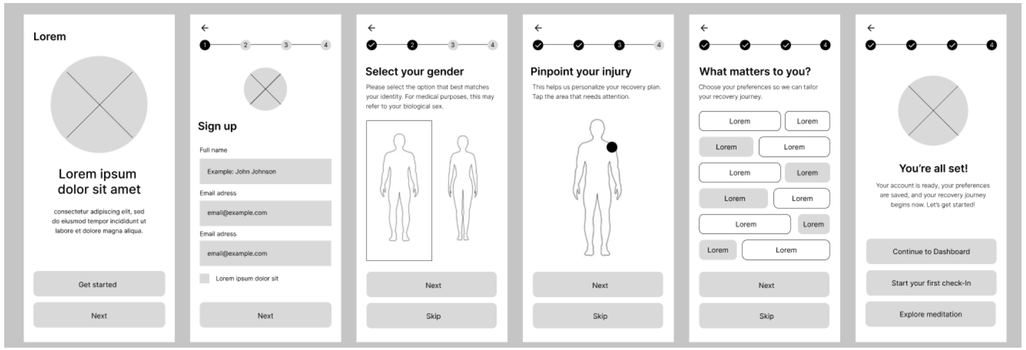


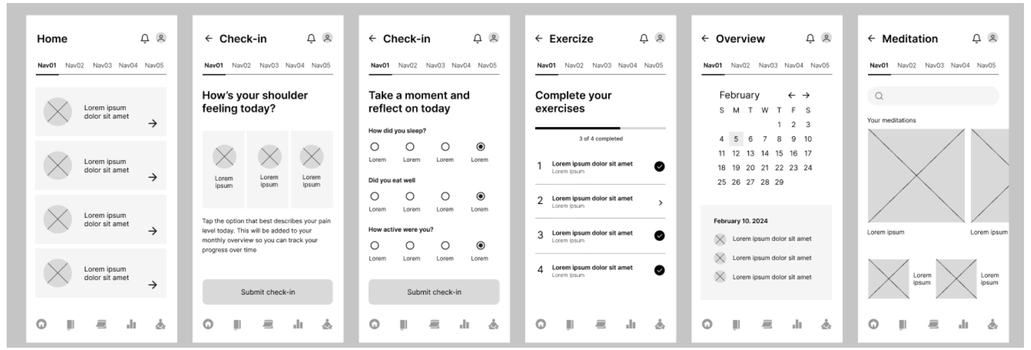
https://www.getmoodfit.com

Sketches

I began with hand-drawn sketches to quickly explore layout ideas and concepts. Once I had a clearer idea of the layout and flow, I moved on to creating mid-fidelity wireframes. This step helped me better understand the user experience and make improvements before moving on to high-fidelity.







View mid-fidelity wireframes in Figma

Color & typography

I focused on creating a clean look for the app by using calm greens, greys and a touch of orange, together with a simple, highly readable font.

Color palette

The colors are used carefully to keep the app clean and easy to read. The mix of calm greens, greys and orange creates a balanced look that's easy on the eyes.

Typography

The font, **Roboto**, is simple, modern, and easy to read. It works well for both titles and body text, and ensures a good and consistent reading experience.

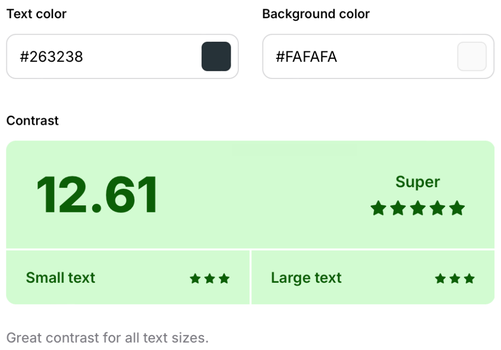
#263238 #455A64 #E0E0E0 #7C96FF FF725E

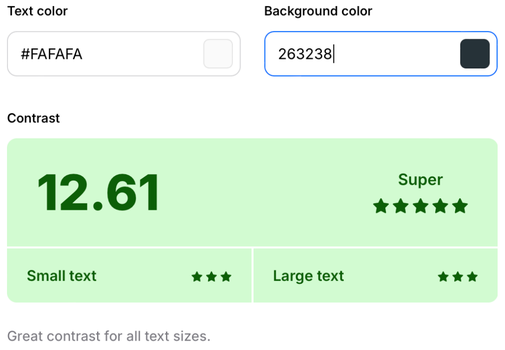
ABCDEFGHIJKLMN
OPQRSTUVWXYZ
abcdefghijklmnopq
rstvwxyz()&?!@123
4567890.,:;/

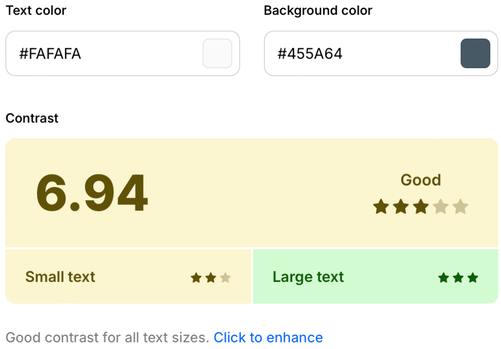
Accessible color contrast

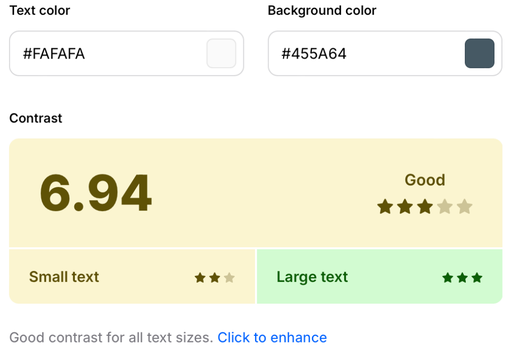
To ensure that the text and background colors meet accessibility standards, I used the Contrast Checker tool from **Coolors**. This helped verify that the contrast between text and background colors meet the WCAG (Web Content Accessibility Guidelines) requirements, and ensured that all text is accessible, making the dashboard easier to read for users with visual impairments or those who may have difficulty reading low-contrast text.

Link to contrast checker









High-fidelity prototype

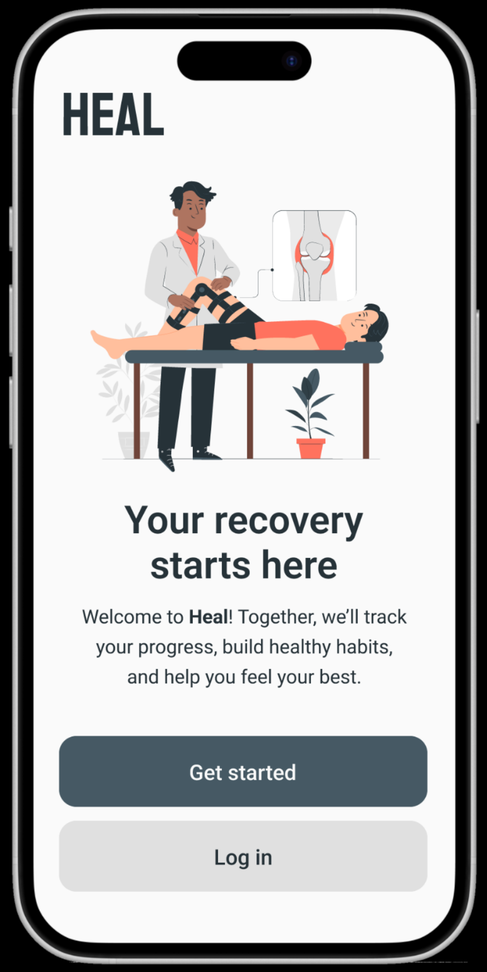
The high-fidelity prototype has a modern, user-friendly design. I focused on creating a clean and simple layout, making it easy for users to navigate and access key features without feeling overwhelmed. The design has clear typography and a calming, minimalistic color palette.

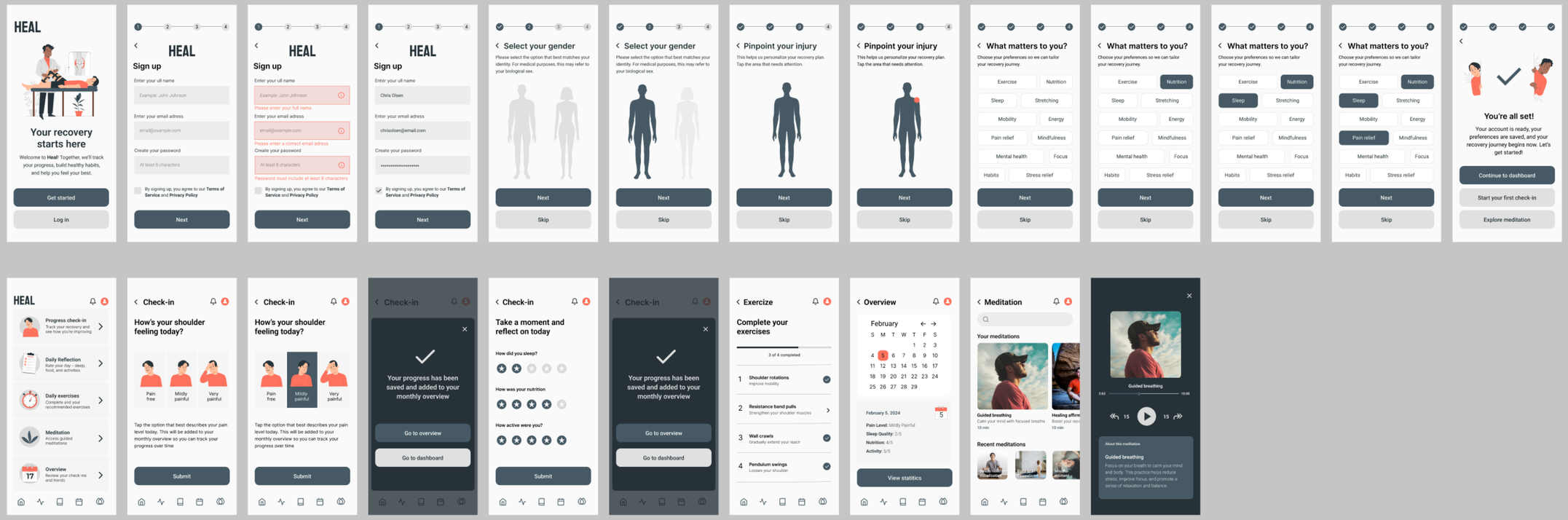
Design principles

When designing the dashboard, I had several design principles in mind to create a clear, easy to use, and accessible interface. To learn more about my design choices, you can view my annotations in Figma.

View prototype

View annotations in the Figma board




HEAL
Your recovery starts here
Welcome to Heal! Together, we'll track your progress, build healthy habits, and help you feel your best.
Get started
Log in
Sign up
Next
Select your gender
Skip
Pinpoint your injury
What matters to you?
You're all set!
Your account is ready, your preferences are saved, and your recovery journey begins now. Let's get started!
Continue to dashboard
Start your first check-in
Explore meditation
Check-in
How's your shoulder feeling today?
Pain free
Mildly painful
Very painful
Submit
Take a moment and reflect on today
Your progress has been saved and added to your monthly overview
Go to overview
Go to dashboard
Exercize
Complete your exercises
Overview
Meditation
Your meditations
Guided breathing

Heal

Conclusion

Throughout the project, I worked on balancing usability, functionality, and design to create an app that is simple to use while covering the required features. The process was time consuming, however, a valuable learning experience. Despite the challenges, the process was overall good, focusing on user-centered design and how to create an app that not only meets functional needs but also keeps users engaged and motivated without feeling overwhelmed.

References & sources

Educational

https://noroff.bravais.com/s/3gGcoKAFcXnqsd4y4x29

https://noroff.bravais.com/s/YlWew5SWdpPafhns2dA6

https://www.w3.org/WAI/standards-guidelines/wcag/

Competitive research

https://www.getmoodfit.com

https://play.google.com/store/apps/details?id=io.rosenpin.goals&hl=en&gl=US

https://play.google.com/store/apps/details?id=com.oristats.habitbull&hl=en&gl=US

Online tools

https://www.figma.com/design/obSczpzoxYe5dKGFshPM5B/Heal-%E2%80%93-Injury-recovery--research-app?node-id=0-1&t=lYXbXRjm8HKelLev-1

https://www.figma.com/proto/obSczpzoxYe5dKGFshPM5B/Heal-%E2%80%93-Injury-recovery--research-app?node-id=0-1&t=lYXbXRjm8HKelLev-1

https://www.figma.com/board/V6oG0CY1Nt8zStDFSFVp0k/IA%2FUF---Injury-recovery-research-app?node-id=0-1&t=8ozSEnJB2fgJoe1l-1

https://coolors.co/contrast-checker/112a46-acc8e5

illustrations and images

https://www.flaticon.com

https://www.freepik.com/serie/24237740

https://as2.ftcdn.net/v2/jpg/01/96/04/87/1000_F_196048741_f3qK98YTQSExb7bvtPcNoQmu6odTOLru.jpg

https://www.pexels.com/photo/man-sitting-on-lake-pier-12419892/