HEALTHYAPP

A personalized desktop app for exercise and nutritional planning.

By David Boman

Set up Account

1. Age/Gender
2. Weight/Height
3. Goals
4. Diet
5. Access

HEALTHYAPP

Welcome to Your Personalized Wellness Journey!

Your personalized fitness and nutrition plans are just a step away. Before that, we will need you to tell us about your self. Your data is secure, and your journey to a healthier you begins now!

Proceed

Skip

Button hierarchy

Progress bar to indicate progress and motivate user to finish the setup.

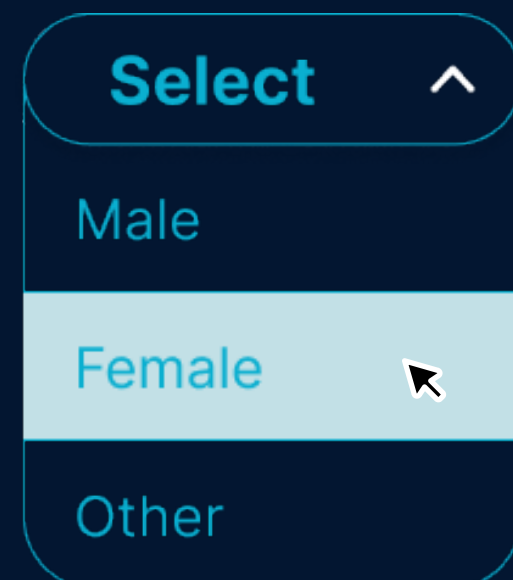| 1 | 2 | 3 | 4 | 5 | 6 |
| Start | Age/Gender | Weight/height | Goals | Diet | Access |

Intuitive navigational structure. Elements placed in order of use, top to bottom.

Dropdown menu for selection of gender with dynamic hinting.

Select ⌃
Male
Female
Other

Button hierarchy

HEALTHYAPP

Age and Gender

We're excited to create a plan that suits your age and aligns with your well-being goals.

Age

23

Gender

Select ⌄

‹ **Back**

Next ›

1 — **Start**
2 — **Age/Gender**
3 — **Weight/height**
4 — **Goals**
5 — **Diet**
6 — **Access**

Intuitive navigational structure. Elements placed in order of use, top to bottom.

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Weight and Height

Let's delve into the specifics. Share your weight and height with us to ensure your fitness and nutrition plans are perfectly tailored to your unique body characteristics.
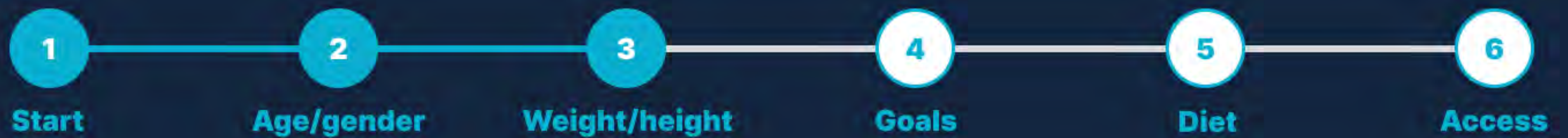
Weight   **Height**

85   Kg   190   Cm

< Back   Next >

1 — 2 — 3 — 4 — 5 — 6
Start Age/gender Weight/height Goals Diet Access

Large checkboxes for choosing the goals with the application, placed in as grid system to achieve quick overview of options.

In this case the option "Lose weight" is chosen by the user.

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Goals

Choose a maximum of three

Loose weight	Gain weight	Keep the same weight
Build muscle	General fitness	Increased endurance
Stress reduction	Increase steps	Change diet

⟨ Back   Next ⟩

1 — Start
2 — Age/gender
3 — Weight/height
4 — Goals
5 — Diet
6 — Access

Large checkboxes for choosing the goals with the application, placed in as grid system to achieve quick overview of options..
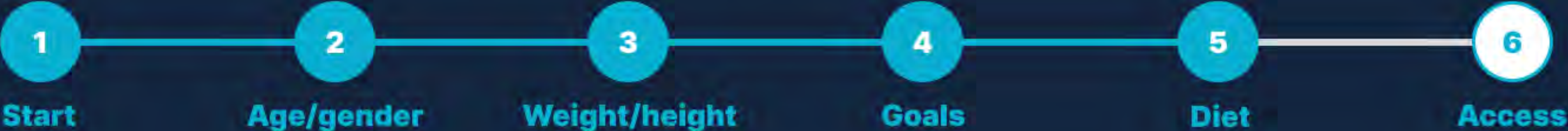
HEALTHYAPP

Diet

Choose if you have any dietary preferences

Vegetarian	Vegan	Pescatarian
Flexitarian	Keto	Paleo
Gluten - free	Lactose - free	Mediterranean

< Back

Next >

1 — 2 — 3 — 4 — 5 — 6
Start — Age/gender — Weight/height — Goals — Diet — Access

Large checkboxes for choosing the goals with the application, placed in as grid system to achieve quick overview of options.
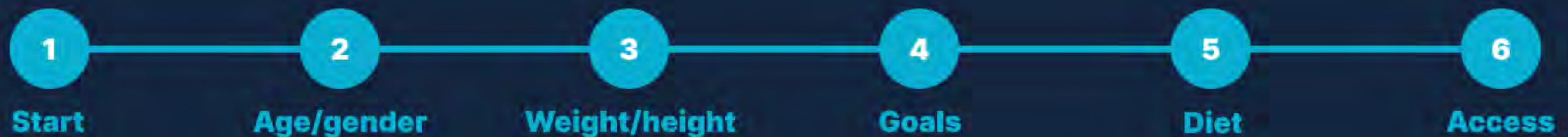
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Facilities and equipment

What facilities do you prefer and/or have access to?

Gym	Swimming pool	Exercise bike
Combat gym	Cross - fit	Climbing
Yoga - studio	Running - track	Indoor sports court

‹ Back   Next ›

1 — 2 — 3 — 4 — 5 — 6
Start   Age/gender   Weight/height   Goals   Diet   Access

Confirmation of setup completion. This window dissolves by itself.

HEALTHYAPP

Your personalised exercise and nutrition plan is being set up!

Overview

The overview page displays the most important information for the user in the form of widgets. The users can themselves customise what they want displayed and in which configuration. Having this layout allows the user to quickly get an overview of what is coming up and have access to the most recurring tasks, such as, register meals and exercises.

Static hinting; Background indicates which page the user is viewing

Progress indicator to motivate user to reach 100%.

Sovereign posture; Menu always visible to allow fast navigation.

Buttons to register meals and exercises that are not in the schedule.

Schedule showing what to do next and buttons to register and see instructions as well as the ability to rate each activity to optimise the algorithm.

Button to customise layout

Hi David!

Home

Schedule

ShopList

Nutrition

Exercise

Statistics

Account

Log out

Today's progress

85%
of your daily goals

Calories 🔥 1350/2500

Nutrients

Protein 130g 50%

Carbohydrates 325g 60%

Fats 87g 75%

Register meals

Register workout

📅 TODAY. 08 JAN.

Meals

Breakfast

Oats & Berries
⏱ 5 min
⏱ 400 cals

Complete

Recipe

Lunch

Poké bowl
⏱ 15-20 min
⏱ 950 cals

Rate this meal!
☹ 😐 🙂

Complete

Recipe

Dinner

Chicken & Rice
⏱ 30-35 min
⏱ 900 cals

Register

Recipe

Workouts

Cross-fit
50 min

Instructions

Complete

Did you enjoy this workout?

☹ 😐 🙂

Statistics

Meals & Recipes

Exercise & Workouts

Drag & drop menu with horizontal scrolling. Users drags a widget to its preferred location.

Buttons to delete and change the sizing of the widget. Larger size = more information.

If the widgets covers more than the screen the page becomes scrollable in vertical direction.

Drag & Drop widgets ✕

Steps | Today's progress | Stats | Meals & Recipes | Exercise & Workouts | Schedule | Prefere

Sidebar navigation:
- Home
- Schedule
- ShopList
- Nutrition
- Exercise
- Statistics
- Account
- Log out

Today's progress

85% of your daily goals

Calories ⏱ 1350/2500

Nutrients

Protein 130g — 50%
Carbohydrates 325g — 60%
Fats 87g — 75%

Register meals

Register workout

📅 **TODAY. 08 JAN.**

Meals

Breakfast
Oats & Berries
⏱ 5 min
🔥 400 cals
Complete
Recipe

Lunch
Poké bowl
⏱ 15-20 min
🔥 950 cals
Complete
Recipe

Dinner
Chicken & Rice
⏱ 30-35 min
🔥 900 cals
Register
Recipe

Workouts

Cross-fit
50 min
Instructions

Complete

Did you enjoy this workout?
☹ 😐 ☺

Statistics

Meals & Recipes

Exercise & Workouts

Counter that signifies the amount of items in the shopping list as well as act as a reminder to the user that there are items in the shopping list.

Shopping list appears as a popup to allow quick overview of what needs to be bought. The ingredients can be added with the help opf the search bar and add button. Items can also be added with checkboxes in the recipes pages.

Checkboxes that can be checked when an item has been bought. The minus button can be used to delete items from the list.

Home

Schedule

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ShopList

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Hi David!

Shopping list ✕

Add items to shoplist... | Add

☐ Oats —

☐ Vanilla Extract —

☐ Honey —

☐ Salt —

☐ Raspberries —

☐ Mixed Nuts —

☐ Chicken breast —

/2500

50%

Carbohydrates *325g*   60%

Fats *87g*   75%

Register meals

Register workout

📅 TODAY. 08 JAN.

Meals

Workouts

Breakfast

Oats & Berries
🕐 5 min
🕐 400 cals
Recipe   Register

Lunch

Poké bowl
🕐 15-20 min
🕐 950 cals
Recipe   Register

Dinner

Chicken & Rice
🕐 30-35 min
🕐 900 cals
Recipe   Register

Cross-fit
50 min
Instructions

Register

Did you enjoy this workout?
☹ 😐 🙂

Statistics

Meals & Recipes

Exercise & Workouts

Schedule

The schedule page allows the user to get an overview of the upcoming week. Blue objects symbolise food and green symbolises exercises. The schedule is scrollable in vertical direction to give the objects in the schedule an appropriate size.

Button to add activities to the schedule

Button to change date of view

Current day indicator

Button to reveal more information about the activity. The button has a tertiary design to not introduce to much visual clutter for the user when many objects are displayed.

Current time indicator

Schedule

January 2024 +

← Today →

	Mon 8	Tue 9	Wed 10	Thu 11	Fri 12	Sat 13	Sun 14
07:00							
08:00	Oats & Berries More info	Smoothie bowl More info	Oats & Berries More info	Smoothie bowl More info	Oats & Berries More info	Bagel More info	Pancakes More info
09:00							
10:00						Yoga More info	
11:00							
12:00	Poké bowl More info	Caesar salad More info	Salmon Pasta More info	Poké bowl More info	Chicken & Rice More info	Poké bowl More info	Poké bowl More info
13:00							
14:00							
14:45							Rope - Climbing More info
15:00							
16:00							
18:00	Chicken & Rice More info	Shrimp Pasta More info	Tikka Masala More info	Chicken & Rice More info	Chicken Hamb... More info	Pasta Bologne... More info	Chicken & Rice More info
19:00	Cross - Fit More info						
20:00			Climbing More info		Gym - Chest More info		

Home
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Meals & Recipes

This page suggest meals tailored to the users needs and preferences. A search function is also provided to the user with the option to filter their search. The page offers vertical scrolling to reveal more genres of food. Horizontal scrolling reveals more meals in the same genre.

Cards displaying image, name, nutritional information, cooking-time and buttons to *like, schedule, view recipe and register*. All this information are packaged in a card format to separate it from other meals.

Sidebar Navigation

- Home
- Schedule
- ShopList
- Nutrition
- Exercise
- Statistics
- Account
- Log out

Meals & Recipes

Search for meals and recipes...

Breakfast | Lunch | Dinner | Snacks

Search

Your Favourites

Oats & Berries
- 5 min
- 235 cals
- Recipe | Register

Poké Bowl
- 25 min
- 720 cals
- Recipe | Register

Chicken & Rice
- 35 min
- 625 cals
- Recipe | Register

Protein Pancakes
- 20 min
- 400 cals
- Recipe | Register

Breakfast

Filter

A pop-up overlays the screen when clicking the filter button revealing categorised filters that the user can use to specify their search.

Filter

Calories	Diets	Goals	Nutrients
☐ 50 - 100 Calories	☐ Vegetarian	☐ Boost Your Running	☐ High in Protein
☐ 100 - 200 Calories	☐ Vegan	☐ Boost Your Strength	☐ High in Carbs
☐ 300 - 400 Calories	☐ Pescatarian	☐ Pre - Workout	☐ High in Fiber
☐ 500 - 600 Calories	☐ Keto	☐ Post - Workout	☐ High in Fats
☐ 600 - 700 Calories	☐ Paleo	☐ Recovery	☐ High in Antioxidants
☐ 700 - 800 Calories	☐ Lactose - Free	☐ Few Ingredients	☐ Vitamin Boost
☐ 800 - 900 Calories	☐ Mediterranean	☐ Meal Prep	
☐ 900+ Calories	☐ Gluten - free	☐ Sub 30 min Cooking time	

Apply Filter

Checkboxes
☐ ☑

Home

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Your Fav

Oats & B

Breakfast

Recipe

A pop-up overlays the screen when clicking the recipe button revealing macronutrients, cooking-time, step by step instructions (video and text) as well as ingredients that can be added to the shopping list.

Oats & Berries (5 min)

65%
Carbohydrates

11%
Protein

24%
Fats

Instructions

1. Prepare the Oats
• In a saucepan, combine the rolled oats, milk, vanilla extract, and a pinch of salt.

2. Cook the Oats
• Place the saucepan over medium heat and bring the mixture to a simmer.
• Reduce the heat to low and simmer for about 5-7 minutes, stirring occasionally, until the oats are cooked and the mixture has thickened to your liking.

3. Sweeten the Oats (Optional)
• If you prefer sweeter oatmeal, stir in honey or maple syrup to taste. Adjust the sweetness according to your preference.

4. Prepare the Berries
• While the oats are cooking, wash and prepare the mixed berries. You can slice strawberries and leave smaller berries whole.

Ingredients

- [ ] 1/2 cup old-fashioned rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 1/2 teaspoon vanilla extract
- [ ] 1 tablespoon honey or maple syrup (optional, for sweetness)
- [ ] A pinch of salt
- [ ] 1/2 cup mixed berries (strawberries, blueberries, raspberries, etc.)
- [ ] 1 tablespoon chopped nuts (such as almonds or walnuts) for garnish (optional)

Home

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Breakfast

Exercise & Workouts

This page suggest exercises and workouts tailored to the users needs and preferences. A search function is also provided to the user with the option to filter their search. The page offers vertical scrolling to reveal more genres of workouts. Horizontal scrolling reveals more workouts in the same genre.

Objects in the search section are placed in order of use. Top to bottom. Quick filters as well as more advanced and specific filters are provided to specify search more.

Exercise & Workouts

| Home |
| Schedule |
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🔍 Search for exercises and workouts

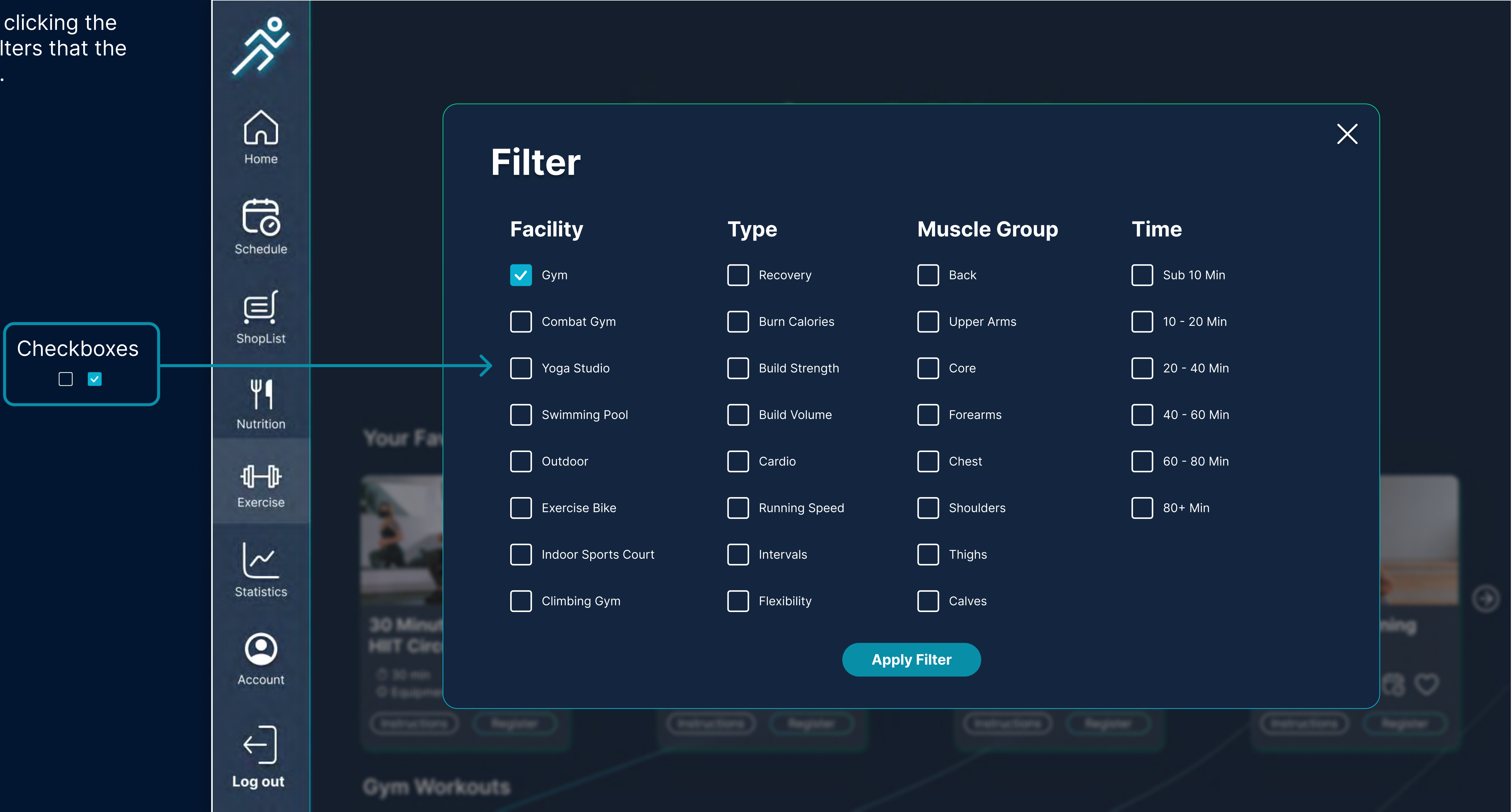(Gym) (Home) (Outdoor) (Sport)

Search

Your Favourites

30 Minute Dumbbell HIIT Circuit

⏱ 30 min
ⓘ Equipment

Instructions   Register

6 Minute Core Workout

⏱ 6 min
ⓘ Bodyweight

Instructions   Register

6 Minute Dynamic Warm-Up

⏱ 6 min
ⓘ Bodyweight

Instructions   Register

12 Minute Morning Yoga

⏱ 12 min
ⓘ Bodyweight

Instructions   Register

Gym Workouts

Filter

A pop-up overlays the screen when clicking the filter button revealing categorised filters that the user can use to specify their search.

Checkboxes
☐ ☑

Filter

Facility	Type	Muscle Group	Time
☑ Gym	☐ Recovery	☐ Back	☐ Sub 10 Min
☐ Combat Gym	☐ Burn Calories	☐ Upper Arms	☐ 10 - 20 Min
☐ Yoga Studio	☐ Build Strength	☐ Core	☐ 20 - 40 Min
☐ Swimming Pool	☐ Build Volume	☐ Forearms	☐ 40 - 60 Min
☐ Outdoor	☐ Cardio	☐ Chest	☐ 60 - 80 Min
☐ Exercise Bike	☐ Running Speed	☐ Shoulders	☐ 80+ Min
☐ Indoor Sports Court	☐ Intervals	☐ Thighs	
☐ Climbing Gym	☐ Flexibility	☐ Calves	

Apply Filter

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Instructions

A pop-up overlays the screen when clicking the instructions button revealing what muscle groups the workout activates, time, step by step instructions (video and text) as well as equipment list for the workout.

Columns scrolls independently in vertical direction if the items exceeds the frame of the pop-up.

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30 Minute Dumbbell HIIT Circuit

65%
Hamstrings

11%
Arms

24%
Core

What's In This Workout

1. **Floor X Raise**
   - 20 Repetitions
2. **Sit Through**
   - 15 Repetitions
3. **Dead Bug**
   - 60 Seconds
4. **Rest 2 Min**
5. **Bent Over Dumbbell Row**
   - 12×2 Repetitions
6. **Dumbbell Curl To Overhead Press**
   - 12×3 Repetitions

Equipment

- Mat or towel
- Pair of dumbbells

Gym Workouts

Goals & Statistics

This page displays the progress of the user's journey towards their goals with the use of widgets tailored to the user's preferences. The user can also add specific goals regarding a specific sport or exercise to motivate them to keep working.

Widget displaying the amount of steps taken each day as well as an average from the last 30 days and the specified goal. The + button can be used to register steps that has not been automatically transferred from device or add new goals.

Widget displaying weight over time as well as the goal in an easy to interpret line-graph. The + button can be used to add/change a goal with their weight as well as register their current weight.

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Goals & Statistics

Weight
Last 90 days

100
98
96
94
92
90
88
86
84
82
80

11/10   22/10   03/11   14/11   25/11   06/12   17/12   29/12   08/01

Goal

Steps
Last 30 days

19 000
17 000
15 000
13 000
11 000
9 000
7 000
5 000
3 000
1 000
0

08/12   12/12   16/12   20/12   24/12   28/12   01/01   05/01   08/01

Average
Goal

Gym
○ Squat 100 Kg
○ Bench press 95 Kg
○ Run 5k sub 20 minutes

Climbing
○ Climb 6c+ on boulder
○ Rope climb 6b+

Add Goals

Widgets showing specific goals categorised after corresponding activity.

Button to add goals in that category.

Account

This page displays the preferences that was added when the account was set-up as well as a widget for the user's profile where they have an option to befriend others that are using the application to get inspiration.

Preferences that resembles the design of when the account was first setup to allow fast interpretation. The user also has the option to edit their preferences by clicking the edit button and delete and/or add new items.

Widget for daily nutritional goals which is based on the users personal information and goals. This can be manually edited if it doesn't suit the user.

Widget showing current and goal weight as well as an approximation of how long it would take them to reach their goal. These elements can be edited manually.

Account

Preferences

Goals [Edit]

[Lose Weight]   [General Fitness]

Diet [Edit]

[Lactose - free]

Facilities & Equipment [Edit]

[Climbing Gym]   [Gym]   [Cross - fit]

Training/week [Edit]

[3-4]   [Gym]   [Cross - fit]

Daily Nutrition Goals [Edit]

Calories	2500
Carbohydrates *325g*	50%
Fat *87g*	30%
Protein *130g*	20%

Weight [Edit]

86 Kg Current → 4 Weeks → 84 Kg Goal

David Boman
23 Years

43 Following | 37 Followers

Find Friends

Edit Profile

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Colour design

Colours

Vibrant and saturated colours to enhance sporty and lively feel.

PRIMARY

#14263F

Secondary

#0aafd0

Accent

#0AD089

TEXT Bright Background

#191718

TEXT Dark Background

#FFFFFF

SECONDARY TEXT

#D9D9D9

HEALTHYAPP

Fuel Your Body. Ignite Your Life.

[LINK TO FIGMA PROTOTYPE](#)