

Assignment 4B

App: Foducate

- **Visibility of system status:** While the tabs on the app are loading you can see a spinning wheel that implies the loading status. It is the same for all of the tabs when reloading or refreshing.
- **Match between system and the real world:** The recording of the daily meals and tracking the calorie intake is pretty straight forward. There is a plus sign in the middle that allows you to add your meal via by scanning the barcode on the packaging or by manually adding it to your food log. You can also add how many glasses of water you have drank along with how much time you exercises for and what types of exercises you completed. You are also able to add notes, which is very similar to that of real life if you were recording your meals and calories on a white board or paper. The weight loss tracker also almost works as if using a scale except you can see the numbers on the app and measurements decreasing.
- **User control and freedom:** As far as navigation goes, it is pretty easy to get around the bar menu. You select whatever tab you want and scroll down or up like most apps. However, it seems you can't swipe either left or right which could be an issue down the road.
- **Consistency and standards:** The content is pretty consistent in each tab according to the information. The online community and recipes seems to be updated daily and pretty active. The notifications are also consistent with your weight loss goals or diet plans.
- **Error prevention:** You are not able to utilize many of the features unless you purchase them, however it prompts you asking to upgrade therefore you know that you are not being tricked into purchasing, which can sometimes be an issue with parents who have children or just individuals who are not as tech savvy. As mentioned above an issue that stuck out with me is that you can't swipe right or left even though there tabs that go from left to right, I find that to be inconvenient as many apps can do that.
- **Recognition rather than recall:** Since the app is based on your own personal account and information it recognizes your daily logins because you have your own profile. Thus, all the information and content is tailored to you.
- **Flexibility and efficiency of use:** I think the fact that it includes a barcode scanner for food items makes it very efficient and convenient to use because sometimes you do not have the time to manually enter all the nutritious information of your meal, so it does it for

you while counting the calories in the portion you ate. Moreover, the weight loss tracker allows you to see how much you are trimming from certain body areas which is great.

- **Aesthetic and minimalist design:** Due to the fact that the app has several components it has a lot of information nevertheless, the app is primarily all in white with black font making it easier to see. You are not able to access everything on the app since some requires purchase of premium version, but overall the design makes it rather easy to navigate and not confusing. The icons are also labeled underneath which is helpful for individuals who may not know what icons stand for exactly.
- **Help users recognize, diagnose, and recover from errors:** If you enter a food item but you do not add the portion amount you ate it will now allow you to add it to your daily food log. Allowing you to actually enter correct amount by taking time to look for it.
- **Help and documentation:** It documents most of your information as mentioned above and save it on the profile. However, I did notice there is no help center available even when looking under setting. There is a “contact us” where it leads directly to an email that you can write their support team if you have any issues other than that they have no other app support available for users which can be a bit troublesome.

App: Lifesum

- **Visibility of system status:** There is no indication that something is not loading such as a progress bar or circle that says so. It just pauses until the tab is ready and fully downloaded.
- **Match between system and the real world:** It allows you to add your meal by either scanning or manually entering it. It is similar to what you would do in real life when writing down what you’ve eaten. The same applies to when you are adding the exercise you have done or how much water you have drank. It also specifically tells you how much carbs or protein you can intake per day to lose weight, which is what you do when counting calories.
- **User control and freedom:** It is pretty easy to navigate and edit your profile. However, a lot of features are locked such as recipes and plans and they can only be accessed if your purchase the premium version.
- **Consistency and standards:** The app is pretty consistent even though there is a lot of information it is separated into tabs. Overall it is pretty intuitive.
- **Error prevention:** As mentioned it does not allow you to see many of the features because you are prompted with a message that asks you to upgrade to view it all. When you are entering a food item to your food log, I noticed there is only an option for a drop

down menu that has the amount and the total calories per that amount. I think this is done as a method to prevent users from adding inaccurate information, while also making it a lot easier to track.

- **Recognition rather than recall:** The app recognizes all your information since it is your own personal account, therefore the content is geared towards you. You are able to go in and edit any of it as well at any time.
- **Flexibility and efficiency of use:** It is very efficient in regards to food preferences as you are able to tailor it according to your diet and allergies. There are several options to such from such as dairy allergy, nut allergy, etc. You are also able to set reminders for yourself which can be very efficient especially when you live a busy life. You can also connect and share via your social media like facebook, however that seems to be the only social media platform it includes.
- **Aesthetic and minimalist design:** It is very aesthetically pleasing as it has little food gifs and emojis that make it entertaining. The background is mainly white and the font is black and gray that it is easily visible. Options that are clickable are highlighted in bright green making it easy to differentiate from what is not.
- **Help users recognize, diagnose, and recover from errors:** If a page does not load up a green refresh circle pops up in the middle prompting you to click it so that the tab refreshes.
- **Help and documentation:** There is a help option that allows you to see FAQ's and other information. On the other hand, there does not appear to be a way to contact them. No way to contact them via email or message support.

App: Lose It!

- **Visibility of system status:** There is nothing that tells me that it is loading it just stays paused. No clear indication of anything occurring.
- **Match between system and the real world:** You are able to manually enter the food item and the portion amount you ate as well as take a picture of a barcode so that it gives you the nutritional information. It is very similar to that of writing down your meals and portions. It gives you a set number of calories to consume per day and the amount of calories suggested per meal of the day.
- **User control and freedom:** You are able to access basic information to track your weight loss and your calorie intake. However, a lot of additional features require premium access.

- **Consistency and standards:** The app is pretty consistent with its purpose as you are able to utilize a good portion to start your weight loss journey.
- **Error prevention:** It includes a drop down menu for food items and weight loss tracking. I believe this is done so that there is less error among users and so that they can accurately log their progress.
- **Recognition rather than recall:** The app is personal to your information and weight loss goals, so it recognizes content for you as soon as you log on as you stay logged on.
- **Flexibility and efficiency of use:** It is pretty efficient considering you can link it to you Apple watch, Fitbit, Garmin, etc. This makes it easier to track a lot of your exercise. I also really love that it offers challenges to complete and has challenge communities so that you can engage with those also partaking or on fitness journeys as well.
- **Aesthetic and minimalist design:** The design is pretty straight forward. You are able to change themes of your background and add pictures, however it is part of the premium package that must be purchased. Icons are labeled and font is in black and gray, but some of the gray font is hard to see. Once you are on a tab the words and icons are highlighted in blue making it a bit easier to see. Clickable options are also highlighted in either green or blue, so that user know.
- **Help users recognize, diagnose, and recover from errors:** You are not able to add something to your profile if the information is incorrect. The option to complete becomes blurred, such as the word “Done” that is usually clickable except it is not in this type of instance.
- **Help and documentation:** I really liked that there is a help center and a separate tab where you are able to ask a question. The help center has a question mark icon making it easy to differentiate. The help center prompts you to the Lose It! Site where you can search issues or see frequent problems that it walks you through. It also includes popular articles relation to nutrition and weight loss which is a very helpful addition.

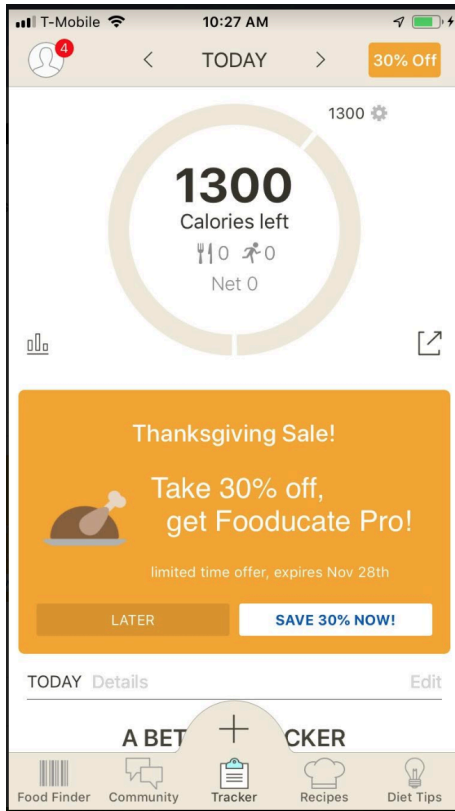
Analysis:

The usability of these three weight loss and calorie intake tracking apps is very similar as they let you scan barcodes of food items for nutritious information or they allow you to search by name. Most of the features are also almost the same as they include, recipes, online communities, food plans, exercise plans, etc. However, while all three are free and can be downloaded to any android or iphone, they also require the purchase of their premium versions which can pose challenges with maximum accessibility of these apps.

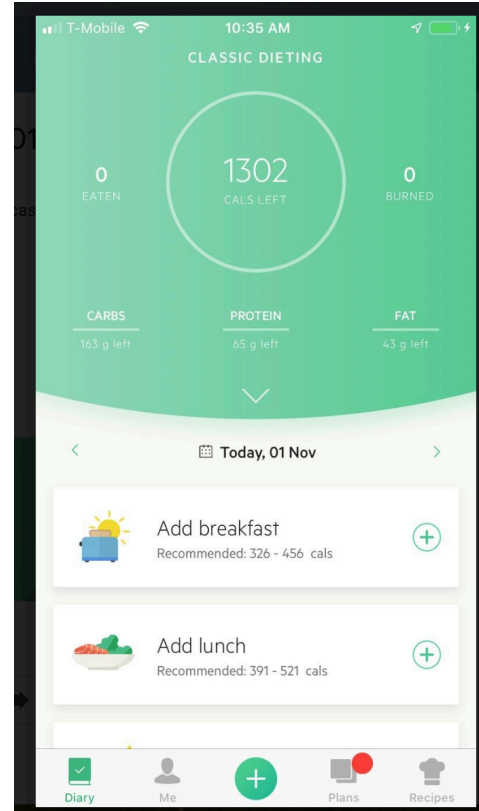
On the other hand, there were also differences among these three apps. Some included features or options that were not in each one. Lifesum included being able to track your weight in lbs, kgs, sts, while Fooducate and Lose it! did not have these options. These can be a downfall when individuals are coming from a country or place where lbs is not the only measurement uses. Lifesum also included a free meal plan test which allowed you to see what type of diet plan best suits your needs, however, you are not able to view the recommended plan unless you purchase the actual premium version. I think adding at least a glimpse or one free trial could be helpful for individuals. This meal plan test was not offered by the other two apps. Regarding the best feature of all is that Lose it! includes a food database region menu where you can choose different foods based on the food you eat. It has about 20 country options. This is an amazing feature because I noticed that in Fooducate and in Lifesum, some ethnic food products were not available. Lifesum also includes a way to sync your app to that of Apple watches, fitbits, and other exercise accessories. This makes it easier to track your exercises. As for Fooducate, one of its best features is its online community, the food tips, and best of all the thousands of food recipes that are included by users along with photos. This is all very motivating to individuals who may be too shy to join a gym or to go out to do fitness related things in social groups. This online community creates a virtual support group that is private and similar to the user. I do not find it very helpful that the other two apps do not offer free food and exercise tips or recipes the way Fooducate does.

Some of the trade offs I would like to add to the redesign of Fooducate are:

- ☐ Food region database menu for more inclusivity of meal
- ☐ Videos of recipes
- ☐ Weight measurements in kgs and sts in addition to others.
- ☐ Meal plan test
- ☐ Exercise tutorials that are free
- ☐ Virtual food nutritionist that can answer questions
- ☐ Weight loss challenges
- ☐ Syncing of app with exercise accessories such as Fitbit and Apple watch
- ☐ Include option to gain weight meaning muscle and strength building, it is important to remember that some individuals may just want to bulk up and be healthier overall.



Fooducate



Lifesum

Lose It!

