FACULTY OF COMPUTING
UTM Johor Bahru

Reflection on DESIGN THINKING (LOW FIDELITY PROTOTYPE)

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Comments by Grader:

When we look back on our project, "My Wellness Buddy," we see how much our research into popular health apps—MyFitnessPal in particular—shaped our strategy. We now have a clear path for future improvements thanks to our lecturer's wise suggestions regarding device integration. Examples of these include IoT connections for monitoring blood sugar and heart rate and smartwatch connectivity for tracking exercise.

Our prototype has found resonance with key insights from MyFitnessPal's video workout integration, highlighting the significance of providing a varied library of customized video-based exercises. Our project's fundamental values are perfectly aligned with our shared commitment to offering a customized user experience.

We're planning to grow our video workout section going forward, motivated by the popularity of apps like MyFitnessPal. We want to develop a complete fitness application that offers a wide range of video-based workouts along with personalized guidance, all for the benefit of our users. To do this, we plan to integrate a wider variety of exercises and improve the user experience. Our application will become even more dynamic and impactful with the potential for IoT integration, which opens up exciting possibilities for monitoring health metrics.