Smart scale app "weightlight"

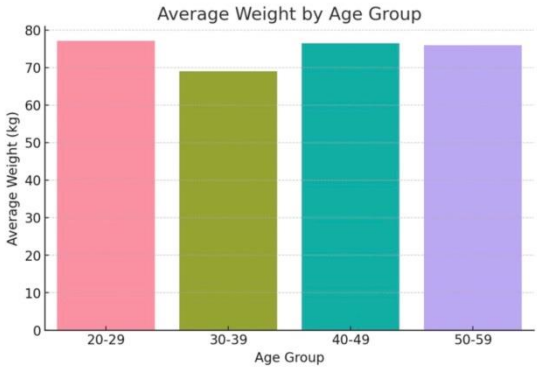
PACT

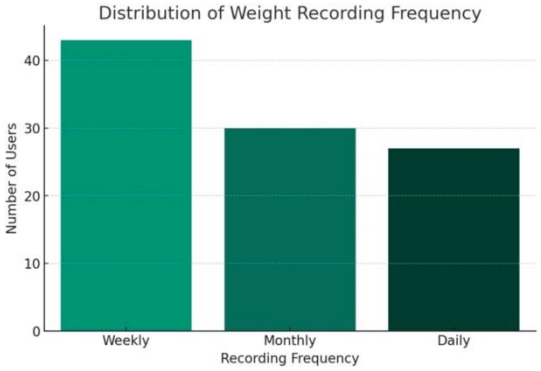
• User characteristics: The target user group consists primarily of adults between the ages of 20 and 50 who are concerned about health management and weight monitoring.
Needs and motivations: Users need an easy-to-use, full-featured app to track and manage weight. Their motivations include health management, weight loss, and body maintenance.
• Skills and limitations: Most users have a basic ability to operate smart devices, but some users may not be familiar with new technologies.

• Common activities: Users use the scale daily to track their weight and view weight trends, meal records and exercise recommendations through the app.
• Activity frequency: Most users use the scale daily or at least once a week.
• Activity importance: These activities are essential for users to continuously monitor and improve their health.

• Use environment: Users use the scale at home or at the gym. Use cases include when you wake up in the morning, after exercise, or whenever you need to check your weight.
• Socio-cultural environment: Increased health awareness and the popularity of smart health devices provide a favorable socio-cultural context for the use of scale applications.

• Prior art: Many scale applications on the market today feature Bluetooth synchronization, data analysis and health advice.
Technical challenges: how to provide accurate and personalized health management services while ensuring user privacy and data security.





• The X-axis represents different age groups (20-29, 30-39, 40-49, 50-59).
• The Y-axis shows the average weight in kilograms (kg).
• The bars indicate the average weight for each age group.

• The X-axis represents the frequency of weight recording: Daily, Weekly, and Monthly.
• The Y-axis shows the number of users for each frequency category.
• The bars indicate how many users fall into each category.

Students in the new environment, eating habits and lifestyle may change significantly. This change can cause weight fluctuations, so using a scale to monitor weight changes becomes an important tool for them to adapt to their new environment.
International students often need to live independently, and self-management skills become particularly important. Scale provided
It's an easy way to self-monitor and manage your health, especially in the midst of a busy study life. Health awareness: With the general improvement of health awareness, more and more young people, including international students, began to pay attention to their physical conditions. Weight is an important indicator of health, and a scale can help them monitor and manage their weight.
Science and technology affinity: international students are generally young and have a high acceptance of new technologies. Smart scales often have the ability to connect to a smartphone app to provide more data analysis and customized health advice, which is very attractive for tech-sensitive young international students.
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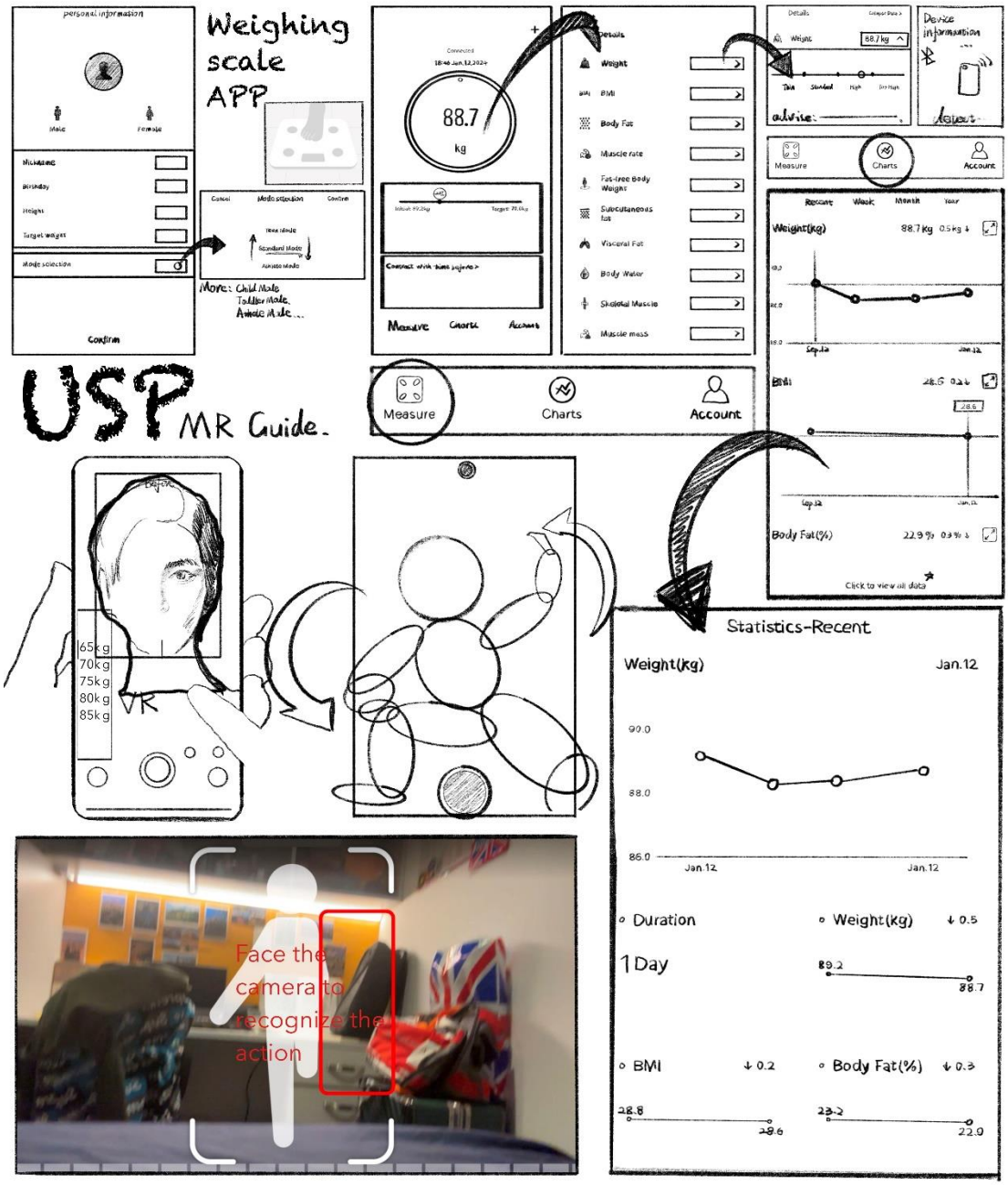
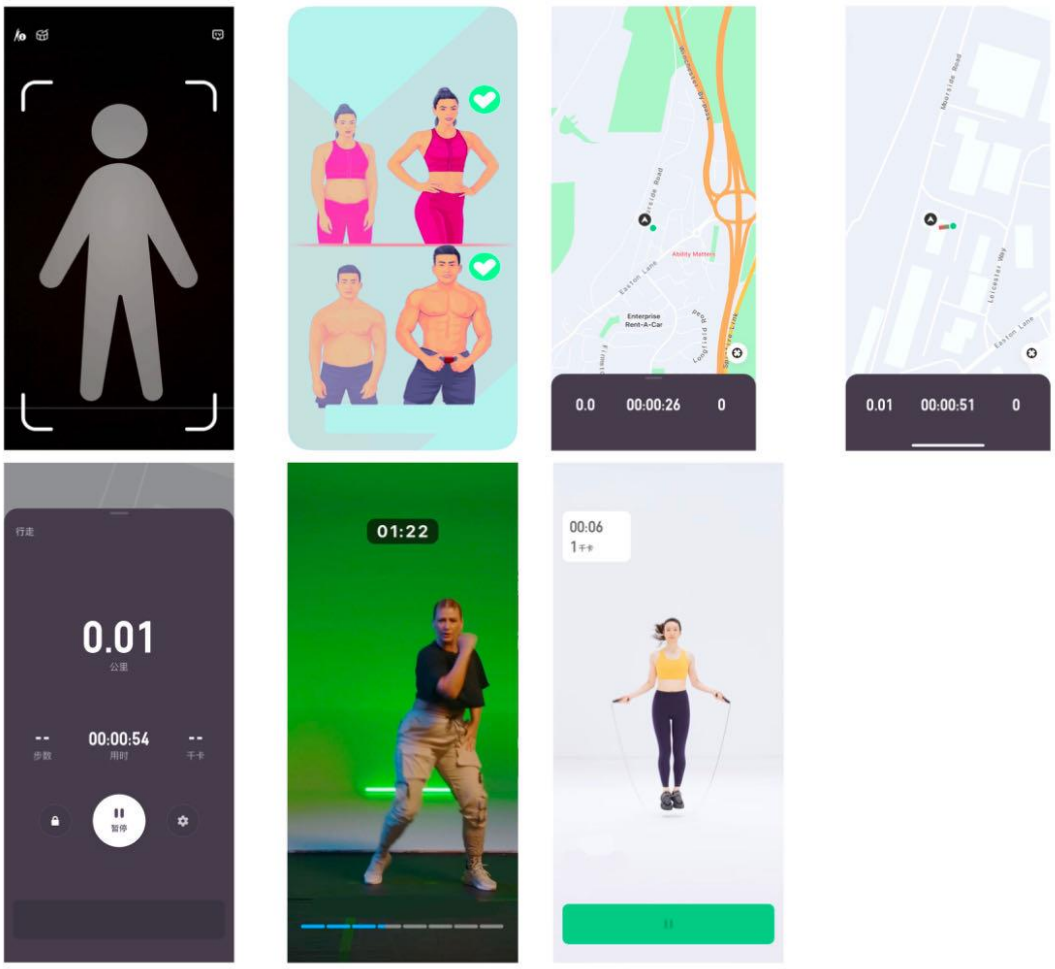
Wireframing & Preliminary Features:



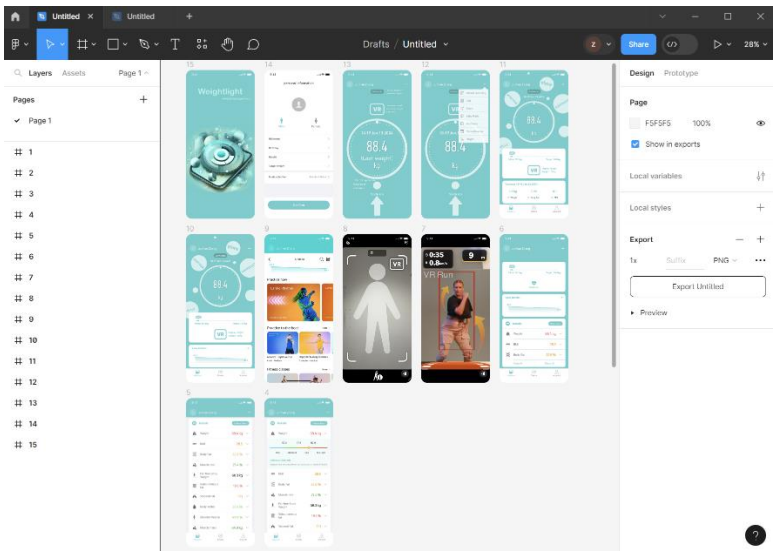
In addition to the ability to view and compare various body indicators through the scale app, there is also an emotional design: users can check their ideal weight through the VR function attached to the app, so as to motivate themselves to manage their body. At the same time, the VR function is also applied to VR fitness guidance, and the system recommends different "VR fitness" courses according to the user's various physical indicators.

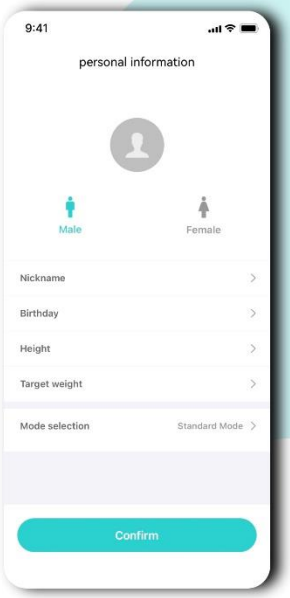
The first generation design:



The running training mode was added to the software, but this function was too common in major fitness software, so this function was banned to strengthen the research of VR function as the USP of this software.

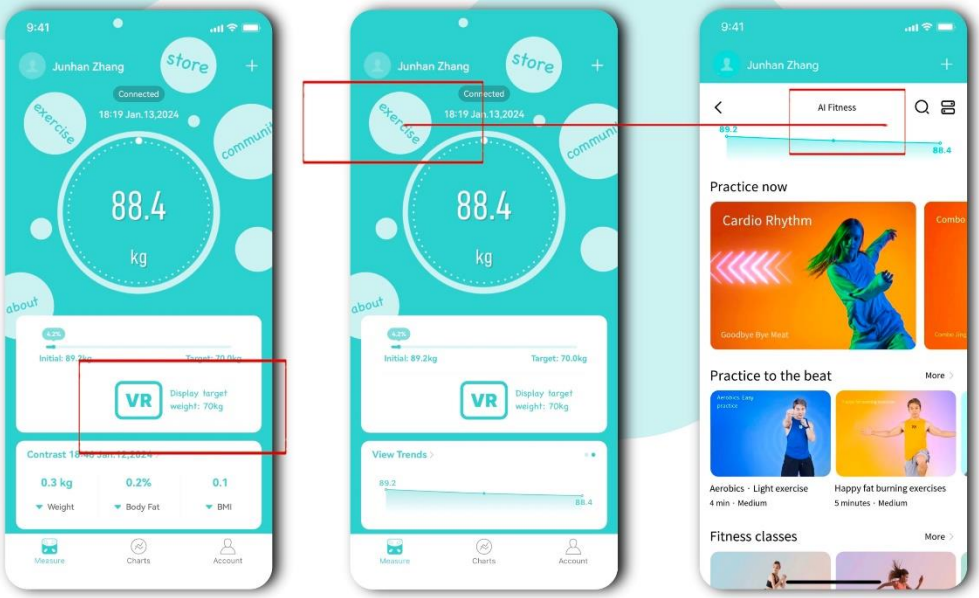
Authoring Interface:

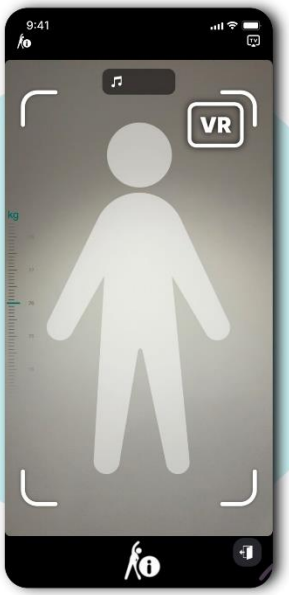




Research user data in the early stage to ensure accurate calculation of body indicators.

See the comments in the figure for the function description





See what your ideal weight looks like through vr, and recommend the right vr fitness class for you

See the comments in the figure for the function description

Practice to the beat

VR

Various vr fitness classes!

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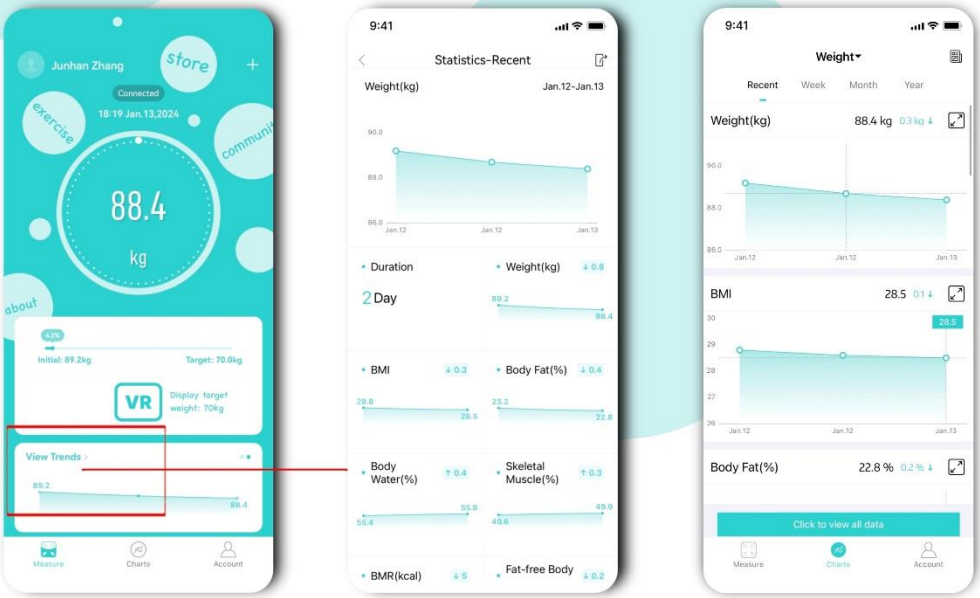
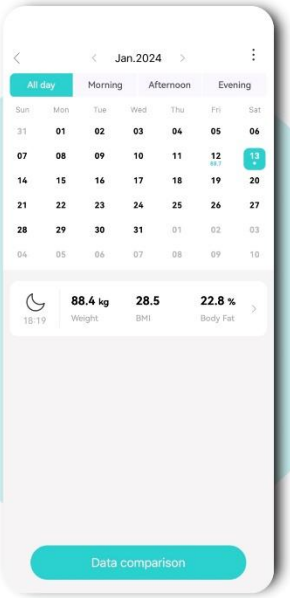
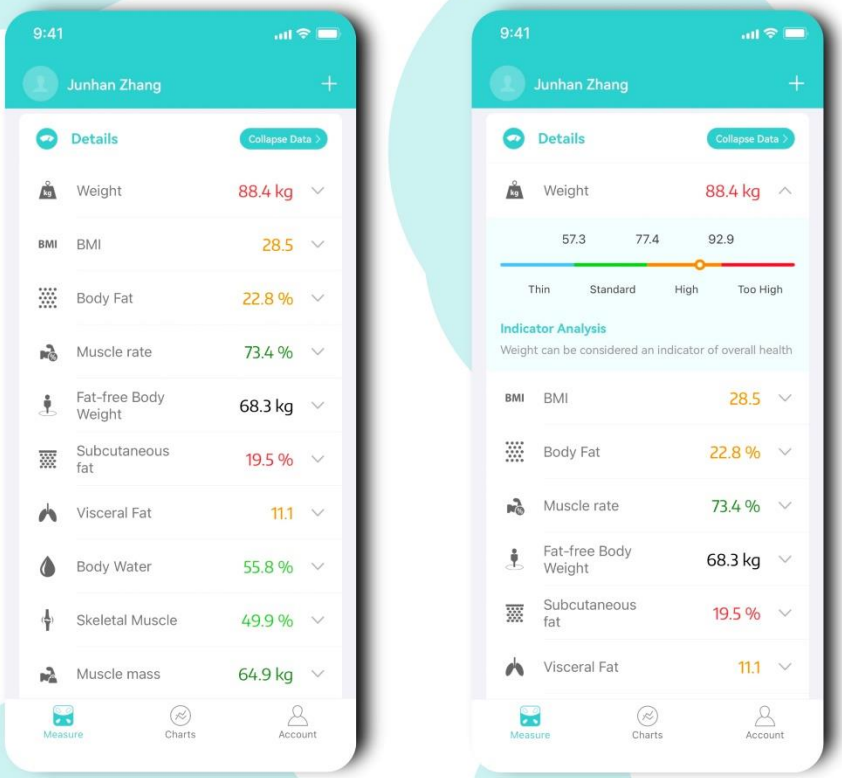




A more intuitive look at the trends of various indicators over different time periods

See the comments in the figure for the function description



Use the smart scale to know the indicators and give advice!

See the comments in the figure for the function description

App test link: https://youtube.com/shorts/Or7cP8T9T4s?si=7VcmjLypdpRv2n73