

Capstone

Part 3



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Capstone

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Research Review

Research Review

Problem Space

The impact of COVID-19 on everyday life has been different for everyone, but the mental health and physical well-being of Millennials has been affected the most. Our strained mental health could be here for the long term, according to new research released more than six months into the COVID-19 pandemic and being physically inactive contributes to that. Strained mental health for millennials is a large ongoing problem, but COVID-19 has intensified it.

Research Review

How Might We

use Millennials' increased interest in non-traditional types of physical fitness to increase their activity during COVID-19, in order to actively regulate their mood, and improve their mental health and wellness?

Research Review

User Story 1

Epic: Explore

User Story: As an Active Millennial I want to book a variety of different physical activities so that I can keep learning new skills and feel better about my health.

User Story: Booking a new physical activity from the explore page.

User Story 2

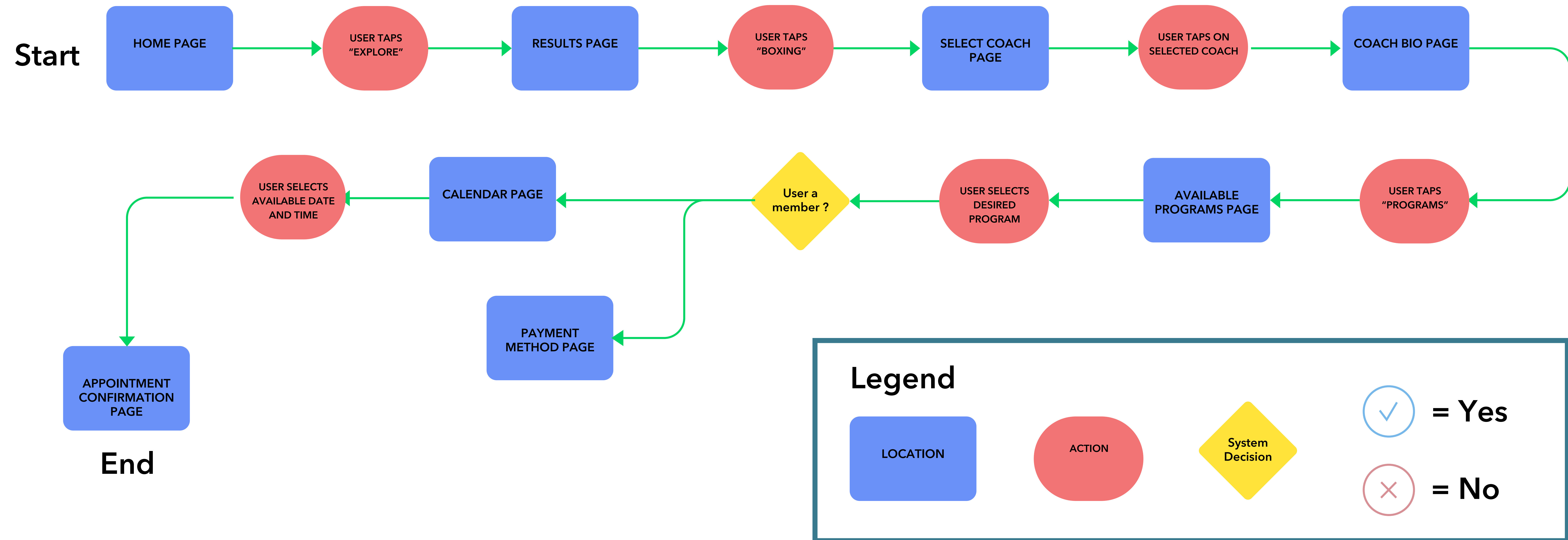
Epic: Tracking

User Story: As an Active Millennial I want to track my mood before and after workouts so that I can know where my emotional state has to be in order to optimize my sessions.

User Story: Completing an activity, and checking personal mood tracking charts.

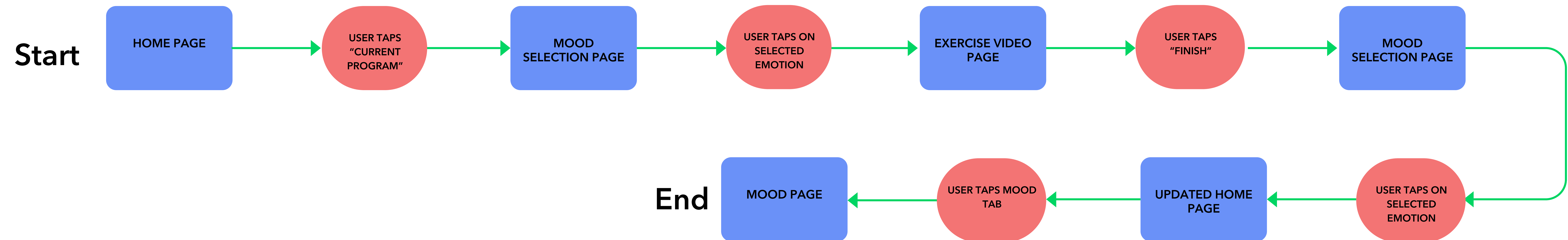
Research Review

Task Flow 1

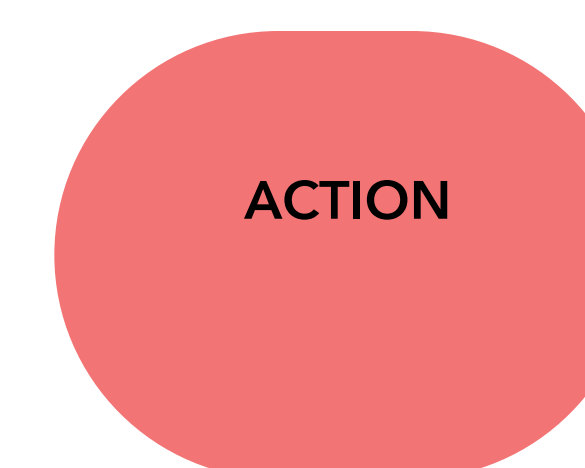
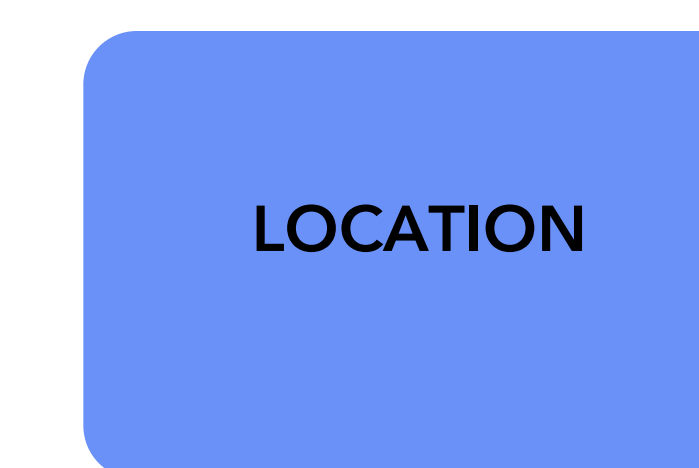


Research Review

Task Flow 2



Legend



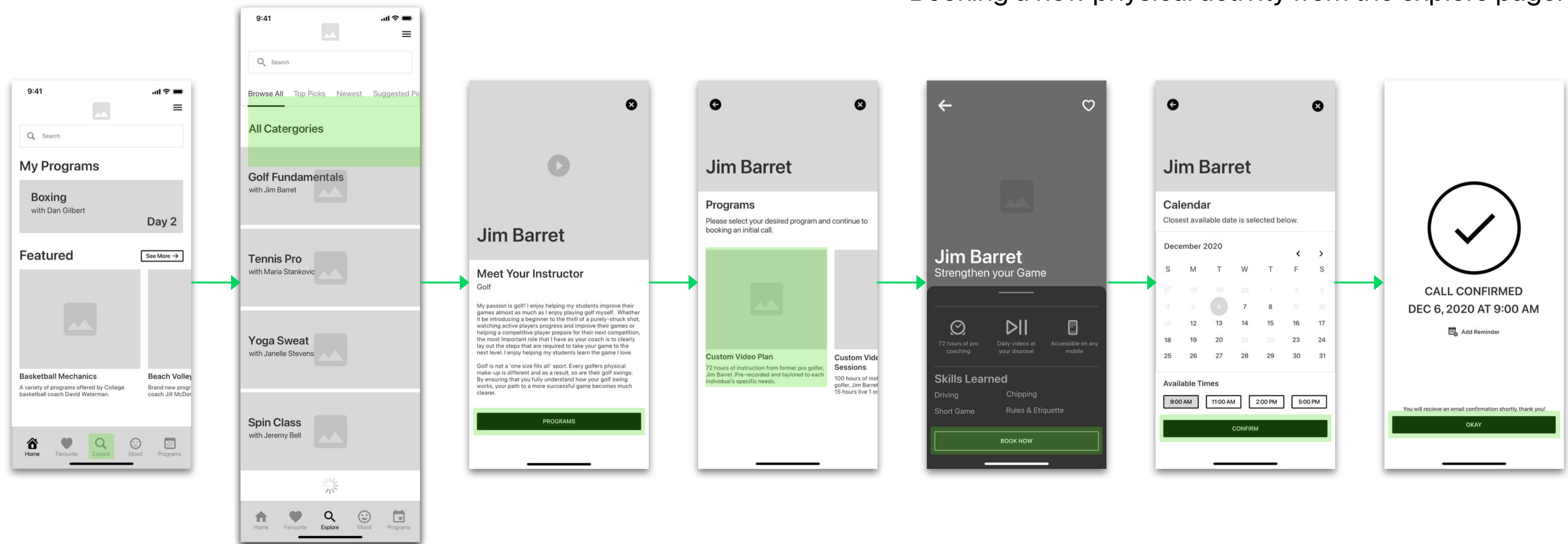
✓ = Yes

✗ = No

Research Review

Wireflow 1

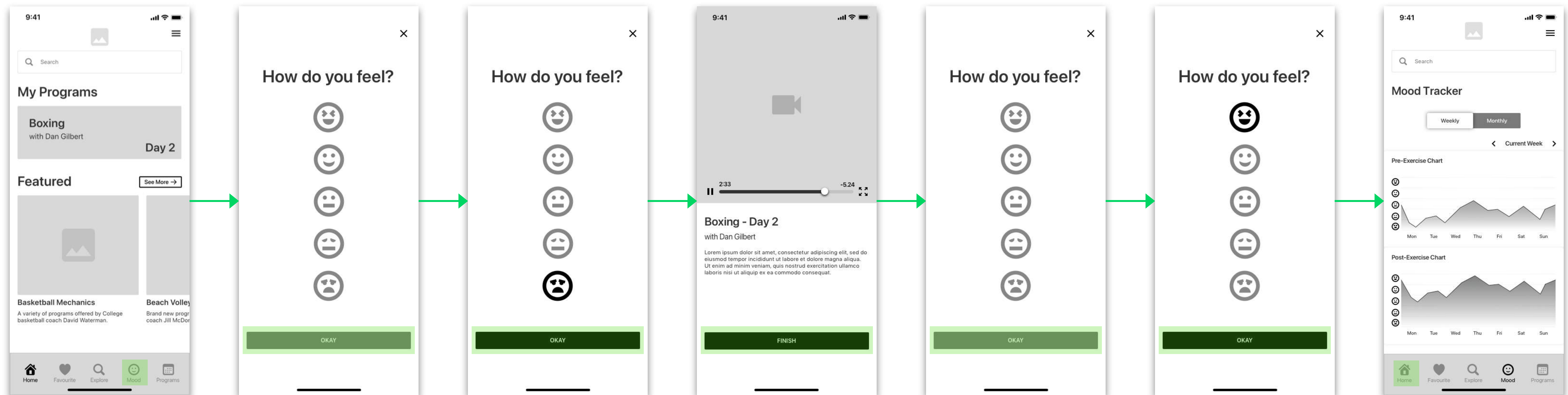
*Booking a new physical activity from the explore page.



Research Review

Wireflow 2

*Completing an activity, and checking personal mood tracking charts.



Capstone

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Visual Identity

Visual Identity

Brand Exploration

My brand embodies...

1. Calm
2. Active
3. Peaceful
4. Healthy
5. Zen
6. Happy
7. Motivated
8. Productive
9. Natural
10. Minimal

My brand is more A than B

- My brand is more inclusive than exclusive
- My brand is more minimal than busy
- My brand is more energetic than lethargic

List of possible brand names

Active	→	Activ, Active, activ
Zen	→	ZenFit, zenfit, Zenfit, Zen, zen
Mind	→	MindBody, Mindful
Growth	→	Motivay, Motive, Evolv

Top Picks

Moodboard



Primary



Visual Identity

Colour Injection

Selected Brand Colours



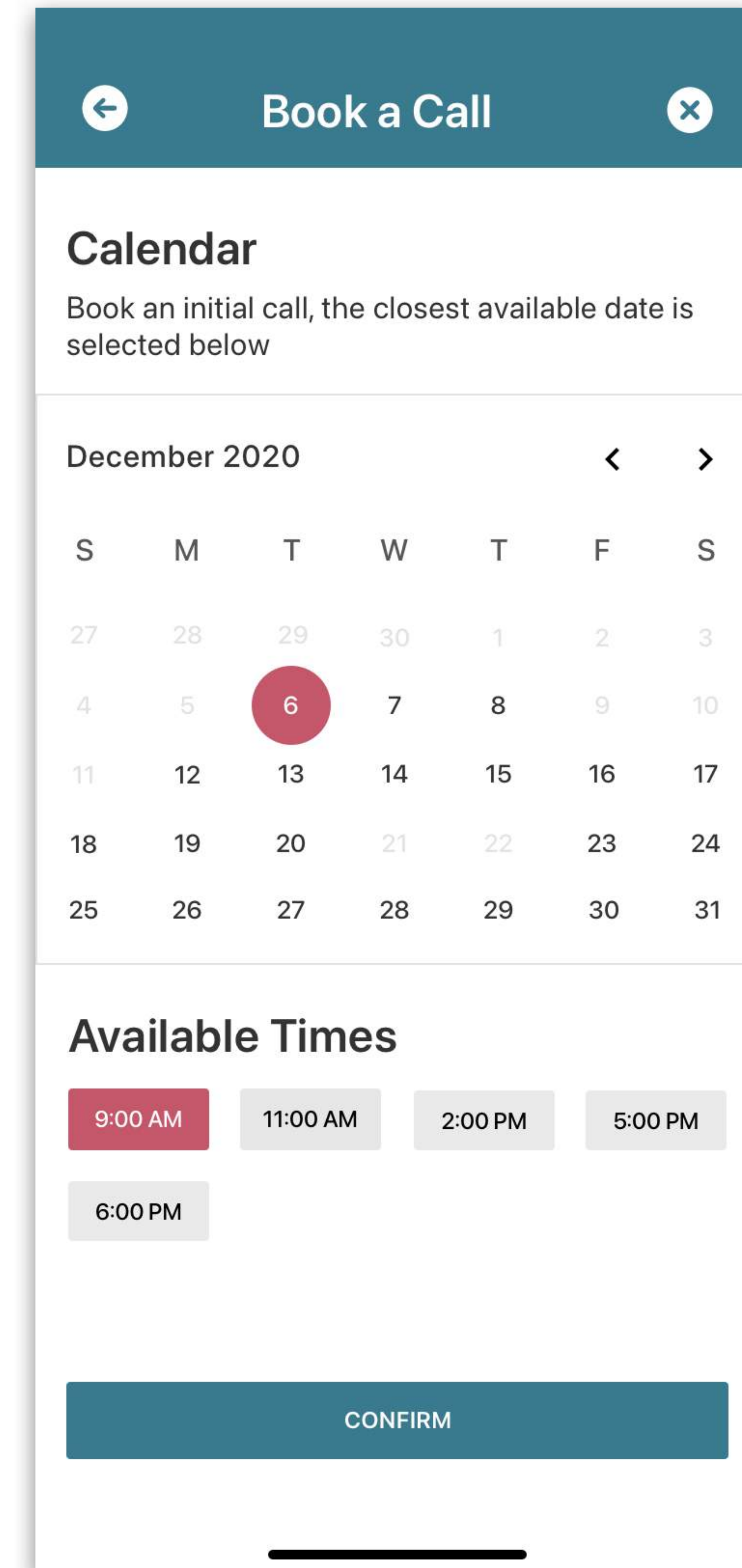
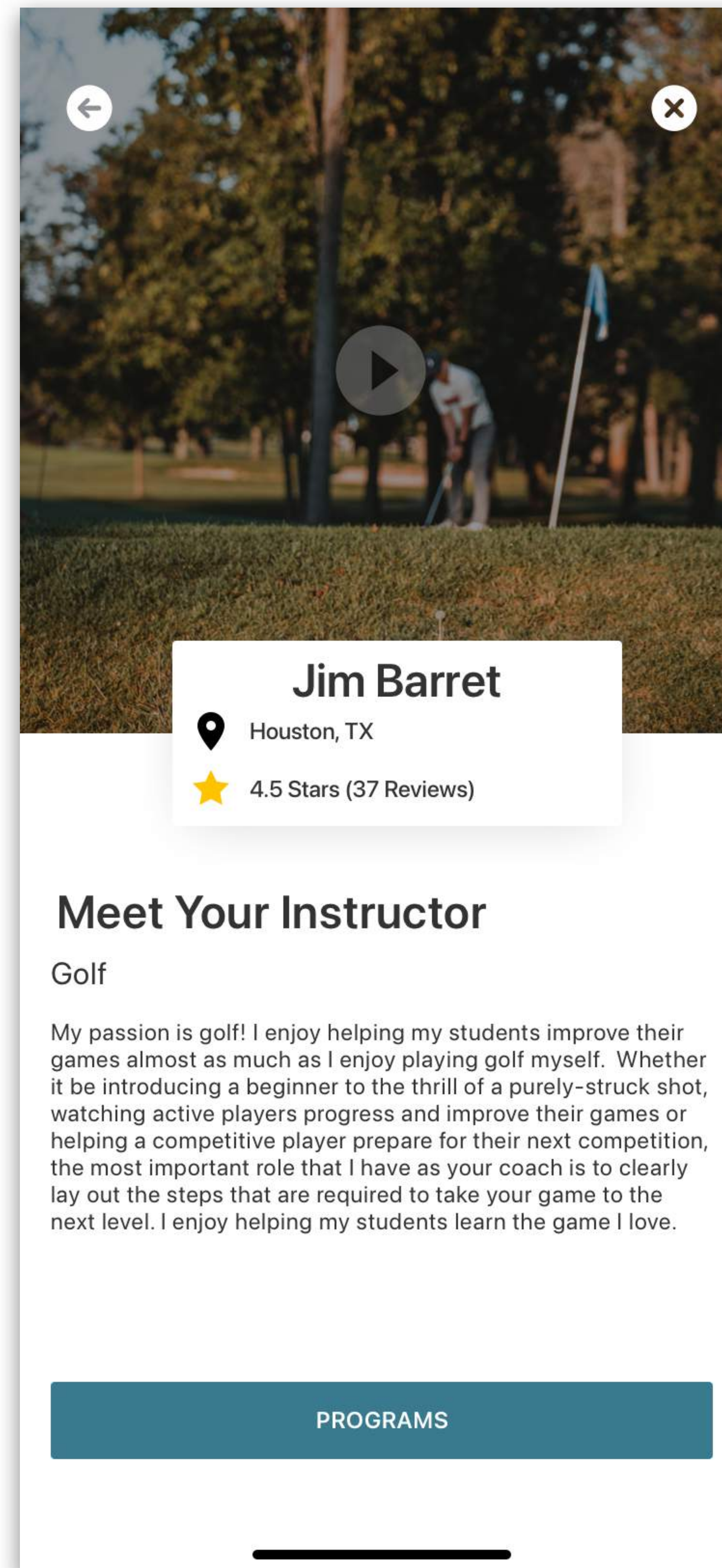
White
#FFFFFF
60%



Ocean Blue
#397A8E
30%

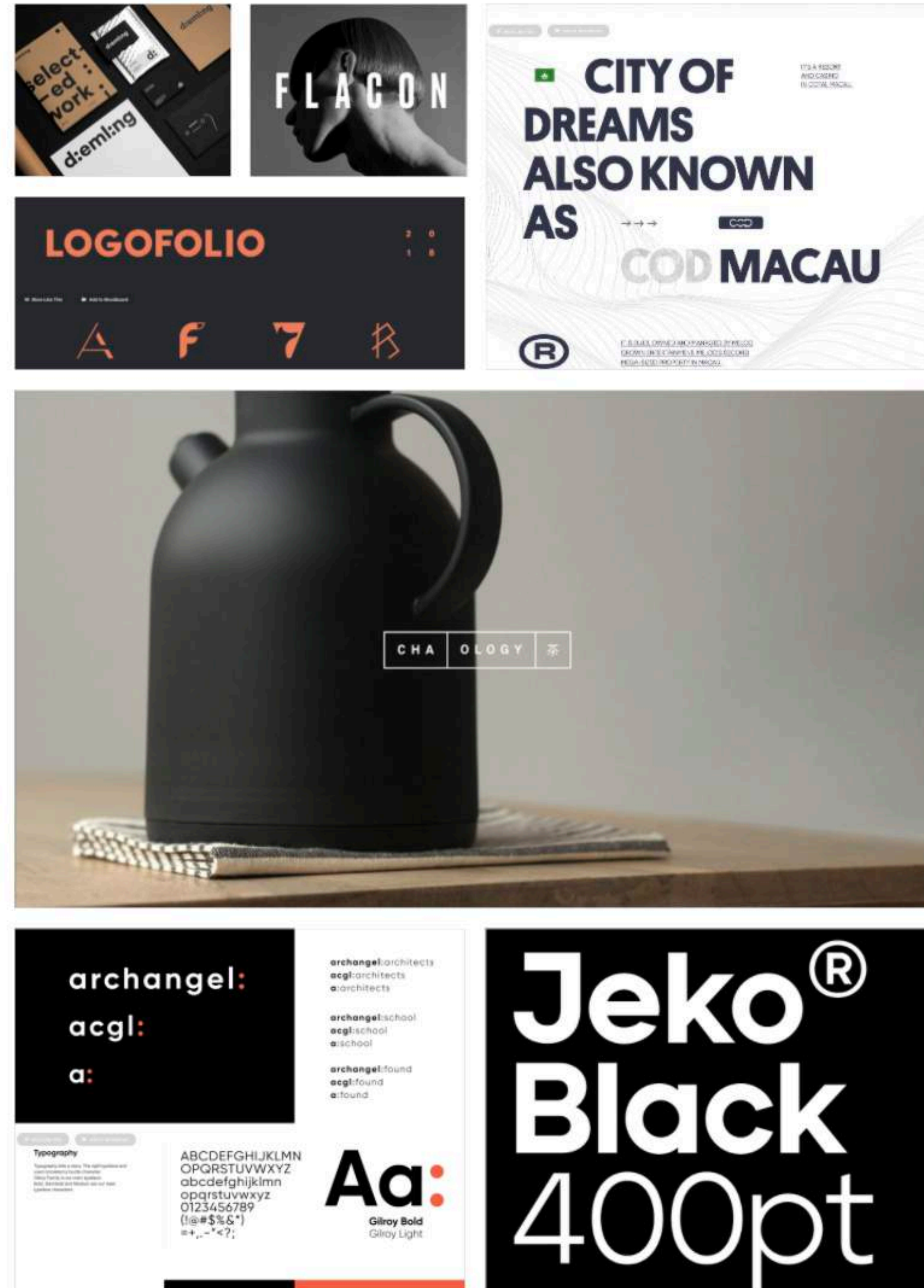


Coral
#C5576B
60%



Visual Identity

Typographic Moodboard



Selected Typeface

Font Family: SF Pro Display

Bold

AaBbCcDdEeFfGgHhIiJjKkLlMmNnOoPpQqRrSsTtUuVvWwXxYyZz

SemiBold

AaBbCcDdEeFfGgHhIiJjKkLlMmNnOoPpQqRrSsTtUuVvWwXxYyZz

Medium

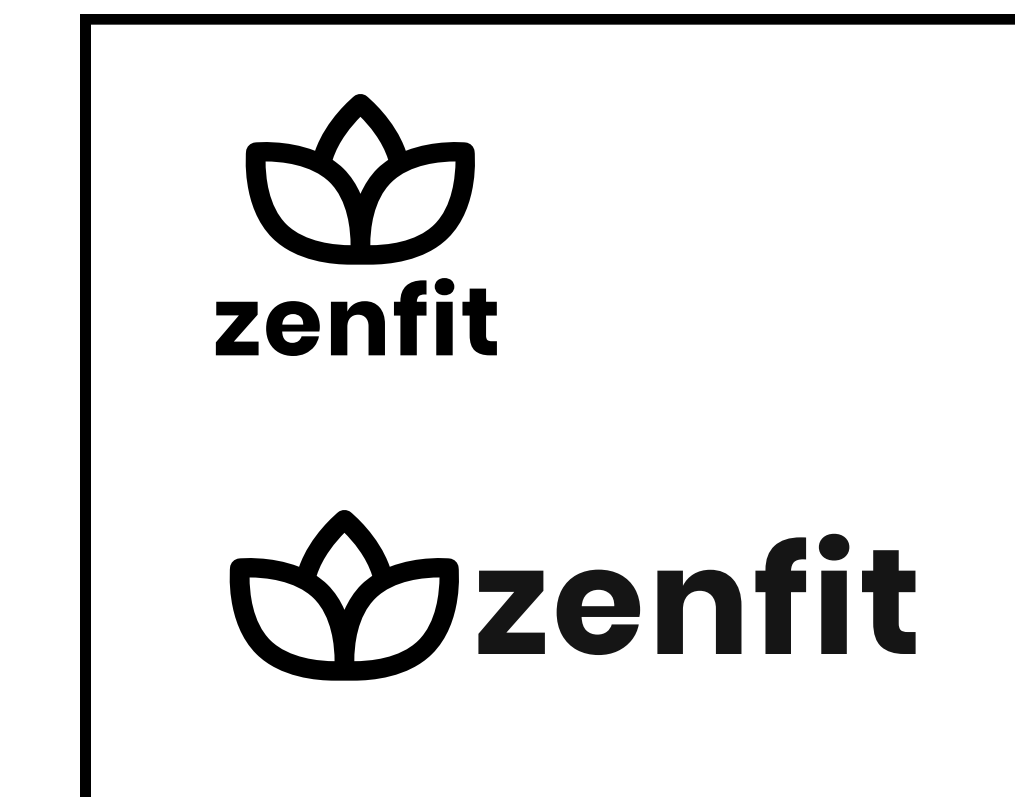
AaBbCcDdEeFfGgHhIiJjKkLlMmNnOoPpQqRrSsTtUuVvWwXxYyZz

Regular

AaBbCcDdEeFfGgHhIiJjKkLlMmNnOoPpQqRrSsTtUuVvWwXxYyZz

Visual Identity

Brand Name Sketches



Visual Identity

Application Icon



Icon 24px



Icon 128px



Icon 256px



Icon 512px

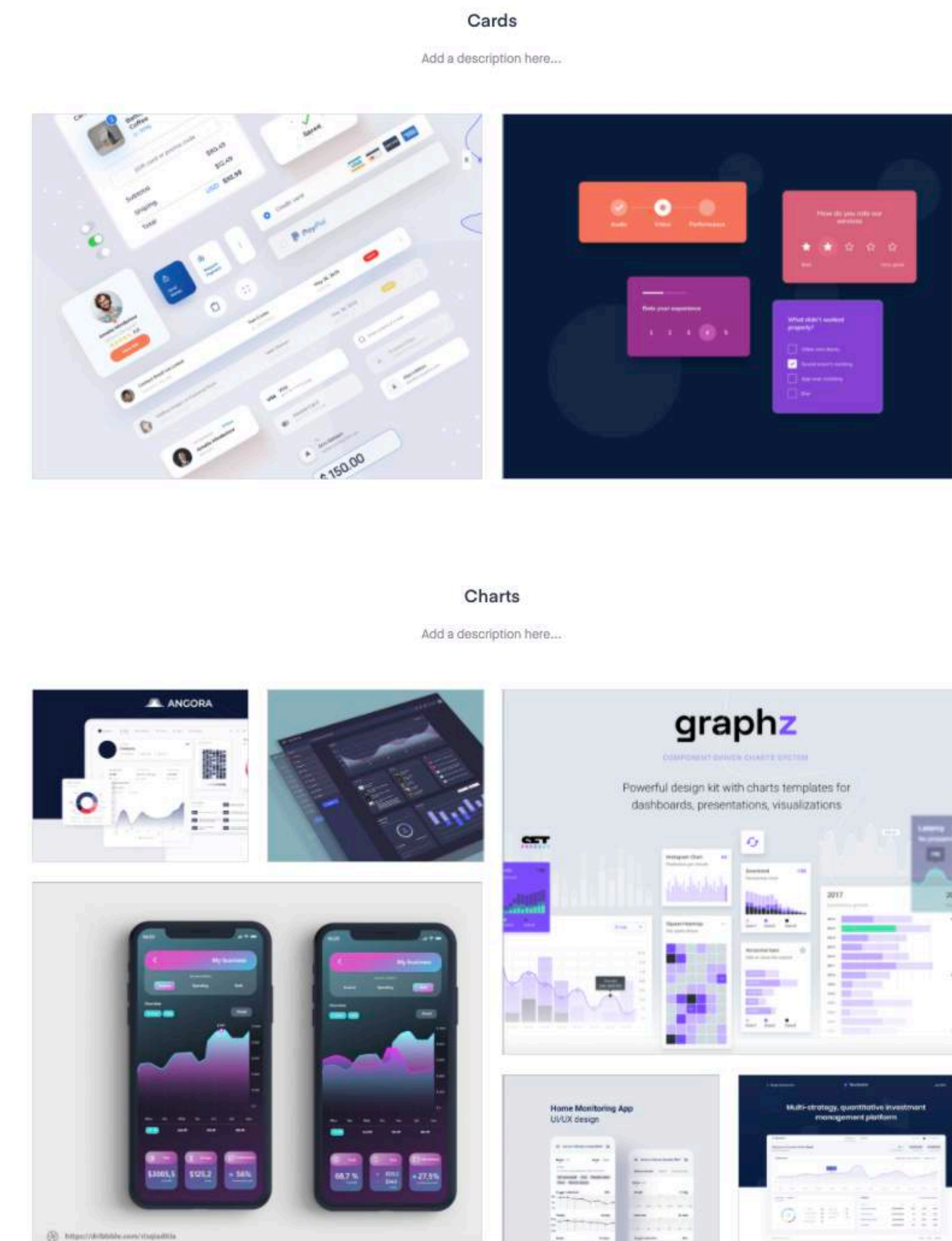
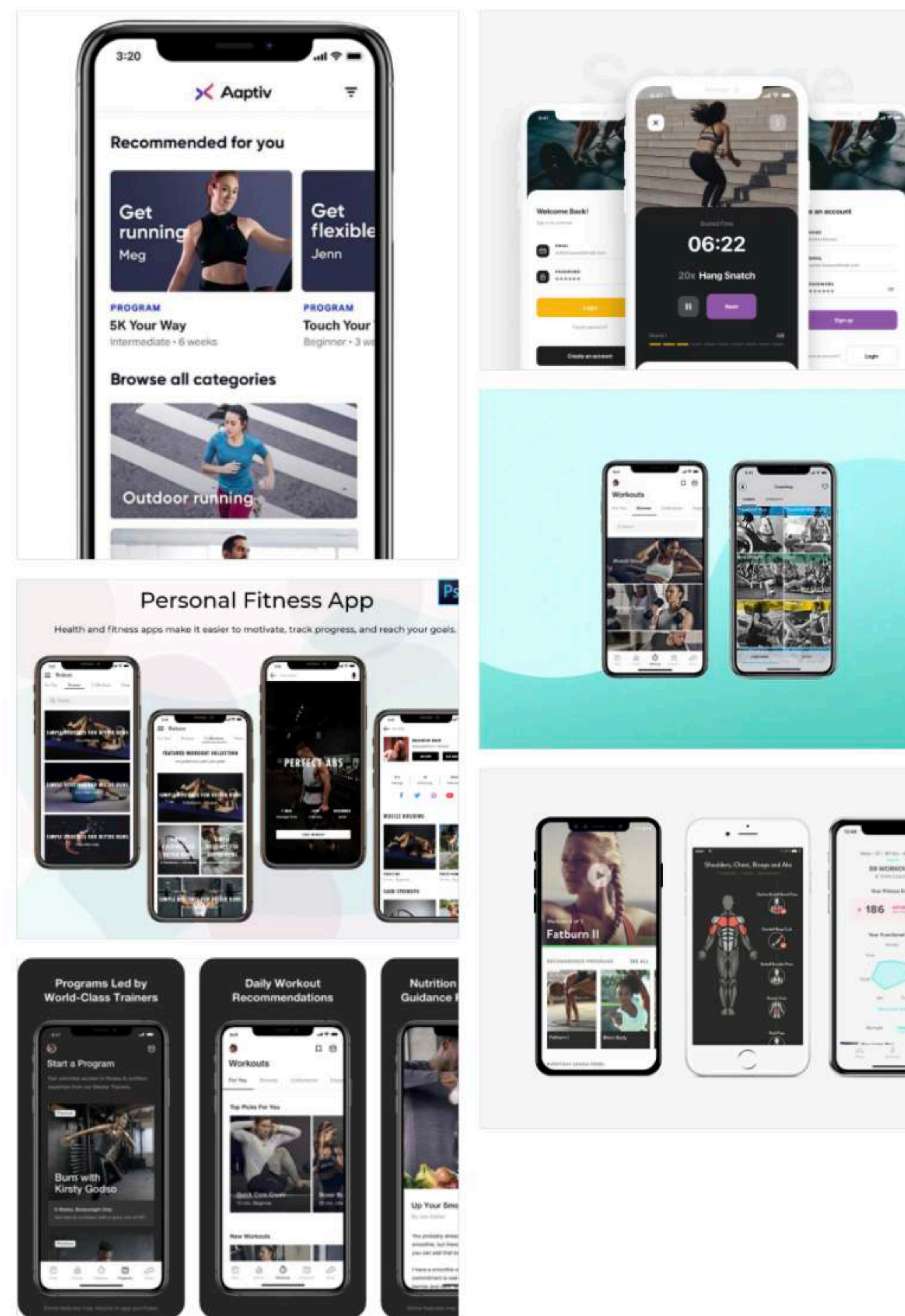
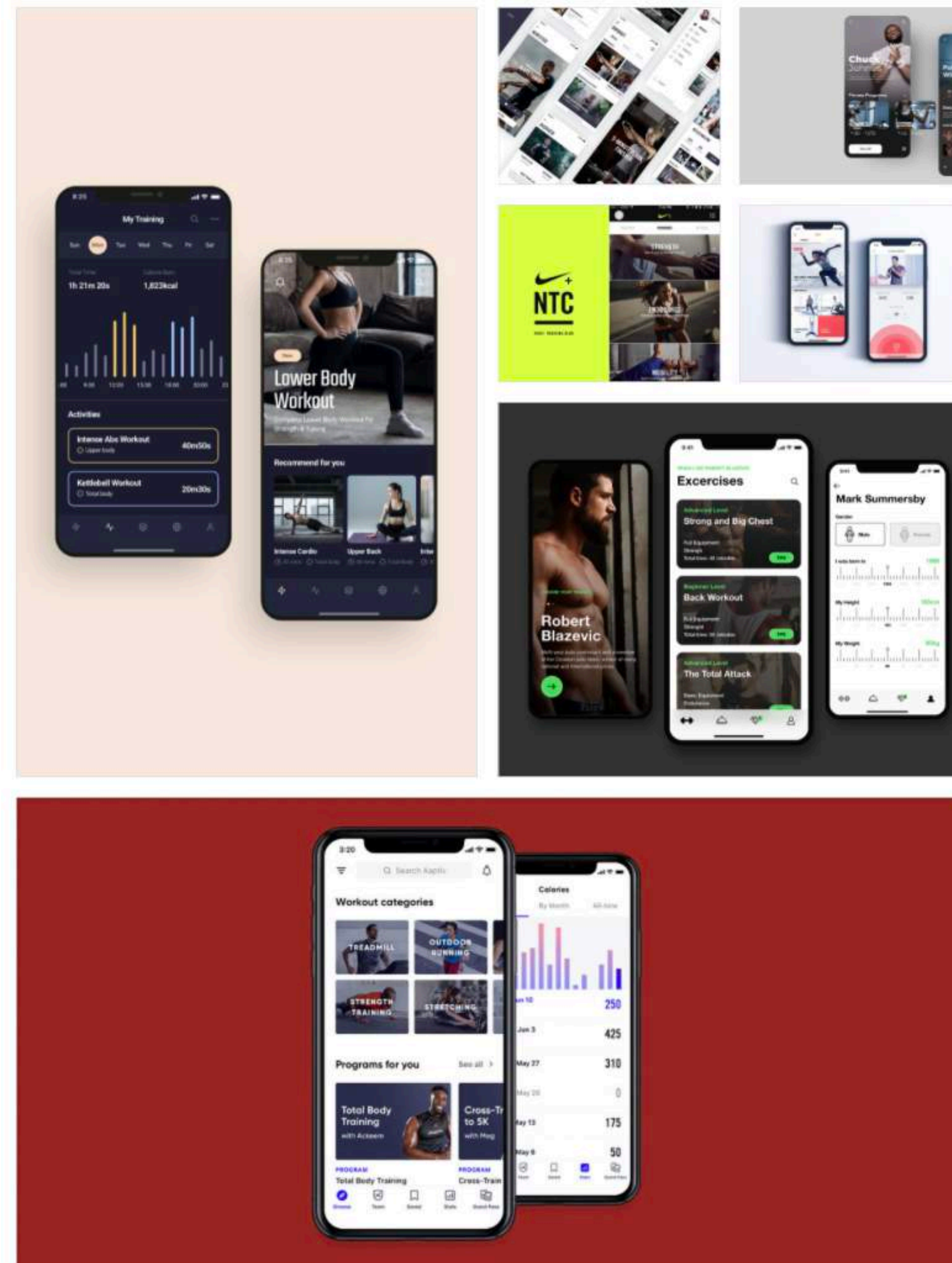
Capstone

Part 3

Mobile App Design

Mobile App Design

UI Moodboards

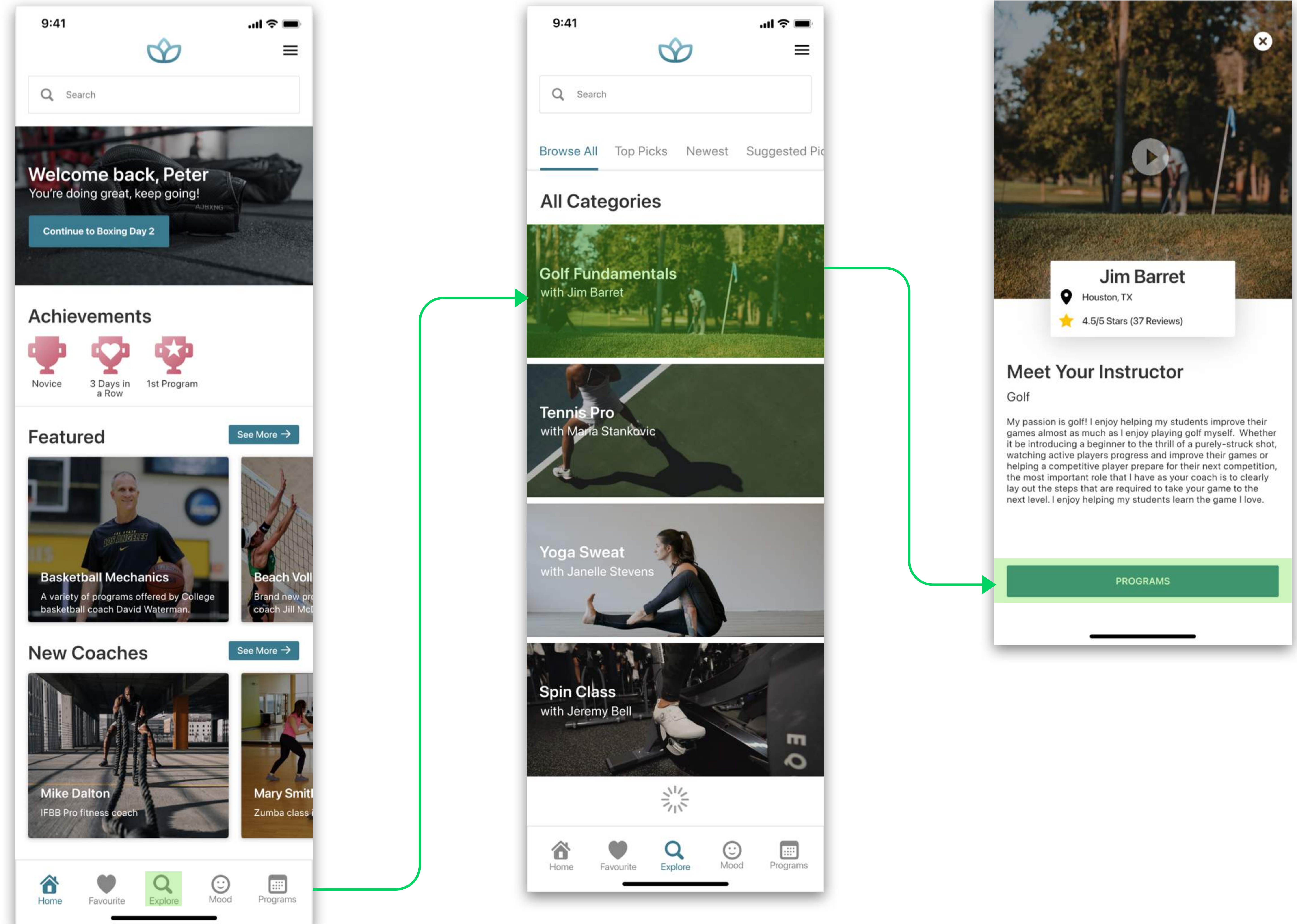


<https://projects.invisionapp.com/boards/AD414R03BKT/>

Mobile App Design

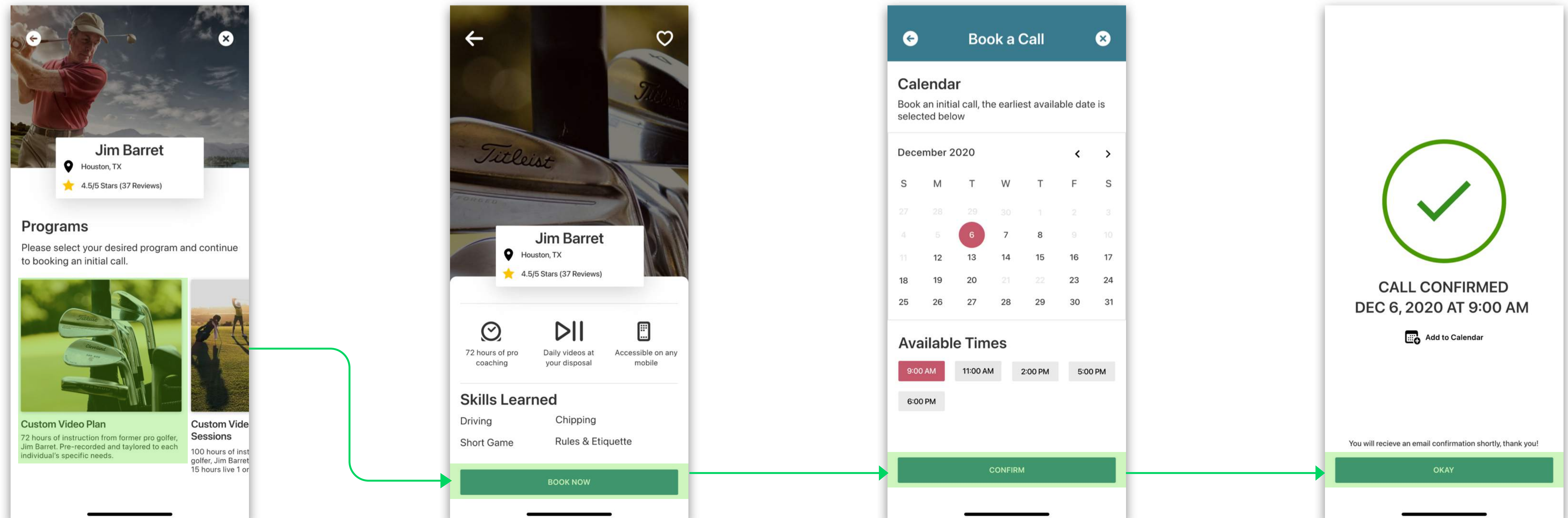
Hi-Fi Wireflow 1

Once my brand colours were chosen, typeface was selected, colour injection tests were completed and UI inspiration moodboard done, I was able to start my Mobile App Design.



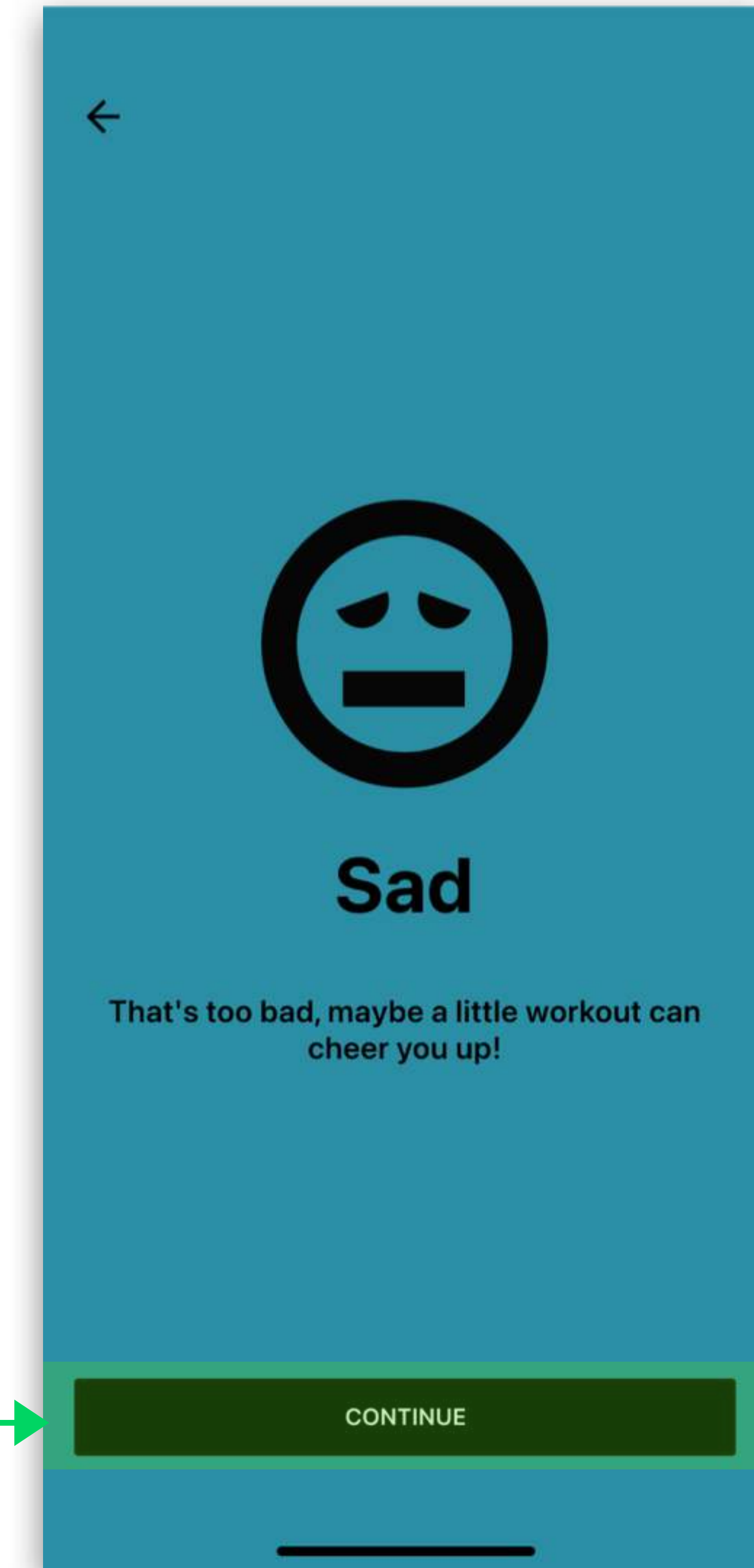
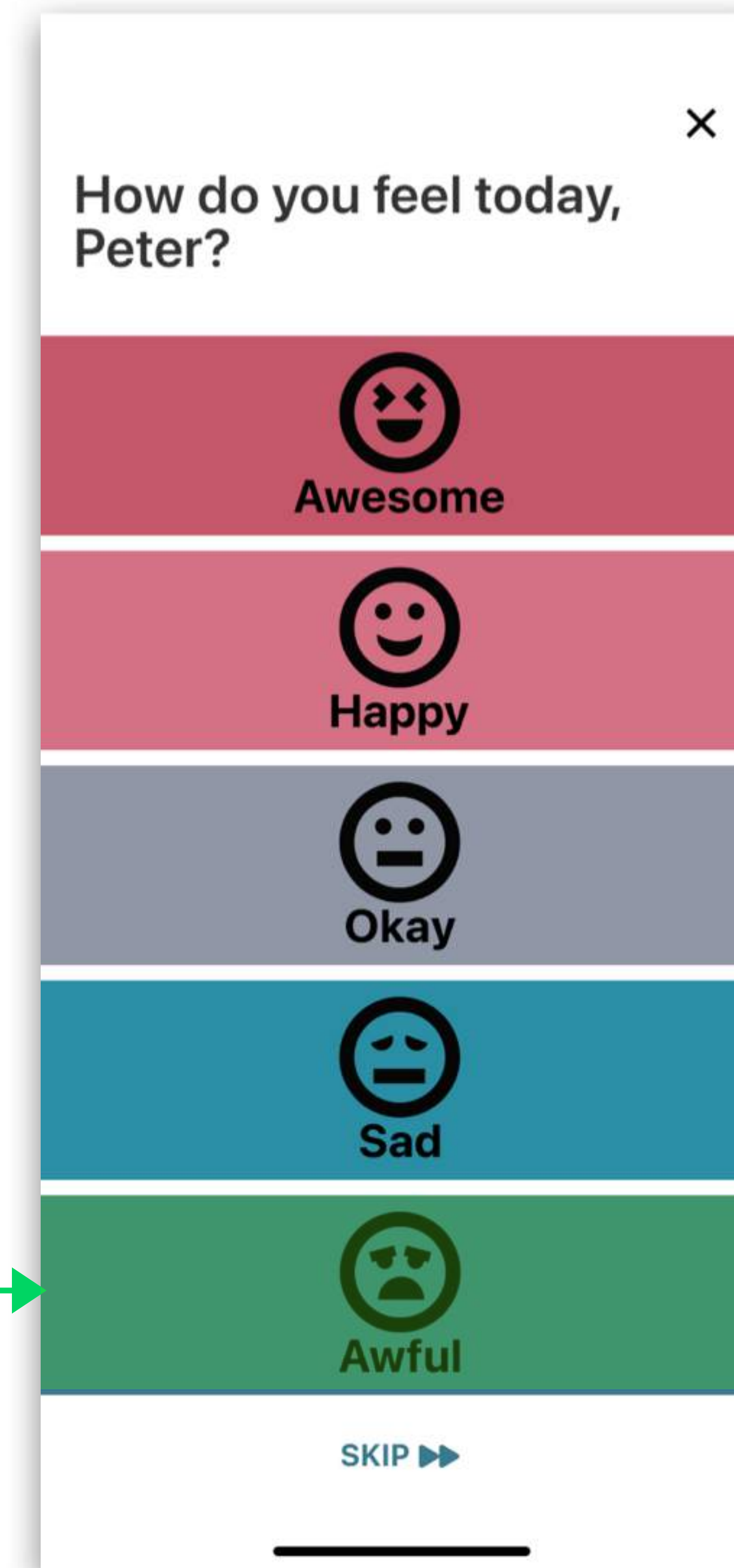
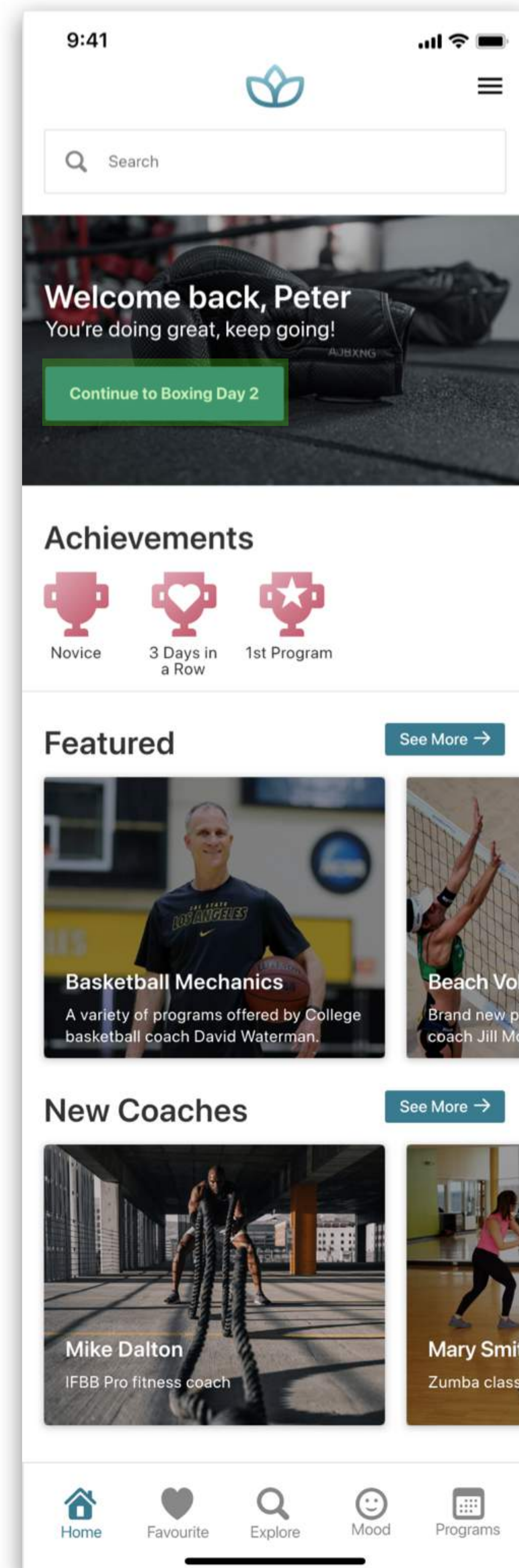
Mobile App Design

Hi-Fi Wireflow 1



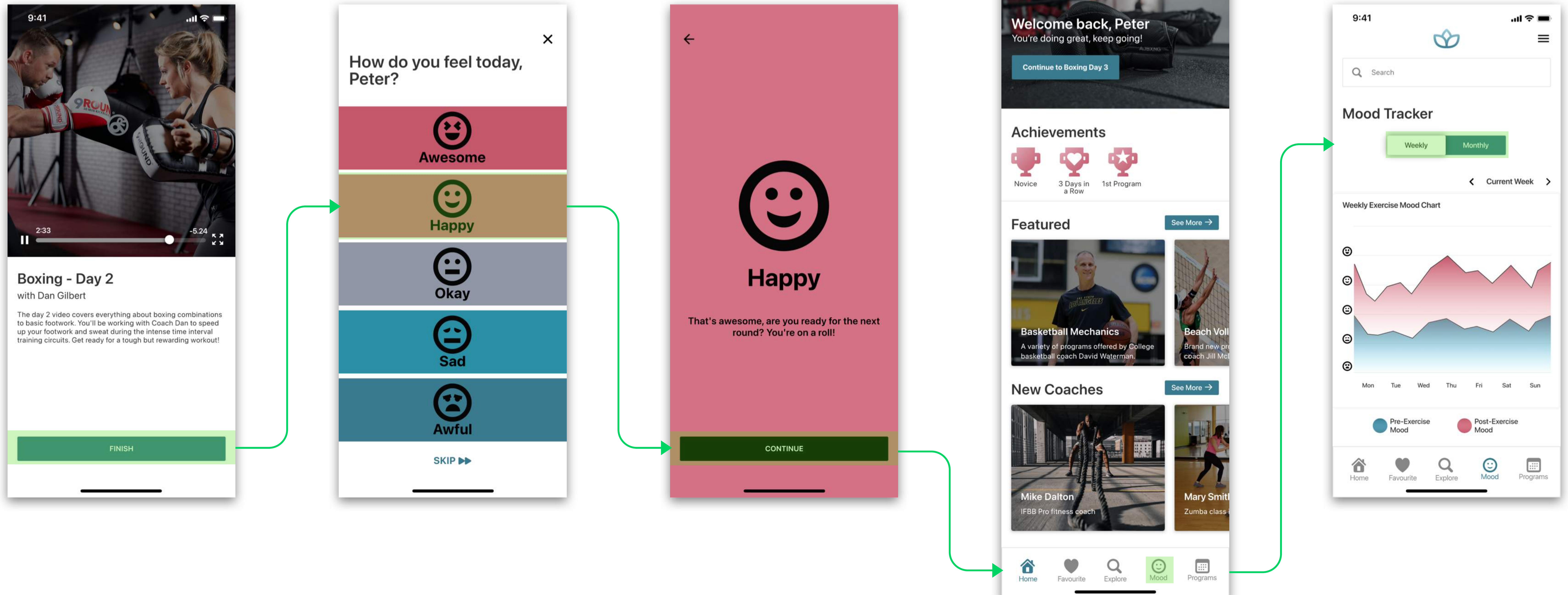
Mobile App Design

Hi-Fi Wireflow 2



Mobile App Design

Hi-Fi Wireflow 2



Mobile App Design

Hi-Fi Prototype

<https://projects.invisionapp.com/prototype/Capstone-HiFi-Prototype-ckhtufurz01lc9401alc7o6kt/play/>



Capstone

Part 3

UI Library

Zenfit UI Library

Fundamentals

Colours

Zenfit is a brand that embodies and active lifestyle with an anchored mindfulness. The colours Ocean Blue and Coral are a salute to the Ocean which can be calming but also active and relentless.

Primary



Ocean Blue
#397A8E
rgb(57, 122, 142)



Coral
#C5576B
rgb(197, 87, 107)




White
#FFFFFF
rgb(255, 255, 255)

Gradients

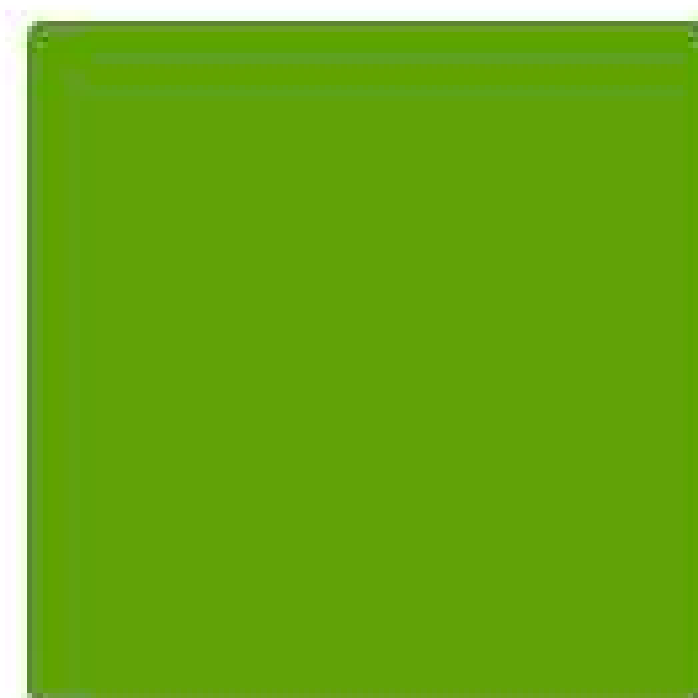


Blue/White
Fill
linear-gradient(180deg, #A3D7E3 0%, #397A8E 100%)

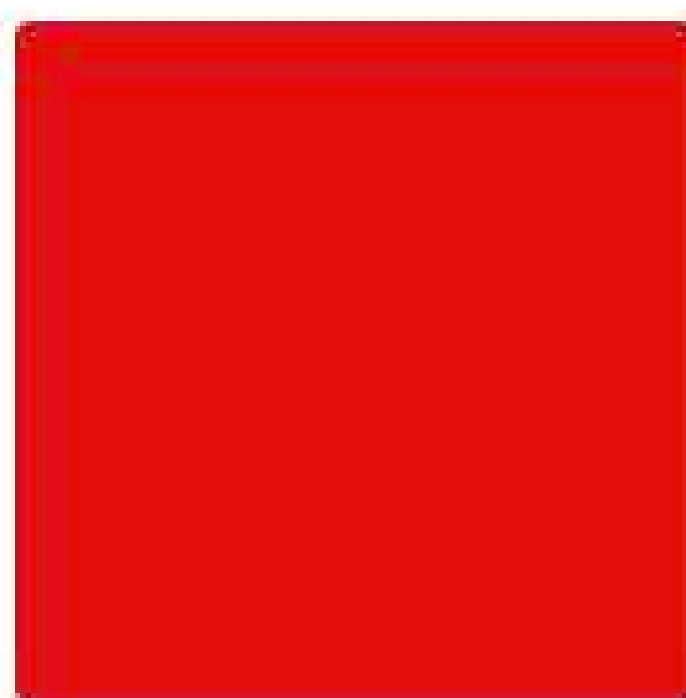


Coral/White
Fill
linear-gradient(133deg, #FFFFFF 0%, #C66276 88%)

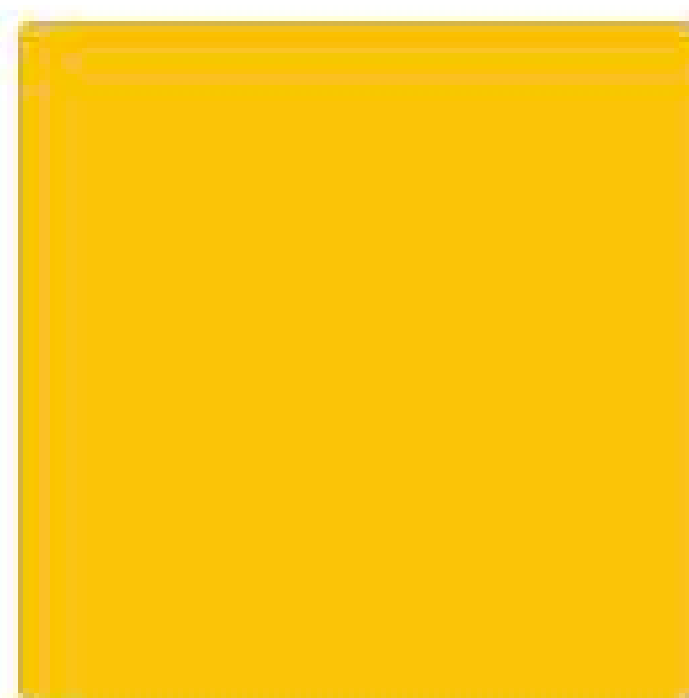
Semantic



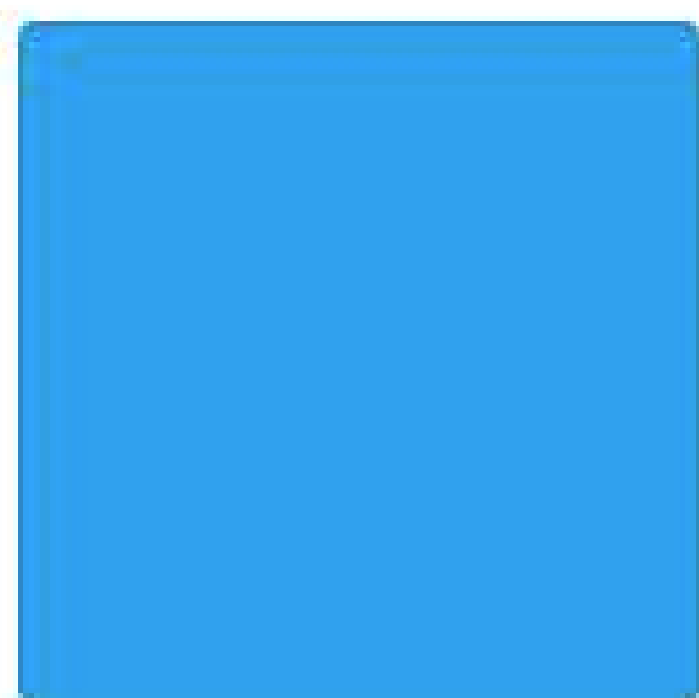
Success
#5FA200
rgb(95, 162, 0)



Error
#E30D0D
rgb(227, 13, 13)



Caution
#FFC300
rgb(255, 195, 0)



Information
#00A1ED
rgb(0, 161, 237)

Neutrals



Black
#000000
rgb(0, 0, 0)



Dark Grey
#333333
rgb(51, 51, 51)



Inactive Grey
#878787
rgb(135, 135, 135)



Neutral Grey
#8F96A6
rgb(143, 150, 166)



Border Grey
#E3E3E3
rgb(227, 227, 227)

Zenfit UI Library

Fundamentals

Iconography

Zenfit’s icons are used in a variety of colours and sizes. Only the Navigation icons are used in an inactive state, which they have a fill of #878787.

All UI Icons

Back Arrow Small	Chevron Left	Chevron Right	Check	Happy Icon	Forward Skip	Back Arrow Large	Favourite Empty
Close	Location	Menu	Pause	Star	Trophy 1	Trophy 2	Trophy 3
Play	Zoom	Home	Favourite	Clock			
Calendar	Back Circle	Close Circle	Play/Pause				
Person	Phone	Search	Mood	Calendar	Favourite	Home	Mood
Awesome Icon	Awful Icon	Okay Icon	Sad Icon	Search			

Inactive Icons

Calendar	Favourite	Home	Mood
Search			

Zenfit UI Library

Fundamentals

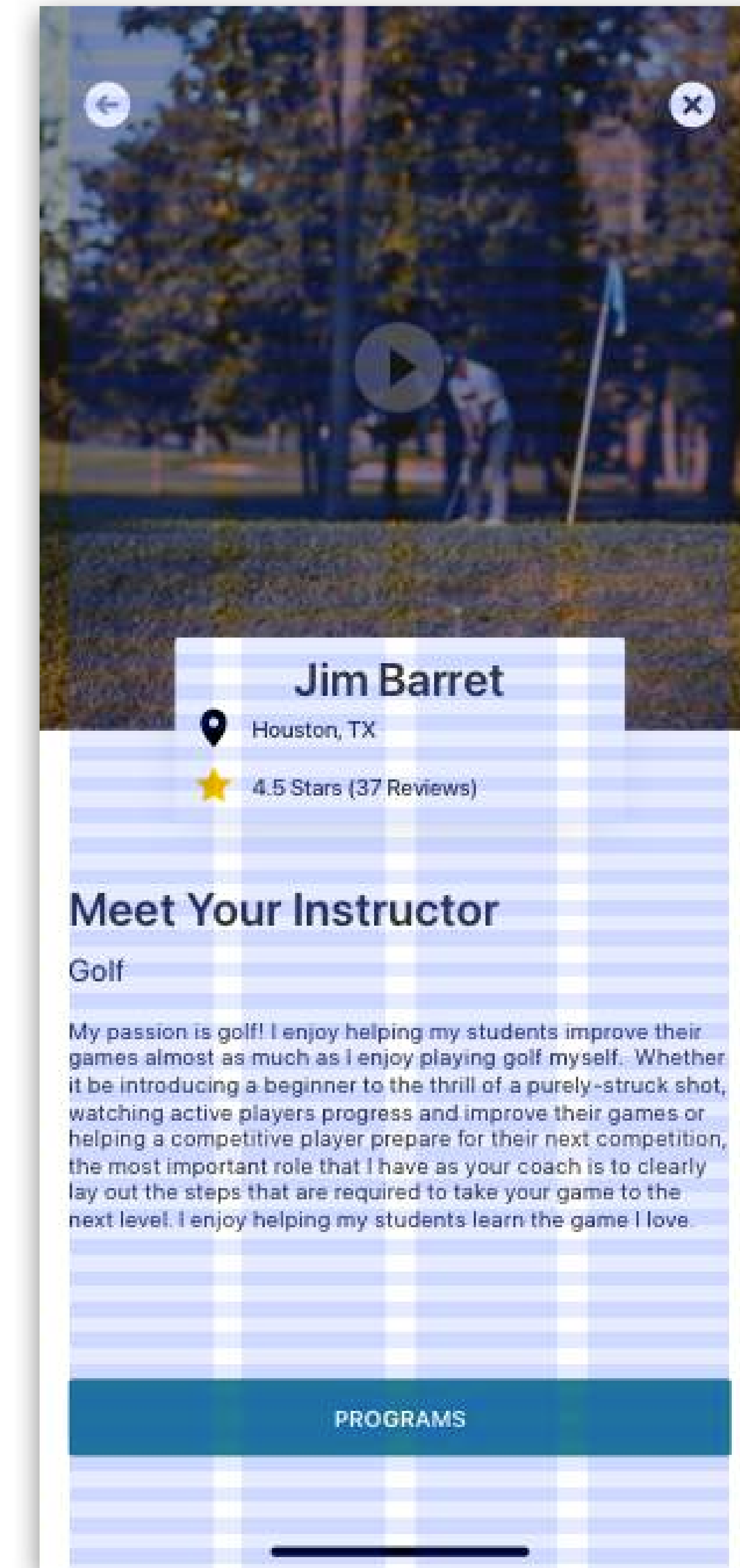
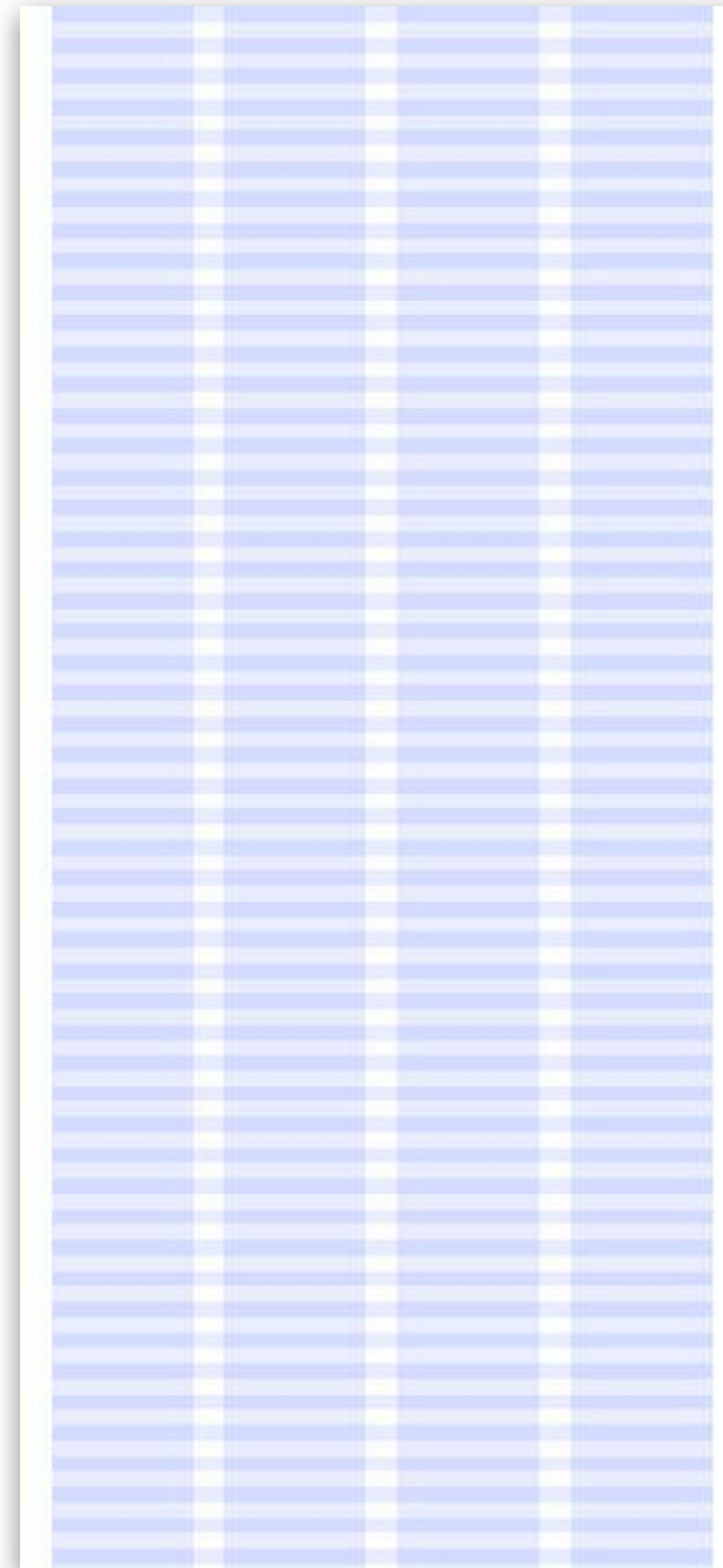
Grids

Baseline

Zenfit uses a baseline grid of 8px per row.

Columns

Zenfit uses a 4 column grid.
Margins are 16px and gutters are 16px.



Zenfit UI Library

Fundamentals

Typography

Aa

SF Pro Display

Font-family

SF Pro Display

Weights

Bold (700)

SemiBold (600)

Medium (500)

Regular (400)

Heading 01

The quick brown fox jumps over the lazy dog

SF Pro Display Bold (700), 40px, Line height 40px, Center aligned

Heading 02

The quick brown fox jumps over the lazy dog

SF Pro Display SemiBold (600), 28px, Line height 28px, Left aligned

Heading 03

The quick brown fox jumps over the lazy dog

SF Pro Display SemiBold (600), 24px, Line height 24px, Left aligned

Heading 04

The quick brown fox jumps over the lazy dog

SF Pro Display SemiBold (600), 20px, Line height 20px, Left aligned

Heading 05

The quick brown fox jumps over the lazy dog

SF Pro Display SemiBold (600), 16px, Line height 16px, Left aligned

Zenfit UI Library

Fundamentals

Typography

Aa

SF Pro Display

Font-family

SF Pro Display

Weights

Bold (700)

SemiBold (600)

Medium (500)

Regular (400)

Sub-heading 01

The quick brown fox jumps over the lazy dog

SF Pro Display Bold (700), 16px, Line height 19px, Center aligned

Sub-heading 02

The quick brown fox jumps over the lazy dog

SF Pro Display Medium (500), 16px, Line height 16px, Left aligned

Sub-heading 03

The quick brown fox jumps over the lazy dog

SF Pro Display Regular (400), 16px, Line height 21px, Left aligned

Uppercase Heading 01

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

SF Pro Display SemiBold (600), 24px, Line height 24px, Left aligned

Body Copy 01

The quick brown fox jumps over the lazy dog

SF Pro Display Regular (400), 12px, Line height normal., Left aligned

Body Copy 02

The quick brown fox jumps over the lazy dog

SF Pro Display Medium (500), 10px, Line height normal, Left aligned

Placeholder Copy 01

The quick brown fox jumps over the lazy dog

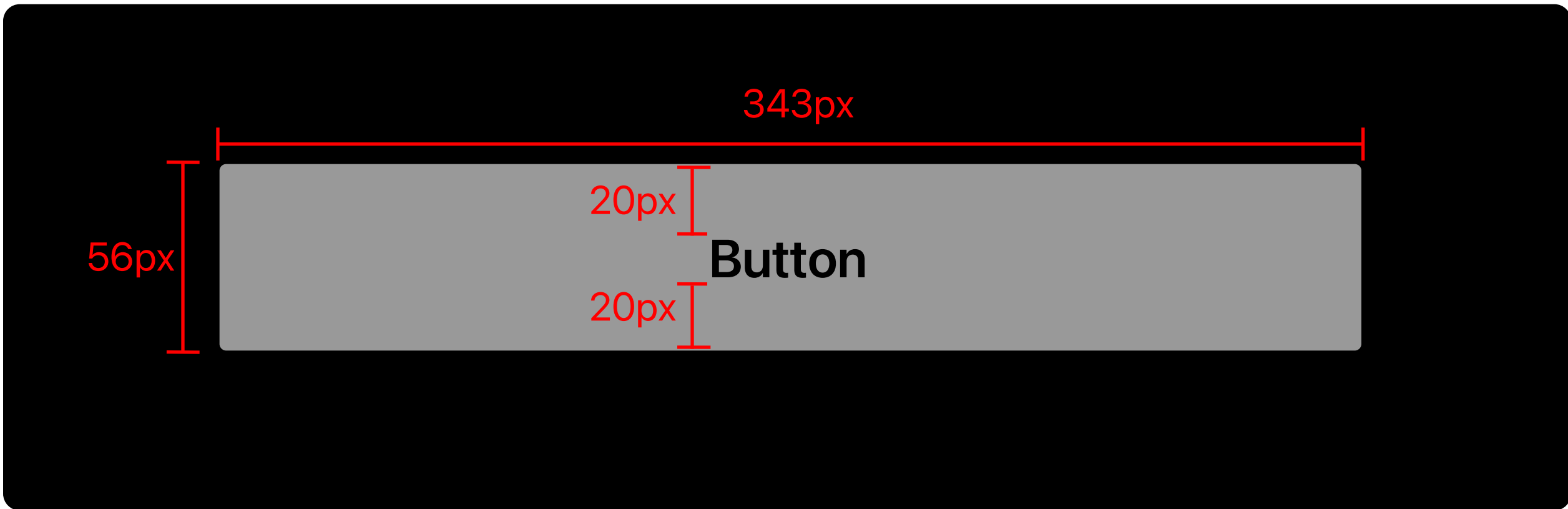
SF Pro Display Regular (400), 12px, Line height normal, colour #878787, Left aligned

Zenfit UI Library

Atoms - Buttons

Primary

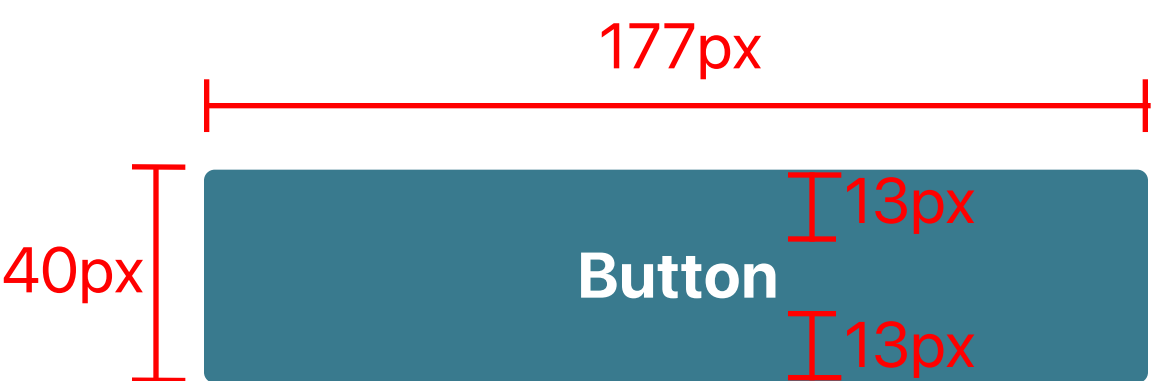
Extra Large



Style Attributes

Fill: #FFFFFF
Border: Radius 2px
Opacity: 60%
Font Size: 16px
Font Color: #000000

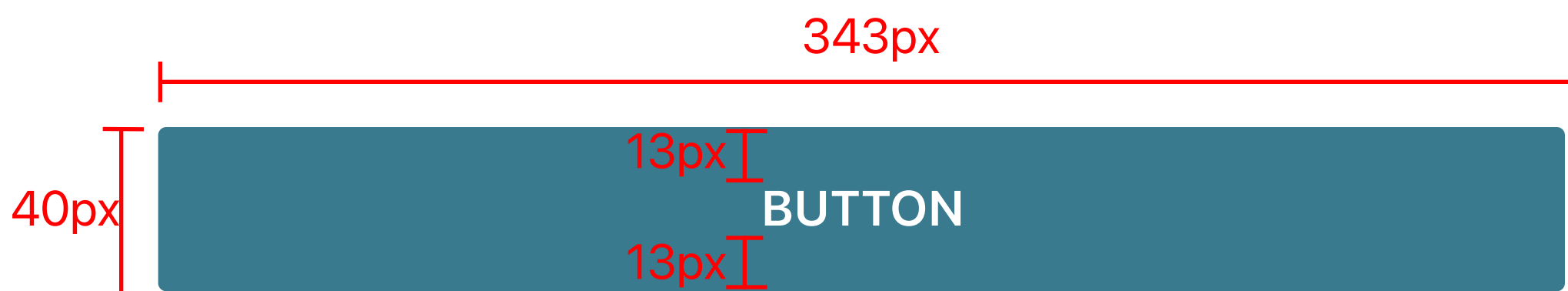
Medium



Style Attributes

Fill: #397A8E
Border: Radius 2px
Font Size: 12px
Font Color: #FFFFFF

Large



Style Attributes

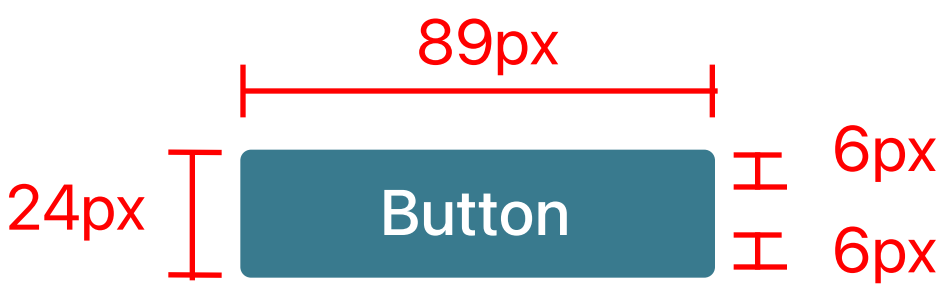
Fill: #397A8E
Border: Radius 2px
Font Size: 12px
Font Color: #FFFFFF



Style Attributes

Fill: #000000
Border: Radius 2px
Font Size: 12px
Font Color: #FFFFFF

Small

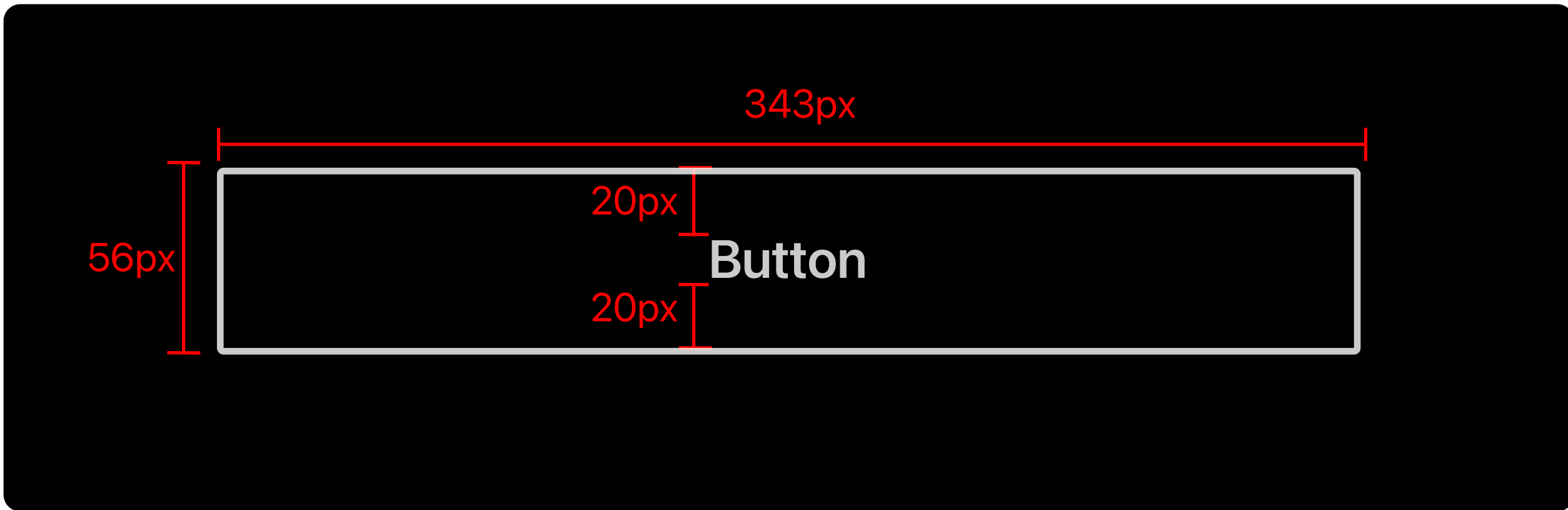


Style Attributes

Fill: #397A8E
Border: Radius 2px
Font Size: 12px
Font Color: #FFFFFF

Secondary

Extra Large



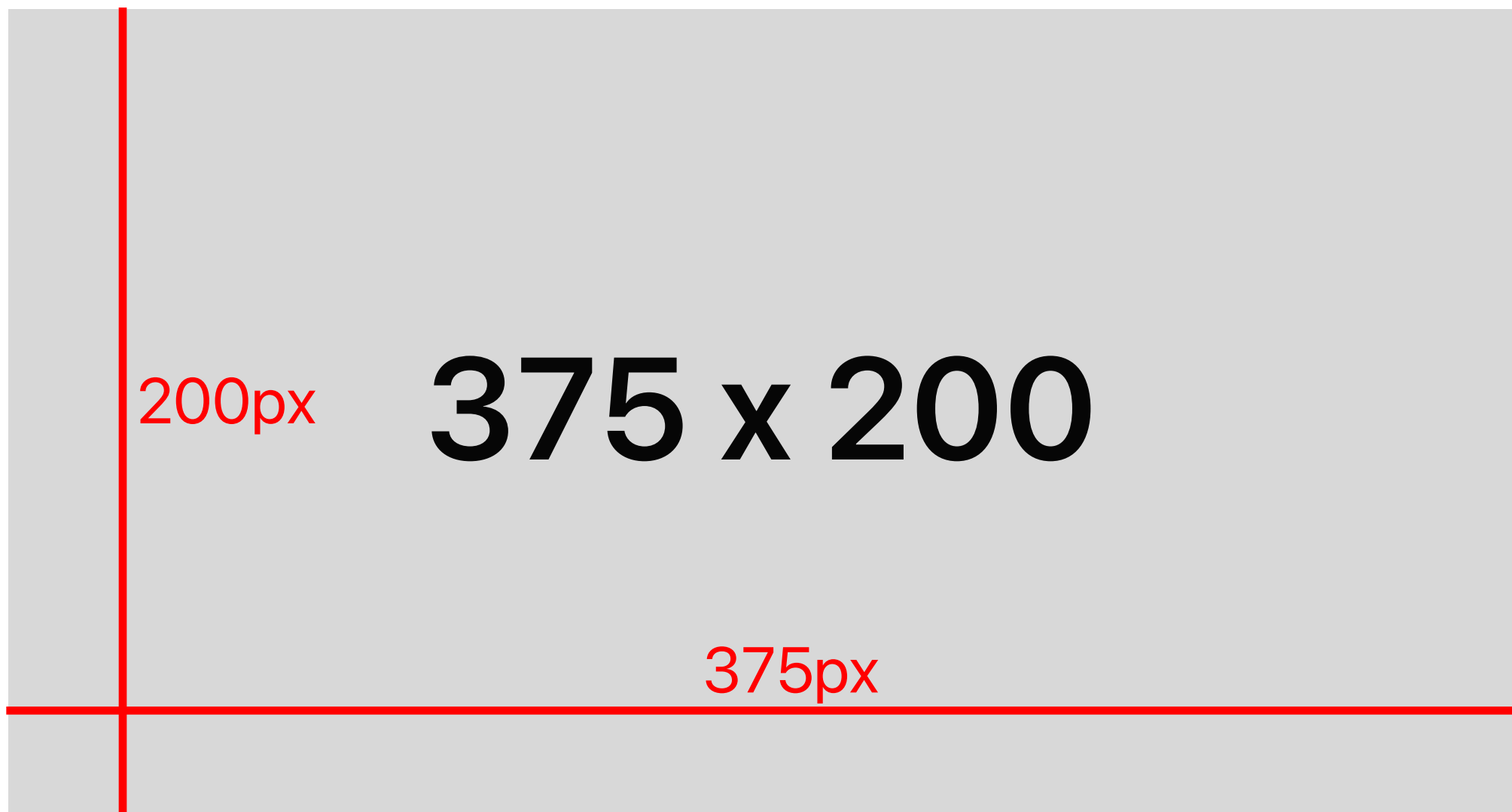
Style Attributes

Fill: None
Border: Radius 2px
Font Size: 16px
Font Color: #000000
Font Opacity: 60%

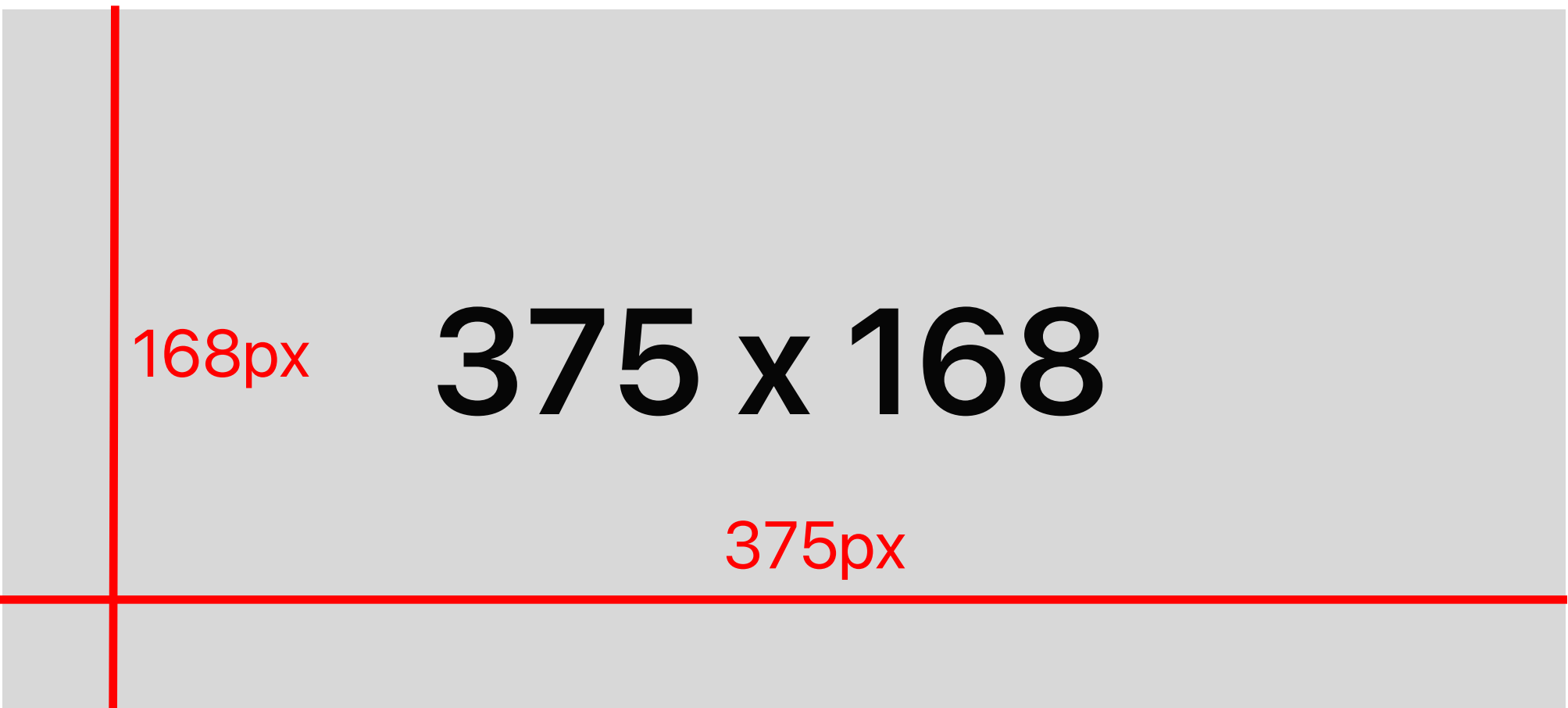
Zenfit UI Library

Atoms - Images

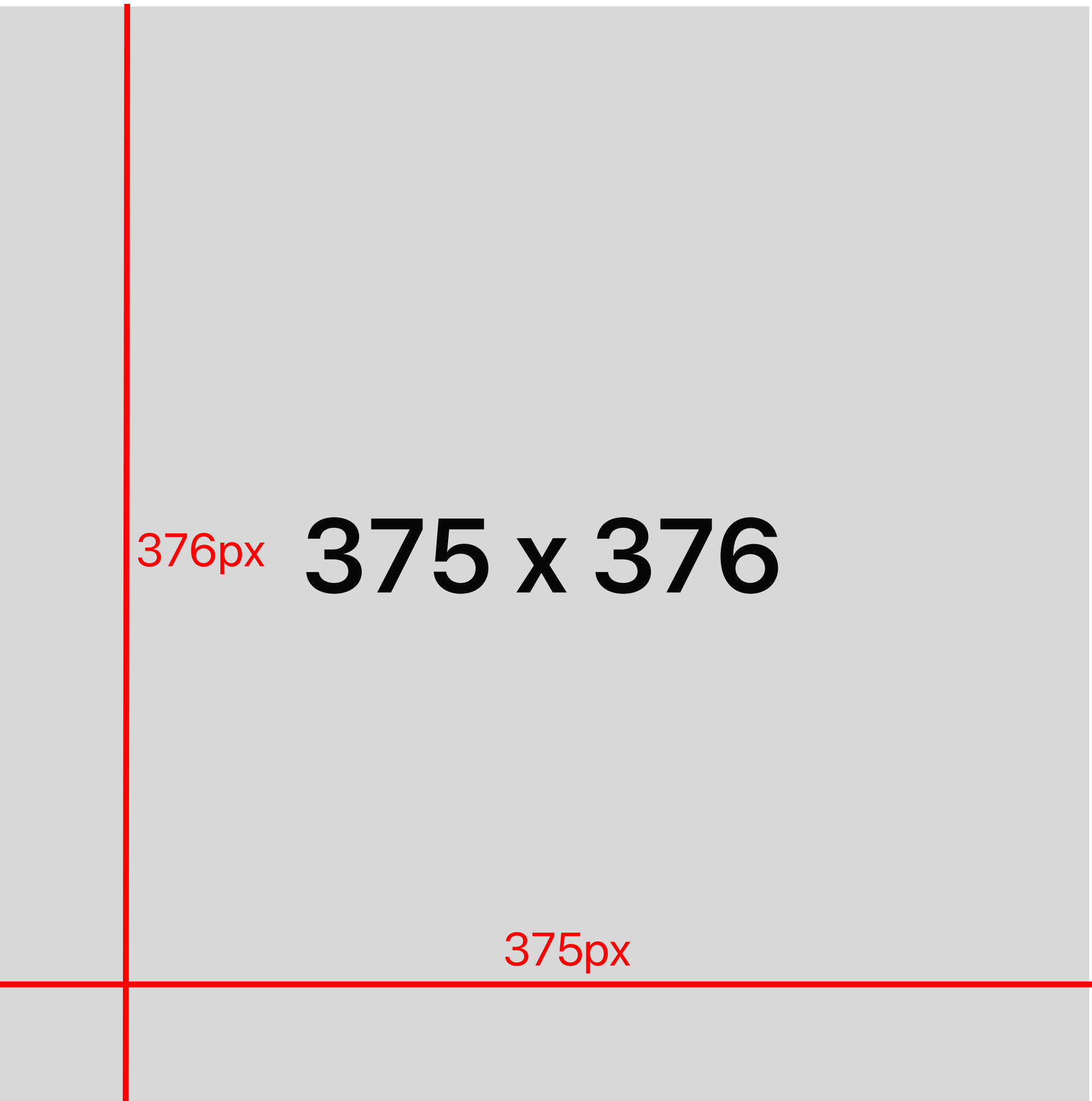
Home Page Hero Image



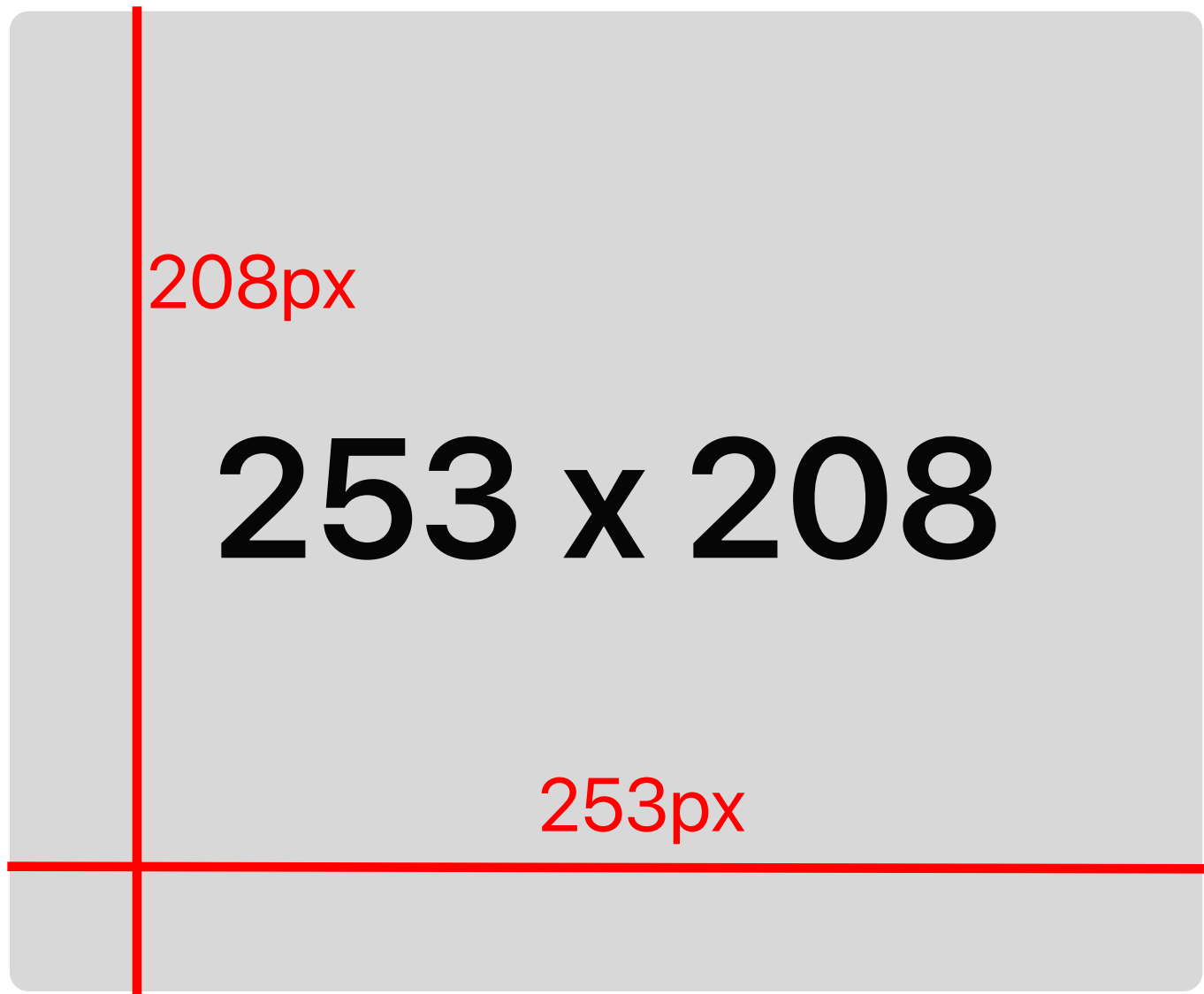
Results Image



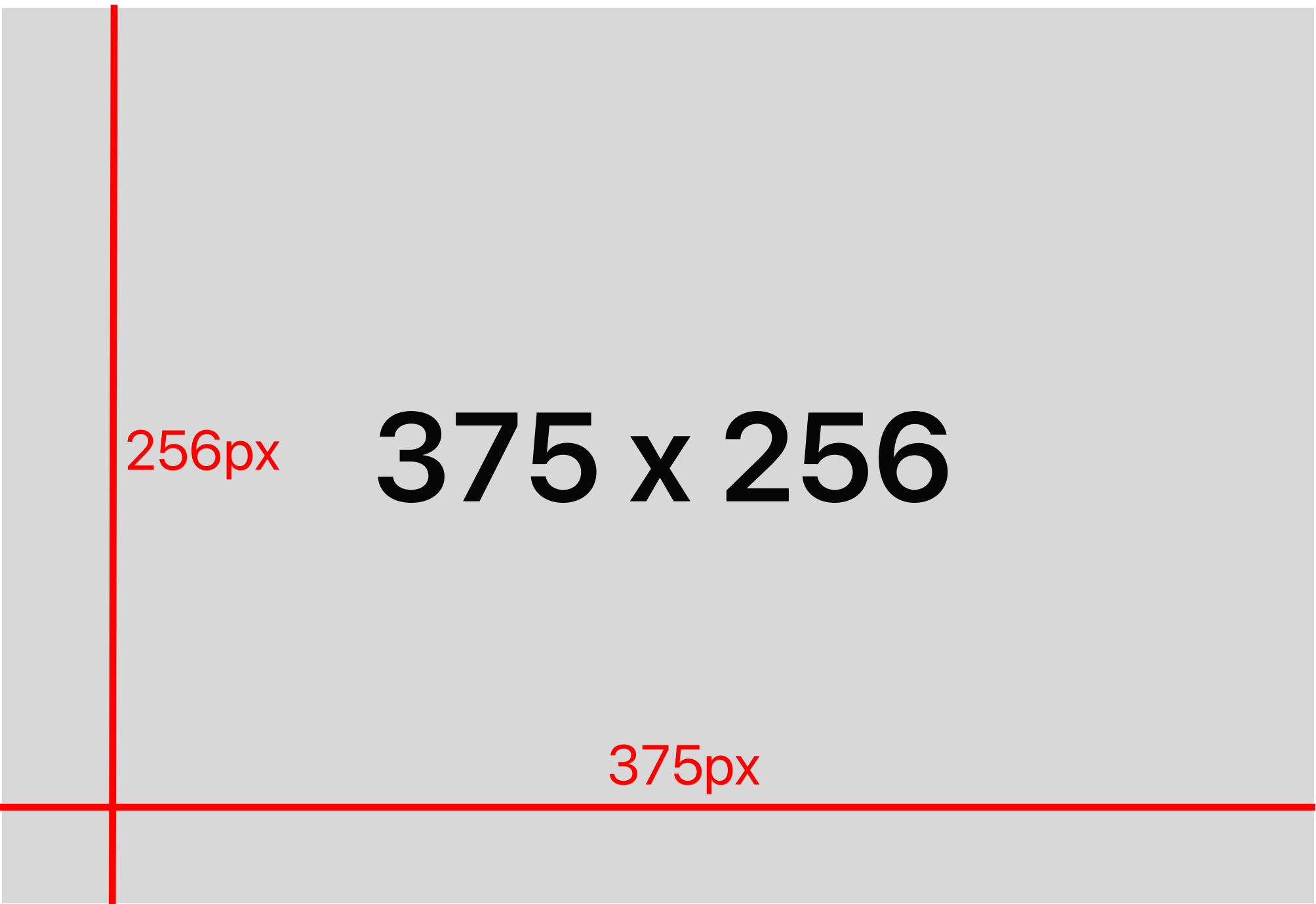
Coach Video Image



Home Slider Image



Coach Bio Image

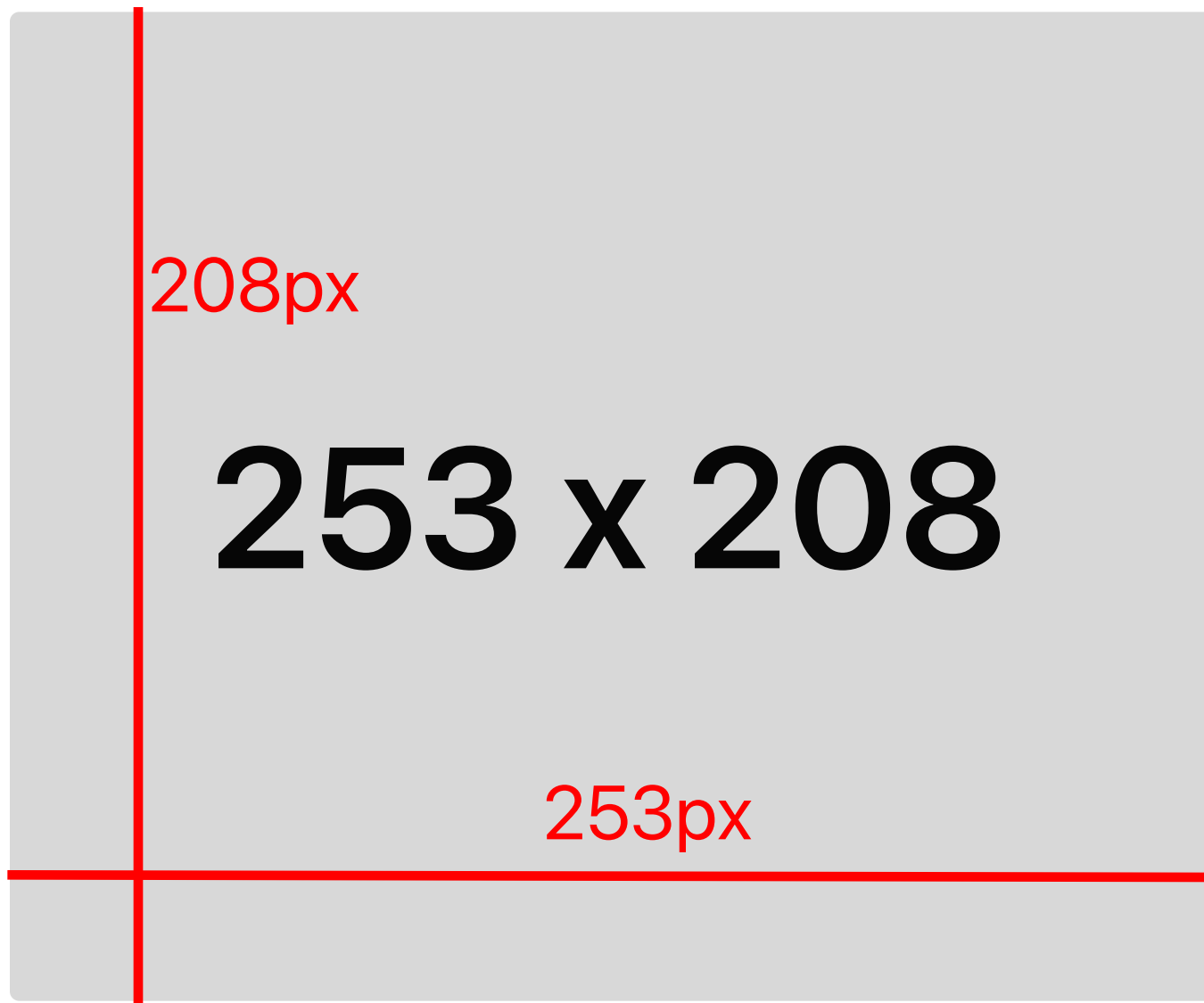


Style Attributes
Border: Radius 2px

Zenfit UI Library

Atoms - Images

Programs Slider Image

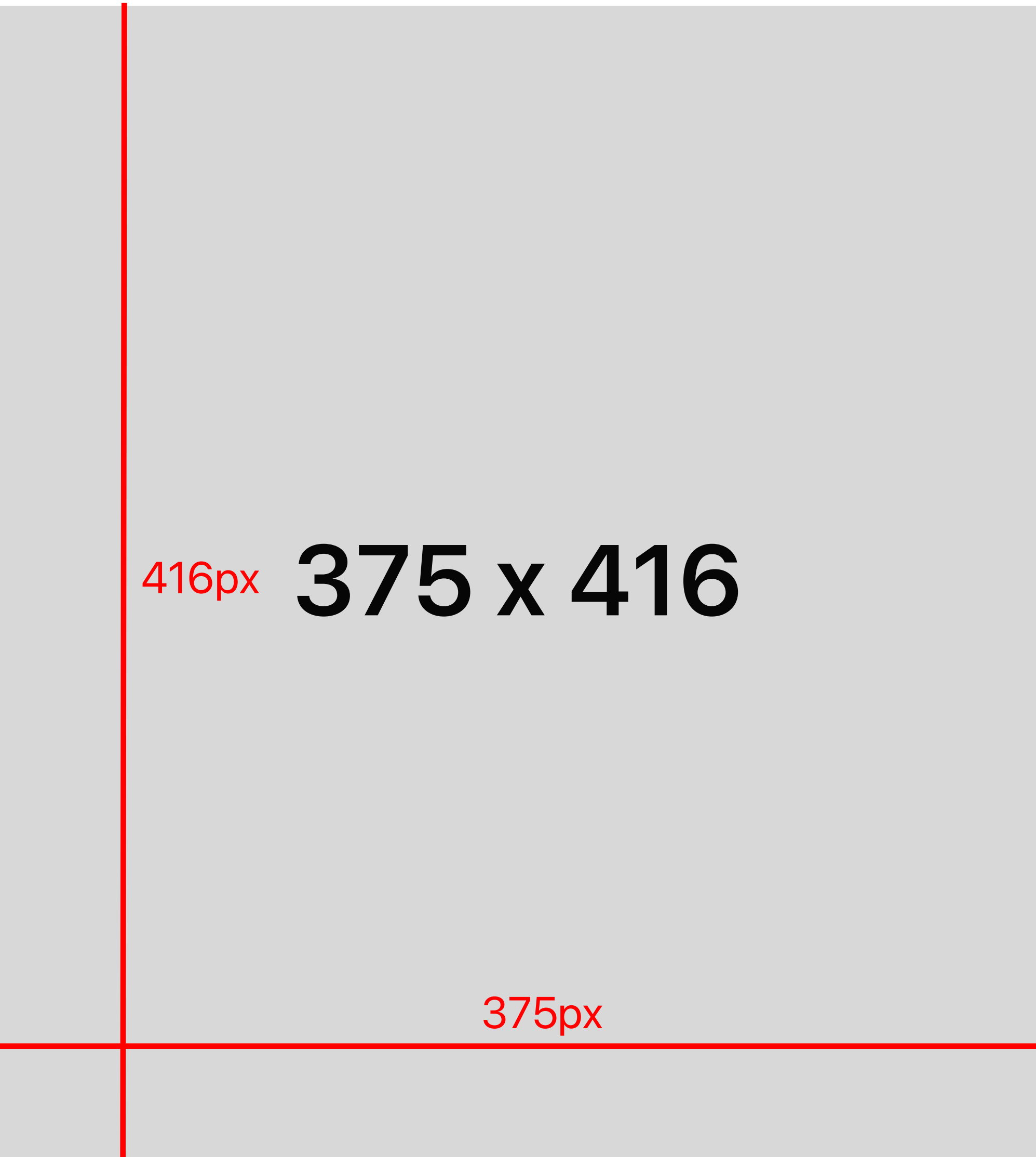


Style Attributes
Border: Radius 2px

Enlarged Background Image



Exercise Video Image

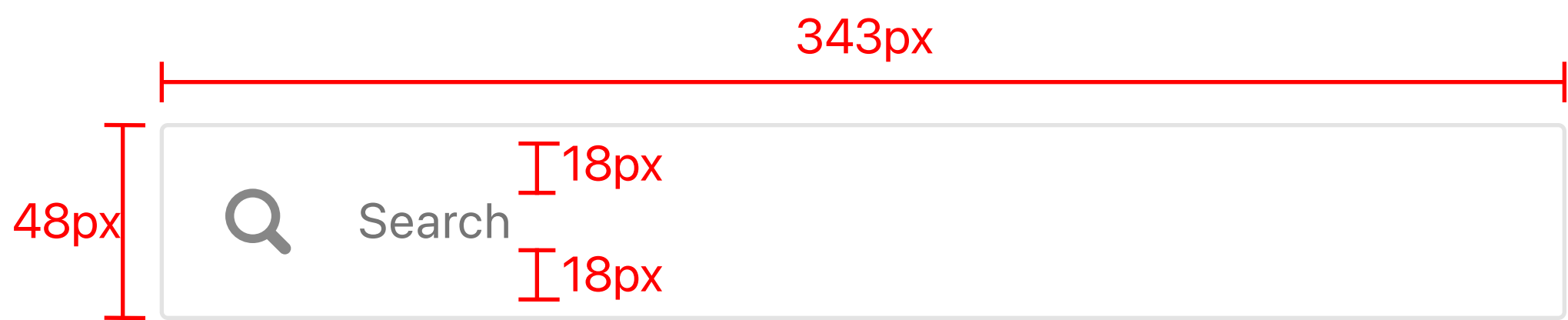


Zenfit UI Library

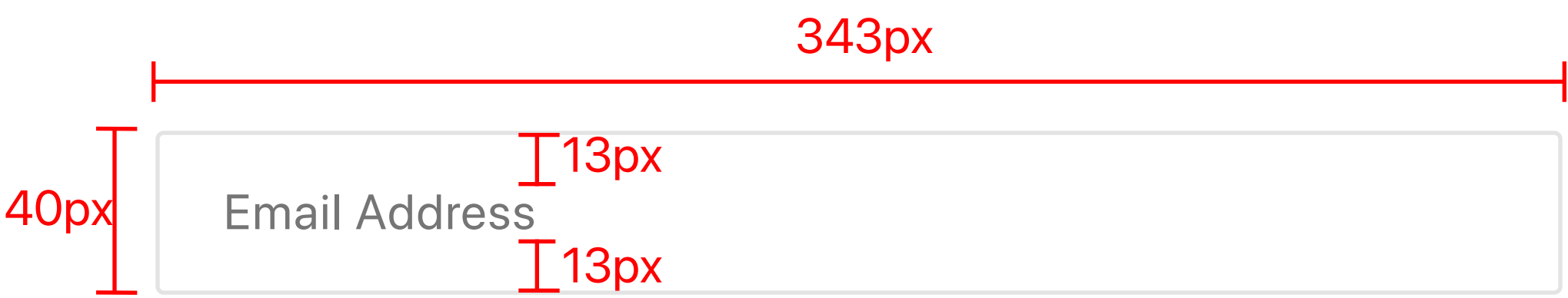
Atoms - Containers

Default

Search Input



Email/Password Input



Style Attributes

Border: Radius 2px
Font Size: 12px
Font Color: #757575

Focused

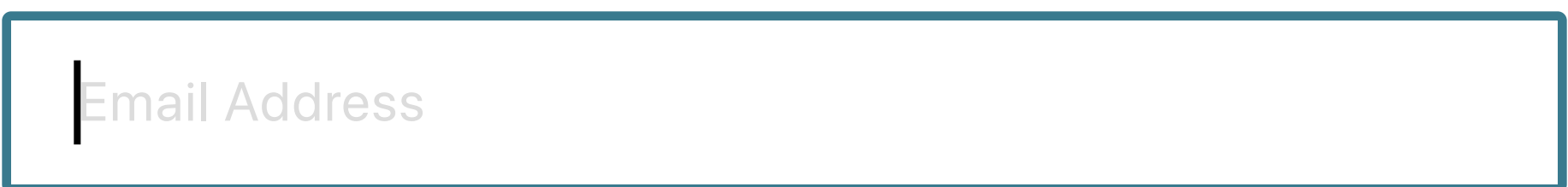
Search Input



Style Attributes

Font Color: #DCDCDC

Email/Password Input



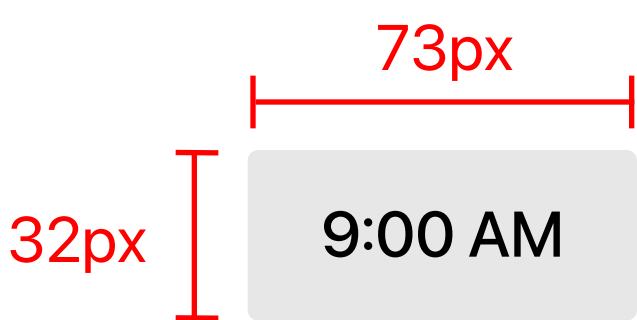
Error

Email/Password Input



Available Time Picker

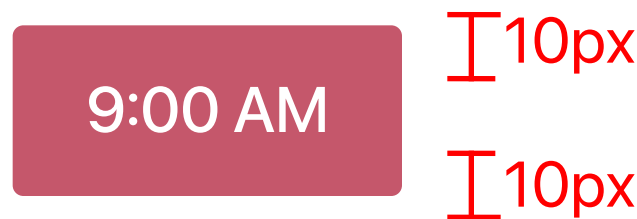
Default



Style Attributes

Fill: #E7E7E7
Border: Radius 2px
Font Size: 12px
Font Color: #000000

Active



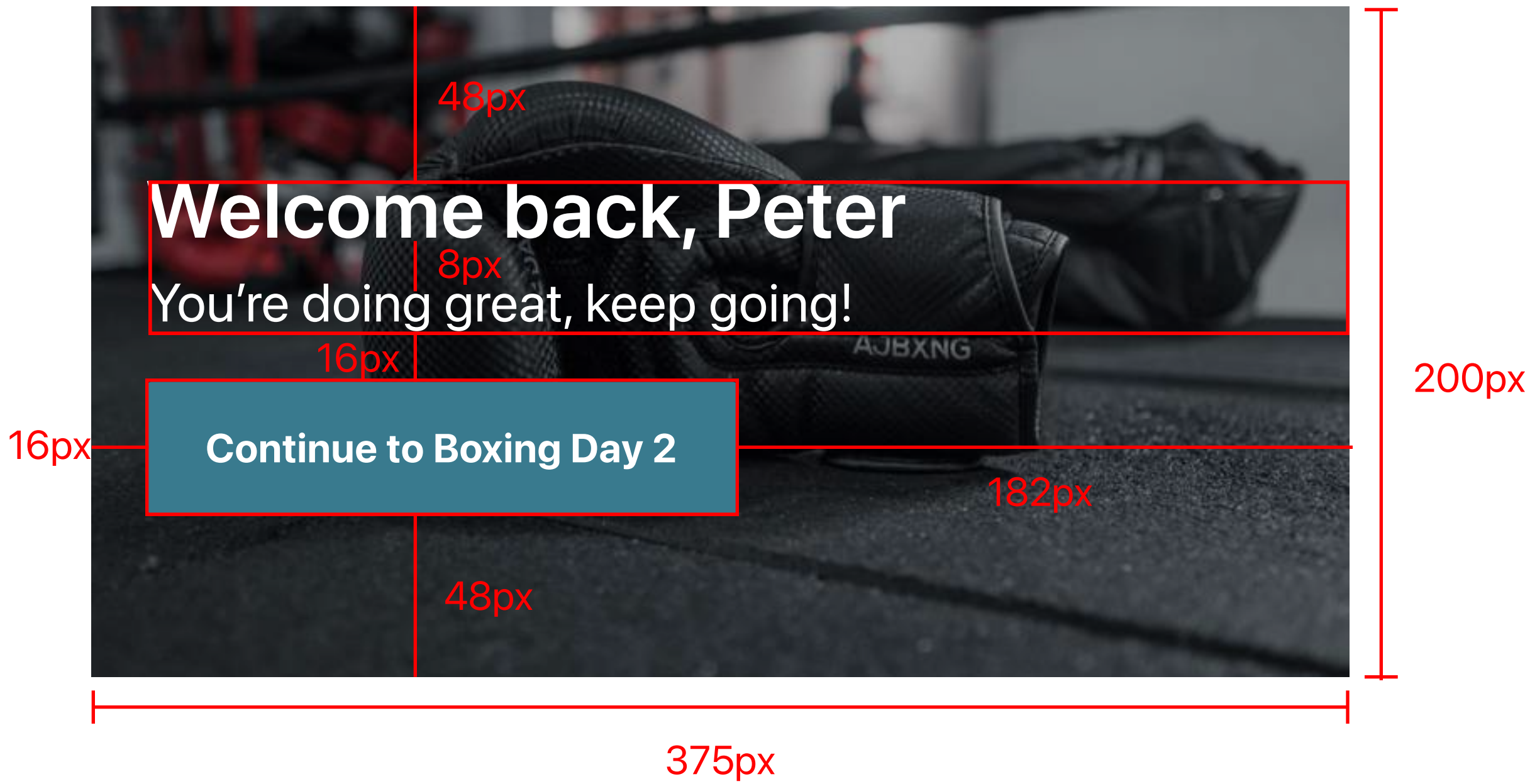
Style Attributes

Fill: #C5576B
Border: Radius 2px
Font Size: 12px
Font Color: #FFFFFF

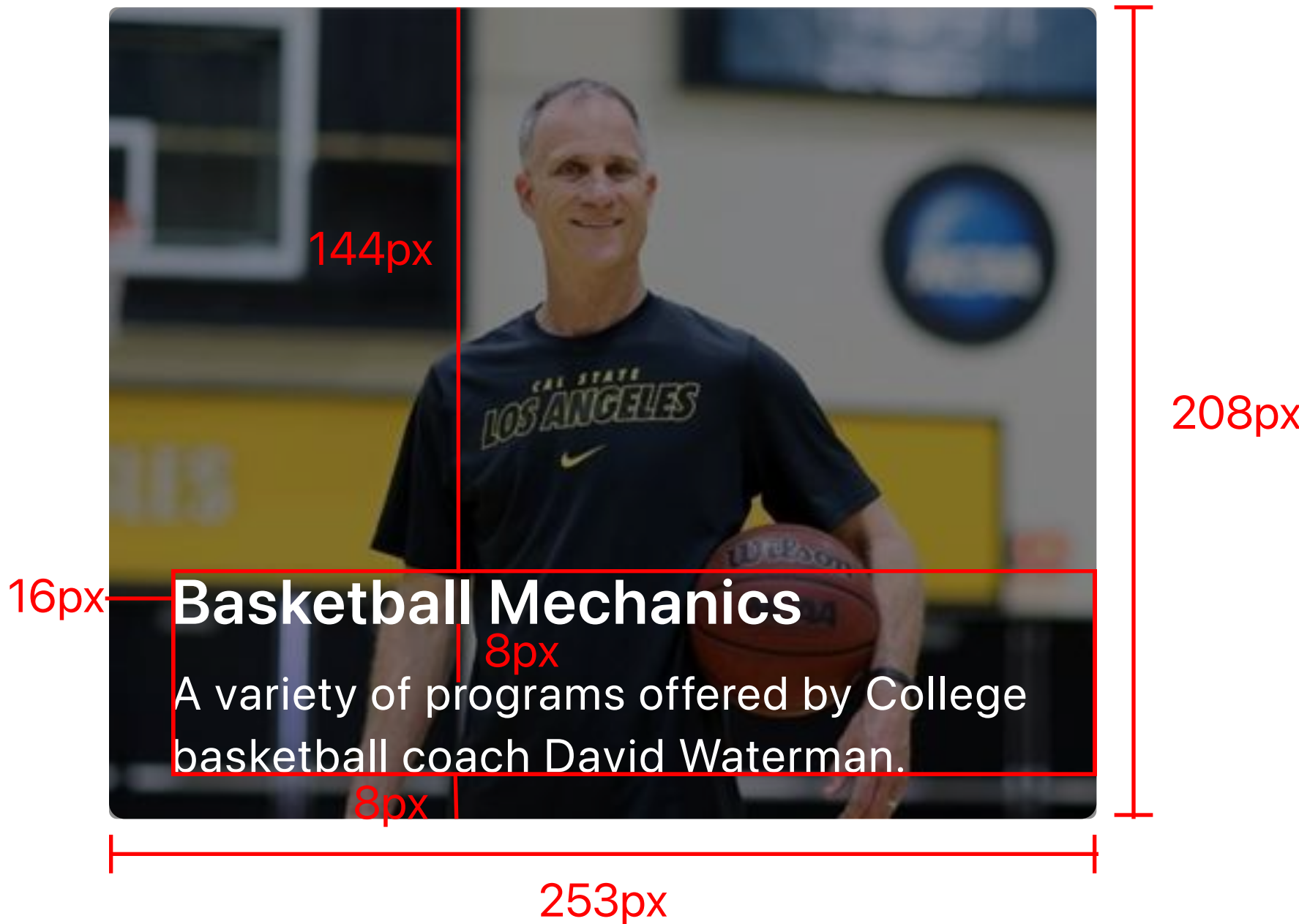
Zenfit UI Library

Molecules

Hero Card



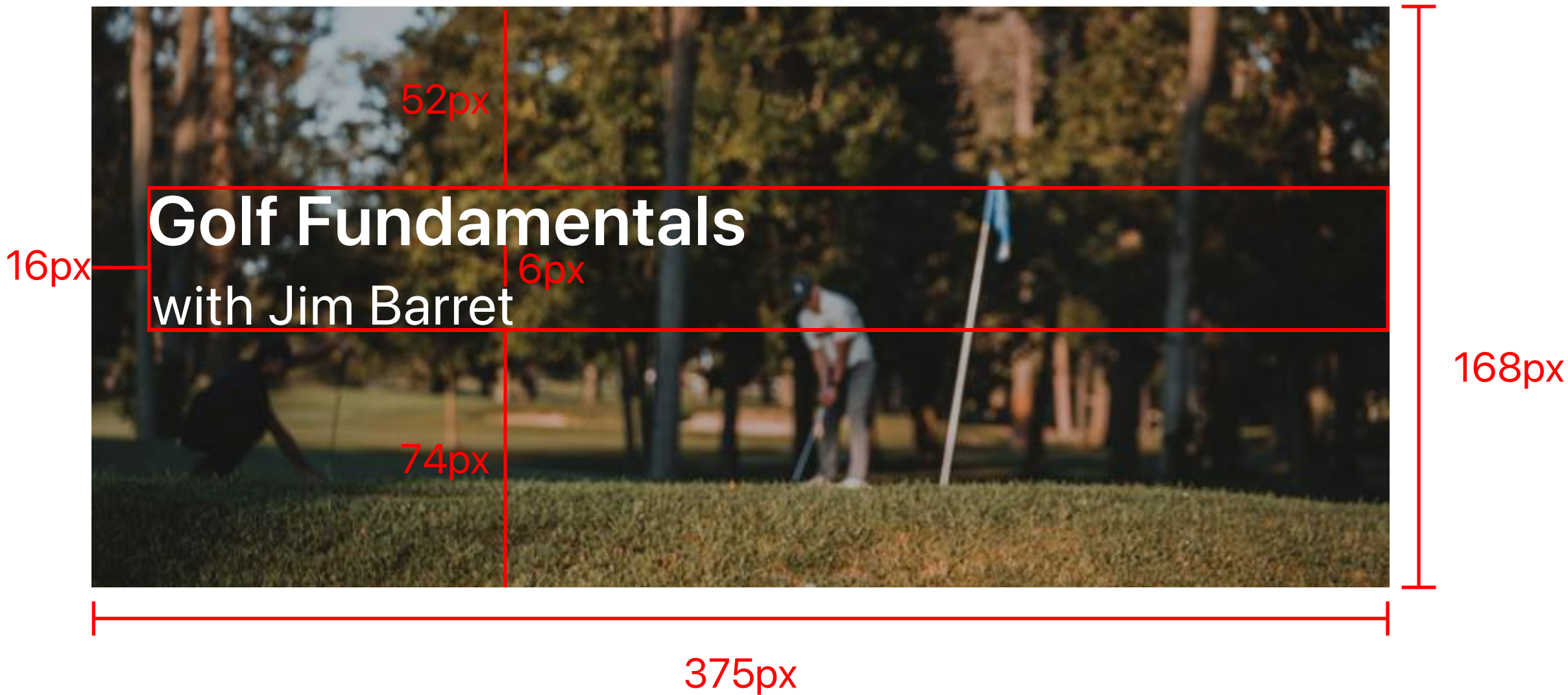
Home Slider Card



Style Attributes

Fill: Image
Border-radius: 2px
Font Color: #FFFFFFF
Heading 05 Font Size: 16px
Body Copy 01 Font Size: 12px
Alignment: Left

Results Card



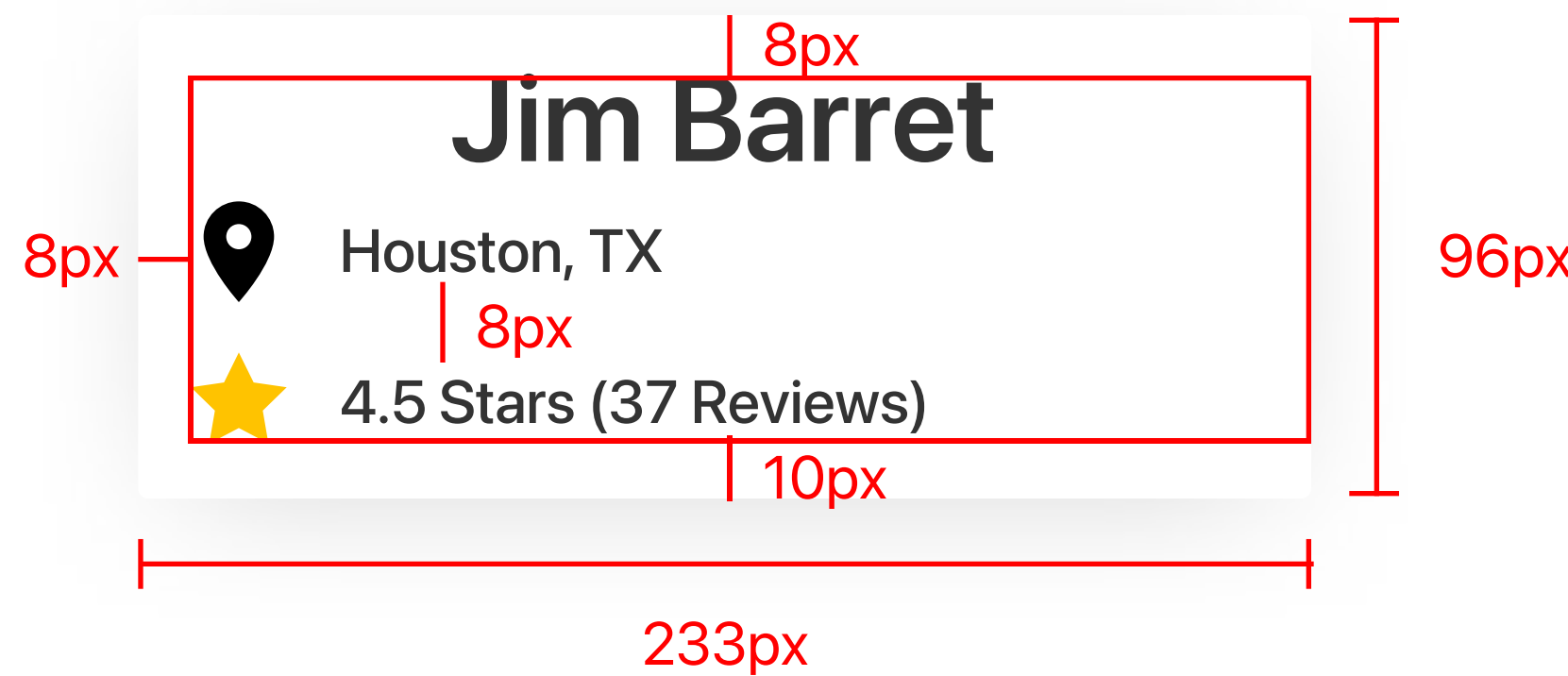
Style Attributes

Fill: Image
Font Color: #FFFFFFF
Heading 04 Font Size: 20px
Sub-heading 02 Font Size: 16px
Alignment: Left

Zenfit UI Library

Molecules

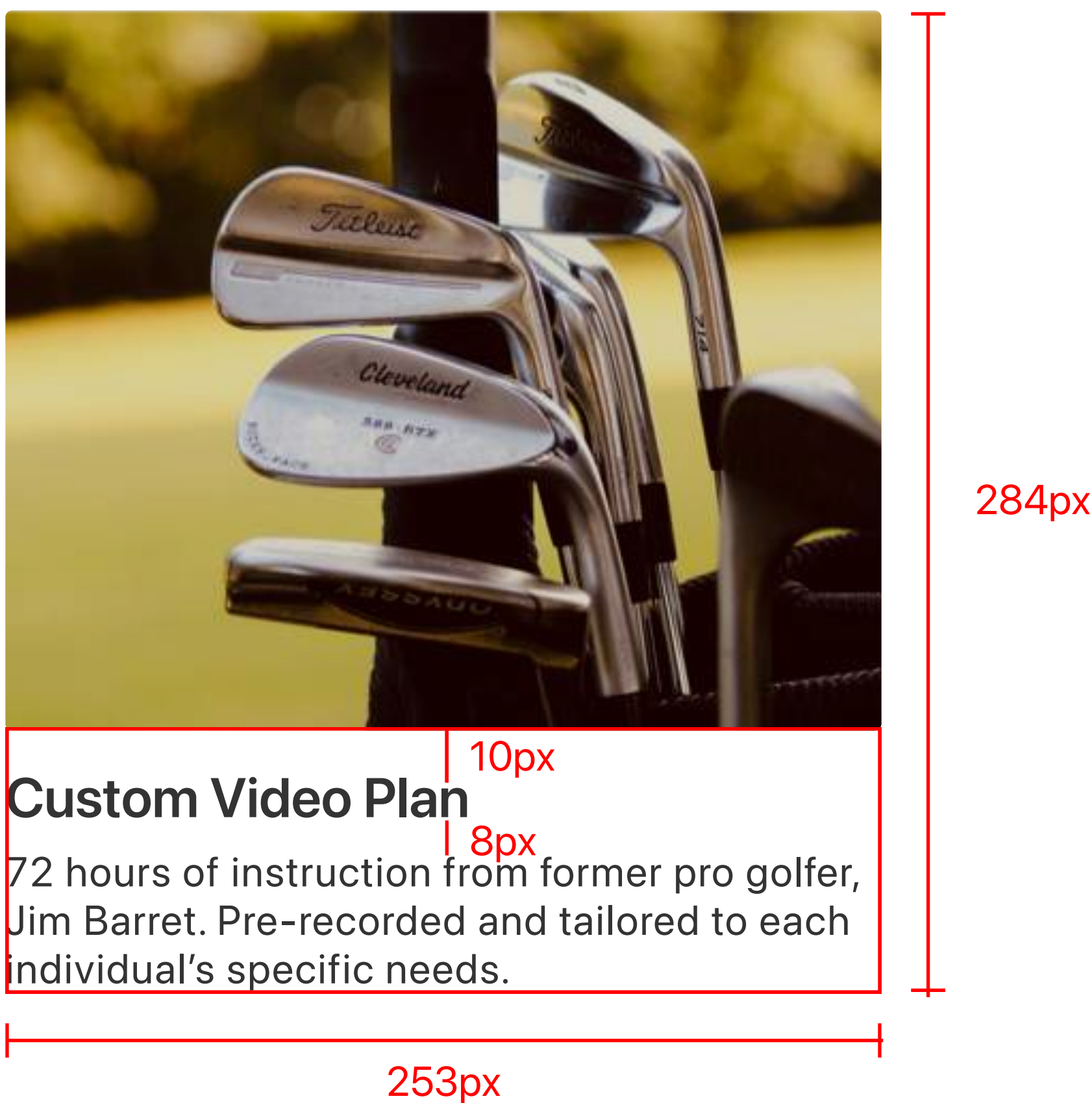
Bio Card



Style Attributes

Fill: #FFFFFF
Font Color: #333333
Heading 02 Font Size: 24px, Center aligned
Body Copy 01 Font Size: 12px, Left aligned
Box Shadow: rgba(172,172,172,0.62)
Border-radius: 2px

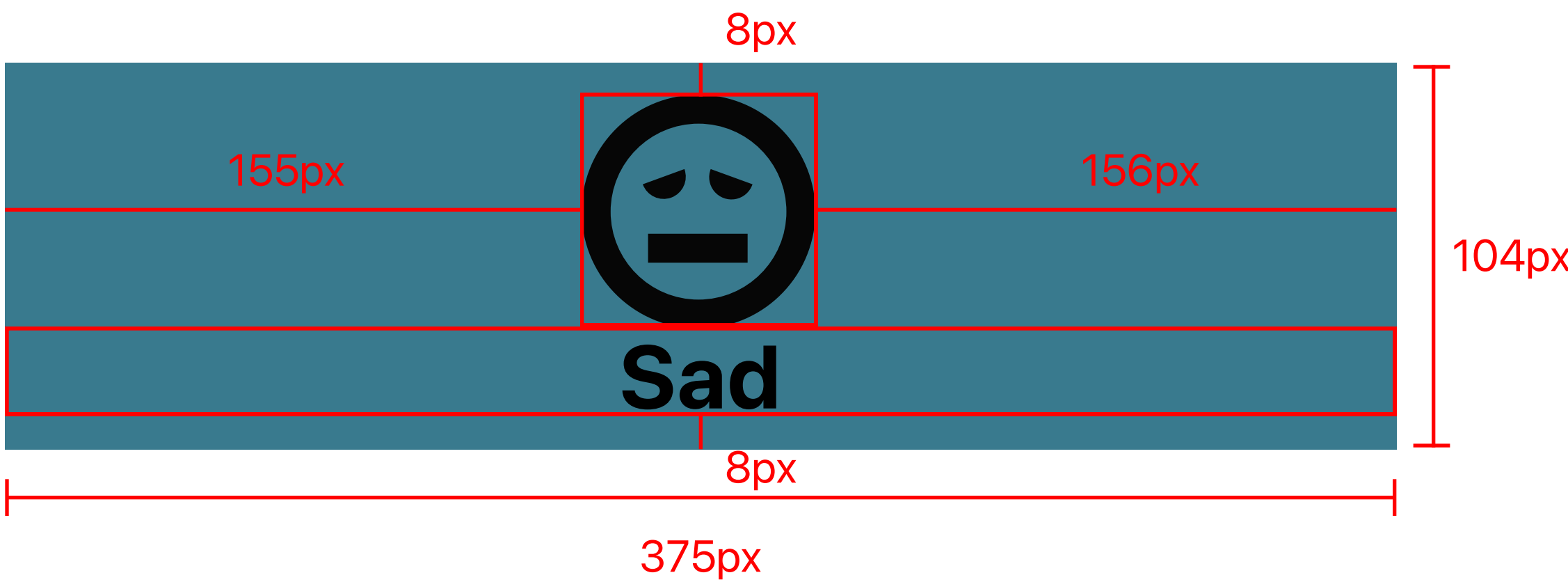
Programs Card



Style Attributes

Fill: #Image
Font Color: #333333
Heading 05 Font Size: 16px
Body Copy 01 Font Size: 12px
Alignment: Left
Border-radius: 2px

Mood Card



Style Attributes

Fill: #397A8E
Font Color: #000000
Heading 03 Font Size: 24px
Alignment: Center
Mood Icon: 64x64 px

Zenfit UI Library

Molecules

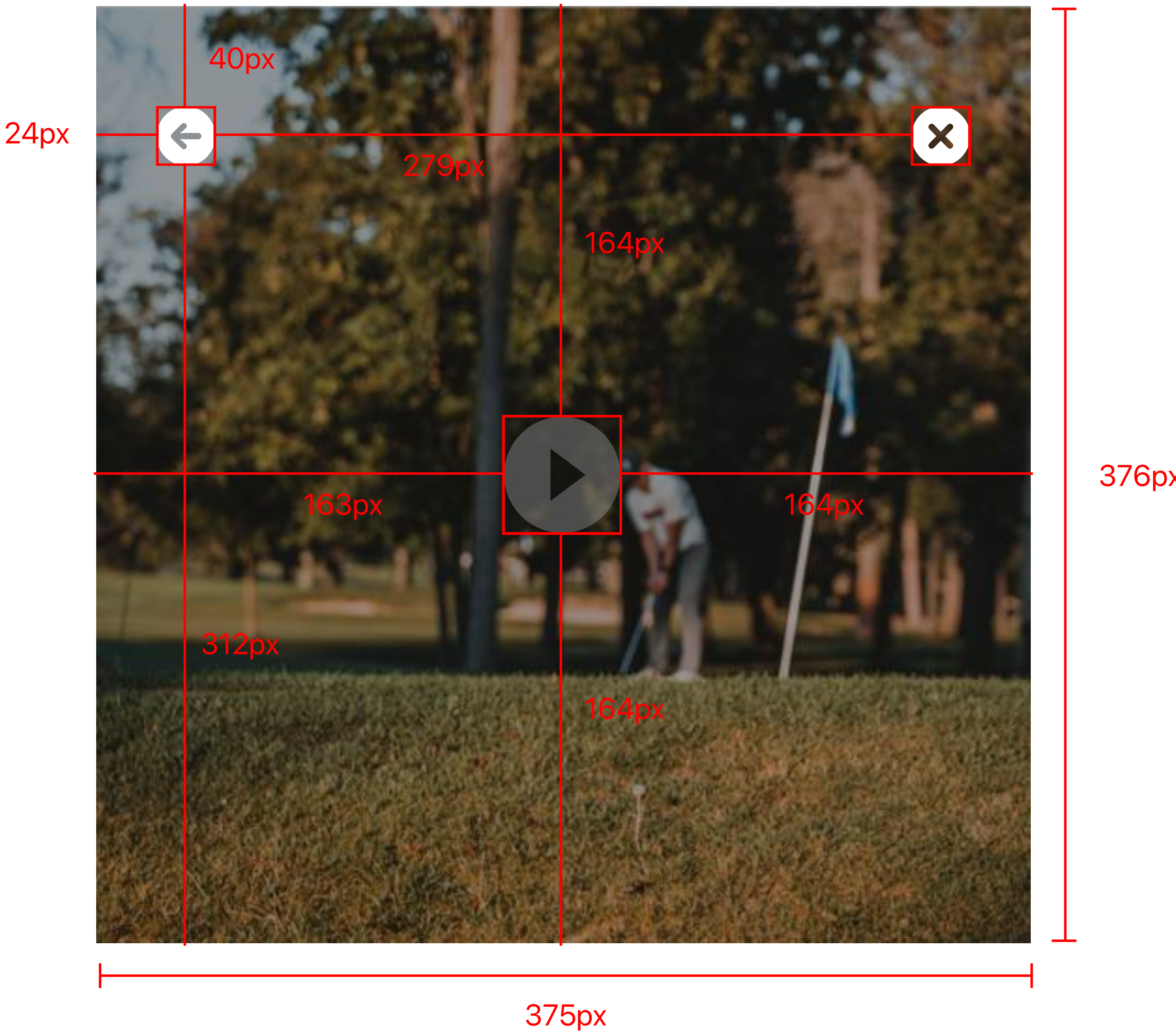
Bio Hero



Style Attributes

Fill: Image
Nav Icon Color: #FFFFFF
Nav Icon Size: 24x24 px

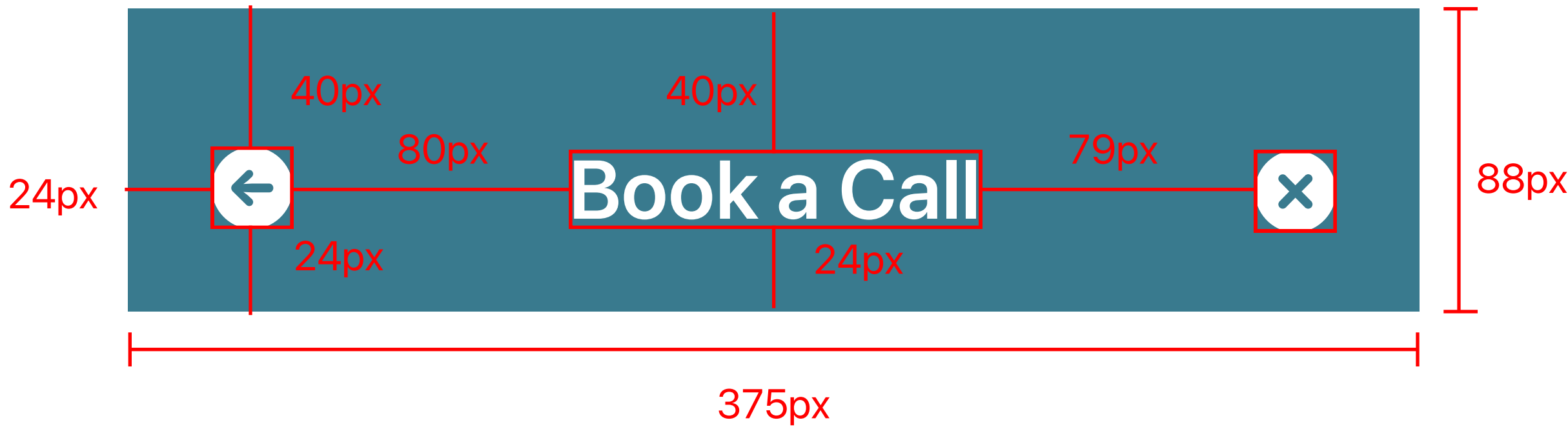
Bio Video



Style Attributes

Fill: Image
Nav Icon Color: #FFFFFF
Nav Icon Size: 24x24 px
Play Icon Color: #FFFFFF
Play Icon Opacity: 50%
Play Icon Size: 48x48 px

Calendar Header



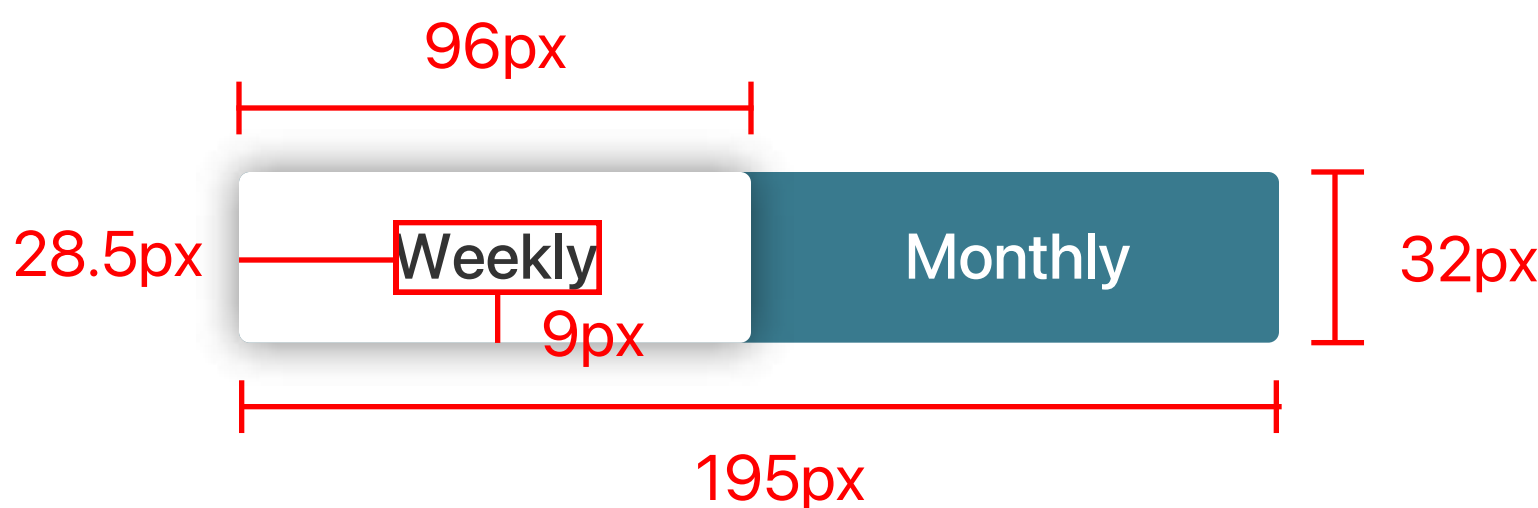
Style Attributes

Fill: #397A8E
Nav Icon Color: #FFFFFF
Nav Icon Size: 24x24 px
Heading 03 Font Size: 24px
Font-Colour: #FFFFFF
Alignment: Center

Zenfit UI Library

Molecules

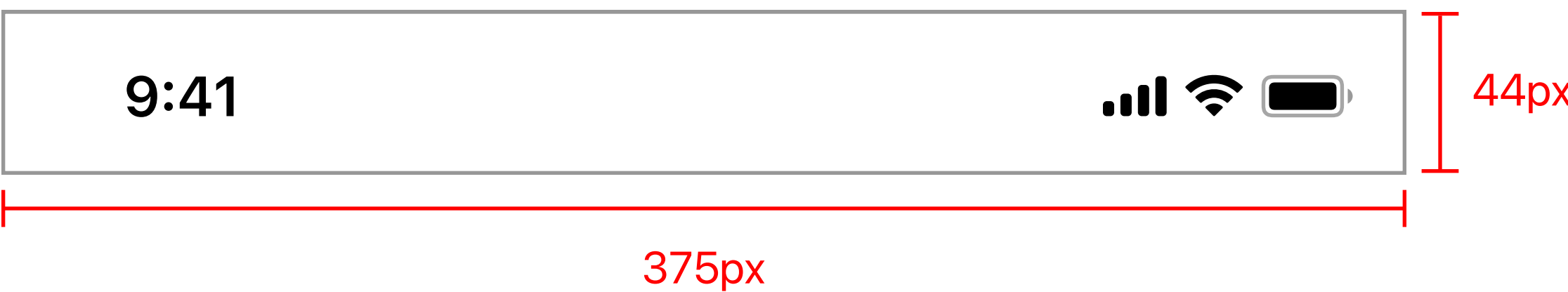
Toggle



Style Attributes

Active Fill: #FFFFFF
Inactive Fill: #397A8E
Active Font Color: #333333
Inactive Font Color: #FFFFFF
Body Copy 01 Font Size: 12px

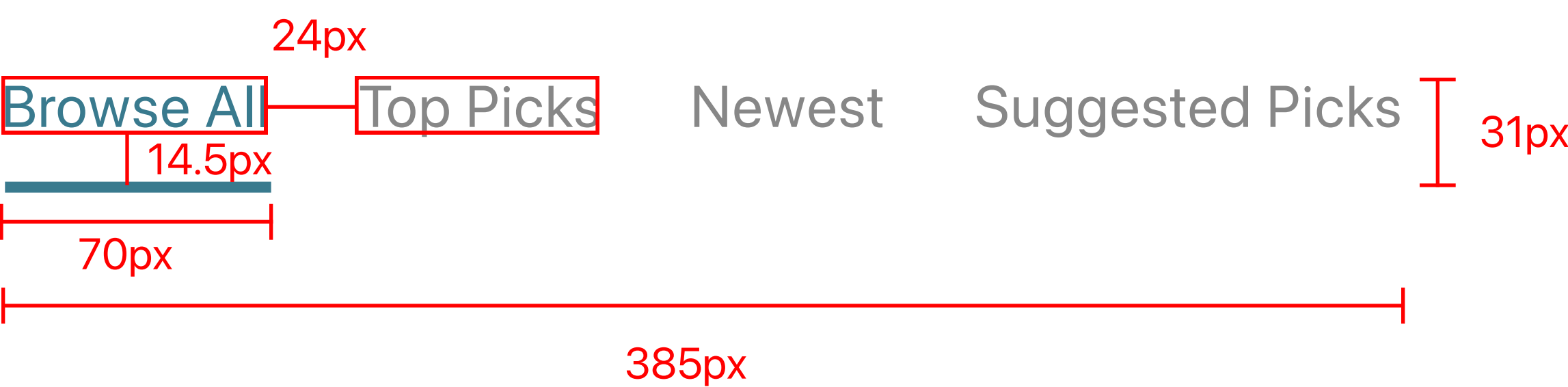
Status Bar



Style Attributes

Font Color: #000000
Font Size: 12px

Tab Bar



Style Attributes

Active Font Color: #397A8E
Inactive Font Color: #878787
Body Copy 01 Font Size: 12px
Highlight Tab Color: #397A8E

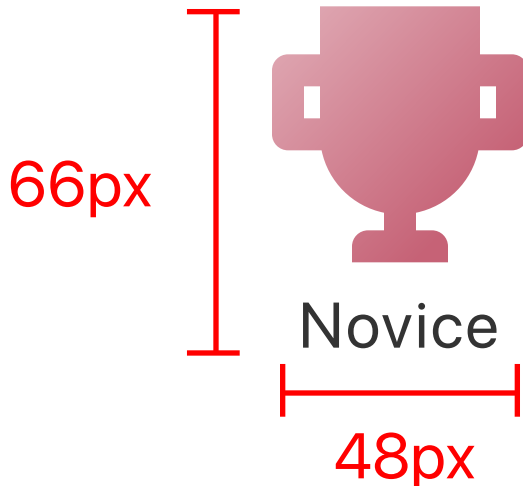
Nav Icon + Label



Style Attributes

Active Colour #397A8E
Inactive Colour: #878787
Body Copy 01 Font Size: 12px
Icon Size: 24x24 px

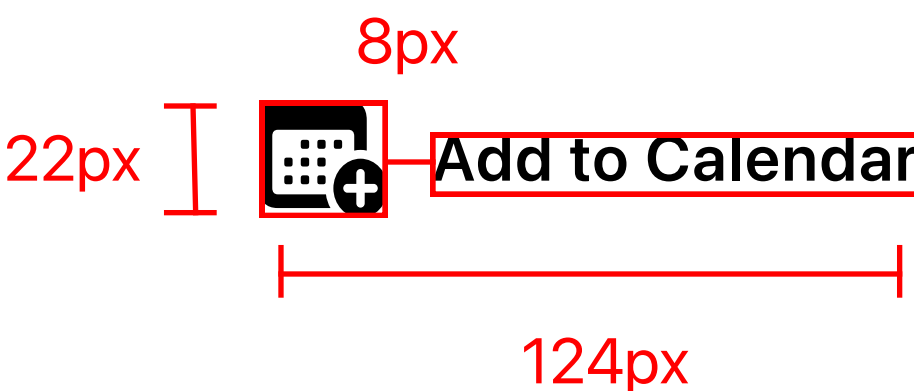
Achievements Icon + Label



Style Attributes

linear-gradient(133deg, #FFFFFF 0%, #C66276 88%)
Body Copy 01 Font Size: 12px
Font Color: #333333
Icon Size: 48x48 px

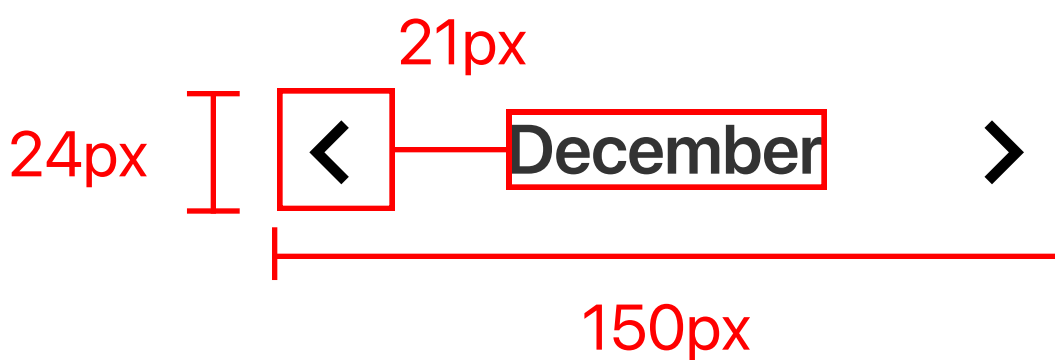
Calendar Icon + Label



Style Attributes

Font Colour: #000000
Body Copy 01 Font Size: 12px
Icon Size: 24x22 px
Icon Colour: #000000

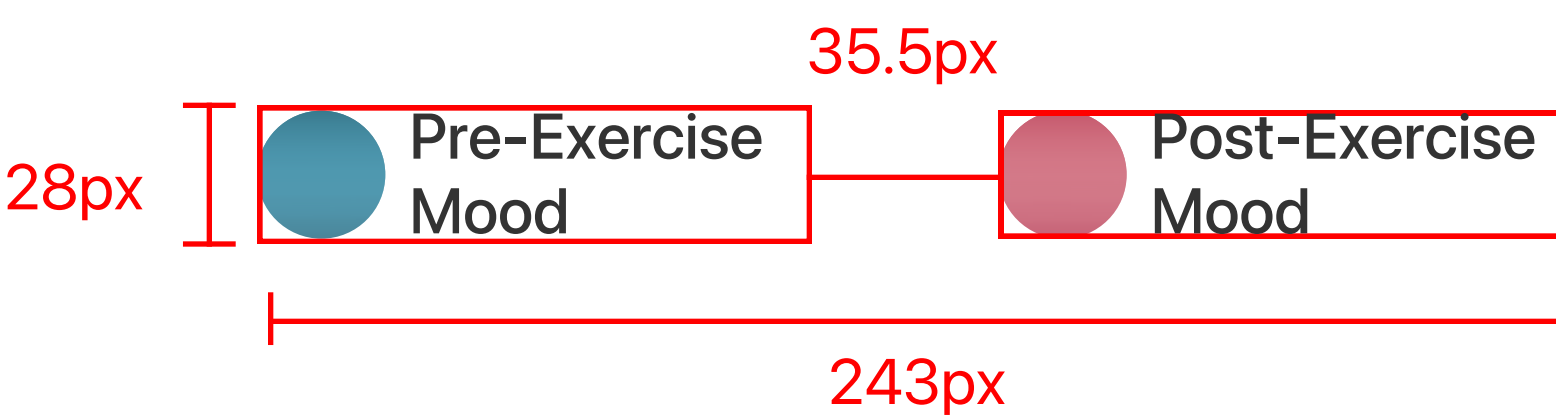
Selector



Style Attributes

Font Colour: #333333
Body Copy 01 Font Size: 12px
Icon Size: 24x24 px
Icon Colour: #000000

legend



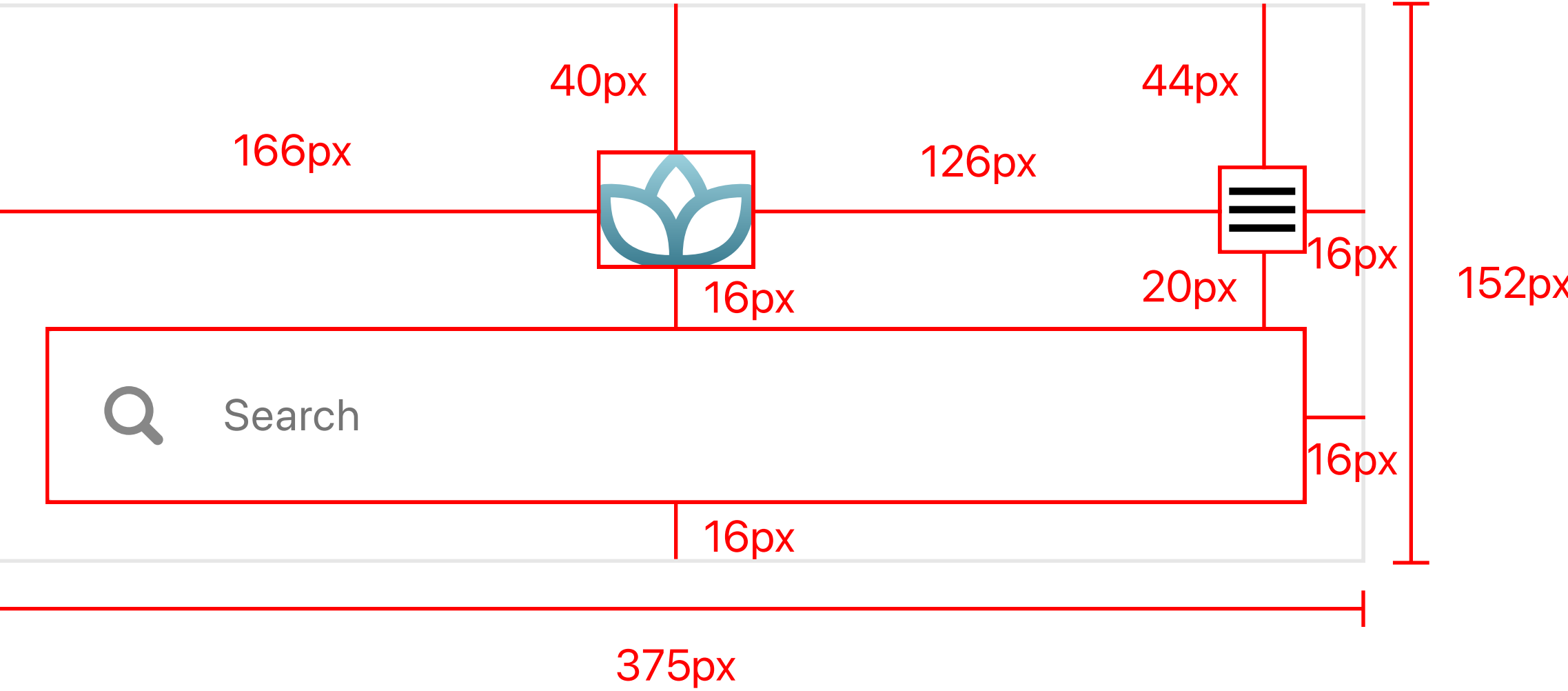
Style Attributes

Font Colour: #333333
Body Copy 01 Font Size: 12px
Oval Size: 24x24 px
Icon Colour: #000000
Fill 1: rgba(113,222,255,0) @ 100%
Fill 2: rgba(255,204,204,0) @ 100%

Zenfit UI Library

Organisms

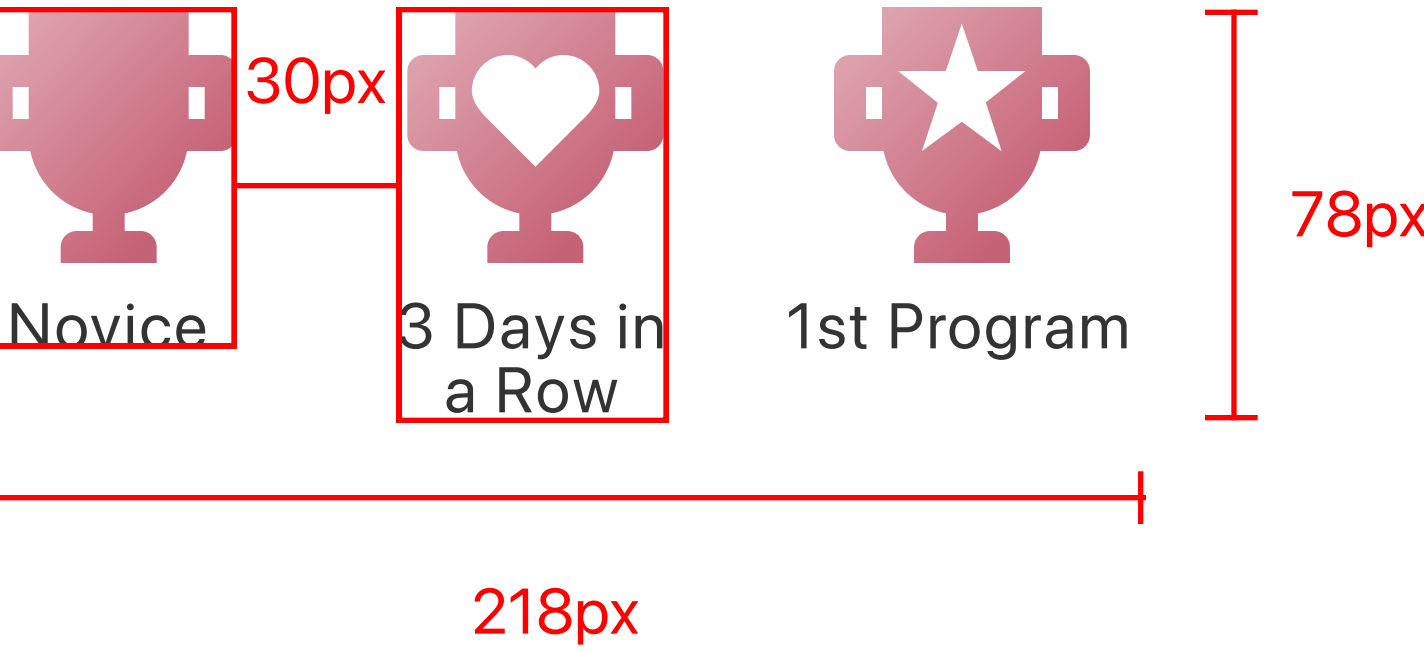
Top Header



Style Attributes

Font Color: #757575
Body Copy 01 Font Size: 12px
Logo Fill: linear-gradient
(180deg, #A3D7E3 0%, #397A8E 100%)
Hamburger Icon Size: 24x24px
Logo Size: 43x32 px
Border Color: #E3E3E3

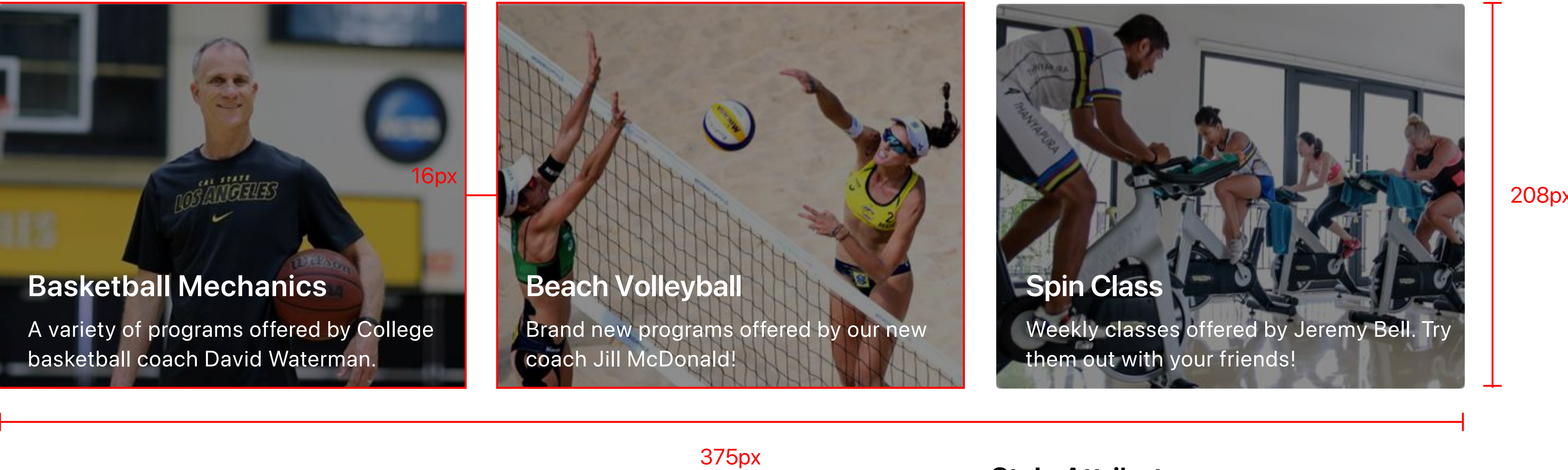
Achievements Section



Style Attributes

Font Color: #333333
Body Copy 01 Font Size: 12px
Icon Fill: llinear-gradient
(133deg, #FFFFFF 0%, #C66276 88%)
Icon Size: 48x48 px

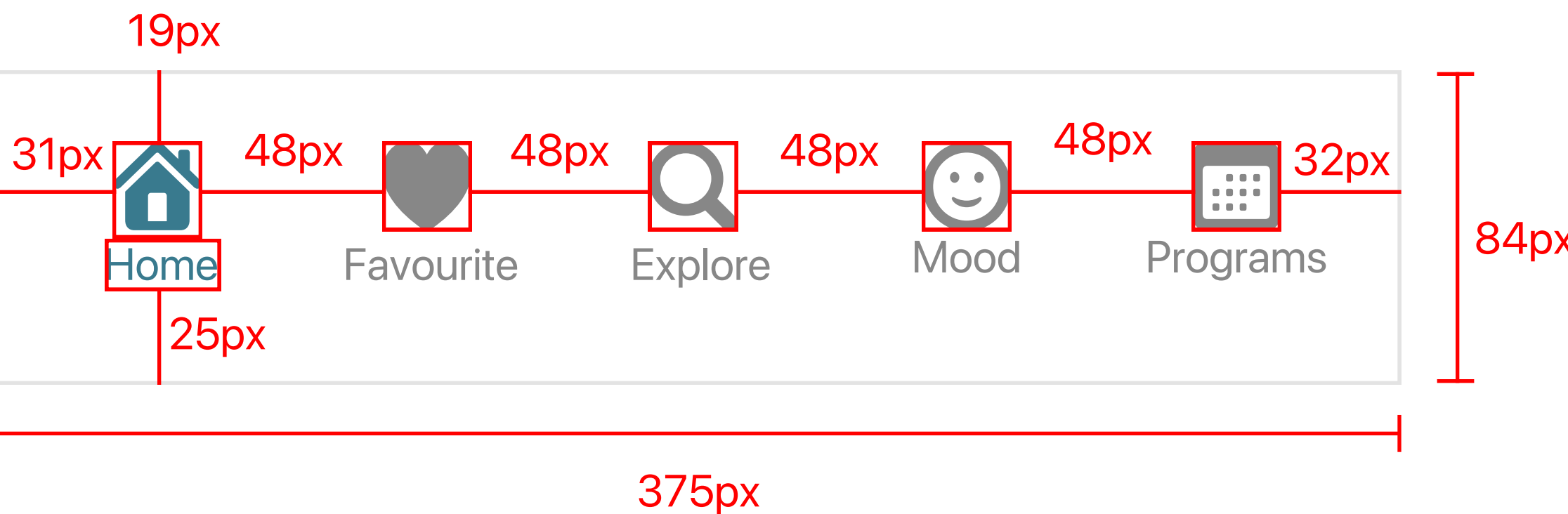
Home Slider



Style Attributes

Fill: Image
Font Color: #FFFFFFF
Heading 05 Font Size: 16px
Body Copy 01 Font Size: 12px
Alignment: Left

Navigation Bar



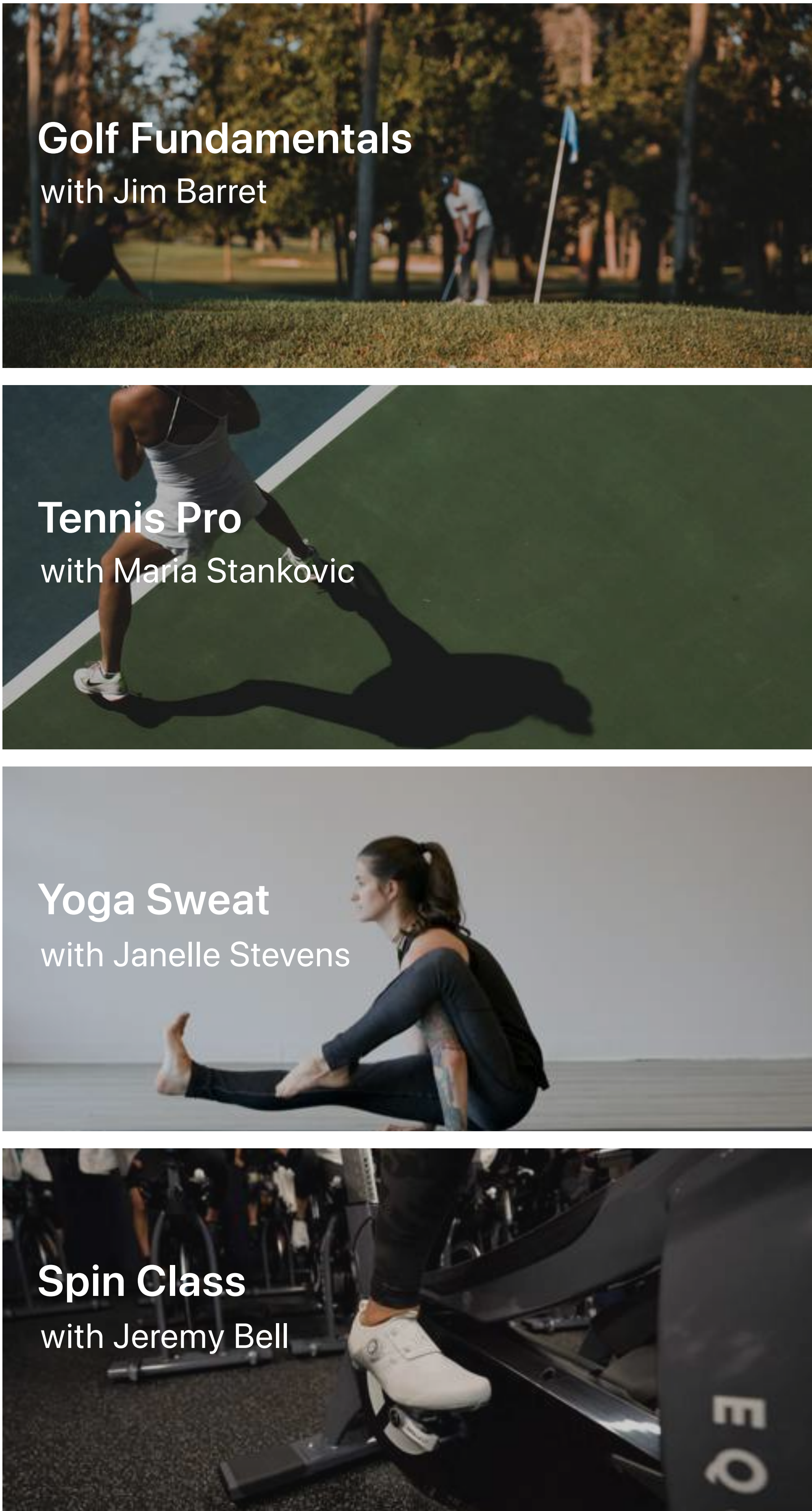
Style Attributes

Active Colour: #397A8E
Inactive Colour: #878787
Body Copy 01 Font Size: 12px
Border Colour: #E3E3E3
Icon Size: 24x24 px

Zenfit UI Library

Organisms

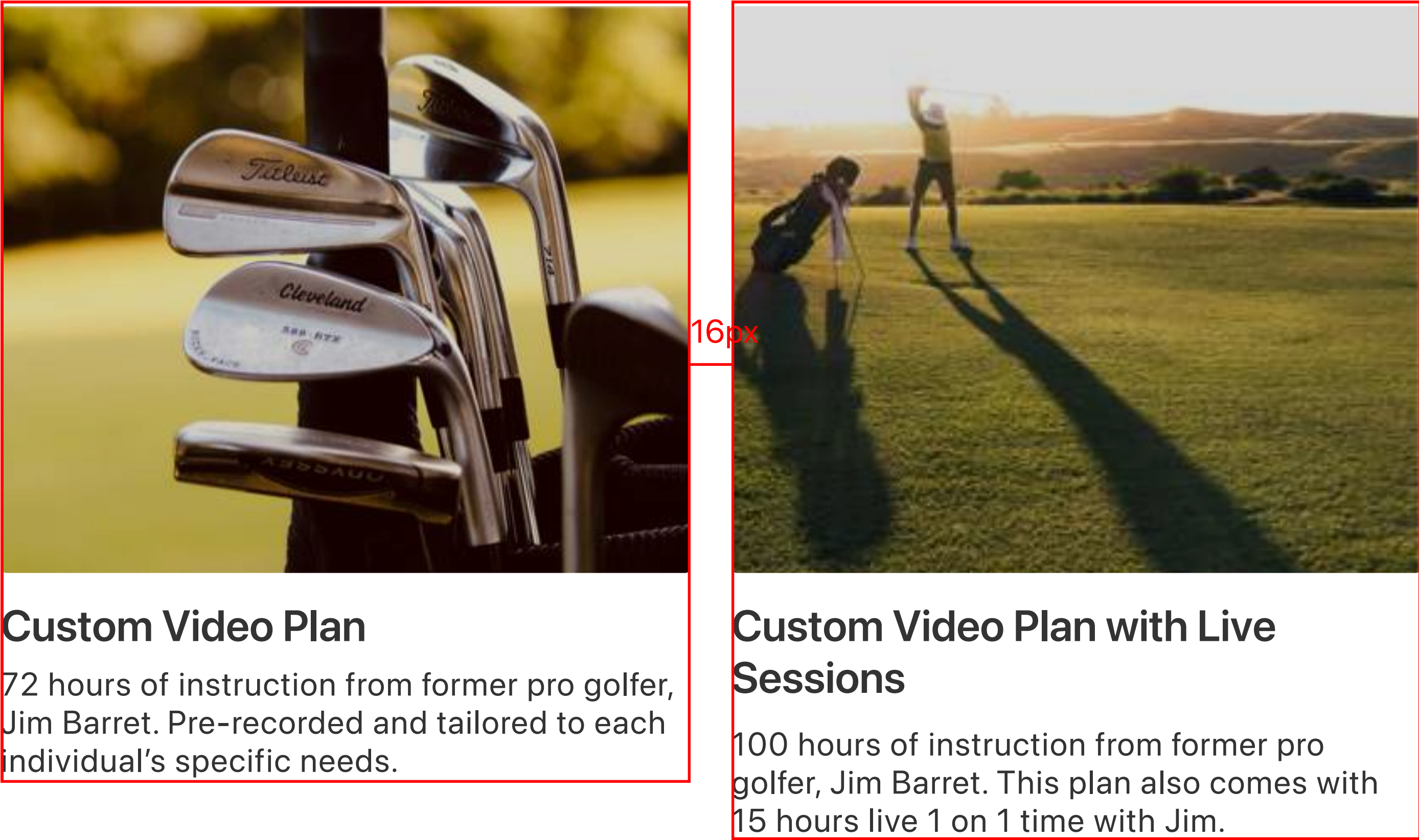
Results



Style Attributes

Fill: Image
Font Color: #FFFFFFF
Heading 04 Font Size: 20px
Sub-heading 02 Font Size: 16px
Alignment: Left

Programs Slider



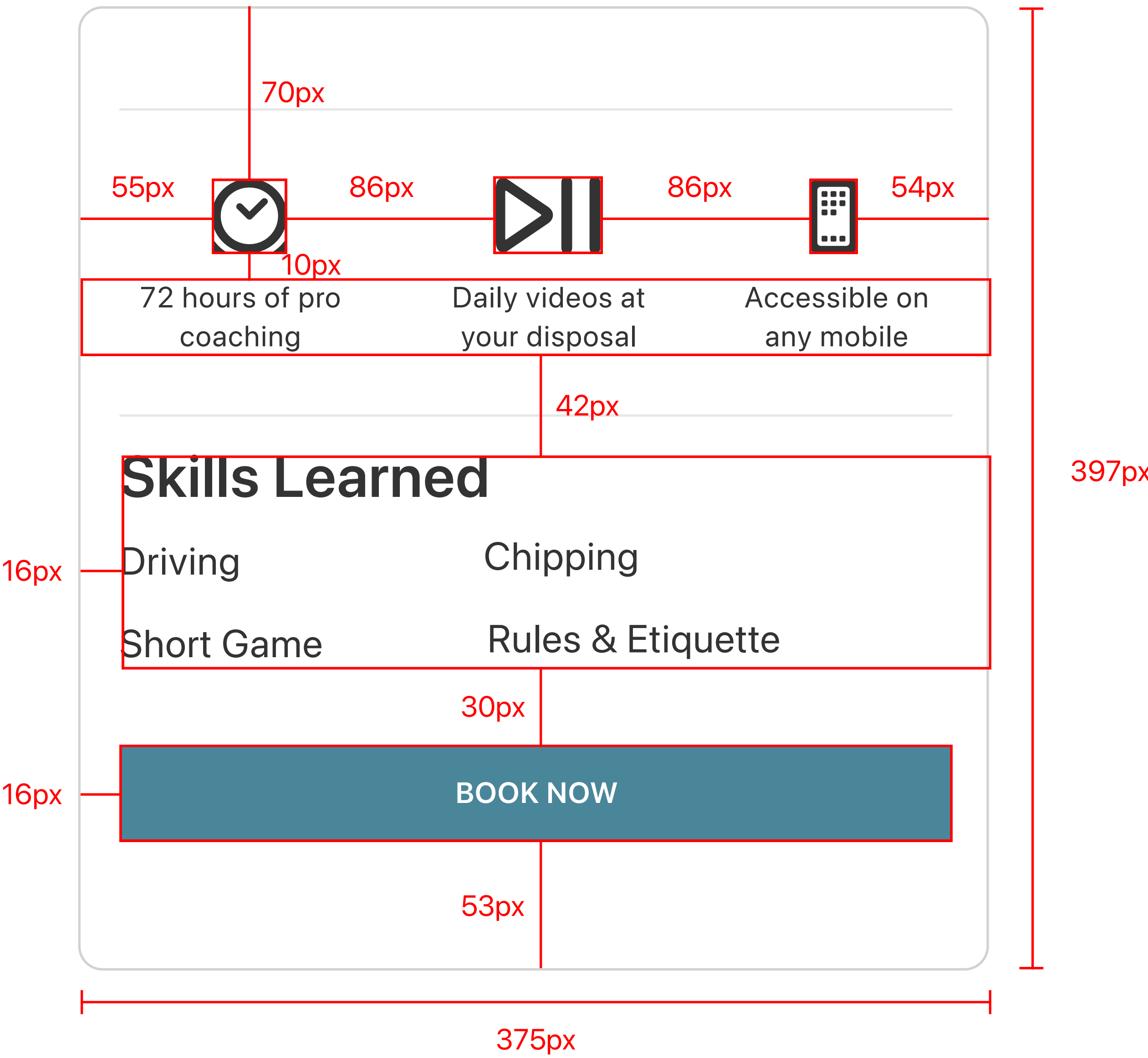
Style Attributes

Fill: Image
Font Color: #333333
Heading 05 Font Size: 16px
Body Copy 01 Font Size: 12px
Alignment: Left

Zenfit UI Library

Organisms

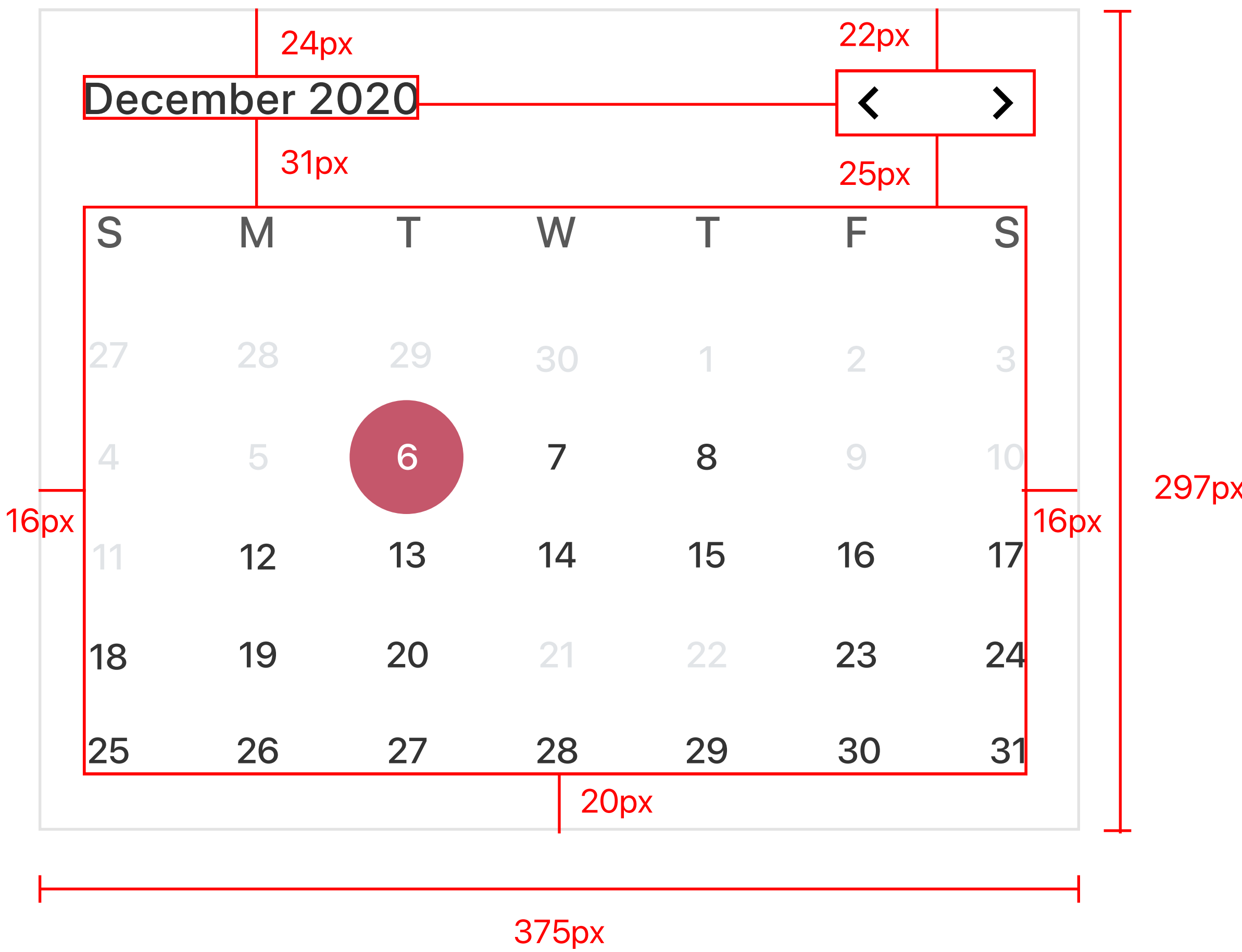
Popup Slider



Style Attributes

Fill: #FFFFFF
Font Color: #333333
Heading 03 Font Size: 24px
Sub-heading 02 Font Size: 16px
Border-radius: 10px
Button Fill: #397A8E
Button Font Colour: #FFFFFF
Button Font Size: Body Copy 01 (12px)

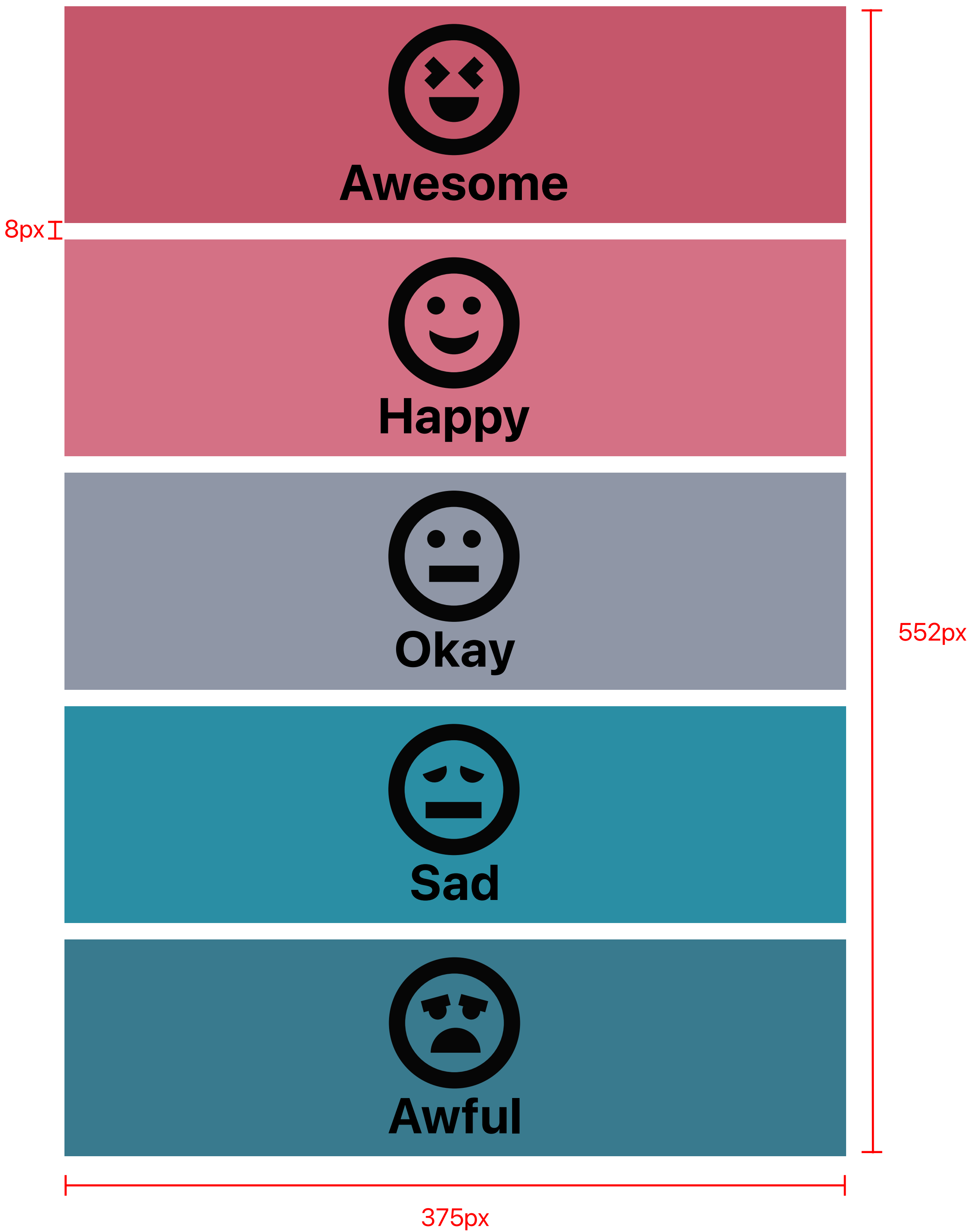
Calendar



Style Attributes

Fill: #FFFFFF
Font Color: #333333
Disabled Font Colour: #E2E5E8
Body Copy 01 Font Size: 12px
Border Colour: #E3E3E3
Icon Size: 24x24 px
Icon Colour: #000000

Mood Selection



Style Attributes

Font Colour: #000000
Heading 03 Font Size: 24px
Icon Size: 64x64 px
Icon Colour: #000000
Fill 1: #C5576B
Fill 2: #D47185
Fill 3: #8F96A6
Fill 4: #2A8EA4
Fill 5: #397A8E

Organisms

The image displays a video player interface for a boxing training session. The video frame is 375px wide and 416px high. The player controls at the bottom are 16px high. The video content shows a man and a woman in boxing gear, with the man's glove labeled "9ROUND 30 MIN KICKBOX".

Fill: Image
Font Color: #FFFFFF
Time Bar Fill: #909090
Body Copy 01 Font Size: 12px
Icon Size: 24x24 px
Icon Colour: #FFFFFF

The diagram illustrates a 'Weekly Exercise Mood Chart' with the following dimensions and annotations:

- Title:** 'Weekly Exercise Mood Chart' (11px high, 197px wide).
- Y-axis:**
 - Top label: '16px' (11px high).
 - Bottom label: '16px' (11px high).
 - Axis height: 352px.
 - Emotion icons (from top to bottom): 😊 (16px), 😊 (16px), 😐 (16px), 😐 (16px), 😞 (16px).
- X-axis:**
 - Labels: 'Mon', 'Tue', 'Wed', 'Thu', 'Fri', 'Sat', 'Sun'.
 - 'Mon' and 'Tue' are highlighted with a red box (27px high).
 - Axis height: 30px.
- Chart Area:**
 - Width: 375px.
 - Height: 352px.
 - Area 1 (Top): Red shaded area (32px high).
 - Area 2 (Middle): Pink shaded area (16px high).
 - Area 3 (Bottom): Blue shaded area (16px high).

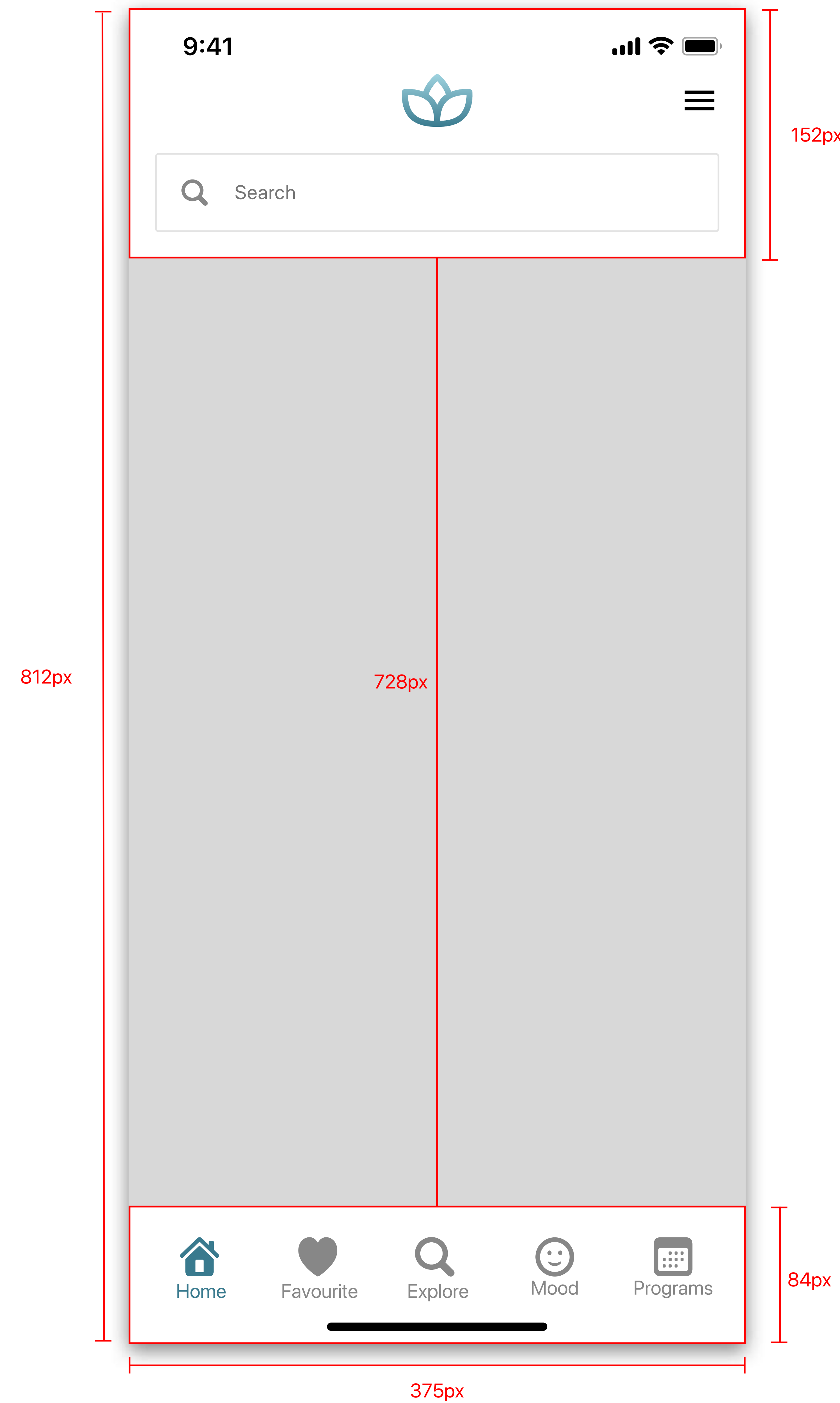
Fill 1: linear-gradient
(133deg, #FFFFFF 0%, #C66276 88%)
Fill 2: linear-gradient
(180deg, #A3D7E3 0%, #397A8E 100%)
Font Color: #333333
Body Copy 01 Font Size: 12px
Body Copy 02 Font Size: 10px
Icon Size: 16x16 px
Icon Colour: #FFFFFF

Zenfit UI Library

Templates

Home Template

This template is used on the Home Screen and the Chart screens.

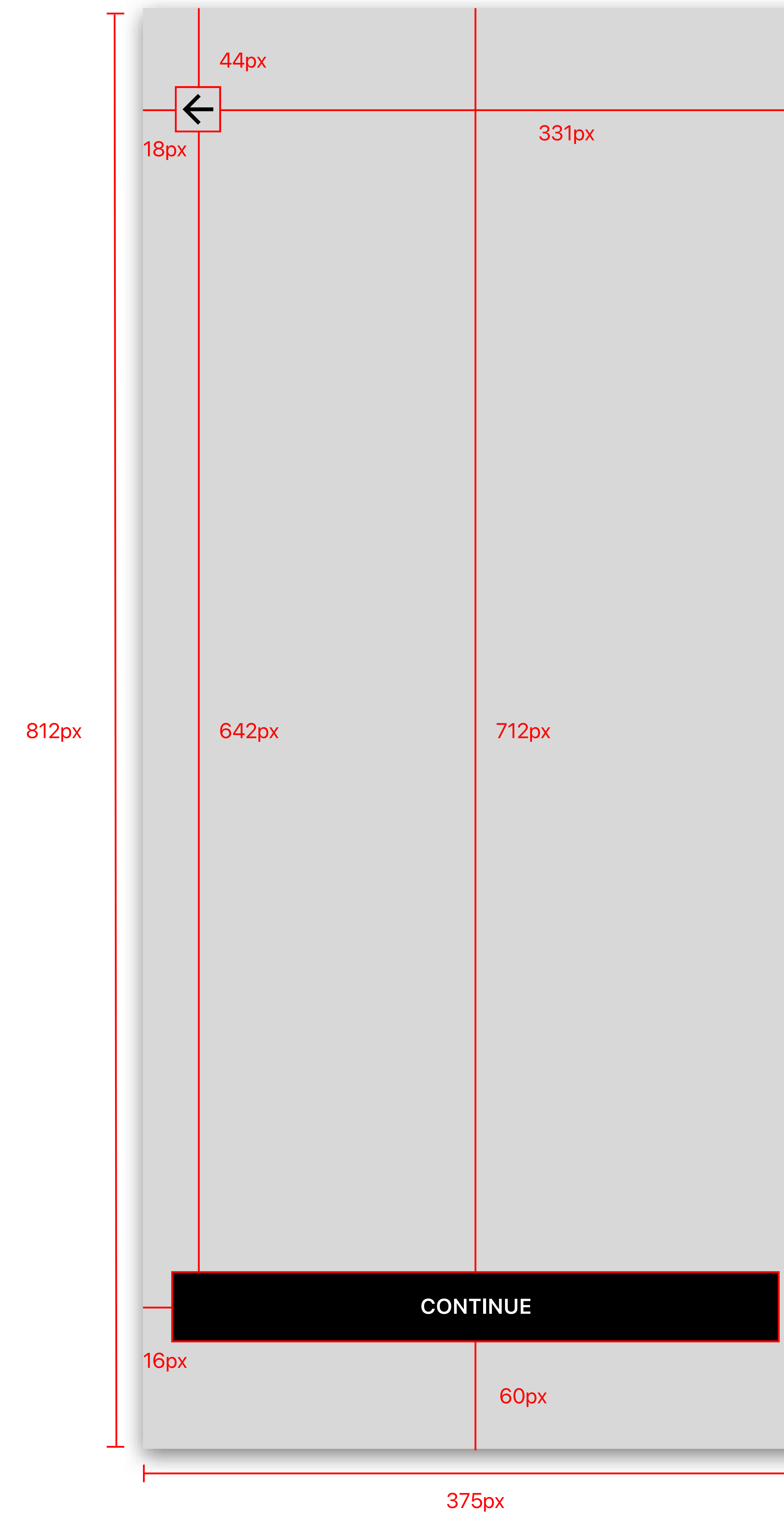


Zenfit UI Library

Templates

Mood Template

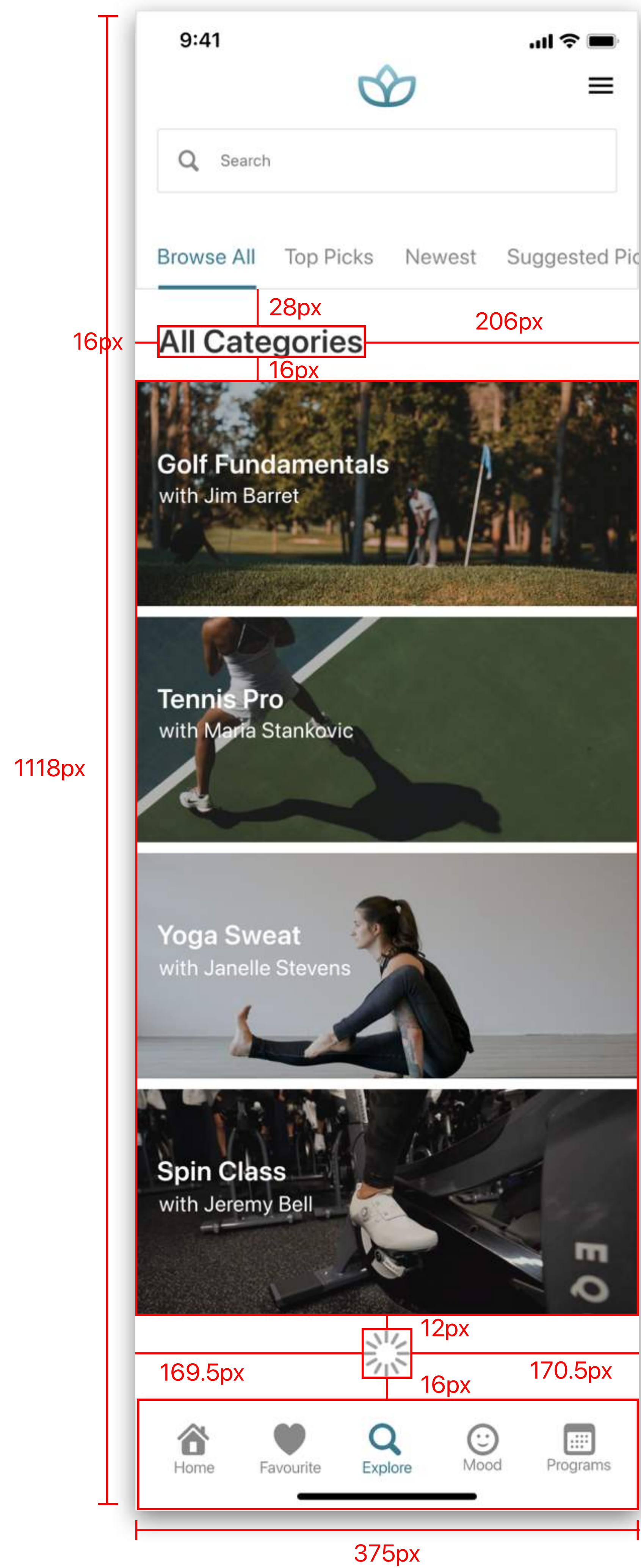
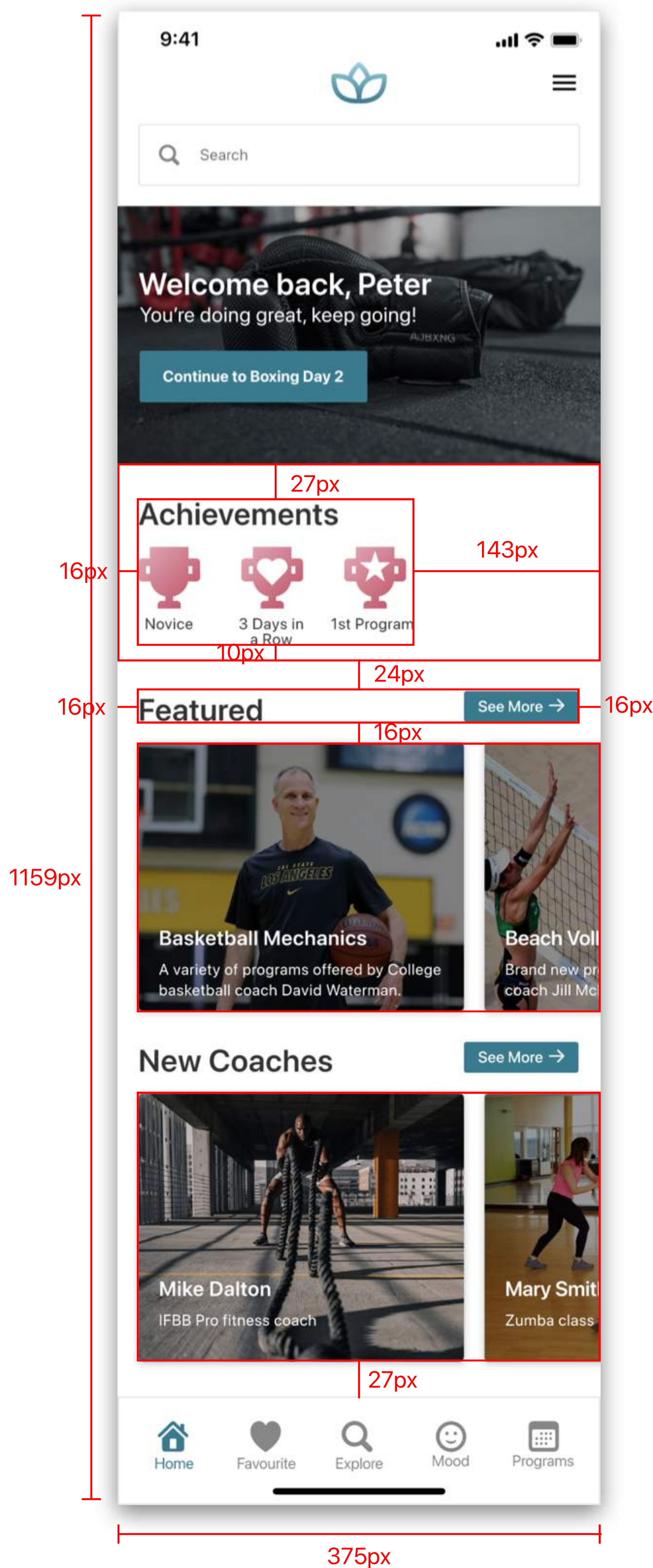
This template is used on all of the selected emotion confirmation screens.



Zenfit UI Library

Pages

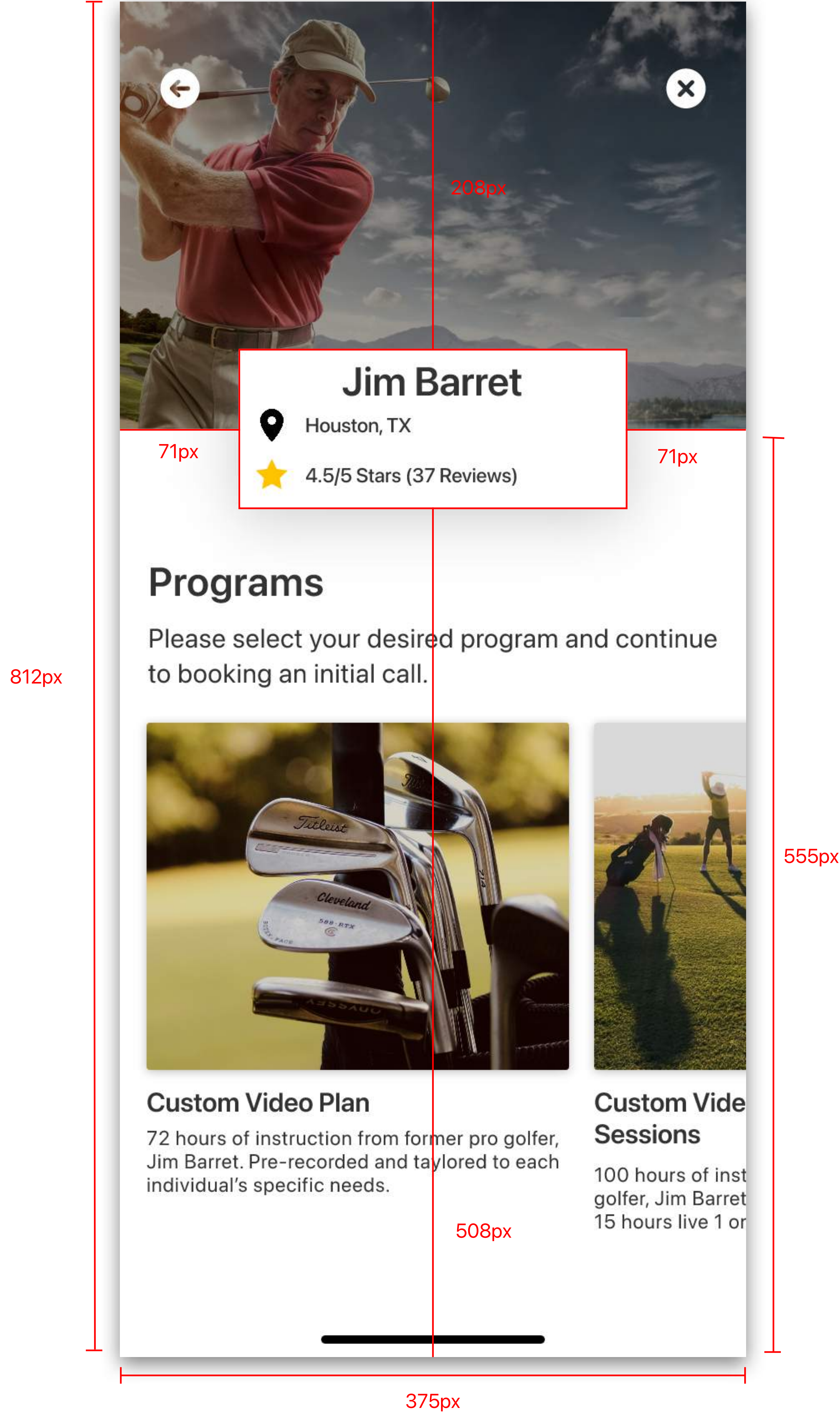
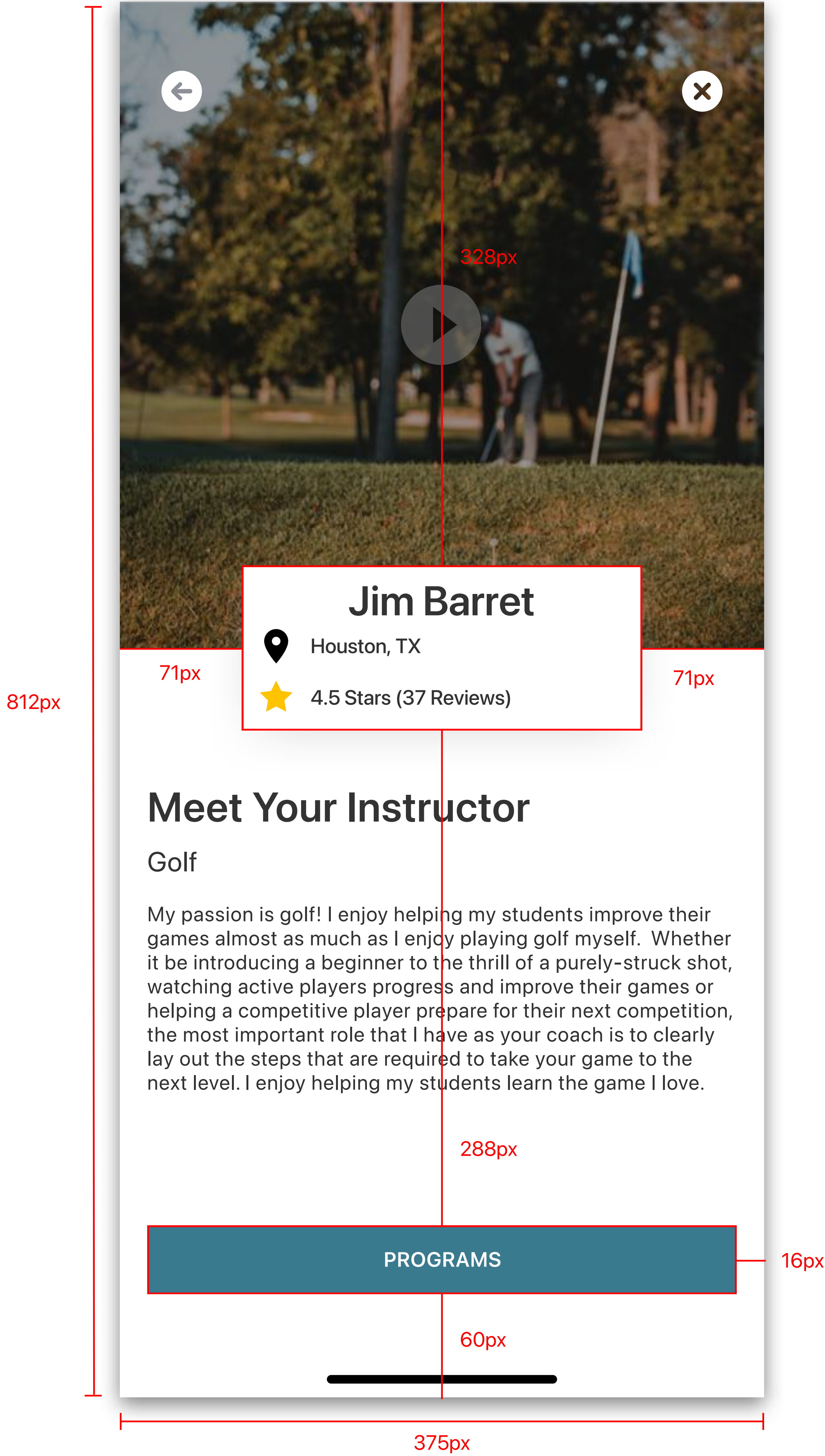
Home Page & Results Page



Zenfit UI Library

Pages

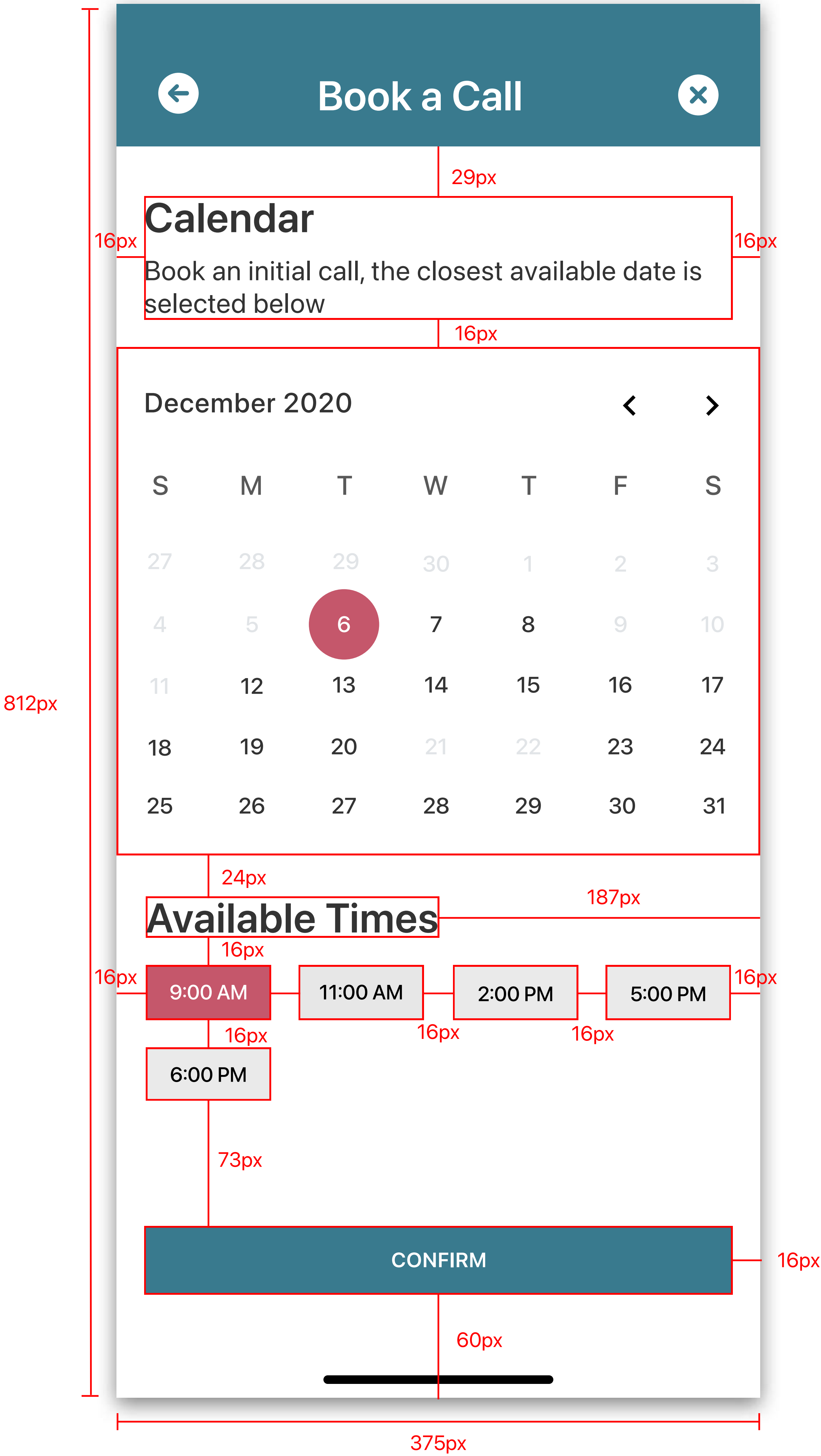
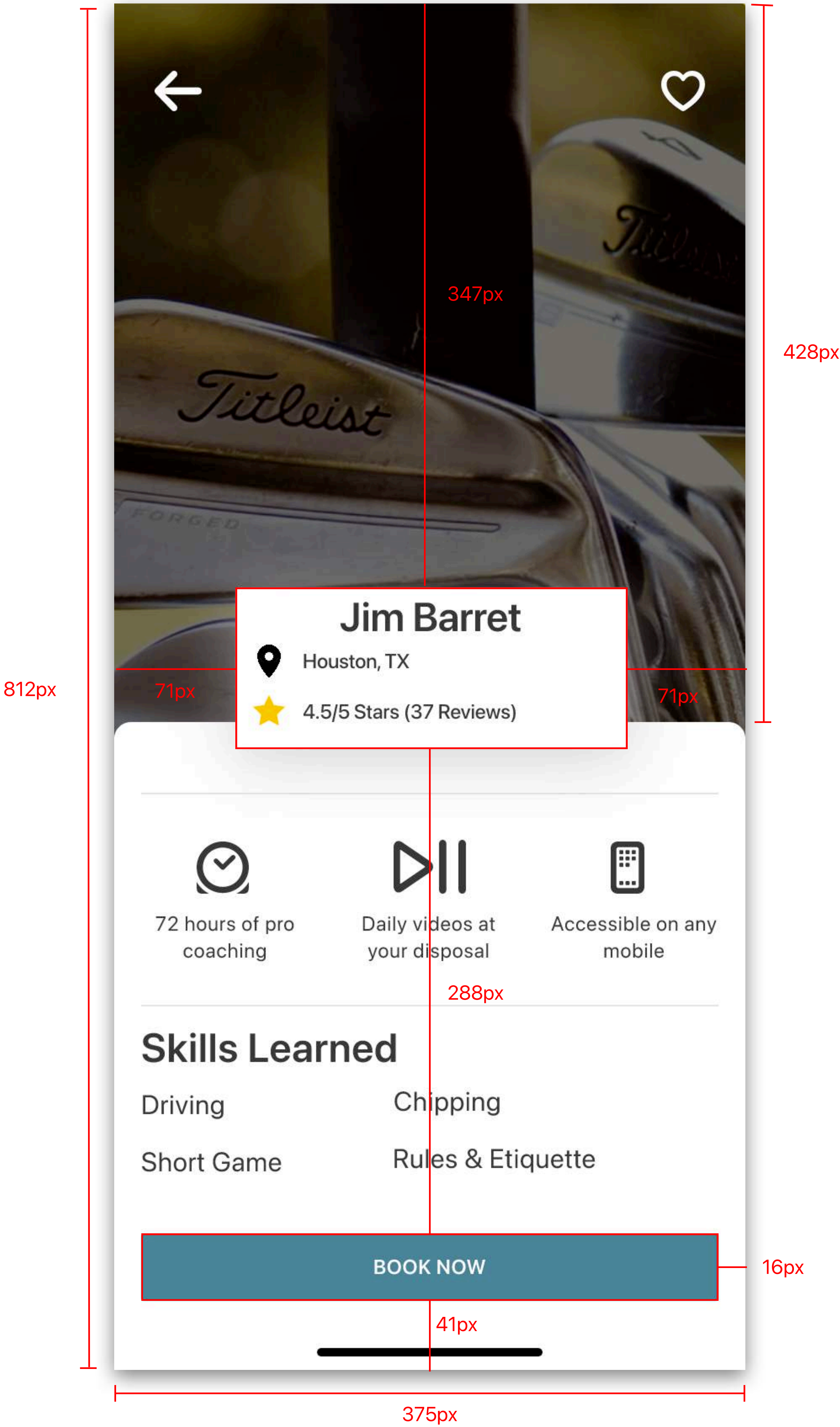
Bio Page & Programs Page



Zenfit UI Library

Pages

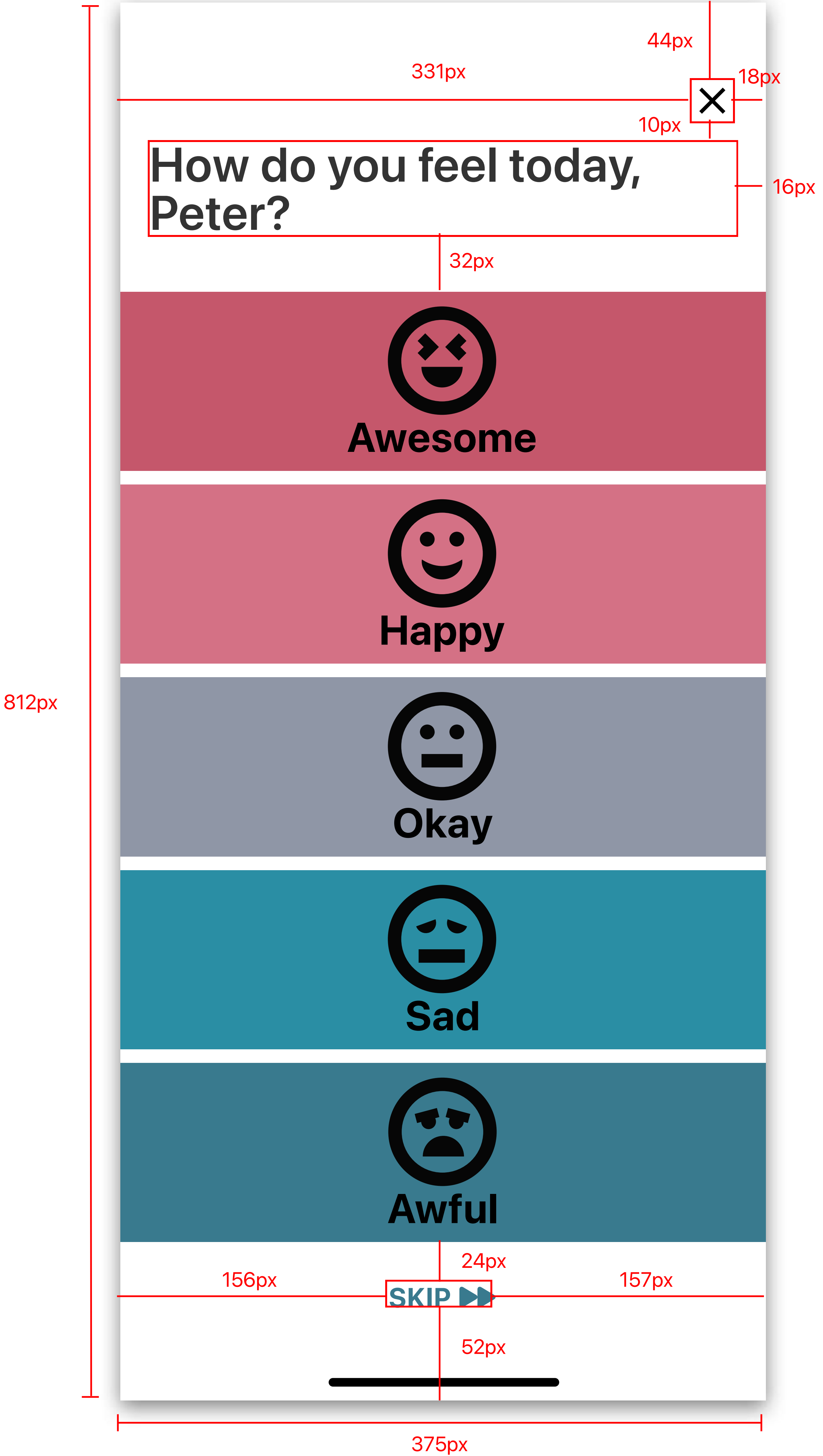
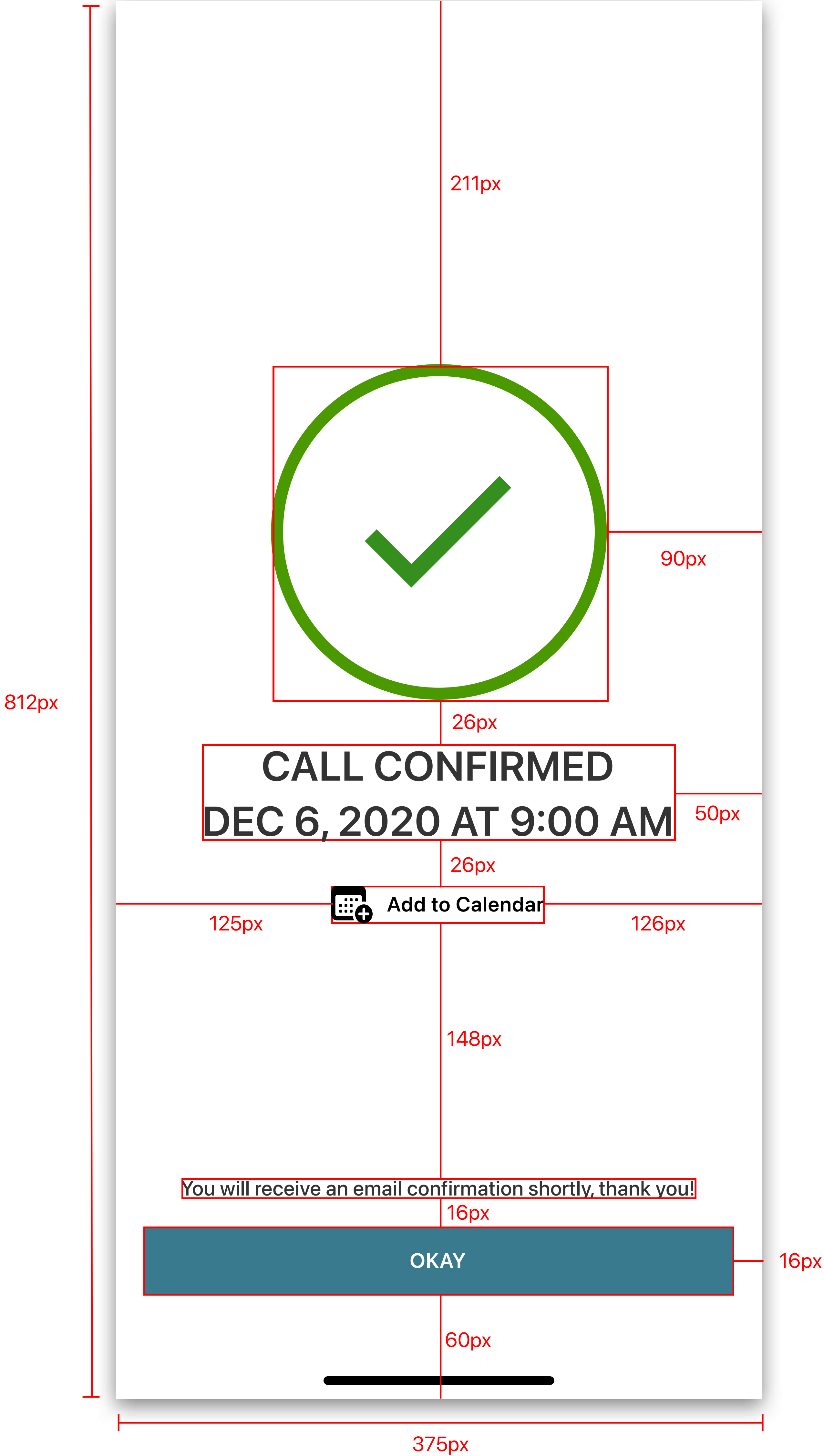
Selection Page & Calendar Page



Zenfit UI Library

Pages

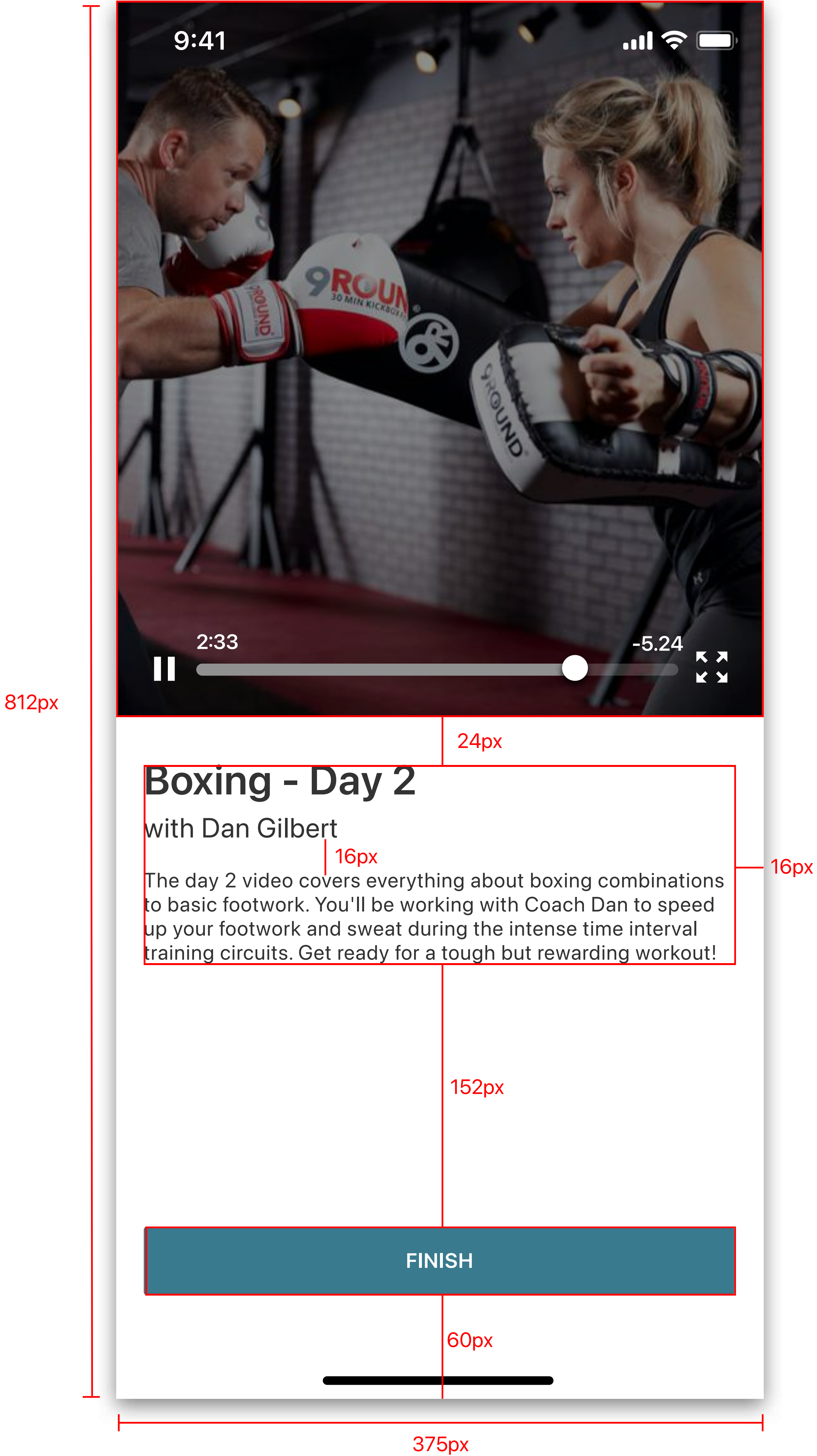
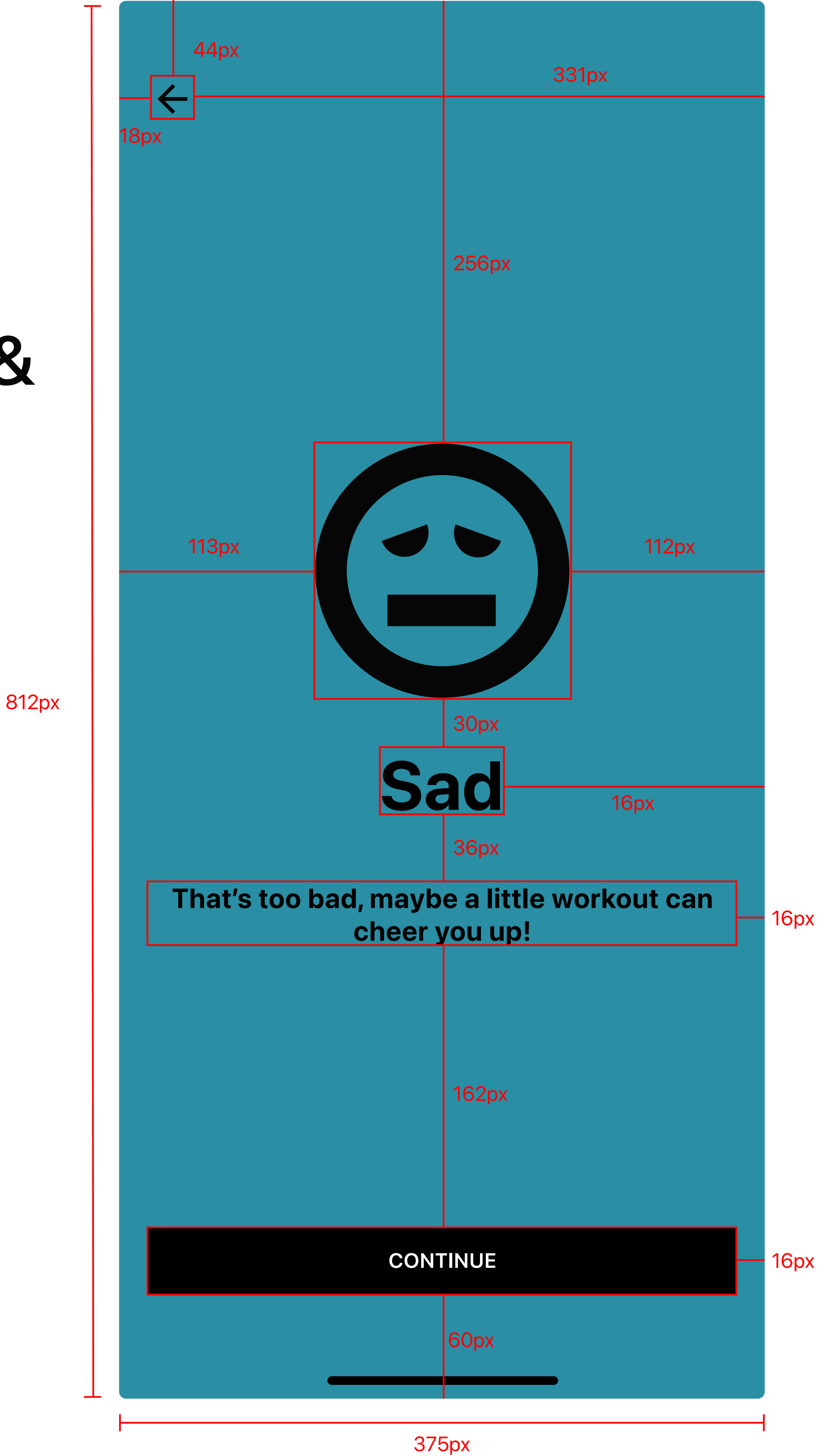
Confirm Page & Mood Selection Page



Zenfit UI Library

Pages

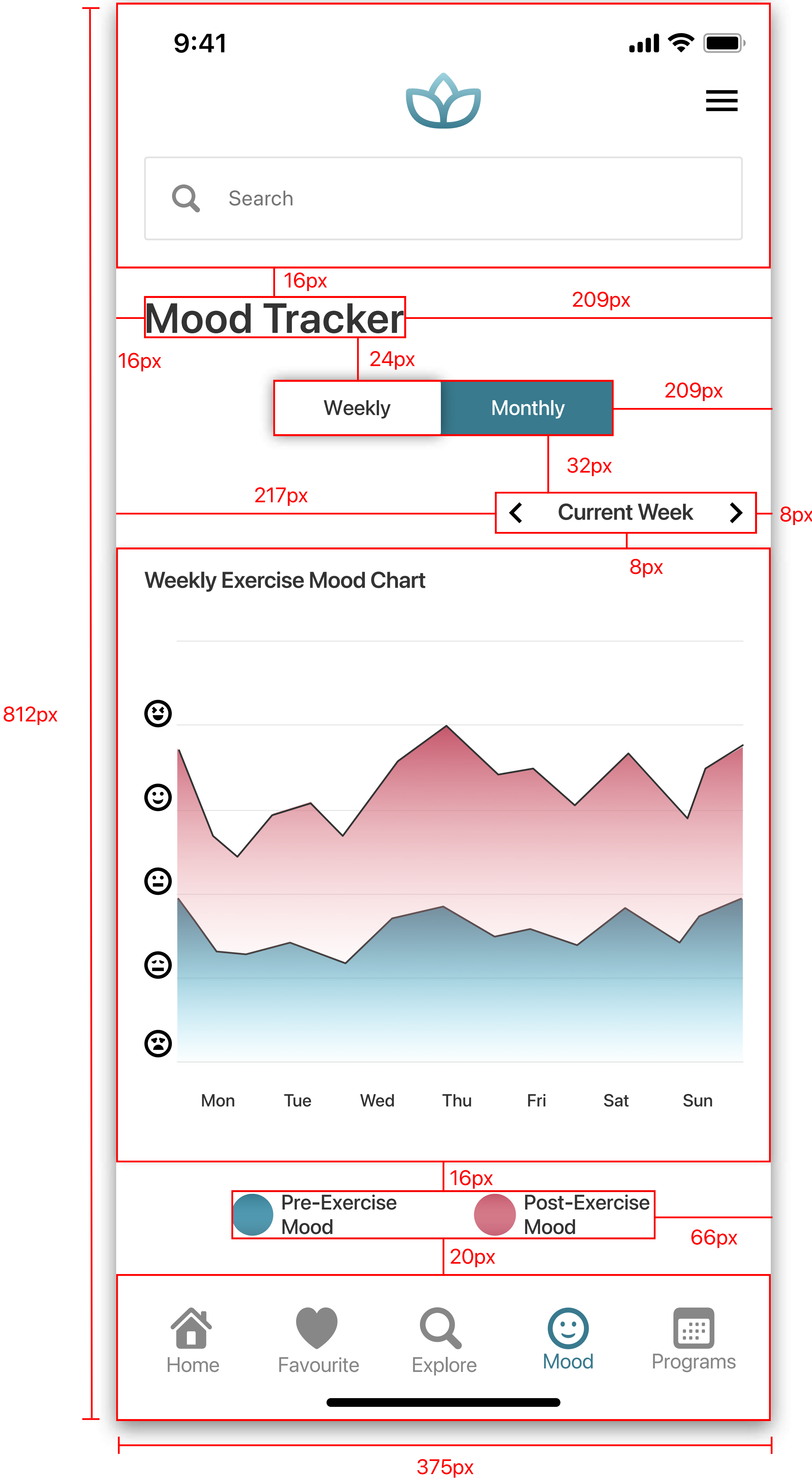
Confirm Mood Page & Video Page



Zenfit UI Library

Pages

Mood Chart Page



Appendix

Zero Height Design System

Alliance is a design system created for my product, Zenfit.

<https://zeroheight.com/52e38714f/p/36348a-alliance>

