Designing a Food Log App using Human Centered Approach

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Proposed design idea:

Home Screen

Me	Food Log
Track your progress	Resources

Help ?

Screen 2

Me

- Weight
- Height
- Personal Preferences
- Medical History
  - o Lab Values
- Physical Activity

- E-mail information to:
  - o Medical Provider
  - o Myself

Screen 3

Food Log

- Calorie Count
- Meal Type (breakfast, lunch, dinner, or snack)
  - o Food name
  - o Portion Size
  - o Preparation Method
  - o Nutrition Information

- View Previous Logs
- Upload Meal Photo
- E-mail Food Log to:
  - o Medical Provider
  - o Myself

Screen 4

Track your progress

- Daily Messages
  - o Reminders
- Measurements / Readings

- E-mail progress to:
  - o Medical Provider
  - o Myself

Screen 5

Resources

- Contact RD or Clinician
- Literature
  - o Journals
  - o Books
  - o Websites
- Disease specific recipes
- More information