UI Design

Product Concept

Lumme turns your smartwatch into a weight management device that will privately and automatically detect and log your food and beverage consumption from the motions of your dominant hand.

Download our app, strap a smartwatch to your primary eating hand and Lumme's gesture recognition technology will passively gather metrics and corresponding insights on when, where and how much (bites) you eat, along with the pace, duration and frequency of your eating.

Lumme's pattern recognition intelligence senses eating and anticipates hunger to deliver personalized, time-sensitive, and science-backed messages to motivate you based on your lifestyle and weight-loss goals.

Lumme determines the optimal times to intervene or deliver a wrist 'zap' so you can:

- Moderate your hunger and fullness levels
- Properly adjust the timing of your meals and snacks
- Manage Time Restricted Feeding and Intermittent Fasting regimens
- Slow down your pace when you're eating too fast
- Be more mindful about your consumption
- Provide simple inputs regarding hunger level, fullness and emotions
- Journal your foods using sensory and time-based prompts
- Sync other health data including sleep and exercise

This document describes some of the screens we need to design for our campaign. I have included the description for each screen, and also included screenshots from various other apps to give an initial idea about the screens we want to develop. Since these sample screenshots come from different apps with various themes, we would want our screens to have a consistent theme for look and feel.

Screen 1: Menu

This is the home screen of the app showing the various options available to the user. Besides showing the options, it will give a summary snapshot of various metrics at the top for user's current day.

The following choices need to be presented to the user:

1. **Meal Diary:** This is the shortcut to launch the most unique feature of our app where a user would be able to access their meal diary and check the records of all the meals consumed.
2. **Activity:** This icon launches a screen where a user is able to track their physical activity levels like number of steps walked in a day, time spent walking, time spent running, time spent being sedentary, etc.
3. **Sleep:** This icon takes the user to a screen where they would be able to report and track their sleeping behavior.
4. **Weight:** This icon takes the user to a screen where they would be able to report and track their daily body weight, and observe trends over a period of time.
5. **Mindful eating:** This icon takes the user to a screen where it would show in real-time the statistics of a meal in progress. This will provide some feedback to the user on being mindful while eating. *This should be the most prominent choice for the user where they should feel encouraged to use this choice to start their eating session.*
6. **Reports:** This icon takes the user to a screen where they would be able to get a summary report of their behaviors.

The following statistics need to be shown to the user capturing the user behavior for the current day:

- Number of meals : e.g. 3.
- Time since last meal: e.g. 3:15 hours
- Steps walked: e.g. 3500
- Sleep Duration: e.g. 6:15 hours

It would be ideal if these statistics can be shown in a way such that the users get some visual feedback. For example:

- Time since last meal should turn red if the user is say running behind schedule to have lunch which might result in a more ravenous intake of food when the opportunity to eat comes.
- Steps walked should provide a feedback indicating how far they are from their daily goal of say 6000 steps.
- Sleep duration should indicate if there is a sleep deficit (e.g. if the user slept for less than their normal 8 hours).

Screen 2: Mindful eating

This screen is intended to provide real time statistics of user's eating session in progress. The statistics shown in this screen will be updated constantly. This screen should not feel crowded. Apart from the statistics, there will be a textual advice in this screen. This advice should appear as if the app is continuously evaluating user's eating behavior and the text is dynamically getting updated.
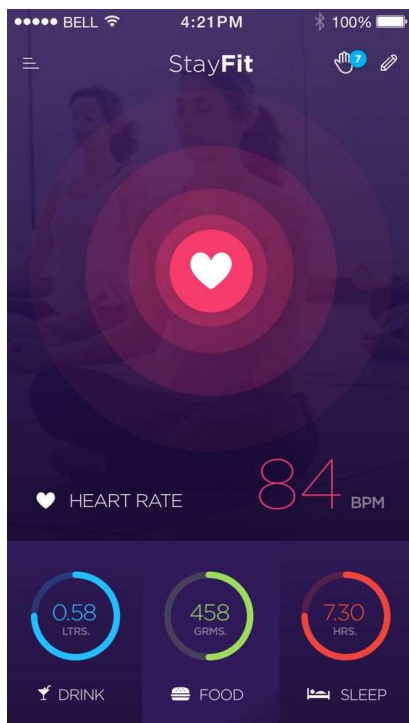
Statistics to show:

1. Number of food bites: e.g. 21
2. Pace of eating: e.g. 7 bites per minute.
3. Duration of eating: e.g. 3:14 minutes

Feedback example:

- Be mindful when you take a bite. Savor each bite slowly and try to reduce your eating pace to less than 4 bites per minute.
- Good job! Maintain a regular pace of eating.

Sample screens:

Screen 3 & 4: Meal Diary & Meal Stats

This screen shows the list of all meals consumed by the user in the form of a timeline for each day of app use. The user should have the option to navigate to days in the past and see their meals for that day.

Each meal should be presented in a timeline such that the user gets a visual feedback of how long the gap between two consecutive meals was. Moreover, a user should feel encouraged to click on each meal such that it opens up a pop-up to provide some manual feedback for that meal or see more details for that meal.

The sample UI screen should show Breakfast, Lunch, Dinner and 1 Snacking event between lunch and dinner.

There are 4 types of meals in the app: Breakfast, Lunch, Dinner, Snack.

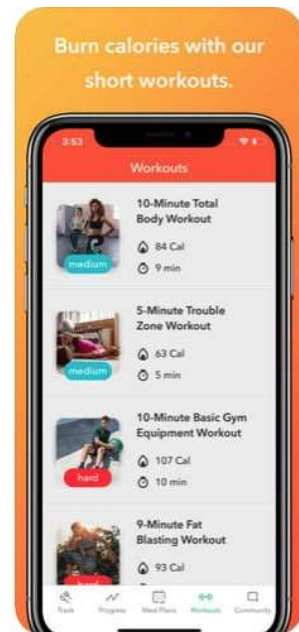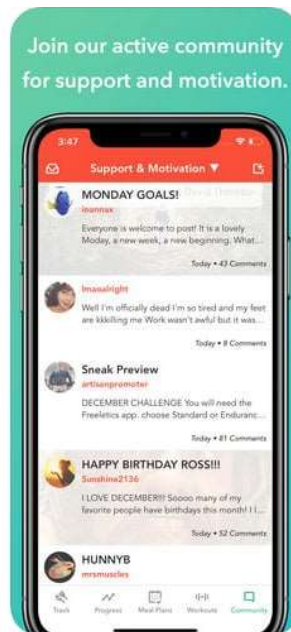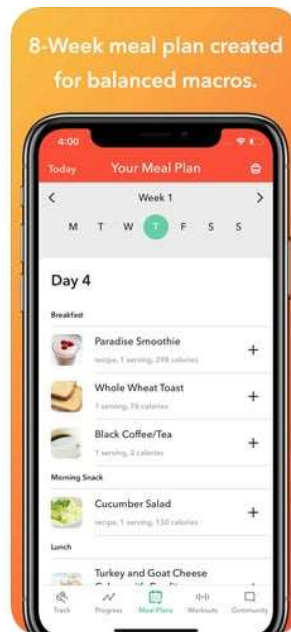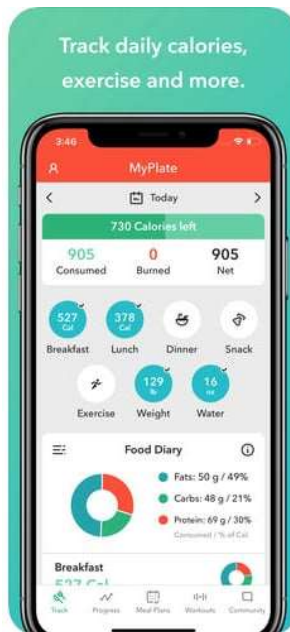Each meal has the following data associated with it:

- Time of meal e.g. 7:15 am.
- Duration e.g. 14 minutes 30 seconds.
- Number of food bites: e.g. 14
- Pace of eating: e.g. 1 bite per minute.
- Emotions associated with a meal: One or more emotions selected by the user from this list: Happy, Satisfied, Bored, Stressed, Angry, Anxious, Excited.
- Hunger level: A number between 1 to 10 (1: Not hungry at all, 10: Extremely hungry).
- Satiety level: A number between 1 to 10 (1: Not satisfied at all 10: Overly stuffed)
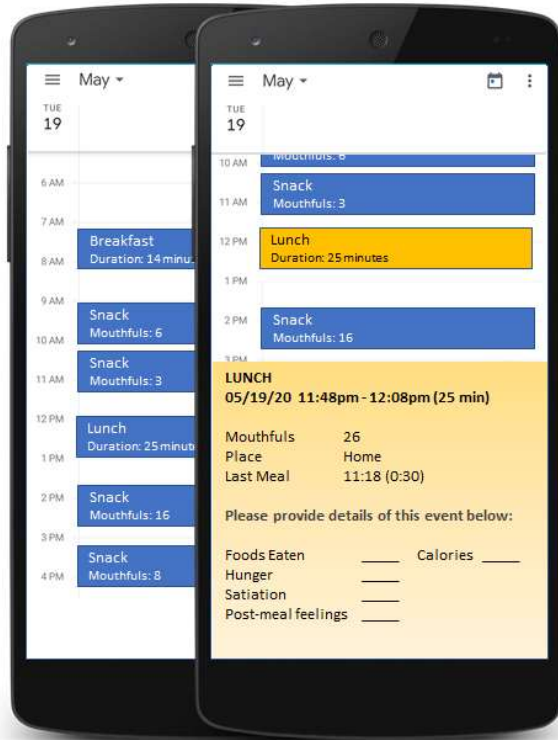- Location: Home / Work / Restaurant / Cafeteria

The UI screen should show as much data from the above as possible. The user should be able to see the complete data/ edit the data by clicking on each meal.

This can lead to developing two screenshots: one without the pop-up and one with pop-up.

Sample screens:

Track daily calories, exercise and more.

8-Week meal plan created for balanced macros.

Join our active community for support and motivation.

Burn calories with our short workouts.

Screen 5: Reports Screen

This screen summarizes the user's day at the end of each day. This screen gives an overall score to the user to tell them how their day went. After showing the data to the user, this screen should include some advice on how a user can improve their over all score for the day.

Data shown in this screen:

- Meal data:
  - Number of meals: e.g. 3 core meals + 2 snacks.
  - Time spent eating: e.g. 45 minutes.
  - Food bites during the day: 128
  - Average pace of eating: e.g. 5 bites per minute.
- Activity data:
  - Time spent walking: 3 hour 13 minutes.
  - Steps count: 6000
  - Distance walked: 5 kms.
  - Time spent running: 14 minutes
- Sleep data:
  - Duration: 6 hours 30 minutes

- o Sleep Quality: Good
- Body weight:
  - o E.g 210 lbs

Examples of advice shown:

- Sometimes it's hard to stay on schedule with our meals. If you're running behind schedule, consider your pace of eating to ensure your ravenous intake doesn't result in overeating past your body's satiety cues. Putting your fork down between bites can be effective. Check out our mindful eating resources for more suggestions.
- Inadequate sleep can negatively impact our appetite and metabolism. With better rest, you'll find your hunger levels and need for energy will be more manageable. Check out our research on sleep.
- A tight schedule can limit your ability to exercise, but even small amounts of activity for a duration of just 20 minutes will keep you on track to meeting your physical activity and health goals. Keep up the good work!

Sample Screen: