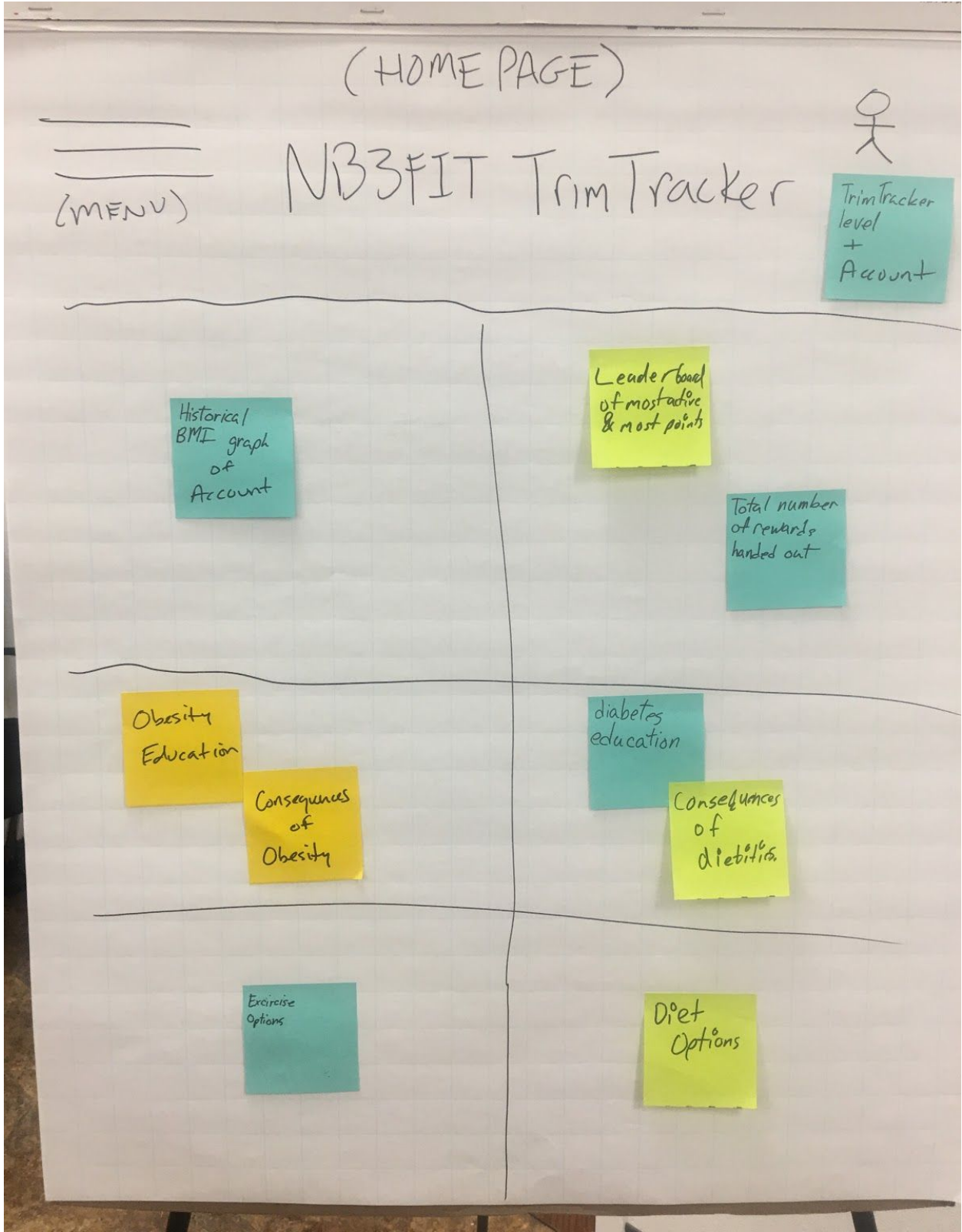


NB3FIT TrimTracker

by
Kaiya AuBuchon
&
Kyle Pruitt



NB3FIT TrimTracker - Home Page

Description of the Mobile App

NB3FIT TrimTracker

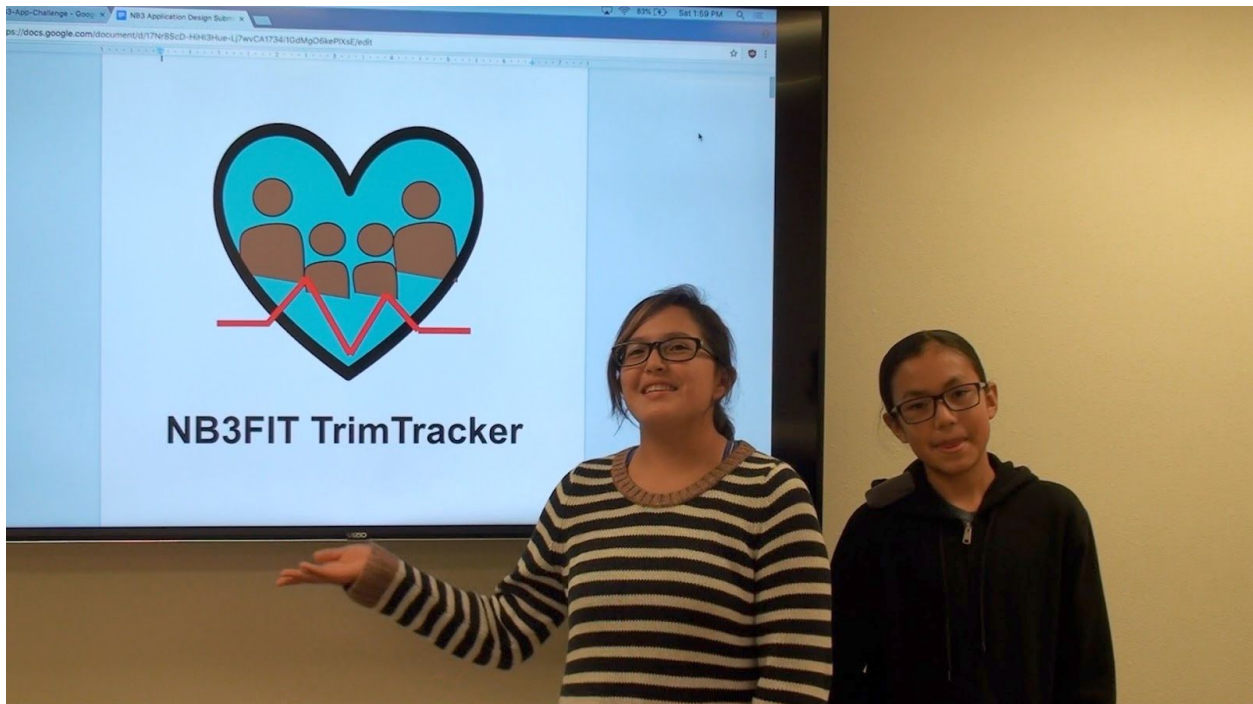
This mobile app will help and encourage native youth and families to prevent obesity and diabetes by informing them through

- The bad consequences of a unhealthy lifestyle and how it happens
- The good results of a healthy lifestyle

The goal is to have a longer and healthier life through the tracking of an individual Body Mass Index (BMI) which the app would calculate and track historically.

The app will also incorporate a game to motivate use ... unlocking digital stuff, points, levels, additional profile pictures/background images, avatar skins, ... rewards for getting additional native friends or family to use ... possibly unlocking real word stuff, gift cards, hat, hoodie, tech, t-shirts, shoes, ... rewards for long term app use and BMI goal attainment.

NB3 TrimTracker Video

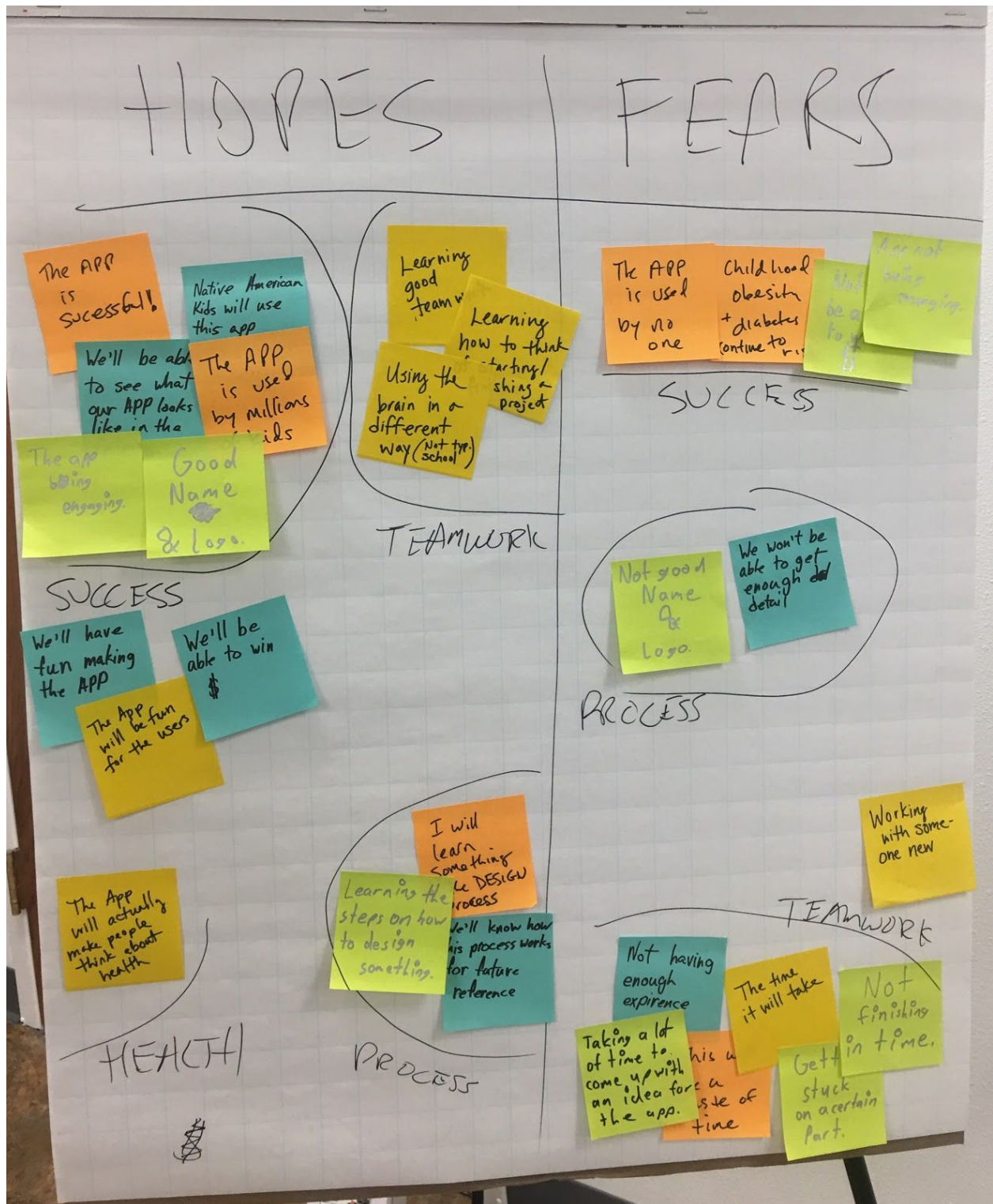


https://youtu.be/I_SMIZq7fqg

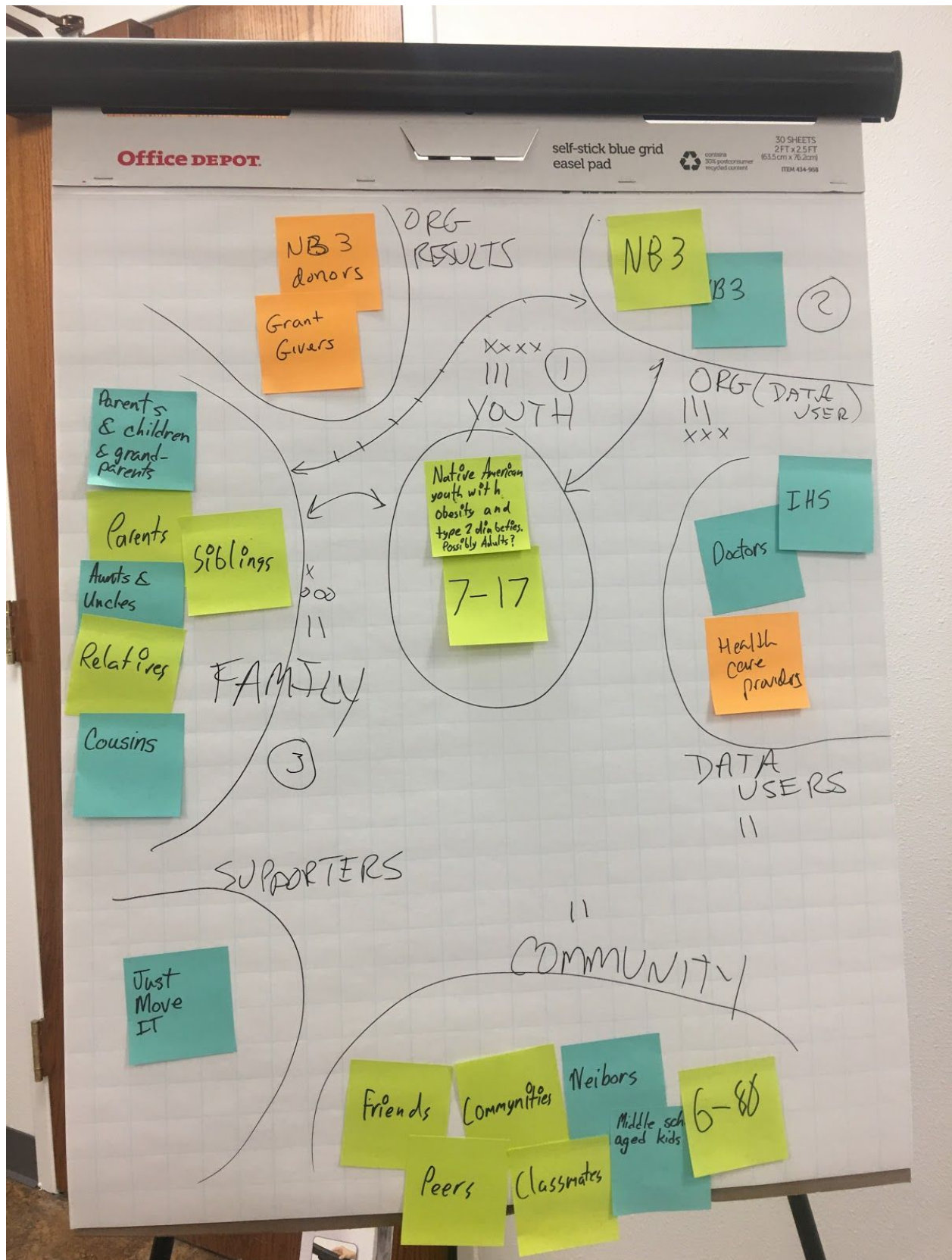
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Background work and pictures, the IBM Design Thinking process ... ibm.com/design/thinking

Hopes and Fears ... about NB3 app contest



Stakeholder Map

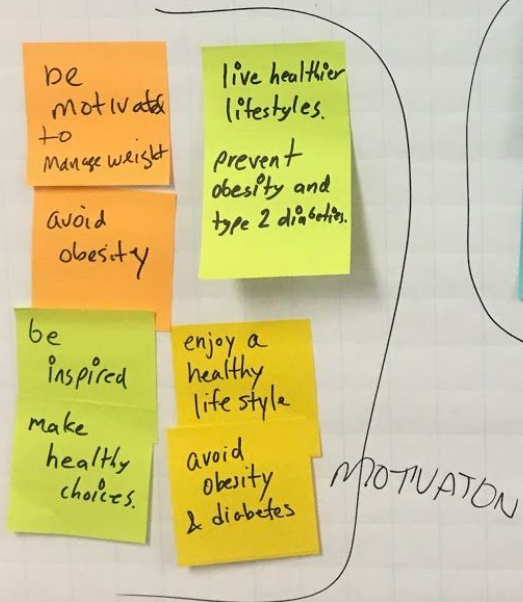


Needs Statement 1

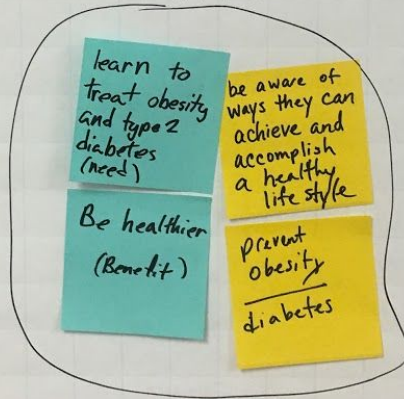
Youth need a way to
so they can

address this need

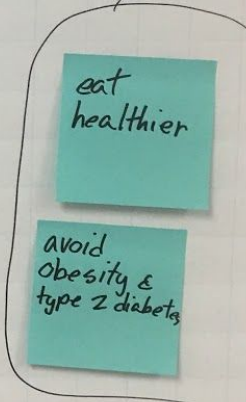
benefit this way



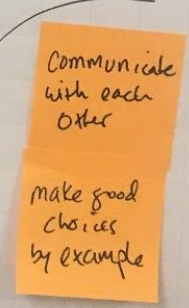
EDUCATE



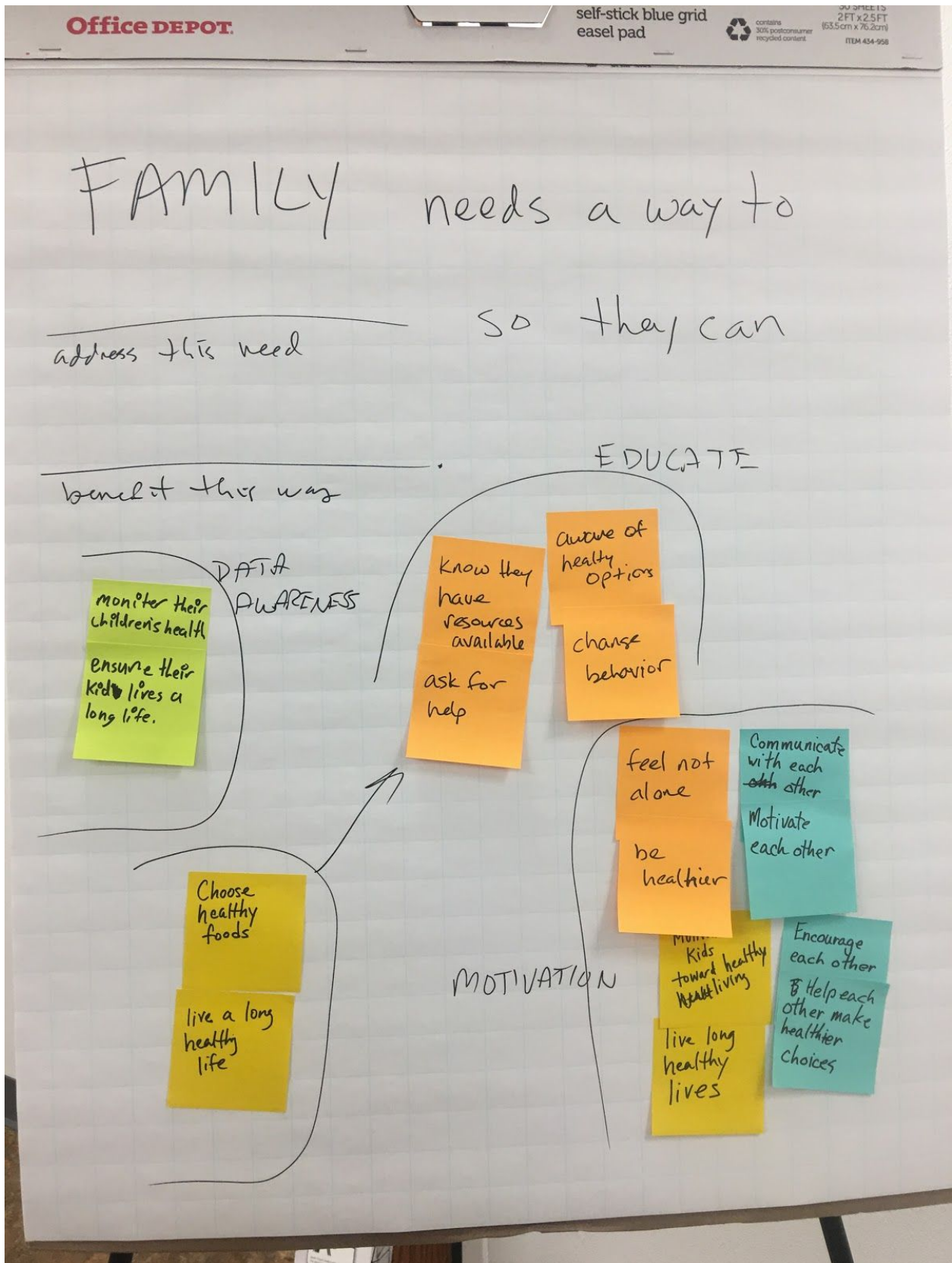
DIET/NUTRITION



social



Needs Statement 2



Needs Statement 3

Office DEPOT self-stick blue grid easel pad 30 SHEETS 2FT x 2.5FT (63.5cm x 76.2cm) ITEM 434-958

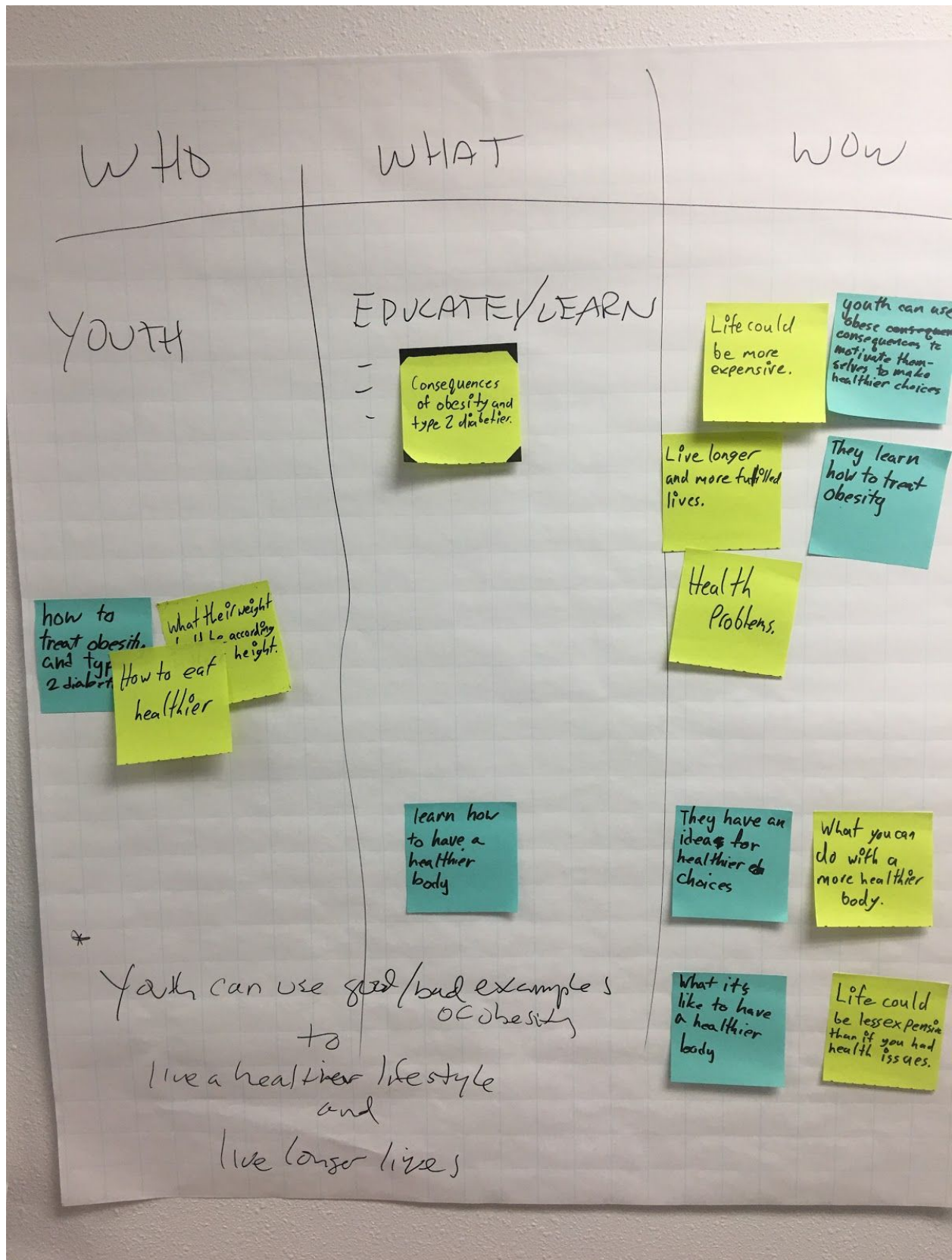
NB3 needs a way to address this need so they can benefit this way

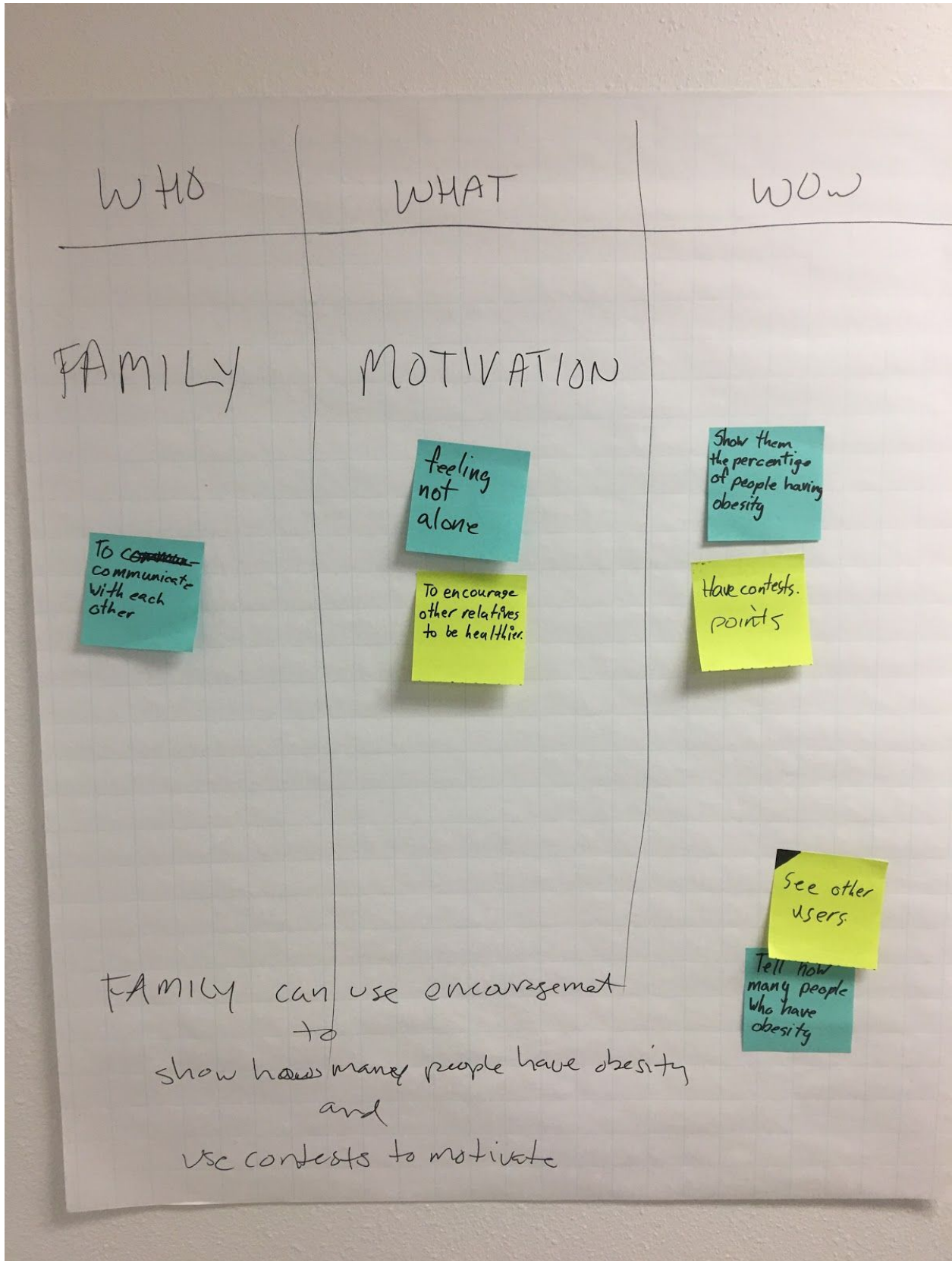
DATA

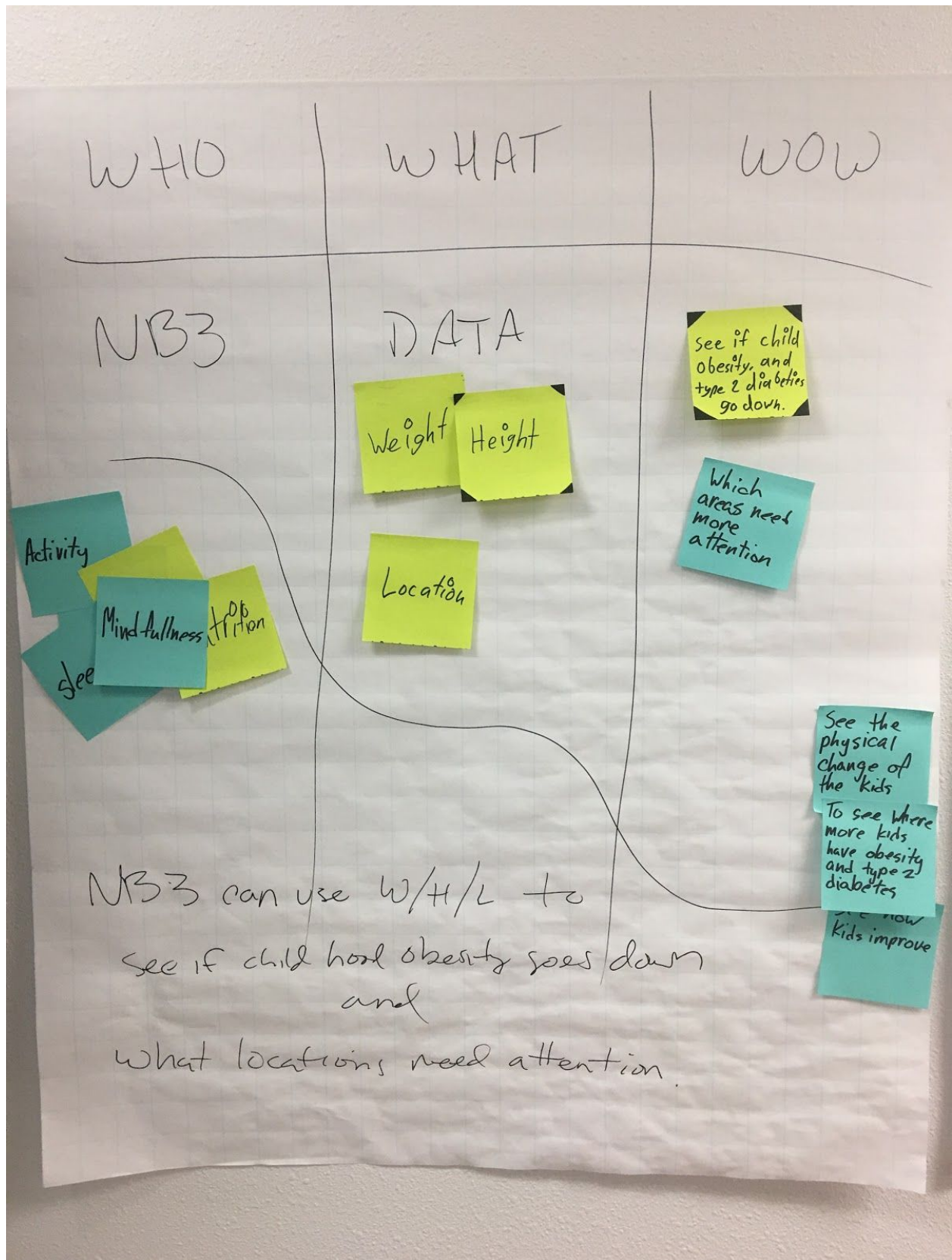
Examples / MOTIVATE

PURPOSE / FUNDRAISE

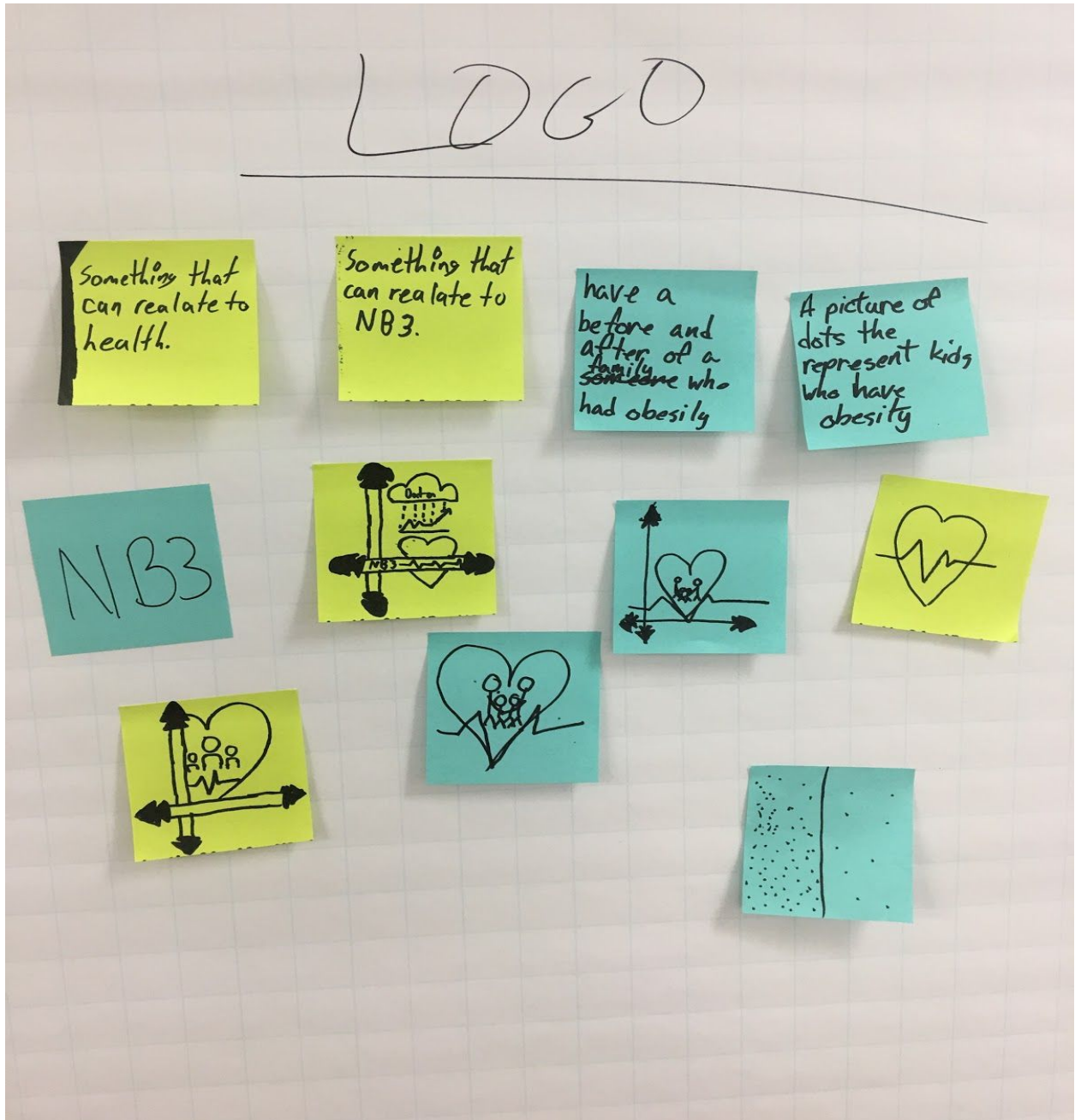
- carry out information
- Track how users are best using their app to accomplish goals
- help resolve obesity and type 2 diabetes
- Even better/more ways to improve Native health
- Reach more Youth (through technology)
- have more reach
- Create activities
- motivate Native Youth
- help treat obesity and type 2 diabetes
- Reduce the amount of Native Youth with obesity or type 2 diabetes
- Give Healthy Snack Recipes give the youth delicious, delicious but healthy foods
- include families
- raise awareness obesity/diabetes
- Show they are accomplish their goals
- More \$ to help ~~other~~ more Native people
- track youth
- Show effectiveness







Logo Brainstorming and Design



New Signup on TrimTracker for Youth or Parents

1. Download the app and run the app
2. Click new signup link
3. Collect - Name, Address, Zip, Age, email, password, and pick avatar (profile picture)
4. Login with email & password
5. Input page to ask for height & weight
6. The app will calculate the BMI for the account
7. Digital Reward for new signup
8. Goto Home page that contains resources on diet, exercise, individual game level, examples of bad consequences, good results, prizes for participation

Existing Login of TrimTracker for Youth or Parents

1. Login with email & password
2. Input page to ask for height & weight once a week
3. The app will calculate the BMI for the account and show historical BMI and suggest what BMI is appropriate for individual
4. App can show reminder about exercising options
5. Digital Reward for positive change in BMI.
6. Goto Home page that contains resources on diet, exercise, individual game level, examples of bad consequences, good results, prizes for participation

Existing Login of TrimTracker for NB3 employees

1. Login with email & password
2. Home page for NB3 employees
 - a. Graphs of total number of users
 - b. Graphs and Location of BMIs (Underweight, Normal, Overweight, Obesity)
 - c. Number of people who reach BMI goal of Normal
 - d. Number of Digital & Real World Rewards handed out
 - e. Most active users and leaderboard