Arroyo Project 2 Design Documentation

The reason I’m doing my presentation on Intermittent Fasting is mainly because I’ve recently been becoming more passionate about getting in shape and eating healthier. I want to show them the pros and cons of Intermittent Fasting so they’d know what they’re getting into if my presentation somehow piques their interest. I also want to be able to project my enthusiasm to my fellow classmates in insanely high hopes that I can possibly usher them to live a healthier life. Nowadays, there a lot of people who are curious about dieting and working out and want to know the best course of action to lose their “six-flab”. This presentation should shed a little light on which is the best option because many diet plans actually don’t work. Don’t believe me, ask the leading fitness model in the world, Thomas Delauer. Shameless plug, you can find him on his YouTube channel [SixPackAbs.com](https://www.youtube.com/user/sixpackshortcuts).

User Personas: Those working out but not seeing results, those who are curious about what diet plan they should go on, and those that have an eating disorder (specifically anorexia). For those that look in the mirror and see the same boring face staring back at them, work out before eating because nausea during a workout thanks to that Wendy’s cheeseburger you ate a half hour before is not a good feeling (TRUST ME ON THIS), and cut breakfast out of your diet because it increases the need to feed throughout the course of the day. For the curious ones, this one in my opinion is the best and cheapest option (gotta put that one in the presentation). You don’t have to really focus on eating the most expensive health foods to get muscle. Just set a timeframe where you can eat and drink to your heart’s content (but not too much to your heart’s content) and a timeframe where the only thing you consume is water. For the bone-thin, eat a reasonable amount of food during your eating timeframe so you can tack on the mass and energy needed for your next workout but not so much that your stomach explodes because you’re anorexic; you need to ease into eating more food. This one goes for all personas, especially anorexics: work out once a day and not multiple times throughout the day. Too much working out and your body will plateau, meaning you’ll work out but not gain an ounce of muscle because your body has grown accustom to stress and physical change.

UI/UX Specifications: The purpose of the presentation is to motivate the viewers into living a healthier lifestyle, and with the various FACTS I’ll be using in it, they should be motivated to start Intermittent Fasting. They should be able to acquire the knowledge utilized, and they should be able to remember this presentation, most of all. For them to pay attention and retain the information onscreen, the slides would have to be somewhat colorful, perhaps by using a gradient as the background for the slides. For Contrast, there would have to be either “bright background dark text” or “dark background bright text”, varying sizes in pictures and/or fonts, and a clear sense of direction so the viewers can see properly and follow what’s on screen properly. For Repetition, keep it simple: text and pictures. Simple to follow and easy on the eyes. Everything must be aligned properly so it’s not a jumbled, slapped-together mess. Text will be front-and-center and pictures will be in a corner not far off which also applies to Proximity. They must be close together to radiate a sense of unity among the visual elements.

Screen Wireframe:

Here’s what a basic screen would look like if it were a news article on the Internet. “X marks the box” resembles the placement of a picture, either being food so people can get hungry or analytics of pros & cons of Intermittent Fasting, and the awful squiggle resembles the placement of text on the page.

Screen Flow: This depicts the flow of the presentation on Intermittent Fasting.

“Wing It” Joke

No Questions ‘till the End…maybe

Pros

(Analytics)

What is Intermittent Fasting? Go into Detail

Cons

(Also Analytics)

Any Questions?

Closing Statement, Shameless Plug, force them to work out

Typography: Typeface just refers to the font style you’re using, point size is font size or size of the text, weight refers to how dark the font is (like **Bolding** something and/or changing the font size like what’s listed below). The font I’ll be using is basic ol’ Calibri with basic ol’ black. No flashy text and nothing trying to make you vomit from said flashiness, because monochromacy never killed anyone.

Calibri (Body) 14

Calibri (Body) 18

Calibri (Body) 22

Calibri (Body) 26

Calibri (Body) 28

Calibri (Body) 36

Black, RGB: 0,0,0, Hex: #000000 (Subject to change)

Technical Deployment Document: If this were to become anything of use, I would set it in the format of an Internet news article. Definitely not a desktop app, I’m not good enough to do that. Transitions will have to be in the form of something scrolling up or down to give it the feel of being some article an NPC found possibly on the deep web. It’ll be just your basic off-brand news article; relatively short blocks of text, pictures scattered throughout, hopefully a smooth transition into each slide or page, but it should also include the facts, pros and cons I’ve mentioned earlier. If I don’t shower the viewers with facts about this thing, they won’t be interested in what I’m voluntarily and politely shoving down their throats. Some hyperlinks to the sources would also aid my argument. What’s a bar graph without the source material? I don’t want it to seem like I made a crappy graph in MS Paint and passed it off as fact, like much of the things found on the Internet. If you want to see how the technical deployment will be executed, you can refer to the rough screen wireframe I created above. …Jeez, 1009 words.