

Healthy Me Mobile

Developing self-monitoring support for low-socioeconomic status adults



Healthy Me is a **weight loss program for low-socioeconomic status adults** that includes coaches, cooking and exercise classes, weekly weigh ins, etc.

A hand-drawn sketch of a mobile app screen on a grid background. At the top is a header bar with four icons: a checkmark, a hand, a camera, and two people. Below the header, there are three rows of goal entries, each with an icon, text, and a checkmark:

- Apple icon: "Eat more fruit" with a checkmark.
- Stick figure icon: "Walk around the block once daily" with a checkmark.
- Cigarette icon: "Smoke less than three cigarettes per day" with a checkmark.

Below these entries is a large empty rectangular box. At the bottom of the screen is a button labeled "Add/Edit Goals".

A hand-drawn sketch of a mobile app screen on a grid background. At the top is a header bar with four icons: a checkmark, a hand, a camera, and two people. Below the header is a section titled "Share Something!". It contains a checkbox followed by the text "Barbara says 'I met my goals today!'" and a "Reply" button. Below this is a section titled "Barbara shared a photo" with a placeholder image showing a tree and a sun. Below the image is the text "'Nice day for a walk!'" and another "Reply" button.

A hand-drawn sketch of a mobile app screen on a grid background. At the top is a header bar with four icons: a checkmark, a hand, a camera, and two people. Below the header is a section titled "Share with:". It contains three radio buttons labeled "Coach", "Buddy", and "Everyone". Below this is a section titled "Include photos?" with a checkbox and a 2x5 grid of ten empty square boxes for photo thumbnails. Below the grid is a section titled "Add text?" with a large empty rectangular text area. At the bottom right is a "Share" button.

We conducted observations and interview with people in the program and are **designing a mobile application to help participants set goals, connect with other program participants, and stay in touch with their coaches.**