ID	Navigation	URL	Page Name	Content	Comments
1.0	My Home	https://www.myfitnesspal.com/	Home	Text, Ads, Activity Feed, Daily Summary	• Layout is busy and overwhelming • News Feed feels unimportant and could be removed
1.1	My Home	https://www.myfitnesspal.com/account/my_goals	Goals	Text, Ads, Nutritional Widgets	• Layout is improved and feels less busy • Goals are weight/calorie focused. No athletic goals • Links to “Guided Goal Setup” Page
1.11	My Home	https://www.myfitnesspal.com/account/change_goals_guided	Update your Diet Profile	Text, Input Fields, Survey Choices, CTA button, Ads	• Straightforward survey for editing weight goals • Easy input for users
1.2	My Home	https://www.myfitnesspal.com/measurements/check_in	Check-In	Text, Input Fields, CTA, Ads	• Layout is very small, feels like it could be combined with another page. • Offers descriptor of how/why/when you should take your measurements • Links to “Track Add. Measurements” and “Edit Previous Entries” Pages

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1.21	My Home	https://www.myfitnesspal.com/measurements/change	Track Additional Measurements	Text, Ads, Input Fields, CTA	• Gives ability to change measurement elements (neck, waist, hips)
1.22	My Home	https://www.myfitnesspal.com/measurements/edit	Edit Previous Measurement Entries	Text, Input Fields, Survey Choices, CTA button, Ads	• Edit and input previous entries • Offers descriptors for weighing and measurements
1.3	My Home	https://www.myfitnesspal.com/messages	Inbox	Messages, CTA button, Ads	• Overview of inbox • This is something to leave off as we're not trying to foster community • Maybe consider adopting elements for athlete/coach correspondence • Links to "Inbox, Sent Messages, Settings, Blocked Users, and Compose Message" Pages

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1.4	My Home	https://www.myfitnesspal.com/profile/rachelmccaslin7452	Profile	Image, CTA Buttons, News Feed, Friend Profiles, Ads, Progress Bars	• Easy to digest and edit • Look at their progress bars for inspiration on goal incrementation • Links to “Add to your site” (not working) and “Personalize your ticker” Pages
1.41	My Home/Apps	https://www.myfitnesspal.com/weight-loss-ticker/create	Choose your Ticker Type	CTA, Image/Graphic, Text, Ads	• Offers image of goal tickers that show your progress which can be added to your profile • LInks to “Premade Tickers” and “Personalized” which are housed under the Apps Navigation

ID	Navigation	URL	Page Name	Content	Comments
1.5	My Home	https://www.myfitnesspal.com/blog/rachelmccaslin7452	My Blog	Links, Image	• Terrible layout • No CTA to encourage writing a post • Seems like an afterthought and pointless • Is it a blog or more of a personal diary log? • Links to “Add post, Preferences, and Subscribe”
1.6	My Home	https://www.myfitnesspal.com/friends	Friends	Ads, Facebook Link, E-mail Link, Text, CTA buttons	• Ability to add friends from FB • No real motivation or description as to why or what the benefit is

ID	Navigation	URL	Page Name	Content	Comments
1.7	My Home	https://www.myfitnesspal.com/account/settings	Settings	Links, Ads	• Setting Preferences • Multiple links to edit account : “Subscription Settings, Change Password, E-mail, Username, Time Zone, Update profile, Diary settings, Change units, language, or delete account” • Multiple links to edit privacy settings : “terms, privacy policy, personalization, privacy settings, FB/twitter sharing, Automatic news, and contact us”
2.0	Food	https://www.myfitnesspal.com/food/diary/	Food Diary	Date Scroll, Links, Text, Ads	• Food Diary to log daily consumption • Links to “add food or quick tools”

ID	Navigation	URL	Page Name	Content	Comments
2.1	Food	https://www.myfitnesspal.com/food/add_to_diary?meal=0	Add Food	Search Bar, Tabs, Text, Ads, CTA buttons, drop down menu, Input fields	• Ability to search for food in a food database to add consumption quickly. • Drop down menu to change meal (breakfast, lunch, dinner) • Ability to choose from past foods and favorites with input fields for qty and servings. • Tabs separating “Recent, Frequent, My foods, meals, and recipes” for further organization • Links to “quick add calories”

ID	Navigation	URL	Page Name	Content	Comments
2.12	Food	https://www.myfitnesspal.com/food/quick_add?date=2020-11-05&meal=0	Quick Add Calories	Input Field, Text, Locked Fields, Drop down Menu CTA	• Ability to quickly add calories and food to diary • Drop down menu to change meal (b, l, d) • Quick way to organize your meals if you add up your calories and don't want to spend time finding each individual food within the database • locked input fields (carbs, fats, proteins) only available for premium members
2.2	Food	https://www.myfitnesspal.com/food/calorie-chart-nutrition-facts	Database	Input Field, Search Bar, CTA, Ads, Text	• Separate page to search in database • Already offered on Food Diary page

ID	Navigation	URL	Page Name	Content	Comments
2.3	Food	https://www.myfitnesspal.com/food/mine	My Foods	Input Field, Search bar, CTA, Ads, Text	• Set up exactly like Database • Confusing what the difference is • Should just have the option to add foods to your favorites from the database • Then just list favorite foods within the food diary
2.4	Food	https://www.myfitnesspal.com/meal/mine	My Meals	Search Bar, Graph, CTA, Ads, Text	• Another convoluted option for tracking food • This should be condensed should not be a separate tab

ID	Navigation	URL	Page Name	Content	Comments
2.5	Food	https://www.myfitnesspal.com/recipe_parser	Recipes	URL input, CTA, Ads, Text	• Offers ability to "import" recipes by pasting recipe URL • Not user friendly because most recipe blogs have written stories not just pertaining to nutritional value. This gives more info and does not work when needing to import. • Links to "Add Recipe Manually" which is the same linke/page as the url importer
2.6	Food/My Home	https://www.myfitnesspal.com/account/diary_settings	Settings/Food and Exercise Diary Settings	Drop down Menus, Input Fields, Text, Survey Choices, Ads, CTA	• Direct link to Food/Exercise Diary Settings offered under My Home Settings Links • Confusing

ID	Navigation	URL	Page Name	Content	Comments
3.0	Exercise	https://www.myfitnesspal.com/exercise/diary/	Exercise Diary	Date Scroll, Links, Text, CTA, Graphics, Ads	• Ability to choose date and add exercise for the day with scroll or calendar • Add by cardio or strength • For cardio by minutes, calories burned • For strength by sets, reps, weight • Notes section to jot down thoughts/ feedback but to add note you have to click “edit note” rather than click in the text field • Links to “Add Exercise • Link to Quick tools” drop down that has copy properties from previous days • CTA to download report
3.1	Exercise	https://www.myfitnesspal.com/exercise/add_to_diary?type=cardio	Add Exercise	Search bar, CTA, Drop down menu, check boxes, text, ads	• Search database for popular exercises • Add exercises manually

ID	Navigation	URL	Page Name	Content	Comments
3.2	Exercise	https://www.myfitnesspal.com/exercise/lookup	Database	Search bar, CTA, Drop down menu, check boxes, text, ads	• An additional page that is already linked within the exercise diary • same setup as other database pages
3.3	Exercise	https://www.myfitnesspal.com/exercise/mine	My Exercises	Search bar, CTA, check boxes, text, ads	• See above
3.4	Exercise	https://www.myfitnesspal.com/account/diary_settings	Settings	Search bar, CTA, check boxes, text, ads	Same Settings link seen in Food/My Home
4.0	Reports	https://www.myfitnesspal.com/reports	Charts	Drop Down Menu, text, ads, CTA button	• Ability to download report based on a number of factors and date range • Export for download links to “export data” page
4.1	Reports	https://www.myfitnesspal.com/reports/export	Export Data	Text, Link, CTA Button, Ads	• Descriptors explaining export data and receiving it • Email verification • Email settings link

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4.2	Weekly Digest	https://www.myfitnesspal.com/reports/weekly-digest	Weekly Digest	Icons, graphs, CTA, text, logs	• Much more engaging graphics than rest of website. • Easy to read and understand • Other parts of site should be like this • Should definitely be looked at in development of our dashboard/ reports • Links to past reports • CTAs to log food and exercise • CTA to go premium

Summary:

I think there is much to be improved on in terms of layout and functionality of the site. MyFitnessPal is ideally designed for an audience that wants to lose weight. However they assume the user knows lots about health and exercise when their audience are typically over weight, out of shape, everyday people. The website is confusing with many repeating elements and additional tabs that could be condensed or reworked. The layout is not engaging except on the 'Weekly Digest' page which is a completely different style than what is offered on the rest of the site. MyFitnessPal should aim to rework the site with the 'Weekly Digest' page as its blueprint. The site needs to condense their information and content as there are too many options that are too similar. Despite its flaws, MyFitnessPal can be a useful guide for us in terms of health science data. As their data measuring seems advanced and accurate.