**Navigation**

• Is the app easy to navigate? have a scale so how would you rate the ease of navigation through the app.

How would you rate the navigation of the app as a whole?

1. **Straightforward** - Navigation is simple, with clear signs and minimal barriers to accessing desired features.

**How would you rate the ease of navigating to the community** **page and the logical flow between pages within the app:"**

1. **Effortless** The app is exceptionally user-friendly; navigating to the community page and between sections feels completely natural. Transitions are logical and enhance the user experience.

**How would you rate the ease of navigating to the step** **counter page and the logical flow between pages within the app:"**

1. **Straightforward:** Navigation to the step counter page is simple, with clear signs and minimal barriers. Transitions between pages are logical, contributing to a straightforward experience.

**How would you rate the ease of navigating to the weight tracker page and the logical flow between pages within the app:"**

1. **Effortless** The app is exceptionally user-friendly; navigating to the weight tracker page and between sections feels completely natural. Transitions are logical and enhance the user experience.

**How would you rate the ease of navigating to the workout page and the logical flow between pages within the app:"**

1. **Effortless** The app is exceptionally user-friendly; navigating to the workout page and between sections feels completely natural. Transitions are logical and enhance the user experience.

**Visual Design:**

* are the colours chosen appropriate for the fitness app? if no what would like to change about it (follow up question to the top one)

--- the visual design of the app is good. The themes, images, icons and colours are definitely a good pick.

* Are the text legible and easy to understand on all the pages?

---The font, colours and images made the app more readable and understandable.

**Content Organization:**

* Does the homepage contain all the features you expect to find and use readily in a fitness app? If no, please share any features you feel are missing or could be made more accessible

---app's value proposition, usability, and ability to meet my individual needs would determine whether I would use it regularly(daily).

* Do you find the transition between the pages in the app to be logical and cohesive? if no, please specify what you would alter?

---yes its very cohesive and navigation is easy.

**Onboarding:**

* How would you describe your experience with the initial setup and onboarding process? Were there any steps that you found particularly helpful or challenging? (Onboarding refers to signing up, logging in and setting up your account)

---The step tracker and the challenges are my favorites.

**Accessibility:**

* Do you believe the platform is inclusive to user ranging from 18+ upwards? (give an definition of inclusive) (by inclusive we mean curating an environment that is accessible to all adults irrespective of their age, gender, sexual orientation, ethnicity and fitness levels)

---Yes

* Do you find the screen reader useful??

--yes

* Are there any features or sections of the app that are not fully accessible to you? Please describe."

—I feel its comfortable and easy.

* Do you have any suggestions on how we could improve the app's accessibility for users with disabilities?

--- currently Keep me going when using current apps, especially being able to see things like the metrics for previous workouts which will be helpful

**Help and Support:**

* Do you think there is enough support provided if challenges are faced?--yes
* Do you know where to go to find help and support information within the app?

—yes settings in the app is very likely to navigate like with clear instruction.

* Were you provided with clear and easy-to-follow instructions to resolve any issues or errors encountered within the app?

---yes app with clear instructions.

**Overall User Experience:**

* If there is one more feature that you like to see in the app what would it be

—doctor suggestion with regarding heart

* Would you recommend this app to someone else? if you said no why not and if yes why would you?

---I would use it everyday, especially if the improvements I've suggested are made

* Would you be willing to reuse this app based on the current features available? • if no why not?

---yes, I will be

* Based on our existing features is there anything that you would modify about them?

---Everything’s right there, but maybe add some pop-up tips for less obvious stuff

**Obseravtion**

* Age 23
* Female
* Time taken for observations: 15 Min 45 Sec

Could you please attempt navigating to the sign up to create an account and register using your personal details?”

* No of clicks- 4 clicks
* Time taken 20 secs

Could you try finding the page where you set up your profile – (so can you try to enter your name and try to set a random weight and height as well as selecting a goal.)

* No of clicks – 3 clicks
* Time taken 30 secs

Could you try to navigate to the setting page?

* No of clicks - 2
* Time taken 10 secs

Could you try navigating to the goals section (e.g. step goal and sleep target goals and workout out preferences?)

* No of clicks - 3 clicks
* Time Taken 35 seconds

Observation: Gone through all pages like week and month etc.,

**Could you try navigating to where you would customize your display preferences and notifications?**

* No of clicks - 4
* Time taken 30 secs

**Could you try to rearrange the order of the icons on the home page?**

* No of clicks - 10
* Time taken 2 min 30 sec

Observation – Find difficult to click on the edit icon tried many times but failed to rearrange the order.

**Could you try finding the page where you can add your preferred sharing social media accounts and navigate back to the home page?**

* No of clicks - 7
* Time taken 55 secs

Observation- For navigate back to the home page used the back button instead of directly clicking on homepage icon

**Could you try navigating to see your step counter statistics? (we try to see if they go to week month goals)**

* No of clicks – 3
* Time taken 18 secs

**Can you recall any specific features or metrics displayed on the step counter interface?**

* For steps day the number of steps shows, for steps week it shows days and step count and for steps month it shows steps and bars shows for full month.

**Can you try navigating to the community forum and view the streak calendar?**

* No of clicks - 6
* Time taken 52 secs

Observation- Initially doesn’t found the streak calendar and bit of confused about that but later found that.

**Could you try navigating to where you would log a weight in the weight page and view the weight progress?**

* No of clicks – 4
* Time taken 25 secs

**Can you recall any specific features or metrics displayed on the weight page interface?**

* The weight page has the weight calculation metrics and a quote for the motivation.

**Could you try to navigate to see your sleep statistics?**

* No of clicks – 4
* Time taken 35 secs

**Could you try finding the page to where you would customise your workout plan and to the settings page?**

* No of clicks - 3
* Time taken 19 secs

**Can you try navigating to where you would sync the app with a wearable device (Wearable technology is any technology that is designed to be used while worn e.g. smart watch)**

* No of clicks – 1
* Time taken 5 sec

Observation : Found the watch icon at the bottom the screen and straightway clicked on that.

**Could you try finding the page where you would enable text to speech?**

* No of clicks – 4
* Time taken 35 secs

Observation- Went to the profile page and then to the settings page there got bit confused of where to find the option mentioned.