**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. **Effortless** - The app is exceptionally user-friendly; finding features and navigating through sections feels completely natural.
2. **Straightforward** - Navigation is simple, with clear signs and minimal barriers to accessing desired features.
3. **Manageable** - While easy to navigate, occasional guidance or search may be needed to find some features.
4. **Challenging** - Navigating requires effort and patience, as some features are not immediately obvious or well-organized.
5. **Frustrating** - Navigation is often confusing and unintuitive, requiring considerable time and effort to use effectively.

**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.
2. **Straightforward:** Navigation to the community page is simple, with clear signs and minimal barriers. Transitions between pages are logical, contributing to a straightforward experience.
3. **Manageable:** While generally easy to navigate, occasionally, guidance or search may be needed to find the community page or move between sections. If transitions feel disjointed, please specify.
4. **Challenging:** Navigating to the community page requires effort, and transitions between pages might not always seem logical. If there's a specific area that could be more intuitive, please let us know.
5. **Frustrating:** Finding the community page and moving between sections is often confusing and unintuitive, requiring considerable time and effort. If transitions between pages exacerbate this issue, please detail your suggestions for improvement.

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

1. **Effortless** The app is exceptionally user-friendly; navigating to the step counter page and between sections feels completely natural. Transitions are logical and enhance the user experience.
2. **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.
3. **Manageable:** While generally easy to navigate, occasionally, guidance or search may be needed to find the step counter page or move between sections. If transitions feel disjointed, please specify.
4. **Challenging:** Navigating to the step counter page requires effort, and transitions between pages might not always seem logical. If there's a specific area that could be more intuitive, please let us know.
5. **Frustrating:** Finding the community page and moving between sections is often confusing and unintuitive, requiring considerable time and effort. If transitions between pages exacerbate this issue, please detail your suggestions for improvement.

**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.
2. **Straightforward:** Navigation to the weight tracker page is simple, with clear signs and minimal barriers. Transitions between pages are logical, contributing to a straightforward experience.
3. **Manageable:** While generally easy to navigate, occasionally, guidance or search may be needed to find the weight tracker page or move between sections. If transitions feel disjointed, please specify.
4. **Challenging:** Navigating to the weight tracker page requires effort, and transitions between pages might not always seem logical. If there's a specific area that could be more intuitive, please let us know.
5. **Frustrating:** Finding the weight tracker page and moving between sections is often confusing and unintuitive, requiring considerable time and effort. If transitions between pages exacerbate this issue, please detail your suggestions for improvement.

**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.
2. **Straightforward:** Navigation to the workout page is simple, with clear signs and minimal barriers. Transitions between pages are logical, contributing to a straightforward experience.
3. **Manageable:** While generally easy to navigate, occasionally, guidance or search may be needed to find the workout page or move between sections. If transitions feel disjointed, please specify.
4. **Challenging:** Navigating to the workout page requires effort, and transitions between pages might not always seem logical. If there's a specific area that could be more intuitive, please let us know.
5. **Frustrating:** Finding the workout page and moving between sections is often confusing and unintuitive, requiring considerable time and effort. If transitions between pages exacerbate this issue, please detail your suggestions for improvement.

**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) Yes, they are. It’s the perfect amount of bright and neutral colours that keep you engaged.
* Are the text legible and easy to understand on all the pages? Yes, the texts are easy to understand.

**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 Yes, it does have all the standard features of a fitness app.
* 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, I do. The pages relate and flow nicely between each other.

**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) It was easy to log in; however, I wish I would’ve been able to put in my own details.

**Performance:**

* NOTE- this will be covered during the observation section.

**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) It is mainly accessible; however, maybe for improvements, you may consider adding a cycle tracker for women to use. Only a few fitness apps on the market have incorporated that feature.
* 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. None in my opinion
* Do you have any suggestions on how we could improve the app's accessibility for users with disabilities? Up-to-date text-to-speech, any audiovisuals should include clear subtitles and a decent spectrum of colours for those who have colour blindness.

**Help and Support:**

* Do you think there is enough support provided if challenges are faced? No
* Do you know where to go to find help and support information within the app? No
* Were you provided with clear and easy-to-follow instructions to resolve any issues or errors encountered within the app? I didn’t face any issues, so I did not utilise this option.

**Overall User Experience:**

* If there is one more feature that you like to see in the app what would it be? Workout plans and recipes section.
* Would you recommend this app to someone else? if you said no why not and if yes why would you? Yes, because it’s an accessible fitness app that will be great for anyone, especially those starting out in fitness.
* Would you be willing to reuse this app based on the current features available? • if no why not? Yes
* Based on our existing features is there anything that you would modify about them? No

total completion time 5 minutes:58 seconds

**Interview participant female age 18-25.**

* **Could you please attempt navigating to the sign up to create an account and register using your personal details?”**
* No of clicks- 3
* Time taken - 12 seconds

**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 – 1
* Time taken 9 secs

Observation- after navigating to the profile page, clicked the edit section in order to change the user details but found out that there was no functionality.

**Could you try to navigate to the settings page?**

* No of clicks – 2
* Time taken 6 seconds

Observations :  Icon found quite quickly and confidently.

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

* No of clicks – 3
* Time taken 9 seconds.

Observation: was not able to find the goals page, however, remained on the goal preview page on the profile section rather than heading to settings. then went back to the home page to the step counter page.

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

* No of clicks -
* Time taken 15 secs

Observation: Display settings located quickly by participant.

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

* No of clicks – 2
* Time taken 15 secs

Observation – this was found very quickly as the user was already on the home page.

**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 - 25
* Time taken 50

wen to the watch page and went to settings and found the social media page there , instead of going to the actual app setting were and was on the watch page for a significant amoutn of time.

**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 15 secs

The step counter interface had an option of checking daily steps and also a weekly round of steps including how man steps done each day of the week, in a helpful graph format.

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

* Remembered icon for time.

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

* No of clicks - 6
* Time taken 13 secs

was able to navigate to the community page quiclky then took a few more clicks to find teh community forum page. after this went to look at other features of the community page and went onto the achievements page.

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

* No of clicks - 5
* Time taken 42 secs

Task completed successfully, number of clicks reasonable. Some due to uncertainty.

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

* Participant said You’re able to input your daily weight and track your either daily weekly or monthly. There was also motivation tab which is encouraging.

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

* No of clicks – 16 clicks
* Time taken :17 secs

Successfully completed task but mistakenly went into the workout page first before entering the sleep page and then navigate through the week and the month pages as well as clicking sleep quality and other aspects of the page.

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

* No of clicks - 5 clicks
* Time taken 11 secs

Successfully completed task,proces was very smooth and took the quickest path , there were no errors

**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 – 2
* Time taken :2 secs

Observation: Participant clicked on the correct icon at the bottom to access the watch page as they had been there before.

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

* No of clicks – 5
* Time taken 8 seconds

Observation: user clicked the text to speech icon on the home page and then scramblled around the app into settings and display preferences to enable screen reader again.