**Participant x - female, age: 20**

**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 stepcounter 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)

*The colour scheme is easy on the eyes and i believe it is a professional type of scheme used as well.*

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

*Yes the text is standard and legible, and its also spaced put in a way that its clear to read. I can understand all the text on the pages.*

**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

*I mean for me yes, the homepage has all the relevant features.*

• 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 the transitions of the pages make sense to me. I wouldn’t really change that.*

**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 sign up is all clear and it has a consistent logic with other well known apps, so its easy to learn how to sign up, especially with the current layout.*

**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)

*Definitely, especially with how you can customise quite a bit with multiple aspects, like the colour scheme.*

• Do you find the screen reader useful??

*Its not really something i need personally, but the screen reader is a nice addition to see to make it accessible to other. For example, i do know someone who has dyslexia so i really am glad she would have the screen reader option. Im sure it would be helpful for others too in different ways.*

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

*No. Everything was fine.*

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

*Maybe the button sizes can be adjusted? I know the font can be adjusted currently, but having the options to choose button size might help too. For example the button for the streak calendar I noticed was kind of small. Personally I found it ok, but I think others might like the option.*

**Help and Support:**

• Do you think there is enough support provided if challenges are faced?

*Yes. The help section is useful and seems to have the necessary information you need.*

• Do you know where to go to find help and support information within the app?

*Yes. I think the help section being in the settings is a pretty standard thing with other apps, you know, fitness and non-fitness, that I’ve used so I knew where to expect it to be in this fitness one.*

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

*I didn’t really have issues with navigating the app so no.*

**Overall User Experience:**

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

*I’d like a built in alarm clock for the sleep tracker? I know we can have a separate alarm clock outside the fitness app, but I would want one that’s linked to the sleep tracking progress logged in the app, in the sense that there would be an optimal set up for alarms by the app.*

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

*I would recommend it, yes.*

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

*Yes, I would reuse the app. Especially because of the way I can add my own personal touch with the features.*

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

*Not really.*

OBSERVATION:

**Interview participant x.**

- Age: 20

- Female

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

- No of clicks- 1

- Time taken - 6 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 7 secs

Observation- Immediately found the profile button at the bottom menu bar and clicked on it..

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

- No of clicks – 1

- Time taken 5 secs

Observations : From the profile, the participant selected the settings icon easily.

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

- No of clicks – 2

- Time taken 10 seconds.

Observation: Success in finding the correct page.

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

- No of clicks - 2

- Time taken 30 secs

Observation: Easily went to display settings.

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

- No of clicks – 5

- Time taken 46 secs

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Observation – Went to settings page, clicked on display preferences. Did not find any option to rearrange homepage icons. Participants clicked back on home page. Spotted the edit icon button and clicked on it.

**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 - 2

- Time taken 16 secs

Seemed to remember seeing setting for social media accounts. Clicked ok settings page. Successfully navigated to correct setting for sharing socials.

**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 17 secs

Clicked on home. Scrolled through icons and located the step counter. Selected through both week-month.

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

- Remembered icon for miles and time.

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

- No of clicks - 3

- Time taken 15 secs

Easily navigated to streak calendar.

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

- No of clicks - 6

- Time taken 46 secs

Went to goals in settings and then located the weight icon in the homepage. Clicked on the calendar icon.

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

- Specified remembering the motivation feature/section.

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

- No of clicks – 3 clicks

- Time taken :8 secs

Successfully navigated to sleep statistics. Clicked between weekly/monthly as well.

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

- No of clicks - 4 clicks

- Time taken 8 secs

Navigated to workout. Attempted clicking the edit icon. Easily navigated to settings page.

**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 :3 secs

Observation: Quickly located and clicked the watch icon on the bottom menu bar.

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

- No of clicks – 2

- Time taken 5 secs.

Observation: Easily selected the text-to-speech icon on home page.