**Participant y**

**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-organised.

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)

*Yes, the blue and white colour scheme feels very clean and professional. It's calming, which is great for when I'm logging in my yoga sessions or reviewing my progress. I wouldn’t change anything about it; it's perfect for keeping me focused.*

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

*Yes the text is easy to understand, I have a few concerns with the help and support pages as well as the privacy page where it’s quite dense with text but this is understandable considering it goes over vital and useful information.*

**Content Organisation:**

• 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

*Absolutely, the homepage is great, with the essentials like workout personalisation, goal setting, and tracking. It’s really streamlined, making it super easy to jump right into my daily routine.*

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

*The transitions of the pages follows a common sense approach and I can’t fault 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 setup process seems straightforward. It feels similar to other apps I’ve used and appears to be clear.*

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**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. I love that it’s customisable, which I think makes it welcoming for all users, regardless of their age or fitness level. It's great that I can tweak things like the colour scheme—it just adds that personal touch.*

• Do you find the screen reader useful??

*I personally don't use screen reader, but I think it's a thoughtful feature. In my opinion, accessibility features like that are important for making sure everyone can benefit from the app.*

• 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 consider adjustable icon and button sizes? The icons/buttons for some features are a bit small. I manage fine, but having the option to change the size could be a help for others, like those with sight impairment or just personal preference for different sized icons/ buttons.*

**Help and Support:**

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

*From what I’ve seen, yes. The help section is thorough and seems well-equipped to handle any common issues users might encounter. If anything I think it may have too much information and could benefit from a chatbot perhaps.*

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

*Yes, the help section is accessible through settings.*

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

*No. this was not necessary as the design was being tested and not an actual application. Errors associated with inputting information or searching weren’t tested.*

**Overall User Experience:**

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

*It would be good to have a feature that integrates music playlists directly within the app. While working out or winding down with yoga, having my favourite tunes seamlessly integrated into the activity tracker would elevate my experience and keep me motivated.*•

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

*I think this app is a great initial design so 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, it is very comprehensive in the features provided.*

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

*I think it falls in line with existing apps out there which focus on health and fitness. I can’t seem to think of anything that needs improvement at the moment.*

OBSERVATION:

**Interview participant y.**

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- **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 - 4 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 – 2

- Time taken 9 secs

Observation- No hesitation is selecting the right button.

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

- No of clicks – 1

- Time taken 4 secs

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: Success in finding the correct page but one additional click made that was more so due to haste.

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

- No of clicks - 2

- 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 – 9

- Time taken 51 secs

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Observation – Participant started on homepages, navigated to settings an then display. Eventually found the rearrange icons but after much hesitation.

**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 - 3

- Time taken 11 secs

Participant seemed a little more confident now as a little familiar with app. Successfully completed task by initiating the right settings as part of task.

**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

Completed quite quickly

**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 - 4

- Time taken 13 secs

Successfully navigated to streak calendar. No issues found. Some errors made due to trying to complete task quickly.

**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 struggled to recall any

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

- No of clicks – 3 clicks

- Time taken :7 secs

Successfully completed task and was able to select into weekly/monthly display

**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 11 secs

Successfully completed task, no issues identified, good time and number of clicks

**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 :2 secs

Observation: Participant clicked on the correct icon at the bottom to access the wearable device, clear icon and quick pace.

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

- No of clicks – 4

- Time taken 7 secs.

Observation: Some errors made due to guessing, but task completed. Participant able to select the text-to-speech icon on home page.