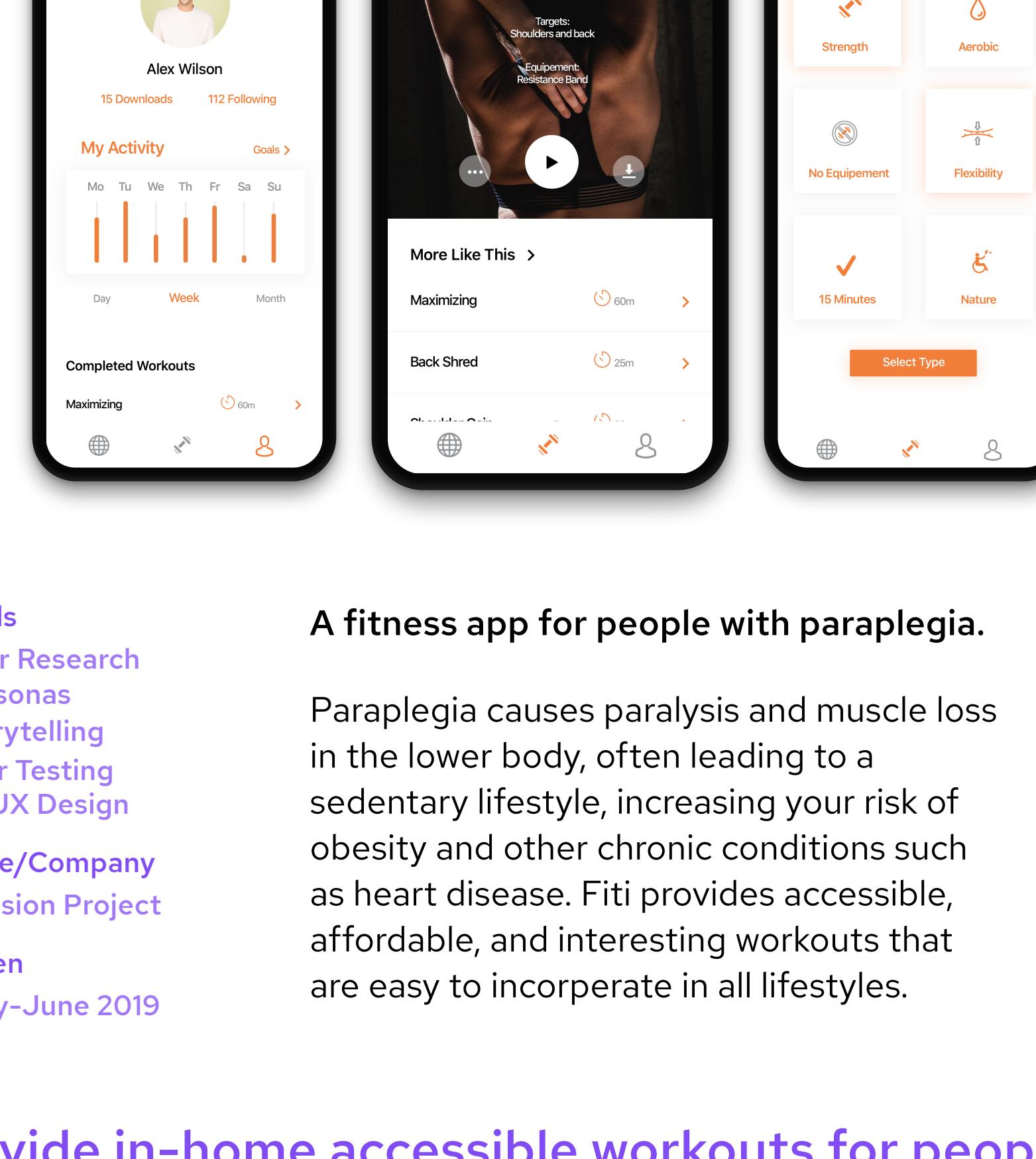


Fiti

Summary
My Role
Who is this for?
Solution
User Test
Next Steps



Skills
User Research
Personas
Storytelling
User Testing
UI/UX Design
Type/Company
Passion Project
When
May–June 2019

A fitness app for people with paraplegia.

Paraplegia causes paralysis and muscle loss in the lower body, often leading to a sedentary lifestyle, increasing your risk of obesity and other chronic conditions such as heart disease. Fiti provides accessible, affordable, and interesting workouts that are easy to incorporate in all lifestyles.

"How might I provide in-home accessible workouts for people living with Paraplegia?"

My Role

I created and designed Fiti. I began to investigate what tools were out there for those who may want to consider at home workouts. I was unable to find many apps or technologies that would help a person with paraplegia partake in at-home workouts. Therefore, I created a new file, and began my research phase of the design process.

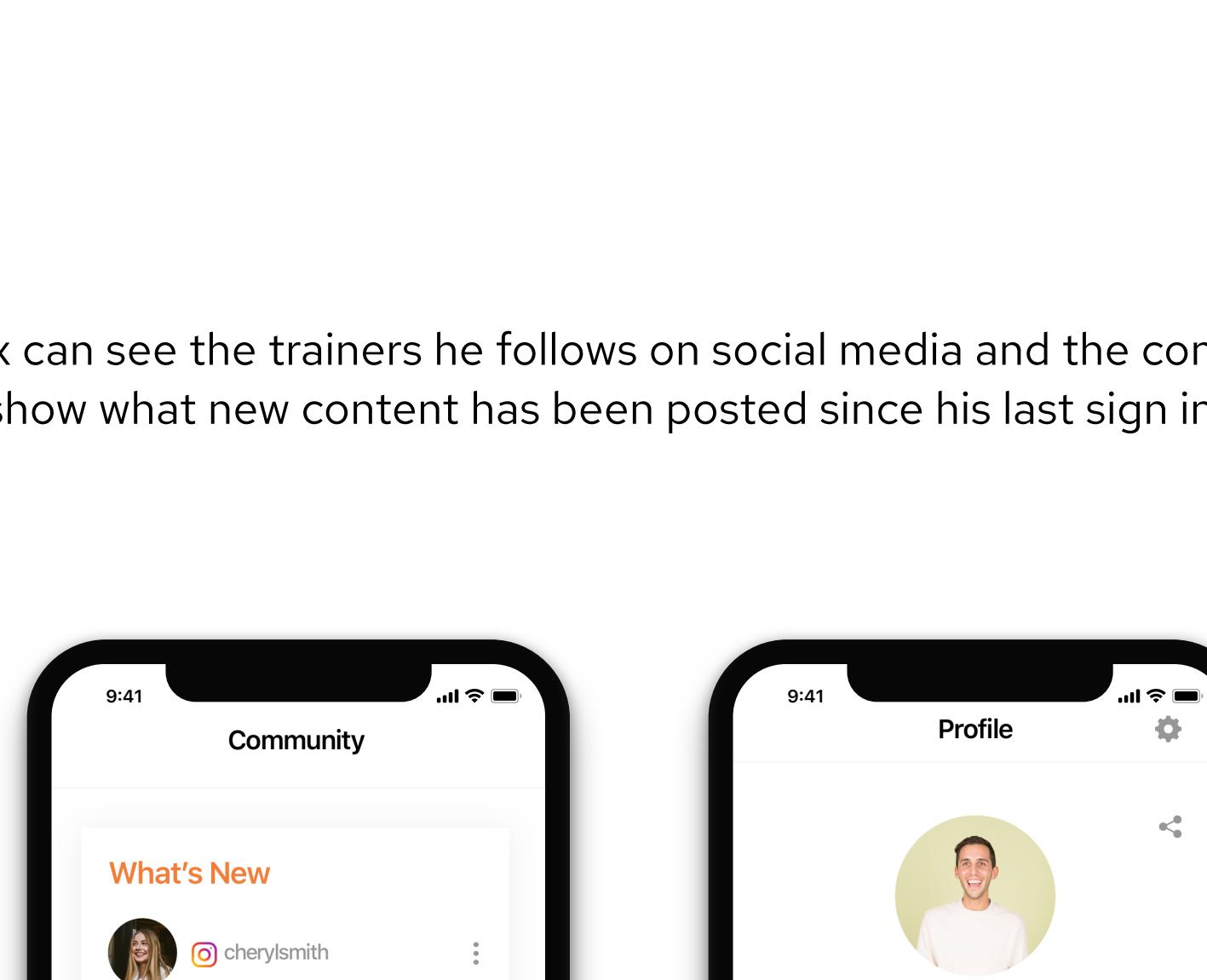
Who is Fiti For? Meet Alex

Alex is an example user that would want to use Fiti. For the purpose of designing, I created Alex. This persona helped me to solve specific problems while also allowing me to fully immerse myself into his shoes.

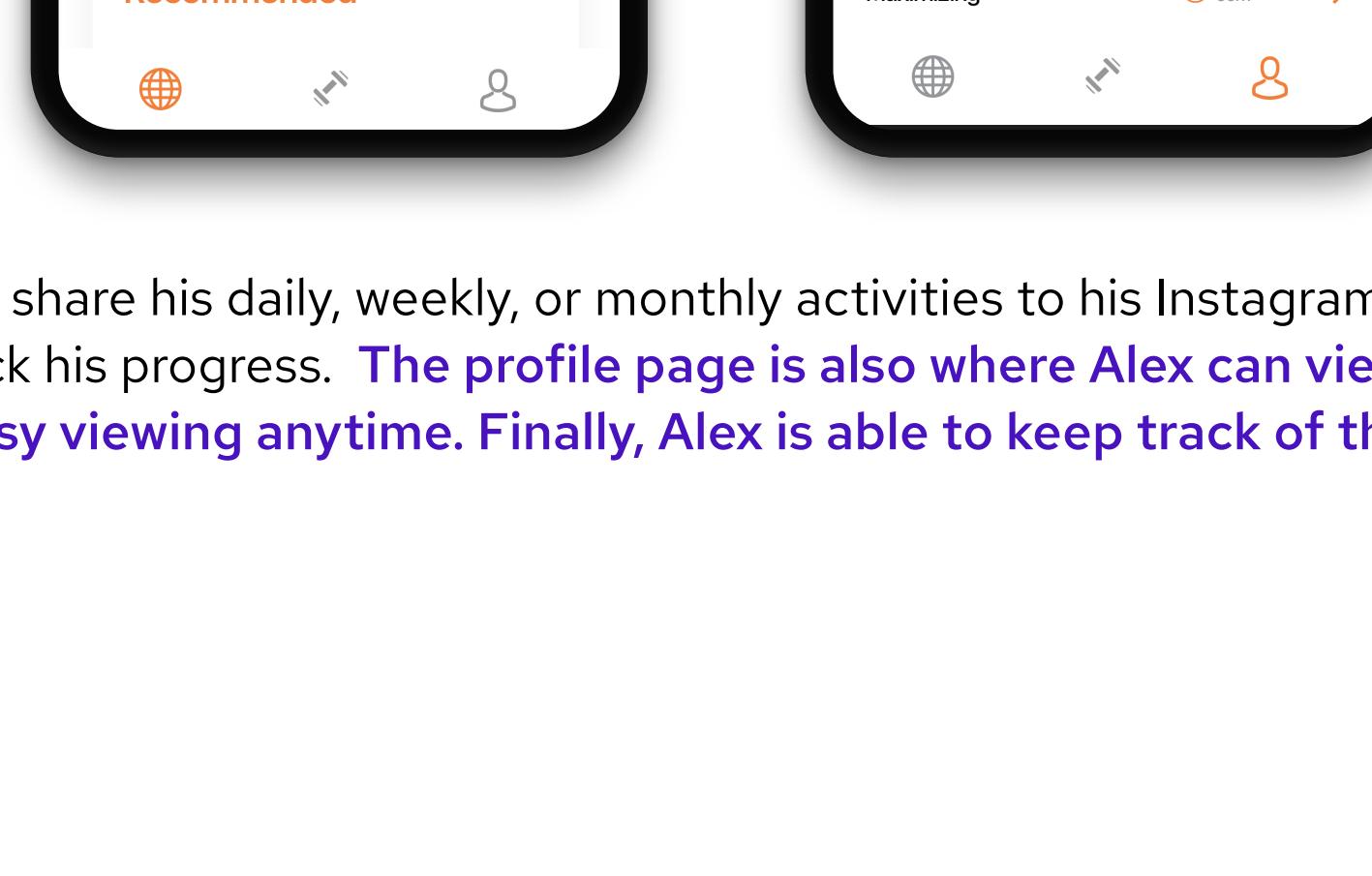
Solution

Choosing Workouts

Alex can pick categories that interest him. For people with paraplegia, it's most important to do strength training, aerobic, and flexibility exercises. Therefore, those categories remain at the top.



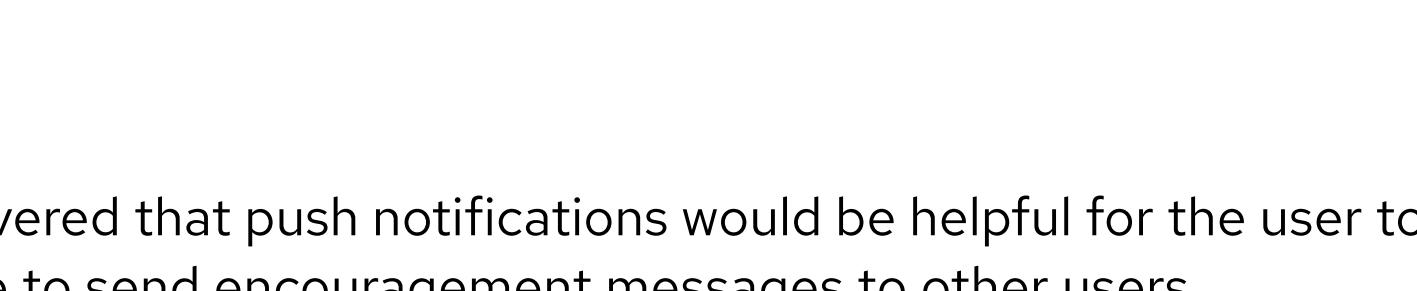
Once he selects them, he is able to choose workout videos that target the most important muscle groups. Alex can also view all videos to find workouts that target more specific muscles. Videos are organized by major to least major muscle groups to help Alex know which muscle groups to focus on.



Once Alex is on the workout summary page, he's able to see exactly which muscles are being targeted, what equipment he'll need, the duration of the workout, and the intensity of the workout. One of the most important features of the app is being able to download workout videos. This allows Alex to have complete control over when and where he does his workouts.

Community and Profile

On the community page, Alex can see the trainers he follows on social media and the contribution they're making to their community. The community tab will first show what new content has been posted since his last sign in, and recommended content based on the trainers he follows.



On the profile page, Alex can share his daily, weekly, or monthly activities to his Instagram, Twitter, or Facebook page. In addition, he can update his goals and track his progress. The profile page is also where Alex can view all the workout videos he has downloaded for fast and easy viewing anytime. Finally, Alex is able to keep track of the workouts he's completed for quick access.

User Testing

I was able to perform user testing on an individual named John, who lives with paraplegia.

Why does Fiti work for you?

"An app like Fiti would make my life a lot easier. I'm constantly on YouTube, looking for workout videos that are safe for me to do. Finally, something like Fiti makes getting physical activity so much easier and fun."

Was it easy or difficult to navigate selecting a workout?

"I felt that picking a workout was super easy. I really liked how there are categories to help. I really appreciated the 15 minute category. This makes it easy to do short workouts throughout my day."

What, if anything, surprised you about the experience?

"Being able to track my activity on the profile page. This was surprising because it felt super comforting knowing that you're able to track my progress to reach my goal."

Next Steps

During user testing, we uncovered that push notifications would be helpful for the user to be reminded to complete their workout. Also, each user would be able to send encouragement messages to other users.