# UX feedback report

## Step 1: Design Principles Check

Nielsen & Molich Design Principles Compliance

1. **Visibility of system status**
   1. Ensured feedback is given to users for each action (e.g., loading spinners for API calls).
   2. Added a progress bar for workout completion tracking.
2. **Match between system and the real world**
   1. Updated labels and navigation terms to be more intuitive and reflective of user goals (e.g., renamed "Workout Overview" to "My Workout Progress").
   2. Added visual cues for workouts targeting specific muscle groups.
3. **User control and freedom**
   1. Added a "Cancel" button to forms, allowing users to exit without making changes.
   2. Included a "Back" button in all secondary screens.
4. **Consistency and standards**
   1. Standardized color schemes, button styles, and font sizes across all pages.
   2. Aligned terminology between user and admin interfaces.
5. **Error prevention**
   1. Implemented confirmation dialogs before deleting workouts.
   2. Added inline validation for input forms (e.g., calorie intake).
6. **Recognition rather than recall**
   1. Added tooltips for less obvious icons and features.
   2. Displayed recently viewed workouts on the dashboard.
7. **Flexibility and efficiency of use**
   1. Introduced keyboard shortcuts for power users.
   2. Provided filtering and sorting options for workouts and meal plans.
8. **Aesthetic and minimalist design**
   1. Reduced clutter on the dashboard by grouping related actions into dropdowns.
   2. Simplified the workout creation form by grouping inputs logically.
9. **Help users recognize, diagnose, and recover from errors**
   1. Added descriptive error messages for failed actions.
   2. Included "Troubleshooting" links in error messages.
10. **Help and documentation**
    1. Created a "Help" section with FAQs and a searchable knowledge base.

**Changes Implemented:**

Revised navigation menu structure.

Enhanced error prevention and recovery mechanisms.

Standardized interface elements.

## Step 2: Feedback Collection

**User 1: Kaloyan, 20, Student and gym enthusiast**

Feedback: Found navigation throughout the app smooth and intuitive. Suggested adding a feature that provides step-by-step instructions or videos on how exercises should be executed, particularly for beginners.

Observation: Kaloyan easily found and explored the "Set Preferences" and "Monitor Development" features but noted that beginners might benefit from more detailed exercise guides.

**User 2: Simona, 26, Graphic designer**

Feedback: Praised the ease of finding specific features, such as tracking progress and customizing the profile. Recommended including "Return to Main Page" buttons on all secondary screens for quicker navigation.

Observation: Robert enjoyed customizing his profile and monitoring progress but occasionally found navigating back to the main pages slightly inconvenient.

**Feedback Summary:**

Consider adding a feature for exercise execution guidance for beginners.

Include "Return to Main Page" buttons on secondary screens to improve navigation efficiency.

Positive feedback on the app's navigation and user-friendly design.

**Картина, която съдържа текст, софтуер, Мултимедиен софтуер, Компютърна икона

Описанието е генерирано автоматично**