Prototype Documents for User Testing

Fitness Motivation
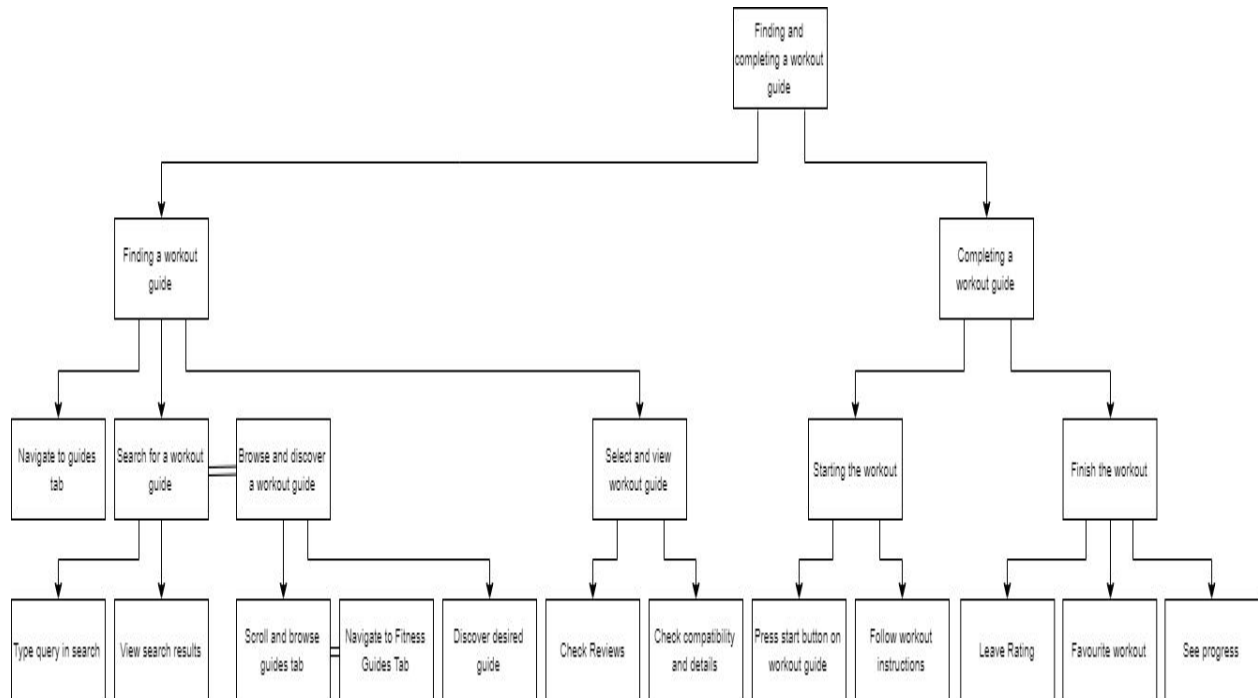
Yufei Chen - chenyuf8 - ellenyufei.chen@mail.utoronto.ca

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Hierarchical Task Analysis

The task that I have chosen to analyse is the task of the user following a workout guide and completing the workout. The task is outlined in the chart below.

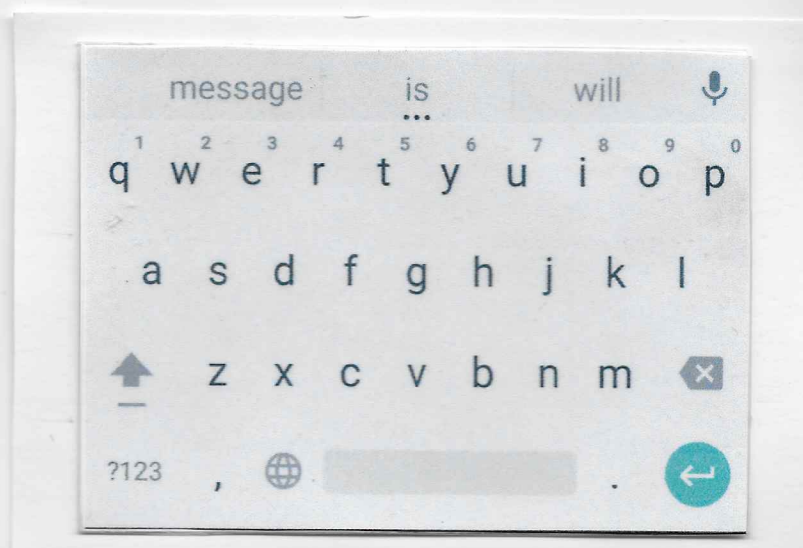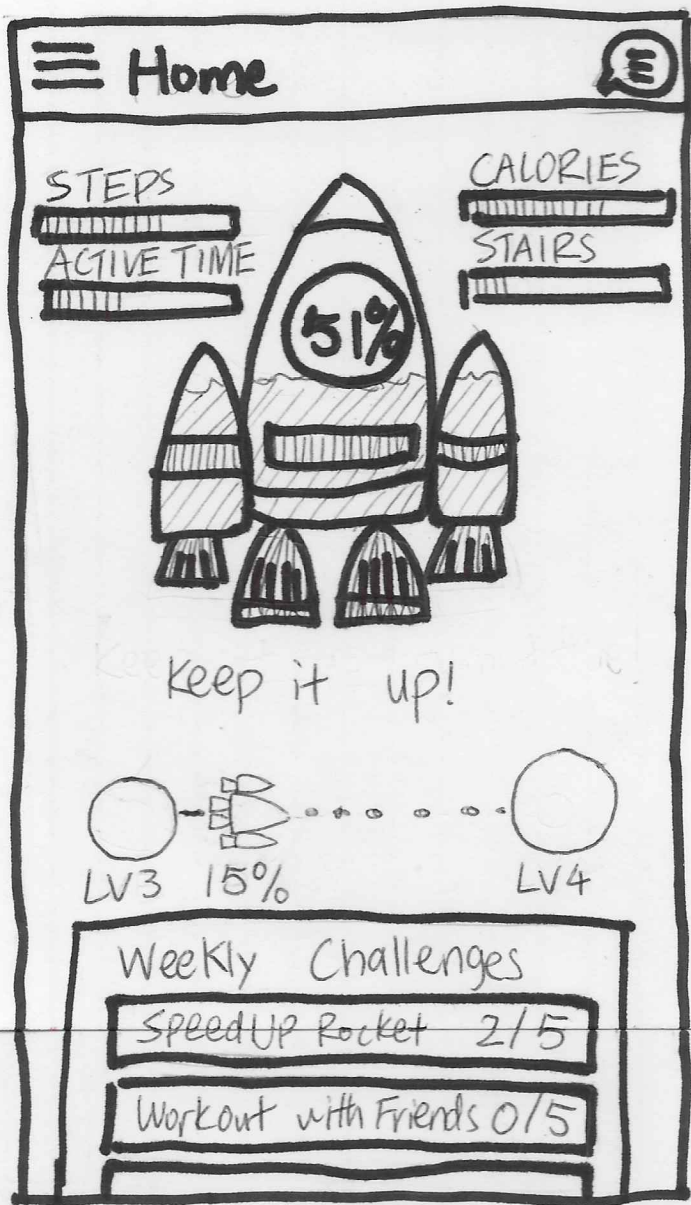# Usability Testing Script

Scenario

You have about half an hour of free time and you decide to do a short workout during this time. Using the prototype, can you please tell me how to do these tasks:
- Navigate to the Guides tab
- Find the workout guide titled "20-Minute HIIT Workout" by either of these ways
    - Searching for the guide
    - Navigating to the Fitness tab and finding the guide
- View details of the workout and see if it is compatible
- Start the workout
- Finish the workout and leave a 5-star rating
- Favourite the workout
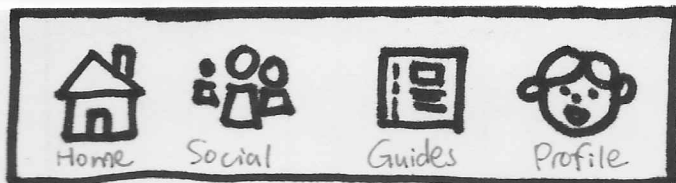- Check progress towards goals

Notes

- The user may take either of the ways to find the guide, without being prompted which way to go
- The user may do some jumping jacks in real life when prompted
- The user will need to check compatibility with the guide before starting it
- The user will need to login to retrieve their profile with the system before starting any task, in order to track the user's progress and daily goals
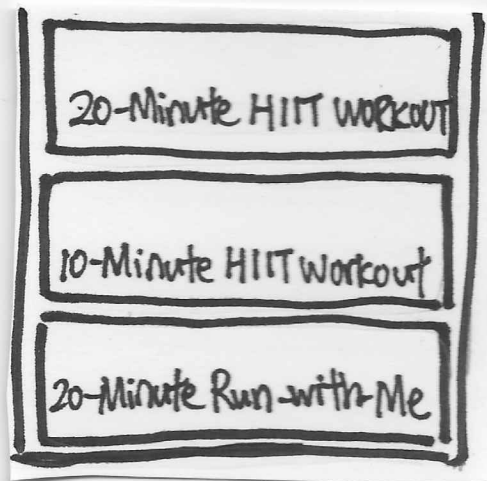
9:00

message   is   will

1 2 3 4 5 6 7 8 9 0
q w e r t y u i o p

a s d f g h j k l

z x c v b n m

?123 , ⊕ .

Home

STEPS

CALORIES

ACTIVE TIME

STAIRS

51%

Keep it up!

LV3 15%

LV4

Weekly Challenges

Speed Up Rocket 2/5

Workout with Friends 0/5

74%

20%

Home   Social   Guides   Profile

Up for a Quick Workout?

7-Minute Workout
👤 1 Person   ✊ Easy   ☆

Popular Guides

8 Best Fat-Free Smoothies
🍽 Food   ☆

Training For Your First 5K
🏃 Running   💪 Beginner   ☆

HOME   FITNESS   LIFESTYLE   ★

20-Minute HIIT Workout

10-Minute HIIT Workout

20-Minute Run-with-Me

Popular Fitness Guides

7-Minute Workout
👤 1 Person ✊ Easy ⭐

20-Minute HIIT Workout
👤 1 Person + ✊ Medium ⭐

Workout

Ab Burn
👤 1+ People ✊ Medium ⭐

Hardcore Core
👤 1+ People ✊ Hard ⭐

☰ 🔍 Search Guides... 💬

HOME FITNESS LIFESTYLE ⭐

20-Minute HIIT Workout

10-Minute HIIT Workout

20-Minute Run-with-Me

20-Minute HIIT Workout

★★★★★ (5,234 Ratings)

👤 1+ Persons   ✊ Medium

🔢 Whole body   🕐 20 mins

Sweat and burn calories with this short & intense HIIT Workout!

Moves:
- Squats
- Superman hold
- Burpees
- Side kick
- Crunches
- and more...

👍 This is a good workout for you! Recommended Lv: 3

START WORKOUT

Jumping Jacks

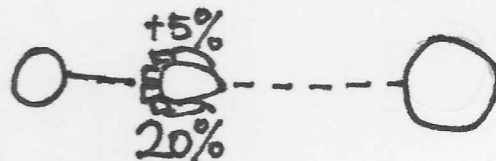exercise 1 of 4

0:44 | 0:45

set 1 of 4

"Let's get going strong!"

END WORKOUT

PAUSE

X

You are on fire!
20-minute HIIT workout
complete!

+5%

20%

OK