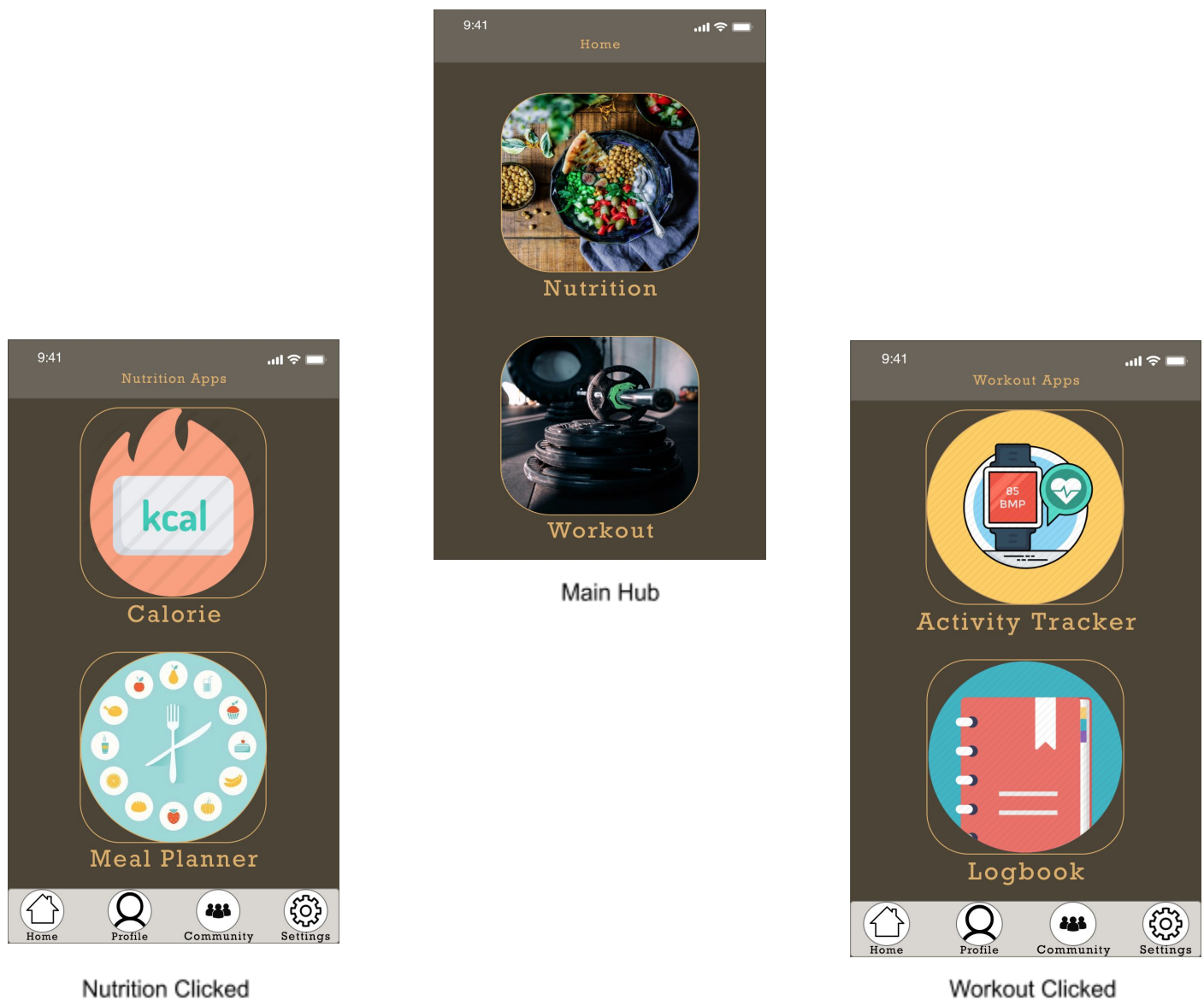


Milestone 3

Public link to prototype testing (Software: Adobe XD):

<https://xd.adobe.com/view/845b8313-e13c-4d13-4ebe-d87f6dcd0655-f26a/?fullscreen&hints=off>

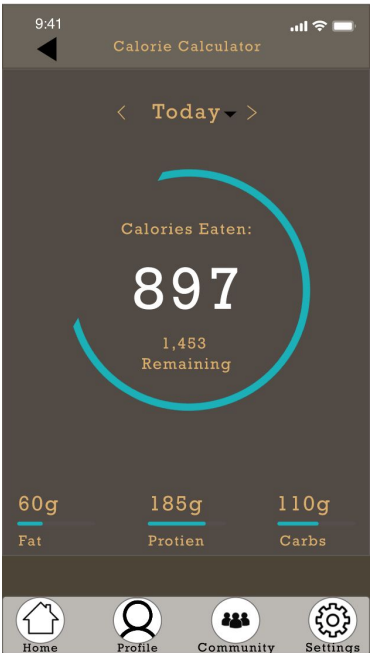
I. Complete screenshots of system in action and narrative



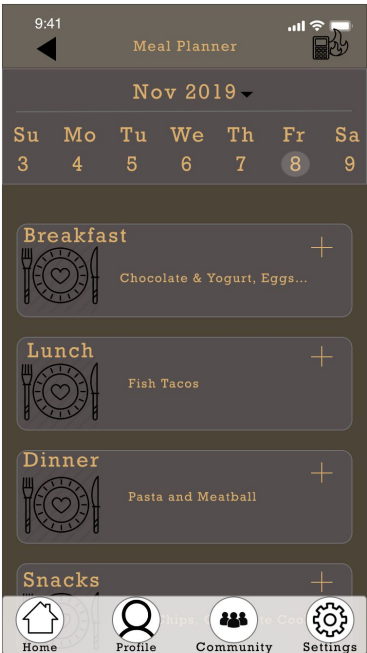
Nutrition Portal Features



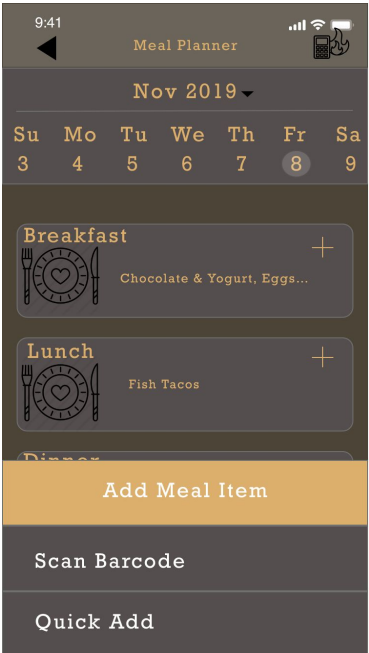
Main nutrition page



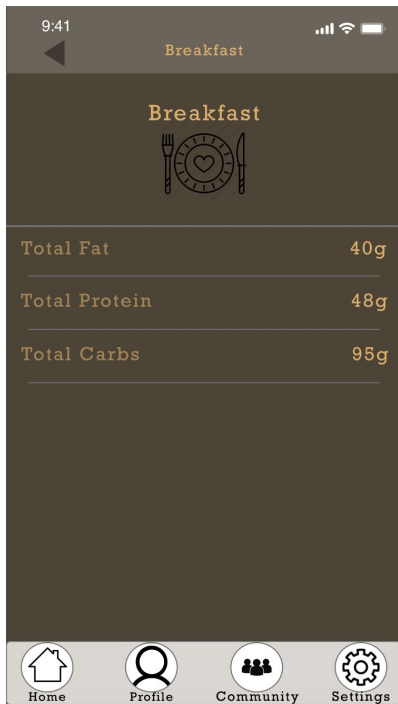
When Calorie Calculator clicked, user can view total calorie intake of all meals



When Meal Planner is Clicked, user can add meals to a specific category.



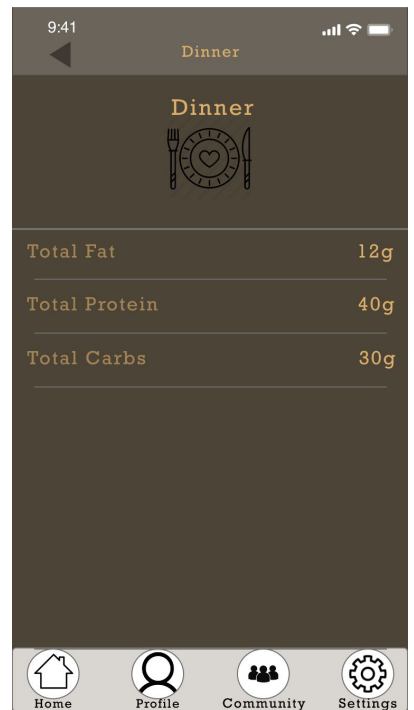
When + sign is clicked



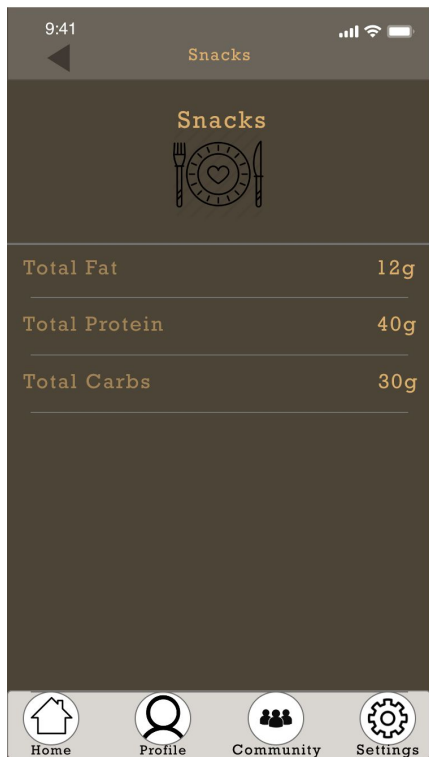
When breakfast widget clicked, user can view total nutritional intake of breakfast list.



When lunch widget clicked, user can view total nutritional intake of lunch list.



When dinner widget clicked, user can view total nutritional intake of dinner list.



When snack widget clicked, user can view total nutritional intake of snack list.

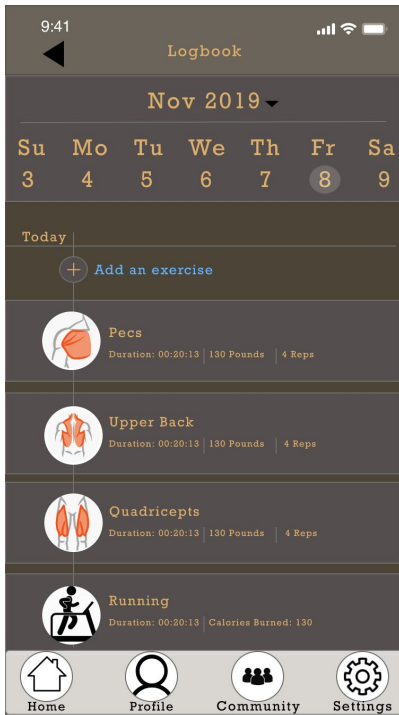
Workout Portal Features



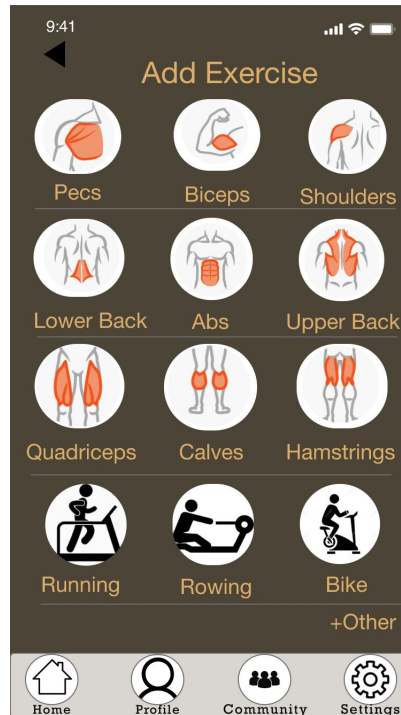
Main workout page



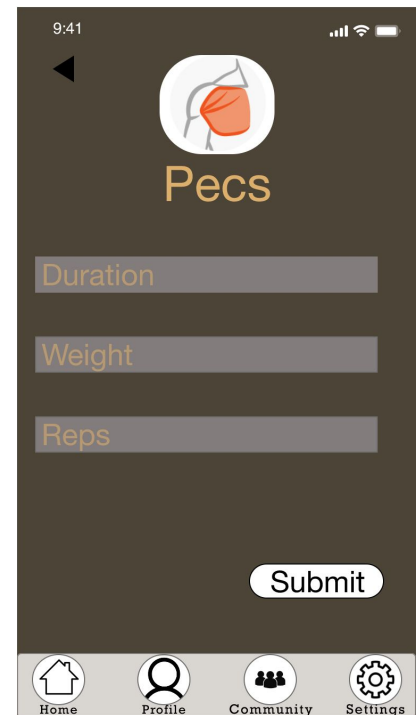
When activity is clicked,
user can view history of
numbers of steps on
certain days, weeks,
month, or years



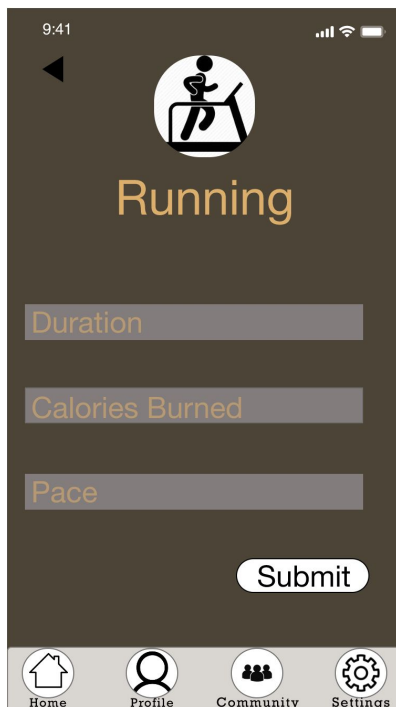
User can view history of completed workouts



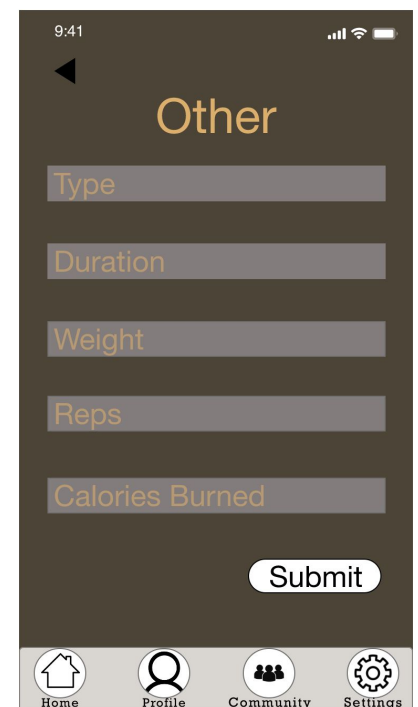
When the + sign is clicked, users can add workouts to workout timeline page



Users can enter information on workout preference.

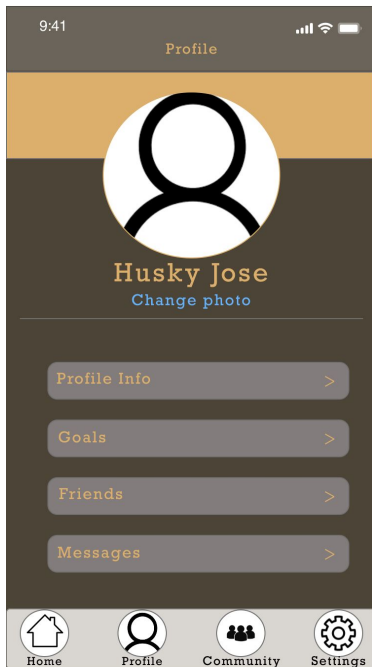


Example of how information user can input for cardio workout



User can define what workout they want to do not listed.

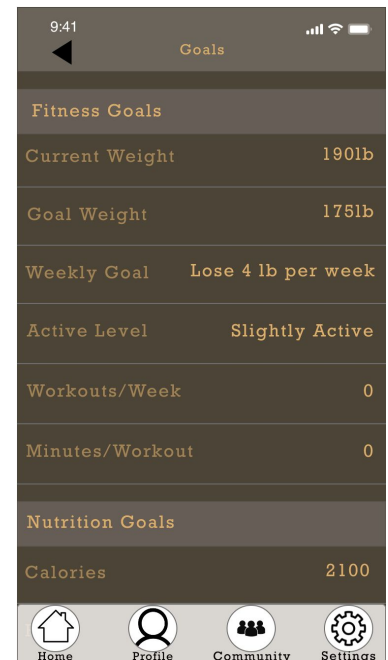
Universal Features



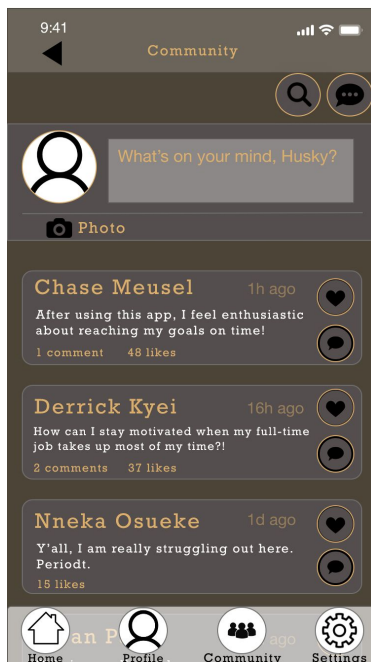
User profile page display when clicked



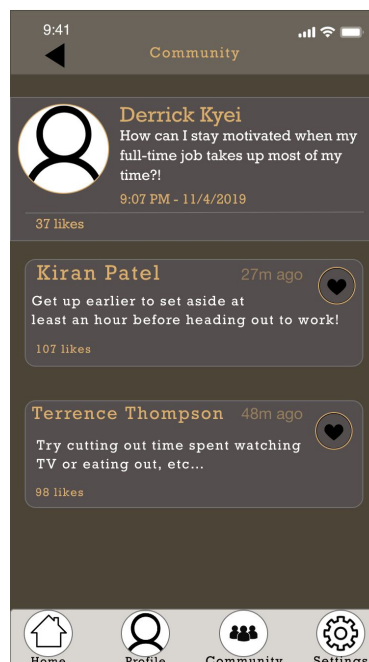
User can edit personal information



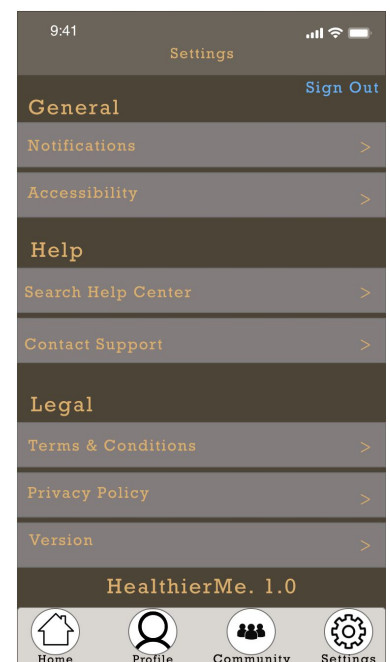
User can set personal fitness goals



When community tab is clicked, user can access community page to ask questions and seek advice.



Example display of users replying to a question.



Application settings

II. Full list of features with brief descriptions

Nutrition Portal Features	Workout Portal Features	Universal Features
<ol style="list-style-type: none">1. Calorie calculator<ol style="list-style-type: none">a. Keep track of calorie intake.2. Meal planning and scheduler<ol style="list-style-type: none">a. Users can choose their diet goals, food preferences, and plan for the week.	<ol style="list-style-type: none">1. Logbook<ol style="list-style-type: none">a. Allows for planning days for personal exercise routines.b. Notifies the user when to start workouts2. Activity tracking<ol style="list-style-type: none">a. Track physical activity, including steps taken, hours slept, minutes walked, distance traveled etc...	<ol style="list-style-type: none">1. Profile page<ol style="list-style-type: none">a. User can view and change personal information.2. Community<ol style="list-style-type: none">a. Users can join a large community of other users to provide support, motivation and advice.3. Settings Page<ol style="list-style-type: none">a. Accessibility, notification, contact us, settings, etc..

III. Detailed usability specification

What are some errors, how many errors, how long does it take for users to complete a task, learnability, completeness rate (whether users are able to complete a task in its entirety or whether they give up)

Benchmark Tasks:

- Adding a workout to the logbook on a specific day
- Adding a detailed description of the workout (i.e. duration, weight, repetitions)
- Picking a meal category and entering meals for a particular day
- View a nutritional breakdown of each meal

- Successfully posting a question or idea in the community page

Building a plan to test each task:

1. Send out multiple emails to schedule an appointment with the participant(s) to use the application.
2. Have users enter a participant room where each of them can download the application independently on their phones. There will also be a separate mobile device on which to test in case the user is not comfortable downloading it to their device.
3. The researcher will provide each participant with the list of tasks and prompt him or her to speak while using HealthierMe.
4. The researcher will time each participant for each separate task.
5. As the participant interacts with the system, the observer will take notes of what he or she struggles with.
 - a. Observers must take keen notice of any participants that are unable to complete the task at hand:
 - What task was it?
 - At what point did the participant quit?
 - How many users left each task incomplete?
 - b. This information will be factored into completeness rate.
6. After completing the task, each participant will receive a questionnaire about his or her experience.
7. The researcher will need to average out the times for each task to determine if certain tasks are too difficult to complete, or whether the particular user in question was just an outlier.
8. The observer will also provide his or her notes to the researcher so that the researcher can determine what tasks need to be redesigned.

IV. Initial Evaluation/Testing Plan

What sort of benchmark tasks would you have users perform to help evaluate the system?

Sample tasks:

- Add a meal and create a meal plan
- Add a workout
- Create a profile
- Logout of account
- Set personal fitness goal
- Modify accessibility settings

- Ask a question on the community tab

What kind(s) of subjective questionnaires would you use to have a user critique the system?

Questions:

- What issues did you have while navigating the application?
- Do you feel the database was extensive enough for meal options? What could be added to both databases?
- Is the color scheme pleasing to your eyes?
- Do you feel that it is not necessary for the sign out button to be in the settings tab?
- Was the community tab helpful? Did you feel it was inclusive or exclusive for your health goals?
- Is the data visualization easy to understand? What could make it simpler?

What kind(s) of interview questions would you use before a user tries your system? After?

Before:

- Describe your eating habits.
- Describe your daily activity. Are you a couch potato or a workout out junkie, or somewhere in between?
- Do you have health conditions that require you to meal plan? If so, please describe them.
- What are your overall health goals?
- Would you like to maintain the same weight, lose weight, or gain weight?
- Do you use similar, competitor applications?

After:

- Did the application make it easier to plan meals?
- How did using the application change your lifestyle habits? Were there any changes? Did things improve or get worse?
- Did the community tab motivate you on your health journey?
- After using HealthierMe, how would you compare it to similar applications? Is it better or worse? What can be done to make it better than the others?
- What are the things you do most frequently in this application?
- What is the most important factor to you for a health application?
- What can be done to improve the interface.

What are other evaluation techniques? Why is it appropriate or not appropriate to use these?

Participant Room:

- Soundproof room complete with microphones to pickup voices
- Invisible observation room
- This is an appropriate technique because it...
 - enables designers to see (and make note of) how users interact with the system,
 - where they struggle to use it, and
 - hear users opinions about it in real-time.
- Evaluation completed in a relaxed setting.
- Designers can record users' voices and conduct research on where they can improve in later versions.

Smart Living Lab:

- Test room for checking usability in the same space as real life environment; it usually uses cameras and sensors.
- The technique would be inappropriate for evaluating HealthierMe because it is an application hosted on mobile devices, not large appliances.
- Keeping videos of participants could also raise an ethicality question.

Usability Lab:

- Includes one-way mirror, 3 monitors, and a room for several observers
- This is an inappropriate technique because this application does not require that many screens and input images. A group observation using a couple of phones and/or tablets would suffice.