



MY PERFORMANCE

# IHC Assignment n°2

Design and prototyping of an application  
using a human-centered approach

D e l i v e r a b l e n . 1 : R e q u i r e m e n t A n a l y s i s

**Project Title:** MyPerformance an application for personal trainers  
**Group:** Guilherme, Edgar, Sebastian  
**Lab Class:** P7



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# Introduction

- We chose this project because we thought it was an original idea to incorporate with our daily lives
- This app is made for the average personal trainer that needs to keep up with schedule on the daily



# Objectives

- Have a way that the personal trainer can schedule the workout for the whole week, month or year for a certain hour, for different users
- Have a certain way that the personal trainer can keep track of the users, type of exercises is going to give them, and the calories that they need to burn in the workout session



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# Personas & Scenarios



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# Eduardo the Personal Trainer

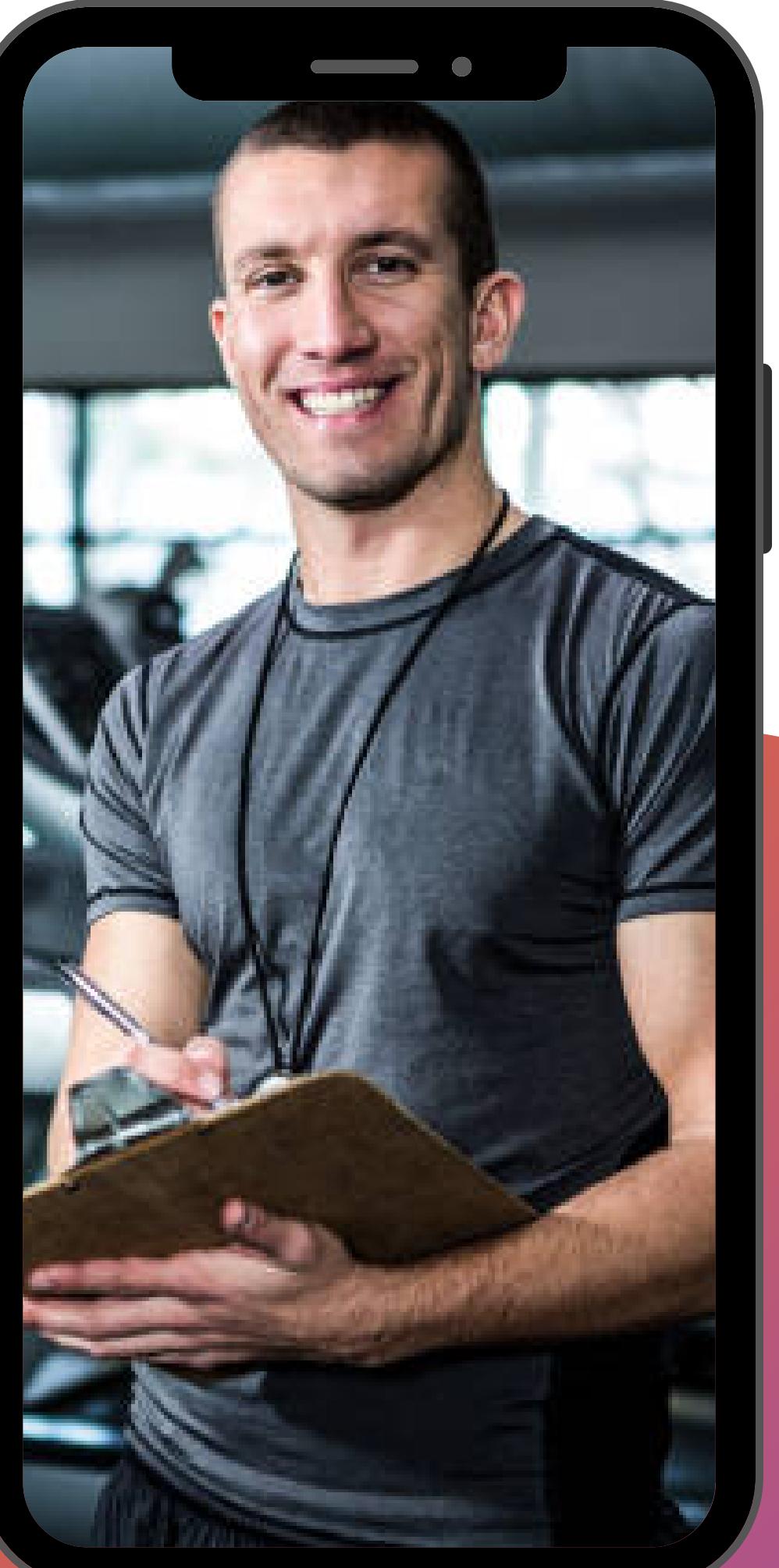
## Backstory

Eduardo is a 22 year personal trainer from Aveiro who just finished his personal trainer course, and he needs some help.

He just opened his own gym in the comfort of his own home with a lot of exercise machines.

## Scenario

Eduardo needs help to keep track of the users that are going to use his house and the exercises they must do





# Task

01

## Create an account

The pt must register in our platform

02

## Create 3 different schedules for 3 different users

Eduardo must create 3 schedules for leg, chest and bicep for maria, joana and paulo

03

## Delete the completed workout schedules

In the section the user must create his routine using all the exercises available  
The user can use all the available filters and coordinate every exercise

04

## Logout of the platform

Eduardo must logout of the platform



# Requirements

01

## Have an account

Each user must have his personal account with all his data

02

## Create personalised routines

Each pt must be able to easily create workout routines for there users

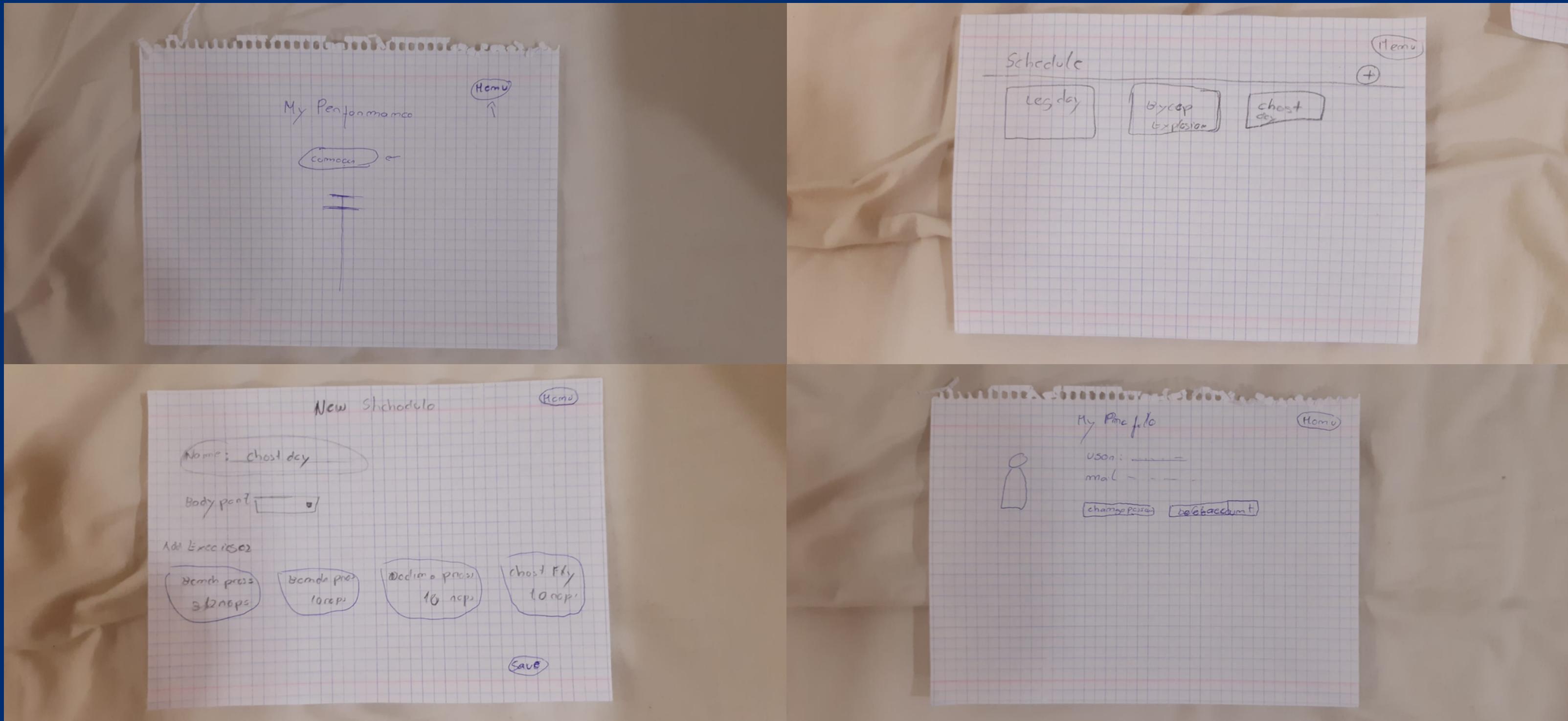
03

## Exercise tracker

Have a way that the pt can keep in mind the exercises the user must do



# Low fidelity prototype





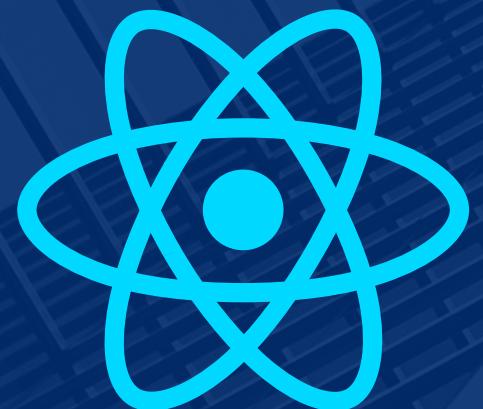
# Evaluation

	Tester 1	Tester 2	Tester 3	Tester 4
I think that I would like to use this system frequently.	Totally agree	Somewhat agree	Neutral	Somewhat agree
I found the system unnecessarily complex.	Somewhat disagree	Somewhat disagree	Somewhat disagree	Totally disagree
I thought the system was easy to use	Totally agree	Somewhat agree	Neutral	Neutral
I think that I would need the support of a technical person to be able to use this system	Somewhat disagree	Disagree	Disagree	Somewhat disagree
I found the various functions in this system were well integrated	Neutral	Somewhat agree	Somewhat agree	Somewhat agree
I thought there was too much inconsistency in this system	Disagree	Netral	Disagree	Disagree
I found the system very cumbersome to use	Somewhat disagree	Somewhat disagree	Somewhat disagree	Somewhat disagree
I would imagine that most people would learn to use this system very quickly	Agree	Agree	Somewhat Agree	Somewhat Agree
I felt very confident using the system	Agree	Agree	Neutral	Somewhat Agree
I needed to learn a lot of things before I could get going with this system	Disagree	Disagree	Disagree	Disagree



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# The Technology



## React

HTML



CSS





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# Heuristic evaluation

(green - red) 0-5	Visibility of system status	Match between system and real world	User control and freedom	Consistency and standards	Error prevention
Sebastian	Green	Yellow	Green	Green	Green
Guilherme	Yellow	Green	Green	Yellow	Green
Edgar	Green	Yellow	Yellow	Green	Green



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# Heuristic evaluation

(green - red 0-5)	Recognition rather than recall	Flexibility and efficiency of use	Aesthetic and minimalist design	Error recognition and recovery	Help and documentation
Sebastian	Yellow	Green	Green	Green	Orange
Guilherme	Yellow	Light Green	Green	Light Green	Orange
Edgar	Light Green	Green	Green	Light Green	Orange

# Live Demo

# Conclusions