Scenario:

You are an adult professional who wants to get back into the gym and work on your physical fitness. You are struggling with know exactly what exercises to do and how to do them correctly. You have downloaded the Fortress Fitness app to help with this.

Task 1: Enter your information into the app about age, weight, and level of fitness.

Task 2: View the videos and read the descriptions of the exercises.

Task 3: Rate your workout and give feedback about whether it was too easy or too difficult.

Notes:

What changes should be made to the App:

      A back button
      A way of keeping track of how many exercises you have done
      A way of tracking how much weight you are using in the workouts

What should stay the same:

      Simple design layout
      Clear descriptions
      Video examples