



FITNOTE

GARCIA & MACAPUGAY

FITNOTE

A mobile application designed to help individuals overcome the challenges of maintaining a consistent fitness routine. By offering structured workout plans, progress tracking, and personalized support, it addresses issues like lack of motivation, poor self-discipline, and time constraints caused by modern lifestyle demands. The app aims to empower users to create sustainable fitness habits that align with their personal goals, promoting long-term health benefits and consistent physical activity despite daily challenges.



FITNOTE

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MOTIVATION – THE CORE PROBLEM

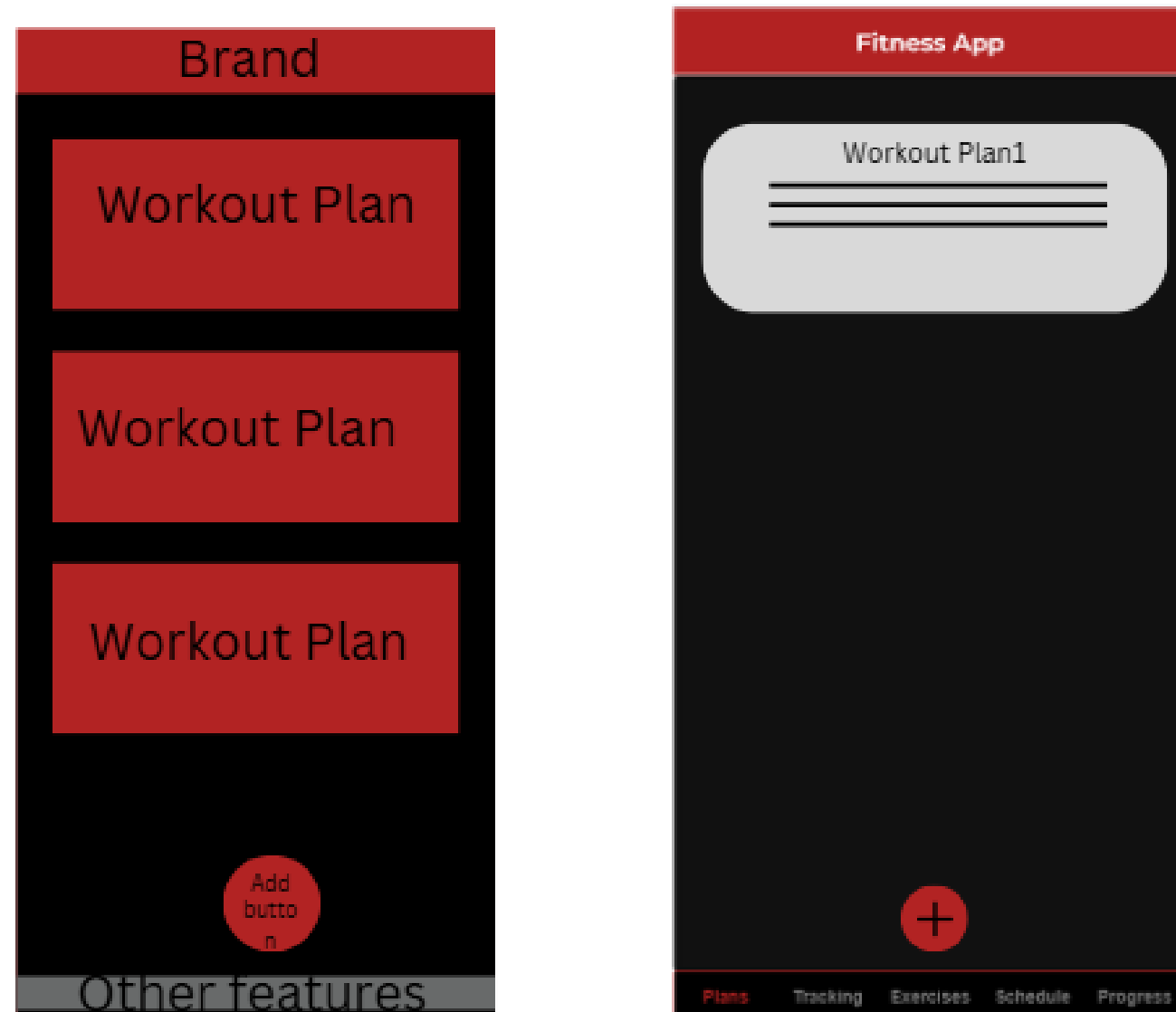
Personal health and well-being are substantially impacted by the widespread issue of a lack of discipline in maintaining a consistent fitness routine. Many individuals begin their fitness voyage with motivation, but they frequently encounter difficulty maintaining consistency as a result of their busy schedules, lack of structure, or uncertainty regarding the appropriate workouts to follow.

USER INSIGHTS – KEY FINDINGS

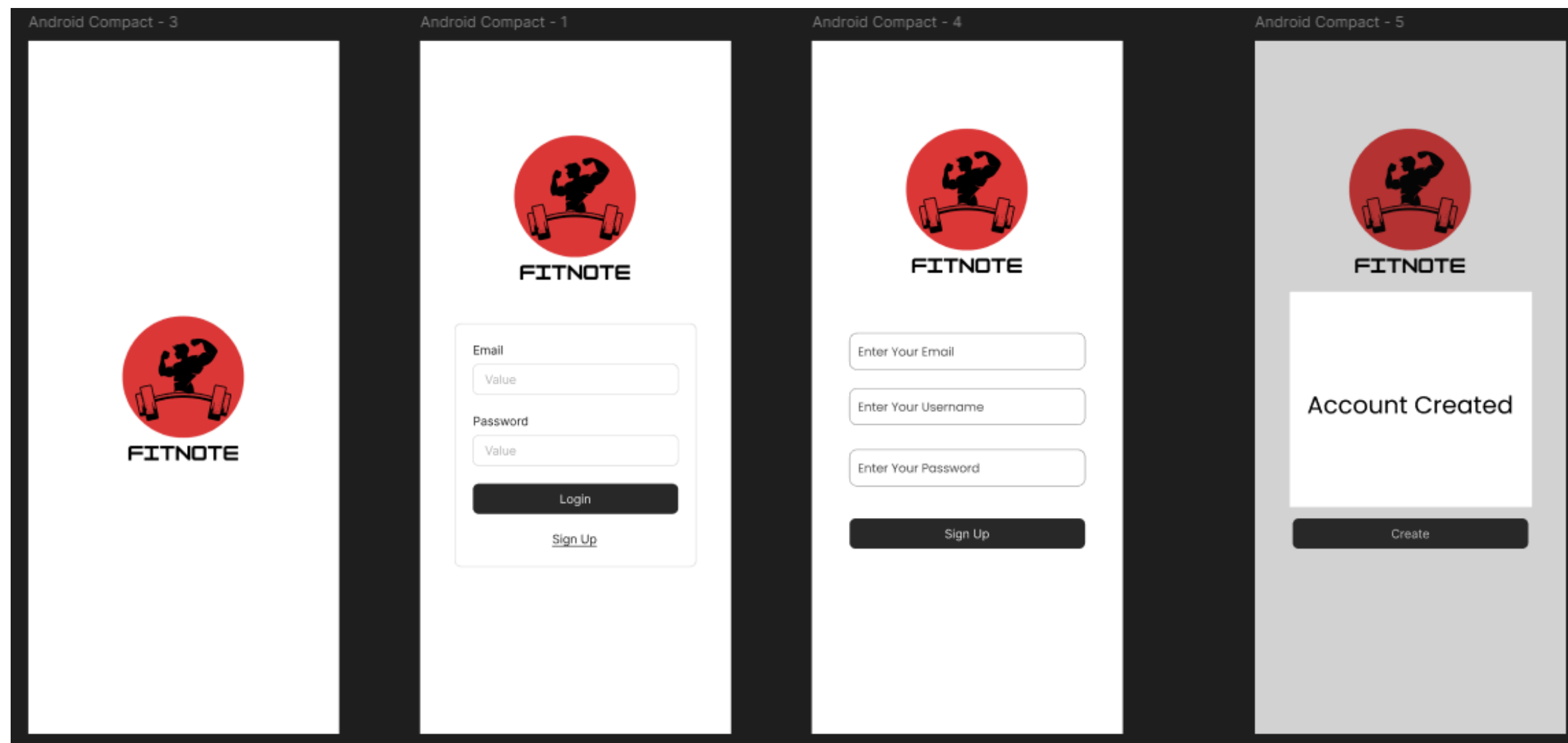
Key Features

- **Create Personalized Workout Plans:** Design custom workout routines tailored to your fitness goals, including exercises, sets, and reps.
- **Track Sets, Reps, Weights, and Workout Time:** Monitor the number of sets, reps, weights lifted, and time spent on each exercise to measure progress.
- **Access Instructional Exercise Content:** Access detailed instructions, videos, and tips for performing exercises correctly and safely.
- **Schedule Workouts and Receive Reminders:** Plan workouts in advance and receive timely reminders to stay on track with your fitness routine.
- **Log Completed Routines and Review Progress:** Record completed workouts and track your performance over time to see improvements and stay motivated.

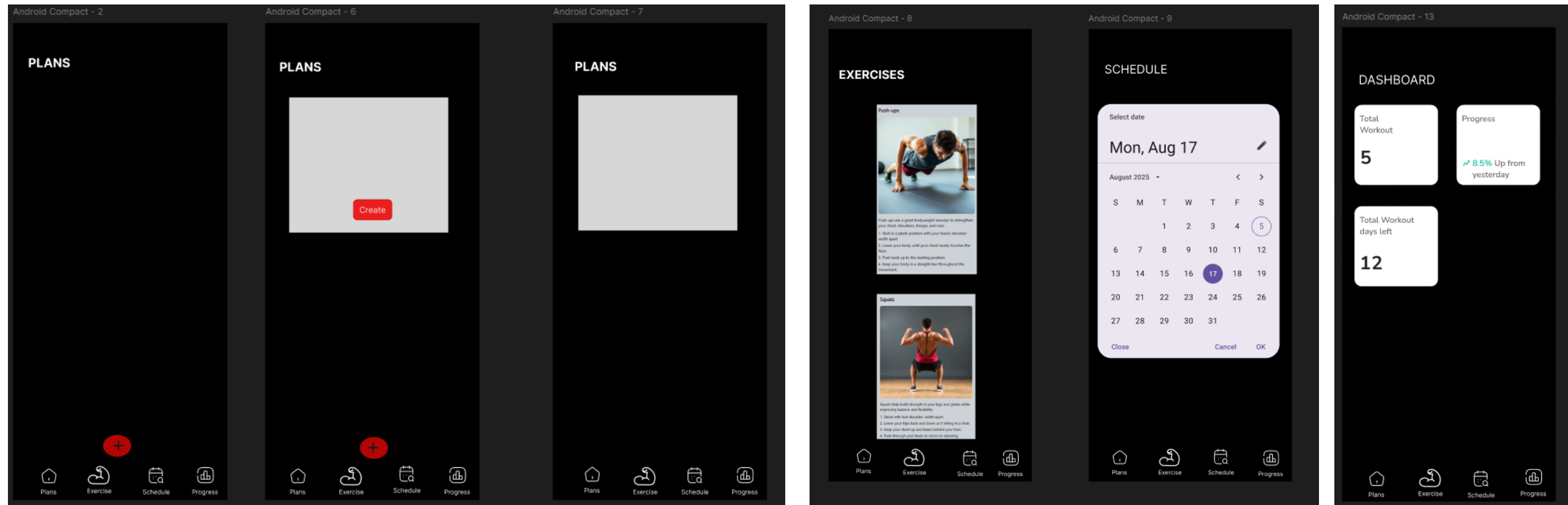
PROTOTYPE DESIGN



FINAL DESIGN



FINAL DESIGN



PROTOTYPE DESIGN

Font

HK Modular offers a bold, modern feel with clean lines for impactful headers, while Nunito Sans complements it with its rounded, highly readable design, providing warmth and clarity for body text. Together, they create a balanced, professional look.

#000000

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Figma

Figma is a cloud-based design tool used for creating user interfaces, wireframes, and prototypes collaboratively in real-time.

EVALUATION – RESULTS & IMPACT

TECHNIQUES USED:

- **Usability Specifications** – Measuring task completion success and speed for each workout session based on user performance.
- **Heuristic Evaluation** – Applying Nielsen's 10 Usability Heuristics to ensure the app's interface is intuitive and easy to navigate.
- **System Usability Scale (SUS)** – Post-test survey to assess users' perceived usability and overall satisfaction with the fitness app.

EVALUATION – RESULTS & IMPACT

Usability Metrics for Fitness Tracker

App:

- **Efficiency:** How quickly users complete their daily exercises and meet their activity goals, based on their fitness level.
- **Effectiveness:** Whether users are able to follow and successfully complete the prescribed tasks without confusion or errors, ensuring clear guidance throughout the app.
- **Satisfaction:** How comfortable and motivated users feel during their exercise sessions, including how confident they are about their progress and the app's ability to help them improve.

Summary:

Category	Score	Interpretation	Classification
Effectiveness	3.7	Highly Acceptable	Very Useful
Efficiency	3.6	Highly Acceptable	Very Useful
Overall Satisfaction	3.65	Highly Acceptable	Very Useful

EVALUATION – RESULTS & IMPACT

Nielsen's 10 Usability Heuristics to ensure an intuitive, user-friendly experience. Key features include real-time progress tracking, flexible controls, error prevention, and a minimalist design that prioritizes ease of use.

- **Visibility of System Status:** Provide real-time feedback on progress and goals.
- **Match Between System and the Real World:** Use familiar exercise terms and visuals.
- **User Control and Freedom:** Allow users to pause, skip, or adjust exercises.
- **Consistency and Standards:** Maintain consistent design and functionality.
- **Error Prevention:** Offer reminders to prevent workout errors or injuries.
- **Recognition Rather Than Recall:** Make exercise routines and progress easily accessible.
- **Flexibility and Efficiency of Use:** Provide options for both beginners and experienced users.
- **Aesthetic and Minimalist Design:** Keep the design simple and focused on key tasks.
- **Help Users Recognize, Diagnose, and Recover from Errors:** Offer clear solutions for missed tasks or mistakes.
- **Help and Documentation:** Provide easy-to-access help and guides for advanced features.

EVALUATION – RESULTS & IMPACT

The following metrics were used to evaluate the system's usability based on SUS survey results:

SUS Score	Interpretation	Classification
85-100	Excellent usability	Highly usable system
75-84	Good Usability	Usable System with few issues
5-69	Okay Usability	Acceptable, but could improve
Below 50	Poor usability	Major usability concerns

EVALUATION – RESULTS & IMPACT

The System Usability Scale (SUS) scores for the fitness tracker app show that the system is highly usable, with an average score of 89.1. Most users (80%) rated the app with excellent usability, while two users rated it good usability. The overall SUS score places the app in the "highly usable" category, indicating that it meets user expectations and provides a smooth, efficient experience for the majority of users. Improvements may be needed for the two users who rated it lower, but the overall feedback suggests the app performs well in terms of user satisfaction and ease of use.

User	Score	Interpretation
User1	91	Excellent usability
User2	82	Good usability
User3	88	Excellent usability
User4	92	Excellent usability
User5	90	Excellent usability
User6	84	Good usability
User7	89	Excellent usability
User8	93	Excellent usability
User9	90	Excellent usability
User10	92	Excellent usability
SUS Mean	89.1	Highly usable system

CONCLUSION

Result and Conclusion:

The results from both the SUS and Effectiveness, Efficiency, and Satisfaction evaluations indicate that the app is highly functional and generally well-received by users.

- **SUS Score:** With a mean score of 89.1, the app is classified as "Highly Usable", with most users rating it as "**Excellent Usability**". Only two users rated it as "Good Usability", but the overall feedback remains positive.
- **Effectiveness, Efficiency, and Satisfaction:** Scores of 3.7 (Effectiveness), 3.6 (Efficiency), and 3.65 (Overall Satisfaction) all fall under "Highly Acceptable", classifying the app as "**Very Useful**". This suggests the app performs well in meeting user needs and expectations but could benefit from some minor improvements for enhanced performance.

CONCLUSION ~ TO IMPROVE

1. **Enhance Efficiency:** Streamline the process by improving response times, optimizing workout suggestions, and reducing unnecessary steps to boost the efficiency score.
2. **Boost User Engagement:** Make the interface more intuitive for users with lower ratings, such as adding customizable dashboards or more detailed exercise instructions.
3. **Improve Feedback and Guidance:** Provide clearer feedback with interactive tutorials, progress graphs, or personal trainer-style tips to increase user satisfaction.
4. **Address Specific User Needs:** Collect detailed feedback from users who rated the app lower to address specific pain points and improve the user experience.



FITNOTE

OUR TEAM



THANKYOU