Project Description

FitNote is 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.

Requirements Summary:

MINIMUM REQUIREMENTS	**Operating System**	**iOS**: iOS 12.0 or later. **Android**: Android 8.0 (Oreo) or later.
	Storage	**100MB**
	Ram	**2GB of RAM** or higher.
RECOMMENDED REQUIREMENTS	**Operating System**	**iOS**: iOS 14.0 or later. **Android**: Android 10.0 or later.
	Storage	**200MB**
	Ram	**4GB of RAM** or higher.
OTHER REQUIREMENTS	**Permission**	Notifications and Storage

Table 1. System Requirements

To ensure compatibility with a wide range of devices, the FitNote app will support a minimum of iOS 12.0 or later for iPhones and Android 8.0 (Oreo) or later for Android devices, with at least 2GB of RAM and 100MB of storage. For enhanced performance and user experience, the recommended specs include iOS 14.0 or later, Android 10.0 or later, 4GB of RAM, and 200MB of storage. The app is designed to be lightweight, ensuring

it runs smoothly even on lower-end devices while offering advanced features for those with higher-end specifications.

Overview
The team conducted in-person testing at different intervals, and the results were varied. Some participants were able to grasp the application’s design flow immediately, while others required some time to navigate through the features more efficiently. The evaluation process was divided into two parts: Usability Specifications and Heuristic Evaluation.

Technique Description

- **Usability Specification**
  The Usability Specifications were used to assess how intuitive and easy the application is to use. Participants were presented with a scenario where they needed to complete specific tasks related to the app's features. For instance, "You want to create a workout plan," and the participants were tasked with completing the necessary steps to achieve this goal.
- **Heuristic Evaluation**
  Heuristic Evaluation was employed to analyze the app's UX design in relation to established usability principles. Participants were asked to perform tasks for specific sections of the app, focusing on the core functions. These tasks were broken down into different sections, including the **Dashboard**, **Workout Creation**, **Scheduled Workouts**, and **Exercise List**.

Dashboard Tasks

- View progress over time
- Access workout performance statistics
- Navigate to other sections of the app

Workout Creation Tasks

- Create a new workout plan
- Edit workout details
- Save the workout

Scheduled Workout Tasks

- Schedule a workout date
- View and manage scheduled workouts

Exercise List Tasks

- Browse through a list of exercises
- View exercise details (description, duration, etc.)

- Select exercises for a workout

The tasks for each section were chosen based on typical user interaction flow to measure the following criteria:

- **Ease of navigation**
- **Ability to perform core functions (CRUD)**
- **Effectiveness in tracking progress and managing workout schedules**

Feedback
Most feedback from participants was positive, with users appreciating the clean, straightforward design and the intuitive navigation features. However, there were a few concerns raised, including:

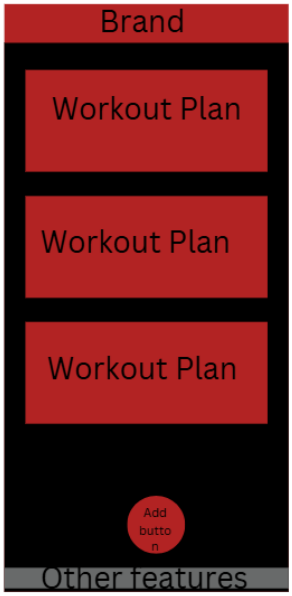
- Difficulty in identifying the specific action buttons due to unclear labels.
- Some confusion when first attempting to create a workout plan.

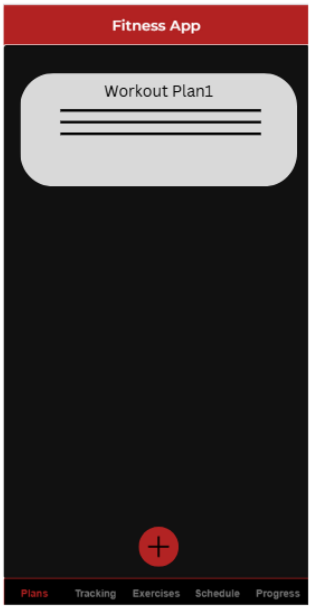
Does the prototype need to be altered based on the feedback?
Yes, adjustments are needed to improve user understanding and streamline the experience.

What improvements were made to the design?

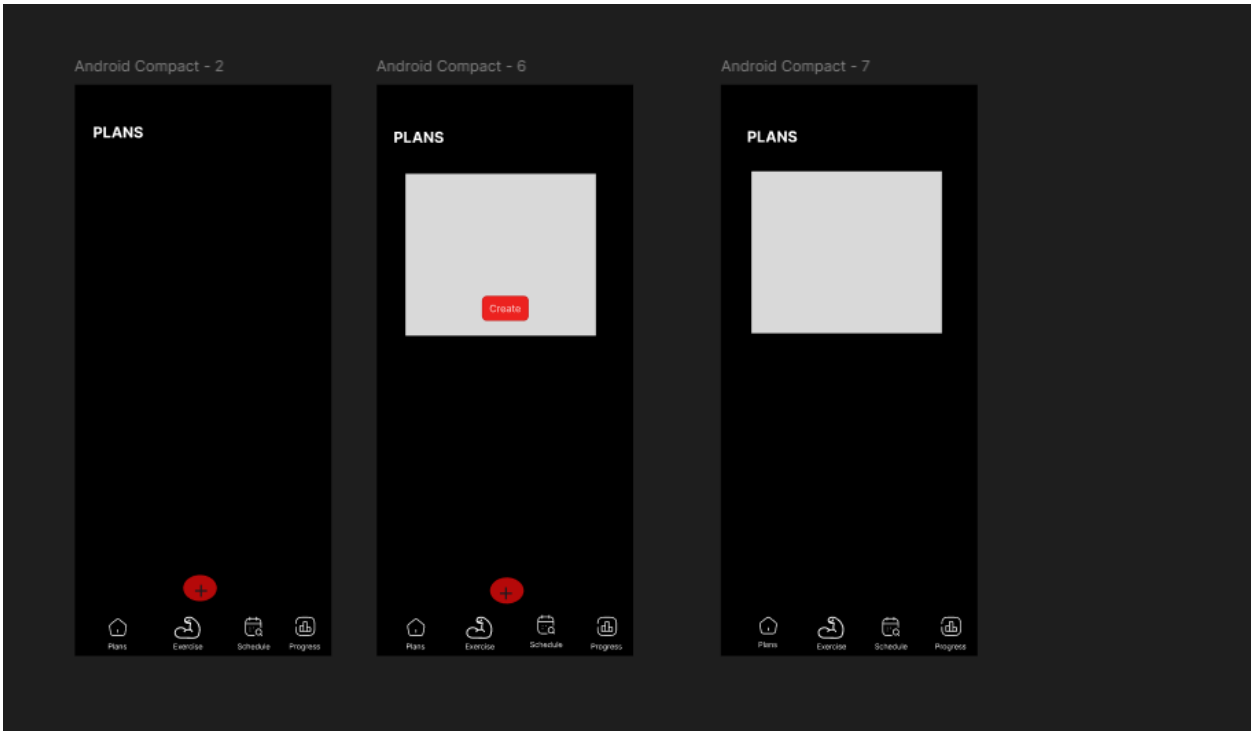
- Reorganized the dashboard layout to prioritize key actions, such as “Create Workout,” “View Progress,” and “Schedule Workout.”
- Added tooltips and explanatory icons to help users understand button functions.
- Increased spacing between elements to reduce clutter and enhance readability.

Before


Brand
Workout Plan
Workout Plan
Workout Plan
Add butto n
Other features


Fitness App
Workout Plan1
Plans
Tracking
Exercises
Schedule
Progress

After


Android Compact - 2
PLANS
Plans
Exercise
Schedule
Progress
Android Compact - 6
PLANS
Create
Plans
Exercise
Schedule
Progress
Android Compact - 7
PLANS
Plans
Exercise
Schedule
Progress

What were the advantages and disadvantages of your evaluation?
For our evaluation, we conducted both in-person and remote testing of the prototype. Online testing was beneficial because it allowed us to reach a larger, more diverse group of users through easy distribution of links via email and social media. Platforms like Zoom facilitated real-time communication, screen sharing, and feedback collection without needing physical interaction. However, remote testing occasionally faced challenges such as technical issues and varying internet connections, which sometimes hindered users from fully engaging with the prototype. In-person testing provided us with valuable insights, allowing us to observe users' interactions and body language in real-time, but organizing these sessions was more difficult and time-consuming.

What would you have done differently, knowing what you know now?
If we could redo the process, we would have prioritized building a functional prototype earlier in the design phase to gather user feedback sooner. This would have helped us better understand user needs and expectations, allowing for more targeted improvements and minimizing potential design issues. Early feedback would have guided us in making more informed decisions, leading to a smoother development process and a product more aligned with user preferences.

Summary of the Project
FitNote was designed to assist users in creating workout plans, tracking progress, and scheduling exercises to promote a consistent fitness routine. The prototype successfully allowed users to create workouts, view progress on the dashboard, and schedule workouts with ease. Most participants found the app user-friendly, and they appreciated the streamlined design and simplicity of the features. Minor issues, such as unclear button labels and difficulty navigating the workout creation process, were addressed following testing. Despite the focus on front-end functionality and remote evaluation, the project demonstrated significant potential for FitNote to become an effective fitness companion. Future development could include features like workout reminders, social integration, and progress sharing to further enhance the user experience.