

# POWERFITNESS

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UX Design

# PowerFitness

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# Concept Statement

PowerFitness is designed to encourage users to be engaged in their fitness plan process. By providing easy access to their calories and finding the right activities for their needs.

Users will have access to their trainers to ask questions and schedule appointments. They will also have tools to help them manage their weight, by knowing how to choose their diets, and what is the appropriate sports for them. It will enhance the users' overall health, help them get in shape, and give them more confidence.

PowerFitness will help users with social sharing. Users love to share their results with friends, because it helps to be motivated and encourages new achievements.

This app has a feature of push notification system and reminders, so anyone who is working out regularly would never miss a session. push notification from the app can be very useful to remind them about their work



# Competitive Researches

## Women's Running

URL: <http://www.womensrunning.competitor.com>

### Rational:

Competitive product I have personal experience using.  
Similar product features this project would improve on.

### Features:

- Grocery lists for each meal plan.
- Ability to customize food preferences while staying on plan.
- Ability to log workouts.
- Ability to log meals.



# Competitive Researches

## 7 min fitness challenge

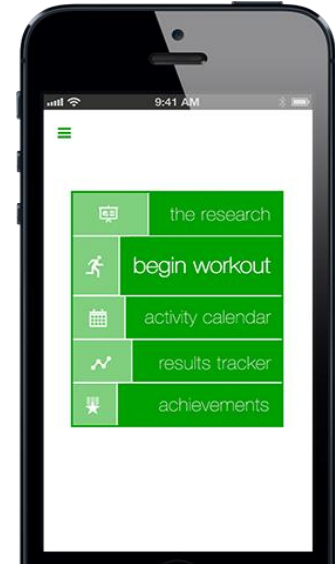
URL: <https://7minuteworkout.jnj.com>

### Rational:

Competitive product I have personal experience using.  
Similar product features this project would improve on.

### Features:

- Images and text direction
- Step-by-step guidance that tells you when to rest and when to perform a given exercise
- Track your weight and visualize your progress (key to staying motivated)
- Calendar logging records all of your workouts



# Competitive Researches

## Daily workouts

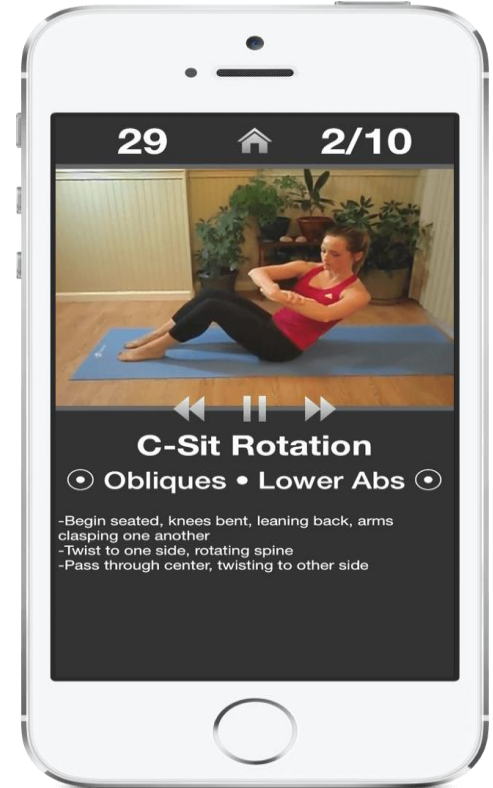
URL: <http://dailyworkoutapps.com>

### Rational:

Competitive product I have personal experience using. Similar product features this project would improve on.

### Features:

- Ab, arm, butt, cardio, leg & full body workouts
- Pilates, stretch, ball & kettlebell workouts \*
- Effective 5 to 30 minute workouts
- Designed for men & women



# Competitive researchers

## 30 Day fitness challenge log

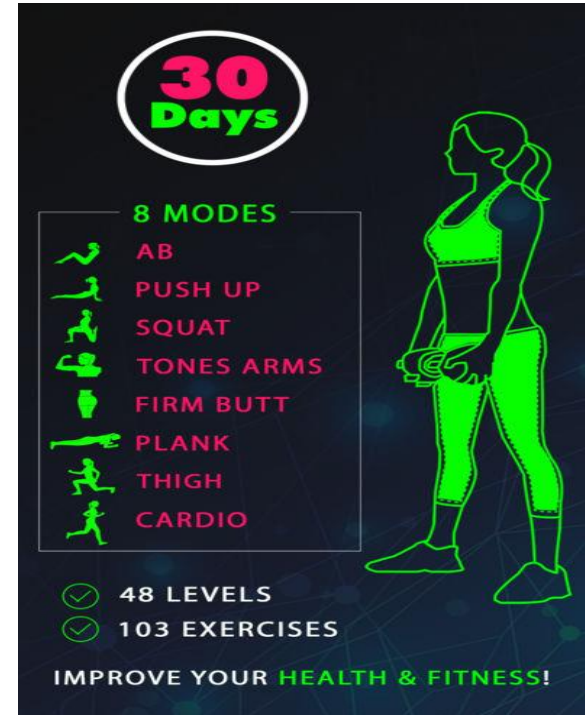
URL: <https://www.pinterest.com>

### Rational:

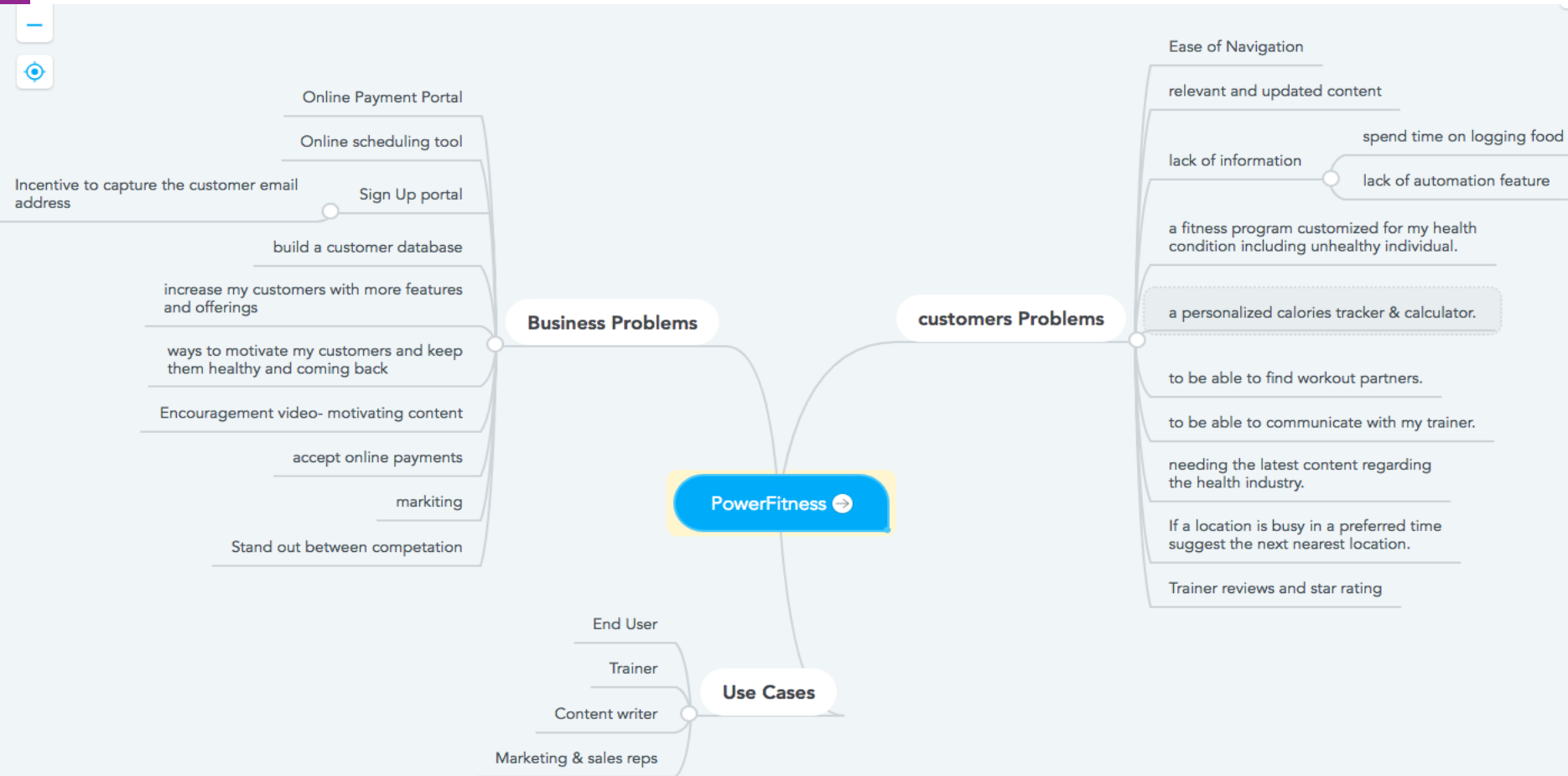
Competitive product I have personal experience using. Similar product features this project would improve on.

### Features:

- Hundreds of exercises selected for you.
- Video instructions for all the routines.
- View your workout history to track the progress you achieved.

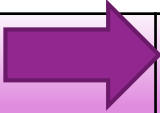
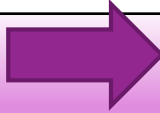



# Mind Map





## Customer Journey Map

Barriers	Questions	Motivation	Activities	Awareness 	Research 	Download/ Initial Reaction 	Current Reaction
				<ul style="list-style-type: none"> <li>Recommended by healthcare provider.</li> <li>Hear from personal network.</li> <li>Download app.</li> </ul>	<ul style="list-style-type: none"> <li>Read reviews in app store.</li> <li>Compare with similar apps.</li> </ul>	<ul style="list-style-type: none"> <li>Try out different features.</li> <li>Watch/ follow tutorials.</li> </ul>	<ul style="list-style-type: none"> <li>Use the app frequently.</li> <li>Log information.</li> <li>Respond to reminders.</li> </ul>
				<ul style="list-style-type: none"> <li>Control hypertension</li> <li>Lose weight.</li> <li>Improve health.</li> </ul>	<ul style="list-style-type: none"> <li>Finding the best option available.</li> <li>Finding a better deal(e.g. free vs paid app)</li> </ul>	<ul style="list-style-type: none"> <li>Free to download.</li> <li>Featured on App store.</li> <li>Recommended by Dr.</li> </ul>	<ul style="list-style-type: none"> <li>Control hypertension.</li> <li>Stay healthy.</li> <li>Eat a better diet.</li> <li>Lose weight.</li> </ul>
				<ul style="list-style-type: none"> <li>Can I trust it?</li> <li>Is it accurate?</li> <li>Is it worth my time?</li> <li>How much effort does it requires?</li> </ul>	<ul style="list-style-type: none"> <li>What is the best app?</li> <li>Which app can I trust?</li> <li>Which app do my friends use?</li> <li>Which app is accurate?</li> </ul>	<ul style="list-style-type: none"> <li>Do I need to sign up to use it?</li> <li>Is it easy to use it?</li> <li>Do I like the way it looks?</li> <li>Is it easy to understand?</li> </ul>	<ul style="list-style-type: none"> <li>Have I improved?</li> <li>Have I lost wait?</li> <li>Do I feel healthy?</li> </ul>
				<ul style="list-style-type: none"> <li>Unsuccessful previous experience with similar apps</li> <li>Privacy concern.</li> <li>Mistrusting content.</li> </ul>	<ul style="list-style-type: none"> <li>Too many similar apps.</li> <li>Not enough information.</li> <li>Lack of time to do research.</li> </ul>	<ul style="list-style-type: none"> <li>Long sign up process.</li> <li>Having to give too much information.</li> <li>Difficult to use.</li> </ul>	<ul style="list-style-type: none"> <li>Too much work.</li> <li>Forgetting to log information.</li> <li>No support network.</li> </ul>



## Problem Classification table

Business Problems	Customer Problems
Online payment portal.	Complexity of navigation.
Online scheduling appointments.	Relevant and updated content.
Sign up portal.	Need fitness programs customized to my health condition.
Build a customers database.	Personalized calories tracker & calculator.
Increase my customers with more attractive features.	Be able to find workout partner.
Marketing & promotions.	Communicate with the trainers.
Encouragement & motivation videos.	Suggest the next nearest location.
Accept online payment.	Away to share progress with friends.
Online training	Online shopping regarding fitness (clothes, training items)

# Personas





# Daniel Dennis

Age: 45 years  
Job : accountant  
Gender: male

## User narrative

Daniel just moved to California to start his new position in accounting. He likes the atmosphere , and friendly people.

## Features

- ✓ Accesses customized lists and tips of diet plans to help user control weight.
- ✓ Reminder to keep the user in tune with taking medication, check blood sugar, and important tasks.
- ✓ Access to large food database, which can assign grades to food, so users can get a quick view of how healthy or unhealthy certain choices can be.
- ✓ Access phone numbers, and emails for asking questions , or schedule appointments regarding health and fitness.

## User scenario

Daniel was recently diagnosed with diabetes. He started his diabetes medicine, but still confused about his diet, and his new life style. He doesn't know how much, and when should he eats. Also he sometimes forget to check his blood sugar, which is important to know before and after meals. Daniel is worry about his condition, exercising, and his new routine.

## User needs

- A customized diet for diabetic user.
- Notification reminder to check blood sugar, and taking the medicine.
- A list of healthy food contains more details of how much calories, sugar, fat, and more.
- Communicate with nutrition experts, and trainers for physical activities.



# Danial Dennis

Age: 45 years  
Job :accountant  
Gender: male

## Agile user stories

As a user, Daniel needs a customized diet for diabetic.

As a user, Daniel needs notifications reminder to check blood sugar, and take the medicine

As a user, Daniel needs list of healthy food contains more details of how much calories, sugar, fat, and more.

As a user, Daniel needs to communicate with nutrition experts, and trainers for physical activities.



# Amanda Peter

Age: 25 years  
Job : hair stylist  
Gender: female

## User narrative

Amanda is working as a hair stylist, and lives in a share house with three girls. She likes fashion, travelling, participating in parties events, and enjoying online shopping to get most of her needs.

## User scenario

Amanda wants to be fit. She gets motivated by buying fitness clothes, and exercising with friends. Sometimes, she has hard time to purchase fitness stuff online( clothes, shoes, hats, phone armband..), and returns a lot of products that doesn't match the pictures on the websites, or doesn't fit her, which make her gets frustrated, and losing her motivation for exercising.

## User needs

- Resources to buy fitness clothes online, and be UpToDate with latest new products.
- Easy way to see the progress of diet exercising, and be able to compare with the previous results.
- Be able to share progress with friends.
- A way to learn how to be motivated with different ways.

## Features

- ✓ Easy access to categories regarding fitness items showing all brands, new products, deals, prices, payment, and delivery.
- ✓ Access the track user's workout, and showing the daily progress using simple tool for comparing results.
- ✓ Access online chat for sharing user's progresses, experiences, photos, and videos.
- ✓ Provide free motivation videos, and online consultations.



# Amanda Peter

Age: 25 years  
Job : hair stylist  
Gender: female

## Agile user stories

As a user, Amanda needs resources to buy fitness clothes online, and be UpToDate with latest new products.

As a user, Amanda needs easy way to see the progress of diet exercising, and be able to compare with the previous results.

As a user, Amanda needs to be able to share progress with friends.

As a user, Amanda needs to learn how to be motivated in different ways.



# Mark Mabry

Age: 29 years  
Job : programmer  
Gender: male

## User narrative

Mark is working as a programmer for ten years, and studying his master degree after his work time. He has two teenagers boys.

## Features

- ✓ Access to the list of healthy food.
- ✓ Easy way to find all needed exercises.
- ✓ Access to all information about calories( how to count, types, impacts)
- ✓ Access to varieties meals plan for all ages, and health conditions.
- ✓ Access to provider's tips, in case users get tired of their workout, and find alternative plan.

## User scenario

Mark works long hours, mostly at his desk. He gained more weight the last few years. His family has a history of health problems. He wants to make sure to keep himself healthy, but he doesn't know to manage his weight , and choose his diet.

## User needs

- Daily list of healthy food.
- Videos of simple exercise.
- A way to count calories after every meal.
- Make a plan regarding the numbers of the meals during the day.
- have a consistency in my workout schedule.





# Mark Mabry

Age: 29 years  
Job : programmer  
Gender: male

## Agile user stories

As a user, Mark needs a daily list of health food.

As a user, Mark needs videos of simple exercises.

As a user, Mark needs to know how to count calories after every meal.

As a user, Mark needs to make a plan regarding the numbers of the meals during the day.

As a user, Mark needs to have a consistency in his workout schedule.



# Jasmin Leonard

Age: 32 years

Job : A high school teacher

Gender: female

## User narrative

Jasmin is working a high school teacher, she lives with her husband and a five years old son. She is will organized, likes planning details beforehand.

## Features

- ✓ Text or email reminders for sessions.
- ✓ Access all locations for gyms using the map, view the nearest one..
- ✓ Provide details information for each gym for all purposes.
- ✓ Easy way to find a great running rout anywhere.

## User scenario

Jasmin enjoys her Aerobic with groups in the gym, but because she has a lot s going on in her life, she always forgets her next sessions time. Also she likes running out side, but gets board of familiar locations, which makes her stop exercising regularly.

## User needs

- Notification reminder for next sessions.
- Away to find different gyms, and suggest the nearest one.
- More details about different gyms such as (the sessions times, what kind of exercises , membership coasts, and what kind of equipment.
- Suggest different places for running.



# Jasmin Leonard

Age: 32 years  
Job : A high school teacher  
Gender: female

## Agile user stories

As a user, Jasmin needs a notification reminder for next sessions.

As a user, Jasmin needs a way to find different gyms, and suggest the nearest one.

As a user, Jasmin needs more details about different gyms such as (the sessions times, what kind of exercises , membership costs, and what kind of equipment.

As a user, Jasmin needs suggesting different places for running.



# John Simon

Age: 55 years  
Job : banker  
Gender: male

## User narrative

John lives by himself for years, and he working as a banker. He enjoys reading books, talking care of his dogs. He doesn't have much changes in his life.

## Features

- ✓ Easy access, and finding specials diets for different health conditions.
- ✓ Access to heartbeat monitoring by ( typing finger in screen with each heartbeat)
- ✓ Provide emergency phone numbers.
- ✓ Access large database provided with pictures, food recipes for creating list (all purposes)

## User scenario

John has a number of cardiac event risk factors, high cholesterol, unhealthy diet, and sedentary lifestyle. One month ago he went to emergency room, where he found out he had experienced a ventricular arrhythmia. After the hospital visit, John decided to take his health more seriously, exercise, and get in appropriate diet for his age, and health condition.

## User needs

- Choose the right diet plan to reduce risk of another cardiac episode.
- Ability to measure the heartbeat rate.
- Ability to get help If an emergency happened during the exercise time.
- Ability to create a healthy shopping list.



# John Simon

Age: 55 years  
Job : banker  
Gender: male

## Agile user stories

As a user, John needs to choose the right diet plan to reduce risk of another cardiac episode.

As a user, John needs to measure the heartbeat rate.

As a user, John needs to be able to get help, If an emergency happened during the exercise time

As a user, John needs to create a healthy shopping list.



# Nancy Steve

Age: 30 years  
Job : secretary  
Gender: female

## User narrative

Nancy lives in NY with here parents. She is engaged, and working a secretary in middle school. Nancy planning out her wedding.

## User scenario

Nancy has been losing weight , and gaining it back for the last 15 years. She tried both diets, and exercising, but it is hard for her to stick to the regimen. Nancy is very worry if she will not fit to her wedding dress. Also, she is not familiar with fitness apps.

## User needs

- An immediate diet plan to loose weight in order to fit in to the wedding dress.
- Can not afford a pricy gym membership.
- Need motivation, and constant encouragement.
- Get board, and wastes of tome to enter data in repeating tasks.
- Simply enter my meal.

## Features

- ✓ Access a list of diets according to users need, and for different purposes.
- ✓ Access training online, and watching or downloading exercise videos.
- ✓ Provided ways (phone numbers, emails, shat online) to communicate, and follow up with the encouragement team.
- ✓ Access to set up automated repeated.
- ✓ Easy way to count , log food, and provide a clear picture of how many calories user has consumed during the day.



# Nancy Steve

Age: 30 years  
Job : secretary  
Gender: female

## Agile user stories

As a user, Nancy needs to get an immediate diet plane to loose weight in order to fit in to her wedding dress.

As a user, Nancy needs a way to practice her exercise, because she can not afford a pricy gym membership.

As a user, Nancy needs motivation, and constant encouragement.

As a user, Nancy needs easy way to enter data in repeating tasks.

As a user, Nancy needs simply enter her meal .

# Agile User Stories Summary

<b>Daniel</b>	As a user, Daniel needs a customized diet for diabetic.
	As a user, Daniel needs notifications reminder to check blood sugar, and taking the medicine.
	As a user, Daniel needs list of healthy food contains more details of how much ( calories, sugar, fat, and more).
	As a user, Daniel needs to communicate with nutrition experts, and trainers for physical activities.
<b>Amanda</b>	As a user, Amanda needs resources to buy fitness clothes online, and be UpToDate with latest new products.
	As a user, Amanda needs easy way to see the progress of diet exercising, and be able to compare with the previous results.
	As a user, Amanda needs be able to share progress with friends.
	As a user, Amanda needs to learn how to be motivated in different ways



# Agile User Stories Summary

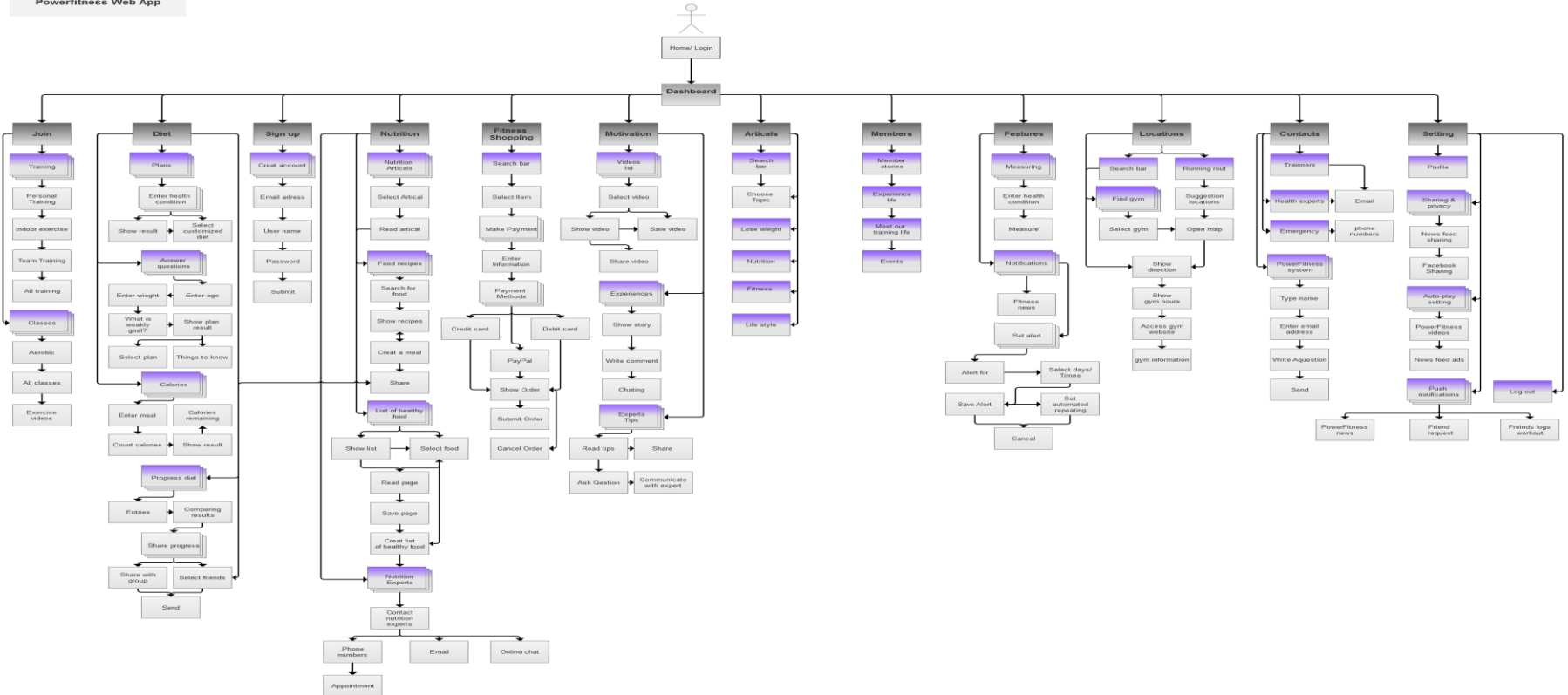
<b>Mark</b>	As a user, Mark needs a daily list of health food.
	As a user, Mark needs videos of simple exercises, and have a consistency in his workout schedule.
	As a user, Mark needs to know how to count calories after every meal.
	As a user, Mark needs to make a plan regarding the numbers of the meals during the day.
<b>Jasmin</b>	As a user, Jasmin needs a notification reminder for next sessions.
	As a user, Jasmin needs a way to find different gyms, and suggest the nearest one.
	As a user, Jasmin needs more details about different gyms such as (the sessions times, what kind of exercises , membership coasts, and what kind of equipment.
	As a user, Jasmin needs suggestions of different places for running.

# Agile User Stories Summary

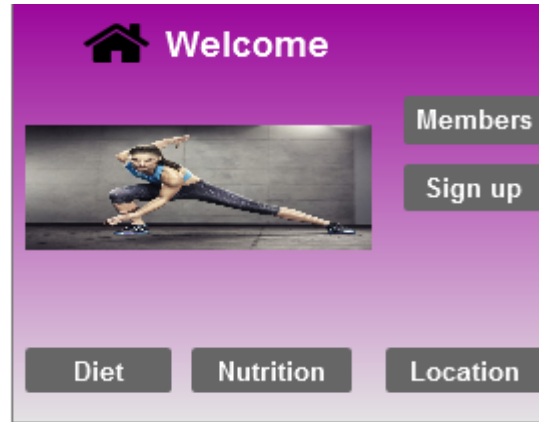
<b>John</b>	As a user, John needs to choose the right diet plan to reduce risk of another cardiac episode.
	As a user, John needs to measure the heartbeat rate.
	As a user, John needs to be able to get help If an emergency happened during the exercise time
	As a user, John needs to create a healthy shopping list.
<b>Nancy</b>	As a user, Nancy needs to get an immediate diet plane to loose weight in order to fit in to her wedding dress.
	As a user, Nancy needs a way to practice her exercise, because she can not afford a pricy gym membership.
	As a user, Nancy needs motivation, and constant encouragement.
	As a user, Nancy needs easy way to enter data in repeating tasks.
	As a user, Nancy needs simple way to enter her meal.

# User Flow Diagram

Powerfitness Web App



# Powerfitness Phone design



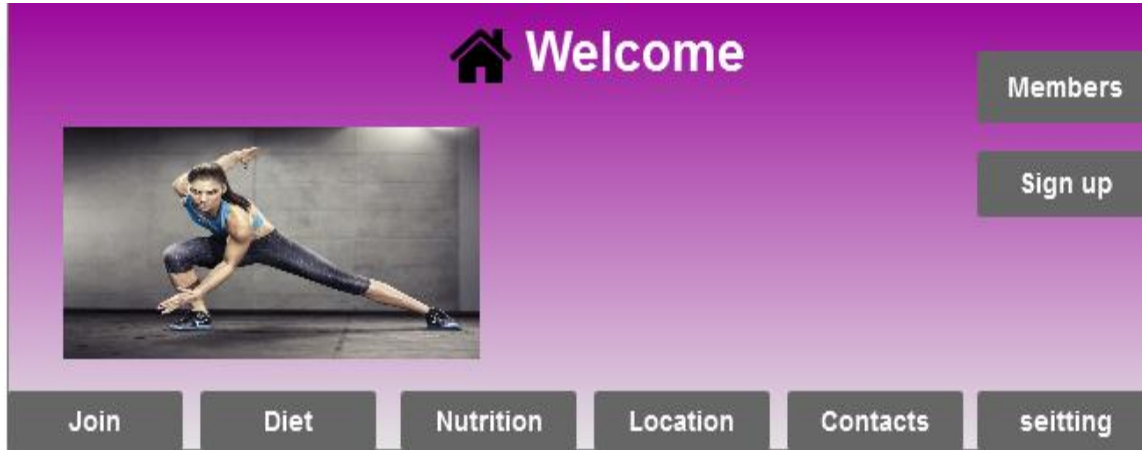
Enter email

Enter password

Log In

☐ KEEP ME SIGNED IN

# Powerfitness Tablet Design



Enter email

Enter password

Log In

☐ KEEP ME SIGNED IN

# Home/ login

**Powerfitness**

 **welcome**

Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

Enter email

Enter password

Log In



KEEP ME SIGNED IN

# Join Page

*Powerfitness*

# Join

Members

Sign up



Join

Diet

Nutrition

Fitness  
shopping

Motivation

Articles

Features

Location

Contacts

seitting

Training



Personal Training  
Indoor Exercise  
Team Training

All Training

Classes



Aerobic  
Exercise Videos  
Join Classes

All Classes

# Diet Page

**Powerfitness**

**Diet**



Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

## Plans/Customized



Or

## Answer Questions

Age

Wiegth

Choose weekly goal



Result

Show All Plans

Things to Know



# Diet Page

*Powerfitness*

## Diet

Members

Sign up



A plate of food including salmon, vegetables, and a glass of milk, with the text "BALANCED DIET" above it.

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

## Diet Progress

Show progress

Share progress



Send

# Diet Page

**Powerfitness**

**Diet**

Members

Sign up



Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

## Calories

Wieght

Activity

Pounds

Choose activity ^

Lightly active- exercise 1-3/week  
Moderatly active-exersice 3-5/week  
Very active- exercise 6-7/week  
Extra active- exercise every day

Count calories

Result

you need 3,361 calories/ day to gain 2 Lb/ week

you need 1,361 calories / day to lose 2 Lb/week

you need 1,861 calories / day to lose 1 Lb/week

you need 2,861 calories / day to gain 1 Lb / week

you need 2,361 calories to maintain your wight

# Sign Up Page

*Powerfitness*

## Sign up

Members

Sign up

Join

Diet

Nutrition

Fitness  
shopping

Motivation

Articles

Features

Location

Contacts

Setting

### Personal Information

mm/dd/yyyy

Example: name@Powerfitness.com

**Creat Account**

Cancel

# Nutrition Page

**Powerfitness**

**Nutrition**

Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

**Articals**

Select Artical ^

GO

Fitness

Nutrition

Health

All Articles

**Food Recipes**

Search for food recipes

Q

Show Recipes

Creat Meal

Share

f

**Healthy food list**

Select ^

Vegetables


fruits


beans


All healthy food


Save


Creat list


 **Contact Nutrition Experts:**

 Phone number

 Email

 Online chat

 Schedule appointment

 **Cancel Appointment**

Date and time	Expert name	Location
<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="Enter Name"/>	<input type="text" value="Address"/>
<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="Enter Name"/>	<input type="text" value="Address"/>

# Fitness Shopping Page

**Powerfitness**

**Fitness Shopping**

[Members](#)

[Sign up](#)



[Join](#)

[Diet](#)

[Nutrition](#)

[Fitness shopping](#)

[Motivation](#)

[Articles](#)

[Features](#)

[Location](#)

[Contacts](#)

[Setting](#)



## Make Payment:

☒ Visa☐ Master Card☐ Debit Card☐ PayPal

Routing number

Name on card

Account Number

CSV

Expiration Date

[Submit](#)[Cancel](#)

# Motivation Page

**Powerfitness**

Motivation

Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

## Motivation Videos List:



**Motivation**  
Be Strong

Watch

Download

Share



**Motivation**  
Trust yourself

Watch

Download

Share



**Motivation**  
Better Life

Watch

Download

Share

1

2

More Videos

## Experiences:

1- Show Story



Write Comment

2- Show Story



Write Comment

3- Show Story



Write Comment

4- Show Story



Write Comment

## Experts Tips:

1- Tip



Ask Question



2- Tip



Ask Question



3- Tip



Ask Question



4- Tip



Ask Question



# Articles Page

*Powerfitness*

## Articles

Members

Sign up

Join

Diet

Nutrition

Fitness  
shopping

Motivation

Articles

Features

Location

Contacts

Setting

Search for Article



Select Article



Lose Wieght

Nutrition

Fitness

All Articles

# Members Page

**Powerfitness**

**Members**



Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles

Features

Location

Contacts

Setting

## Member Stories



### Member Story

1- Adam

Show Story



### Member Story

2- Peter

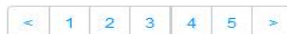
Show Story



### Member Story

3- Maria

Show Story



## Events



### Event

Group in the Park

Join

Location

More Events



# Features Page



## Features

### Measuring



☐ HeartBeat



☐ Tempreture



☐ Hearing



☐ Lung Capasity



☐ Blood Suger

**Quick Check**

### Notification

☐ Select All

☐ Fitness News

☐ Reminder

☐ Freinds Request

☐ Automated Repeating

**Turn On**

# Location Page

*Powerfitness*

Location

Members

Sign up

Join

Diet

Nutrition

Fitness shopping

Motivation

Articles


Features

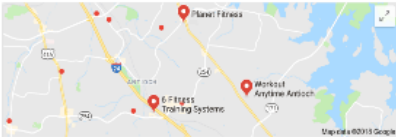
Location

Contacts

Setting

## Location





Gym 1

Gym 2

[Website](#)

[Website](#)

[Direction](#)

[Direction](#)

<

1

2

3

4

5

>

# Contacts Page

**Powerfitness**

## Contacts

Members

Sign up

Join

Diet

Nutrition

Fitness  
shopping

Motivation

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Location

Contacts

Setting

### Send us an email

Trainers: [Trainers@powerfitness.com](mailto:Trainers@powerfitness.com)  
Health Experts: [Healthexperts@powerfitness.com](mailto:Healthexperts@powerfitness.com)

### Emergency

Phone number: (xxx)xxx-xxxx

### Powerfitness System

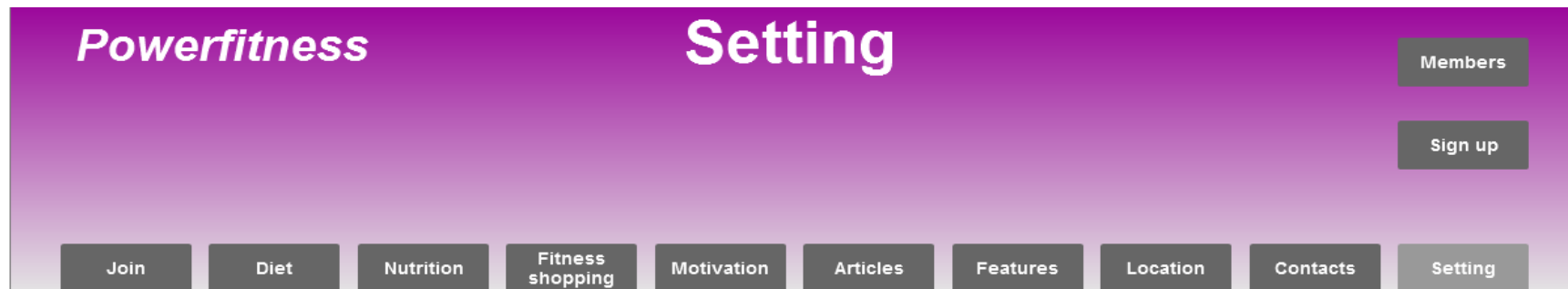
Type Name

Enter email address

Ask Question?

Send

# Setting Page



## Setting

Profile

Log out

### Sharing Privacy

☐ News feed sharing

☐ Facebook sharing

Turn On

### Auto play setting

☐ Powerfitness videos

☐ News feed ads

Turn on

## Survey Introduction

### Powerfitness testing survey

The Powerfitness team is exploring ways to help people who want to be healthy and to be in shape to achieve their fitness goals. It is designed to encourage users to be engaged in their fitness plan process, by providing easy access to their calories and finding the right activities for their needs. To do so, we need to hear from you regarding your thoughts on Powerfitness- what it means to you, what role it plays in your daily life, Please take a moment to complete this survey for us to continually improve our service and programs on offer to you. We would appreciate you taking a few moments to answer the following questions. Please complete your survey by September 30th.

Please click on the URL below to view the Powerfitness website, then enter the password.

URL: <https://b2vbfq.axshare.com>

Password: uxdesign

# Powerfitness Image Survey

Powerfitness



☐ KEEP ME SIGNED IN

NEXT

## Survey Overview

# Powerfitness testing survey

## Overview

We need your feed back to make sure that our tools and features are clear and easy to use. You have been selected to be apart of our group to improve our product.

Part 1 of this survey will ask questions specific to general information.

Part 2 of this survey will ask questions specific to the website feedback .

Part 3 of this survey will ask questions specific to the user tasks.

Thank you for your time, and for helping us make the Powerfitness product useful and better.

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Never submit passwords through Google Forms.

## Part One: General Information

# Powerfitness testing survey

\* Required

### Part one: General information

Please provide your name \*

Your answer

---

Please Provide your e-mail address so we can reach you for new update version

Your answer

---



## Part One: General Information

Select your age group \*

- ☐ 18-24
- ☐ 25-30
- ☐ 31-40
- ☐ 41-50
- ☐ 55-60
- ☐ 61-70

Gender? \*

- ☐ male
- ☐ female

## Part One: General Information

How do you hear and know about Powerfitness? \*

- ☐ Friends/ family
- ☐ Advertisement online (internet, social media)
- ☐ Advertisement offline (news paper, magazine)
- ☐ Find by yourself

What is the initial reason for using Powerfitness app? \*

- ☐ more convenient than go gym
- ☐ cheaper than go gym
- ☐ feeling of freshness ( technology)
- ☐ feeling of comfort ( private)

## Part One: General Information

What s the main function that you look for? \*

- ☐ heart rate control
- ☐ weight management
- ☐ activity calculation
- ☐ food advice
- ☐ GPS tracking
- ☐ Other: \_\_\_\_\_

What is your main training program for our App

- ☐ running
- ☐ aerobic training
- ☐ anaerobic excercise
- ☐ other

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## Part Two: Website Feedback

### Part two: Website feedback

How would you rate the visual appearance of the website? \*

	1	2	3	4	5	
Bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nice

Please give us any feedback to improve the visual appearance of the website

Your answer

---

Is it easy to move from page to other using the buttons on the main page? \*

	1	2	3	4	5	
Hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Easy

Please write your suggestions regarding using the buttons in the main page

Your answer

---

## Part Two: Website Feedback

When you look at the main page in the website, do you feel like you can find the button that you look for to move to the next page? \*

- ☐ yes
- ☐ no
- ☐ not all buttons

if your answer is no, or need more buttons to appear in the main page, please write down the names of needed buttons

Your answer

---

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## Part Three: User Tasks

### Part three: User tasks

Please evaluate the log in process \*

	1	2	3	4	5	
hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	easy

Please add any suggestion on the log in process

Your answer

---

Please click on diet button from the dashboard page, and use the diet search , then click on result button. How do you think this process was easy for you? \*

	1	2	3	4	5	
hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	easy

If this process not easy for you, please give us feed back to improve it

Your answer

## Part Three: User Tasks

Please click on diet button from the main page, and go to the diet page under the calories section. Was it easy for you to use the calories progress? \*

☐ yes

☐ no

If your answer is no, please leave any additional feed back to improve the calories section progress

Your answer

---

Please use your mouse and click on motivation button from the main page, then go to motivation videos list, Were you be able to watch, download, or share videos using this feature? \*

☐ yes

☐ no

If your answer is no, please let us know what was the problem using this feature, or add any suggestions

Your answer

---

### Part Three: User Tasks

Please click on nutrition button on the main page, and go to the contact nutrition expert section. How was it easy for you using this progress? \*

	1	2	3	4	5	
Hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Easy

If this progress not easy for you, please give us feed back how to improve this section

Your answer

---

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SUBMIT



# Survey Responses

## Part One : General Information

Please provide your name

11 responses

John

Tarrus Carter

botrous

Randa

Maria

Peter

David

Danial

Joseph

Kevin

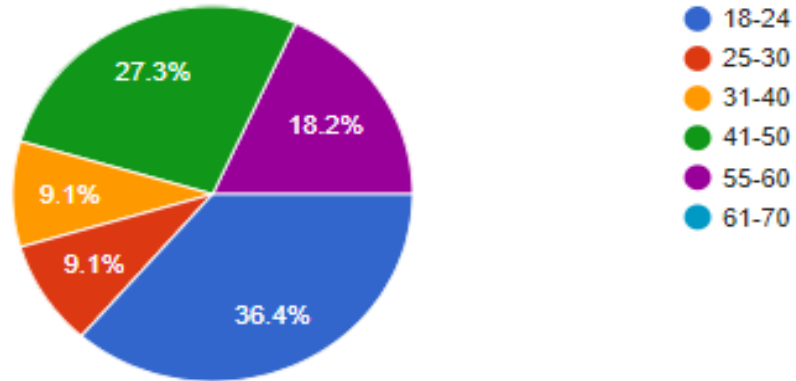
Sandra

## Survey Responses

### Part One : General information

Select your age group

11 responses

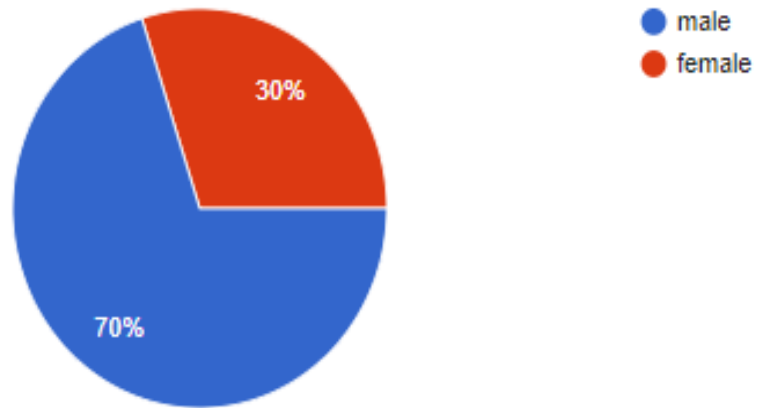


# Survey Responses

## Part One : General information

Gender?

10 responses

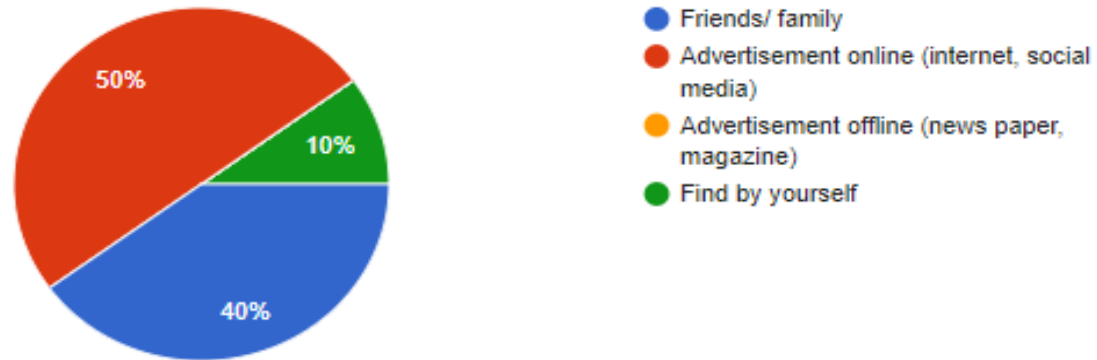


## Survey Responses

### Part One : General information

How do you hear and know about Powerfitness?

10 responses

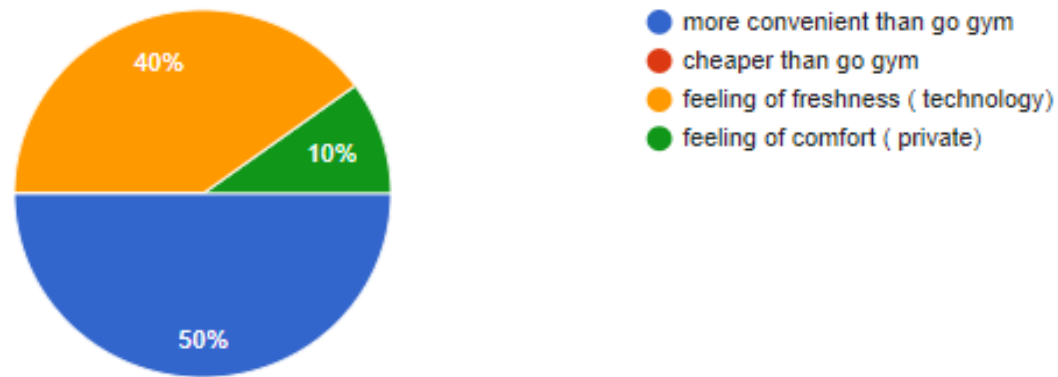


## Survey Responses

### Part One : General information

What is the initial reason for using Powerfitness app?

10 responses

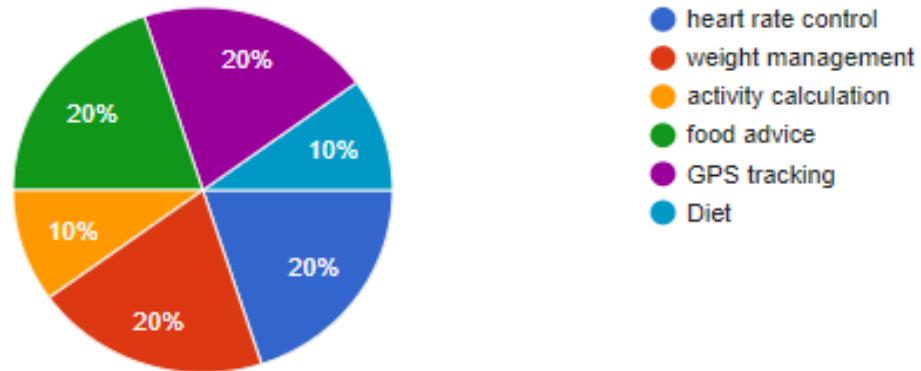


## Survey Responses

### Part One : General Information

What s the main function that you look for?

10 responses

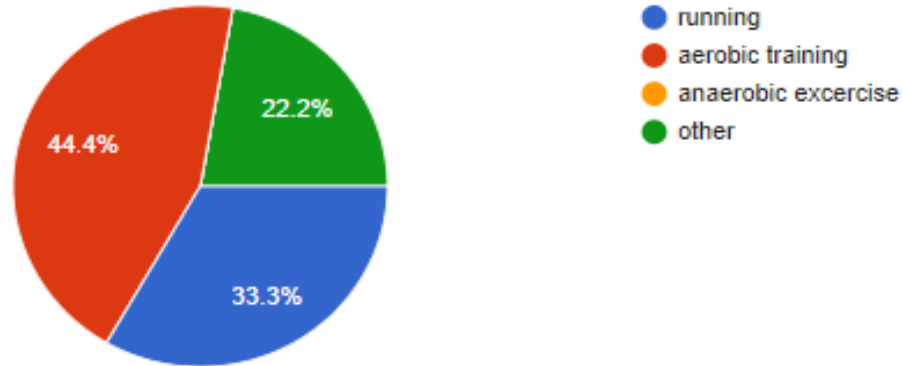


## Survey Responses

### Part One : General Information

What is your main training program for our App

9 responses

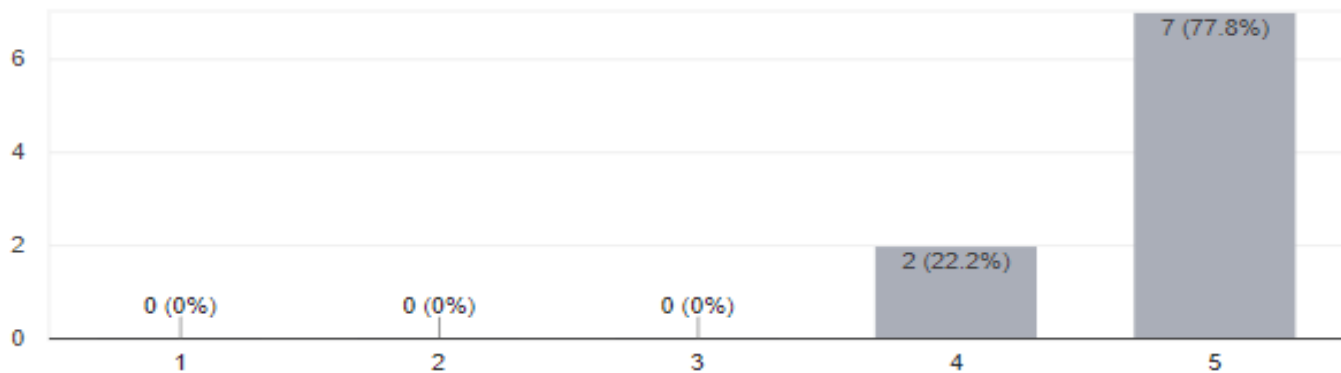


## Survey Responses

### Part Two : Website Feedback

How would you rate the visual appearance of the website?

9 responses





## Survey Responses

### Part Two : Website Feedback

Please give us any feedback to improve the visual appearance of the website

1 response

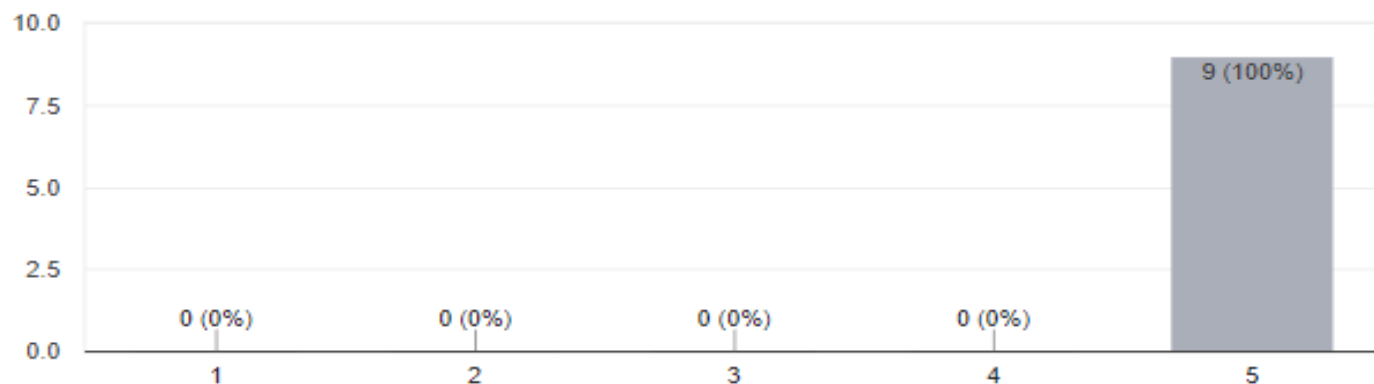
I like the colors and layout. The only suggestion would be to resize some of the fonts so they dont wrap around.

## Survey Responses

### Part Two : Website Feedback

Is it easy to move from page to other using the buttons on the main page?

9 responses



## Survey Responses

### Part Two : Website Feedback

Please write your suggestions regarding using the buttons in the main page

1 response

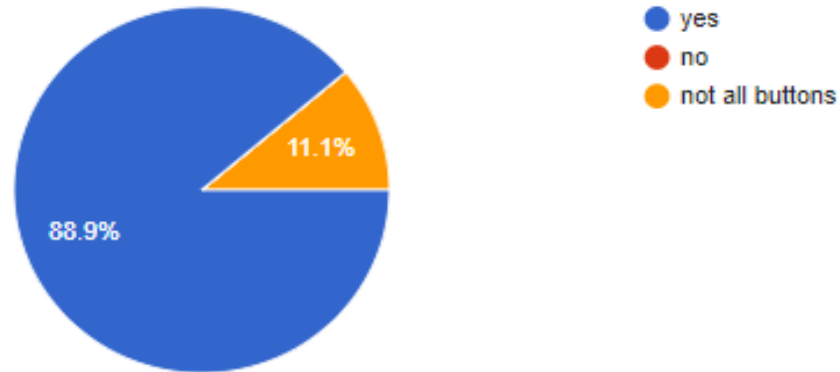
The tabbed navigation bar will make for an easy way to navigate the site

## Survey Responses

### Part Two : Website Feedback

When you look at the main page in the website, do you feel like you can find the button that you look for to move to the next page?

9 responses



## Survey Responses

### Part Two : Website Feedback

if your answer is no, or need more buttons to appear in the main page, please write down the names of needed buttons

1 response

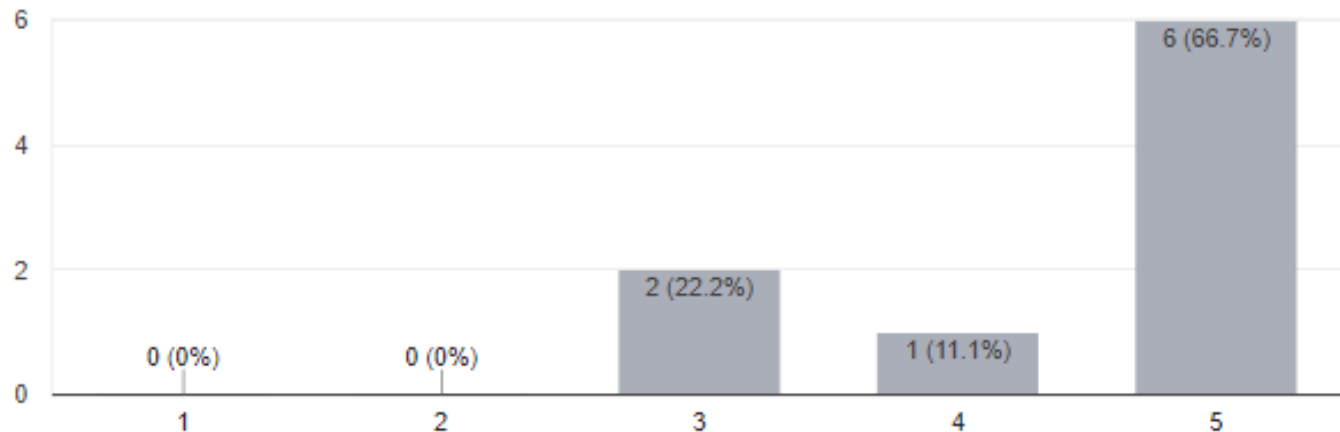
I would like to add my account button in the main page, so I don't have to log in every time I enter the website,

## Survey Responses

### Part Three : User Tasks

Please evaluate the log in process

9 responses



## Survey Responses

### Part Three : User Tasks

Please add any suggestion on the log in process

3 responses

Please add my account button in the home page

I would use a user name instead of using an email address in the login in process. It will be easier.

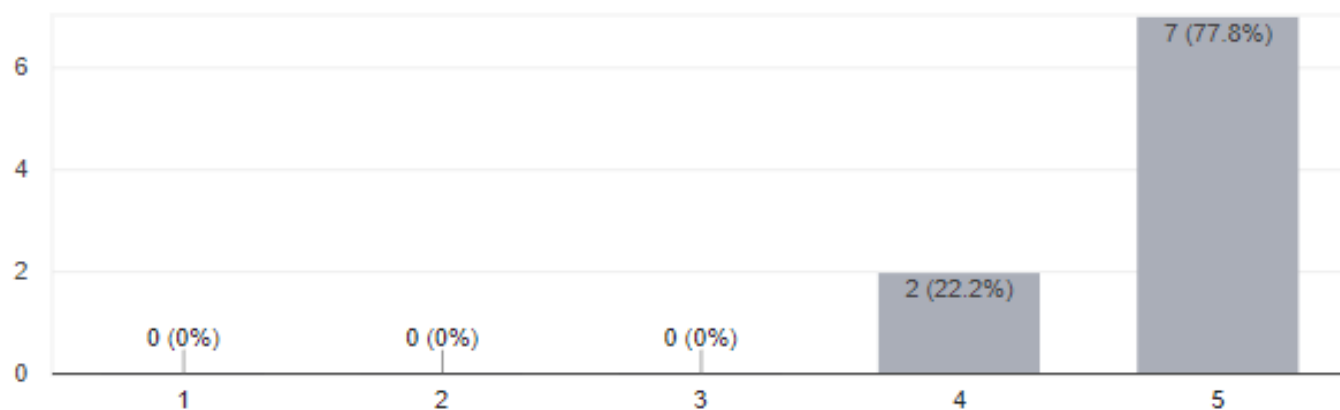
I prefer inter a user name more than using my email address

## Survey Responses

### Part Three : User Tasks

Please click on diet button from the dashboard page, and use the diet search , then click on result button. How do think this process was easy for you?

9 responses





## Survey Responses

### Part Three : User Tasks

If this process not easy for you, please give us feed back to improve it

0 responses

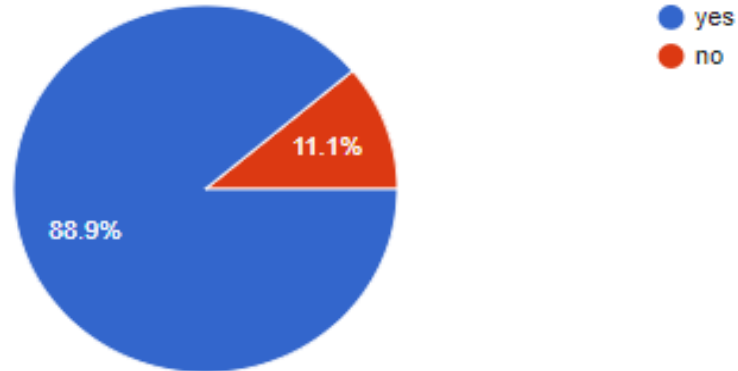
No responses yet for this question.

## Survey Responses

### Part Three : User Tasks

Please click on diet button from the main page, and go to the diet page under the calories section. Was it easy for you to use the calories progress?

9 responses



## Survey Responses

### Part Three : User Tasks

If your answer is no, please leave any additional feed back to improve the calories section progress

1 response

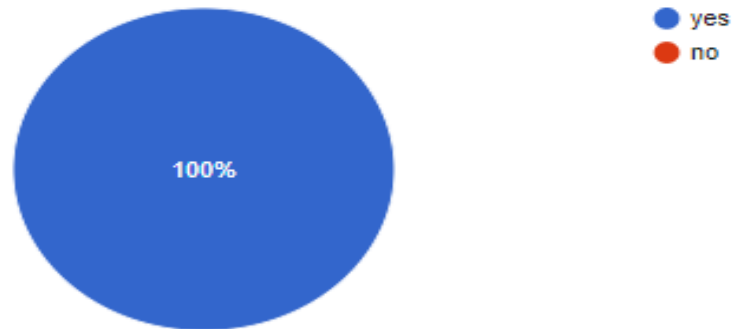
I would like to add a section under the diet section for entering the calories of the meals with more details, to be able to count and get the total calories of each type of food

## Survey Responses

### Part Three : User Tasks

Please use your mouse and click on motivation button from the main page, then go to motivation videos list, Were you be able to watch, download, or share videos using this feature?

9 responses



## Survey Responses

### Part Three : User Tasks

If your answer is no, please let us know what was the problem using this feature, or add any suggestions

0 responses

No responses yet for this question.

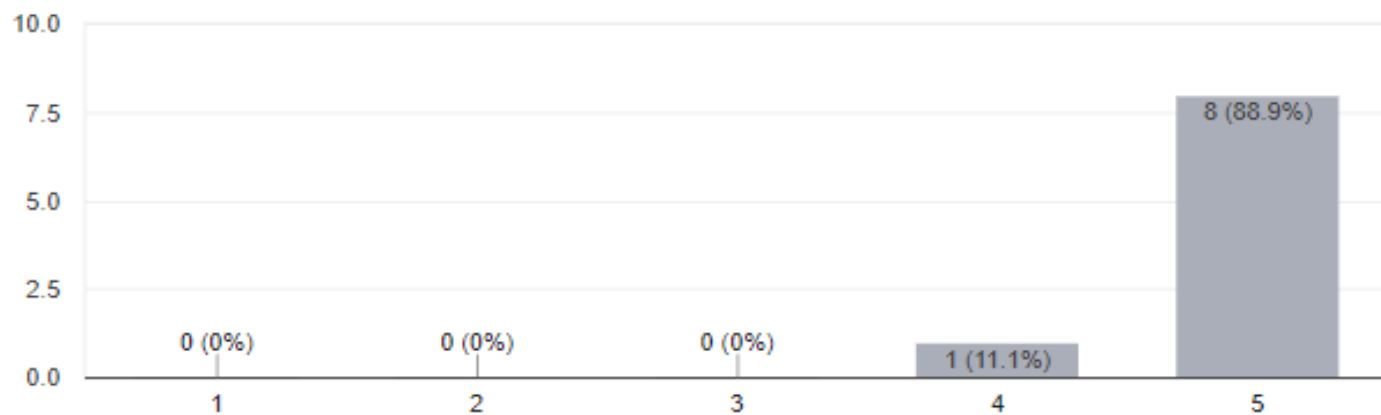
## Survey Responses

### Part Three : User Tasks

Please click on nutrition button on the main page, and go to the contact nutrition expert section. How was it easy for you using this progress?



9 responses



## Survey Responses

### Part Three : User Tasks

If this progress not easy for you, please give us feed back how to improve this section

0 responses

No responses yet for this question.

## Users Testing Strengths

All scenarios were able to be completed by most of the users.

Visual appearance of the website rated as being nice by 77.8% of participants.

Moving from page to other using the dashboard buttons rated easy by 100% of participants.

Liked the features of the motivations videos buttons.

Easy to use.



## Weaknesses and Revisions

Weakness	Revisions
Need to add (my account) button in the main page.	Add ( my account ) button to the main page.
Preferred to enter (username) in the input field when login than enter the email address.	Chang the input text in the field box when login from email address to enter(user name).
Some fonts wrap around. The size fonts need to be checked.	Resize the Fonts, and make sure they are not wrap around.
Need to add a section for entering calories numbers of meals under the diet section to get the total calories for each meal.	Add additional section for entering calories numbers of meals under the diet section

## Home Page Before Adding (my account) Button



Enter email

Enter password

Log In

☐

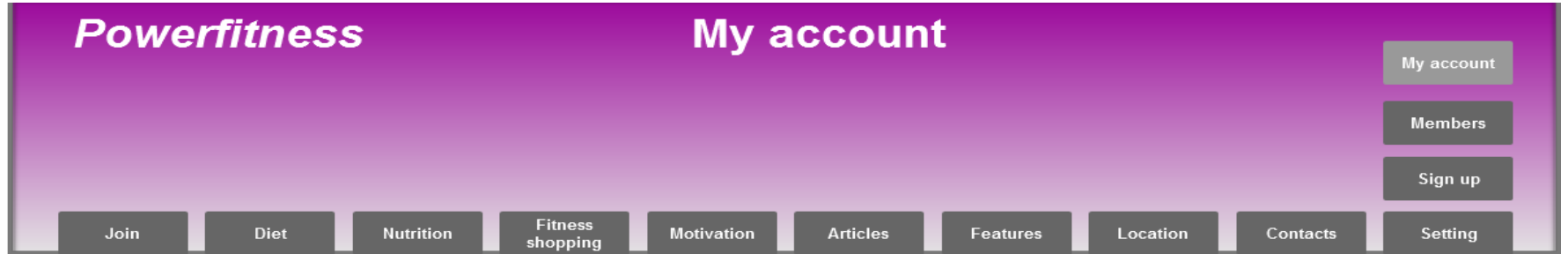
KEEP ME SIGNED IN

## Home Page After Adding (my account) Button



☐

# My Account Page



## My account

workout

exercise

challenges

plans

profile

shop

log out

## Home Page Before The Input Field Text Of Enter Email Changes



Enter email

Enter password

Log In

☐

KEEP ME SIGNED IN

## Home Page After the field input text Changed from Enter Email to User Name



User name

Enter password

Log In

☐

KEEP ME SIGNED IN

## Motivation Page before the Fonts Sizes Of texts Change

### Motivation Videos

#### List:



**Motivation**  
Be Strong

[Watch](#)[Download](#)[Share](#)

**Motivation**  
Trust yourself

[Watch](#)[Download](#)[Share](#)

**Motivation**  
Better Life

[Watch](#)[Download](#)[Share](#)[1](#)[2](#)[More Videos](#)

### Experiences:

1- Show Story



2- Show Story



3- Show Story



4- Show Story



### Experts Tips:

1- Tip



2- Tip



3- Tip



4- Tip



# Motivation Page After the Fonts Sizes Of Texts Changed

**Powerfitness****Motivation**

Members

Sign up

JoinDietNutritionFitness shoppingMotivationArticlesFeaturesLocationContactsSetting

## Motivation Videos List:



**Motivation**  
Be Strong

Watch

Download

Share



**Motivation**  
Trust yourself

Watch

Download

Share



**Motivation**  
Better Life

Watch

Download

Share

1

2

More Videos

## Experiences:

1- Show Story



Write Comment

2- Show Story



Write Comment

3- Show Story



Write Comment

4- Show Story



Write Comment

## Experts Tips:

1- Tip



Ask Question



2- Tip



Ask Question



3- Tip



Ask Question



4- Tip



Ask Question





## Diet Page Before Adding The Calories Counter Section



### Calories

Wiegth

Activity

Lightly active- exercise 1-3/week

Moderatly active-exersice 3-5/week

Very active- exercise 6-7/week


Extra active- exercise every day

<div></div>	you need 3,361 calories/ day to gain 2 Lb/ week
<div></div>	you need 1,361 calories / day to lose 2 Lb/week
<div></div>	you need 1,861 calories / day to lose 1 Lb/week
<div></div>	you need 2,861 calories / day to gain 1 Lb / week
<div></div>	you need 2,361 calories to maintain your wight

# Diet Page After Adding The Calories Counter Section

**Powerfitness**

**Diet**



[Join](#) [Diet](#) [Nutrition](#) [Fitness shopping](#) [Motivation](#) [Articles](#) [Features](#) [Location](#) [Contacts](#) [Setting](#)

[My account](#) [Members](#) [Sign up](#)

## Calories

Enter weight

Pounds

Choose activity

Lightly active- exercise 1-3/week  
Moderatly active-exersice 3-5/week  
Very active- exercise 6-7/week  
Extra active- exercise every day

Count calories

Result

you need 3,361 calories/ day to gain 2 Lb/ week

you need 1,361 calories / day to lose 2 Lb/week

you need 1,861 calories / day to lose 1 Lb/week

you need 2,861 calories / day to gain 1 Lb / week

you need 2,361 calories to maintain your wight

## Calories counter

calories consumed today

950

650  
calories left

Add food

Add exercise

Food

show nutrition details +

### Break fast

Enter food

calories number

view

edit

delet

Add food

Quick log

### Lunch

Enter food

calories number

view

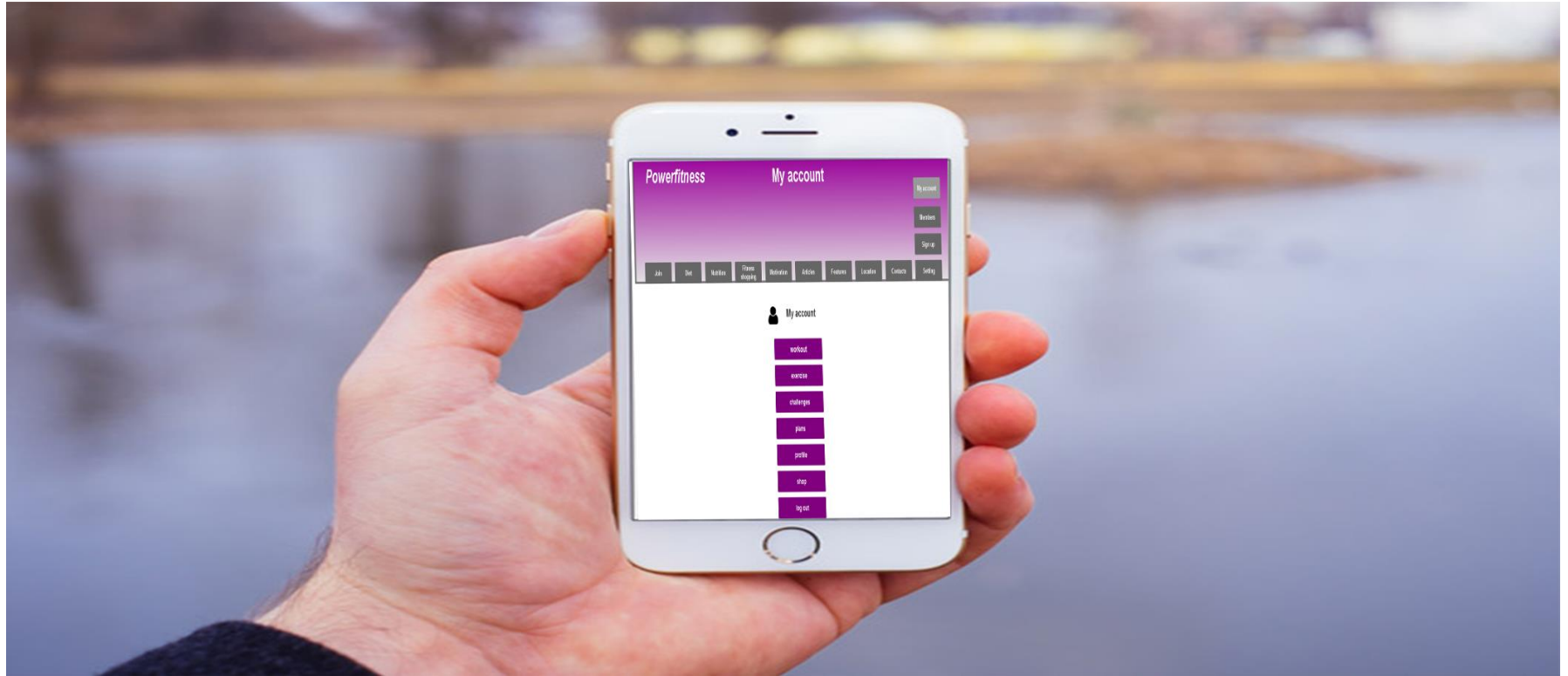
edit

delet

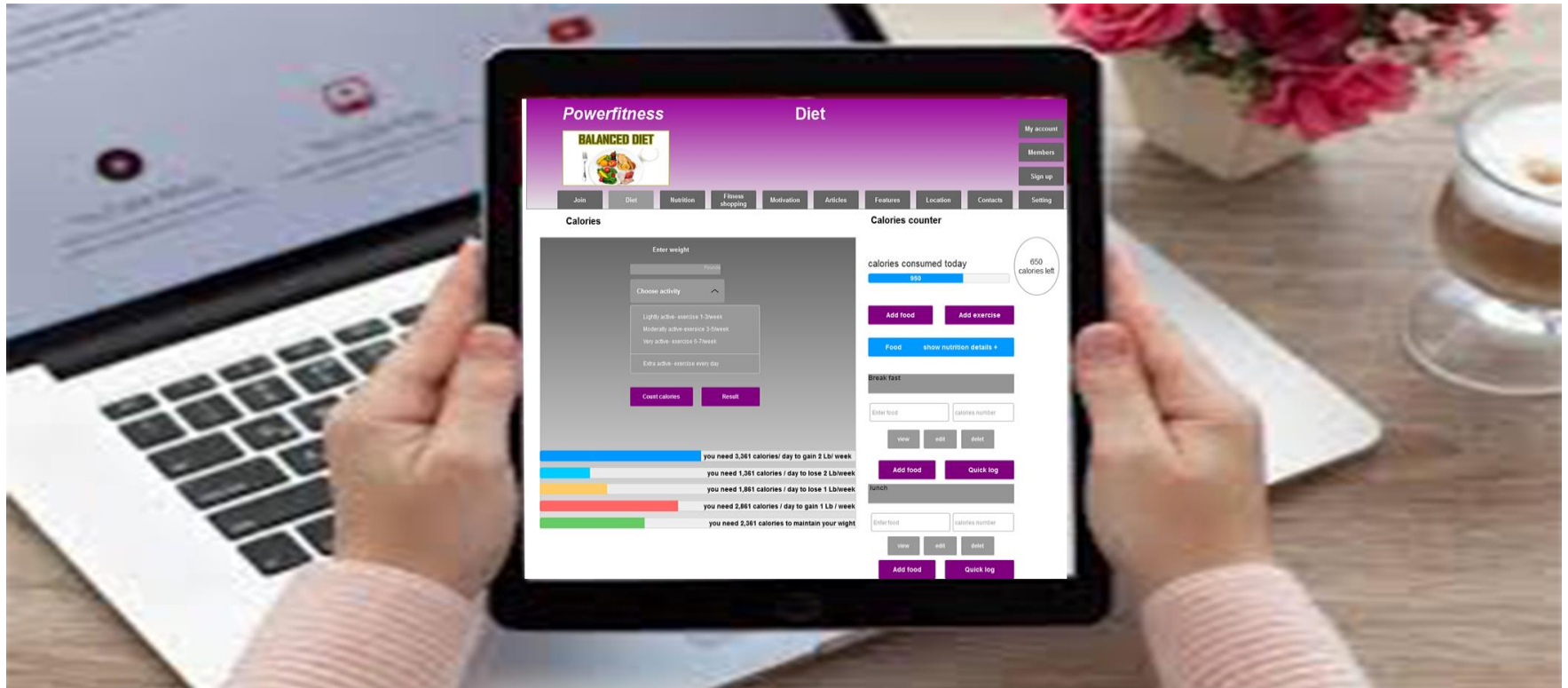
Add food

Quick log

# Phone Mockup



# Tablet Mockup



## laptop Mockup

