Appendix

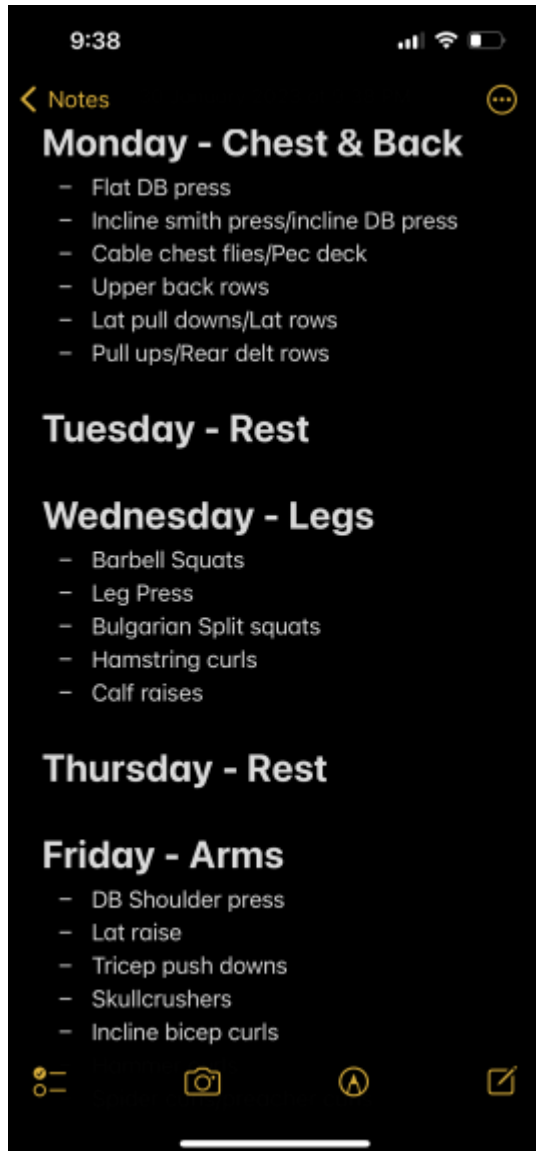## Appendix #1: Screenshot of client's old system (Notes App)

Appendix #2: Interview Transcript #1 - 10th September 2022

Me: I understand that going to the gym is a hobby of yours that you have been doing for quite some time now, am I correct in that assumption?

Mr. Khan: Yes, I have been going to the gym and have been trying to get very serious about it in the last 2-3 months.

Me: And how did you layout your training split and exercises?

Mr. Khan: Oh well I just used the "Notes" app on my phone and just wrote down the different exercises I would be using on different days. But I don't really use that anymore as now I remember all the exercises I need to do each day after having done it for so long already, I mainly just used it before for laying out the foundations for my exercises and organizing them in different muscle groups for different days.

Me: And have you ever tried tracking your progress? As I'm sure you're aware of how necessary it is to make sure you are progressively overloading in order to build muscle.

Mr. Khan: Well I never really tried it because most of the apps I've found cost money and I don't exactly want to waste money on something like that, but I do want to potentially invest in something like that in the near future.

Me: Well would you be open to me creating a system for you where you could use it to track sessions, certain exercises and make sure that you can see your progress throughout each session?

Mr. Khan: Well yeah that's exactly what I need right about now. It would make things extremely easy for me, especially if everything was just in one place so I don't have to keep on going back and forth.

Me: Alright thank you so much for your time, that will be all for today.

Appendix #3: Interview Transcript #2 - 8th of January 2023

Me: Hello Iman, this is our second formal interview.

Mr. Khan: Hello, yes it is.

Me: I have created a system for you that allows you to track your gym sessions and exercises as well as view your progress easily. You can add new exercises with information such as the muscle group targeted, the weight used, the sets, and the reps. You can then save your exercises into different sessions which you can organise by date. Without telling you how the system works I would like to show it to you and see if you can use it fluently. Is that alright?

Mr. Khan: Yeah for sure I'd love to try it out

Mr. Khan uses the system for approximately 5 minutes

Me: Can I ask you some questions about the system now?

Mr. Khan: Yeah

Me: Did the system perform what you intended it to, and how easy was it to use?

Mr. Khan: Yes it did what I was hoping for. I found that it was very self explanatory to use with all of the prompts that it asked me whenever I had to input any data. I found it helpful that whenever I had to input something like the date it always told me what format to input it in, so I did not have to worry about that. The actual functionality of the system is very self explanatory and with the aid of the prompts that come up whenever I input something wrong it makes it very easy to use.

Me: Alright, perfect. A while ago we made a list of success criteria for your system. I'm not sure if you remember that but it was during our first interview all the way back in september. But now I will just read out the success criteria to you and could you tell me if the system achieved what the criteria said. The first one is were you able to input the name of the exercise, weight/resistance used, number of sets, and number of repetitions? And were these exercises stored into different sessions with multiple exercises?

Mr Khan: Yeah I could

Me: Was all the information you inputted readily available and accessible for you to view?

Mr. Khan: Yeah I could view the sessions and exercises at any point

Me: Were you able to store data from older sessions and keep them saved so that the system does not reset every time the application is closed?

Mr. Khan: Yeah so long as I remember to save the sessions it does

Me: Did you feel as though the system was able to prevent you inputting invalid data, incorrectly formatted data, or wrong data? And was any data that didn't match the requirements needed for input managed?

Mr. Khan: Well yeah whenever I would accidentally type a random letter into the sets or reps by accident it would stop me and ask me to enter it again. But yes it didn't let me input any invalid data like a date that didn't exist for example.

Me: Were you able to repeat inputs of data that was inputted incorrectly until it was correct?

Mr. Khan: Yeah just like with the sets and reps I just talked about.

Me: Could you search through the sessions for certain exercises, and organise/sort the exercises based on muscle group?

Mr. Khan: Yeah I could, and I really loved being able to sort the exercises by muscle group, it makes it super handy to look at what muscle groups I need to target more.

Me: And last question, could you store the data of the sessions and the exercises on a local file?

Mr. Khan: Well I'm not too sure if it was saved to a file, let me just check… Oh yeah it did but I can't open the file normally

Me: Yes that is to protect your data, you can open it like how you did before with the load session option in the program.

Mr. Khan: Oh alright then yes it does

Me: Alright thank you so much for all of your time over the past few months, hopefully you will enjoy using this new tracker.

Mr. Khan: I will thank you so much.

Me: Is there any part of the system you found inconvenient and would like to be changed, or something new added to the system either visually or functionally?

Mr. Khan: Well functionality wise it works how I pictured it and it met all of the specifications that we agreed on. For visuals I feel like it would be better if there was a cleaner and better looking menu screen. Something more visually appealing like how it would be on a mobile phone app however only something small and simple. Actually I found it slightly weird that the file that the sessions was saved as could only be opened by the

system. Maybe it would be better if it was to be opened with some other external app like Notepad, Word, or Excel. Also if there was some kind of function that would allow me to see the amount of sessions I have completed in the current week and tell me if I have met that goal.

Me: Alright I see what you mean, so like a tracker that would count the amount of sessions you've done each week and compare it to a goal you set for yourself, then by the end of the week it tells you if you've reached your goal?

Mr Khan: Yes exactly something like that would be amazing.

Me: Alright thank you so much for your time throughout this project. Hopefully this system will be of good use to you in the future.

Appendix #4: Size of System:
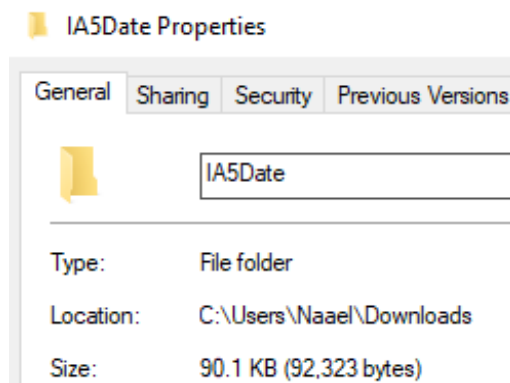
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