

**Ahmedabad
University**

Human-Computer Interaction

Report 2

Section 2

Submitted to faculty: Anurag Lakhiani

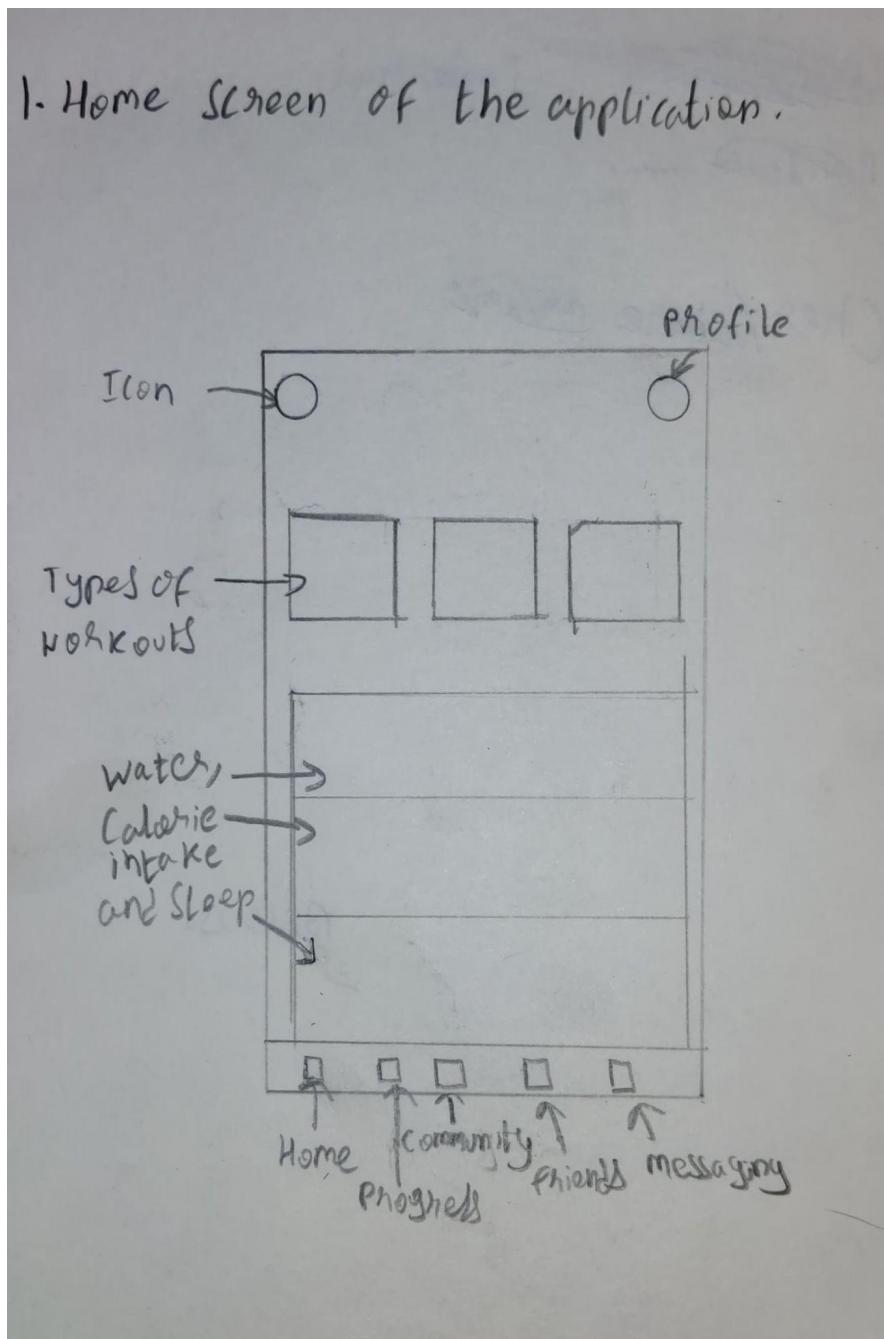
Date of Submission: 01/03/2023

The Keyboard Krew

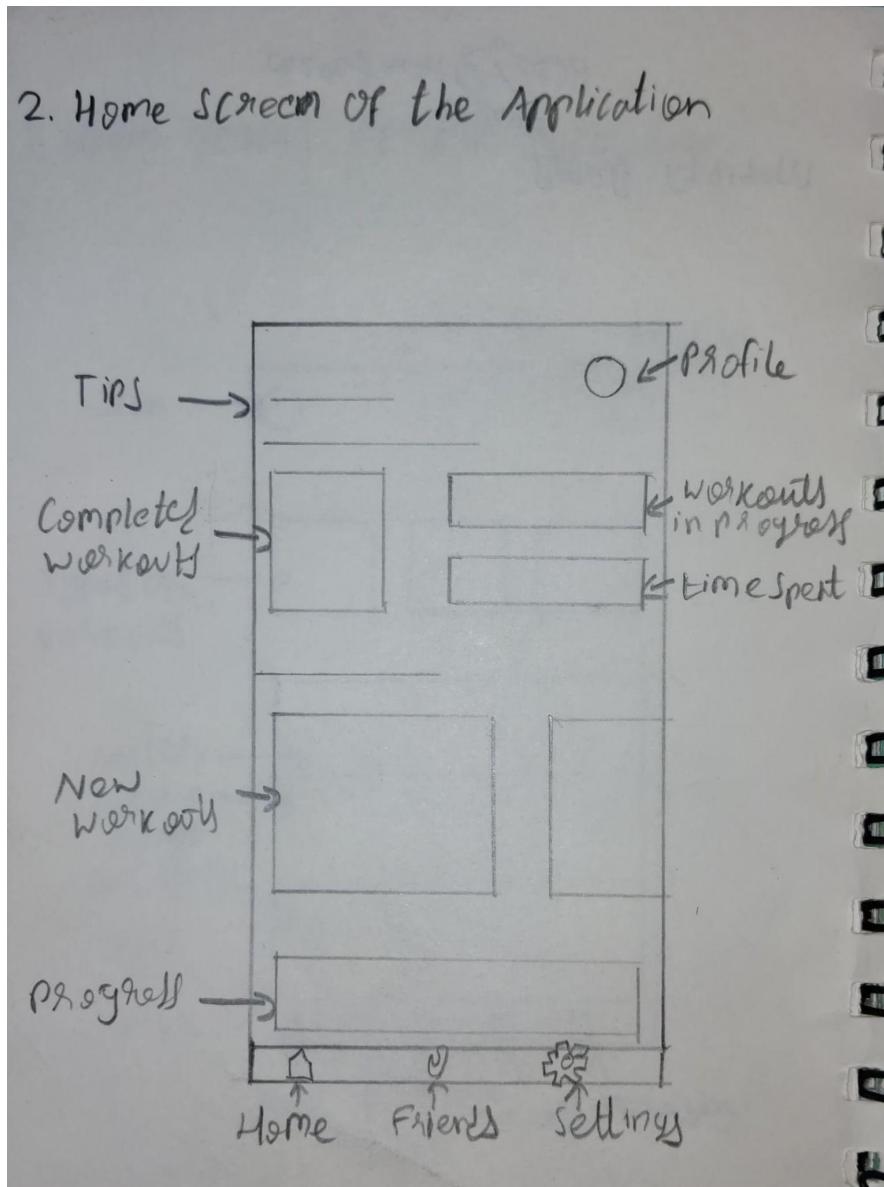
Roll No.	Name of the Student
AU1920184	Dhrumil Mistry
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1) Dhrumil Mistry

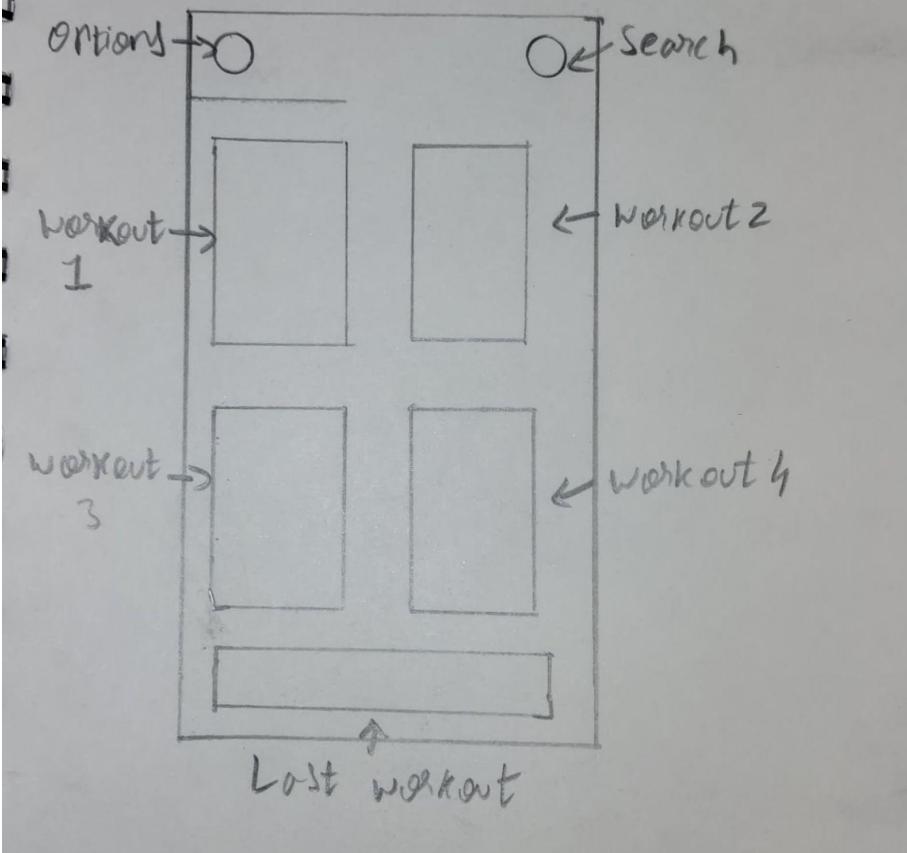
Paper Pen Designs of the screen:



2. Home screen of the Application



3. Screen on selecting workout for a day.



Persona Development:

Name - Alice Asmodeus

Occupation - Marketing Executive

Quote - "The only bad workout is the one that didn't happen"

Bio - Alice is a 30-year-old marketing executive and a fitness enthusiast. He often just sits at his desk for most of the day and has no activities which could keep him fit, hence he workouts at his gym. He looks out for new ways to try to stay healthy. He loves to connect with other people who share his passion. He loves to track his progress after setting new fitness goals. He is an outgoing person who is filled with enthusiasm.

Behaviours

- Alice is open to learning by trying new things, which is a growth mindset.
- He consistently pursues his ambition and is committed to working out for a healthy lifestyle.

Goals

- To stay motivated and connect with other fitness enthusiasts, which helps him track progress along with others.
- Set goals which are personalised based on his fitness levels.

Pain points

- Staying motivated in the colder months when it is harder to get out and exercise.
- When working out alone, he loses interest or easily gets distracted.

Personality

- Alice is a social person who loves connecting with others.

Extrovert

Introvert



- He is very detail-oriented and likes to track his fitness journey and set goals for himself.

Sensing

Intuition



- Alice tends to solve issues rationally hence he is more towards thinking side

Thinking

Feeling



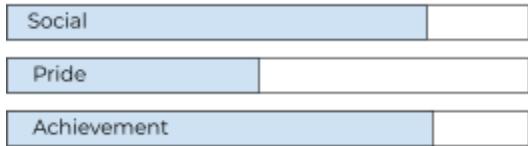
- Alice does not have a structure and likes to do things as he goes by them.

Judging

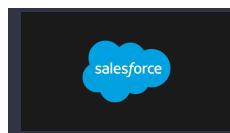
Perceiving



Motivations :



Brands:



Scenario:

Alice fills up a form that includes his details along with his fitness interests, preferences and location. This helps him find friends who have similar interests. He tracks his workouts and finds friends who follow the same workout routine. He also has access to a diet plan according to his needs. They challenge each other and push each other harder. He also receives personalised tips and celebrates achievements to goals. He has found a workout buddy who keeps him engaged

and motivated in the gym. He connects with his gym buddies via messaging and they let him know if they would be interested in working out. He is suggested new workout routines according to his past goals and preferences. He acknowledges his progress and sees he is making progress along with his supportive friend. This, in turn, helped him stay committed to his goals and accomplish them. He is very happy about his progress after sharing them.

Use Case:

Step 1: Alice downloads the fitness app and creates a profile, entering his age, weight, height, and fitness goals.

Step 2: The app asks Alice to input his workout preferences, including types of exercises and workout duration.

Step 3: The app suggests a workout plan based on Alice's profile and preferences.

Step 4: Alice selects a workout plan and starts his workout.

Step 5: The app provides real-time coaching to ensure Alice performs each exercise correctly and safely.

Step 6: During the workout, Alice uses the app to track his progress and record his sets, reps, and weights lifted.

Step 7: After the workout, the app summarises Alice's workout and shows how he performed against his goals.

Step 8: The app reminds Alice to drink water and eat a healthy meal to refuel his body after the workout.

Step 9: The app notifies Alice to rest and recover properly after the workout to prevent injuries.

Step 10: The app also provides tips and recommendations on improving Alice's workout routine and achieving his fitness goals.

Alternative Steps

- Step 2.1: If Alice has an injury or medical condition
 - 2.1.1 the app prompts him to input this information and provides a modified workout plan.
- Step 6.1: If Alice is travelling and unable to access a gym
 - 6.1.1 the app prompts a bodyweight workout plan that he can perform anywhere.
- Step 4.1: If Alice misses a workout
 - 4.1.1 the app reminds him to stay on track with his fitness goals and suggests a modified workout plan to compensate for the missed session.

2) Nihar Jani

Pen Paper Design

* Name :- NIHAR MAHESH JANI
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Course Name :- CSE 519 Human
Computer
Interaction
(H.C.I)

- Pen - Paper design

I) Design, I
→ Registration / Login Interface

The first interface user sees when they open app, prompting to either create an account or log in to an existing one.

APP Screen → APP Name
Image Related to fitness
Quote Continue With facebook
Continue With Google
ALREADY A Member?
LOGIN

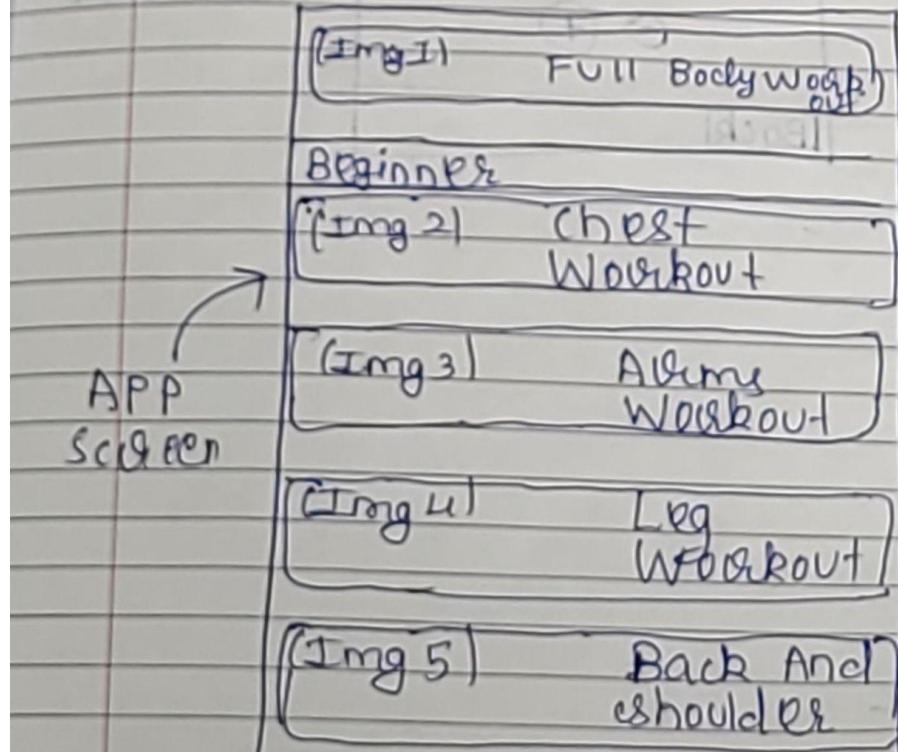
2) Design 2

→ Workout Section:-

In this section, various workout related to specific part of body, such as:-

- 1) Full body Workout
- 2) Chest Workout
- 3) Arms Workout
- 4) Leg Workout
- 5) Back And shoulder Workout

All the above Workouts will be divided into three categories:-
A) Beginner B) Intermediate C) Advanced

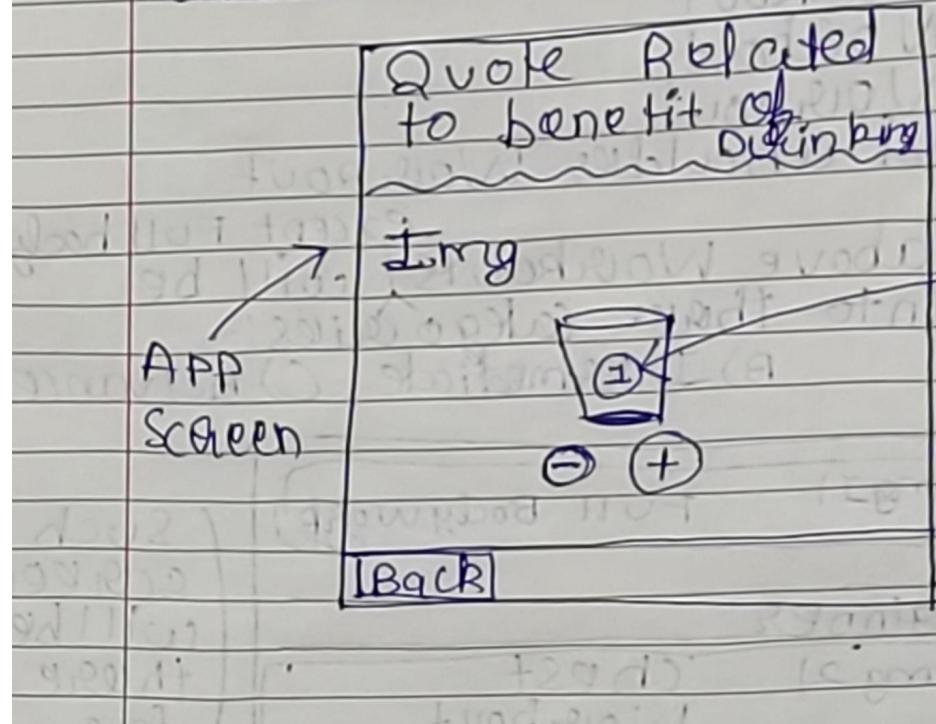


Such screen will be there for each type of category

3) Design 3:-

→ Water Intake Counter:

During workout and in the long journey of fitness it becomes important to track how much water you drink on daily basis.



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Persona Development:

Name: Arnold

Quote: "Gym a Day, keeps the doctor Away"

Bio : Arnold grew up in a small town in the Midwest. He was always active as a child, playing sports and spending time outdoors. In college, he continued his love for sports and fitness by joining the intramural teams and hitting the gym regularly. After graduation, he moved to the city and started his career in marketing. As he got busier with work, he found it harder to stay active and maintain a healthy lifestyle. He realized that going to the gym helped him relieve stress and stay in shape.

Behavior:

- Consistent gym attendance: Arnold is a regular gym-goer who values the benefits of exercise for his physical and mental health. He is likely to make time for the gym despite his busy work schedule and may have a specific routine that he follows.
- Goal-oriented approach: Arnold has specific goals he wants to achieve, both short-term and long-term. He is likely to approach his workouts with a focus on achieving those goals and may adjust his routine as necessary to make progress.
- Self-motivated: Arnold is disciplined and self-motivated, meaning that he does not rely on external factors to keep him going to the gym. He is likely to be internally driven to achieve his goals and stay committed to his fitness routine.
- Social: Arnold enjoys meeting new people at the gym, indicating that he may be open to engaging with others and forming connections in that environment.
- Strives for improvement: Arnold enjoys challenging himself and pushing his limits, indicating that he may be willing to try new exercises or increase the intensity of his workouts to continue making progress towards his goals.

Goals:

- Arnold's short-term goal is to improve his bench press and squat by 10% over the next three months. His long-term goal is to complete a half-marathon within the next year.

Motivation

- Aronold's motivation to pursue fitness is to improve their physical health. Regular exercise can help reduce the risk of various health conditions such as obesity, heart disease, diabetes, and stroke. It can also boost the immune system, improve bone density, and increase energy levels. For some Arnold, the desire to be healthier and live a longer, more active life is a powerful motivator to maintain a consistent fitness routine. By making exercise a priority, Arnold can improve their overall well-being and quality of life, both now and in the future.

Pain Points:

- Arnolds biggest obstacle to staying committed to his fitness routine is his busy work schedule. He often works long hours and has to travel frequently for work. He also struggles with maintaining a healthy diet while eating out on business trips.

Personality - The MBTI characteristics:

- **Extrovert / Introvert**

More on a Extrovert side

Because Arnold enjoys interacting with the gym community and shares his experiences of gym with other people.

- **Sensing / Intuition**

Arnold is more Sensing.

Because from the above Goals we can say that He has practical goals, and never keeps his intuition that certain forms of exercise can occur in less time.

A guaranteed amount of time will be taken to increase fitness, for example to increase bench press by 10%, a time of three months will be taken.

- **Thinking / Feeling**

Arnold is more on a Thinkers side or group.

- **Judging / Perceiving**

Arnold is more likely to be a Perceiving person.

Brands:



Scenario:

Arnold decides to use a fitness app to track his physical activity, and monitor his fitness goal. He opens the app and begins to explore its interface, which consists of several tabs, including home, activity, goals and settings. The home tab provides an overview of his progress, while the activity tab tracks his daily steps, calories burned, and distance covered. The goals tab allows Arnold to set specific targets, such as running a certain distance within a given time frame. The settings tab enables him to customize the app to his liking, such as choosing his preferred unit of measurement. As Arnold uses the fitness app, he notices that the interface is well-designed and easy to navigate. The app provides him with regular notifications and reminders to encourage him to stay on track towards his fitness goals. The app also offers a variety of workout routines, which Arnold finds helpful and motivating. Arnold appreciates the app's ability to provide him with data-driven insights and personalized feedback on his fitness progress. He is able to view his progress over time, set new targets, and adjust his routine accordingly. Overall,

Arnold finds that the fitness app is an effective tool for tracking his physical activity and monitoring his fitness goals. Its intuitive interface and personalized features make it easy for him to stay motivated and on track towards achieving his desired fitness outcomes.

Use Case:

- 1) Arnold opens the fitness app on his smartphone.
- 2) He navigates to the home tab to view his overall progress towards his fitness goals.
- 3) Arnold checks the activity tab to see how many steps he has taken and how many calories he has burned today.
- 4) He sets a new goal using the goal tab to run 5 kilometers in under 30 minutes.
- 5) Arnold checks the settings tab to customize the app's notifications to remind him of his fitness targets.
- 6) He begins his workout routine, which he selected from the app's library of exercises.
- 7) During the workout, Arnold uses the app to track his heart rate, distance covered, and calories burned.
- 8) After completing his workout, Arnold checks his progress again in the activity tab to see how he performed compared to his previous workouts.
- 9) He receives personalized feedback and insights from the app on how to improve his performance and achieve his fitness targets.
- 10) Arnold feels motivated and encouraged to continue using the fitness app to help him achieve his fitness goals.

Alternative Use Case:

Step 1) Arnold opens the fitness app on his smartphone.

- Step 1.1) If the user has already registered, then the user does not need to create a new account, the user can directly login into the account created.

Step 6) He begins his workout routine, which he selected from the app's library of exercises.

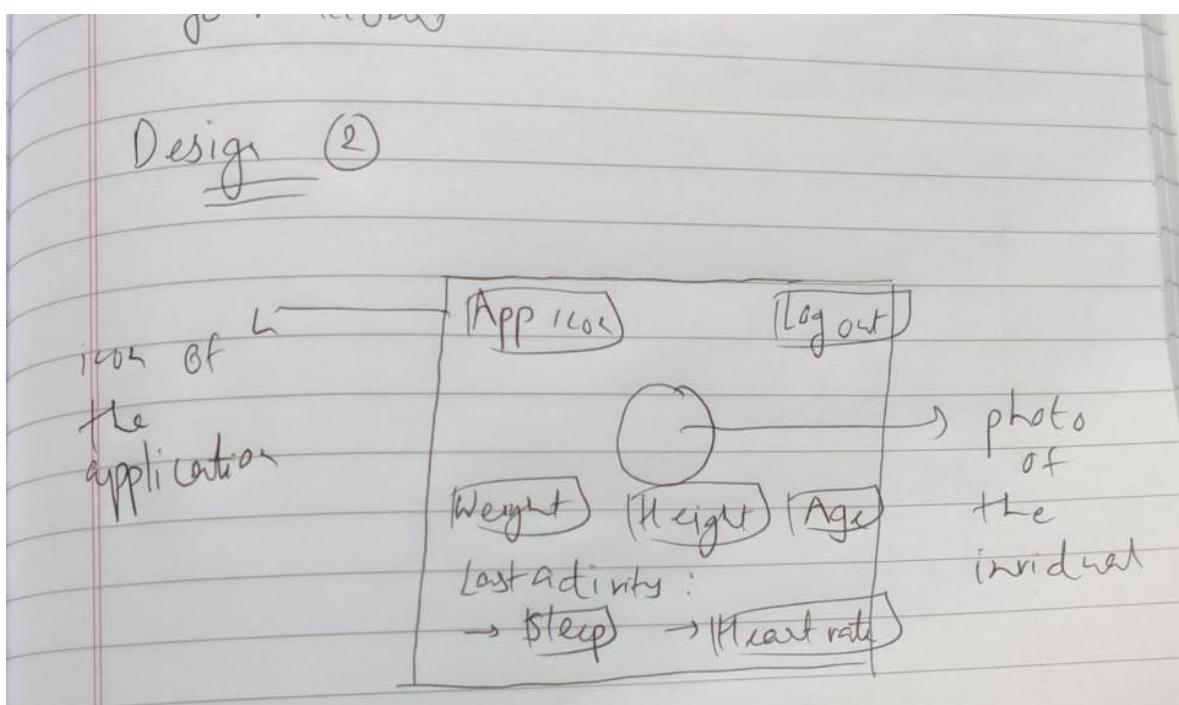
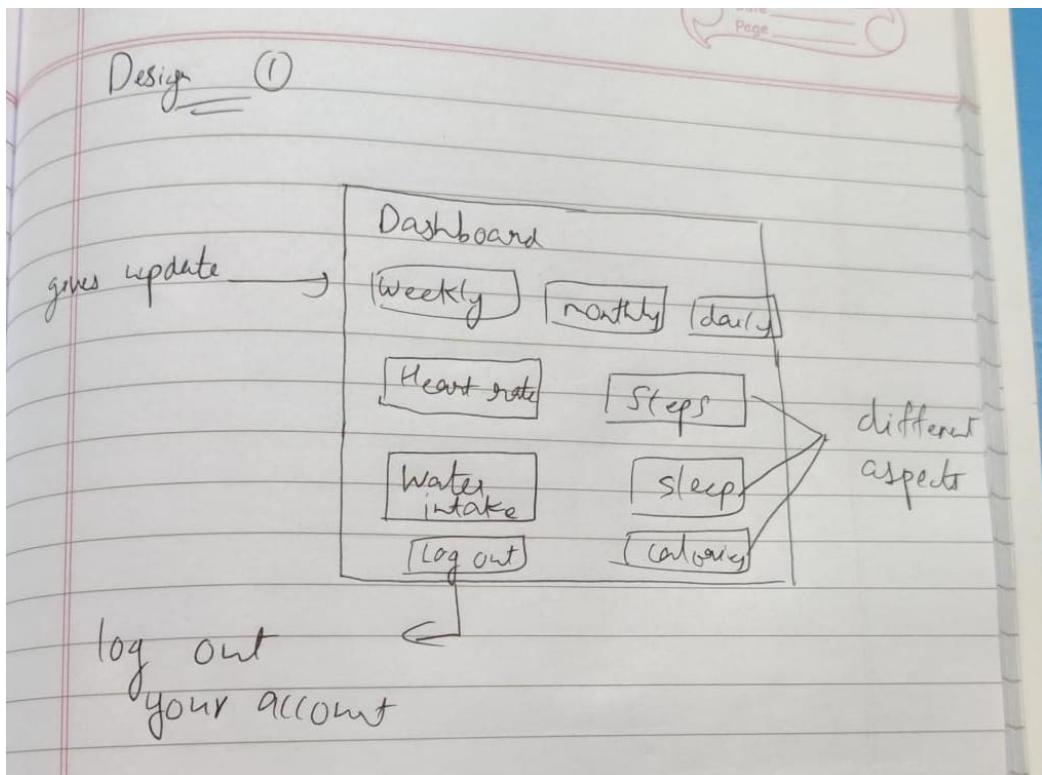
- Step 6.1) If the user wants to update the exercise, and wants to add some other form of exercise, then the user can do it by clicking new exercise and if the user wants to delete old exercise, then the user can do it by clicking on delete exercise.

Step 7) During the workout, Arnold uses the app to track his heart rate, distance covered, and calories burned.

- Step 7.1) While seeing the distance, users may have different preferences, such as to view in Kilometers(Km), Meters(m), Miles etc. Here users can select

3. Udit Doshi

Pen paper design :



Persona Development:

Name - Tony Jones

Quote - "The way to get started is to quit talking and begin doing."

Bio – Tony is a 20-year-old college student. He loves working out. He likes helping people who workout and teaches them efficient ways for body-building. He loves a healthy mindset and wants to prosper in all aspects including academics and sports wise.

Behaviors

- Tony loves to learn about new stuff and get knowledge in different fields.
- He pushes himself to make the workout as consistent as possible and make his life a healthy one.

Goals

- To build a good physique and share his everyday progress with his trainers so as to get better guidance on what to do next.
- Get a good score in academics and land in some ivy league college for education.
- Pain points
- Doing workout everyday is a challenge.
- Focusing on all the things simultaneously decreases productivity.

Personality(MBTI)



Tony is a person who is an ambivert. Adapts according to the situation.



Tony is more of a practical thinker and is a kind of professional person.

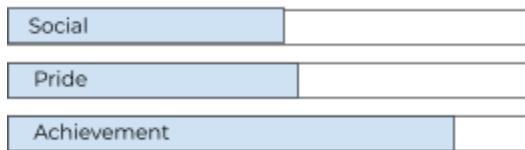


Tony is more towards thinking as he believes that one should solve problems on the basis of thinking rather than emotions.



Tony believes in perception rather than judging.

Motivations:



Brands:



Scenario:

Tony is a fitness enthusiast who loves to keep track of his daily workouts using his smartwatch. He puts on his watch and opens the fitness app. Tony selects the 'workout' option and the app prompts him to select the type of workout he wants to do. He chooses 'running' and sets his distance and time goals. The app then uses GPS to track his location and gives him real-time updates on his distance, speed, and calories burned. Once Tony completes his run, the app congratulates him and

suggests some stretches to do to cool down. He follows the app's suggestions and then logs his workout on the app. He can see his progress over time and can compare his stats with his friends who also use the app. He knows that he can rely on the app to provide him with accurate data and useful insights to help him reach his fitness milestones.

Use Case:

Step 1: Tony downloads the fitness app and signs in with all the information regarding his age, name and so on.

Step 2: He receives a confirmation email showing his account has been created.

Step 3: When he opens the app, there is an option of choosing the type of workout.

Step 4: The app then tracks his workout.

Step 5: There are different suggestions that the app provides while doing workout. Also instructing how to do the workout.

Step 6: Tony uses the app to track his workout progress and the information is stored.

Step 7: After the workout, the app summarizes Tony's workout and shows different comparisons with previous workouts.

Step 8: The app reminds Tony to drink water and eat a healthy meal to maintain a healthy lifestyle.

Step 9: The smartwatch also helps in the same. He puts it on his hand and the watch measures all the details like calories burned, heartbeat etc.

Step 10: The app then provides recommendations on improving Tony's workout routine and achieving his fitness goals to the most and making it efficient.

Alternative Courses:

Step 1: Tony logins with all the necessary details..

- There is an error with some aspect like email id or phone number.
- Tony enters the correct details.
- Receives the confirmation email.

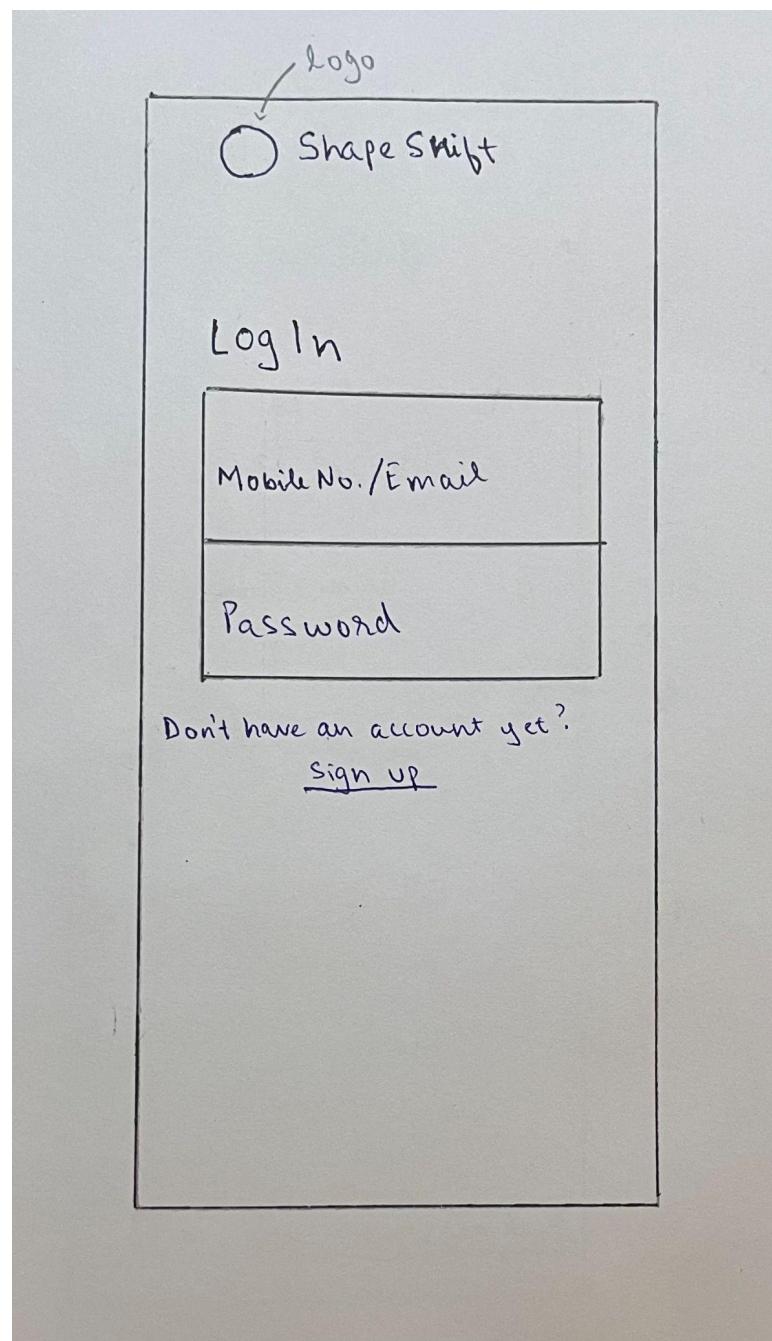
Step 9 : The smart watch shows nothing.

- Restart the smart watch.
- It will ask Tony to pair it with phone and afterwards it works again.

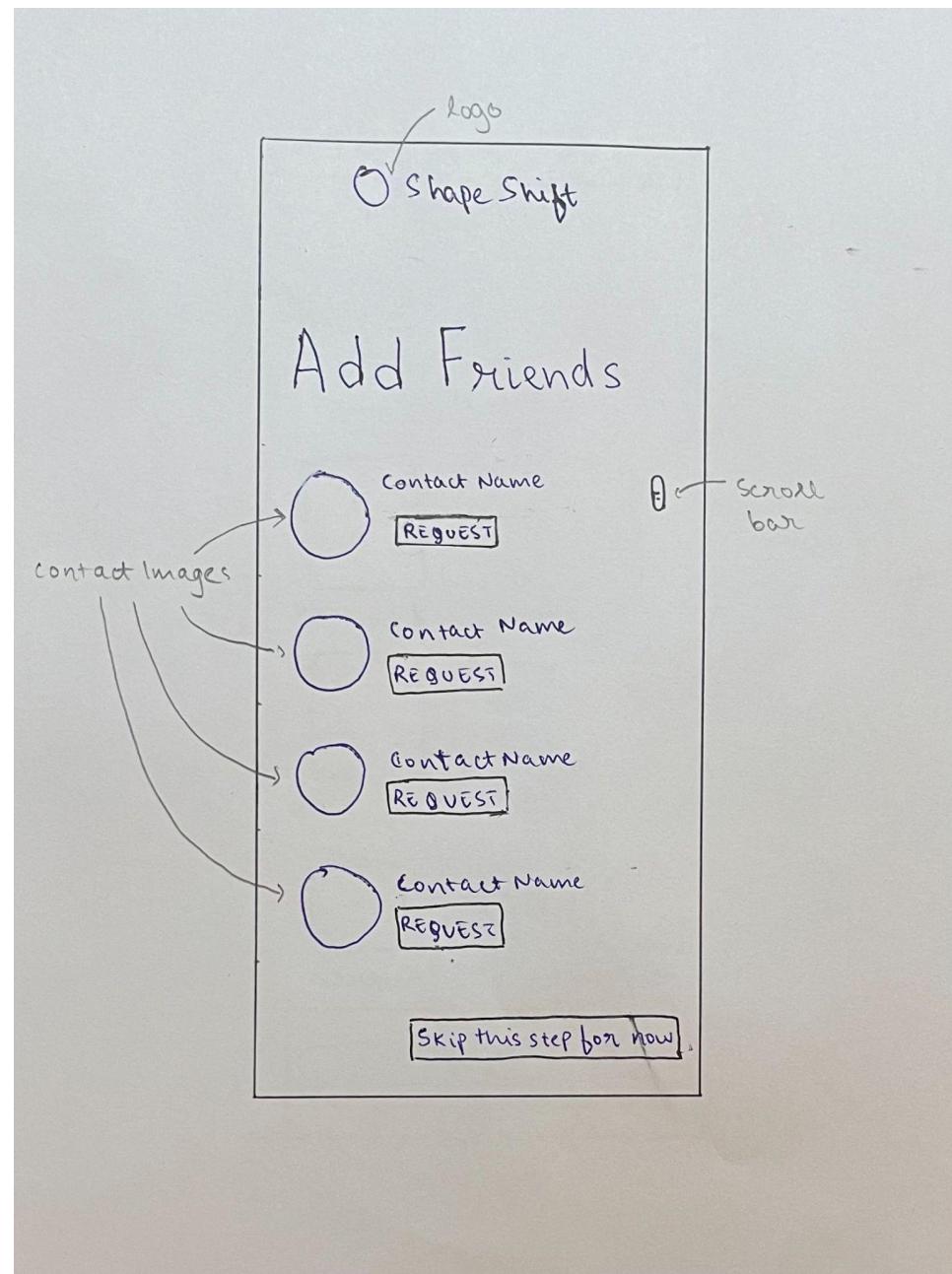
4) Aman Kurseja

Paper-Pen Design of Screens:

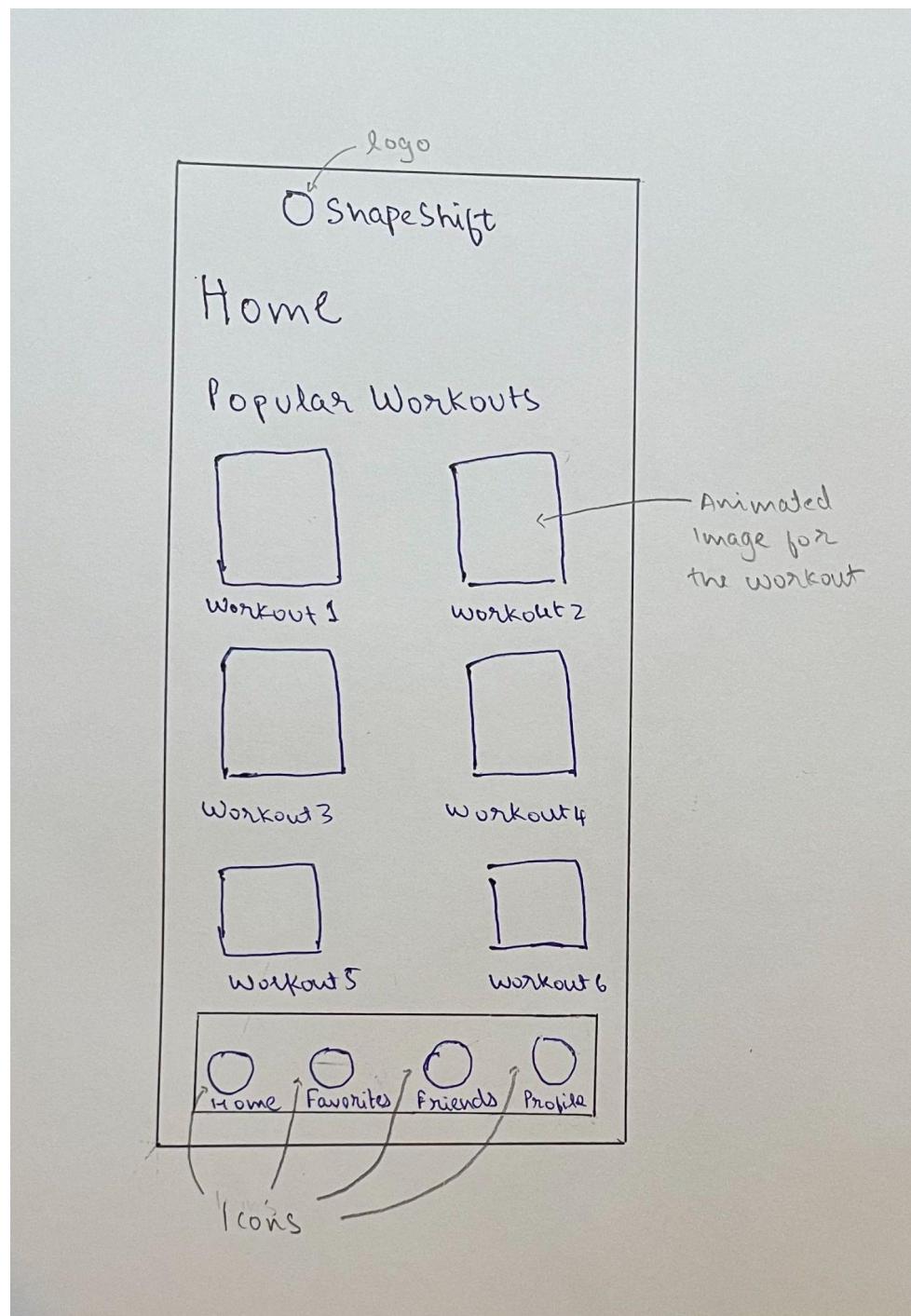
- Log In Screen



- Add Friends Screen



- Home Screen



Persona Development

Name - Ravi Singh

Occupation - Corporate Executive

Quote - "I need to develop a healthy lifestyle, which is why I need an app like ShapeShift"

Bio - Ravi Singh is a middle aged Indian man who is a corporate executive in a MultiNational Company. He is a seasoned professional in his field, and has a deep understanding about it. He has great leadership skills combined with a strong work ethic. He is extremely driven about his professional goals. He also has wonderful interpersonal skills.

Behaviors

- Ravi's priority is completing his work and managing his team for optimal results at his workplace, hence he usually spends his entire day at the office.
- He has recently gained the motivation to improve his lifestyle, and so he has downloaded ShapeShift to workout daily and stay more active.

Goals

- Be consistent in his fitness journey, and improve his physical health.
- Keep track of his workouts, and increase the level of the workouts as he progresses in his fitness journey.

Pain Points

Since Ravi has had minimal experience with physical workouts, and has always been at a desk job, he needs good workouts that can make him achieve his fitness goals. He also needs regular motivation to keep up with his fitness goals as he has just started working out very recently.

Personality(MBTI)



Ravi's habit to spend his entire day at the office is introverted, yet he has extroverted characteristics as well because he communicates with clients regularly.



Ravi has a sensing personality since he is more detail oriented and a practical thinker based on his professional and personal decisions.

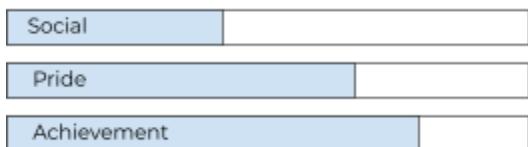


Ravi is more towards thinking as he will solve problems objectively and rationally rather than subjectively and emotionally.



Ravi's orientation to have a structure and a schedule suggests that he is more judging than perceiving.

Motivations



Brands



Scenario

Ravi uses the application to search for an appropriate workout. He can go to the homepage of the applications, and see the popular workout types. He then selects a workout type that he finds interesting. Once he does so, he can select the workout plans based on the level of difficulty, and the time needed for each workout. He chooses his desired workout, and can then follow the steps that the application

provides him with. Once he finishes his workout, he can see his workout statistics like calories burnt, time spent, etc. If he has a smartwatch, he can connect it to the application to see his heart rate and other statistics as well. He can then share his workout progress with his friends. The application provides a facility where friends can share their progress, and encourage and motivate each other.

Use Case

This is a use case for when a user opens the application for the first time.

Step 1: Ravi opens the application.

Step 2: The system prompts him to either login or sign up.

Step 3: Ravi chooses to sign up, since he doesn't already have an account.

Step 4. The system displays a form where Ravi has to fill up his personal details like name, contact details, and create a password.

Step 5: Ravi fills up the form, and clicks on the "Next" button to move further.

Step 6: The system displays a screen with Ravi's contacts and asks him to add his friends, or to skip this step for now.

Step 7: Ravi presses "Skip this step for now".

Step 8: The system redirects to a page where Ravi has to enter his age, weight and height, and his goals.

Step 9: Ravi enters these details and presses on "Next".

Step 10: The system redirects to the homepage of the application, where he can see the most popular workouts based on his goals. The menu bar on the bottom has icons for Home, Profile, Favorite Workouts, Friends. Ravi can move ahead from there.

Alternative Courses:

Step 3: Ravi chooses to login since he already has an account.

3.1 The system has login fields for Mobile Number/Email and Password.

3.2 Ravi enters his details and presses "Log in"

3.3 The system skips to Step 10.

Step 7: Ravi goes through the list of contacts and presses "Request" on his friend.

7.1 The system changes the color and text of the button to "Request Sent".

7.2 Ravi then presses on the "Next" button.

7.3 The system goes to Step 8.