

## Test Plan 1: Core Tracking & Analysis

### Goals

The goal of the test is to determine whether the user can successfully log their daily exercise and food intake, resulting in the calorie deficit. As well as easily update their physical measurements.

### Quantitative Measurement List

- Task Success Rate: How many users successfully logged a meal, exercise, measurement and got the correct calculations from it.
- Single Ease Question Score: A user rating of the difficulty of the data entry tasks.
- Time on Task: How long it took the user to complete all the tasks.

### Scenario

*You have just finished your morning workout and lunch. Your goal is a 500-calorie daily deficit. You have completed a 45 minute cardio session, burnt an estimate of 300 calories, and eaten a 450 calorie salad.*

*Follow-up Scenario: After successfully logging the data, you realise that your weight has changed; your current weight is 175 lbs and your new weight is 173 lbs.*

### Task List

1. Log the length of the exercise session and an estimate of calories burnt.
2. Log the meal eaten and the estimated calories in the meal.
3. Check the calorie deficit based upon the exercise and meal eaten.

Follow-up Scenario:

4. Change the weight in the profile section of the app.

### Qualitative Measurement List

- The user finds the input system for meals and exercise clear and concise.
- The user understands the visual representation of the calorie deficit.
- The user's overall confidence in the accuracy of the data presented.

### Potential Observation of Users

- The user finds the deficit display confusing and does not understand what it is.
- The user struggles to work the logging screens.
- The user is confused on where and how to update their physical measurements.

### Post Scenario Interview

<https://forms.gle/Rmvg5jXqPxEUZ9ap8>

How easy was it to understand the screen that allows you to input your exercise and meal data? \*

12345

Very DifficultVery Easy

How easy was it to understand the Calorie Deficit Screen? \*

12345

Very DifficultVery Easy

How easy was it to navigate to the update weight area? \*

12345

Very DifficultVery Easy

When looking at your calorie deficit, was there any information missing that would have made it easier to understand?  
If not, leave it blank.

Short answer text

Did you expect the weight update to be located somewhere else? If so, where?  
If not, leave it blank.

Short answer text

What information do you feel was missing or hard to understand?  
If not, leave it blank.

Short answer text

Any additional comments?

Short answer text

## Test Set-up Details

There will be 2 people attempting to use the paper low-fidelity prototype. The participant will have paper copies of the screen in front of them, pretending to go through the different screens to get the required outcome; they will be led through the correct screens at the correct time. A stopwatch will be used to assess the time it takes the user to complete the task. The questionnaire will be completed straight after the scenario is completed.