

User Testing and Design Iteration

Testing Plan

Questions Asked To ensure comprehensive feedback, we structured our testing questions into three categories: usability, engagement, and motivation.

- I. Usability Questions:
- II. Enable Colour Blind mode
- III. Decrease the amount of minutes per step.
- IV. Check your current step count.
- V. Select the game you want to disable.

Engagement Questions: 4. Does the design and features of the app motivate you? 5. If there is any reward or progress tracking feature, does it work for you in continuing with the app? 6. Which feature of the app do you find most engaging, and why?

Motivation Questions: 7. Does the app seamlessly integrate into your daily routine? 8. Are you satisfied that the app is effectively addressing your goals in terms of fitness? 9. How does the motivational tools in this app, such as challenges or leaderboards, stack up against other fitness applications you have used?

Documenting Observations and Responses

During testing, direct observation, screen recordings, and participant feedback forms were used in combination:

Observation Sheet: Logged users' interactions, noting instances of confusion or hesitation.

Screen Recordings: Captured real-time navigation to identify areas where users encountered difficulties.

Feedback Forms: Gathered qualitative data on user experiences and specific suggestions.

Test Conduction

We tested the app with two participants

The testing process was conducted as follows:

Pre-Test Briefing: Provided an overview of the app's purpose and functionality, along with instructions on using it.

Tasks: The participants were asked to complete five tasks, such as setting a workout goal, completing a gamified fitness challenge, and reviewing their progress.

Post-Test Interview: Participants answered the structured questions and provided additional comments.

Feedback Consolidation: Combined observations and participant feedback into a summarized report.

Results

What was good in your app?

Gamification Features: Both participants enjoyed the reward system and leaderboards in the app. Participant A especially liked the competitive aspect, which kept them motivated.

Customization: Participants liked to be able to set individual goals and choose workout routines tailored to their fitness level.

Intuitive Design: The minimalistic approach was appealing, and Participant B went on to say that other applications had too much happening and were thus overwhelming in nature.

Anything that should be improved upon?

Exercise Feedback: Basic feedback about posture or body position was lacking during exercises themselves from either participant.

Social Features: Participant A suggested adding in some way to connect with friends for group challenges or shared progress.

Onboarding Process: Participant B felt the onboarding instructions could include more examples or a tutorial walkthrough.

What were some surprises?

Positive Reaction to Notifications: Participants enjoyed the reminders of the app's "Daily Quest" and perceived it as encouraging rather than intrusive.

Preference for Offline Features: Both participants showed interest in offline functionality, mainly for workout tracking in places where internet connectivity is poor.

Engagement of Secondary Audience: Participant B mentioned that even though the app is targeted at gamers, kids might like the gamified approach of the app.

Changes to Implement and Why

Improved Onboarding Process:

Include a tutorial mode that will walk the user through the various features of the app using practical examples.

Reason: So that new users can feel confident using the app. Exercise Feedback System: Include AI-powered posture detection and feedback for common exercises. Reason: To make sure users are able to exercise safely and effectively. Social Features: Include friend lists, group challenges, and shared progress boards. Reason: To use social motivation and increase engagement. Offline Capability: Allow tracking of workouts offline and syncing once the device reconnects to the internet. Reason: To ensure the app is functional in all environments. Parental Integration Tools:

Add features to enable parents to create joint fitness goals with their children.

Reason: Because this will help to further engage the secondary audience and encourage family participation.

Integration with Gaming Platforms:

Use APIs for platforms such as Steam, Xbox Live, and PlayStation Network in order to automatically track and control gaming sessions.

Reason: To connect seamlessly gaming habits with fitness, striking a balance between activity and leisure.

Steps-To-Time Exchange System:

Incorporate a feature where users unlock gaming time by being active.

Reason: To make exercise a game and to use reward-oriented motivational techniques of gamers to keep them active.

Accessibility Options:

Allow customization of exercises to accommodate physical abilities and preferences.

Reason: To ensure inclusivity and encourage participation by users of all ability types.

Conclusion

These tests highlighted the strengths of the app in gamification and intuitive design, but showed its weaknesses in onboarding, social features, and feedback from exercising. These will serve

as guidelines to inform our next iteration to make this app much more relevant for its target audience.