Fitness Apps Research

**Nike Run Club**

Machine generated alternative text:
NRC 
Jeff Gibbs 
Run 
Activity 
Challenges 
Settings 
a 9:0c 
uns 
All Machine generated alternative text:
NRC 
Run 
Start a Run 
a 9:08 
Guided Runs 
Try A Guided Run 
First Run 
20 Min Run 
srnr 
Set a Goal 

Machine generated alternative text:
NRC 
Challenges 
YOU 
CAN'T 
STOP 
S 
Create a Challenge 
Join a challenge 
a 9:10 
5 
November Weekly Challenge 
Run 15 kilometers this week. Machine generated alternative text:
a 9:10 
Create a challenge 
Name your challenge 
Pick a distance 
Select dates 
Add friends 
Create challenge 

**Pros:**

* Very simple to navigate - buttons are easy to understand even without text
* All the features are sorted on the left bar. Home screen shows quick information
* "Challenges" - can create a challenge for yourself and add dates and friends.
* Simple colour scheme - contrasting font colours
* Font is big and easy to see

**Cons:**

* A lot of empty space
* Unselected text is hard to see (light grey)

3:23 B 
Calories 
Day 
Mon 
Week 
November 16 - 22 
Tue 
Wed 
11,796 
Thu 
Fri 
Sat 
Month 
900 
Sun 
Monday, November 16 
1,678 calories 
Tuesday, November 17 
1,678 calories 
Wednesday, November 18 
1,675 calories 
Thursday, November 19 
1,675 calories 
Friday, November 20 
1,675 calories 
Saturday, November 21 
1,741 calories **Google Fit**

3:22 B 
x 
Add activity 
Activity title 
Activity type 
Walking 
Date 
Nov 23 
Start 
2:22 AM 
Effort 
Low 
End 
3:22 AM 
60 
Save 
High 
Heavy breathing, could have a short conversation but 
Notes 
Calories 
Miles 
not sing 
Steps 

Machine generated alternative text:
3:21 B 
CSA Woolwell 
Tesco Petrol Station 
Domino's Pizza - 
Plymouth - Roborough 
Afternoon walk 
November 12, 3:07 - 3:34 PM 
Distance 
Calories 
Move Minutes 
Pace 
760 
0.38 miles 
66 
25:05/mi 
(average) Machine generated alternative text:
3:22 B 
Add blood pressure 
Add weight 
Add activity 
Track workout 
x 

Machine generated alternative text:
3:21 
Profile 
Activity goals 
Steps 
5,000 
About you 
Gender 
Male 
Weight 
11 st 10 1b 
Home 
Heart Points 
20 
Birthday 
Jun 30, 2000 
Height 
Journal 
O 
Profile Machine generated alternative text:
3:21 B 
Settings 
Units 
Height 
Centimeters 
Weight 
Stones 
Distance 
Miles 
Energy 
Calories 
Google Fit data 
Manage connected apps 
Manage your data 
Tracking preferences 
Track your activities 
Use phone sensors to automatically track metrics like 
steps and distance 
Use your location 
Use background location during automatically tracked 
activities 
Notifications 
Coaching messages 
co 

Machine generated alternative text:
3:20 B 
Journal 
Thu, Nov 12 
3:07 PM 
Afternoon walk 
0.38 miles in 27 min •01 pt 
Wed, Nov 4 
1:58 PM 
Afternoon walk 
0.35 miles in 6 min 
Sat, Oct 31 
3:43 PM 
Afternoon walk 
0.32 miles in 15 min 
5 pts 
Thu, Oct 29 
5:21 PM 
Afternoon walk 
0.89 miles in 53 min •01 pt 
Wed, Oct 28 
Home 
Journal 
2,190 steps 2 pts 
2,019 steps 9 pts 
1,598 steps 0 pts 
1,853 steps 1 pt 
4,334 steps 31 pts 
O 
Profile Machine generated alternative text:
3:20 
Sleep 
No recent data 
Heart rate 
No recent data 
234 
Cal 
Weight 
11 st 10 1b •Aug 10 
Home 
69 
Heart Pts 
0.03 
mi 
Journal 
Steps 
O 
Move Min 
O 
Profile 

**Pros:**

* Selection of dark/light mode
* Home screen shows quick information
* Drop downs are used when possible
* Colours are used to accent clickable items
* Buttons are labelled - not just pictures
* Everything is laid out well - always know where to find something. - intuitive placement
* Settings allows customization
* Coloured icons to separate objects
* Home page chart has both a radial chart and text so either can be used

**Cons:**

* Dropdowns are hinted in places where there isnt a dropdown
* Some text can be hard to read due to low contrast
* Text size a little small (could be due to device settings)