**Evaluation**

**Users Feedback and comments:** We did the User Evaluation using the Think Aloud method, in which the user had a scenario that we had told him and he was completing each task while telling us exactly what he was doing, observing and thinking. We did the evaluation with several users, keeping notes of the things they said and observing. Most of them had the same main comments to say. We concluded notes and comments from the users in the following list:

***Comments from users:***

* A sizable number of users commented that the icons used for navigation (the emojis) were unclear. They didn't know what each icon was representing, e.g. the apple icon.
* Users with no previous knowledge of the app and its functions found it not obvious in their first use of the app the reason to submit your meal after the snack suggestion but they note that it would be easier to understand when they actually used the finished app.
* Most users found the 'log workout' button confusing. One suggested renaming it to something clearer, like 'Add your workout.'
* In the snack suggestion feature, the button labeled 'Select' wasn't clear. One user felt like it should say 'Confirm' instead, especially since they need to confirm their selection.
* Some back arrows were missing from the Figma design
* Some users found the use of the emojis in the workout options really helpful and fun as they made the choices more easy to understand.
* Users also said in some cases that they would prefer bigger texts especially in the important labels.
* In the snack suggestion, there was a “Back” button on the bottom right that seemed like a “Confirm” and the snacks weren’t tappable so they got confused.
* Users liked that there are many options for different snack ideas -from a really easy one to a more difficult recipe.
* Some users commented that they clearly understood how to view the estimated calories burned and found the process straightforward. They liked that it was dynamic.
* Some said that the calories change quickly in the real-time calculation.
* One noticed that when setting a goal, it wasn’t sync with the workout he had just added before setting the goal.

After doing some user evaluation we changed things and did some more. In the last evaluation, users didn’t say any significant problem but mainly changes that can be used in expanding the app to something more big.

**Evaluation through CWGPT to our final Figma design:**

**TASK 1:**

### **Action 1: Tap on “Workout Type”**

Subtask: Begin selecting the workout type

#### **i. Will the user try to achieve the right outcome?** Yes – the label and muscle icon clearly invite a workout type selection.

#### **ii. Will the user notice the correct action is available?** Yes – the button is styled to stand out, with good contrast and an arrow suggesting navigation.

#### **iii. Will the user associate this action with the outcome?** Yes – the label “Workout Type” and placement suggest it is where the workout type is set.

#### **iv. Will the user see that progress is made?** Partially – the transition to the new screen is smooth, but there’s no animation or textual confirmation that this is required for calorie estimation.

### **Action 2: Select “Cycling” from the list**

Subtask: Choose a workout from the list

#### **i. Will the user try to achieve the right outcome?** Yes – users expect to pick a specific type of workout.

#### **ii. Will the user notice the correct action?**Yes – all buttons are consistently styled and labeled.

#### **iii. Will the user associate the action with the desired outcome?** Yes – the workout types are clearly labeled with intuitive icons.

#### **iv. Will the user see that progress is being made?** Partially – the screen closes quickly after selection, which is good, but might confuse users if they didn’t catch the brief visual highlight. A short toast message like “Workout selected: Cycling” might help reinforce the feedback.

### **Action 3: System auto-navigates back to main screen**

Subtask: Return to calorie calculator with updated workout type

#### **i. Will the user try to achieve the right outcome?** Yes – the system handles it automatically.

#### **ii. Will the user notice the correct action?** Not applicable – no action required from the user.

#### **iii. Will the user associate the action with the outcome?** Yes – seeing the updated “Workout Type: Cycling” confirms success.

#### **iv. Will the user see that progress is being made?** Yes – the interface reflects the change immediately and clearly.

### **Action 4: Adjust the duration slider to 60 min**

Subtask: Set exercise duration

#### **i. Will the user try to achieve the right outcome?** Yes – the “Duration” section invites interaction.

#### **ii. Will the user notice the correct action?** Yes – the slider is clearly visible and labeled with time range.

#### **iii. Will the user associate the action with the expected result?** Yes – the contextual label under the slider (“Calories are calculated...”) makes the connection clear.

#### **iv. Will the user see that progress is being made?** Yes – calories are calculated instantly, and supportive text with an emoji reinforces success.

### Strengths:

* Clear structure: Logical layout supports the mental model for this task.
* Consistent visuals: Good use of color, iconography, and button shapes.
* Instant feedback: Calorie calculation is shown live as the slider moves.
* Encouraging tone: Friendly language and emoji give the app personality and motivation.

**TASK 2:**

### **Action 1: Tap on “after-workout”**

Subtask: Choose snack timing

#### **Will the user try to achieve the right outcome?** Yes – the label and supporting text clearly communicate intent.

#### **Will the user notice the correct action is available?**Yes – the radio buttons are easily visible and accessible.

#### **Will the user associate the correct action with the expected outcome?** Yes – the phrase *“Aid muscle recovery and refuel”* reinforces the connection with post-workout eating.

#### **Will the user see that progress is being made?** Yes – modal appears right away with relevant options based on this selection.

### **Action 2: Select “Cycling 60 minutes” from modal**

Subtask: Pick a workout to base snack suggestions on

#### **Will the user try to achieve the right outcome?** Yes – the heading *“Your previous workouts”* provides clear direction.

#### **Will the user notice the correct action is available?** Yes – buttons are clearly styled and labeled with icon + duration.

#### **Will the user associate the action with the desired result?** Yes – users will likely infer that the snack suggestions will match the selected workout.

#### **Will the user see that progress is being made?** Yes – the modal closes and the screen updates with personalized snack suggestions.

### Strengths:

* Well-labeled options: Snack timing and workout selection are clearly differentiated.
* Smooth transitions: Modal interactions are consistent and quick.
* Personalization: Snack recommendations are tailored and include calorie info + nutritional type.
* Feedback clarity: “Best choice for you” label is an excellent reinforcement cue.

### Usability Issues to Consider:

1. No back or cancel option in workout selection modal:
   * If a user accidentally opens the modal or wants to change their mind, there's no explicit “Cancel” or “X” to close it.
2. "Select one to see more info" is not clearly actionable:
   * It’s unclear if these snack cards are tappable (e.g., do they expand, link to a recipe, etc.).
   * 🛠 Suggestion: Either make them interactive or remove the hint if tapping has no effect.
3. Mismatch between calories burned and snack size isn't explained:
   * The workout burned ~368 kcal, but none of the options match exactly — this may confuse calorie-focused users.
   * 🛠 Suggestion: Add a short note like *“Snack suggestions are below your burned calories to allow flexibility”* or similar guidance.

**TASK 3:**

### **Action 1: Tap the green "+" button**

Subtask: Start setting a goal

#### **Will the user try to achieve the right outcome?** Yes – clear text: *“Tap the + to get started!”*

#### **Will the user notice the correct action?** Yes – the green FAB is centered and visually prominent.

#### **Will the user associate this action with the expected result?** Yes – the "+" metaphor is widely understood to mean “add”.

#### **Will the user see progress?** Yes – goal type screen appears immediately.

### **Action 2: Select “Calories burned”**

Subtask: Choose what kind of goal to set

#### **Will the user try to achieve the right outcome?** Yes – clear distinction between calorie and workout frequency goals.

#### **Will the user notice the correct action?** Yes – radio buttons are legible and well-separated.

#### **Will the user associate it with their goal?** Yes – the subtitle *“Set a target to hit weekly or daily”* makes the intent clear.

#### **Will the user see progress?** Yes – a green check mark appears to continue.

### **Action 3: Tap green check mark to confirm goal type**

Subtask: Confirm goal type and proceed

#### **Will the user try to achieve the right outcome?** Yes – it feels like a “Next” button after making a selection.

#### **Will the user notice the action?** Yes – appears at the right moment, visually distinct.

#### **Will the user associate it with moving forward?** Yes – conventional mobile pattern.

#### **Will the user see progress?** Yes – the next screen appears asking about the time frame.

### **Action 4: Select “Daily”**

Subtask: Set time scope for the goal

#### **Will the user try to achieve the right outcome?** Yes – clearly worded choice between daily and weekly.

#### **Will the user notice the correct action?** Yes – consistent radio UI.

#### **Will the user associate this choice with time tracking?** Yes – explanations like *“resets each day at midnight”* help.

#### **Will the user see progress?** Yes – check mark appears again.

### **Action 5: Set calorie target with slider and confirm**

Subtask: Enter numeric goal and submit

#### **Will the user try to achieve the right outcome?** Yes – the question *“How many calories do you want to burn?”* is direct.

#### **Will the user notice the correct action?** Yes – the slider is familiar and already used in the app.

#### **Will the user associate the slider with the number?** Partially – there’s no numeric display of the calorie amount, which may frustrate users who want precision.

#### **Will the user see that progress is being made?** Yes – the check mark indicates the action will save the goal.

### Strengths:

* Consistent design across steps
* Logical flow with progressive disclosure
* Clear call-to-action at every stage
* Good copywriting for goal type and time options
* Reuse of slider keeps interaction familiar

### Usability Issues to Improve:

1. Confirmation buttons use an icon-only format
   * While the ✔️ works, some users may prefer a labeled button like “Next” or “Set goal”
2. No input alternative for exact calorie value
   * Sliders can be difficult for fine control
   * Fix: Offer a numeric input box or +/- buttons alongside the slider
3. Flow is multi-step without visible progress
   * Users go through 3+ screens but don’t see how far along they are
   * Fix (optional): Add step indicator (e.g., “Step 2 of 3”)

**Old design**

Our old figma design can be found in the figma link with the title ‘Old design’.

**Evaluation through CWGPT to our old design:**

given information:

We are designing an app for iphone users that helps users calculate burned calories and achieve their fitness goals with three tasks: 1) calculate burned calories based on exercise duration and type 2) get snack suggestion for pre or after workout: for pre workout based on intensity of desired workout and for after workout based on calories burned 3) set a goal: either a calorie goal or days for working out per week. Our users are people with different needs including people that track calories and workout frequently, people that do not workout but want to have some kind of motivation to do so and people who are indifferent about tracking but would enjoy a simple made app. Most users also want to see their progress so they get more encouraged to continue. We want to do some evaluation for our design.

## **CW Evaluation – Task 1**

### **Action 1: Click the dropdown labeled “💪 Type of workout”**

* **Will the user try to achieve the right outcome?** Yes. The label “Workout type” and prompt “Type of workout” match the goal of entering workout information.
* **Will the user notice that the correct action is available?**  Yes. The drop down has a clearly visible down-arrow and emoji, which makes it visually distinct.
* **Will the user associate the correct action with the expected outcome?**  Yes. The combination of label, emoji, and control affordance makes the purpose clear.
* **If the correct action is performed, will the user see that progress is being made?** Yes. The list expands, showing specific workout options — strong feedback that progress is happening.

### **Action 2: Select “🏃‍♂️ Running” from the list**

* **Will the user try to achieve the right outcome?** Yes. They are selecting the specific exercise, which is required.
* **Will the user notice that the correct action is available?** Yes. The items are clearly visible with helpful emojis and spacing.
* **Will the user associate the correct action with the expected outcome?** Yes. The names are common workout types and very understandable.
* **If the correct action is performed, will the user see that progress is being made?** Yes. The selected value is shown immediately in the dropdown field.

### **Action 3: Accept pre-filled “30 minutes” duration**

* **Will the user try to achieve the right outcome?** Yes. The label “Duration” and placeholder “30 minutes” directly relate to their goal.
* **Will the user notice that the correct action is available?** Yes. The dropdown affordance is clearly visible, though a user might miss the fact that it’s changeable unless they explicitly look for it.
* **Will the user associate the correct action with the expected outcome?** Mostly yes. The duration concept is intuitive. However, the default value being pre-selected might make some users overlook that it can be changed.
* **If the correct action is performed, will the user see that progress is being made?** Yes. The field displays the selected duration.

### **Action 4: Click the green “Calculate” button**

* **Will the user try to achieve the right outcome?** Yes. “Calculate” clearly matches their intent to get a result.
* **Will the user notice that the correct action is available?** Yes. The button is large, green, and well-placed — visually prominent.
* **Will the user associate the correct action with the expected outcome?** Yes. The word “Calculate” makes the outcome obvious.
* **If the correct action is performed, will the user see that progress is being made?** Yes. The user is brought to a result screen that directly answers their goal (“368 calories burned”).

## **CW Evaluation – Task 2**

### **Branch A: If workout is logged**

### User is taken to a decision screen, selects **“after-workout”**, and then sees personalized snack suggestions.

#### **Action: Tap 🍎 icon**

* **Will the user try to achieve the right outcome?** *Maybe.* Users may not know the apple icon leads to snack suggestions without labels.
* **Will the user notice the correct action is available?**  Partially. The icon is visible, but its meaning may be ambiguous.
* **Will the user associate the action with the expected outcome?** Possibly not unless the icon is explained somewhere (onboarding, tooltip, etc.).
* **Will the user see that progress is being made?** Yes. The snack-type screen loads immediately, confirming action success.

#### **Action: Select "after-workout" → tap “OK”**

* **Will the user try to achieve the right outcome?** Yes — the wording “Select a snack for…” is clear.
* **Will the user notice the correct action is available?** Yes, both options and buttons are visible and legible.
* **Will the user associate the action with the expected outcome?** Yes. It’s reasonable to expect that “OK” will lead to snack results.
* **Will the user see that progress is being made?** Yes. They are taken directly to the familiar snack suggestion screen.

### **Branch B: If workout is not logged**

User taps 🍎, selects **“after-workout”**, but is blocked with:

“You didn’t log your workout :(”  
[Add your workout] or [See random suggestion]

#### **Action: Select "after-workout" → encounter block screen**

* **Will the user try to achieve the right outcome?** Yes — but they’re appropriately redirected based on system context.
* **Will the user notice the correct action is available?** Yes. The messaging and emoji are friendly, and the two buttons are clearly distinct.
* **Will the user associate the action with the expected outcome?** Yes — "Add your workout" links back to the calorie calculator; “See random” is clear.
* **Will the user see that progress is being made?** Yes. Even though blocked, users see the system understands context and guides next steps.

*This fallback is excellent.* It prevents an empty state and maintains the app's supportive tone.

## **Recommendation Highlights**

1. **Label or tooltip for icons**Add text hints (on tap, hold, or onboarding) to explain what 🍎, 🔥, 🏆 icons do.
2. **Consider merging snack flows**For consistency, consider starting **both** paths at the “pre/post snack?” screen. This improves parity and may reduce maintenance cost.

## **CW Evaluation – Task 3**

### **Action 1: Tap 🏆 trophy icon**

* **Will the user try to achieve the right outcome?**  Possibly. The 🏆 icon suggests “progress” or “achievements,” but it’s abstract unless labeled.
* **Will the user notice the correct action is available?** Yes — it’s part of the always-visible navigation bar.
* **Will the user associate the correct action with the expected outcome?** Weak association unless the user has explored it before or is told explicitly.
* **If the correct action is performed, will the user see that progress is being made?** Yes — they are taken to the “Goals” screen with immediate feedback.

### **Action 2: Tap the “+” button**

* **Will the user try to achieve the right outcome?** Yes. “Tap the + to set your first goal!” gives very explicit instruction.
* **Will the user notice the correct action is available?** Yes. The + icon is large and visually prominent.
* **Will the user associate the correct action with the expected outcome?** Yes. The "+" affordance is universal for "add something new."
* **If the correct action is performed, will the user see that progress is being made?** Yes. A goal selection panel appears right away.

### **Action 3: Select Healthy workout streak and tap ✔️**

* **Will the user try to achieve the right outcome?** Yes. Clear labels make the choices easy to understand.
* **Will the user notice the correct action is available?** Yes. Radio buttons and confirm/cancel options are intuitive.
* **Will the user associate the correct action with the expected outcome?** Yes. Users expect tapping ✔️ to confirm a selection.
* **If the correct action is performed, will the user see that progress is being made?** Yes. The next screen loads immediately and continues the flow.

### **Action 4: Set number of days for the streak and confirm**

* **Will the user try to achieve the right outcome?** Yes. “Number of days for streak” clearly matches user intent.
* **Will the user notice the correct action is available?** Yes. The slider and ✔️ button are visible and interactive.
* **Will the user associate the correct action with the expected outcome?** Yes. It’s a direct, recognizable form input.
* **If the correct action is performed, will the user see that progress is being made?** Likely yes — though confirmation feedback (like a toast or goal overview) would reinforce this.

### **Recommendations:**

1. **Add confirmation feedback after goal is saved**
   * A toast like “Goal saved!” or a visual confirmation screen (progress ring, streak count) would help.
2. **Improve icon affordance**
   * Consider adding a label below the 🏆 or a tooltip like “Goals” on tap/hold.
3. **Show default value in the slider**
   * Add a number (e.g. “5 days”) above the slider to clarify what’s being selected.

**-*Expert Evaluation for old design***

About the first task, there are some things that may confuse the user and need improvement.

## **Suggested Improvements:**

* Add optional tooltips or labels to clarify what each icon means.
* Use grayed-out placeholder text or add "Select workout type..." so it’s clear action is needed.
* Include an **edit option** or quick way to go back and adjust inputs.
* Label the back arrow more clearly or enlarge it.
* Improve CTA clarity: change “select” to “Save snack” or “Add to log”.
* Style selected card with a **highlight or border glow**.
* Replace **underlined snack name** (which looks like a link) with bold or card style.
* Add a small **“✓ Saved” animation** or positive feedback moment.
* Include a “Change snack” or “Edit selection” link.
* Add a subtle green border around completed fields, or enable the "Calculate" button only when both are filled.
* Use a label like “Save snack”, “Confirm choice”, or “Add to plan” to clarify the result of tapping.
* Rename the button“Go back home” to match user goals : “Return to Tracker”

**About the second task:**

* Change “OK” to something more meaningful like:
  + “Show snack suggestions”
  + “See recommendations”
  + “Continue”
* “Pre-workout” and “After-workout” could benefit from a 1-line description underneath for newer users.

“See random suggestion” could be more engaging or explain the benefit. Suggestion:

* + - “Surprise me with a snack”
    - “Give me a random idea”
    - “Browse snacks anyway”
* The screen says you didn’t log your workout — but doesn’t explain why that matters.
* A user may just want to go back. No visible way to exit the screen without making a choice.
* “Low,” “Medium,” and “High” mean different things to different people.
  + Suggestion: Add one-line helper text:
    - Low – Light movement (e.g., yoga, walking)
    - Medium – Steady workout (e.g., weights, cycling)
    - High – Intense effort (e.g., HIIT, sprinting)
* Option to Go Back or Change Intensity

**Third task:**

* Add a label under the trophy emoji
* Users might not fully grasp the difference without examples or descriptions.
  + Suggestion: Add brief helper text under each option, e.g.:
    - Calories burned — “Set a target to hit weekly or daily”
    - Snack streak — “Track how often you choose healthy snacks”
    - Workouts/week — “Set how many times to train weekly”
* “Set a new goal” is good, but a subheading or short instruction could make it stronger.