



One WOD at a Time

A **CrossFit** Application

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What is Crossfit?



Motivation for CrossMetRx

Our goal is to extend the CrossFit community such that coaches and members can have a better platform for interaction.

We will accomplish this by:

1. Creating a tool for coaches to **program** workouts
2. Providing a simple way for members to **record** their performance
3. Displaying performance data in a clear and relevant way

Core Personas



Jim, the coach

- His gym uses *Beyond the Whiteboard* to post workouts to members.
- He finds that it is tedious to enter the WODs into *BTW*, but it is worth it to have a digital tracking system for his members.



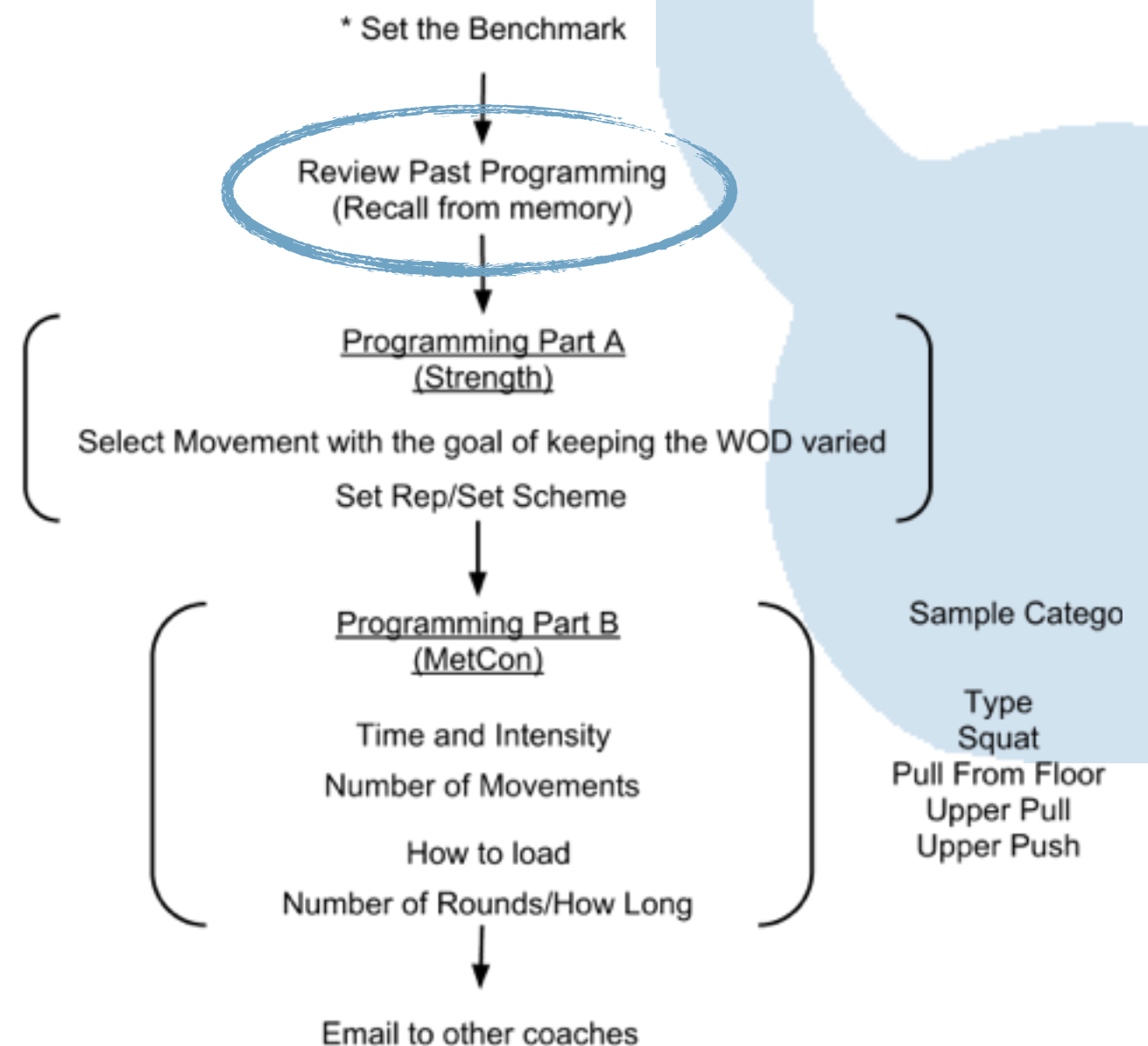
Rachel, the regular

- She keeps a paper journal of her workouts
- She would like a better view of her status and progress.

Programming Contextual Inquiry

Coaches review what was programmed the previous week to ensure that WODs are varied

- o Our design needs to allow coaches to **view past WODs** and the frequency that each movement has been used



Programming Paper Prototype

LockerX

One WOD at a Time

User Group

Programming

	<div>March 1</div> <div>A</div> <div>Muscle Snatch</div> <div>Snatch Balance</div> <div>Snatch</div>	<div>B</div> <div>3 Rounds:</div> <div>Run 400m</div> <div>2 Minutes Rest</div>	<div>March 2</div> <div>A</div> <div>Bench Press</div>	<div>B</div> <div>Box Jumps</div> <div>Push Press</div> <div>Pull Ups</div> <div>Burpees</div>	<div>March 3</div> <div>A</div> <div>B</div>	<div>March 4</div> <div>A</div> <div>B</div>	<div>March 5</div> <div>A</div>
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WOD Builder

WOD Type

WOD Limit

User Group

Add Rest

Add Multiplier

Movement Name	Time	Reps	Weight	X
<input type="checkbox"/> Push Jerk	-	100	100	
<input type="checkbox"/> Squats Clean	-	-	-	
<input type="checkbox"/> Pull ups	-	-	-	
<input type="checkbox"/> Good Morning	-	-	-	
<input type="checkbox"/> Rest	-			

3

Publish

<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Push Jerk</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Pull Ups</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>	<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Push Jerk</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Clean & Jerk</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>
<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Snatch</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Push Ups</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>	<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Sumo Deadlift High Pull</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Good Mornings</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>
<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Push Press</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>HS PU</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>	<div>Movement Name</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Squats Clean</div> <div> <div>calendar</div> <div>+</div> </div> <div> <div>Muscle Ups</div> <div> <div>calendar</div> <div>+</div> </div> </div></div>

Movement Name

calendar

+

calendar

+

calendar

+

calendar

+

Tuesday, April 24, 12

Programming Paper Prototype

LockerX
One WOD at a Time

User Group Programming

	March 1	March 2	March 3	March 4	March 5
	A B	A B	A B	A B	A
	Muscle Snatch Snatch Balance Snatch	Bench Press Box Jumps Push Press Pull Ups Burpees			

WOD Builder

WOD Type Add Rest

WOD Limit Add Multiplier

User Group

Movement Name	Time	Reps	Weight	X
<input type="checkbox"/> Push Jerk	-	100	100	
<input type="checkbox"/> Squats Clean	-	-	-	
<input type="checkbox"/> Pull ups	-	-	-	
<input type="checkbox"/> Good Morning	-	-	-	
<input type="checkbox"/> Rest	-	-	-	

Movement Name

Push Jerk
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 1 day ago

Pull Ups
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 5 days ago

Snatch
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 8 days ago

Push Ups
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

Push Press
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

HS PU
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

Clean & Jerk
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

Sumo Deadlift High Pull
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

Good Mornings
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

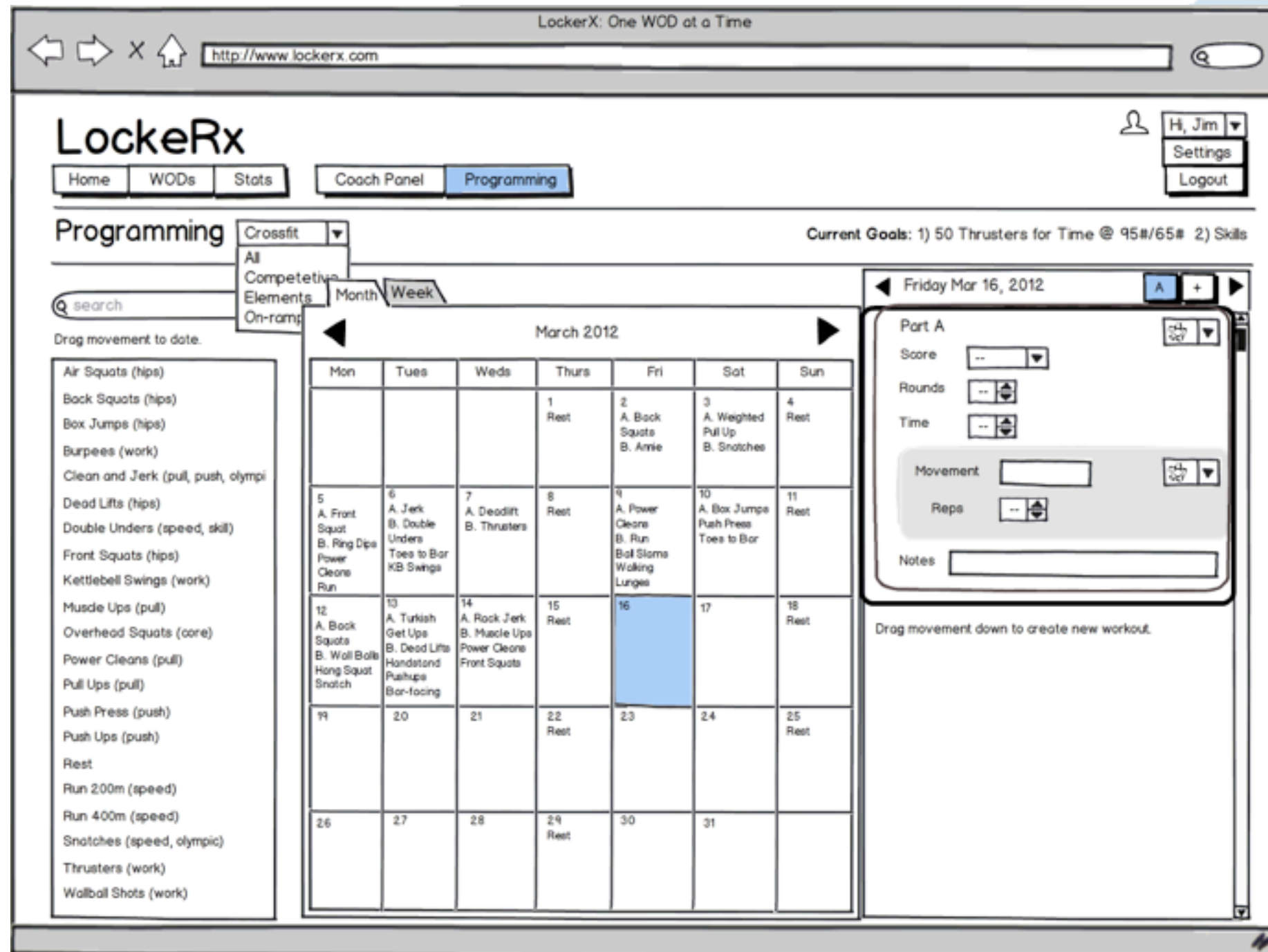
Squats Clean
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago

Muscle Ups
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor
Last used: 25 days ago


Publish

Coaches want a month view to lay out the movements for the entire month

Programming Balsamiq Prototype



Programming Functional Prototype



HOMESTATSPANELPROGRAMMINGSETTINGSLOGOUT

Programming

Group:

Drag & drop to add

Air Squats

Back Squats

Bench Press

Box Jumps

Burpees

Cartwheel

Clean and Jerk

Deadlifts

Dips

Double Unders

Farmer's Carries

Front Squats

GHD Sit ups

◀▶ today

April 2012

month week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

Current Goals: 400 meter run, snatch

< April 23, 2012 >

Add WOD Part

Part A

Settings

Score

Time

Rounds

5

Time

minutes

Burpees

Settings

Reps

15

Weight

M

F

lbs

Height

M

F

in

Clean and Jerk

Settings

Reps

5

Weight

M

100

F

80

lbs

Height

M

F

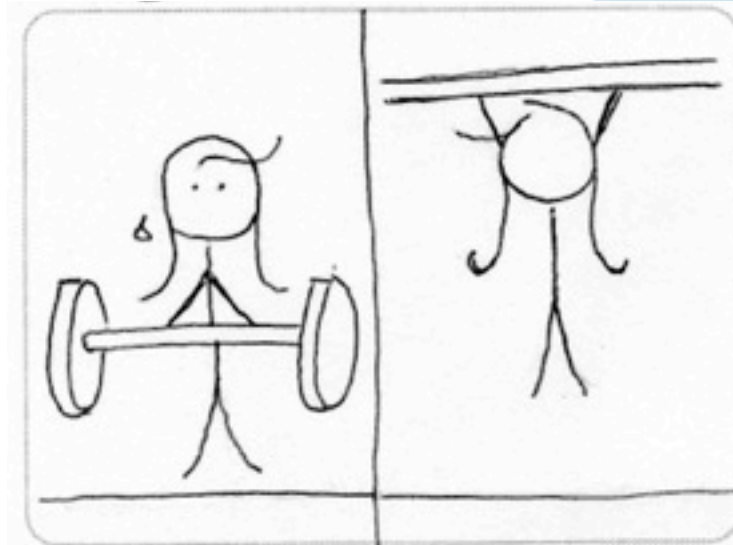
in

Submit

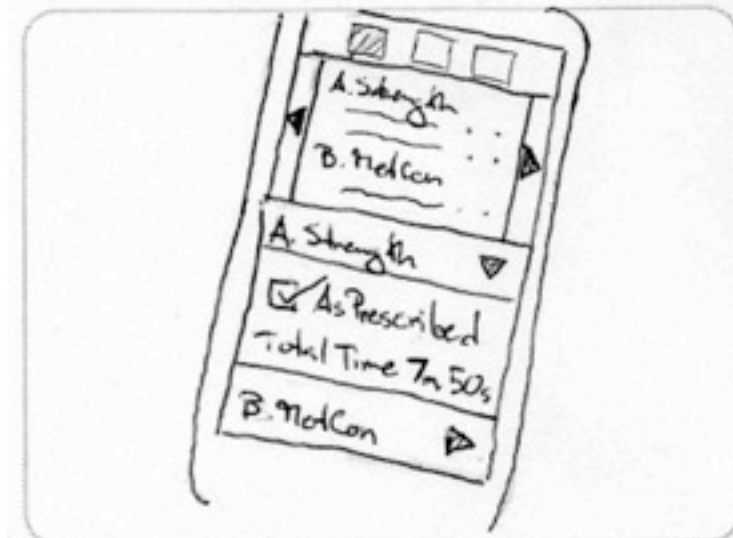
Logging Contextual Inquiry

Members do not want to become obsessive about logging their workouts. They like to leave their paper journals at the gym.

- o Our design needs to allow gym members a quick and simple way of logging their results **while they are at the gym**.






Shot 3: Rachel does the Strength portion of today's workout.



Shot 5: After her workout, she enters her scores into her phone.

Mobile Logging Prototypes

Back   

Feb 27, 2012

A. Strength
3 Rounds
Row - 300 meters
Wall Ball - 20 reps, 20 lbs
Pull Ups - 10 reps

B. Metcon
3 Rounds
Run - 400 meters.




A. Strength

☒ As Prescribed
Total Time: min sec

B. Metcon

Notes:

ABC 3G 12:21 AM

WOD   

Day Month

Feb 27, 2012


A. 3 Rounds for time ⓘ
Row - 300 m
Wall Ball - 20 reps, 20 lbs
Pull Ups - 10 reps

B. 3 Rounds for time ⓘ
Run - 400 m

A. ☒ As Prescribed
Total Time: min sec

B. ☒ As Prescribed
Total Time: min sec

Notes:



WOD My Stats Community

Thu, April 19, 2012

A. Strength

Back Squat 5-5-5

Weight (in pounds)

B. Max Rounds Plus Reps in 12min

3 Strict Pull-Ups

9 Kipping Pull-Ups

12 Front Squats @ 115#/75#

Mobile Logging Prototypes

A hand-drawn prototype of a mobile logging interface. It features a 'Back' button and three icons (a pencil, a person, and a group of people) at the top. The main content area is divided into two sections: 'A. Strength' and 'B. Metcon'. Section A includes '3 Rounds' and a list of exercises: 'Row - 300 meters', 'Wall Ball - 20 reps, 20lbs', and 'Pull Ups - 10 reps'. Section B includes '3 Rounds' and 'Run - 400 meters'. Below these sections, there is a checkbox labeled 'As Prescribed' which is checked, followed by a 'Total Time' field with 'min' and 'sec' sub-fields. A 'Notes' section is at the bottom.

A digital prototype of a mobile logging interface. It shows a status bar at the top with 'ABC 3G' and '12:21 AM'. Below the status bar are icons for 'WOD', a person, a group of people, and a settings gear. There are tabs for 'Day' and 'Month'. The main content area shows a date 'Feb 27, 2012' and a list of exercises: 'A. 3 Rounds', 'Row - 300 meters', 'Wall Ball - 20 reps, 20 lbs', 'Pull Ups - 10 reps', and 'Run - 400 m'. There are checkboxes for 'As Prescribed' and 'As P' (partially visible). A blue callout bubble with a black border is overlaid on the interface, containing the text: 'Simplified logging by moving input fields to be directly under descriptions.'

A digital prototype of a mobile logging interface for 'CROSSMETRX'. It features a header with the 'CROSSMETRX' logo and three tabs: 'WOD', 'My Stats', and 'Community'. The main content area shows a date 'Thu, April 19, 2012'. Below the date, there are two sections: 'A. Strength' and 'B. Max Rounds Plus Reps in 12min'. Section A includes 'Back Squat 5-5-5' and a 'Weight (in pounds)' input field. Section B includes '3 Strict Pull-Ups', '9 Kipping Pull-Ups', and '12 Front Squats @ 115#/75#'.

User Testing

Task #1 - Coach

Goal: Test the efficiency of entering WODs into our system

Task: A coach will input a pre-programmed week's worth of WODs.

Task #2 - Coach

Goal: Test how our user interface supports the programming task.

Task: A coach will program and input a week's worth of WODs.

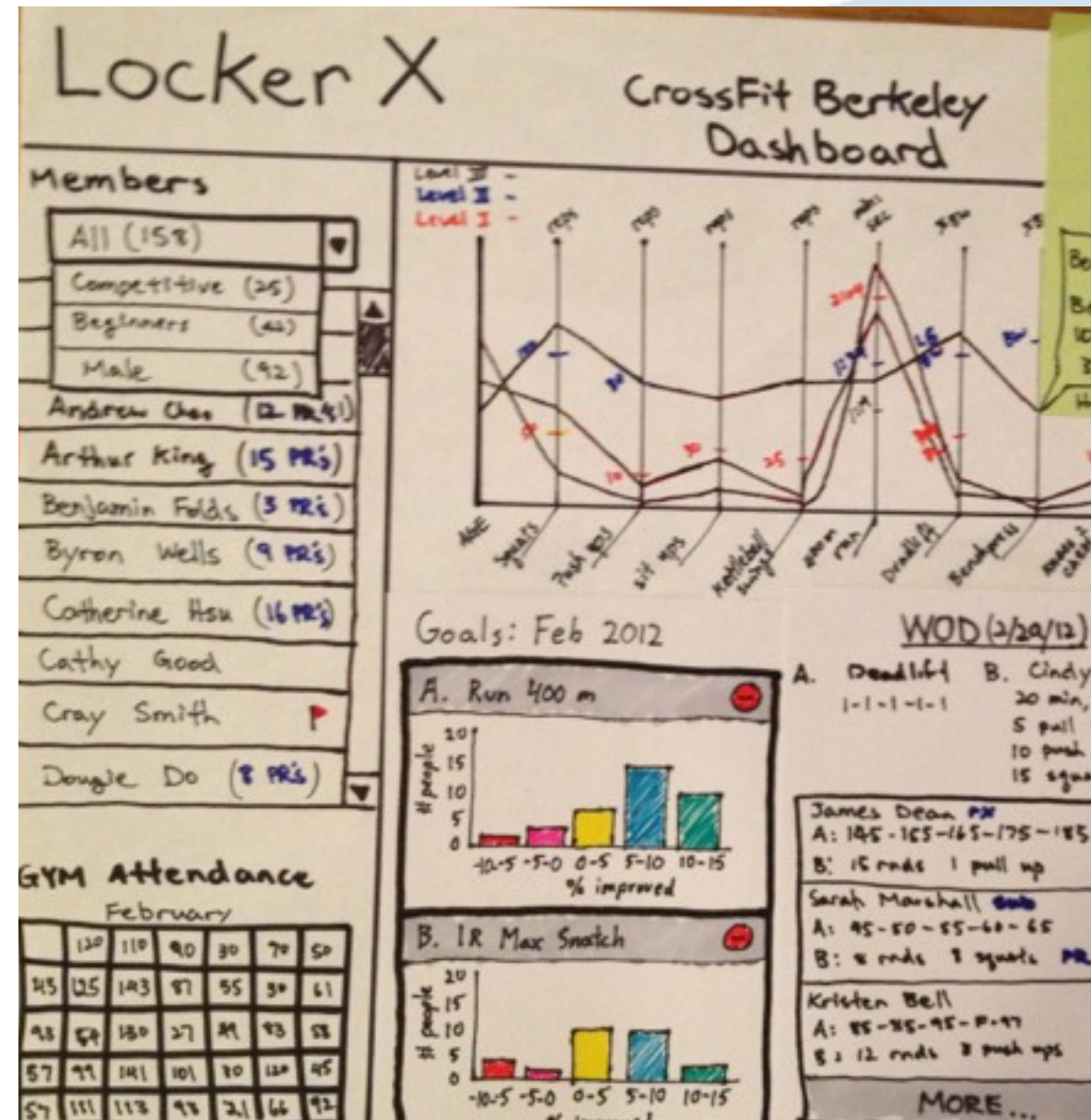
Task #3 - Gym Member

Goal: Test if our interface is quick and easy to use.

Task: A gym member who has just completed a workout will log the results.

Future Plans

- User Testing
- Individual Performance Metrics
- Coach's Panel for gym performance
- Virtual Whiteboard
- Mobile Works for past data entry



Questions

