National College of Ireland

Design and Testing Document

Topic: Fitness - Gym and Nutrition

Website: http://gymandnutrition.com

CA 3: Usability Design Project Deliverable 2

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1 Executive Summary

Staying well and fit is every human being's dream, looking good in every outfit and be able to present just the way we imagine ourselves in our thoughts in mind but daily work and stress sometimes keeps us away from fulfilling all those dreams and we wish "if there was a tool that could guide me and save time searching around on Google and provide me all fitness, nutrition and gym related information and news on one place would be great".

So, backing this idea, we have decided to develop a website platform that would provide fitness, gym and nutrition information all on one site and on top of it the users will also have the option to clear their confusions and ask answers to their questions from experts and other users on the website. Our goal is to keep the website as simple and usable as possible in order to serve users with different levels of technical skills or minimal technical skills as we would also be aiming to help our elderly to be able to navigate the site easily and benefit from the site (example: font resizer function).

The aim of this report is to discuss design principles and patterns implemented and provide design prototypes and conduct usability testing on the system.

Let's, start with prototyping and alongside we will provide details and discuss design principles & patterns used in prototyping of the system-

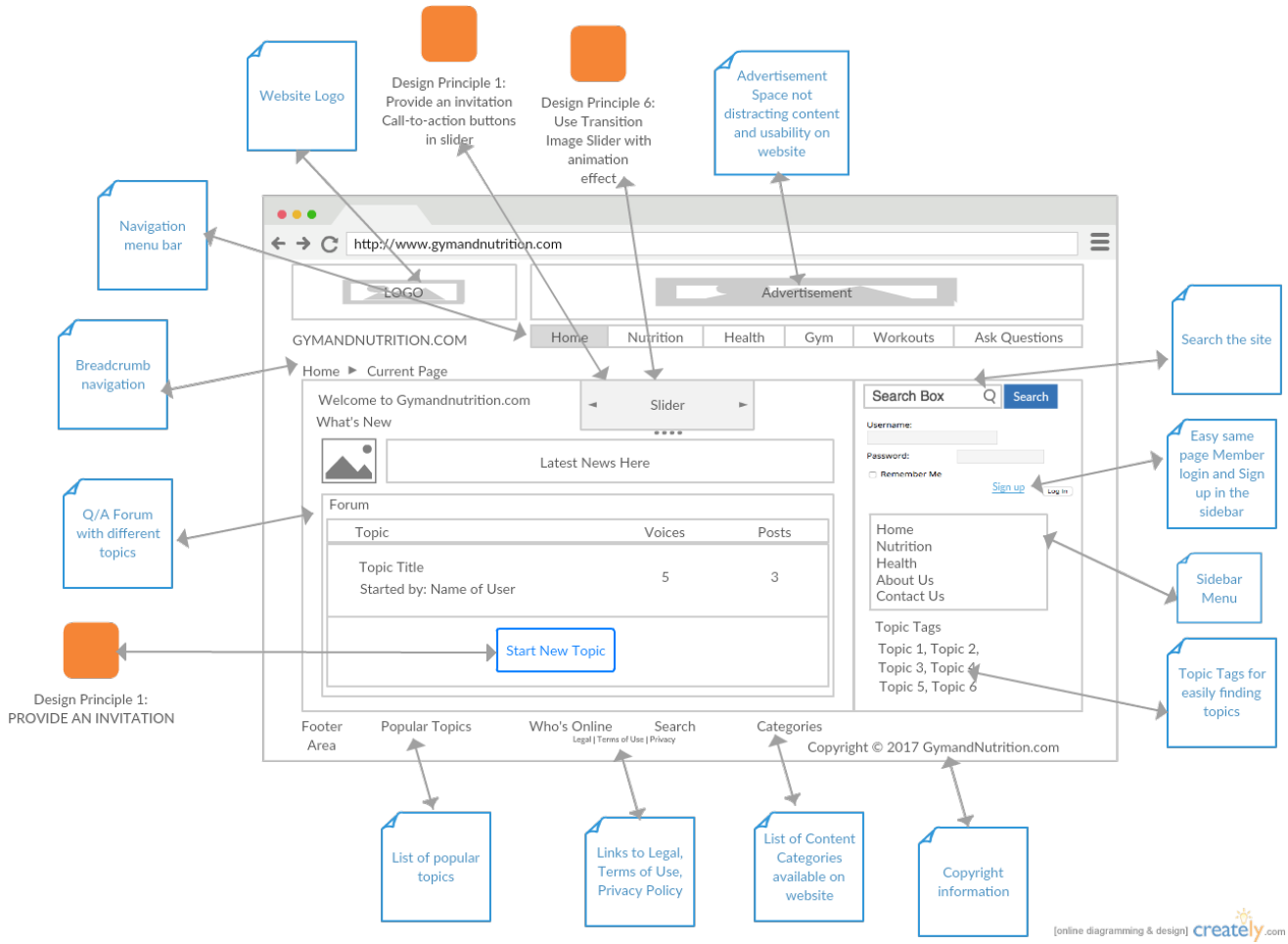
2 Prototyping

Low-fidelity Prototype

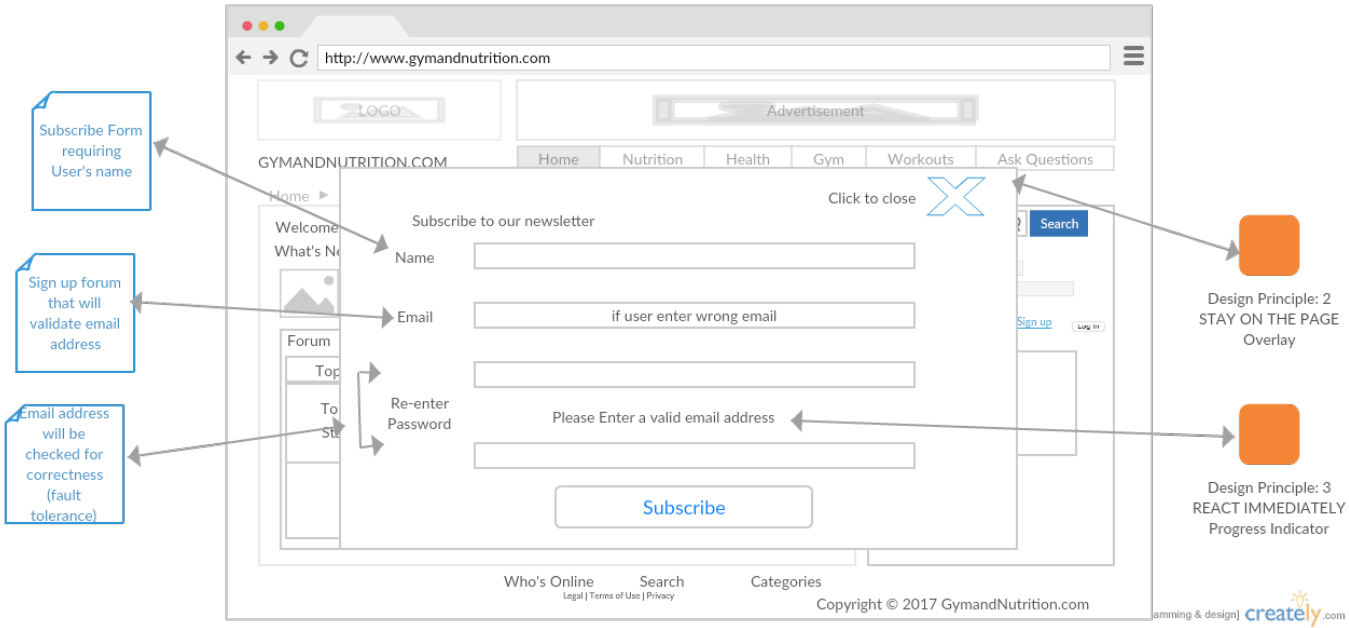
The low-fidelity prototype section contains 3 wireframes of the system been designed and tested in this report.

Wireframe 1 available on next page (due to large size of prototype)

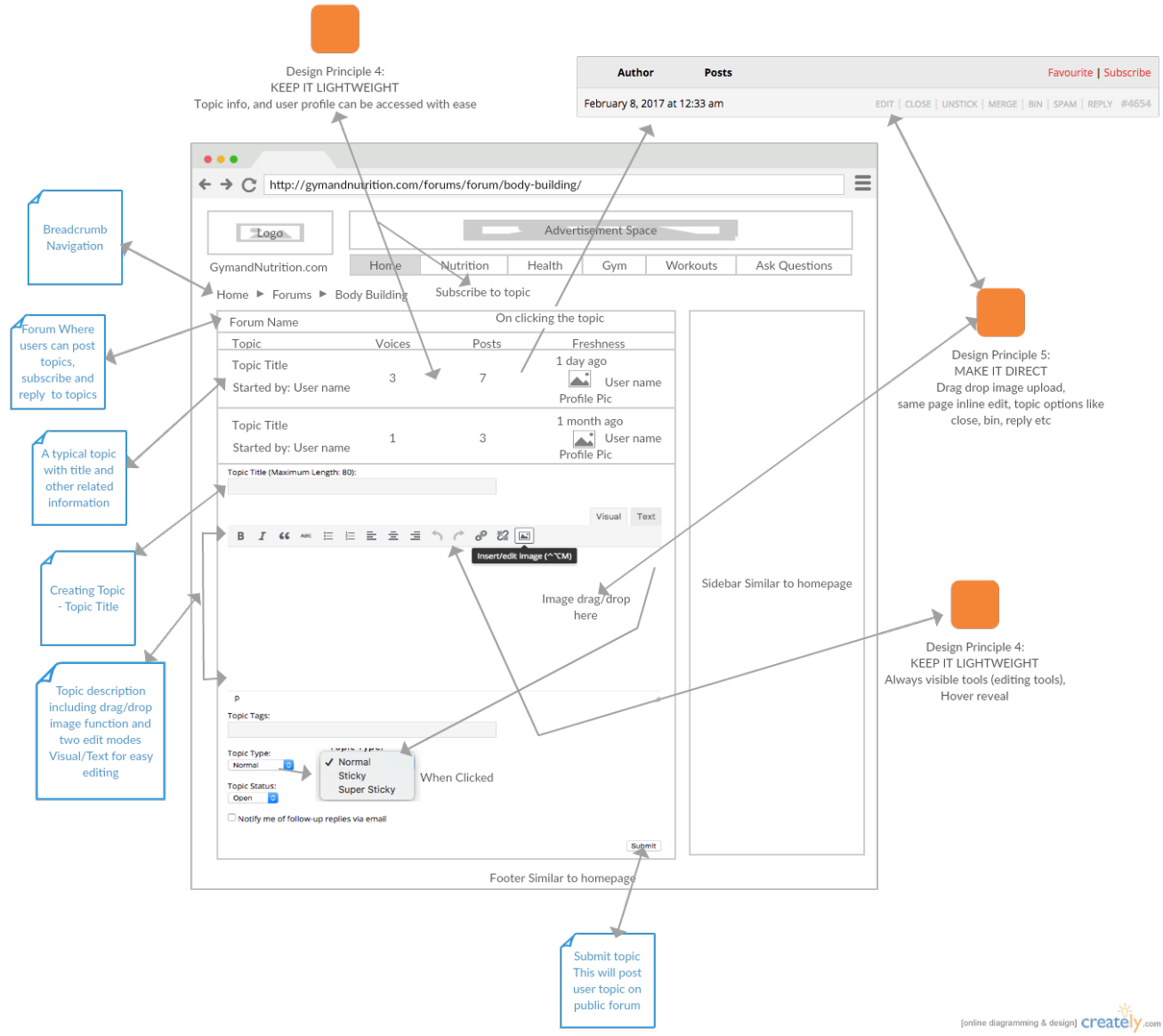
Wireframe 1



Wireframe 2

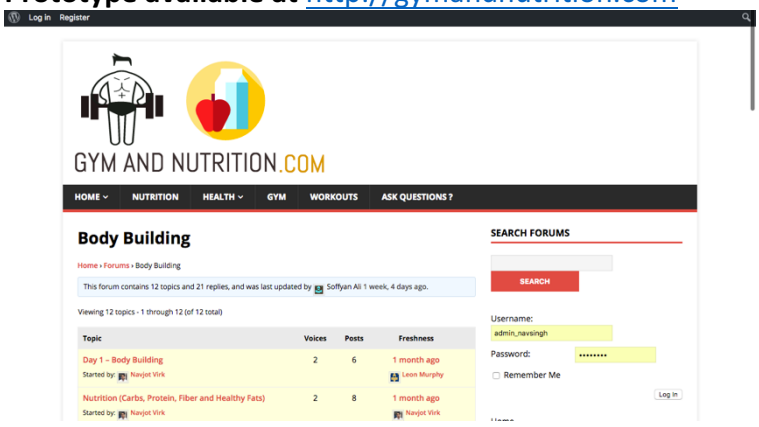


Wireframe 3



High-Fidelity Prototype

Prototype available at http://gymandnutrition.com

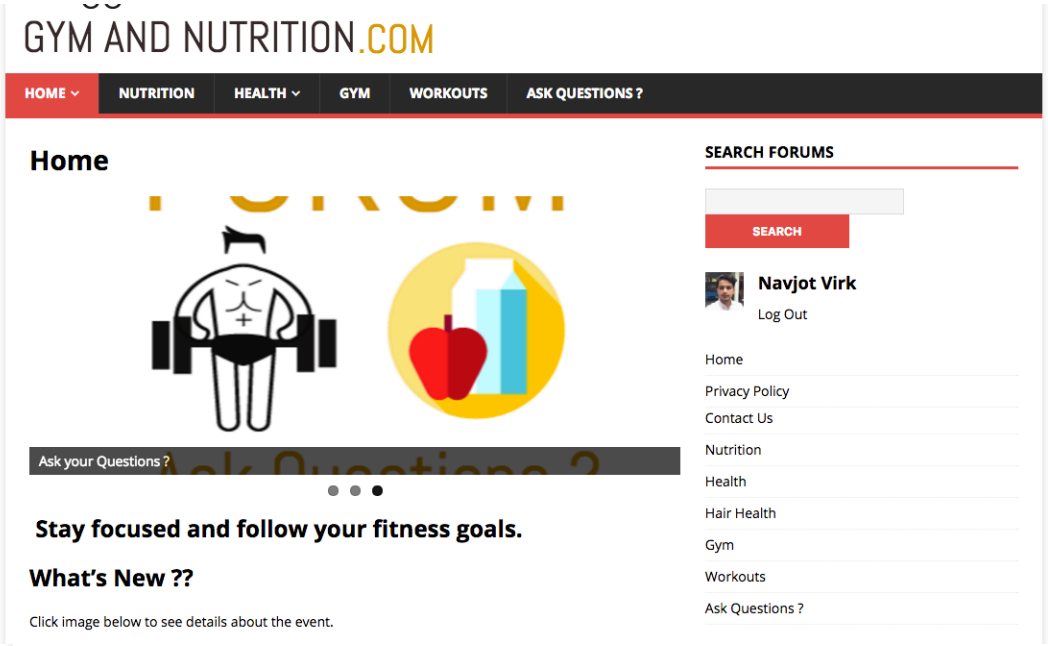


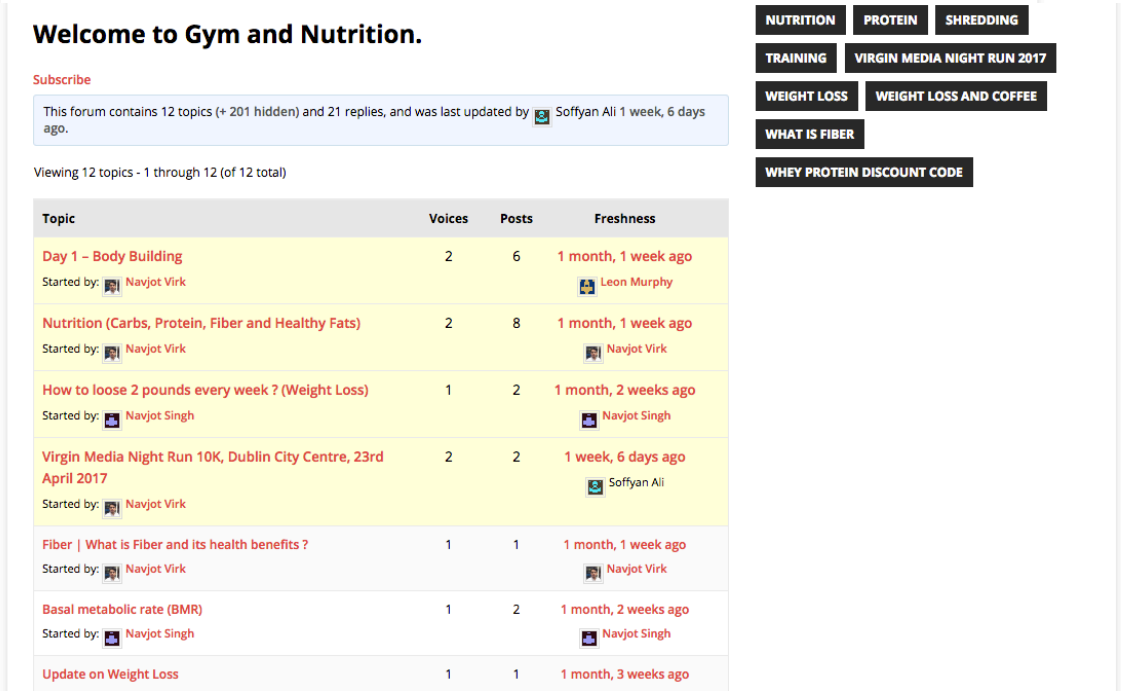
The prototype is developed using Wordpress which is a widely-used CMS (Content Management System). Different plugins and some manual html, css and javascripts are used to achieve prototype requirements.

Let’s, look at the prototype screen shots in order of implementation of our Low-fidelity prototypes (wireframes) –

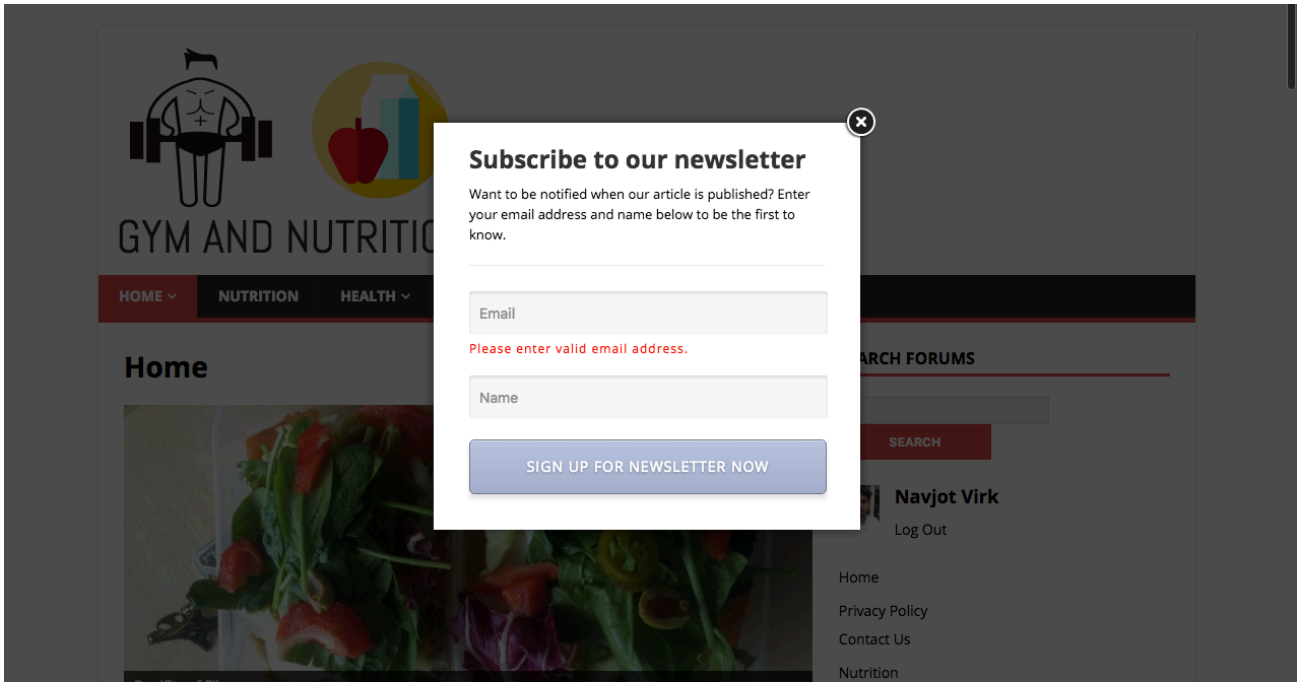
High Fidelity Implementation

Wireframe 1

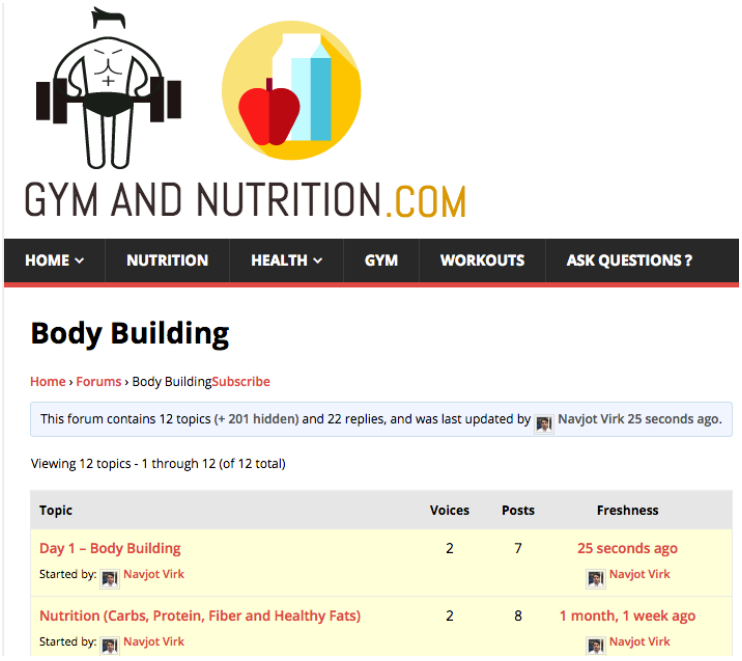


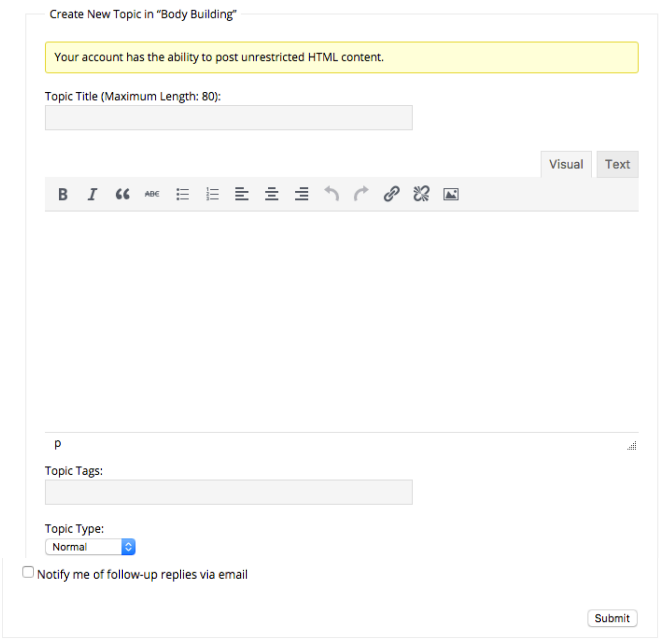


Wireframe 2



Wireframe 3





Now we will look at the testing -

3 Testing

Techniques

As part of testing, we have decided to design two testing measures that comply in Testing techniques which are based Five Second Test and a Trunk Test. Both test are on 5 participants which will complete specified tasks. The five Second Test will identify whether the homepage content is clear and concise. If the page is understandable, then the user will easily find the content and accurately identify the purpose of the site.
We have design Trunk Test to quickly determine where the users can analyse navigation & information architecture. The content on a page is important for the visual elements & indicators, which will allow users to communicate by understanding where they are within the site like going through breadcrumbs and navigation.

The Consent form filled by every subject that participated in this study is available in the Appendix A of this document.

Five Second Test

You will see the GymAndNutrition site homepage for five seconds where you will have to remember everything what you saw and answer the following question regarding on your expectations.

Once the 5 seconds are over then you will be asked following question to assure that the content is easy and concise.

Question 1: What is this site about?
Question 2: Which element on the page did you focus on most?
Question 3: How long it took you to find the Nutrition topics?

Answers of Participant's:

Participant 1

A1: Well the site is about Nutrition and exercising.
A2: As I was searching for nutrition plan because I wanted to find useful posts on dieting meal plans.
A3: It took me 2 seconds because in the site there is mentioned many nutrition relation stuff.

Participant 2

A1: It's about Fitness as far as I can see. I see the website looks like a blog page
A2: I find website very useful because most of the site is on about nutrition as I have a great internet in learning about nutrition diet.
A3: My search was on the nutrition which I find it very useful and it didn't take me much time to find related article on the site.

Participant 3

A1: For me fitness is the key to be living healthy life so I don't see much of bodybuilding exercising posts. I have seen a one article by scrolling down.
A2: My focus was on the searching for article on exercise and I've seen by scrolling where I found Gym scroll down menu and workout.
A3: Yeah, I did see the Nutrition menu on the top beside Home and the content looked great.

Participant 4

A1: This site is about fitness and nutrition guide where you can find useful articles. A person like myself who loves eating balanced food would love this site to follow.
A2: I went searching for nutrition guide as I love learning new healthy recipes from a wide range of foods.
A3: Well, it wasn't so hard to find health related stuff. The top menu looked simple to find nutrition page and at the bottom of the page I could see some nutrition article's that I wanted to click but five seconds weren't enough.

Participant 5

A1: I have been on this website before as I was searching for health-related topics to gain more knowledge and I got into this website. Yeah, this website is great and I look forwards to see more healthy stuff in future.

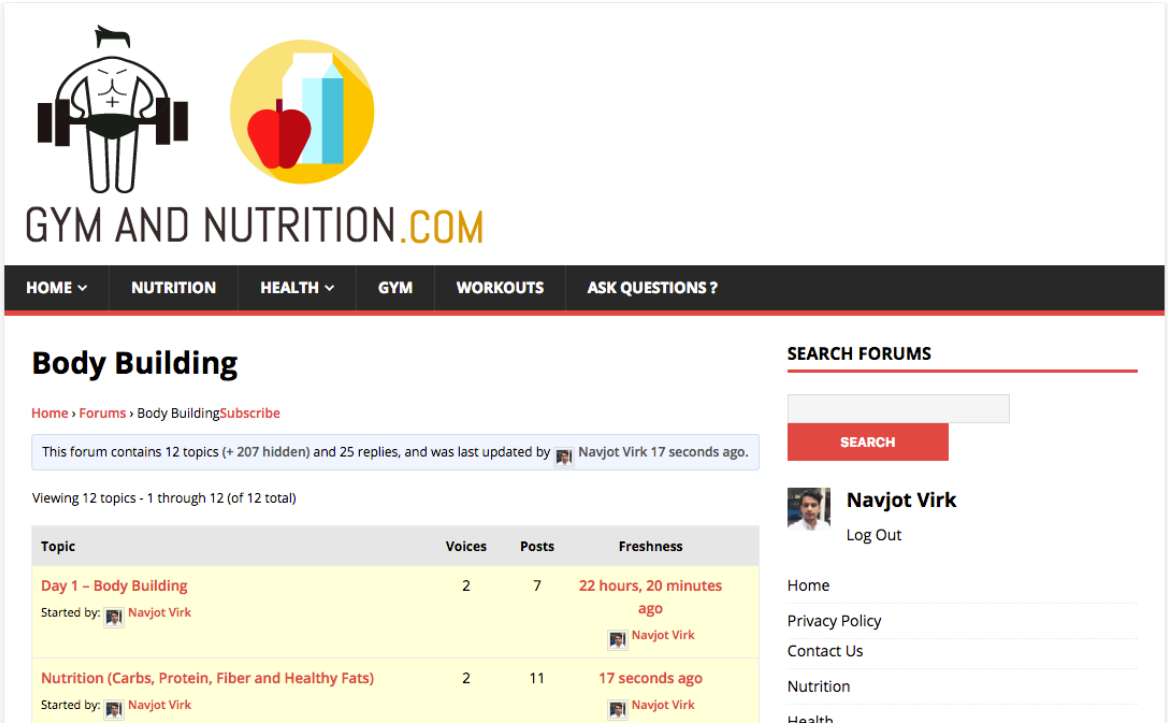
A2: Most of the stuff in the website is very useful but I found the exercises part forum part very interesting. I'd like to ask question to experienced nutritionist about my diet.

A3: Yeah, nutrition menu on top was easy to find.

The Link to Five Second Test https://usabilityhub.com/do/143682475c76/f6a7

Trunk Test

Steve Krug proposed the following test of navigation. We are presenting a page of our prototype website to the users and below are the 5 participants that were asked questions by using the site where they will have to locate the following question items as quickly as possible:



The Link to the website: www.gymandnutrition.com

Participants Questions

I wanted to find a health and nutrition website that could benefit me on my daily intake and keep me fit. This particular website does a rather good job of creating an easy to navigate site with a few outstanding expectations.

- **Site ID** (What site is this?)
  I can immediately know what site I am in because of the large and simple web address and logo at the top of the page.
- **Page Name** (Where am I? What page am I on?
  I am on Forum where I've opened a Bodybuilding posts.
- **Sections** (What are the major sections? Are the major sections are outlined?)
  The major sections are Home, Nutrition, Health, Gym, Workouts, Ask Questions. Yes, the major section has subsection which will not be easy to get lost in the website.
- **Local Navigation** (What are my options at this level?)
  Within the major sections like Nutrition, the site doesn't have a navigation to the posts on nutrition. Same with the Gym section, I don't see any navigation on the right-hand side for easy navigation.
- **Where am I?** (Is there a 'You Are Here'? E.g. Breadcrumbs) The website makes use of page names and breadcrumbs to allow users to know where they are at any given time. But in case of forms, the navigation and other distraction should be removed when a user must fill out a form or by completing a checkout process. The current page of bodybuilding posts, I can see the breadcrumbs which is easy to see navigation.
- **How can I search?** (For large sites only)
  Yes, it has search box on the top right corner where I can make any quest.

Participants	Time Taken	User Findings	Deviation
1	1 min	In my opinion the site has any easy navigation process. Going back to home is easy by hitting logo and breadcrumb navigation	I think there not many sub option of the major section like Nutrition, Gym and Workouts.
2	45s	I found very easy navigation through the logo. It's very easy to go to other major sections	I feel that there should be a tiny home button that would follow down when scrolling up and down.
3	1.25 min	It was a bit hard to get back to the navigation when I was in the centre of the website. The navigation overall was great especially the logo button that bring you back to the homepage.	I suggest that there should be a local navigation on to the right of the page instead of the bottom of the page. It will make the site more good structure of design.
4	1.50 min	The site looked great but less content. The navigation part was not so hard.	I feel the logo is too big and the log in button is not organized.
5	58 s	In forum, the posts looked great and breadcrumbs made it easier to find where I was.	The site need a bit more content and subsections and also it needs to be organized

Think Aloud

The Think Aloud method was originally introduced by Clayton Lewis in the usability field. This technique was popular by testing and user's acknowledging the usability design. In this technique, we have one participant and below is the link for the demonstration by the user.

Video/Screening recording

Link/File name
https://soffyanali.tinytake.com/sf/MTU1MDczN181MzU0MDk2

Results

- **Task Name / Number**
  Soffyan Ali

- **Task Goal**
  Looking for a Nutrition Diet and fill out a forum.

- **Start & End Times**
  1 – 5 minutes

- **Expected / Ideal Behaviour**
  I look for any easy guide where I can easy find an information on nutrition articles.

- **Actual Behaviour**
  Found the article on Nutrition but was hard to find as there's was nothing when click in Nutrition major section on the top. The content is less.

- **Notes/ Comments**
  Need a lot of content and organization.

- **Anything additional**
  N/A

Heuristic Evaluation

4 Conclusion

5 Appendix A

Consent Form

Form filled and submitted by every subject that participated in this study, voluntary interviews and usability testing.

Consent Form	
(Usability Design Prototype Design and Testing) Consent Form I …….. agree to participate in the prototype and testing research study carried by Navjot Singh and Soffyan Ali for their Usability design project. The purpose and nature of the study has been explained to me. And I understand and agree that my participation is voluntary and I am completely free to refuse or opt out of the study anytime. I give permission for my interview to the research team. I understand that the data collected from my participation may be used for purposes like thesis, journal publication etc.), and I consent it to be used in that manner.	
Signed ……	**Date** **…./…../20….**
Name (please print your Full name in CAPITAL LETTERS) ……..	