

Design and Testing Document

Topic: Fitness - Gym and Nutrition

Website: <http://gymandnutrition.com>

CA 3: Usability Design Project Deliverable 2

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Submitted to:

Leone Deasy

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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-

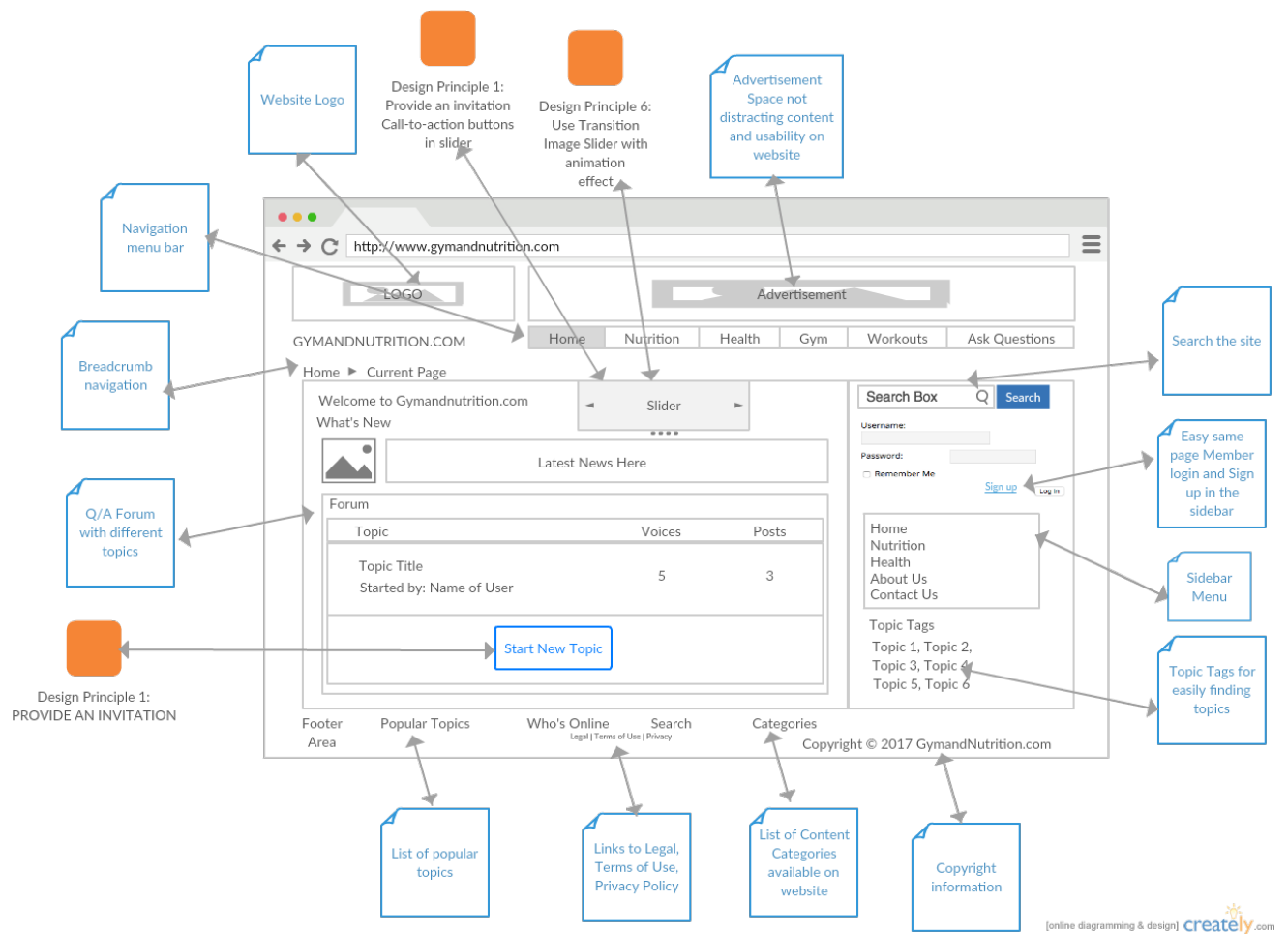
2 Prototyping

Low-fidelity Prototype

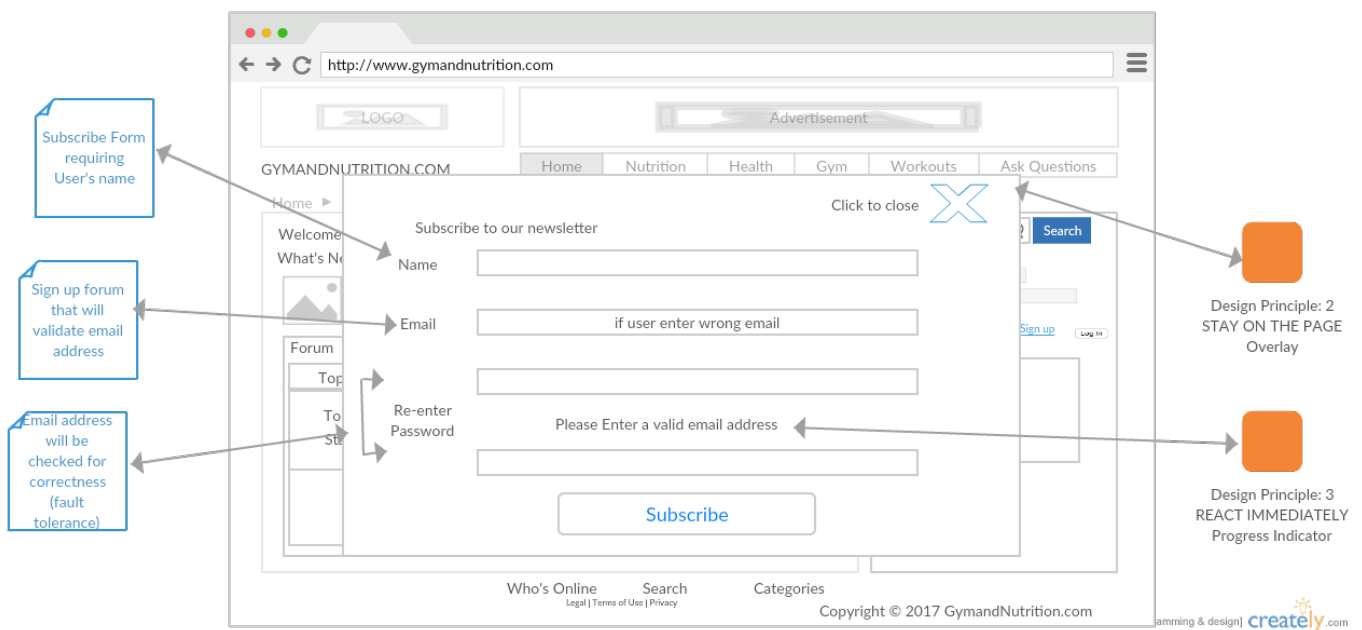
The low-fidelity prototype section contains 3 wireframes of the system been designed and tested in this report.

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

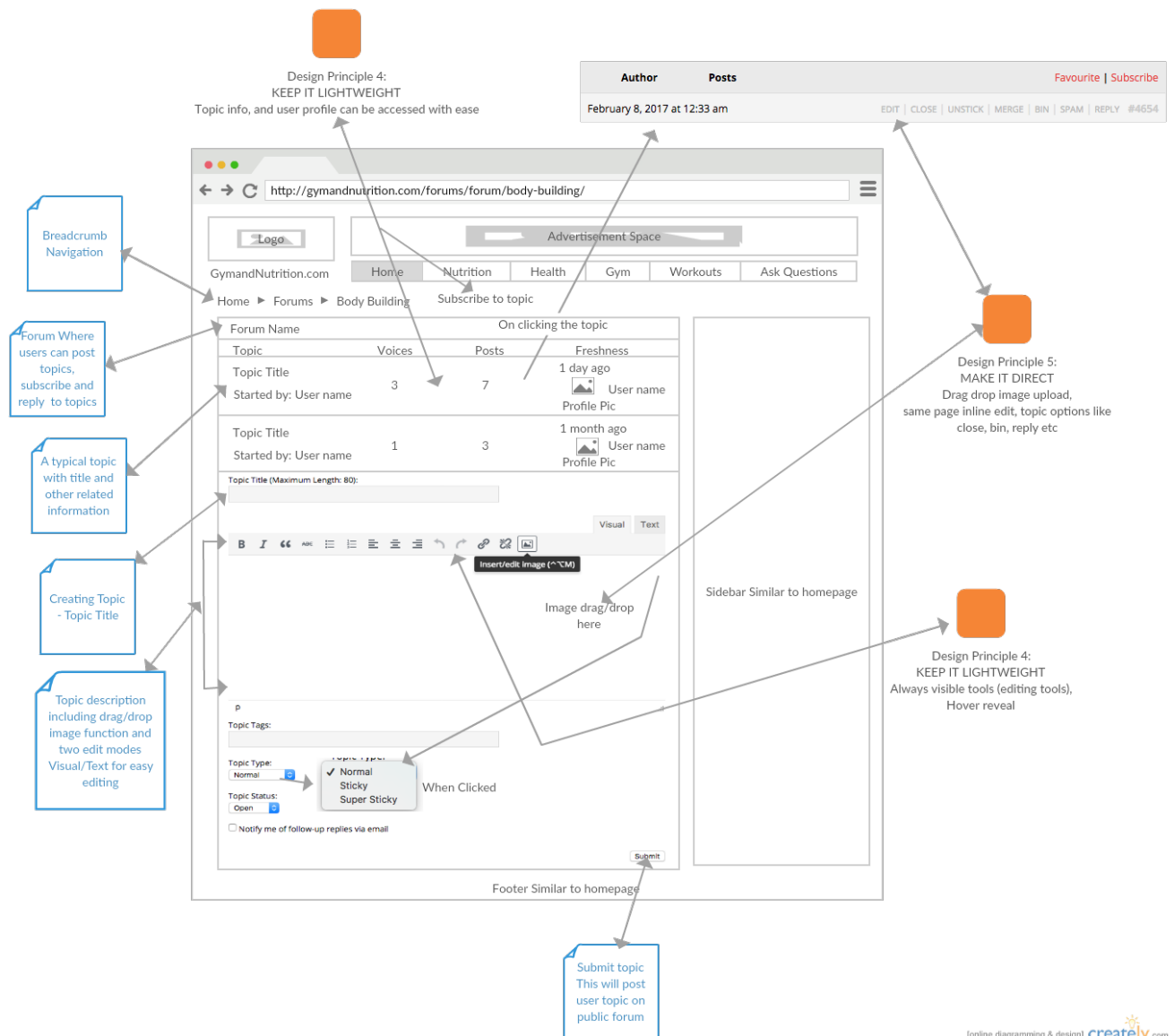
Wireframe 1



Wireframe 2



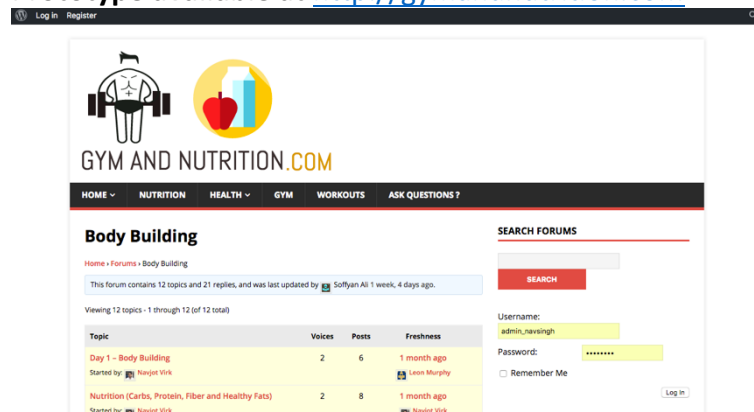
Wireframe 3



[online diagramming & design] [creately.com](https://www.creately.com)

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

GYM AND NUTRITION.COM

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Home



Ask your Questions ?


Stay focused and follow your fitness goals.

What's New ??

Click image below to see details about the event.

SEARCH FORUMS

SEARCH

 **Navjot Virk**
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[TRAINING](#) [VIRGIN MEDIA NIGHT RUN 2017](#)


[WEIGHT LOSS](#) [WEIGHT LOSS AND COFFEE](#)

[WHAT IS FIBER](#)













[WHEY PROTEIN DISCOUNT CODE](#)

Welcome to Gym and Nutrition.

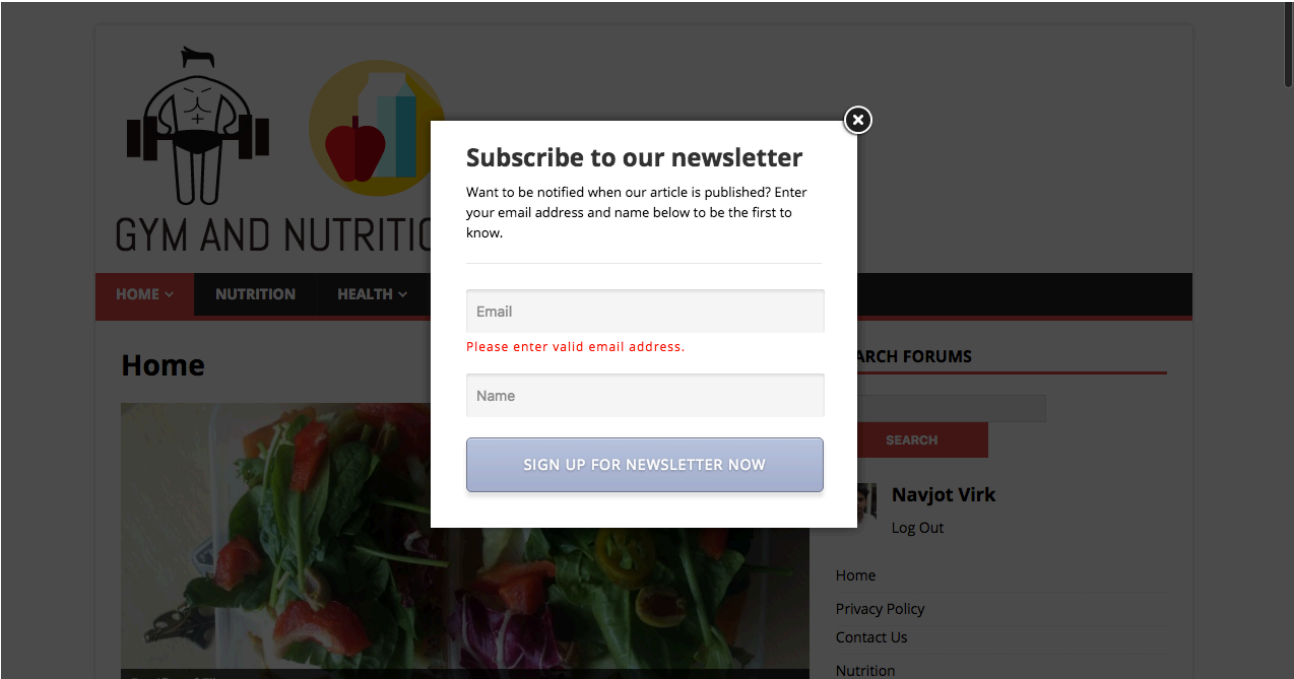
Subscribe

This forum contains 12 topics (+ 201 hidden) and 21 replies, and was last updated by  Soffyan Ali 1 week, 6 days ago.

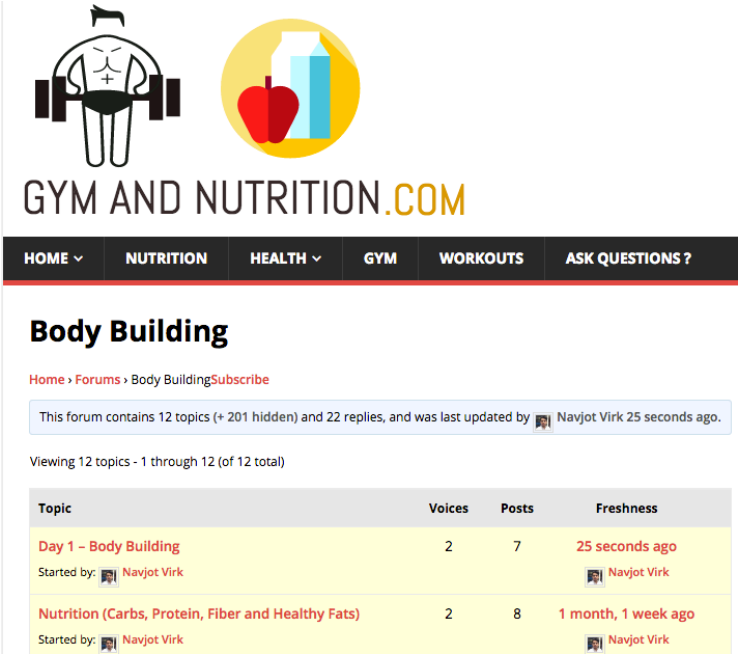
Viewing 12 topics - 1 through 12 (of 12 total)

Topic	Voices	Posts	Freshness
Day 1 – Body Building Started by:  Navjot Virk	2	6	1 month, 1 week ago  Leon Murphy
Nutrition (Carbs, Protein, Fiber and Healthy Fats) Started by:  Navjot Virk	2	8	1 month, 1 week ago  Navjot Virk
How to loose 2 pounds every week ? (Weight Loss) Started by:  Navjot Singh	1	2	1 month, 2 weeks ago  Navjot Singh
Virgin Media Night Run 10K, Dublin City Centre, 23rd April 2017 Started by:  Navjot Virk	2	2	1 week, 6 days ago  Soffyan Ali
Fiber What is Fiber and its health benefits ? Started by:  Navjot Virk	1	1	1 month, 1 week ago  Navjot Virk
Basal metabolic rate (BMR) Started by:  Navjot Singh	1	2	1 month, 2 weeks ago  Navjot Singh
Update on Weight Loss	1	1	1 month, 3 weeks ago

Wireframe 2



Wireframe 3



Create New Topic in "Body Building"

Your account has the ability to post unrestricted HTML content.

Topic Title (Maximum Length: 80):

Visual Text

B I “ ABC ☰ ☷ ☹ ☹ ☹ ☹ ↶ ↷ 🔗 🗑 🖼

p

Topic Tags:

Topic Type:

Normal

☐ Notify me of follow-up replies via email

Submit

Now we will look at the testing -

3 Testing

Techniques

Some description on the selected techniques look at ca 2 for referenece

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

Five Second Test

Here

Trunk Test

Here

Think Aloud

Here

Video/Screening recording

Link/File name

Heuristic Evaluation

Here

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) <u>Consent Form</u>	
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)	