Workout Guide Usability Report

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Abstract

Many people have trouble finding the right workout. Workout Guide offers workout exercises for people with four demands: losing weight, keeping weight off, and building muscle with a high or low BMI. For each group, we offer general advices and specific suggestions on workout choices. Using our product, users will gain knowledge on workouts and make proper personal workout plans.

Link:
https://muirmb.github.io/
Workout-Plan-Guide/

Introduction

Workout enthusiasts may have spent time on the wrong exercise without knowing. Running helps losing weight, but has no effect on body building. Swimming burns calories fast, but also urges a slim body to store more fat. We have created Workout Guide to directly help people in different body status learn the correct paths to their goals.

The current iteration of our application focuses on two parameters: user's BMI index and their muscle-building intention. The parameters constitute four target user groups. "Looking to lose weight" helps people with high BMI and no muscle-gaining plan; "looking to keep weight off" helps people with low BMI and no muscle-gaining plan; "looking to build muscle with a low BMI" helps skinny people to gain muscle; "looking to build muscle with a high BMI" helps overweight people to gain muscle.

For instance, "Looking to keep weight off" section does include running and "looking to lose weight" section do not include running. For people with obesity, running may result in excessive pressure on knees. Reading our suggestions, user can generate a better and more effective workout plan.

Process Description

The team has succeeded on the overall development. The team members all have a solid software engineering background and knows GitHub well. We chose a template online and beginning to design contents immediately. In the end, we have buttons all working correctly and content displayed in the expected way.

Sprint leads to lack of time and refining the essences of goal. We had anticipated a much larger project, so we have spent most of serums on which part of the plan to stay.

We started by collecting information on exercises for three parameters. During the development, we have disagreement on the parameters. We eventually got rid of the age parameter. We also once considered a gender parameter. They do not appear in the current version because we want to focus on the essential experience for the first sprint. We will consider adding more parameters in future iterations.

We also have disagreement on information on the information for each exercise. I had envisioned rep counts and time counts for each exercise, but the first sprint does not include data collection and analysis, so we cannot provide a functioning advice for people of all skill level. We will consider adding detailed training suggestions in future iterations once we add the data modules.

In the roadmap, the product should take parameters from input and give plans. For instance, if a user put “5 feet 7 inches”, “180 pounds”, and “no muscle”, the page would direct the user to “looking to lose weight” page. For the prototype, we focused on the accuracy of content, so we chose to list the possible results directly. By adding more parameters in the future, we will consider putting the data input back on, and develop an analysis module accordingly.

Usability Study

The survey for users includes 7 questions
(4 multiple-choice and 3 free-response)

muitiple-choice section:

How often do you work out?

	1	2	3	4	
rarely	○	○	○	○	intensely

How would you rate your knowledge on working out?

	1	2	3	4	
No knowledge	○	○	○	○	Professional

Which category have you chosen at first?

- ○ lose weight
- ○ keep weight off
- ○ muscle, high BMI
- ○ muscle, low BMI

Is the website helpful to you?

- ○ Yes
- ○ No

Usability Study

The survey for users of the first sprint includes 7 questions
(4 multiple-choice and 3 free-response)

free-response section:

Give your opinion on the quality of text content. Is it correct? Is there missing information?

Short answer text

Give one suggestion to improve the visual design

Long answer text

What other content do you want to see on the website?

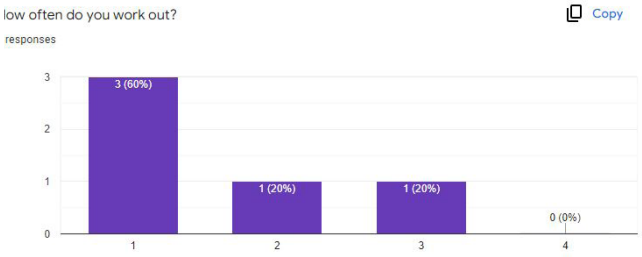
Long answer text

survey link:
https://forms.gle/nWjq7SDnb6xkTZAF8

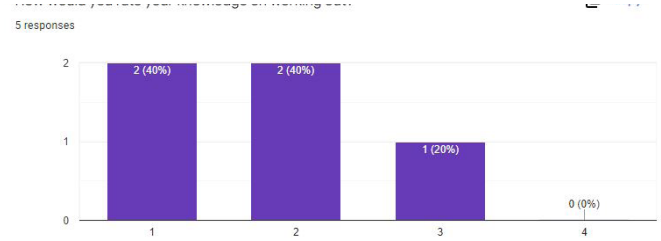
Survey Results

5 respondents answered the survey.

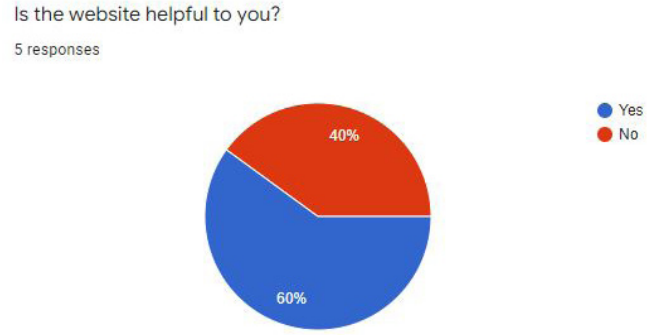
80% of respondents do not work out often.



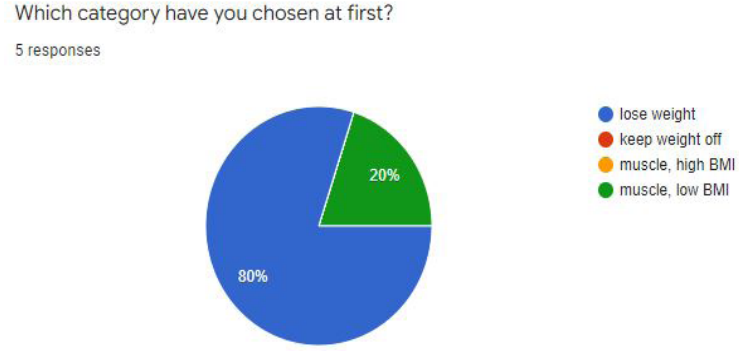
80% of respondents have little or no knowledge of workout.



80% of respondents want to lose weight;
20% want to build muscle with low BMI.



And 60% of respondents find Workout Guide useful.



Survey Results

Excessive text appears the most in text content feedback.

- too much text
- weight training is too broad
- no one would read texts
- correct
- It is correct. You can add Pilates too.

Better color choice appears the most in visual design fix.

- center alignment looks terrible
- use more color to seperate content
- not enough visual descriptions
- needs better layout
- banner color can be in lower satuation

Suggestions on contents and functions vary.

- more practical suggestions
- more details on weight training
- more images on how to do things correctly, more gifs
- more exercises
- schedule builder for workouts

Recommendation

Workout Guide behaves prematurely. The team will add more exercises for more people in different demands.

The team will also put more attention the visual design. More elegant choices of color will show on the product. More visual examples will display next to each exercises.

The next sprint will also focus on the data collection and management for costumizing the experiences of individuals. A direct suggestion will show after the confirmation of user input.

Appendix

Project:
https://muirmb.github.io/Workout-Plan-Guide/

Project Repository:
https://github.com/muirmb/Workout-Plan-Guide

Usability Test Tool:
https://forms.gle/nWjq7SDnb6xkTZAF8