

# MILESTONE 4

*Attachment*

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## SNACK & TRACK

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Created by Gusti Denys-Lev, Hriazin Ivan, Sokyruk Yeva, Shevkoplias Sofia

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# 1. USABILITY TEST PROTOCOL

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The interviews were conducted during the week of May 19-25, 2025. During this period, we interviewed 8 people who are representatives of our target group.

The respondents were the following people:

Boiko Bohdana, 20, studying computer science and coronology at Uni Wien, has an active lifestyle

Laguta Doliana, 20, studying law at Université de Lorraine, has an active lifestyle

Alexander Herman, 21, studying journalism at Uni Wien, has a moderate lifestyle

Stefani Kadlec, 19, studying Germanic studies at the Uni Wien, moderately active lifestyle

Antal Povhan, 23, studying computer science at TU, moderately active lifestyle

Vlad Kolyaduk, 22, studying data science, Ukrainian Catholic University, has an active lifestyle

Narmin Mahammadi, 29, studying human medicine, Med Uni Graz, has a moderate lifestyle

Sofia Pajkusz, 21, studying computer science at Uni Wien, has a moderate lifestyle

The interviews were conducted both offline and online. Some of our team members physically provided a phone with the Snack and Track app, which was already installed. Some respondents wanted to test on their own device, so they downloaded the Expo Go app and scanned the generated QR code using the `npx expo start --tunnel` command. If the interview took place online, the respondents turned on the screen demonstration so that the interviewers could see how the user switched between screens by clicking on them.

Prior to the usability-tasks testing, the respondents were informed about the goal of creating the app and what problems it should solve. The respondents also had the opportunity to browse the screens on their own before starting.

For usability testing, 4 usability tests were created. For each test, a list of questions was written to capture all the problems, advantages, disadvantages, and comments. The questions provide different types of answers such as yes/no, rating on a scale from 1 to 5, and detailed answers.

Below is a list of all usability tests and corresponding questions.

Usability Task 1. Mark a task as completed

"You are looking at the home screen of the app. Your goal is to mark one of today's tasks as completed."

Questions:

- Was it clear to you that you can tap a task to mark it as completed?
- Was it noticeable that the task status changed (e.g. the icon changed to a checkmark)?
- Was it clear that completing a task rewards you with experience points (XP)?

- Was it clear how to identify which tasks have already been completed?
- Was it clear that your total XP updates in the "Today's XP" section above?
- Was it convenient to interact with tasks on this screen?
- Please rate how intuitive this task was on a scale from 1 to 5 (1 - not at all clear, 5 - completely clear).
- What could be improved in the interaction with the task section?

Usability Task 2. You are planning to view a list of all breakfast recipes. How can you do this?

Questions:

- Was it obvious to you that clicking on “View all” would open a separate list of recipes?
- Was it clear how to view recipes for breakfast only?
- Is the location of the recipe cards convenient for you?
- Is there enough information in the short description of the recipe on the card (name, calories)?
- Is the text of the card description sufficiently large?
- Is it understandable that the ‘Back’ button returns to the screen with meal categories (breakfast, lunch, dinner, snack)?
- Is the colour scheme of the interface appropriate for a recipe section?
- Please rate how intuitive this task was on a scale from 1 to 5 (1 - not at all, 5 - completely clear)

Usability Task 3. Choose a 15-20 minutes physical activity for the arms

Questions:

- Was it intuitive for you to apply the filter options?
- Do you feel overwhelmed or confused by the amount of information shown?
- Do you find the filter convenient?
- Does the filter show you the correct results?
- Is something missing from the screen “Activities” that you’d expect to be there?
- How appealing is the design of the screen?
- Would you recommend any changes to the screen design?
- How would you rate your experience with this screen on a scale of 1 to 5? (1 - negative, 5 - positive)
- What could make this screen more enjoyable and easier to use?

Usability Task 4. Find a favourite recipe in “Profile” and dislike it

Questions:

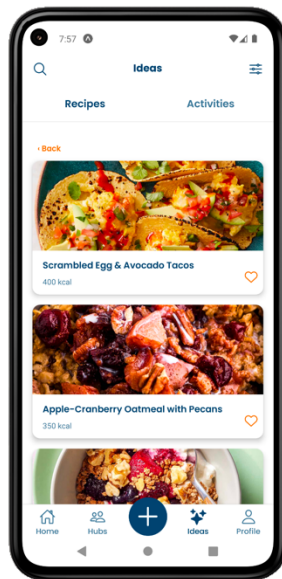
- How intuitive do you find the location of the "Favourite Recipes" section?
- Is it easy to find?
- Did it appear where you expected?
- How would you rate the attractiveness of the design of the favourite recipes section? (Consider layout, colours, etc.)
- How intuitive is it to understand that tapping the full-colored heart will remove a recipe from your favourites?
- After removing a recipe from your favourites, did the result match your expectations? If no, please explain what you expected instead

- How would you rate the experience with this favourite recipes section on a scale of 1 to 5? (1 - negative, 5 - positive)
- What could improve your experience with this section?

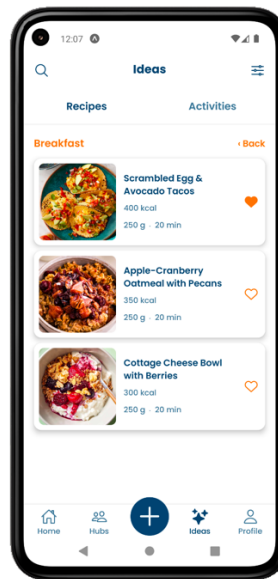
## 2. FURTHER DEVELOPMENT

After conducting the interviews, we implemented several updates to improve the usability of the interface.

The label “Breakfast” was added to clearly indicate the category while viewing the whole list of recipe ideas. The number of recipe cards displayed on the “View all” screen was adjusted to improve readability and layout balance.

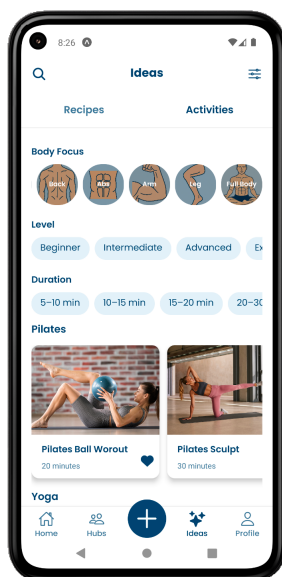


Before

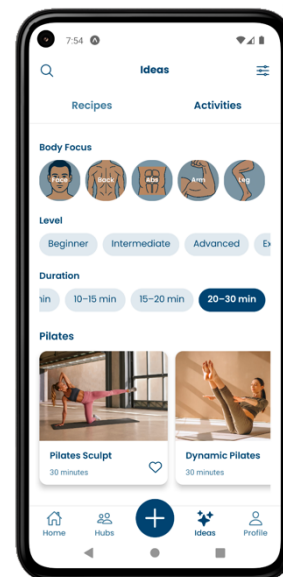


After

A new “Full body” activity category was introduced.

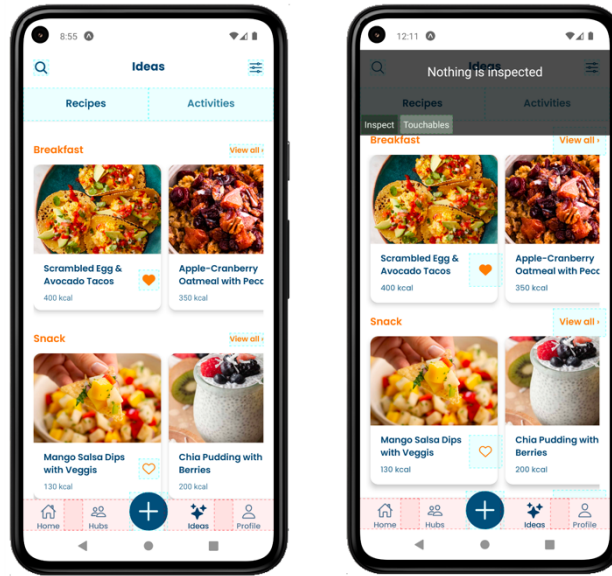


Before



After

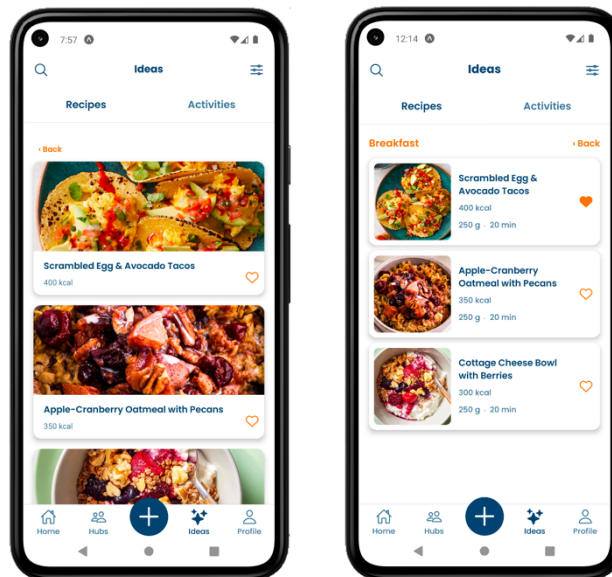
The tap area for buttons was increased, so that the user interaction could be easier and smoother.



Before

After

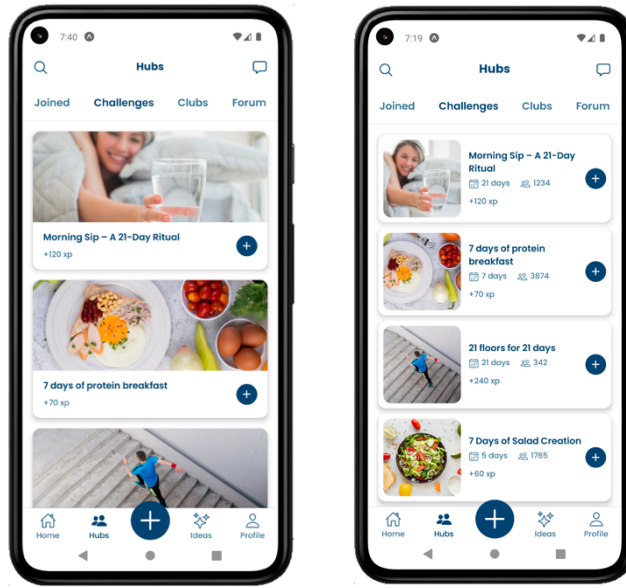
Preparation time was added to recipe cards for the users to estimate the effort required. Grams to every meal were added.



Before

After

The number of challenge cards shown on screen was also modified for better visual organization. Also, information was added about how many participants have already joined the challenge and how many days the challenge lasts.



Before

After

Some suggestions were not implemented due to reasonable factors.

Some suggestions were not implemented due to reasonable factors. We denied making the list of favorite recipes accessible both in the profile screen and directly on the recipes screen, as having the favorites duplicated in multiple locations could lead to inconsistency in user experience. We decided to locate favourite recipes only in “Profile” screen to maintain the navigation structure.

The same goes to a suggestion of horizontal scroll instead of opening a new “View all” page, because full-screen views provide clearer structure.

A suggestion to add a description of macros was not approved because the total description of macros, as well as the ingredients and a step-by-step guide for preparing the meal, is shown after tapping on the recipe card. If we were to include macros on each card, right next to its name, calories, cooking time, and grams, the card would have been way too big and overfilled with information.

As far as the filters are concerned, the suggestions about hiding less-eased filters like time and difficulty and adding additional filters for workout types and equipment were found valid, yet too complicated for this version of the app.

Workout ratings highly differ from each person’s preferences and needs, thus are irrelevant and should not be implemented.

A suggestion to create personal tasks was considered a bit opposite to the gamification level, because the user would feel obliged to complete the tasks. Plus, the XP-distribution would not be correct.

Some gamified elements like short animations, sounds after completing the task were also mentioned. Too much interaction and gamification could seem unnecessary or irritating for more advanced users, thus we decided to let go of this suggestion in this version.

Additional comments about changing the colour contrast and palette were not included in this version, but may be considered in the future.

