Summation of Natural Observation Tests for FitRocks

[Ali Q’s Natural Observation Test (NOT) AQ Do this 1](#_Toc67604339)

[Ali Qadeer’s Thematic Analysis 8](#_Toc1000882502)

[AQ TA Summary 9](#_Toc681002260)

[Muhammed Ahsen Sajid’s Natural Observation Test (NOT) I 11](#_Toc817215732)

[Muhammad Ahsen’s Thematic Analysis 11](#_Toc983739430)

[Ethan Potter’s Natural Observation Test (NOT) AQ do this 11](#_Toc1828026017)

[Ethan Potter’s Thematic Analysis 11](#_Toc1554247495)

[EP TA Summary 11](#_Toc1403117789)

[Awad Riaz’s Natural Observation Test (NOT) MS DO THIS 11](#_Toc1488795782)

[Muhammed Ibraheem’s Natural Observation Test (NOT) ALI Q DO THIS 11](#_Toc867409714)

[Ali Salad’s Natural Observation Test (NOT) 11](#_Toc66581852)

[Ali Salad’s Thematic Analysis 11](#_Toc1957367149)

# Ali Q’s Natural Observation Test (NOT) AQ Do this

Natural Observation Test for Fitness App

**Task 1: Evaluate the ease of use and design of personalising the fitness app during the initialisation process.**



* **Objective:** Please go through the personalisation process of the app.



* **Scenario:** “You have just downloaded FitRocks, a fitness app and you need to personalise it according to your needs. Please go through the personalisation process and think aloud regarding any thoughts you have.”
* **Task Completion Time: 1min 20sec – pretty quick to complete**
* **Number of errors made: 0 - no errors were made so it is easy to use – linked to learnability and satisfaction**
* **Qualitative comments: Silence, Engaging, Clear, Inclusive due to the images, didn’t notice the progress circles at the bottom, personalisation was not too long and (it was both satisfactory to use since its not long, and it was easy to personalise)**

**Task 2: Evaluate the eye-catchiness of the home page.**

* **Objective:** Evaluate the eye-catchiness of the home page to be able to see if pertinent information meets the eye.
* **Scenario:** “After personalisation we have now arrived at the home page of the FitRocks app. Would you be able to tell me what your weight goal is?”
* **Task Completion Time: 1min 14 secs**
* **Number of errors made: 2 – read the weight goal incorrectly 2 times (errors were significant, )**
* **Qualitative comments: Confused, Weight goal wasn’t clear, cannot tell me what the weight goal is**

**Task 3: Evaluate the ease of access and reading of the information on the “calories” page.**

* **Objective:** Evaluate the ease of use of the calorie intake page and if the information that is on the page is easy to read, digest and understand.
* **Scenario:** “Please navigate to the calorific intake page. When you arrive, please could you tell me what your protein intake was, what your fat intake was, and what your carb intake was? Furthermore, could you tell me what colour the carbs are indicated?”
* **Task Completion Time: 38 seconds**
* **Number of errors made: 1 – could not identify the calorie intake widget, was not obvious that it was a clickable widget**
* **Qualitative comments: liked the colour contrast, correctly identified the intake of the nutritional information, easy to read, eye catching, good separation**

**Task 4: Assess the usability of the calorific intake page feature within our fitness app for logging daily calorie intake.**

* **Objective:** Using the app to track calorie intake on the calorie page feature, specifically entering the dinner macro count section of the calorie count**.**
* **Scenario:** “You have used the calorie intake feature in the FitRocks app. You have now had your dinner and you need to enter the nutritional/calorific intake for that meal. Please go ahead and do so.”
* **Task Completion Time: 1min 3seconds**
* **Number of errors made: 2 errors – went off the page first for no apparent reason, and then stated it was hard to find how to go back to the calories page**
* **Qualitative comments: seemed confused on how to add the information, seemed bewildered at the UI, was mass clicking but failure to make progress. Commented that they did click “+” but nothing was happening; this was due to the frame flow error in the Figma design.**

**Task 5: Assess the accessibility and readability of the ‘Step Counter’ page.**

* **Objective:** Using the app to track how many steps a person will take. The test observes how easy it is to access the relevant page and to be able to read the pertinent details on that page.
* **Scenario:** “Please navigate to the ‘Steps Counter’ page. Please read out any information that you find pertinent to a step count in any way.”
* **Task Completion Time: 1 min 8sec**
* **Number of errors made: 0**
* **Qualitative comments: boring, bland, the theme of the page is too dark, not enough contrast**

**Task 6: Assess the accessibility and readability of the ‘Sleep Tracker’ page.**

* **Objective:** Using the app to track the sleep duration that a person took. Furthermore, assess the ease of use of the sleep graph that measures the different sections of sleep.”
* **Scenario:** “Please navigate to the sleep page. Could you tell me how much sleep has been recorded since last night? Could you also tell me what type of sleep you were in at 6am?”
* **Task Completion Time: 16 seconds**
* **Number of errors made: 0**
* **Qualitative comments: easily identified the total amount sleep, had to lean in for graph so perhaps graph too small, graph is not well contrasted, advised by pptt to turn graph white, and writing black (a general common contrast theme), boring page, circle is wierdly too big in relation to the rest of the page**

**Task 7: Assess the accessibility and readability of the ‘Heart Tracker’ page.**

* **Objective:** Using the app to track the heart rate of the person using the app. (We are under the assumption that a reliable heart rate tracker is being used such as those in a fitness tracker or smart watch.)
* **Scenario:** “Please navigate to the heart tracker/metrics page. Could you please tell me the status of your heart rate.
* **Task Completion Time: 28 seconds**
* **Number of errors made: 0**
* **Qualitative comments: easily identified the widget, sequential notice flow, first thing noticed: the heart widget, second thing: blood pressure box, suggested to colour code the “Elevated” status to red to catch eye as it is deemed important, graph writing is far too small, make bigger, suggestion to move the move widgets around, perhaps the UX has been affected by a cluttered UI, overall comment was that the page meets its purpose and works generally fine**

**Task 8: Assess the accessibility of the ‘Weight Tracker’**

* **Objective:** How easily can the navigation to the ‘Weight Tracker’ page be done.
* **Scenario:** “Please navigate to the weight tracker page.”
* **Task Completion Time: 8 seconds**
* **Number of errors made: 0**
* **Qualitative comments: easily navigable, easily identified the weight widget**

**Task 9: Assess the readability of the data and the interactivity of the ‘Weight Page’.**

* **Objective:** Using the app to be able to navigate to the weight page and then be able to read the data on this page and assess how easy it is to track this data.
* **Scenario:** “You have arrived at the weight page. Thank you. I will now ask you to complete multiple different readings:
* 1.) Please think aloud any motivating factors on this page
* 2.) Please state to us the current weight, and the target weight.
* 3.) Could you please navigate through the different time periods of the weight tracking metrics and think aloud any of your thoughts about this process.
* 4.) Could you please tell me the weight you were 21 days ago?
* 5.) Could you tell me the weight you were in the middle of November?
* 6.) Could you tell me the weight you were in the middle of March?
* 7.) Could you tell me your goal progress percentage mark you were at the end of the last 6-month period?
* 8.) Could you please tell me what your starting BMI, current BMI and goal BMI were in the last 12-month period.
* **Task Completion Time: 1 min 58 seconds**
* **Number of errors made: 2 errors – 1 was misread the goal percentage in the last 6 months, said 80%, should have been 20% as the answer, suggestion to add colour contrast to the two values to make it clearer that one is your current progress and the other is how much is left to go. Other error was misclking due to the Figma issue**
* **Qualitative comments: identified the current weight, and the target weight in 15 seconds, went through date metrics in 20 seconds, clicked the dates incorrectly mainly due to the Figma disadvantage of the buttons in the Prototype being slightly misaligned, clear to navigate through, commented that the writing for the dates were a little small, transitions added intuition, 1 min to identify the graph values, graph writing is too small on the axes, other than that, graph is clear and the colour contrast is good, took 7 seconds for goal information in the last 6 months, misread, written about above, 16 seconds to identify the starting, current and goal BMI in the last 12 month period, easily to read, color code of the BMI was well done to be eye catching**

**Task 10: Assess the accessibility and the readability of the ‘Workout Page’ in the FitRocks app.**

* **Objective:** Using the app to be able to go to the ‘Workout Page’ and to read the data on the page.
* **Scenario:** “Please navigate to the ‘Workouts Page’ and please select one of the sessions. Please read aloud the process of the Incline Dumbbell Press Set. Please speak about any opinions you have on this page”.
* **Task Completion Time: 6 seconds**
* **Number of errors made: 0**
* **Qualitative comments: Very quick and easy to find, widget was informative, simplistic, this is both negative and positive, positive because it doesn't take much effort to find, negative, not much information on the actual exercise, no information on how to do the exercise, lack of effort, not much color contrast makes it bland and not very exciting which is deemed important for exercise, demotivating page**

**Task 11: Assess the accessibility of the ‘Communities Page’ in the FitRocks app.**

* **Objective:** Using the app to be able to go to the Communities Page’ to observe the ease of access of this page.
* **Scenario:** “Please navigate to the ‘Communities Page’.”
* **Task Completion Time: 5 seconds**
* **Number of errors made: 0**
* **Qualitative comments: very seamless, very easy, pressed the home button (not the communities' icon in the navbar), preferable to go to the home page using the navbar rather than going directly to the communities' page**

**Task 12: Assess the useability and interactivity of the ‘Communities Page’ in the FitRocks app.**

* **Objective:** We need to assess and observe the ‘Communities Page’ and its related interactivity and usability of the relevant information.
* **Scenario:** “We have arrived at the ‘Communities Page’. I would like you to be able to access the feature to be able to ‘Join a Community Class’. I will now ask you to think aloud while completing a various number of tasks and comment any opinions that you have based on these processes:
* 1.) Please tell me the classes recommended to you.
* 2.) Please tell me the instructor’s name for the YogaRocks’ class.
* **Task Completion Time: 24 seconds**
* **Number of errors made: 0**
* **Qualitative comments: easily identified the join a class button, seamless transtiion, reading the page was not fatiguing, good balance of the number of classes on a page, page is interactive,**

**Task 13: Assess the useability and interactivity of the ‘Join Communities Page’ in the FitRocks app.**

* **Objective:** We need to assess and observe the ‘Join Communities Page’ and its related interactivity and usability of the relevant information.
* **Scenario:** “We have arrived at the ‘Join Communities Page’. I would like you to be able to access the features when you have attempted to join a community and the related data. I will now ask you to think aloud while completing a various number of tasks and comment any opinions that you have based on these processes:
* 1.) Please give me some of the information on any one class.
* 2.) Please join the YogaRocks’ class.
* 3.) Please read bullet point in section 2 for me.
* 4.) Please complete the class and when you have finished, end the class.
* **Task Completion Time: 3 mins 16 seconds**
* **Number of errors made: 1 – when they clicked join class, they thought they had joined immediately without realising for some time that they had not yet selected a specific time slot, suggested a pop up to make it obvious that you need to select a time slot, expected that due to the online nature, their would be a central class that is asynchronous rather than “live”**
* **Qualitative comments: 25 seconds for giving me some information ion the class, liked the colour coordination of the information, colors make it look vibrant, engaging, liked that the description is not too long, but gets across the point to the user, reliance on reading, commented that there were too many words, and that the words were too small, had to keep on going back to the screen which is obviously not very immersive to the yoga experience, suggest that there is a read-aloud button**

**Task 14: Assess the ease of use, readability and the flow of the class process and the subsequent ‘Feedback Page’ in the FitRocks app.**

* **Objective:** We need to assess the ease of viewing the feedback after the class has ended, as well as getting feedback from the user on the general flow of the class process.
* **Scenario:** “We have now ended the class and we have come to another page. Please think aloud any of your thoughts or opinions on this page. I will also ask you some questions on the content within the page.”
* 1.) Please tell me how many people have given feedback to this class that you have just completed.
* 2.) Please read aloud some of the feedback entries given for the class.
* **Task Completion Time: 1min 43 seconds**
* **Number of errors made: 0**
* **Qualitative comments: too much writing, perhaps due to the font size, so perhaps bigger font size, should be able to give, the commenters should be able to leave ratings,**

**Task 15: Assess the ease of use to navigate to the settings page.**

* **Objective:** We need to assess the ease of accessing the settings page of the FitRocks’ app.
* **Scenario:** “Let’s say that you were very happy with your FitRocks experience, and new you want to leave a review. Please navigate to the settings page and do so.”
* **Task Completion Time: 30 seconds**
* **Number of errors made: 2**
* **Qualitative comments: difficult to go the settings page from the feedback page due to the Figma prototype disadvantage, the buttons were not coded in at the time, attempted to use the settings icon in the navbar**

## Ali Qadeer’s Thematic Analysis

* Learnability - all about easiness and fastness…



* + AliQ Task 1: Participant was silent, it was clear to use and get through.
  + AliQ Task 2: The time taken to evaluate the page was not long, telling us that the page is easy to read, and it is not cluttered. The design can be said to be intuitive.
  + AliQ Task 3: The time to complete task 3 was short, telling us that finding the calories page was easy to find.
  + AliQ Task 4: The time to add the calorie information was not very long.
  + AliQ Task 5: The time to complete it was short at 1min 8 seconds to access the steps counter page and take in all the information.
  + AliQ Task 6: The time to find the information on the sleep page was very short, at 16 seconds. They had to lean in to read the graph, telling us that the graph was not so easy to read.
  + AliQ Task 7: The time to complete was very short. Easy to understand the heart page.
  + AliQ Task 8: The time to go the weight tracker page was very quick and easy, at 8 seconds.
  + AliQ Task 9: Task 9 was a large task; however, it still took 1min 58 seconds. For the task's size, that can be considered fast. It also only took one minute to identify the graph values. It was said that the “graph writing is too small”; can be said that it was not easy to read the writing on the graph axes.
  + AliQ Task 10: Participant quickly found the Workout Page in 6 seconds, suggesting good learnability in accessing exercise content. lack of detailed exercise information may have affected their ability to fully understand workout sessions. Gives us room for improvement in providing clearer instructions.
  + AliQ Task 11: participants quickly reached the Communities Page in 5 seconds
  + AliQ Task 12: Participants easily identified and interacted with the Join a Community Class button, indicating that the feature was easy to use and easy to learn.
  + AliQ Task 13: They easily identified the button, so it can be fair to say that it was easy to learn, fast to use
  + AliQ Task 14: Users can quickly understand how to see the feedback, suggests good learnability and ease of use
  + AliQ Task 15: The process was generally easy as seen it was done in 30 seconds
* Efficiency - all about speed/time/ how fast they can complete a task…



* + AliQ Task 1: The time to personalise was quick.
  + AliQ Task 2: N/A
  + AliQ Task 3: Easy to complete the task
  + AliQ Task 4: Fast to add the information to the calorie page.
  + AliQ Task 5: It was easy to find the step counter page and it was easy to read.
  + AliQ Task 6: Fast to complete the task.
  + AliQ Task 7: Fast to complete the task.
  + AliQ Task 8: Very easy and fast to go to the weight tracker page.
  + AliQ Task 9: It is deemed that since the task was completed, as a user picks up experience, their efficient use of the app also improves.
  + AliQ Task 10: Found the page in 6 seconds, so it was pretty efficient to find the page.
  + AliQ Task 11: participants quickly reached the Communities Page in 5 seconds
  + AliQ Task 12: Very fast to complete it, so it can be said to be am efficient process
  + AliQ Task 13: The task was deemed not efficient; having to read and re-read due to the heavy reliance on words
  + AliQ Task 14: Only took 1min 43 seconds, so shows efficiency
  + AliQ Task 15: Didn’t take too long to navigate to the settings page.

* Memorability



* + AliQ Task 1: Since it was quick and easy, it can also be said that it can be memorable
  + AliQ Task 2: N/A
  + AliQ Task 3: N/A
  + AliQ Task 4: N/A
  + AliQ Task 5: The steps page was not memorable; it was described as “boring” and “bland”. The theme of the page was described as too dark, with not enough contrast.
  + AliQ Task 6: Been advised to turn the graph black and white or any other common contrast theme so that it is easier to read and it is more memorable.
  + AliQ Task 7: To make more memorable, suggested to colour code the status information to a more obvious style, the graph writing is too small, make it bigger, and the page feels slightly cluttered.
  + AliQ Task 8: The participant said it was easily navigable to get to the weight page, and so it can be said to be pretty memorable.
  + AliQ Task 9: Participant commented that the writing for the dates were small, so it would be more memorable if they increased the size of the dates. The transitions between the pages added memorability.
  + AliQ Task 10: Participants easily navigated to the Workout Page, suggesting good memorability to find the page related to the workouts
  + AliQ Task 11: they reach the communites page very easily and so it can be said that in the future participants can easily reach the same page with ease
  + AliQ Task 12: process was completed easily and was clear, so it can be said that it is memorable. “Transition was seamless, not fatiguing, and interactive” so it can be said to be memorable.
  + AliQ Task 13: It is a long process, with a lot of words, and so it can be said that it is not readable.
  + AliQ Task 14: Ending the class was easy and the flow makes it so that it is easy to learn and remember the process
  + AliQ Task 15: Particiapnts did attempt to navigate to the page, but had some issues due to Figma prototype issues; it is said that if the app became fully functional, the process would be memorable.
* Satisfaction



* + AliQ Task 1: It was satisfactory to use as the participant was slient, they said it was clear, and it was engaging to use. The images make it inclusive, and it wasn’t too long.
  + AliQ Task 2: The weight goal was not clear, they could not read it, and got it wrong twice, so it was probably not satisfactory to complete this scenario.
  + AliQ Task 3: Despite one error, participants could correctly identify nutritional information, so effective goal achievement in accessing calorie intake data.
  + AliQ Task 4: Seemed slightly confused as to how to add the information. They said that the UI was slightly confusing, and it should be more apparent that the UI to add is more obvious.
  + AliQ Task 5: The steps page was not memorable; it was described as “boring” and “bland”. The theme of the page was described as too dark, with not enough contrast.
  + AliQ Task 6: They easily completed the task, telling us that satisfaction was high, the page however was described as boring, and the circle was too large for the page.
  + AliQ Task 7: The widget was easily identified, there was sequential flow to notice the page content, and the overall page meets its goals.
  + AliQ Task 8: Said to be easily navigable, and the weight widget was easily navigable, and so it can be said that the scenario was satisfactory.
  + AliQ Task 9: The current and target weight were identified quickly. The date metrics were easy to navigate through. The graph is clear, and the color contrast is good, and the BMI information was eye catching.
  + AliQ Task 10: Easy to find so satisfactory, simple to navigate, however there was a lack of detail on the actual exercise and the page was a little bit bland, leading to a lack of satisfaction.
  + AliQ Task 11: “Very seamless, very easy”, high satisfaction to navigate to the community's page
  + AliQ Task 12: Easy and clear process to join a class, and so it can be seen as satisfactory
  + AliQ Task 13: The colour coordination was good, the page was nice and engaging, but the page was very word-heavy, and the font-size was too small, so it caused fatigue.
  + AliQ Task 14: The presentation affected the satisfaction of the page; the heavy words use and the small word count makes it so that it wasn’t too satisfactory to use the page.
  + AliQ Task 15: Was difficult to go the page, the prototype issues caused satisfaction to drop.
* Errors



* + AliQ Task 1: N/A
  + AliQ Task 2: The error was severe. The participant could not read the weight, and therefore could not complete the scenario.
  + AliQ Task 3: They originally could not identify the calories widget.
  + AliQ Task 4: Participants experienced confusion and errors in entering calorie intake, highlighting potential usability issues and the need for better error handling. "Went off the page first for no apparent reason."
  + AliQ Task 5: There were no errors made, telling us that it is easy to find and read.
  + AliQ Task 6: N/A
  + AliQ Task 7: N/A
  + AliQ Task 8: N/A
  + AliQ Task 9: some errors but not severe enough to cause a bottleneck to task completion, participant successfully identified current weight, target weight, and other metrics, showing us goal achievement and data reading was possible.
  + AliQ Task 10: N/A
  + AliQ Task 11: N/A
  + AliQ Task 12: N/A
  + AliQ Task 13: One error was reported that they had thought they had joined a class without selecting a specific time slot. Suggests potential usability guiding issue regarding flow.
  + AliQ Task 14: N/A
  + AliQ Task 15: 2 errors made due to the Figma prototype issues.

### AQ TA Summary

Nielsen’s Severity Ratings:

N/A = In Task 8, the participant successfully navigated to the weight page without errors in a very short amount of time and there was no real qualitative comments indicating usability issues. This suggests that the page was satisfactory due to the intuitive design of the widget.

Cosmetic = In Task 3, the participant could not originally identify the calorie widget, indicating a slight cosmetic flaw that can be fixed and is not too negative to the app.

Minor = In Task 9, the participant read the goal information wrong. While they did eventually get it correct, it shows that the colour coding of the information confused the participant. This should be fixed before release.

Major = In Task 4, the participant was quite confused as to how to add nutritional information into the app. This feature should be reworked to make it more obvious and easier to onboard the nutritional information into the app more intuitively.

Catastrophic = No major catastropihic issues were identified, but the major issue of Task 4, and the lack of information in the workout page as shown in Task 10 may mean that our app fails to entice prospective users.

# Muhammed Ahsen Sajid’s Natural Observation Test (NOT) I

**Task 1: Signup to Personalization Section**

Q: How long did it take from signup to reach the personalization section

A: 22 sec

Time Took: 22 sec

**Number of errors made: 0**

Comments: Should be more working i.e to select gender, weight etc

**Task 2: Skip Button Preference**

Q: Do you like the presence of a skip button in the personalization section?

A: Yes

Time Took: 2 sec

**Number of errors made: 0**

Comments: Yes they do like the skip button, they just wanted to get into the app quickly

**Task 3: Weight Goal Identification**

Q: From the home page, would you be able to tell me what your weight goal is?

A: 62/60 kg

Time Took: 1 sec

**Number of errors made: 0**

Comments: N/A

**Task 4: Calorie Intake Page Observations**

Q: Navigate to the calorie intake page. Please tell me your protein, fat, and carb intake?

A: Protein: 62g, Fat: 45g, Carbs: 150g

Time Took: 2 sec

**Number of errors made: 0**

Comments: Liked the page as there were more things to engage with

**Task 5: Radial Chart Interpretation**

Q: What color are carbs indicated in the radial chart?

A: Lime

Time Took: 1 sec

**Number of errors made: 0**

Comments: N/A

**Task 6: Dinner Macro Entry**

Q: Please enter your dinner macro count in the calories intake section.

A: 2 sec

Time Took: 2 sec

**Number of errors made: 0**

Comments: Should have the choice to edit

**Task 7: Steps Page Observations**

Q: Please navigate to the steps counter page. What pertinent information did you find on the steps page?

A: Time: 5 sec

Time Took: 5 sec

**Number of errors made: 0**

Comments: Miles should've mentioned , addition of calorie data how many have been burnt

**Task 8: Sleep Page Observations**

Q: Navigate to the sleep page. How much sleep did you get last night? At 6 AM, were you in Deep Sleep, Sleep, or awake?

A: Sleep duration: 8 hrs 51 min. At 6 AM: Deep sleep

Time Took: 4 sec

**Number of errors made: 0**

Comments: N/A

**Task 9: Heart Health Page Observations**

Q: Navigate to the heart metrics page. What is the status of your heart rate?

A: Heart rate: 66 bpm

Time Took: 1 sec

**Number of errors made: 0**

Comments: Eye catching first thing on which eyes go on home page

**Task 10: Weight Intake Page Observations**

Q: Navigate to the weight page. What is your current weight and target weight? Also, explain how motivated you feel.

A: Current weight: 62 kg, Target weight: 60 kg.

8 points to motivational quote

Time Took: 8 sec

**Number of errors made: 0**

Comments: Liked the motivational quote, There should be other way to represent data i.e radial chart, chart above goal weight, use of builder icon

**Task 11: Weight Loss Journey and BMI Details**

Q: Navigate through your weight loss journey from last month, the last 6 months, and the last 12 months. Also, provide specific weights and BMI details.

A: Journey: Last month, 6 months, and 12 months in 4 sec each. Weights: 21 days ago (68), middle of November (80), middle of March (89). Progress: 60%. BMI: Starting (31.02), Current (29.07), Goal (20.28)

Time Took: 28 sec

**Number of errors made: 1**

Due to misalignment of Months buttons made error in getting response

Comments: N/A

**Task 12: Workout Intake Page Observations**

Q: Navigate to the workouts page. Select a session and describe an exercise.

A: Navigation: 3 sec. Session selection: 1 sec. Exercise description: 8 sec (correct)

Time Took: 12 sec

**Number of errors made: 0**

Comments: N/A

**Task 13: Communities Page Observations**

Q: Navigate to the communities page. Join a class. Provide class recommendations, instructor name, available and fully booked classes, and information on any class.

A: Navigation: 4 sec. Joining: 1 sec. Recommendations: 4 sec. Instructor: 5 sec (correct). Classes info: 5 sec (correct). Information: 4 sec

Time Took: 23 sec

**Number of errors made: 0**

Comments: N/A

**Task 14: Feedback Page Observations**

Q: How many people gave feedback? Read out a feedback entry.

A: Feedback count: 1 sec. Reading: 13 sec

Time Took: 14 sec

**Number of errors made: 0**

Comments: N/A

**Task 15: Settings Page Observations**

Q: Navigate to the app settings page. Go through settings options and return.

A: Navigation: 2 sec. Settings review: 10 sec

Time Took: 12 sec

**Number of errors made: 0**

Comments: N/A

## Muhammad Ahsen’s Thematic Analysis

* Learnability - all about easiness and fastness…



* + Task 1: It took 22 seconds which shows that navigating through signup to personalization was seamless.
  + Task 2: This task was more of about likeness of the skip button so they didn’t took longer than 2 sec to answer but it was easy for them to answer so it was fast.
  + Task 3: This was fast for the user to identify the weight goal directly from the home page and which means this was so easy for them.
  + Task 4: There were color combination for identification of calorie intake page and they answered their protein, fat and carb intake in just 2 seconds it was quite easy for them.
  + Task 5: This task is sort of like the previous task as they identified the color by which carbs were indicated and it took them just 1 sec to complete again easy for them to complete.
  + Task 6: They entered their dinner calories in 2 seconds this states the easiness, and the process was fast.
  + Task 7: Did the task in 5 seconds, pretty quick to navigate to steps page easy and fast.
  + Task 8: Answered about the sleep quickly in 5 seconds and correctly so it was easy.
  + Task 9 : Answered within a blink of an eye so super fast and easy to read out the status of heart rate from the heart metrics page.
  + Task 10: Anwered accurately and quickly it would be easier for future users as well to identify the weight goal on weight intake page.
  + Task 11: Could have answered more quickly if there wasn’t any error still was easy to navigate through weight journey but took 28 seconds.
  + Task 12: Answered and navigated very quickly about the exercise and its description fast and accurate.
  + Task 13: Every task in communities page observation was very quick and accurate so it can be said it was easy for user and fast.
  + Task 14: Counted and read one of the feedback so fast and seamless which states that it was easy.
  + Task 15: Easy, Fast done in 12 seconds
* Efficiency - all about speed/time/ how fast they can complete a task…



* + Task 1: As it took 22 seconds and personalisation section has more pages to navigate through so this task has been done really fast.
  + Task 2: They answered real quick.
  + Task 3: They answered real quick.
  + Task 4: Quickly answered.
  + Task 5: Quickly answered.
  + Task 6: They answered quick and now after 5 tasks they are so in to the app so they are pretty much efficient.
  + Task 7: Quickly Answered
  + Task 8: Answered really fast.
  + Task 9: As they answered really quick also they did liked it so it was very efficient.
  + Task 10: Answered accurately and real quick.
  + Task 11: Answered in a decent amount of time but got stuck due to an error.
  + Task 12: Navigation and describing the exercise was fast and efficient.
  + Task 13: Answered and Navigated very fast.
  + Task 14: At this part of the task user is so much efficient that they did this task in just 13 seconds.
  + Task 15: 12 seconds of doing this task and the page was very easy and basic we can expect same type of results from the users in future.

* Memorability



* + Task 1: As it was seamless and easy, user may have memorized most of the aspects.
  + Task 2: As they answered quickly it means that they got some knowledge about the section to answer that fast.
  + Task 3: As they answered in just 1 seconds and correctly this means there is some memorable factor.
  + Task 4: As they have to identify through color combinations and they identified very fast that means they did had those colors identifications in their mind.
  + Task 5: Yes again as before it is about identifying the color so they did memorized the color to answer and it was quick.
  + Task 6: N/A
  + Task 7: N /A
  + Task 8: The participant answered really fast which shows their was an aspect of memorability for the sleep duration and deep sleep.
  + Task 9: Answered in just 1 sec and accurate so it can be said so the future participant can easily reach the page and answer this information.
  + Task 10: Answered accurately moreover the weight goal is also mentioned on the icon of weight intake page on the home page it could be expected to have same kind of response from future users.
  + Task 11: There was a memorability factor to read out the data in the bar chart to answer and provide the weights and BMI.
  + Task 12: When navigating, selecting and describing the exercise in 12 seconds we can assume that we will have the same results from future users.
  + Task 13: While answering and providing the class recommendations , names, available and fully booked classes and lastly information on any class so fast and accurate there was some memorability in this task.
  + Task 14: Having factors to count and read it always involves some memorability.
  + Task 15: N/A
* Satisfaction



* + Task 1: It was seamless to get through and the user was satisfied and dissatisfied at the same time because they wanted more things to engage with in the pages.
  + Task 2: They answered about likeness in yes and in 2 sec, so the participant was satisfied. They wanted to get to the home page quickly so they liked it.
  + Task 3: They answered quickly so it can be assumed they were satisfied.
  + Task 4: As they completed the task quickly and accurately and they did say they liked the page because there were more things to engage with they were satisfied with this.
  + Task 5: N/A
  + Task 6: Due to Figma limitations the user wanted to edit calories by themselves they were satisfied but this particular thing can be a negative point to that.
  + Task 7:Not really satisfied as they mentioned there should be miles instead of km, and mention of calories burnt as well.
  + Task 8: Answered quickly and didn’t think that much so they were satisfied.
  + Task 9: The participant answered in 1 sec and commented that heart metrics page is eye catching when they are on home page (Overall satisfied )
  + Task 10: Satisfied and dissatisfied at same time. They commented that they liked the motivational quote gave 8 points to it at the same time they said that the data should be visualized as other form of charts i.e. radial chart moreover they asked to move the position of chart at the top and all the thing at the top in the chart's place and last thing to add up use of bodybuilder muscle icon in the progress bar .
  + Task 11: Answered correctly but due to the misalignment of the months navigation buttons consumed more time and were stuck so weren’t satisfied.
  + Task 12:As the task was completed successfully in small amount of time it can be said that participant was satisfied
  + Task 13: With right and accurate data in small amount of time we can assume the participant was satisfied.
  + Task 14:The participant was satisfied if we compare by the time they took to complete this specific task.
  + Task 15: With the easeof navigating and quickly it can be said that the participant was satisfied.
* Errors



* + Task 1: N/A
  + Task 2: N/A
  + Task 3: N/A
  + Task 4:N/A
  + Task 5: N/A
  + Task 6: N/A
  + Task 7: N/A
  + Task 8: N/A
  + Task 9: N/A
  + Task 10:N/A
  + Task 11: They made 1 error which was due to misalignment of months navigation buttons in figma and due to that they consumed more time because they were stuck at that part.
  + Task 12: N/A
  + Task 13: N/A
  + Task 14: N/A
  + Task 15: N/A

# Ethan Potter’s Natural Observation Test (NOT) AQ do this

Context: Someone who is not overfamiliar with fitness apps but has used things such as apple health/fitness before.

1.

Objective: Can they book a slot in the highest rated community class from the homepage

Question: “Can you please book a slot in the highest rated community class at the nearest available time slot?”

Time: 15 seconds

Number Errors: 0

Comments: Community tab located using the icon on the search bar, “easy to navigate using labelled buttons”.

2.

Objective: Can you navigate from the homepage to where you would change your notification settings?

Question: “Can you please go to where you would change your notification settings?”

Time: 4 seconds

Number Errors: 0

Comments: “obvious settings icon”, “labelled button with notification settings written on it”

3.

Objective: Can they tell me the current recorded blood pressure measurements

Question: “Can you please find and tell me the current recorded blood pressure measurements?”

Time: 12 seconds

Number Errors: 1

Comments: “missed the heart health option at first”

4.

Objective: Can they find where they would access the instructions for a push session workout

Question: “Can you please navigate to the instruction for a push session?”

Time: 11 seconds

Number Errors: 0

Comments: “easy to identify workout area”, “clear labels for different workouts”

5.

Objective: How would you add information of your latest meal

Question: “Can you please add information for today’s ‘dinner’ to the app for me?”

Time: 16 seconds

Number Errors: 0

Comments: “probably located in the calorie area”, “easy to see large plus icon”

6.

Objective: Locating the goal BMI

Question: “Can you please located and read for me the ‘goal BMI’ of this user?”

Time: 12 seconds

Number Errors: 1

Comments: “first clicked on heart health quickly realised its more likely to be under in the weight goal area”

7.

Objective: Finding the previous night sleep percentage compared to average.

Question: “Can you please find and tell me the information about your previous night sleep compared to the average?”

Time: 10 seconds

Number Errors: 0

Comments: “Didn’t spot it at first as it didn’t stand out on the page”

## Ethan Potter’s Thematic Analysis

* Learnability - all about easiness and fastness…



* + Task 1: There were no errors and it was done fast in 15 seconds. The process is intuitive and learnable. The icon was clear to go the community class.
  + Task 2: Gone to the settings page in 4 seconds. Very quick, so it is learnable and is easy to learn.
  + Task 3: They missed the icon first, but they did find it in the end, showing some learnable features and it was done quickly.
  + Task 4: Done quickly to identify the workouts page. The app is learnable, easy to use.
  + Task 5: The participant knew that it would probably be located in the calories area; they were correct. Quickly added the dinner calories info with few issues
  + Task 6: Clicked on heart health to find the BMI information, suggests there may be room for learnability in the app. Did find the information after 12 seconds.
  + Task 7: The participant found the information very quickly on the sleep page, but they did miss the information originally, so it is possible to make it more visible and therefore more learnable.
* Efficiency - all about speed/time/ how fast they can complete a task…



* + Task 1: Completed in 15 seconds. It was prompt to join the class.
  + Task 2: Quick to do so efficient
  + Task 3: 12 seconds, reasonable efficiency. Can make the icon more efficient to read
  + Task 4: The task was completed in 11 seconds. Efficient navigation to the page. “Clear labels for different workouts”.
  + Task 5: Completed quickly, telling me that adding the dinner information was quick and easy to do.
  + Task 6: Found the BMI information relatively quickly
  + Task 7: Done very quickly and so the sleep page information was easy to find.
* Memorability



* + Task 1: 15 seconds tells me that the process was intuitive and so it was memorable.
  + Task 2: It was quick to do and so it will be easy to remember.
  + Task 3: The heart option was missed first and so it can be said to not be memorable. Make the widget in a more memorable location.
  + Task 4: The process was memorable if the navigation was done quickly.
  + Task 5: The participant had a hunch that adding dinner would be in the calories section and they were correct, hinting at obvious memorability
  + Task 6: Took 12 seconds, did originally go to the wrong section but participant immediately realized that they were wrong and went to the weight page.
  + Task 7: The information was not easy to spot at first, can make more memorable by adding some contrast in to make the page “pop” more and so it can be seen as more memorable.
* Satisfaction



* + Task 1: Since it was easy to join, it tells me that it was satisfactory to use.
  + Task 2: The fact that it was easy to do tells me that there was great satisfaction in going to the settings page.
  + Task 3: Satisfactory to go the heart page if the time taken was not very long.
  + Task 4: Absence of errors and the process being done quickly means that the process was satisfactory.
  + Task 5: Absence of errors and the completion of the task tells me that adding the dinner was satisfactory.
  + Task 6: Going to the wrong section was the participants mental model going wrong, telling me that it is likely that it did not cause frustration.
  + Task 7: The page was generally easy to find and the task was completed, telling me that it was satisfactory to use.
* Errors



* + Task 1: There were no errors, telling me that the community class design was good
  + Task 2: N/A
  + Task 3: Missed the widget at first.
  + Task 4: N/A
  + Task 5: N/A
  + Task 6: Did go to the wrong page, but quickly and promptly fixed the issue; more of a genuine human mistake rather than an usability issue.
  + Task 7: N/A

### EP TA Summary

Nielsen’s Severity Ratings:

N/A =

Cosmetic =

Minor =

Major =

Catastrophic =

# Ali Salad’s Natural Observation Test (NOT)

Sex: Male Age-50 total time : 4 minutes

**Heart health:**

Question:

* “If possible, could you navigate from the home page to the hearts health page and could you read your current heart pressure”

Observation:

* The person currently being observed was easily able to get from the home page to the heart rate page and was easily able to read out the current heart pressure.

Timing: 7 seconds

**Heart health:**

Question:

* “If possible, are you able to read the chart for the above the current heart pressure and if so, can you explain the level its currently at”

Observation:

* The person found great difficulty in reading the chart provided in this fitness app currently. From his observation the current size of the text was too small to read.

Timing: 30 seconds

**Weight Goal:**

Question:

* “when your ready can you, from the heart health page navigate back to the homepage. Once their please can you read your current weight goal”

Observation:

* The person found great difficulty in understanding the information presented about the current weight and weight goal. He pointed out that he could not understand which was the weight and which was the goal.

Timing: 30 seconds

**calories:**

Question:

* “If possible, are you able to read navigate to the calories page from the weights and goals page, once their please enter what you ate for dinner.”

Observation:

* As the person was entering their dinner information, they noticed an issue where after entering one item they where not able to add anymore.

Timing: 45 seconds

**Community:**

Question:

* “If possible, are you able to return to the homepage and from there please navigate to the community, once their I want you to join any class”

Observation:

* The person was able to go from the home page and book the yoga rocks class very easily. They pointed out how quickly they were able to go through the pages without any unnecessary pop ups.

Timing: 1 minute

**Improvements:**

Question:

* “If possible what would you change about this fitness application.”

Observation:

* The person pointed out that the page seemed too dark and if they could add one extra feature they would want to add a light mode to this app.

Timing: 1 minute

## Ali Salad’s Thematic Analysis

* Learnability - all about easiness and fastness…



* + Task 1: The participant took 7 seconds to navigate to heart page from home page and identified the current heart pressure in 7 seconds which shows it was quick and easy.
  + Task 2: The participant took a lot of time to read the chart so that wasn't easy for them and it was slow.
  + Task 3: Again he took a lot of time to navigate to homepage andd then read out the current weight goal from there so not easy for him.
  + Task 4: Participant did consumed some more time to navigate to calorie page and add their dinner they completed the task but not that fast.
  + Task 5: Participant easily navigated to communities page and was able to join a yoga rocks class did took around 60 seconds not that long it was easy for them but not as fast as compared to other users.
  + Task 6: N/A
* Efficiency - all about speed/time/ how fast they can complete a task…



* + Task 1: Task done really quickly and the person was easily able to do all of the tasks accurately.
  + Task 2: Not efficient as they had difficulty in this specific task.
  + Task 3: As he couldn't process the task quicker this wasn’t efficient at all.
  + Task 4: They did in moderate time and as they used the app knew so it is efficient.
  + Task 5: They have completed this task in about 60 seconds not that long not that short.
  + Task 6: N/A

* Memorability



* + Task 1: While reading the current heart pressure memorability factor was involved.
  + Task 2: N/A
  + Task 3: N/A
  + Task 4: N/A
  + Task 5: N/A
  + Task 6: N/A
* Satisfaction



* + Task 1: The person was observed and it was easy for him to be navigate and read so that means he was very satisfied.
  + Task 2: They found difficulty in reading the chart because the size of text was too small so he wasn’t satisfied.
  + Task 3: He had difficulty in understanding the information about weight goal on home page he couldn’t identify which was the weight which was the goal. ( Not Satisfied )
  + Task 4: They were satisfied but also dissatisfied as they couldn't’ add anymore item in dinner.
  + Task 5: They were satisfied as they commented that they were able to go through pages quickly without any useless pop ups
  + Task 6: The improvement the participant has suggested shows they weren't satisfied with the app as it is so dark and wanted a light mode instead.
* Errors



* + Task 1: N/A
  + Task 2: N/A
  + Task 3: N/A
  + Task 4: N/A
  + Task 5: N/A
  + Task 6: N/A

# Awad Riaz’s Natural Observation Test (NOT) MS DO THIS

Task 1: Can you navigate to the communities page, try to join a class and tell me how many classes are available and how many are booked?

Time: 1m22s   
Observations: “I can’t click on the buttons”, “It should say at the top how many slots are available/taken instead of having to look myself”.  

Task 2: Can you navigate to the calories page and enter in the calorie count for your last meal?   
Time 0m55s   
Observations: “Seems simple enough”

Task 3: Read out the important information on the steps page

Time: 0m15s

Observations: “6800 steps, 120 minutes, 10km, 800 calories”, “It could be useful if the calories was related to calories intake more directly”   
   
Task 4: Can you navigate to the sleep page, and tell me what state of sleep you were in at 5am

Time: 0m53s

Observations: “Normal sleep? It’s not clear to tell where the boundaries are”, “I am not sure which of the hours are AM/PM”

Task 5: How many hours of sleep did you get

Time: 0m8s

Observations: “8hr51m. The information is easily visible”

Task 6: Navigate to the weight page and tell me your current weight and target weight

Time: 0m18s

Observations: “My current weight is 62kg”

Task 7: Can you tell me your weight a month ago

Time: 0m18s

Observations: “Might be easier if i could scrub the graph, instead of just eyeballing it.”

Task 8: Can you tell me your current BMI statistics

Time: 0m5s

Observations: “Current BMI is 31.02, which is down from 31.02. It also tells me I am 96% to the way of my weight goal, which is useful.”

Task 9: Can you navigate to the settings page, go through all the settings and go back to the settings page

Time: 0m32s

Observations: “Once rating the fitness tracker, the X button is a bit off centered, making it hard to press”, “Some of the theming is a bit distracting, for example the notification settings has a black background, but when you go to personalisation it is white.”

# Muhammed Ibraheem’s Natural Observation Test (NOT) ALI Q DO THIS

Q: How old are you?

A. 19

Q. Have you used a fitness app before?

A. MyFitnessPal and Strava

Task: Login and onboard

Time taken: 10 seconds

Observations/Problems: Felt like too many pages for only 5 pieces of information. Could’ve just been done on one.

Task: Navigate to calorie intake page. Attempt to add a food. Speak aloud your observations on this page.

Time taken: 32 seconds

Observations/Problems: Not explicitly obvious that the widgets on the home page are clickable. Maybe an option to quick add foods that are often added to prevent time wasting.

Minor Nielsen 7. Flexibility and efficiency of use.

Task: Navigate to the steps counter.

Time taken: 5 seconds

Observations/Problems: Is a whole page needed for such little information? Could all be done on the widget.

Major Nielsen 8. Aesthetic and minimalistic design.

Task: Navigate to the sleep page and then the heartrate page

Time taken: 22 seconds

Observations/Problems: Simple design on sleep page looks good. Heartrate page feels inconsistent with the rest of the app so far.

Task: Navigate to the weight intake page and check the weight charts for the last month, 6 months and 12 months.

Time taken: 35 seconds

Observations/Problems: The page felt a bit cramped. Also the tabs for the different time frames were slightly misaligned. The quote felt unnecessary.

Task: Navigate to the push workout on the workouts page.

Time taken: 23 seconds

Observations/Problems: The push page might have been too simple and should allow more customisation for the users preferences. The workouts page styling was nice.

Cosmetic Nielsen 4. Consistency and standards.

Task: Navigate the communities page, then the community classes page, try to join one of the classes.

Time taken: 1 min 10 seconds

Observations/Problems: This whole sequence of pages felt very hard to use and read. Too much on the screen. The actual class would be better off as a video rather than a block of text. Unrealistic to use when actually doing yoga.

Task: Navigate to the feedback page

Time taken: 15 seconds

Observations/Problems: Again this suffers from too much on one page. I would also say I should be able to see the comments of others before I do a class to see if it’s actually worth taking. Don’t actually see a button that I could press to leave feedback. Not very intuitive.

Task: Navigate to the settings page.

Time taken: 32 seconds

Observations/Problems: The navbar buttons don’t work on every page so had to go back to the home page (note. Just a result of it being an mvp). I don’t know what the notifications are for it doesn’t tell me. Everything else is fine but slightly inconsistent design wise.

Major Nielsen 6. Recognition rather than recall.

Overall thoughts: I really liked the styling generally such as the colour scheme etc. I just felt that it wasn’t consistent to use in terms of where to click and the feeling. Worked against me sometimes.