Medium-Fidelity Prototype Evaluation Results

User 1 - High School Parent with Full-Time Office Job, Female

Tasks:
1. As Meg, begin planning your lunchboxes for the week.

Easily completed

2. Add an Egg Sandwich as your Main for Monday.

Dragged change to tap.

3. Add an Apple as your Fruit for Monday.

Easily completed.

4. You decide you want to change your fruit to a banana. Follow through with this.

Tried to replace banana first then realised apple needs to be removed first.

5. See what foods are in your favourites.

Went to favourites easily.

6. Add some raisin cookies.

Didn't realise went to snack - need to update fruit to banana.

7. Continue through the whole week.
8. View the updated lunchbox plan for the week.
9. View what you are taking for lunch on Tuesday.
10. View your lunchboxes healthiness rating.

No name label, user commented it would be good to add a title for healthiness rating.

11. Find out how to learn more about the food groups.

User wanted to see words on footer.

12. Discover some lunchbox recommendations for protein.

User doesn't know what family protein score means - percentage is confusing.

13. Find out more about your family's progress.

User would like to see score titles on the left versus the right.

Post-Evaluation Questions:
1. What did you like/dislike about the concept?

Make things bigger - titles and icons in lunchbox calendar and builder - hard to read. Also like it to drag - no feedback - percentage scores are confusing, maybe consider an i with a tooltip - explains how healthy score is calculated and what it means. The learn page food groups are not that interactive; the font is small. The way you display the info is important, consider putting in small chunks then will make it fun to read. Click food groups - two tabs - learn and recommendations. Family progress - more information for percentage scores, perhaps research how apps do ratings/leaderboards.

2. Do you understand what the application aims to achieve?

Yeah it helps lunchbox planning.

3. How effective do you think the concept is in helping users to develop healthier eating habits and encouraging social collaboration within the family by raising family awareness?

I think it's a really genius idea. I can see it being really effective in busy households where families have no time. I think the planning of the lunchbox aspect is most helpful. Planning and organisation are key.

4. Do you think the healthiness ratings are effective?

Yeah. Seeing how healthy everyone is eating will make each family member want to do better each week.

5. Would reminders be useful once a week to notify the family to plan together?

Reminders if they are not too annoying will always be useful in making sure everyone keeps on task. If it's just a weekly thing then for sure that would be useful and because it's only once a week we'd more likely listen to it and not ignore it.

6. How would you use this concept in your daily life?

Planning the lunchboxes would definitely be something we'd use as a family. Just having the application to organise our week's lunches and then seeing how healthy we are.

7. Would you see you and your family collaborating effectively to plan and then pack you lunch boxes?

I think by having this application, it'd for sure make the kids at least a little more motivated to be responsible for their own lunches. And that little extra bit of effort will help create positive habits I think.

8. Do you feel you would need groceries integrated within the app?

I've tried different meal and grocery planning and list apps in the past. They're always so overwhelming and you have to keep typing all your foods. It gets like a chore after a while. So in that way I like how this idea is simple and doesn't get messy by having groceries. I would prefer no, no groceries. Otherwise once there's too much going on, you're more likely to not use anything at all.

9. Was the navigation flow as expected?

I understood how to use the app. It was pretty clear to me.

10. How difficult did you find the app? Was it easy to understand?

It was simple enough for me to understand so I found it easy.

11. Do you have any suggestions as to how to improve the application design?

Maybe looking at making the app a little more styled like with a brand and everything. Also I guess cleaning up the progress part a little so it's not as complex looking.

12. Do you have any suggestions as to how to improve the social and mobile aspects of the app to better encourage within-family collaboration?

I do like chatting with other people, even like other parents to see what they do. I'm not sure though.

13. Please rate the app's effectiveness from 1 to 10 (very effective)

User 2 - High School Parent with Full-Time Office Job, Male

Tasks:
The user completed most tasks with relative ease. However, got confused for the task to change the apple to a banana and went to add a banana first. The user also did not know which lunchbox section to add the raisin cookies from favourites into. The user also struggled with the footer and did not know what the icons meant and desired to see a title for each footer icon.

Post-Evaluation Questions

1. What did you like/dislike about the concept?

I liked most of it. But I didn't know what the percentage means - very confusing - need title such as nutritional intake target or goals - didn't see the word score as it was too small - perhaps add a score title and a tooltip. The words are tiny - make five food groups bigger - each member have a different lunchbox colour perhaps Also a title, add word family - family weekly lunchbox plan

2. How effective do you think the concept is in helping users to develop healthier eating habits and encouraging social collaboration within the family by raising family awareness?

With the planning of the lunchboxes it's clear that it would be effective. Especially the part where you see a lunchbox and it's components. That's great for the kids. It's easy to understand and you just pop in your food choices.

3. Do you think the healthiness ratings are effective?

Yeah it brings some competition with the stars. Who doesn't want to have 5 stars.

4. Would reminders be useful once a week to notify the family to plan together?

Yeah I think so.

5. Would you see you and your family collaborating effectively to plan and then pack you lunch boxes?

Yeah I think we'd come together more to plan our lunches and even just talk about what it means to include the five food groups and feed our bodies with healthier food. It's definitely a great solution.

6. Do you feel you would need groceries integrated within the app?

That could be good. Just to know what you need to buy so you have the items for your lunchbox. But also it's not the most important.

7. Was the navigation flow as expected?

Navigation was straightforward to me with the bottom bar. I knew where to go for what.

8. How difficult did you find the app? Was it easy to understand?

It was really easy for me to get how to use it.

9. Do you have any suggestions as to how to improve the application design?

I like how it's easy and simple the layout. Maybe expanding the lunchbox recommendations and some extra cool features to find some recipes or something.

    10. Please rate the app's effectiveness from 1 to 10 (very effective)
8

User 3 - Year 9 High School Student, Female

Tasks:
    1.   As Meg, begin planning your lunchboxes for the week.
Went straight to lunchbox builder.
    2.   Add an Egg Sandwich as your Main for Monday.
Easily added sandwich.
    3.   Add an Apple as your Fruit for Monday. Liked the healthy score.
Easily added fruit.
    4.   You decide you want to change your fruit to a banana. Follow through with this.
Banana change - expected a deleting button or a cross next to the fruit icon. When you tap the icon a cross comes. You press the cross to delete the fruit. To add the fruit you press
    5.   See what foods are in your favourites.
Went straight to favourites. Liked the healthy score. It means 90% healthy the food in the lunchbox.
    6.   Add some raisin cookies.
Easily completed.
    7.   Continue through the whole week.
Easily completed,
    8.   View the updated lunchbox plan for the week.
This is so cool. User asked if they can change a day's lunchbox and was happy with how the process unfolds.
    9.   View what you are taking for lunch on Tuesday.
Liked how to view lunchbox.
    10. View your lunchboxes healthiness rating.
Saw the stars easily.
    11. Find out how to learn more about the food groups.
Easily went to Learn.
    12. Discover some lunchbox recommendations for protein.
Easily clicked Protein.
    13. Find out more about your family's progress.
Easily found progress section.

Post-Evaluation Questions:
How would you prefer to delete an item in your lunchbox?
I prefer a cross to delete next to the icon.

How would you like to add an item to your lunchbox?
I would like to tap the food item and then it appears in the lunchbox.

How do you prefer to change a lunchbox from the home screen?
I like what it is now - you tap a day and then you can edit the items.

Any improvements for the Learn page?
The words are really hard to read, the information. And you could make the colours darker so it like pops out.

How do you like the Food Group Recommendations in Learn?
I like it but I don't know what the protein percentage score means. It's confusing.You should add a border on the page.

What do you think of the Family Progress page?
It shows the progress of each family member. The stars are good it shows the healthiness overall but the percentage is confusing. I like the stars. You should add words to explain and make it clearer.

Do you like the feedback?
I don't think you need it you can talk to your family in the house.

Do you like the leaderboard?
Yes. I think you should consider making it horizontal maybe but I really like it. I'd like my friends on it too. A family leaderboard and then a friend leaderboard.

Why would you like that?
So it's like separate and you can choose which leaderboard you want to look at. I like to see my friends because it's fun and then if my friends are on it and find out they eat unhealthy food they would want to eat healthier.

So that would motivate you?
Yeah it would motivate me to eat more healthy food.

Any improvements for the Home page?
You should add more words to explain what the stars are, like a heading saying healthiness rating.You could make it more simple to look more colourful.

1. What did you like/dislike about the concept?
I like how you can choose the foods you eat during the week it's so detailed and so cute - making the lunch was the most fun part. I like how the lunchboxes are shared so I could see what my mum is eating on the kitchen bench and what I'm eating.

2. Do you understand what the application aims to achieve?
I think so - it tracks the food you eat and it tells you the healthiness rating and you can motivate yourself to have healthier lunchboxes.

3. How effective do you think the concept is in helping users to develop healthier eating habits and encouraging social collaboration within the family by raising family awareness?

I think it's 7.5 effective [out of 10] - the stars are the most helpful and the progress is cool to see.

4. Do you think the healthiness ratings are effective?

Yeah I do because you will see how healthy it is and if it's not healthy you can motivate yourself to eat more healthy so the stars will be higher cause everyone wants five stars.

5. Do you think this app would help students and parents to plan their lunchboxes and then each morning pack their lunchbox according to the plan on the kitchen bench?

Yes - I feel like sometimes they would add something else to the lunch and make an exception like chocolate and no one would know - but I guess I would edit my lunchbox to show that otherwise I'd feel bad.

6. Would this help you pack your own lunch?

My mum would still pack but I would make more of an effort to pack myself more.

7. Do you like the icons on the calendar plan and is this helpful for when you pack your lunches in the mornings?

You should add updated images like for the egg sandwich there's no egg in it - I like the icons, it's good with no writing here it looks cuter and nice. It's straightforward to then press and each day and see a detailed lunchbox.

8. Would reminders be useful once a week to notify the family to plan together?

Yes it would notifications.

9. Would you see you and your family collaborating effectively to plan and then pack you lunch boxes?

Yes, mainly me, I think so.

10. Would you like the device on the kitchen bench?

That would be cool.

11. Do you feel you would need groceries integrated within the app?

No. That would add like a whole new thing because it's shopping and what to buy - if you add groceries it would be a whole new section in the app about shopping and what to buy so it's a bit too much - I like this as it's unique and minimalist. If there's too many features it gets complex and I won't use it much.

12. Is complex bad?

Yeah I give up using something if it's not simple.

13. Was the navigation flow as expected? How difficult did you find the app? Was it easy to understand?

The navigation was easy but maybe more words so you know where to go you can add words under the bottom (footer).

14. Do you have any suggestions as to how to improve the application design?

An editing button for the lunchbox builder - you press edit and edit it - so you don't accidentally change it.

15. Do you have any suggestions as to how to improve the social and mobile aspects of the app to better encourage within-family collaboration?

The leaderboard with friends is like socialising so you should do that - messaging no, no messaging.

16. Are there any features that are missing in the design?

A delete button for the foods like a cross next to each food - just add more words like on the calendar.

17. Please rate the app's effectiveness from 1 to 10 (very effective): 7.5.