

USER TEST SCRIPT

Participants

- Salvatore Balsamo: Male, Age 27
- Hailey Seymore: Female, Age 24

Introduction

Thank you for testing Insta-goal, an app made to help you reach your goals. Insta-goal works by matching you with an accountability partner (AP), who is another person just like you trying to reach the same goal. Together you help encourage each other to reach your goal. Insta-goal also helps you define interim milestones that you can reach to build up to your big goal, and it has a handy Goal Tracker that tracks your progress towards each milestone to help you stay motivated and on track. Finally, Insta-goal has a “visual journal” that you and your AP can use to post photos to document your journey.

We will work through 4 tasks that cover the extent of Insta-goal’s functions. We will start with signing up for the app, then move on to setting up your goal, meeting your AP, and lastly, performing some typical daily functions of using the app.

Link to prototype: <https://tinyurl.com/insta-goal-prototype>

Task 1

Complete the Insta-goal Goal Set Up

1. Sign up for an Insta-goal account
2. Complete the Goal Set Up
3. Under “Choose Your Goal” choose “Yoga” as your goal (but feel free to navigate around all the categories and goals)
4. Under “Settings” check the box to sync with Apple Health
5. Under “Build Your Journey” choose “Do yoga 5 times in a week” for Interim Milestone 1
6. Under “Reward Yourself” choose “Get a new yoga mat and blocks” for Reward 1
7. Under “Define Your Needs” choose the following answers:
 - Question 1: 6 months
 - Question 2: I think I can do this
 - Question 3: “in-app messenger” and “text message”
8. Continue to get matched with an accountability partner and complete the items under “AP Expectations”

Task 2

Complete the Insta-goal Tutorial

1. After completing Goal Set Up, follow the on-screen instructions to complete the Insta-goal tutorial
2. Familiarize yourself with the app and functions

Task 3

Log a yoga session you did at the park on 10/25

1. Log into Insta-goal as Nina Gadson
2. Navigate to the Goal Tracker and edit the entry for Wed, 10/27
3. Confirm that you did yoga at a new place and specify that it was at “Boulder Canyon”
4. See your new entry logged
5. See your progress bar increase from 1 to 2

Task 4

Check for updates from your accountability partner

1. After logging your yoga session, check your notifications
2. See that your AP just reached her first milestone! Congratulate her by sending her a message in the app.

Task 5

Navigate around the app

1. Spend some time using the app
2. Take note of:
 - Things that are confusing
 - Things that don't work as you'd expect
 - Improvements you can think of
 - Things that are done well

Questions

- Was there anything that seemed out of place as you used Insta-goal?
- Are there any improvements you have for Insta-goal?
- Do you think Insta-goal would help you reach a goal you have?
- What does Insta-goal do well?

PROJECT PLAN

Approach

INSTA-GOAL will be designed for the course CSCI 5839 - User-Centered Design and Development, over the course of the Fall 2021 semester. The design process will follow an iterative prototyping and user testing approach and will culminate in a video demo of a polished prototype.

Deliverables

Deliverable	Date	Description
Project Proposal	9/13	Documents the project objective, motivation, target user group, data use, and expected challenges
User research, personas, and task models	10/15	Documents the results of a user research study using an online survey and personas derived from those results
Prototypes of key features	10/24	Figma prototype of Insta-goal Version 1
Complete prototype	11/21	Figma prototype of Insta-goal Version 2
User testing results and changes	11/21	Figma prototype of Insta-goal Version 2 with updates from heuristic evaluation and user testing (includes user testing script)
Revised prototype	-	<i>TBD</i>
Video demo	-	<i>TBD</i>