Usability Test: **Vigil – Optimized Workout Routine Builder App**

Fall, 2024

Team: No-pain-no-main

**Introduction**

Thank you for agreeing to do this usability test for Vigil – Optimized Workout Routine Builder App. The team would like to see first-hand what it’s like for real people to use the app, which we hope will help us improve the app.

We’re testing the app, not you. You can’t do anything wrong here. We want to hear exactly what you think about the app. Be honest and don’t worry about hurting our feelings. That will help us find problems that exist and will help us fix them.

For the test, we’ll ask you to do certain tasks and we’d like you to think out loud while you’re doing them. If you have questions, please ask. If you have comments, go ahead and say them. We’ll record your comments, but won’t make them public. If, for any reason, you’d like to quit this test, you are free to do so.

**Background Questions**

* Do you currently go to the gym or have an interest in working out?
* Do you follow a regular workout routine? If so, do you create it yourself or use an app?
* How do you typically spend your rest time between sets? Do you have a specific routine or strategy for resting?
* Before we begin, do you have any questions for me?

**The Test**

1. Reactions to the main screen – Go to the main screen of the app and tell us your general impression of the app. Are you tempted to click on anything? Is it clear to you what all the elements on the screen are for?
2. General tasks - I’ll ask you to do some of the following tasks, depending on how much time we have together:
3. Find the prebuilt workout routine for Leg exercise and set the weight as 45 pounds, and reps as 10.
4. Build your workout routine for your legs from scratch and save it using your name. Have at least 3 exercises in your routine
5. Check that you have finished the exercise and answer at least 2 quizzes until the timer ends.
6. Final observations – Do you have any final observations on the app? Would you consider using it for your own workout?

**Thanks**

Many thanks for your willingness to help us test Vigil –Optimized Workout Routine Builder App. The app is rather new, so we appreciate your help in fixing it up.

We’ll contact you soon with a summary of what we found and how we hope to use it to improve the site. We’ll keep the data from your session private and will only release aggregate data.