Bryce Jensen
CS-360-R4872
1-4 Assignment: Users and Solutions
3/4/24

Describe the design and purpose of the app you selected.

I use an app called Boostcamp for all my strength training tracking. The Boostcamp app allows the user to select fitness programs from the Boostcamp library (user or coach created) or create your own to use; the user can view workout history; log workouts; and view analytics for workouts, exercises, and muscle use over the last week. The primary use of the app is for workout logging and use as an exercise library.
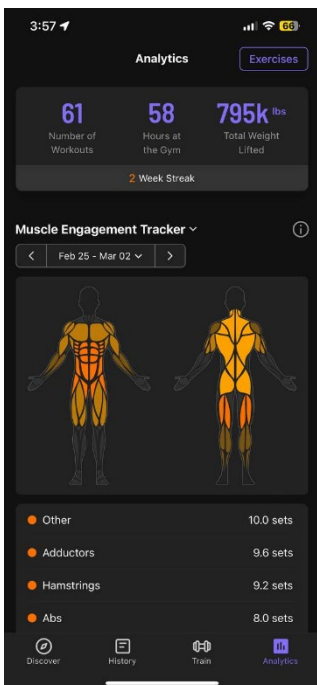
The design is simple, with various tabs at the bottom to navigate through the main panels of the app. Discover shows the hundreds of programs that have been created for the app. History shows past workout information. Train (pictured right) is the area of the app for starting a new workout. Lastly, the Analytics (pictured left) is for displaying data on various points, such as a Summary Dashboard, Estimated 1 Rep Max, Total Training Volume, and more.
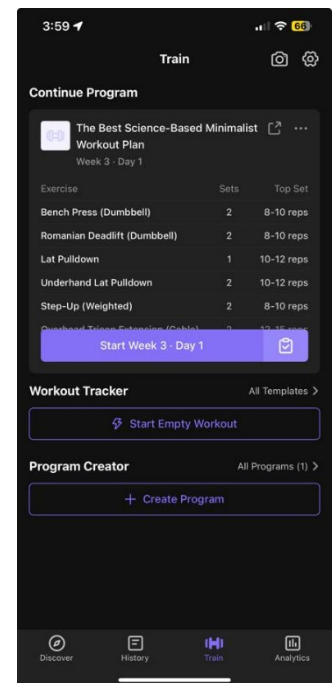
Identify the user needs that the app is designed to address.

The users the app is meant to address are fitness minded individuals that want more than a spreadsheet or notebook to track their workouts with. They want an easy-to-use interface with minimal clicks to avoid spending time on their phone while at the gym. Building a program is hard work and it can be difficult to know what the best combinations of exercises and intensity are.

Explain what specific features the app has tailored to meet its users' needs.

- The users get a simple and easy to use UI. That makes it quick to log the sets and reps of a given exercise set.
- Boostcamp incorporates an automatic rest timer that activates upon logging the reps for a set. The user can set this for whatever rest period they need.
- The Boostcamp app allows created programs to be created and shared easily and can be accessed worldwide.
- They have also included a weight calculator to easily show how many plates (and of what size) to put on the various bar sizes to hit the desired weight for a set.
- They have also included many types of analytics to see how one may be improving over time.
- Everything that is clickable is in a clearly defined box that makes it easy to determine what can be interacted with.

Discuss what user information would be helpful for an app developer to know before designing.

I think taking a few interviews from several different demographics is the best way for an app developer to determine what their users may want in an app. From there they can create requirements and desired features to include in their app. I would first show a concept and share a description of the app, and I would want to know:

- What features are expected?
- What would be nice to have?
- When would they use the app and where?
- How long do they expect to spend in the app?
- Some of their favorite layouts for similar apps.
- If they have any suggestions for improvements to the current idea for the app.