

# Swole Patrol

## Screenshots:

Login page:

After typing in your username and password, press “Login” which will take you to the home page.

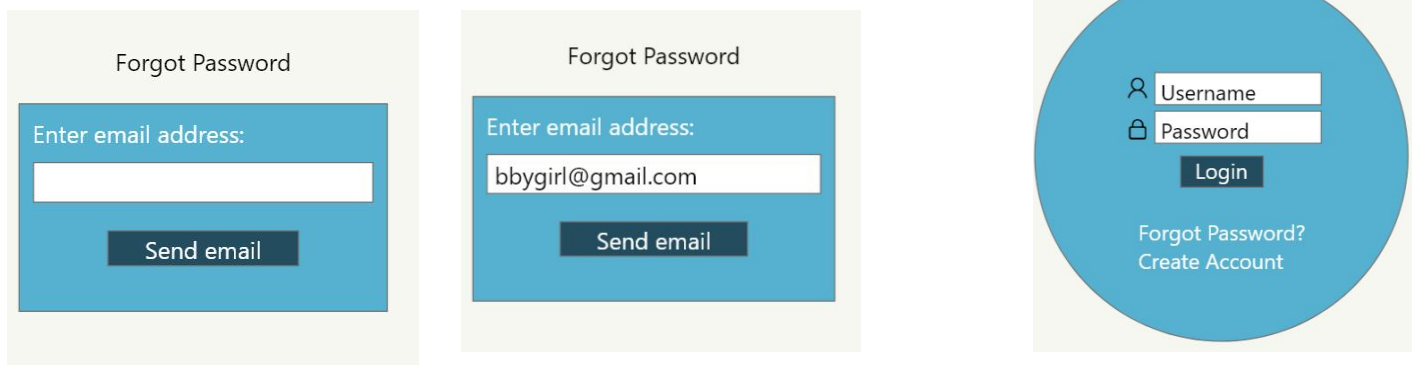
If you forgot your password, select “Forgot Password?”

In order to create a new account, click “Create Account”.



Forgot password:

After typing in email, click “Send email” which will take you back to the login screen with a textbox that says “Check email for new password”



Create Account:

Enter in all the data asked. When selecting gender, press the drop down arrow for choices either male or female. Once all the information is filled out, hitting the create account will send you to the home screen of the application

Create New Account

Enter Information:

First Name

Last Name

Birthdate (MM/DD/YYYY)

Height (#'")

Weight (lbs)

Select Gender

Phone Number

Create Account

Create New Account

Enter Information:

Marco

Garcia

4/20//1988

5' 7"

150

Other

706-204-4200

Create Account

Welcome, BasicUser12

Today's Workout:

**Biceps & Back**


Biceps

- Dumbbell curls
- Hammer Curls

Back

- Rowing

Total Time: 55 minutes



## Leaderboard:

This shows where you and your friends rank. You have the option to view today's ranking, this week's ranking or this month's ranking which can be done by selecting the different tabs. Selecting the button "Add Friends", takes you to contacts.

← **BACK**

Leaderboard

	Today	This Week	This Month
Rank	Username	Points	Minutes
1	joe12345	800	210
2	msd9987	750	200
3	brad33	700	185
4	prince98	625	160
5	fastnfurs	500	120
6	gapeach	475	115
7	abs080983	350	90
8	her75329	225	70
9	wrkots00	175	65
10	bbgirl (me)	125	60
11	henrysmith	100	50
12	csrules	75	30
13	maryjane	25	5
14	zachbrown	0	0

Add Friends

Leaderboard

	Today	This Week	This Month
Rank	Username	Points	Minutes
1	msd9987	12000	5500
2	joe12345	11000	4500
3	brad33	10000	4000
4	bbgirl (me)	9000	3500
5	fastnfurs	8950	3000
6	gapeach	8500	2500
7	abs080983	6000	2250
8	her75329	5000	1950
9	wrkots00	3550	1600
10	henrysmith	2400	1500
11	prince98	1000	950
12	maryjane	750	400
13	csrules	500	120
14	zachbrown	0	0

Add Friends

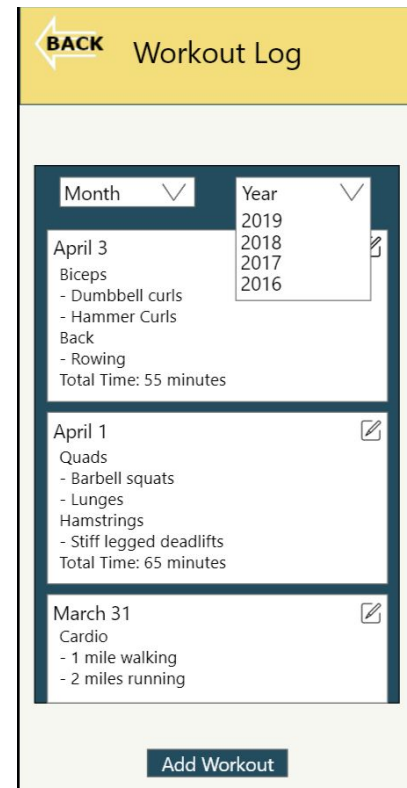
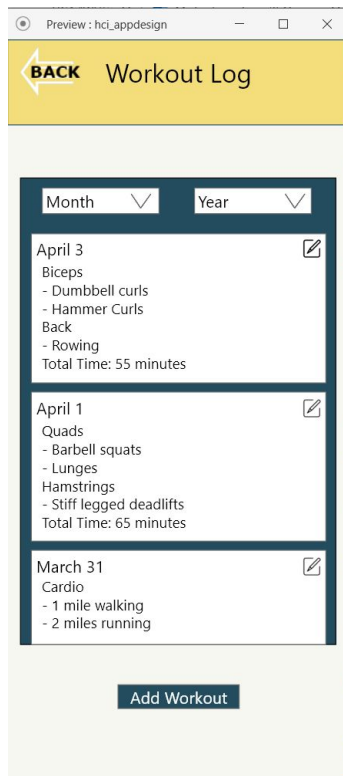
**Hey! That page hasn't been implemented yet. We**

**Feature coming soon... maybe...**

← **BACK**

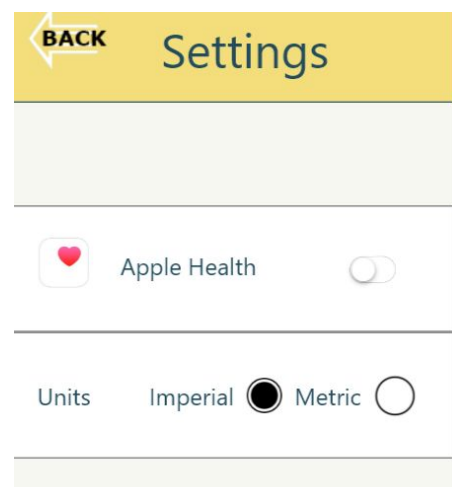
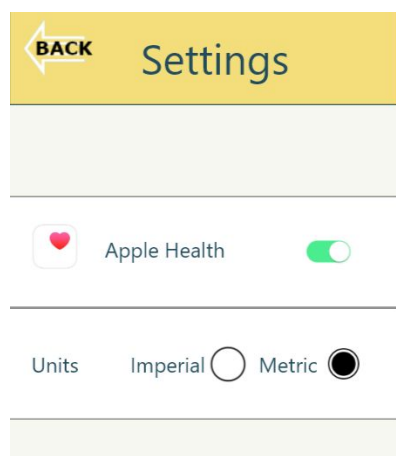
### Workout Log:

You can filter the workout log by selecting a certain month or year. Without a filter, the workouts appear in descending order from today. You can also edit a workout by selecting the edit icon. Clicking add workout will bring you to the workout page to choose a workout to do and then add to the log with the time.



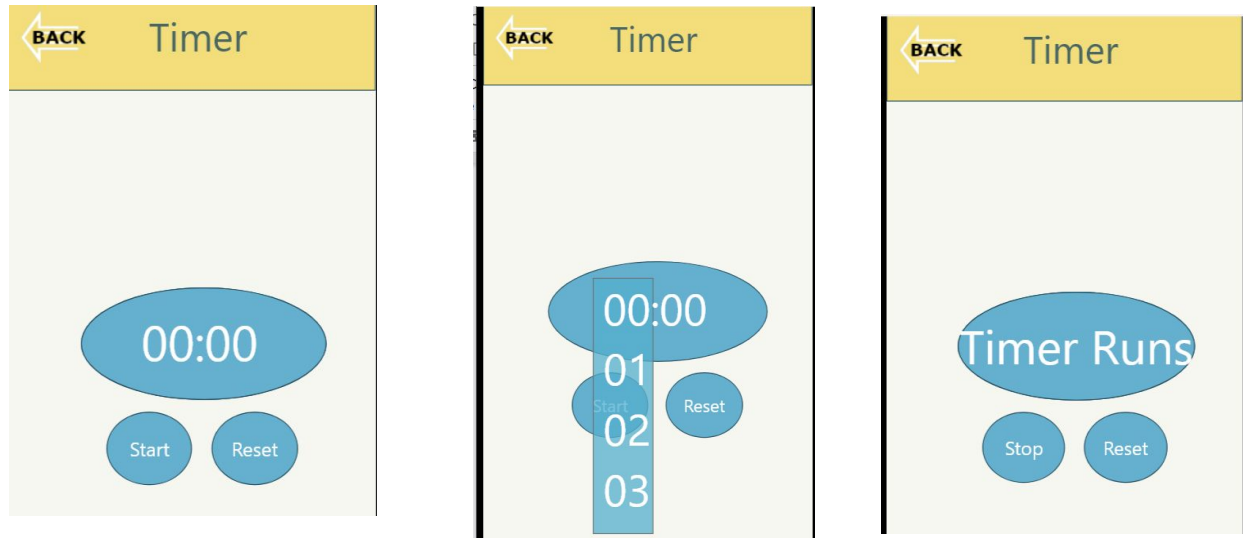
### Settings:

The settings of the workout app provides a clickable option to pair with apple health for apple users, and an option for users to choose between imperial and metric units.



Timer:

Gives a clickable option to start the timer, which then switches to a stop button once clicked. However, the timer itself is not yet functional.



### **List of features with brief descriptions:**

- *Leaderboard*  
Allows the user to have competition among friends and track each other's progress over the last day, week, and month.
- *Calorie Counter*  
Allows the user to track the calories that they are eating throughout the day to help them stay on track.
- *Workout Log*  
Allows the user to view previous workouts showing what was done and for how long.
- *Forum*  
Allows users to post updates and communicate with other users.
- *Workout Randomizer*  
Allows users to get a random workout for the muscle groups that they select. Helps users to not feel bored working out by spicing up their workout routine.
- *Timer*  
Allows the user to time themselves when working out.
- *Contacts*  
Allows the user to view contacts which can be used for leaderboard
- *Settings*  
Allows user to change basic settings related to the application

## **Narrative of System:**

The user will start at the login screen. On the login screen, they will be given the option to choose different task such as enter login and password, create account, or select forgot password. The create account allows the user to create an account (in which they enter personal information) to use the application. The forgot password option allows them to change password via the account's email. Once logged in, they will be presented to the home screen, in which they are can do various thing. If they have workouts made, they will see the workout options for the day. Then they can press the blue button to open up different options. Contacts, leaderboard, calorie counter, timer, settings, workout log, body workouts, Forum. The contacts allow users to see their contacts and add them as friends to the app. The leaderboard shows them who has the most point for working out. Also can add friends to compete with. Calorie counter allows them to log information of food consumption to keep track of their calorie intake for each day. The timer allows them to set up a timer when working out. Settings has general settings related to the app such as connecting apple health or logging out. Body workouts shows them a list of muscles they can workout. The forum allows them to ask questions and answer questions related to workouts and body health.

## **Usability specifications:**

- Learnability
  - Test how long it takes for the participants to perform certain tasks on the app
  - Observe their reaction while completing the tasks to see if they are pleased or frustrated
- Efficiency
  - Timing how long to do the specified tasks
- Retainability
  - We could test this by giving them a set of benchmarks to complete and then have them come back to the first task in the end of the interview or even a couple of days later and see if it took more times or less than before.

## **Initial evaluation/testing plan:**

- Benchmark tasks:
  - Login
  - Create Account
  - Check out leaderboard
  - Select a workout
  - Ask a question
  - Look at workout log
  - Forgot password
  - Add to calorie counter for the day
  - Sync contacts
  - Settings

- User Requirement/Tasks:
  - Select a body part to workout and get randomized exercises to do.
  - Compete and challenge friends.
  - Count calories taken in and burned.
  - Ask questions and give answers/encouragement to people in app community.
  - Look back at previous workout history.

To test learnability and see how easy this app is to use, we will instruct our users to perform simple tasks (add in calorie intake for today, post a question, find workout history from March 2019, check whose in 1st place today, find a chest workout to do, etc.) and observe the time it takes them to complete such task and their expressions. We will have questions after to see what they thought of the experience.

- Questionnaires
  - On a scale of 1 to 10, how easy was this app to use?
  - On a scale of 1 to 10, how did you like the design of the app?
  - Was that simple to do?
  - Was any part of the process confusing?
  - Do we need to add/remove anything to simplify the process?
- Interview Questions
  - Before the user tries the system, we would ask several questions to gauge the user's demographics and their familiarity with technology and exercise. After the user tries the system, we will use questions with a likert scale to help establish what the user felt about the system and how strongly the user felt about specific aspects of the system. We will pay careful attention to how the questions are worded, making sure that they are clear and concise. These questions would need to span from asking about how intuitive the system was to use, what users felt about specific features (calorie counter, exercise randomizer, the forum, the leaderboard, etc.), and if the user would voluntarily use the app themselves. This would give us a better grasp of what parts of the design worked for the users and what didn't.
- What other evaluation techniques? Why or why not are these appropriate to use?
  - Videotaping, face-to-face and think aloud, or group interviews. Group interviews probably would not be best because we do not want people's opinions to be swayed in any way. Videotaping could be good, but we would need consent from people, and for this particular project and timeframe, it may be too time consuming. Face-to-face interviews would be great and having the participants think aloud would allow us to understand their process and reaction to the system a lot better. Depending on our sample size, however, this may be also be too time consuming.