

HIS OR HER FITNESS UX AND UI DESIGN DOCUMENT AND PROCESS OF TABLET EXPERIENCES

AUIS 340
MULTIMEDIA DESIGN AND DEVELOPMENT
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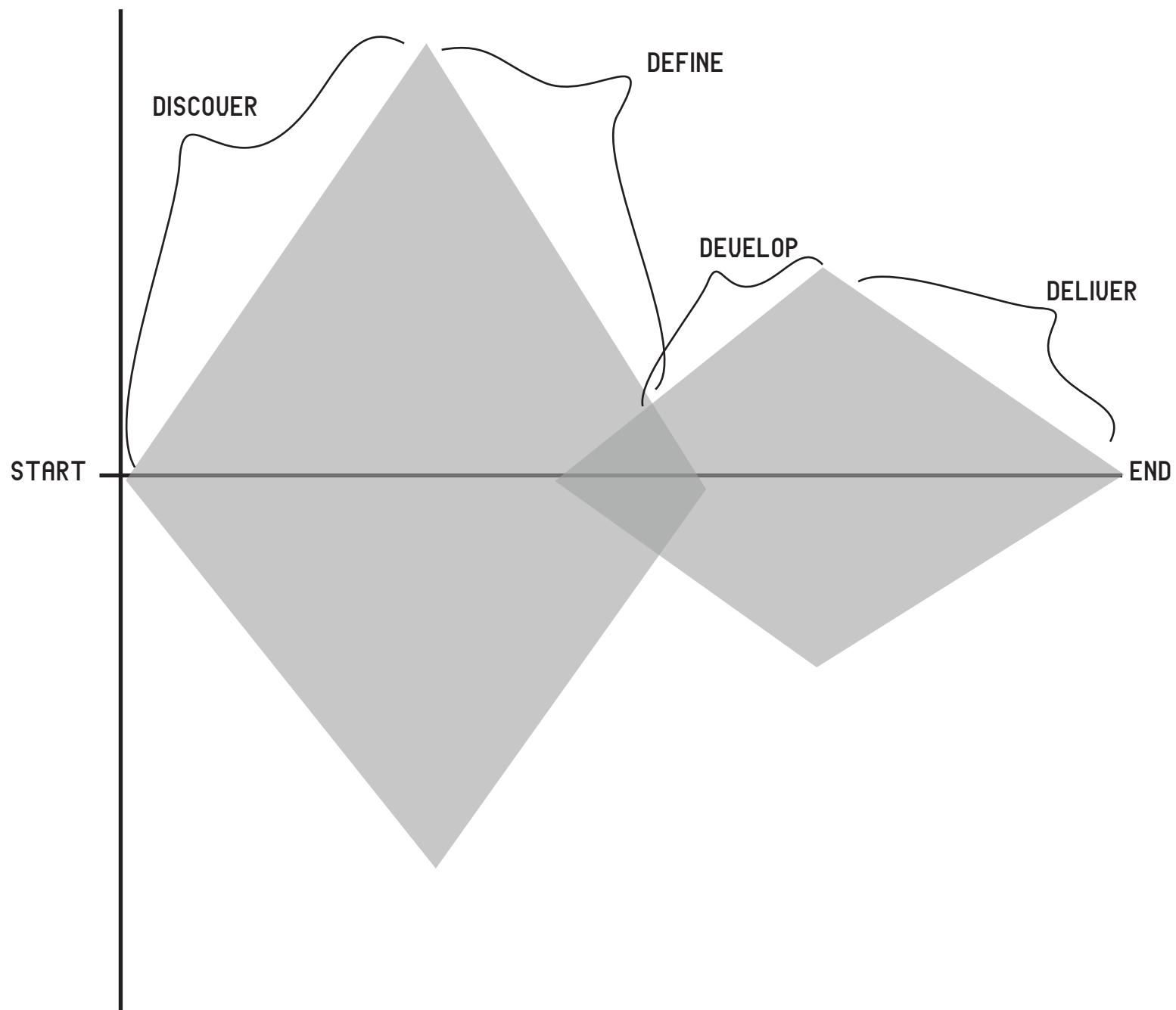
FINAL UI MAIN SCREEN

FINAL UI SCREENFLOW

FINAL UI DIGITAL PROTOTYPE

CLOSING SLIDE

UX DESIGN PROCESS OF TABLET DESIGN DOUBLE DIAMOND PROJECT MODEL



AUDIT

Loving Fit

Loving Fit is run by Tatianna, a certified personal trainer and former figure skater from Russia. This blog focuses on a technique known as Unit Training, which focuses on using the full body for each workout. Along with some excellent nutrition and weight loss advice, Loving Fit blog is about a ton of different workouts that anyone can do with a few dumbbells and a medicine ball including favorites such as "The Covet Workout" and "Lean Body All Over Workout."

Positive Features

- Clean
- Organized
- Minimal
- Online store
- Social media



& Workouts » Nutrition »



Negative Features

- Too much content
- Audio
- Advertising
- Tacky Design
- Css Issues
- Numerous navigations

Food Diary
Wednesday 7
Posted on Jan 10, 2013

LISTEN TO "BEYOND HUMAN" - BECAUSE WE ALL ARE!

 Beyond Human : Sterling - [all](#)
Beyond Human by **Sterling**

RECENT POSTS

- Monday Mingle 28
- Cardio Shock Workout Challenge
- Fitness Nymph Workout

Cardio Shock Workout Challenge

Jan 13, 2013 by Tatianna



Hello my Sweets,
And welcome to
Cardio Show!!! This
workout is

extremely hard and not for the faint of heart. This was one of the longest routines I've ever done but I felt absolutely incredible after, I truly loved it! Once in a while we all need an amazing long routine. I also did this routine on a fasted state. I've noticed something with this method,

Tweak Fit

Tweak Fit is a fitness blog that is centered on helping people achieve their goals through good old fashioned exercise and proper diet. Along with providing delicious recipes and workouts you can do at home, Tweak Fit blog even provides information on how to create your own pre-workout supplement cheaper. Authors of this blog include fitness competitors, registered dieticians, research scientists, and personal trainers; along with facts, they often provide motivation tips and tricks that will help you stick with your exercise plan.

Positive Features

- Clean
- Simple navigation
- Minimal
- Blog Articles
- Quick page load
- Welcoming feeling

The screenshot shows the Tweak Fit website. At the top is the logo "TWEAK FIT" with a stylized orange and black icon. Below it is a sub-headline: "A fitness blog about tweaking your way to great health". There are navigation links: BROWSE, RECENT (which is highlighted in orange), CATEGORIES, and ABOUT US. A large section titled "Most Recent Articles" features two posts:

- 3 Cardio Workouts to Help Burn Fat!** By Magen Pett | December 28, 2012 | Published in Exercise. It includes a thumbnail image of a person doing sit-ups and a brief description: "If you're bored with your cardio routine, try mixing up your pace on the treadmill or elliptical. If you've hit a plateau then it's time to mix things up again. The next time you hop on the machine, try adding in interval training. Jog for 1 minute and walk for 1 minute, then repeat for something more challenging."
- 7 Tips to Eating Healthier** By Magen Pett | November 30, 2012 | Published in Nutrition. It includes a thumbnail image of a person sitting on a mat and a brief description: "If you're looking to eat healthier, there are a few simple steps you can take to make it easier. First, start by eating smaller meals throughout the day instead of three large ones. Second, drink water instead of sugary sodas or juices. Third, eat more fruits and vegetables. Fourth, limit processed foods. Fifth, eat lean protein sources like chicken or fish. Sixth, eat whole grains instead of refined ones. Seventh, eat slowly and savor your food. These tips can help you eat healthier and feel better."

On the right side of the page, there are two photographs of a man's torso. The top photo is labeled "295 lbs, 08-06-2010" and the bottom photo is labeled "202 lbs, 10-15-2011", showing his weight loss progress.

Negative Features

- Long Pages
- Annoying Newsletter
- Pop up boxes
- Css Issues
- Boring social media widgets

The screenshot shows a blog post from Tweak Fit. The post title is "My New Best Friend: Full Body Workouts" by Magen Pett | September 29, 2012 | Also published in Nutrition. It includes a thumbnail image of a woman flexing her muscles and a brief description: "My style of training has changed recently. I'm a certified personal trainer, and I'm trying to stay fit myself. In my mind my diet is pretty clean – I have to share with you an example of what I eat in a day. I enjoyed...."

To the right of the post is a sidebar with the following content:

- A small image of a smartphone displaying the "Health" app.
- Text: "motivating photos of yourself can find a photo on your phone's camera roll and inspire you. Looking to eat out,..."
- A thumbnail image of an ebook titled "Learning to Lean 101: A Beginner's Guide to Building Lean Muscle, Burning Fat, and Getting Stronger".
- Text: "Make sure to grab a FREE copy of our 'Learning to Lean 101' ebook (\$17 value) which outlines the most effective and reliable way of transforming fitness beginners into lean, strong, and sexy athletes."
- An input field for "email address".
- A button labeled "SEND MY FREE EBOOK!".

Fitness NYC is run by a city girl named Melissa who has been running city marathons since 2007. Within her blog are a huge amount of tips regarding marathon preparation, training plans, dieting advice, and some of the best workouts you can utilize to help increase your endurance.

Positive Features

Background does not interrupt the text
use of browser safe colours
the hierarchy of information is perfectly clear
pages download quickly
navigation is consistent throughout website

The screenshot shows the homepage of Fitness NYC. At the top is a large banner featuring a cartoon illustration of a blonde woman jogging in a park with the New York City skyline in the background. Below the banner, the title "FITNESS NYC" is prominently displayed in large, bold, white letters. Underneath the title, a subtitle reads "Starting off in the big city having a little fun". A navigation menu bar is visible with links for HOME, ADULT, MAGE, MARATHON-TRAINING, MUSIC, MIND, NUTRITION, and WORKOUTS. Below the menu, there are two main columns of content. The left column contains a blog post titled "FitFest" with a preview of the text and a "Read more" link. The right column lists several workout titles: "Rock Your Body Challenge: 3's and 5's Treadmill Challenge", "Rock Your Body Challenge 2 (HILL WORKOUT)", "Rock Your Body Challenge 1 (challenge run - scroll down 😊)", "Speed Climb Workout", "Carrots n Cake 45 Minute Treadmill Workout", "2s and 4s Treadmill Workout", "Speed Test", "Serena Williams Spontaneous Speed Coached Run (itunes)", "Master the Treadmill with OK GO (coached run from itunes)", "Kara Goucher Endurance Boost coached run from itunes", "Get Fit with Serena Williams Run Workouts for ipod free from Shape", "Stretch and Strength", and "Bootcamp Treadmill Workout".

Workouts

- [Rock Your Body Challenge: 3's and 5's Treadmill Challenge](#)
- [Rock Your Body Challenge 2 \(HILL WORKOUT\)](#)
- [Rock Your Body Challenge 1 \(challenge run - scroll down 😊\)](#)
- [Speed Climb Workout](#)
- [Carrots n Cake 45 Minute Treadmill Workout](#)
- [2s and 4s Treadmill Workout](#)
- [Speed Test](#)
- [Serena Williams Spontaneous Speed Coached Run \(itunes\)](#)
- [Master the Treadmill with OK GO \(coached run from itunes\)](#)
- [Kara Goucher Endurance Boost coached run from itunes](#)
- [Get Fit with Serena Williams Run Workouts for ipod free from Shape](#)
- [Stretch and Strength](#)
- [Bootcamp Treadmill Workout](#)

Negative Features

Junky advertising
Lack of contrast
Very bland
Not appealing font
Excessively long pages
Poorly placed information

The screenshot shows a blog comment form. At the top right is a "LEAVE A REPLY" button. Below it, a note says "Your email address will not be published. Required fields are marked *". There are three input fields for Name*, Email*, and Website*. To the right of these fields is a "Follow Me" section with links for Twitter, RSS, and Grab This. Below the comment form is a note about allowed HTML tags. At the bottom right are "Post Comment" and "comment" buttons, along with a checkbox for "Notify me of follow-up comments by email".

Kodjo Workout

Kodjo Workout is a blog run by a fitness enthusiast that showcases a ton of different home workouts that are designed for people who have busy lifestyles. Along with a variety of circuit training workouts that are accessible, Kodjo posts dietary advice, ways to treat exercise-related injuries, and even reviews on some of the most popular fitness products available out there, including food supplements and snacks appropriate for fitness training.

Positive Features

- Video Based
- Well organized
- Testimonials
- Referral Links

The screenshot shows the homepage of Kodjo Workout. At the top, there is a search bar with the placeholder "Type your search here" and a "Search" button. Below the search bar is the logo "KODJOWORK" with the tagline "Home Workout for Busy". There are three navigation links: "HOME", "ABOUT ME", and "CONTACT". A video thumbnail for "HIIT Operation Fat Shredding" by Kodjo Hounkpati is displayed. Below the video, there is a post titled "With Meditation, You Can Lose That Body Fat in Weeks Rather Than Months" by KODJO ON JANUARY 14, 2013 IN GENERAL. The post includes a small image of a hand holding a piece of fruit.



Negative Features

- Similar looking pages
- Advertising
- Overly bright design
- Ugly search bar
- Hectic navigations

The screenshot shows the homepage of Gymboss Interval Timer. The header features the "GYMBOSS" logo with "INTERVAL TIMER" below it. The tagline "BETTER WORKOUT. BETTER RESULTS." is displayed. A sub-tagline "A multi-use interval timer for virtually any type of exercise." is present. On the left, there is an image of the Gymboss interval timer device. On the right, there is an image of a shirtless man performing a kettlebell swing.

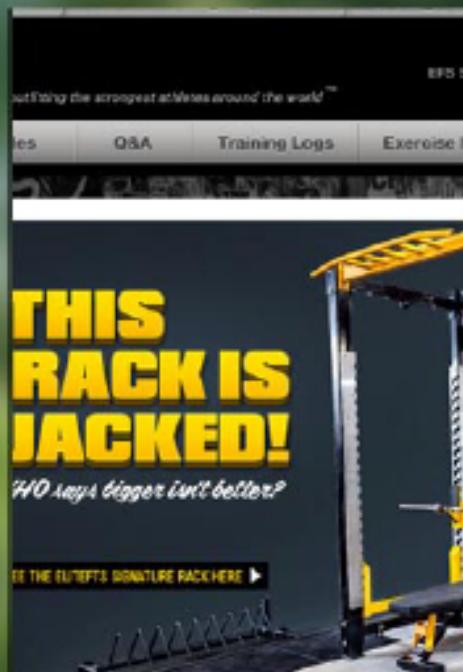
The sidebar features a "SUBSCRIBE BY EMAIL" input field and a "SUBMIT" button. Below this, there is a section titled "FOLLOW THE KODJOWORKOUT" with social media icons for YouTube, Facebook, Twitter, Google+, and RSS feed.

Elitefts

Elitefts is one of the best fitness sites in the world that aims to educate and provide the proper tools necessary for the strongest athletes to keep getting better. Along with providing everything from food supplements to workout equipment, Elitefts has a huge selection of articles regarding strength training and motivational materials

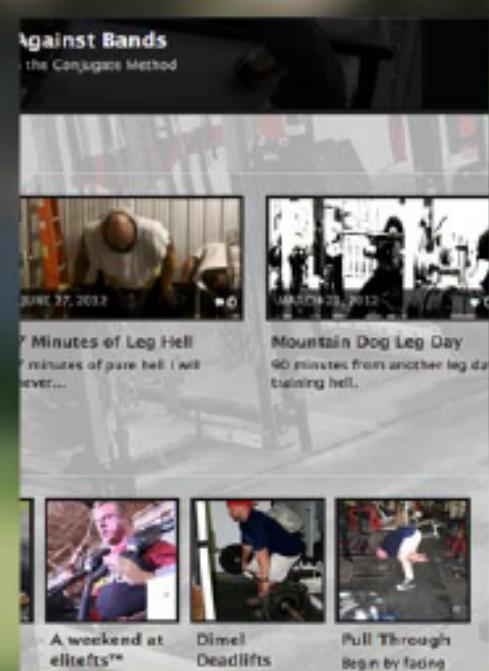
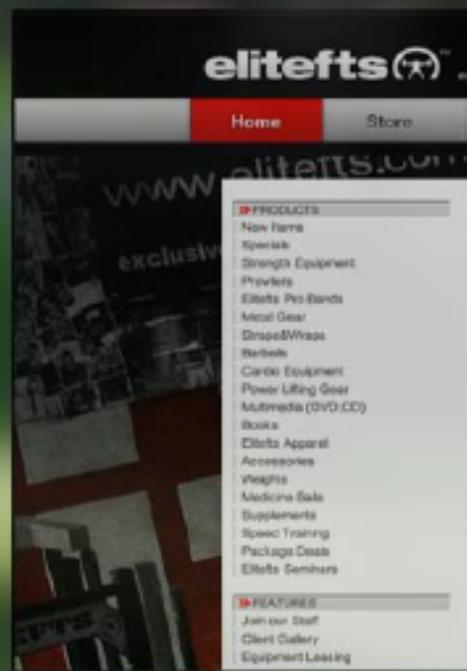
Positive Features

- Easy to navigate
- Offers training logs
- Great QnA
- Online store
- Testimonials
- Social media



Negative Features

- Overwhelming sidebar navigation
- Boring design
- Slow loading page
- Unnecessary advertising



Gym Goal

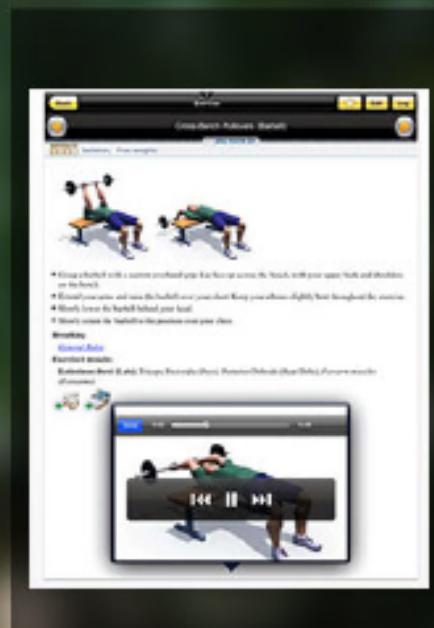
An app for iPad and iPod to help users achieve their workout goals. A very in depth app to help the user get in shape. Gives user proper demonstration and lessons on how to do workout, and how well they are working out.

Positive Features

- Fitness schedule
- Photos of workouts
- Video demonstration
- Recomendations



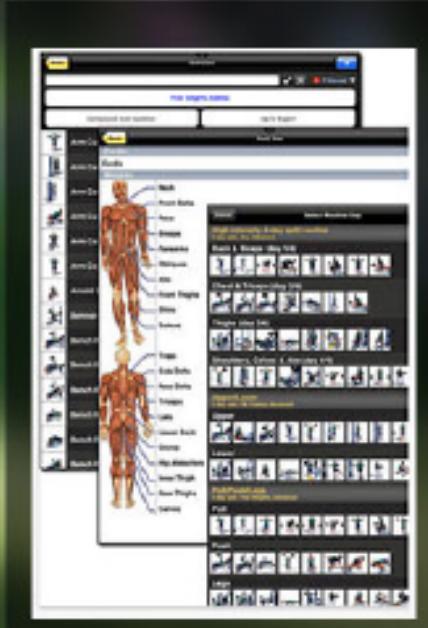
Workout Schedule



Demonstrations

Negative Features

- User Interface
- Overwhelming layout
- Too much content



Overwhelming Layout

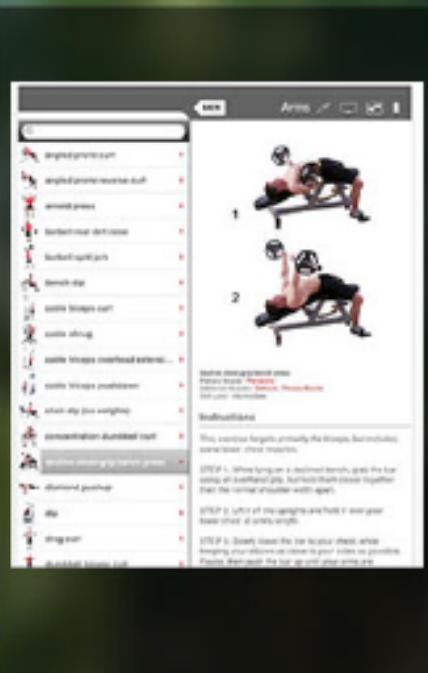


User Interface

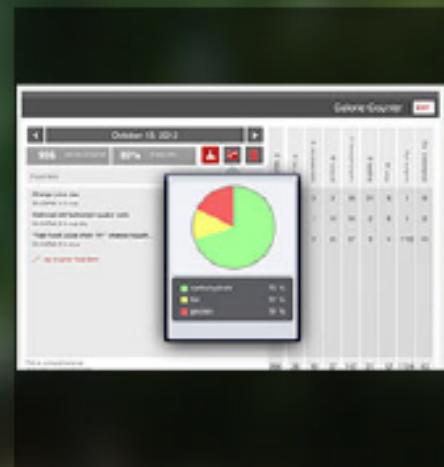
Voted as one of the best workout apps by Men's Fitness. Very nice app layout that demonstrates ways to workout. Keeps record of workouts and your progression.

Positive Features

- Simple interface
- Photos of workouts
- Keeps record of workout
- Organized
- Step by step instruction



Step by Step Demonstration



Keeps Record of Workout

Negative Features

- Plain colour Pallette



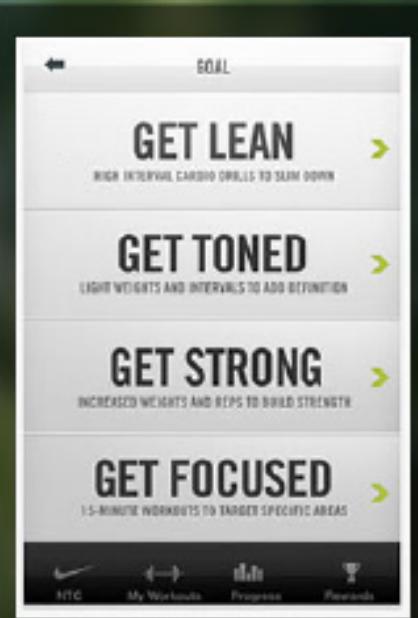
Plain Colour Pallette

Nike Trainning Club

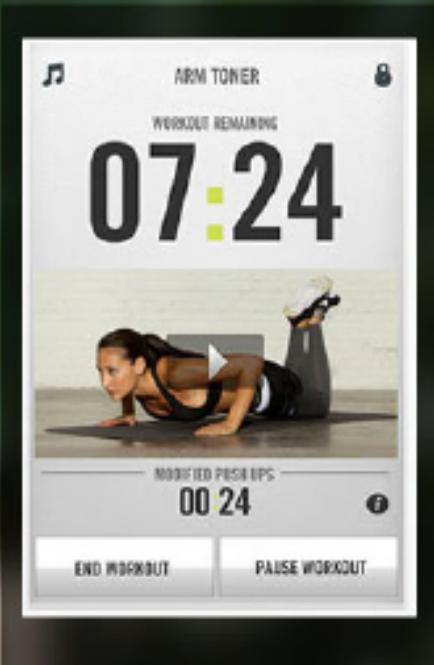
Ranked No. 2 on Gizmodo the Nike Trainning club is a very clean and well cut fitness app. It offers features some fitness apps dont offer like, music list, timer, and levels of workout. Best layout out of any fitness app.

Positive Features

- Clean look
- Timer
- Simple interface
- Organized
- Rewards



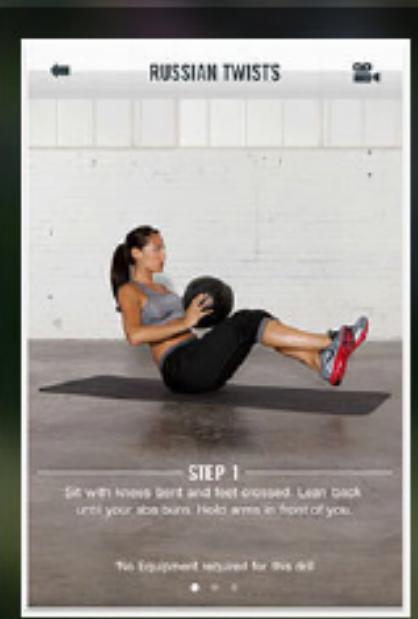
Organized/Clean Look



Timer

Negative Features

- Workout not too descriptive



Workout not too Descriptive

Jillian Michaels Weight Loss Plan

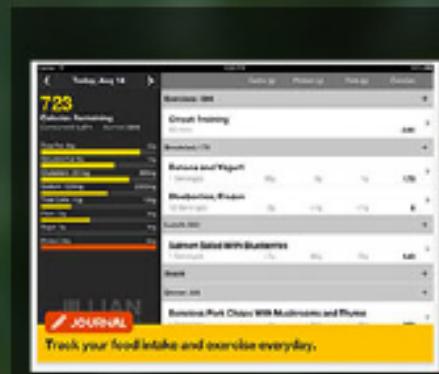
Jillian Michaels is a trainer from *The Biggest Loser*. Her fitness app targets ways to look and eat healthy. It also get people involved by posting blogs, and helping eachother achieve their fitness goals.

Positive Features

- Meal plans
- Workout tracker
- Weight-loss counter
- Organized
- Community



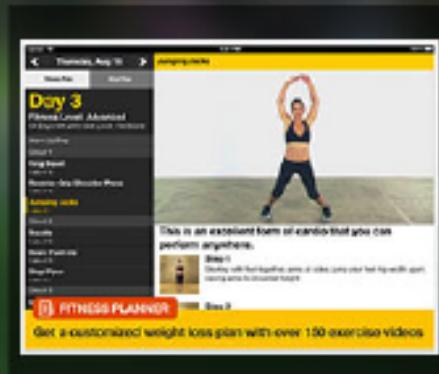
Community



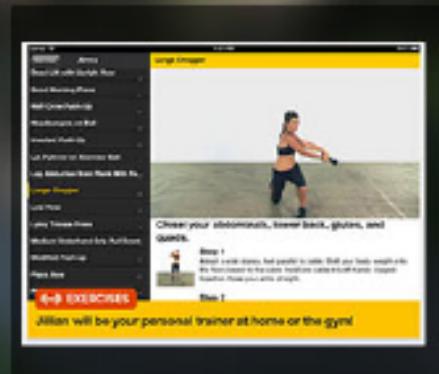
Workout Tracker

Negative Features

- Too compressed
- Too much navigation



Too Compressed



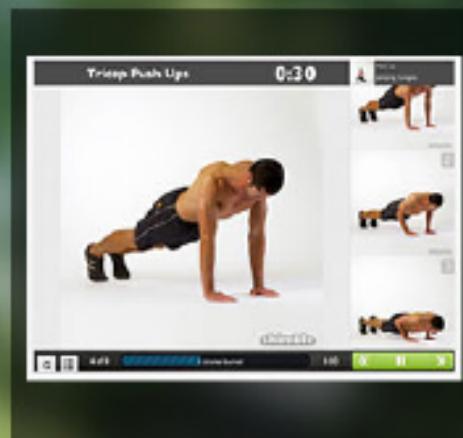
Too Much Navigation

Workout Trainer

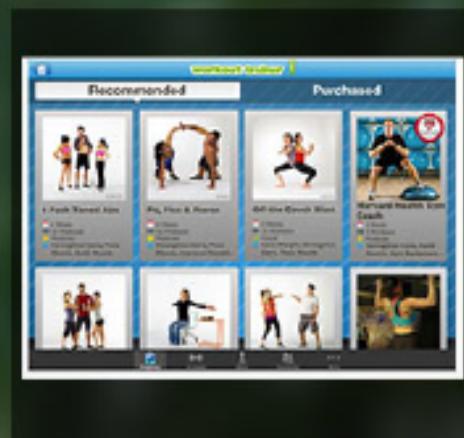
Ranked No. 5 by Gizmodo, Workout trainer is a nicely laid out app that demonstrates working out very well. Incorporates real life video examples. Supplies you with routines to follow when working out.

Positive Features

- Clean layout
- Organized
- Real life examples
- Video training
- Straight to the point



Video Training/Clean Layout



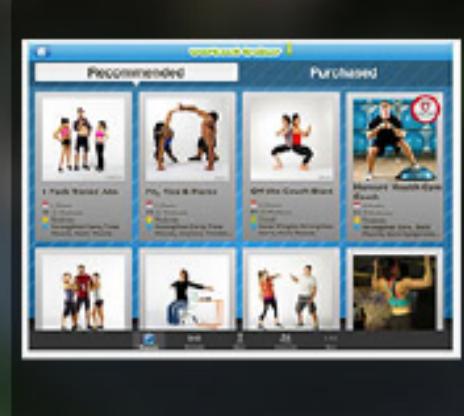
Organized

Negative Features

- Pay for workouts
- Cheesy fonts
- Plain
- Childish Appeal



Cheesy Fonts/Childish



Par for Workouts

COMPETITIVE AUDIT: AFFINITY DIAGRAM

UI interface	Learning Styles	Target Audience	Payment Method
Simple, easy to use.	Straight to the point	Teens and Adults	Free
Big button	Easy to follow	Women	In app purchases
Easy navigation	Video and image instruction	Ambitious people	
Clean	Effective	Heavy individuals	

ANALYSIS

Contextual Analysis Observation 03

User Name: Adam

A muscular individual, with lots of knowledge on the topic of working out. He attends Humber College and is currently enrolled in an athletics program within the athletics department of the school. He shared a vast amount of information and some of his own experiences with working out.

"Yes, I have two workout apps"

"One from Men's Fitness"

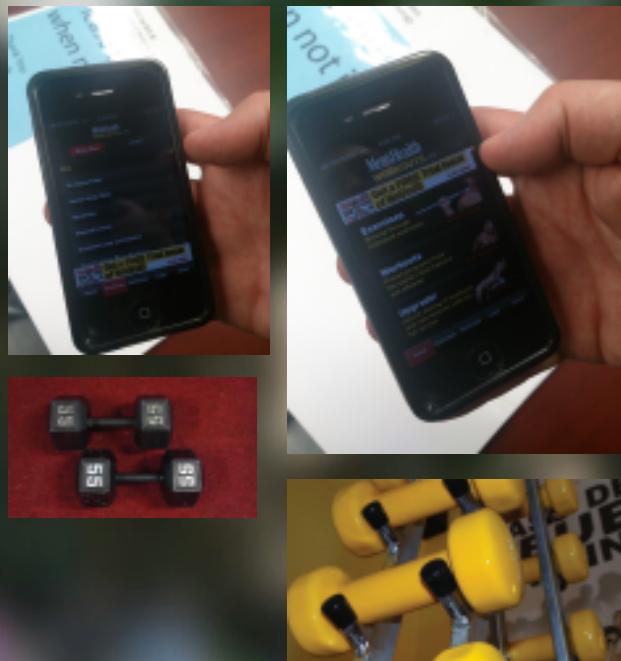
"Using it four or five days a week"

"Would like better track of dieting and exercise"

"The trainers I know have different exercises for different genders."

"have a chart that is pre written for you."

"Absolutely... I follow the routine to see if I'm doing my workouts properly."



Contextual Analysis Observation 02

User Name: Cardio Girl

We interviewed a girl who was very into cardio.
She demonstrated the two apps she used that help her with her cardio. She was roughly in her 20's and is an avid gym user.

"if u want ti have easy medium or hard day. you can pick each."

"your target heart rate."

"I think it would be cool to have an all woman's section."

"I won't use it at a gym."

"I would want one to show me how use the exercises properly"

"if it was convincing it was working and showing results then yes, I would use it."

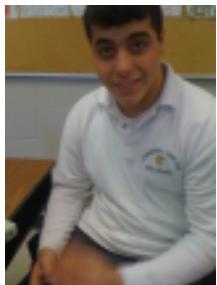
"better descriptions of workouts"



CONTEXTUAL INQUIRY: AFfINITY DIAGRAM

Issues	Wants	Useful Info	Use
Won't use at gym	Progress Chart	Better track of diet	To workout
No track of diet	Gender specific	Target Heart rate	Physical results
Improper Instruction	Pre written routines	Has workout difficulties	Used at gym
No progress tracker	Better description	Journal/Calendar	Collecting progress

USER INTERVIEW



Name: Vince
Age: 17
Occupation: Student
Contact:
Phone/Tablet: iPhone/BlackBerry Playbook
Car: none

Dialog:

Code:

Interviewer: Tell me about yourself.

Participant: Hello, my name is Vince, I am 17 years old and I go to Cardinal Carter Catholic High School.

User Characteristics

Interviewer: I would like to find out various forms of fitness activities in your typical day.

Can you walk me through how you keep track of your fitness exercises or routines Yesterday or past week?

Participant: I usually schedule it into a journal my usual routine is cardio for the first half hour, mainly on the bicycle and usually work on chest or upper body for about an hour, and I usually do legs for 20 minutes, every other day, and then there is the odd occasion where I do arms.

Personal Comment:

- Uses schedule
- Does a routined workout
- Experiments with workout

Frequency

Interviewer: What role does a tablet play in your daily experiences?
(Make sure your asking someone that has a tablet)

Participant: I'm usually able to put timers on, record on it, and play music on it, and use it reach my daily goals.

Mental Model

Interviewer: What kind of fitness activities or apps do you have with your tablet or mobile device?

Participant: I have this 6 pack app on my phone that I usually use for reference when I decide to work out on core. It's pretty helpful, it gives you ideas of what to do, and I find it very useful in developing my abs.

Goals

Interviewer: What kind of fitness activities do you do in your daily routine to discover new ways to train?

Participant: Well, usually I get a personal trainer, to help me/show me different ways to use the machines, so I can have better knowledge of how to work the other muscles in my body, and hopefully by doing that I will be in better shape.

Priority

Interviewer: What role does a mobile/tablet device play in your life?

Participant: Well usually use it mainly to record what I did for that day. It just helps me plan ahead what I am going to do the next day, or the following day, so that way I can keep it on track, and by doing this I will be able to reach my goal.

I use it for internet browsing, watch videos on YouTube, and stuff like that. Sometimes I listen to music.

Comment:

- Records workout
- Plans ahead
- Reaches goals
- Uses interactive media

Goals

User Characteristics

Interviewer: What kinds of activities do you on your mobile/tablet to discover new information?

Participant: Well, usually I just go on the browser, and just go on Google and see what I am interested in, and expand the idea that I have at the time.

Even on the app store, looking for a new magazine or anything that I find appealing to me.

Goals

Frequency

Interviewer: What kind of activities help you decide on new fitness routines?

Participant: Usually watching cardio videos, or something. Just showing different routines that you can do that allow you to just expand your mind in certain categories so that when you're working out you can try new things.

Frequency

Dialog:

Code:

Interviewer: Ask users to walk through key tasks on a viewing exercise content on Tablet? (or a web experience) (document key steps & sequences they took to interact with content)

Participant: Well, usually I stretch before attempting any exercising, and then usually I just follow the steps of what it tells me to do for that day, and hope for the best results.

Priority

Interviewer: Walk me through where you leave your tablet once you arrive home? (Where does it usual stay or move around at home)

Participant: Usually I bring it into my room so that it's easily accessable for me. I plug it in from working out so it can charge itself, and if I ever need it, I have it there to use.

Priority

Frequency

Interviewer: Is there anything that accompanies you everyday in your routine?, what kind of objects are stored inside your backpack?. (Make a List of items (everything))

Participant: Spare pair of clothes because, I don't want to go home in workout clothes. I usually have a towel, and a water bottle. I usually take my phone, so I always have access to multi media apps and stuff. With my tablet it depends where I am going. If it's at a coffee shop, yes. With friends, no.

Priority

Interviewer: Is there any accessories that you connect or Accompanies your mobile devices that helps your train better? ie Nike Fuel.
if answerd no.....
(If they did have one how would they imagine using it)

Participant: I would probably, more or less, use it for when I am doing cardio cause it would be good in recording how much you've done cardio wise just using your body, so you can further develop youself.

Goals

Dialog:

Code:

Interviewer: Is there certain times or circumstances that stop you from being active or achieving your fitness goals?

Participant: Well, if it's a holiday or something you should be around family, or if it's a birthday party, or something... events. Ya, school. If it's a big assignment or exam.

Frustration

Priority

Interviewer: What would you say is your main reason for using a tablet/mobile within your fitness training experiences?

Participant: I would use it just to say what exercise I have done on that day, so that I know that day or the next day after I can go, and know what not to work on because I have already done that, and it keeps me in order of what priorities I have to meet.

Frustration

Goals

Interviewer: What types of relationships do you manage on your mobile devices?. (What apps help manage or socialize on a tablet)

Participant: Twitter, because you're kinda able to follow people or training companies. Even just to communicate with friends that go to the gym that you know that you can meet there, that can help you exercises, that involve two people. Don't use Facebook that much, but if I didn't have Twitter, then I would have to use Facebook.

Frequency

Interviewer: While in a viewing experience what types of connections do you make with other people?.

Is there information you share with others or Vice Versa while in or after a fitness experience?

Frustration

Participant: Depending on the type of person, what their workout is. If I need someone to spot for me and they are working on chest then it would make sense for me to start having a relationship with that person, so that way I am able to get someone to help me if I need help. I use it if a friend or two want to come along.

Dialog:

Code:

Interviewer: Goals: What makes a good day and bad day while fitness training.

(bad day answer) Participant: Being able to achieve all of my goals that day in a timely manner.

Priority

Goals

(good day answer) Participant: Vice versa, but with lots of distractions.

Priority

Goals

Interviewer: (Opportunities): what activities currently waste your time on a mobile device. (tablet or phone)

Participant: Probably YouTube and stuff because you can just explore a bunch of videos of one artist or something, and it just prevents you from working out, or trying to find the song to workout to. It's going to hold you back because you're occupying yourself trying to find that one song instead of working out. Even games like Angry Birds, or any popular games.

Frequency

Interviewer: Is there certain times or circumstances that stop you from achieving tasks while fitness training or exercising using content from a tablet.

Frustration

Participant: Sometimes, if the tablet is glitching or freezing and I can't write down my progress. If it froze on me and I can't access it I have to restart it or something. Depends what I am doing. If it's cardio it gets in the way... but if weight training I can just put it down beside me.

Interviewer: Priorities: What is most important to you? (overall in life when using technology)

Participant: Pretty much staying connected with friends, so that you're always able to connect with people that you know, that you still talk to at the odd time.

Frequency

Interviewer: What helps you make Decisions in your daily life around staying active?

Participant: Food choices. What you eat; if you're eating junk food you're not going to do good, it's better to stay on the healthier side, and eat vegetables, and fruits. Eating well encourages me to workout to maintain that fitness level.

Priority

Goals

Dialog:

Code:

Interviewer: (Aspirations) What do you see yourself doing 5 years from now?

Participant: I would like to see myself involved in a sports management facility, dealing with sports, generally hockey. I was looking into Brock University for Sports Management, and that I thought it would be good to take that because i have a great interest in hockey, or sports in general.

Priority

Goals

Interviewer: (Avoidances) What do you prefer not to do, what do you procrastinate on?

Participant: Depends who I am hanging out with, and what crowd I am around. Staying away from people I don't have real relationships with. Watch movies that occupies me from being away. Video games. If I am sore I do not go to the gym.

Frustration

Frequency

Interviewer: (Motivation)- What do you enjoy most about your fitness experiences or current lifestyle? What items do you always enjoy to do first?

Participant: It allows you to be in shape. Losing weight, I guess is a plus. Overall having an active lifestyle. How I was before, I was not as built I was more on the lazy side, and now I am active and want to do stuff. I like starting off with cardio. Lift weight... more productive, trying to stay active. Like a good warm up.

Priority

Goals

Wrap up and Thank Participant.

TAGS USED:

Mental Model

Goals

Frustration

Priority

Frequency

User Characteristics

Mental Model

- I'm usually able to put timers on, record on it, and play music on it, and use it reach my daily goals.

Goals

- I have this 6 pack app on my phone that I usually use for reference when I decide to work out on core. It's pretty helpful, it gives you ideas of what to do, and I find it very useful in developing my my abs.

- Well usually use it mainly to record what I did for that day. It just helps me plan ahead what I am going to do the next day, or the following day, so that way I can keep it on track, and by doing this I will be able to reach my goal. I use it for internet browsing, watch videos on YouTube, and stuff like that. Sometimes I listen to music.

- Well, usually I just go on the browser, and just go on Google and see what I am interested in, and expand the idea that I have at the time. Even on the app store, looking for a new magazine or anything that I find appealing to me.

- I would probably, more or less, use it for when I am doing cardio cause it would be good in recording how much you've done cardio wise just using your body, so you can further develop yourself.

- I would use it just to say what exercise I have done on that day, so that I know that day or the next day after I can go, and know what not to work on because I have already done that, and it keeps me in order of what priorities I have to meet.

- (**bad day answer**) Being able to achieve all of my goals that day in a timely manner.

- (**good day answer**) Vice versa, but with lots of distractions.

- Food choices. What you eat; if you're eating junk food you're not going to do good, it's better to stay on the healthier side, and eat vegetables, and fruits. Eating well encourages me to workout to maintain that fitness level.

- I would like to see myself involved in a sports management facility, dealing with sports, generally hockey. I was looking into Brock University for Sports Management, and that I thought it would be good to take that because i have a great interest in hockey, or sports in general.

- It allows you to be in shape. Losing weight, I guess is a plus. Overall having an active lifestyle. How I was before, I was not as built I was more on the lazy side, and now I am active and want to do stuff. I like starting off with cardio. Lift weight... more productive, trying to stay active. Like a good warm up.

User Characteristics

- Hello, my name is Vince, I am 17 years old and I go to Cardinal Carter Catholic High School.

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Frequency

- I usually schedule it into a journal my usual routine is cardio for the first half hour, mainly on the bicycle and usually work on chest or upper body for about an hour, and I usually do legs for 20 minutes, every other day, and then there is the odd occasion where I do arms.
- Well, usually I just go on the browser and just go on Google and see what I am interested in, and expand the idea that I have at the time. Even on the app store, looking for a new magazine or anything that I find appealing to me.
- Usually watching cardio videos, or something. Just showing different routines that you can do that allow you to just expand your mind in certain categories so that when you're working out you can try new things.
- Usually I bring it into my room so that it's easily accessible for me. I plug it in from working out so it can charge itself, and if I ever need it, I have it there to use.
- Twitter, because you're kinda able to follow people or training companies. Even just to communicate with friends that go to the gym that you know that you can meet there, that can help you exercises, that involve two people. Don't use Facebook that much, but if I didn't have Twitter, then I would have to use Facebook.
- Probably YouTube and stuff because you can just explore a bunch of videos of one artist or something, and it just prevents you from working out, or trying to find the song to workout to. It's going to hold you back because you're occupying yourself trying to find that one song instead of working out. Even games like Angry Birds, or any popular games.
- Pretty much staying connected with friends, so that you're always able to connect with people that you know, that you still talk to at the odd time.
- Depends who I am hanging out with, and what crowd I am around. Staying away from people I don't have real relationships with. Watch movies that occupies me from being away. Video games. If I am sore I do not go to the gym.

Frustration

- Well, if it's a holiday or something you should be around family, or if it's a birthday party, or something... events. Ya, school. If it's a big assignment or exam.
- I would use it just to say what exercise I have done on that day, so that I know that day or the next day after I can go, and know what not to work on because I have already done that, and it keeps me in order of what priorities I have to meet.
- Depending on the type of person, what their workout is. If I need someone to spot for me and they are working on chest then it would make sense for me to start having a relationship with that person, so that way I am able to get someone to help me if I need help. I use it if a friend or two want to come along.
- Sometimes, if the tablet is glitching or freezing and I can't write down my progress. If it froze on me and I can't access it I have to restart it or something. Depends what I am doing. If it's cardio it gets in the way... but if weight training I can just put it down beside me.
- Depends who I am hanging out with, and what crowd I am around. Staying away from people I don't have real relationships with. Watch movies that occupies me from being away. Video games. If I am sore I do not go to the gym.

Priority

- Well, usually I get a personal trainer, to help me/show me different ways to use the machines, so I can have better knowledge of how to work the other muscles in my body, and hopefully by doing that I will be in better shape.

- Well, usually I stretch before attempting any exercising, and then usually I just follow the steps of what it tells me to do for that day, and hope for the best results.

- Usually I bring it into my room so that it's easily accessible for me. I plug it in from working out so it can charge itself, and if I ever need it, I have it there to use.

- Spare pair of clothes because, I don't want to go home in workout clothes. I usually have a towel, and a water bottle. I usually take my phone, so I always have access to multi media apps and stuff. With my tablet it depends where I am going. If it's at a coffee shop, yes. With friends, no.

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-(bad day answer): Being able to achieve all of my goals that day in a timely manner.

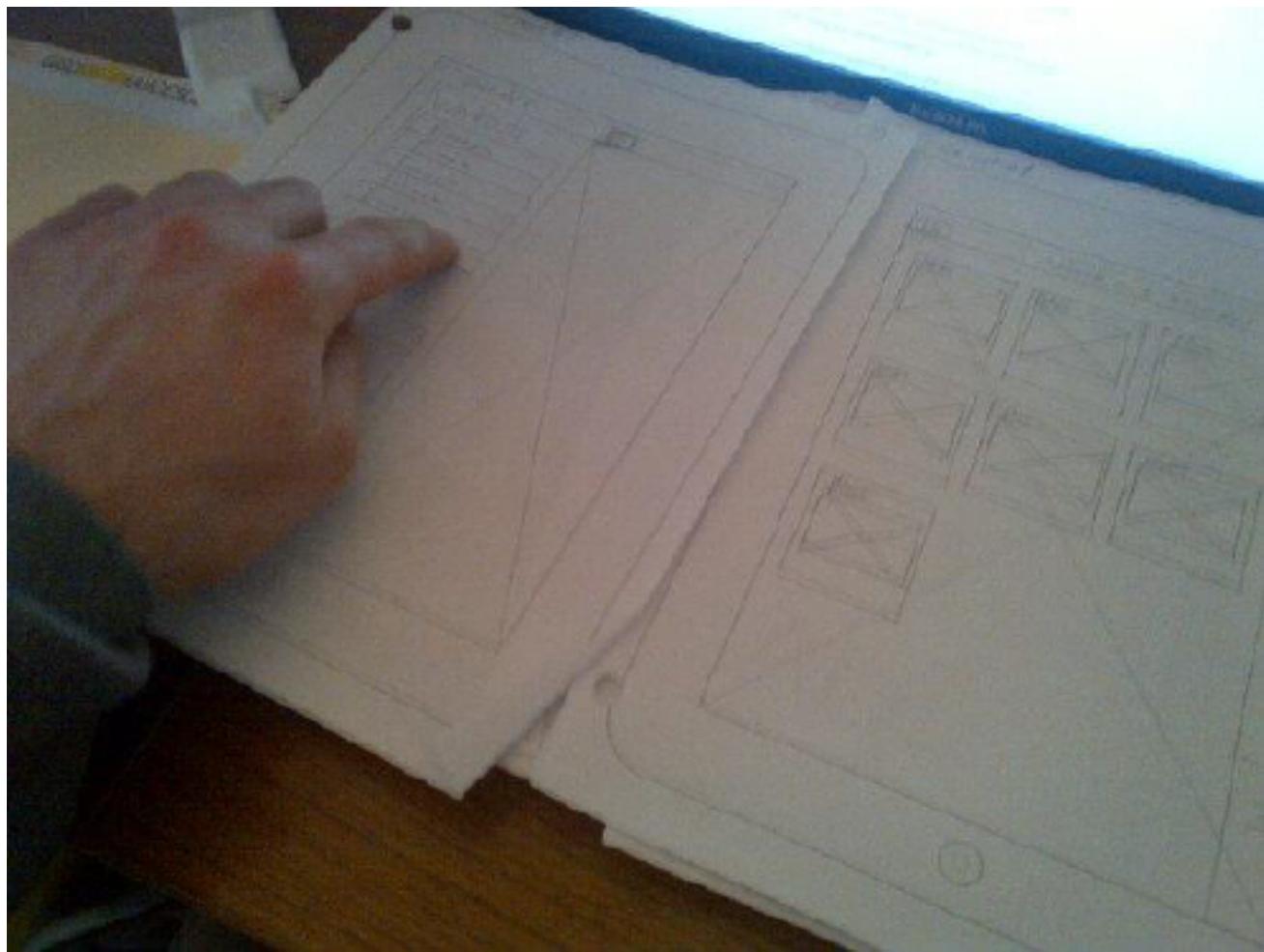
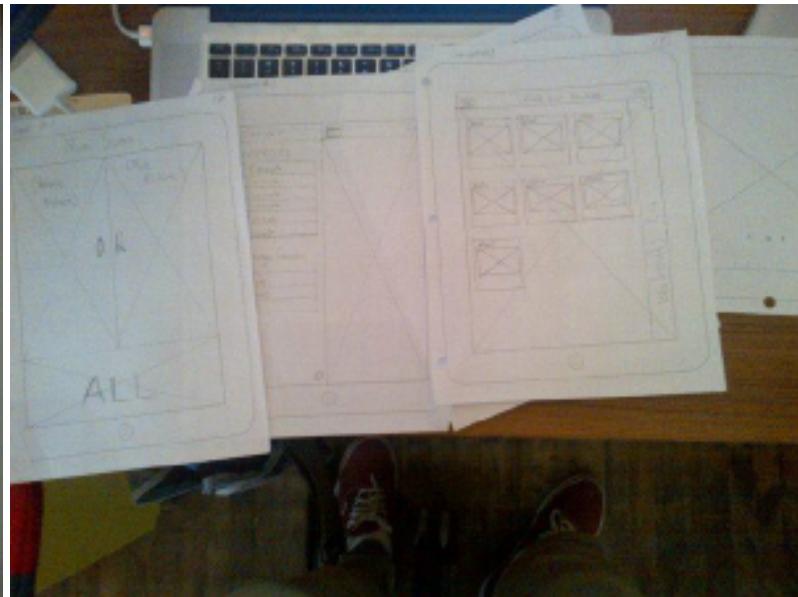
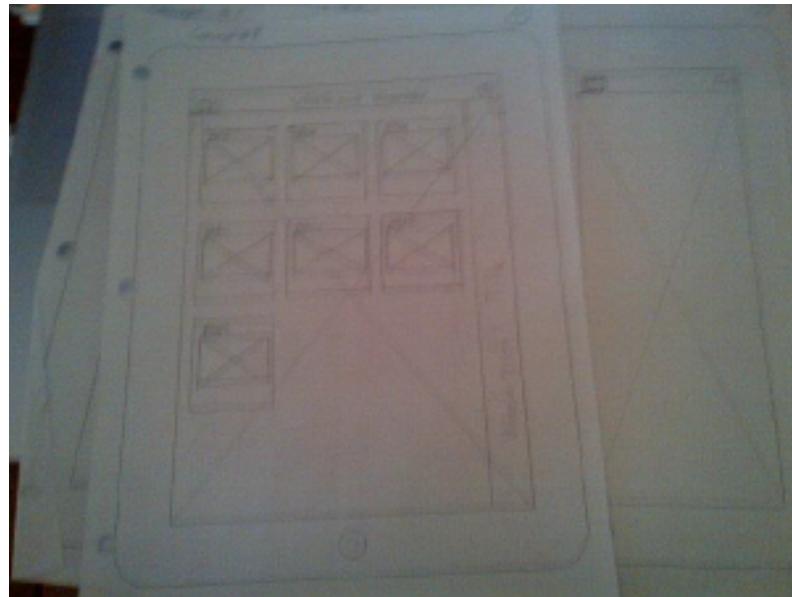
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KEY NOTES

- Well usually use it mainly to record what I did for that day. It just helps me plan ahead what I am going to do the next day, or the following day, so that way I can keep it on track, and by doing this I will be able to reach my goal. I use it for internet browsing, watch videos on YouTube, and stuff like that. Sometimes I listen to music.
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PAPER PROTOTYPING



**FINAL UI
AND
SCREEN
FLOW**

MAIN SCREEN



This is where you would select your gender.
From here it would take you to the workout page.

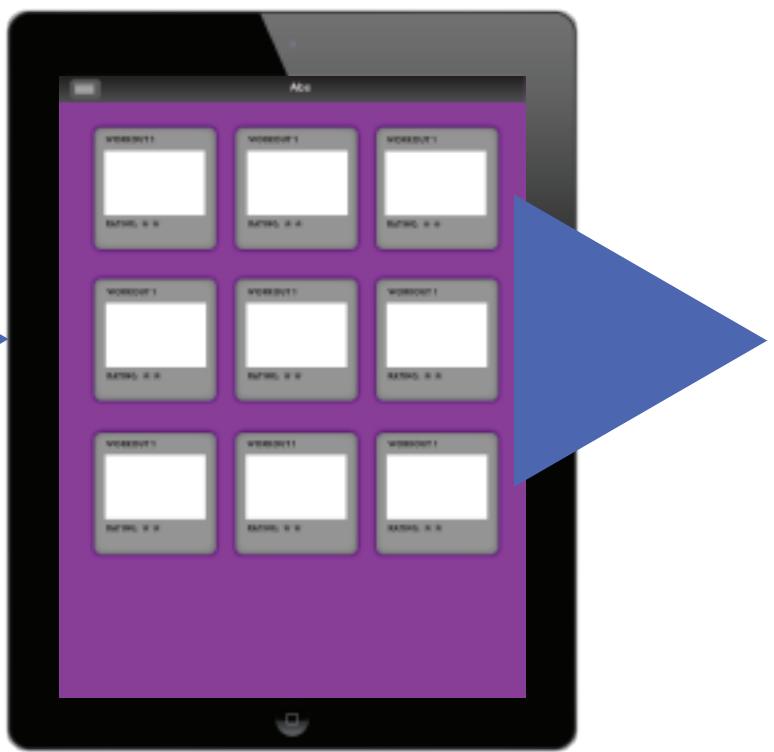
OTHER SCREENS

Menu Screen



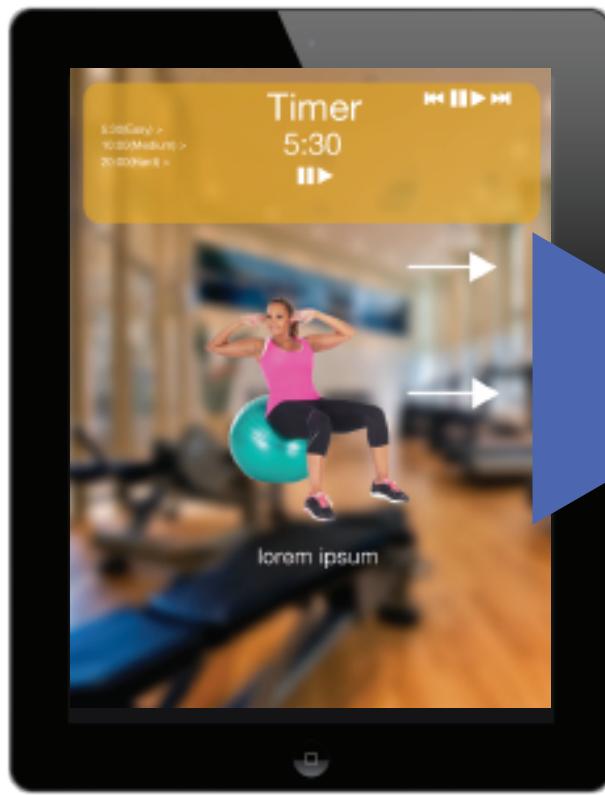
Has list of workouts. Simple hiding/sliding navigation system. Calendar and progress tracker.

Workouts Screen



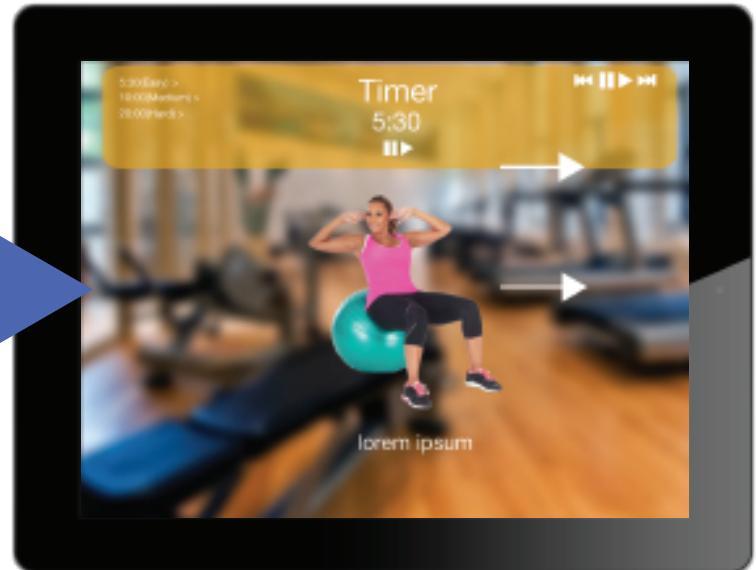
Where you can select workout. Same Navigation system. Click to go to workout.

Workout Screen



Workout page has: timer, music, slideable images to follow workouts with.

Workout Screen(Landscape)



Can orientate screen for different perspective of how you want to see the workout.

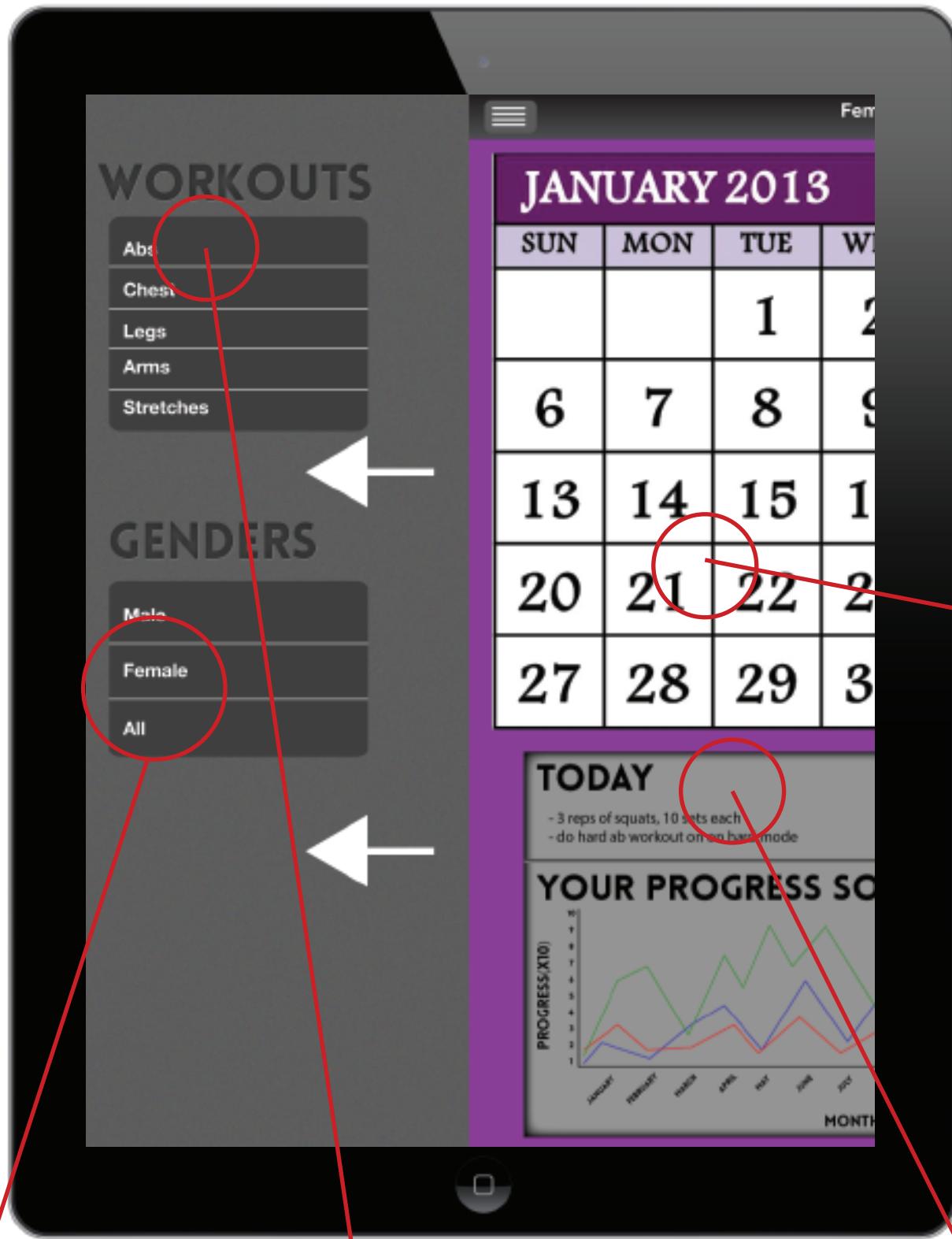
HIS OR HER FITNESS

FEMALE

MALE

ALL

click to go to selected gender

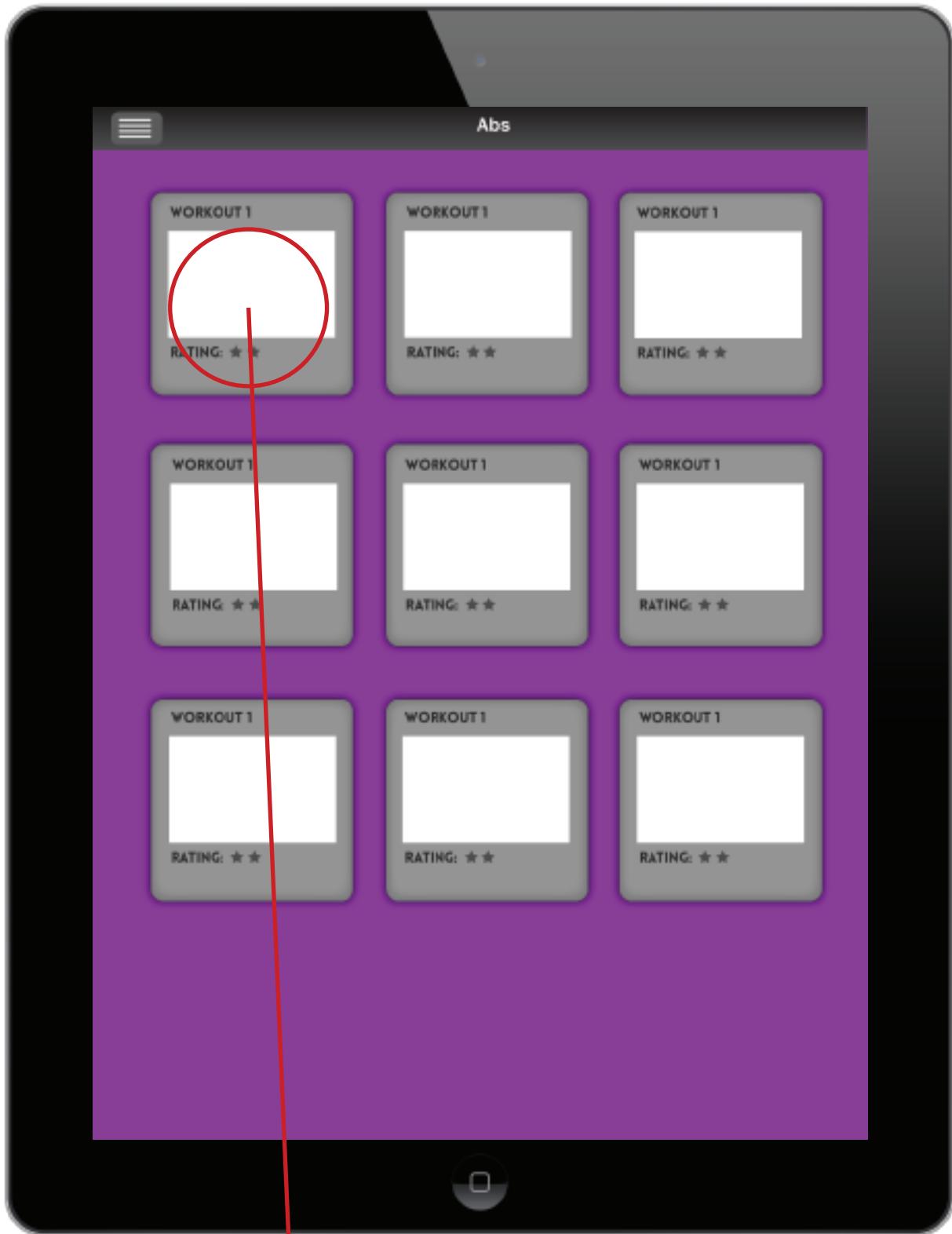


click to change
gender

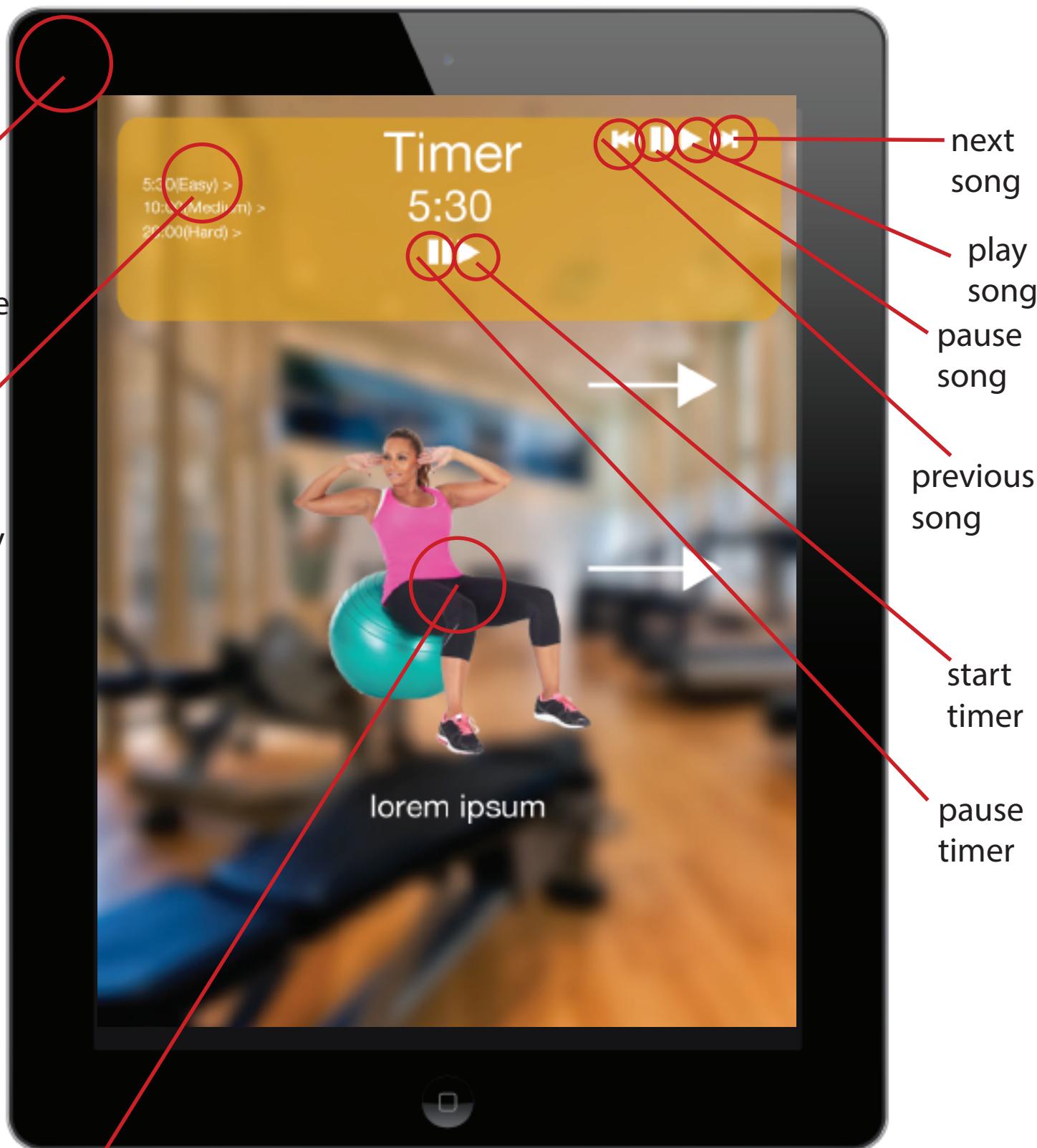
click to
select workout

type in
goals for day

select
day to
pick
workouts
for that
day



click to select workout



tilt to
orientate

Select
difficulty

swipe to next step

next
song

play
song
pause
song

previous
song

start
timer

pause
timer

HIS OR HER FITNESS UX AND UI DESIGN DOCUMENT AND PROCESS OF TABLET EXPERIENCES

**FRANCESCO GISONNI
DATE: 06 MARCH, 2013**