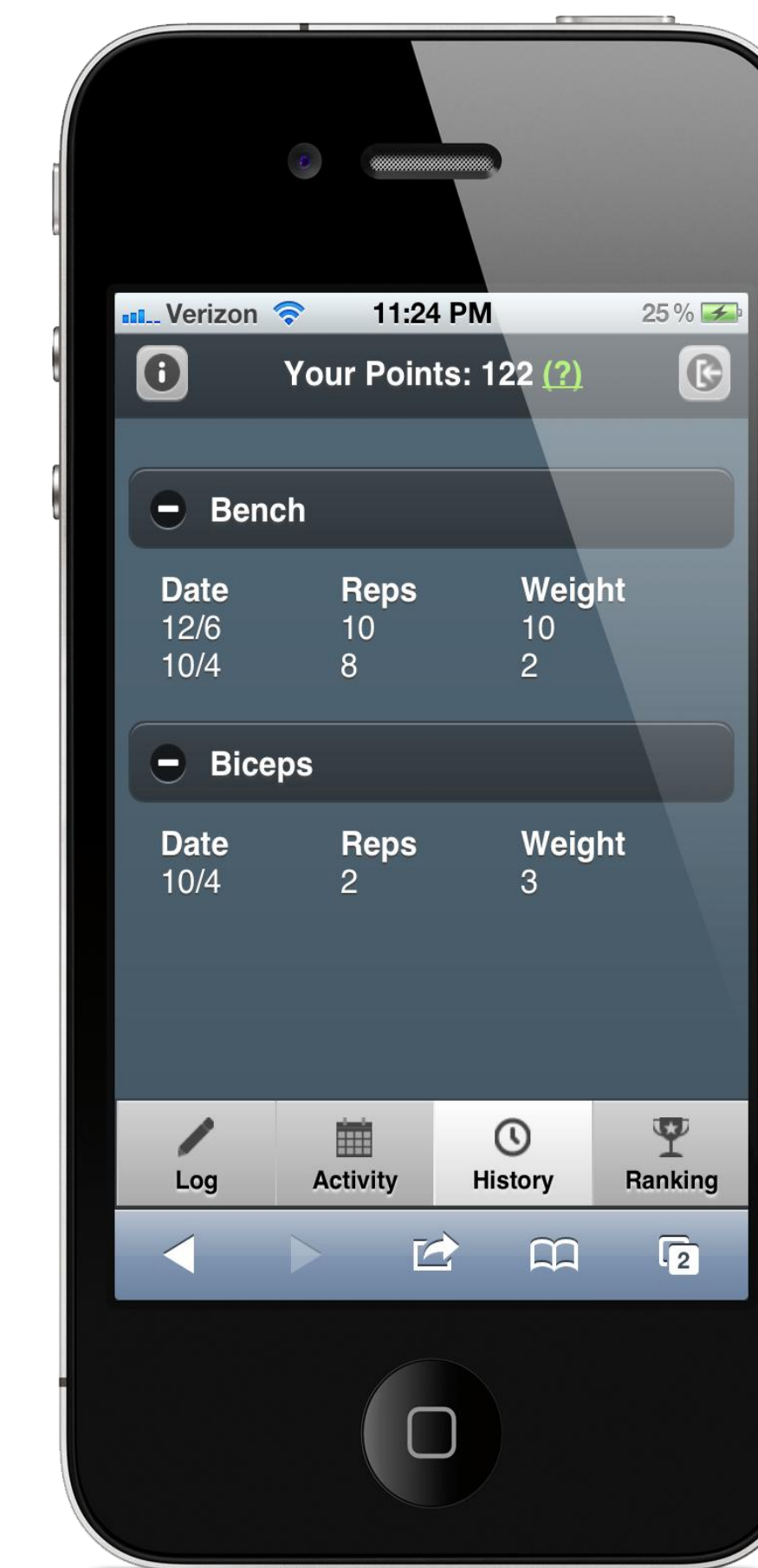
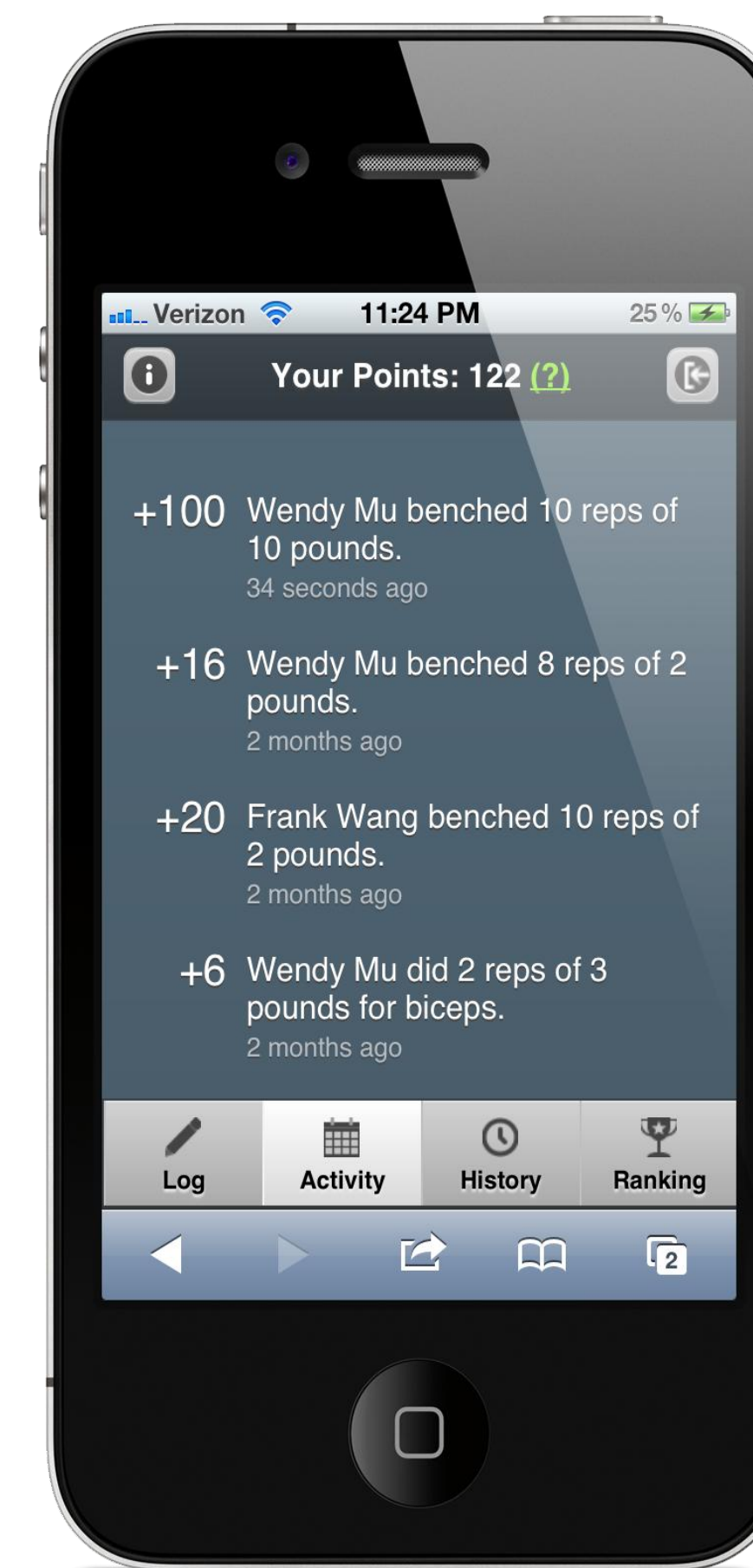
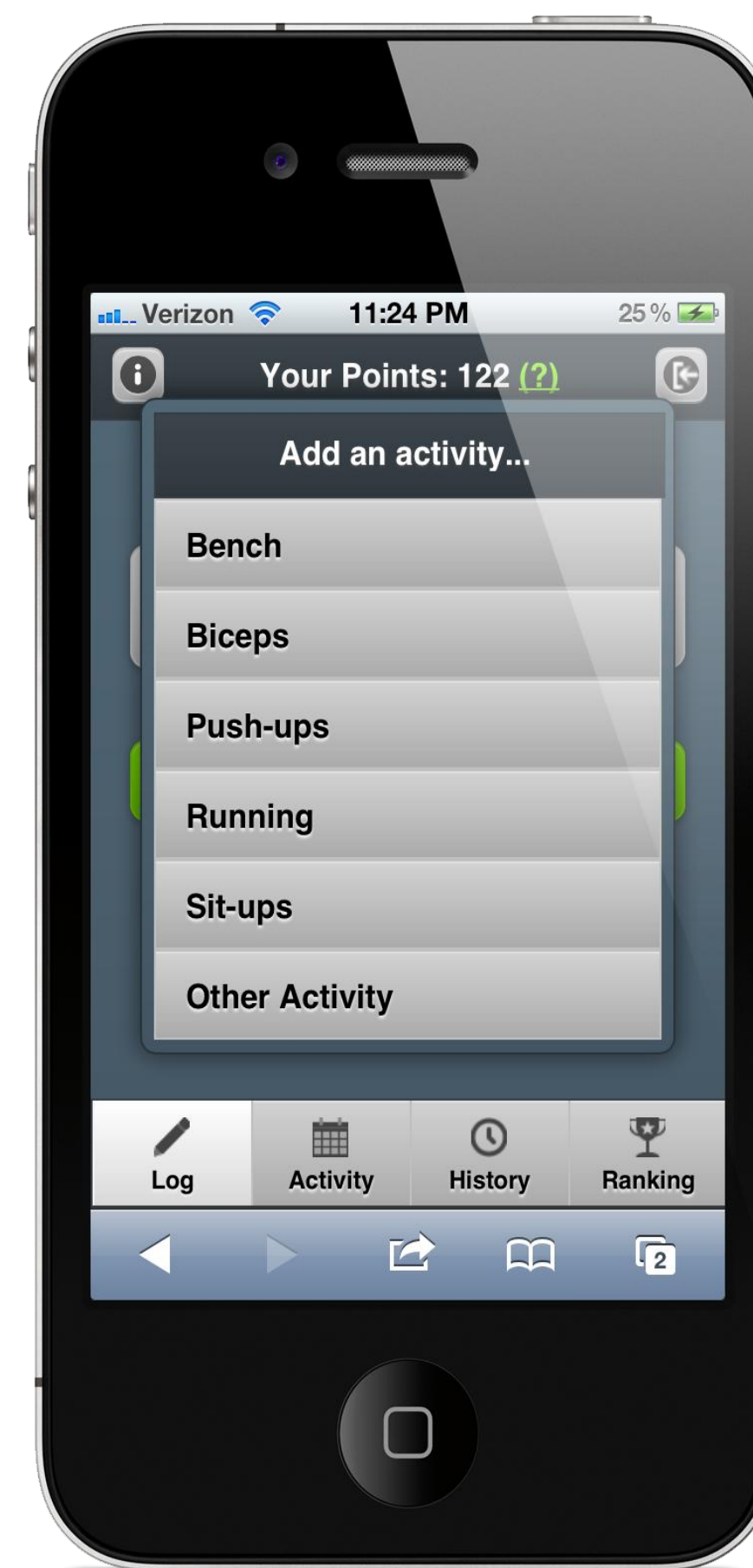


# iWorkout

Kevin Ho • Frank Wang • Wendy Mu

track your progress. work out with your friends.



log your workout.

view your history.

see friend activity.

track your ranking.

## INSPIRATION

we believe that if exercise were a social activity, people would be more motivated to work out.



Stanford students tend to have tight schedules, which create excuses to not go to the gym. iWorkout makes working out a fun and social competition among friends. For each workout logged, users accumulate points that boost their ranking among friends. This creates an incentive to exercise consistently and perform harder workouts. Additionally, users can track not only their daily workouts, but also those of their friends.

## PROCESS



### evaluate.

We used heuristic evaluation on our paper prototypes to gain valuable feedback regarding the usability of our interface and our navigational structure. Then we tested our functional prototype on Stanford students by observing their interactions with the application and asking questions to pinpoint breakdowns in our application flow. Finally, we ran online tests to see how well we communicated the purpose of a screen.



### prototype.

We started with paper prototyping as a fast way to visualize our ideas. We then performed heuristic evaluation on two paper prototypes to test different designs and to decide on one to implement. Prototyping before implementing allowed us to easily test and iterate on design changes based on user feedback. Also, we implemented a functional prototype to test a major page redesign in response to user feedback..



### refine.

We took user feedback and iterated on our design to address points of confusion. Users wanted points to be more prominently shown in the application, which led us to make points earned one of the focuses of the Friend Activity page as well as show the user's point total on every page. After fully implementing functionality, we also refined the application to be more visually appealing.