

Interação Pessoa-Máquina

2022/2023

Jacked Up

Stage 3: First Prototype



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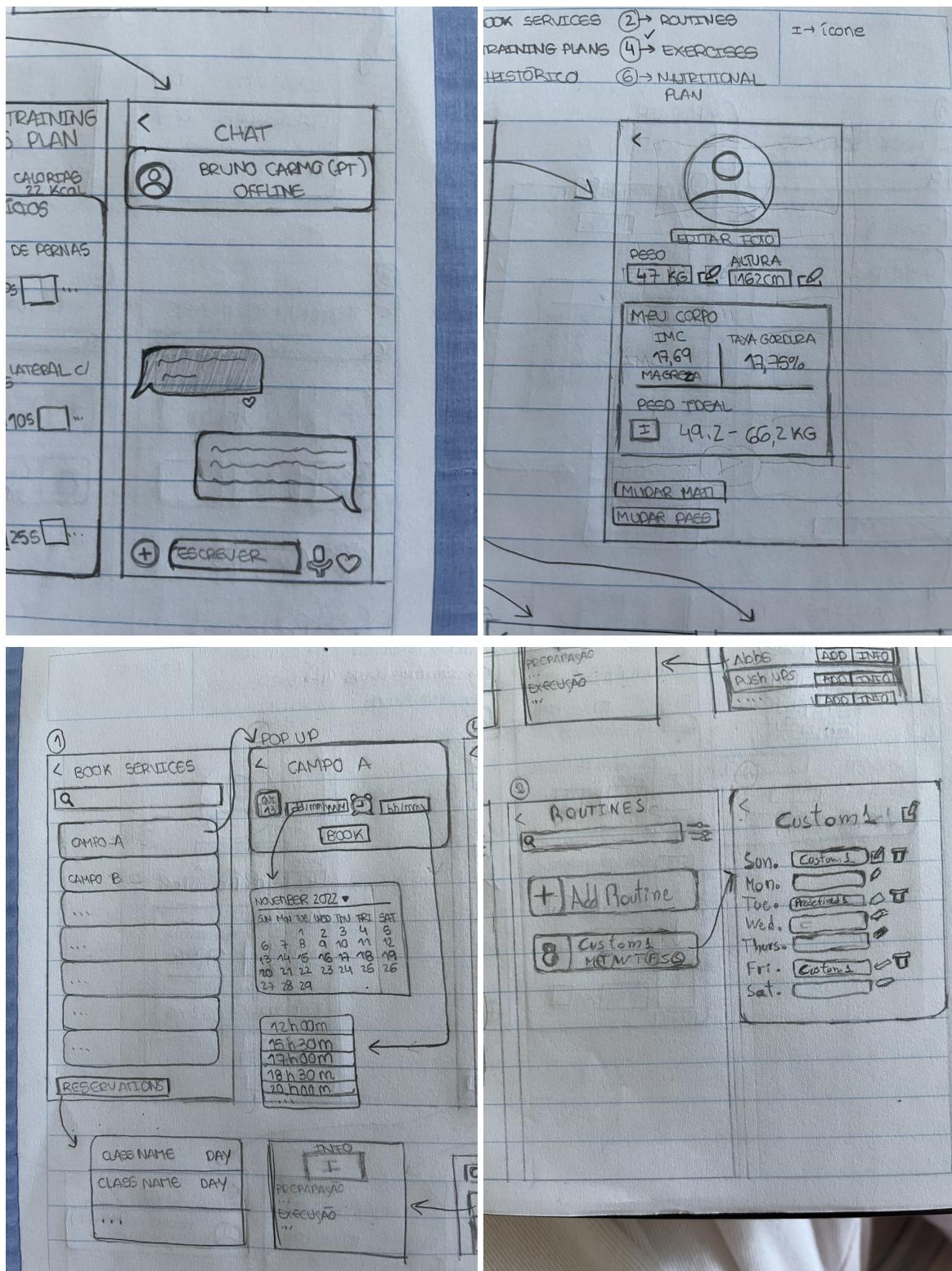
Group Nº 31

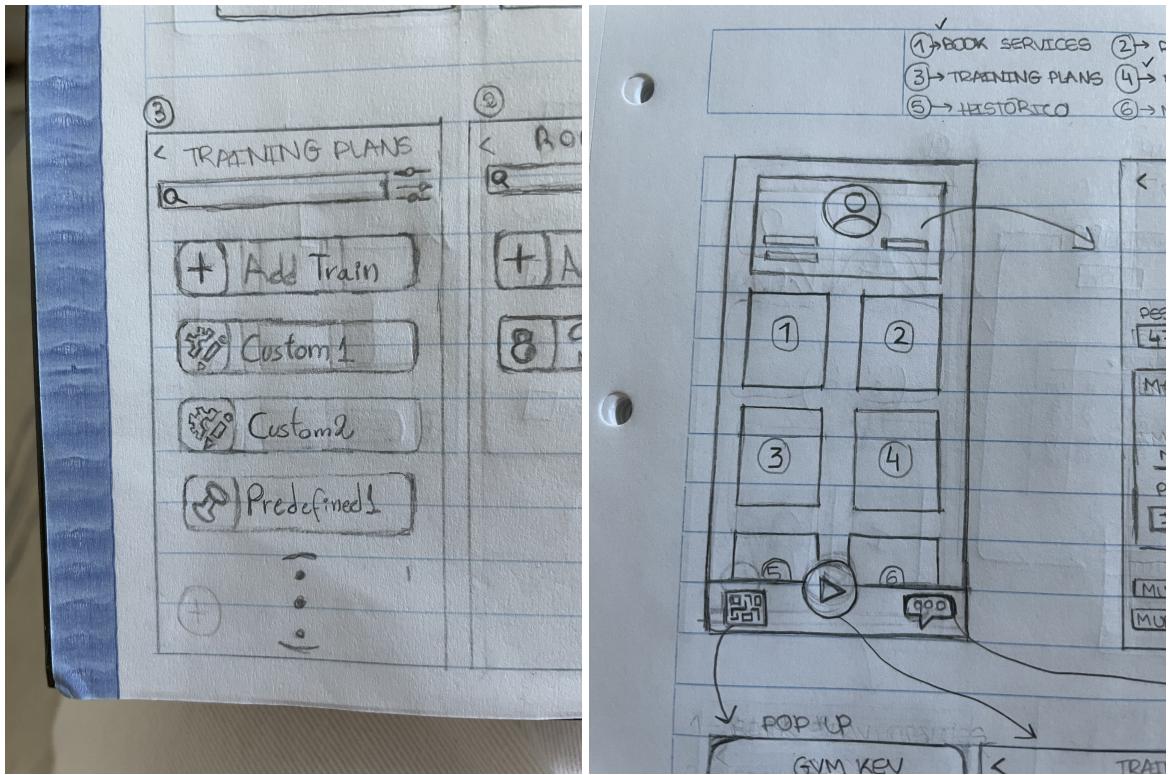
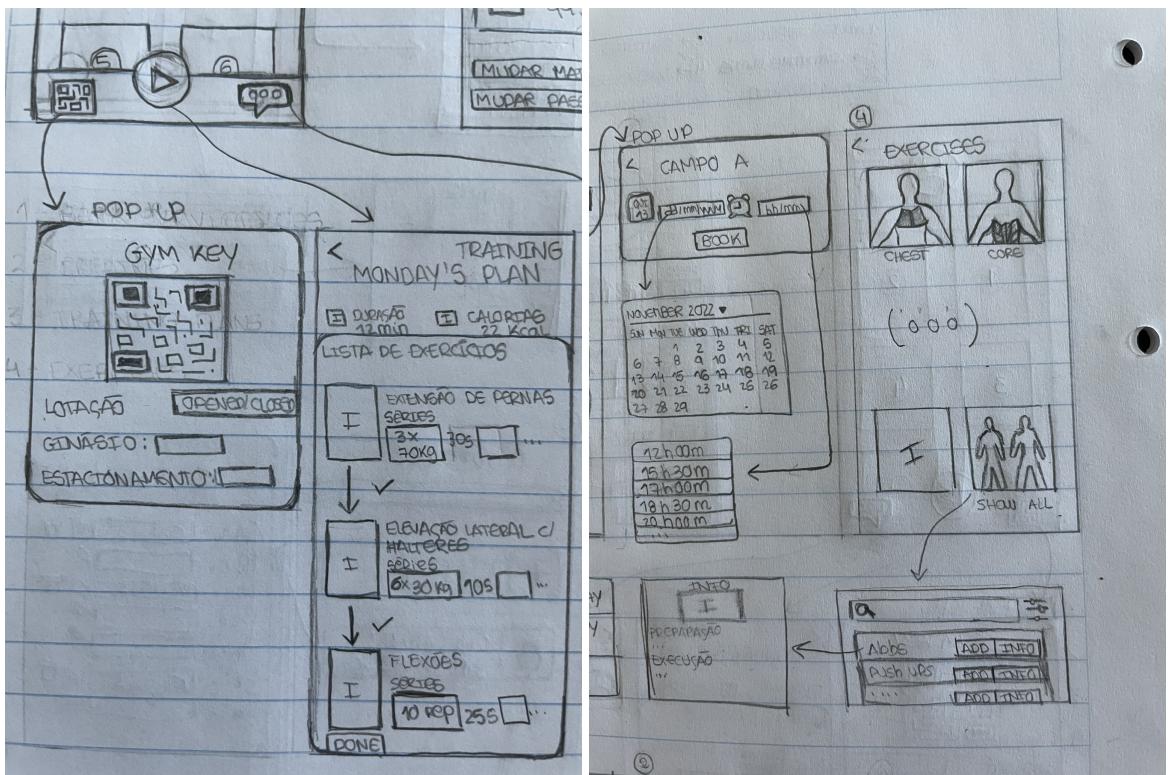
Professor:
Teresa Romão

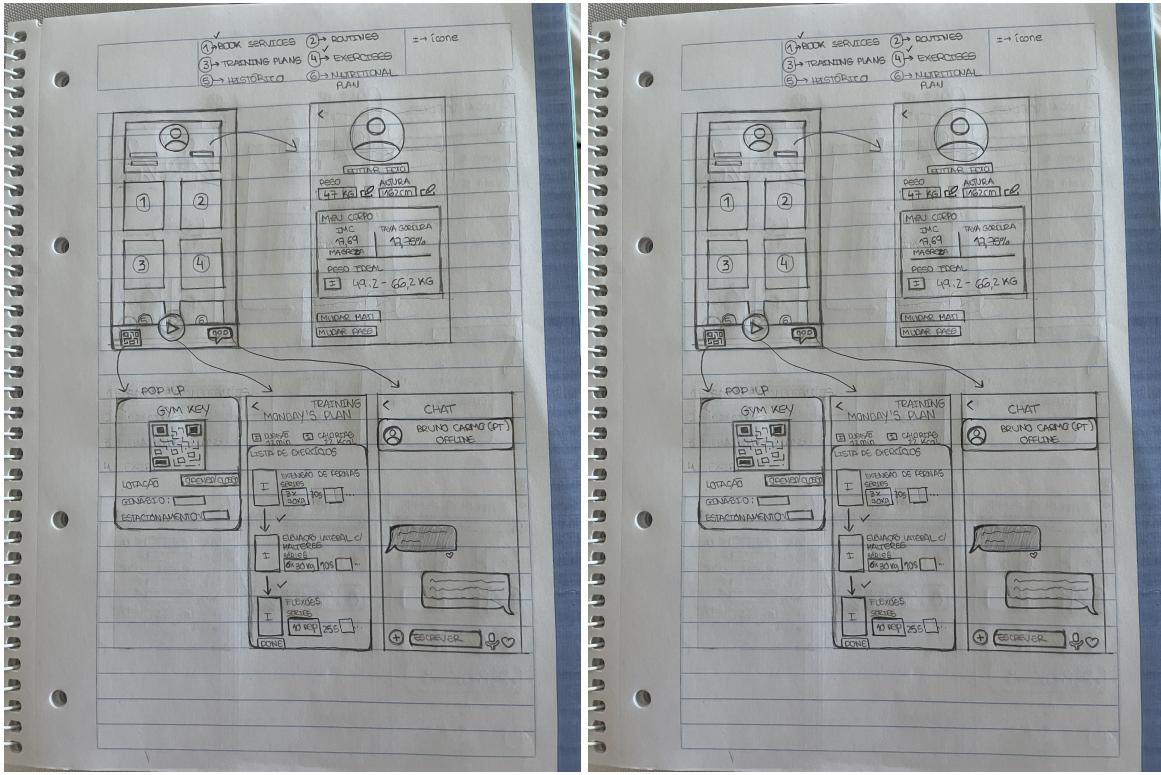
October, 2022

SKETCHES

Here are some of the sketches drawn in paper to specify our first approach to the design of the mobile application. Some of the central features of the application were designed, such as the main menu, booking services, exercise plans, etc...







PROTOTYPE PHOTOS AND LINK

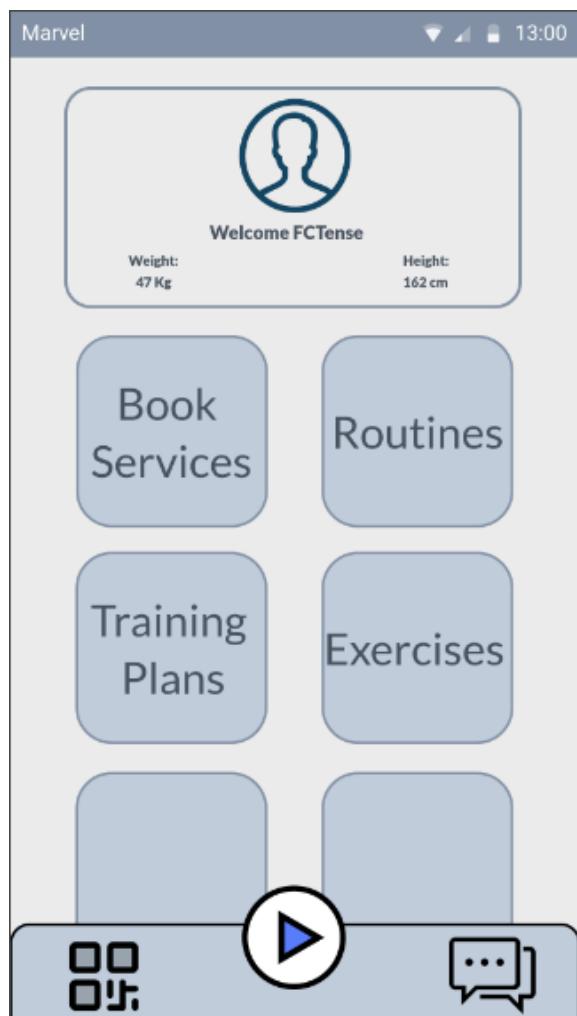


Figure 1 - App main menu

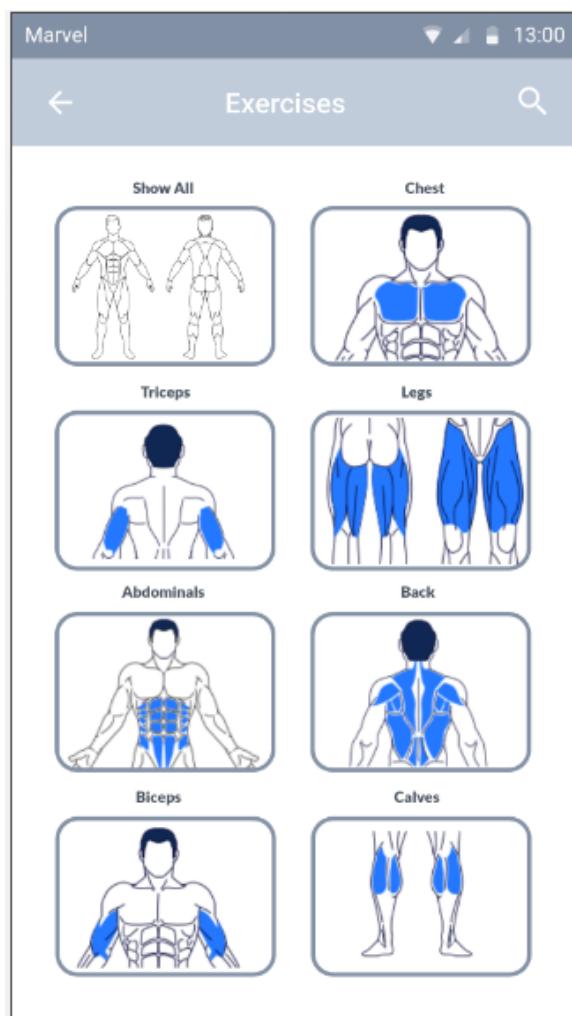


Figure 2 - Exercises section

Link to Marvel prototype: <https://marvelapp.com/prototype/ii5a0h>



Figure 3 - View push up exercise information

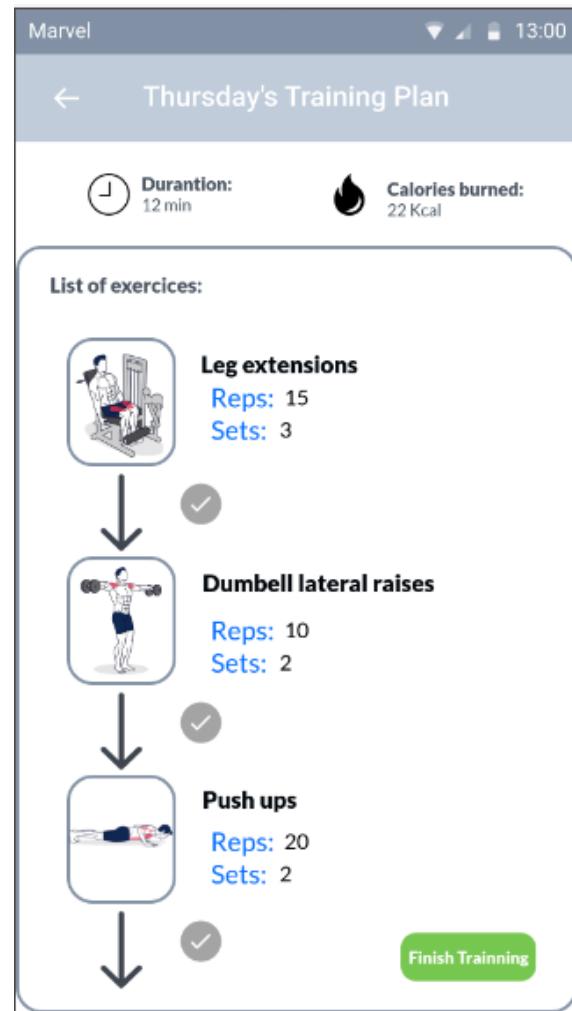


Figure 4 - Training plan for Thursday

Link to Marvel prototype: <https://marvelapp.com/prototype/ia5a0h>

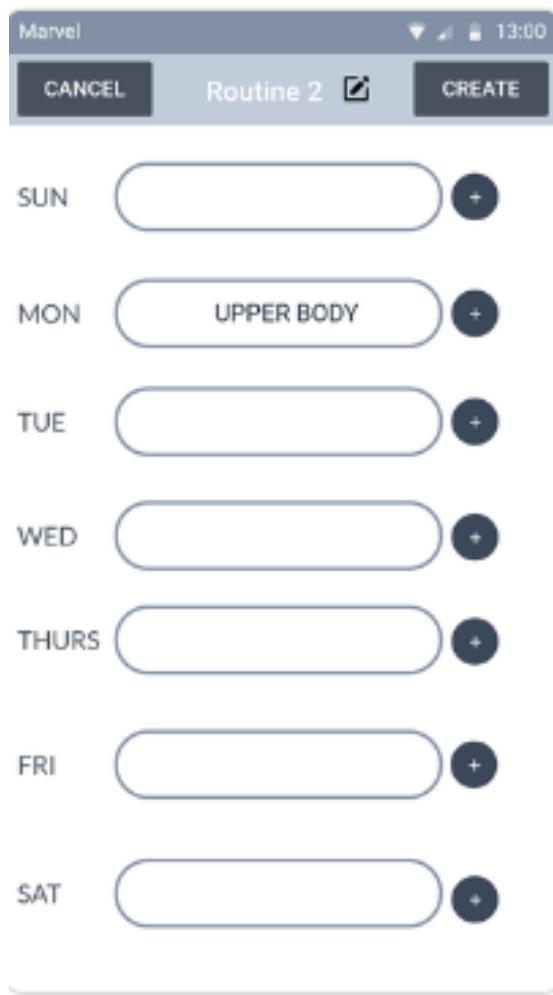


Figure 5 - Routine creation

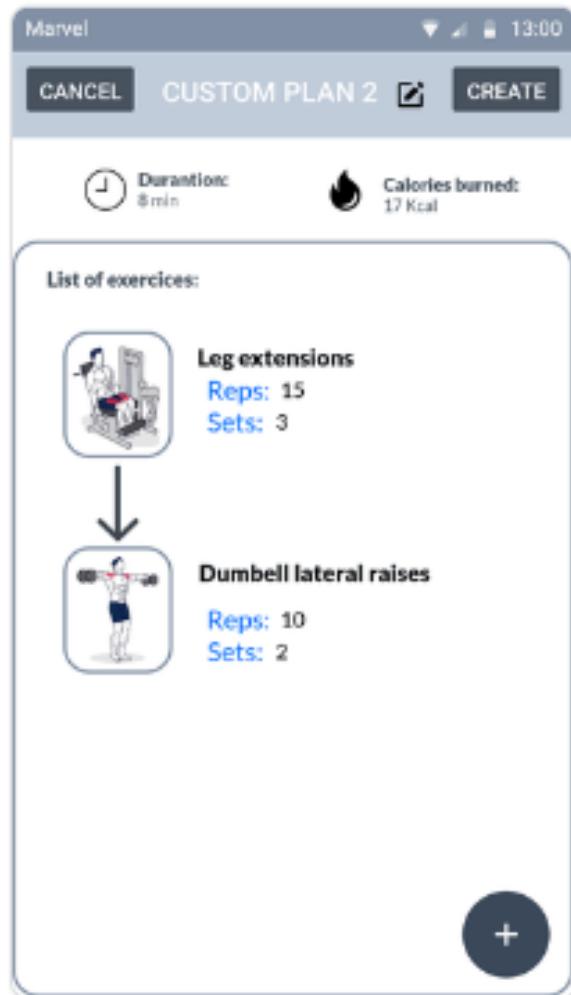


Figure 6 - Training Plan creation

Link to Marvel prototype: <https://marvelapp.com/prototype/iia5a0h>

STORYBOARDS

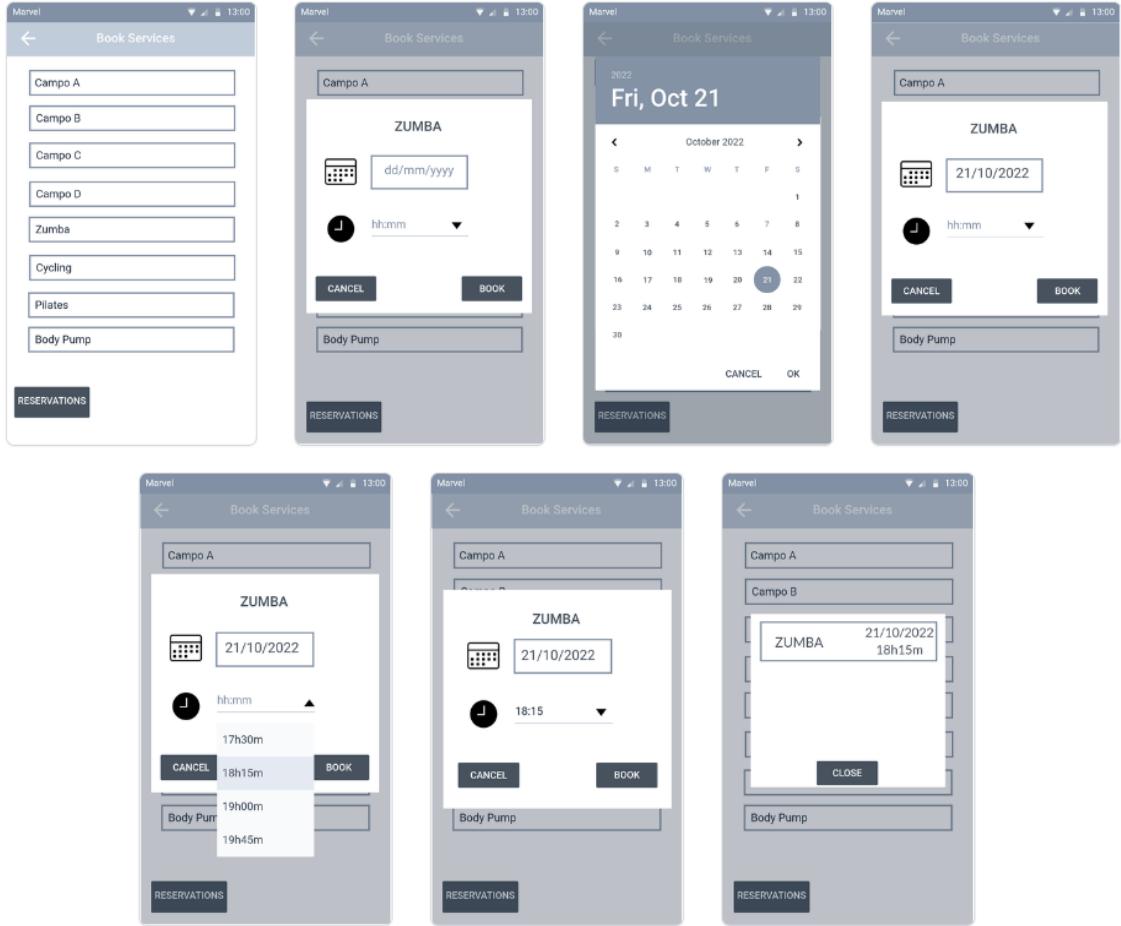


Figure 7 - Execution of a zumba class booking

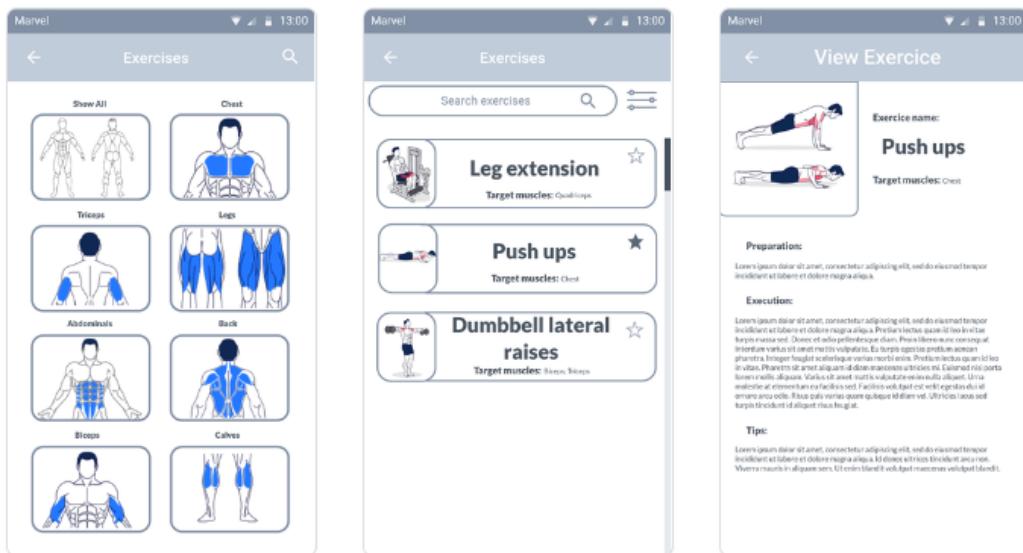


Fig 8 - Execution of watching an exercise



Figure 9 - Creation of a routine.

BRIEFING

The goal of our project is to provide the gym members with a user friendly and intuitive mobile application that can help them manage their fitness and better their gym experience, by facilitating some functionalities.

The target users of our application are the people who are enrolled in the gym, in this particular case FCT students and staff.

So the main aim of our application is to help mitigate the problems that gym users face on a daily basis, so that the members can experience the gym at its greatest.

SCENARIOS

REGISTER IN THE APP AND WATCH AN EXERCISE TUTORIAL

My name is Marta Ferreira and I'm about to register myself in the JackedUp app. For this to happen I need to insert the secret code that was given to me in thy gym. After that, I need to insert my email "marta.f@gmail.com", my username "FCTense", a password like "User123*". After that, I have to accept the terms and conditions and my account will be registered in the system. Finally, I insert my date of birth "30/01/1999", my gender "feminine", my height "162 cm" and my weight "47 kg".

Next, I will watch an exercise tutorial. For that, I need to access an exercise tutorial so that I can understand what I'm supposed to do. For this to happen, I access the exercise tutorials section and I choose the "Push ups" exercise. At last, I read/watch the tutorial and I execute the desired exercise.

BOOK GYM SERVICES

I'm Carlota Lopes, I want to go to a zumba class at JackedUp. For this reason, I'm going to open the gym app on my mobile phone and I'm going to book a slot for this class. In order to do so, I'm going to choose the date "21/10/2022" and the time "18h15" desired.

CREATE TRAINING PLAN

I'm Inácio D'água, I would like to create a specific training plan for myself. Because of this, I'm going to open the gym app on my mobile phone and I'm going to create a new customized training plan. After this, I'm going to choose three exercises. The first one is the exercise "Leg extension" and I'm going to select "15" reps and "3" sets that I would like to do and add the exercise to the plan. Then I'm going to choose "Dumbbell lateral raises" and select "10" reps and "2" sets. After that, I'm going to pick "Push ups" and select "20" reps and "2" sets. Finally, my training plan is created.

CREATE ROUTINE

I'm Diogo Valente, I want to create a training routine for myself, so that I can be consistent and gain muscle mass. Therefore, I'm going to open the gym app on my mobile phone and create a new routine. After that, I'm going to select two training plans. The first one I will do on

“Monday” and it will be the “Upper Body” plan. The second one I will do on “Thursday” and it will be the “Glutes definition” plan. Hereafter, my routine is created.

OBSERVATIONS

All the users tested all the scenarios described above giving relevant feedback to improve the user interface of our application. Overall, we received positive feedback with most of them describing our interface as intuitive and natural. Nevertheless, the feedback given by the users also mentioned some aspects of the interface that were not so well designed, which sometimes lead to confusion in their user experience. Considering this feedback and the suggestions given by the users, the user interface of our application has potential for improvement.

Regarding the positive feedback, most of the users described our main menu as very intuitive with most of them clicking the correct buttons to open the correct sections when doing all the tasks, except when registering in the application. In relation to the third task, all the user didn't show any signs of confusion between the “+” button (at the bottom right corner) and the “CREATE” button (at the top right corner), that is, they intuitively knew which button was to add an exercise (“+” button) and which button was to create the custom training plan (“CREATE”). Also, all of them correctly added the exercises to the custom training plan. We also noticed that there was no hesitation when doing the registration. In general, most of the users performed the tasks correctly.

Regarding the negative feedback, all of the users mentioned that after booking the zumba class there is no feedback that tells them that the booking is done. This feedback could be viewed when clicking the “Reservations” button on the bottom left corner of the “Book Services” screen but it was not very intuitive. Still in relation to feedback given by the applications, most of the users specified that there is lack of feedback after creating a custom training plan or a routine, meaning that adding one more item in the list of training plans or routines is not sufficient. This lack of feedback can be mitigated by showing a temporary pop up telling the users whether the task was successful or not. Moving to user errors, one user failed at first the task of booking the zumba class, mentioning that the list of services to book was for him the services he had booked and that he needed to click the “Reservations” button to book the zumba class. This tells us that we should improve the design of the “Book Services” screen by presenting the services available to book in a different way.

Finally, with respect to the suggestions given by the users, one of them recommended that the “CREATE” button in the third and fourth task should be removed, such that the task is complete after the user clicks the left arrow button to go back to the previous screen. A different user suggested that the “Exercises” screen should have a list of all exercises that can posteriorly be filtered, so that it is easier for new gym-goers to search for exercises. Another suggestion given was that instead of having four buttons in the “Main Menu” each for different tasks we should have four buttons in a bottom bar so that a user can navigate more quickly between screens.