MOMENTUM
GYM

Momentum

Final Presentation and Demo

Guilherme Rosa 113968 - LEI
Henrique Teixeira 114588 - LEI
Rui Machado 113765 - LEI

Design and prototyping of an application using a human-centered approach

05/2024 - IHC P1

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Introduction

The Momentum Gym app

- An app that provides the complete gym experience
- Integrates both the personal tracking, helping the user stay motivated, and the gym support.

Project **Objectives**

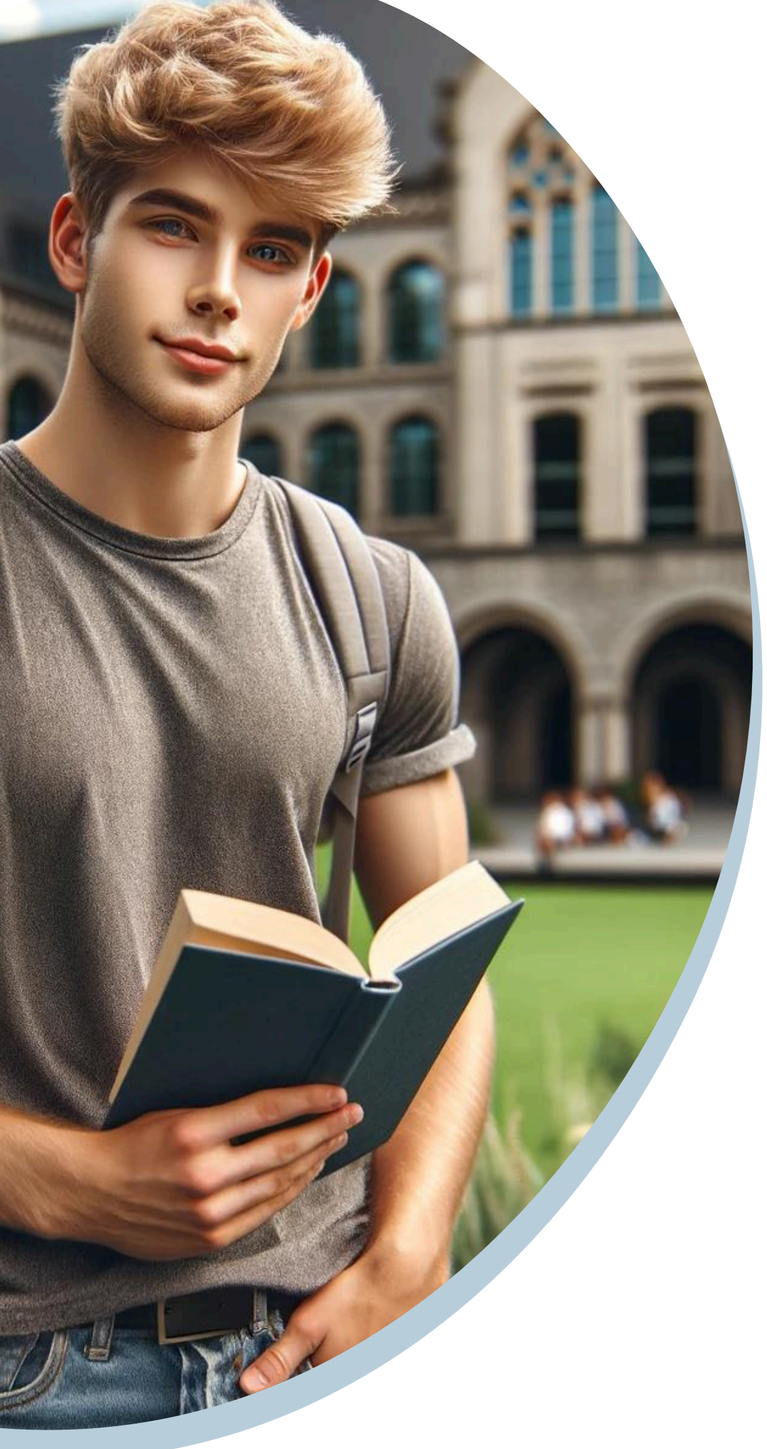
Class Scheduling

Personal Trainer Follow-up

Progress Tracking

Training Support

Personas



NUNO SANTOS

Gym Member

Male

21 years old

Secondary School

Student

BACKGROUND

Wants to improve his quality of life, therefore signing up for the gym

PROBLEM

He has neither practiced any sport nor any has any gym experience

NEEDS

A complete platform that provides a total integration for both his gym experience and his Personal Trainer follow-up

KEVIN MONTEIRO

Personal Trainer

- Male
- 27 years old
- Sport's Science Degree
- Personal Trainer

BACKGROUND

He has been a personal trainer for 3 years.

PROBLEM

He finds it difficult to track and manage all of his client's progress.

NEEDS

He is needs a platform that enables him to monitor his clients in a easier way

MATILDE SILVA

Gym Manager

Feminino

33 years old

Management Degree

Gym manager

BACKGROUND

Matilde Silva has been the gym manager for one year, using her five years of experience to drive technological advancements in the gym. Her management skills and passion for sports shape her success.

PROBLEM

Due to the absence of an online platform for service management, many customers visit the secretary's office in person very often.

NEEDS

She needs to be able to control the class scheduling for the weeks ahead with ease.

Scenarios

Client

1. Do a solo leg training session

- Nuno is entering the gym and he is about to start a solo leg training session and wants use a pre-made workout and time the session.

Client

2. Schedule the next crossfit group class available

- Nuno is excited to try a crossfit class. In this way, he wants to schedule the next one available

Scenarios

Personal Trainer

3. Schedule a new class with a client

- Kevin spoke with Martim, and they agreed to have a class in two days at 17h30. Kevin now wants to schedule that in the platform.

Manager

4. Manage Week Classes

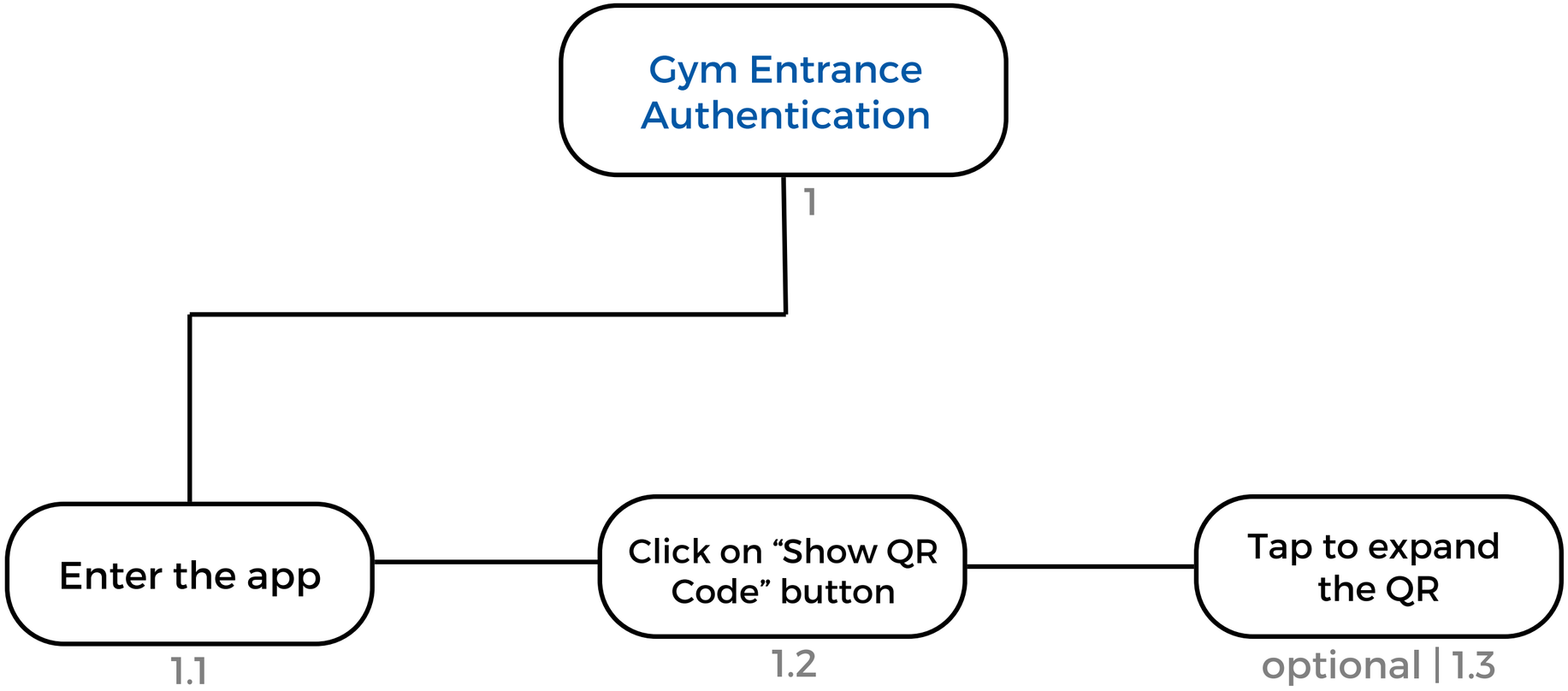
- Ana wants to manage next week classes, update some of the schedules and add some new ones

Scenario 1 | Client

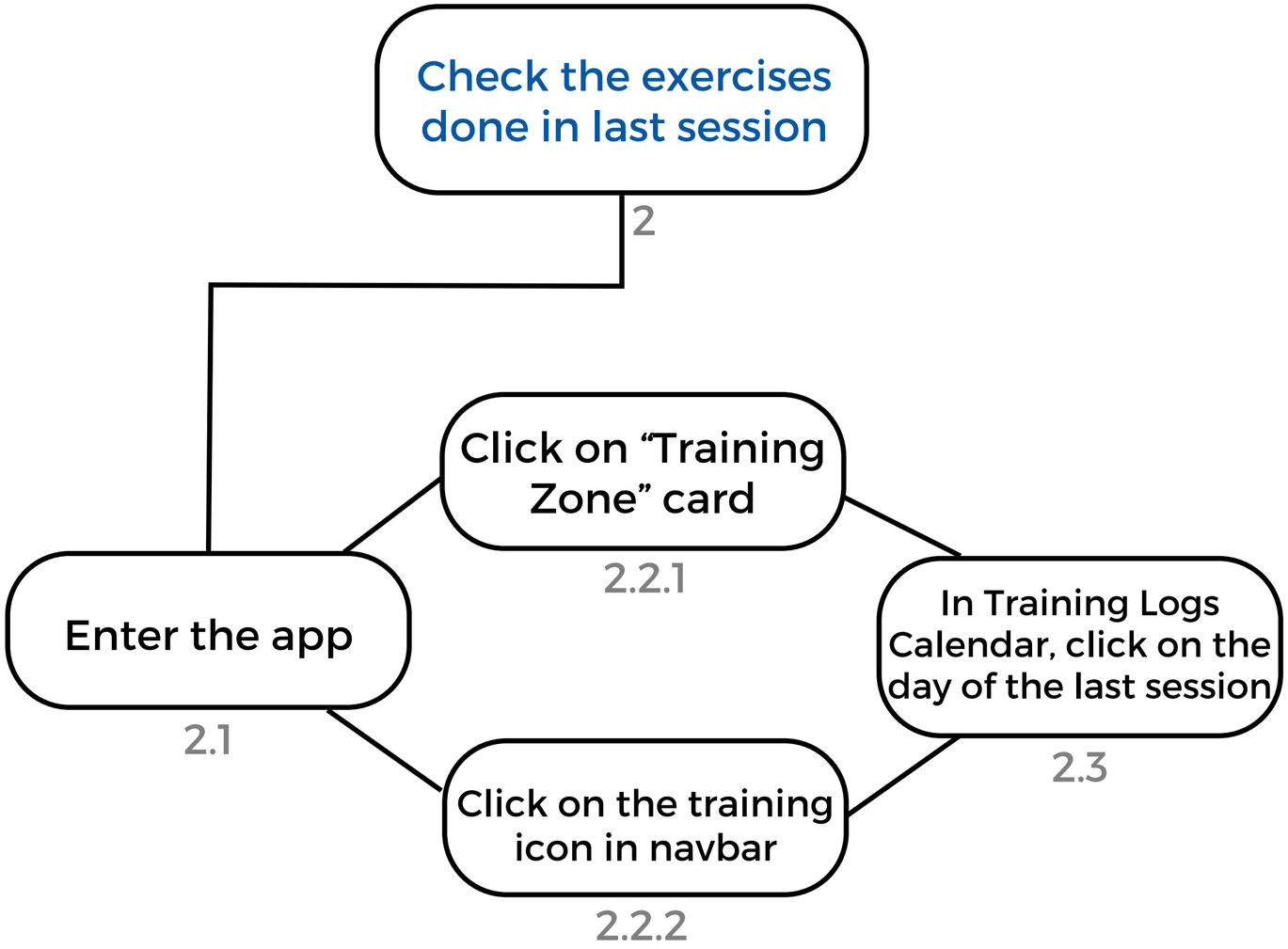
Nuno Santos does a solo leg training session

Tasks 1, 2 and 3

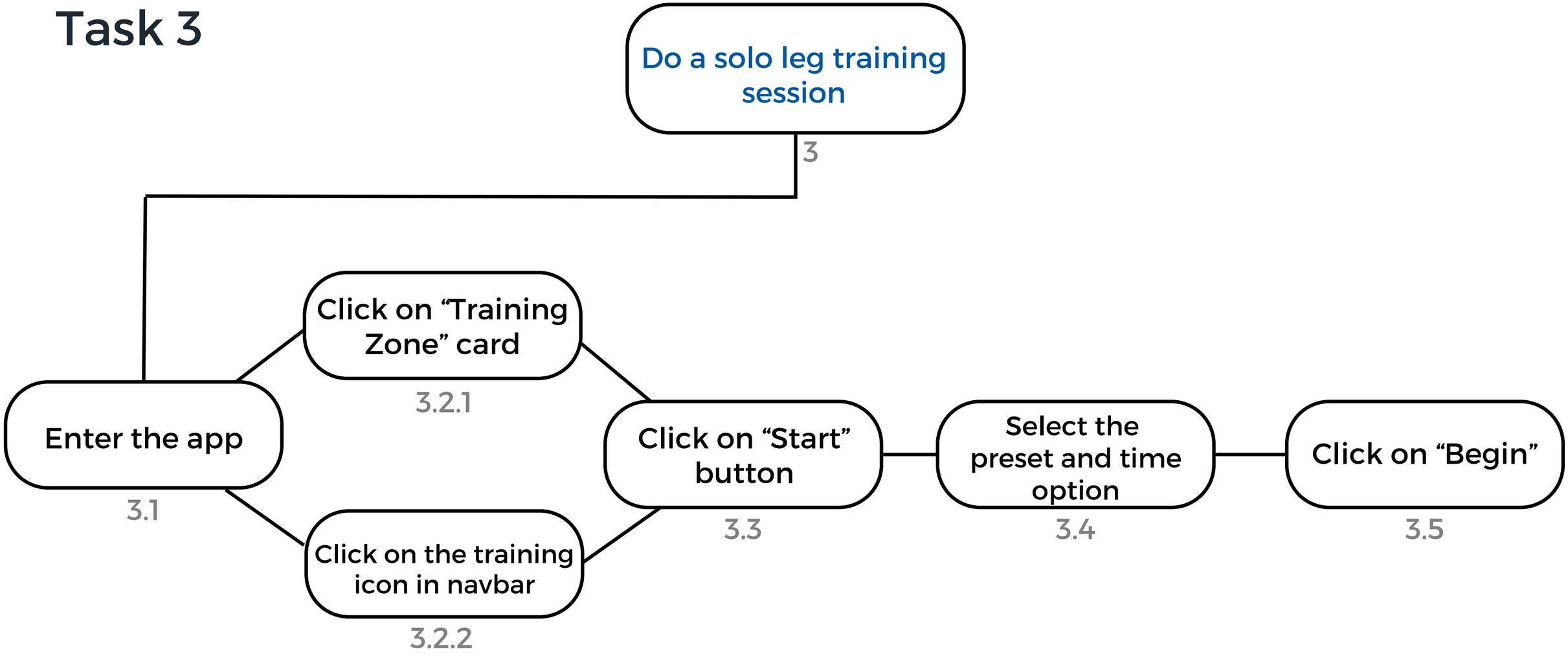
Task 1


Gym Entrance Authentication
1
Enter the app
1.1
Click on “Show QR Code” button
1.2
Tap to expand the QR
optional | 1.3

Task 2


Check the exercises done in last session
2
Click on “Training Zone” card
2.2.1
Enter the app
2.1
In Training Logs Calendar, click on the day of the last session
2.3
Click on the training icon in navbar
2.2.2

Task 3

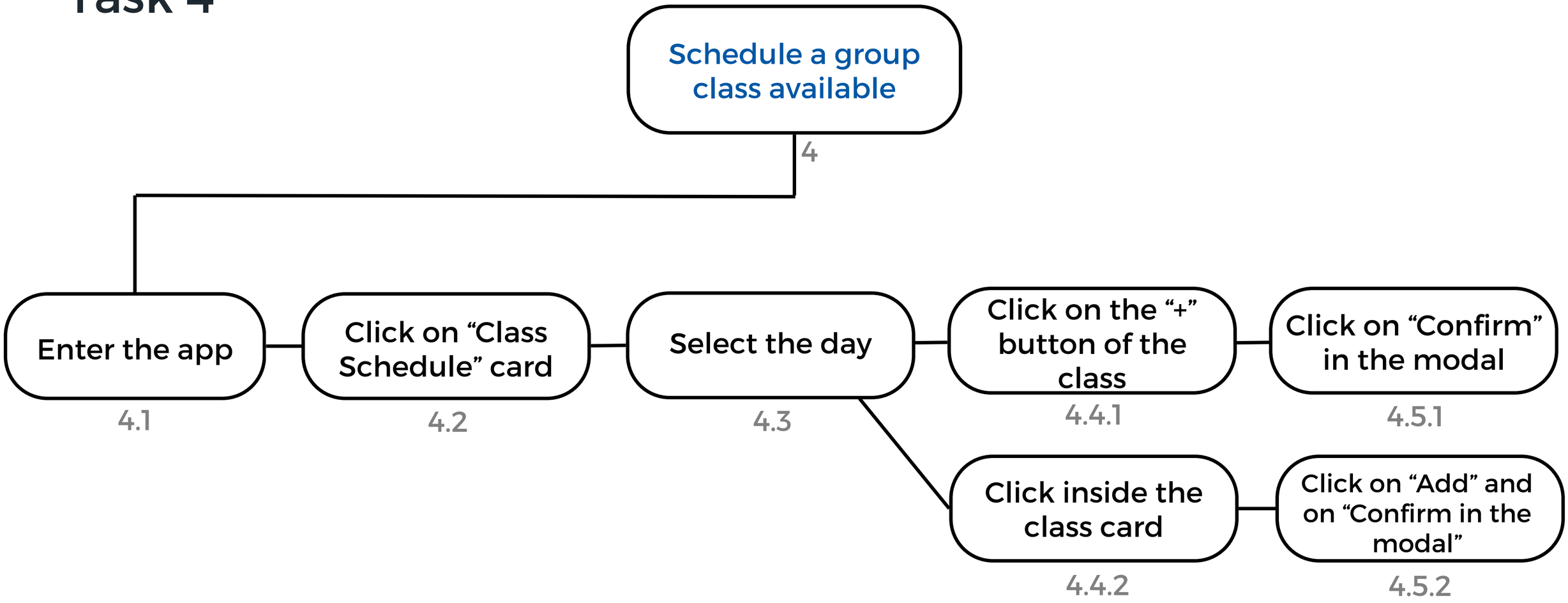

Do a solo leg training session
3
Enter the app
3.1
Click on “Training Zone” card
3.2.1
Click on the training icon in navbar
3.2.2
Click on “Start” button
3.3
Select the preset and time option
3.4
Click on “Begin”
3.5

Scenario 2 | Client

Nuno schedules the next crossfit group class available

Task 4

Task 4

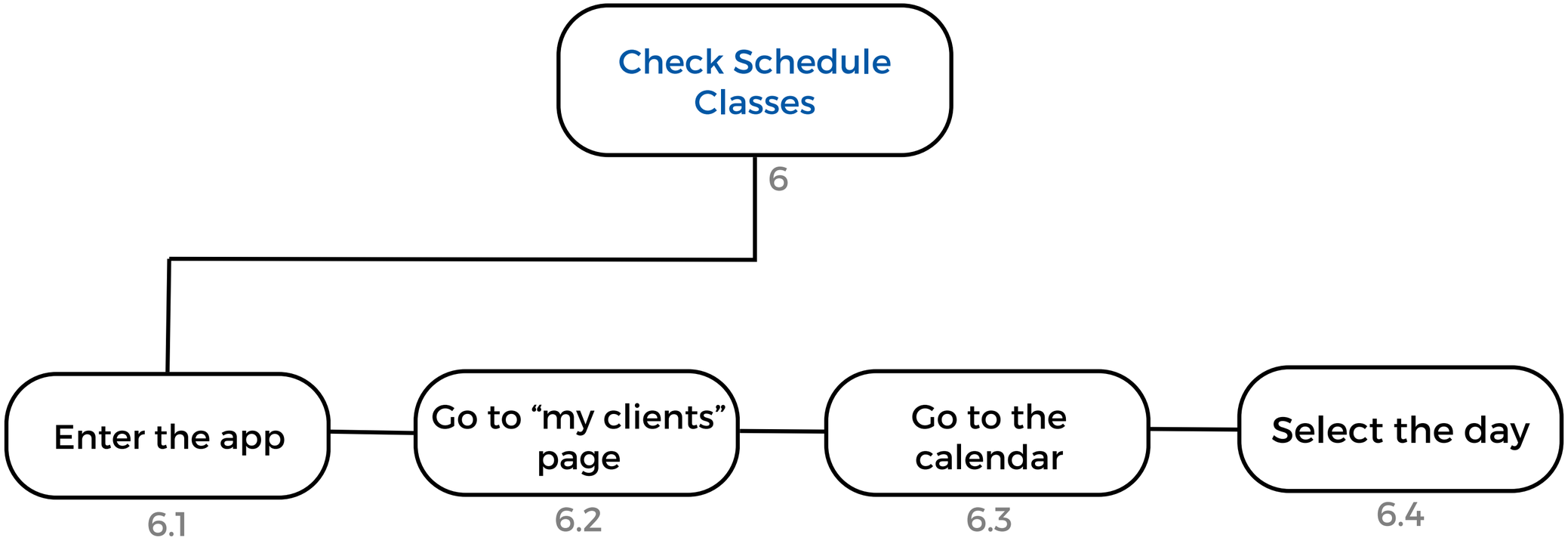

Schedule a group class available
4
Enter the app
4.1
Click on “Class Schedule” card
4.2
Select the day
4.3
Click on the “+” button of the class
4.4.1
Click on “Confirm” in the modal
4.5.1
Click inside the class card
4.4.2
Click on “Add” and on “Confirm in the modal”
4.5.2

Scenario 3 | Personal Trainer

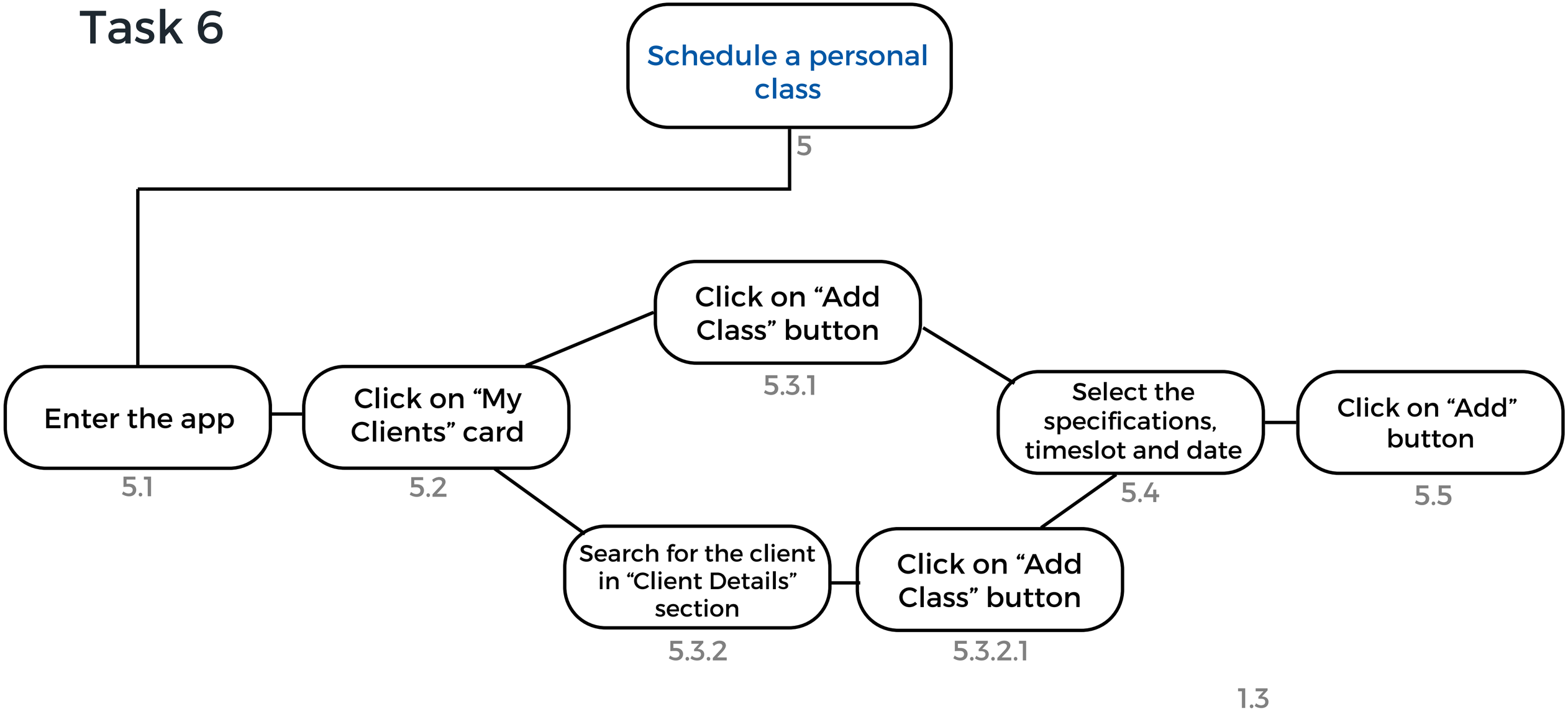
Kevin schedules a new class with Martim Silva

Task 5, 6

Task 5


Check Schedule Classes
6
Enter the app
6.1
Go to “my clients” page
6.2
Go to the calendar
6.3
Select the day
6.4

Task 6


Schedule a personal class
5
Enter the app
5.1
Click on “My Clients” card
5.2
Click on “Add Class” button
5.3.1
Search for the client in “Client Details” section
5.3.2
Click on “Add Class” button
5.3.2.1
Select the specifications, timeslot and date
5.4
Click on “Add” button
5.5

1.3

Requirements

Non-Functional requirements

- Usability
  - Responsive Design
  - Minimalist Design
  - Reduced Friction
  - Application Feedback
- Security / Privacy
  - QR authentication

Functional requirements

- Gym Authentication
- Progress Tracking
  - Goal setting and achievement
  - Session logging
- Class Scheduling
- Personal Trainer Follow
  - Scheduling
  - Report
- Training Support

Low Fidelity Prototype

LFP Evaluation - Method

Overall Evaluation

- Project Context;
- Task Execution and talkthrough;
- Final feedback

Content

Personas: Nuno Santos (Gym Member) and Kevin Monteiro (Personal Trainer)

Scenarios: 1,2,3

Tasks: Enter gym with QR; Schedule Group Class; Do a solo Training Session; Check a training session Log; As a PT Schedule a class with Diogo Costa.

Participants

Number: 6

Profiles: 5 students and 1 teacher

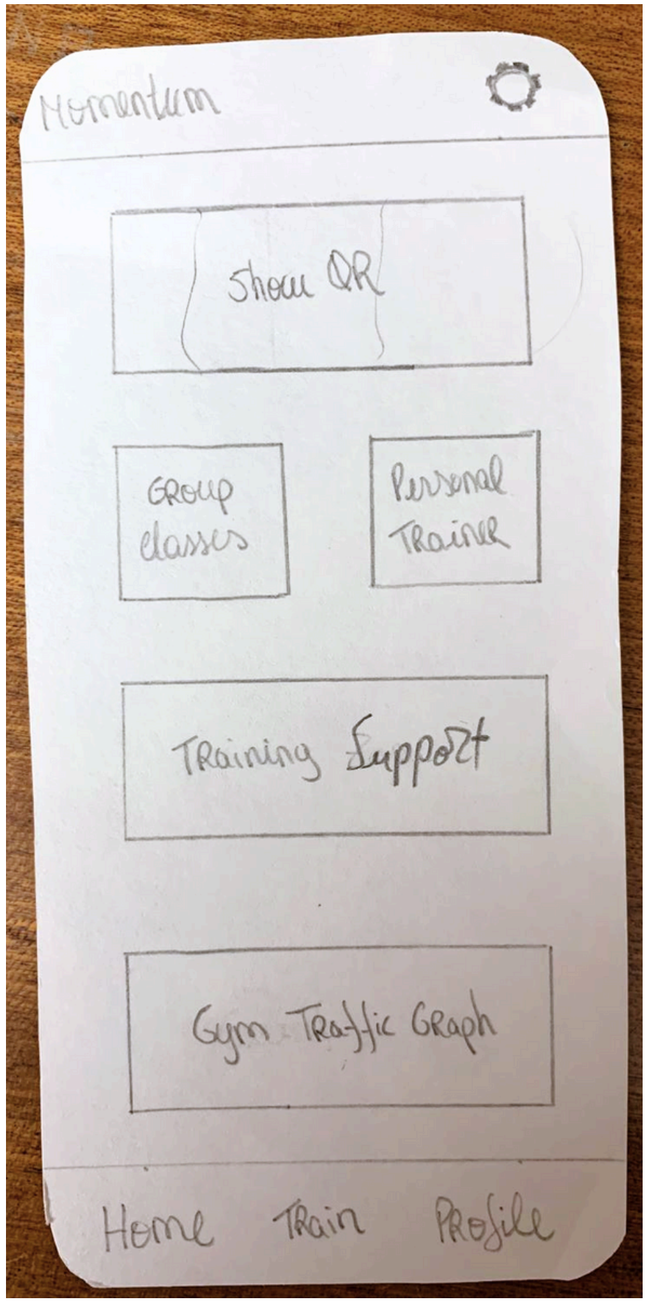
Scenario 1 | Client

Do a solo leg training session

Task 1: Gym Entrance Authentication
Task 2: Check the exercises done in last session
Task 3: Do a solo leg training session

Task 1
Gym Entrance Authentication

- Click on “Show QR”



Recomendations

- Have the option to increase the QR size

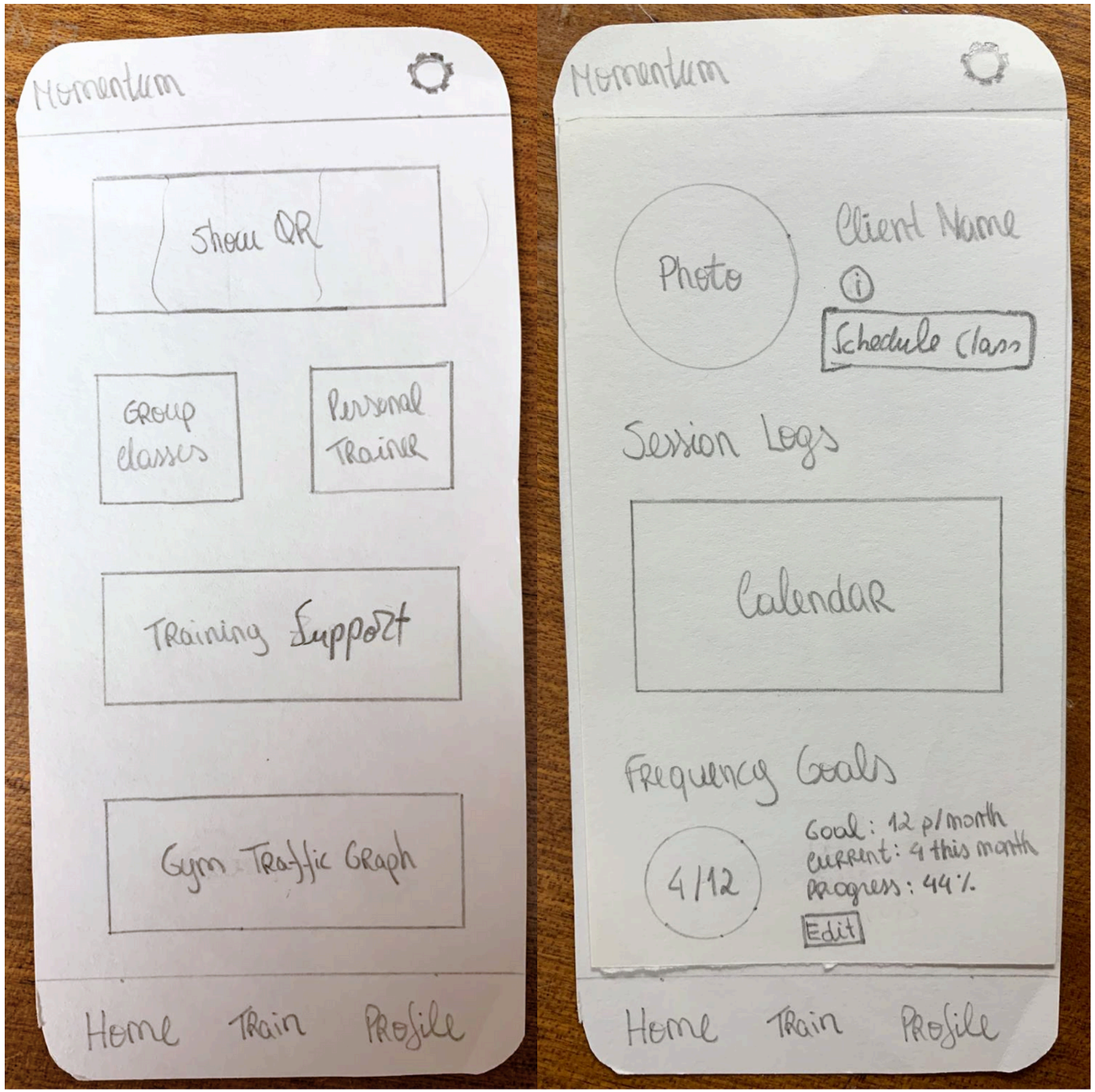
Task 2

Check the exercises done in last session

- Click on “Profile” in the navbar
- In “Session Logs” Calendar, check the exercises done

Recomendations

- Have the option the option to check the session logs in “Training Support” page

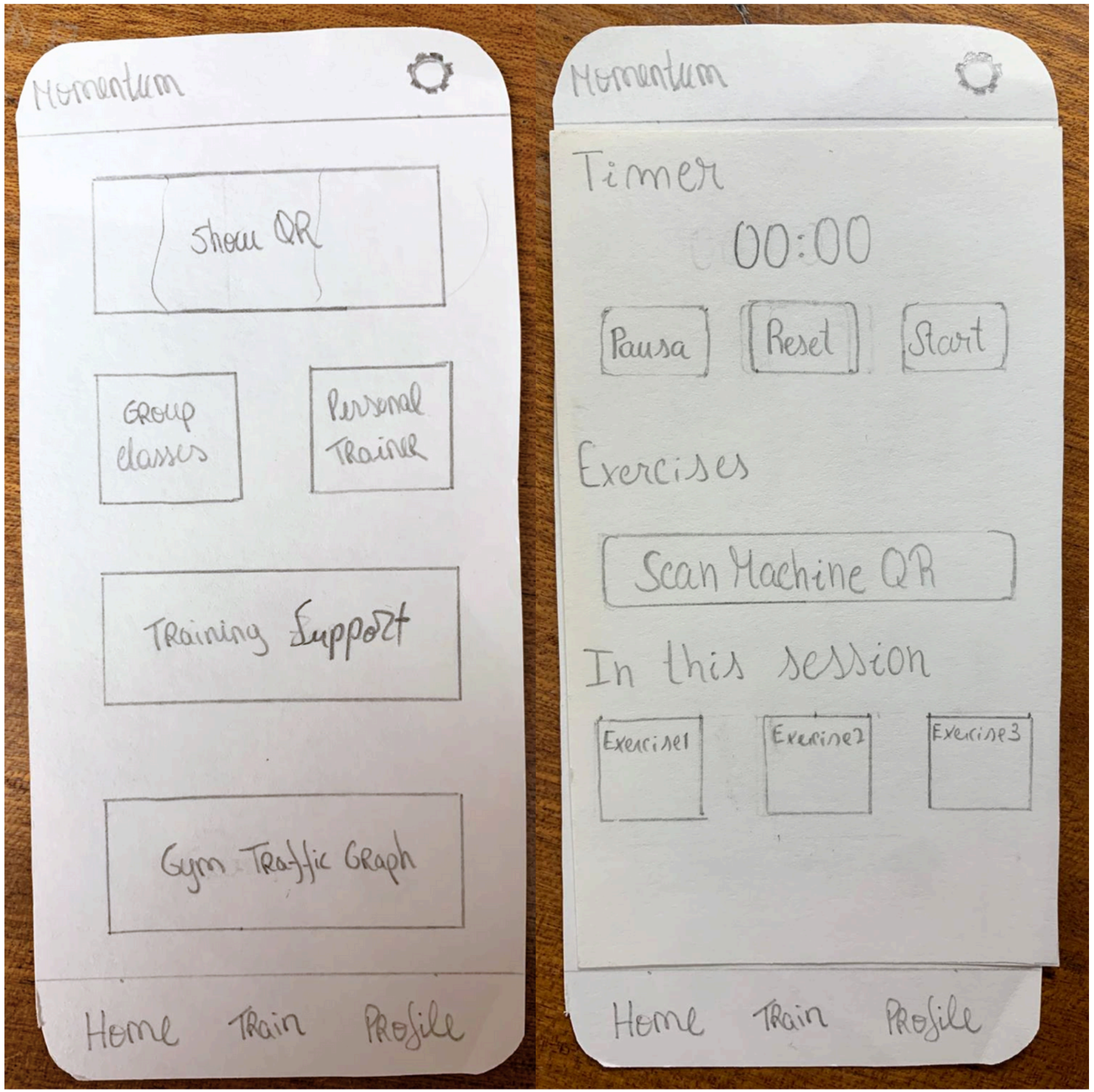


Task 3
Do a solo leg training

- Click on “Train” in the navbar **OR**
  Click on “Training Support” Card

Recomendations

- Have the option to make personalized presets and use them in training



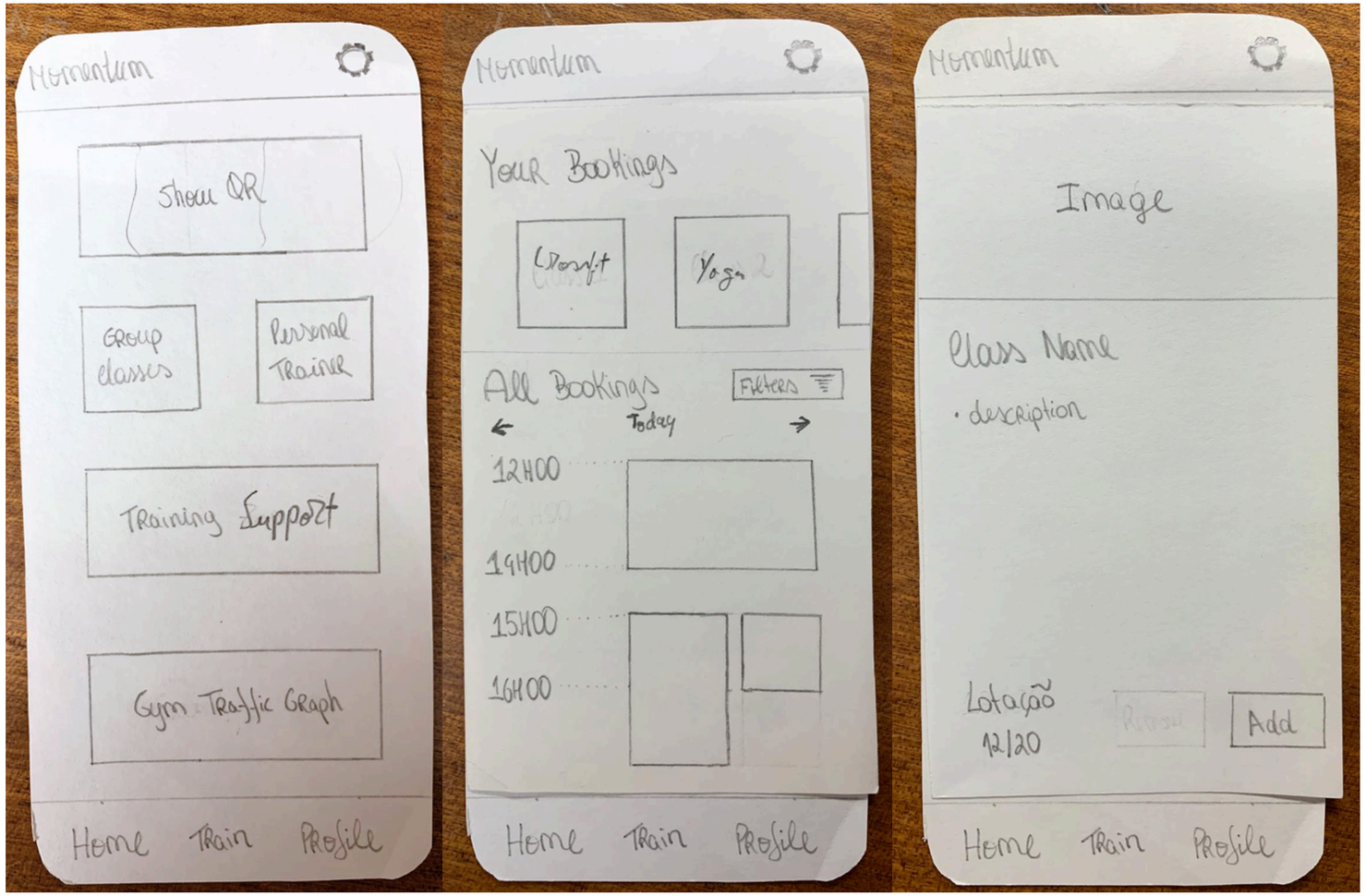
Scenario 2 | Client

Schedule the next crossfit group class available

Task 4: Schedule a Group Class

Task 4
Schedule a Group Class

- Click on “Group Classes” in the Home Page
- Click inside the class card
- Click on “Add”



Recomendations

- Month switching in “All Bookings”
- Change the terminology “All Bookings” to “Classes Available”

Scenario 3 | Personal Trainer

Kevin schedules class for Martim Silva

Task 5: Check scheduled classes for the next day
Task 6: Schedule class with client

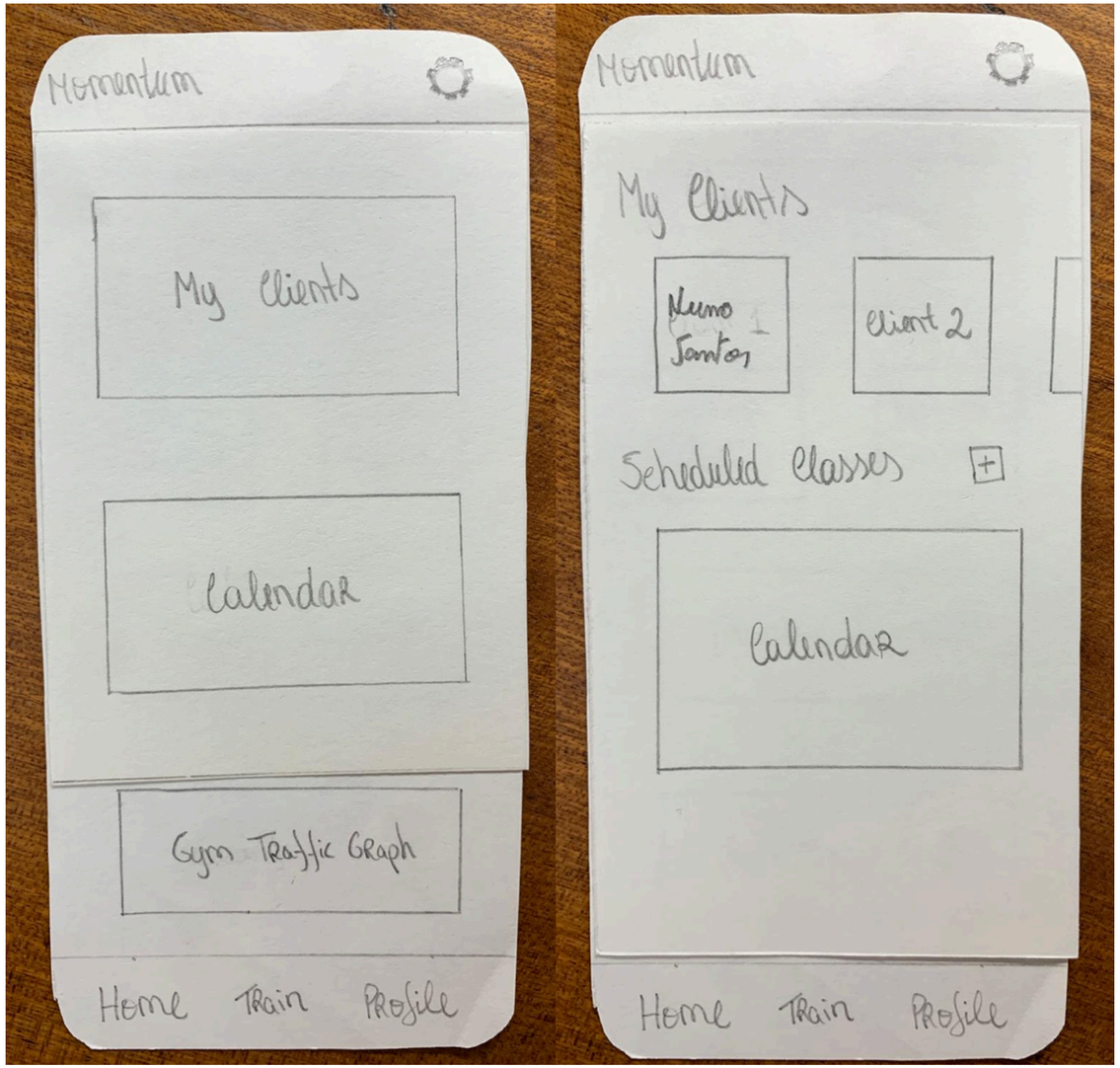
Task 5

Check scheduled classes for the next day

- Click on “My Clients” in the Home Page
- Go to the calendar
- Select the next day

or

- Check the Home Page calendar
- Select the next day

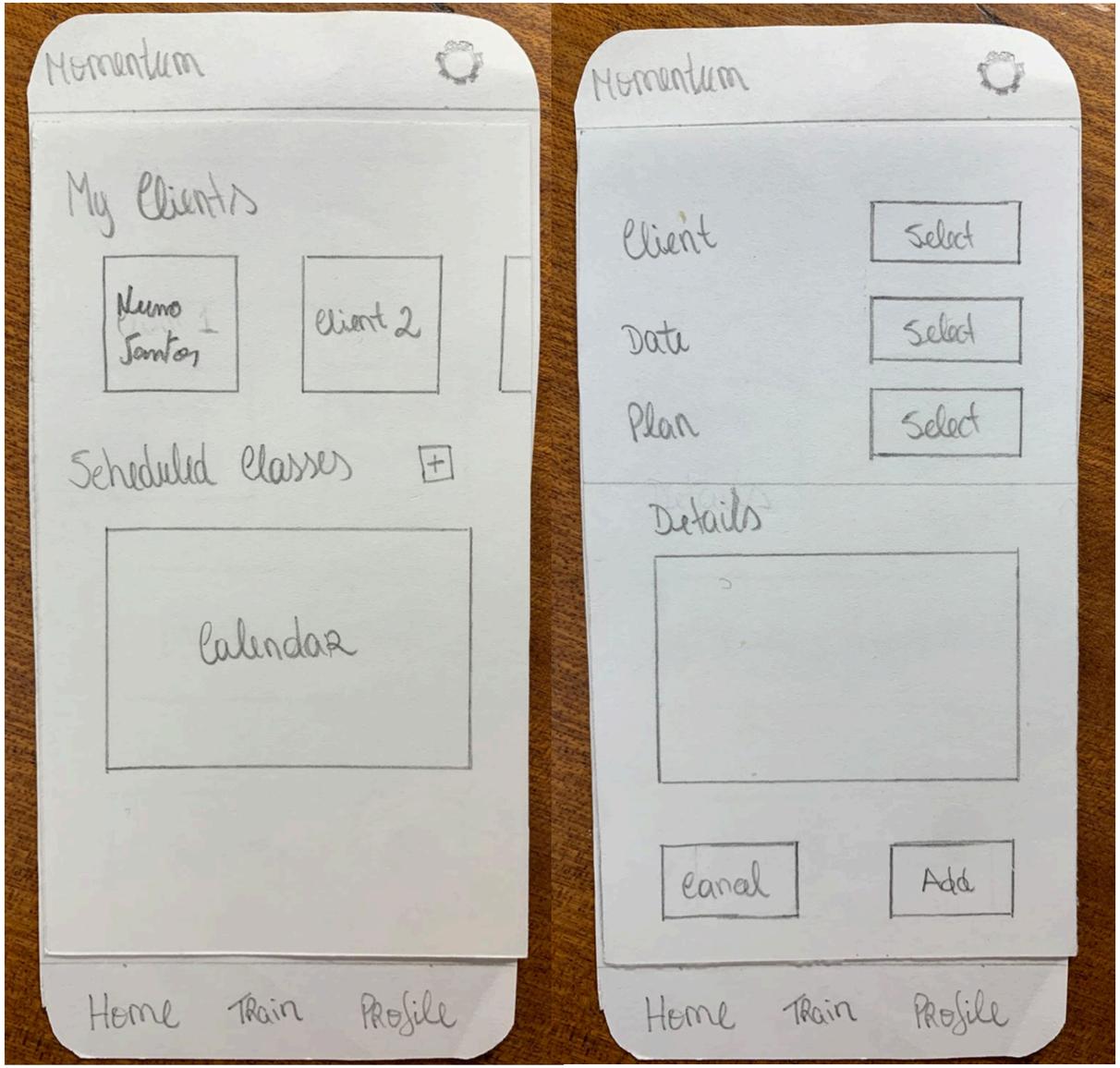


Recomendations

- Put a header in the calendar which in the home page, called “General Calendar”

Task 6
Schedule class with client

- Click on “My Clients” in the Home Page
- Click on the “ + “ box **or** Click on the clients in “My Clients”
- Select Martim Silva on “Client” and fill the rest the form
- Fill the rest of the form



Recomendations

- Add a timestamp selection

Functional Prototype

Plataform Used

Progressive Web App

React JS

Tailwind CSS

DaisyUI

FP Evaluation - Method

Procedure

- Consent Form;
- Project Context;
- Free Roam;
- Task Execution & Forms Answer
  - Tasks 1, 2, 3, 4, 5, 6
- Post Test Questionnaire
  - SUS and more

Content

Personas: Nuno Santos (Gym Member) and Kevin Monteiro (Personal Trainer)

Scenarios: Do a Solo leg training session; Schedule a CrossFit class; As a PT schedule a class with a client

Tasks: Enter gym with QR; Schedule Group Class; Do a solo Training Session; Check a training session Log; As a PT Schedule a class with Diogo Costa.

Participants

Number: 5

Profiles: 4 Students and 1 Teacher.

Heuristic Evaluation

Problem	Heuristic	Rui	Guilherme	Henrique	Média
Only one language	Flexibility and efficiency of use	2	2	2	2
Documentation	Help and Documentation	2	X	2	2
Irregularity in spacing and color conventions	Consistency and standards	X	1	X	1

Scenario 1 | Client

Nuno does a solo leg training session

Task 1: Gym Entrance Authentication
Task 2: Check the exercises done in last session
Task 3: Do a solo leg training session

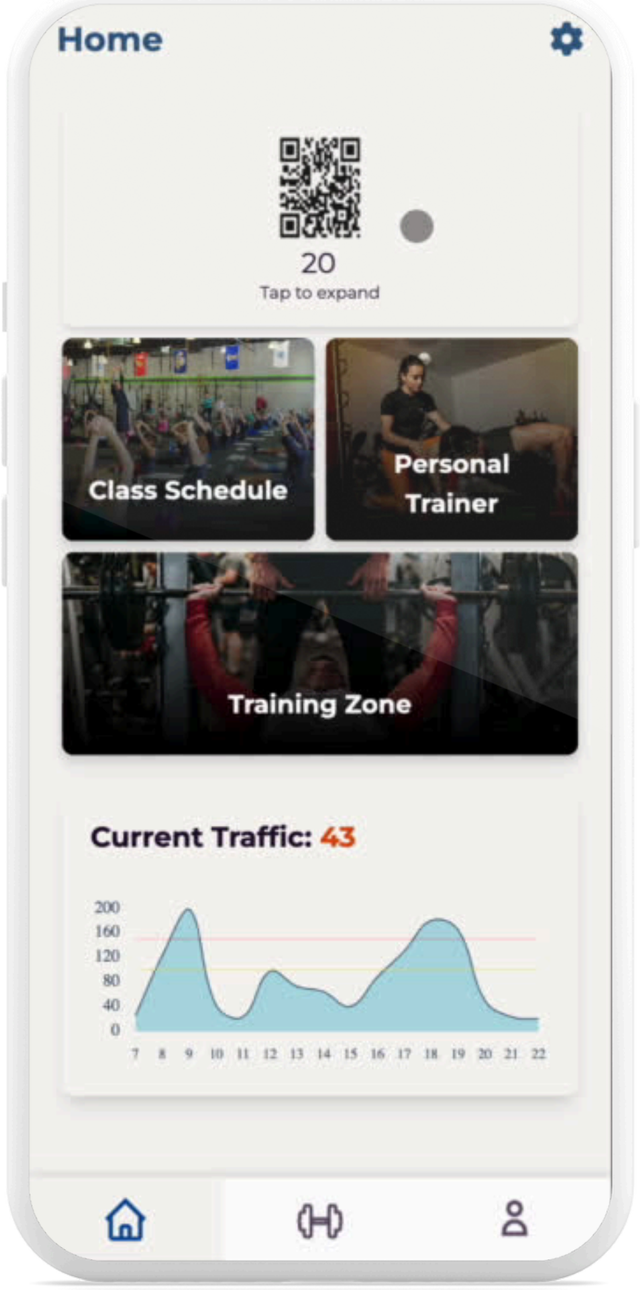
Task 1
Gym Entrance Authentication

Steps:
- Click on “Show QR”

Results:
- **4** people though it was *very easy*;
- **1** person though it was *easy;*

Feedback:
- Tap to expand the QR;

Changes
- Have the option to increase the QR size



Task 2 & 3

Check Workout done in last session & Start a new training session

Steps:

- Click on “Training Support” in the navbar or the home page
- In “Session Logs” Calendar, check the exercises done

Results:

- **4** people though it was *very easy*;
- **1** person though it was *easy;*

Steps:

- Click on “Start” button;
- Choose preset and click “Begin”;
- Click the “Next” button;
- Click the “Confirm” button;
- End the training session

Results:

- **4** people though it was *easy*;
- **1** person though it *could be better;*

Feedback:

- No progress feedback;

Task 2 & 3

Check Workout done in last session & Start a new training session

Changes

Removed:

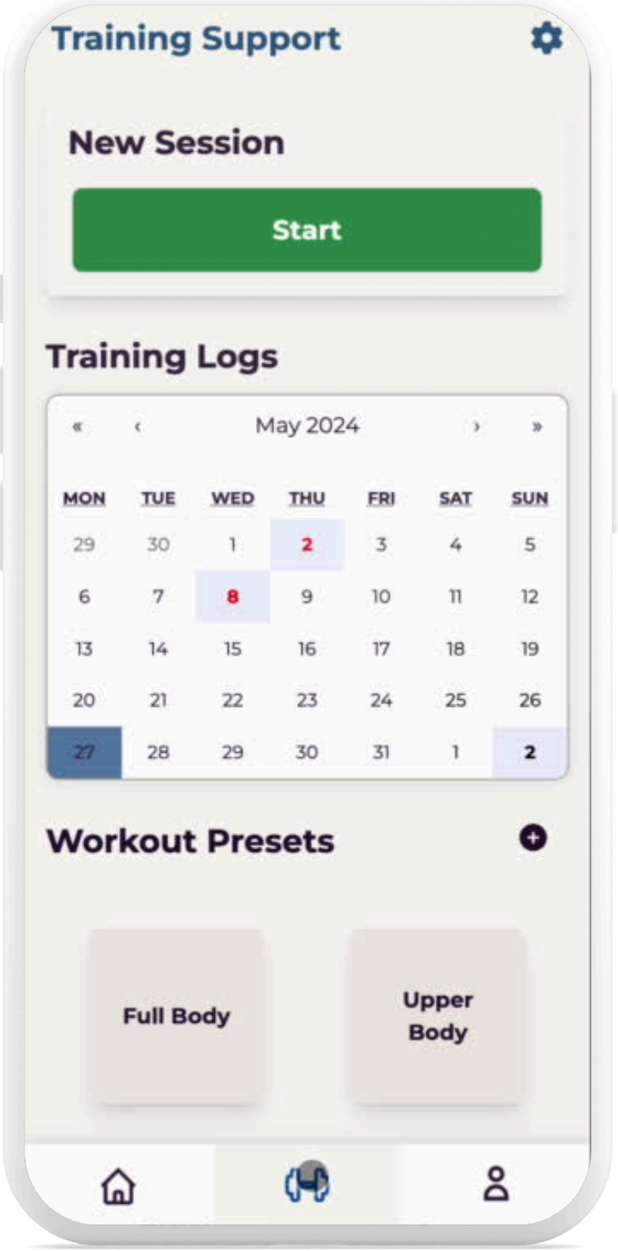
- Timer;
- Scan QR;

Added:

- General Training Support page;
- Exercise Progress;
- Session Timer;
- Exercise Change Feedback;

Changes:

- Separated exercises into done and to do;



Scenario 2 | Client

Nuno schedules the next crossfit group class available

Task 1: Schedule the next crossfit group class available

Task 1

Schedule the next crossfit group class available

Steps:

- Go to the “Group Class” page;
- Select the wished day for training;
- Click the class card;
- Click “Add“ and “Confirm“ in the modal;

Results:

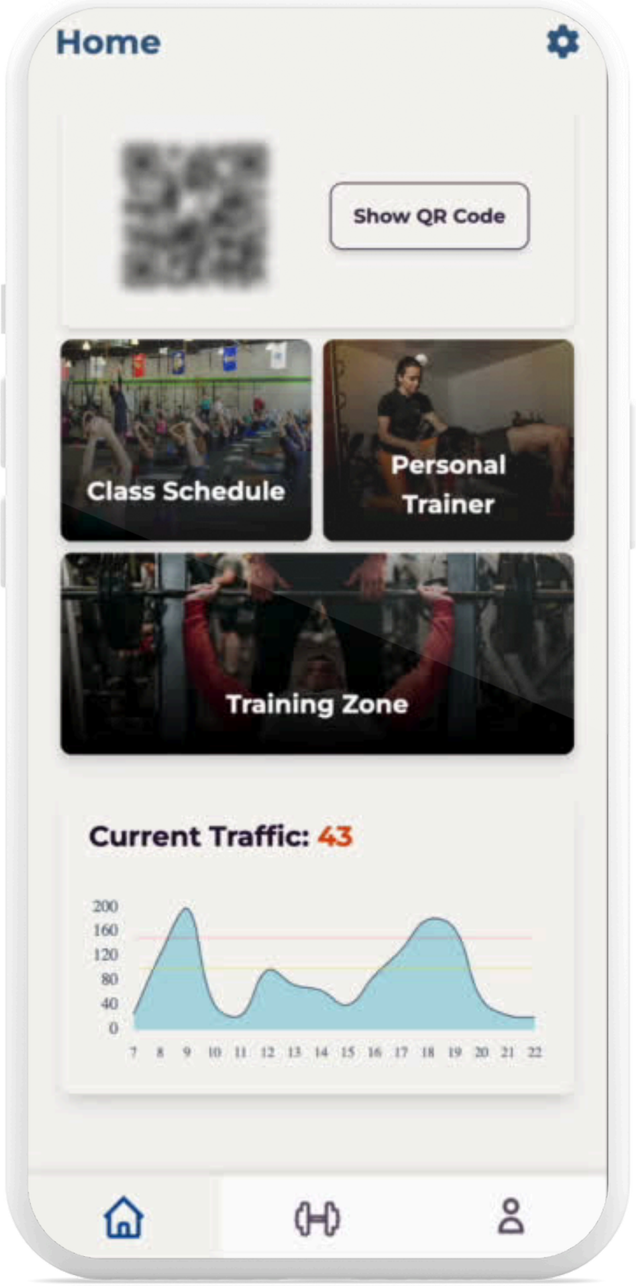
- **4** people though it was *very easy*;
- **1** person though it *could be better;*

Feedback:

- Add button should be a “+”;

Changes

- Change the add icon to “+”



Scenario 3 | Personal Trainer

Kevin schedules class for Martim Silva

Task 1: Check scheduled classes for the next day
Task 2: Schedule class with client

Task 1

Check scheduled classes for the next day

Steps:

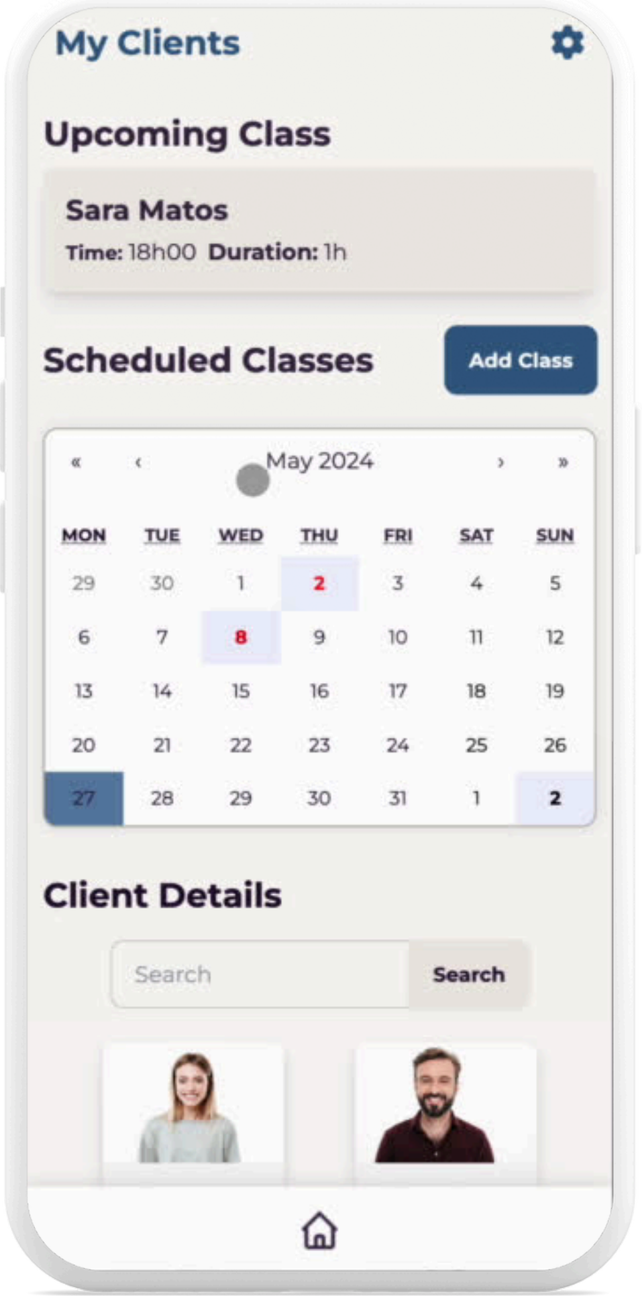
- Click on “My Clients” in the Home Page;
- Go to the calendar;
- Select the next day;

Results:

- **5** people though it was *very easy*;

Feedback:

- Add filtering;



Task 2

Schedule class with client

Steps:

- Go to the “My Clients” page;
- Search for the client’s name;
- Click the client card;
- Click “Add Class“ ;
- Fill time and date;

Results:

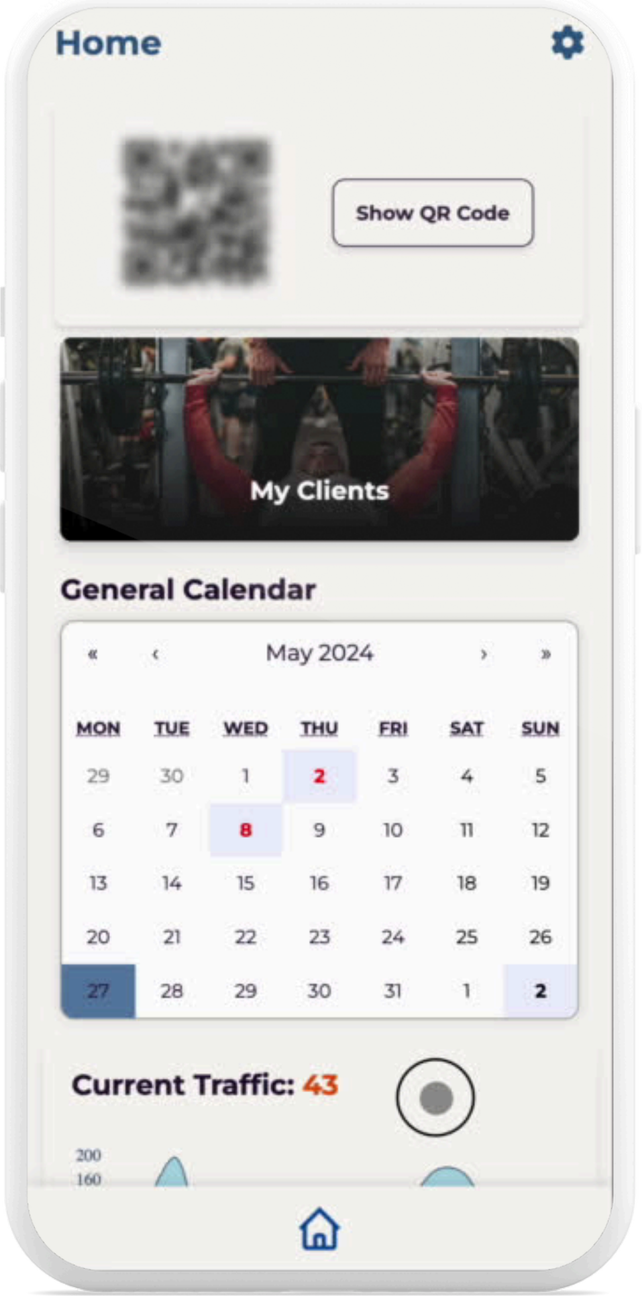
- **1** people though it was *very easy*;
- **4** person though it easy*;*

Feedback:

- Buttons names should be coeherent;
- Client’s should be searchable by name;

Changes

- Client’s name search bar implemented
- Button consistency
- Upcoming class added



FP Evaluation - SUS results

User 1: 95%

User 2: 97.5%

User 3: 100%

User 4: 77.5%

User 5: 90%

Average	Median
92%	92.5%

Future Work

- Fix the issues found in the heuristic evaluation;
- Start training session by clicking in the workout preset;
- Filter PT schedule by type of appointment (Group class, Private client);
- Implement the Biometric’s planned features (statistics and adjustability);
- Implement the planned tasks for the manager persona;

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