

Interação Pessoa-Máquina

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Forma

Stage 2: User and task analysis



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Problem

People trying to live healthier lives struggle to coordinate training, recovery (sleep, fatigue), and nutrition in one place. Existing apps tend to be fragmented (e.g., strong in nutrition or performance) and either overwhelm beginners or underserve advanced users who want deeper metrics. Our goal is to design an interface that provides a balanced, intuitive, and actionable view across these domains.

Users

1. Beginners

Beginners are people with limited prior experience who feel unsure about how to start safely. They want clear guidance, simple plans, and reassuring feedback without jargon. Their main goal is to learn basic techniques and build consistent habits, but they are easily discouraged by complex interfaces and too many metrics. They typically use the app on a phone at home or in the gym, and for short sessions.

2. Advanced

Advanced users already track their workouts with wearables, apps and services like Strava and care about heart rate, training volume and sleep metrics. Their goal is to optimize performance by balancing training load and recovery and by analyzing trends over time. They are skeptical of unreliable estimates (especially calories and projections), want transparent and calibratable metrics, and expect strong integration across tools. They engage on multiple devices, import and export data frequently, and often review the app immediately after workouts.

Tasks

Task 1: Plan a Workout Routine

Objective:

Allow users to create or select a personalized training plan based on their goals and fitness level.

Subtasks:

1. Choose a training goal (e.g., injury recovery, fat loss, muscle gain).
2. Pick your exercises or go with a suggested plan.
 - a. Filter suggested options
3. Define preferred schedule and session duration.
4. Confirm plan details.

Preconditions:

- The user has created an account.
- The user is logged in.
- The user has provided basic information (experience level, goals).

Exceptions:

- Generated plan was not well adjusted for the user
- Poor connectivity: try again later.
- The app fails to generate a list of recommended exercises

Other characteristics:

- **Frequency:** Moderate (weekly or every few months, depending on routine updates).

Task 2: Track a Workout

Objective:

Enable users to log training sessions and monitor metrics like sets, reps, duration

Subtasks / Plan:

1. Start a planned workout session
2. For each exercise: see demo (gif/text), set target reps/weight.
3. During workout: Log the exercise (add or edit sets, reps, weights).
4. End session and save summary.

Cycle: Repeat step 2-3 per exercise

Preconditions:

- A workout plan exists.
- The user has created an account.
- The user is logged in.
- The user has provided basic information (experience level, goals).

Exceptions:

- App fails to log data.
- User forgets to stop workout timer or input results.
- Poor connectivity: cache locally and sync later.

Other characteristics:

- **Frequency:** High (daily or several times a week).

Task 3: Search Healthy Recipes

Objective:

Support users in building healthier eating habits through accessible recipes.

Subtasks:

1. Browse recommended meals based on goals (e.g., “High protein,” “Low calorie”).
2. Apply search filters (optional)
3. View sample recipes
4. Choose recipe

Preconditions:

- The user has created an account.
- The user is logged in.
- The user has provided basic information (experience level, goals).

Exceptions:

- User forgets to log meals, causing inaccurate statistics.

Task 4: Track calories

Objective:

Support users by tracking meals and calories.

Subtasks:

1. Track calories
 - a. Log eaten food.
 - b. Log eaten calories
2. Check total calories in a meal

Preconditions:

- The user has created an account.
- The user is logged in.
- The user has provided basic information (experience level, goals).

Exceptions:

- Missing nutritional data for a food item.
- The user forgets to log meals, causing inaccurate statistics.

Other characteristics:

- **Frequency:** Daily, typically 2-3 times per day.

Scenarios

Plan a Workout Routine

“My name is Sofia Costa and I have just downloaded the Forma application to my phone. I log in for the first time and decide to create my first training plan. I select the goal ‘Muscle gain’ and the app suggests a few recommended exercises. I remove a few that I don’t like and add squats and push-ups instead. Then I choose to train on Mondays, Wednesdays, and Fridays, for 45 minutes each session. After reviewing the summary, I confirm the plan, and it appears in my dashboard, ready for next week.”

Track a Workout

“My name is Marco Silva, and today I am doing the second workout of my current plan. I open the Forma app, tap on ‘Start session,’ and begin my warm-up. The first exercise is bench press, so I check the small video demo to confirm my form, and then log the sets and reps as I go. I move on to the next exercises, adding the weight used and timing my rests. When I finish, I stop the timer, check the summary with total sets and average heart rate, and save the workout. The session appears as completed on my dashboard.”

Search Healthy Recipes and Track Calories

"My name is Beatriz Lopes, and I want to cook something healthy for dinner. I open the Forma app and go to the recipes section. I search for 'low calorie' and browse the suggestions until I find a grilled salmon recipe. After preparing it, I open the calorie tracker, log the meal, and check the total calories for the day. Later, I realized I forgot to log breakfast, so I added it manually. The app updates my totals and suggests a small evening snack to reach my target."

Interviews

Interviews were conducted with three users at different experience levels: one experienced fitness user who regularly trains at the gym and runs, and another two beginners who have recently started exercising.

All participants highlighted that maintaining a balanced fitness routine can be challenging due to the need to use multiple tools or apps for training, recovery, and nutrition. The beginner users reported feeling uncertain about which exercises to perform, how to execute them correctly, and how to adapt workouts to limited time or energy. Meanwhile, the experienced user emphasized the lack of integration between workout tracking, recovery monitoring, and nutrition management in existing applications.

Both agreed that current fitness apps often feel overly complex or data-heavy, reducing motivation to engage with them consistently. They expressed interest in a single, intuitive platform that simplifies the process of tracking progress while providing guidance for beginners and detailed insights for more advanced users.

Overall, the interviews reinforced the need for a balanced and user-friendly solution that helps users of all levels plan, track, and analyze their training, recovery, and nutrition in one cohesive and motivating environment.