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IS375 Final Project

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Description

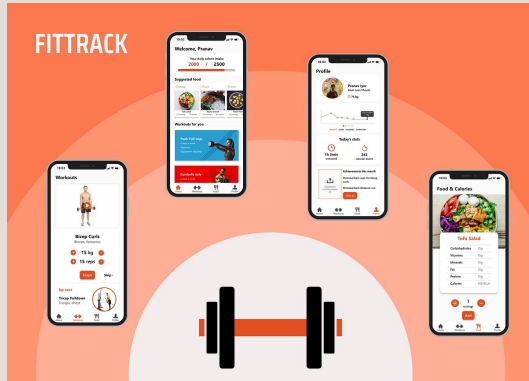
Athletes often engage in dynamic and multifactor routine activities such as intense workouts, recovery practices, and nutrition management.



This study explores how athletes DOCUMENT their physical routine over a five-day period. Creating this study will provide insight into the daily habits, experience, and struggles athletes go through as they keep track of their fitness routines.

Rationale

By asking participants to log their experiences within this time period, we gain an understanding of their interactions with fitness tracking tools and methods.



These findings can guide the development of tools that better align with athletes expectations in making smooth tracking processes and enhance an overall user experience.

Methodology

Each day for a **five-day** period create a diary entry using the following format –



Date and Time of Entry: (example. December 06, 2024, 03:30 pm)

Activity Type: What fitness activity did you do? (example. running, weightlifting, sport)

Tracking Method: How did you track your workout? (example. NikeRunClub, MyFitnessPal)

Motivation and Feelings: What motivates you to complete your workout? How did you feel before, during, and after the workout?

Challenges: Did you face any challenges while tracking your routine? Were there any tools or features you wish you had?

Findings

Ease of Use and Simplicity

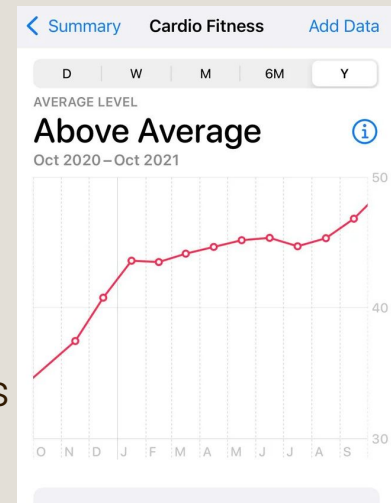


- Participants preferred tools that allied for quick and easy entry of workout details, such as duration, type of activity, and intensity.
- “Premium Content” Participants that used apps such as myFitnessPal provided a free version where they had to manually create foods and provide the nutritional values. Where as the paid full version of the app you’re allowed to scan a barcode and easily look up items to add their meals to their daily logs.

Findings

Visualization of Progress

- Many participants expressed how visual representations of seeing their fitness and nutrition entries being consistent motivated them to continue their fitness journey.
- 66% of the participants prioritized cardio due to the fact that most of the participants were either sport athletes or training for the upcoming running marathons. They stated, being able to see progression in speed of completing and completed miles boosted their self confident and pushed them to achieve their goals.



Findings

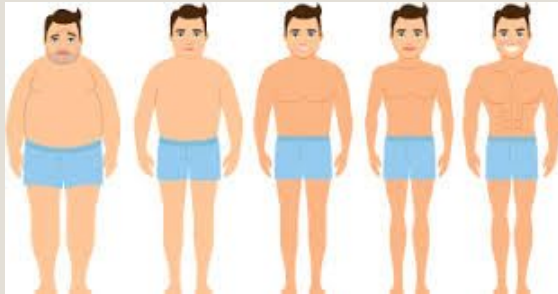
Challenges and emotions



- Though finding a group of motivating and willing participants that were eager to help in my diary study, the duration of this study was during finals.
- Due to finals and being a college student 30% of the participants had missing entries where they weren't able to create entries based on fitness though wrote reasoning why and how having to keep track of their nutrition helped them make sure to meet their nutritional goals for the day even being crammed with studies.

Lesson Learned

Needing more data but not due to the fact of participants not writing enough



Giving a longer duration for my participants I would have loved to see this diary study during 3-4 week span with the addition of more participants and a greater variety. Having more time for participants to part take within this study will allow me to see factors such as when do people just stop keeping track or if there are irregularity in a participants routine. Just having five days is easy to stay on track with your fitness but what happens when people start losing motivation?

Conclusion



This was my diary study about understanding the behaviors, motivation, and challenges athletes face while taking their fitness routines.