

Kamal Feracho

CS 4590

6/23/21

## Project Deliverable 2

### User Personas and Scenarios

Yoga is a growing exercise that many adults, teens, and athletes are beginning to use due to its health benefits to the body. The act of yoga can also give a mental stimulation that promotes a healthier lifestyle for the yogi outside of yoga itself. Yoga is recommended for anyone who is capable of performing the movements, but there exist people who simply don't have the time to be properly trained by a trainer. My system will be designed to overcome this issue by providing correct auditory feedback to the user in efforts to make sure they are performing the entire yoga exercise correctly.

Kamal is 32 year old office worker that sits on a computer for 8 hours a day, from Monday to Friday. He rarely gets up during work unless it's for a break or to use the bathroom. His posture while performing his work is atrocious to where he began suffering back and neck pains.

Kamal has been working for this company for many years, accumulating a new bad posture to which he wishes to change using yoga. He has no time to go to in person classes as he has kids, he must take care of and other responsibilities. His best time is at night, where he uses YouTube videos as his guidance to help. He notices that when practicing some of the techniques and movements, he finds himself either not doing it right or unable to even tell if he is doing it right, sometimes resulting in pain after a session.

The next morning, he wakes up in more pain than the previous night and blames it on yoga as a whole, when it was really his lack of auditory feedback for his performance of the yoga exercise. This pain has left him feeling sluggish and out of his element during work, thus resulting in a poor workday. He comes home and repeats the process in hopes for change, but the same results happen again for the next session.

Improving balance if wobbling/losing balance too much:

- User begins yoga exercise
- User reaches exercise where they begin to wobble and/or lose balance excessively
- Auditory feedback begins and suggest appropriate adjustments
  - User begins to adjust accordingly based off feedback
  - If user performs exercise better, commend user

-If user performs exercise incorrectly, (wabbling / loss of balance), recommend alternative exercise

Correct yogi if performing exercise incorrectly:

- User begins yoga exercise
- User reaches exercise where they assume they are doing the correct movement
- Auditory feedback begins and suggest appropriate adjustments
  - User begins to adjust accordingly based off feedback
  - If user performs exercise better, commend user
- If user performs exercise incorrectly, recommend an alternative exercise

Commend yogi for performing exercise correctly:

- User begins yoga exercise
- User performs exercise correctly with little to no errors
- Auditory feedback commends user
  - User understands and learns the exercise and knows how to perform it correctly