

First gym app

Document D3 — Prototype Description

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Overview

After agreeing on the app functionality in D1 submission and having the clickable hi-fi prototype made in Adobe Experience Design in D2 submission we have moved to the coding part of this project.

Stack

In the beginning we were considering the Swift language for iOS as the technology to use. One of us had some experience with it and we wanted to learn something new.

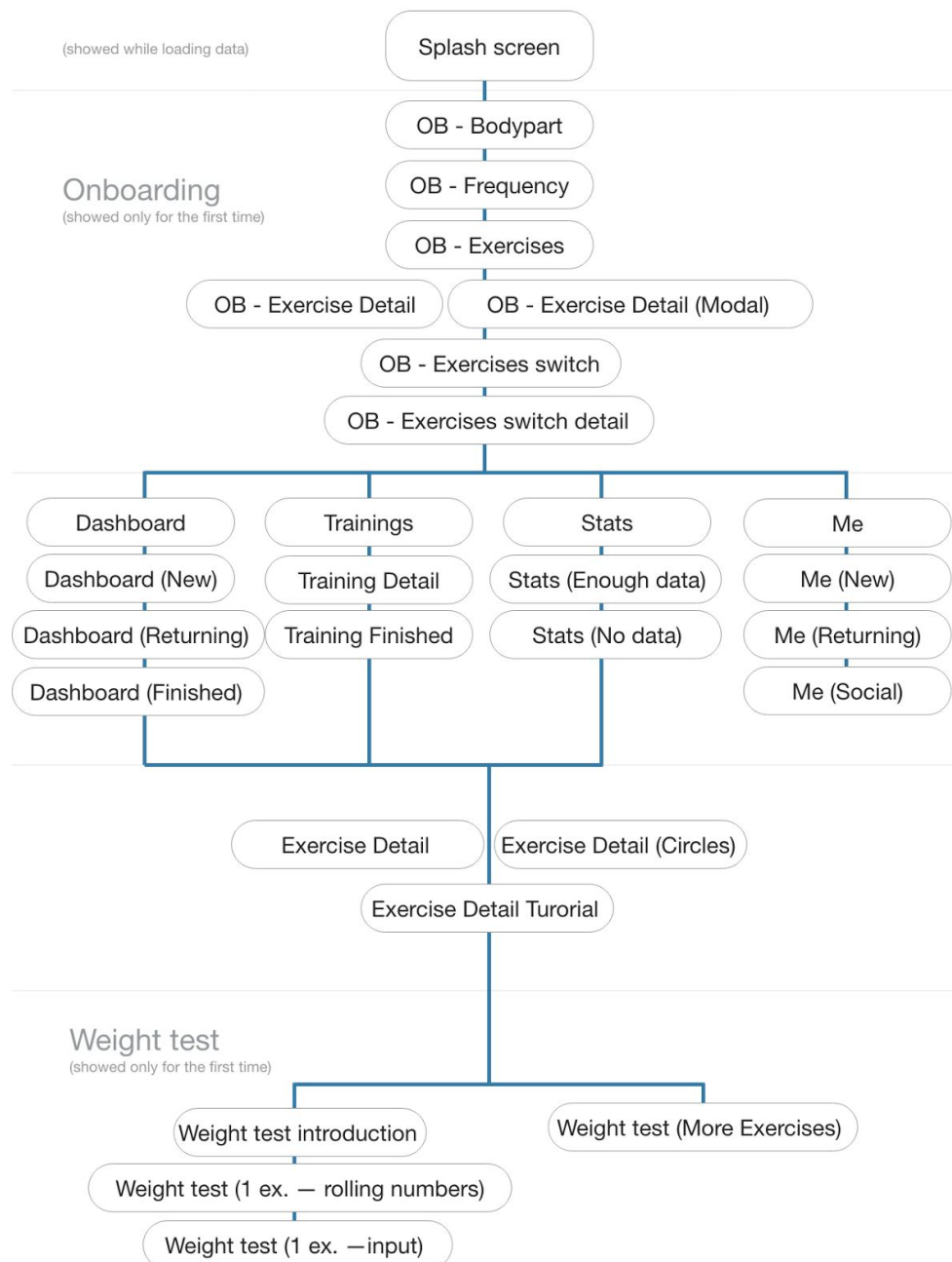
After careful reviewing pros & cons of technologies out there, we have both agreed on **React Native**. As this will allow us to:

- Build the app that will work great on Android as well as iOS (which means that the user base will radically increase after publishing the app. We will be able to go on the Google Play Store market at the same also to Apple App Store market)
- Build pretty fast hybrid app that translates to native code in comparison with benchmarks from other frameworks like Ionic
- Become a members of a great and big community around this fast evolving technology

Additionally, we have decided to use the [NativeBase](#) library with essential **cross-platform UI components** for React Native. It's 100% open source library, very similar to one that Ionic has within itself, with large community, great documentation and high performance. This decision speeded up our process a lot.

Navigation structure

Following picture describes navigation structure, states (brackets) and more versions that we came up with (2 items next to each other).



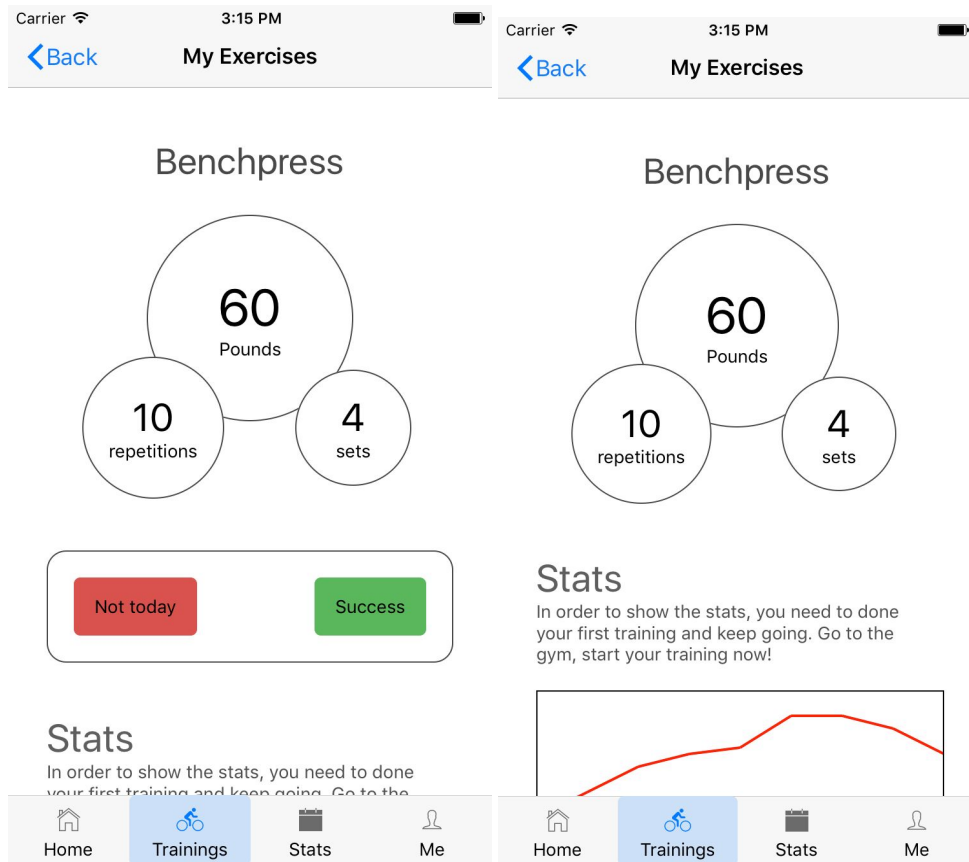
Prototype Description

This chapter will go over the prototype that we have created screen by screen and describe the design decisions and all the main states.

Take into account that in this version only the most important screens for showing the app functionality were implemented.

We have skipped the whole onboarding as we still have to answer few questions about user's decisions and how many steps do we need to put in the front of them before we will allow them to use the app.

Exercise Detail



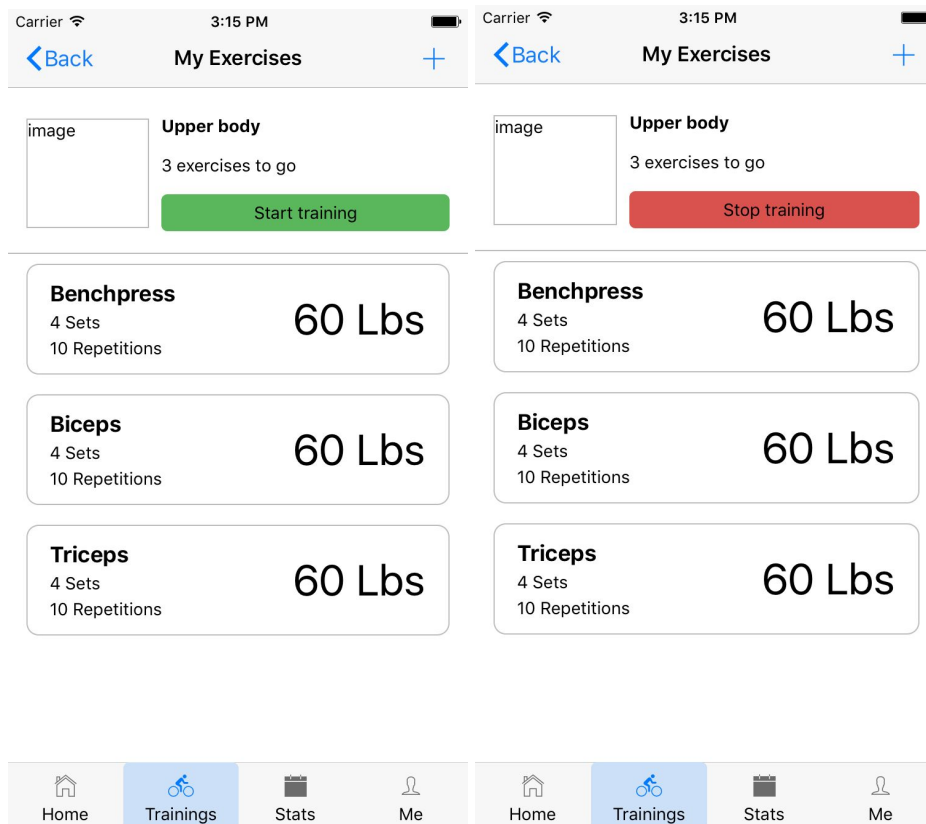
Description

This screen shows the exercise detail with weight that user should be able to lift during the training that is currently “running”, repetitions and sets to be done.

Following area is meant to track user’s today’s achievements (Was he able to done this exercise with the exact weight, repetitions and sets? Or not today?). Based on these, the algorithm will **increase/decrease weight** to lift next week.

Last part of the screen is statistics to increase user engagement and **motivation**. Left variant shows exercise detail while training is “running” while right variant shows only stats.

Training Detail



Description

Training Detail shows all of the exercises within selected training program. User has an option to start/stop training as well as add more exercises into this training.

User Profile

Carrier 3:14 PM Me

Carrier 3:15 PM Me

What's your name, stanger? John

Units Kilograms Units Kilograms

Automatic weight increasing On Automatic weight increasing On

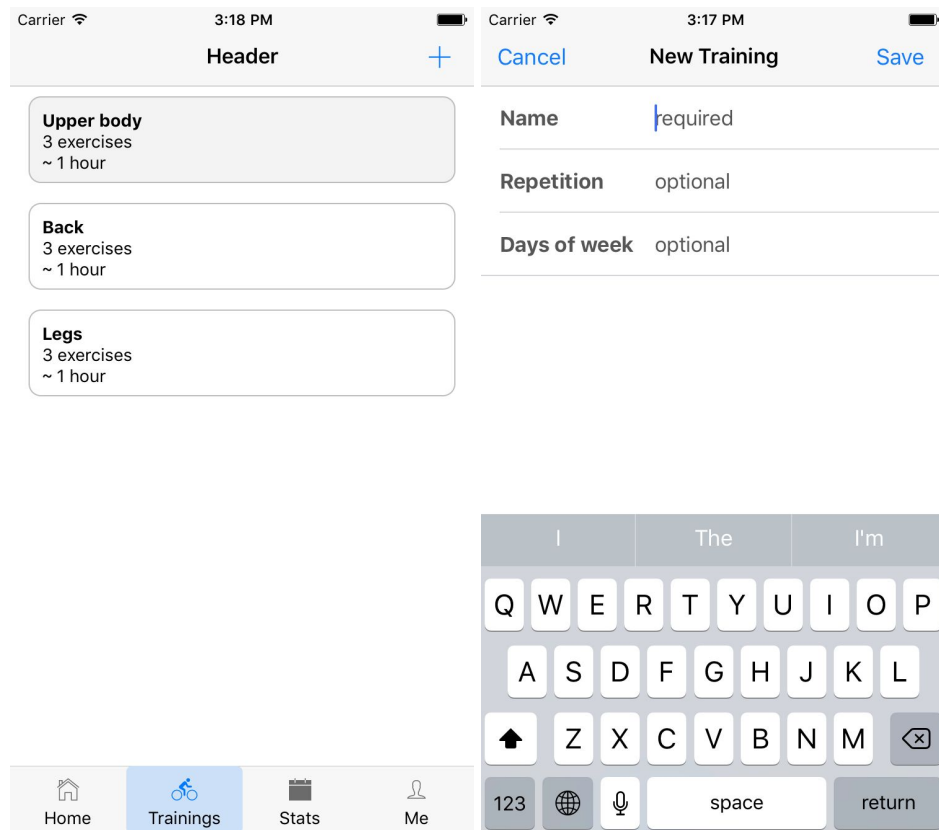
Home Trainings Stats Me

q w e r t y u i o p
a s d f g h j k l
z x c v b n m
123 space return

Description

Screen for the app personalization (user is able to fill in his/her name and profile picture) and basic settings like units to be used (we might be able to preselect this based on e.g. phone location) and automatic weight increasing — let's say that user wants to only workout without increasing the weight, this setting will allow it.

Trainings

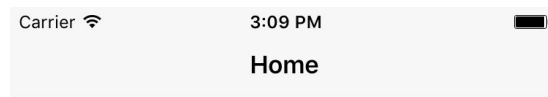


Description

List of trainings showing the number of exercises within them as well as expected duration of the training.

By tapping on the plus icon in the top right corner, user can add a new training with all the parameters.

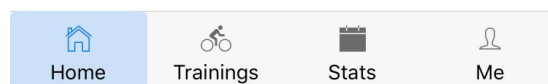
Home (previously Dashboard)



Ready for your today's
training?

Upper body
3 exercises
~ 1 hour


Start




Description

First screen that user will see after opening the app. Will simply show him the goal (training to be done) for today. He/She can start the training by simply tapping on **“Start”**.

Stats

Carrier 


3:14 PM 

Stats

April 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

No data to display
Start by finishing your first training

 Home	 Trainings	 Stats	 Me
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Description

We have agreed on a change since previous prototype was delivered based on user survey. We added the calendar widget at the top so user can check him/her progress based on the days. We also do highlight the days when they did workout.

User Testing

Tester #1: Kristina

Kristina's profile

21yo, university student

Do you go to the gym regularly?

No.

How many times in your life have you been to the gym?

25

Have you ever read anything about body exercises in your spare time?

Yes.

What platform do you use on your mobile phone?

Android.

Tasks

How would you add a new training?

Without difficulties.

Walk me through one training and show the statistics after that.

Without difficulties (maybe we can hide bottom menu during the training. It won't lead user to tapping on the menu)

Can you change units from kilograms to lbs?

This was a problem. First she headed to 'Trainings' screen

(wanted to change it according to the training). After that she headed to specific exercise and thought she can change it there. Lastly she realized that maybe under 'Me' (her profile) section she can find this setting. And it was a win! She added that she would never think that she can make this change in profile screen.

Test environment

In-house, on the iPhone that wasn't her.

Tester #2: David

David's profile

19yo, high school graduate, 2nd at Slovak Championship in Fitness

Do you go to the gym regularly?

Yes, 5 times per week.

How many times in your life have you been to the gym?

Can't come up with number. Has been at gym 5x per week for the past 5 years.

Have you ever read anything about body exercises in your spare time?

Yes. A lot.

What platform do you use on your mobile phone?

Android.

Tasks

How would you add a new training?

Wasn't really sure. (Probably because he is not familiar with iOS design pattern of "Edit" button in the top right corner. However, I believe, we can improve this part of the flow and add another button to add a new training)

Walk me through one training and show the statistics after that.

Without difficulties. I would only change the area where I swipe my success. It would be good to add a message like: "Have you done all of the repetitions properly?". Naming "not today" vs. "success" is a bit confusing.

Can you change units from kilograms to lbs?

Wasn't really sure again. After some time he figured out that he would go to 'Me' section.

Test environment

Remotely (over the Google Hangouts with shared screen), using tester's computer.