UI/UX Lab Assignment 5

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Usability Testing Report

High-Fidelity Prototype of a Social Fitness App

Tool Used: Figma
Participants: 8
Testing Type: Moderated (Simulated) Usability Testing

1. Introduction

The Social Fitness App is designed to encourage users to pursue a healthy and active lifestyle by combining fitness tracking with social interaction. It allows users to log their workouts, set personalized fitness goals, participate in challenges, and share progress with friends through a social feed. The app's features include real-time workout tracking, goal management, a community-driven social feed, and competitive leaderboards to enhance motivation.

A high-fidelity interactive prototype of the Social Fitness App was developed in Figma to simulate realistic interactions and user flows. The primary goal of this usability testing was to evaluate the intuitiveness, ease of use, and overall user experience of the interface. Specifically, the testing aimed to assess the usability of key features such as logging a workout, joining a fitness challenge, and managing goals. By identifying usability issues at this stage, the design can be refined before proceeding to full-scale development.

2. Usability Testing Plan

Testing Objectives

- Evaluate the ease of navigation and interaction within the 'Log a Workout' flow.

- Assess user understanding and discoverability of the 'Join a Challenge' and leaderboard features.

- Identify major usability pain points and measure task performance metrics such as task completion time, success rate, and error frequency.

User Tasks & Scenarios

- Task 1: Log a strength training workout (e.g., 3 sets of Bench Press).

- Task 2: Create a new fitness goal (e.g., Run 5km twice a week).

- Task 3: Find and join the 'October Steps Challenge'.

- Task 4: View the leaderboard and check your rank among friends.

- Task 5: Edit an existing goal to increase your weekly frequency.

Success Metrics & Criteria

Metric	Goal	Observation Method
Task Completion Rate	$\geq 90\%$	Observation and recording task outcomes
Time on Task	< 90 seconds per task	Timer-based tracking
Critical Errors	< 1 per participant	Facilitator observation
System Usability Scale (SUS)	> 75 (Average)	Google Form Survey

3. Participant Recruitment

A total of eight participants (N=8), aged between 19 and 36, were recruited for this usability study. The sample included an equal mix of male and female participants, each representing varying levels of fitness engagement—from beginners to regular gym enthusiasts. All participants were frequent users of mobile applications and had experience using fitness or health-tracking tools, making them representative of the app's intended audience.

Recruitment was carried out through university notice boards, local gyms, and social media fitness communities. Before testing, all participants were briefed on the purpose of the study, signed consent forms, and were assured that the session focused on evaluating the app, not their abilities. Anonymity and confidentiality were guaranteed, and participants were offered a small incentive (a coffee voucher) for their time.

4. Testing Methodology

The usability testing sessions were conducted in a controlled, moderated environment. Each participant completed a set of five predefined tasks using the Figma prototype on a mobile device. Sessions lasted approximately 30–40 minutes each, including a briefing, task performance, and a short post-test questionnaire.

Participants were instructed to perform each task independently, without external hints or guidance. Throughout the session, they were encouraged to verbalize their thoughts using the 'think-aloud' method, providing real-time feedback on their decisions and experiences. The facilitator recorded completion times, observed navigation paths, noted any critical or minor errors, and documented qualitative feedback such as comments, reactions, and expressions of confusion or satisfaction.

At the end of each session, participants were asked to complete a short System Usability Scale (SUS) questionnaire using Google Forms to quantitatively evaluate the overall user experience.

5. Findings & Analysis

Quantitative Data Compilation

Metric	Result	Goal	Remarks
Task Completion Rate	87.5% (7/8 users)	≥ 90%	One participant could not locate the Save button.
Average Time on Task	105 seconds	< 90 seconds	Longer times mainly in the Log Workout flow.
Average Critical Errors	1.1 per user	< 1	Errors primarily related to unclear button placement.
SUS Score	72	> 75	Indicates acceptable but improvable usability.

Qualitative Feedback – Key Insights

- Several users struggled to find the 'Save Workout' button after entering details.

- Two participants mentioned that challenge icons were confusing and lacked clear

meaning.

- Three users expected to edit their goals directly on the goals page instead of navigating through menus.

- Most participants appreciated the overall interface aesthetics and the intuitive dashboard layout.

Usability Problem Prioritization

Problem	Severity
Save Workout button not clearly visible	Critical
Confusing icons in the Challenges tab	Major
Unclear method to edit existing goals	Minor

6. Design Recommendations

Identified Problem	Recommended Design Change
Save Workout button not clearly visible	Introduce a large, high-contrast 'Save' button fixed at the bottom of the Log Workout screen for constant visibility.
Confusing icons in the Challenges tab	Add descriptive text labels below each icon (e.g., Join, Leaderboard, My Progress) to improve clarity.
Unclear method to edit existing goals	Include an Edit icon directly on each goal card to allow one-tap modification of existing goals.

7. Conclusion

The usability testing of the Social Fitness App prototype provided valuable insights into user interaction patterns, strengths, and pain points. Through sessions with eight participants, several key usability concerns were uncovered, including difficulty locating action buttons, icon ambiguity, and limited goal-editing flexibility. Despite these issues, participants generally appreciated the visual design, ease of navigation, and motivational aspects of the social and competitive features.

The analysis confirmed that most tasks were completed successfully, although some took longer than expected. Feedback from the participants emphasized the importance of clearer visual cues and streamlined task flows. The design recommendations outlined in this report will be implemented in the next iteration of the prototype to improve overall usability, accessibility, and user satisfaction. Future testing will aim to validate these improvements through another round of user evaluations.