

# **Fitting in Fitness: Usability Testing Findings & Report**

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Nov. 25, 2024

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# High-Fidelity Prototype

## Links and Setting Up the Prototype

The prototype for this group can be found at the following link:

<https://www.figma.com/community/file/1442177114842092963>

In order to access it, please ensure you have a Figma **and** Figma Community account set up and that you are logged in. Click the “Open in Figma” button, and once the following page loads, click on the “Play” icon in the top right corner of the screen. This will open the prototype version of the app, which can then be explored by clicking on the implemented buttons.

## Addressing Issues from A2

The studies conducted in A2 highlighted several areas requiring improvement in the application design. Many users expressed confusion regarding the scheduling function, particularly around selecting multiple workout times and whether schedules would be public or private. Ambiguity surrounding the “map” feature also arose, with uncertainty about whether it displayed gym activity or user progress. Additionally, some study participants expressed concerns about feeling pressured in PvP challenges, potentially reducing motivation. Finally, users raised discontent at the lack of an accessible progress overview, which lessened the motivational impact of performance improvement tracking.

To address these issues, the team implemented significant design changes. The scheduling function now includes a selectable grid of timeslots, with selectable check

marks that become highlighted to clearly indicate selected times. Public/private schedules were removed entirely to simplify the design. The "map" feature was renamed to "Community" and restructured to reduce confusion. It now includes user profiles, a profile picture version of their currently selected "Actimon", a friends list, and a map showing other nearby users. The addition of a "Stats" page in the final app (not currently implemented due to time constraints) will provide an intuitive and accessible progress overview. To combat concerns about competition-induced pressure, PvP battles were made entirely optional through the Community tab, allowing users to participate at their discretion. These adjustments aimed to address usability concerns while maintaining the app's focus on fitness gamification.

## Job Stories

Below is a list of the job stories proposed from A1 along with explanations of how the prototype satisfies them, with some revisions that better align with the project direction:

**When I work out, I need a schedule that can fit around my classes and assignments as a university student so that I can get daily exercise and stay healthy.**

**Prototype Solution:** The app provides a scheduling feature where users can select multiple time slots using a visually intuitive checkmark system, and each day of the week is individually customizable in order to maximize flexibility for student schedules. This allows students to plan workouts around their academic and personal commitments.

**When I'm lacking motivation, I want a way to remind myself of my recent exercise progress so I can push through and stay consistent.**

**Prototype Solution:** Users are reminded of their progress through their "Actimon," which reflects their fitness journey. The EXP bar reinforces consistency, and a planned "Stats" page (again, unimplemented at the moment due to time constraints prioritizing other features) will provide detailed progress history to further motivate users to continue improving their health.

**When I go to the gym, I want to know how many people are there already, so I can save time and avoid unnecessary trips.**

**Prototype Solution:** The app integrates gym busy-ness data into the schedule feature and displays real-time estimates of location activity on the Community tab map. The blue icons represent nearby app users, helping inform decisions about visits.

**(Revised) When I exercise as a beginner, I want recommended workouts or activities to help me figure out what I'm doing.**

**Prototype Solution:** The app's workout recording flow offers curated playlists of beginner-friendly exercises (among others). Users can choose preloaded routines tailored to their fitness level, providing structured guidance. Future iterations will include customization options for these playlists.

**(Revised) When I work out, I want to be motivated with the same sort of feeling and emotions I get when I'm playing games.**

**Prototype Solution:** The gamified app provides an "Actimon" companion that grows and

evolves as users exercise. While the prototype includes only static examples, the final version will include dynamic animations and interactive features. This gamified approach fosters motivation and engagement through playful, incremental rewards.

## Functional Requirements

**Requirement 1: The solution will account for various factors affecting a student's daily schedule, providing optimal time slots for exercise.**

The prototype satisfies this requirement by including a scheduling feature where users can easily select multiple time slots for their workouts. The interface allows students to visually plan their day around classes and assignments using an intuitive checkmark system that highlights selected exercise times.

**Requirement 2: The solution will recommend workouts based on individual student preferences and constraints, such as activity type (e.g., walking, weightlifting, sports, etc.).**

The prototype addresses this requirement by integrating a workout recommendation flow. When starting a new workout, users can choose from curated playlists tailored to their fitness goals and activity preferences. While customization options are planned for future iterations, the current prototype provides a structured selection process that helps guide users, particularly beginners, in identifying suitable workouts.

**Requirement 3: The solution will monitor gym occupancy to help users schedule their workouts effectively.**

The "Community" tab satisfies this requirement by displaying a real-time map with icons representing nearby app users. This provides an approximate measure of gym occupancy, enabling users to make informed decisions about when to visit. The scheduling feature also includes data about gym busy-ness at different times.

**Requirement 4: Users will be able to track exercise progress and/or integrate data from other fitness services to provide comparisons and progress graphs over time.**

The prototype includes progress-tracking through the user's "Actimon," which evolves and grows as the user achieves their fitness goals. The EXP bar serves as a visual representation of progress, providing immediate feedback on accomplishments. A "Stats" page will expand on this functionality by offering detailed progress graphs and data comparisons, ensuring users can comprehensively track their fitness journey.

**Requirement 5: Users will have the option to add friends and compare progress to enhance motivation.**

The "Community" tab incorporates a friends list feature, allowing users to add and view friends within the app. This feature fosters a sense of connection and friendly competition, enabling users to compare progress and challenge each other to battles with their "Actimon." By making social interactions optional, the prototype ensures that users can engage with this functionality to the extent they feel comfortable.

## Pilot Insights

### **Insight 1: Unintuitive App Navigation**

During one of the pilot studies, one of the participants pointed out that they felt some parts of the app were hard to navigate. One area that they found difficult to use was the PvP battle feature. The participant expressed concerns while attempting to set up a battle with another player using the map, citing a lack of visual clarity. Additionally, the same participant experienced confusion when trying to end their workout recording, where the investigator noted that they struggled with the provided “end workout button”. The participant explained that the wording of the button caused them to think that the button would cancel their workout instead of saving their recorded progress, causing them to press “cancel” instead of “confirm” to end their workout. This indicated to the team that the button word choices and feedback were unclear and required improvement.

### **Insight 2: Lack of Satisfactory Response Upon Successful Completion of a Task**

During the test, there were moments when the participant completed a task but was unaware that they had done so, and believed that they needed to do more. One example of this was during the exercise scheduling task, where after they had chosen a timeslot to exercise, they didn’t realize that the task was already completed. This observation indicated that extra reactions or responses were necessary to implement in order to make it more clear that the user completed their task.



# Evaluation Protocol

## Participant Recruitment

Participants were recruited based on criteria designed to match the app's target audience: university students seeking to improve their physical activity habits. This demographic alignment was critical for obtaining relevant and actionable feedback about the app's usability and effectiveness. To gather an assortment of insights, participants with varying levels of fitness experience were recruited, ranging from beginners with little workout experience to veteran gym-goers. This mix of participants ensured that feedback addressed both the accessibility needs of new users and the more detailed expectations of seasoned users.

## Scenario and Tasks

Participants were introduced to the study through a prepared script (see Appendix), which outlined the purpose of the study and their role. They were then asked to complete three distinct tasks using the high-fidelity prototype:

1. **Scheduling a workout for "today"**: this task tested the scheduling feature, allowing participants to interact with time slot and gym selection.
2. **Recording a workout**: Participants used the prototype's "Start New Exercise" feature to simulate tracking their progress and interacting with the curated workout playlist, and in addition gained an understanding of the "Actimon" evolution mechanic.

3. **Setting up a PvP “battle”:** Participants navigated to the “Community” tab to set up a challenge with another “player”, testing the usability of the social and competitive elements of the app.

These tasks were designed to evaluate the core functionality of the app, and how well the prototype aligned with the needs of the target users as outlined in the job stories and design requirements.

## Data Collection

To ensure comprehensive evaluation during the usability study, multiple data collection methods were employed across three categories:

### 1. Quantitative Subjective Data

Participants completed a survey using Likert-scale questions (see Appendix) to rate their experience with the app’s features. This method provided measurable feedback on subjective aspects of the prototype, such as ease of use, clarity of features, and overall satisfaction with the desired functionality (ie., would this app be useful in building healthy exercise habits). These ratings enable the team to quantitatively assess participant impressions and identify specific areas for improvement.

### 2. Qualitative Objective Data

Investigator notes captured participant’s navigation patterns, highlighting any points of confusion or inefficiency, such as repeated actions, unintended interactions, or hesitation during task completion (pain points). Other examples included noting whether users intuitively used suggested workflows (bright

spots). These observations provided insights into the usability of the interface and experience design.

### **3. Qualitative Subjective Data**

Participant feedback was gathered through follow-up discussions during the interviews, as well as open-ended survey questions (see Appendix). These collection methods encouraged users to share detailed thoughts about their experience, such as what they liked most, frustrations encountered, and suggestions for improvement. This qualitative data offered a deeper understanding of the emotional and motivational aspects of the user experience.

## **Rationale for Data Collection Methods**

The combination of these methods allowed for a balanced evaluation of the high-fidelity prototype. The quantitative subjective data provided measurable insights into overall user satisfaction and usability, ensuring that findings could be compared across participants. The qualitative objective data revealed specific usability challenges by observing participants in real-time interactions. Finally, the qualitative subjective data captured the personal experiences, thoughts, and preferences of the end-users, offering useful context to the other findings.

## Study Results

From the usability evaluation, the team documented and identified commonalities in the interviewees' feedback and their overall user experience. These insights will guide the next iteration of the prototype, focusing on improving the user interface to make it more intuitive and user-friendly.

Participants consistently praised the app's gamified features, particularly the creature mechanic and its evolution system, as a motivating element that tied real-life fitness progress to in-app rewards. The visually appealing design of the app, especially the art style, was widely appreciated, with several users describing it as engaging and contributing to a "dopamine rush" when seeing their creatures evolve. Survey responses, provided below, reinforced this sentiment, with most participants agreeing that the app was fun, engaging, and motivating to help meet their fitness goals. The curated workout playlists were also well-received, especially by users new to exercising, as they provided clear guidance and eased the process of trying new exercises.

However, several usability challenges emerged during testing. The scheduling workflow was frequently cited as overly complex, with users struggling to understand the purpose of the "Change Gym" button (labeled only as "Change" in the prototype) and how it functioned in relation to selecting and confirming time slots. Visual clutter and a lack of responsive feedback exacerbated this issue, leading participants to loop unnecessarily between screens. The map feature also presented significant challenges,

making it difficult to locate or interact with other users for the PvP feature. Additionally, participants noted that the PvP battle and workout recording screens were too similar in design, causing confusion about their respective functionalities. These findings underscore the need for clearer navigation cues and improved visual hierarchy to enhance usability. Below, three key findings are highlighted and discussed in greater detail along with evidence supporting the finding:

**1. Users had difficulty locating other users for the Player Versus Player feature, specifically in regards to the interactivity of the map.**

Nearly all users had difficulty reading the map and identifying other user icons, opting instead to click on the “Add friends” button on initial launch of the Community screen. They were unable to distinguish the blue user icons from the rest of the map, either clicking the map at random or not interacting with it at all until directed by the investigator.

The two clips below show two users struggling with this issue.

[Clip 1](#)

[Clip 2](#)

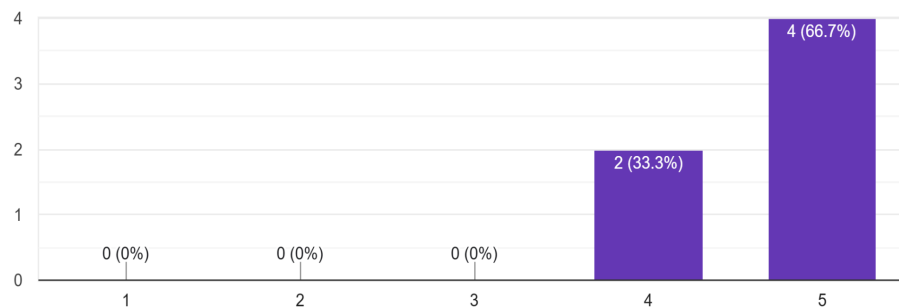
**2. Users found character progression and player battling to be engaging and motivating**

Users mentioned they thought the “evolutions” of their creature were visually appealing and motivating to reach their fitness goals. Many expressed interest in expanded customization options such as unlocking and engaging with other

creatures which was a non-implemented feature in this high-fidelity prototype due to time constraints. In addition, interviewees mentioned they believed this function would be appealing to their friends and acquaintances. The survey results support this finding, with most respondents reacting positively to the gamified features and visual design (1 represented strongly disagree, 5 represented strongly agree).

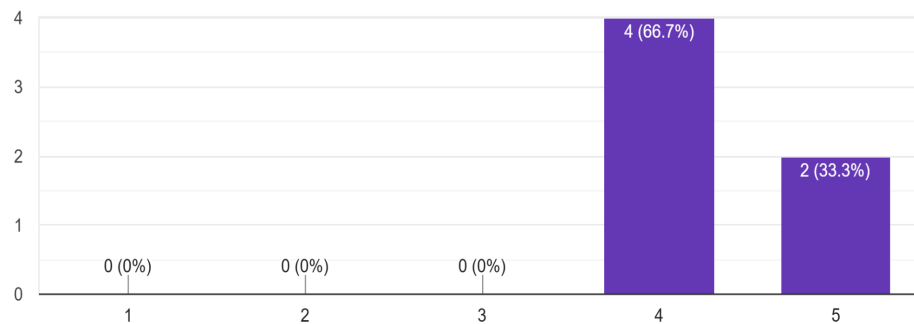
The layout and design of the app were visually appealing.

6 responses



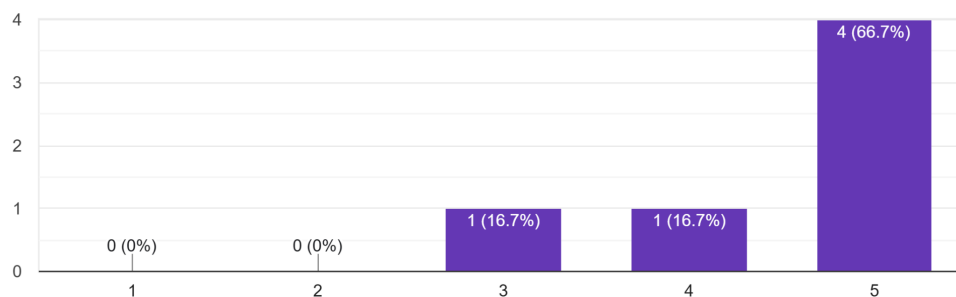
I felt that the app provided a fun and engaging experience.

6 responses



The gamified features of the app (e.g., creature evolution, battles) motivated me to explore its functions.

6 responses

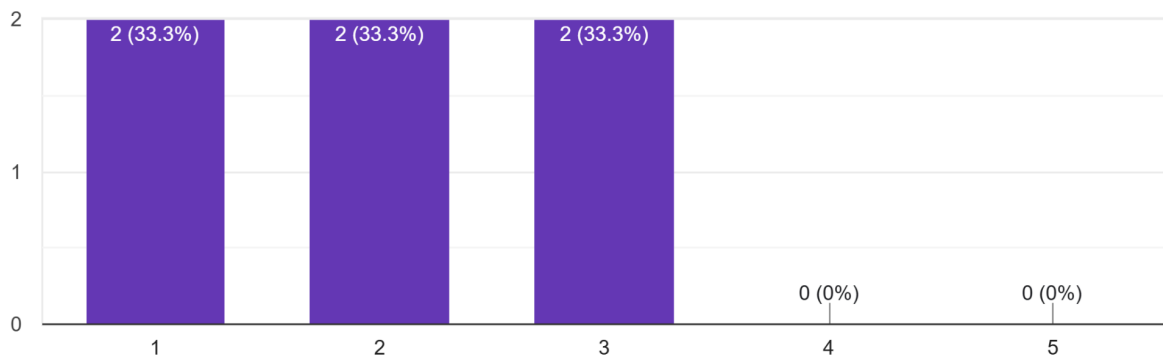


### 3. Users expressed confusion in the Schedule screen

Users found the scheduling options and the information presented on the Schedule screen of the prototype confusing. Specifically, the purpose of the "Change" button and the "Occupancy" status was unclear. Many users navigated back and forth between the "Change" button and the main Schedule screen, attempting to understand its functionality. Additionally, there was a lack of clarity in selecting their times and confirming their schedule changes on the screen. The chart below reflects users' difficulty completing the scheduling task.

The app's scheduling feature felt confusing or unclear.

6 responses



Provided below are two clips complementing this finding.

[Clip 1](#)

[Clip 2](#)

## Lessons Learned and Implications for Design

Basing our solution around a virtual creature proved to be an effective strategy for motivating users to achieve their fitness goals and increasing engagement with the app. Below is a list of lessons learned from the prototype evaluation:

### **1. Navigation Challenges with the PvP Feature**

Users found it difficult to interact with the map to locate other users for PvP battles. The interactivity and clarity of the map were insufficient, leading users to rely on the “Add Friends” button instead. This highlights the need for a more intuitive and visually distinct interface for user identification on the map.

### **2. Positive Engagement with Character Progression**

The character evolution feature was a significant motivator for users. The visual appeal and potential for expansion with customization options were praised, confirming the importance of gamification and personalization in maintaining user engagement and motivation.

### **3. Confusion with the Schedule Screen**

Users struggled with understanding key elements of the scheduling interface, such as the purpose of the “Change” button and interpreting the “Occupancy” status. This indicates that clearer labeling, improved visual hierarchy, and improved workflows are necessary to reduce user confusion around this feature.



#### **4. Positive Feedback on Art Style**

Users consistently praised the app's art style, suggesting that the aesthetic choices resonate with the target demographic and enhance the overall user experience while also aligning with the team's design intentions.

Based on the feedback obtained from the usability evaluation, the team proposed certain changes, listed below:

##### **1. Redesigned Community Map**

- a. Use distinctive, high-contrast icons for user markers on the map to differentiate them from the background and non-interactive elements.

##### **2. Expand Creature Customization**

- a. Introduce unlockable accessories and color schemes to deepen the emotional connection users feel toward their "Actimons".
- b. Include additional creature types or evolutions that players can select to add variety and increase engagement.

##### **3. Revamped Scheduling Interface**

- a. Replace the "Change" button with a more descriptive label like "Select Gym" and ensure clear, visible feedback is given when a change is made.
- b. Reorganize the screen to visually separate time selection from occupancy details, using icons or color coding for clarity.

##### **4. Improve Visual Feedback Across Features**

- a. Implement real-time feedback for user actions, such as animations or notifications confirming task completion.

- b. Use progress indicators to show ongoing actions, such as scheduling or setting up a PvP battle.

## **5. Introduce an Onboarding Experience (not a Tutorial)**

- a. Develop an introductory quiz to gain an understanding of users' exercise proficiency (beginner vs veteran) and allow them to select their starting Actimon.
- b. Include contextual help tips that appear when users interact with unfamiliar or underutilized features.

## **6. Implement "Stats" Page**

- a. Display key fitness metrics such as calories burned, exercise duration, and weekly progress toward goals in an easy-to-read dashboard.
- b. Include a brief explanation of each metric's significance, such as what reaching certain calorie burn levels means for health or fitness goals (e.g., you've burnt 3800 calories this week - thats the equivalent of 1 lbs!), and actionable tips based on trends (e.g., "Increase cardio by 10 minutes to maintain progress").
- c. View progress through visually engaging charts and graphs that track trends over time. Milestones will be highlighted (e.g., achieving a weekly exercise streak), and users will receive motivational messages tied to their creature's evolution to connect data insights with gamified rewards.

## Reflection

Reflecting on the usability testing process, the team identified several areas for improvement. If the study were conducted again, a key focus would be on recruiting a larger pool of participants to capture a broader range of feedback. This would help ensure the design addresses the varying needs and preferences of university students. Additionally, the team would refine evaluation tasks based on initial participant feedback, iterating on these tasks after each assessment to better gauge usability and the app's effectiveness in meeting its goals.

With more time and resources, the team would have developed a fully realized prototype, including additional features such as multiple creature designs for users to select during onboarding, as well as the "Shop" and the "Stats" features. These enhancements would have allowed for more comprehensive evaluations, providing deeper insights into user engagement with the app's complete functionality. Such an approach would have resulted in more actionable feedback and a more realistic user experience during testing.

# Appendices

## Consent Forms

### CONSENT FORM

#### **Consent Form: Usability test observations observations of university students with a desire to exercise regularly**

I hereby consent to participate in a research study conducted by Ryan Oakley and Neil Mehta for an assignment in University of Toronto Computer Science 318, *Design of Interactive Computational Media*.

I agree to participate in this study, the purpose of which is to understand any difficulties when navigating and using the prototype.

I understand that

- The procedures to be used are a usability study and experience survey.
- I will receive no compensation for my participation.
- I am free to withdraw before or any time during the study without the need to give any explanation.
- All materials and results will be kept confidential, and, in particular, that my name and any identifying or identified information will not be associated with the data.

#### **PARTICIPANT**

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### **INVESTIGATOR(s)**

Name \_\_\_\_\_ Signature \_\_\_\_\_

# Usability Study Protocol

## RESEARCH PROTOCOL

**1. Project Title:** Prototype Usability Study of University Students with a Desire to Exercise Regularly

**2. Investigators:** Ryan Oakley ([ryan.oakley@mail.utoronto.ca](mailto:ryan.oakley@mail.utoronto.ca)), Neil Mehta ([neil.mehta@mail.utoronto.ca](mailto:neil.mehta@mail.utoronto.ca)), Olivia Zhou ([oliviajg.zhou@mail.utoronto.ca](mailto:oliviajg.zhou@mail.utoronto.ca))

**3. Purpose:** We have designed a high-fidelity prototype of an app/digital solution that assists students in exercising more regularly by providing scheduling tools as well as a motivator in terms of a gamified "pet" system.

The purpose of our research is to understand any difficulties when navigating and using our prototype, which helps us derive requirements for the final design that are intended to be useful to university students. A brief description of our overall design problem is: **University students encounter various obstacles in maintaining consistent physical activity, including time constraints, lack of external motivation, mental and physical fatigue, and limited access to exercise resources. These challenges contribute to an overall decline in physical well-being among this demographic.**

**4. Process to be followed:** We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a usability test. We will also, with their permission, make observations as follows: video and screen recording of the participant completing their given task using the high-fidelity prototype. While the participant completes the tasks, the investigator may also take notes based on the participant's movements and choices and voiced thoughts and emotions.

**5. Participant selection:** Participants will be chosen a set of university students. They will be identified via in-person recruitment and selected according to our persona specifications. In general, they will be characterized by a student in their 20s with a desire to exercise regularly.

**6. Relationships:** Our relationship to the participants may be described as follows: classmates and friends.

**7. Risk and benefit:** There will be minimal risk to the participants. The benefit will be to contribute to the study of the investigators. Participants are free to withdraw before or at any time during the study without the need to give any explanation.

**8. Consent details:** We will brief the participants about the purpose of the study, explain the attached consent form to them, and ensure that they consent to participate and sign the consent form.

**9. Compensation:** Participants will receive no compensation.

**10. Information sought:** The information to be sought is described in the attached usability testing script.

**11. Confidentiality:** Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

## Research Instruments

### Usability Test Script

#### **Task 0: Intro**

Thanks for participating in our usability test. Our team has designed a smartphone-based application in the form of a game intended to help university students with building and maintaining physical activity habits. Our goal for this session is to understand how people approach our app so that we can improve the design and experience when using it. While using our app, you will be given a series of tasks to complete, and I would like for you to voice your thoughts as you use the app. While I am here to assist, I will not be able to answer questions about how the product works and I can't help you complete these tasks. This is because we want to observe how you would interact with it as if you were using it on your own. At the end of this study, I am also going to get you to fill out a survey asking you questions about your experience using the app. As a final reminder, please keep in mind that this is only a prototype demo of the application, and not a complete product.

#### **Task 1: Scheduling**

Imagine that you have a very busy week ahead of you, but you still want to add some workouts into your schedule that lines up with your school, work, and study times. How would you use this app to schedule a workout for today without starting a new workout?

Follow-Up Questions?:

- Was it clear how to schedule a workout?
- Did you find anything confusing or difficult?

**Task 2: Logging Exercises**

Let's say you've got some free time and you want to do a workout. You're a beginner at the gym so you aren't sure what exercises to do. How would you use the app to start and record the exercises you do?

Follow-Up Questions:

- Did you feel like recording the workout was easy? Is there anything you would change?
- What do you think about the pet mechanic? Does it feel motivating or engaging?

**Task 3: PvP Challenges**

Imagine that you evolved your creature after a few workouts, but now you want a new challenge. The app has a player-versus-player feature where you can battle other users to gain experience and rewards. How would you use the app to find another user and set up a friendly competition?

Follow-up Questions:

- How easy or difficult was it to initiate a challenge?
- What are your thoughts on this feature? Do you see yourself using it?

**Wrap up questions:**

- How was your experience with using the app overall?

- Which features did you find the most engaging? Are there any features that were unclear?
- Is there anything you would like to be added or changed in the app?

## Outro

Thanks so much for your time and participation. The final task is just to fill out the user experience survey, whose link I have provided to you in your own time.

## Revised Job Stories

Two of the original job stories were discarded or revised to align better with our users' needs. Below are the two original job stories from Assignment 1.

**When the weather is bad or it gets dark early, I want indoor workout options that I can do safely at home so that I don't have to worry about going outside.**

The original job story aimed to address the needs of both indoor and outdoor exercisers. However, after user and TA feedback, the focus was refined to target indoor users exclusively for a more effective solution. Additionally, the importance of making the solution beginner-friendly was emphasized during the A2 Presentation and Low-Fidelity Prototype presentation.

**When I have a busy schedule but need a full 1.5-2 hour block to exercise, I want to plan my day around finding this continuous time slot so that I can have a complete, uninterrupted workout session.**



The original job story, which centered around the scheduling feature, was ultimately discarded. It was deemed too similar to other job stories and existing solutions, leading to the decision to pursue a gamified solution more catered to the demographic of university students and young adults.

## Raw Usability Studies Data

### Notes

#### Interview 1:

- User was confused by some scheduling options - changes made to the schedule were unclear, expected “more to do”
  - “Change” button caused confusion
  - Lack of visual clarity regarding changes made to the schedule
- User was confused between community PVP feature and regular gym workout recording feature
- User was moderately engaged by the “creature” mechanic. Explained that additional creature options and animations would further enhance engagement, investigator responded that those non-functional features were indeed planned and would be added during the product development phase, but were currently missing due to this being a prototype only.
- User was confused by “end workout” button, thought that it was a cancel button.
- User expressed high satisfaction in the PvP feature.

## Interview 2:

- User provided feedback on simplifying the number of submenus for the schedule feature
  - Mentioned it “felt like too many clicks”
  - Suggested integrating the schedule feature with other apps such as Apple Calendar or Google Calendar, since it seems like a lot of effort for a person to recreate their entire weekly schedule in the app
- User expressed some confusion over the differences between “Record exercise” and PvP battle screens
  - Very similar looking, not enough distinction between the two screens
  - Find a way to make it more clear that you’re in a battle with another player
    - Mentioned that he understood this was just a prototype and for the final version of the app we would likely have animations of the creatures fighting each other, etc.
- PvP feature is not something they think they would use often simply because it seems like a difficult feature to make work well if you aren’t working out directly with the person you’re fighting
  - Also more focused on themselves and their workout when exercising rather than what someone else is doing.
  - Said they understood the appeal of the feature for other people that workout with their friends since it could be a friendly competition
- Big fan of the creature mechanic and the art style the team went with, the evolution feature was a big motivator for them “dopamine rush”
  - Provided measurable progress of their improvement in exercising
- Liked that they could pick curated workout playlists, mentioned would be especially useful for beginners

## Interview 3:

- User confused by scheduling feature, consistently looped between “change” button and selecting schedule time slots -> “change” button seems to act like a “confirm” button to users, not clear what it means
  - Need more responsive feedback
  - Suggested highlighting the selected day being changed to make it more visually clear what was being changed
- User appreciated the creature and evolution mechanics, said would serve as a strong motivator especially as a person who enjoys playing games but not exercising
- Appreciates the “workout playlists” feature since they’re hesitant to try new workouts usually, and this would give them a way to explore new options without being confused on what exercises to do
  - Some confusion on how to complete workout (pressing check mark was not clear)

## Ryan’s interview 1:

- User was confused with scheduling options, too much clutter and too many different colours being mixed with what’s already already showing on the title at the top and the menu at the bottom
- User found the character progression to be engaging.
- User found logging exercises to be confusing, she didn’t know to select the gray checkboxes, and also expected the “end workout” to be below the list of sets.
- User found the PvP mode to be too much for an exercise app, and that people would be engaged enough with just a monster progression

- User mentioned how the blue player icons on the map were too small to realize they were there, as well as difficult to press.
  - Consider making the player icons bigger and a more contrasting colour that stands out from the map.

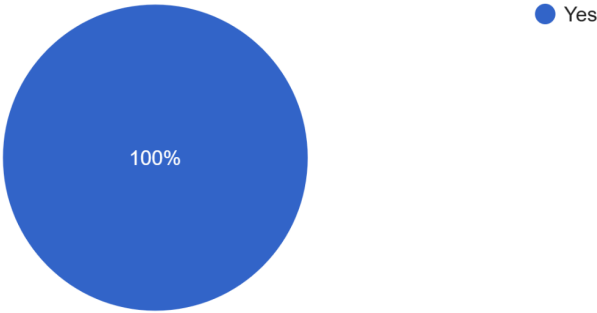
#### Ryan's interview 2:

- User found the character progression to be engaging
- User was also confused during the logging exercises when figuring out how to end the exercise
- During PvP exercise, user also did not realize the blue icons were players he could select
  - The icons need to be larger and a more contrast colour
- User paused during the scheduling exercise when the business screen appeared, it was too much clutter on the screen for him

#### Olivia interview 1:

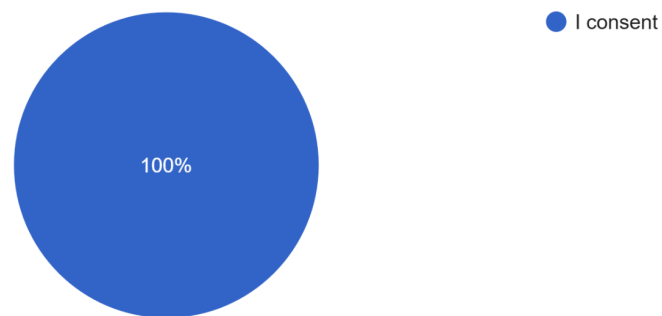
- User had difficulty understanding the scheduling feature
- User had difficulty interacting with the map, only interacted with the adding friends function
  - Did not see the other players on the map
- User did not look at the growth of the creature
- Was very curious about the shop function
- Understood the home screen and where to look for the functions

I have read and understood the information provided about this study.  
6 responses



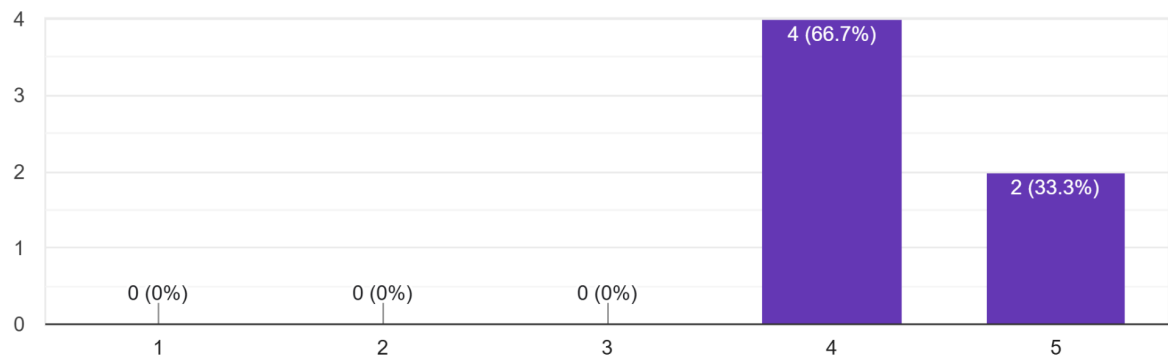
I am granting my consent to continue. I understand the purpose of what I am consenting for, and everything that it entails.

6 responses



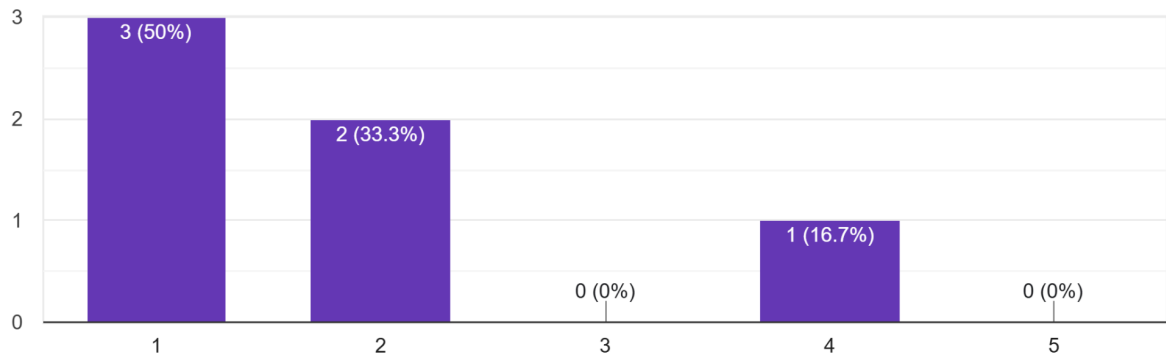
I found the application easy to navigate.

6 responses



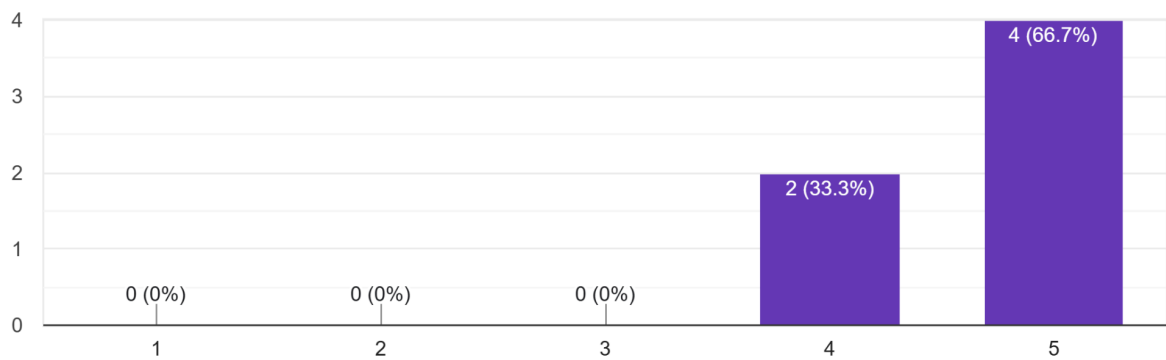
The application felt overly complicated to use.

6 responses



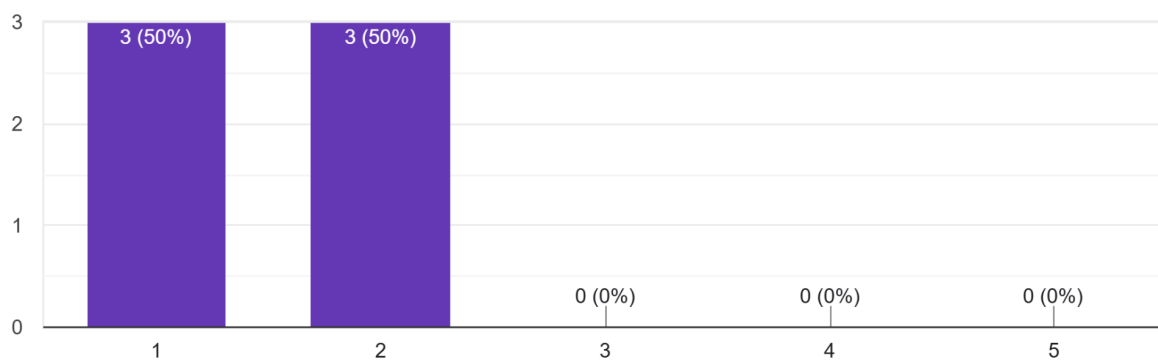
The layout and design of the app were visually appealing.

6 responses



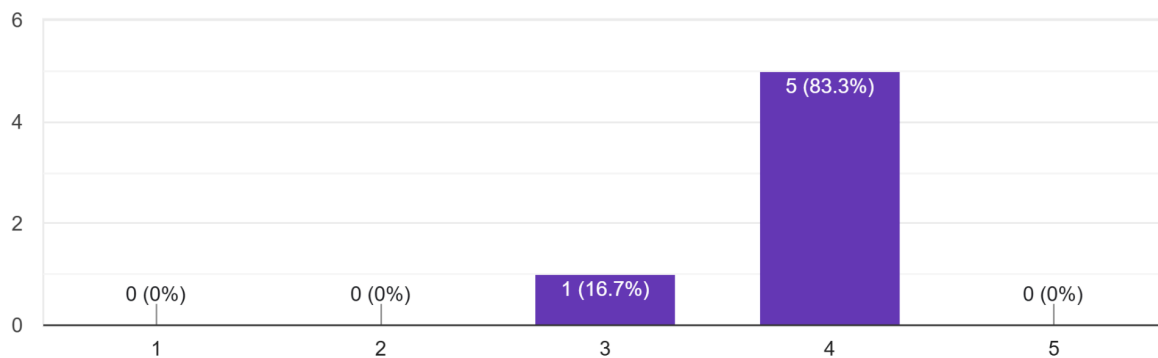
I felt frustrated while completing tasks in the app.

6 responses



The app's features were clearly understandable and intuitive to use.

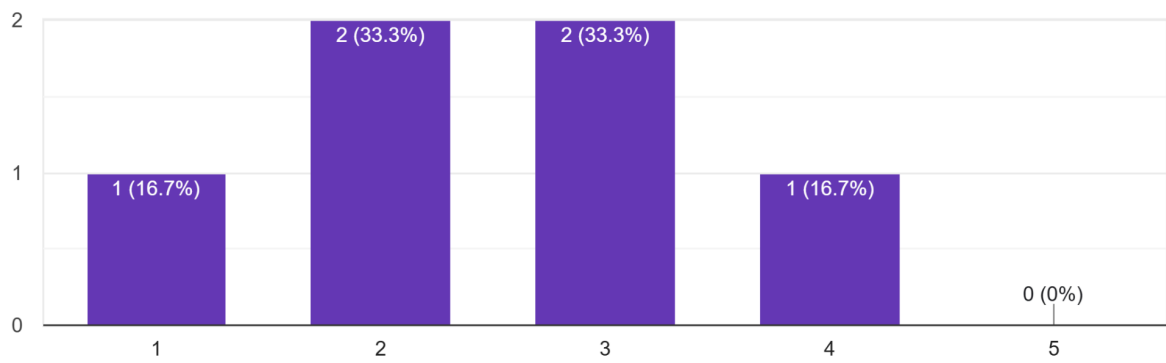
6 responses





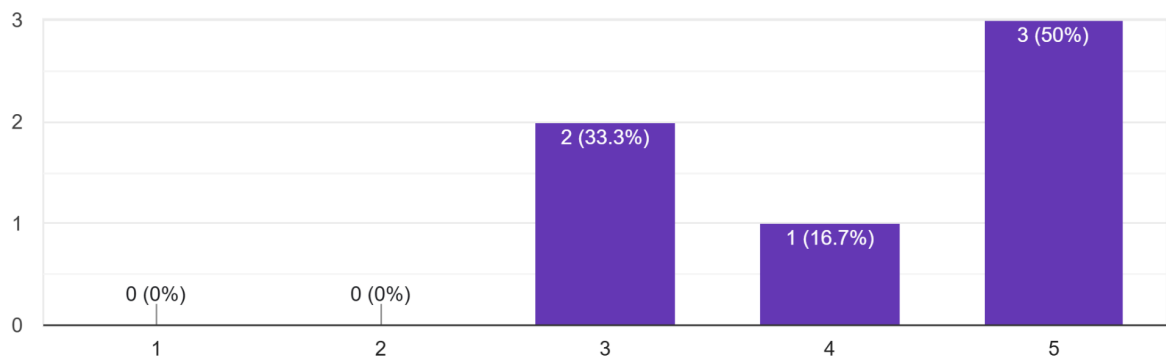
It was difficult to figure out how to perform specific tasks in the app.

6 responses



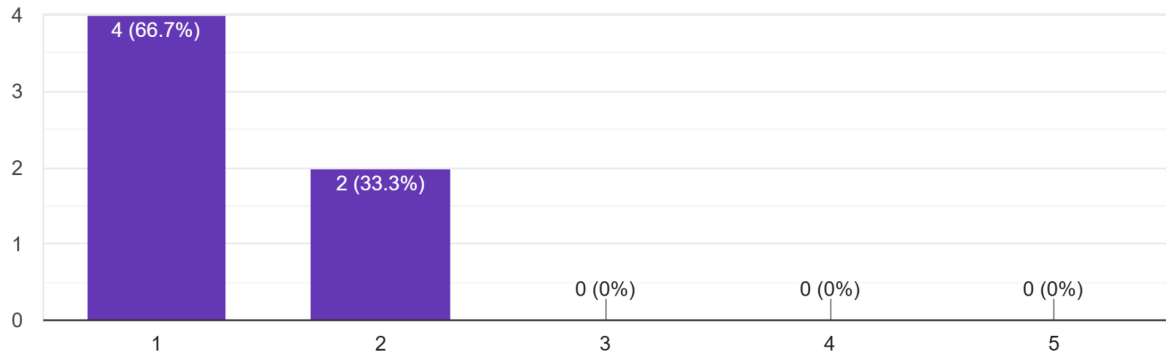
I felt confident while using the application to complete the tasks.

6 responses



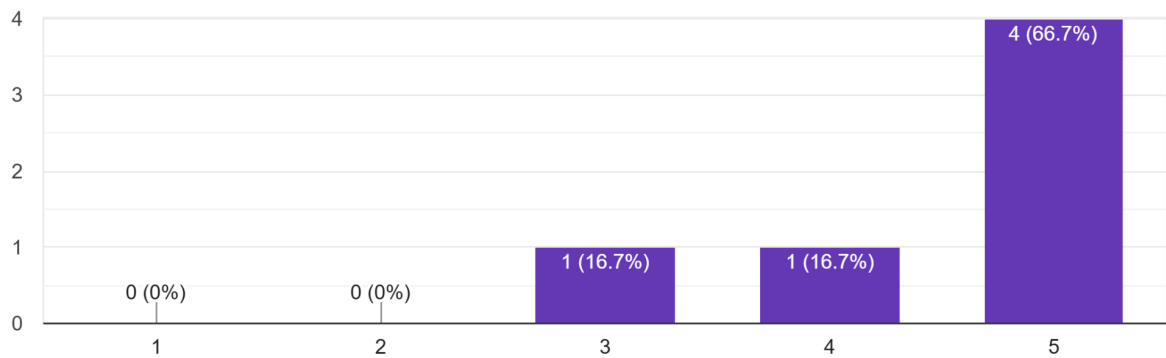
The organization of the app made it hard to find what I was looking for.

6 responses



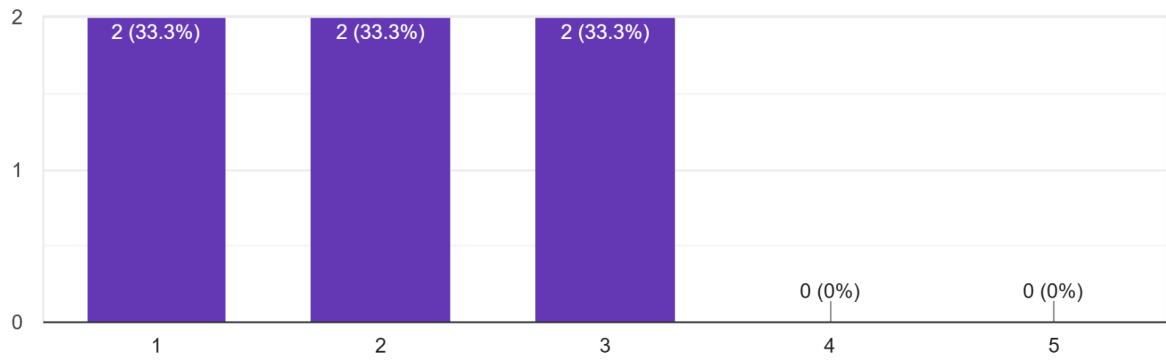
The gamified features of the app (e.g., creature evolution, battles) motivated me to explore its functions.

6 responses



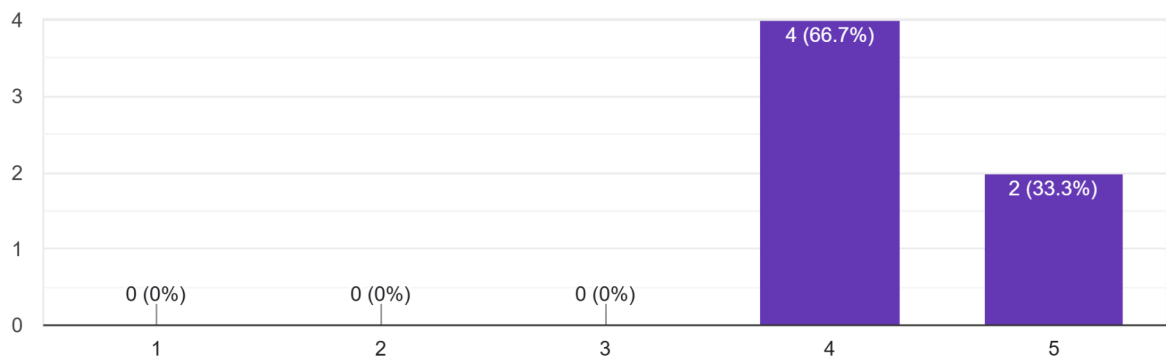
The app's scheduling feature felt confusing or unclear.

6 responses



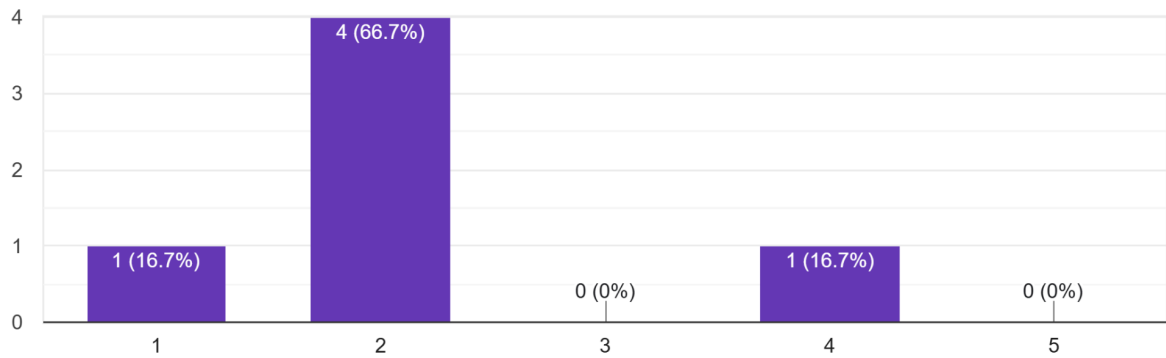
I felt that the app provided a fun and engaging experience.

6 responses



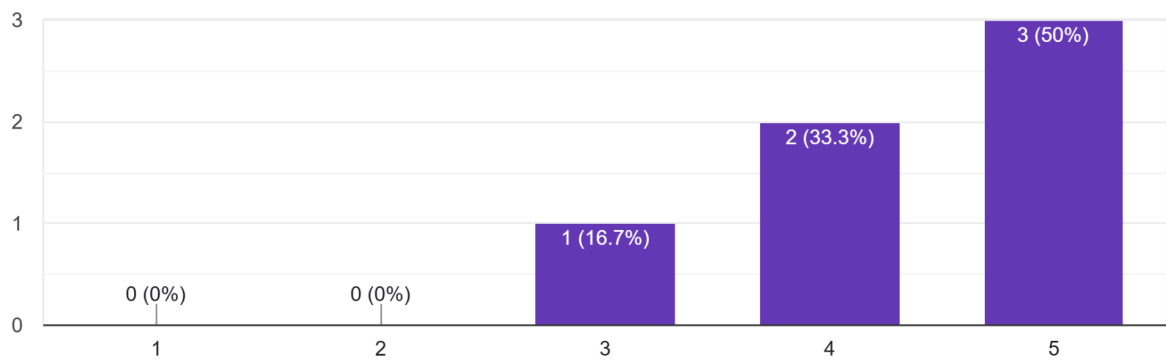
The app did not provide enough feedback when performing actions.

6 responses



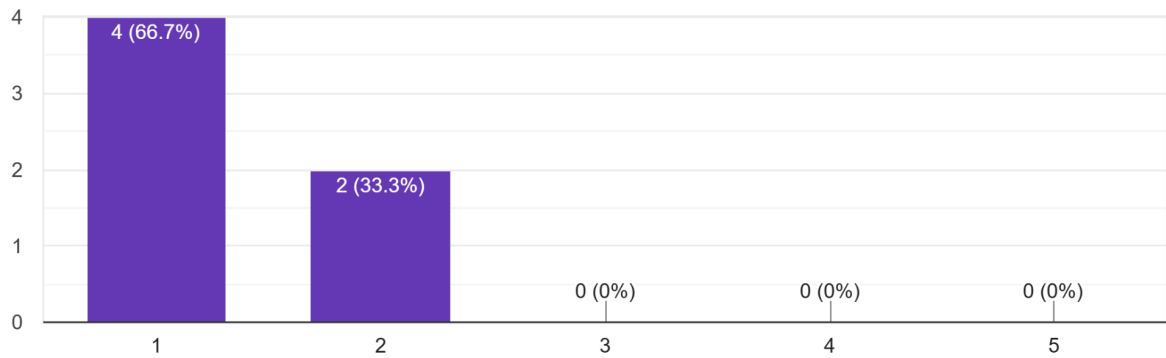
I believe this app would help me stay on track to achieve my fitness goals.

6 responses



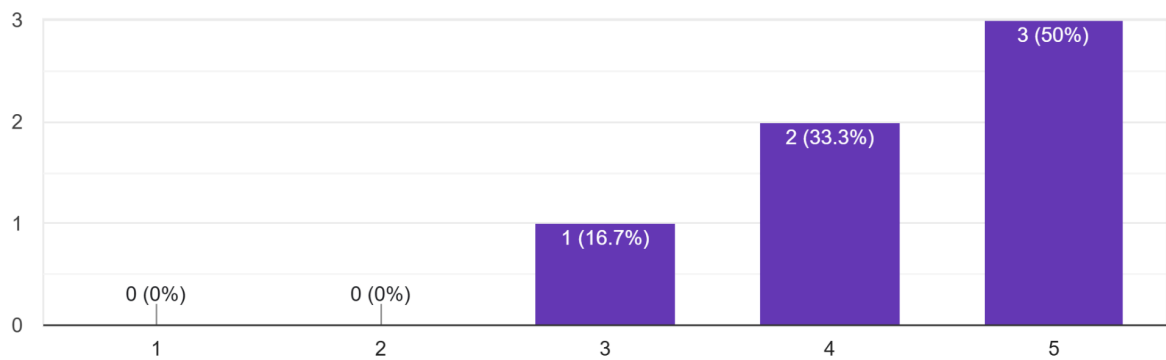
There were too many unnecessary features included in the app.

6 responses



I would recommend this app to others looking for fitness motivation.

6 responses



What did you like most about using the prototype, and why?

6 responses

I like the pet and evolutions

the little upgradable character and the easy to use schedule

I liked the competition system of the app since I believe it's a good way to motivate and encourage others in real life to participate.

It was like a game

It was fun to level up your character and watch your irl progress be put into a video game.

The creature was a cool and unique feature that I haven't seen in other fitness apps before and the evolution was super interesting.

Were there any features or workflows that you found confusing or difficult to use? Please explain.

6 responses

when creating a new exercise. The "End Workout button" right after made me think it was a cancel button

the map for the PvP, I couldn't see the blue icons

I didn't find anything confusing per se, but I think some design aspects I mentioned that could be enhanced would help the visibility for some parts of the function.

I didn't understand that the blue markers were people I could tap on at first.

Some of the features of the map were really small, so it was hard to tell where to click on the map.

I think the scheduling feature could use less submenus to simplify the workflow.

How well do you feel the app would motivate you to stay active? Provide specific examples if possible.

6 responses

The community feature would help friends stay active together

If the app has notifications with the use of the schedule, it would remind me to workout, and it would even more motivating if the notification included a picture of my character.

I think my need to see the next evolution of the creature would definitely push me to keep on track and encourage me to stay active.

I think pretty well, it would remind me to workout and make progress in the app.

I feel like for people who like gaming and pokemon (maybe the people who need the extra motivation to workout), the game would be really helpful to put their addictions into something that is good for them. (aka a person's gaming obsession and addiction to pokemon would make them want to play the app)

I really like the idea of the creature levelling up alongside me so yeah I think this app would keep me pretty motivated.

Do you feel this app effectively addresses barriers to exercise for university students? Why or why not?

6 responses

I don't think this would address barriers to exercise for university students because students tend to be more focused on school.

I feel like university students have a lot on their plate, and they need to stay organised with constant reminders which makes this app useful.

I think this app definitely panders to a certain type of university student, specifically the ones that enjoy cute collection games like Pokémon Go. The gratification that comes with collecting and nurturing the creature into a higher class is very satisfying.

Yes, it could help some students start working out even if they're just beginners.

I feel like there are a lot of no-life gamers in university, especially at UofT, that spend their spare time gaming. Allowing them to have an outlet to not only game, but fuel their addiction to getting to a higher level on something would allow for the barrier to be broken and have more students work out. The idea of competing against your friends also allows for UofT students to channel their inner try-hard and their superiority complex to be better than their peers. This level-up system would overall motivate these kids to start going to the gym in order to be the best.

## Group Meeting Notes

N/A; group discussions and meetings were conducted asynchronously in Discord