HCI-D Lab. #2 Report

Muscle Beach: Where we build muscle.

Teammates

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Project Domain

An app that helps people keep on staying fit and work out even efficiently.

Initial POVs

- Beginners NEEDs to get structured information easily in a way that makes them feel comfortable to start the training.
- Intermediates NEEDs to record and share the results with friends in a way that makes them feel stay motivated.
- Professionals NEEDs to control their diets in a way that makes them feel in shape and workout efficiently.

Revised POVs

Beginners who haven't done any training / few experiences need to get constructed information easily in a way that makes them feel comfortable to start the training in gym.

i. HMW provide constructed information?
ii. HMW let beginners gain experience faster?
iii. HMW help beginners do some pre-training?
iv. HMW make them feel comfortable to start the training?
v. HMW correct their posture in time?
vi. HMW help beginners to do training at home?
vii. HMW turn everyone into intermediated even if they haven't started any training?
viii. HMW ask help from others in gym?
ix. HMW make the start of the training interesting?
x. HMW make the start of the training rather easier?

Intermediates need to record their results and share with friends in a way that makes them stay motivated or be informed that they need to do some training on specific days.

i. HMW help them record their results?
ii. HMW share the results with friends?
iii. HMW help them stay motivated?
iv. HMW prevent them from being lazy?
v. HMW help them schedule their training?
vi. HMW record their results automatically?
vii. HMW make work-out like a game?
viii. HMW make work-out more attractive?
ix. HMW link the strangers in the gym to encourage/compete together?
x. HMW give them some incentives to stay motivated?

Some solutions to the 3 Best HMW statements

HMW provide organized information?

i. Provide a calendar to let users record on what day they do trainings.
ii. Provide workout list from experienced users.
iii. Provide diet suggestions for each category's(BMI) users.
iv. Provide informations about each kind of training.
v. Provide videos of each kind of training for users.
vi. Provide correct usage of each machines in gym.
vii. Sort the information from some foreign magazines and provide it to the users.
viii. Organize the articles in PTT and provide them to the users.
ix. Track the users action and notify them if they do sth wrong.
x. Information to buy whey protein.

HMW help them record their results?

i. Provide an app function which can let them record what kind of training(and how much for each kind) they have finished.
ii. Provide a calendar to let users record on what day they do trainings.
iii. Provide a diary-like function to let users record how they feel after training.
iv. Let users take photos of their body.
v. Create a chart to record each motion's improvement.
vi. Provide a simple and quick method to record the weight of each training.
vii. Use sensors to track users' training and record it automatically.

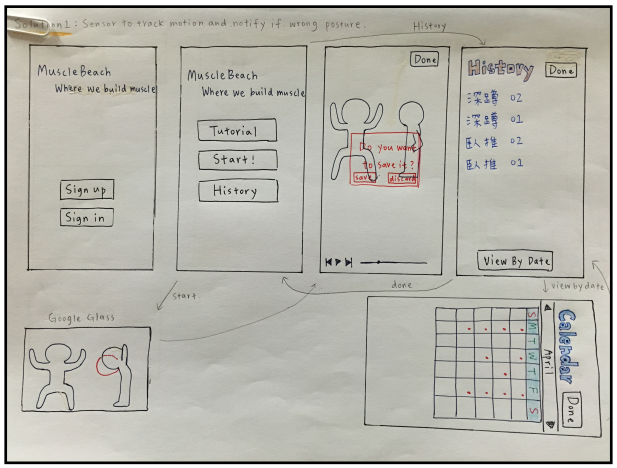
HMW help them stay motivated?

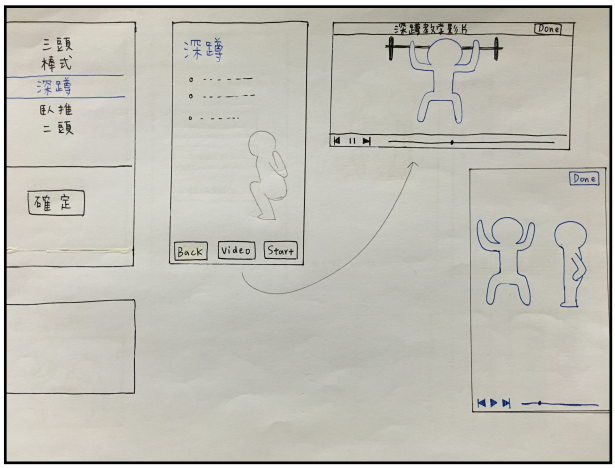
i. Push notification to remind them when was the last workout date.
ii. Create a group of acquaintances.
iii. Set up goals for themselves weekly.
iv. Create charts to easily observe ones recent workout (by categories).
v. Create a calendar to record workout dates (possibly merge with a.)
vi. Create a cumulative reward if the user reach the goal (daily / weekly)
vii. Team up with other users to workout together.

Experience Prototype

Test subject: 劉家銘

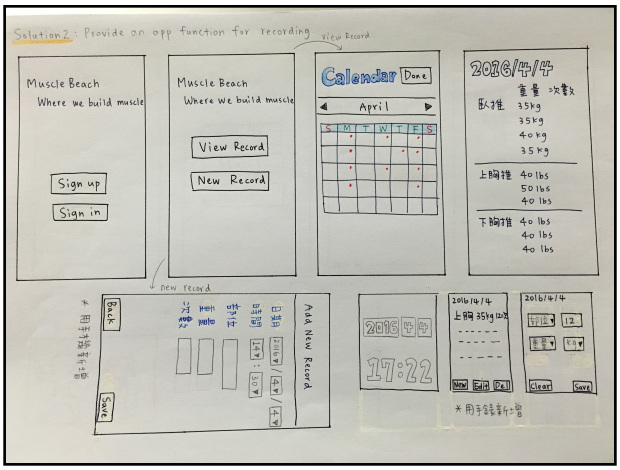
Solution 1: Sensor Tracking





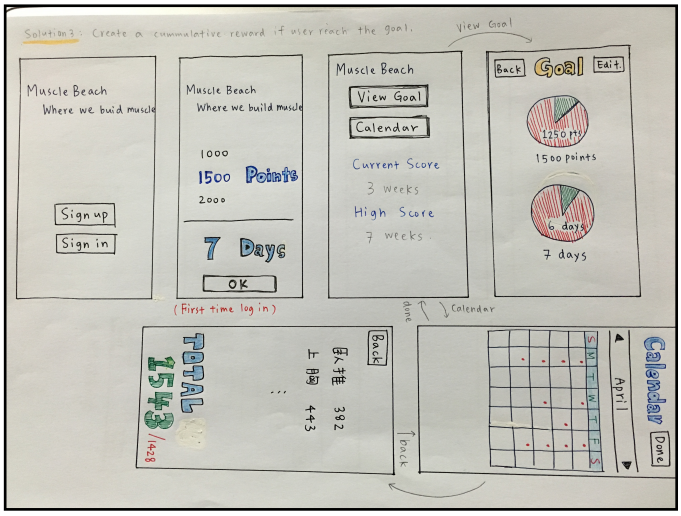
- Assumption
  - Sensors are able to track users' motion and rebuild the motion into the video, comparing to the motion done by experts.
  - Wearables on head (e.g. glasses) can show the users motion real-time to the user
  - User will use the mobile device to start recording a training, and the app will automatically recognise the category of the training.
- Test feedback:
  (i) 可以做幾組 / 幾次
  (ii) 重量
  (iii) 推薦菜單
  (iv) Motion Description可以加上肌肉
- Conclusion
  可以加上更多種即時的顯示方式，讓使用者能從各個面向去瞭解自己動作中的錯誤或是不足的地方。使用者可能連比較初階的知識都沒有，可能需要更多引導式的教學。

Solution 2: Workout Recording



- Assumption
  - User start a training by mobile devices
  - Sensors on some wearable devices will record the times of each set of workout
  - A wearable device (e.g. smartwatch) that helps user to record the training during the workout
- Test feedback:
  (i) 整體而言還不錯
  (ii) 功能有些單調，缺乏創新
- Conclusion
  有些單調，可以在整合其他功能

Solution 3: Reward brings Motivation!!!



- Assumption
  - The mobile device will initiate the goal calculation schemes automatically
  - There is a calculation of reward score of each motion (times, weight, sets)
  - The users will be interested in maintaining the high cumulative rewards
- Test feedback:

  (i) 每日上限分數

  (ii) 每日上限 v.s. 剩下一天 但還有很多進度要補

  (iii) 補上重量、次數、幾組

  (iv) 分開多幾行 看起來比較多
- Conclusion

  Reward的方式還不錯，不過要小心有些為了趕死線一天做很多，反而容易受傷造成反效果。可以藉由強制的每日的分數上限和一些提醒、建議，來讓使用者可以把訓練量合理的分散，提昇訓練成果。

  成就感確實能讓使用者更加的有動力，希望可以加強讓使用者感到「有成就感」這件事。