# KAISER PERMANENTE APP

## Research Plan – Notes / User 01

PM: Nélio Macombo
UXR: Noel Numbers
UX: Pat Pixels

STATUS: DRAFT

## Participant:

- Bento is Mozambican with 30 years old, an ICT Engineer that is doing Masters on South Korea that currently exercises on the daily basis in order to reduce sedentary habits and build some muscles;

## What Worked Well

- Bento understood the core features of the app;
- Bento understood the objective of the Interview and provide a lot of useful recommendations & feedback;
- Bento understood the setup of an account and how to perform an exercise;

## Where Participant Got Stuck

- Bento didn't understood the "Diet Preferences" options, what they exactly mean and he advised to put comprehensible terms;
- Bento didn't understood the "Type of Training";

## Other Observations

- Bento described the different scenarios that we didn't put on our prototype which is Gym or Workout with machinery and without it;
- Bento suggested to put after level assessment, put small question to capture user goal, things such as "increase weight", "lose weight", and chose day of the week and time so the app can create a personalized plan;
- Bento suggested reminders and accountability metrics based on the Goal;
- Bento suggested that the user should have possibilities to advise which place he will use to perform the exercise;