

### Tasks:

- ☐ Check order
  - ☐ LOGIN page > home page
  - ☐ SIGNUP page > personal information > home page
- ☐ Menu navigation
- ☐ Flow into other screens
- ☐ Score (fitness scor )
- ☐ Workout plans
- ☐ For you page

### Special feature:

- Customizable sliders: workout duration+ sets/rate + activity:rest + (user convenient)
- Fitness score: calculate based on blood pressure,temp and pulse and combines it with calories burnt and steps taken to produce a score out of 100.

### Questions to ask during testing:

- Do you think the features are lacking in any way?
- How easy was it to navigate through the app? (scale of 1 to 10). Did you encounter any challenges?
- Any recommendations for a color theme that should be followed?
- Scenario 1: Can you assume yourself to be someone who just started working out and struggles with low stamina?
- Scenario 2: You have a heart disease? What do you think you like to be included to make the app more inclusive?

### DOCUMENTATION:

#### 1. Survey 1

	terrible	poor	decent	good	amazin g
Useful					
appearance					
accessibility					
features					
Target audience goals					
navigation					

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2. User responses

3.

Test plan:

user 1:

Test area		inputs	Expected results
navigation	login	Enter login information	Connect to app
	Sign up	Create a new account	Make new account
	personalize	Set up heart information	
	home	Click on button	Takes to workout or for you
	Workout	Click in video	Video that is personalied with timer

Feedback 1:

Positive:

- The options and features connect nicely to one another.
- The apps is customisable and personalized to user need
- Both user inputs like the appearance and interface

Negative:

- The menu has some garbage values.

- 2 differently named options lead to the same page.
- Nothing predominantly that connects this to people with heart diseases.
- Relies a lot on computer personalised algorithms, which might not be accurate.
- Feature are not pleading and dont seem to cater much to the target audience rather appeals more to beginners.

#### Improvements:

1. The **Fitness Score** is designed to help you track how well you're doing each day based on your heart rate, activity levels, and recovery. Tailored for people with cardiovascular conditions, it ensures your workouts are safe and aligned with your health needs. Each day, you'll receive a **Fitness Score** out of 100, with personalized feedback to help you stay on track. It's a simple way to monitor your cardiovascular health and progress over time, motivating you to make heart-healthy choices.
2. Remove garabge features that have no use currently
3. Make the menu feature consistent.
4. Accruate scoring: Data collected through continuous use and thorough testing can help refine the scoring system, making it more precise for each user. Additionally, allowing users to manually adjust settings based on their specific health conditions and consulting healthcare professionals can further enhance the personalization and relevance of the score.