

All my observees used the Liftoff app, a weightlifting tracking app

Observation 1: March 6, 2025

- Went on the make workout screen
- Looked at the different screens
- Was overwhelmed by the vast amount of exercises

Observation 2: March 7, 2025

- Looked at the ranks
- Said he liked that feature
- Went to create a workout
- Knew what exercises to do
- Made a routine

Observation 3: March 8, 2025

- Said that he didn't like exercising
- Went through different pages and said he was bored
- Gave me back the phone

Observation 4: March 8, 2025

- Looked through the ranks
- Scrolled for a while intrigued by the ranks
- Looked at the community page
- Liked peoples' workouts

Overall:

People liked the rank system, but some were confused by the vast amount of options for different exercises. It would be a good idea for us to have user recommended workouts.