

VIRTUALGYM

Turma 6, Grupo 5

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PROJECT BRIEF DESCRIPTION

The VirtualGym's goal is to facilitate the life of gym goers, that want to keep track of their fitness journey.

The main functionalities of VirtualGym are:

- Creating customized workouts
- Keeping track of your meals
- Setting reminders for physical activities

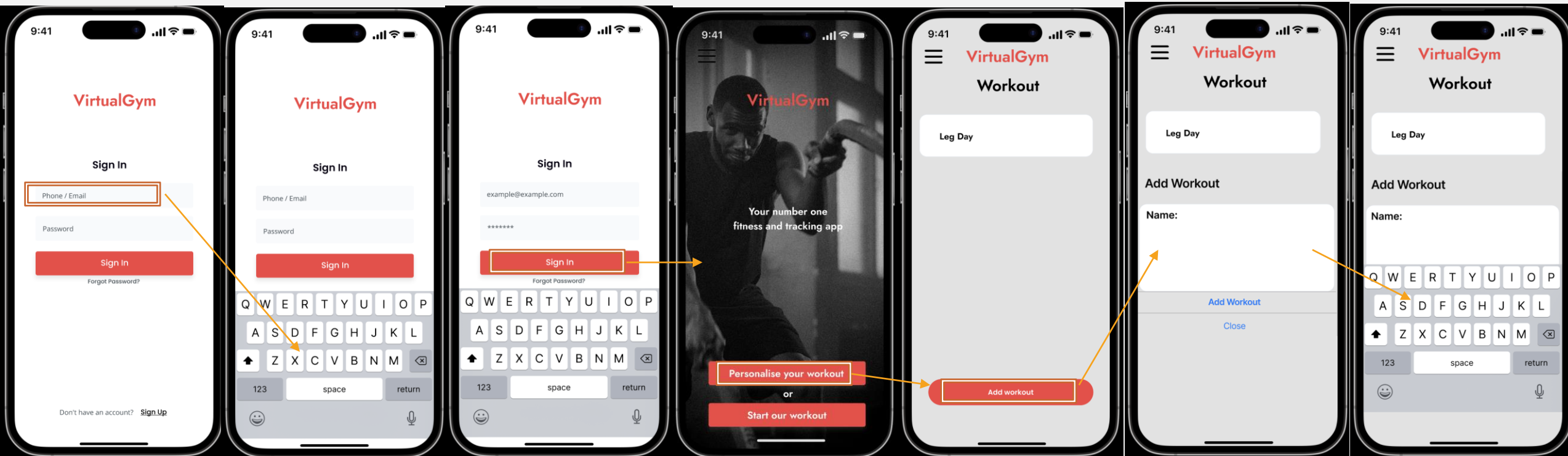
PARTS I AND II - MAIN TAKEAWAYS

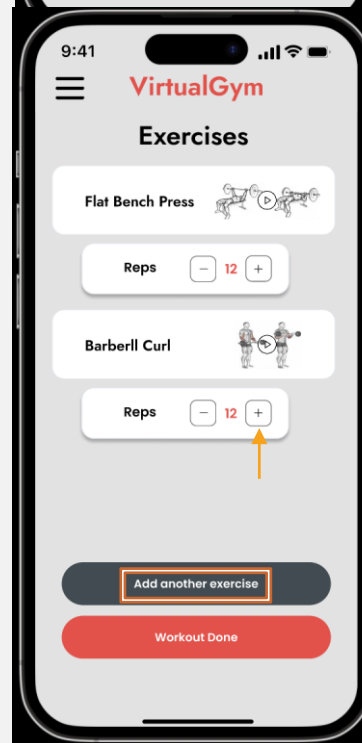
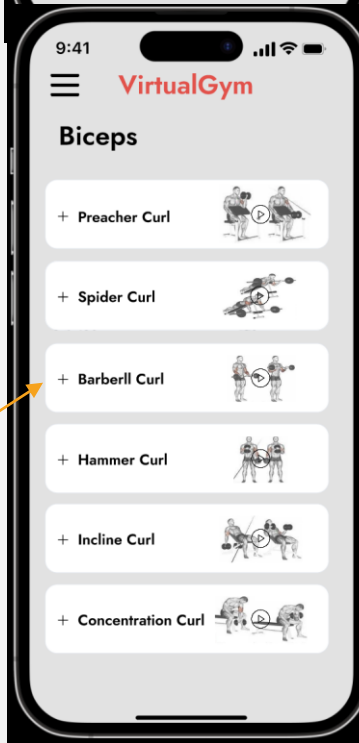
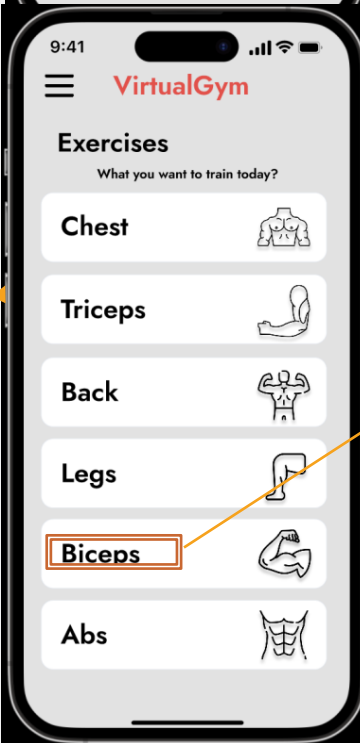
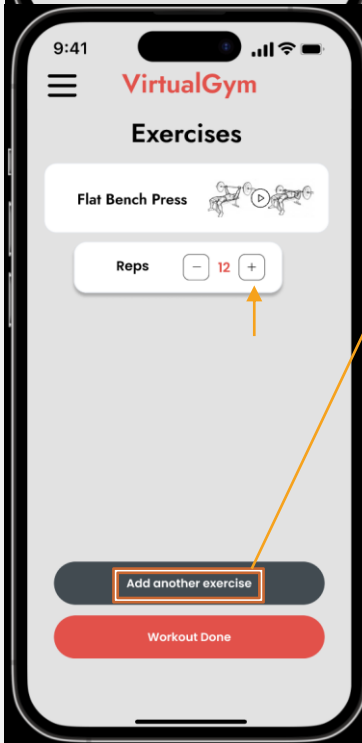
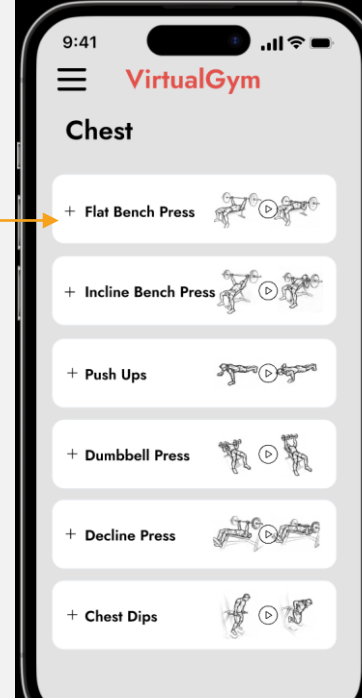
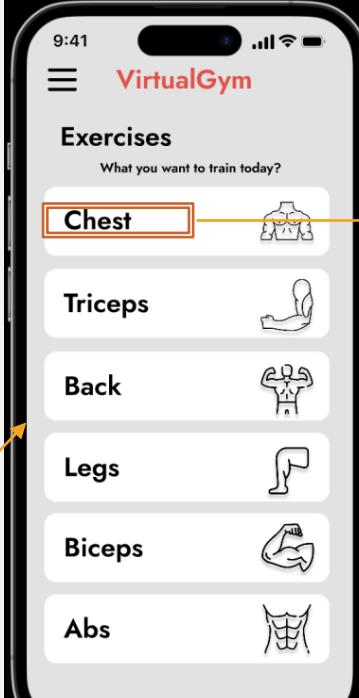
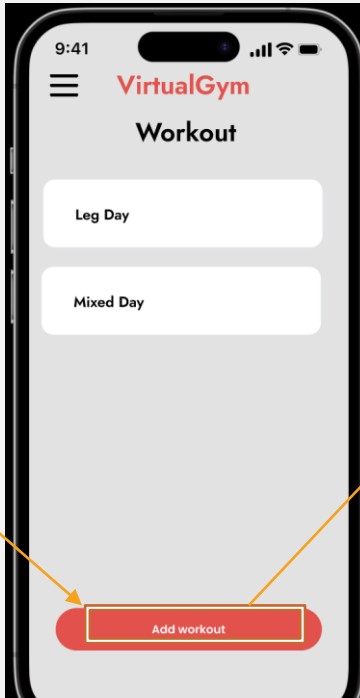
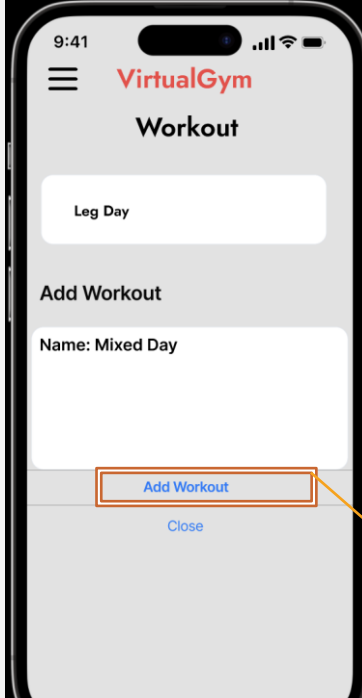
In the first phase of the project (User and Task Analysis), we realized the importance of gathering as much information as possible about the target users, so that we could create functionalities that would be useful to them. With this method we were able to improve our knowledge of data collection and processing.

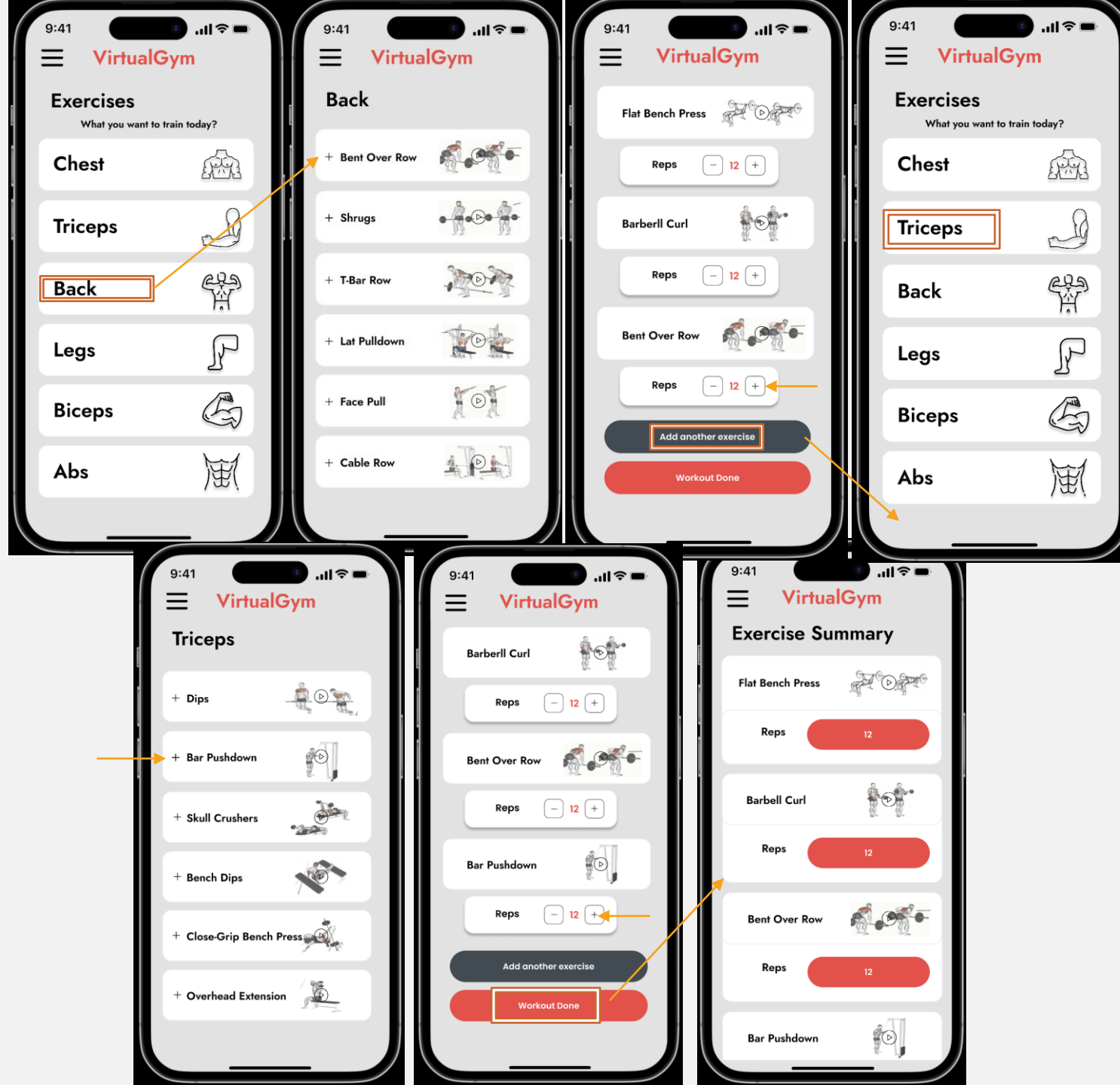
In phase two (First Prototype and Heuristic Evaluation), by developing the interface according to the ideas in the previous phase and then putting it to the test by carrying out the heuristic evaluation, we conclude that there were still quite a few flaws and some usability problems. As a result, we began to look at the prototype differently to correct everything that had been pointed out and improve the user experience.

PROTOTYPE'S WIREFLOW

Task 1: Create a "Mixed Days" workout with the exercises "Flat Bench Press", "Barbell Curl", "Bent Over Row" and "Bar Pushdown" all with 12 repetitions.

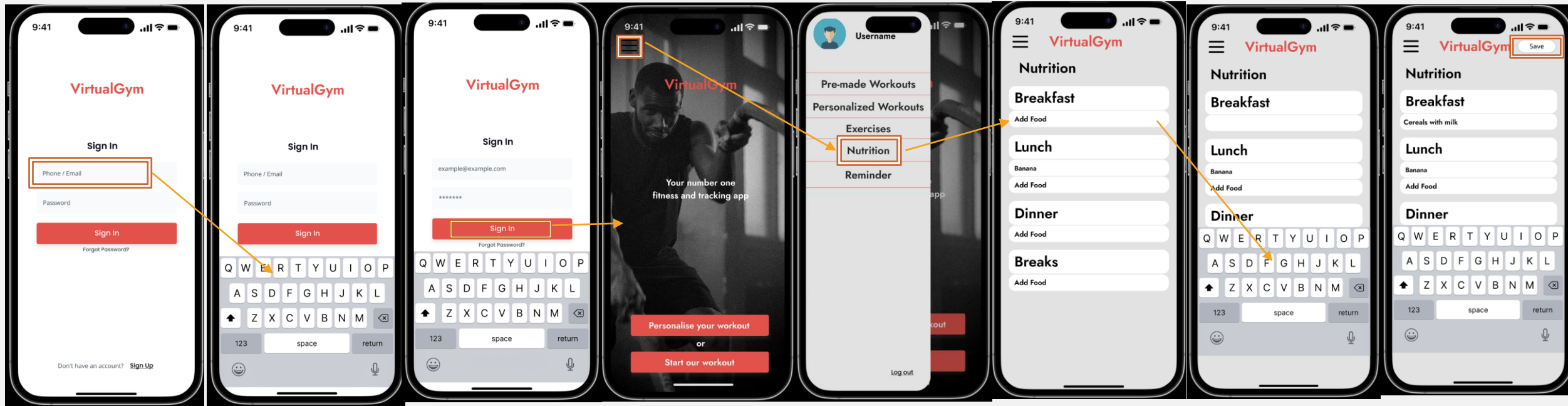






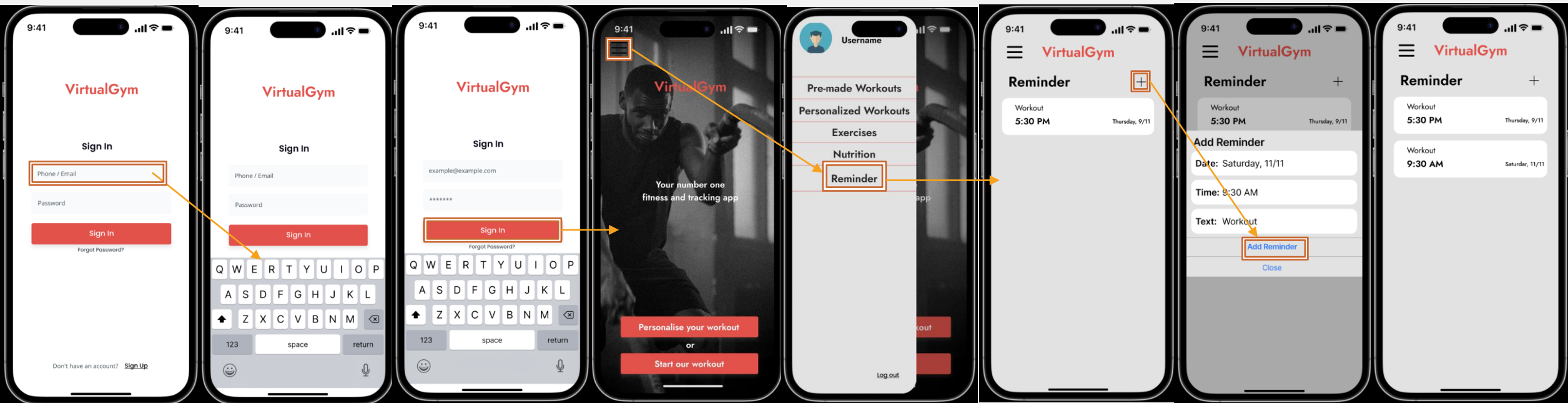
PROTOTYPE'S WIREFLOW

Task 2: In nutrition, add “Cereals and milk” to the breakfast.



PROTOTYPE'S WIREFLOW

Task 3: Create a reminder for 11/11 at 9:30 AM named "Workout".



USER EVALUATION

The sample of users to take part in the evaluation session is aged between 18 and 25, and preferably will be people interested in the area of fitness, i.e. who are actively attending a gym, or intend to start.

This evaluation aims to understand the users' view of the VirtualGym application in terms of usability and efficiency in carrying out tasks.

Initially, we will give a brief introduction to the application and its purpose.

Next, users were asked to carry out three tasks implemented in the application, and we extracted some data such as the total time taken to complete the task and the number of errors made when attempting it.

After completing each task, we invited the users to answer a specific questionnaire. At the end of the three tasks, we will also ask the user to complete the evaluation with a general satisfaction questionnaire.

RESULTS AND STATISTICAL ANALYSIS HIGHLIGHTS

Task 1: Create a "Mixed Days" workout with the exercises "Flat Bench Press", "Barbell Curl", "Bent Over Row" and "Bar Pushdown" all with 12 repetitions.

Time to complete the task (in seconds):

- Time expected - 75 seconds
- Confidence interval - [48.5 - 61.9]

Number of errors:

- Number expected - 3 errors
- Confidence interval - [0.22 - 1.18]

Qualitative analysis:

- A more complex but pertinent task

Users	Time to complete the task	Number of errors
1	42	1
2	70	0
3	55	1
4	45	0
5	48	1
6	60	0
7	53	2
8	67	1
9	50	0
10	62	1

RESULTS AND STATISTICAL ANALYSIS HIGHLIGHTS

Task 2: Add "Cereals and milk" to breakfast

Time to complete the task (in seconds):

- Time expected - 30 seconds
- Confidence interval - [16.1 - 18.9]

Number of errors:

- Number expected - 1 errors
- Confidence interval - [-0.1 - 0.5]

Qualitative analysis:

- Simple but relevant task

Users	Time to complete the task	Number of errors
1	16	0
2	17	0
3	15	0
4	16	0
5	18	1
6	19	0
7	20	0
8	17	1
9	16	0
10	21	0

RESULTS AND STATISTICAL ANALYSIS HIGHLIGHTS

Task 3: Create a reminder for 11/11 at 9:30 AM called "Workout"

Time to complete the task (in seconds):

- Time expected - 20 seconds
- Confidence interval $[-8.35 - 11.05]$

Number of errors:

- Number expected - 1 errors
- Confidence interval $[-0.13 - 0.33]$

Qualitative analysis:

- Simple but relevant task. The easiest one

Users	Time to complete the task	Number of errors
1	7	0
2	11	0
3	8	0
4	10	0
5	9	0
6	12	1
7	9	0
8	10	0
9	13	0
10	8	0

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