**Persona Scenarios**

**Mark Grobble (Choosing his diet plan and fitness program) –**

**Context:** Mark is just beginning his fitness journey after just having a “heavy on the calories” festive period. He’s unsure where to start and decides to download our application on the app store for the first time. He goes through the following actions to choosing his diet plan:

* Once he’s downloaded the application, he goes through the sign-up process. The sign-up process includes a short questionnaire asking Mark his current fitness level, his overall fitness goal he wants to achieve and his current body stats (such as weight and height). He’s then presented with a recommended workout program he can then choose.
* Once he chooses the workout plan he’s interested in, he is then able to choose his meals for the week which will go hand in hand with the workouts he will be doing throughout the week. Mark is interested in the healthiest options which will allow him to lose the most fat, so during the process he’s going to choose the fat loss program. This program will select all the recipes that optimize the best way to lose fat.
* Mark isn’t a huge fan of the some of the meals that have been preselected for him, so he decides to switch out a few meals that he prefers. Some of these are more calorie dense than what was suggested, so because of this his existing workout routine has been tweaked to add a few more exercises which will burn off the extra calories.
* Once his meals have been selected, he is then taken to the workout page which then presents him with the workouts he should be doing his first week. Because his food hasn’t arrived yet, the workout schedule is just going to prime him into working out for the first time.

**Claire Jones (Picking out her lunches and evening meals) –**

**Context:** Claire is already quite experienced in the world of fitness and is mainly interested in maintaining her current physique while working at her busy job. Claire has chosen the best plan that helps her maintain her current muscle mass and she’s opted for a workout routine that is quite minimal and suits her needs. She doesn’t have the time to cook her own lunches and evening meals throughout the week, so she is going to do the following steps to choosing her meals for the week:

* She opens up the app while on her short break at work and is picking out the meals she wants for the following week. As she opens up the application, the home screen presents her with her current recommended calorie intake.
* She then opens up the meals page and is presented with a selection of meals that is within this calorie limit. She is shown the meals currently trending in her current fitness program, and as she scrolls the meals continue to change until she finds the food she wants. It’s just as simple as pressing down on the visual of the food she wants, which she is then shown the nutritional value and if she wants to add the meal to her basket.
* A drop-down selection is shown with a day of the week she wants the meal delivered. When a day is chosen, that specific day is greyed out when choosing a separate meal for another day.
* When she has chosen all the meals she wants to eat throughout the week, she can then checkout and get on with her day knowing she will have a healthy range of meals to eat next week.

**James McDean (Optimising his diet and workout for bulk cycle) –**

**Context:** James is very familiar with fitness and has been dabbling with weightlifting throughout his life. He’s been struggling recently to make progress in his strength training and has decided to push himself and go all out. James has signed up using the program that will help optimize an increase in muscle mass. Weightlifting is quite elaborate and there are many ways one can go about increasing their size. James wants to go about it by slowly increasing it using a “lean bulk”, which means he needs to increase his calorie count in the 200-300 range and keep his protein intake high. The app allows him to choose this option when he’s selecting his program, and the meal selection page will update and let him choose meals that suit this specific cycle.

* Once he has chosen the meals he wants for the week, he then goes onto the workout page which shows him a routine that is specific to strength training which will increase his muscle mass.
* He is presented with a workout that he can do for each day, and as he does each workout, he can say that he has done it on the app which is then logged in his diary.
* Once he has logged each workout in his diary and has eaten all the meals that has been sent him which match the requirement macros for the workouts he has done, the app then presents him an overall stat for the week.
* Each week James adds the current weight he is at and he can track his progress in a very optimal and efficient way.

**Chris Sargent (Tweaking the application so he can increase the font) –**

**Context:** Chris is a computer tech who lives a pretty sedentary lifestyle. He walks to and from work and doesn’t excessively eat, so he’s in pretty decent shape. Chris wants to use Northnetics as he wants to avoid the gym and have a good workout program he can do at home and see progress with; as he usually gives up with other apps on the market. Other applications on the market don’t really cater for his visual impairment – he can’t see very well. He is going to do the following steps so he can tweak the application so that he can see the text better and do his workout routine after work:

* Chris loads up Northnetics. He can navigate to the hamburger Menu and notices the settings straight away because of the cogwheel icon.
* Once on the settings page, he selects “accessibilities” tab.
* He will then have the option to select the font size. He simply needs to click font size and then tweak the scroller to change the font size to what he’s most comfortable with. He decides to opt for “huge”.
* Chris can also tweak the zoom settings in the accessibility section. With this enabled, Chris is able to triple tap to zoom further into the page incase there is something he can’t see very well.
* Once Chris has finished setting up the application so he is more comfortable using it, he navigates to the workout page and follows along with what the application suggests for him. He is able to navigate round the workout page with ease as it is mainly all visual elements.

**Ben Grace (Choosing the marathon training program and tracking his run for the day) –**

**Context:** Ben is already familiar with the fitness world; he runs religiously throughout the week – around 10km overall. Ben wants to run a marathon at the end of the year for charity, so he really needs to step his game up training wise and improve his diet. Ben is also dyslexic, so he sometimes struggles to navigate through applications as they don’t really cater to his disorder. Ben is going to navigate through the application so that he can choose his marathon training program and go for his first 10km run which is apart of his training schedule for the week.

* Ben opens up the application. He can read the application fairly well as the typography of the interface is all in sans serif font - which is easier to read for dyslexic people.
* Ben wants to change his profile to the marathon fitness program, so he navigates to the profile by hitting the profile icon bottom right of the screen.
* Once he is on the profile, he can then change his fitness program with ease by clicking the visual element representing his current program, which will then take him to a page with all the other programs he may select
* He chooses the Marathon 10 week program from this page which in turn changes the overall application to cater for that specific program.
* If Ben navigates to different pages now, such as the meals page, it will have changed so that the recipes are specifically tailored to his current fitness program and calorie limit.
* It is important to note that ben could easily navigate through the application due to the navigation bar present at the bottom of the app. Having the home button always present on each page is a good addition for dyslexic people as it adds an element of reassurance so that they do not get lost.

**Ben Grace (Training for marathon in freezing cold temperature)**

**https://www.jorgegoncalves.com/docs/ubicomp16a.pdf**

**Context:** Ben is well away with his current marathon training. The seasons are changing and its starting to get colder now that winter is approaching. Because of the cold weather, studies have shown that fine-motor movements are significantly affected meaning that it is much harder for ben to navigate using the application. Because of this, Ben is going to end his marathon run using voice controls rather than having to use his hands.

* Before Ben went out on his run for the day, he activated Siri voice commands in the settings section of Northnetics. This activates Siri within the mobile and responds to certain voice commands when called out from Ben.
* Ben has been for a very cold run in freezing winter conditions. His hands are very cold and he’s coming up to the cool down part of his run. To end his current activity, Ben simply calls out “End my activity” with the phone in front of him. Siri will recognize his voice and end his current run.
* Now that his activity his ended, ben can simply close the app now that it’s been logged and warm his hands up in his pockets.

**Mark Grobble (Choosing his recipes on a busy commute train ride home – can’t guarantee privacy)**

**Context:** Mark is currently using Northnetics regularly now and is choosing his recipes for next week. The only problem is that Mark is commuting on a train home and it’s rather busy; it’s not out the question that people may be looking at his phone. The following steps is Mark trying to counteract this as best he can.

* Mark has got face recognition activated on his phone. This can be set in his settings if not done already, Mark was clever enough to do this on initial sign-up. Face ID allows Mark to open up the Northnetics application without having to worry about others seeing his username or password.
* Once Mark has access to the application, he then searches for all the recipes he wants for next week.
* Once they’re all in the basket, he can checkout and pay for everything. This is the point in which Mark needs to be safe from prying eyes. To do this, mark decides to pay with apple pay as this is one of the most secure way of payments.
* If Mark wanted to change his payment methods, he’d need to go into help center and do it from there. This is something he’d need to do in a private area so nobody can see his card details. Once payment details are entered, he can use them as a payment method in the future while feeling secure – as all important details will be secured in the payment process.