Cognitive Walkthrough (Prototype 3 – Final)

**Task 1: You recall that you ate 1 serve of fruit today. Log that.**

Assumption: The user’s profile has been set up.

User has task

0. will user understand this sub-task is needed (given their mental model)‏

a. Select ‘Fruit’ section

b. Enter the number and select meal type (breakfast/lunch/dinner/extras)

c. Click ‘Done’ when finish

Explores system for useful elements

1. will correct action be obvious?

a. Click on the pie chart to select ‘Fruit’

= Yes, pie chart is clearly displayed with images and text.

b. Type or use +/- to select a number, use up/down arrow to select meal type

= Yes, dialog clearly displayed with symbols

c. Click done/cancel

= Yes, buttons are self-explained

2. will user understand instructions?

a. Yes, title labelled “Select a Food Group”

= “Help” is another piece of information

b. Yes, “?” helps users to estimate serving size

c. Yes, buttons are self-explained

# User interprets system response

3. will user know if progress has been made?

a. Yes, a dialog pops up

b. Yes, number and meal type changed accordingly

c. Yes, dialog disappears. The bar graph and percentage change.

**Task 2: You recall that you ate 3 serves of vegetables to day. Log that.**

Assumption: The user’s profile has been set up.

User has task

0. will user understand this sub-task is needed (given their mental model)‏

a. Select ‘Vegetable’ section

b. Enter the number and select meal type (breakfast/lunch/dinner/extras)

c. Click ‘Done’ when finish

Explores system for useful elements

1. will correct action be obvious?

a. Click on the pie chart to select ‘Vegetable’

= Yes, pie chart is clearly displayed with images and text.

b. Type or use +/- to select a number, use up/down arrow to select meal type

= Yes, dialog clearly displayed with symbols

c. Click done/cancel

= Yes, buttons are self-explained

2. will user understand instructions?

a. Yes, title labelled “Select a Food Group”

= “Help” is another piece of information

b. Yes, “?” helps users to estimate serving size

c. Yes, buttons are self-explained

# User interprets system response

3. will user know if progress has been made?

a. Yes, a dialog pops up

b. Yes, number and meal type changed accordingly

c. Yes, dialog disappears. The bar graph and percentage change.

**Task 3: You realise that was a mistake and you actually ate only 2 serves of vegetables. Update the logger for that.**

Assumption: The user’s profile has been set up.

User has task

0. will user understand this sub-task is needed (given their mental model)‏

a. Go to “History”

b. Click “Edit” for the item that needs to be updated

c. Change the number

d. Click “Done"

Explores system for useful elements

1. will correct action be obvious?

a. Yes, the term ‘History’ is an obvious link to all recorded items. There are no other similar options.

b. Yes, the log is clearly displayed with Edit link.

c. Yes, the same pop-up dialog appears upon a click.

d. Yes, buttons are self-explained.

2. will user understand instructions?

a. “Help” can provide the instruction.

b. “Edit” button is dedicated for each item

c. A pop-up dialog has the same appearance/symbols

d. Yes, buttons are self-explained.

# User interprets system response

3. will user know if progress has been made?

b. Yes, a daily report is displayed.

c. Yes, once ‘Edit’ is clicked, a dialog is shown

d. Yes, number and meal type changed accordingly

e. Yes, once ‘Done’ is clicked, the dialog disappears. The number of serve changes.

**Strengths:**

1. Good balance between minimalist and clear instructions
2. Use of symbols where appropriate
3. Provide useful information, in terms of report variety (day, week, month)
4. System status and progress are clearly indicated
5. Flexibility and Controllability provided to users for browsing and making any changes/updates
6. Use of images help users to recognize food group more easily
7. Coloured graphs offer a quick visualization of user’s performance

**Weaknesses:**

1. System only allows logging of 5 food groups. Other types of intakes, such as drinks or discretionary, cannot be logged.

2. Unable to add more items for any date via the “Daily Report” page

3. Limited types of food to help estimate a serving size in “Size a Serve” page

4. Precooked meal, such as hamburger or pasta, may be considerably difficult to break down into groups.

5. Users need to be familiar with serving size.