As it is stated in DP3, we will focus on the people who want to record their exercises while they are working out. Throughout several interviews, it was possible to notice that writing down of exercise record is annoying and inconvenient regardless of writing devices such as papers or smartphones. These people would have the need of doing so easier and faster.

At this point, we want to clarify the terminology we mixed up in their usage. The first combination of terms which caused our ambiguous understanding in their difference is “workout” and “exercise”. We thought the two words are synonym, but those words actually have slightly different context. Working out and exercise both indicate the physical activities to enhance one’s body strength, but exercise usually indicates one specific activity or sports, while workout is inferring whole activity, consisting of several different exercises.

Each exercise needs different attributes to record, and these values depend on the nature of exercise. Most of muscle exercises would contain weight, reps(=repetitions), sets and interval(=resting period between each set, unit=seconds), but cardio exercise or abs routine(=abdominal muscle exercise) would need different attributes to record. These issues would be probably dealt in the process of redesigning thoroughly under our POV

TASKS

Studio reflection

* I don’t know some exercise terminology like biceps, what about adding some picture?
  + Now we are considering to add some photos of human body parts for each exercise to indicate what the exercise is for
* I wish there are some photos or videos for each exercise
  + We added some explanations for exercise by including youtube link in our revised Lo-fi prototyping.
* I wish I can “type” the numbers in reps, not only scrolling up and down.
  + Feedbacks from user-testing suggests us to consider the changes in UI, and this issue is one of them. We are planning to allow both scrolling and typing in reps section, similar with android alarm clock.
* How can I go back while planning the workout? (task 1, 2, 3)
  + Actually, going back to previous page is already implemented in the current version of prototype. Our understanding of this question is to move the page back and forth with preserving the state that user changed. This would be the implementation issues.
* It is difficult to navigate through the interfaces
  + As it is mentioned above, we are considering to change our entire UI in the way of becoming more intuitive and easier to navigate, because of this kind of issues.
* Maybe too much sub-menus. You could use a diagram of human body and make each muscle area clickable?
* Cursors are uncomfortable to use
  + It was quite obscure for the meaning of “cursor” in this feedback. We concluded that the cursor means what is supported from the prototyping tool we adopted, proto.io. it is, in fact, uncomfortable to use the cursor, but it would not appear in actual implementation.
* I need a DELETE button in the workout plan setting page for clicking ADD button by mistake
  + It is good point that we included the DELETE button in the page for already planned not in the planning page. We are going to add this button.
* Abs도 무게 넣고 할 수 있어요
  + Since it is low fidelity prototype, we didn’t implement all the parameter for each exercise. In fact, we are planning to support customizing for each exercise task, so users may choose whether they include the weight or not
* Guidance for each task are very helpful
  + Thanks!
* It seems the design is for training experts
  + This is perhaps because the UI is not intuitive enough. Maybe we should include more explanations, which is already suggested above. Our new design should cover this issue as well.
* 서로 다른 태스크들이 너무 균일한 인터페이스 하에서 진행됩니다. 태스크의 차이를 구분할 수 있는 id같은 것들이 존재하면 좋을 것 같아요 (eg. 색상)
  + We should think about the easily-detectable difference between each page, but this issue is also about lo-fi prototyping and testing. We should avoid this issue in revised design.
* It is not clear what the difference between done and plan is
* It was hard to recognize which state, and what should I do with these contents. For these problem, I suggest you to do navigation process bar.