Una Nogavica

Task 1

Website Design

Interviews on Fitness Websites

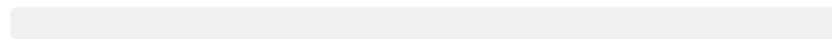✓ 1 **Have You ever used information from Fitness websites to follow certain program?**

3 out of 3 people answered this question

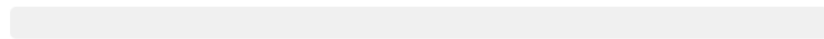Yes   3 resp.   100%

No   0 resp.   0%

◑ 3 **Were those programs free?**

3 out of 3 people answered this question

Yes   3 resp.   100%

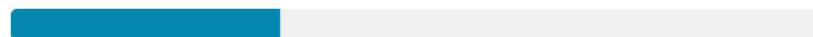No   0 resp.   0%

◑ 4 **Do you prefer to see some information about owner/personal trainer of the website?**

3 out of 3 people answered this question

Yes   2 resp.   66.7%

No   1 resp.   33.3%

◐ 6 Do you prefer that programs that you following have an explanation of its importance?
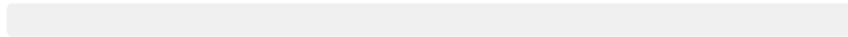
3 out of 3 people answered this question

Yes	3 resp.	100%

No	0 resp.	0%

☰ 7 If yes, why do you think is important to see explanation?

3 out of 3 people answered this question

To know what exercise targets which muscle and to know how it effects the muscle exactly

3 hours ago

Helps muscle growth when you know what muscle is activated. You can come up with new exercise knowing the movement needed to activate a muscle.

8 **Do you like to see examples of video tutorials? Why?**

3 out of 3 people answered this question

Yes, to see how the exercise is done properly

3 hours ago

Yes, it ensures that the exercise is being done correctly and no enjury will occur.

4 hours ago

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8 **Do you like to see examples of video tutorials? Why?**

3 out of 3 people answered this question

Yes, it ensures that the exercise is being done correctly and no enjury will occur.

4 hours ago

Maybe

4 hours ago

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9 **Do you think that different content should be under different manu/title?**

3 out of 3 people answered this question

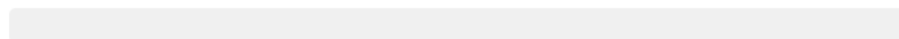Yes   3 resp.   100%

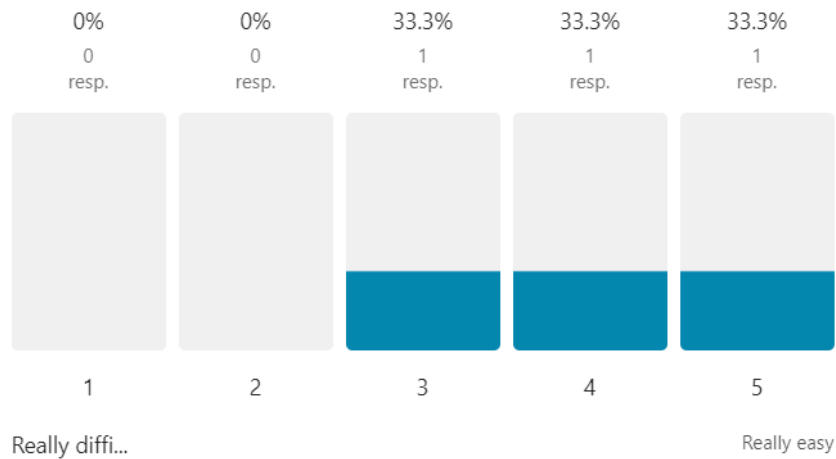No   0 resp.   0%

10 And how easy was it to understand the information on the site?

Avg

3 out of 3 people answered this question

0%	0%	33.3%	33.3%	33.3%
0 resp.	0 resp.	1 resp.	1 resp.	1 resp.
1	2	3	4	5

Really diffi...   Really easy

12 Do you think design of website is important and why?

3 out of 3 people answered this question

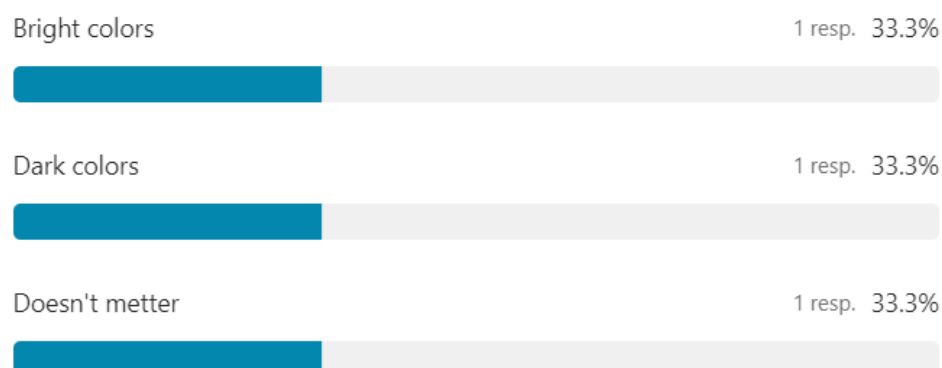Yes, it sets the mood for rhe whole website

3 hours ago

Yes, people want to access information quickly and easily. They want less text and more images, because it explains the exercise better. An image of the food you eat or muscle you're activating will save the user the hussle of additional research.
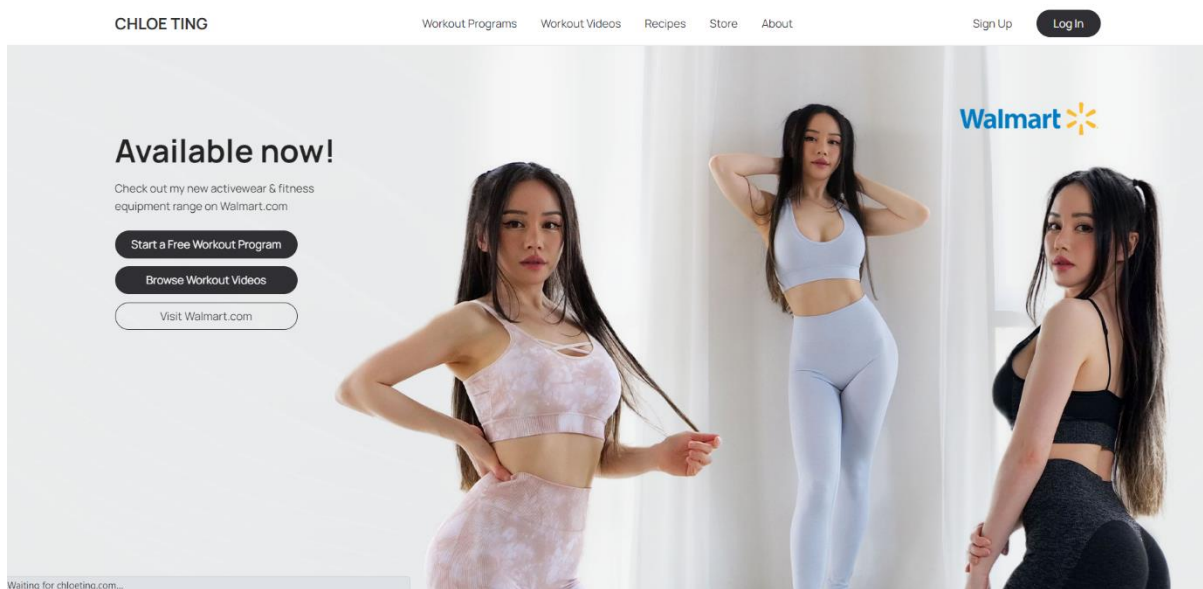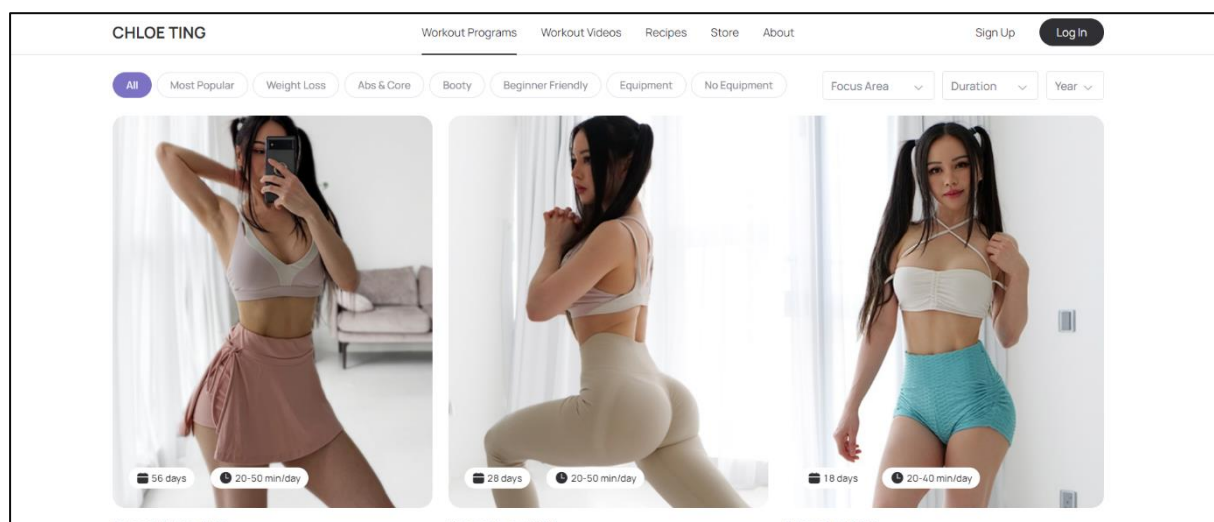
13 Do you like to see website in bright colors or dark?

3 out of 3 people answered this question

Bright colors   1 resp. 33.3%

Dark colors   1 resp. 33.3%

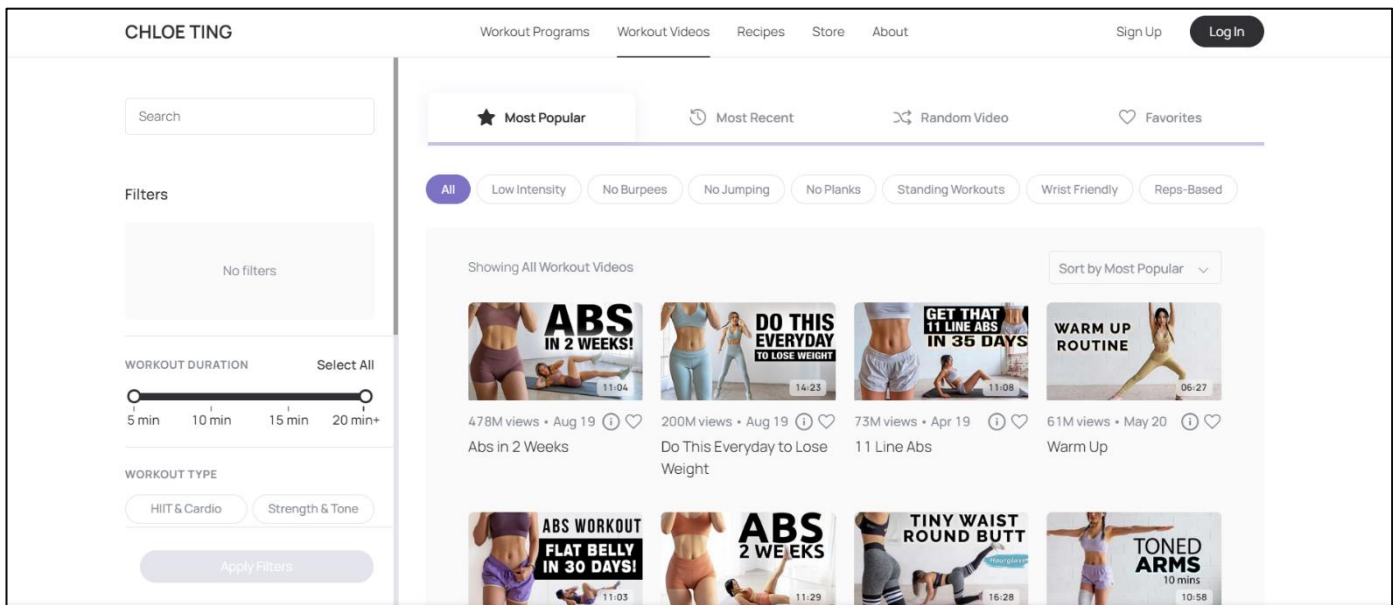Doesn't metter   1 resp. 33.3%
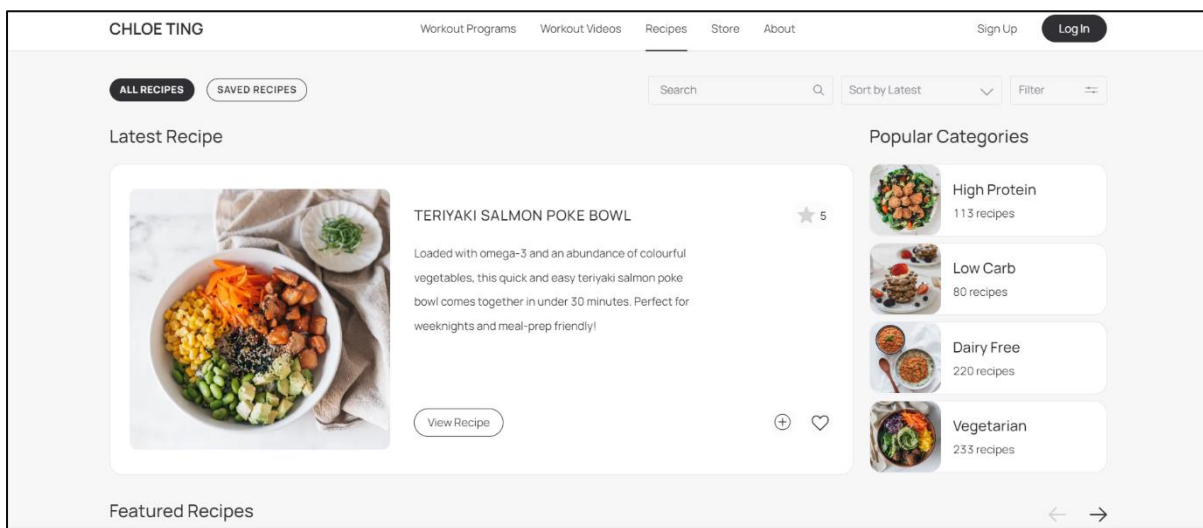
Examples of existing websites

I like the simplicity of the design. It doesn't have more functions than needed, very clean looking for the home page. The shape and color of the button is just right, symbolizing different functions. Buttons are visible.
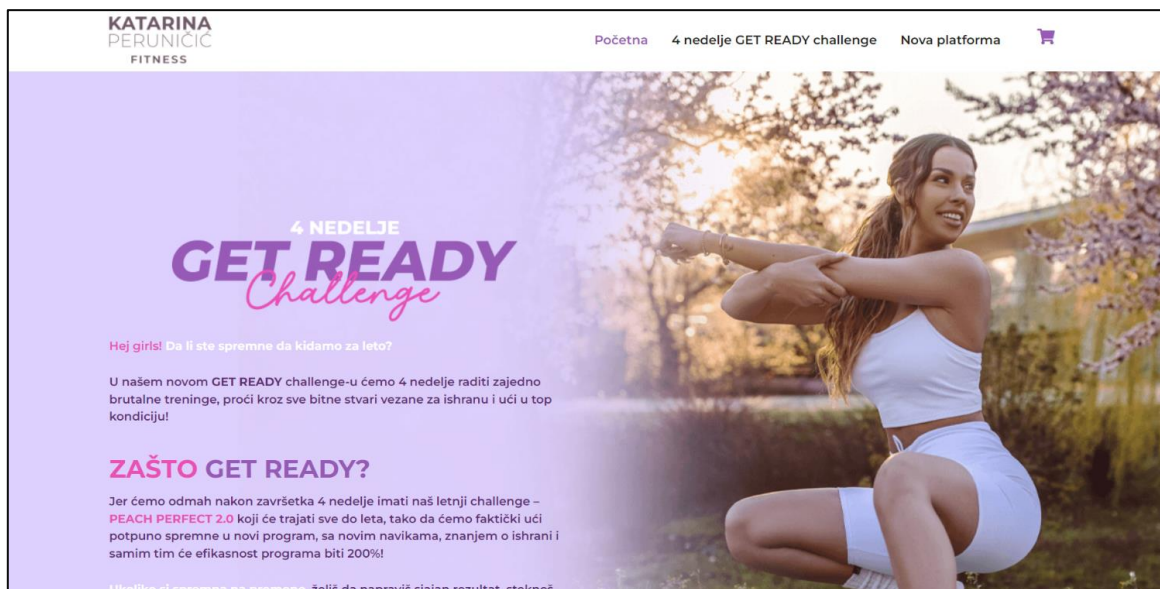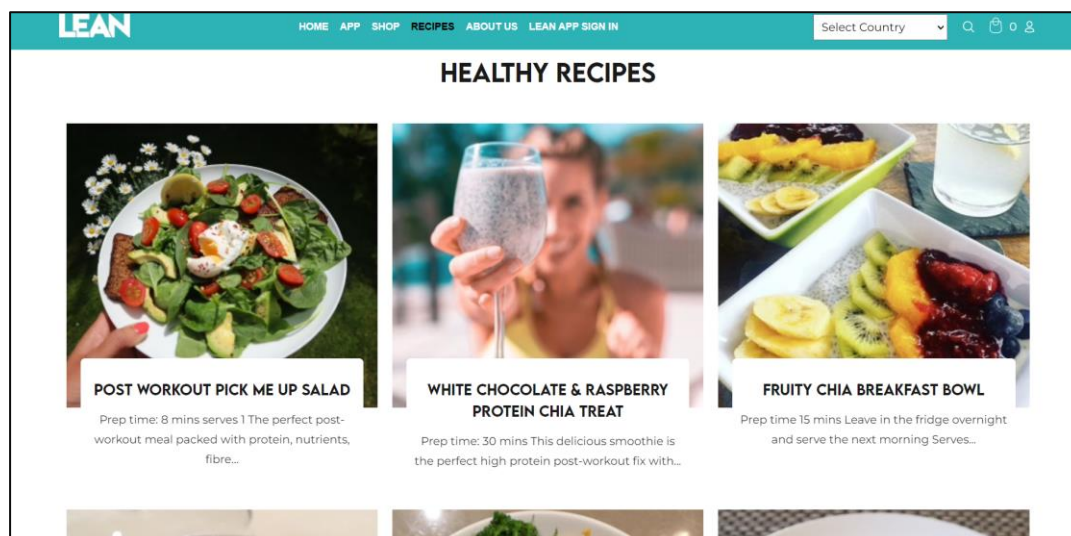
I really wanted to mention this page because it is well organized because of the filter option, which makes this website very learnable. A lot of information backed up with examples of videos.

Another example of simple and clean design, but with many useful options. Color pallet is very light, and it contains simple colors, such as white tones and gray tones, which is something that I would include in creating my own.
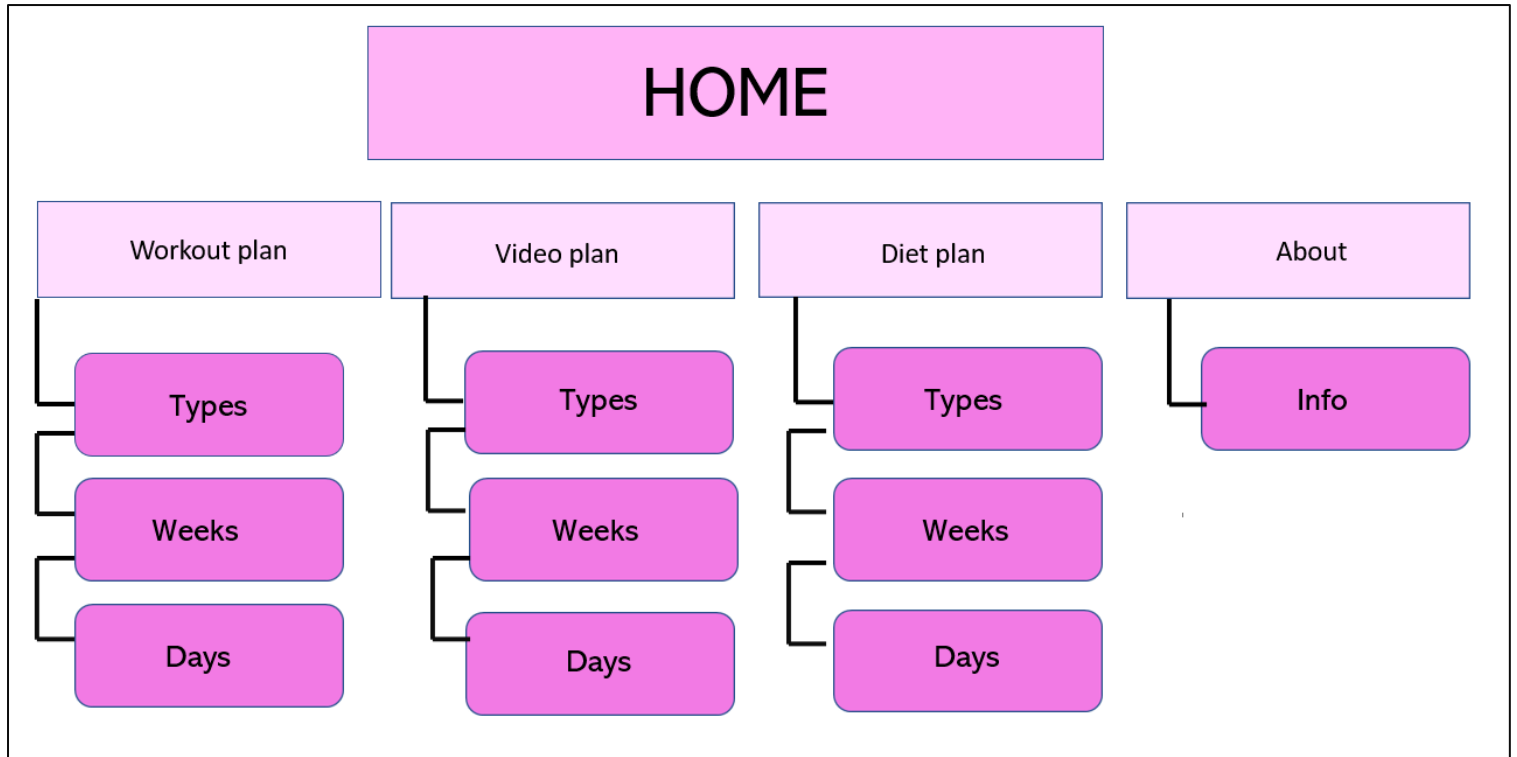
I love the color of this website, what I don't like is the lack of information. I think that a lot of users would be confused with its content.
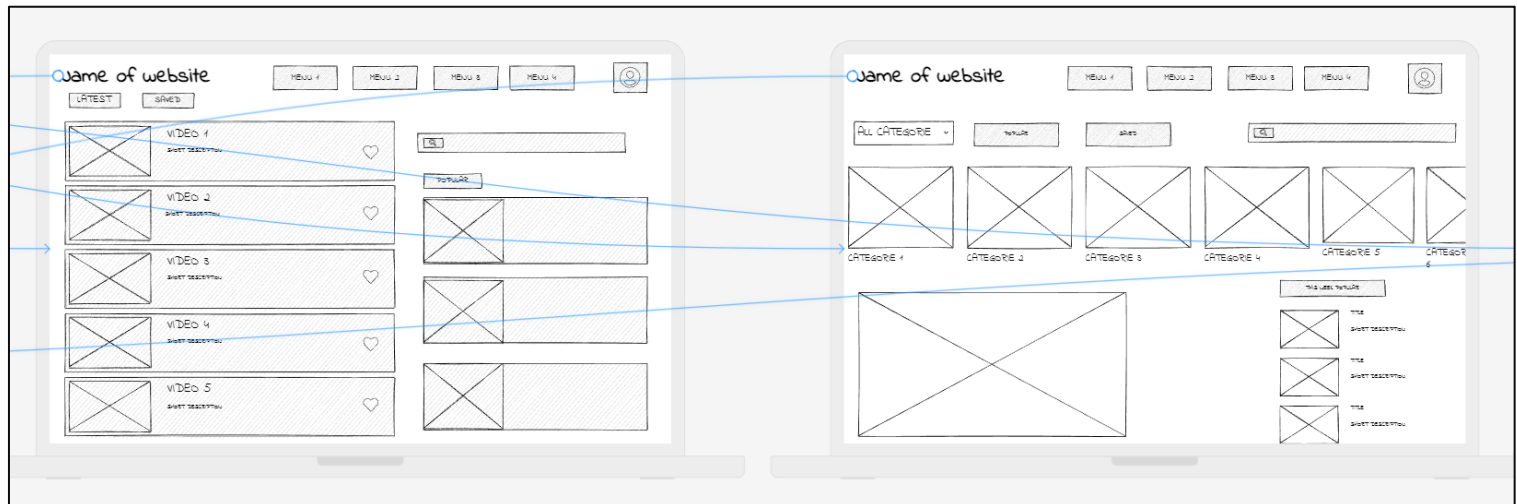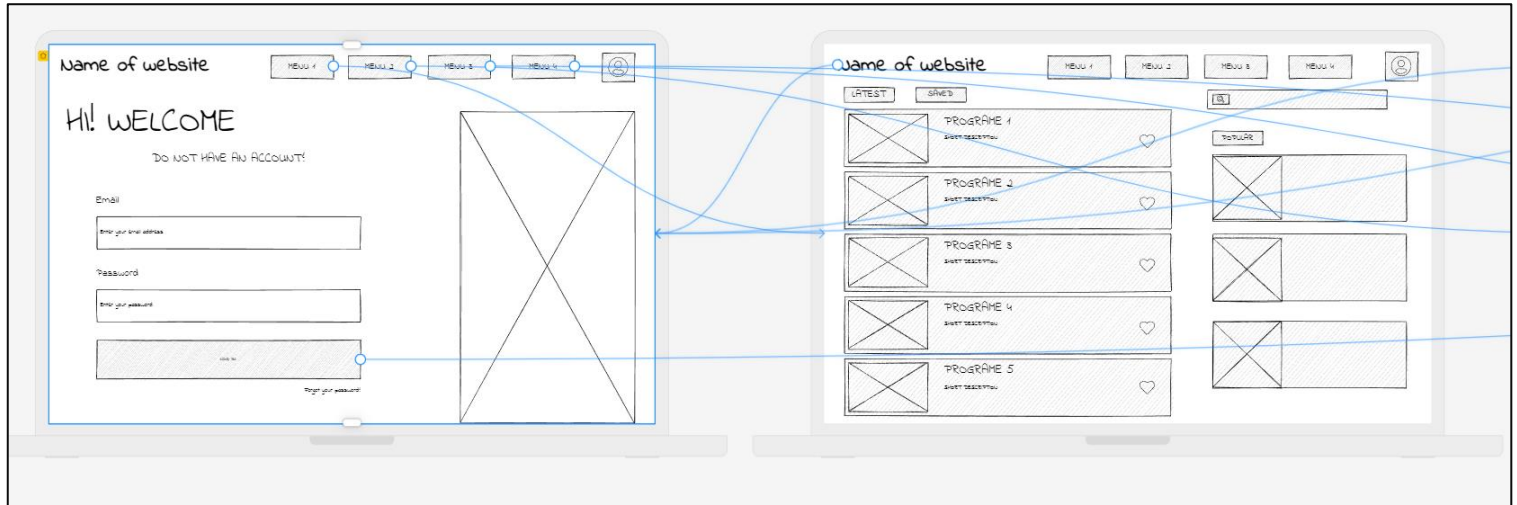

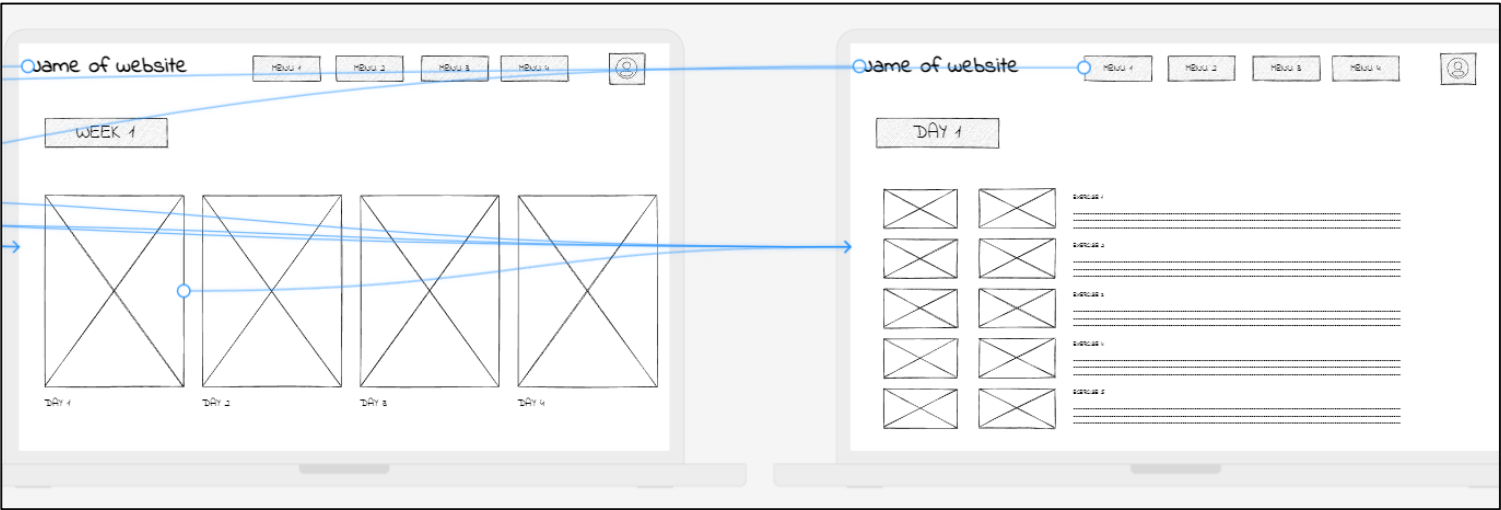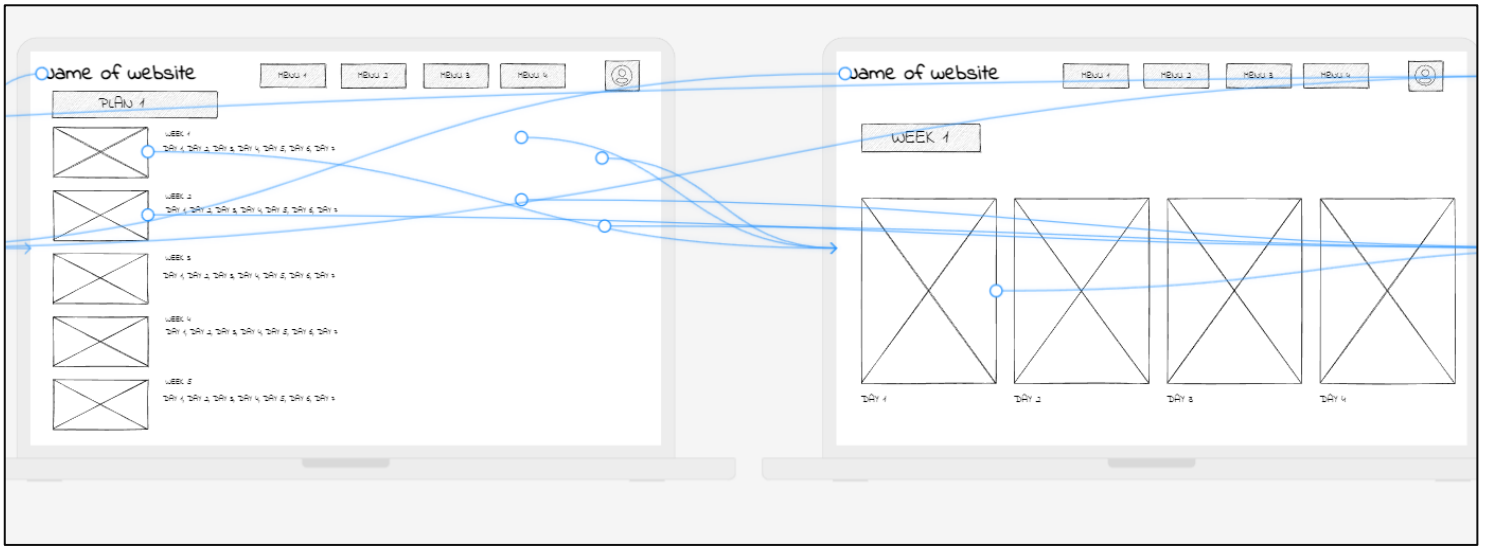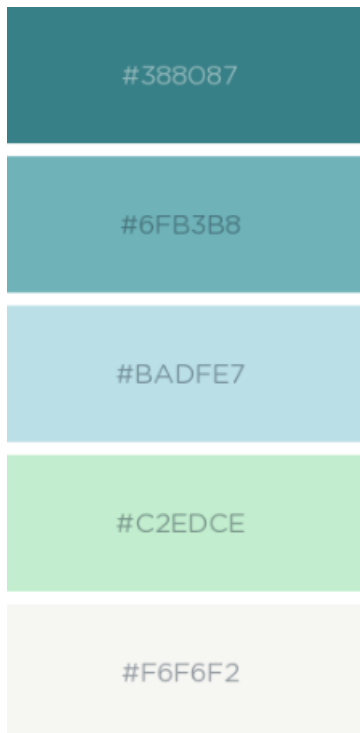I love how organized this site is, the color scheme and all the options it has.

Site map

HOME

Workout plan	Video plan	Diet plan	About
Types	Types	Types	Info
Weeks	Weeks	Weeks	
Days	Days	Days	

Wireframe

Name of website   MENU 1   MENU 2   MENU 3   MENU 4

PLAN 1

WEEK 1
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WEEK 2
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WEEK 3
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WEEK 4
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WEEK 5
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Name of website   MENU 1   MENU 2   MENU 3   MENU 4

WEEK 1

DAY 1   DAY 2   DAY 3   DAY 4

Name of website   MENU 1   MENU 2   MENU 3   MENU 4

WEEK 1

DAY 1   DAY 2   DAY 3   DAY 4

Name of website   MENU 1   MENU 2   MENU 3   MENU 4

DAY 1

EXERCISE 1

EXERCISE 2

EXERCISE 3

EXERCISE 4

EXERCISE 5

Style guide

#388087	
#6FB3B8	
#BADFE7	
#C2EDCE	
#F6F6F2	

Idea is to make website using lighter and softer colors. Buttons would be fully colored, making them very visible. All 4 manus would be well organized by colors.