

User Testing

Testing Tasks

1. Log In
2. Complete the Day 1 Workout
 - Complete the Warmup
 - Update the 2nd and 3rd set of Squat to 80KG
 - Complete the workout
3. Find and locate the Resources
4. Post a question in the Form Check

User Testing Demographic :

I had three users test the prototype while I watched. Two tests were conducted over video chat and one was in person. One person was familiar with the workout format, and two were not. All people worked out regularly and had experience with a variety of exercises and workout types.

User Testing Notes :

Tester 1 - Familiar with Specific Workout Program

The user was able to quickly and successfully navigate through the app. Any questions he had, he was able to quickly figure them out. He did pause with the workout navigation tabs, but as he was familiar with the program, he understood quickly how it worked.

His one note was that he would want to update all weights at the same time, rather than one at a time. I explained that it was just the way the prototype was set up for this specific task, and that in a real version he would be able to do this.

Tester 2 - Not familiar with Specific Workout Program

This user works out regularly doing a variety of exercises and uses a lot of apps to track things in her daily life.

- She wanted to be able to check off things in the warmup as well as the rest of the workout.
- She was confused about the structure, and thought that the numbers in the navigation tabs corresponded to the days, not sections of the workout. She suggested naming them Set 1 or something.
- She said she would want a way to delete a post in the form check.
- She wondered why form check was separate from social, and questioned where it needed to be so far away.
- She really wanted a dashboard or home screen where she could see the days workout, past workouts, and summaries of progress or awards.

Tester 3 - Not familiar with Specific Workout Program

This user works out regularly doing a variety of exercises. She does not rely heavily on an app to track things in her life.

- She was confused about the workout structure. She thought the warmup was the whole exercise. She also thought the numbered tabs were referring to the day rather than section. She had trouble getting past the warmup and wanted instruction on how to proceed.
- Thought the workout nav tab was unclear
- She said it might be nice to have motivation screens that popped up to encourage the user to keep going between the different circuit sets.
- She also said some cool down instructions might be good to have.