

# 07 Medium-fi Prototype #2 & Usability Study

Team 



Alex Lee  
CS Coterm



Derek Hwang  
CS Masters



Harry Moran  
CS Undergrad

# BuddyBuilder

## Mission:

Improve accessibility of physical training  
resources for student athletes in niche sports

How can we help niche sport students athletes gain affordable access to personalized training support? How can we minimize knowledge gaps to improve performance and avoid injury?



Prototype  
#1

Usability  
Test  
Procedure

Findings

Prototype  
#2

AI  
Application

Prototype  
#1

Usability  
Test  
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Findings

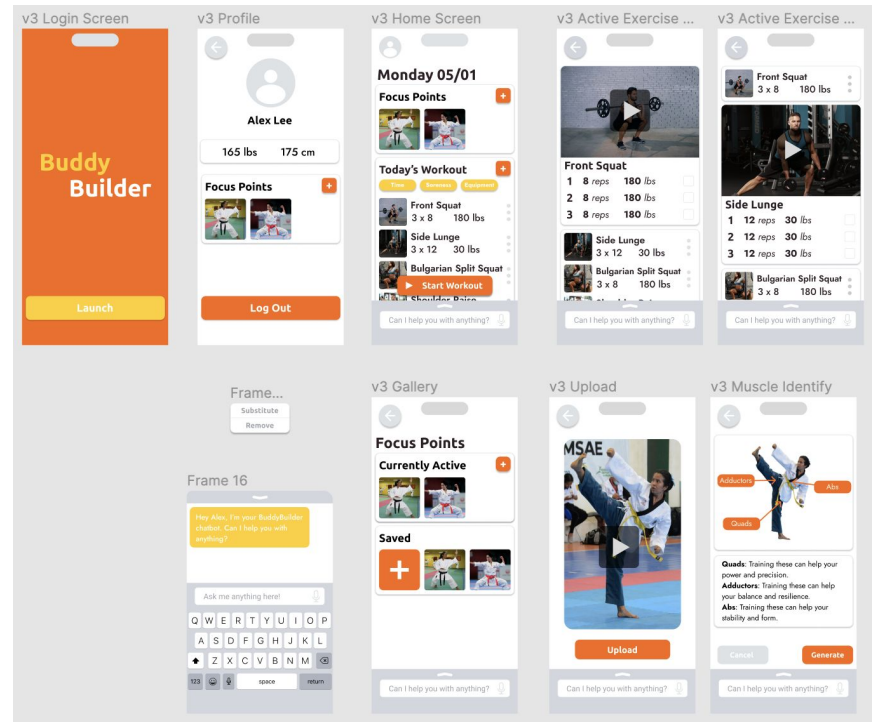
Prototype  
#2

AI  
Application

# Previous Prototype

## Feedback

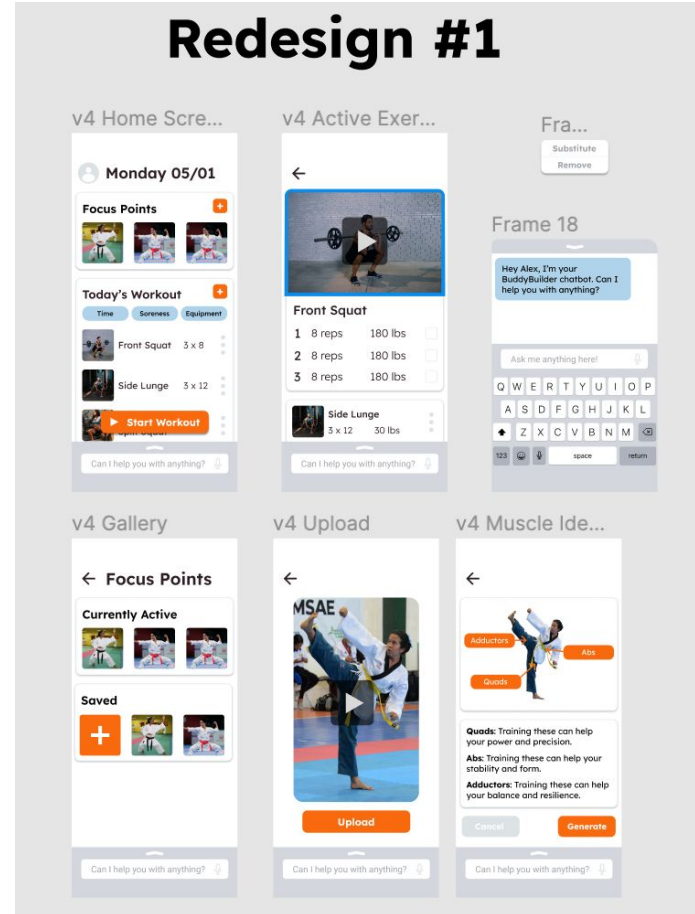
- 1) Yellow color is too bright
- 2) White text on yellow background is hard to read
- 3) Cramped - Too much bold text



# Prototype Redesign #1

## Addressed Issues

- 1) Changed font from Ubuntu and Jost to Lexend
- 2) Reduced amount of bold text
- 3) Changed yellow to light blue and corresponding text color to black



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# Usability Test Overview

## Goals:

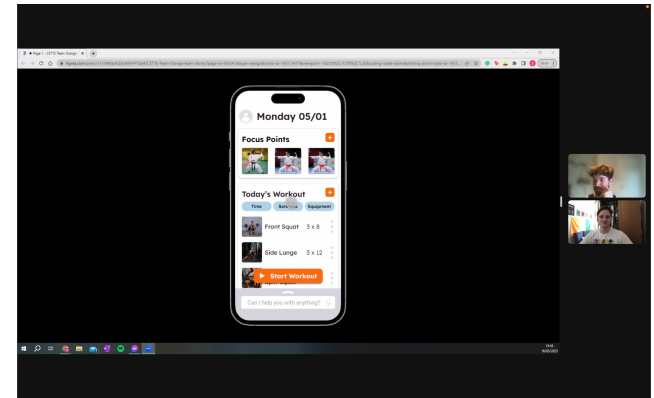
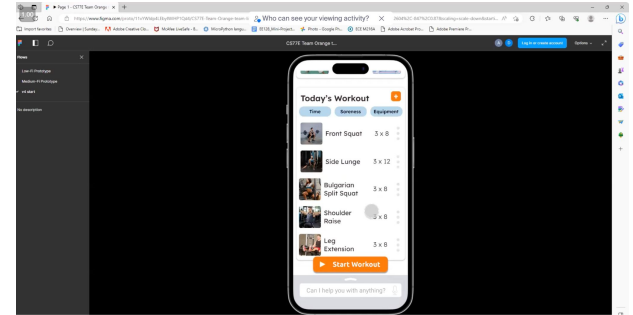
- 1) Can participants complete all 3 tasks
- 2) Do UI elements support users in completing the 3 tasks

## Participants:

- 3 athletes who participate in niche sports - Kendo, Squash, Taekwondo
- Participants are in their early 20s, either attending college or just graduated

## Procedure & Plan:

- Conducted usability testing using Zoom
  - Participants shared their screen while interacting with Prototype #1
- Participants were asked to complete our 3 tasks
- Follow-up interview about critical incidents and other interactions



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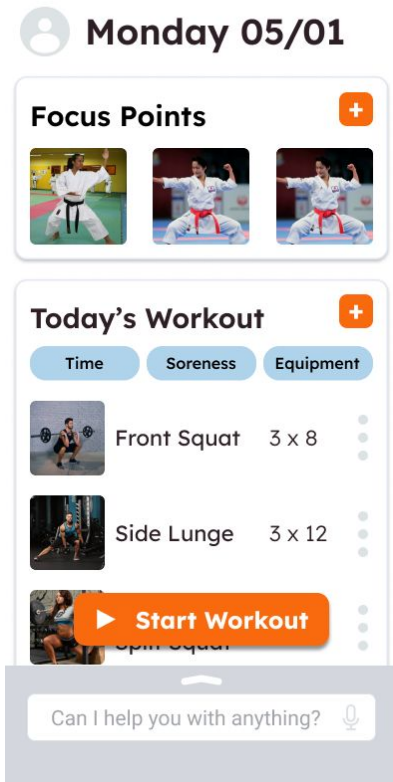
AI  
Application

# Findings

1) More contrast on buttons, especially for white on gray

“Contrast is very important, when someone or the user because it's supposed to be a way for people to quickly learn something without having to scroll hard to figure stuff out right away.”

2 testers commented on text coloring



# Findings

2) Users expected more information when pressing images & buttons

“at first I thought that these were supposed to give me some kind of like timeframe of how long would I need to like, do these workouts, or what kind of time, allocation, or some kind of schedule?”

2 testers commented on buttons leading to more information

Monday 05/01

Focus Points



Today's Workout

Time Soreness Equipment



Front Squat 3 x 8



Side Lunge 3 x 12



Start Workout

Can I help you with anything?



**Quads:** Training these can help your power and precision.

**Abs:** Training these can help your stability and form.

**Adductors:** Training these can help your balance and resilience.

Cancel

Generate

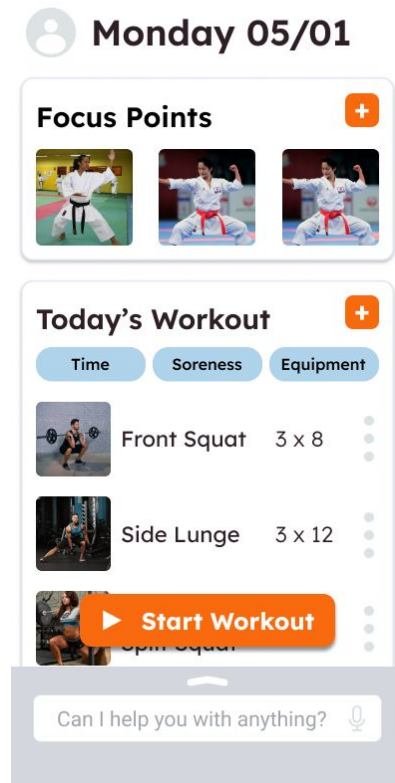
Can I help you with anything?

# Findings

3) Users pressed “+” on workout section instead of the Focus points to create a new focus point and corresponding workout

Users had a “first instinct” to go towards the plus button for the today’s workout

2 testers did this action



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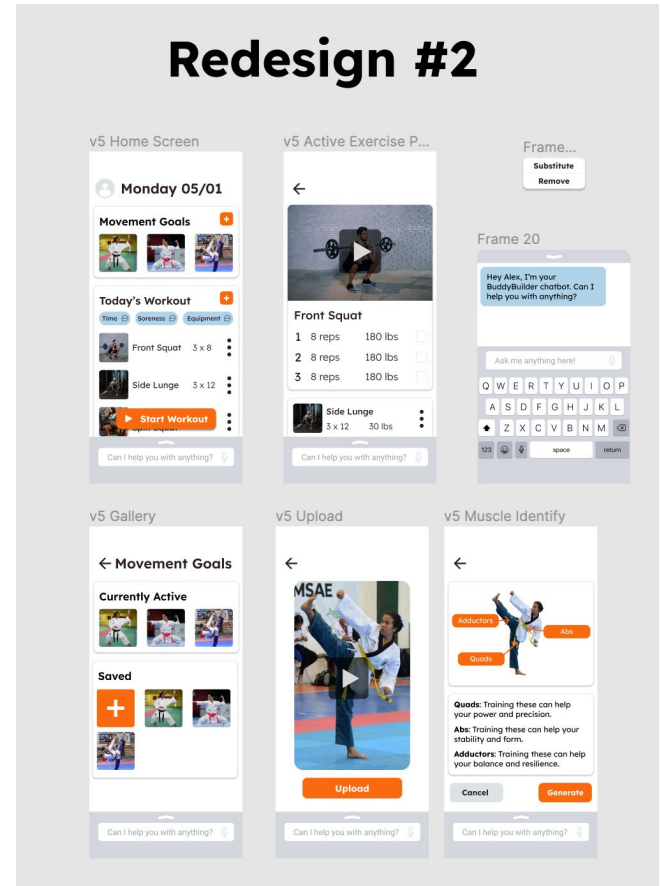
Prototype  
#2

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Application

# Prototype Redesign #2

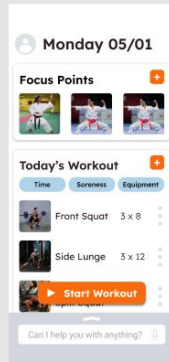
## Addressed Issues

- 1) Changed light gray buttons & text to black (excluding chat area)
- 2) Added chat icon for chat buttons
- 3) Renamed “Focus Points” to “Movement Goals”

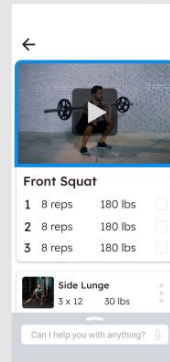


# Redesign #1

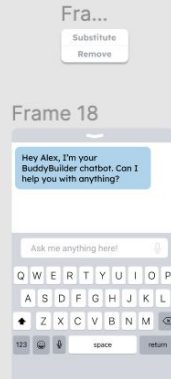
v4 Home Scre...



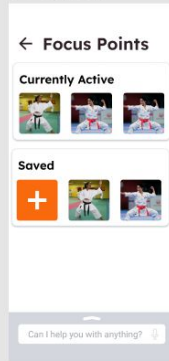
v4 Active Exer...



Fra...



v4 Gallery



v4 Upload

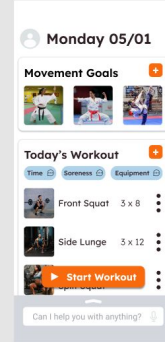


v4 Muscle Ide...

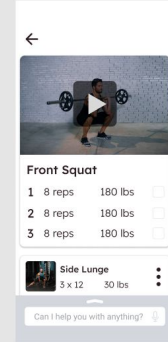


# Redesign #2

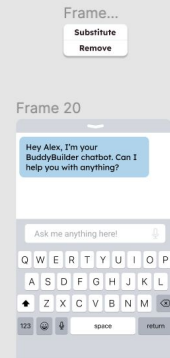
v5 Home Screen



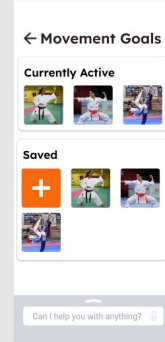
v5 Active Exercise P...



Frame...



v5 Gallery



v5 Upload



v5 Muscle Identify



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# Solution & AI Application

CV model that analyzes exercise videos and highlights muscles utilized in exercises

+

LLM that produces personalized exercise plans that strengthen highlighted muscle groups



Questions / Feedback

# Appendix

# Figma Link

Figma Link:

<https://www.figma.com/proto/11vYWldp4LEbylWIHP1Qd4/CS77E-Team-Orange-team-library?page-id=0%3A1&type=design&node-id=2058-3503&viewport=-4826%2C-263%2C0.34&scaling=scale-down&starting-point-node-id=2058%3A3503&show-proto-sidebar=1>



Mission

Sketches

Tasks

Prototype

Experiment