

Testing v6

Questions to Answer:

1. Does our UI support users in accomplishing their tasks?
2. How do we enhance or change the “Movement Goals” section?

Participants

We tested with 2 athletes who previously practiced martial arts sports, karate and Shaolin kungfu. Both participants are college students in their early 20s who practiced martial arts up until the Covid pandemic in 2020 and have not resumed after.

Recruiting Method

Participants were recruited using team members’ personal networks and were not compensated.

Testing Environment

Since both participants attend college in Southern California, user testing was performed through Zoom with participants sharing their screen and the team member observing participant actions and taking notes.

Participants were given an introduction of the project and the overall concept of AI use in identifying movements and workout generation. Then, participants were asked to perform the following three tasks:

1. Task 1: Please start a workout
2. Task 2: Please add a new movement goal and generate a workout
3. Task 3: Please substitute a current workout activity

The user test concluded with a follow-up interview based on the user’s experience with the prototype and any critical incidents

Summary of Results

[Notes 1](#) | [Zoom Recording](#)

[Notes 2](#) | [Zoom Recording](#)

Task 1:

- Able to start with button right away, but chose to look around by scrolling
- Labeling reps with just numbers is somewhat confusing “3 x 8” - both on home and active screen

- Scrolled down to preview list of exercises before starting workout
 - “What is on today’s agenda”
 - “See everything ... I’m doing”
- Active workout screen cards are somewhat disconnected from each other
 - Note: likely to come from user mental model of what “workout” is in the context of the app
- Checkbox, though assumed, could be more clear (potentially with interaction component)
- Start workout button obscures last exercise in Today’s workout UI component

Task 2:

- No issues with completing the task
- Different meanings of Movement Goal
 - Movement goal is definitely not the correct labeling → movement goal suggests “teach” “but never showed me how to do the kick”
 - Viewed workout generation as a plan → “goal is not a plan”
 - Suggestion is to label images with the name of the movement and add the generated exercise list from the corresponding video
 - Make clear that the workout is made of exercises from each goal
- Small confusion about regenerate
- Confused about how AI worked to do movement analysis → surprised that there was so much focus on muscle instead of technique (rotation of body)
- Info text on muscle group screen is small – user leaned towards computer screen to read
- Movement goals screen is not very clear about the purpose → not sure why 2 “+” button needs to be pressed to start flow to add “movement goal” and generate a workout

Task 3:

- No issues with completing the task
- Went straight to the keyboard – “I didn’t like the options I was presented... what happens if I want to do something different”
- Paused because chat interaction shouldn’t need another user tap in the prototype (prototype issue)
- Stated that substitute should be an activity which can be done completely through UI and without the chat bot
 - New page or dropdown for substituting workouts
 - “Whenever possible, you should be using a visual interface ... not a terminal”
- Chat bot should only be involved when user explicitly wants it

Planned Design Changes

1. More labeling for workouts

- a. Trade-off between denser UI layout vs. usability issue → denser UI is less costly than a full usability issue
2. Consider a full substitute flow that can be done fully with UI and does not include the chat bot
3. Need to experiment with naming, labeling, and explanations for movement goals ← large undertaking
4. Consider changing movement goals page to a settings / management page and have the add goal + generate workout flow to start directly from the small “+” on home screen