CoachForYou-Tapi2

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CoachForYou App

Fitness and a healthy lifestyle have become increasingly popular. Therefore, many people train at home but often perform exercises incorrectly.
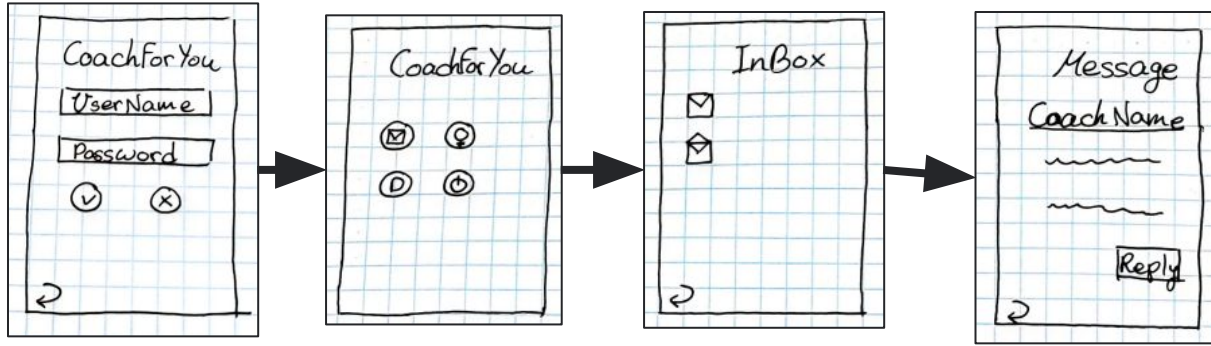
The **CoachForYou** app creates an immediate and personal connection between trainers and trainees to make exercise more efficient by correcting the trainee's method.
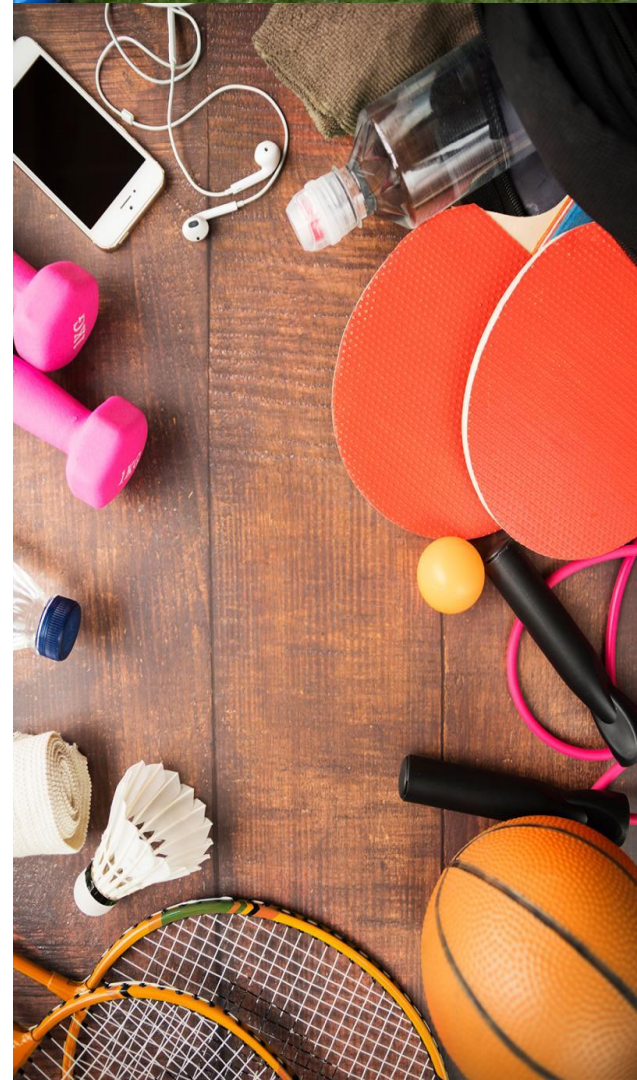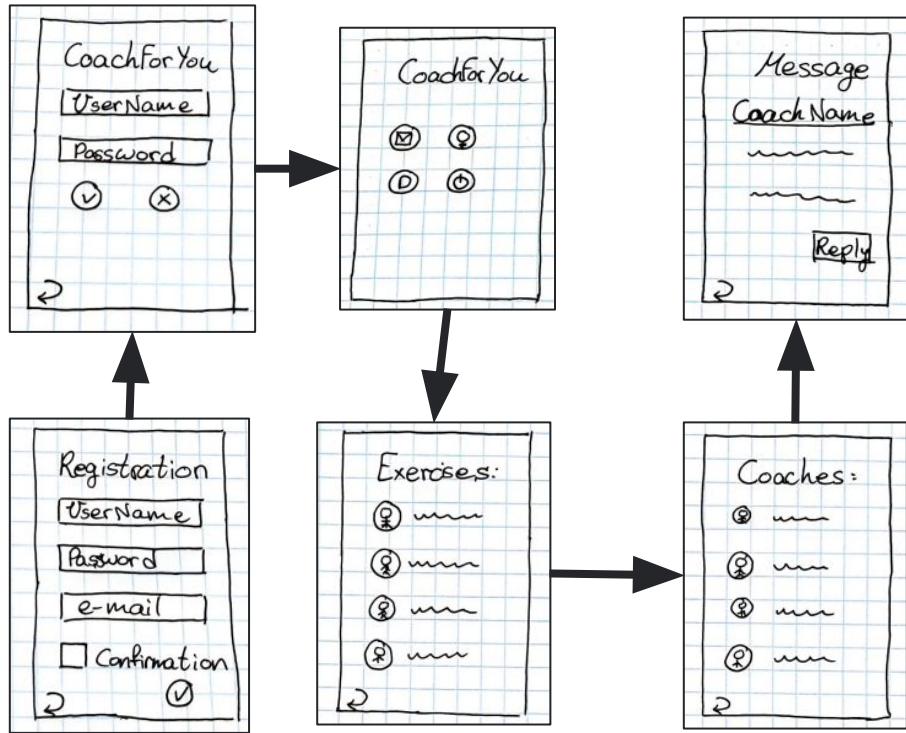
The Tasks:

- Simple - Communicate with a coach

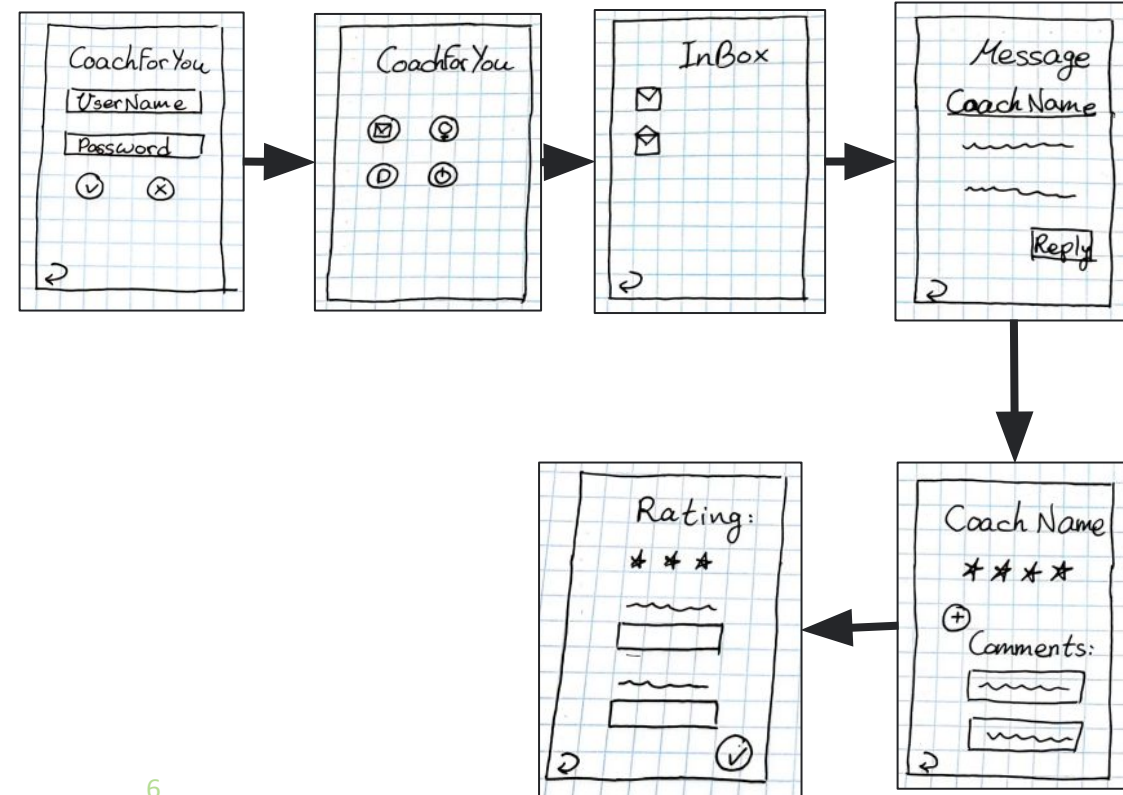- Moderate - Create a new exercise content

- Complex - Rate a coach

Task 1 - Communicate with a coach

Task 2 - Create a new exercise content

Task 3 - Rate a coach

Paper Prototype Testing Methodology

To test the paper prototype we recruited three Israeli participants that all live in Beersheva and are BGU students. The three are roomates of Noa, aged 26, 25 and 21. All the participants tested the prototype at Noa's home. Initially, a short demo was performed by Noa to demonstrate how to operate the system in general. Following that, the participants were asked to use the system based on a script made beforehand of the three tasks.

Task 1 - Communicate with a coach

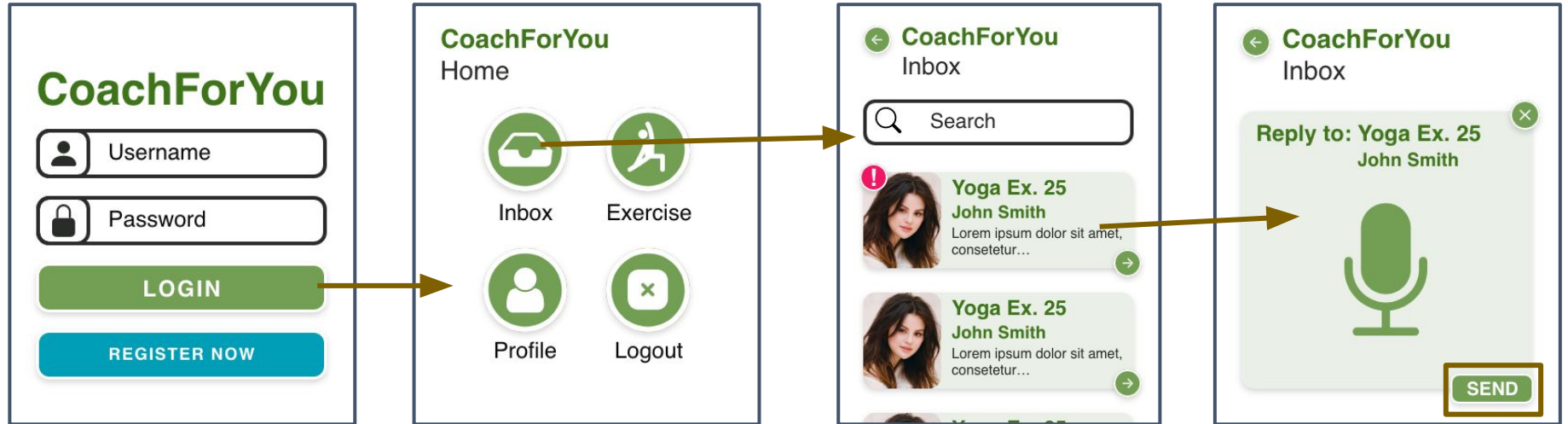|	Positive	Negative
Description	Understand where the inbox is located, and how to open it. Coaches can easily view user's requests and reply to them in the interface.	Clicking on a message that has already been opened. A user required to write a reply which is hard to perform on a smartwatch.
Change and learning	The location and indication was correct.	Add a mark to unread message, replace the writing with a voice reply.

Task 2 - Create a new exercise content

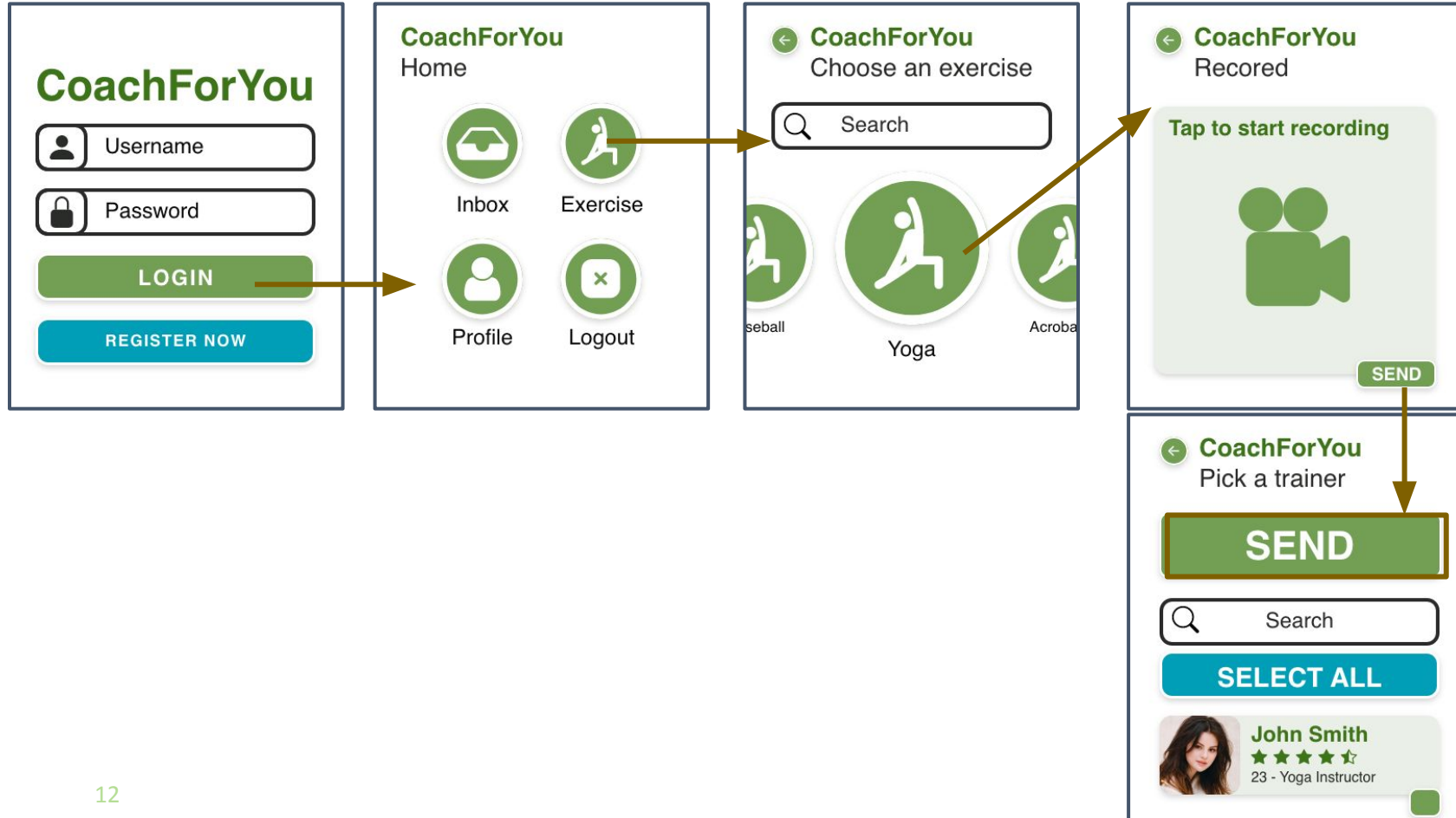|	Positive	Negative
Description	Easy way to login and register. Easy access to create a new exercise.	We couldn't contact multiple trainers. The interaction was done by writing, which is hard to perform on a smartwatch.
Change and learning	We learned that the navigation bar was easy to control where it had image and text.	Added the way to choose multiple trainers and contact them. Replaced writing with a voice reply.

Task 3 - Rate a coach

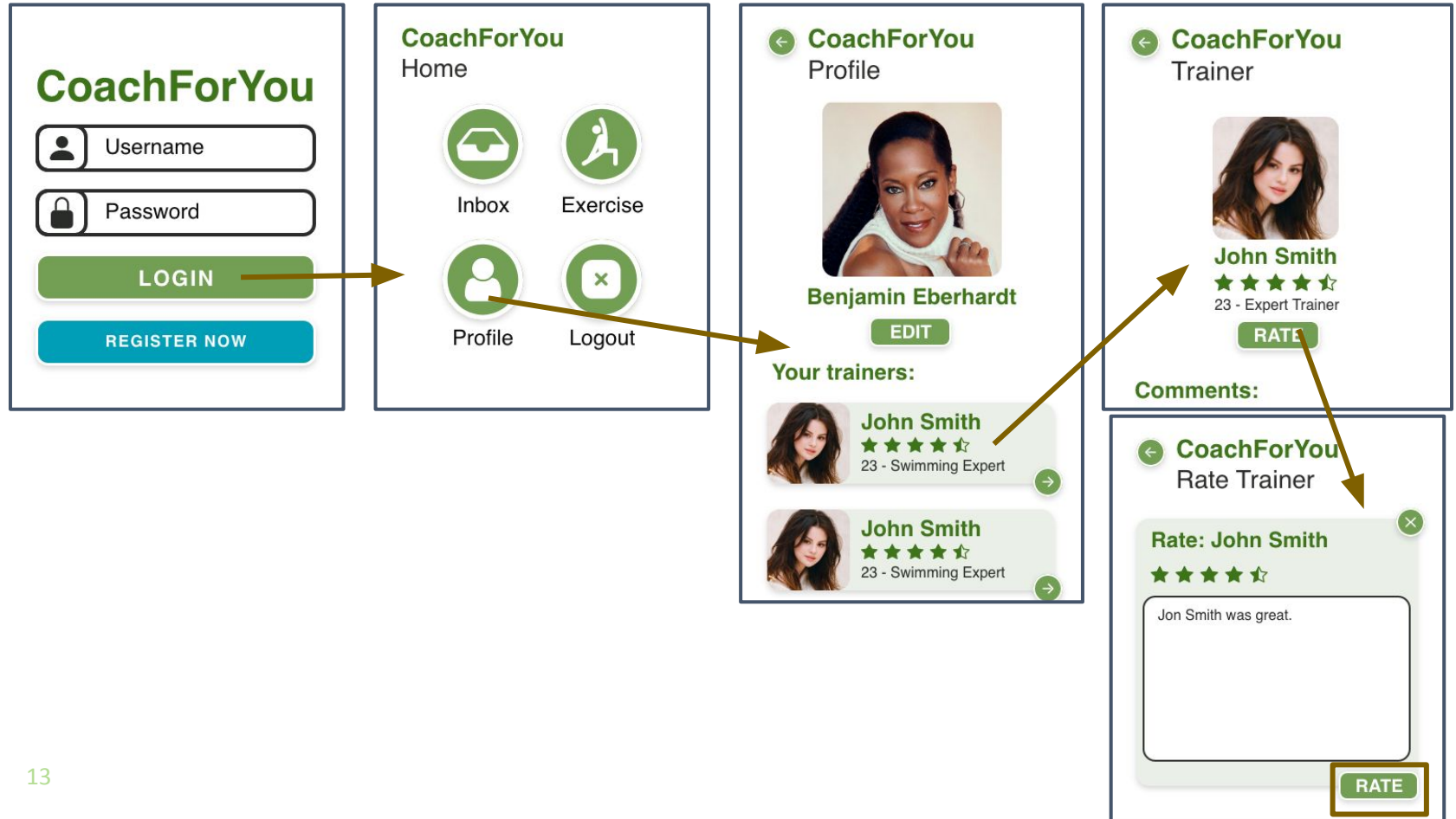|	Positive	Negative
Description	See other users description. Simple rating system with stars.	Did not understand where to rank, it was not obvious that you should go to the inbox and rate.
Change and learning	Good location and description.	Added a more intuitive way to rate the trainers, through the user's profile.

Task 1 - Communicate with a coach

Task 2 - Create a new exercise content

CoachForYou

Username

Password

LOGIN

REGISTER NOW

CoachForYou
Home

Inbox   Exercise

Profile   Logout

CoachForYou
Choose an exercise

Search

...seball   Yoga   Acroba...

CoachForYou
Recored

Tap to start recording

SEND

CoachForYou
Pick a trainer

SEND

Search

SELECT ALL

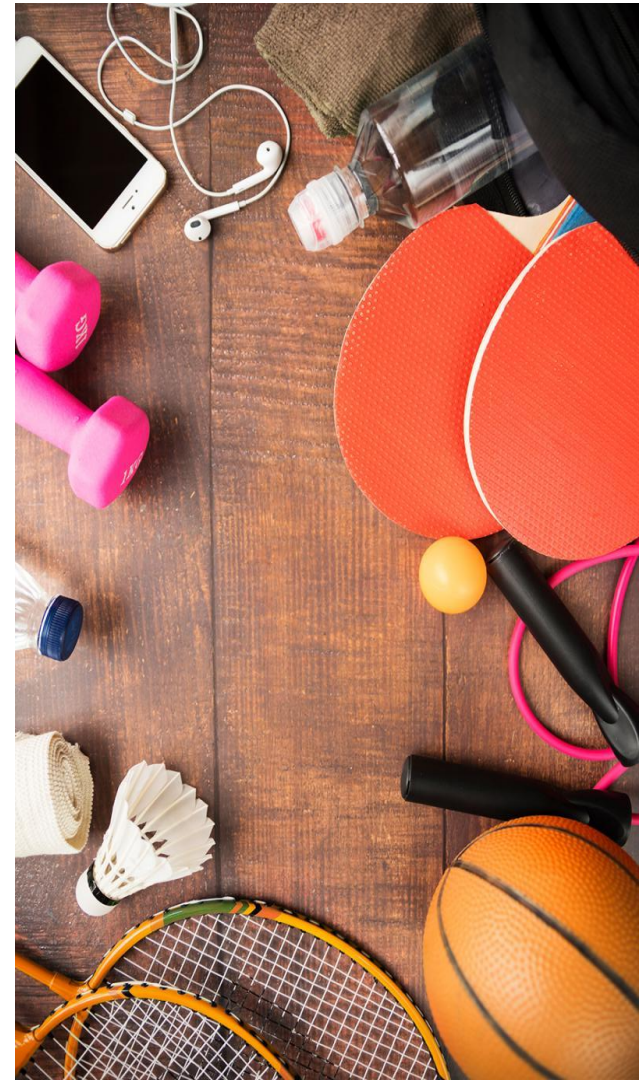**John Smith**
★ ★ ★ ★ ⯪
23 - Yoga Instructor

Task 3 - Rate a coach

Prototype Overview - Limitations and Tradeoffs

- Can't record voice or video.
- Can't checkout checkboxes.
- Can't write text.
- Can't navigate between exercises.
- Can't choose stars for a rating.
- No database for the application.
- Can't use the search function.

Prototype Overview - Wizard of Oz

When we did the first experiment with the paper prototype, we moved the paper to show the functionality.

In our medium-fi prototype the user can only move between screens so a person needs to say that the user actually did the things in the task (like recording himself).

Prototype Overview - Hard Coded

All fields already have text, the name of an exercise isn't changing, there is only one trainer, only one user's profile, the reply has a constant title name.

We needed those hard-coded features because adobe xd (the program we used to create the prototype), can't use user inputs.

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Any

Questi⬤n?

[Google Slides Link](https://docs.google.com/presentation/d/1lXyAwkgZ7nSrWJi11TQQnYrJGhbbM306SGLSB17bufM/edit?usp=sharing):
https://docs.google.com/presentation/d/1lXyAwkgZ7nSrWJi11TQQnYrJGhbbM306SGLSB17bufM/edit?usp=sharing