

	Study Goal	Result (Reached/Not Reached)
<b>Goals:</b>	1. Participants should be able to complete all tasks without guidance from a test facilitator.	Goal reached. Think aloud data and critical incidents revealed that some participants understood how to navigate around the app with the task instructions given.
	2. Participants should find our app features unique and useful in providing a personalized and motivating experience.	Goal reached. Average rating from participants is above 8 and that more than 80% of the participants chose either indicate injury or events feature as the feature which stood out the most.

**Participants:** We recruited a total of 30 participants for the study. The 30 participants are all individuals whom we invited and are categorised into a) unfit/unmotivated, b) overweight, c) obese through registration of the app.

**Key Findings Summary:**

Problems (Qualitative):

1. Rest timer should be paused instead of continue when workout runs in background
2. Suggested Friends would be better if its based on Facebook friends
3. Only users who have used other running apps before were able to stop a run
4. Users who have read through the introduction of the app takes on average 20s less than users who have not read through the introduction when indicating an injury
5. Most users wanted to receive notification when an event is being edited, even though they have not accepted the request.
6. 5 times more clicks and 3 times the time taken is needed to use FoodAI food search instead of manual search, as users were unusual where foodAI is.

Possible changes:

1. Changed to pause
2. This feedback will be handed over to sponsors for further enhancement as Facebook requires validation and will be approved only if app is posted in app store
3. Toast message shown while stopping a run
4. Have another indicate injury icon at the workout page to redirect injured users
5. Allow users to receive notifications when event is edited, regardless whether status is accepted.
6. Label the icons to ensure users are sure

Goal #3: Indicate injury feature is unique and provides motivation	
Overall Mean	8.433333333
% of user rated 7/10 or more	86.66666667

**Interpretation:**

Overall This shows that the users found the indicate injury feature unique and useful in providing motivating and effective results for their healthy and active lifestyle.