

User Testing 2 Study Task Instructions

If you have any difficulties during the testing, please feel free to ask the test facilitator for assistance. **Note: This is not a test on your abilities! You are free to discontinue the testing at any point.**

While doing the test, whether or not you have used such mobile apps before, please imagine yourself in the perspective of using a real mobile fitness app (e.g. follow the workout routine), as part of your daily lives.

Task 1: Register as a new user and login.

Task 2: Explore the Settings page (Edit Profile / Change Weight Loss Settings, etc..). Try changing your password, or edit your profile.

Task 3: Add a friend (any test facilitator's account). Exit the app and wait for the test facilitator to accept your request.

Task 4: Add 2 food entries you wish to consume into your diary via FoodAI and the Search function separately. Check your food diary and also the amount of calories consumed for the day.

Imagine that your goal now is to lose weight. However, you do not know what workout to do.
Task 5: Explore the list of static workouts and take note of the exercises available.

After viewing the workouts listed, you wish to proceed with the workout, however your knee is currently injured and some of the workout suggested may not be recommended.

Task 6: After indicating your injury, proceed with the workout that will not affect your injury.

Task 7: Proceed to start a run and complete it (you can choose to walk around campus green, or simulate the run session by walking 2 rounds around the specified test location of the day). Review the information displayed after your run session has ended.

To see your progress, you would have to keep track of your daily and weekly activities and calories intake, to derive the surplus/deficit of your plan.

Task 8 (Analytical): Calculate/find the calories left for today and this week's progress (calorie count, deficit/surplus) from the Analytical Homepage.

Task 9 (Social): Review and explore the Social Homepage.

Task 10: Note down any information displayed on the Homepage which motivates you to workout further.

Task 11: Schedule an event of your desired type (Run / Workout), and invite any of the friends inside the Friend List.

END OF TASK INSTRUCTIONS