

# USER EXPERIENCE DESIGN (UXD) –SADDIQ ABDUL QADIR



[Get Running App](#)

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## 1. Introduction

Jogging comes with a lot of benefits such as strengthening muscles, improving cardiovascular and helping maintain a healthy weight (Better Health Channel, 2022). Jogging can also reduce someone's stress and improve their lifestyle (Harvard Health Publishing, 2020). Through an ideal amount of market research, this report will outline a user experience design solution to a user experience problem in information technology. Clearly understanding the users of the application and the user group using various methods and techniques, a user experience design solution was arrived called GetRunning to solve an IT problem. A System Usability Scale (SUS) Evaluation and a Heuristic was conducted on the GetRunning solution analyzing the user's user experience resulting in a successful solution to the problem identified.

## 2. Summarized Problem and Solution

The first step in making a solution is to identify the problem. To solve a problem, you must identify the problem, determine the cause of the problem; identifying; prioritizing, and selecting alternatives for a solution; and implementing a solution (ASQ, 2019). Albert Einstein once said, "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about solution" (Goodreads.com, 2019). This shows the importance of fully understanding the problem. With the use of market research done previously through secondary market research using two existing companies known as Stride and RunKeeper, primary research clarity was found on the existing issues and what can be done to resolve these issues was brought to light.

## 3. Summarized Problem

In society today, most people don't value jogging and those who value jogging and do jog aren't consistent due to lack of discipline, motivation etc. There are good mobile applications used worldwide to help encourage persons to jog and keep them motivated etc but there are few that target unmotivated persons and beginners specifically. The use of a mobile application that specifically targets unmotivated persons and beginners will increase the number of persons that jog in the long run. This will also help persons who take the initiative and start jogging to improve their health in general, reduce stress and live a better and healthier life.

### 3.1. Summarized Solution

Through market research and the analyzation of existing jogging/running applications and features, the objective is to develop an application to help persons who want to start juggling or are struggling to remain motivated, disciplined, and consistent and make jogging in overall more fun and enjoyable. From a survey conducted previously, it was analysed, and the results helped outline what most users would want. GetRunning application will allow the following:

- Ability to receive daily motivational quotes and reminders.
- Ability to select guided runs with audio feedback.
- Ability to Play music within the app.
- Ability to socialize and connect with friends
- Ability to keep track of their runs and store all their statistics. User must also be able to track almost every metric a runner would want such as pace, elevation change, time, and distance
- Ability to select personalized coaching plans to help users grow at their pace.
- Ability to set goals
- Ability to be rewarded with badges and trophies when users reach milestones to let them celebrate many achievements on the way.
- Ability to view Leader boards to enable users to compete with friends and other users.

- Ability to be cheered by their friends with in-run cheers.
- Ability to share runs with anyone.

### 3.2. Target User Groups

#### 3.2.1. Primary Target Group

- Persons who find it difficult to start jogging/running
- Persons who do jog but lacks motivation and discipline to jog consistently

#### 3.2.2. Secondary Target Group

- Personal trainers
- Fitness coaches and instructors

### 3.3. Summarized Personas, Scenarios and Use Cases

#### Summarized Persona 1: Jason Persad

Jason is a 34-year-old male that lives in Trinidad. Jason is a teacher and a recreational runner who thinks most apps are good at keeping track of runner’s progress but fails when it comes to motivating users to keep moving forward.

#### Summarized Persona 2: Samantha Ali

Samantha is a 20-year-old female that lives in Trinidad. Samantha is a university student and wants to start jogging but do not have the confidence and inspiration to begin. She wishes there was an app to help her socialize with persons and give her the support and inspiration she needs to begin jogging.

#### Summarized Scenario 1: Jason Persad

Jason is an active person who loves jogging/running. When Jason is running, he uses a fitness smart watch to track his activity and results. After Jason finishes his activity, he usually writes his activity results in a book and compare it to the previous activity results. Jason would like to be able to use a single mobile device to record and keep track of his activity metrics and results. Jason would also love to post his activities done so he can compare his activities to his friends which will motivate him and his friends to meet their goals.

#### Summarized Scenario 2: Samantha Ali

Samantha gets home after a long day at university. Samantha suffers from stress, anxiety, and health issues so, she would love to start jogging/walking but doesn’t know where to start. She lacks confidence, inspiration, and support to start jogging/walking. Samantha wishes there was a simple application she could’ve use that offers support such as guided run and coaching plans. She also would love to socialize and chat with other persons to make her experience more enjoyable. She also loves music.

Use Case 1	Viewing recent activity (Jason Persad)
Basis Flow	<ol style="list-style-type: none"> <li>1. User is logged into application</li> <li>2. User is directed to the home screen</li> <li>3. User clicks on the activity button to the top of the home page</li> <li>4. User can then select if he/she wants to see his past week, month, or year activity by clicking the W, M, or Y button</li> </ol>

	<ol style="list-style-type: none"> <li>5. User can also view their activity since joining the app by clicking the All button</li> <li>6. User can then use the left icon to the top of the screen to go back to the home screen</li> </ol>
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Table 1: Displaying Use Case 1 - View Recent Activity

Use Case 2	Sign Up (Samantha Ali)
Basic Flow	<ol style="list-style-type: none"> <li>1. User downloads application on play store or app store</li> <li>2. User opens app and clicks Get Started button</li> <li>3. User is then directed to the Sign-Up screen</li> <li>4. User is then prompted to enter his/her email and password</li> <li>5. User then clicks the Sign-up button</li> <li>6. Once the user email and password are valid the user receives an email to confirm their email</li> <li>7. User is then directed to the home screen</li> </ol>

Table 2: Displaying Use Case 2 - Sign Up

## 4. Prototype Systems Development

### 4.1. Key Frames

#### Sign Up

When the user opens the GetRunning application a welcome screen will be displayed with an option to **Get Started** and an option to **login**. If the user selects the **Get Started button** he will be directed to this screen (**Sign Up Screen**).

To sign up the user must enter a valid **email address** and **password** following the given instructions and then click the **Sign Up button**.

As an authentication step a code will be sent to the user email address to confirm its their email address. Once the email address is confirmed the user will be directed to the login page.

By clicking the **Sign Up button** the user will be agreeing with the Get Running terms of service and privacy policy.

The user can also return to the welcome screen by clicking the **left arrow icon** to the top left of the Sign Up screen.

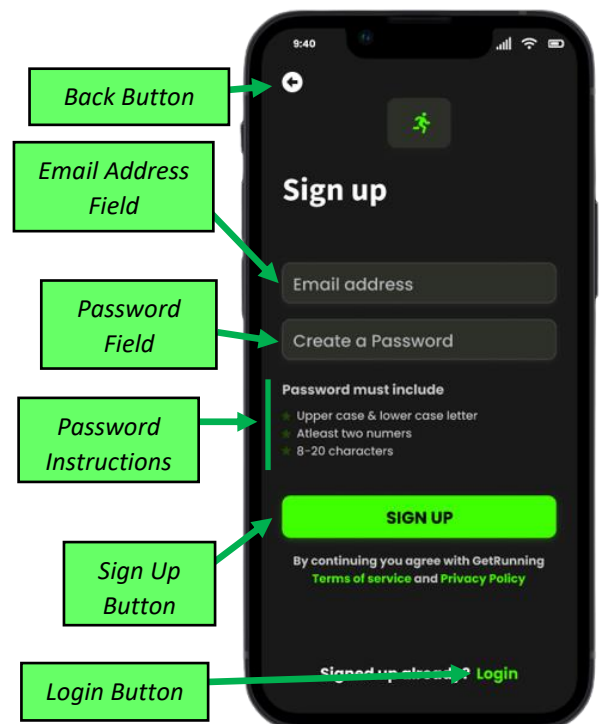


Figure 1: Sign Up Screen

## Login

When the user opens the GetRunning application a welcome screen will be displayed with an option to **Get Started** and an option to **Login**. If the user selects the **Login button** the user will be directed to this screen (**Login Screen**).

To sign up the user must enter a valid **Email Address** and **Password** then click the Login Button, once they email and password is valid the user will be directed to the Home Screen. If the email or password is invalid an error message will be displayed and the user will have to try again.

The user also has the option to login in using their **apple or google** accounts.

If they user forget his/her password their can select the **Forgot Password Button**, then an email will be sent with a link to change their password.

The user can also return to the welcome screen by clicking the **Left Arrow Icon** to the top left of the login screen.

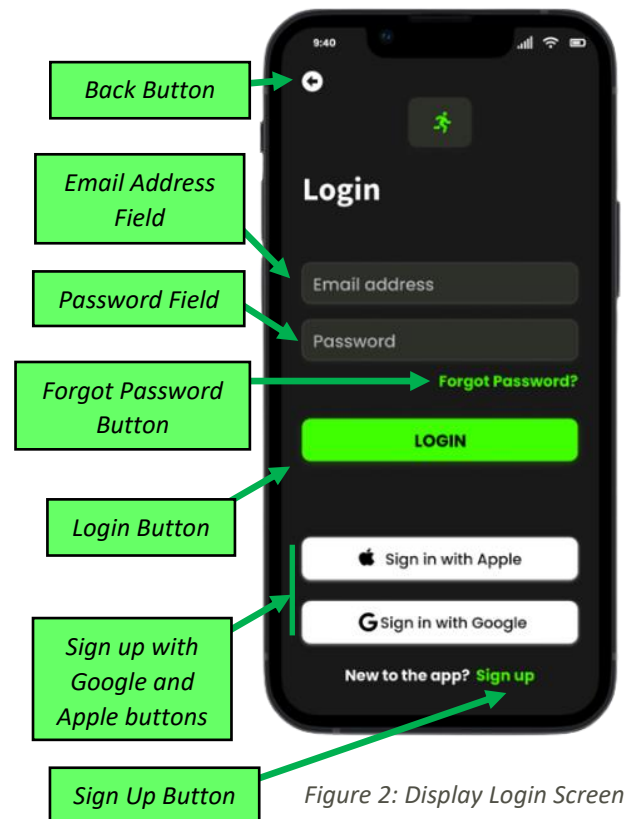


Figure 2: Display Login Screen

## Home Page

The home screen will be presented to the user assuming the user successfully logs in. Users can also access the Home Page by selecting the home button on the navigation. The user will have a vast number of features to select from such as:

Viewing the **summary of results** vs their goals.

Navigating to the **quotes screen** where he/she can view motivational and inspirational quotes.

View the **leaderboard** by clicking the leaderboard icon to see who has covered the most ground.

Select a **guided run** or a **coaching plan** depending on their fitness level.

Go the **friend's screen** by clicking the **friends icon** to interact with other users or coaches and fitness trainers.

The user can also go to the **activity screen** to view the past activity by clicking the activity button.

The user can also start a run by clicking on the **run icon**.

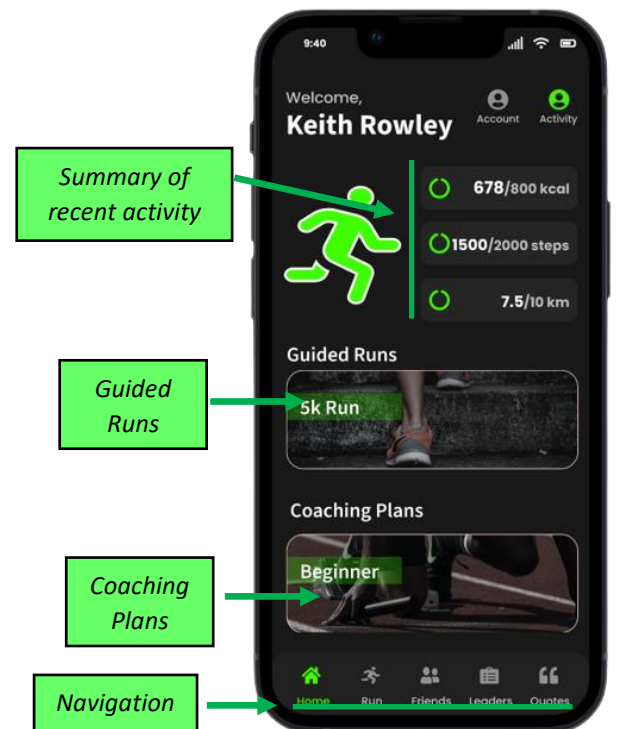


Figure 3: Displaying Home Screen

## Start Running

The start running screen will be presented to the user when the user clicks on the running icon on the navigation. The user will have the various features to use such as:

The ability to play music from within the app by clicking on the **music button** and selecting songs from the music library.

The user can also click the **lock button** to lock the screen, so he/she doesn't pause or stop the run by mistake while running.

The user also has ability to view his/her **running metrics** such as distance, time and calories burned.

The user can also see his/her current location on the **map** to the top of the screen providing his/her location is on.



Figure 4: Displaying Start Running Screen

## Socialize

The socialize screen will be presented to the user when he/she clicks on the **Friends button**. The user will have the various features to use such as:

The ability to search for other users and **friends** who also uses the app and interact with them.

The user can also click the **Trainers/Coaches** button and reach out to them for advice etc.

The user also can see when last, they're friends were active.

The user can also return to the home screen by clicking the **Left Arrow Icon** to the top left of the socialize screen.

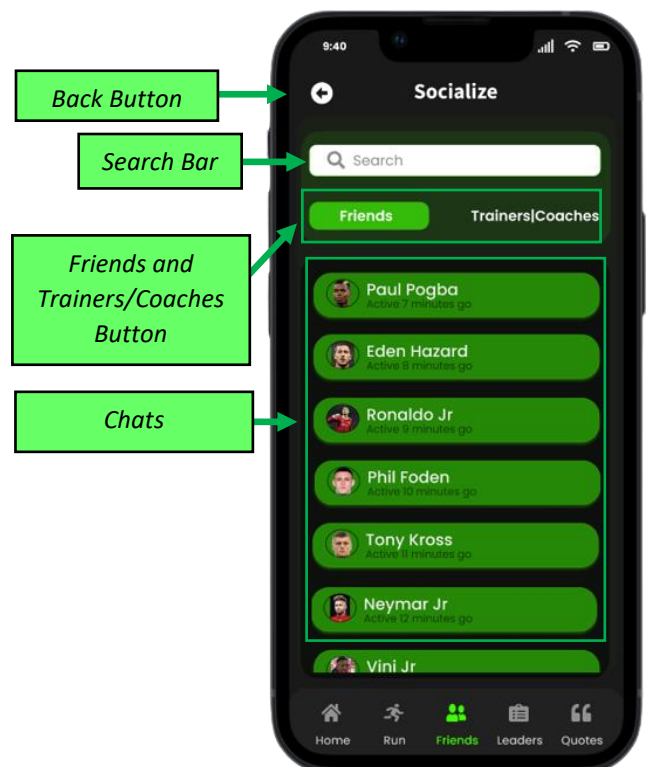


Figure 5: Displaying Socialize Screen

### Motivation and Inspiration

The motivation and inspiration interface will be presented to the user when he/she clicks on the **Quotes** icon. The user will have the various features to use such as:

The ability to **search** for quotes using the **search bar**

The ability to view popular **quotes** or **new** quotes by click the new button.

The user can also **like, comment, and share** quotes and see their counts.

The user also could **bookmark a quote** and the click the **bookmark icon** next to the search bar to view all the bookmarked quotes

The user can also return to the home screen by clicking the **Left Arrow Icon** to the top left of the quotes screen.

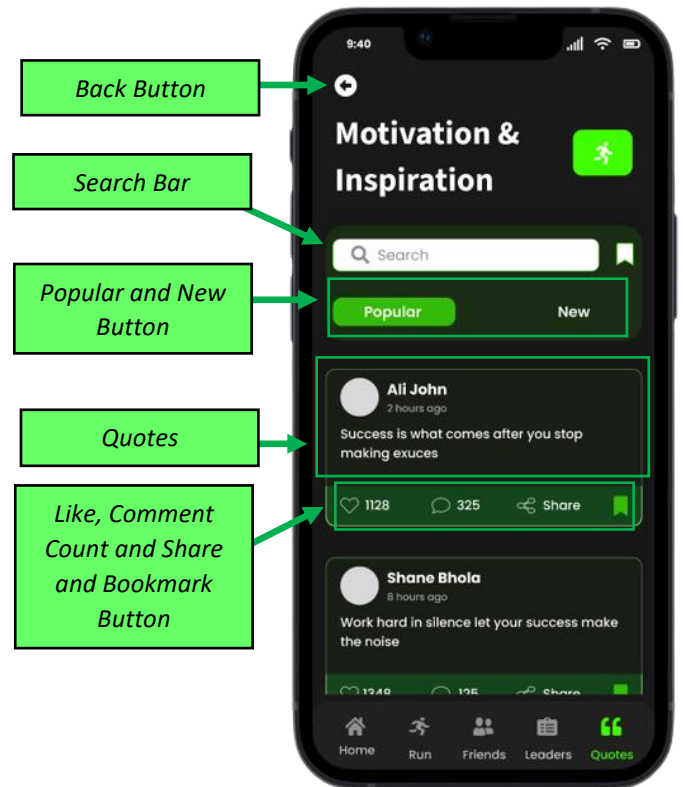


Figure 6: Displaying Motivation and Inspiration Screen

### Leaderboard

The leaderboard screen will be presented to the user when he/she clicks on the **Leaders** icon. The user will have the various features to use such as:

The ability to see who have covered the most ground for that specific **day, month, or all-time**.

The user can also see who the leaders are, their names and the distance their covered.

The user also can see the leaders from among **everyone** using the app or the leaders from his/her **friend list** only by clicking the **friends button**.

The user can also return to the home screen by clicking the **Left Arrow Icon** to the top left of the leaderboard screen.

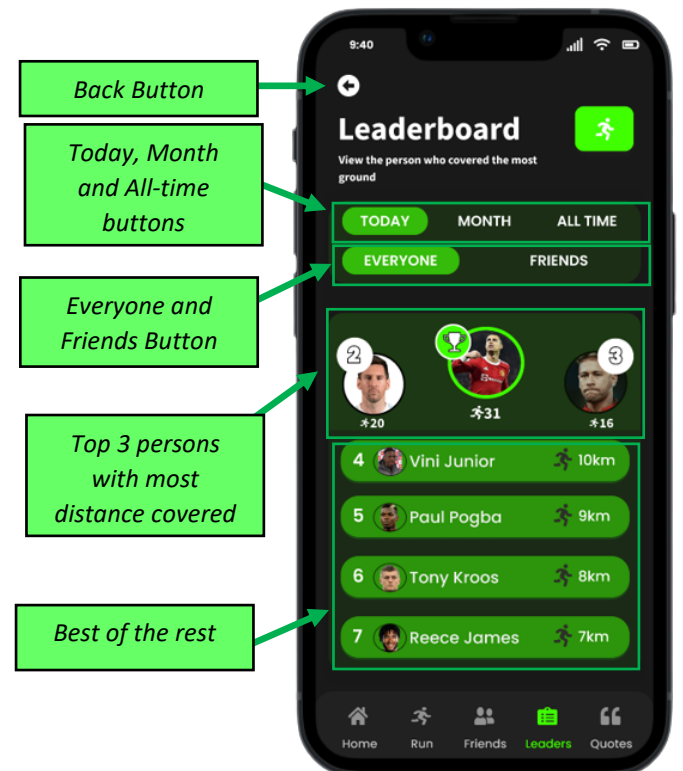


Figure 7: Displaying Leader board Screen



## Activity

The activity interface will be presented to the user when he/she clicks on the **activity icon**. The user will have the various features to use such as:

Ability to view a **summary of all the activity** done over the past week. The summary includes a graph showing the number of kilometers cover daily, the average pace and time of all the user runs done within the past week. Additionally, the user can see the number of runs their ran over the past week.

The user can also view a summary of all his/her activity done over the past month, year, or all (all activity done since the user began using the app)

The user also can scroll done to see a list of each run within the past week, month, year, or all his/her runs based on which option their select.

The user can also return to the home screen by clicking the **Left Arrow Icon** to the top left of the activity screen.

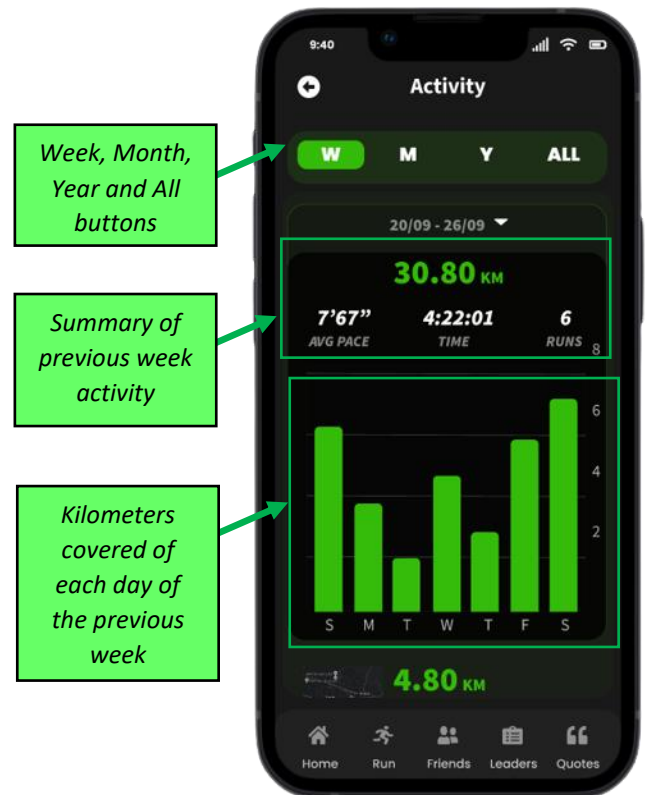


Figure 8: Displaying Activity Screen

## 5. System Evaluation Resolution

### 5.1. Heuristic Evaluation

A heuristic strategy is a method of discovery or problem solving that use general principles or rules of thumb rather than fixed laws. It is a guided investigation of an issue or research. A heuristic evaluation is a technique for examining and assessing the usability of a website or product as it relates to UX and product design. It may also be referred to as an "expert review" or a "usability audit." One or more experts will assess a product's compliance with a set of criteria to determine its usability. For each heuristic analysis, they frequently use a scorecard or numeric-based scoring (weighted to the influence on usability). Heuristic evaluations are effective in early stages of design and development, as well as in smaller organizations that may lack the budget or resources to support a robust user-testing program but still need to validate design decisions and ensure a good user experience (Heuristic Evaluation & Analysis in UX Design | Adobe XD Ideas, 2022).

#### Benefits:

- Heuristic evaluations can assist in identifying issues with specific components or sections of a product that negatively impact usability.
- They provide advice from experts and might be useful in spotting usability issues early in the design or development process.

#### Drawbacks:

- Heuristic evaluations are heavily reliant on the heuristics that are defined or selected. You may receive biased results if they are misunderstood.
- They are predicated on widely accepted notions of what constitutes usefulness. The audience or the product may however alter this. Uncertain experts could make assumptions that end up giving false information.

Heuristic	Evaluation (Features, Layouts, Colours) Guide
Visibility of system status	How well the state of the system is conveyed to the users? <ul style="list-style-type: none"> <li>• Thank you messages</li> <li>• Progress bar</li> <li>• Loaders</li> <li>• Spinners</li> </ul>
Match between system and the real world	Does the system speak the user’s language rather than system-oriented jargons? <ul style="list-style-type: none"> <li>• Familiar words, concepts, shapes, images (home icon, arrow icons)</li> </ul>
User control and freedom	Do users have ability to redo, make, undo on their action performed? <ul style="list-style-type: none"> <li>• Should not make users worried or sad. After all, who doesn’t love control and freedom over things?</li> <li>• Allow users to correct their mistakes (Cancel buttons)</li> <li>• Allow user to modify data</li> <li>• Allow user to like and unlike, save and unsaved</li> </ul>
Consistency and standards	Does the system puzzle the users by using different, situations, actions, designs, or words to derive the same meaning? <ul style="list-style-type: none"> <li>• Consistency and Standards are vital and they key value of any identity, brand, or product.</li> <li>• Similar colour, icon, and font styles</li> <li>• Consistent user interfaces</li> </ul>
Error prevention	Does the system prevent occurrence of errors that will make users make false decisions? <ul style="list-style-type: none"> <li>• Prevention of errors will always be better than a well-structured and designed error messages.</li> <li>• Ask the user to confirm they want to delete records before doing it (Confirmation message).</li> <li>• Give user tips to make a strong password</li> </ul>
Recognition rather than recall	<ul style="list-style-type: none"> <li>• Recognizing information familiar in memory, rather than related information from the memory.</li> <li>• Display recent actions (activity).</li> <li>• Provide clues to users</li> </ul>
Flexibility and efficiency of use	Is the system designed so anyone can use it including experienced and inexperienced users? <ul style="list-style-type: none"> <li>• Make use of shortcuts</li> <li>• Allow users to create a favourites</li> <li>• Provide info about recent activities</li> </ul>

Aesthetic and minimalist design	Does the system only provide relevant and required information? <ul style="list-style-type: none"> <li>Information can include images, designs, animations, and text</li> <li>Make use of white space</li> </ul>
Help users recognize, diagnose, and recover from errors	Does the system provide users with simple readable error messages & provide the solution on how to solve it? <ul style="list-style-type: none"> <li>Error messages</li> <li>Guided steps messages</li> </ul>
Help and documentation	Does the system provide users with help & documentation even if the system is well designed and is easy to use without any help? <ul style="list-style-type: none"> <li>Help centre</li> <li>Guide and tutorial page</li> <li>Contact page</li> </ul>

Table 3: Displaying 10 Heuristics

The evaluation was conducted via google forms where a questionnaire was created, and participants were asked to answer 10 questions with one of three responses that are yes, no, and not relevant:

	A	B	C	D	E	F	G	H	I	J	K
1	Timestamp	Visibility of system status. Does the state of the system convey well to it's users?	Match between system and the real world. Does the system speak the user's language rather than system-oriented jargons?	User control and freedom. Do users have ability to redo, make, undo on their action performed and cancel and go back when necessary?	Consistency and standards. Does the system have consistent user interface designs, colors, icons and font styles?	Error prevention. Does the system have good error prevention such as tips to make a strong password and confirmation messages?	Flexibility and efficiency of use. Does the system provide information about recent activity and make use of shortcuts?	Aesthetic and minimalist design. Does the system provide relevant and required information and have a clean and minimalist design?	Help users recognize, diagnose, and recover from errors. Does the system provide users with simple readable error messages & provide solutions on how to solve it?	Help and documentation . Does the system provide support with the use of a call center, tutorials, guides, contact page etc.?	Recognition rather than recall. Does the system display recent actions and provide clues to users?
2	9/14/2022 17:34:41	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3	9/14/2022 17:37:29	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	9/14/2022 17:37:53	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5	9/14/2022 17:38:32	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6	9/14/2022 17:38:52	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
7	9/14/2022 17:39:17	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8	9/14/2022 17:39:36	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9	9/14/2022 17:39:57	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10	9/14/2022 17:42:19	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No
11	9/14/2022 17:43:29	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No
12		Yes = 100%	Yes = 100%	Yes = 100%	Yes = 100%	Yes = 100%	Yes = 80%	Yes = 100%	Yes = 80%	Yes = 100%	Yes = 80%
13		No = 0%	No = 0%	No = 0%	No = 0%	No = 0%	No = 20%	No = 0%	No = 20%	No = 0%	No = 20%
14		Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%	Not relevant = 0%

Figure 9: Displaying Heuristic Evaluation Results

Ultimately, the overall success rate is calculated getting the percentage of users who voted for yes. We can conclude from the heuristic evaluation results that the user saw and understood what they needed to do. As a result, high scores are generated, which contribute to an overall successful evaluation. Some areas where can be improved are flexibility and efficiency of use and helping users recognize, diagnose and recover from errors.

### 5.2. System Usability Scale (SUS) Evaluation

The System Usability Scale (SUS) is an easy and reliable tool for measuring usability. Originally created by John Brooke in 1986, the system usability scale allows you to evaluate a wide variety of services and products including websites, user experience designs and applications (Affairs, 2022).

The evaluation was conducted via a google form where a questionnaire was created, and participants were asked to answer 10 questions with one of five responses that range from Strongly agree to Strongly Disagree:

- I think that I would like to use this system frequently.
- I found the system unnecessarily complex.

3. I thought the system was easy to use.
4. I think that I would need the support of a technical person to be able to use this system.
5. I found the various functions in this system were well integrated.
6. I thought there was too much inconsistency in this system.
7. I would imagine that most people would learn to use this system very quickly.
8. I found the system very cumbersome to use.
9. I felt very confident using the system.
10. I needed to learn a lot of things before I could get going with this system.

The response scale for each question is a 5-point Likert agreement scale:

Strong agree	Agree	Neutral	Disagree	Strongly Disagree
5	4	3	2	1

Table 4: Displaying 5-Point Likert Scale

Timestamp	I think that I would like to use this system frequently	I found the system unnecessarily complex.	I thought the system was easy to use.	I think that I would need the support of a technical person to be able to use this system.	I found the various functions in this system were well integrated.	I thought there was too much inconsistency in this system.	I would imagine that most people would learn to use this system very quickly.	I found the system very cumbersome to use.	I felt very confident using the system.	I needed to learn a lot of things before I could get going with this system.	SUM	Odd Questions	Even Questions	SUS Score	
9/9/2022 7:42:53	5	2	5	1	5	1	4	1	4	1	29	23	6	92.5	
9/9/2022 7:43:51	5	1	5	1	4	1	5	3	4	1	30	23	7	90	
9/9/2022 7:45:06	5	2	4	1	5	1	5	3	5	1	32	24	8	90	
9/9/2022 7:46:11	3	1	5	1	4	1	5	1	5	1	27	22	5	92.5	
9/9/2022 7:47:05	5	1	5	2	4	1	5	1	5	1	30	24	6	95	
9/9/2022 7:48:13	5	1	5	3	5	1	5	1	5	1	32	25	7	95	
9/9/2022 7:49:10	5	1	5	1	5	1	5	1	5	1	30	25	5	100	
9/9/2022 7:50:03	5	3	5	1	5	1	5	1	5	3	34	25	9	90	
9/9/2022 7:50:54	5	3	5	1	5	1	3	1	5	2	31	23	8	87.5	
9/9/2022 7:51:43	5	1	5	1	3	1	4	1	5	1	27	22	5	92.5	
														AVERAGE	92.5

Figure 10: Displaying System Usability Scale Results

System Usability Scale score have a range of 0 to 100. To calculate the SUS score, firstly the score contribution for each item was summed. Each item score contribution ranged from 1 to 4.

- X = 25 was subtracted from the sum of items 2, 4, 6, 8 and 10.
- Y = For items 1, 3, 5, 7 and 9 the sum was calculated and 5 was subtracted from the sum.
- The sum of X and Y was then multiplied by 2.5 to obtain the average System Usability score (Brooke, John. 1995).

The average system scalability scale score is 68 which simply means a score of 68 will place you at the 50<sup>th</sup> percentile. Below is a table displaying the guidelines on the interpretation of system usability scale scores:

<b>SUS Score</b>	80.3>	68 – 80.3	68	51-68	<51
<b>Grade</b>	A	B	C	D	F
<b>Adjective Rating</b>	Excellent	Good	Okay	Poor	Awful

Table 5: Displaying guidelines of the system usability scale scores

An average score of 92.5 was obtained from the system usability scale survey which is an excellent score and shows that the users were satisfied. When asked if the system was eased to use 90% of the participants select strongly agree while 10% selected agree which shows the system functionality is great. Although good usability and functionality doesn't guarantee market success, if a system interface is easy to use it can partially tap into emotional design and may lead to users falling in love with the system (What is Ease of Use? 2022). Additionally, all the participant's gave positive feedback when asked if they would use the system frequently and if they felt very confident using the system

this indicates that the system is useful and users are satisfied (System Usability Scale (SUS) Explained, 2022). Given that they system achieve a SUS score of 92.5 this is definitely an imposing indication that the application is on the road to potential success.

## **6. Conclusion**

In conclusion, throughout the research conducted to identify an UX problem for IT, it was noted that most jogging applications in Trinidad and Tobago can be improved on in various ways. GetRunning was proposed as a UX design solution for this problem. This application will help solve these issues and inefficiencies by implementing appropriate features and as a result help persons who want to start jugging or are struggling to remain motivated, disciplined, and consistent and make jogging in overall more fun and enjoyable. A prototype was created using the Figma software and a Heuristic and System Usability Scale evaluation were conducted. The targeted users' responses were as expected, allowing the development plan to proceed as all of the requirements of the users' needs were met, resulting in a simple and efficient mobile jogging application UXD solution.

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Link to Figma Prototype

<https://www.figma.com/proto/AUDvcZI5LnSVHI1OJy7b4s/Untitled?page-id=0%3A1&node-id=2%3A2&viewport=331%2C202%2C0.19&scaling=scale-down&starting-point-node-id=2%3A2>

Medium. 2022. System Usability Scale (SUS) Explained. [online] Available at: <https://bootcamp.uxdesign.cc/system-usability-scale-explained-5f98dcf4a740> [Accessed 9 September 2022].

The Interaction Design Foundation. 2022. What is Ease of Use?. [online] Available at: <https://www.interaction-design.org/literature/topics/ease-of-use> [Accessed 9 September 2022].

## 8. Appendix

### Heuristic Evaluation Questionnaire



Table 6: Displaying 10 Heuristics Guidelines/References Questions and Answers

**System Usability Scale Evaluation Questionnaire**

<p>I think that I would like to use this system frequently. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>	<p>I found the system unnecessarily complex. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>
<p>I thought the system was easy to use. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>	<p>I think that I would need the support of a technical person to be able to use this system. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>
<p>I found the various functions in this system were well integrated. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>	<p>I thought there was too much inconsistency in this system. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>
<p>I would imagine that most people would learn to use this system very quickly. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>	<p>I found the system very cumbersome to use. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>
<p>I felt very confident using the system. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>	<p>I needed to learn a lot of things before I could get going with this system. 10 responses</p>  <ul style="list-style-type: none"> <li>● Strongly Agree</li> <li>● Agree</li> <li>● Neutral</li> <li>● Disagree</li> <li>● Strongly Disagree</li> </ul>

Table 7: Displaying 10 SUS System Usability Scale Questions and Answers



Screens

<p><b>Welcome Screen</b></p>	<p><b>Login Screen</b></p>	<p><b>Sign Up Screen</b></p>

Table 8: Displaying Welcome, Login and Home Screens

<p><b>Home Screen</b></p>	<p><b>Running Screen</b></p>	<p><b>Start Running Screen</b></p>

Table 9: Displaying Home, Running and Start Running Screen

<p>Pause Run Screen</p>	<p>Completed Run Screen</p>	<p>Share Run Screen</p>

Table 10: Displaying Pause Run, Completed Run and Share Run Screens

<p>Motivation and Inspiration Screen</p>	<p>Leader board Screen</p>	<p>Socialize Screen</p>

Table 11: Displaying Motivation and Inspiration, Leader board and Socialize Screens


		
<b>Activity</b>		

Table 12: Table Displaying Activity Screen

**User Personas**


	Name – Jason Persad
	Age – 34
	Living – Trinidad
	Gender – Male
	Occupation – Teacher
<p>Background – Jason is a recreational runner who thinks most apps are good at keeping track of runner’s progress but fails when it comes to motivating users to keep moving forward. In addition, Jason also loves to play football and tennis. Jason considers himself as an average recreational runner. Jason also loves to listen to music whiles running and doing any fitness activities. He values the health benefits that comes with jogging and exercising in general and always strives to be improve day by day. Jason also uses apps to track his running and thinks these apps are too confusing and difficult for recreational runners to use.</p>	

Table 13: User Persona 1


	Name – Samantha Ali
	Age – 20
	Living – Trinidad
	Gender – Female
	Occupation – University Student
<p>Background – Samantha is currently pursuing a bachelor’s in computer science. She doesn’t partake in any physical activities, but she realizes that she’s starting to be affected with stress, anxiety and health issues. Samantha wants to start juggling on evenings but don’t have the confidence and inspiration to begin. She doesn’t have any friends to accompany her whiles juggling and wishes there was an app to help her socialize with persons and give her the support and inspiration needed to begin jogging on evenings.</p>	

Table 14: User Persona 2

## User Scenarios

### Persona: Jason Persad

**Scenario:** Jason is an active person who loves playing football and tennis as well as jogging/running. When Jason is running, he uses a fitness smart watch to track his activity and results. After Jason finishes his activity, he goes home and usually writes his activity results in a book and compare it to the previous activity results. Jason would like to be able to use a single device to record and keep track of his activity metrics and results. Jason would also love to post his activities done. This would allow him to compare his activities to his friends and will motivate him and his friends to meet their goals. Additionally, Jason and his friends would usually compare their results manually. They would love if they could have compared their results using a single application on any device.

### Persona: Samantha Ali

**Scenario:** Samantha gets home after a long day at university. Samantha suffers from stress, anxiety, and health issues so, she would love to start jogging/walking but doesn’t know where to start. She lacks confidence, inspiration, and support to start jogging/walking. Samantha wishes there was a simple application she could’ve use that offers support such as guided run and coaching plans. She also would love to socialize and chat with other persons to make her experience more enjoyable. She also loves music.