STRENGTH CIRCLES

**THESIS DEFENCE
STRENGTH CIRCLES
APP**

**USER TESTING
TEMPLATE**

Date:

INTRODUCTION

Do you remember your first day at the gym? Felt lost and overwhelmed? Starting at the gym can be overwhelming, especially when you're new and unsure where to begin. With limited experience and knowledge, navigating the sea of equipment among unknown, experienced individuals might leave you feeling lost and intimidated. You become familiar with a few faces and want to connect, but the gym is an awkward place. Everyone is on headphones with a serious face, pushing their limits. Maybe they're lost like you as well.

You'd like to interact with someone, whether it's to learn how to do an exercise, ask for a spot, join what they are doing, correct their form, or just to say hi because they look cute. But you still wonder if they're open to conversation or working out together. Enter Strength Circles, an app designed to help you swipe and connect with your fellow gym members. Text, share schedules, and plan workouts together while checking the crowd at the gym to find the perfect time.

Learn, push limits, and boost your confidence with the right kind of workout buddy. This app empowers you to seek help, ensuring you're never alone. It dismantles any uncertainty about others' willingness to interact. Join Strength Circles to build gym friendships, exchange guidance, and achieve your fitness goals together.
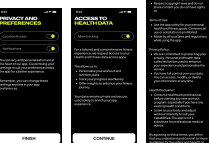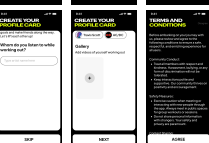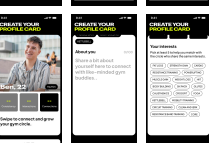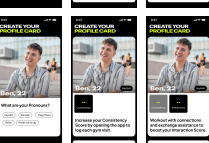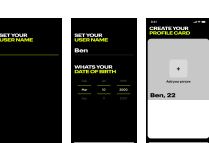
LOGIN AND ONBOARDING

Task 1: Tell me what do you understand from each screens of the onboarding process.
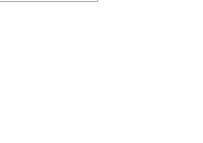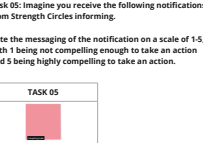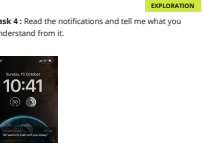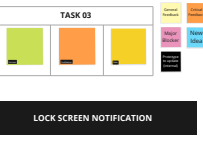
Tell me what you think the app can do ?

TASK 01
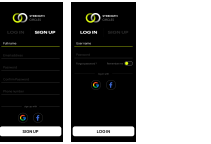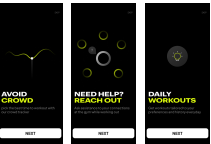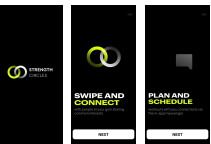
CREATING PROFILE

Task 2 : Create a profile for you in the app
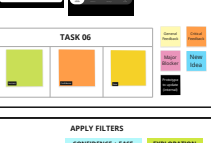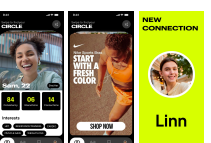
TASK 02

SELECT GYM

Task 3 : Elaborate what do you understand from the screen.
What do you think is the **function of this screen?**
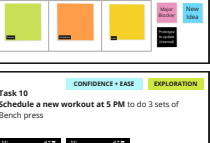Try to **select a gym.**

TASK 03

LOCK SCREEN NOTIFICATION

Task 4 : Read the notifications and tell me what you understand from it.

TASK 04

Task 05: Imagine you receive the following notifications from Strength Circles informing.

Rate the messaging of the notification on a scale of 1-5, with 1 being not compelling enough to take an action and 5 being highly compelling to take an action.
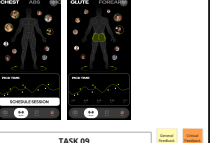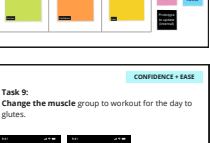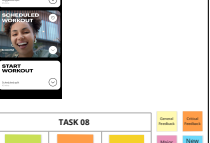
TASK 05

CONNECT

FIND A CONNECTION

Task 6 :
You want to **swipe among people at your gym**

NEW CONNECTION

Linn

TASK 06

APPLY FILTERS

Task 7 :
You want to swipe among women who like to train glutes. Go ahead and **set a filter.**

TASK 07

WORKOUT

Task 8:
According to the app, **What muscle emphasised workout are you doing** for the day?

TASK 08

Task 9:
Change the muscle group to workout for the day to glutes.

TASK 09

Task 10
Schedule a new workout at 5 PM to do 3 sets of Bench press

TASK 10

Task 11
Imagine you have pre scheduled a workout. Start the workout to log it. Start the scheduled workout to log it. Think out loud what the buttons would mean. Ask for assistance.

TASK 11

Task 12
Imagine you have a scheduled workout with a connection. **Start the workout and log it.** Think out loud what the buttons would mean.
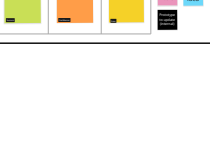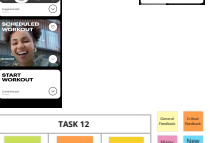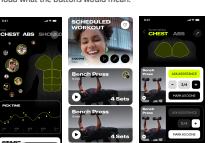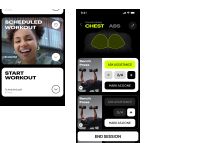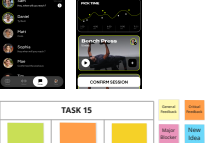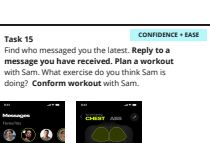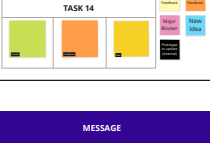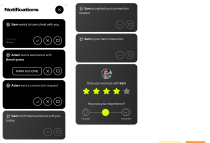
TASK 12

Task 13
Check **how many connections** are at the gym at 5 PM and **request a workout** with one of them.
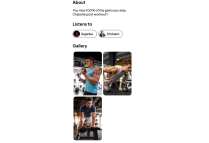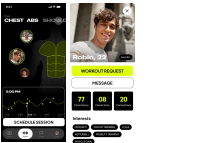
TASK 13

NOTIFICATION

Task 14
Check your notifications. What do you each notification is about?

TASK 14

MESSAGE

Task 15
Find who messaged you the latest. **Reply to a message you have received. Plan a workout** with Sam. What exercise do you think Sam is doing? **Conform workout** with Sam.

TASK 15

PROFILE

TASK 16
Go to your profile card.
According to the app, Whats your **Consistency score?** Number of interactions you have had.
How many connections do you have?
Go ahead and remove one of your connections

TASK 16

TASK 17
Go to the settings of the app.

TASK 17
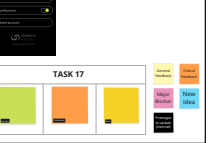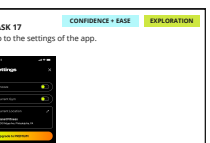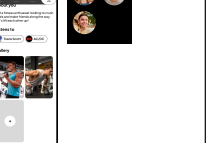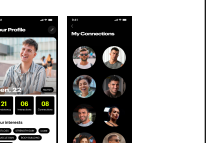
CLOSING QUESTIONS

SHARE EXPERIENCE

QUESTIONS:

1. On a scale of 1-10 how easy do you think the app was to use ?
2. On a scale of 1-10, How likely would you be recommending this application to your friends? (NPS Score)?
3. Will you attain gratification by using the application?
4. Do you think this app will boost your gym attendance by providing possible group schedules with your connections? On a scale of 1-10, How effective do you think the app will be?
5. How likely are you to use Strength Circles from a scale of 0-10, 0 being extremely unlikely, 10 being extremely likely? Can you tell me why?

FINAL THOUGHTS

Thank you for being a part of this study. Your insights will be helpful in iterating the app for peak performance.

Do you have any closing thoughts that would help me with my design process of this application?