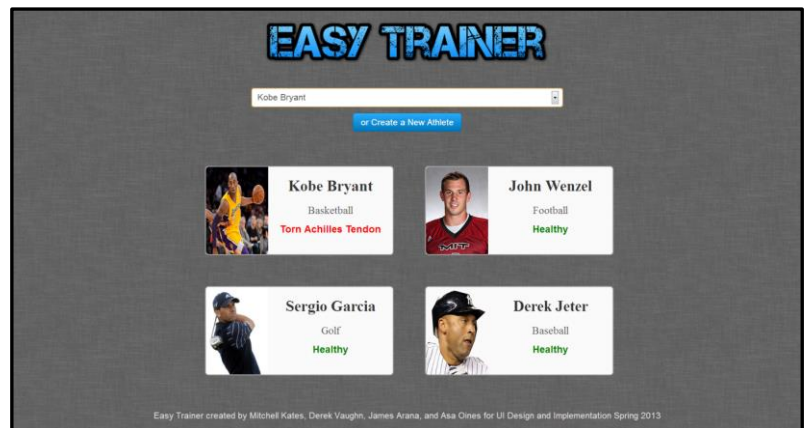


Heuristic Evaluation: Easy Trainer

I did not collaborate with any peers on this assignment.

I will list the issues and positive comments I have for each page below a screenshot of it and a short indication as to what page it is. This evaluation starts on the homepage.



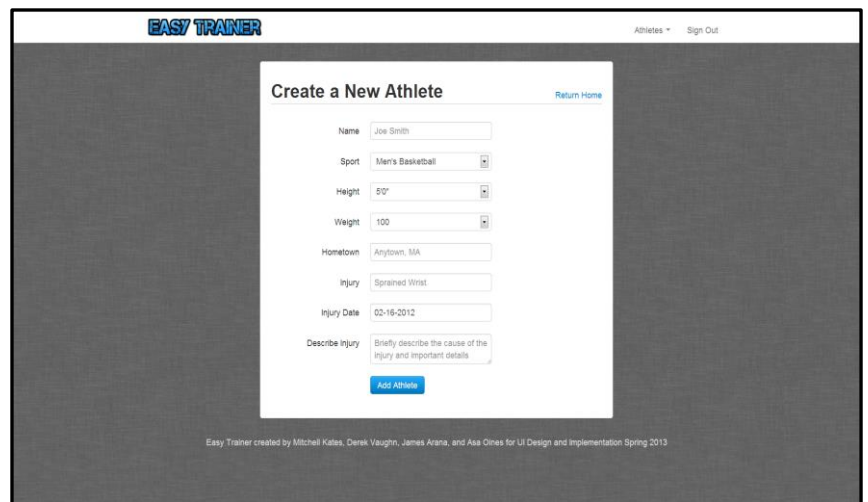
1. **Major** – User control and freedom – The user is forced to search through a list of created athletes (could be very long) or create a new athlete. While this screen has good simplicity of design, a navigation bar with your home logo and buttons to browse, create new athlete, sign in, sign up, and, once signed in, a button to navigate to your own profile/workout schedule would be beneficial and provide much more freedom and control.
2. **Minor** – Flexibility and efficiency – The search bar should have user inputted search with auto-complete. The current dropdown menu will become very large when many athletes are put into your database in the future. This allows much greater efficiency, and if a browse page is added, filters by injury status, popularity, and sport played would also greatly improve user efficiency.
3. **Minor** – Aesthetic and minimalistic design – With the wide variety of image types even shown here (no alpha channel .png's, images with backgrounds, and images with white backgrounds) having some kind of border to distinguish the image from the clickable region would be beneficial. A demonstration of this issue is shown below.



This is an example of the issue between highlighting varieties of images. Making the images bordered and unhighlighted will give consistency throughout the page.

4. Cosmetic – Consistency and standards – Because there will be many professional and other athletes listed on your site, showing that the particular athletes that are “featured” because of their popularity or other metric, will help the users understand there are more athlete’s training programs to view. Other applications use this feature such as Google’s search engine and Facebook, and making this differentiation by simply adding a header that says “Featured Athletes/Easy Trainer Programs” could benefit the homepage.
5. Good – Aesthetic and minimalistic design – An appealing color scheme is generated along with a stylish, attractive logo makes the website enjoyable to view. While not using many elements, this homepage allows quick viewing of a particular athlete while hinting that the first thing you should do is view one of a number of previously created athletes or create your own. This leads the user into the direction of the bulk of the application which will allow them to quickly dive in, use, and understand Easy Trainer.

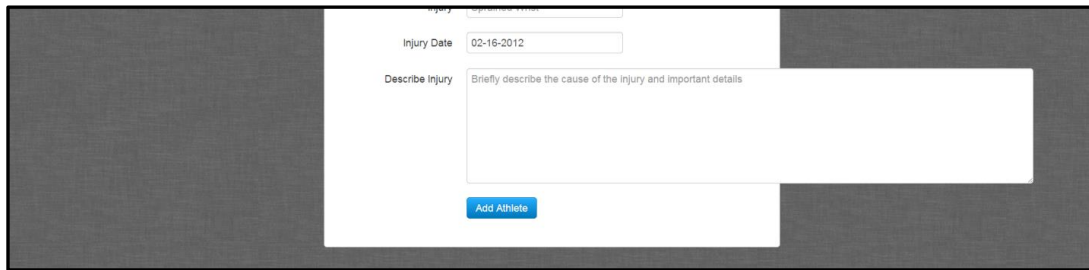
The next page I evaluate will be the sign up page.



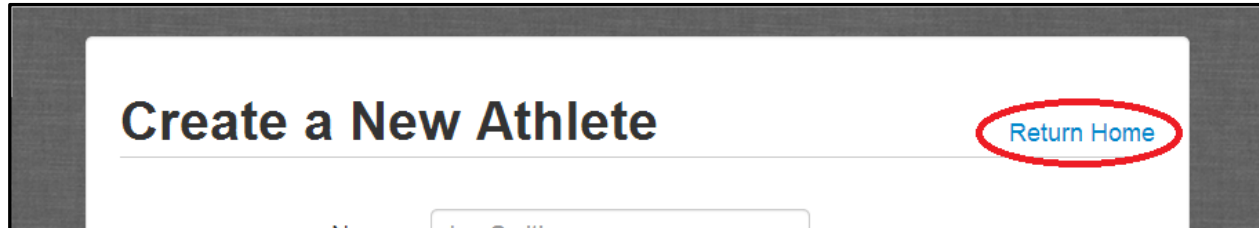
The screenshot shows a web application interface for 'EASY TRAINER'. At the top, there is a navigation bar with the logo 'EASY TRAINER' on the left and 'Athletes' and 'Sign Out' on the right. The main content area is a dark grey background with a white form titled 'Create a New Athlete' in the center. The form includes a 'Return Home' link in the top right corner. The form fields are: Name (text input with 'Joe Smith'), Sport (dropdown menu with 'Men's Basketball'), Height (text input with '5'0"'), Weight (text input with '100'), Hometown (text input with 'Anytown, MA'), Injury (text input with 'Sprained Wrist'), Injury Date (text input with '02-16-2012'), and Describe injury (text area with placeholder text 'Briefly describe the cause of the injury and important details'). A blue 'Add Athlete' button is at the bottom of the form. At the very bottom of the page, there is a small footer: 'Easy Trainer created by Mitchell Kales, Derek Vaughn, James Arana, and Asa Oles for UI Design and Implementation Spring 2013'.

6. Major – Aesthetics and minimalistic design – The navigation bar should be on the homepage as well (internal consistency), but the major issue is that it should be a dark color. This will be more aesthetically pleasing and will help differentiate it between the form on the page.
7. Major – User control and freedom – In this instance, the user is given too much freedom. The “Describe Injury” input box is freely sizable which provides flexibility for the user to view their input, but it is allowed to go outside of the containing form which looks sloppy as shown below. This should be default sized similarly to how it will be displayed on the training/profile page to provide the user with more

knowledge of how this information will appear before having to submit it and potentially reformat it is not aesthetically pleasing.

A screenshot of a web form titled "ADD ATHLETE". The form has a white background and is set against a dark grey background. It contains two main input fields: "Injury Date" with the value "02-16-2012" and "Describe Injury" with a large text area containing placeholder text "Briefly describe the cause of the injury and important details". Below the text area is a blue button labeled "Add Athlete".

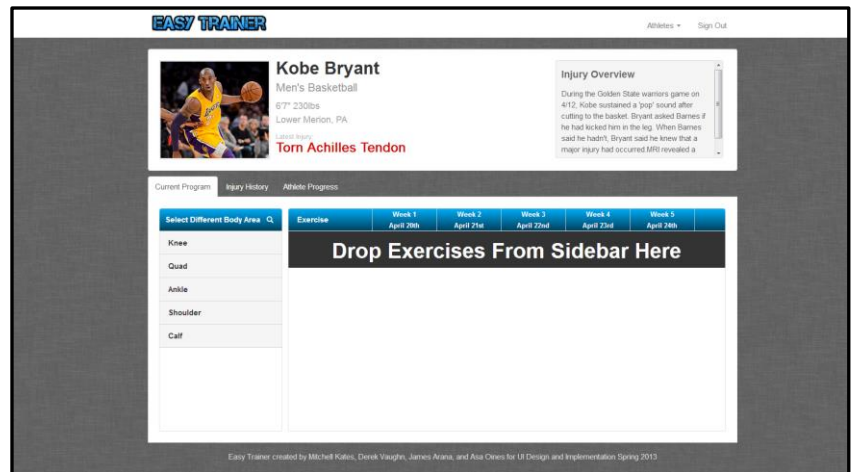
8. Major – Error Prevention – The “Injury Date” field is filled with a default date. While this field should be required, it should be filled with “ghost” example text with the desired date format, i.e. DD-MM-YYYY as the other fields are. If a user were to skip the field, they would submit their injury with an incorrect date and without any error message that this field is required or that they should fill in their injury date.
9. Minor – User control and freedom – While clicking the logo, “Easy Trainer”, does bring you back to the homepage, a “Home” button should be added to the navigation bar, and the “Return Home” link, shown below, should be removed. The user may not have navigated from the home page to this page, and does not provide appropriate breadcrumbs and is redundant with the logo and an added “Home” button to the navigation bar.

A screenshot of a web form titled "Create a New Athlete". The form has a white background and is set against a dark grey background. The title "Create a New Athlete" is in a large, bold, black font. Below the title is a horizontal line. To the right of the line is a blue button labeled "Return Home", which is circled in red. Below the line, there are two input fields for "Name" and "Last Name".

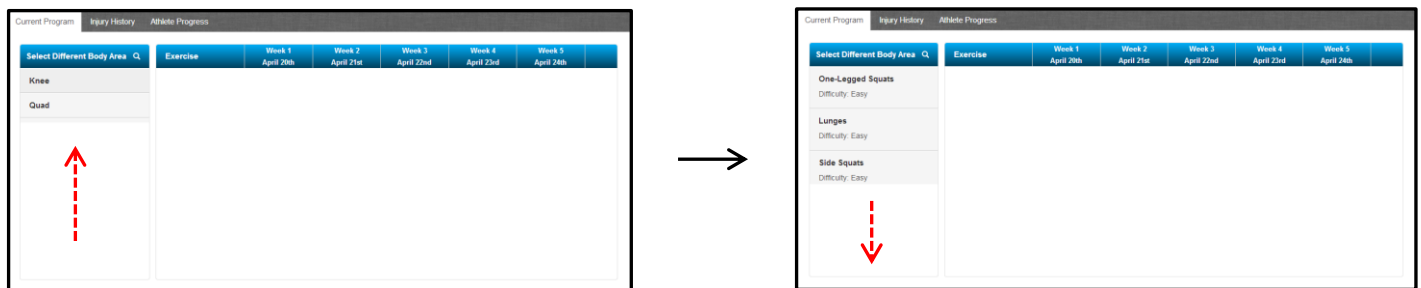
10. Cosmetic – Consistency and standards – The text at the top of the form indicates that you are creating a new athlete which connected to your profile by the dropdown list of “Athletes” on the navigation bar. The button at the bottom of the form indicates that you are going to “Add Athlete”. This tells the user the new athlete would be added to their list of athletes, but is not consistent with the form title of “Create a New Athlete”. The wording should be changed to “Create Athlete”. Each profile is also allowed to host an image to display the athlete, and this form should have an “Upload Photo” area that allows the user to choose a photo to use from their hard drive along with a preview thumbnail that displays the default avatar photo or the user uploaded photo.
11. Good – Error Prevention – In its current state, this form has “ghost” text in most of the fields that the user does not input with a dropdown box (also a good method for the fields this applies to). There are many ways to implement the backend database

that holds the athlete's data, and having this example text that gives the user a format to input their data in allows the database to easily parse the inputs and get the data in the correct format. User's will be greatly pleased with this, and is also consistent with many of the forms being created by newer websites and applications. Also, the overall design of the form such as spacing, placement of submit button, and sizing are very consistent with many other web applications.

The next page to be evaluated is the athlete/profile page.



12. Catastrophic – Aesthetics and minimalist design – When a new body area is selected all of the body areas swipe disappear upward, and the exercises swipe appear downwards when that animation is completed. This is rather slow and having the exercises swipe appear from the corresponding body area while keeping the rest of the body areas viewable is much more appropriate. This will allow the user to more easily browse multiple body areas, and will be more consistent with other applications. This issue is shown below.



13. Major – User control and freedom – While using vertically stacked body parts and corresponding exercises as content is appropriate here, once you select a body area to view the only way to navigate back to view them all is to click on “Select Different Body Area”. When changed to display one set of exercises and the rest of the body areas, this should be changed to say “Body Areas and Exercises”. This will hint that

they are clickable tabs and lead the user to explore multiple body parts to view the exercises. This would also be an unclickable object with the search icon removed. In its current state, it is not consistent with other applications nor does it display its functionality accurately as the search icon is generally associated with user inputted browsing. The affordance of an amount of safety is worth it for the efficiency and consistency gained from these changes on this page. The situation where a user accidentally clicks a body area rather than dragging an exercise is an easily remedied error while browsing here is frustrating in its current state.

14. **Major** – User control and freedom – When exercises are added to the training program, you are able to edit the number of sets and repetitions done for each exercise. Having this set to a default value is a good idea as users who are not athletic trainers should take a recommendation on these things for their own safety and depending on their injury (I am currently going through ACL tear rehabilitation and this will be very important for your users to edit), but the only way to edit them is to click on the particular exercise and edit the numbers individually in the box. There is a safety issue as well because the numbers become uneditable when the cursor leaves the exercises hit box. My proposed solution is to default any newly added exercise to have the edit boxes initially and a column for buttons to “Submit” the sets and reps numbers and an “Edit” box. The submit box would close the editing of these boxes by any means, and to edit previously entered exercises, a user would simply hit the edit button which would reopen editing each box for each exercise. This issue is shown below.

Select Different Body Area	Exercise	Week 1 April 20th	Week 2 April 21st	Week 3 April 22nd	Week 4 April 23rd	Week 5 April 24th	
Knee	Clean and Jerk	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Quad							
Ankle							
Shoulder							
Calf							

This shows the exercise added to the program, and the cursor is hovered over one of the exercises cells in the “Week 1 April 20th” column. The red circle represents the cursor’s location.

Select Different Body Area	Exercise	Week 1 April 20th	Week 2 April 21st	Week 3 April 22nd	Week 4 April 23rd	Week 5 April 24th	
Knee	Clean and Jerk	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Quad							
Ankle							
Shoulder							
Calf							

This is the display after left clicking where the pointer was in the previous screenshot. Both of these fields are editable.

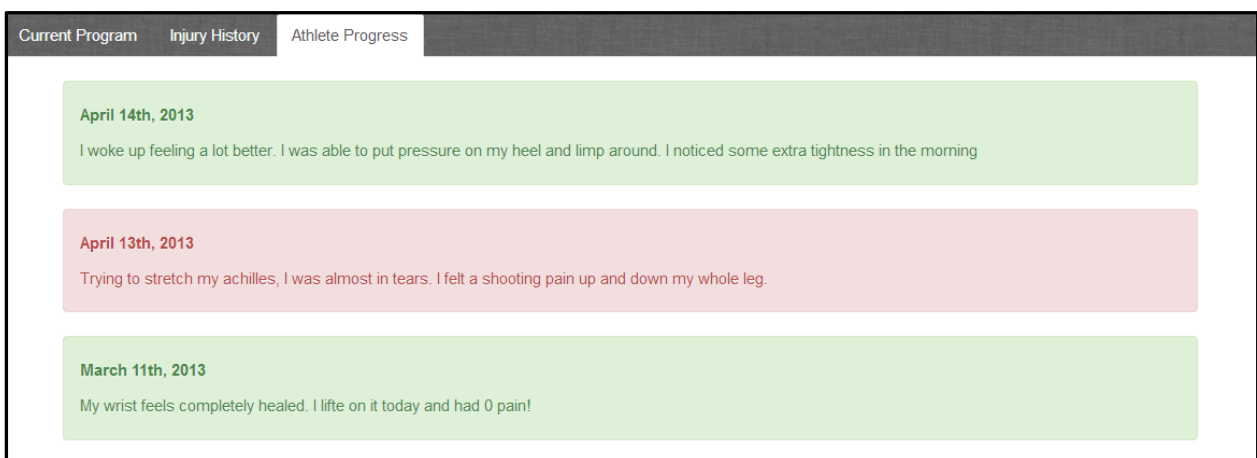
Current Program Injury History Athlete Progress							
Select Different Body Area <input type="text"/>	Exercise	Week 1 April 20th	Week 2 April 21st	Week 3 April 22nd	Week 4 April 23rd	Week 5 April 24th	
Knee	Clean and Jerk	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Quad							
Ankle							
Shoulder							
Calf							

When the cursor is moved from the row's hitbox, the fields become uneditable until clicked again. This is a major issue for allowing the user to easily manipulate these numbers that may change frequently.

- Minor** – Aesthetics and minimalist design – The “Injury Overview” box could be made wider to allow more information to be displayed at once. Scrolling through what could potentially be a long overview is inconvenient and could be mitigated by making much more text be displayed in the box at one time. Also, a smaller note on consistency, the input box could be renamed from “Injury Description” to “Injury Overview” with the same “ghost” text. This would make the user more aware of what the input is looking for.
- Minor** – Error prevention – As shown below, when exercises are added to a plan a simple “x” is created to remove it from the current training program, this should be supplemented with a column title in the table such as “Remove Exercise” or simply “Delete”. While many users will be familiar with adding and removing items from the program, having a column title is a worthwhile element to consider as it makes little affordances to the overall aesthetics and gives less familiar users easier learnability and a better information scent.

Current Program Injury History Athlete Progress							
Select Different Body Area <input type="text"/>	Exercise	Week 1 April 20th	Week 2 April 21st	Week 3 April 22nd	Week 4 April 23rd	Week 5 April 24th	
Lunges Difficulty: Easy	Clean and Jerk	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Quadriцеп Stretch Difficulty: Easy	Side Squats	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Wall slide Difficulty: Easy	One-Legged Squats	3 x 15	3 x 15	3 x 15	3 x 15	3 x 15	x
Box Squat Difficulty: Easy							

17. Minor – Consistency and standards – The text indicating what injury the athlete is sustained is colored for the status. This gives the user a clear sign as to what the status of the injury is, but it is not completely obvious that this is the case. At first glance, I thought the text was red by default, simply indicating that the injury is severe. Although I quickly resolved this, I think the status of the injury should be moved such that it reads like this, “Latest Injury: Torn Achilles Tendon \n Status: **Injured**”. After the first few times the user views a status and gets a feel for which each color represents, they will be able to learn what the colors mean without reading the text. Especially since injury conditions could have many different values (healed, recovering, rehabilitating, immobilized, etc.), this would be beneficial and make the actual important information, the injury sustained, slightly more readable.
18. Minor – Flexibility and efficiency – Because the ordering of these exercises could be important to a training program, allowing the added exercises to be draggable would be very beneficial. Dragging them vertically would allow the user to reorder exercises appropriately without deleting them and readding them makes this process much more efficient.
19. Cosmetic – User control and freedom – Currently, you are only allowed one instance of an exercise to be in a program at once. There is a possibility that users would want to do a certain number of sets of an exercise, do a different exercise, and then return to the previous exercise later in the workout. Making a clone of the exercise be the draggable object, and then creating the new exercise object for the table when it is released should be a simple way to achieve this and is more necessary if you allow the users to change the order of their exercises in the future.
20. Good – Flexibility and efficiency – Having the exercises be draggable human interface objects is very good. This is much more efficient than searching through a list of exercises or manually typing each one in. This allows for easy and fast manipulation of exercises.
21. Good – Aesthetic minimalist design – The “Athlete Progress” tab’s coloring expresses a lot of good information in a convenient way. Coloring the journal-esque entries as positive or negative with green and red respectively will be familiar to users as shown below, and in the future, it could be useful to have all tweets by the athlete with the hashtag, #easyTrainer (or something similar), to be featured here as well.



22. Good – Aesthetic minimalist design – This is more of a compliment for the overall design of this page. Many choices as to which elements should be used where were well done. The overall design is efficient and keeps up with many current web applications. The sizing is very appropriate, but a consideration for the future would be to make the content of the page adjust to the document window size because as of right now, the only way to make this adjustment is to zoom in and out from the page itself.