Overall Problem

Target Audience: Athletes
○ Especially disciplined

Problem: Overuse/overexertion injuries
○ Pre-existing medical conditions
Task 1

Use the app to record and reflect on your exertion levels after a workout
Band-it

Profile

Workout History

LAST WORKOUT: 10/24/2014

11:52 AM  60% exertion  pushups
11:35 AM  72% exertion  jumping jacks
11:05 AM  62% exertion  plank
Starting Workout

Where are you wearing the compression band?

- LEFT KNEE
- RIGHT ELBOW

Add new problem area

Next
Health Tips

Tip:
cool down by rolling the foam roller on your IT band

Begin your workout!
Workout History

10/24/2014 to 10/25/2014

10/25/2014
1:33 PM
81% exertion
plié

10/24/2014
11:52 AM
60% exertion
pushups

10/24/2014
11:35 AM
72% exertion
jumping jacks

10/24/2014
11:05 AM
52% exertion
plank
Task 2

Add family history to the medical profile
## Band-it

### Profile

### Workout History

**Last Workout:** 10/24/2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Exercise</th>
<th>Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:52 AM</td>
<td>pushups</td>
<td>60%</td>
</tr>
<tr>
<td>11:35 AM</td>
<td>jumping jacks</td>
<td>72%</td>
</tr>
<tr>
<td>11:05 AM</td>
<td>plank</td>
<td>52%</td>
</tr>
</tbody>
</table>
Medical Profile

Age 25

Weight 150 lbs

Height 5 ft 5 inches

Sex Male

Previous Injuries and Conditions
- Patellar Tendinitis

Family History
- Osteoarthritis
Testing Process

- Videographer
- Facilitator
- Computer
- Note-taker

**Rotated** roles, but computer kept the same role
**Updated** task phrasing between tests
Dancer
Female, 19

- ‘Health Tips’ interrupted flow
- ‘Active’ indicator unnecessary
- ‘Put on band’ graphic misinterpreted
Biker + Runner

Female, 22

- Overexertion threshold unclear
- ‘Workout History’ unclear
- ‘Put on band’ graphic misinterpreted
Waterpolo Player

Male, 21

- Confusion with wearable
- ‘Put on band’ graphic misinterpreted
Final Paper Prototype

Changes after last usability test

- Moved ‘Health Tips’ to isolated screen
- Differentiated unhealthy and healthy data points
Digital Mockup
The Band
Task 1

Reflect on exertion levels during a workout
Band-it

**Begin Workout**

Where will you wear the compression band?
- Left Ankle
- Right Shoulder

Add New Problem Area

Please put on the band

CONTINUE
Begin Workout

Where will you wear the compression band?

- Left Ankle
- Right Shoulder

Add New Problem Area

Please put on the band

CONTINUE

Workout in progress!

Remove the band when your workout is complete
Band-it

Begin Workout
Workout History
Medical Profile
Health Tips

Last Workout
Nov 16 2014
Left Ankle

1:20pm
Hamstring Stretch

11:55am
Tennis

11:52am
Squats

11:35am
Jumping Jacks

Workout History

Nov 10 2014 to Nov 17 2014
Left Ankle

Sun
Nov 16 2014

12:20pm
12% exertion
Hamstring Stretch

11:55am
70% exertion
Tennis

11:52am
51% exertion
Squats

11:35am
72% exertion
Jumping Jacks

Wed
Nov 12 2014

2:05pm
32% exertion
Specify Exercise

1:55pm
60% exertion
Ankle Flexion

2:05pm
40% exertion
Plank
Task 2

Edit medical profile, then view health tips
Band-it

- Begin Workout
- Workout History
- Medical Profile
- Health Tips

Last Workout: Nov 16 2014 Left Ankle

12:20pm
Hamstring Stretch

11:55am
Tennis

11:52am
Squats

11:35am
Jumping Jacks

Health Tips

Start your warm up with plies and relevés to warm up and strengthen your ankles.
Summary

With more iterations we could present multiple different experiences or solutions to participants before settling on a change.
Questions?