Overall Problem

Target Audience: Athletes
  o Especially disciplined

Problem: Overuse/overexertion injuries
  o 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**

<table>
<thead>
<tr>
<th>Last Workout</th>
<th>10/24/2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:52 AM</td>
<td>pushups</td>
</tr>
<tr>
<td>60% exertion</td>
<td></td>
</tr>
<tr>
<td>11:35 AM</td>
<td>jumping jacks</td>
</tr>
<tr>
<td>72% exertion</td>
<td></td>
</tr>
<tr>
<td>11:05 AM</td>
<td>plank</td>
</tr>
<tr>
<td>52% exertion</td>
<td></td>
</tr>
</tbody>
</table>
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
1:23 PM
81% exertion
plie

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>Activity</th>
<th>Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:52 AM</td>
<td>push-ups</td>
<td></td>
</tr>
<tr>
<td>11:35 AM</td>
<td>jumping jacks</td>
<td></td>
</tr>
<tr>
<td>11:05 AM</td>
<td>plank</td>
<td></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

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

Begin Workout History

Medical Profile

Health Tips

Last Workout Nov 16 2014 Left Ankle

12:20pm Hamstring Stretch 12% exertion

11:55am Tennis ⬤ 70% exertion

11:52am Squats 51% exertion

11:35am Jumping Jacks ⬤ 72% exertion

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
### Workout History

**Nov 10 2014 to Nov 17 2014**

**Left Ankle**

<table>
<thead>
<tr>
<th>Time</th>
<th>Exercise</th>
<th>Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:20pm</td>
<td>Hamstring Stretch</td>
<td>12%</td>
</tr>
<tr>
<td>11:55am</td>
<td>Tennis</td>
<td>70%</td>
</tr>
<tr>
<td>11:52am</td>
<td>Squats</td>
<td>51%</td>
</tr>
<tr>
<td>11:35am</td>
<td>Jumping Jacks</td>
<td>72%</td>
</tr>
</tbody>
</table>

**Nov 16 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Exercise</th>
<th>Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:20pm</td>
<td>Hamstring Stretch</td>
<td>12%</td>
</tr>
<tr>
<td>11:55am</td>
<td>Tennis</td>
<td>70%</td>
</tr>
<tr>
<td>11:52am</td>
<td>Squats</td>
<td>51%</td>
</tr>
<tr>
<td>11:35am</td>
<td>Jumping Jacks</td>
<td>72%</td>
</tr>
</tbody>
</table>

**Nov 12 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Exercise</th>
<th>Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:05pm</td>
<td>Specify Exercise</td>
<td></td>
</tr>
<tr>
<td>1:55pm</td>
<td>Ankle Flexion</td>
<td>60%</td>
</tr>
<tr>
<td>2:05pm</td>
<td>Plank</td>
<td>40%</td>
</tr>
</tbody>
</table>
Task 2

Edit medical profile, then view health tips
**Medical Profile**

- **Age**: 25
- **Weight**: 150 lbs
- **Height**: 6 ft 1 in
- **Sex**: Male

**Previous Injuries and Conditions**

<table>
<thead>
<tr>
<th>Injury</th>
<th>Over-exertion Threshold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprained Ankle</td>
<td>60%</td>
</tr>
<tr>
<td>Dislocated Shoulder</td>
<td>40%</td>
</tr>
</tbody>
</table>

**Family History**

- Osteoarthritis
- Flat Feet
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?