# DESIGN CHECK-IN (1X2)

DESIGN AND TASK CHOICE

We chose to focus on Design A, a phone app that tracks workout data and allow for users to easily input instances of pain during their workout. We will focus on Task 1 (Keeping track of recent workouts to reflect on own athletic ability and goals) and Task 3 (Seeking information about an injury once pain develops).

Several factors influenced the decision to choose Design A over the others. First, the app tracks injuries in real-time and combines this functionality with other tracking features that runners are known to use (such as distance, duration, and elevation changes). In peer critique, the ability to enter pain data in real-time was identified as a priority; concerns were raised about the potential poor accuracy of data entered after a workout. This design also allows for users to use the app as their primary source for tracking running workout data rather than having to use two separate apps (one to track pain and another to track other workout data). Second, the app's mode of input for pain instance is extremely simple and requires little effort to use. User research showed that simple, not time-consuming input is a priority; this design lowers the barrier to pain data entry, which will cause the user to be more inclined to provide accurate inputs. Third, the non-invasive and independent manner through which this app operates aligns closely with our target user's desire to not share their injuries publicly (which is a common feature of running apps). Fourth, the ability to visualize pain and workout data together in graphs as well as through mappings was appreciated by peers and TAs during critique, as it allows users to visually see the relationship between the two, which helps them make more informed decisions. Finally, we found through user research that runners often have their own heuristics and knowledge for handling their pain and want a design that supports this pattern and helps them further their knowledge as an individual. By providing users with data and analysis to allow them to make better self-informed decisions, the app will help users feel more confident and aware of ways in which they can/should handle pain or injuries related to running.

Task 1 was chosen because it is a core functionality of the app and workout tracking is a known behavior for runners. User research showed that runners value the ability to track basic workout data and expressed desire to track pain data, primarily for self-reflection. This task combines workout tracking with pain tracking in this design, and then processes that data into informative graphs and summary charts. Thus, this task aligns well with that goal. Task 3 was chosen because it assists the user in becoming more self-informed, while respecting their privacy. By focusing on the task of furthering knowledge in relation to a developing pain/injury, the app helps users become better informed with regard to how they handle their injuries. User research indicated that runners value their own experience but also seek outside information when making decisions regarding pain and injuries; this task focuses on the process of information-seeking without disregarding the athlete's own experiences or causing privacy issues. Together, tasks 1 and 3 encompass both data collection and reflection to help users make informed decisions about pain and injuries related to running. Design A provides an appropriate platform for these two tasks, allowing for data input and reflection that aligns with priorities exposed through user research and design critique.
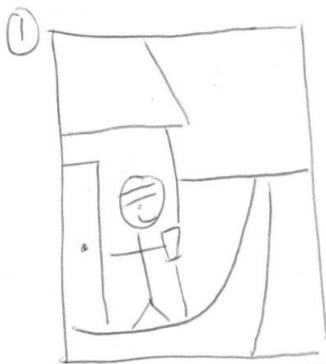
TASK 1 (KEEPING TRACK OF WORKOUTS TO REFLECT ON OWN ATHLETIC ABILITIES AND GOALS)
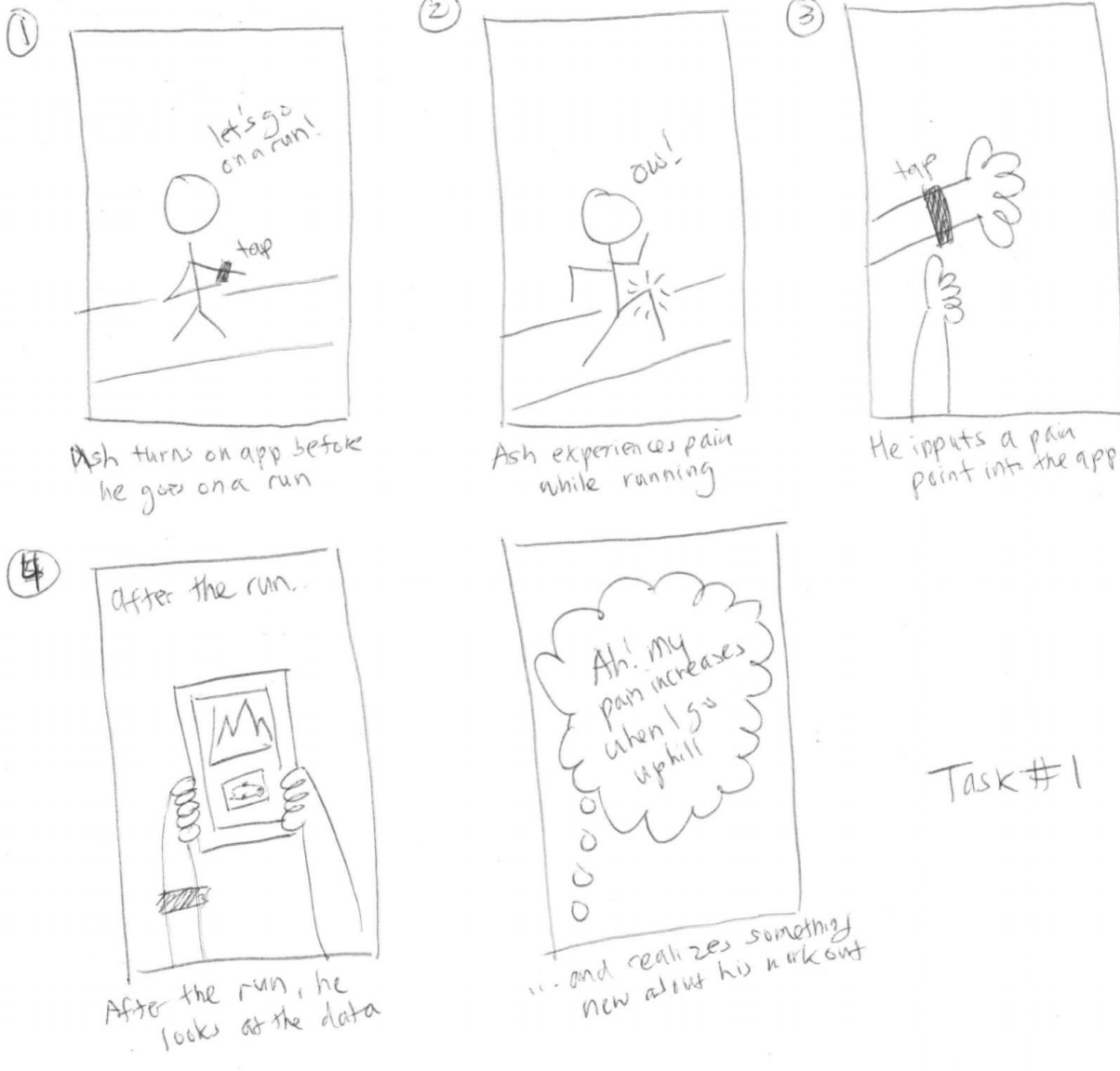
1. Someone is getting ready to run, starts the app (already have pain? - don't need to specify)
2. They experience pain while running
3. Record the pain on the app
4. After running, look at the workout + pain summary
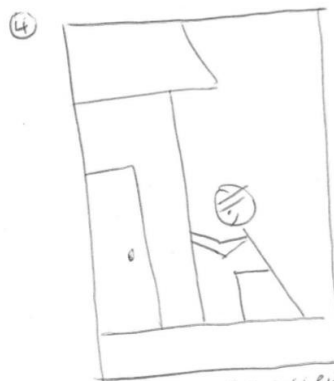5. User notices a trend about their running/pain data

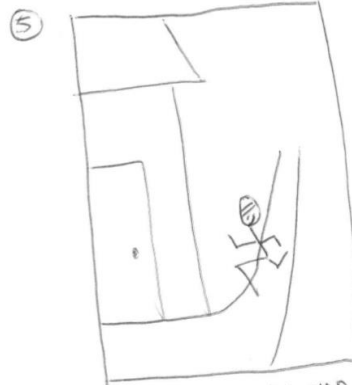① Before heading out on a run, David starts his tracking app

② The app tells him about recent trends, suggesting action

③ David selects a stretch that will help his shins

④ Task #3 — He performs the suggested stretch before running

⑤ He finishes the run with less pain.

1. Someone is about to head out for a run, turn on their tracking app
2. App notifies them of a recent trend in their shin pain, has a button to view suggested exercises
3. They view a set of stretches
4. They pick one of the stretches to do before their run
5. Finish run with less pain