
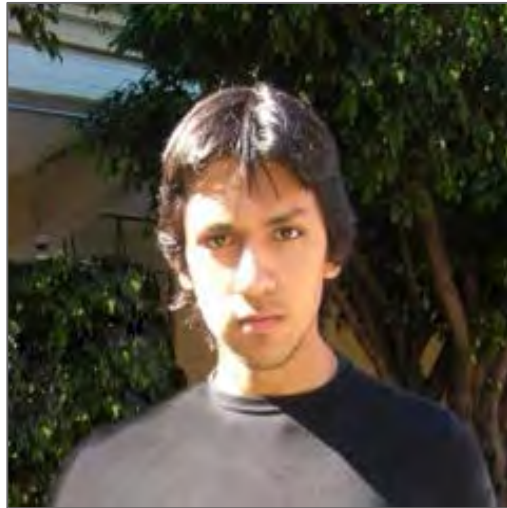


Band-it

The text "Band-it" is centered on a white background. To the right of the text, there is a circular arrangement of 12 red dots. The dots are arranged in a circle that partially overlaps the right side of the text, specifically around the "d" and "i" characters. The dots are evenly spaced and form a ring that is roughly the same height as the text.



# 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  
52% 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

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

11:52 AM  
60% exertion

pushups

11:35 AM  
72% exertion

jumping  
jacks

11:05 AM  
52% exertion

plank

# Medical Profile

Age

25

Weight

150lbs

Height

5

ft

5

inches

Sex

Male

Previous Injuries and Conditions

Patellar

Tendonitis

Family History

Osteoarthritis

# Testing Process



Videographer



Facilitator



Computer



Note-taker

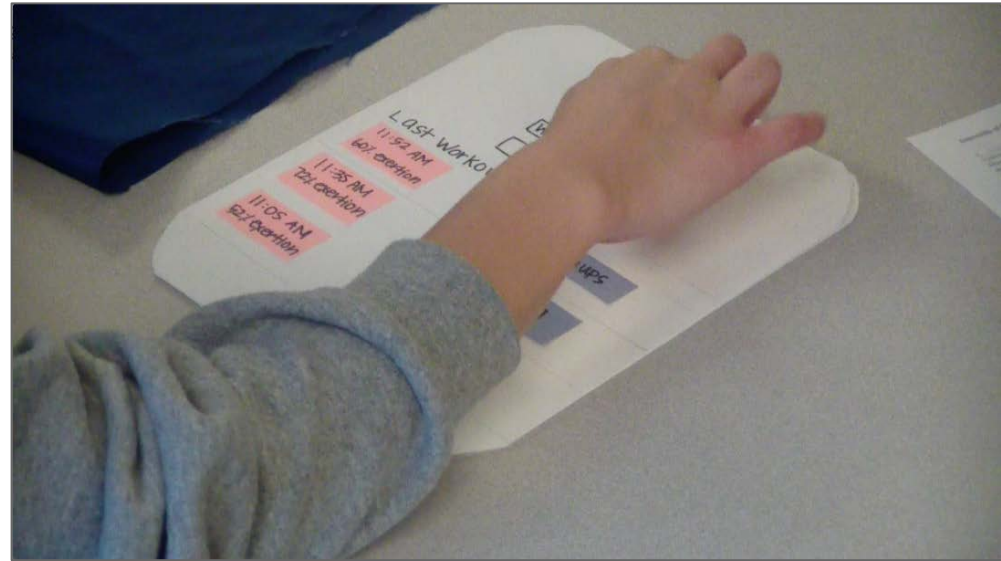
**Rotated** roles, but computer kept the same role

**Updated** task phrasing between tests

# Dancer

Female, 19

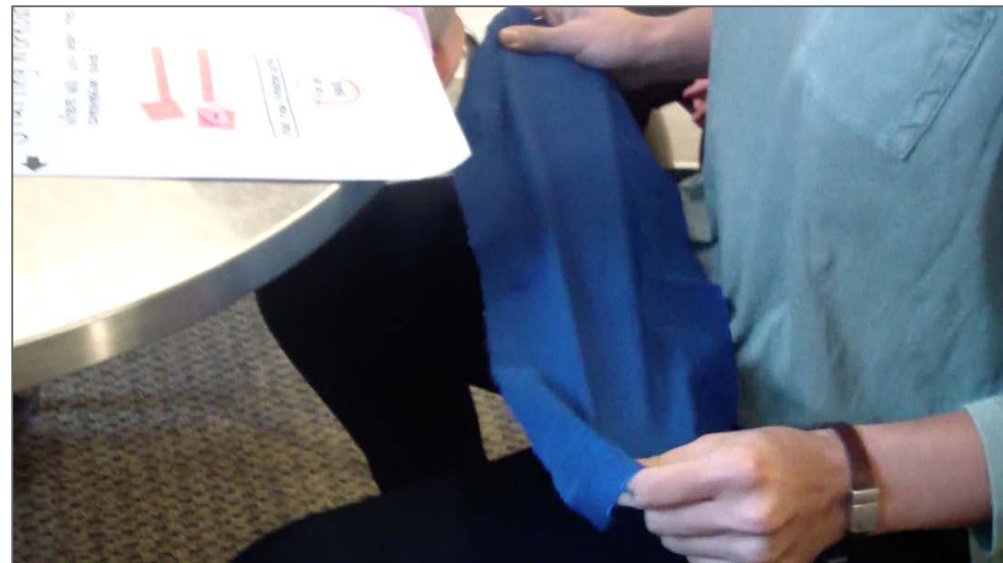
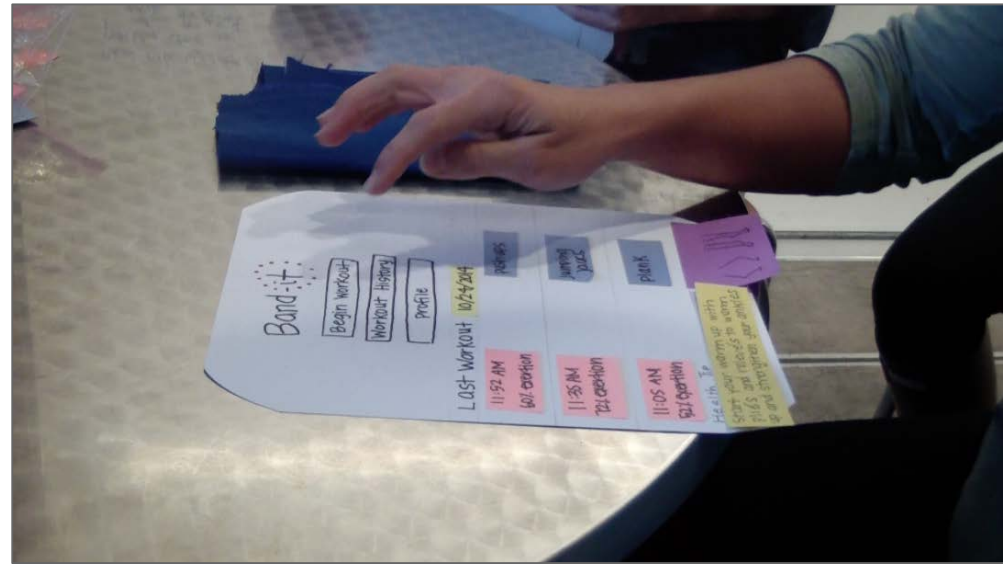
- 'Health Tips' interrupted flow
- 'Active' indicator unnecessary
- 'Put on band' graphic misinterpreted



# Biker + Runner

Female, 22

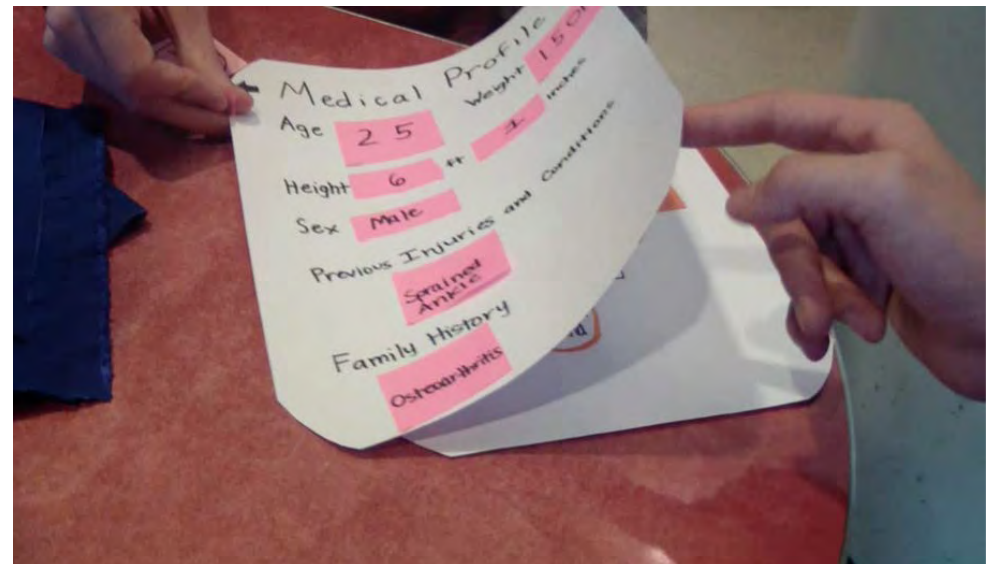
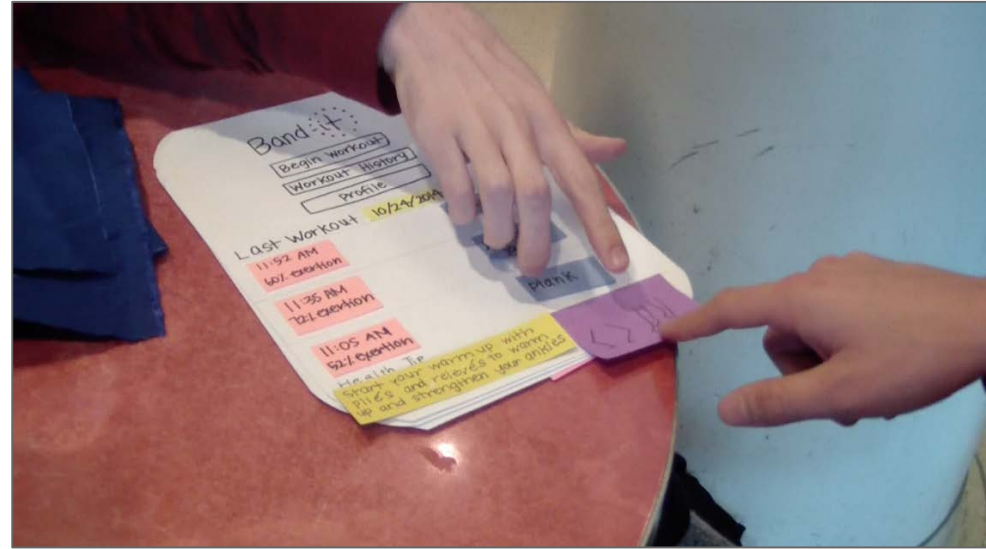
- Overexertion threshold unclear
- ‘Workout History’ unclear
- ‘Put on band’ graphic misinterpreted



# 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

## Band-it

- Begin Workout
- Workout History
- Profile
- Health Tips

Last Workout 10/24/2019 10:15:00

Begin Workout	Workout History	
Profile	Health Tips	<span style="color: red;">⚠</span>

## Health Tips

Remove the band when your workout is complete



.....

## Begin your workout!

Remove the band when your workout is complete

## Starting Workout

Where will you wear the compression band?

Add New Position here

please put on the band

## Workout History

10/24/2019 to 10/24/2019 10:15:00

Begin Workout	Workout History	<span style="color: red;">⚠</span>
Profile	Health Tips	
		<span style="color: red;">⚠</span>

## Medical Profile

Age 25 Weight 150lb

Height 6 ft 3 inches

Sex Male

Previous Injuries and Conditions

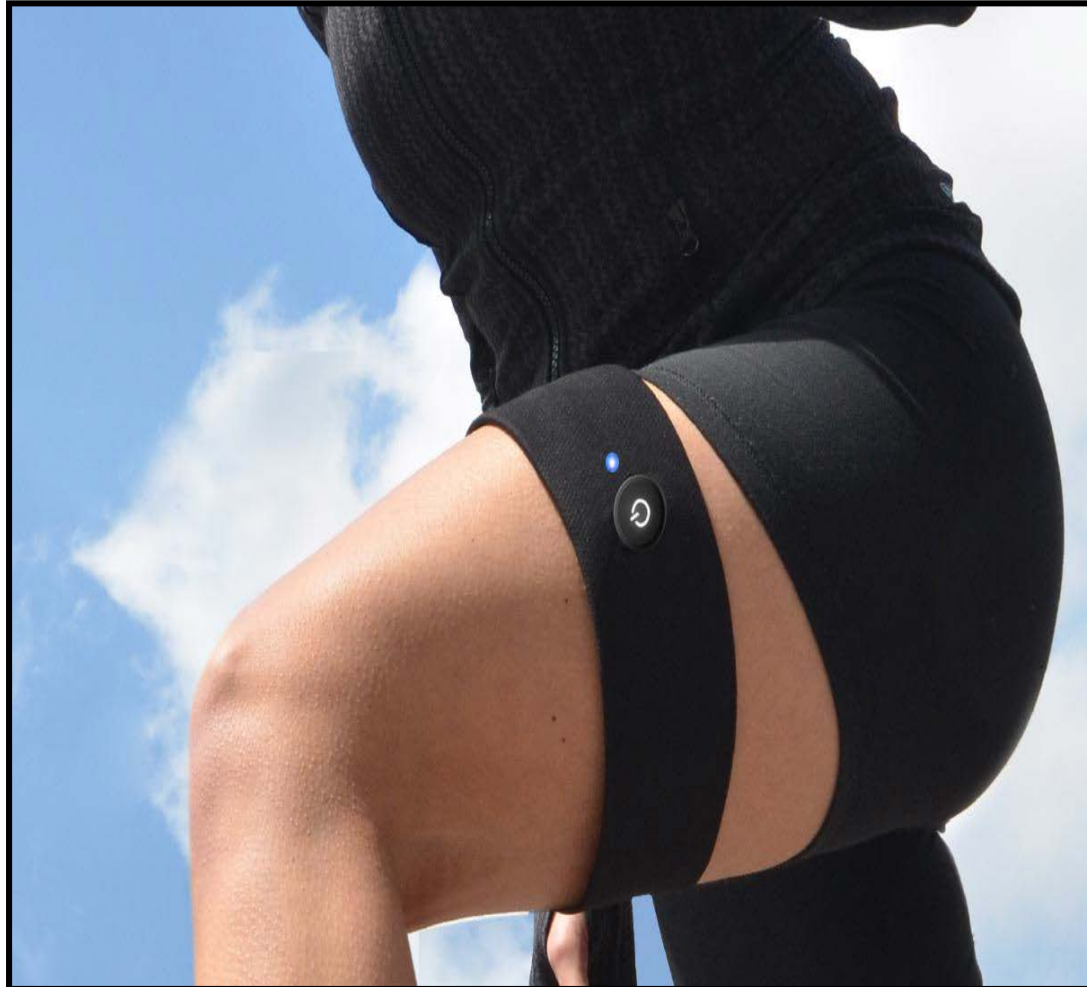
Sprained anterior cruciate ligament

Family History

Osteoarthritis

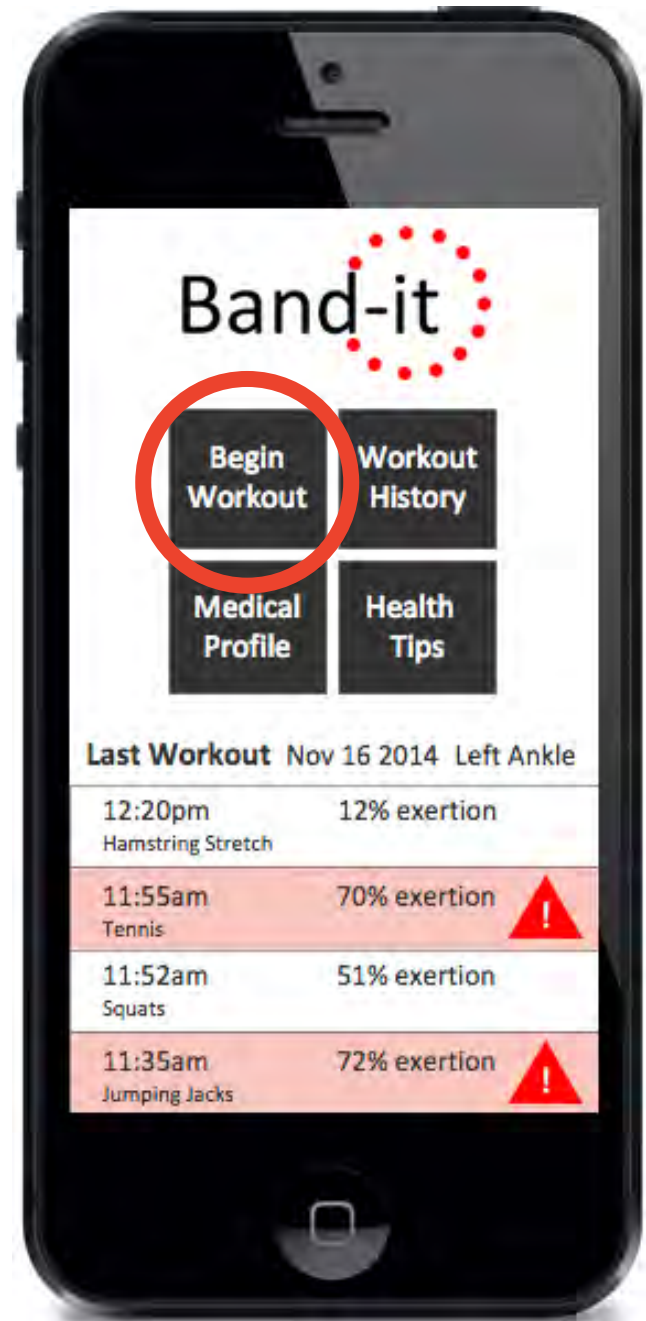
# Digital Mockup

# The Band



# Task 1

Reflect on exertion levels during a workout



# Band-it

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

Last Workout Nov 16 2014 Left Ankle

12:20pm 12% exertion  
Hamstring Stretch

11:55am 70% exertion   
Tennis

11:52am 51% exertion  
Squats

11:35am 72% exertion   
Jumping Jacks

← Begin Workout 

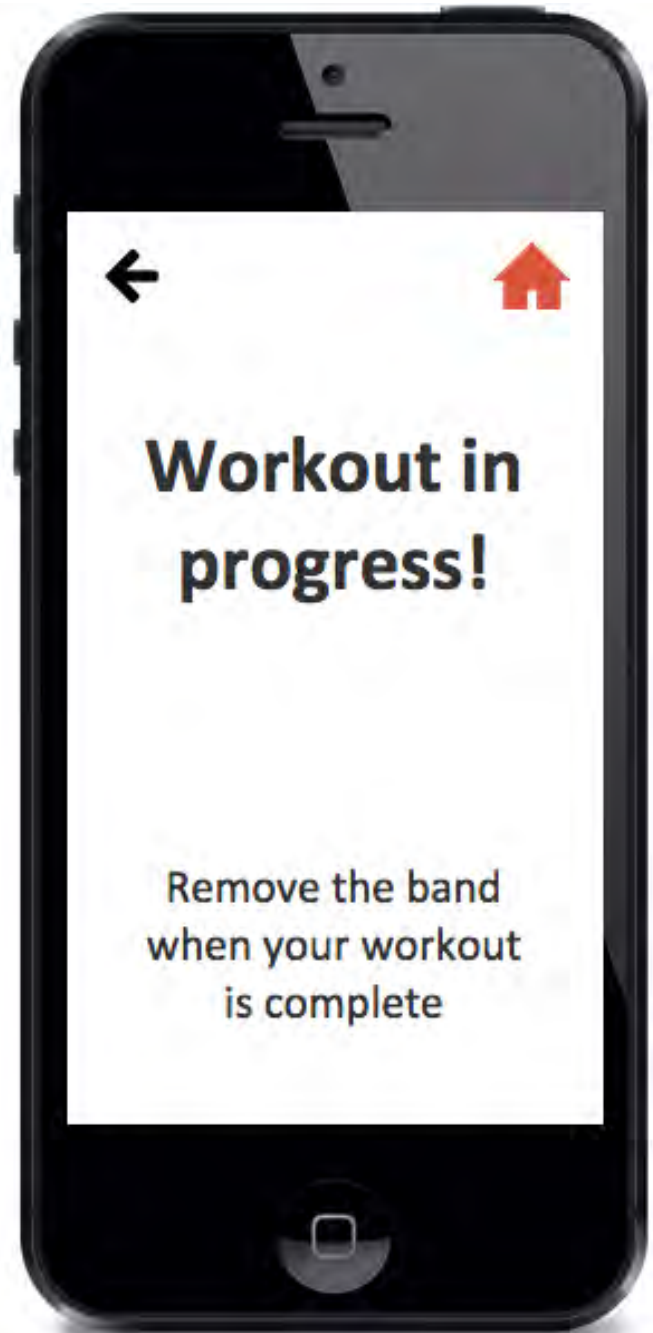
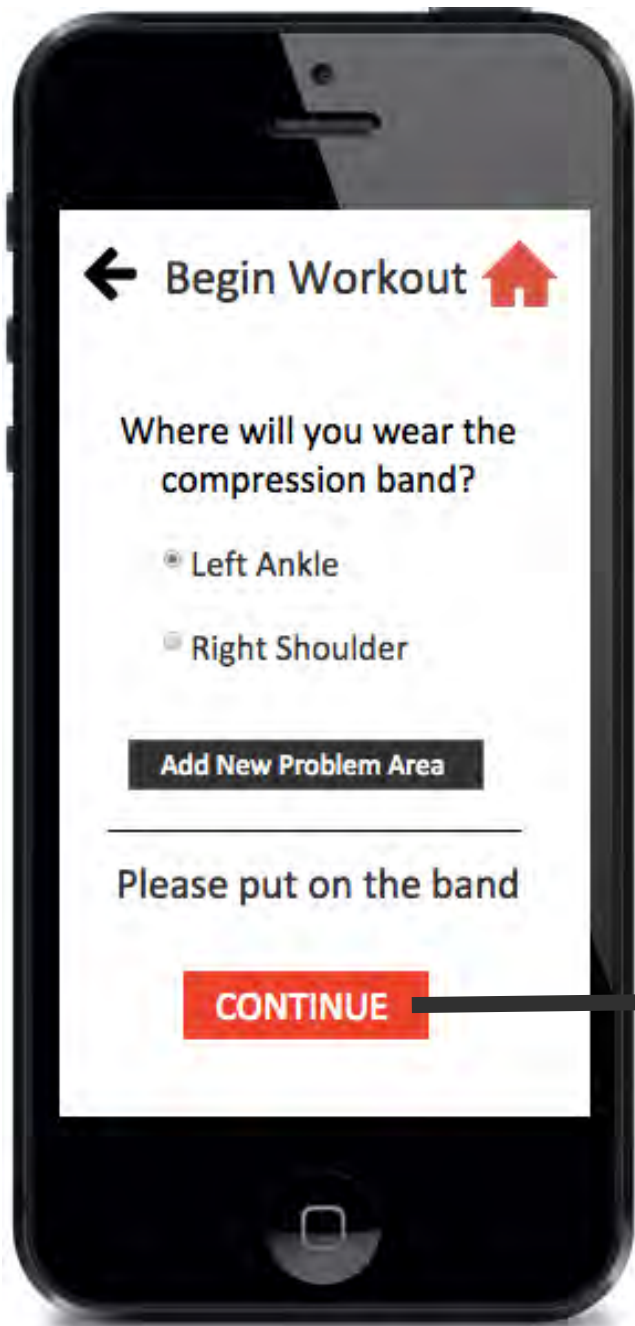
Where will you wear the compression band?

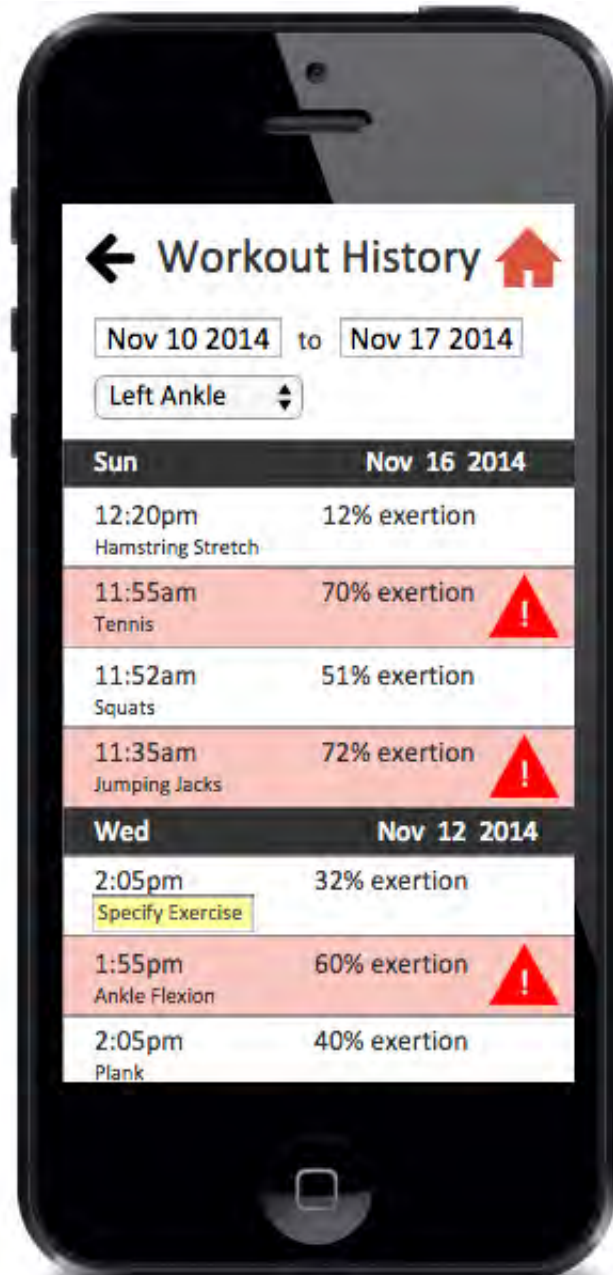
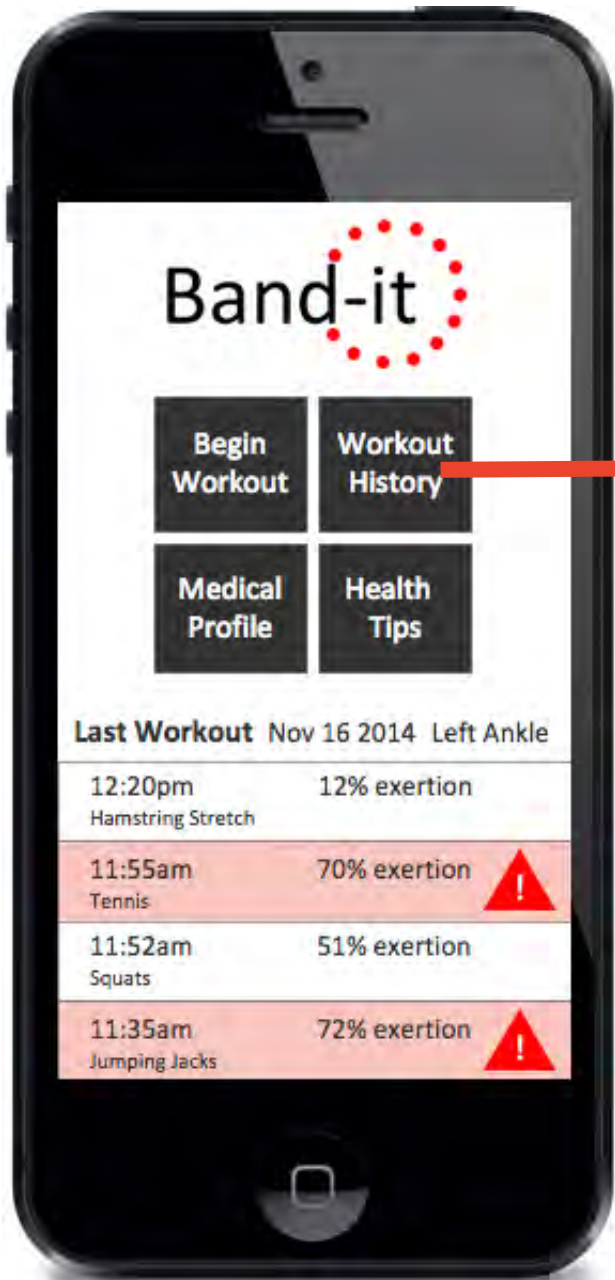
- Left Ankle
- Right Shoulder

Add New Problem Area

Please put on the band

CONTINUE

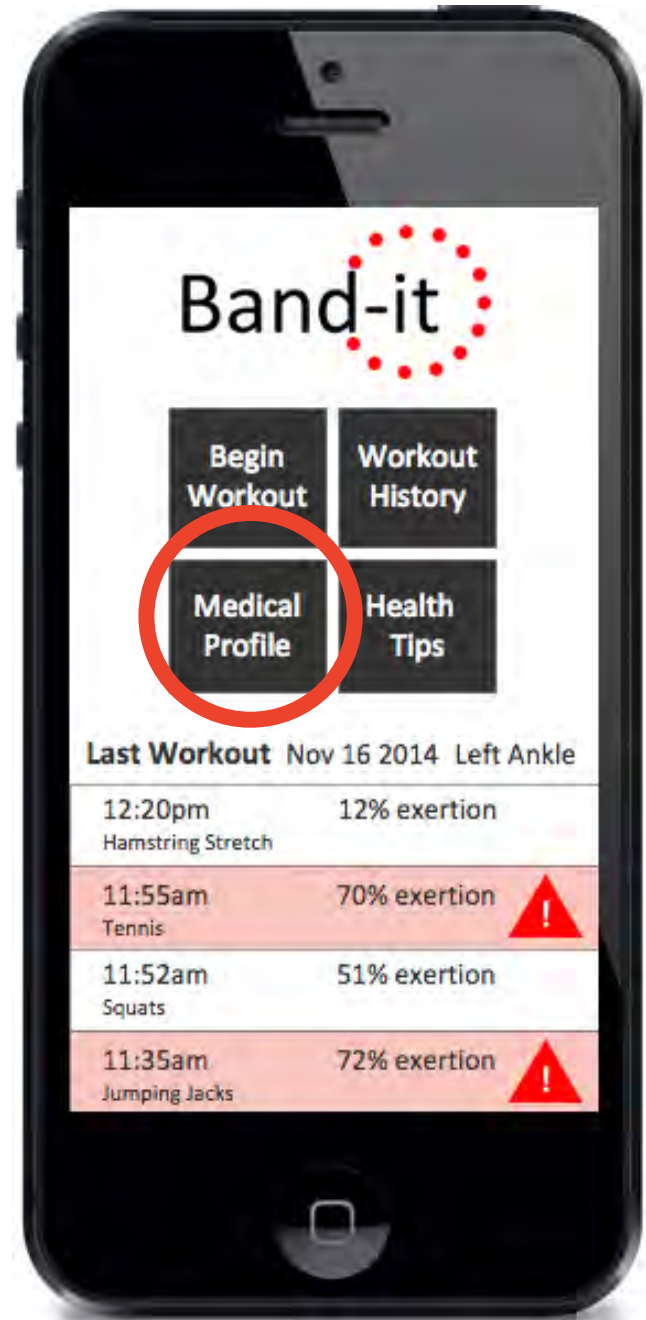


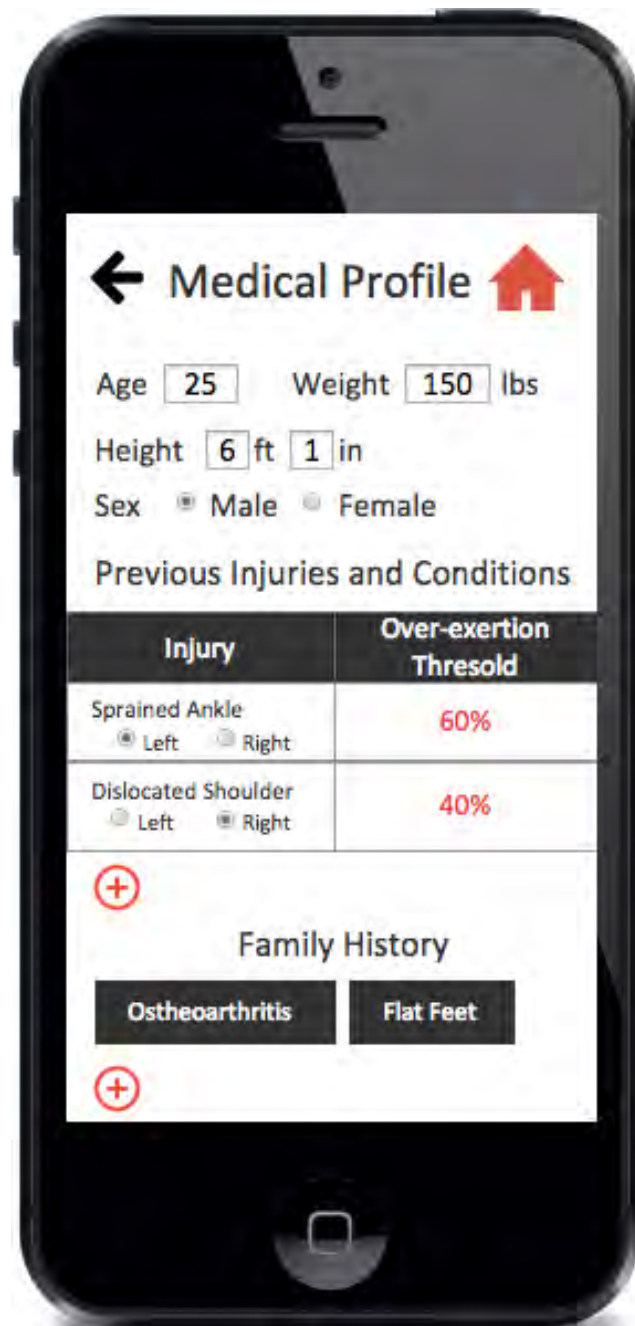
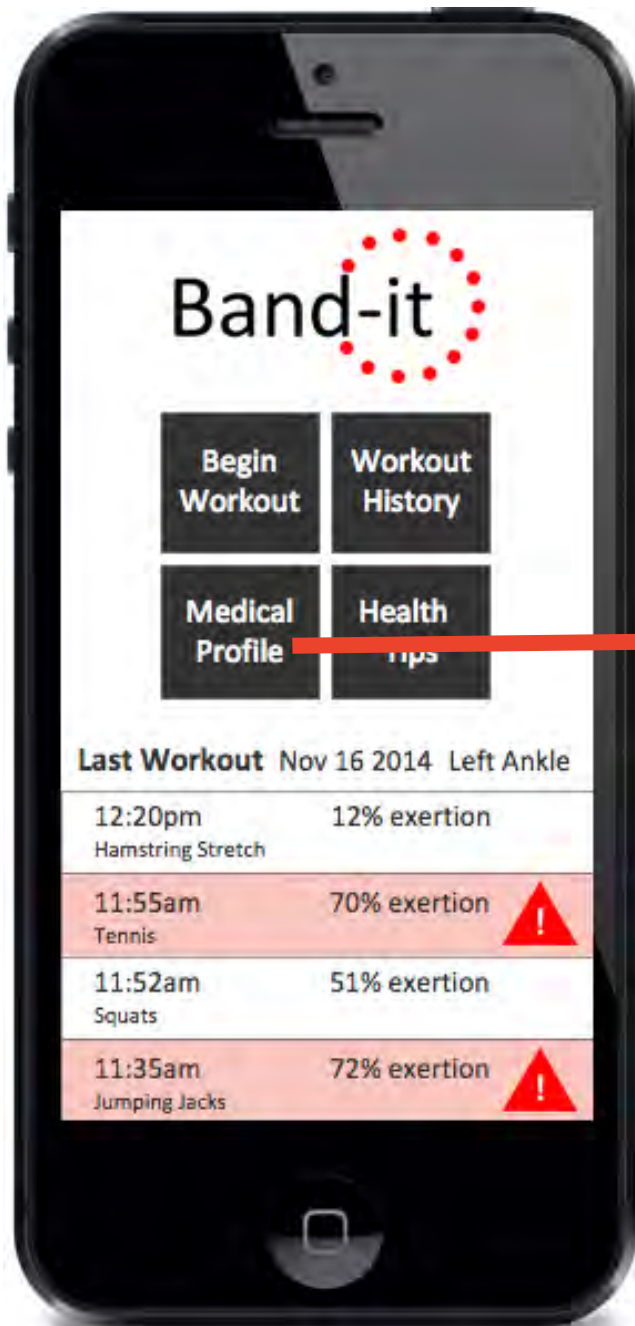


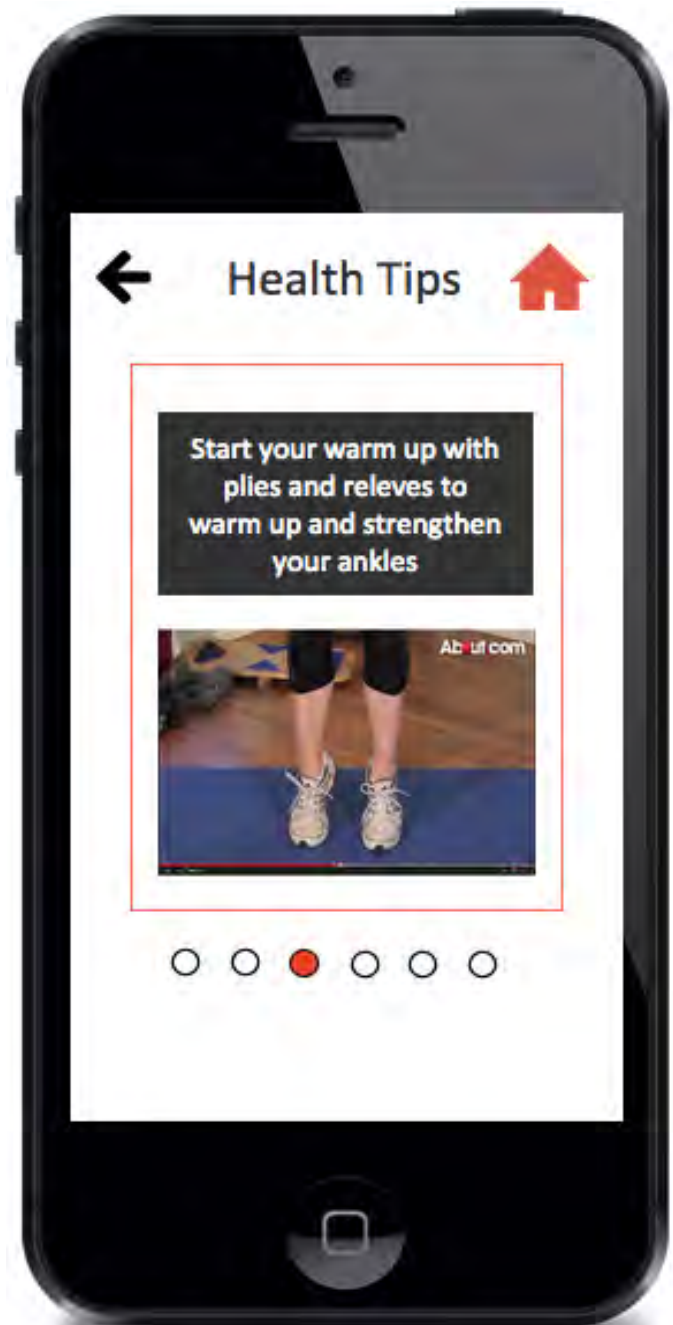
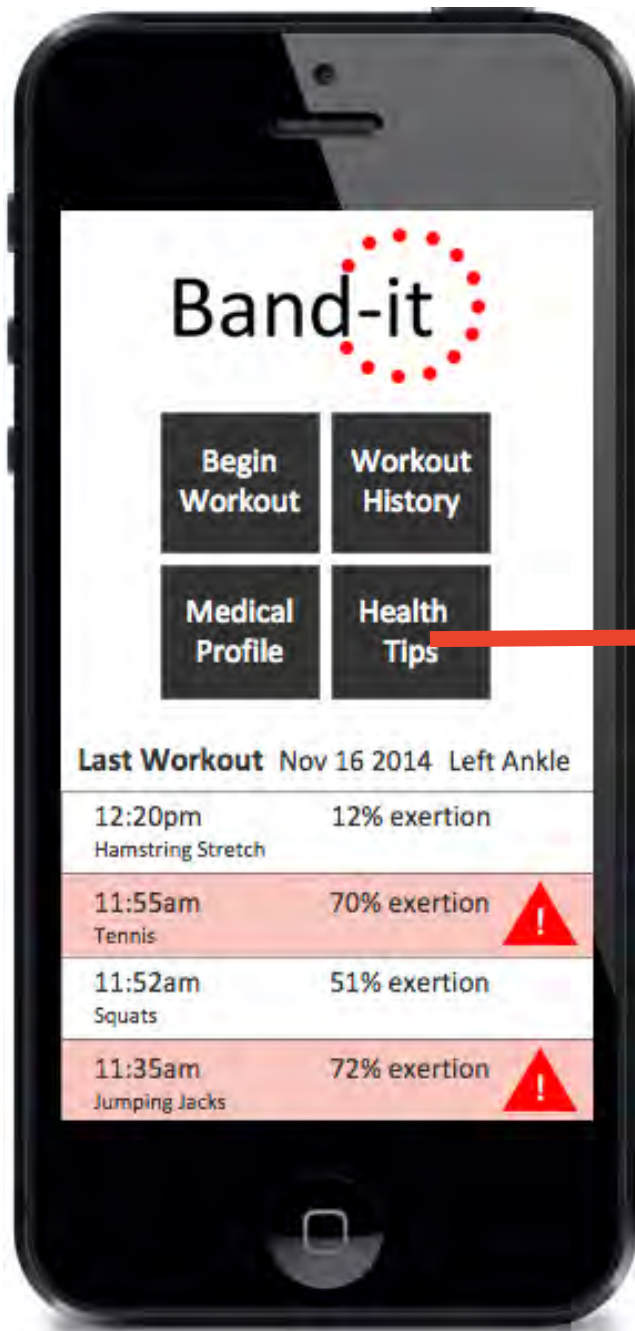


# Task 2

Edit medical profile,  
then view health tips







# Summary

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



**Questions?**

