PAPER PROTOTYPE

HERMES || SECTION AC

OVERVIEW IMAGE
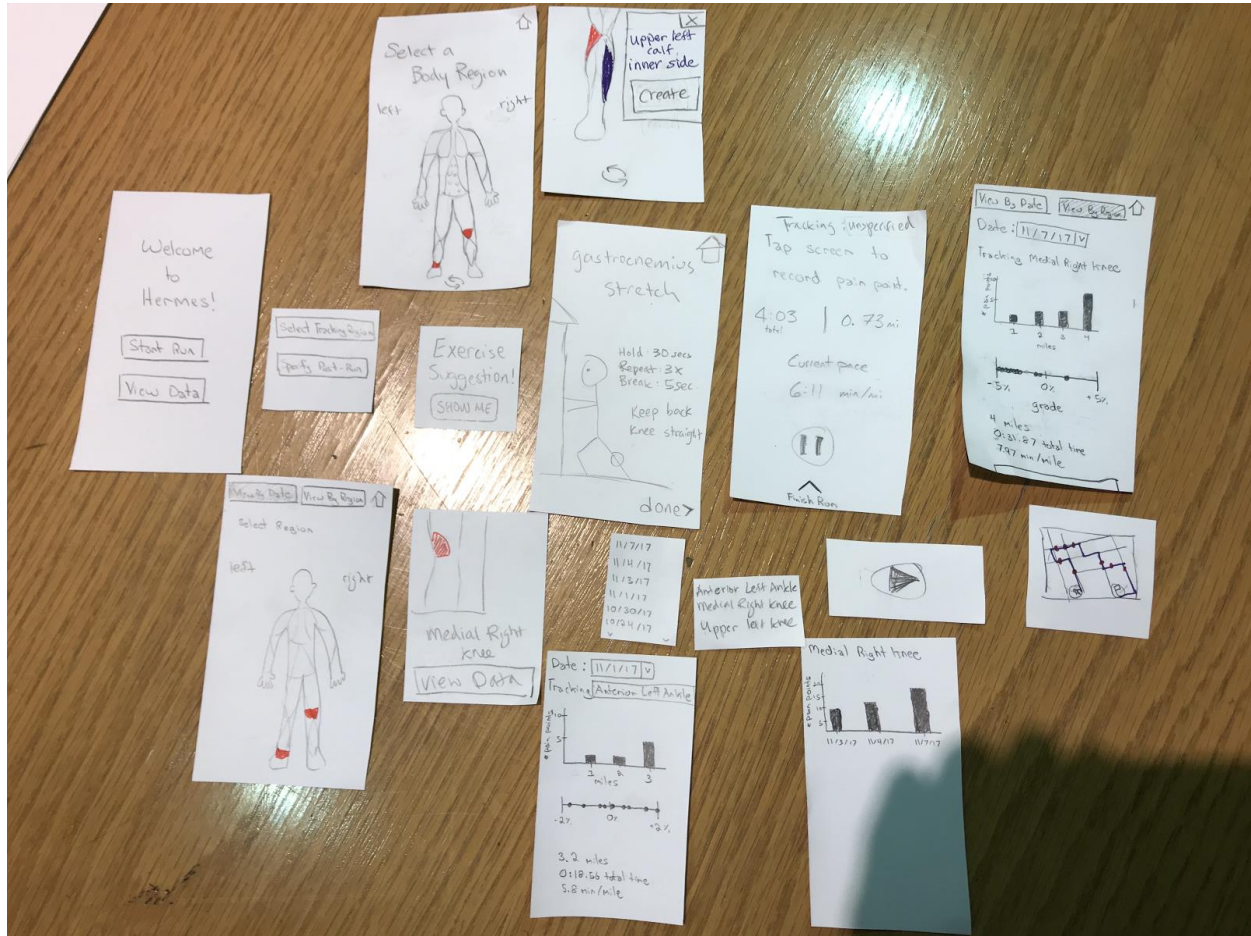

Figure 1. All Paper Prototype Components
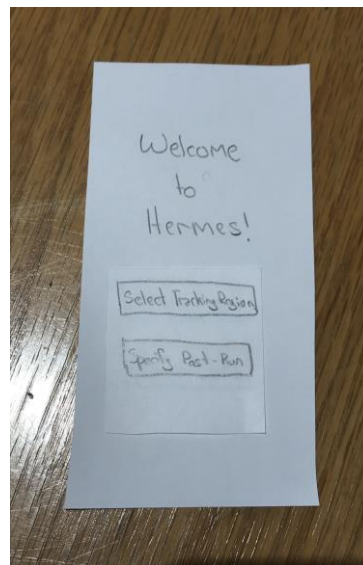
Figure 2. Start Screen
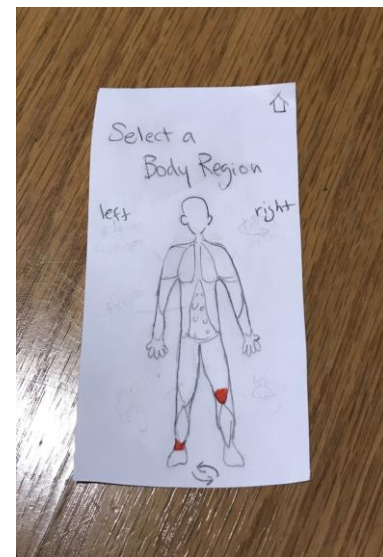

Figure 3. Select tracking mode

Figure 4. Select a body region

The user opens the app to the welcome screen (Figure 2). After pressing the "Start Run" button, the screen is modified as shown in Figure 3, so the user can select whether to specify their pain location before or after their run. By pressing "Select tracking region", they are taken to the next screen (Figure 4), which has a diagram of a body.
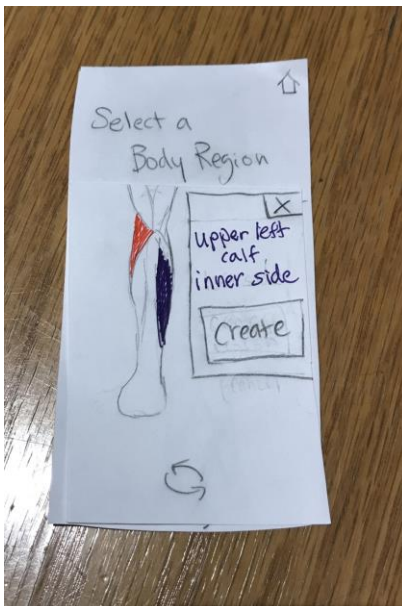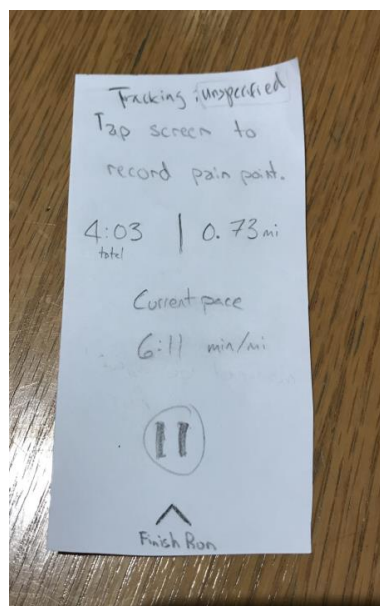

Figure 5. Select body region focus

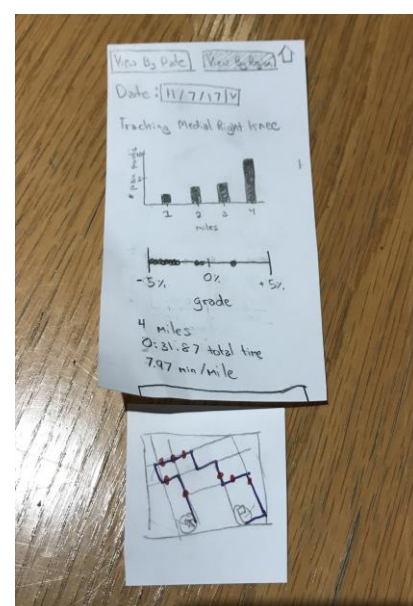**Figure 6. During tracking**

Figure 7. Data display post-run

Selecting the left leg takes them to the zoomed in view (Figure 5), where they can tap the portion of the calf to select it and confirm by pressing "create". This takes them to the run screen so they can start their workout and see updates about their distance, mileage, and pace (Figure 6). Finishing the run will take them to the post-run screen (Figure 7), where they can view data for their workout.
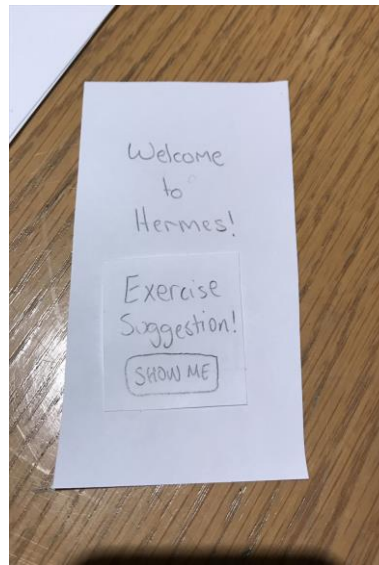
Figure 8. Start Screen

Figure 9. Exercise suggestion pop-up

The user opens the app to start the run (Figure 8). After "start run" is pressed, a notification pops up, suggesting that the user do an exercise (Figure 9).

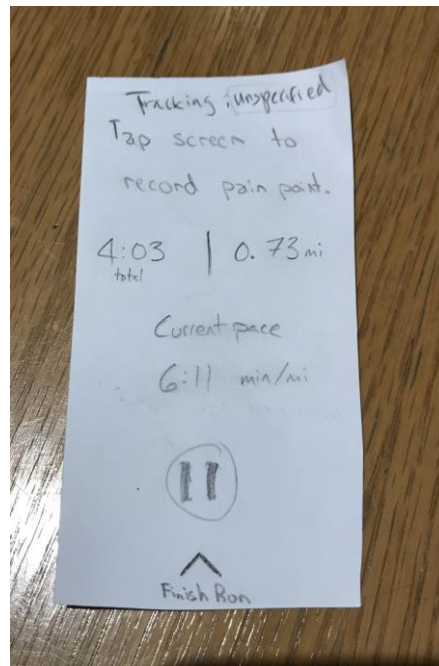

Figure 10. Suggested exercise instruction

Figure 11. During tracking

When the user clicks "show me," the exercise pops up, with instructions on how to do it (Figure 10). After the user has done the exercise and goes to the next screen, the running screen shows up (Figure 11).
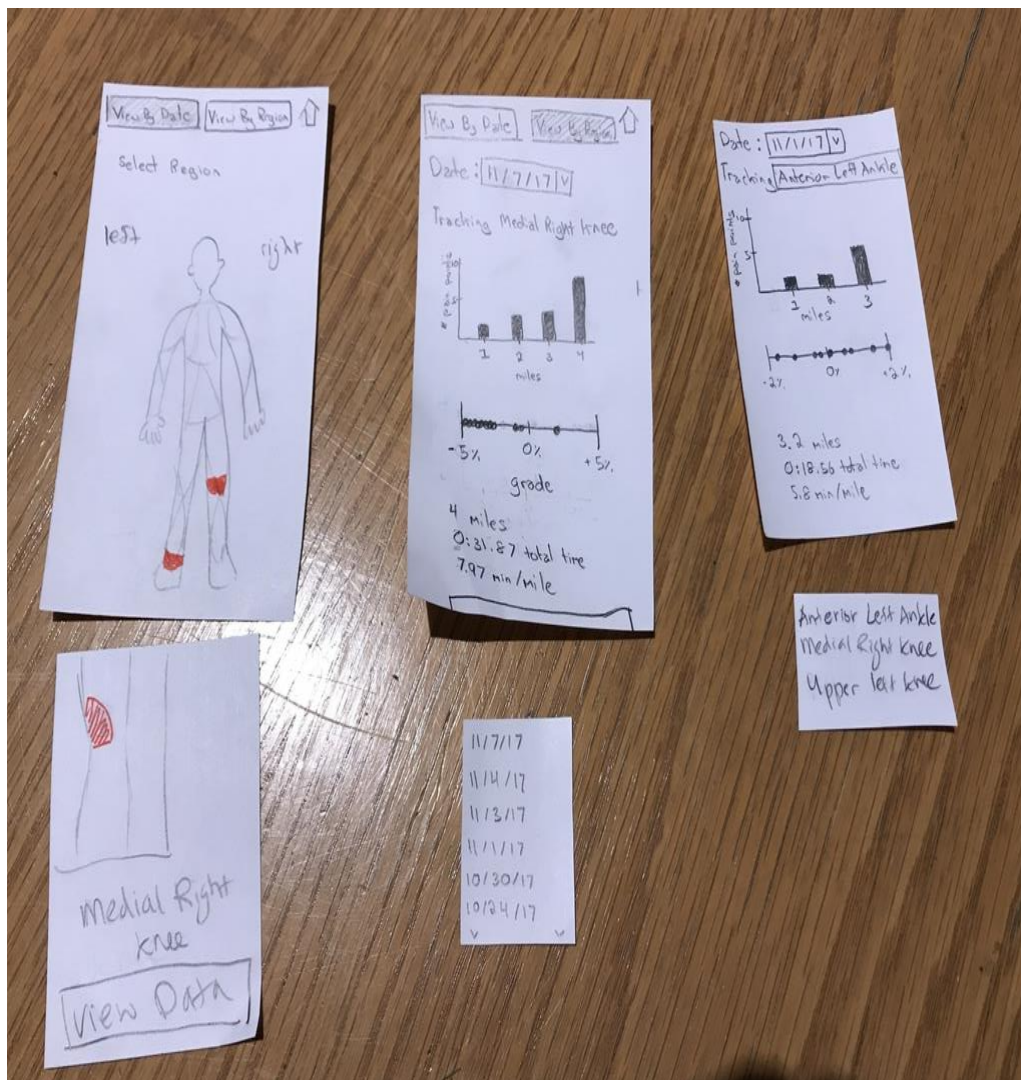
Figure 12. Additional prototype materials

Other screens to support data analysis and reflecting on past workouts. The user can view their data by date or by body region. These screens are not used in the two primary tasks shown above, but are still important to the design.