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The usability of two health and fitness applications on smart phones

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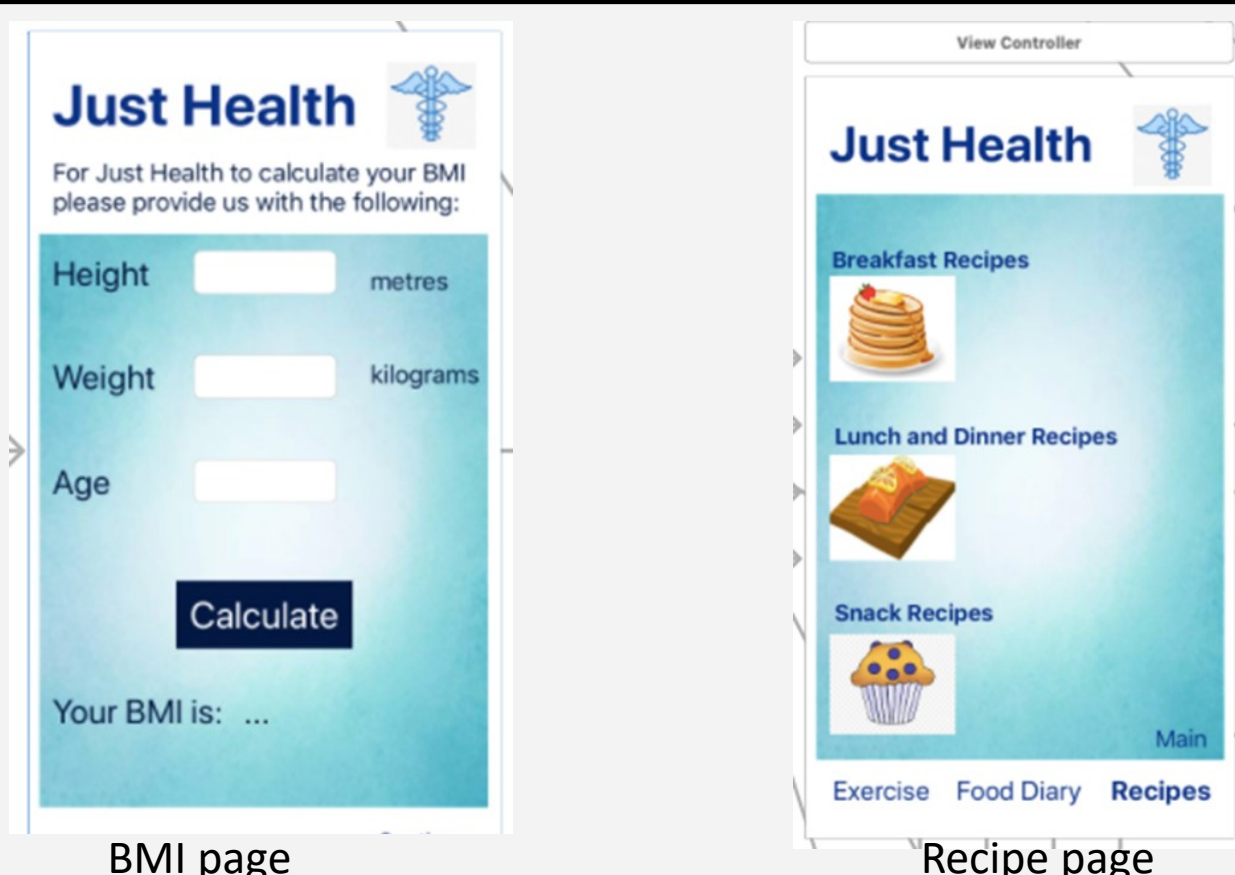
1. The Aims and Objectives

The aim was to determine the usability of an implemented health and fitness application on the AppStore called BetterMe. Then from the feedback, create my own health and fitness application. This application was called JustHealth.

The main aim for the JustHealth application was to develop a non-complex application which could be used by any user, any age.

Another aim was to create the JustHealth application quite similar, but better than the BetterMe application as not many users found the BetterMe application confusing.

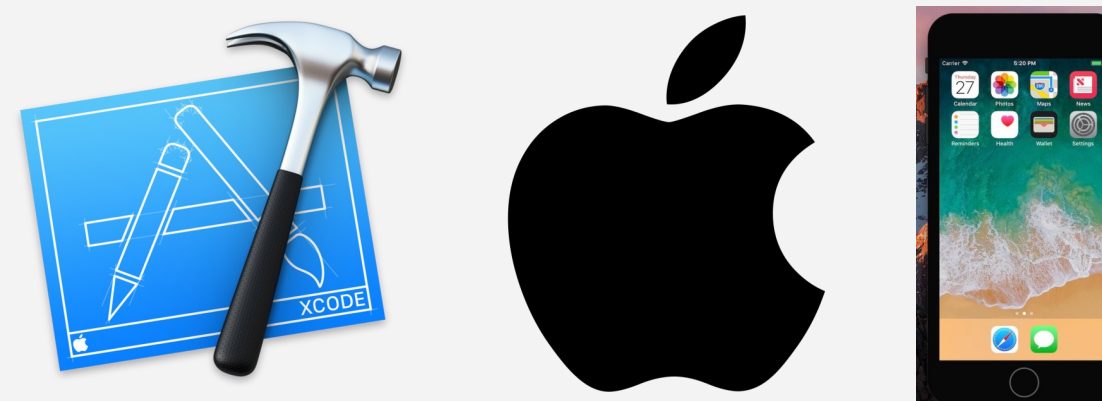
2. Summary design of JustHealth



Both of these pictures are examples of the implemented application, JustHealth. It will show the BMI of the user when they type in their details. It will also show the user all different recipes when they click on any recipe they want. Both the recipes and the exercise routines provide the user with a Table View Controller which means the user will be provided with a list of recipes and exercise routines with the picture, name and explanation beside. The application will also provide the users with a food diary, so they can input and view the foods they have eaten throughout the day.

3. Implementation

The implementation of JustHealth was done by using XCode which can only be accessed on Apple computers and laptops for Apple devices. It cannot create Android applications.



4. Research Methods

Both the SUS studies and observational studies were carried out for both applications.

SUS study

Allowed the participants to navigate around the application asking any questions they wanted to. Then the participants were asked to answer 10 questions relating to the application and tick whether they strongly disagree, disagree, neither agree or disagree, agree or strongly agree with each statement. An example of a question which was presented to the user was "This application was very awkward to use". Then the participants would tick how much they agree or disagree with that statement.

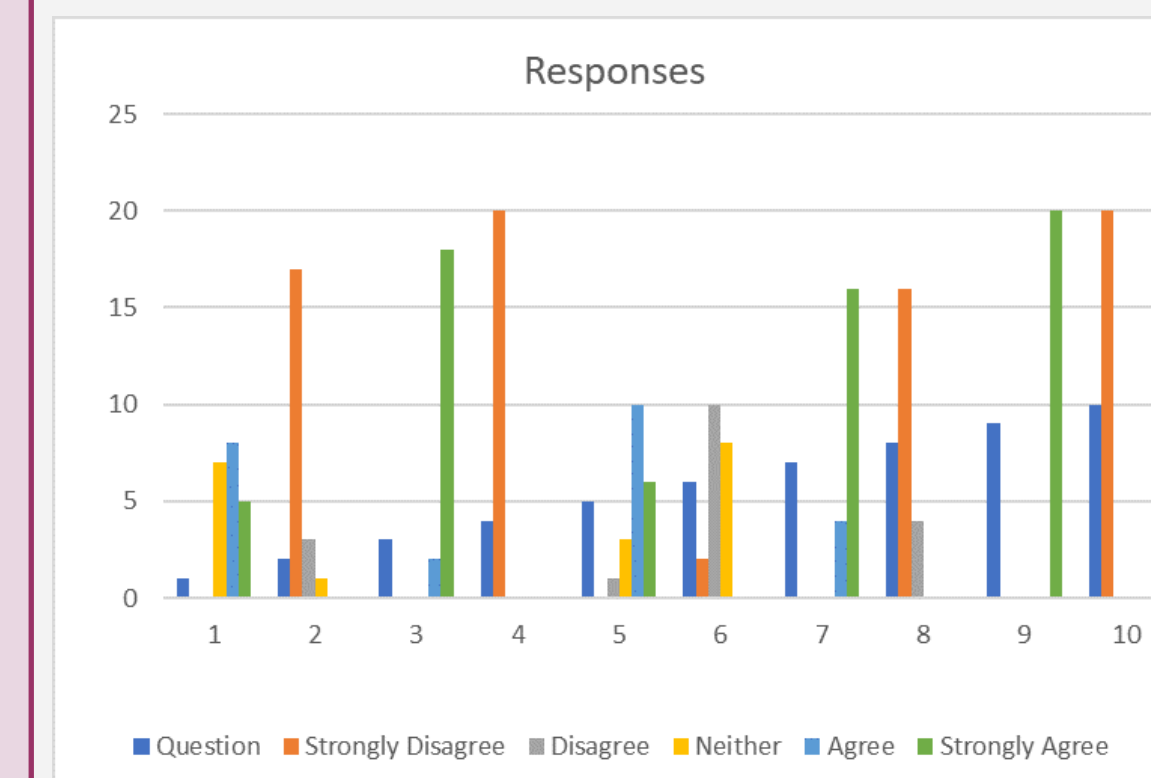
Observational study

Participants were asked to complete a set of tasks while being watched. The reason why the participants were being watched was to view whether or not the participants were able to complete the task. If they were unable to complete the task there would be a negative score for that task. However, if they were able to complete the task there would be a positive score.

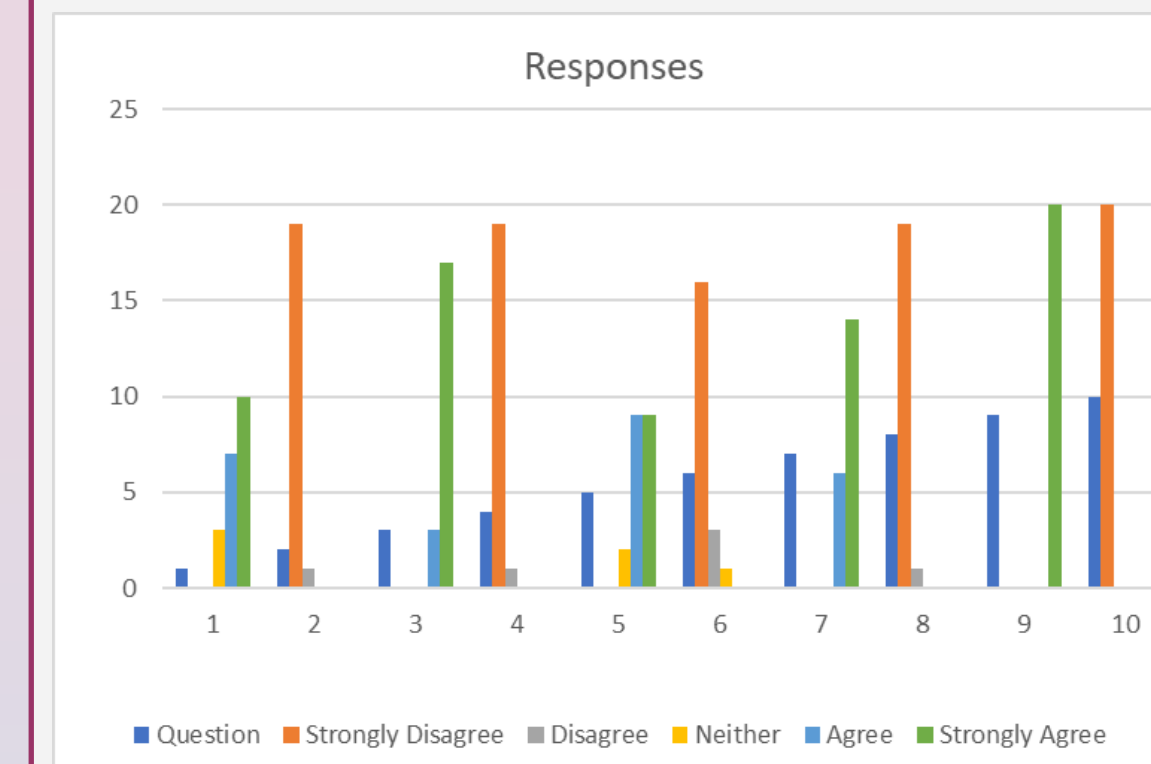
5. Results and recommendations

The SUS studies carried out for BetterMe and JustHealth were very similar. However, JustHealth seemed to be slightly better. The applications both provided the user with an easy navigation. The results from the SUS studies are shown below:

Responses from the BetterMe SUS study:



Responses from the JustHealth SUS Study:



The observational studies were very similar, the only issue participants came across was not knowing their weight in kg for the BMI calculator, every other task was completed with ease.

A recommendation for future work would be to add in stone and lb as well as kg and height in feet and inches as well as metres. This was because 4 participants were unsure of their weight in kg and their height in metres.