

Running Head: Fitness Quest – Scenario and Storyboard

“Fitness Quest” Personal Diet and Fitness Assistant

Phase 3b

Scenario and Storyboard

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INDE/TC 455 User Interface Design

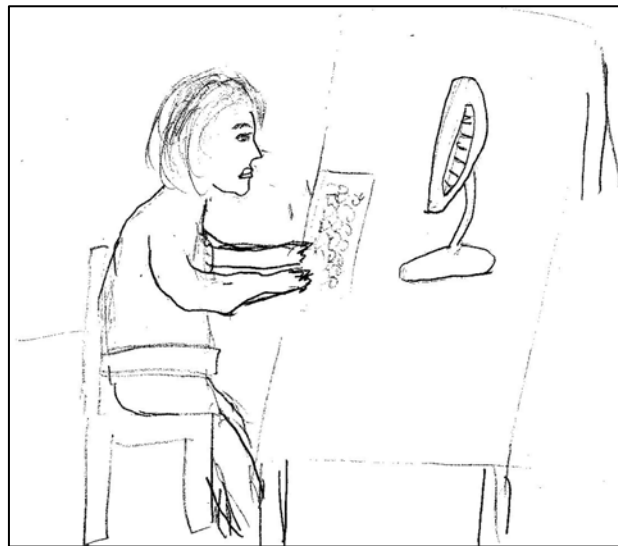
Table of Contents

Narrative: <i>Before</i>	1
Narrative: <i>After</i>	2
Storyboard.....	5

Narrative: *Before*

It's a Saturday morning, and Caroline is relaxing after a long and stressful week of schoolwork. She reads the news on her laptop, has some breakfast and coffee with her boyfriend and spends a couple hours taking care of some bills and chores around the house. The calendar on her computer displays a weekly reminder for her to "go to gym". This reminder was part of Caroline's New Year's resolution to improve her health and lose some weight. She hasn't kept up with her monthly goal, and averages going to the University gym (IMA) once a month. She doesn't enjoy going to the gym and feels as though she really doesn't understand what she *should* be doing to improve her health. However, she gathers up her gym clothes and heads down to get a workout.

As Caroline gets closer to the entrance of the IMA, she notices students walking in and out of the building. Most of them are very fit, and are socializing in groups as they come to workout. Caroline wishes she had a good attitude about coming to the gym. Instead, she only feels a sense of nervousness and dread increase as she walks through the doors. As she passes by the IMA bulletin board, she glances at a sign advertising personal trainers. She wonders to herself if that would help, and then thinks about lifting weights in front of all the other people at the gym with a trainer telling her what to do. This thought makes Caroline feel self-conscious, as she doesn't like to be the center of attention, especially when it comes to her body.

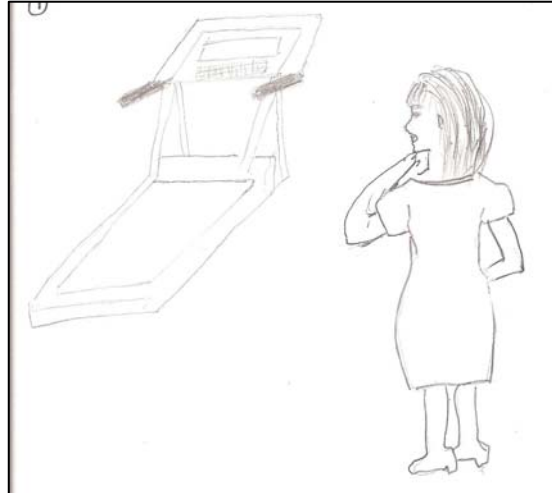


After changing her clothes in the locker room, Caroline passes by the different activity rooms and approaches the one piece of gym equipment she feels comfortable with, the bicycle. She gets on and starts pedaling. When prompted by the control screen, she presses the quickstart button. She knows there are different settings that track her heart rate and alter the tension on the bike, but she doesn't know what that information means and considers those to be functions for more experienced and knowledgeable people. As she pedals, she looks around at the people going from machine to machine. She wonders how people know how much weight to lift, for how long and just generally how to put together a workout routine. She thinks back again to the posting for a personal trainer, but still doesn't feel comfortable with that idea.

After 30 minutes, Caroline stops riding the bike as she's pretty worn out. However, she feels good about getting some exercise and decides to try a different machine. She walks over to the rowing machine and begins to read the directions. After going through the information about possible injuries, she sits down in the chair. The

control panel on the machine asks her to “set her workout level”. She reads back through the directions, and can’t find how she is supposed to do this. By this time, Caroline feels very frustrated and convinces herself that she could get injured if she uses the equipment incorrectly. She walks around and glances at the weight machines and treadmills, and decides that she should probably head home.

Once she returns home, Caroline looks up some information online about using a rowing machine. However, she can’t find any information about how to use the specific model at the gym because she can’t remember the company’s name. She tells herself that she’ll get the company’s name next time she goes. She’s happy she got some exercise, but wonders why those people coming into the gym were seemingly having such a good time.



Narrative: After

It’s another Saturday morning, and Caroline is relaxing after a long and stressful week of schoolwork. She reads the news on her laptop, has some breakfast and coffee with her boyfriend and spends a couple of hours taking care of some bills and chores around the house. Later in the afternoon, Caroline receives an email from the IMA. The email was sent to her via a request from her friend Jennifer, who also goes to the IMA.

“Hi Caroline. Lately, I’ve been using the new Fitness Quest system at the IMA. I know you’ve been trying to come down to the gym more this year. Fitness Quest has really helped me figure out a workout routine. I’m going to the IMA tomorrow at noon. Let me know if you want to meet me and try it out. You can set up a free account through the link below.”

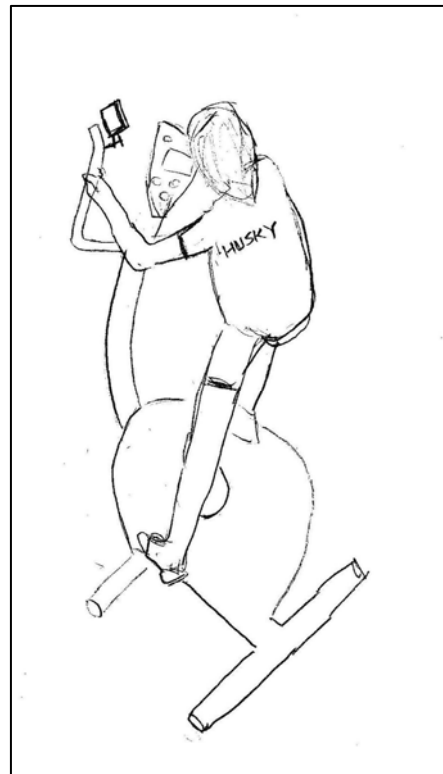
Caroline read over the email again, and was intrigued at the idea of a system that could help her set up a workout routine. Although she goes to the gym every once in awhile, she is very intimidated by all the experienced athletes and hard to understand equipment. She emailed Jennifer and told her that she’d meet her the next day.

After clicking the link in the email, she is taken to the Fitness Quest website where she fills out a survey about herself. She enters her physical attributes as well as her short and long-term fitness goals. She creates a user name for herself and is told to go to the IMA to start her Fitness Quest.

The next day, Jennifer and Caroline meet in front of the IMA. They go change their clothes in the locker room, and walk over to the Fitness Quest kiosk in the hallway. After entering her user name into the control panel, she is instructed to take one of the E-Trainer hand-held modules nearby. The E-trainer’s screen states “Welcome Caroline. Are you ready to start your workout?” Caroline presses the “yes” button and the screen changes. “Let’s stretch out first, OK?”

The screen displays various stretches for Caroline to do. As she’s doing them, she notices that Jennifer is doing different stretches than she is. It turns out that the E-trainer learns over time what kinds of exercises the user will be doing, and therefore instructs each person to do a different series of stretches.

Once they are done with their stretches, Caroline’s E-trainer tells her to go to the bicycle and to place the E-trainer into the dock. When she does this, the control panel for the bicycle lights up. The E-trainer states “Start pedaling whenever you’re ready.” Caroline starts pedaling, and notices that the tension on the bike is set for “Variable hills and valleys 2.” Although she knows there are different settings for the gym bicycles, she always feels unsure about how they should be set for her. After pedaling the bike for about 30 minutes, the E-trainer screen displays “Are you bored yet?” Caroline reaches to the module and selects “Yes”. At this point, Caroline is instructed to plug headphones into the bottom of the module and choose from a selection of Music, Movies, Fitness Instructions and Motivations. She chooses Motivations and a voice lets her know that during the time she’s been on the bike, she’s burned 300 calories, which is the equivalent to 3 servings of potato chips. As the routine gets closer to the end, the voice of the E-trainer lets her know that she’s doing a great job, that she’s almost there and that next time it’ll be even easier.



After Caroline gets off the bike, she takes the E-trainer off the cradle. The screen displays “Go pick up some 5 lb dumbbells and sit on the edge of the bench” with a picture of dumbbells below the text. Caroline sits on the edge of the bench and follows the instructions on the screen for doing 3 repetitions using the weights. After she finishes, she presses the Next button on the module and continues to the next activity.

After an hour and a half, the E-trainer display tells her to return to the Fitness Quest kiosk and that her workout is over. “Good Job Caroline, you’re one step closer to reaching your goals” Caroline walks back to the locker room with Jennifer. She is a bit sore and very tired, but is happy that she’s had a complete workout, something she’s never known how to do.

Once she gets home, Caroline notices she has an email from Fitness Quest. The email has a summary of everything she did at the gym and how it has improved certain muscle areas and her circulatory system. She was surprised to see how many calories she burned and how good the exercise was for her body. Below this is a list of things Caroline can do during the week until she goes to the gym again. From these ideas, Caroline decides that once a week she will walk the three miles to work instead of taking the bus.



Caroline has also had problems improving her eating habits. Luckily, the email gives her some recipe tips that she hopes can help her make nutritious meals to go along with her new exercise routine.

The link at the bottom of the email takes Caroline back to the Fitness Quest website, and to her fitness account. This account page displays all her workout information and lets her select what kinds of exercises she enjoys, what she would like to do in the future and how it all helps her meet her goals.

The next Saturday, Caroline wakes up and looks forward to meeting Jennifer for another workout using Fitness Quest and the E-trainer.

Fitness Quest

Storyboard



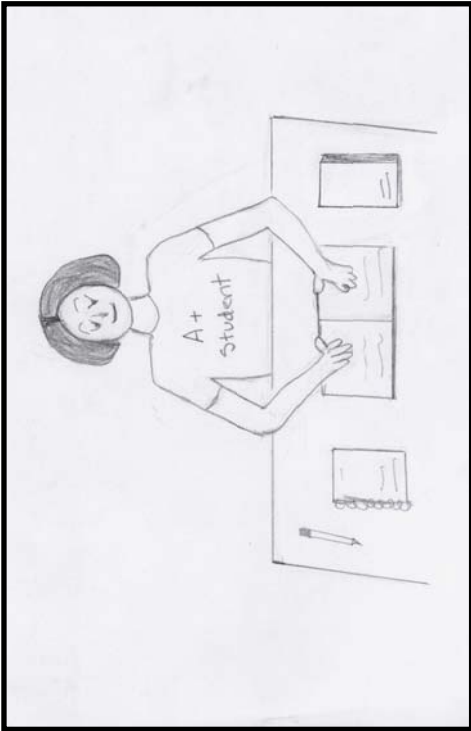
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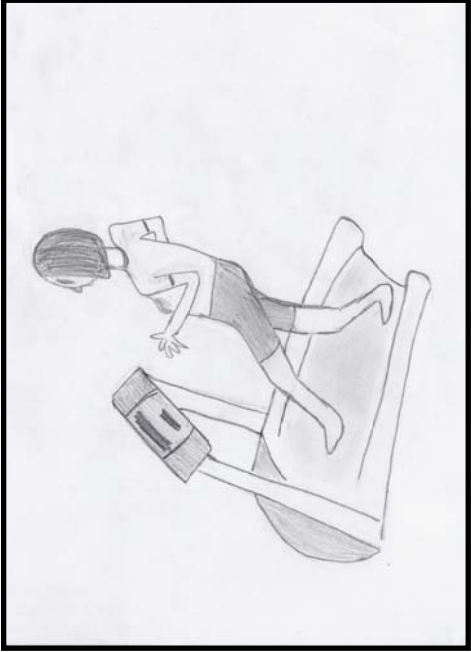
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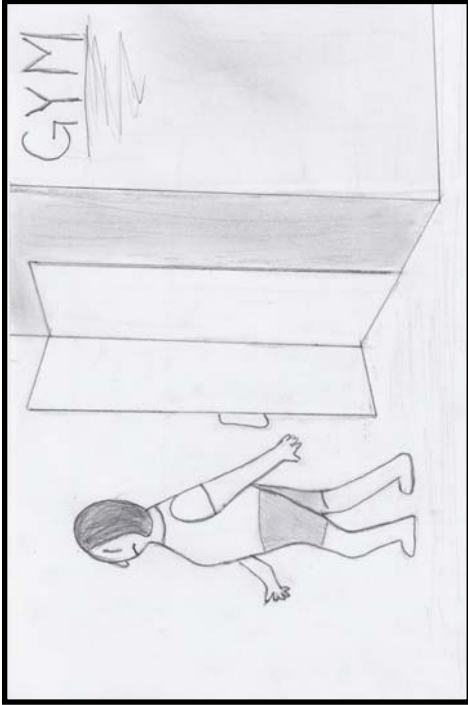
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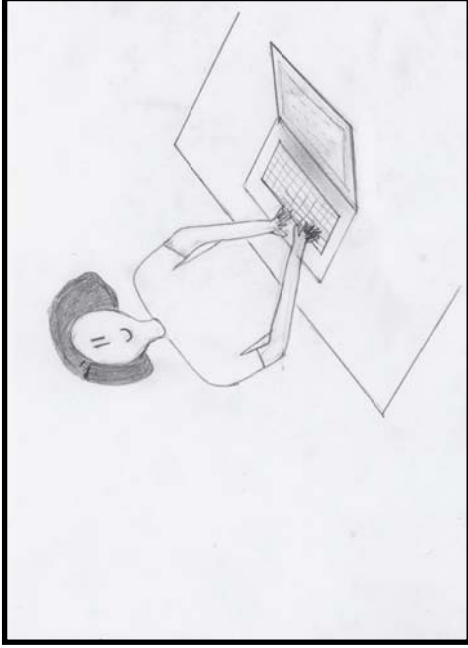
Caroline is very busy with academics. She feels a fairly large amount of stress in her life.



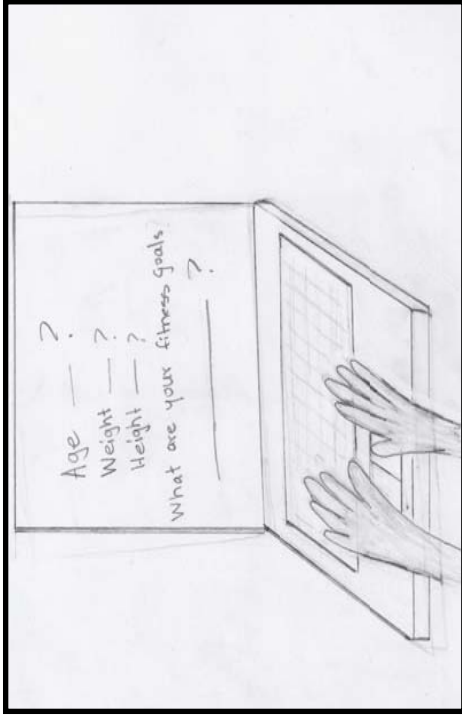
Caroline tries to exercise. She has the motivation to do something that is healthy for her, but she has trouble sticking to a routine.



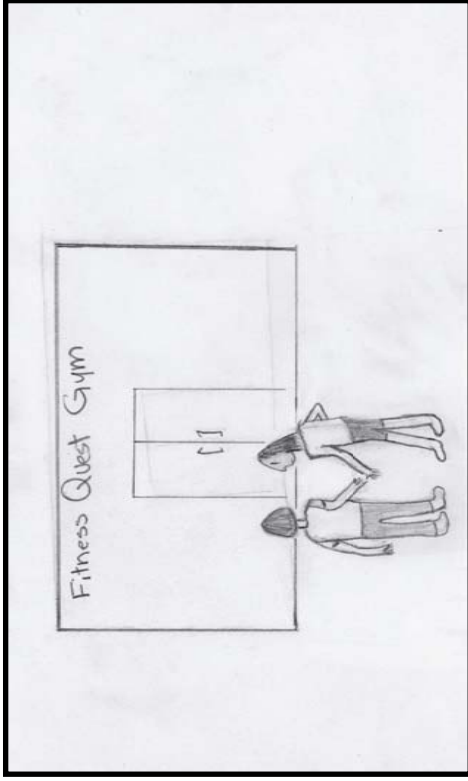
Caroline feels very frustrated. She is confused about how to make an effective exercise routine. She is also embarrassed and intimidated, feeling that she does not belong at the gym.



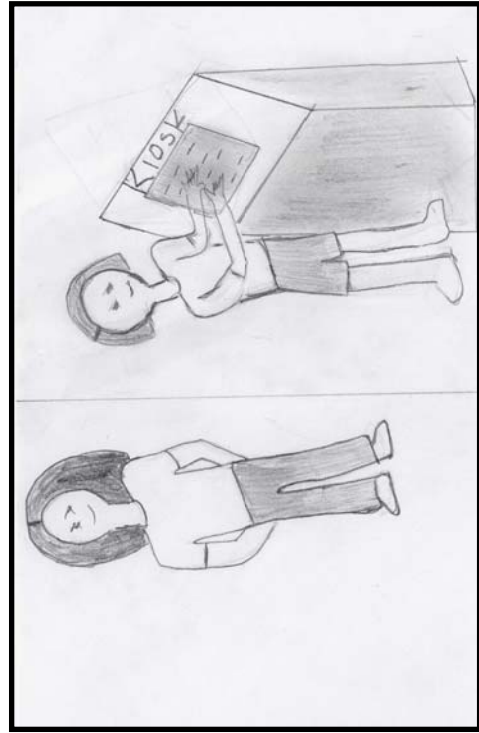
Caroline looks at an email from her friend who sends her link to a free trial for Fitness Quest. The friend remembers how Caroline wanted to make a change in her life, and this gives Caroline hope.



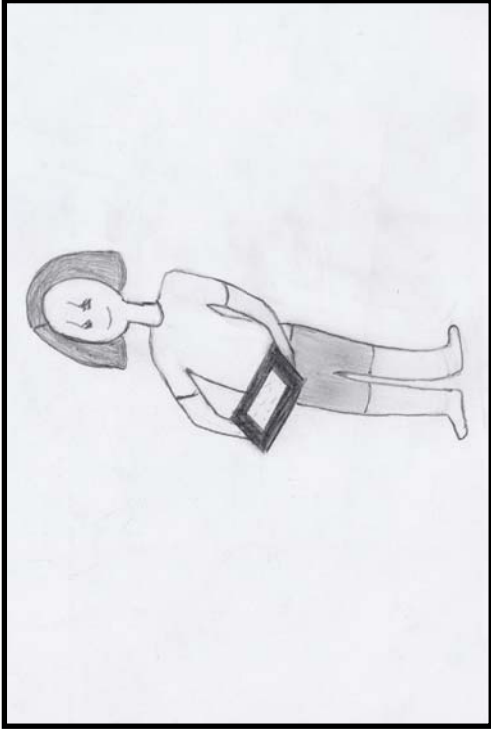
Caroline takes a tutorial on Fitness Quest. It shows her how it can help her reach her goals. She fills out information about her physical state, habits, and goals. She feels excited about Fitness Quest, and thinks that maybe it can help her be more healthy.



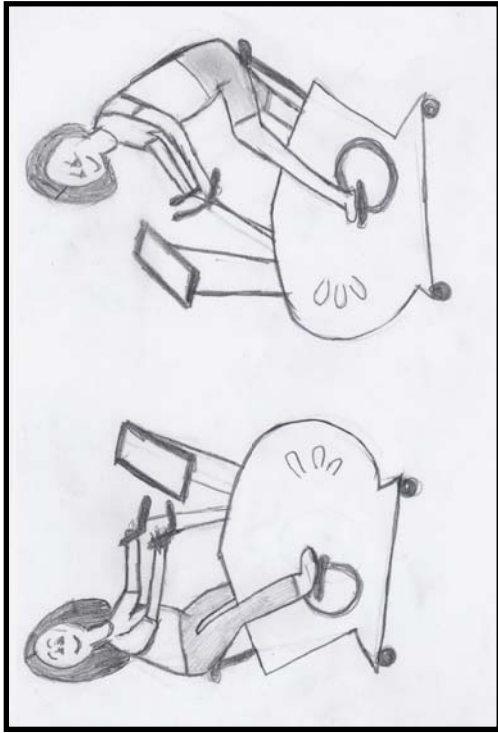
She goes to the gym with her friend in order to try out Fitness Quest. She is a little nervous because she thinks it might be more difficult than it appeared to be online.



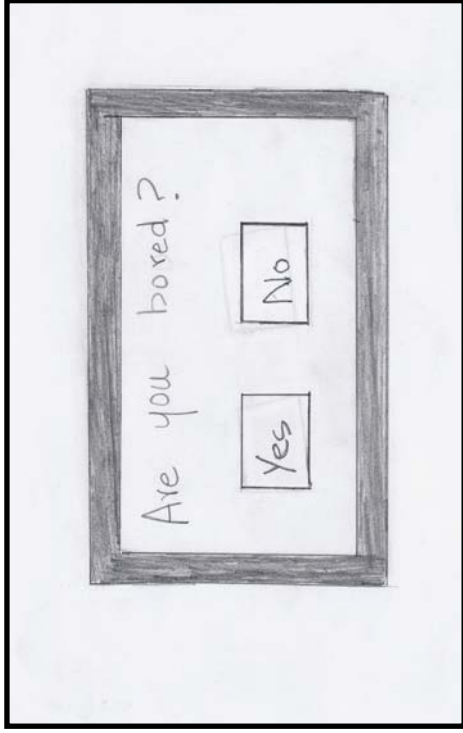
Caroline goes to the kiosk, and following the instructions provided, types her user name and grabs an e-trainer device. Caroline is impressed with the appealing interface.



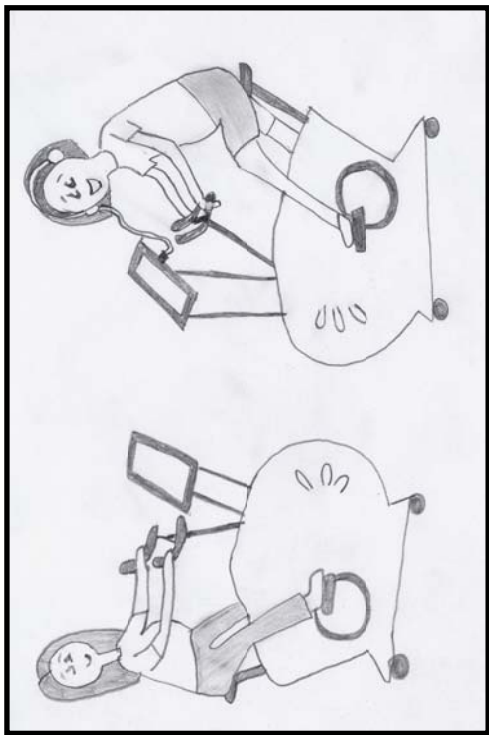
The e-trainer tells her she will be doing a baseline workout. It first tells her to stretch and then go on the bicycle. Caroline already feels that she is going to be doing an effective and efficient workout.



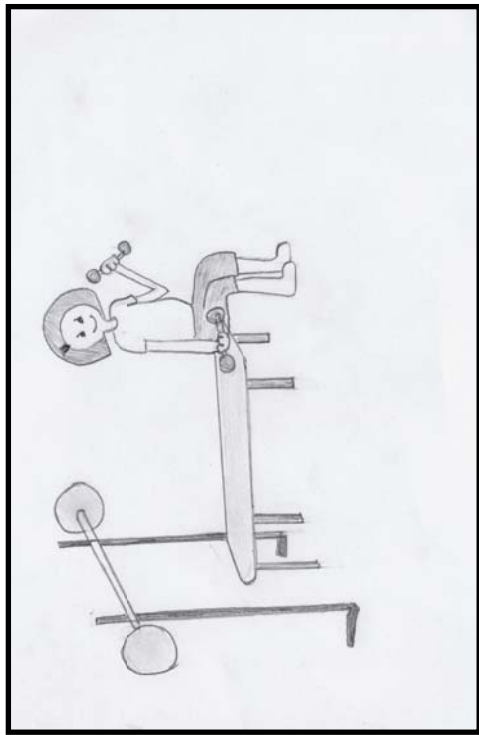
The e-trainer regulates the machine and gets feedback from Caroline, which includes her heartrate and other information. It constantly motivates her by showing what she's doing, and what impact is has. She is really pleased with this.



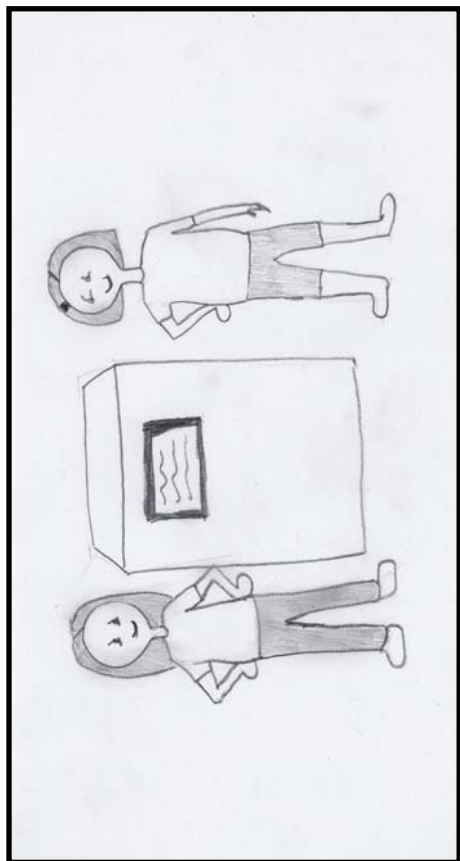
Halfway through the bike ride, Caroline is getting tired. E-trainer asks her "are you bored", and then invites Caroline to respond via the interface. Caroline is extremely impressed with this interaction.



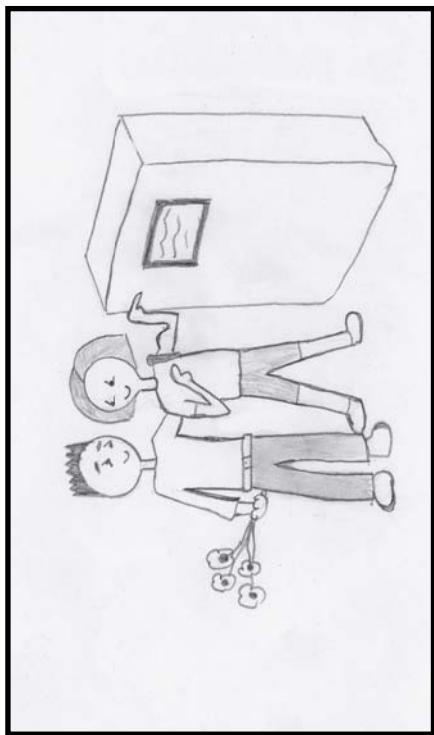
The e-trainer gives Caroline options to choose from TV shows, music, or health and fitness info. She chooses the fitness info. It presents facts about the positive aspects of what she is doing, for example how she is increasing her metabolism. It tells her how many calories she is burning and gives fun facts. Caroline is intrigued.



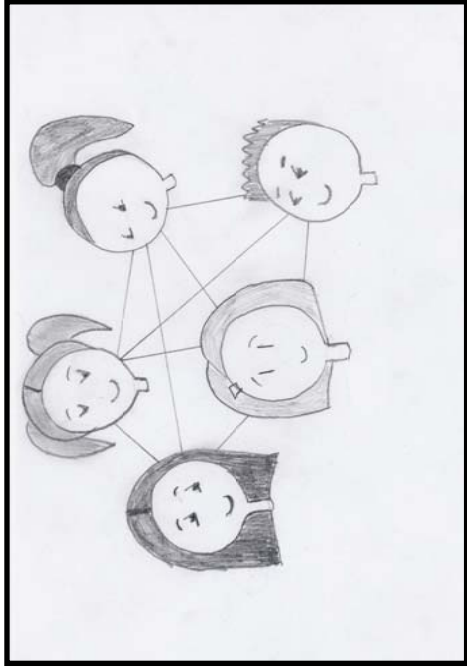
After the bike, the e-trainer instructs her to lift some 5 lb weights. The e-trainer asks her if they are too heavy. Caroline chooses "no". Then the e-trainer instructs her what exercise to do with the dumb bells and how many repetitions to do. The screen shows her how to hold them and what precautions to take. She feels happy that she is learning how to exercise correctly.



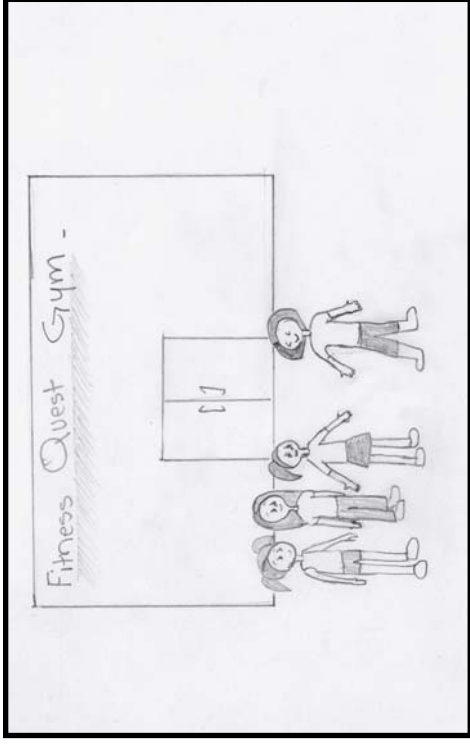
After the e-trainer guided Caroline through six other activities, she was informed that her work out was over. She was the instructed to return the device to the kiosk. She felt tired, but excited that she had a full and complete workout.



Caroline opens an email which congratulates her about her workout, gives her tips about activities for the week, meal and snack ideas, and a summary of what she has accomplished. It also suggests a time for her to come later in the week. Caroline is so impressed and really feels pride in herself.



Caroline receives a Facebook message from her friend asking if she wants to join the UW Fitness Quest group. She joins, and finds out about how hundreds of other students are using Fitness Quest. She feels that she is being included in a community of people going through the same thing she is.



After a few weeks, Caroline is happy about the physical results: she is losing weight, gaining more energy, and is overall healthier. She is happy she has met people through Fitness Quest to help her with her goals and continues to utilize the e-trainer to live a healthier lifestyle.