Campaign Motivation

Campaign to combat **sedentary lifestyles**/habits and **encourage movement**.

More than half of adults **did not meet the physical activity guidelines** in 2017-18. Furthermore, nearly half of employed adults aged 18-64 years described their day as **mostly sitting**.

Recruitment

Participants: Christelle, Taylah, Scott, Jay & Ashley

Dates: 8-11 August 2022

Length: 15 mins

Location: Local cafes and library

Tools: Macbook, Figma

Target Participants:
Persona: Liana Perez (Novice)
Persona: Alexandra Turner (Seated Sloth)
Persona: Felix Nguyen (Fit Fellow)

Test Schedule:
5 mins - Introduction & explain the process
10 mins - User tasks
5 mins - Any extra feedback

Participant Profiles

1	**Christelle**	25, full-time Persona: Novice
2	**Taylah**	24, full-time Persona: Seated Sloth
3	**Scott**	32, part-time Persona: Fit Fellow
4	**Jay**	28, full-time Persona: Seated Sloth
5	**Ashley**	34, full-time Persona: Fit Fellow

Hypotheses & User Testing

Hypothesis 1 - Increasing Knowledge

As a user I am wanting to increase my knowledge about the importance of being active and how I can incorporate it into my daily routine. I also want to know the thoughts/opinions of others in the community

In response the designer has created a 'Resources' page that includes written information/articles about the importance of taking care of your physical health, as well as practical ways to improve.

Scenario 1: You are interested in learning about the importance of being active and want to gain tips/advice on how to be active. How would you find this?

Actions:

Desktop	Mobile
Home page > Click 'Resources' in menu at top of page Read titles of articles and select one to read Read and finds content useful > Click Like button (optional)	Dashboard > Select paper icon in bottom navigation Resources page > Scrolls and selects an article Reads article

Hypothesis 1 – Increasing Knowledge

Scenario 1 Results

Participant	Actions	Pass	Fail
1	Desktop: Smooth pass. Clicks 'Resources' straight away. Mobile: Smooth pass. Goes straight to 'Resources' page. Points to Discussion board and articles.	✅ ✅	
2	Desktop: Notices tips in 'Dashboard' but assumes it is a button. Clicks on 'Resources' in menu and clicks through article. Mobile: Smooth pass, clicks 'Resources' button	✅ ✅	
3	Desktop: fail at first, clicks 'Quick Workout Start' button, but after some clarification on what information is being sought after, user eventually clicks 'Resources' in menu. Mobile: Goes straight to 'Resources' button in bottom navigation	✅ ✅	
4	Desktop: Fail. Thinks information is in "active breaks" in Dashboard. After asking user where in the menu they think it would be located, they click "Resources" Mobile: A bit hesitant at first but eventually selects "Resources" page button	✅	✖
5	Desktop: Smooth pass. Goes straight to "Resources" page in menu Mobile: Smooth pass. Selects "Resources" page button	✅ ✅	

Hypothesis 1 – Increasing Knowledge

Scenario 2: You cannot find the information you are looking for and want to ask someone. How would you do this?

Actions:

Desktop	Mobile
Dashboard page > Click 'Resources' in menu at top of page Scrolls through articles and community discussion board posts Clicks '+' button at bottom of 'Community Discussion Board' section Inputs text and submits question/topic of interest	Home page > Select paper icon in bottom navigation Resources page > Scrolls and reads through articles and community discussion board posts Selects 'paper and pen' icon in bottom right corner of 'Community Discussion Board' section Inputs text and presses 'Submit' button

Hypothesis 1 – Increasing Knowledge

Scenario 2 Results

Participant	Actions	Pass	Fail
1	Mobile: Smooth pass. On "Resources" page, selects '+' button and understands that they can input text and press submit.	✅	
2	Mobile: Explored Community Discussion Board, understands purpose of "+" button and the popup. However, didn't automatically assume the button was to contribute to discussion board. Thought it would expand to display other topics.	✅	
3	Mobile: thinks to ask friends first, goes to "Social" page. However, understands what Community Discussion Board after being asked specifically.		❌
4	Mobile: Smooth pass. Points to Community Discussion Board and instinctively selects "+" button. Understands purpose of popup.	✅	
5	Mobile: Unsure, selects "Social" button. Passes after prompts and goes to Community Discussion Board.	✅	

Hypothesis 2 - Tracking Progress

As a user I am wanting to keep track of my progress during the week and overall. By keeping track of my progress, I will feel more motivated to achieve my goals.

In response the designer has created a section in both 'Dashboard'/'Home' page and 'Profile' page that displays users' weekly and monthly progress. Displaying a calendar that marks active days allows users to visually see how often they have been active.

Scenario: You have been using the site/app for a month now and want to see how long you have spent moving. How would you find this?

Actions:

Desktop	Mobile
Dashboard page > Read 'active breaks' and 'active minutes' **OR** Dashboard > Click profile icon in top right corner of page Read 'This Week' statistics & 'All Time' statistics on left hand side of page	Select profile icon (most right icon) in bottom navigation Profile page > Scroll and read 'This Week' statistics & 'All Time' statistics **OR** Home page > Read 'active breaks' and 'active minutes'

Hypothesis 2 - Tracking Progress

Results

Participant	Actions	Pass	Fail
1	Desktop: goes to profile immediately. Reads and views both statistics on the left and calendar on right. Mobile: goes straight to profile	✅ ✅	
2	Desktop: assumes it is in Profile or Dashboard. Reads "This Week" & "All Time", as well as Active Calendar - particularly enjoys calendar as a visual representation. Proceeds to Dashboard, assumes data is from today. Mobile: Familiar with desktop, clicks "Profile" button and scrolls to see information/statistics	✅ ✅	
3	Desktop: goes to Dashboard, doesn't assume you can find progress in Profile Mobile: first thinks of Home page/dashboard but proceeds to "Profile"	✅	❌
4	Desktop: Fail. Does not know where to find progress. Tries different pages from Resources > Dashboard > Social but does not think to click Profile icon. Mobile: Pass. Clicks on "Profile" icon	✅	❌
5	Desktop: Smooth pass. Clicks "Profile" icon to go to Profile page Mobile: Goes to home page and after familiarity with desktop, also clicks on "Profile" icon	✅ ✅	

Hypothesis 3 – Finding Workouts

***As a user I am wanting* to** find quick exercises that I can easily do during the day. I also want the option to search for exercises that target specific areas.

In response the designer has created an exercise page 'Move' that displays a variety of workouts. Users can search, filter, or browse workouts. The duration of workouts is displayed in listings, making it easier for users to choose workouts that fit in their schedule.

Users were asked one of the two scenarios, or both (on differing platforms).
Scenario 1: You want to do a workout but only have 5 minutes. How would you find this?
Scenario 2: You want a workout that focuses on strength. How would you find this?

Hypothesis 3 – Finding Workouts

Desktop	Mobile
Dashboard page > Click 'Move' in menu at top of page Click search field and input text Browse results and select workout **OR** Dashboard page > Click 'Move' in menu at top of page Click '5-10 mins' filter Browse results and select workout **OR** Dashboard page > Click 'Quick Workout' button **OR** Dashboard page > Click 'Move' in menu at top of page View workouts listed in 'Quick Workouts' category Select workout	Home page > select 'Quick Workout' button **OR** Home page > select running icon in bottom navigation Move page > select search field and input text Browse results and select workout **OR** Home page > select running icon in bottom navigation Move page > select '5-10 mins' filter Browse results and select workout **OR** Home page > select running icon in bottom navigation Move page > scroll and view workouts in 'Quick Workouts' category Select workout

Hypothesis 3 – Finding Workouts

Results

Participant	Actions	Pass	Fail
1	Mobile: selects "active minutes" on Home page but sees that it's not responsive and feels confused. Selects "Quick Workout", which is correct but prototype does not display full functionality. Also selects "5-10 mins" filter at top of "Move" page. Returns to "Quick Workout" button on home page. Thinks that selecting it will allow her to specify duration of workout.	✅	
2	Desktop: In "Move" page, clicks "Strength" filter and tries using search bar (prototype does not display full functionality). Suggests that the "Suggested" section changes overtime. Mobile: Selects "Quick Workout" button, as well as "5-10 mins" filter in "Move" page. Reads through other workouts listed and their duration.	✅ ✅	
3	Desktop: Fails at first. Initially clicks "input activity" button on Dashboard but presses "Move" in menu above Mobile: Selects "5-10 mins" filter	✅ ✅	

Hypothesis 3 – Finding Workouts

Results

Participant	Actions	Pass	Fail
4	Desktop: Fail at first. Thinks it can be found within "Resources" page and tries clicking posts like "Gym recommendations". Needed a prompt to find "Move" page. However, instinctively clicks "Strength" filter button. Mobile: Fail. Thinks it can be found in "active minutes" section or "Input Activity" button on home page.	✅	❌
5	Desktop: Uncertain, goes back to "Resources" page and then moves to "Move" page. Clicks "Strength" filter. Mobile: Selects "Quick Workout Start" button on home page. Also clicks "Move" icon and "5-10 mins" filter button at the top.	✅ ✅	

Hypothesis 4 - Breaking Up Sitting Periods

As a user I am wanting to increase my activity by taking more standing breaks.

In response the designer has created an active reminder that can be found in the 'Dashboard'/'Home' page. Users will be reminded to stand up/walk or participate in an exercise to break up long periods of sitting. Workdays can be set and users can choose how frequent reminders are.

Scenario: You have been working long hours at your desk and want to be reminded every 30 minutes to take a break. How would you achieve this?

Actions:

Desktop (not tested)	Mobile
Dashboard page > Click 'every X mins' button Click 'every 30 mins' option	Home page > select 'every X mins' button Select 'every 30 mins' option

Hypothesis 4 - Breaking Up Sitting Periods

Results

Participant	Actions	Pass	Fail
1	Mobile: Smooth pass. Selects "every x mins" button and "every 30 mins" option	✅	
2	Mobile: Smooth pass. Selects "every x mins" button and "every 30 mins" option	✅	
3	Mobile: Fail. Selects "Move Quick Workout" button and "Input activity". Thinks that Home page timer is to time how long you want to workout.		❌
4	Mobile: Smooth pass. Selects "every x mins" button and "every 30 mins" option	✅	
5	Mobile: uncertain at first but after reading, selects "every x mins" button and "every 30 mins" option	✅	

Results

Participant 1 Christelle	Participant 2 Taylah	Participant 3 Scott	Participant 4 Jay	Participant 5 Ashley
7/7 Pass	**8/8 Pass**	**5/8 Partial**	**5/8 Partial**	**8/8 Pass**
User passed all flows and felt confident using the platform	User passed all flows but expressed uncertainty in few aspects, such as navigating Community Discussion Board	User did not seem to fully understand purpose of platforms but was able to complete most tasks.	User expressed that navigation in App was unclear. However, it was understood over time after exploration.	User passed all flows and felt but was not always certain about actions.

Note: There was an error with the audio for the user testing recordings of Jay. Therefore, the videos are silent.

System Usability Scale (SUS) Value

Question	P1	P2	P3	P4	P5	AVG
I think that I would like to use this system frequently.	5	3	3	2	4	3.4
I found the system unnecessarily complex	1	1	3	2	1	1.6
I thought the system was easy to use.	5	4	4	3	4	4
I think that I would need the support of a technical person to be able to use this system.	1	1	2	3	2	1.8
I found the various functions in this system well integrated.	4	4	4	4	4	4
I thought there was too much inconsistency in this system.	1	2	2	3	1	1.8
I would imagine that most people would learn to use this system very quickly.	5	4	2	4	4	3.8
I found the system very cumbersome to use.	1	1	3	2	2	1.8
I felt very confident using the system.	5	5	4	3	4	4.2
I needed to learn a lot of things before I could get going with this system.	1	1	2	2	2	1.6
SUS Score	97.5 Grade A	85 Grade B	62.5 Grade D	60 Grade F	80 Grade C	77 Above Average

Findings & Recommendations

Participant Comments

P1 - Christelle

- Enjoys variation of workouts and activities
- Likes big buttons; easy to find and access
- Thinks layout is appealing

P2 - Taylah

- Found it to be mostly clear
- Button on Discussion Board is unclear
- Suggests that Sign Up and Sign In have two separate buttons
- Likes the aesthetics
- Intuitive, easy to navigate

P4 - Jay

- Thinks that icons in bottom navigation on app are unclear and unfamiliar. Only understood after clicking and exploring pages
- Mobile: Didn't know what the "Move" page icon was and assumed it was for running. In the end, understood that it was for activities but didn't assume at first.

P5 - Ashley

- Unsure where to get help in the app/where to contact the organisation
- Likes app layout
- Understands buttons after exploration but at first glance, did not know. Thinks that icon for "Profile" and "Social" pages are too similar
- Thinks that statistics from "This Week" could also be shown on the Home Page
- Not sure what "active breaks" and "active minutes" are. After explanation, suggests that it is labelled that the information is from today.

Findings

Tracking Progress

Some users were unable to find personal progress information. The default landing page when signing into the Desktop/App is the Dashboard/Home page and plainly displays statistics from Today. However, not everyone assumes more progress can be found in the profile page. Statistics displayed in the Dashboard/Home page also do not explicitly state that they are from Today.

Community Discussion Board

The layout of the Community Discussion Board in the app was unclear to some users. They were unsure what button was to expand topics and what button allowed users to contribute.

Finding Specific Workouts

Most users were able to find targeted workouts and explored multiple paths. Most, instinctively click filters in the "Move" page but also consider typing it into the search bar.

Aesthetics and visuals

Some users expressed that they liked the colours used and the overall look of the platforms.

Recommendations

App Icons (Navigation)

Some users were unsure what the different icons in the navigation represented. They only understood after exploring the different pages. It is suggested that labels are put on the icons to demonstrate different menu pages.

Technical Difficulties

Gaps and any awkwardness whilst testing may have come from the limits of the prototypes. Expanded functionality could have ensured that all user paths could be explored and that users felt assured that they were doing the right thing. For example, setting up the "Quick Workout" button on the Dashboard/Home page so that it connects to a page with a Workout example.

Move Reminder Explanation

Some users were confused what the Home page/Dashboard was for. It contains a timer that users use to remind themselves to take a standing or active break. After the timer is completed, it will start another timer to time how long the break is. The prototype did not contain enough functionality to test adjusting specific times but its existence was still uncertain. A tutorial page demonstrating the use of the timer could be introduced or pop-up messages containing tips on the function.

Separate Links for 'Sign Up' and 'Sign In'

One user expressed confusion regarding the appearance of a Profile icon when they haven't signed up and was curious what would happen if they clicked on it. It was explained that if the user was logged out, it would take them to the Sign In page. However, it was suggested that there would be a dedicated 'Sign In' button instead.

Site Map

1.0.0 Home Page

- **2.0.0 Sign Up**
  - 2.1.0 Welcome
  - 2.2.0 Profile Setup
- **3.0.0 Sign In**
  - 3.1.0 Sign In
  - 3.2.0 Forgot Password
- **4.0.0 About**
- **5.0.0 Resources**
  - 5.1.0 Fitness Tips
  - 5.2.0 The Dangers of Sedentary Lifestyles
  - 5.3.0 Benefits of Active Lifestyles
  - 5.4.0 Physical Activity Guidelines for Adults (Australian Government)
- **6.0.0 Contact**
  - 6.1.0 Contact Form
- **7.0.0 Move**
  - 7.1.0 Quick Workouts
  - 7.2.0 Weightlifting
  - 7.3.0 Dance
  - 7.4.0 HIIT
- **8.0.0 Legal**
  - 8.1.0 Privacy Policy
  - 8.2.0 Terms of Service
  - 8.3.0 Agreements
- **9.0.0 Help**
  - 9.1.0 FAQs

- **10.0.0 Dashboard**
- **11.0.0 Profile**
  - 11.1.0 Profile Settings
- **12.0.0 Social**
  - 12.1.0 Messages
  - 12.2.0 Friend Leaderboard
- **13.0.0 Move**
  - 13.1.0 Favourite Workouts
  - 13.2.0 Quick Workouts
  - 13.3.0 Weightlifting
  - 13.4.0 Dance
  - 13.5.0 HIIT
- **14.0.0 Resources**
  - 14.1.0 Community Discussion Board
  - 14.2.0 Other articles regarding physical health

Legend:
- Top Level Navigation
- Second Level Content
- Page Not in Prototype

Annotated Wireframes

Desktop

1.0.0 Home Page

move

About

Resources

Move

Contact

SIGN UP

Log In

1

2

3

4

5

6

7

move more.
live more.

A lack of physical activity is responsible for more than 6% of the cancer burden in Australia, second only to tobacco smoking.

Move is designed to help minimise and break up long periods of sitting. Helping you to move more so you can live more.

SIGN UP

6

8

9

Legal

Help
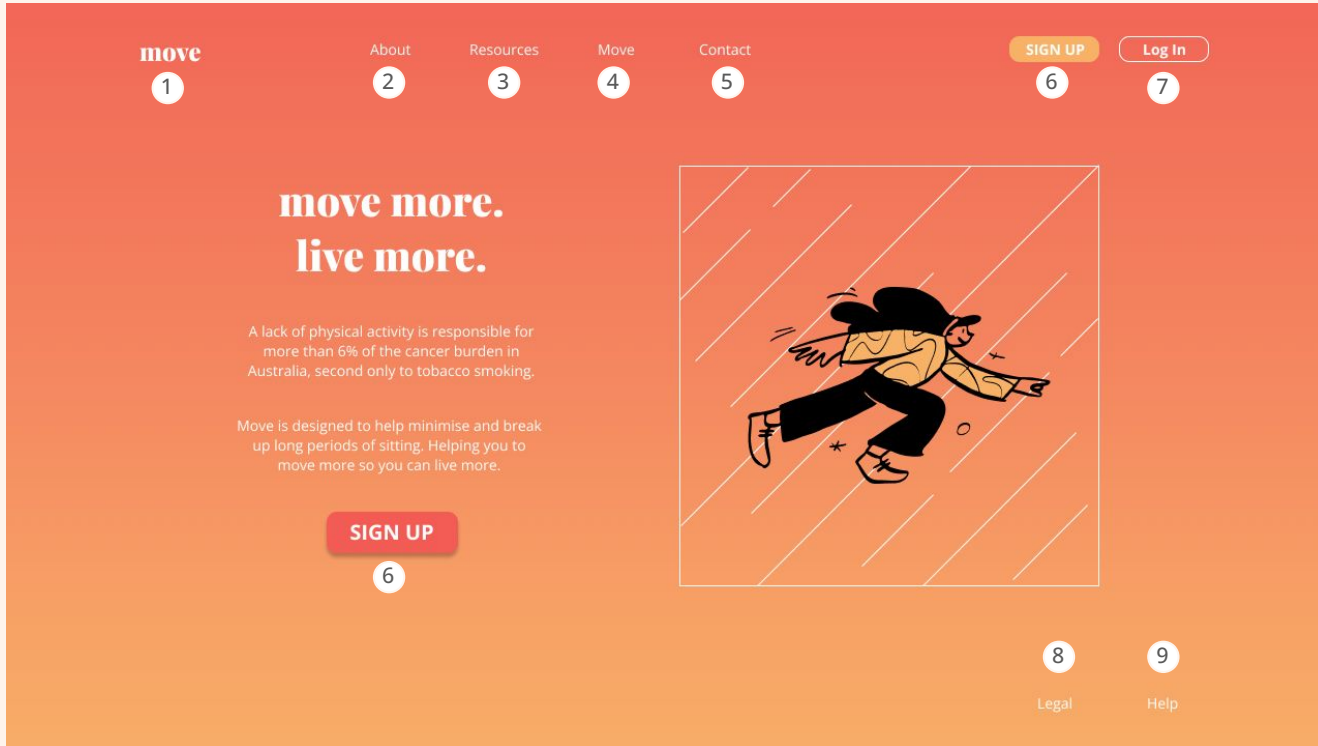
1. Move Logo
On mouse click navigate to 1.0.0 Home page and on mouse hover change fill to #564D50

2-5 Header Links
On mouse click navigate to respective pages and on mouse hover underline text
            2 > 4.0.0 About
            3 > 5.0.0 Resources
            4 > 7.0.0 Move
            5 > 6.1.0 Contact Form

6. Sign Up Button (When logged out)
On mouse click navigate to 2.0.0 Sign Up and on mouse hover change fill to #F25C54

7. Log In Button (When logged out)
On mouse click navigate to 3.0.0 Sign In and on mouse hover change fill to #F7B267

8-9 Footer Links
On mouse click navigate to respective pages on mouse hover change fill to #564D50.
            8 > 8.0.0 Legal
            9 > 9.0.0 Help

If user is logged out, display Sign Up & Log In buttons. If user is signed in, display Profile button instead.

2.0.0 Sign Up

move

About   Resources   Move   Contact

Log In

Sign up to Move

1

G   Sign Up with Google   🐦   f

or

2

First Name   **Last Name**

John   Smith

Mobile Phone

+61 412 345 678

Email Address

example@example.com

Password (Must be at least 7 characters long)

Password

3   By creating an account, you agree to the Move **Terms of Service** and **Privacy Policy**

4   **Create an account**

Legal   Help

1. Social Account Sign Up
On mouse click navigate to respective Social Sign In Pages (external). On mouse hover change fill to #564D50 and change text to white.

2. Registration Form
On mouse click for input fields, border colour changes to #564D50 and hint text disappears when typing.

3. Tick Box
On mouse hover, display drop shadow

4. 'Create an Account' button
On mouse hover change fill to #99B8DF and on mouse click navigate to Verification step

2.0.0 Sign Up (Verification)

move

About   Resources   Move   Contact

Log In

Verification (Step 1 of 2)

Would you like a verification code be sent to your

1   Email

or

2   Mobile Phone

Legal   Help

1. Email Verification Button
On mouse hover change fill to #F79D65 and text to white. On mouse click navigate to 4 (Email) Verification Step 2. System to send verification code to email address.

2. Mobile Phone Verification Button
On mouse hover change fill to #FACE9E and text to #564D50. On mouse click navigate to 3 (Mobile) Verification Step 2. System to send verification code to mobile phone.

5. Numerical Input
On mouse click or when user types, change border to #F25C54. User text input will flash briefly and change to circles.

6. Submit Button
On mouse hover change fill to #FACE9E and on mouse click navigate to 2.1.0 Welcome

3

Mobile Verification (Step 2 of 2)

Verification code has been sent to +61 *** *** *44.
Input code below.

5 ☐☐☐☐☐☐

Submit **6**

4

Email Verification (Step 2 of 2)

Verification code has been sent to ru*****a@gmail.com.
Input code below.

5 ☐☐☐☐☐☐

Submit **6**

2.1.0 Welcome

move

About   Resources   Move   Contact

Welcome, Keona!

Thank you for creating an account.
We hope you'll enjoy your time here.

Please help us help you by answering a few questions about
yourself to setup your profile.

1 **Setup Profile**

Legal   Help

2.2.0 Profile Setup

move

About   Resources   Move   Contact

What does your typical week look like?

1

Mostly seated
Sitting for most of the day with minimal exercise or movement

Fairly fit
Exercises/works out several times a week

Sometimes active
Sitting for most of the day but exercises sometimes

2   Next

Legal   Help

3   **How many times would you like to exercise per week?**

1   1   2   3   4   5   6   7

Tip: It's okay to start small. Do what is achievable for you.

6   Next

4   **Set your default fitness level**

1   Beginner

Intermediate

Advanced

Tip: You can change your fitness level later in 'Move' section and settings

7   Next

5   **Your profile is set up!**

Thank you for setting up your profile.
It's time to move!

8   **Dashboard**

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1. Profile Type Buttons
On mouse click change fill to #FEF4EC and text to #500000. Only one button can be highlighted at a time.

2. Next button
On mouse hover change fill to #F25C54 and navigate to 3 Workout Goal step.

6. Next button
On mouse hover change fill to #F25C54 and navigate to 4 Fitness Level step.

7. Next button
On mouse hover change fill to #F25C54 and navigate to 5 Profile Set Up complete screen.

7. Next button
On mouse hover change fill to #FACE9E and on mouse click navigate to 10.0.0 Dashboard
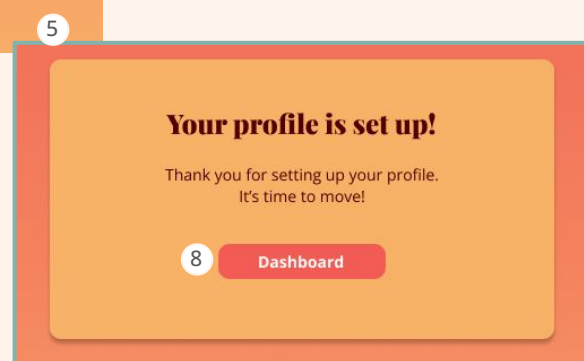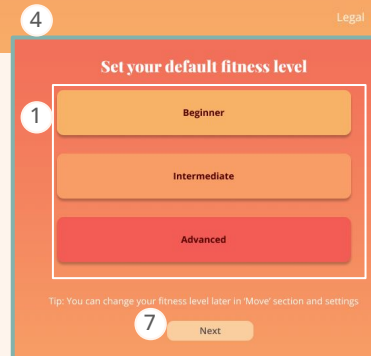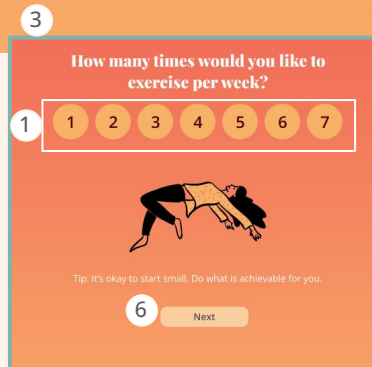
3.0.0 Sign In

move

About   Resources   Move   Contact

SIGN UP

Log In

G   Sign In with Google   [Twitter]   [Facebook]

Email Address

example@example.com

Password   Forgot password?

Password

1   Log In

or

2   Send one-off code to mobile

Legal   Help

3

Mobile Phone Log In

Log In code has been sent to mobile phone.
Input code below.

1   Log In

1. Log In Button
On mouse hover change fill to #FACE9E and text to #564D50. On mouse click navigate to 10.0.0 Dashboard if user input is correct.

2. Mobile Log In
On mouse hover change fill to #FACE9E and text to #564D50. On mouse click navigate to 3 Mobile Phone Log In Screen

move

About

Resources

Move

Contact

SIGN UP

Log In

1

What is move?

Did you know that a lack of physical activity is responsible for more than 6% of the cancer burden in Australia, second only to tobacco smoking?
That is why some say that sitting is the new smoking.

Sedentary lifestyles and habits are becoming an increasing concern amongst Australians, with more than half of Australian adults not meeting the physical activity guidelines. It can lead to increased risk of health conditions such as type 2 diabetes, heart disease, depression, dementia, stroke and some cancers.

Move is designed to combat sedentary habits by helping minimise and break up long periods of sitting. We aim to increase activity and enjoyment for all adults because active lifestyles can improve individuals' physical and mental health, and overall quality of life.

Legal

Help

1. About
Bold "About" text and underline to indicate current page being viewed

10.0.0 Dashboard

move
Dashboard   Resources   Move   Social

6

Hello, Keona

30:00

until next active break

1 9AM to 5PM 2 ⏸ every 60 mins 1

TODAY

2 out of 7
active breaks

10:00
active minutes

3 **move**
Quick Workout Start

4 +
Input offline activity

5 View All-Time Progress

Tip: Try taking phone calls outside and walking around at the same time.

Contact   About   Legal   Help

---
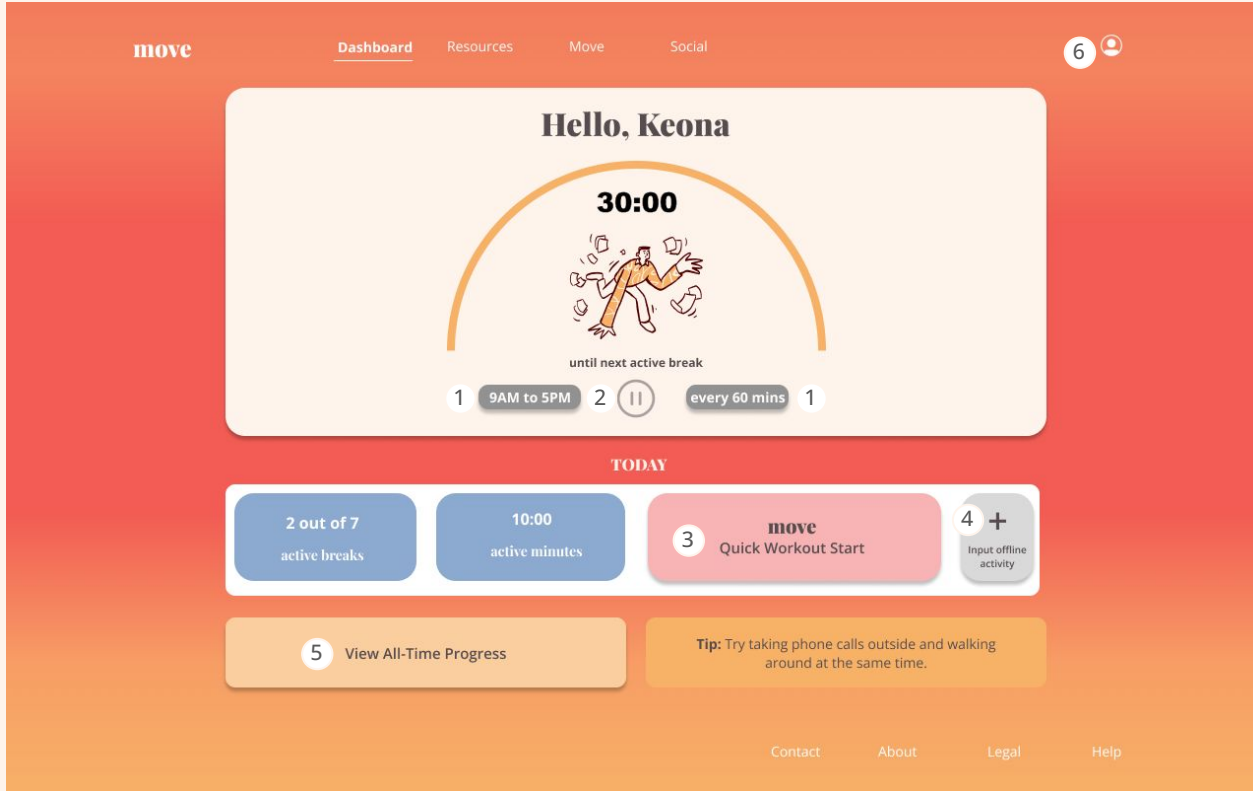
1. Active Reminder Buttons
On mouse hover change fill to #F7B267 and text to #564D50. On mouse click, display popup that allows users to select time frame or reminder frequency.

2. Pause Button
On mouse click display play icon and pause timer. On second mouse click, allow timer to resume.

3. Quick Workout Button
On mouse hover change fill to #FACE9E and navigate to random quick workout page.

4. Offline Activity Input Button
On mouse hover change fill to #8CA9CF and on mouse click display popup that allows users to input type of offline activity completed and duration.

5. "View All-Time Progress" Button
On mouse hover change fill to #F7B267 and on mouse click navigate to 11.0.0 Profile

6. Profile Button
On mouse hover change fill to #564D50 and on mouse click navigate to 11.0.0 Profile

13.0.0 Move

move

Dashboard   Resources   **Move**   Social

1 — Search

2 — Beginner | 5-10 mins | 10-20 mins | No equipment | Strength | Cardio | Arms

3 — Favourite Workouts

Suggested

4 — Crunch Time — 10 MINS
Low Impact Cardio Blast — 20 MINS
Leg Day — 25 MINS

Quick Workouts

Pilates Core — 6 MINS
Amazing Arms — 10 MINS
Essential Warm Up — 9 MINS
view more — 5

Weightlifting

Total Body Weight Training — 34 MINS
Total Arm Burn — 10 MINS
Full Body Strength — 45 MINS
view more — 6

Dance

Feel Good Dance — 17 MINS
Dance Cardio HIIT — 21 MINS
Taste of Zumba — 21 MINS
view more — 7

HIIT

Quick HIIT Booty — 10 MINS
Upper Body Interval Mix — 25 MINS
Tabata Torch — 14 MINS
view more — 8

Download the Move app for more exercises

Contact   About   Legal   Help

1. Search Button
On mouse click display text cursor and remove hint text. After user places inputs text and presses "enter", display workouts that match search.

2. Filter Buttons
On mouse click change fill to #FACE9E and display workouts that match selected filter.

3. Favourite Workouts
On mouse hover change fill to #FACE9E and on mouse click navigate to 13.1.0 Favourite Workouts

4. Workout Page Buttons
On mouse hover display drop shadow and on mouse click navigate to respective Workout Page.

5-8 Workout Category Buttons
On mouse click navigate to respective Workout Pages.
>   5 > 13.2.0 Quick Workouts
>   6 > 13.3.0 Weightlifting
>   7 > 13.4.0 Dance
>   8 > 13.5.0 HIIT

13.0.0 Move (Workout Page)

move

Dashboard   Resources   **Move**   Social

5 < View more Weightlifting exercises

Full Body Strength 🔖 1

2 ▶

🕐 45 mins   Beginner   Dumbbells

Strengthen every part of your body with this beginner workout.

3   Invite friend   ⬆ 4

Contact   About   Legal   Help
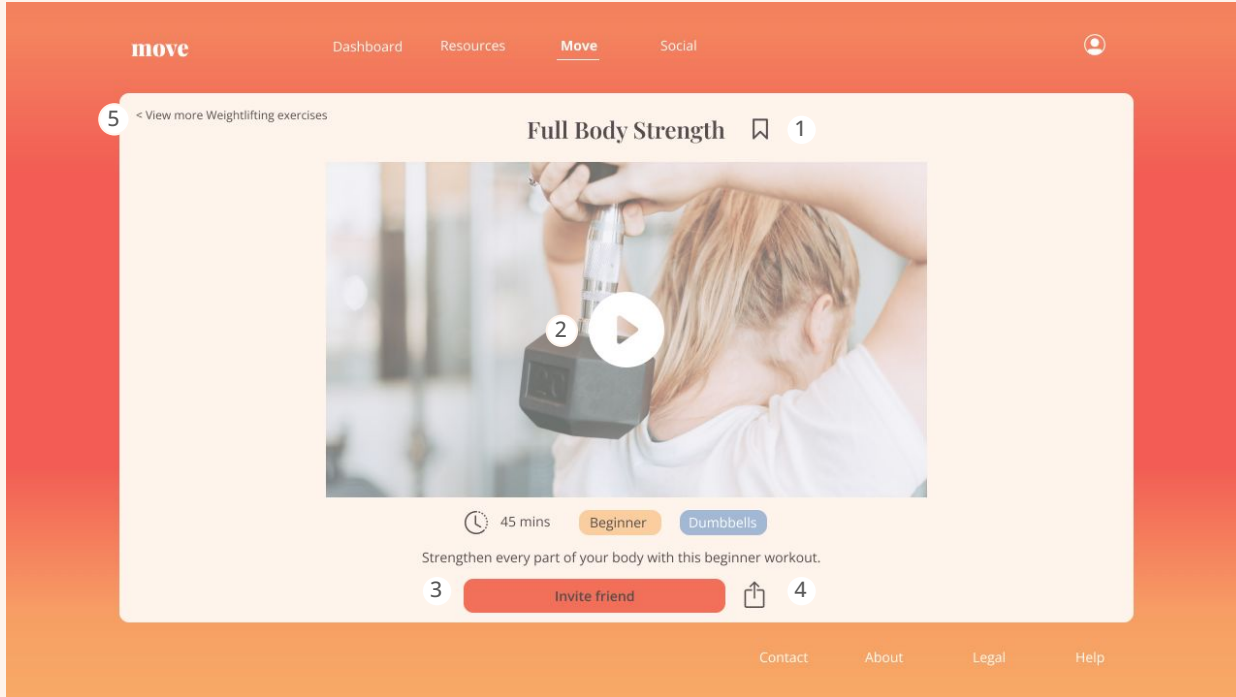
1. Favourite Button
On mouse click fill icon #564D50 and add workout to Favourite Workouts

2. Video Play Button
On mouse click play workout video and on second mouse click pause workout video

3. Invite Friend Button
On mouse hover change fill to #F8B4B4. On mouse click, user is able to select which Friend to send workout to. Other user will receive a notification to start workout.

4. Share Button
On mouse click, copy link to workout

5. Return Button
On mouse click, return to previous screen

14.0.0 Resources

move

Dashboard   **Resources**   Move   Social

Community Discussion Board

1   Sit to stand desk recommendations?
20 replies

How do I increase endurance for running?
25 replies

Workout playlist recommendations?
30 replies

Can you target fat?
7 replies

Cheap activities?
15 replies

Gym recommendations?
20 replies

View More

2 ✚

3   **Combating Sedentary Lifestyles**

Sedentary lifestyles involve long periods of time sitting or lying down.
Did you know that sedentary lifestyles can increase your risk to numerous health conditions?

read more

The Benefits of Active Lifestyles

Being active can reap a lot of benefits.
Your mental and physical health can greatly improve. You may find yourself gaining more energy too.

read more

10 Ways to Incorporate Exercise into a Busy Workday

You can include simple activities in your day to increase movement.
It can be as simple as standing during meetings.

read more

Contact   About   Legal   Help

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1. Community Discussion Board
On mouse click navigate to 14.1.0 Community Discussion Board post

2. Community Discussion Board Contribution Button
On mouse hover change fill to #929292 and '+' symbol fill to white. On mouse click display popup that allows users to create a new thread in Community Discussion Board.

3. Article Buttons
On mouse hover change fill to #FEF4EC and on mouse click navigate to respective Article Page.

11.0.0 Profile

move

Dashboard   Resources   Move   Social

5 Log Off

Keona   Edit Profile   1

2 Beginner

3 View Friend List 👥

4 View Discussion Posts 📄

This Week

| 65 active minutes | 10 active breaks |

| 2 move workouts | 20 move minutes |

All Time

| 220 active minutes | 32 active breaks |

| 12 move workouts | 200 move minutes |

JULY ACTIVITY

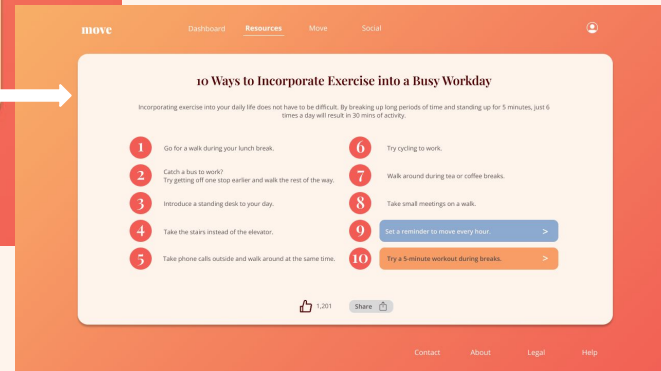| MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Contact   About   Legal   Help

1. 'Edit Profile' Button
On mouse click navigate to 11.1.0 Profile Settings

2. Fitness Level Button
On mouse hover change fill to #FEF4EC and display popup that allows users to change Fitness Level (Beginner, Intermediate or Advanced)

3. Friend List Button
On mouse hover change fill to #FEF4EC and on mouse click display popup that lists user's friends on platform
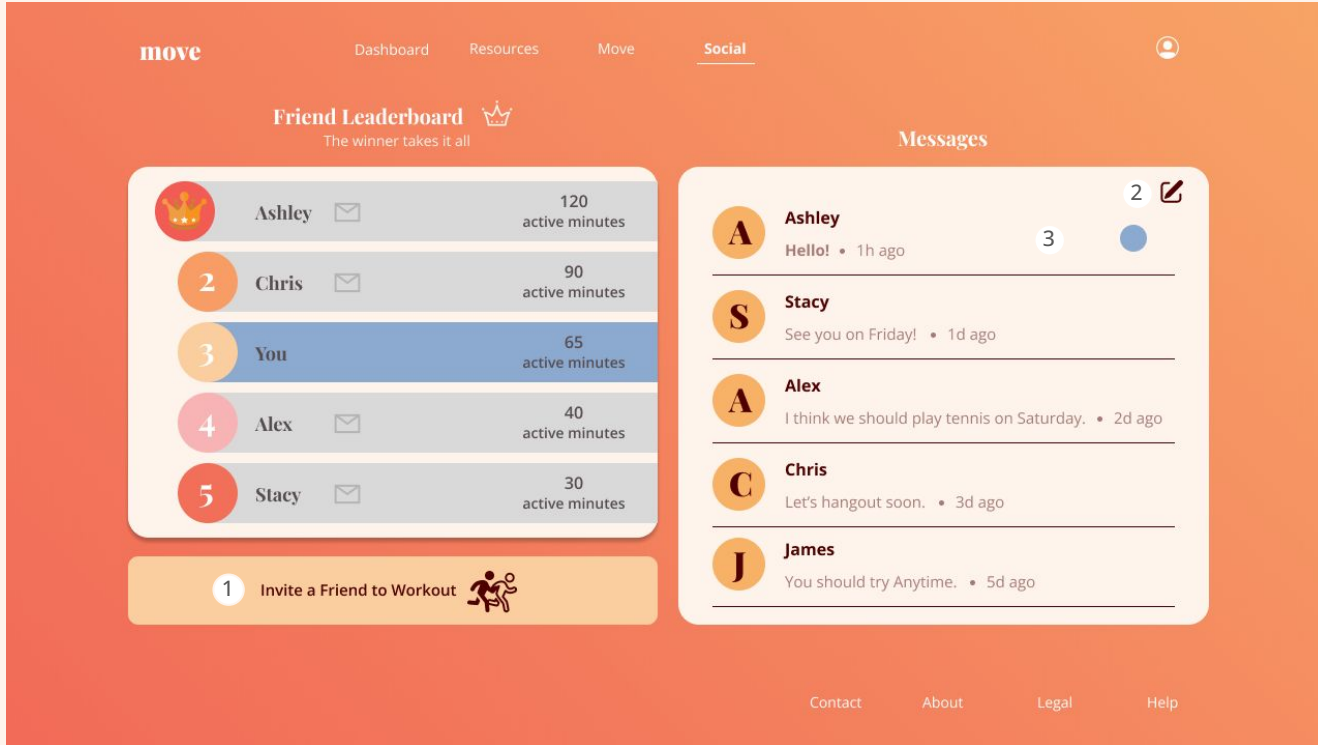
4. Discussion Posts Button
On mouse hover change fill to #FEF4EC and on mouse click navigate to 14.1.0 Community Discussion Board

5. 'Log Off' Button
On mouse click change fill to #8CA9CF and system logs user off. When sign out is complete, navigate to 1.0.0 Home page

12.0.0 Social

move

Dashboard   Resources   Move   Social

Friend Leaderboard
The winner takes it all

	Ashley	✉	120 active minutes
2	Chris	✉	90 active minutes
3	You		65 active minutes
4	Alex	✉	40 active minutes
5	Stacy	✉	30 active minutes

1   Invite a Friend to Workout

Messages

2 ✎

Ashley   3
Hello! • 1h ago

Stacy
See you on Friday! • 1d ago

Alex
I think we should play tennis on Saturday. • 2d ago

Chris
Let's hangout soon. • 3d ago

James
You should try Anytime. • 5d ago

Contact   About   Legal   Help

1. 'Invite Friend to Workout' Button
On mouse hover change fill to #F79D65. On mouse click, user is able to select which Friend to send workout to. Other user will receive a notification to start workout.

2. New Message Button
On mouse click, display popup that allows user to input what user to send message to and message
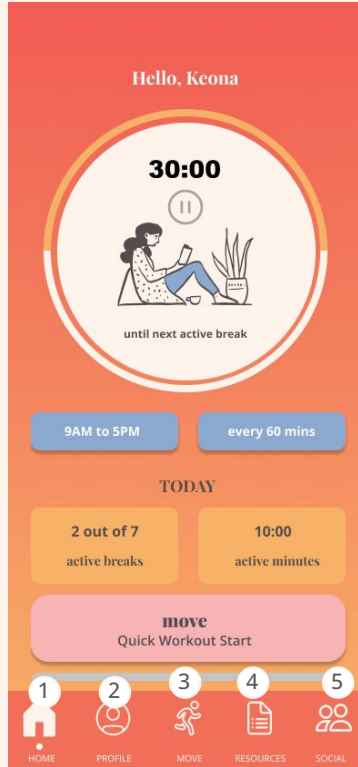
3. Chat Button
On mouse click navigate to respective user conversation and display full view of texts

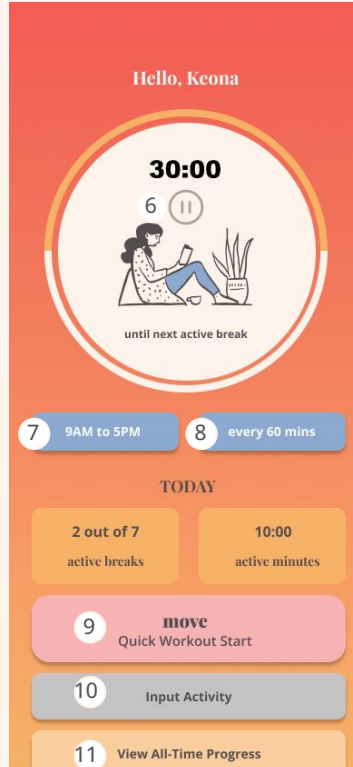# Mobile

Opening Screen

move

Home Page

Hello, Keona

30:00

until next active break

9AM to 5PM   every 60 mins

TODAY

2 out of 7
active breaks

10:00
active minutes

move
Quick Workout Start

1 HOME   2 PROFILE   3 MOVE   4 RESOURCES   5 SOCIAL

Full Home Page Content

Hello, Keona

6

30:00

until next active break

7 9AM to 5PM   8 every 60 mins

TODAY

2 out of 7
active breaks

10:00
active minutes

9 **move**
Quick Workout Start

10 Input Activity

11 View All-Time Progress

Tip: If you are working from home, try squatting while waiting for the kettle or microwave

---

1-5 Navigation
On tap navigate to respective pages
  1 > Home page
  2 > Profile page
  3 > Move page
  4 > Resources page
  5 > Social page

6. Social Button
On tap pause timer. On second tap, resume timer.

7. Workday Button
On tap display popup that allows users to set time to receive active reminders

8. Break Button
On tap display popup (12) that allows users to set frequency of timer

9AM to 5PM   every 60 mins

12   Every 30 mins

2 out of 7
active breaks

Custom

active minutes

move
Quick Workout Start

Input Activity

9. Quick Workout Button
On tap display random Quick Workout page

10. 'Input Activity' Button
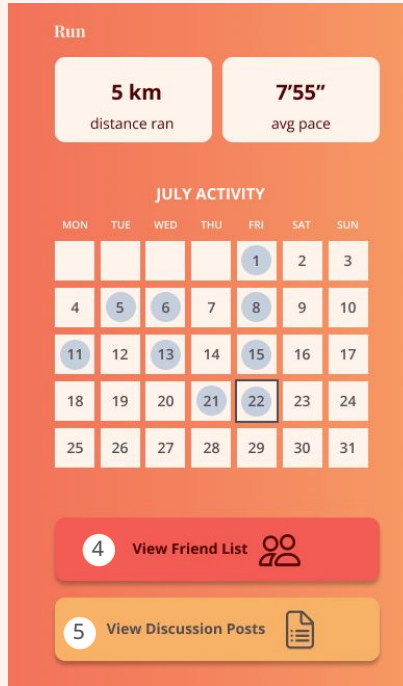On tap display popup that allows users to input type of offline activity completed and duration.

9. 'View All-Time Progress' Button
On tap navigate to Profile page

Profile Page

Keon ① Edit Profile ② ⚙

③ Beginner

This Week

65 active minutes	10 active breaks
2 move workouts	20 move minutes

All Time

220 active minutes	32 active breaks
12 move workouts	200 move minutes

Run

5 km distance ran	7'55" avg pace

HOME PROFILE MOVE RESOURCES SOCIAL

Continuation of Profile Page

Run

5 km distance ran	7'55" avg pace

JULY ACTIVITY

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

④ View Friend List 👥

⑤ View Discussion Posts 📄

1. 'Edit Profile' Button
On tap display options to edit profile such as name and display photo.

2. Settings Button
On tap navigate to Settings (allows users to adjust notifications, get help, view FAQs)

3. Fitness Level Button
On tap display popup that allows users to change Fitness Level (Beginner, Intermediate, Advanced)
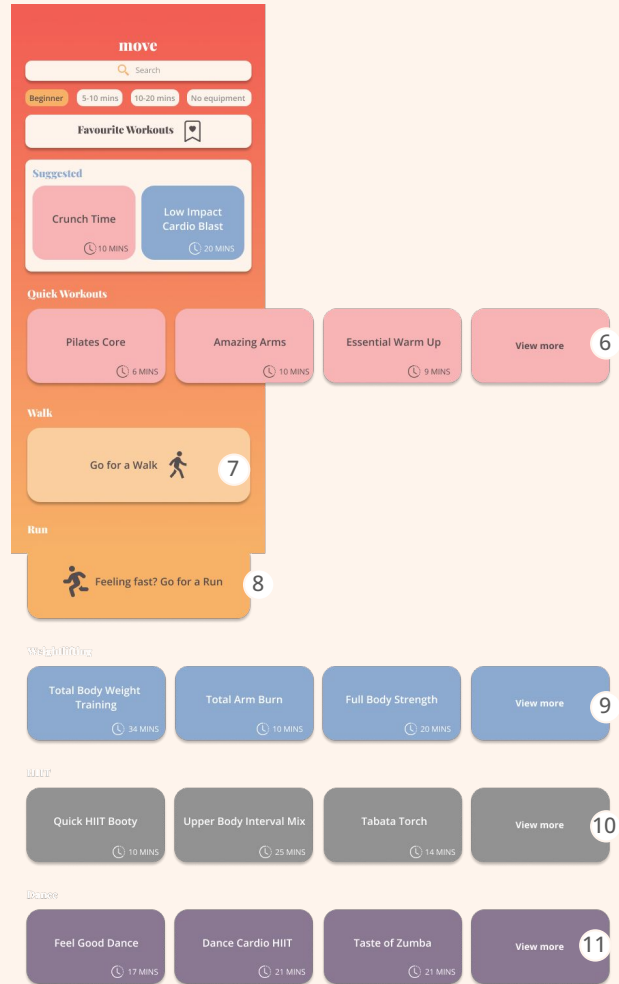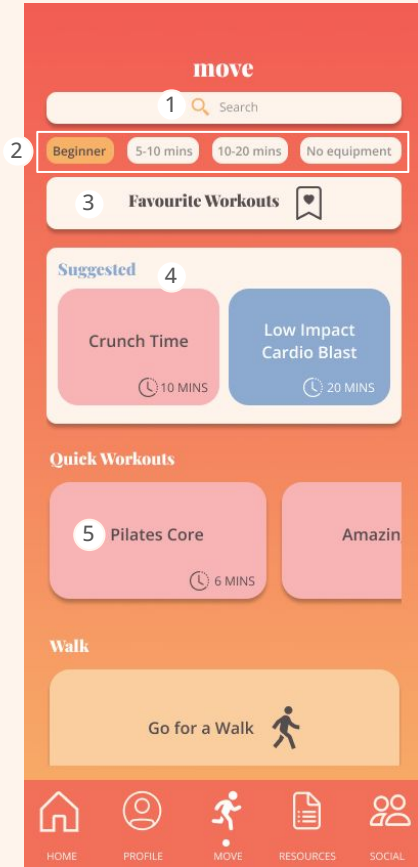
4. 'View Friend List' Button
On tap display list of user friends

5. 'View Discussion Posts' Button
On tap navigate to Community Discussion Board in Resources Page

Move Page

1. Search Button
On tap display text cursor and keyboard. Remove hint text and after user submits text, display workouts that match search.

2. Filter Buttons
On tap change fill to #FACE9E and display workouts that match selected filter.

3. 'Favourite Workouts' Button
On tap navigate to Favourite Workouts Page

4. Suggested Section
Suggested section should refresh every day to reflect users' workout habits

5. Move Workout Button
On tap navigate to respective Workout Page

6-11 Move Workouts Expansion
On tap navigate to respective expanded Workout Category Pages

        6 > Quick Workouts Page
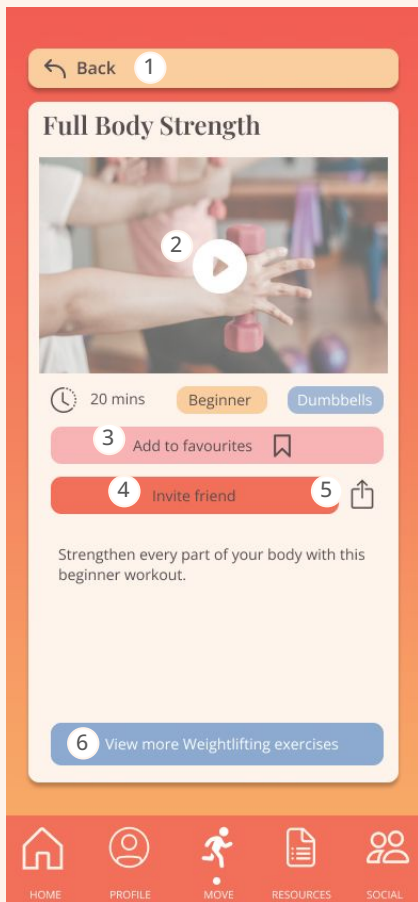   7 > Walk Page
        8 > Run Page
        9 > Weightlifting Page
        10 > HIIT Page
        11 > Dance Page

Users swipe from right to left to view more Workout buttons

Example Move Workout Page

Back

Full Body Strength

⏱ 20 mins   Beginner   Dumbbells

🔖 Add to favourites

Invite friend

Strengthen every part of your body with this beginner workout.

View more Weightlifting exercises

HOME   PROFILE   MOVE   RESOURCES   SOCIAL

1. 'Back' Button
On tap return to previous screen

2. Play Button
On tap play video. On second tap, resume video.

3. 'Add to Favourites' Button
On tap add workout to Favourite Workouts Page

4. 'Invite Friend' Button
On tap display popup that allows user to select friend to invite to workout. The other user will receive a notification to begin a workout.

5. Share Button
On tap copy link to workout

6. Return to Workout Category Page
On tap navigate to Workout Category Page (e.g. Weightlifting, HIIT, Dance)

Resources Page

1. Community Discussion Post
On tap display selected Community Discussion Board post

2. Full Community Discussion Board
On tap expand Community Discussion Board to fill whole screen to allow user to view more discussion posts

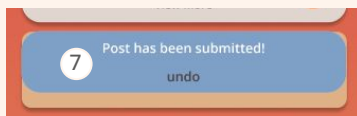**3. Add to Community Discussion Board Button**
On tap display popup (5) to allow users to create a new thread in the Community Discussion Board
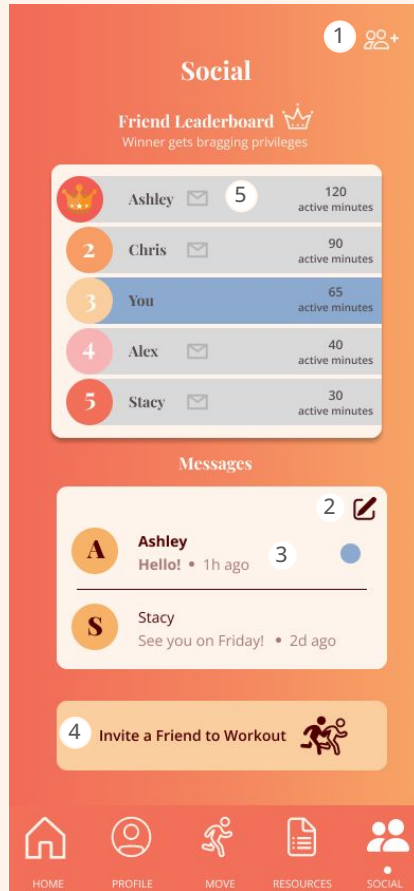
4. Resource Article
On tap navigate to Resource Article page

6. 'Submit' Button
On tap post users' question or topic to Community Discussion Board. Display post confirmation popup (7) after 3 seconds.

Social

Friend Leaderboard
Winner gets bragging privileges

1	Ashley	✉ (5)	120 active minutes
2	Chris	✉	90 active minutes
3	You		65 active minutes
4	Alex	✉	40 active minutes
5	Stacy	✉	30 active minutes

Messages

Ashley (2) ✏
Hello! • 1h ago (3) ●

Stacy S
See you on Friday! • 2d ago

4 Invite a Friend to Workout 🏃

HOME   PROFILE   MOVE   RESOURCES   SOCIAL

1. Add Friends Button
On tap navigate to 'Add Friends' screen to allow users to search for friends on the app

2. New Message Button
On tap create new message and allow users to search for receiver. Users input message and send.

3. Message
On tap expand Message section and into selected conversation to fill whole screen.

4. 'Invite a Friend to Workout'
On tap display popup that allows user to select what friend to invite. After selection, navigate to Move page to select workout.

Thank you!