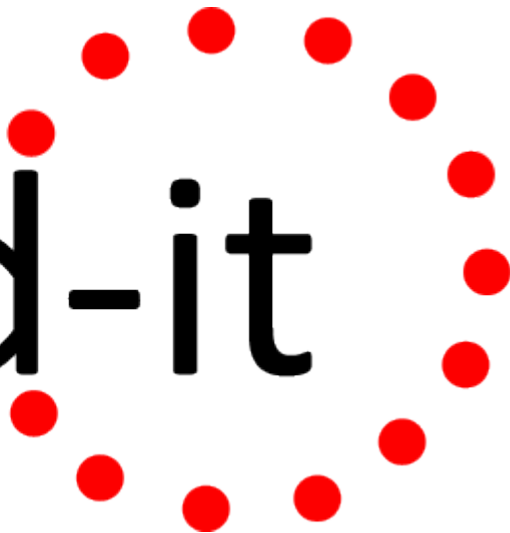


Band-it

The image features the text "Band-it" in a bold, black, sans-serif font. To the right of the text, there is a circular arrangement of 12 red dots. The dots are positioned around the right side of the text, with some overlapping the letters 'd' and 'i'. The dots form a ring that is roughly circular in shape, with a diameter similar to the height of the letters.



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
62% 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

+0

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
62% 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



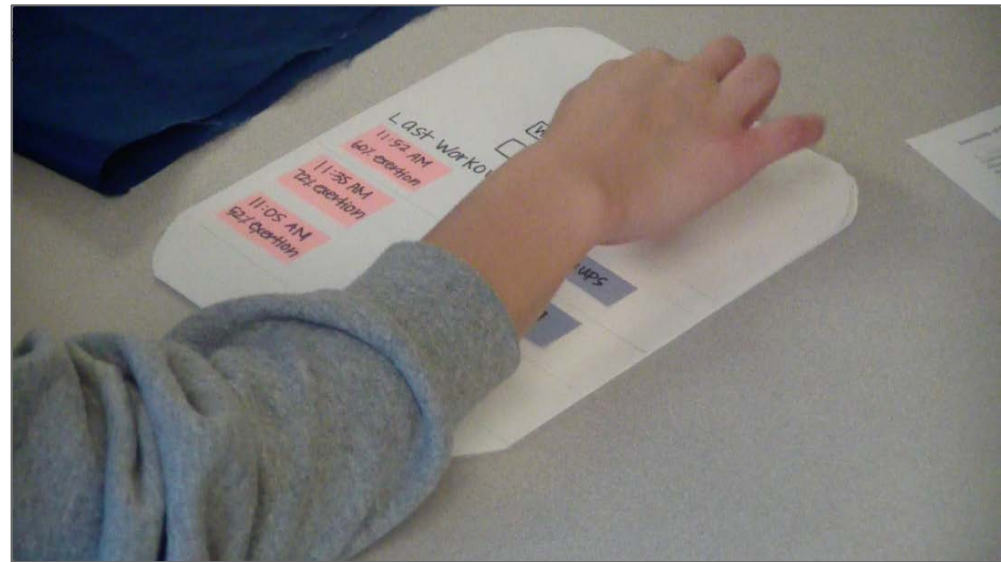
Videographer Facilitator Computer Note-taker

Rotated roles, but computer kept the same role
Updated task phrasing between tests

Dancer

Female, 19

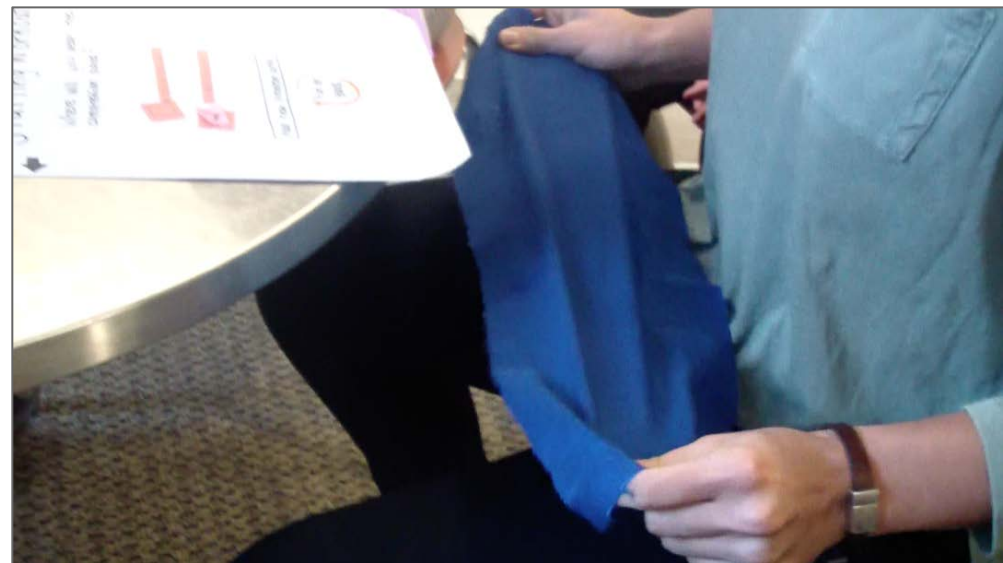
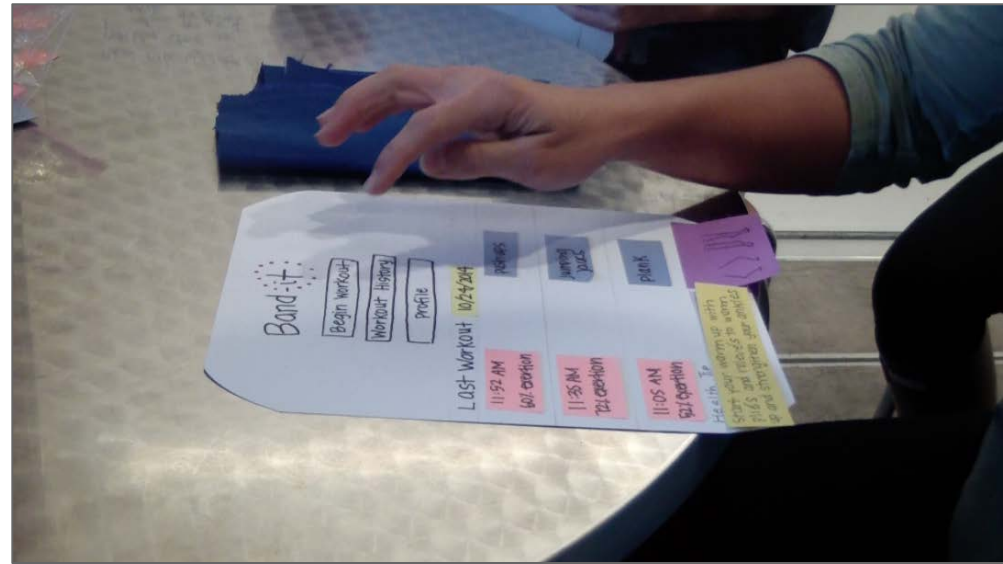
- 'Health Tips' interrupted flow
- 'Active' indicator unnecessary
- 'Put on band' graphic misinterpreted



Biker + Runner

Female, 22

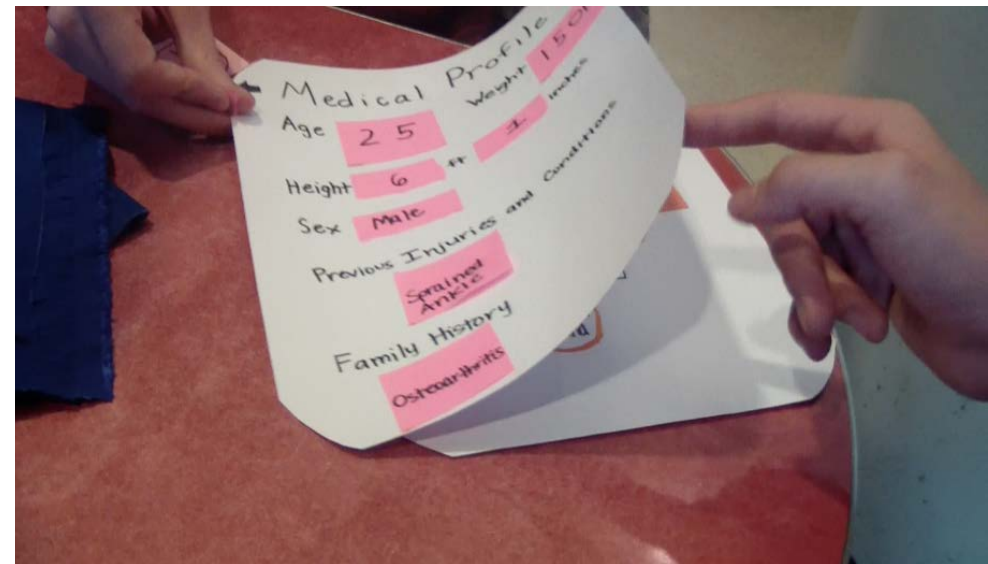
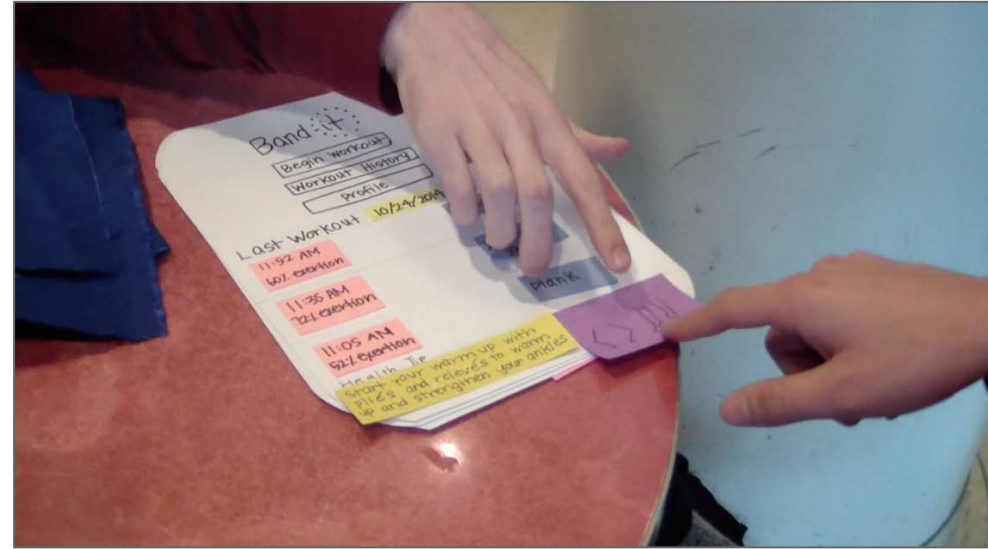
- Overexertion threshold unclear
- 'Workout History' unclear
- 'Put on band' graphic misinterpreted



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 10/24/2014 LEFT ANKLE

10:00 AM 15.0 min	10:15 AM 15.0 min	
10:30 AM 15.0 min	10:45 AM 15.0 min	
10:50 AM 15.0 min	11:05 AM 15.0 min	

Health Tips

Remove your compression band 2-3 times per day to allow the skin to breathe and dry out!

.....

Begin your workout!

Remove the band when your workout is complete

Starting Workout

Where will you wear the compression band?

please put on the band

Workout History

10/24/2014 to 10/24/2014 LEFT ANKLE

10:00 AM 15.0 min	10:15 AM 15.0 min	
10:30 AM 15.0 min	10:45 AM 15.0 min	
10:50 AM 15.0 min	11:05 AM 15.0 min	
10:50 AM 15.0 min	11:05 AM 15.0 min	
10:50 AM 15.0 min	11:05 AM 15.0 min	

Medical Profile

Age 25 Weight 150lb

Height 6 ft 3 inches

Sex Male

Previous Injuries and Conditions

Sprained ankle exercises threshold w/.

Family History

Osteoarthritis

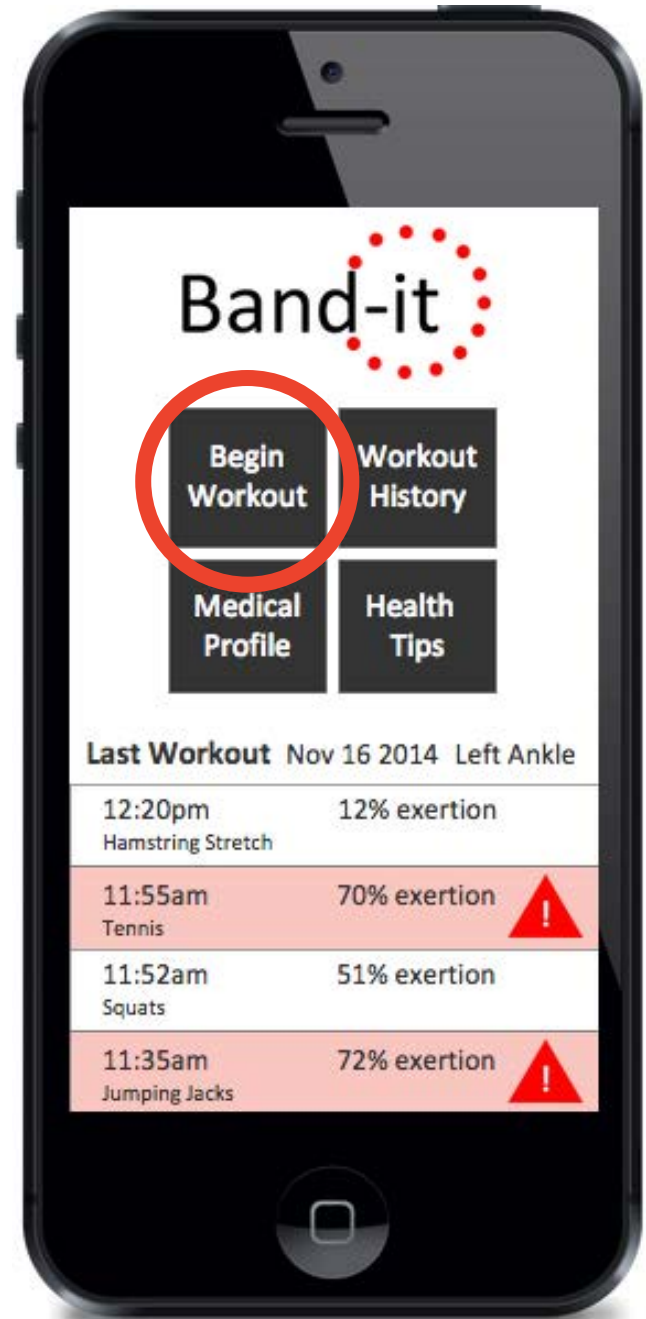
Digital Mockup

The Band



Task 1

Reflect on exertion levels during a workout



Band-it



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 

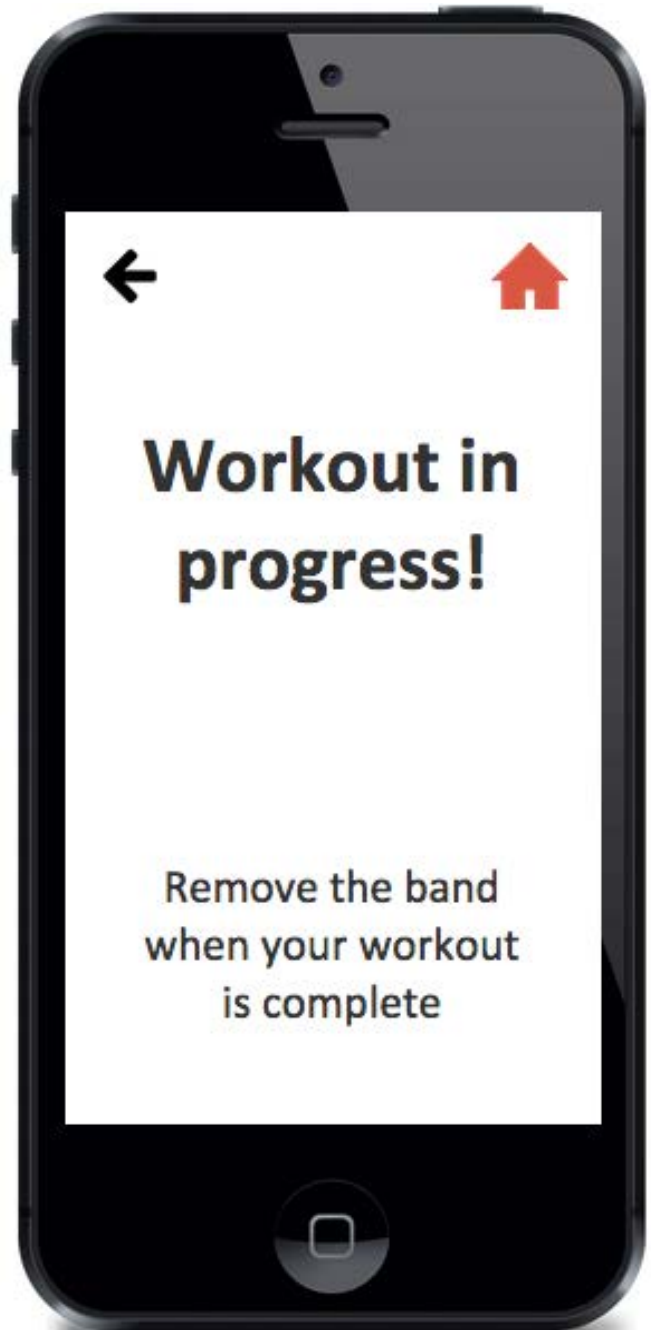
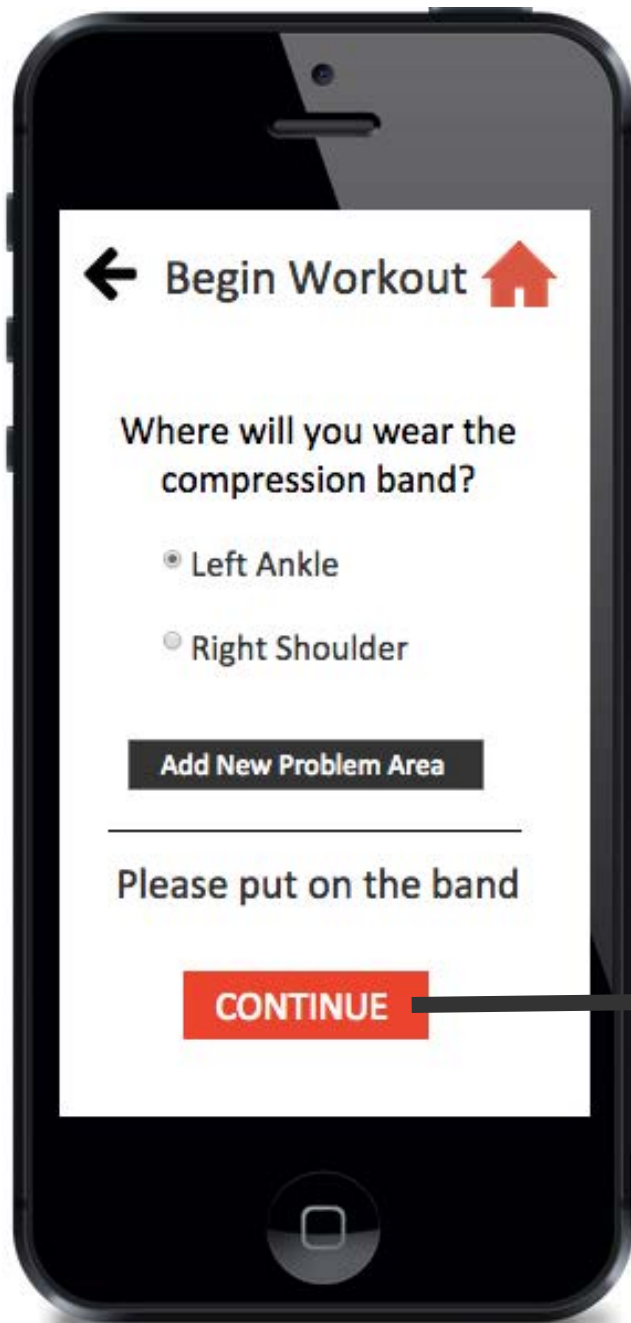
Where will you wear the compression band?

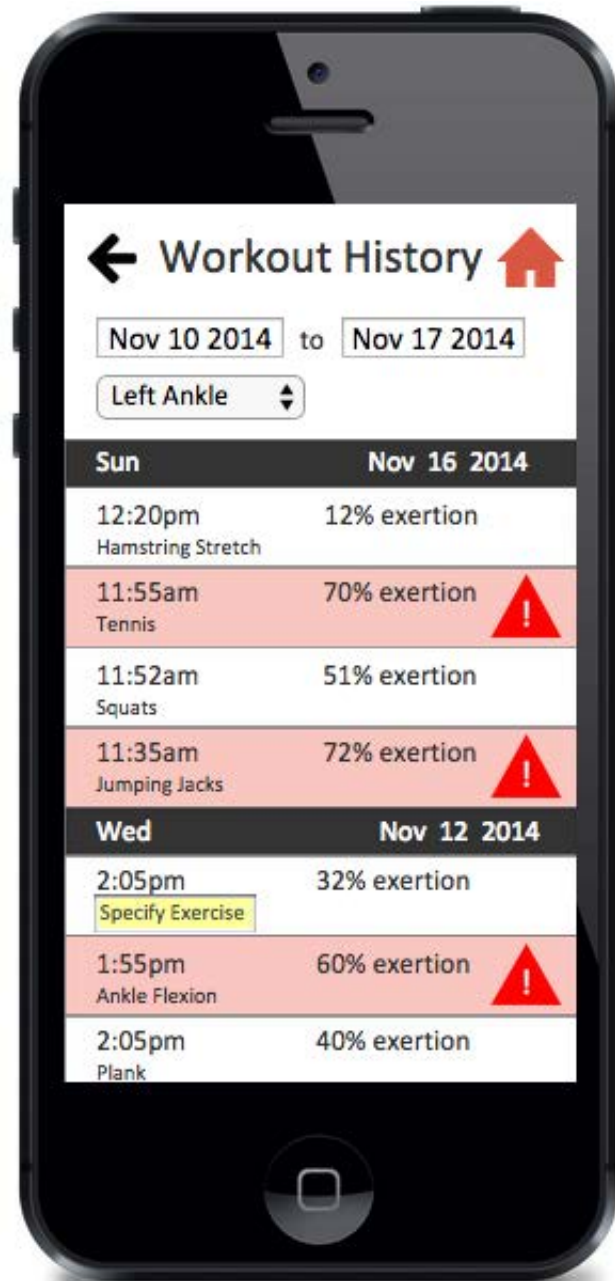
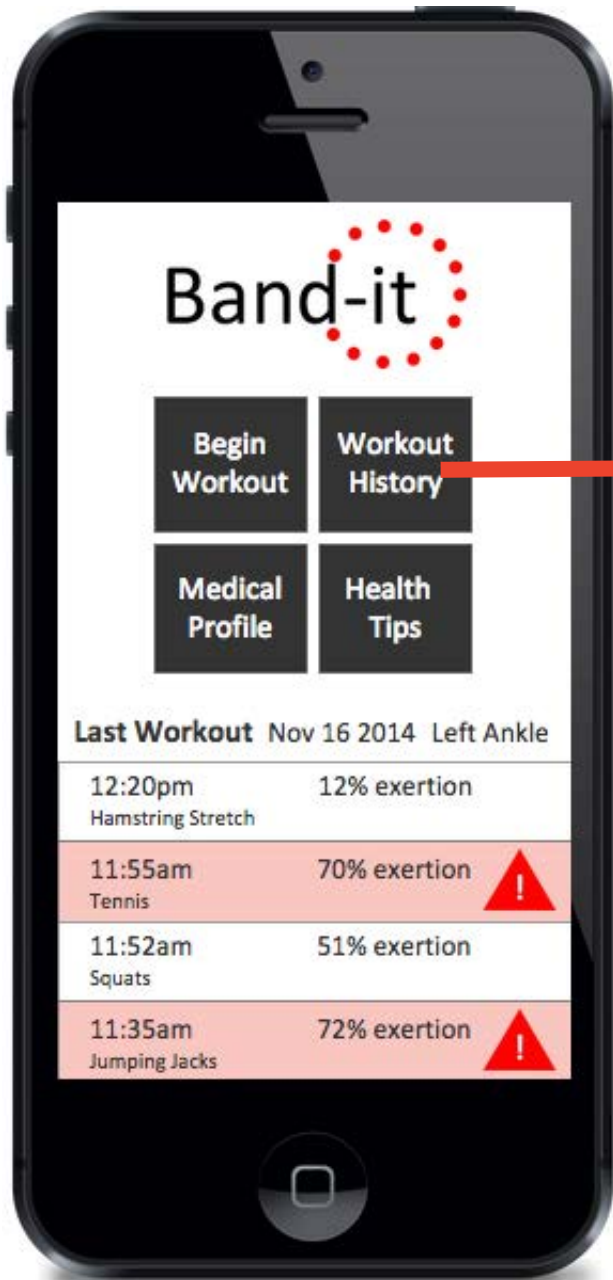
- Left Ankle
- Right Shoulder

Add New Problem Area

Please put on the band

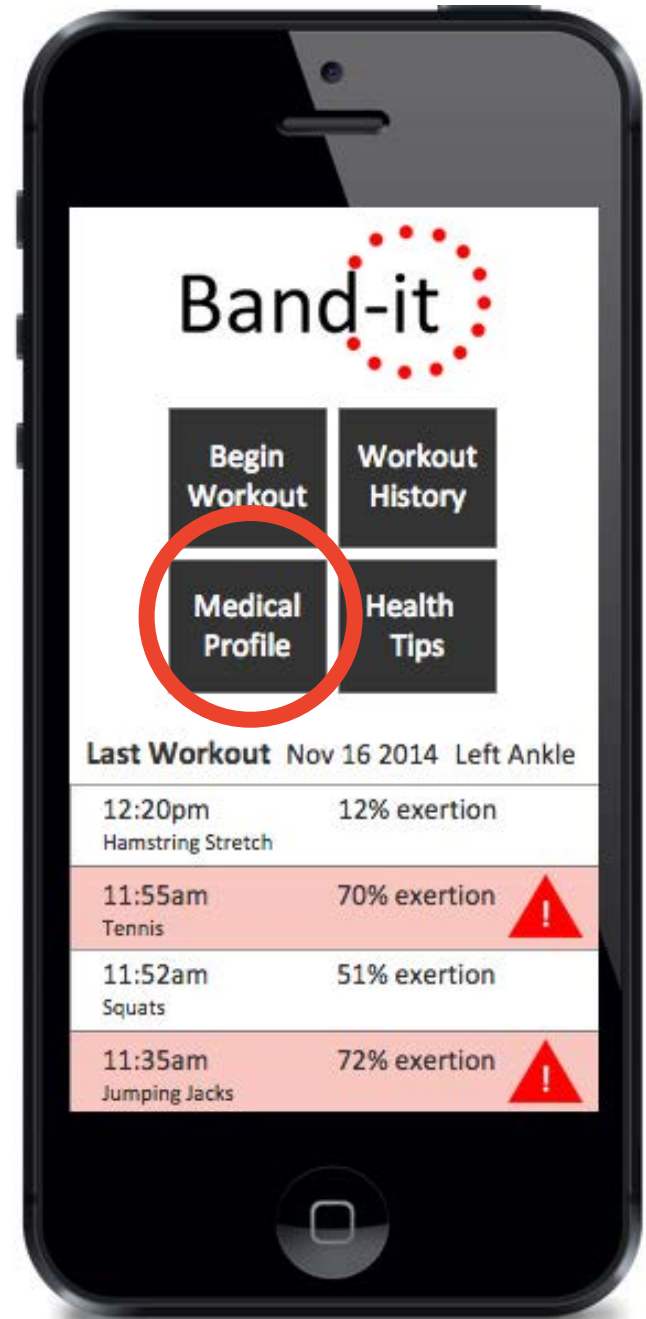
CONTINUE

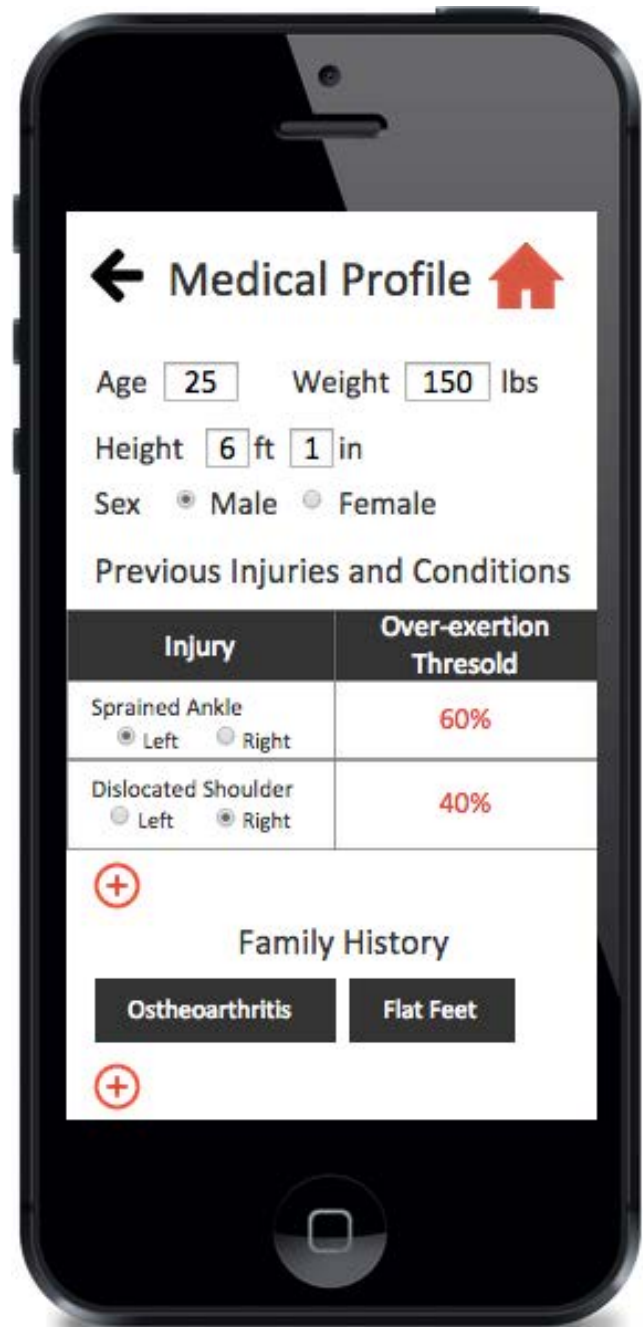
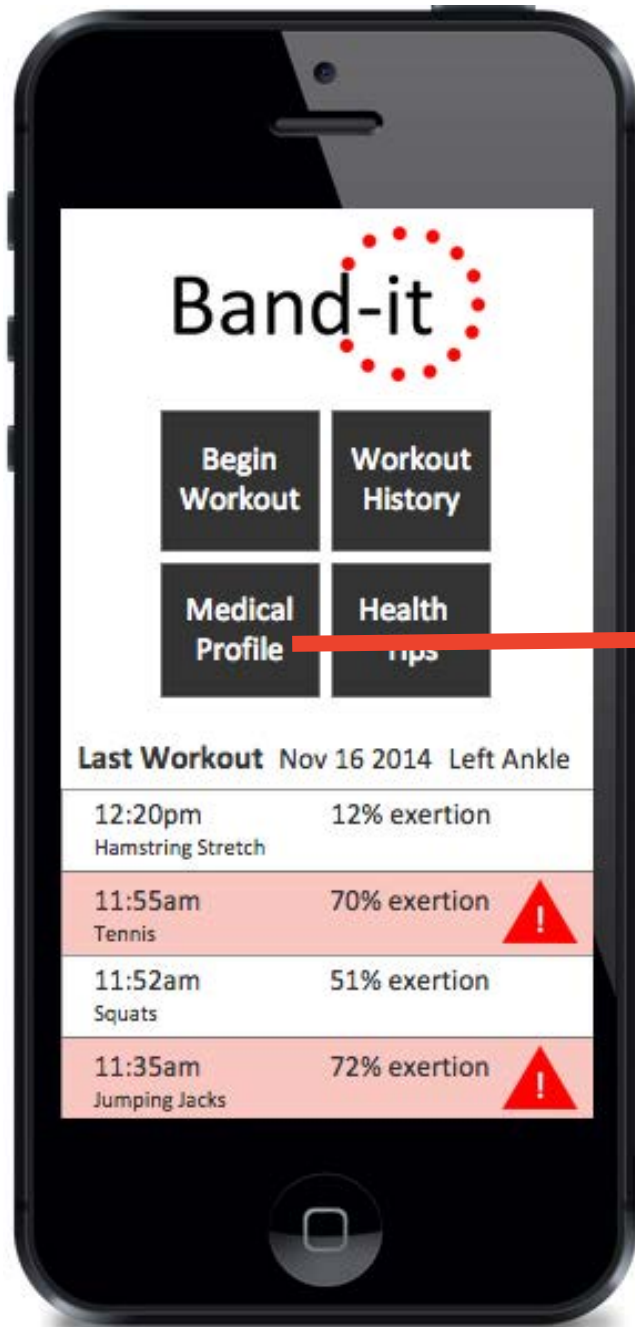


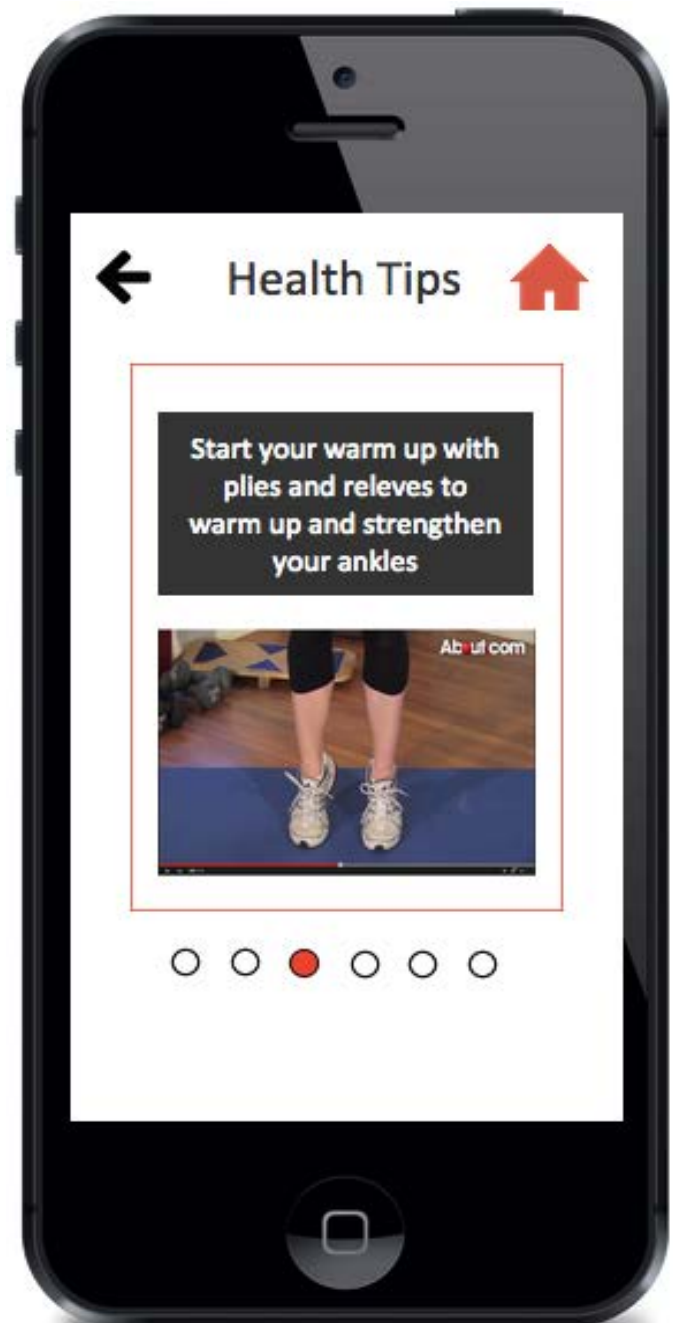
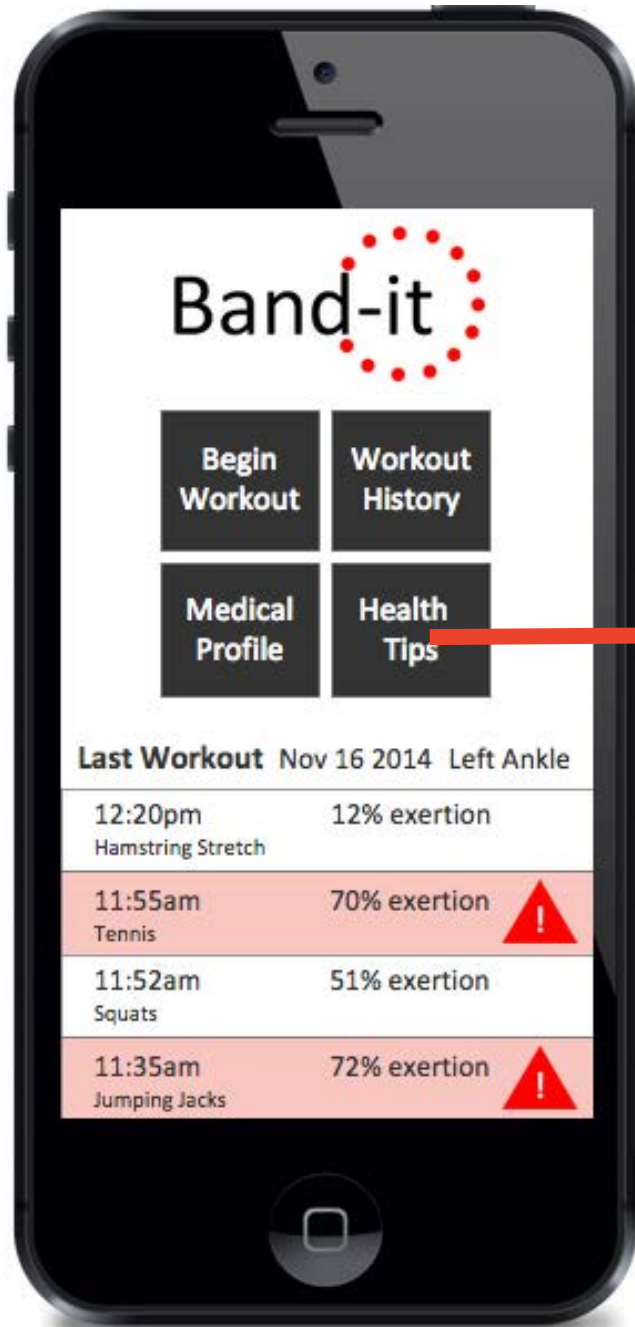


Task 2

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?

