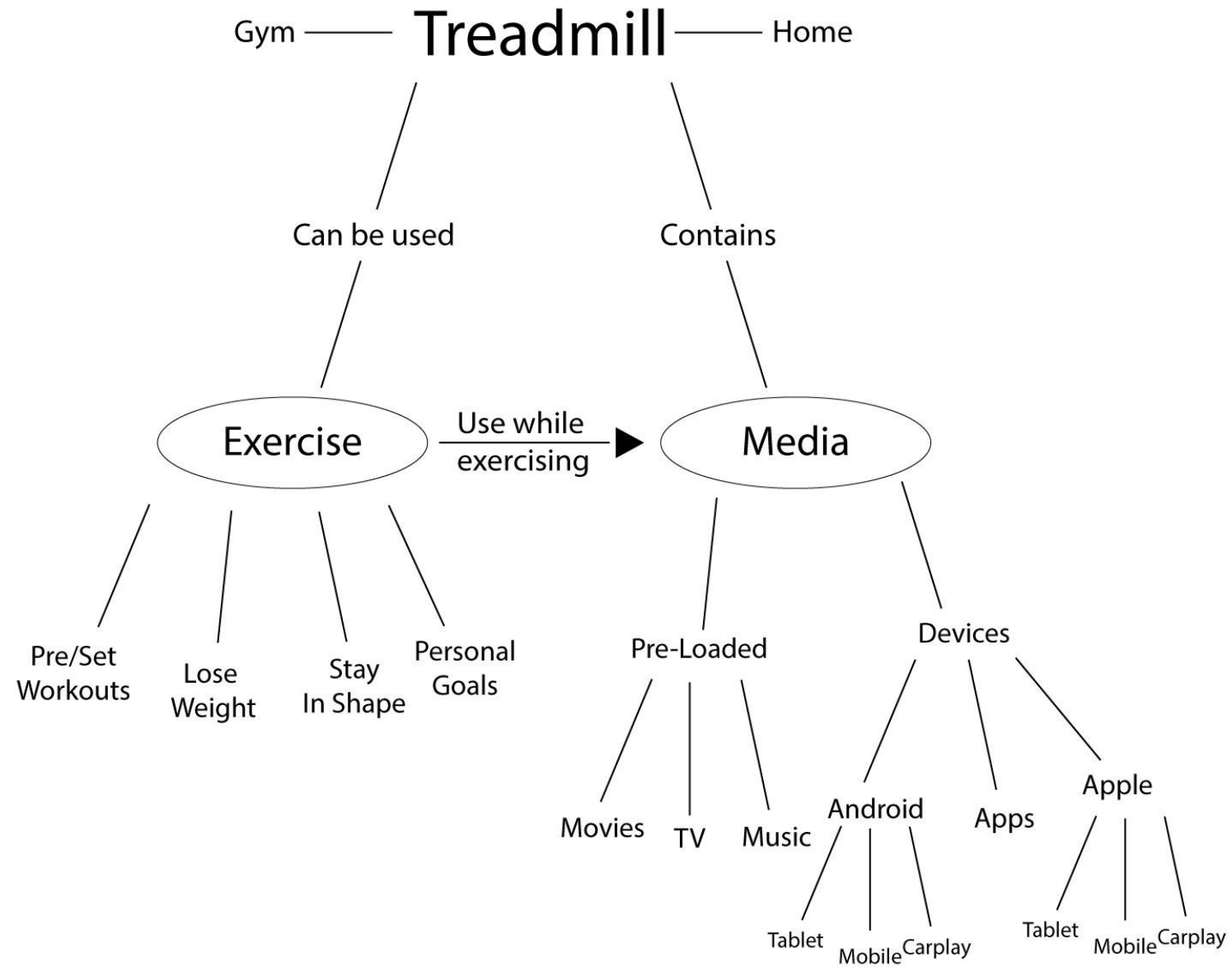## The Stout

Age: 22

Location: Provo, UT

Time spent working out: 1.5 hours a day

Gym: UVU Student Life and Wellness Center

Motivation: Lose weight and become healthy

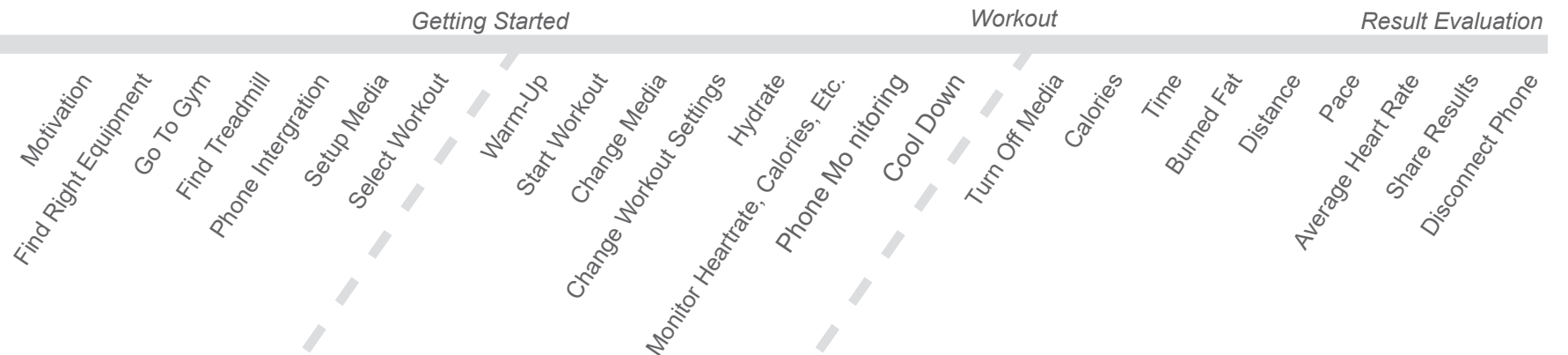Devices: Galaxy S5, iPod touch, and PC Computer

The Klutz

Age: 37

Location: Logan, UT

Time spent working out: 30 miutes a day

Gym: Anytime Fitness

Motivation: Stay healthy and maintain weight

Devices: iPhone 5, FitBit, Kindle Fire and iMac

The CrossFit

Age: 28

Location: Salt Lake City, UT

Time spent working out: 2-3 hours a day or more

Gym: Vasa Fitness

Motivation: Cut weight, build muscle and win competitions

Devices: Apple CarPlay, Apple Watch, iPhone 6S, and MacBook Pro

Getting Started · *Workout* · *Result Evaluation*

While there is a typical treadmill experience, each persona shown above has different motivations and priorities when exercising when considering what they do before starting, during the workout, and what they do with results after.

Motivation · Find Right Equipment · Go To Gym · Find Treadmill · Phone Intergration · Setup Media · Select Workout · Warm-Up · Start Workout · Change Media · Change Workout Settings · Hydrate · Monitor Heartrate, Calories, Etc. · Phone Monitoring · Cool Down · Turn Off Media · Calories · Time · Burned Fat · Distance · Pace · Average Heart Rate · Share Results · Disconnect Phone

Katelyn Earl, Michael Davis, and Tyler Searle

Todd—The CrossFit

Todd Rasumussen is 25 years old and takes his workouts very seriously. He spends atleast two hours a day at the gym, but more if his schedule allows it so he can be in his best shape for local CrossFit competitions. His main concern when using the treadmill is how fast he can get started and how easily he can control the machine to reach his goal distance, heart rate, pace, etc. However, he often gets frustrated trying to use these controls because they are so cluttered, obcure, and small. He usually listens to some type of music, but finds it frustrating that medias such as games, TV, and internet seem to overshadow the real purpose of the treadmill and the workout data he is concerned about.
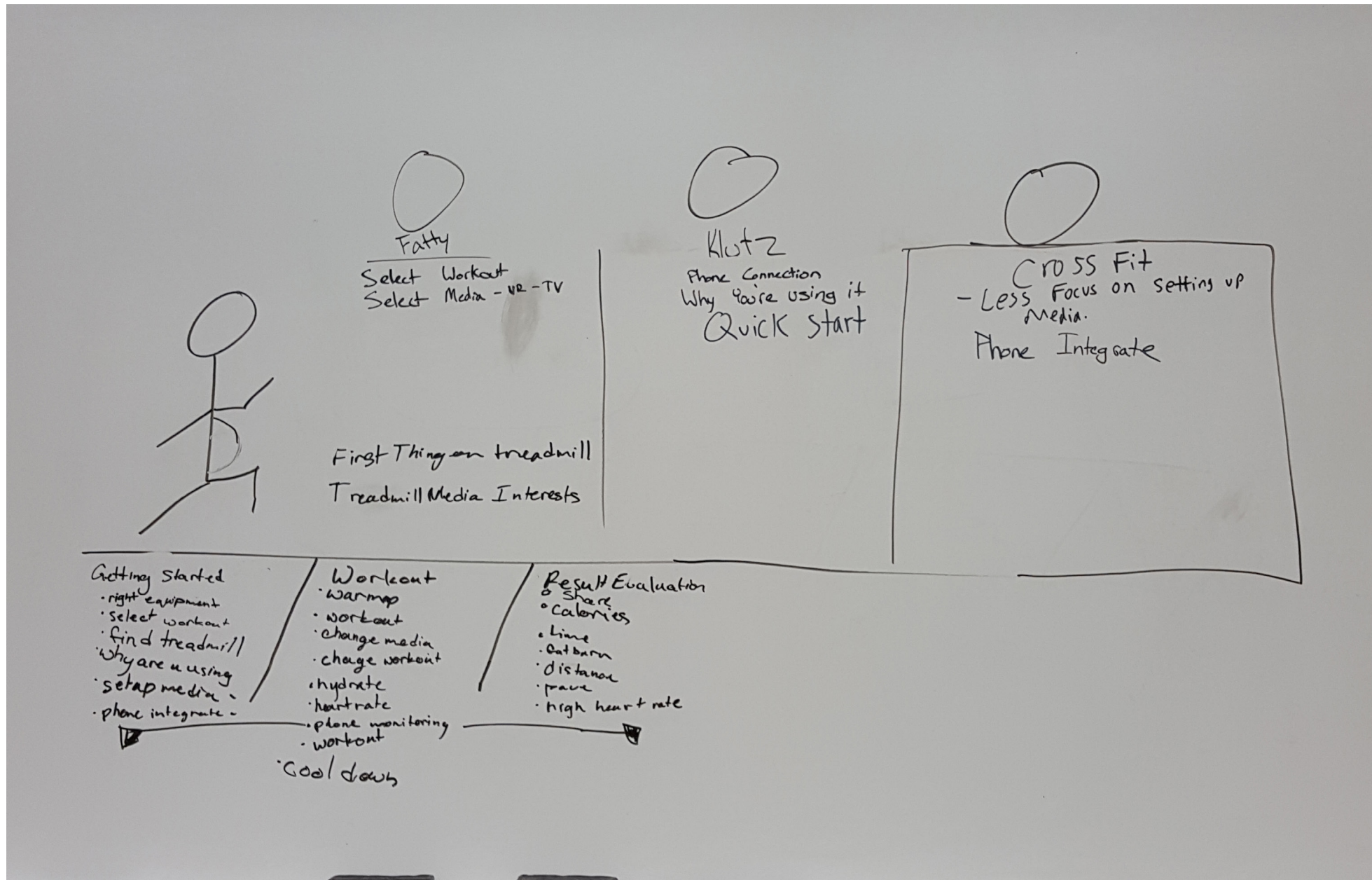
"I spend a lot of time on the treadmill, but I feel like it never does what I need it to."

[Motivation or Characteristic]

[Motivation or Characteristic]

[Motivation or Characteristic]

[Motivation or Characteristic]

[Motivation or Characteristic]

Age	28
Location	Salt Lake City, UT
Gym	Vasa Fitness
Devices	Apple CarPlay, iPhone 6S, and MacBook Pro
Motivation and Goals	Cut weight, build muscle, and win competitions
Concerns	"I won't get the information I need to accomplish my goals."
	"I will spend more time trying to operate the treadmill than actually working out."
Features	Phone Integration, Music, Result Sharing, Effective and Easy to Reach Controls
Frequency of Workout	Two or Three hours a day or more

Katelyn Earl, Michael Davis, and Tyler Searle

Appendix

Fatty
Select Workout
Select Media - VR - TV

First Thing on treadmill
Treadmill Media Interests

Klutz
Phone Connection
Why you're using it
Quick Start

Cross Fit
- Less Focus on Setting up Media.
Phone Integrate

Getting Started
· right equipment
· select workout
· find treadmill
· Why are u using
· setup media -
· phone integrate -

Workout
· warmup
· workout
· change media
· change workout
· hydrate
· heart rate
· phone monitoring
· workout
· cool down

Result Evaluation
○ Share
○ calories
· time
· fat burn
· distance
· pace
· high heart rate

Katelyn Earl, Michael Davis, and Tyler Searle