

Usability Test Plan – Hormone App (Prototype) Lara Matalka —

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Objective:

Validate whether prototype supports users in:

- Completing onboarding (privacy → profile → cycle → food/health preferences) without confusion
- Finding and saving the recipe “Dark Chocolate Energy Balls,” and setting a reminder

Participants

- 5–6 users total
- Mix of people who use cycle/health apps and those who do not
- At least one participant with a dietary restriction

Method

- Remote moderated sessions via Zoom
- Interactive Figma prototype
- Scenario-based tasks with minimal guidance
- Sessions recorded and notes captured

Task Flows

Flow A — Onboarding Goal: Confirm users can move through onboarding without hesitation and understand why information is being collected

Start: Welcome screen

Success Criteria:

- Completes flow from Welcome to Explore Recipes
- Understands the purpose of cycle/food/health questions

- Rates task difficulty $\leq 2/5$

Task Steps:

1. Welcome → tap Get Started
2. Privacy → tap I Understand, Continue
3. Create Account → tap Create Account
4. Goals → select a chip → Continue
5. Pronouns → select a chip → Continue
6. Cycle Info → select an option → Continue
7. Food Preferences → select one or more → Continue
8. Health Profile → select one → Continue
9. Favorite Foods → select one or more → Continue
10. Symptoms → select one → Continue
11. You're all set → tap Explore Recipes

Flow B — Recipe Discovery, Save, Reminder Goal: Confirm users can find and save a recipe for their phase, then set a reminder

Start: Home screen

Success Criteria:

- Uses phase filter to narrow recipes
- Opens “Dark Chocolate Energy Balls”
- Saves recipe successfully
- Finds recipe in My Recipes
- Sets a reminder and understands expected behavior
- Rates task difficulty $\leq 2/5$

Task Steps:

1. Home → scroll to For You Today → tap View All Recipes
2. Recipes → tap phase filter (e.g., Luteal)
3. Tap Dark Chocolate Energy Balls
4. Recipe detail → tap Save to My Recipes
5. Bottom nav → tap My Recipes
6. My Recipes → open Dark Chocolate Energy Balls
7. Recipe detail → tap Set a reminder → choose quick option

8. Recipe detail → tap Start Cooking

Hypotheses

- Onboarding feels guided and purposeful, not overwhelming
- Phase filter is discoverable and makes recipes feel personalized
- Save and reminder actions are clear and intuitive

Script

Intro & Consent “Thanks for joining! This is a prototype of an app I’m designing. I’m not testing you — just the design. Please think out loud as you go.”

Warm-up “How do you usually track your cycle, health, or food habits?”

Tasks

- A: Complete onboarding
- B: Find, save, and set a reminder for Dark Chocolate Energy Balls

Wrap-up “What felt smooth? What slowed you down? Would you use this again?”

Metrics

- Task success (Y/N)
- Errors or misclicks
- Time on task
- Self-reported difficulty (1–5)
- Verbatim quotes that show confusion or delight