

PHYSIQUE PILOT

USER TESTING DOCUMENT • IPHONE

FIRST, MAKE THIS YOURS

- Save your own copy of this file and put your name in the file name.
- Fill in your copy, not this one. Everyone downloads the same original.

Your name	Please insert your name
Your iPhone	Please insert your model, for example iPhone 13
iOS version	Please insert it. It is in Settings > General > About.

GETTING STARTED

Your account	Create it at physiquepilot.com, not in the app <i>Use an email address you can open. You will need to confirm it.</i>
Free trial	Start it on the website too <i>Only a trial started on the website can be extended to 28 days.</i>
The app	Physique Pilot, from the App Store <i>Log in with the same account. Do not make a new one in the app.</i>

BEFORE YOU START

- This is your own account, so put in real answers. The more honest they are, the more useful this is.
- Starting the free trial asks for a card. You will not be charged during the trial.
- This is an iPhone test. Once your trial has started, do everything in the app.
- Do not pay for anything in the app. If it asks you to pay, write it down.
- When Nutrition setup asks how you want to handle food, choose the meal plan, not macros only. We need everyone to test the meal plan.
- Be blunt. "This is confusing" is more useful than "this is nice".

HOW TO FILL THIS IN

- Work through it in order. Each page is one job to do in the app.
- Anything in bold red is a button or a tab. That is the thing to tap.
- Put an x in the box that matches: 1 is bad, 5 is great.
- Type your answers straight into the boxes. Skip anything that did not apply to you.
- If a step does not work, say so in the box and carry on to the next one.
- You do not have to do it all in one sitting.

ONCE COMPLETED

- Email your completed copy to coach@physiquepilot.com, from the email address you signed up with.
- Send it before your 14-day free trial ends, and we will extend your trial to 28 days.

Anything broken, stuck, or plain wrong – write it down, even if it feels small.

01 SIGNING UP

WHAT TO DO

1. Open **physiquepilot.com** on your iPhone.
2. Look at the page for a few seconds before you tap anything.
3. Tap **Start Free Trial** and create your account, or **Log in** if you already have one.
4. Confirm your email with the link we send you, and carry on in the page it opens.
5. Tap **Start 14-day free trial** and enter your card. Do not open the app before this.
6. Tap **Get the app**, download Physique Pilot, and log in with the same account.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

What did you think this app did, just from looking at the first page?

Was anything unclear about signing up, starting your trial, or getting into the app?

Anything broken, wrong, or slow?

02 THE FIRST QUESTIONS

WHAT TO DO

1. It will ask you a series of questions. Answer them honestly.
2. You will be asked for your name, date of birth, sex, and whether you want kg or lbs.
3. Then your height, weight, and an estimate of your body fat.
4. Then where you heard about us, and a safety question about injuries and conditions.
5. Note anything you had to guess at or would not want to answer.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Were any questions
confusing, annoying, or
too personal?

Did it feel too long, too
short, or about right?

Anything broken, wrong,
or slow?

03 YOUR GOAL AND ROADMAP

You set your goal inside the Weight setup, the first of the six sections on the next page. Fill this page in when you get there.

WHAT TO DO

1. Set your goal when it asks. Pick what you actually want, not what is easiest.
2. Read the timeline it gives you and the weekly rate of change.
3. Try **Add a stage** to add a second stage to your roadmap, for example a cut followed by a maintain.
4. Change the goal weight, then change the duration. Watch what happens to the other numbers.
5. Go back and change your goal to something different. Check the roadmap keeps up.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did the goal and timeline match what you actually want?

Did you believe the numbers it gave you? Why or why not?

Anything broken, wrong, or slow?

04 SETTING UP THE SIX SECTIONS

You will land on your dashboard with six panels locked. They unlock one at a time, in order. This stage only asks for your preferences – nothing is built yet. On a phone, use the Set up ... → button at the bottom.

WHAT TO DO

1. **Weight.** Set up weight tracking and how often you weigh in.
2. **Activity.** Your current step count and any cardio you already do.
3. **Recovery.** Your sleep, and anything else it asks for.
4. **Habits.** Pick the habits you want to work on.
5. **Training.** How many days you train, your split, and your experience.
6. **Nutrition.** Your food preferences. **When it asks, choose the meal plan option, not macros only.** Swipe across to find it. We need everyone to test the meal plan.

Note which of the six felt longest, and whether you ever lost track of how many were left.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear why you were being asked all of this before seeing anything?

Which of the six was the most confusing, and why?

Anything broken, wrong, or slow?

05 YOUR GROUND RULES

After the last section you will see a short intro, then a handful of questions. These decide how your plan is actually built.

WHAT TO DO

1. Read each question properly before answering. There are four or five of them.
2. **Where a deficit should come from** – food, an even split, or mostly cardio.
3. **How cardio should be handled** – your own, suggested, or prescribed exactly.
4. **How you measure your food** – from not at all through to weighing everything.
5. **How closely you can follow a meal plan**, and if you say anything less than 100%, which parts of your day are not yours to plan.
6. Answer these as your real self, not as a perfect version of yourself.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did you understand what each question would change about your plan?

Was there an answer you wanted to give that was not offered?

Anything broken, wrong, or slow?

06 THE TASK LIST

You should now see a screen headed "Now the exciting part." with a numbered list of tasks on it.

WHAT TO DO

1. Read the list before you tap anything. There are four tasks: **Training Plan**, **Activity**, **Macronutrient Split**, and **Meal Plan**.
2. Notice that only the first says **Start**. The rest say **Locked** until you finish the one above.
3. Look at the progress line – it should say **0 of 4 ready**.
4. Try pressing a locked task and see what happens.
5. Now press **Start** on **Training Plan** and carry on to the next page.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear what these four tasks were and why you had to do them?

Did having them locked in order feel helpful, or did it annoy you?

Anything broken, wrong, or slow?

07 TASK 1 · YOUR TRAINING PLAN

WHAT TO DO

1. Work through the training setup questions.
2. Set how many days a week you train and pick your split.
3. Wait for the program to be built. You will be handed to **Fine-tune your program**. Read it properly.
4. Tap an exercise you do not like, press **Replace**, and pick something from **Our picks**.
5. On another day, do the same, but pick from **Alternatives** instead.
6. Then finish. If it asks which machines you use, answer that too.
7. You should land back on the task list with **Training Plan** ticked off.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was the builder easy to follow, or did you get lost?

Did the program it built suit you? Would you actually train like this?

Anything broken, wrong, or slow?

08 TASK 2 · YOUR ACTIVITY

WHAT TO DO

1. Press **Start** on **Activity**.
2. Read the cardio week it has laid out for you. Check the days, the lengths, and the intensity.
3. Check it matches what you asked for in your ground rules.
4. Press **Next** → and read your daily step target and what it is worth.
5. Change something if you disagree with it, then press **Save my plan**. If you agree with it all, press **Looks good**.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did the cardio and steps it gave you feel realistic for your week?

Was it clear how this connects to your goal?

Anything broken, wrong, or slow?

09 TASK 3 · YOUR MACRONUTRIENT SPLIT

WHAT TO DO

1. Press **Start** on **Macronutrient Split**.
2. Read **Your daily numbers** – your calories and where they come from.
3. Read the **Protein and fat** section and try changing the split.
4. Set it to something you would actually eat, then finish.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did you understand what you were being asked to set here?

Did the numbers look right to you? Would you have known if they were wrong?

Anything broken, wrong, or slow?

10 TASK 4 · YOUR MEAL PLAN

WHAT TO DO

1. Press **Start** on **Meal Plan**.
2. Work through the setup: when you wake and sleep, when you train, and how your day is arranged.
3. Add a few foods you actually eat under **Foods to build around**, and a few you do not want to see.
4. Generate the plan and wait.
5. Read the plan it gives you. Check the meals, the portion sizes, and the macros.
6. Use **Swap meal** on something you do not like, and **Add food** to another.
7. Press **Apply changes** →, then **Yes, apply**.

*If you do not see this task, you picked macros only in Nutrition setup. Finish the other tasks, then press **Build a meal plan** → on **My Plan** and come back to this page.*

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was the setup clear? Did you know what each question was asking?

Was the plan realistic? Would you actually eat this?

Anything broken, wrong, or slow?

11 STARTING WEEK 1

All four tasks should now be ticked and the button at the bottom should say "See your first week →". Press it.

WHAT TO DO

1. Read the screen headed **Week one sets your baseline.**
2. Read the three points on it, including the day it says you will check in.
3. Press **Start Week 1 →**.
4. You should land in the app proper for the first time.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did you understand what week one is for, and what happens after it?

At this point, did you feel ready to start? Or did you still have questions?

Anything broken, wrong, or slow?

12 CHANGING YOUR MEAL PLAN

Everything from here on is the app in normal use. Your plans already exist — this is about changing them.

WHAT TO DO

1. Go to **Nutrition** in the bar at the bottom of the screen, then the **Meal Plan** tab.
2. Press **Make changes**, then pick a meal you do not like and press **Swap meal**.
3. Tell it what you want in the replacement, then press **Swap it**.
4. On another meal, press **Add food** and add something to it.
5. Press **Adjust settings** and change something, for example the number of meals.
6. Rebuild the plan and check your changes stuck.
7. Now go to the **Shopping List** tab and look at what it has produced.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it easy to change a meal you did not want?

Did the changes do what you expected?

Anything broken, wrong, or slow?

13 CHANGING YOUR TRAINING PROGRAM

WHAT TO DO

1. Go to **Training** in the bar at the bottom, then the **Program Builder** tab.
2. Press **Make changes**.
3. Tap an exercise and use **Replace** to swap it for a different one.
4. Change the sets and reps on one exercise.
5. Add an extra exercise to a day, then remove one.
6. Go to the **Schedule** tab and check your week still looks right.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear how to
change things without
breaking the plan?

Did anything not save, or
save when you did not
expect it to?

Anything broken, wrong,
or slow?

14 THE DASHBOARD

WHAT TO DO

1. Go to **Dashboard**. This is your home screen.
2. Read the cards down the page: weight, nutrition, training, activity, recovery, habits.
3. Tap into two of them by tapping the card itself.
4. Come back to the dashboard and check it reflects what you have done so far.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Could you tell at a glance
how your day was going?

What is missing from this
screen, or what should
not be there?

Anything broken, wrong,
or slow?

15 LOGGING YOUR FOOD

WHAT TO DO

1. Go to **Nutrition**, then the **Log Today** tab.
2. Log a meal straight from your plan: tap **+** on a meal, then press **+** next to it under **From your plan**.
3. Now tap **+** on a meal and search for a food you actually ate today.
4. Add something that is not in your plan, on top of a planned meal.
5. Change the quantity on something you logged, then delete one item.
6. Log your water and salt for the day.
7. Press **Submit Nutrition** and see what happens.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was logging food quick enough that you would keep doing it?

Did the food search find what you were looking for?

Anything broken, wrong, or slow?

16 SCANNING FOOD

WHAT TO DO

1. Go to **Nutrition**, then the **Log Today** tab, and tap **+** on a meal.
2. Tap the barcode icon beside the search box. Allow the camera when your iPhone asks.
3. Scan the barcode on something in your kitchen.
4. Check it found the right food, put in how much you had, then tap **Add to log**.
5. Open the scanner again, but point it at a nutrition label instead of a barcode. When it offers **Scan the nutrition label instead**, tap it, then **Capture**.
6. Check the values it read, fix anything that looks wrong, then tap **Save & add food**.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did it find the right food,
and quickly enough?

Did it read the label
correctly?

Anything broken, wrong,
or slow?

17 LOGGING A WORKOUT

WHAT TO DO

1. Go to **Training**, then the **Log** tab.
2. Today's session opens in **Active Log** ▶. If today is a rest day, come back to this page on a training day.
3. Log a set: put in a weight and reps, then press **Save Set**.
4. Lock your iPhone. You should see your session on the lock screen. Unlock it and carry on.
5. Log the rest of the exercise, locking your iPhone once more to check the card has moved on. Then move on with **Next** ▶.
6. Skip an exercise using **Skip**.
7. Finish with **Review & finish**, then **Finish session**. The card should leave your lock screen.
8. Go to the **History** tab and find the session you just logged.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Would you use this in the gym, mid set? Why or why not?

What slowed you down?

Anything broken, wrong, or slow?

18 APPLE HEALTH

Every iPhone has Apple Health, even without a watch. Your iPhone counts your steps on its own.

WHAT TO DO

1. Go to **Settings** and pick **Account** from the list at the top.
2. Under Wearables, tap **Connect** on the **Apple Watch** card. It says "via Apple Health", so use it even if you do not have a watch.
3. Turn on everything Apple Health lists, then tap **Allow**.
4. Check the card says **Connected**. If it says Never synced, tap **Sync now**.
5. Go to **Activity** and **Recovery** and check what came through, for example your steps and your sleep.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear how to connect Apple Health?

Did your data come through, and did it look right?

Anything broken, wrong, or slow?

19 WHOOP AND OURA

Only if you have a Whoop or an Oura ring, otherwise skip this page. Connecting one takes over from Apple Health, but you can switch back.

WHAT TO DO

1. Go to **Settings** and pick **Account** from the list at the top. Find Wearables.
2. Press **Connect** on the **Whoop** or **Oura** card.
3. Sign in to your Whoop or Oura account and allow access.
4. You should come straight back to the app. If the page stays open, close it.
5. Check the card says **Connected**, then look at **Recovery** and **Activity** for your data.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was connecting your wearable easy?

Did your data come through, and did it look right?

Anything broken, wrong, or slow?

20 LOGGING STEPS AND CARDIO

You already set your activity up twice – in section 04 and again in task 2. This page is only about logging it day to day.

If you connected Apple Health or a wearable, some of this may already be there. Anything you type in replaces what it sent for that day.

WHAT TO DO

1. Go to **Activity** in the bar at the bottom.
2. Log your steps for today.
3. Log a cardio session. Pick the type, the minutes, and the time of day.
4. Log a second session of a different type using **Log another session**.
5. Look at your weekly totals and your streak, and check them against the plan you confirmed in task 2.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear what you were being asked to hit each day?

What would make logging this quicker?

Anything broken, wrong, or slow?

21 SLEEP AND RECOVERY

WHAT TO DO

1. Go to **Recovery** in the bar at the bottom.
2. Log your sleep for last night. If you connected Apple Health or a wearable, check its sleep came through instead.
3. Fill in anything else it asks for.
4. Switch between **7D** and **30D** and look at the trends.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did you understand what it was telling you about your recovery?

What would make this more useful?

Anything broken, wrong, or slow?

22 YOUR WEIGHT

WHAT TO DO

1. Go to **Weight** in the bar at the bottom.
2. Log today's weight.
3. Log a few more weights on earlier dates so the chart has something in it.
4. Look at all five tabs: **Summary**, **Chart**, **Logbook**, **Predict**, **FFMI**.
5. Change the range on the chart between **7D**, **30D** and **90D**.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did the trend and the numbers make sense to you?

Was anything on these tabs confusing or pointless?

Anything broken, wrong, or slow?

23 HABITS

WHAT TO DO

1. Go to **Habits** in the bar at the bottom.
2. Press **+ Add Habit** and pick two or three habits from the list.
3. Add one of your own with **Create custom habit**.
4. Tick a habit off as done for today.
5. Delete a habit you do not want.
6. Look at the **Analytics** tab and see what it says about your streaks.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Would you actually keep up with these?

What habits are missing that you would want?

Anything broken, wrong, or slow?

24 YOUR WEEKLY CHECK-IN

WHAT TO DO

1. Go to **Check-in** in the bar at the bottom, on the **Check In** tab.
2. Fill in your ratings: energy, performance, recovery, adherence, sleep quality, mood, motivation, digestion, hunger, stress, soreness.
3. Press **Submit Check-In**. It opens a pop-up.
4. Tick any events from the week, for example a cheat meal or alcohol, and add your body fat estimate.
5. Add progress photos if you are happy to, then press **Submit Check-In** again.

If Submit Check-In is greyed out, write down what it says below and move on to the next page.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear what each rating meant?

Did it ask for too much, or not enough?

Anything broken, wrong, or slow?

25 YOUR REPORT

WHAT TO DO

1. After submitting, wait for your report to generate.
2. Read the whole report, top to bottom.
3. Try **Share PDF**.
4. Try **Send Email**.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was the report useful?
Did you trust what it told
you?

What did you want it to
tell you that it did not?

Anything broken, wrong,
or slow?

26 MY PLAN AND WHAT CHANGED

WHAT TO DO

1. Go to **My Plan** in the bar at the bottom. Swipe the bar sideways if you cannot see it.
2. Read your current plan: macros, meal plan, training, activity.
3. Look for **See what changed this week** and read what it says.
4. Check it against the ground rules you set in section 05. Did it honour them?
5. Open the **Goals** tab and check your goals and roadmap against what you set in section 03.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was it clear what had changed and why?

Did you trust the changes it made?

Anything broken, wrong, or slow?

27 THE PILOT

WHAT TO DO

1. Go to **Pilot** in the bar at the bottom.
2. Tap the menu at the top left, then **New Chat**, and ask it three real questions you would ask a coach.
3. Ask it something about your own plan, for example why your calories are what they are.
4. If it offers you a link like **Open meal plan**, follow it.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Were the answers useful?
Did you trust them?

What would make you use
this instead of Google?

Anything broken, wrong,
or slow?

28 RESEARCH

WHAT TO DO

1. Go to **Research** in the bar at the bottom.
2. Search for a topic you are interested in.
3. Open one and read the key findings and how it applies to coaching.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Was this interesting or useful to you?

Would you ever come back to this section?

Anything broken, wrong, or slow?

29 SETTINGS

WHAT TO DO

1. Go to **Settings** in the bar at the bottom.
2. Use the list at the top to work through the sections: Profile, Account, Subscription, Body & Goal, Weight Tracking, Nutrition, Training, Activity, Habits, Check-in, Notifications, The Pilot, App.
3. Change your check-in day and your reminder time.
4. Change something in Nutrition, for example your dietary preference.
5. Find the ground rules you set in section 05 and check you can change them here.
6. Go back to a page and check your change actually took effect.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Could you find the setting you were looking for?

What could you not change that you wanted to?

Anything broken, wrong, or slow?

30 REMINDERS

WHAT TO DO

1. Go to **Settings** and pick **Notifications** from the list at the top.
2. Turn on **Notify me on this device**, and allow notifications when your phone asks.
3. Tap **Send a test notification**, then lock your phone. It should arrive within a few seconds.
4. Set your **Check-in reminder time** and tap **Save**.
5. Turn on **Daily weigh-in** and set it to when you usually weigh yourself.
6. Over the next few days, note which reminders arrive, and whether tapping one takes you to the right place.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

Did the reminders arrive when you expected?

Would you keep these reminders on? Why or why not?

Anything broken, wrong, or slow?

YOUR VERDICT

31 OVERALL

WHAT TO DO

1. Now think about the whole thing, not just one page.

RATE IT (put an x in a box)	1	2	3	4	5
Easy to use					
Easy to find what I needed					
Looks good					
Everything worked					

What did you like most?

What annoyed you most?

Was anything hard to find?

Did you ever feel lost, or unsure what to do next?

Would you use this yourself? Be honest.

32 IDEAS AND IMPROVEMENTS

THE LAST BIT

- No wrong answers here. Write as much or as little as you like.

If you could change one thing, what would it be?

What would you add that is not there?

Was there anything you expected the app to do that it did not?

Anything else at all?

Thank you for taking the time to complete this.

Email your completed copy, as a Word file or a PDF, to coach@physiquepilot.com

Send it before your 14-day free trial ends, from the email address you signed up with, and we will extend your trial to 28 days.