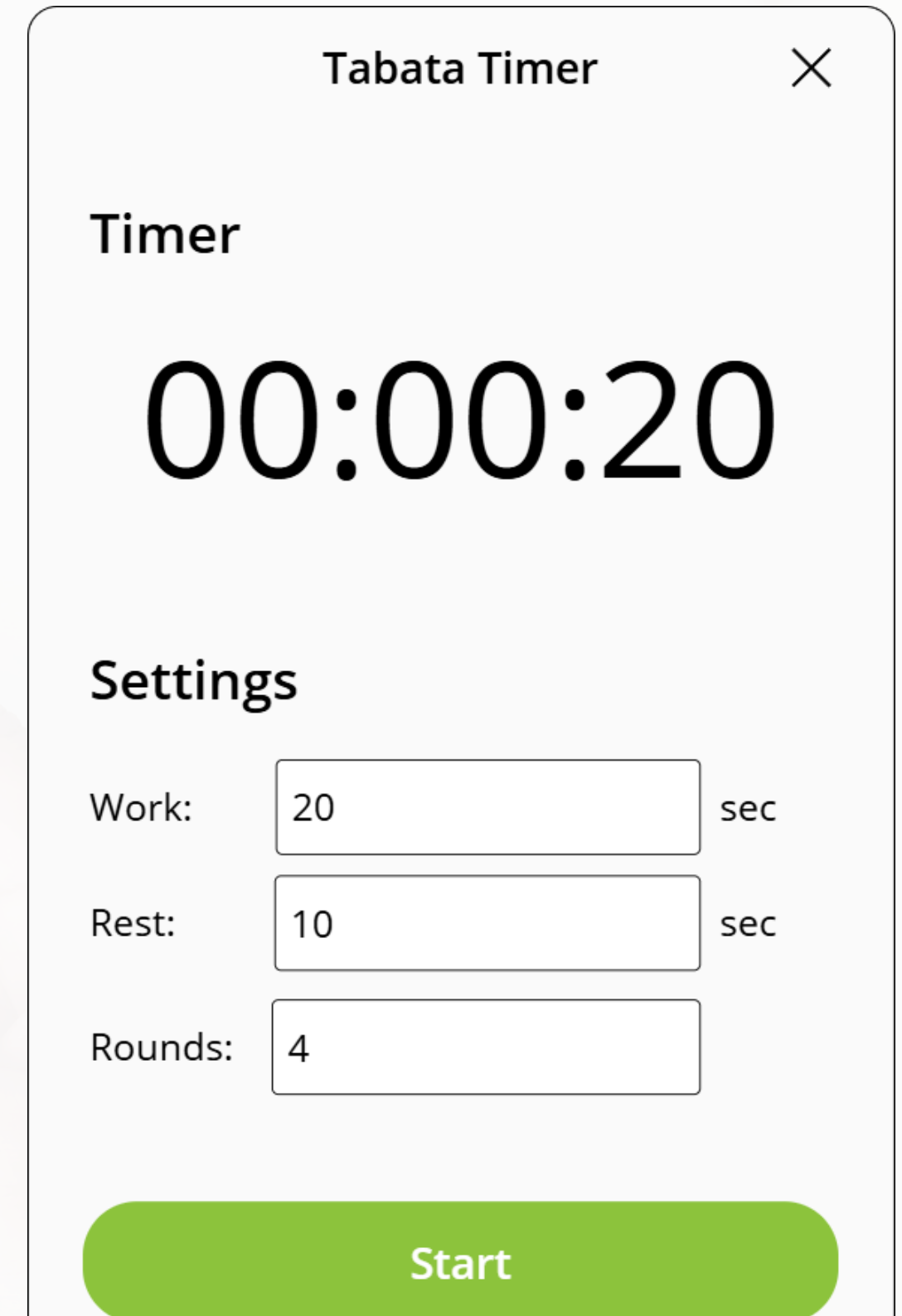


Start training with

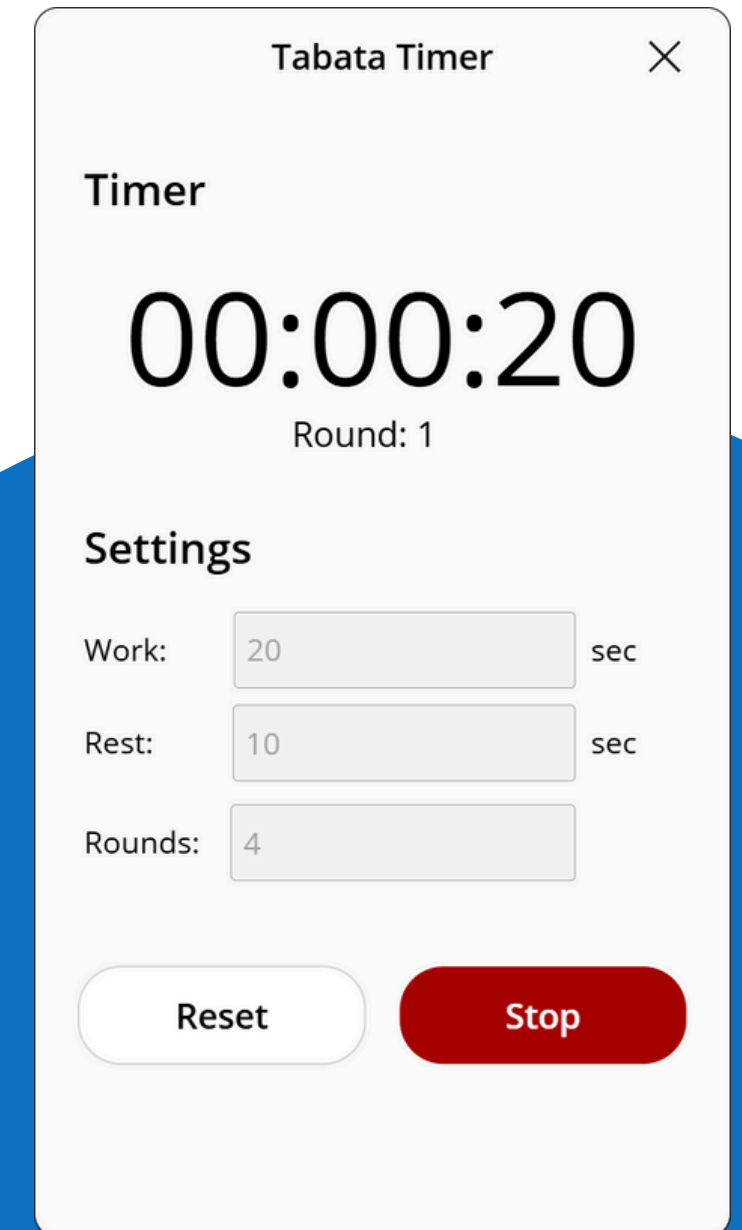
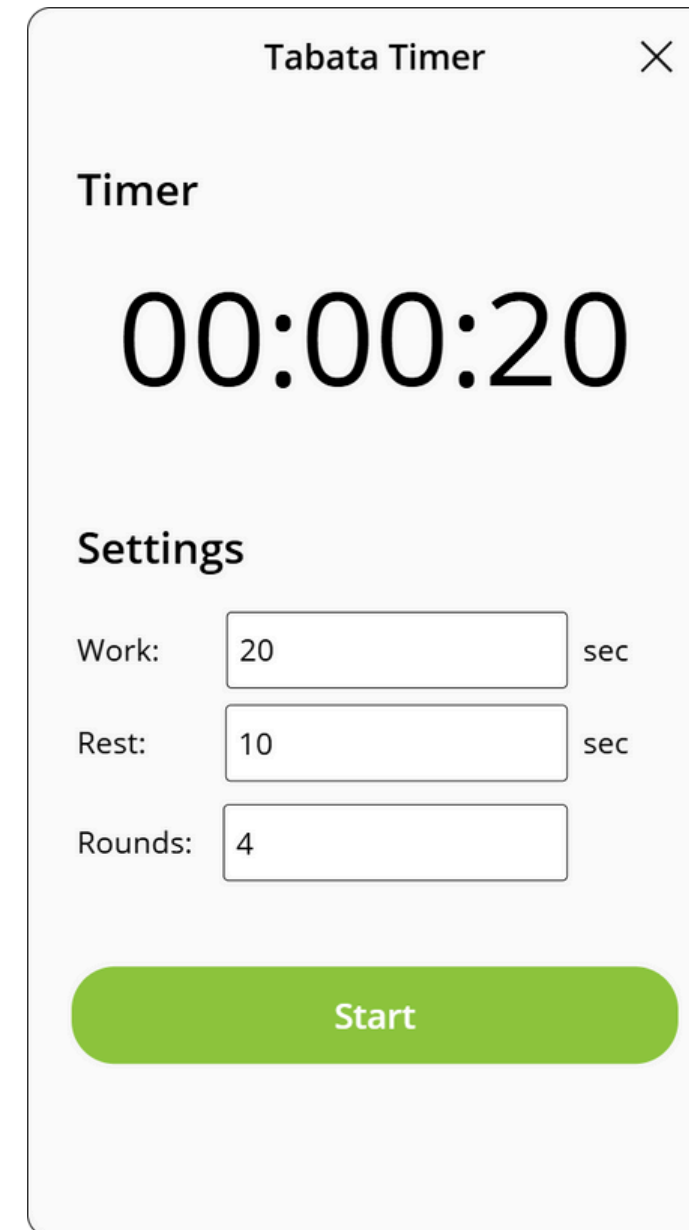
Tabata Timer

The Tabata Timer app was designed to help fitness enthusiasts easily manage their Tabata-style workouts. The focus was on creating an app that's simple to use, visually appealing, and practical for high-intensity interval training. Starting from a basic concept, the app evolved into a polished tool through thoughtful design decisions and improvements.



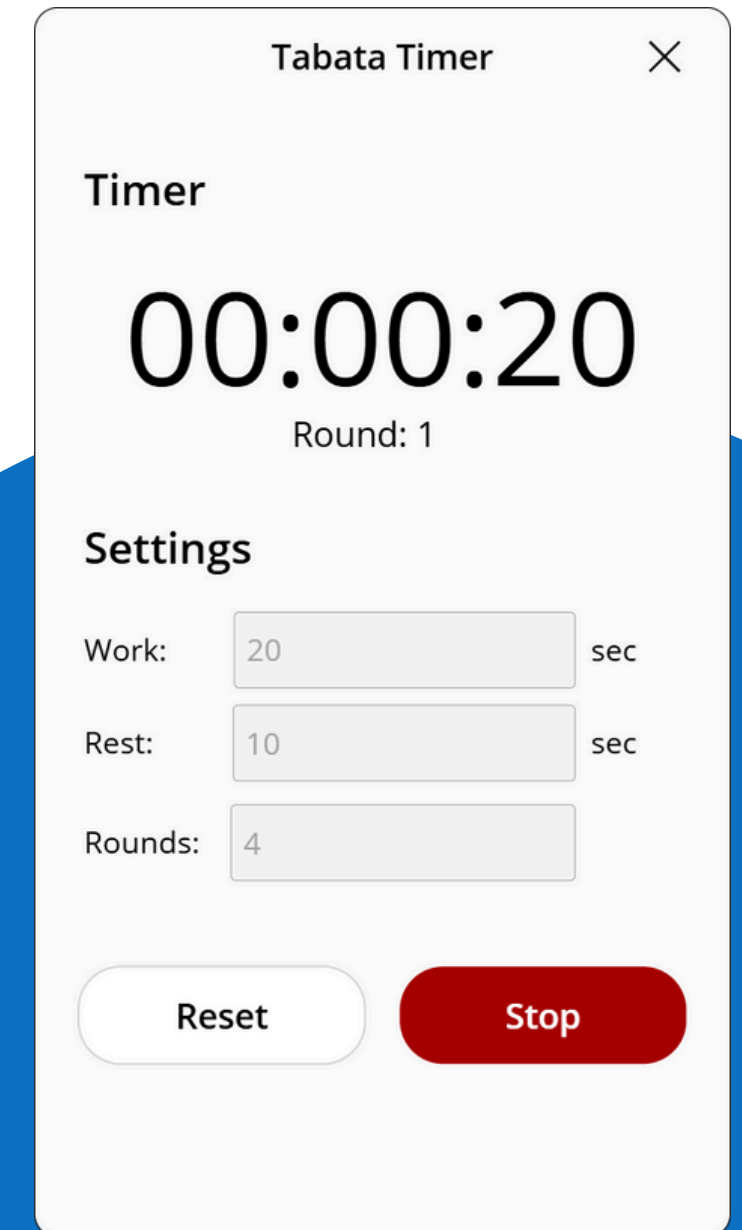
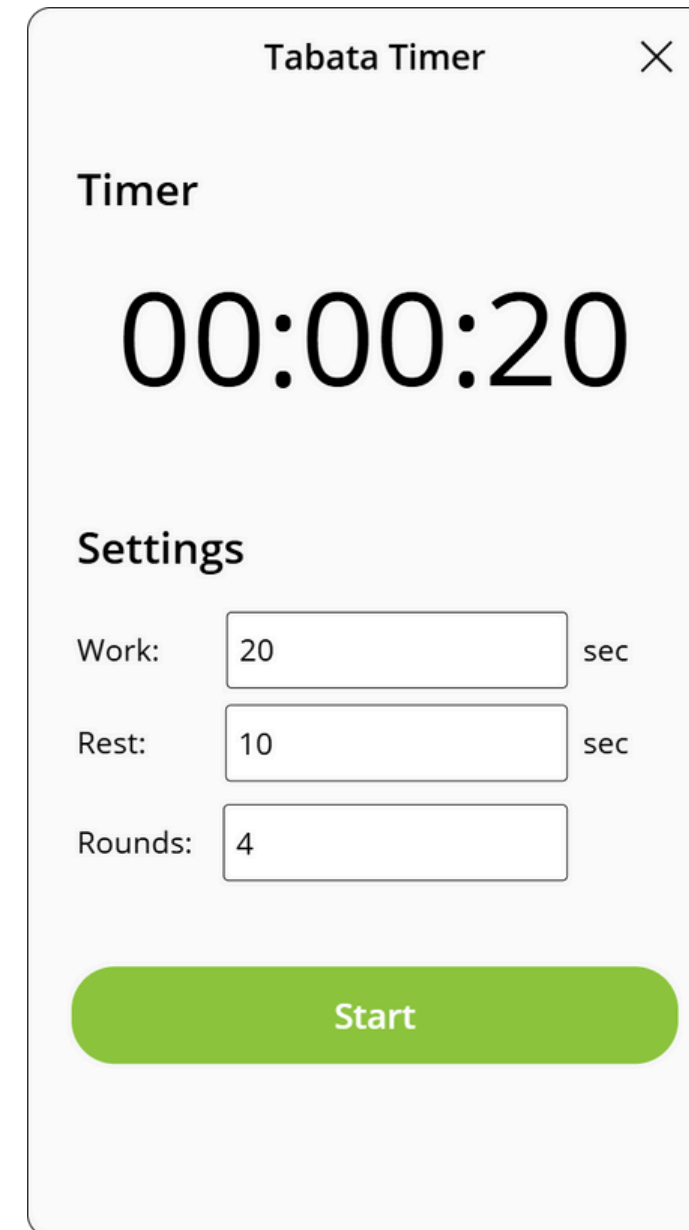
Project Objectives

- 01 Make it simple and effective:** Users should be able to track their workout without distractions.
- 02 Keep it clean and modern:** The design needed to be visually appealing and easy to navigate.
- 03 Focus on functionality:** The app should handle key actions like starting, pausing, and resetting workouts while letting users customize their settings.



Challenges Encountered

- 01 Customization in Power Apps:** Working within the constraints of the platform required innovative solutions to achieve dynamic functionality.
- 02 One-screen design:** Fitting all essential features into a single screen while keeping everything organized and user-friendly was tricky.
- 03 Balancing simplicity with flexibility:** The app needed to feel straightforward while offering dynamic features like adjustable settings and responsive buttons.



INTRODUCING PROCESS

How We Made It Work

Creating a simple yet effective app required a focus on usability, functionality, and design. Here's how we tackled key areas to ensure the Tabata Timer delivers an intuitive and seamless experience for users. Each change was designed to improve navigation, clarity, and overall usability, making it an indispensable tool for Tabata workouts.

Navigation

Visual Enhancements

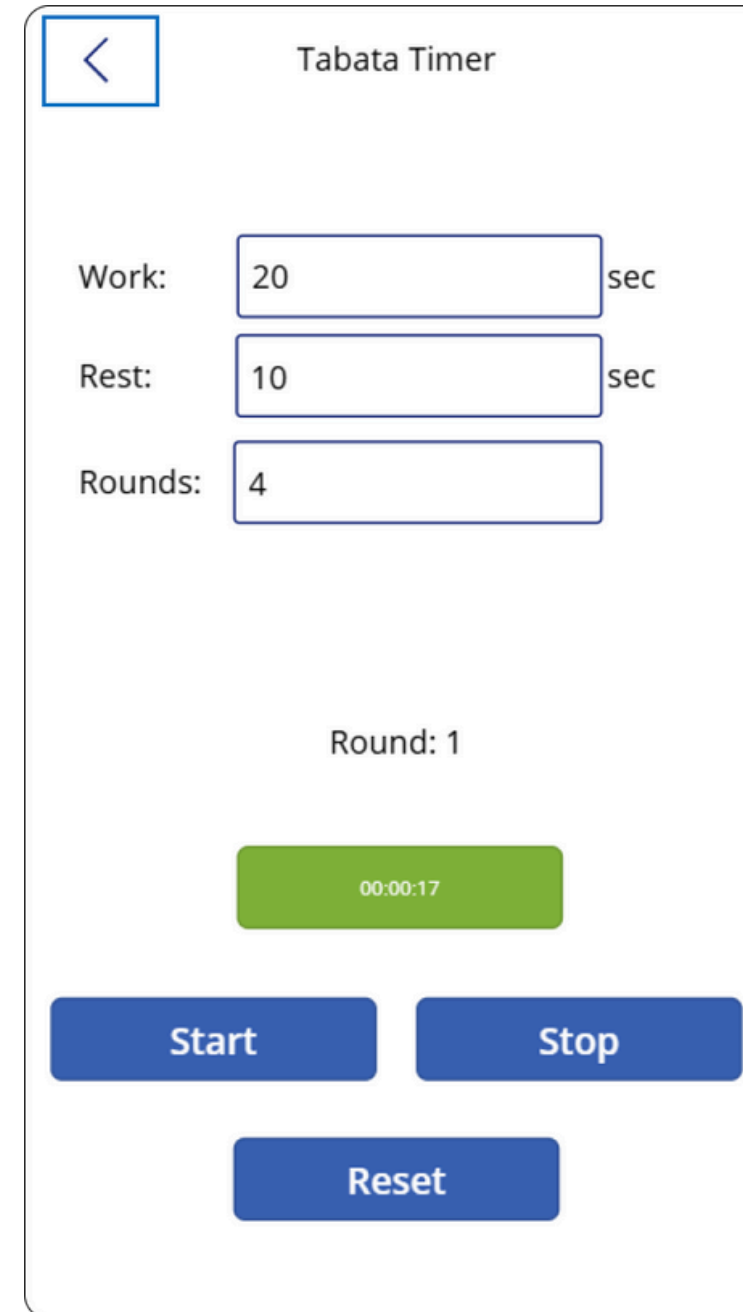
Buttons

Functional Improvements

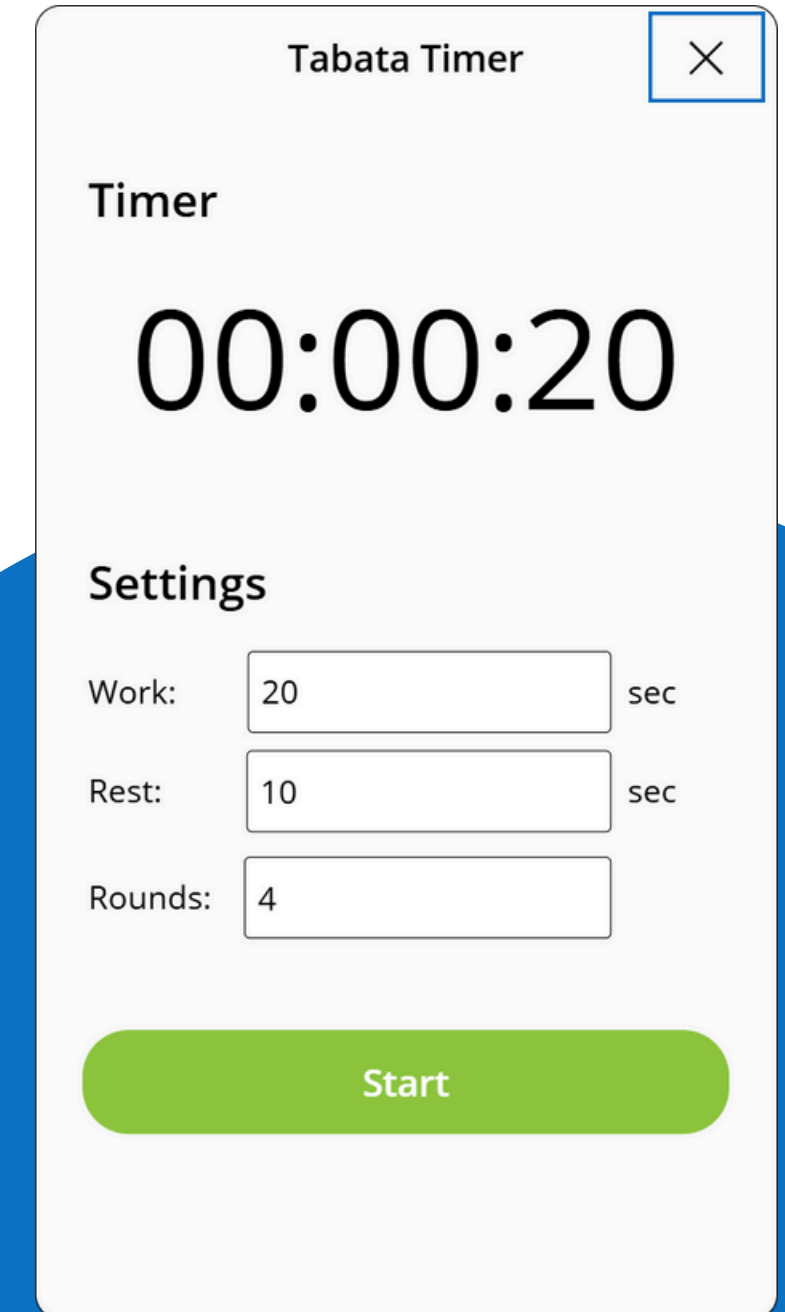
Upgrades to Navigation

The back arrow was replaced with an X button, providing a clear and intuitive way to exit the app. This change eliminated potential confusion, as the back arrow implied the presence of another screen, which the app didn't have.

Before



After

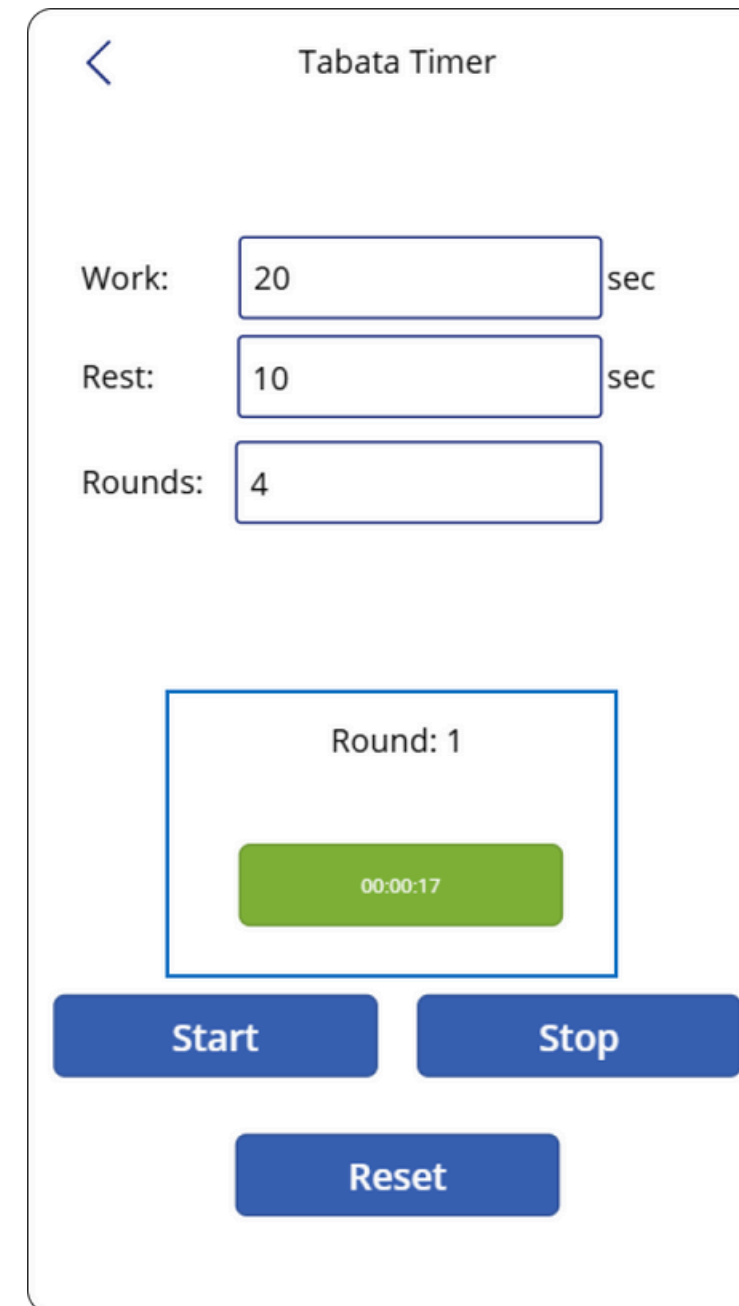


Visual Enhancements

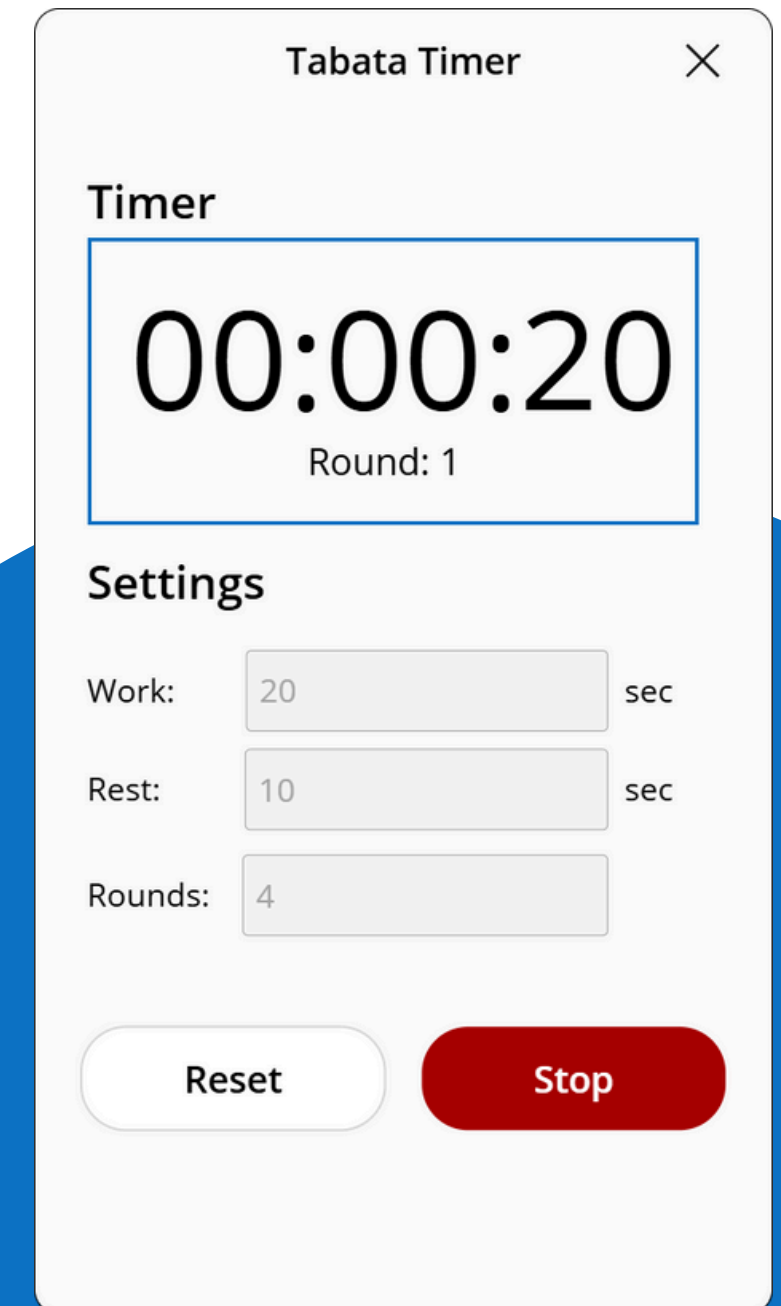
Bigger Timer

- The timer was significantly enlarged and centered on the screen, ensuring it's the most prominent element in the app.
- This change reflects its importance during workouts, where users need to glance at the time quickly and easily.
- The font was adjusted for clarity, making it easy to read even during high-intensity exercise.

Before



After

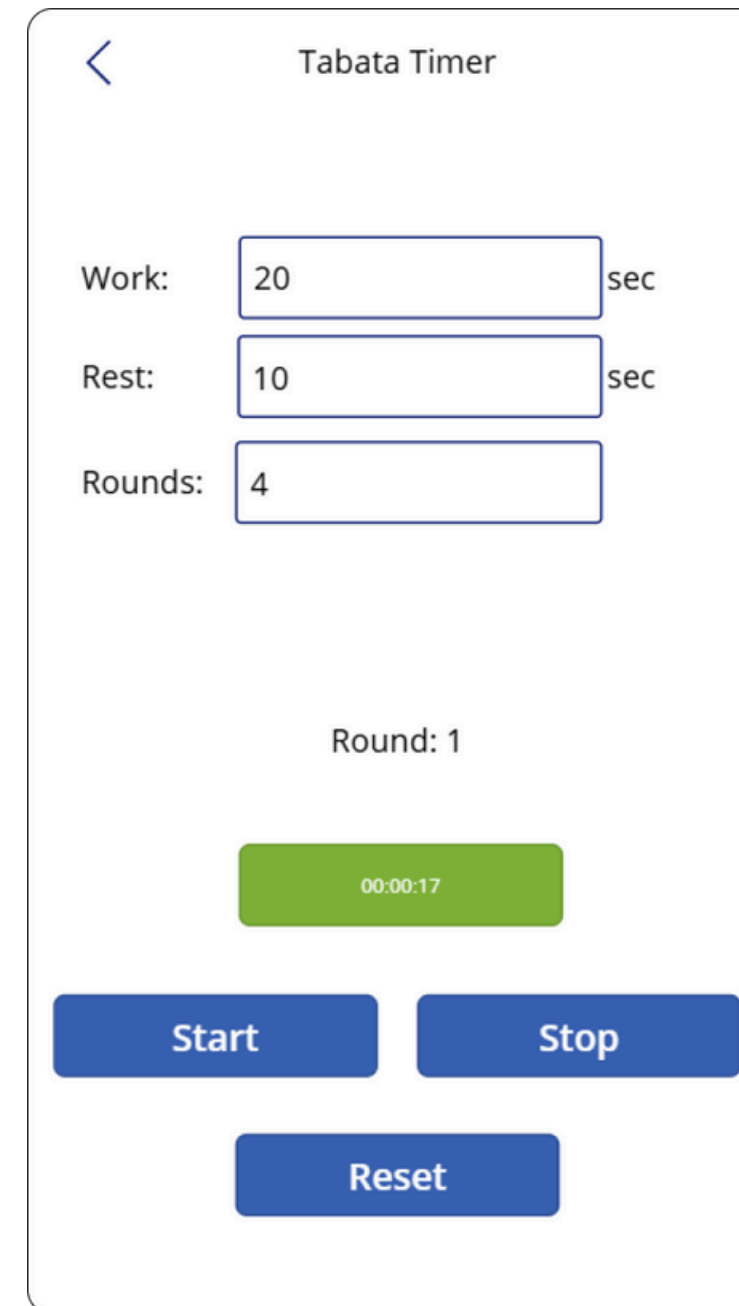


Visual Enhancements

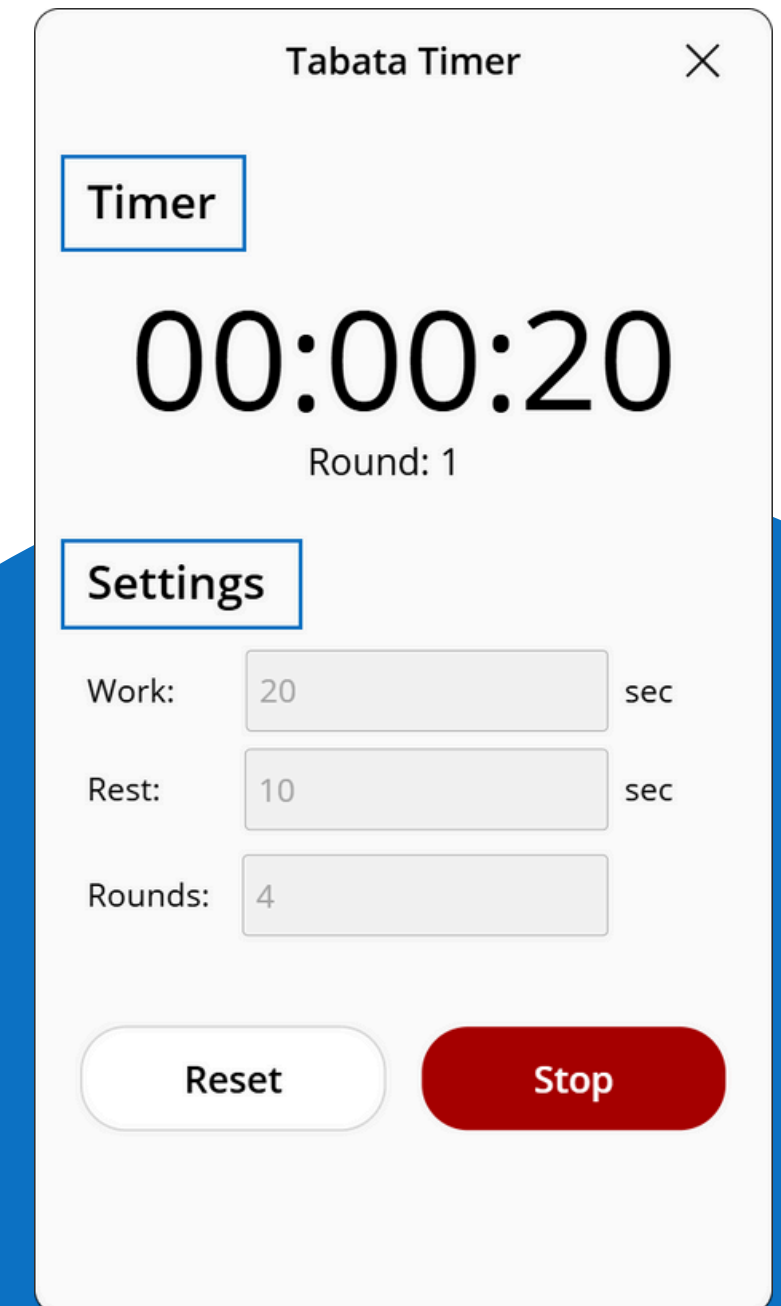
Section Organization

- The interface was divided into two clear sections to improve usability:
 - **Timer:** Positioned at the top and given priority to highlight its importance.
 - **Settings:** Located below, allowing users to adjust the workout duration, rest intervals, and number of rounds.
- Each section was labeled to make the layout intuitive and to clearly separate configuration from action.

Before



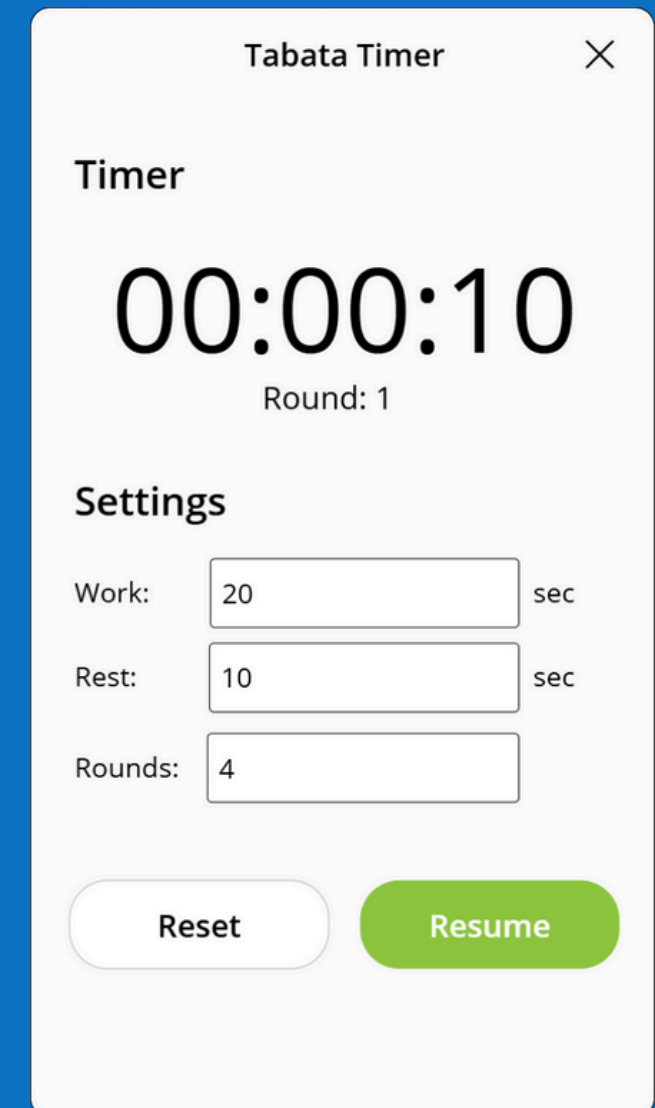
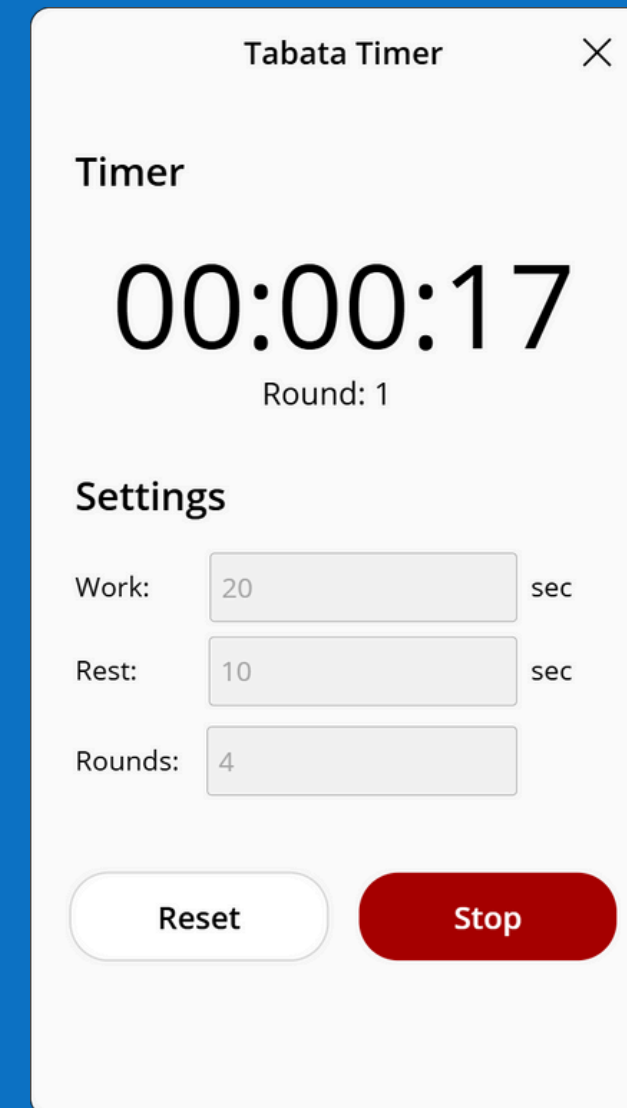
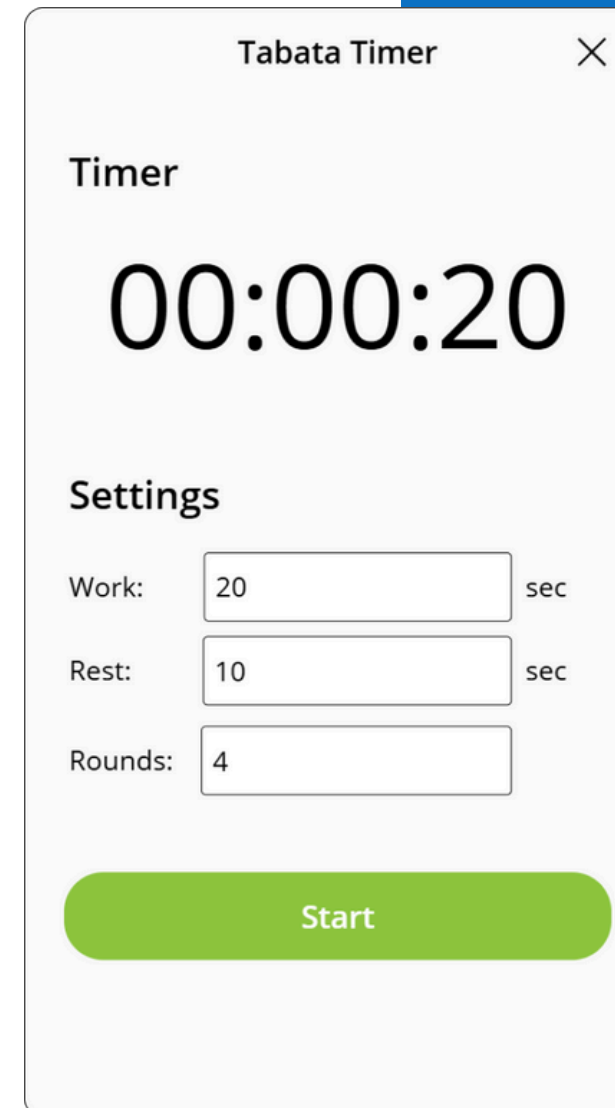
After



Buttons

Dynamic Buttons

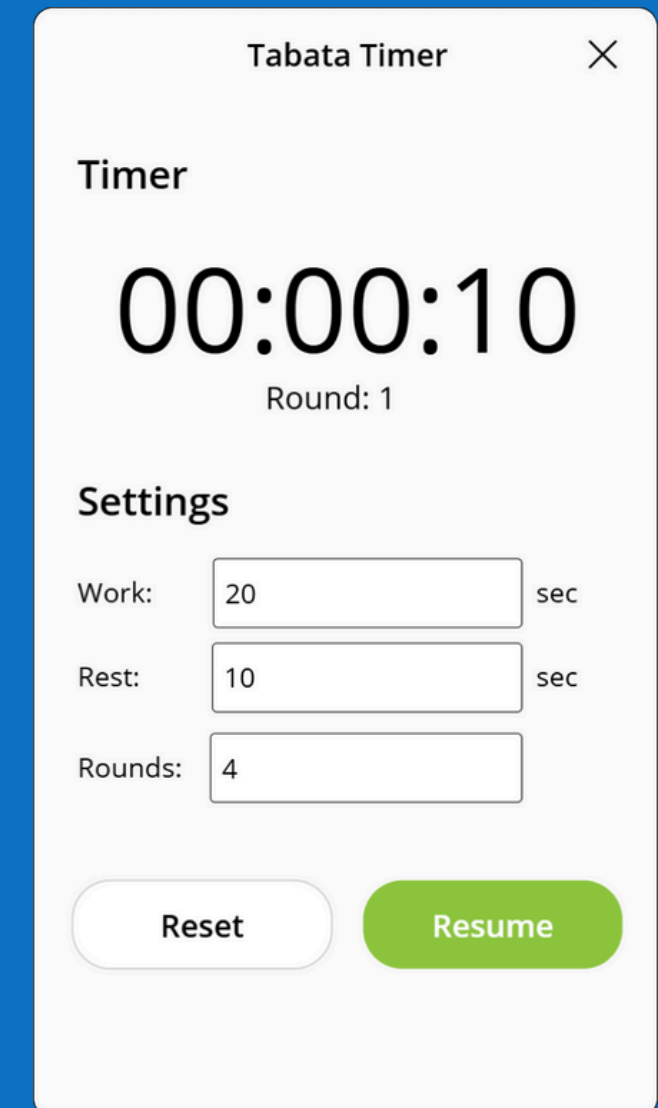
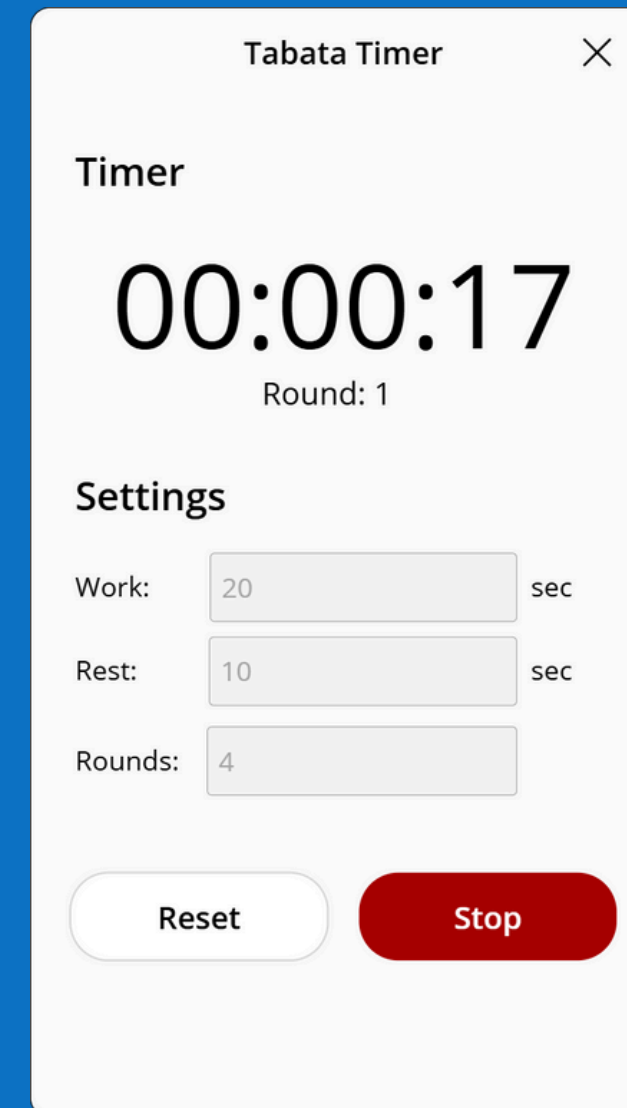
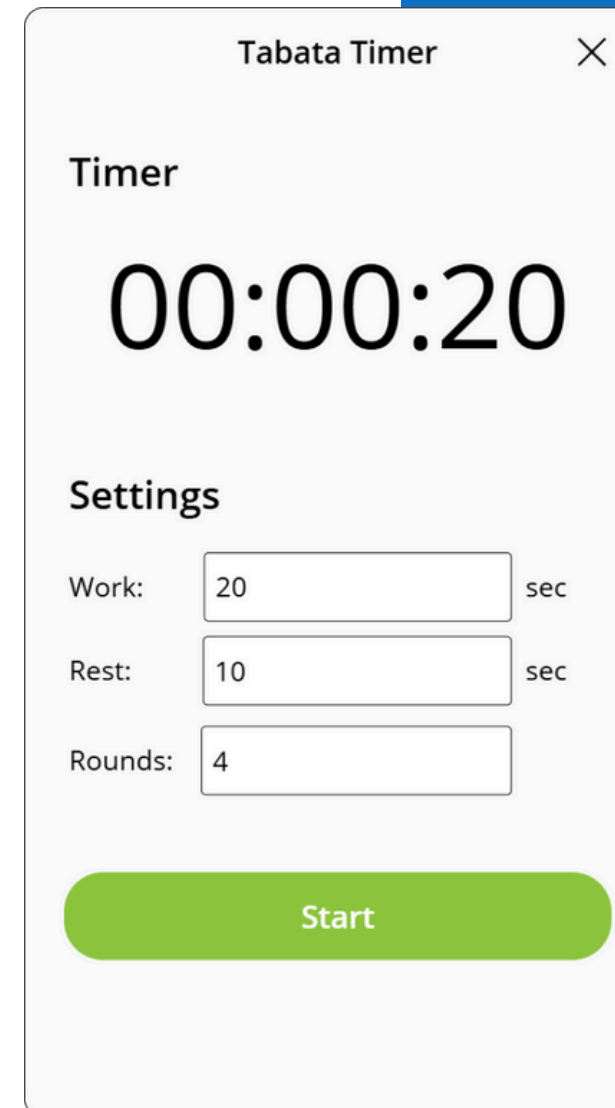
- We introduced dynamic behavior to the buttons, ensuring they adapt based on the user's actions.
- When the user clicks **Start**, the button disappears to eliminate unnecessary clutter, and Stop and Reset appear.
- If the timer is paused, **Resume** and **Reset** are shown instead, making it clear what actions can be taken at any moment.
- This system not only simplifies the interface but also makes the app intuitive by presenting only the buttons relevant to the current state.



Buttons

Modern Design

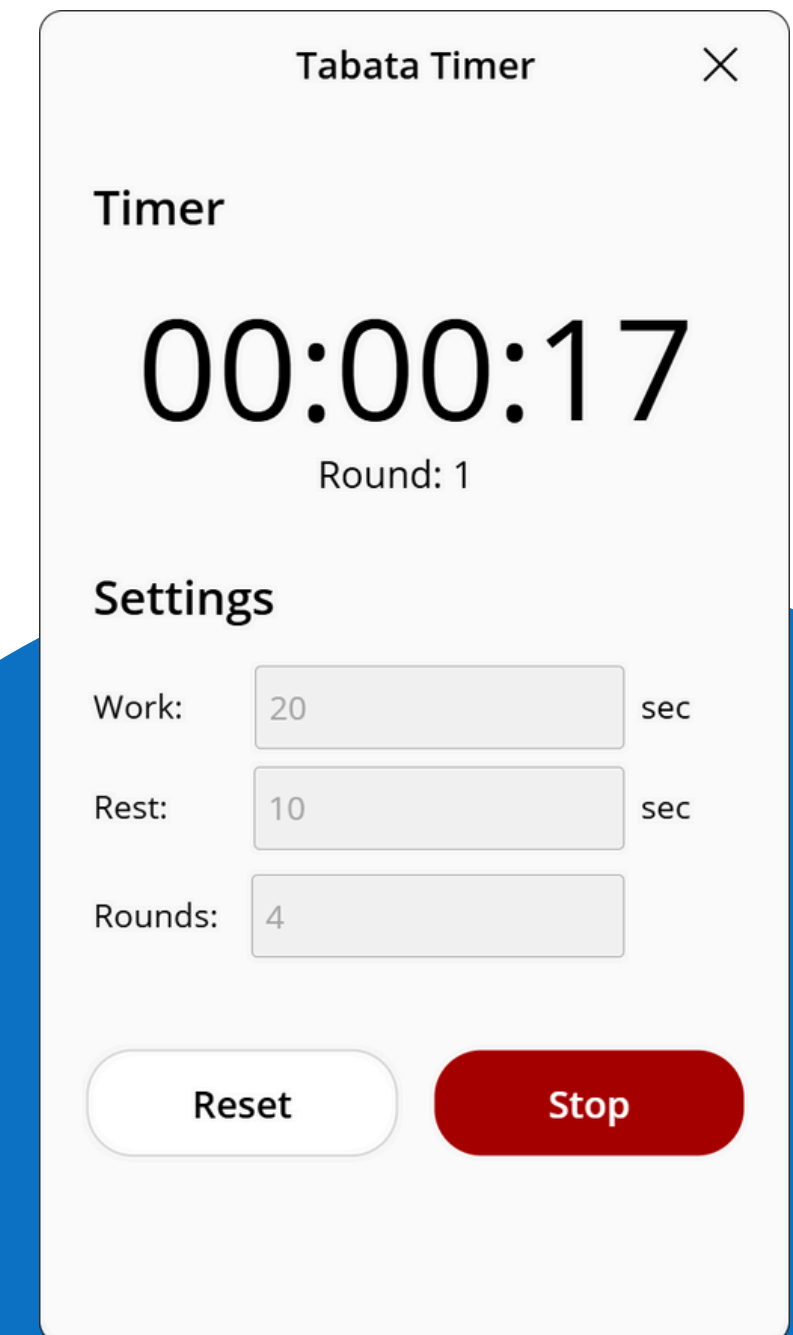
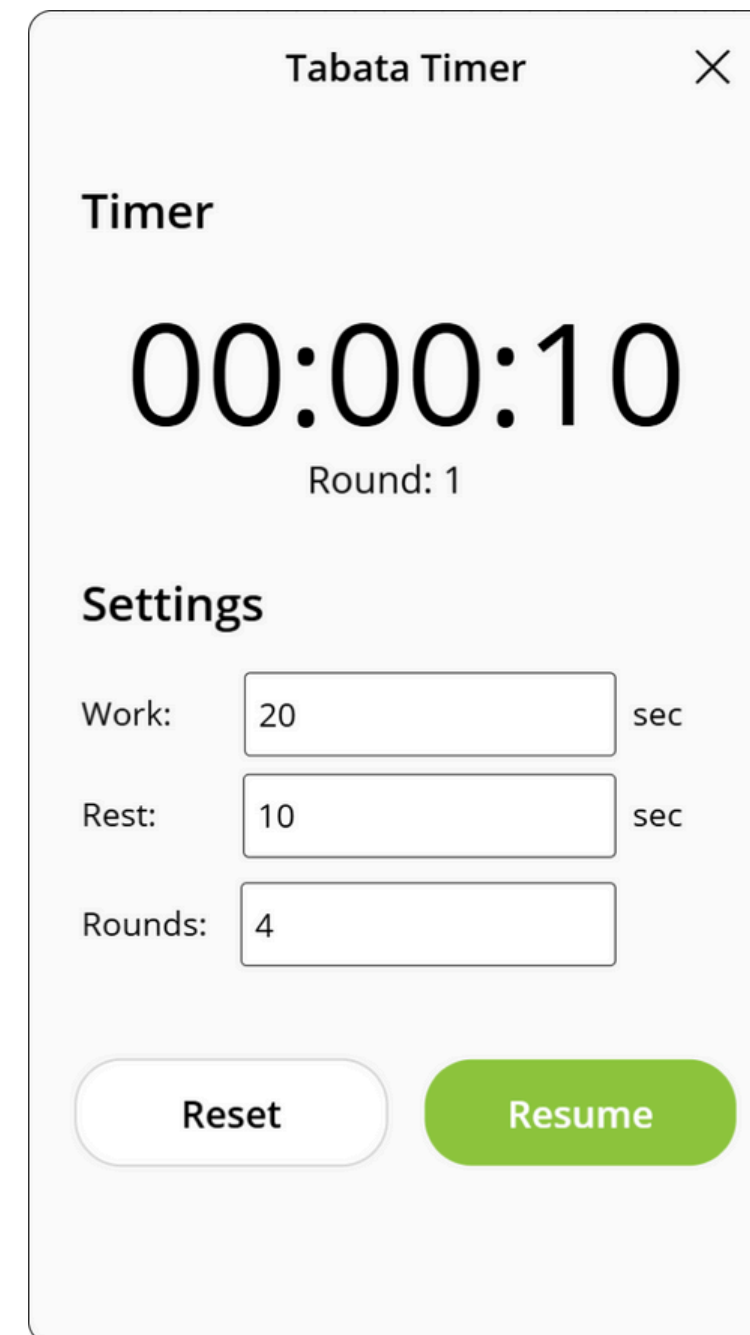
- Buttons were redesigned to look modern and user-friendly, with rounded edges that enhance the app's overall aesthetics.
- Color coding was applied to make the buttons instantly recognizable:
 - **Green** for starting and resuming actions to signal positive or forward progress.
 - **Red** for stopping the timer, reflecting urgency or an action that halts the process.
 - **White** for resetting the timer, providing a neutral visual cue for clearing progress and starting fresh.



Buttons

Placement for Convenience:

- Buttons like **Stop** and **Resume** were positioned on the **right-hand side** of the screen.
- This decision was based on common user behavior and ergonomics, as most users are right-handed and can naturally and quickly reach buttons on the right with their thumb or index finger.
- Placing these buttons on the right makes the app easier to use during workouts, especially when speed and minimal distraction are key.

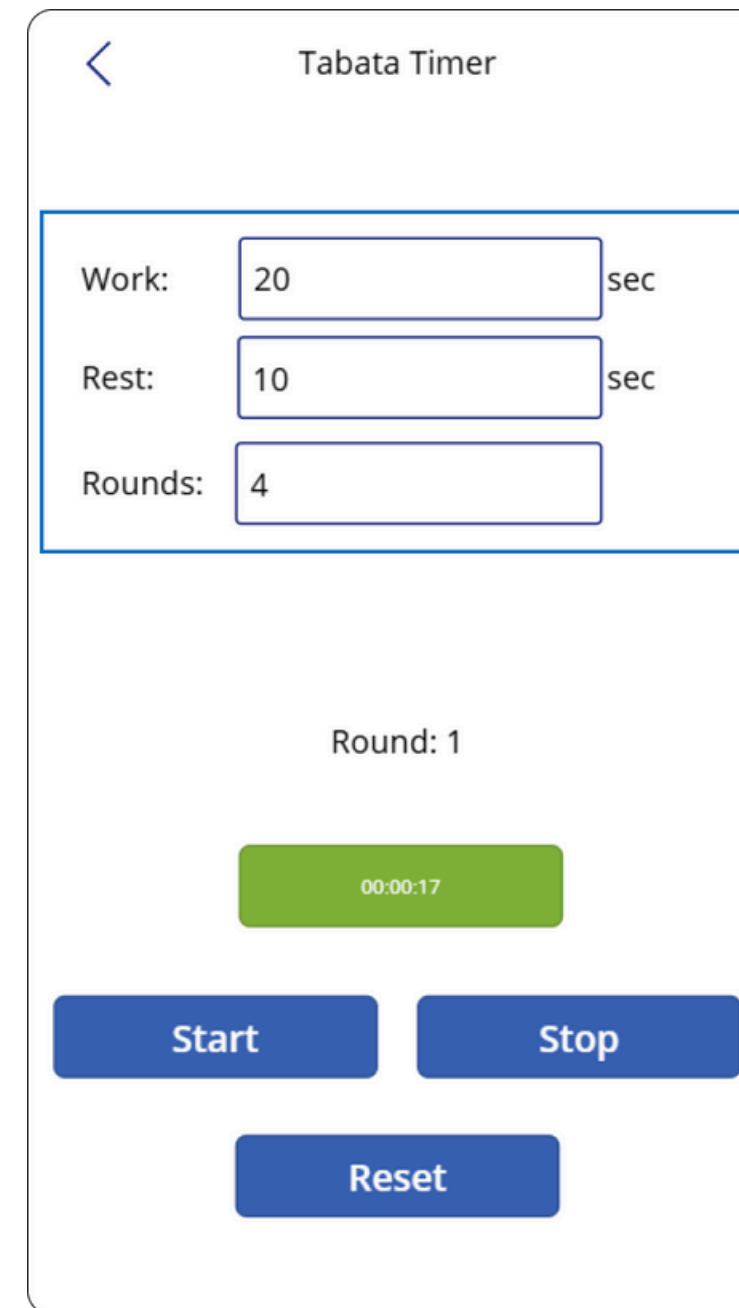


Functional Improvements

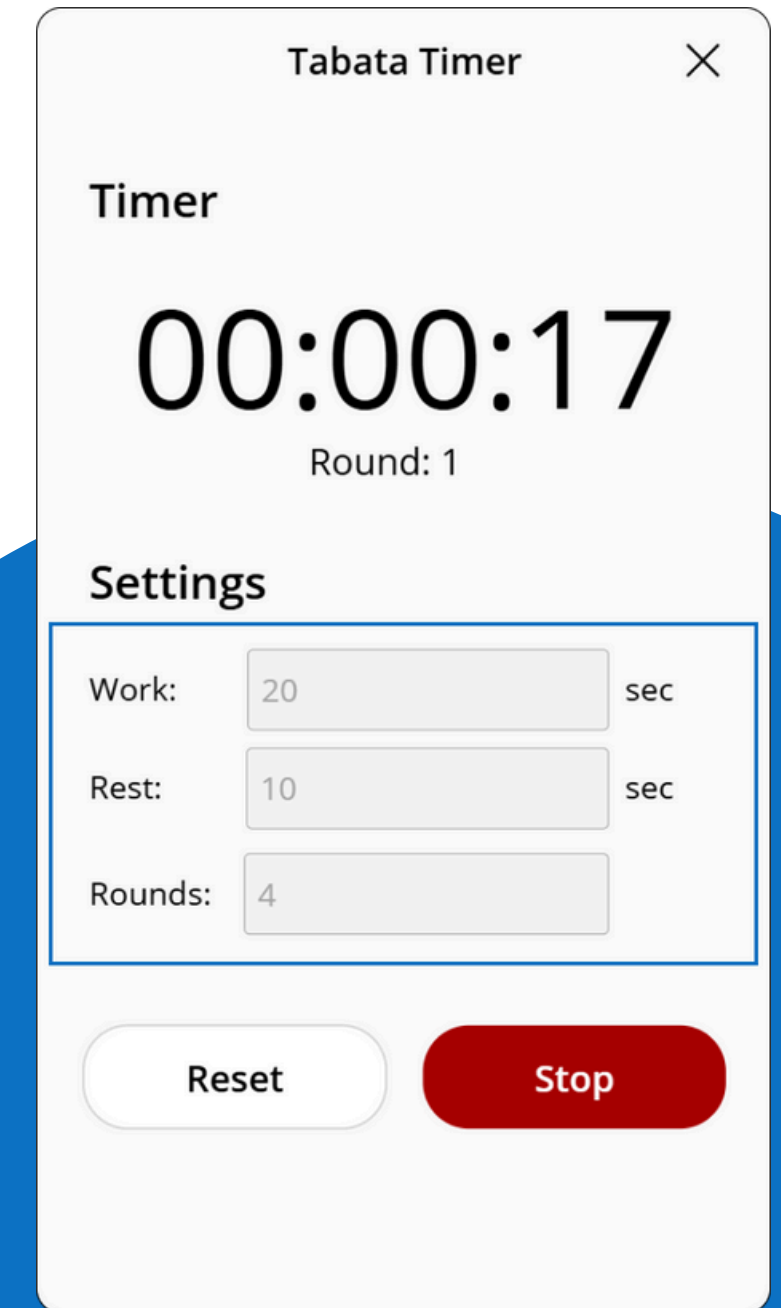
Locked Settings During Workouts

Input fields for work time, rest time, and rounds are automatically disabled when the timer is running. This prevents accidental changes during a workout, ensuring the session runs smoothly without interruptions. Users can still adjust these settings before starting the timer or after resetting it, maintaining flexibility.

Before



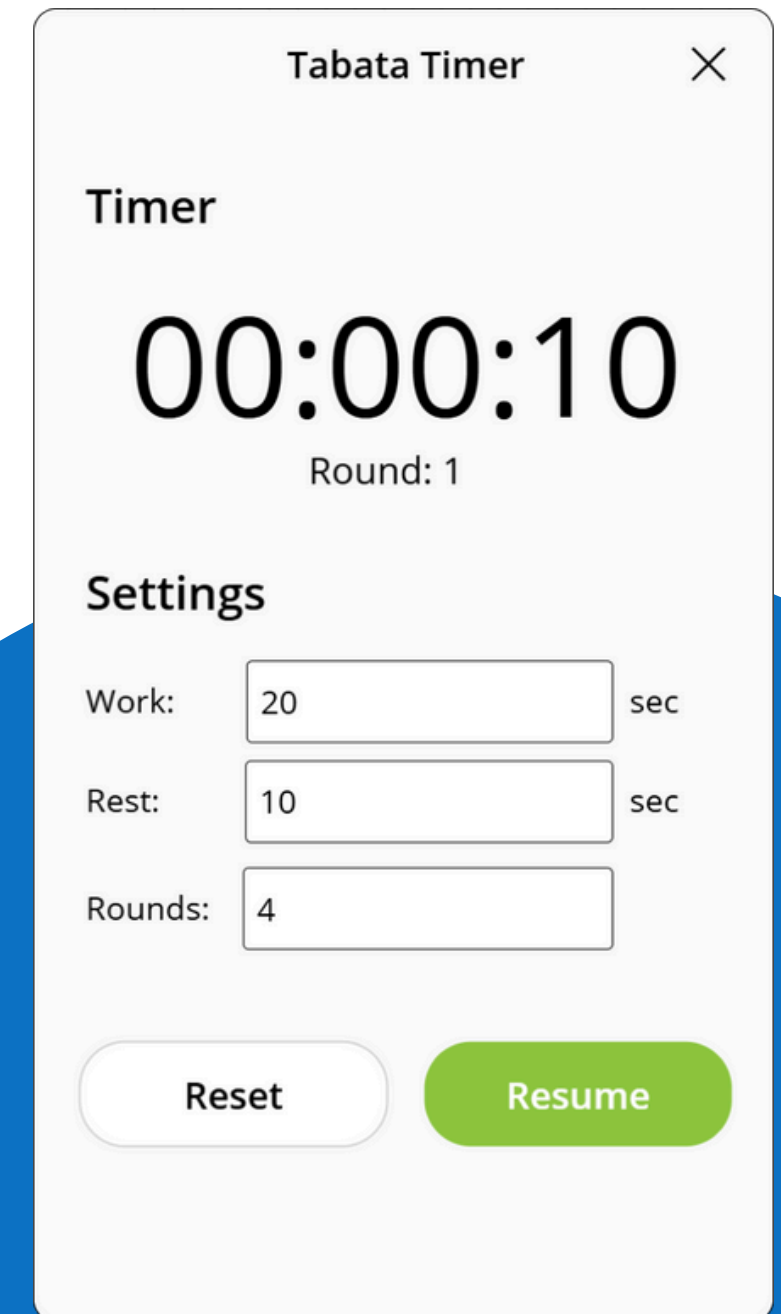
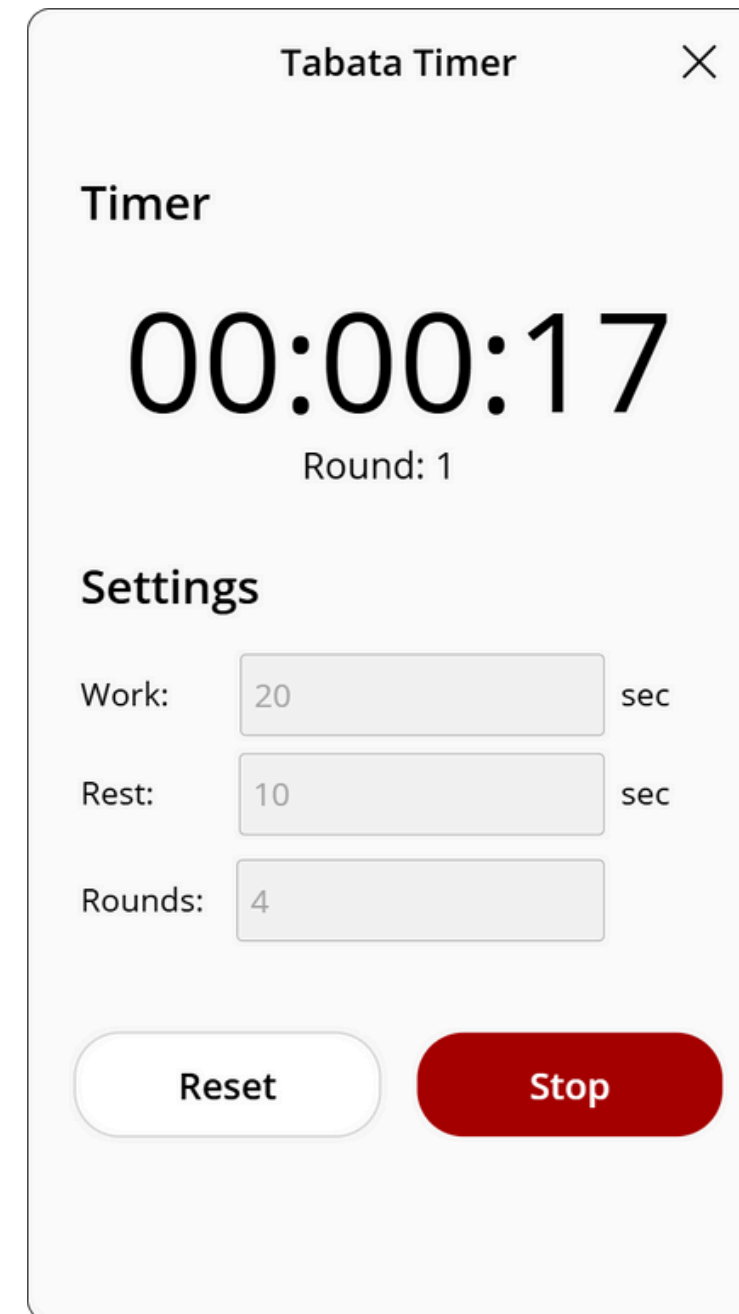
After



Functional Improvements

Optimized Logic

Behind the scenes, variables like **WorkTimerGo** were used to manage the app's dynamic states. These variables controlled button visibility and functionality, ensuring seamless transitions between actions like starting, pausing, stopping, and resetting the timer.

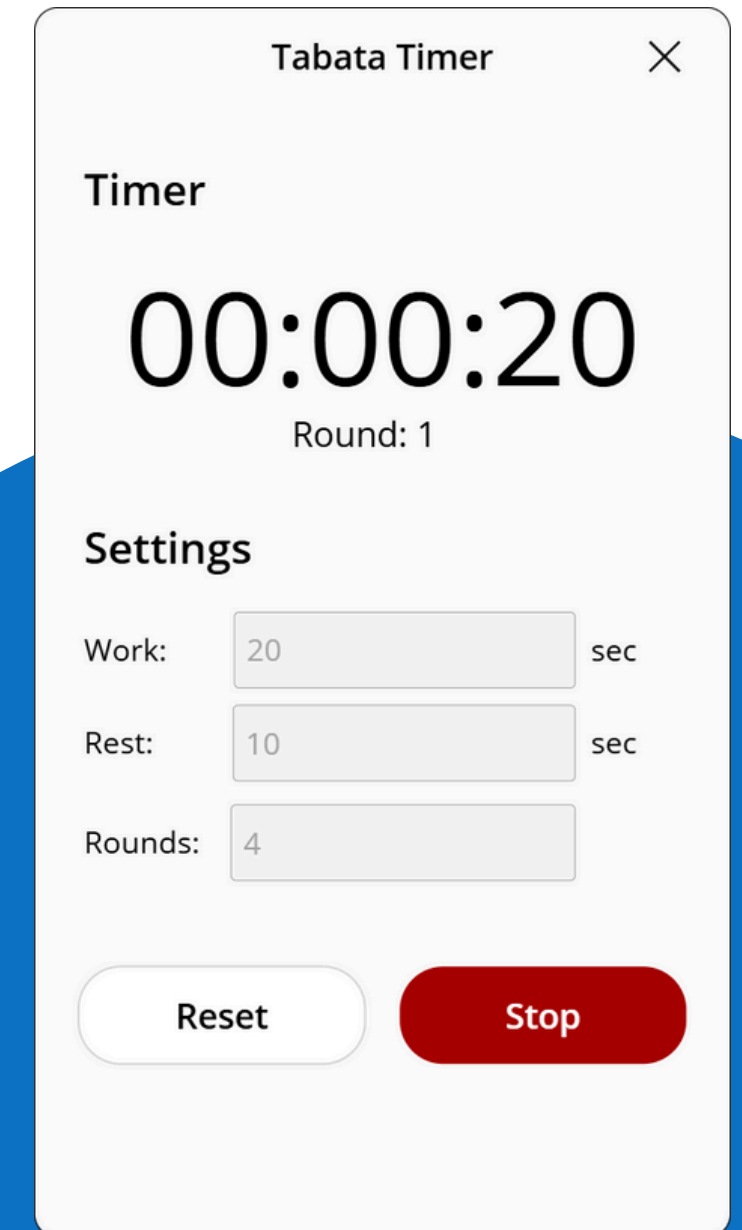
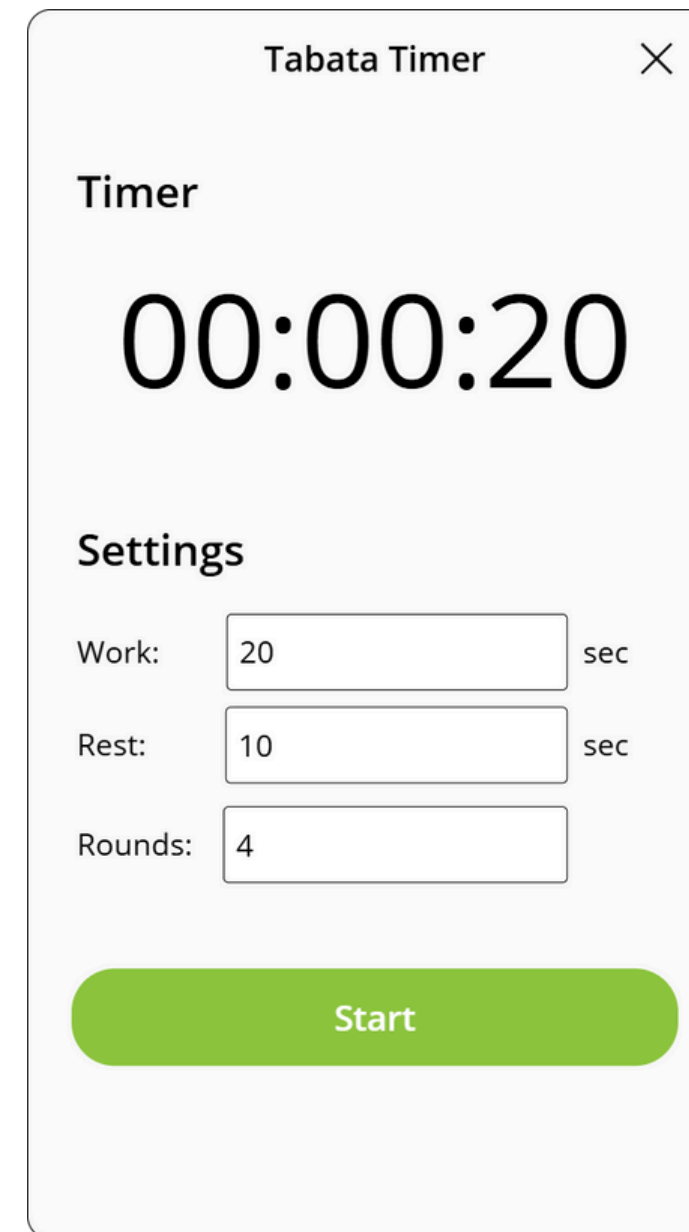


Conclusion

The Tabata Timer app started as a simple tool but quickly grew into a user-friendly, polished product. Every design decision was made with the user in mind, from the placement of the timer to the dynamic behavior of buttons.

The app showcases how even simple tools can be optimized for maximum usability and visual appeal, proving that great design and functionality go hand in hand.

If you're ready to train smarter and with more focus, the Tabata Timer app is here to help.



Thank You

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