



What we found and what we heard

Research behind PeriMove: how people adapt workouts, where they need support, and what testing changed.

Discovery and usability evidence · October 2026. Phone image: submitted-build Welcome screen, cropped.

● Prototype content, not professionally reviewed



Home workouts that adapt to how you feel today.



For women approaching or
experiencing perimenopause.

[Get started](#)

No account needed · Setup saved in this browser
General exercise information · Not medical advice

THE SURVEY

Half of respondents reported low confidence adapting workouts

40

respondents

28

approaching or experiencing
perimenopause

9 unsure, 2 no, 1 preferred not to
say

20

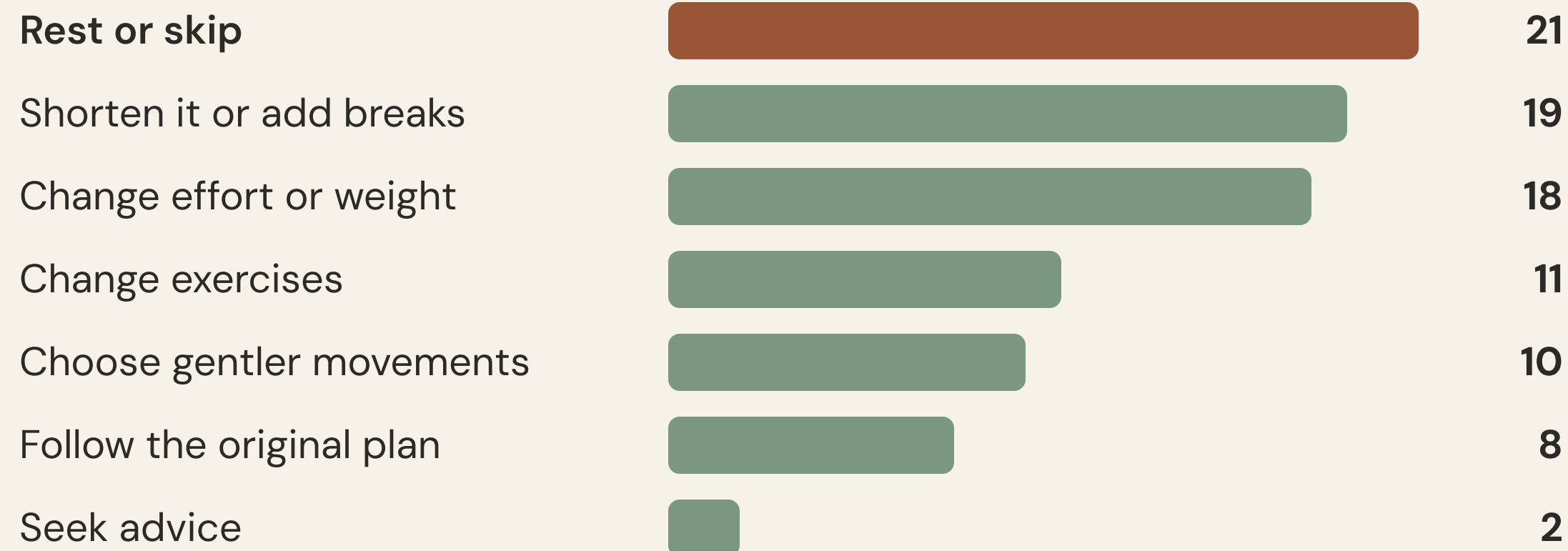
reported low confidence
adapting a workout when
they feel different

11 not very, 9 not at all. 14
somewhat, 5 very, 1 had not
needed to

Self-selected survey · 40 responses. Findings reflect this sample, not women in perimenopause generally.

THE SURVEY

People already adapt workouts in several ways



15 of 20

low-confidence respondents chose rest or skip. Resting may be appropriate.

n = 40. Counts show what respondents reported doing, not what they should do. Several options could be chosen, so bars add up to more than 40.

THE SURVEY · EXPLORATORY FINDING

Confidence differed by exercise routine

Occasional or still building a routine (18 people)

13 low confidence

5 other

Established routine (20 people)

6 low confidence

14 other

Low confidence = not very or not at all confident. Small, self-selected groups. Only one respondent was new to exercise, so this says nothing about beginner suitability. Two respondents in other groups are not shown.

THE SURVEY

The research supported a focused first step

OTHER REQUESTS

23

Understanding
perimenopause and
exercise

18

Strength and muscle

NEEDS ADDRESSED BY THE ADAPTATION FLOW

15

Deciding between
workout, gentle
movement or rest

11

Modifying exercises

The largest request was education. I chose a narrower first step.

Within three days, I focused on daily workout adaptation—a bounded experience I could build and test. Broader perimenopause education needed more expert sourcing and review. I included a small set of source-linked general tips and kept broader education in the longer-term vision. Curated strength sessions addressed part of the strength-and-muscle request.

39 answered. Select up to three. Most requested movement type: strength (27), then mobility (23).

USABILITY SESSIONS AND A PRODUCT REVIEW

Testing changed the experience

WHAT TESTING REVEALED

- 1 People confused the preview with the workout, and missed or hesitated at Start.
- 2 A single reflection reason couldn't capture several things that went wrong.
- 3 Exercise versions and alternative movements were difficult to distinguish.

WHAT CHANGED

→ **A clearer "Today's workout" preview, a pinned Start and more distinct journey stages.**

→ **Multiple reasons and an optional note.**

→ **Clearer labels, explanations and named switching and return actions.**

Findings from six usability sessions and a separate product review informed these changes. Implementation was subsequently checked; the records do not establish that every issue was resolved in user retesting.

USABILITY SESSIONS AND A PRODUCT REVIEW

Interface examples for the three changes

1 Today's workout preview

EARLIER BUILD · OCT 16

Prototype content, not professionally reviewed

Your session

Strength · 15 min · Energy medium · Somewhat rested · Moderate effort

SUBMITTED BUILD

PREVIEW

Today's workout

Review your workout, then tap Start this session for guided instructions. You can adjust the options below.

2 Reflection reasons

EARLIER BUILD · OCT 16

What didn't work?

✓ Exercises

Effort

SUBMITTED BUILD

What didn't work?

Exercises

Effort ✓

Duration ✓

3 Versions and alternatives

EARLIER BUILD

✓ Easier Base Suggested Harder

Use a different movement: Chair-supported mini-squat

SUBMITTED BUILD

Easier Suggested ✓ Base Harder

Alternative movement
A different exercise, not necessarily easier.

Start this session

Cropped from my own captures; nothing is reconstructed. Frames come from different sessions and screen sizes, so read them as design evolution, not a same-session comparison.

WHAT EACH CHECK COVERS

How the prototype was checked

Automated checks

Recommendation rules and selected interaction behavior. Final build: 324 passing tests and a clean build, as reported by Lovable.

Phone checks (by me)

Demonstration playback, voice controls, Stop and restart, and whether customization resets or is preserved when answers change.

Usability sessions

Six sessions (five with people in or approaching perimenopause) exposed confusion and informed design changes.

Known limitation: on a short phone screen, the first strength view still needs scrolling.

These checks cover specified behaviors and observed confusion. They do not show that the prototype helps people or that they would keep using it.

CLOSE

What we learned, and what comes next

What we learned

Research identified uncertainty about adapting workouts. Testing showed where PeriMove's choices and journey needed clearer explanations. The prototype implements that daily adaptation loop; its usefulness over repeated use remains untested.

Next experiments

1. Professional review of the exercise content.
2. Repeated-use testing over several days.
3. An earlier explanation of the experience for first-time visitors.
4. Equivalent mobile and desktop refinement.