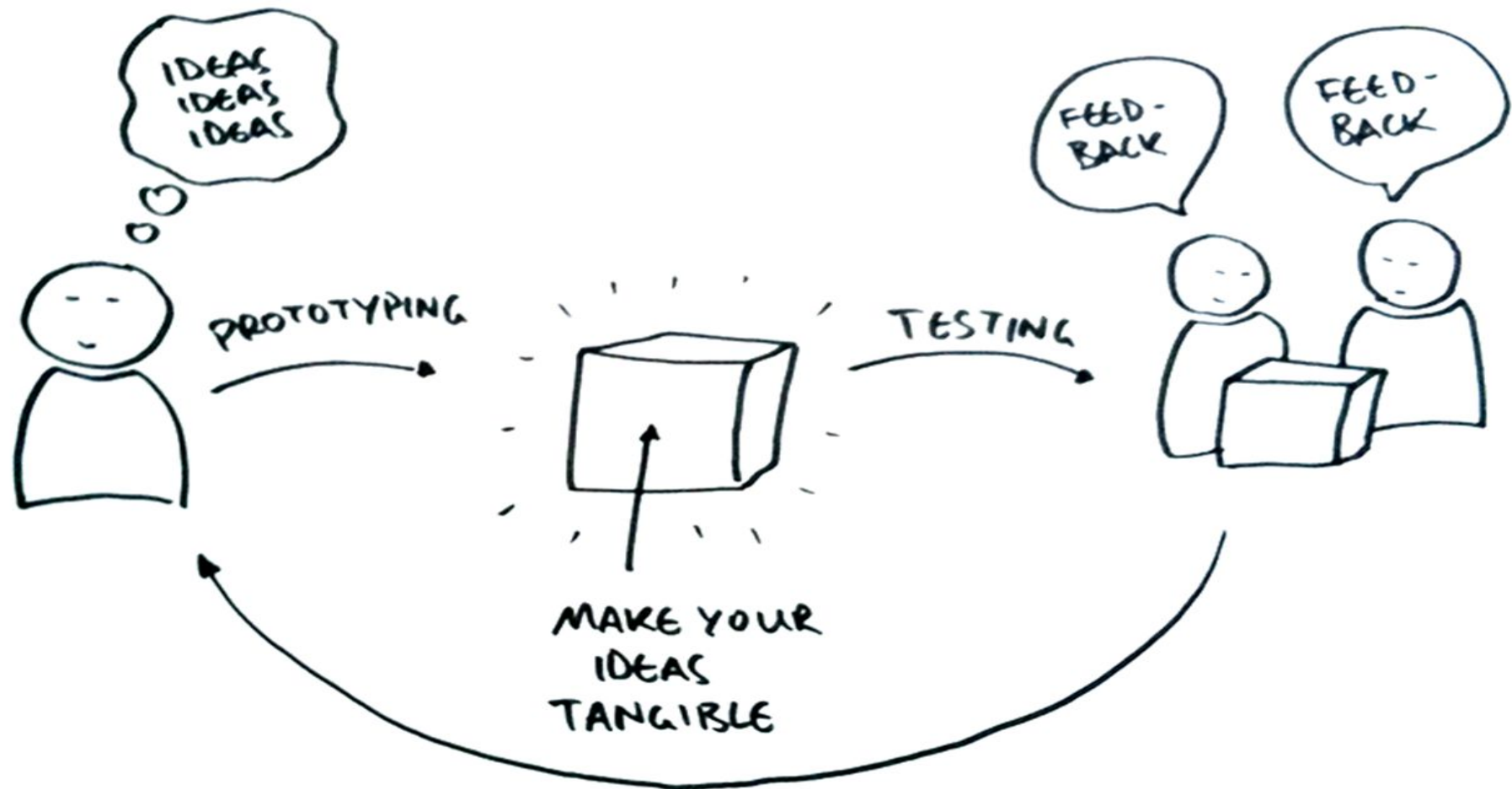




Low-Fi Prototype

Team Stress Busters

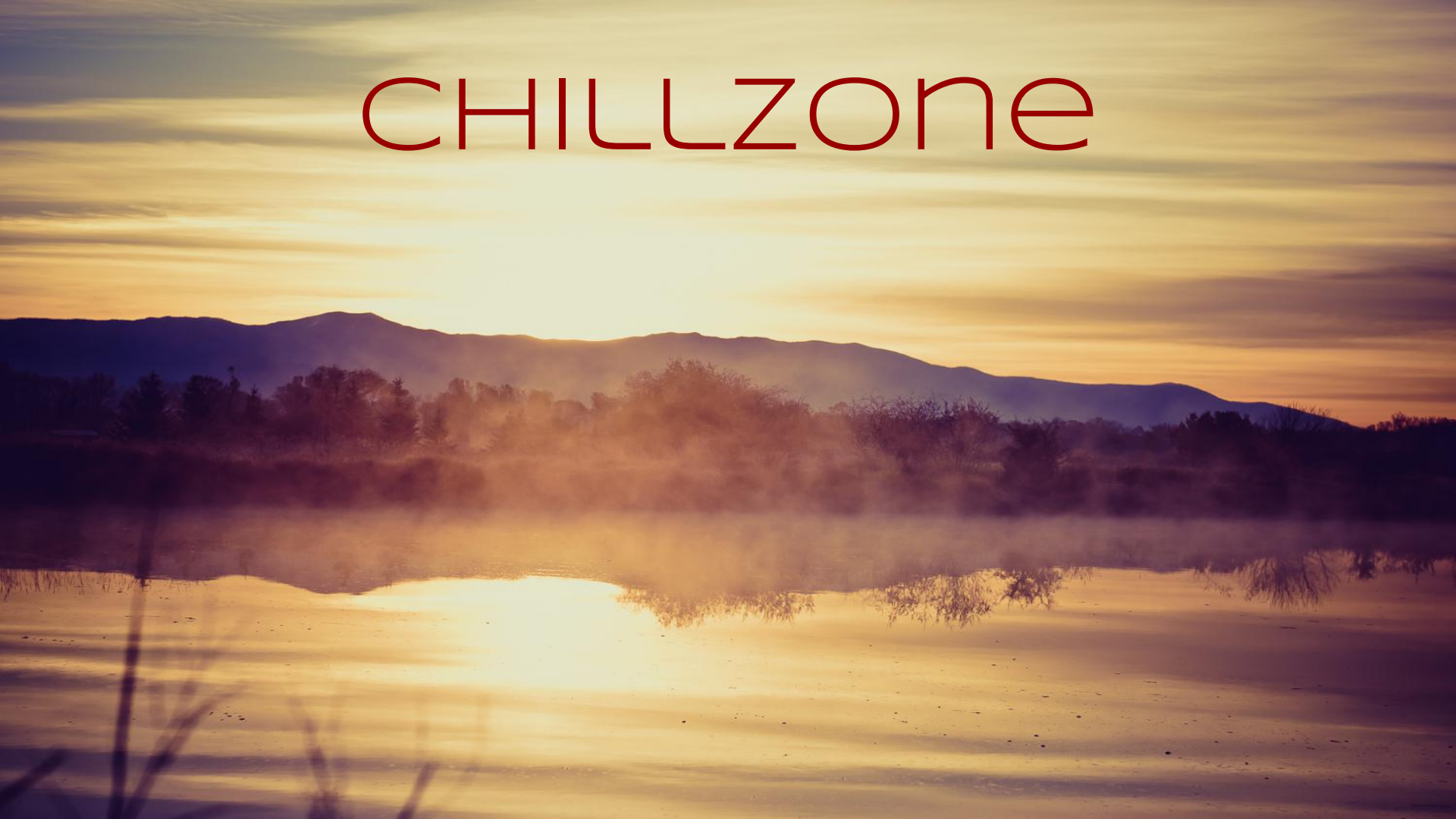


A hand-drawn illustration in black ink surrounds a central grey rounded rectangle. On the left, a stick figure is partially visible with a speech bubble above it containing the word "IDEAS". On the right, another stick figure is partially visible with a speech bubble above it containing the word "FEED-BACK".

Overview

- Who are we?
- What did we design?
- What did we learn from User Testing?

CHILLzone

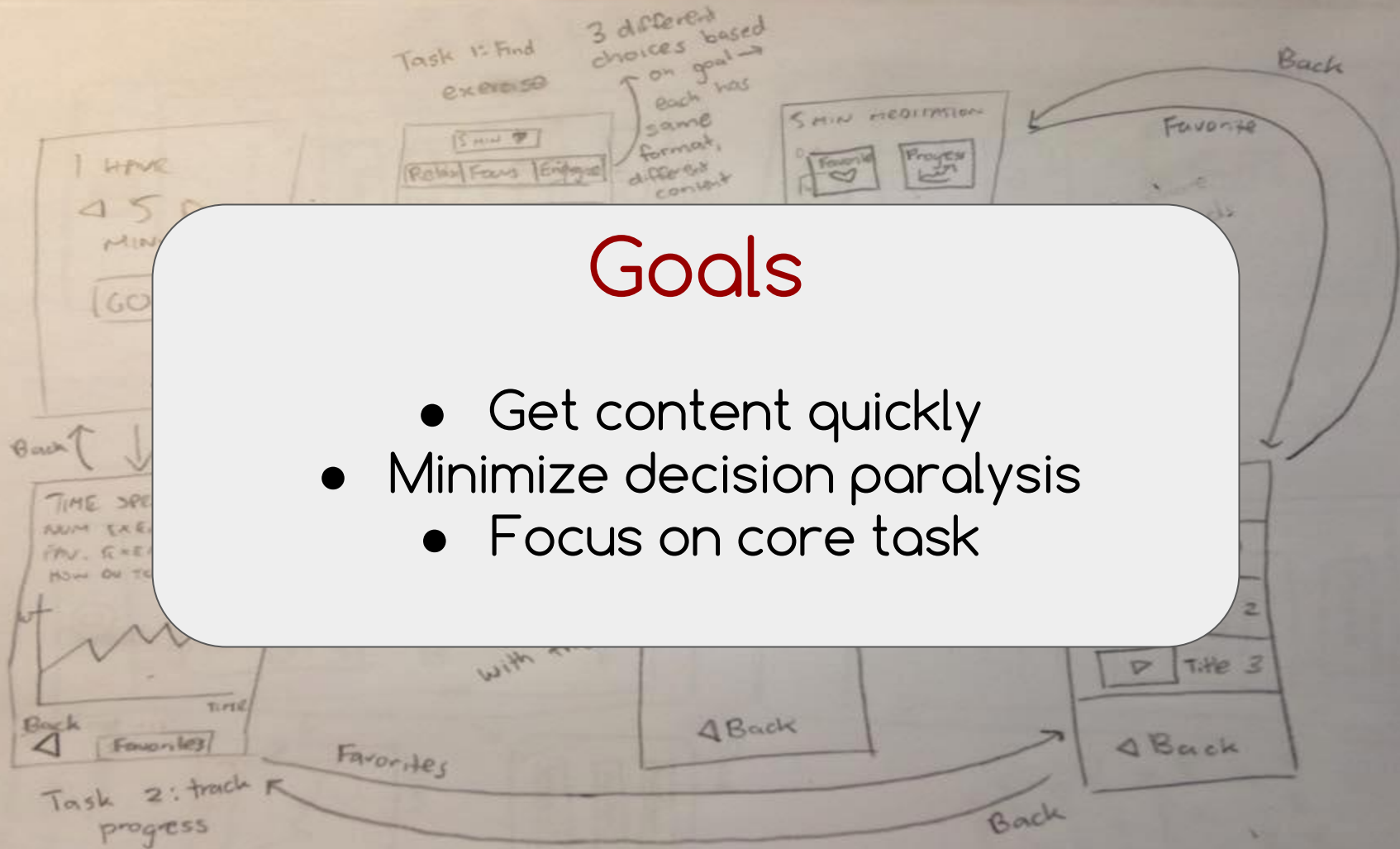


CHILLzone

Our Mission: To provide an easy-to-use source of quick stress-reducing activities that can fit into anyone's busy lifestyle.

Goals

- Get content quickly
- Minimize decision paralysis
- Focus on core task



Chill zone

I have

◀ 5 ▶

minutes

Go

See my progress

10 15

30 45

Time's up!

Keep going

Stop

Chill zone

I have

◀ 5 ▶

minutes

Go

See my progress

Relax Focus Energise



Quick Meditation

1. Sit down with your legs crossed
2. Close your eyes
3. Put your hands on your stomachs

Done

Relax Focus Energise



Quick Workout

1. Start light with 15 jumping jacks
2. Jog in place for 45 seconds
3. Switch to high knees

Done

Share

facebook

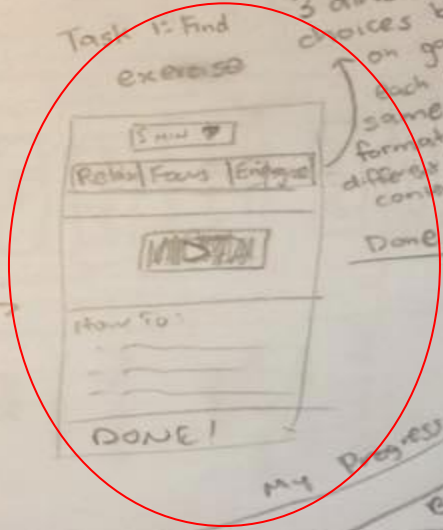
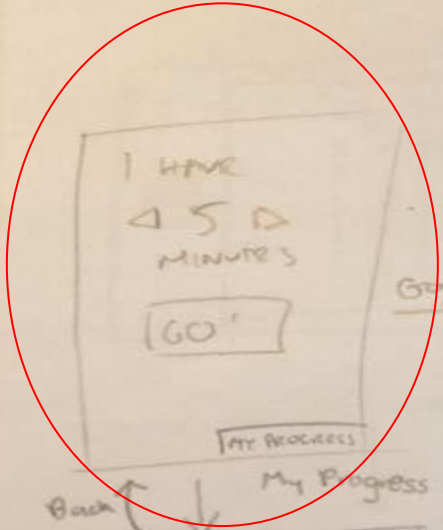
twitter

redd.t

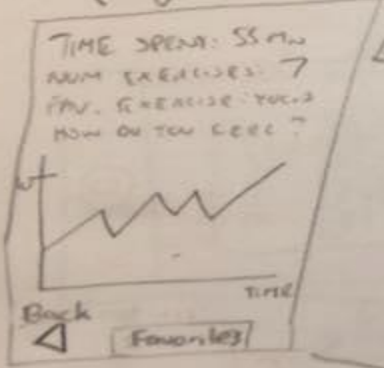
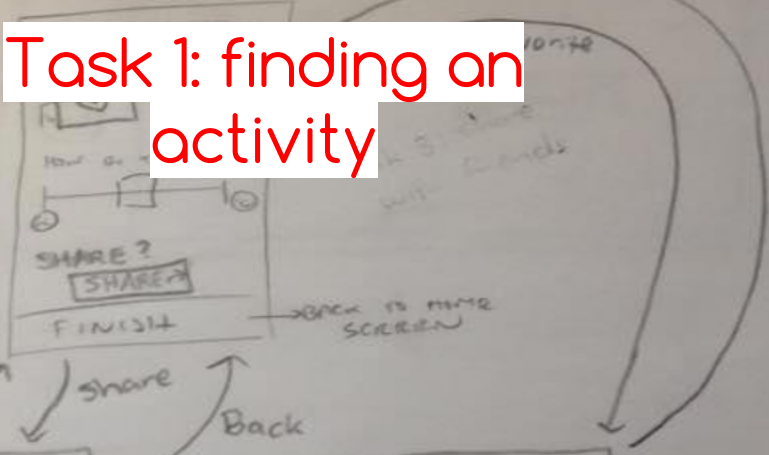
tumblr

return

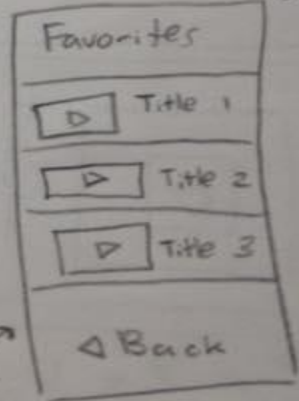
Task 1: finding an activity



3 different choices based on goal →
each has some format, different content
Done →



Task 3:
Share with friends



Back

My Progress

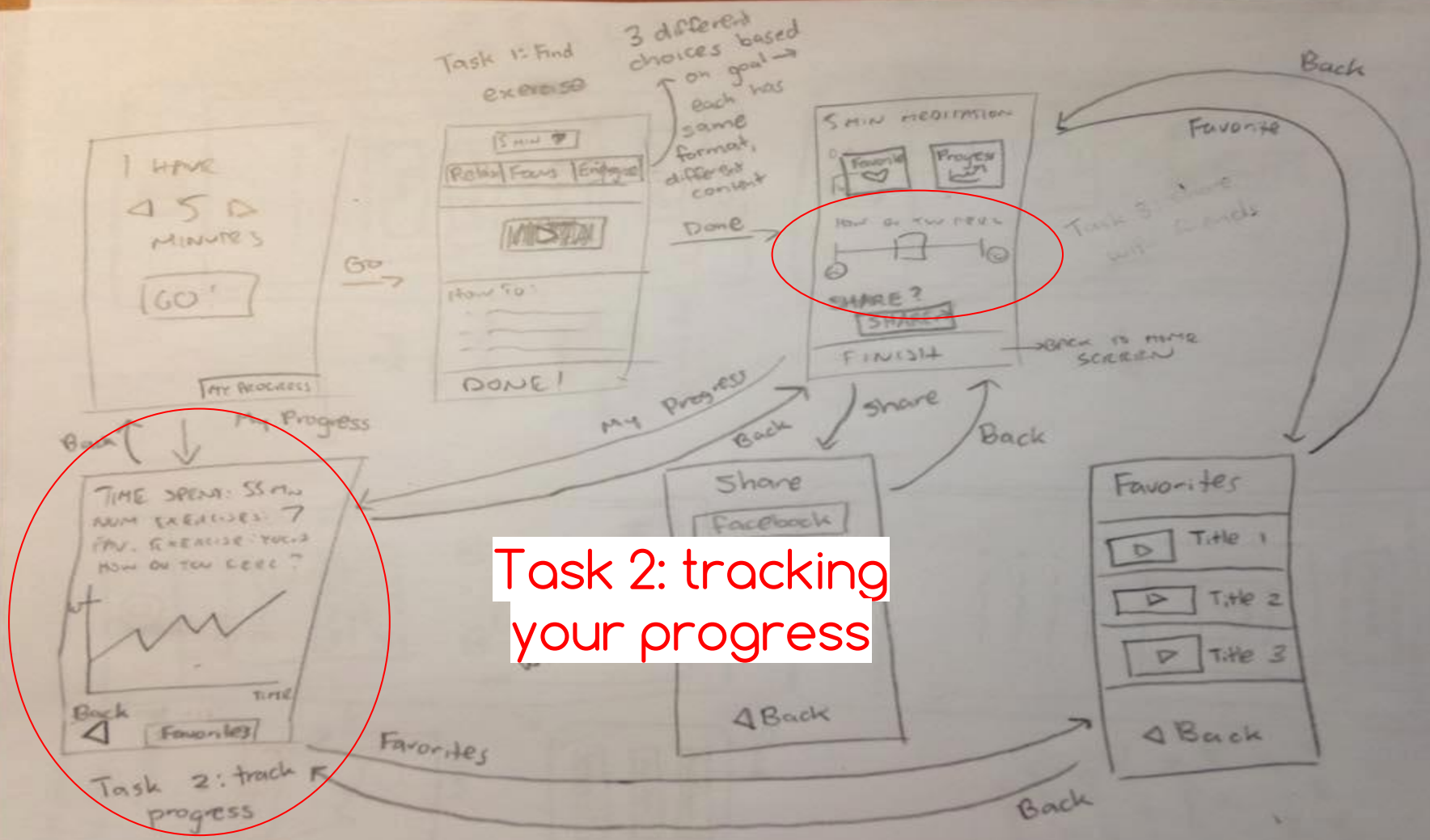
Back

Share

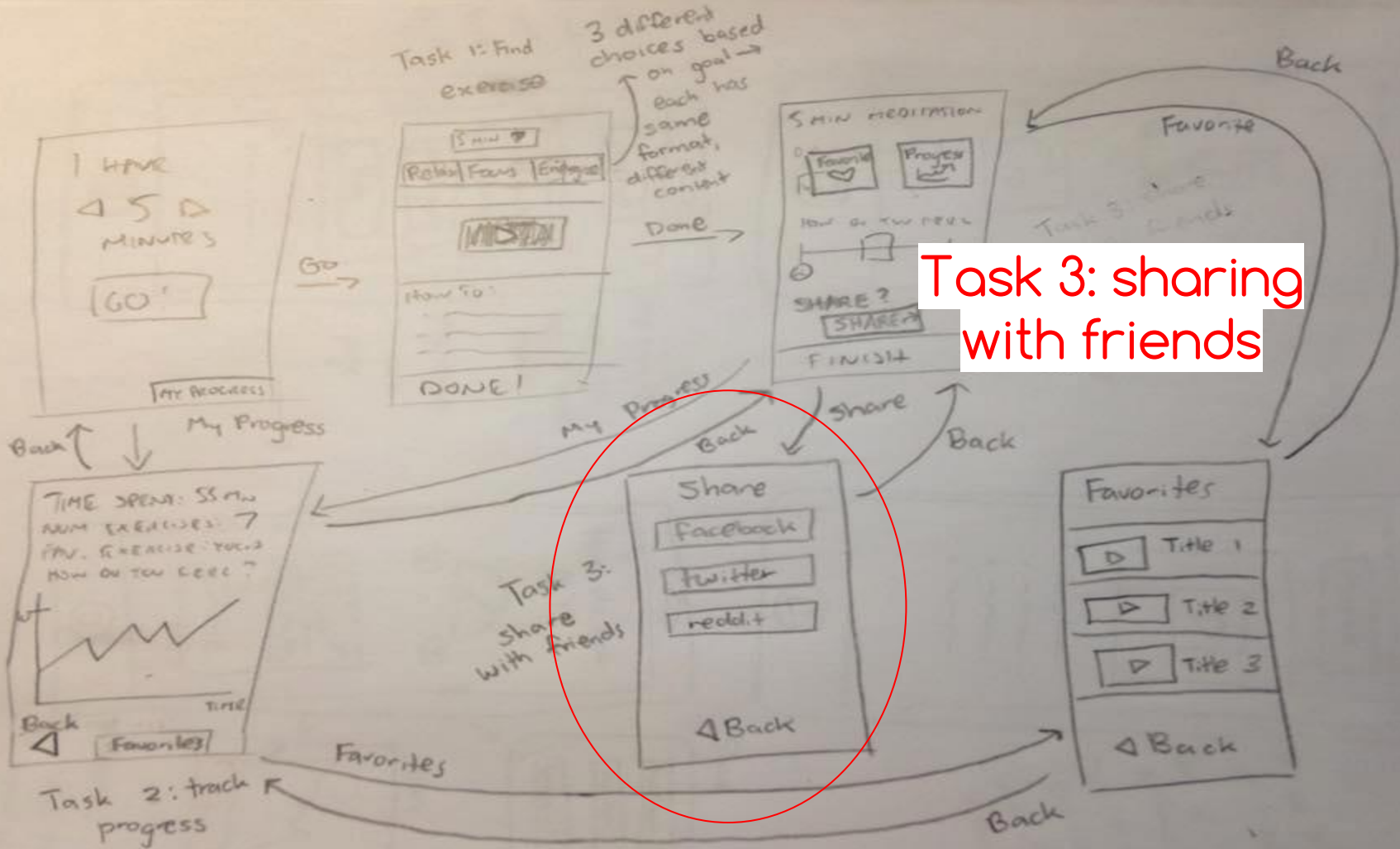
Back

Back

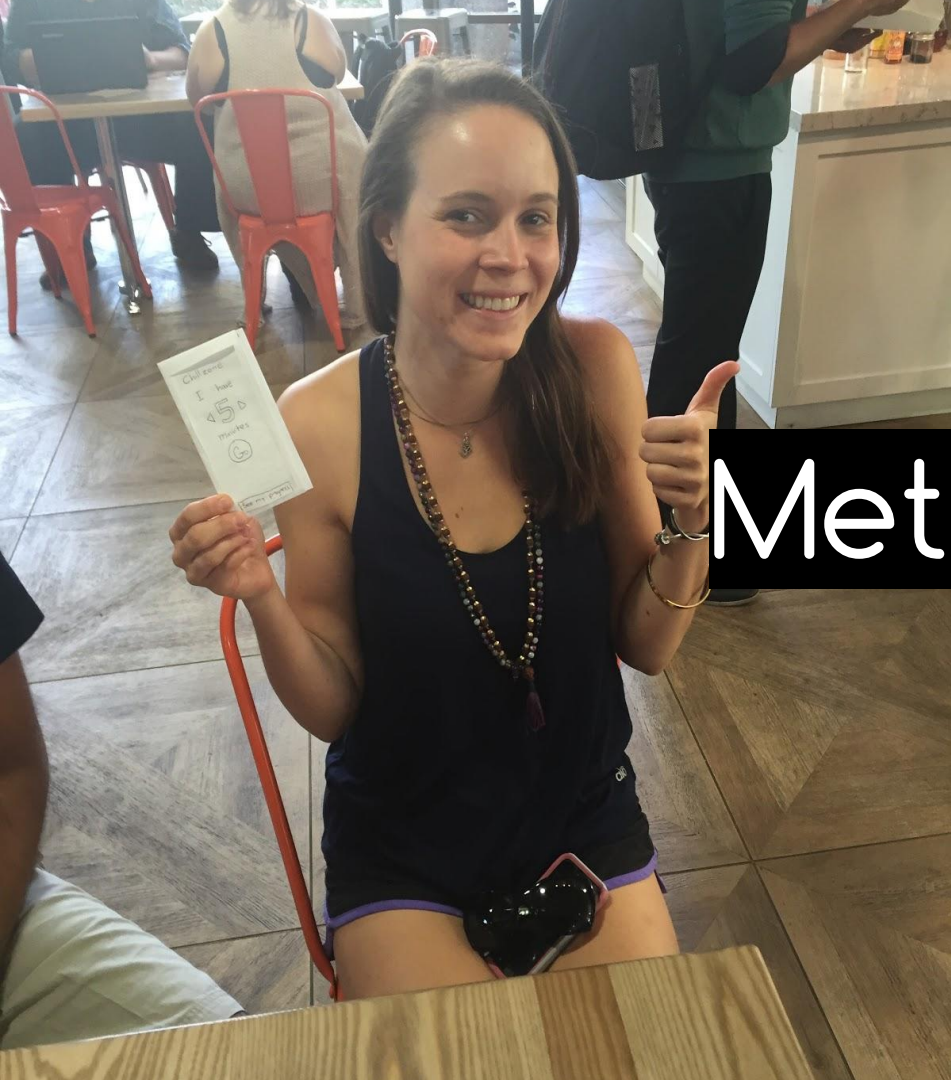
Back



Task 2: tracking your progress



Task 3: sharing with friends



Method

Method

Who? Jodie, Ashley, and Lou

What? Find a 10 min. activity, track your progress, and share a link on facebook

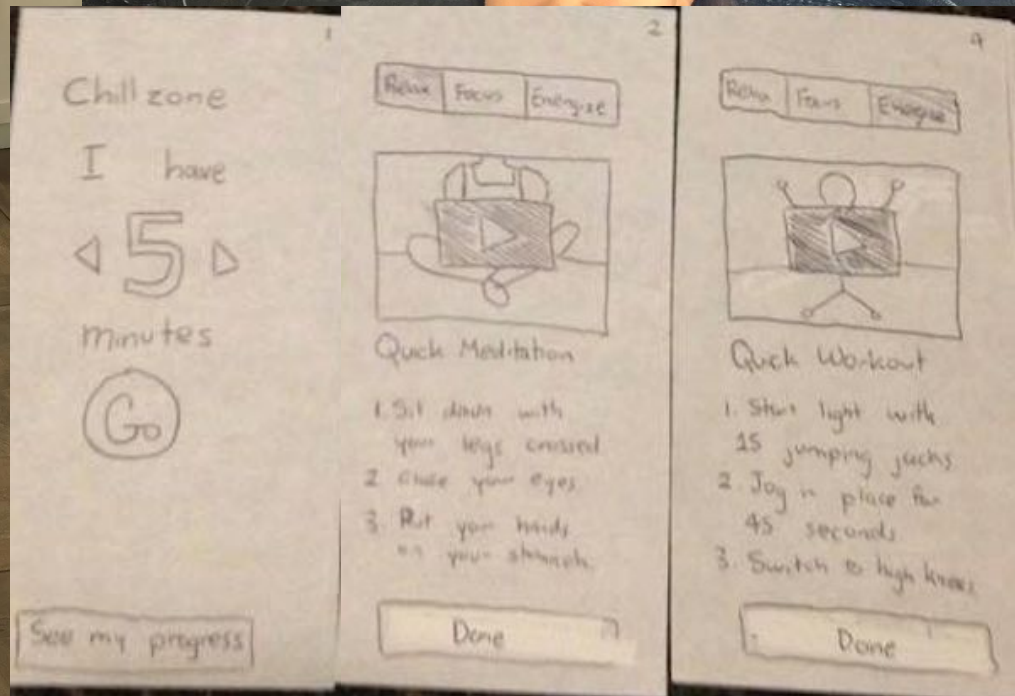
Where? Tresidder during lunch hour

How? Demo followed by 3 tasks, general feedback recorded

Results

Task 1: Finding an exercise

- Good:
 - Clear tutorial screens
 - Nice categories
- Needs improvement:
 - Changing time
 - Written descriptions



Results

Task 2: Tracking Progress

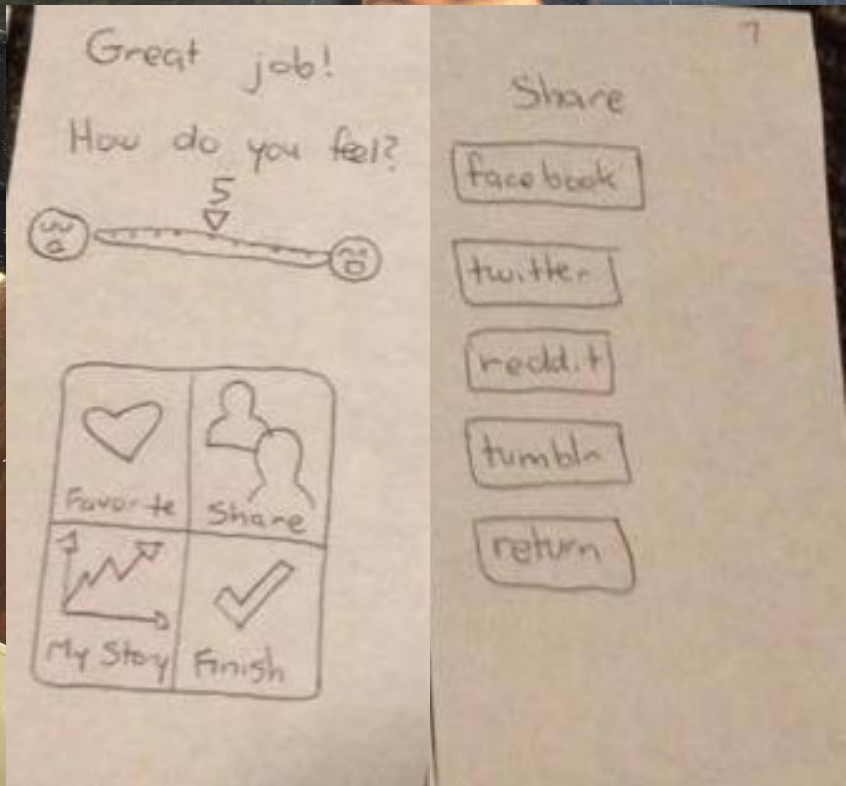
- Good:
 - No confusion with reporting happiness level
- Needs improvement:
 - Return button

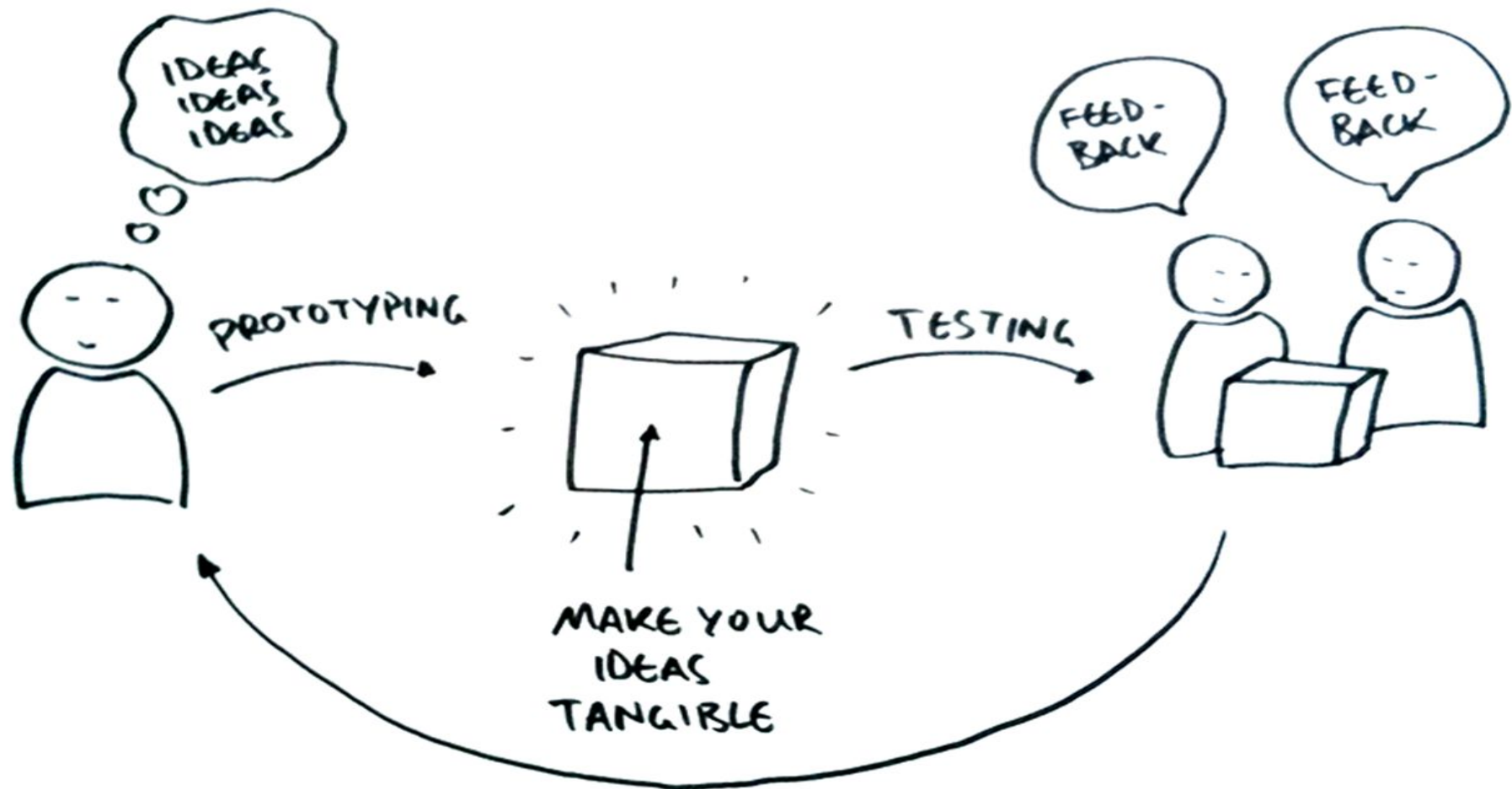


Results

Task 3: Sharing with friends

- Good:
 - Clear, easy
 - Done very quickly
- Needs improvement:
 - Return button







Summary

- Who are we? Chillzone
- What did we design? A simple interface for a fast-paced life
- What did we learn from User Testing? The app is generally easy to use, but certain elements (return button, time selection, etc.) could be improved for clarity



Thank you!