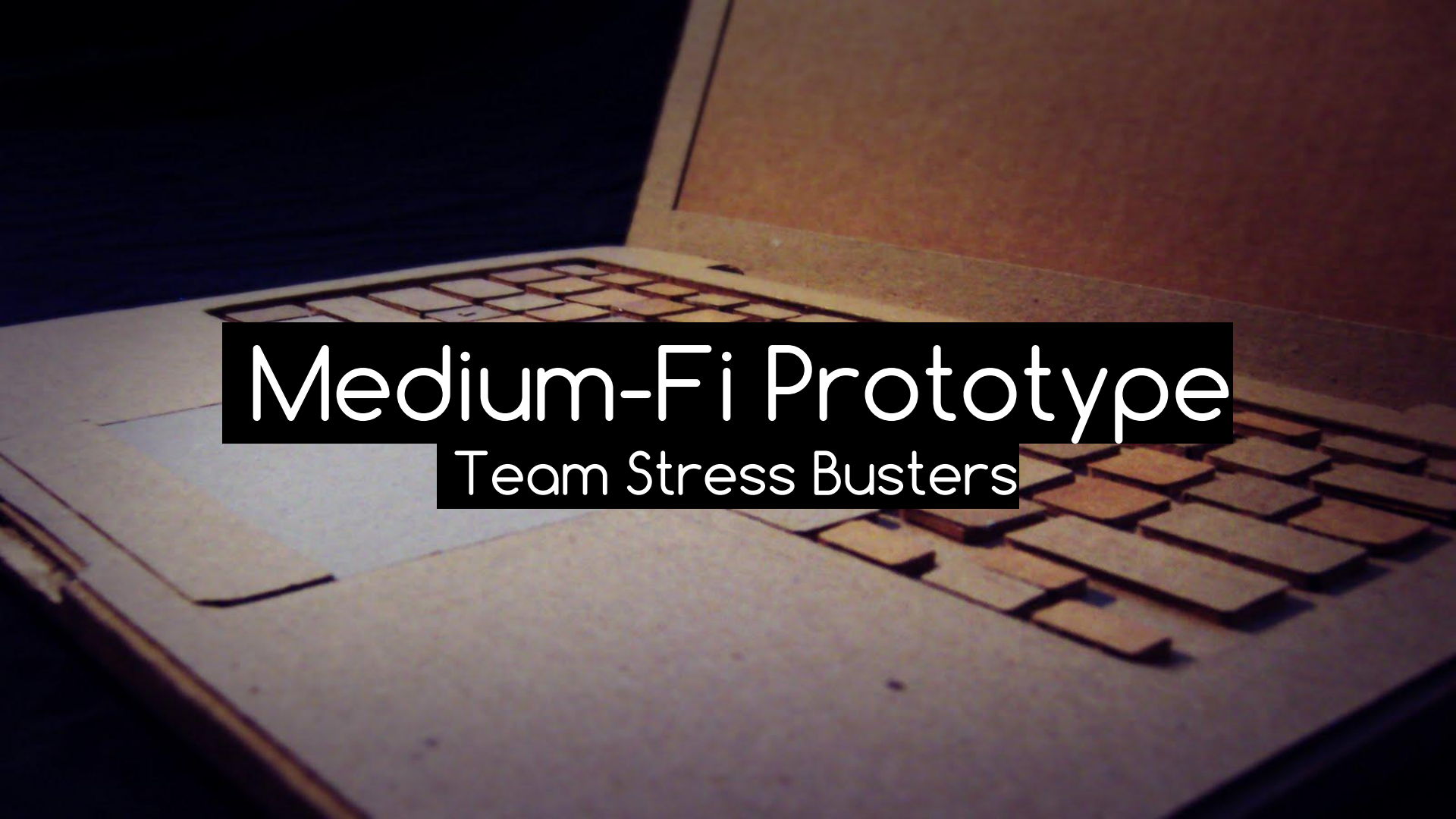


Medium-Fi Prototype

Team Stress Busters

CHILLZONE

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

Simple Task

Get a quick relaxation exercise that will take as little as 5 min.

Situation: the user is stressed out, but doesn't know what to do to calm down. She only has a short amount of time before her next class. In one tap, she can get a tutorial for a relaxation exercise personalized by her time availability and her preferred activities.

Moderate Task

Share your favorite activities with your friends.

Situation: the user finds an exercise that really helps him de-stress. He knows that his friends are also very stressed and thinks this exercise can help them. He then shares his favorite exercise via social media so he and his friends can do it together.

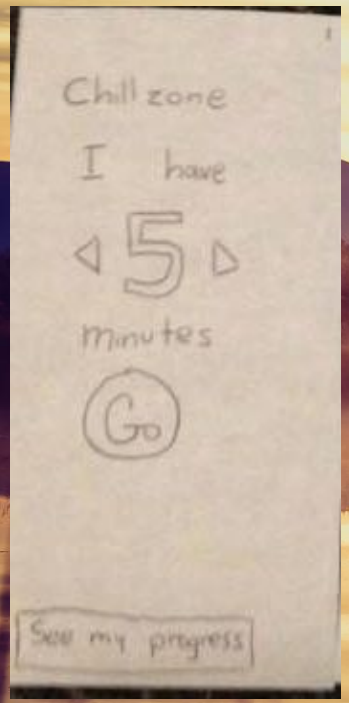
Complex Task

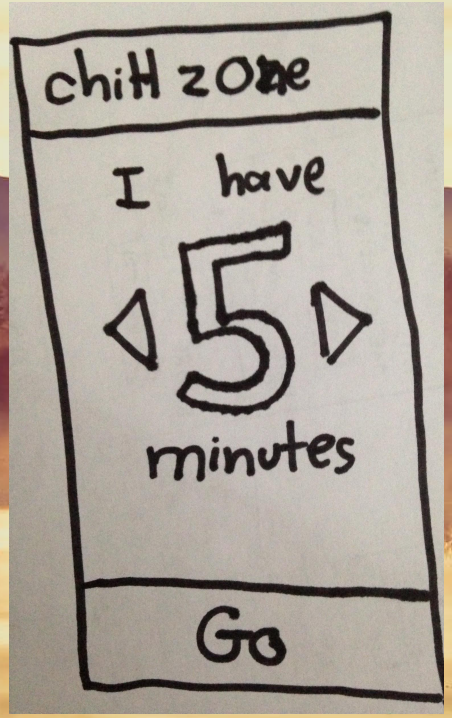
Track your progress over time.

Situation: the user wants to see a history of her journey to a healthier lifestyle. She can check the amount of time she's spent on the app, her self-reported stress levels over time, and her favorite exercises.

Major Design Changes

Major Design Changes

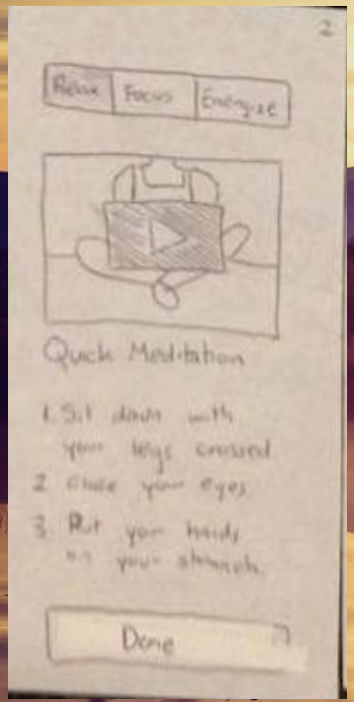




Design Change

- Simplified home screen
- Make amount of time more prominent

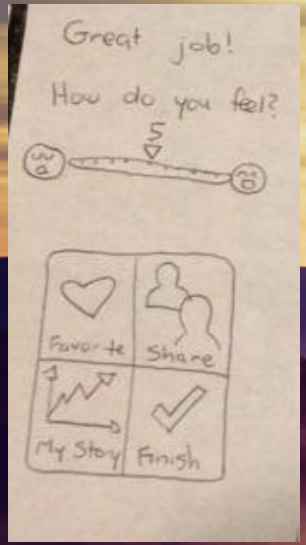
Major Design Changes

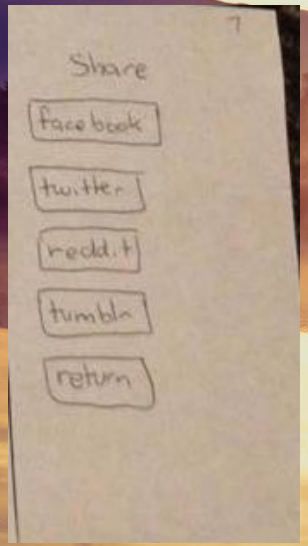


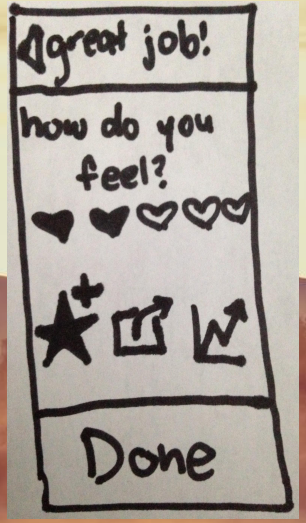
Design Changes

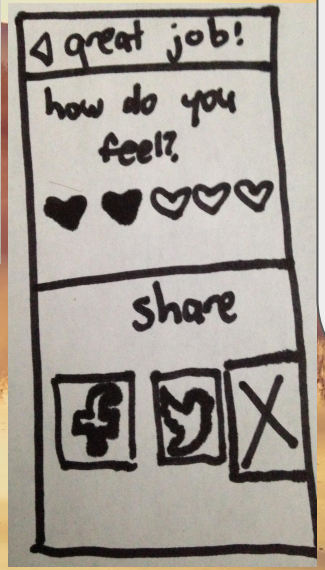
- Removed the text description from the exercise page
- Removed the “focus” tab
- Used icons instead of text
- Added a favorites tab

Major Design Changes



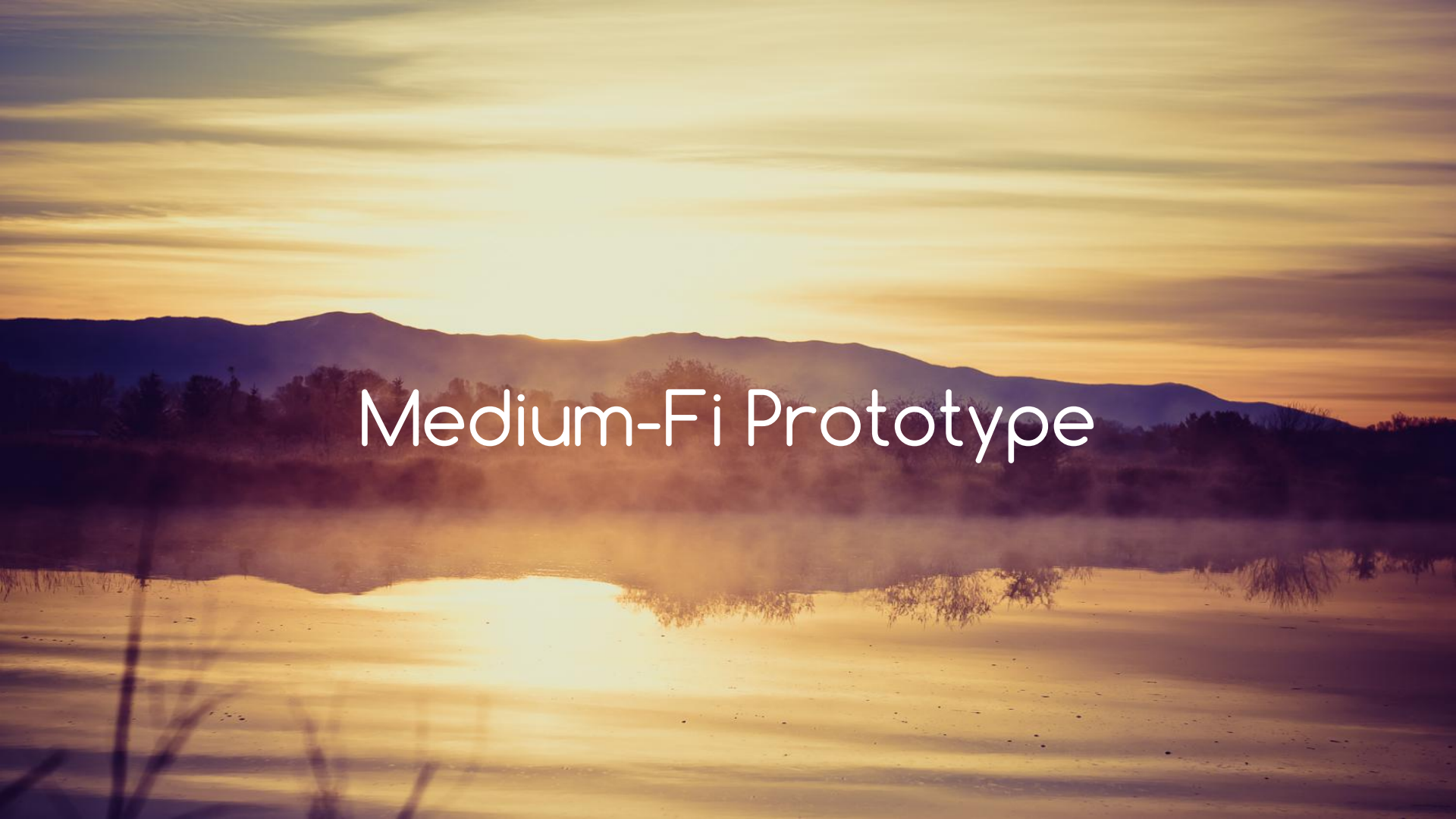






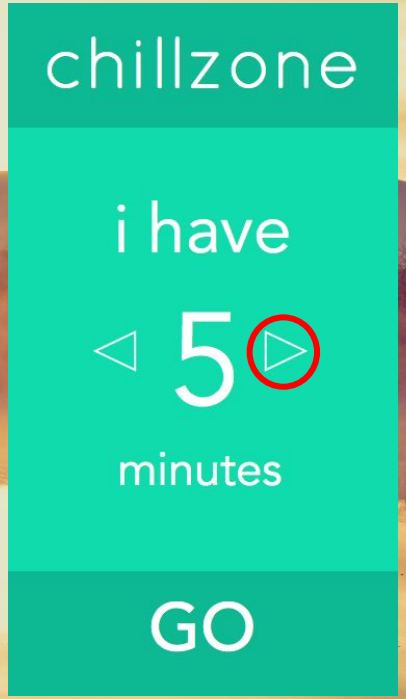
Design Changes

- Simplified Sharing Process
- Removed ambiguous return button


Medium-Fi Prototype

Task 1:

Find A 10 Minute Exercise



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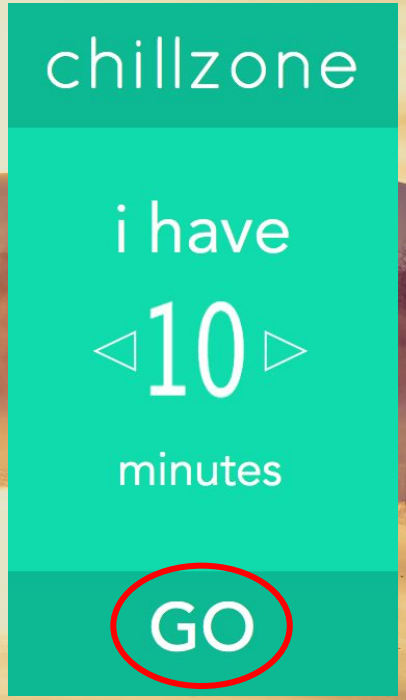

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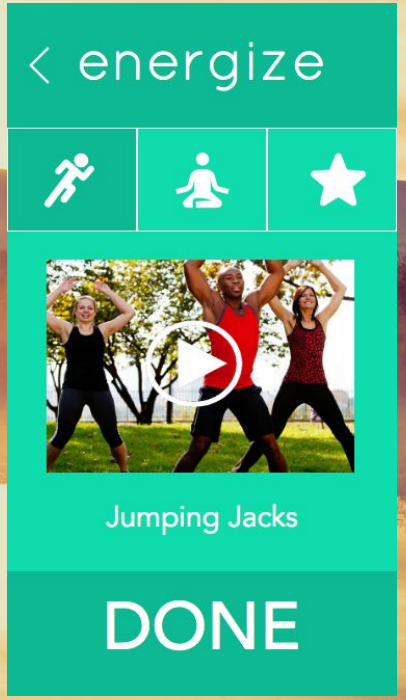
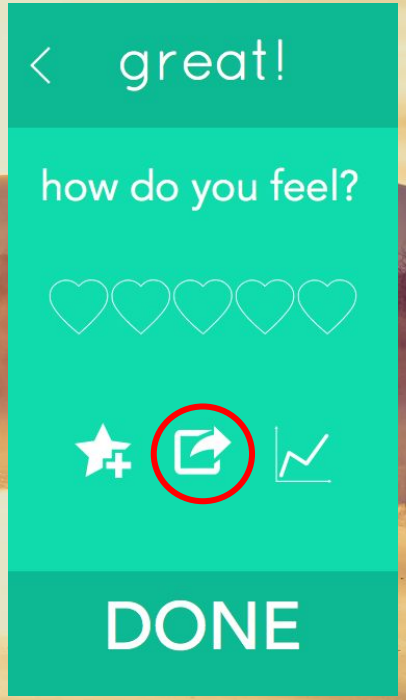


Task 2:
Share Your Exercise



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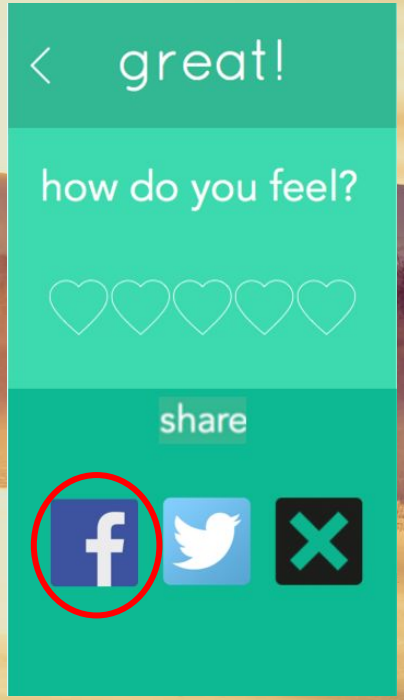

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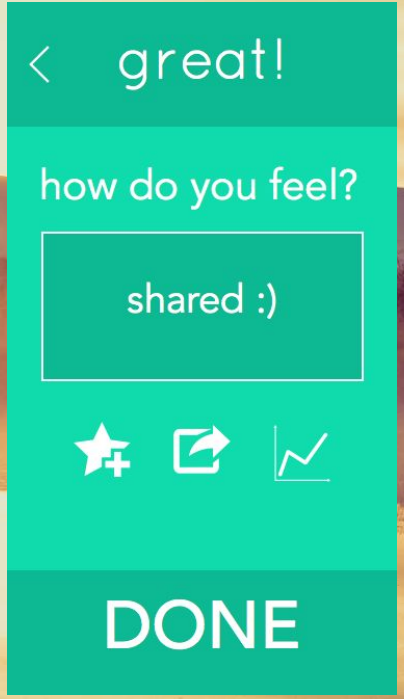

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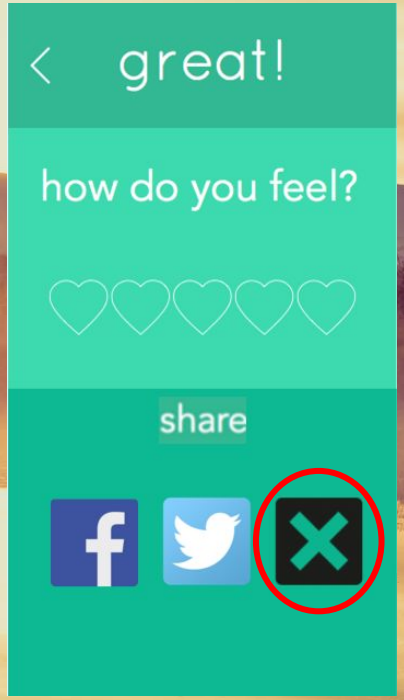

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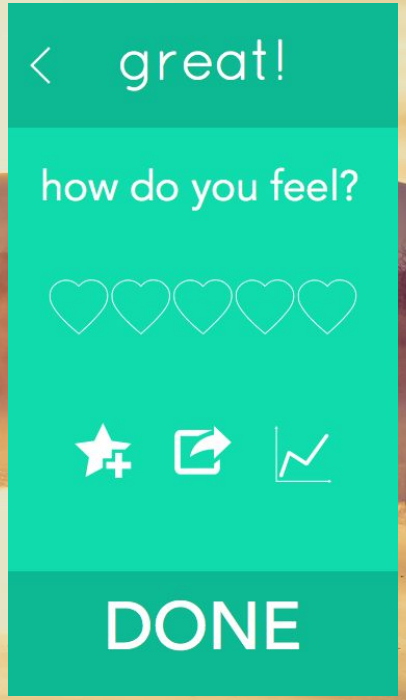
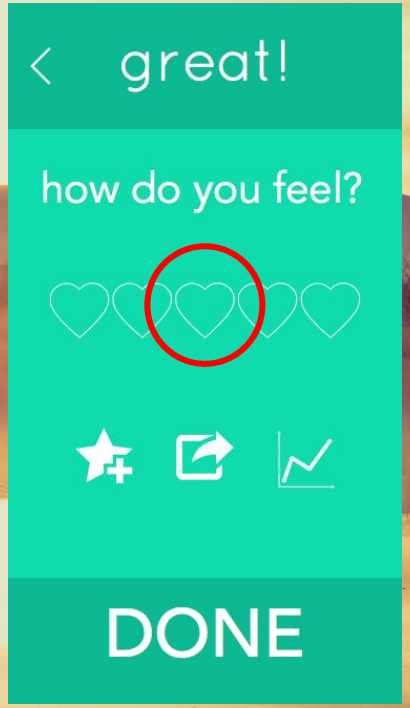


Task 3:
Track Your Progress



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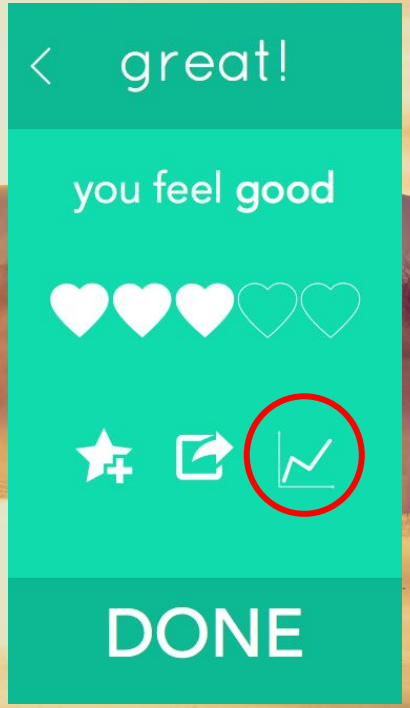

Task 3:
Track Your Progress

Limitations

Tools Used

- Sketch
- Marvel

Limitations

- No live videos
- No selection of videos to choose from
- No functionality for adding videos to favorites
- No interactive progress tracking of progress graphing functionality
- No social media sharing functionality

Thank you!