

A close-up, low-angle shot of a laptop keyboard. The keys are illuminated with a warm, golden light. A dark, semi-transparent rectangular overlay is positioned over the center of the keyboard, containing white text. The text is arranged in two lines: the top line reads "Medium-Fi Prototype" and the bottom line reads "Team Stress Busters".

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

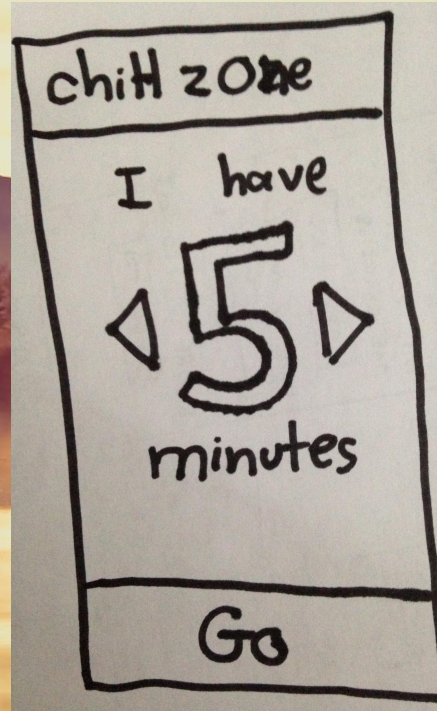
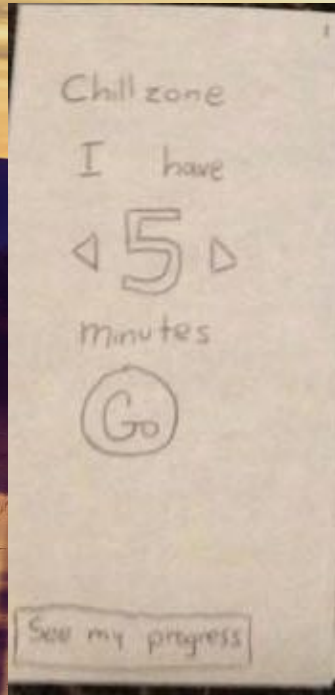
Track your progress over time.

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

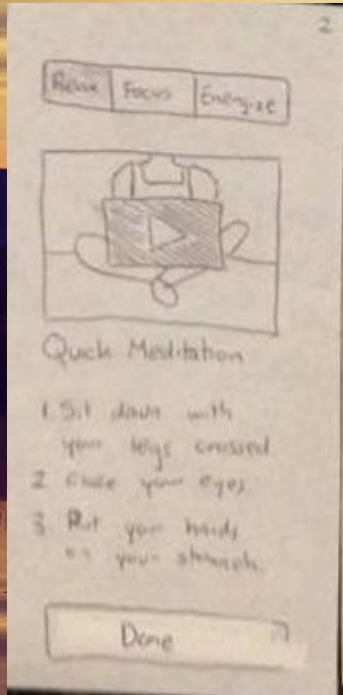
Major Design Changes



Design Change

- Simplified home screen
- Make amount of time more prominent

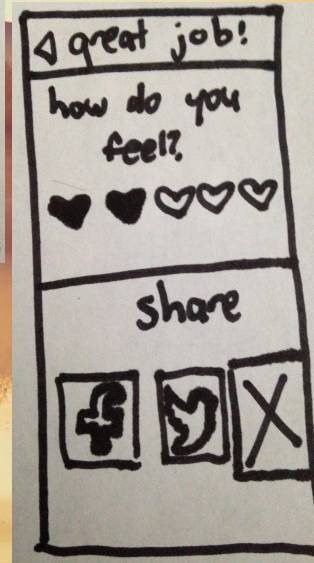
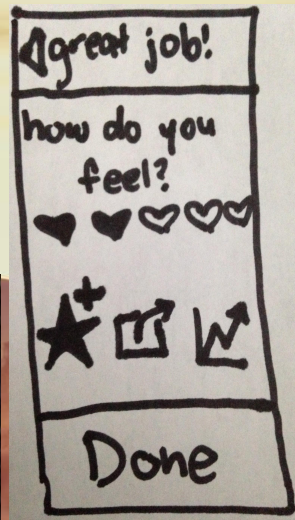
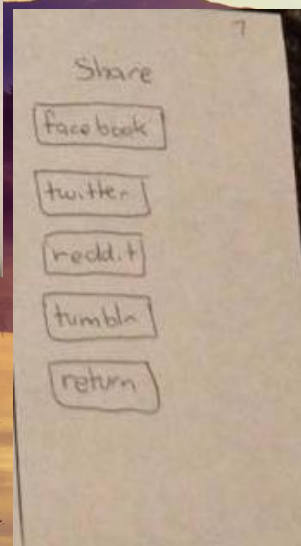
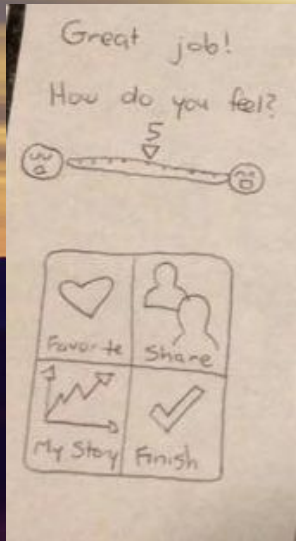
Major Design Changes



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

A serene landscape at sunset or sunrise. The sky is filled with soft, golden light, transitioning from a pale yellow near the horizon to a deeper orange and purple at the top. The sun is low on the horizon, creating a bright glow that reflects off a calm body of water in the foreground. The water's surface is slightly rippled, and the reflection of the sun is clear. In the background, there are dark silhouettes of mountains and trees. The overall mood is peaceful and contemplative.

Medium-Fi Prototype

Task 1:
Find A 10 Minute Exercise

chillzone

i have

◀ 5 ▶

minutes

GO

Task 1:
Find A 10 Minute Exercise

chillzone

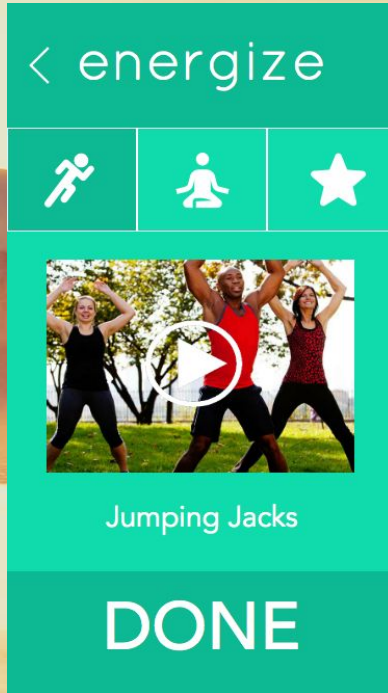
i have

◁10▷

minutes

GO

Task 1: Find A 10 Minute Exercise



Task 2: Share Your Exercise

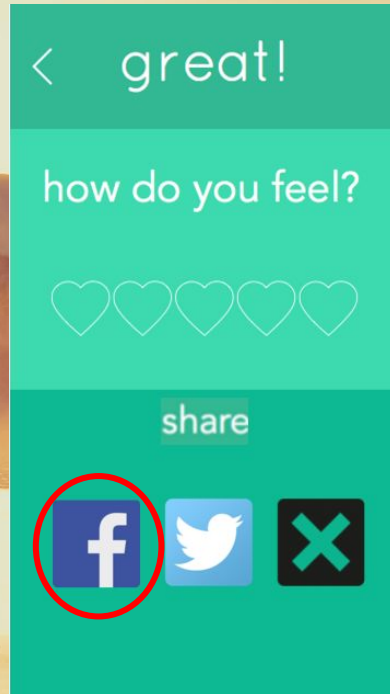
< great!

how do you feel?



DONE

Task 2: Share Your Exercise



Task 2: Share Your Exercise

< great!

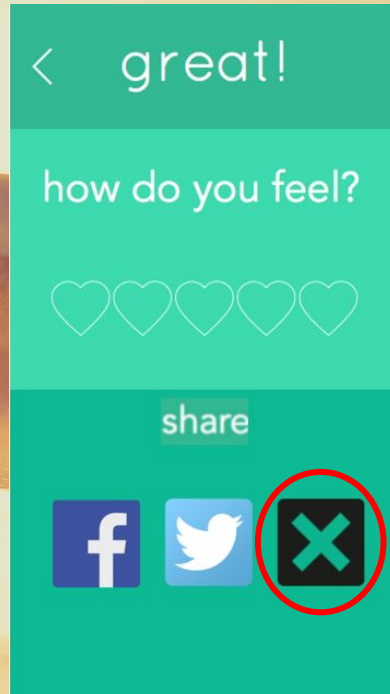
how do you feel?

shared :)



DONE

Task 2: Share Your Exercise



Task 2: Share Your Exercise

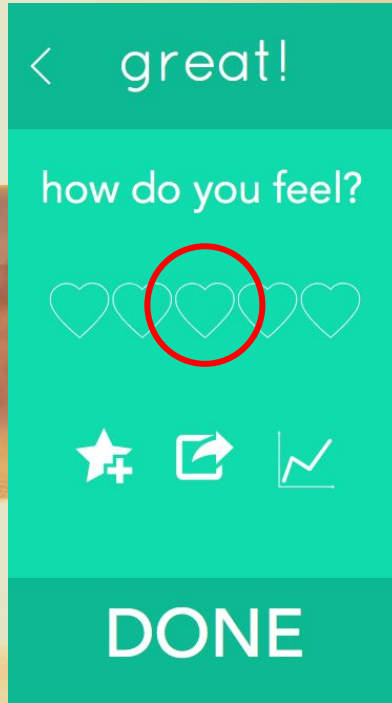
< great!

how do you feel?

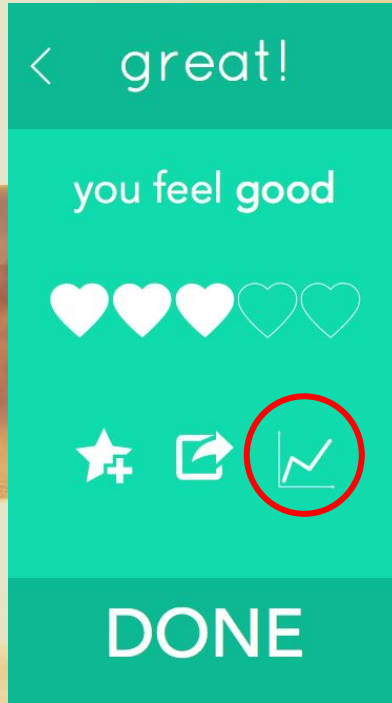


DONE

Task 3: Track Your Progress



Task 3: Track Your Progress



Task 3: Track Your Progress

< progress



home

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!