

# CS 147 Written Report 10/9/15

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## Problem Domain

Our studio theme is Health and Wellness. We found that the individuals we interviewed **kept a routine** in order to feel in control of their health and wellness. Therefore, within the studio theme, we decided to focus on helping people accomplish the goals that result from their routines.

## Initial POV

- ❑ **We met** Jon, a nutritionist and personal trainer who strives to bring health and balance into his own and other's lives.
- ❑ **We were surprised** to realize how important routine is to his life.
- ❑ **We wonder if that means** having a regimented lifestyle is important to having a healthy life.
- ❑ **It would be game changing to** help people maintain schedules that include mental and physical health and wellness.

## Additional Needfinding Results

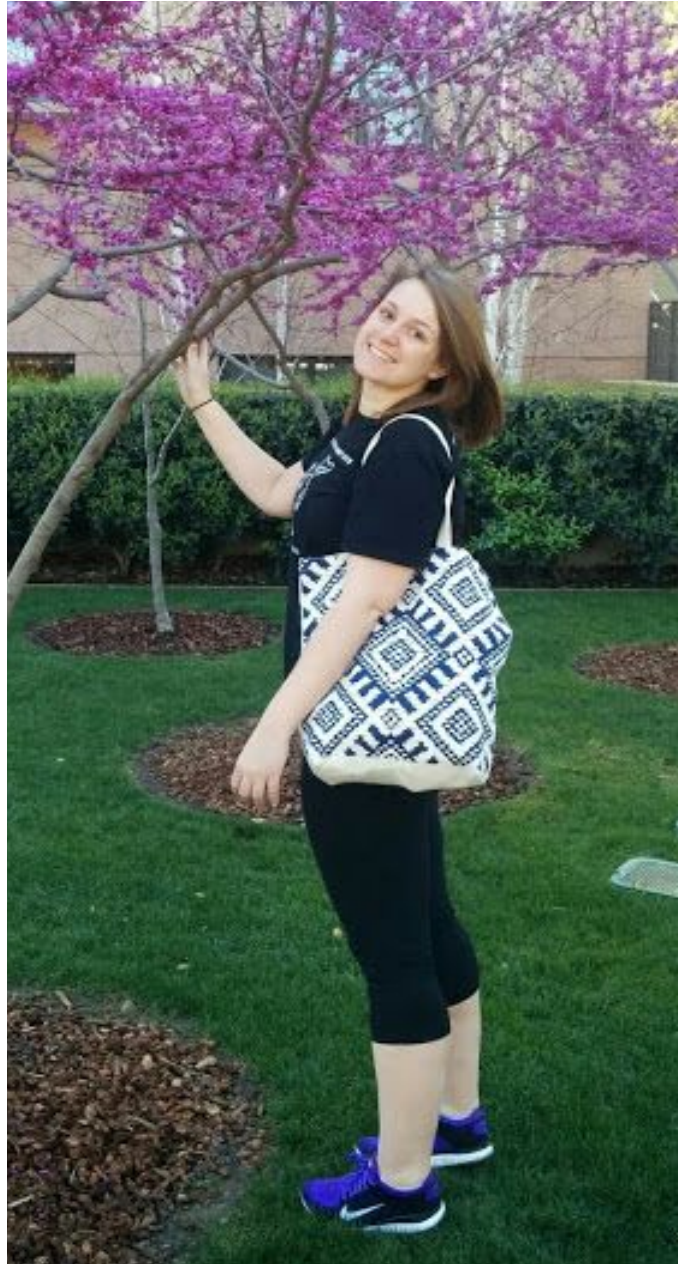
**We met with Marisa, a Stanford student-athlete.** She told us that routine sets expectations for daily goals without having to think about achieving those goals. However, the activities outside of her routine are the most enjoyable most of the time. Spontaneous activities make Marisa the happiest. When she fell out of her routine of studying and going to track practice last summer, she became stressed because she was not as productive. To remedy this, Marisa began using sticky notes to organize her schedule and get back on her routine.



**We met Chris, an employee of Project Juice.** He believes that what we eat affects our mental and physical health. Furthermore, he says that juice cleanses, programs in which a person drinks only juice for days, promotes a mental and physical health. Thus, he routinely drinks three raw, organic, vegan juices a day from Project Juice. He recently began to focus more on his health after he recently turned 30 and believes being mindful of his health is an investment in his future. However, he sees cheating his routine or diet as good, because if he denied himself a “cheat,” such as a Krispy Kreme, he would altogether quit his routine.



**We met Heather, a teacher and graduate student.** She believes that wellness requires balance of body and mind. She recognizes even though she does not think that habits define her, that she probably follows more routines than she realizes. Heather has issues keeping up with her routine, which includes working out, mediating, eating right, and studying when she travels. When she travels, she feels like she is not in control which is stressful. She stays on top of what she does with her calendar on her phone and physical to-do lists.





**We met Amy, a doctor and mother of three.** She finds balance by maintaining fitness and social routines, such as biking to and from work, going to the gym 4-5 times a week, and having a date night with her husband once a week. Having these routines, particularly exercising, helps her feel more relaxed and grounded; when she is not able to add these patterns to her life, she feels more irritable. She wishes she had more time for relaxation, reading, and quiet moments at home, which is difficult with 3 young kids!



# Revised POV's

## POV 1: Marisa

- A. **We met** Marisa, a busy Stanford student-athlete who utilizes a regimented routine in order to accomplish her goals.
- B. **We were amazed to realize** despite the importance and benefits of a regimented routine, she found fulfillment in deviating from her schedule.
- C. **It would be game changing to** introduce an element of surprise/spontaneity in her daily life.

### Sampling of How-Might-We's:

- How might we integrate spontaneity into helping Marisa accomplish her goals?
- How might we help her deviate from her routine in a positive way?
- How might we give Marisa more freedom in her daily activities?
- How might we make her daily activities seem more spontaneous?
- How might we make the unexpected part of a routine?
- How might we use her environment to spice up her routine?
- How might we optimize her routine to free up space for new activities?

## POV 2: Sam

- A. **We met** Sam, a health conscious tech worker.
- B. **We were amazed to realize** leverage his expertise to take control of his personal health by creating his own health tracking tool.
- C. **It would be game changing to** give Sam more control in the areas of health important to him.

### Sampling of How-Might-We's:

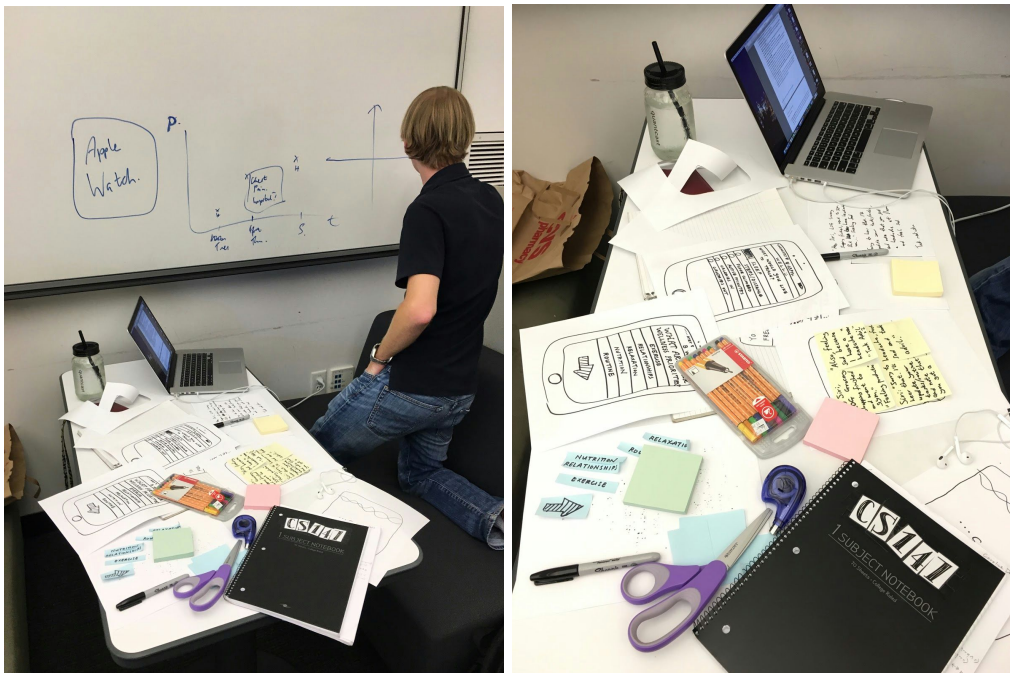
- How might we make tracking Sam's health on-the-go possible without requiring Sam to have a laptop computer?
- How might we integrate Sam's view of health into his own personalized tool for tracking his health?

- ❑ How might we help Sam incorporate health data from multiple devices, wearables, and technologies to give him a complete picture of his health?
- ❑ How might we provide Sam tailored health content based on what he chooses to track in his health?
- ❑ How might we get people interested in learning C.S. in order to improve their health?

## Our Best How-Might-We's

1. How might we integrate spontaneity into helping Marisa accomplish her goals? (from Marisa's POV)
2. How might we make tracking Sam's health on-the-go possible without requiring Sam to have a laptop computer? (from Sam's POV)
3. How might we integrate Sam's view of health into his own personalized tool for tracking his health? (from Sam's POV)

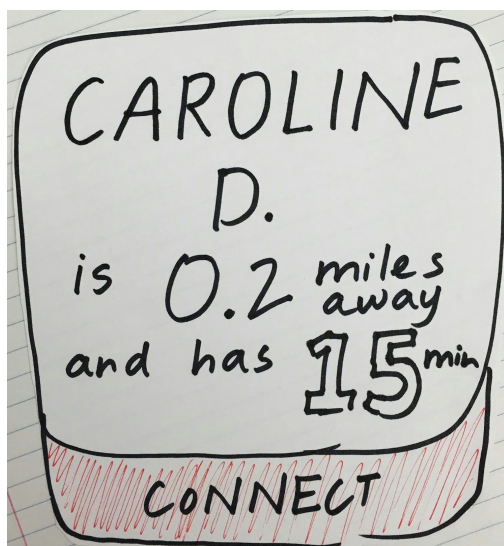
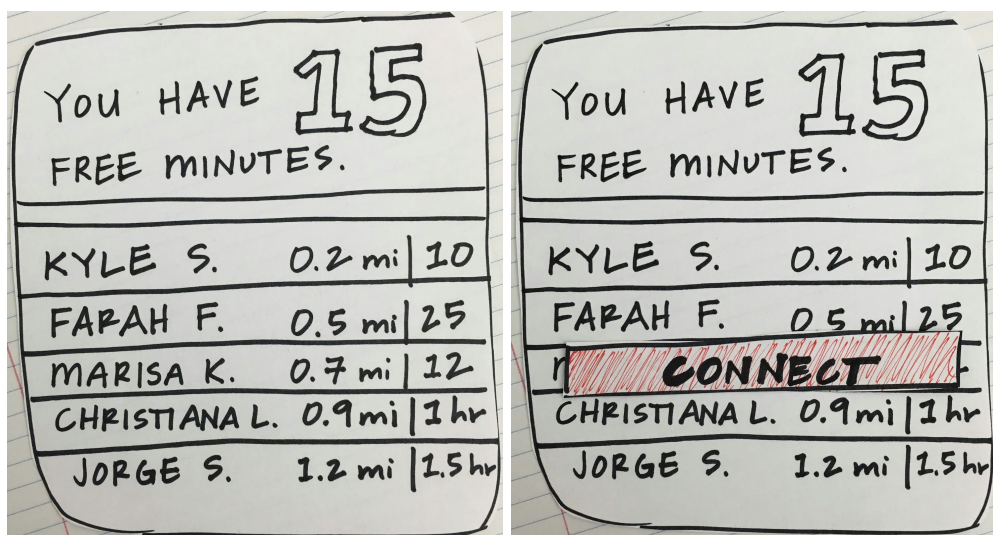
## Three Experience Prototypes



## Experience Prototype 1

We were assuming that these users are interested in adding spontaneity in their lives through connecting with nearby friends.

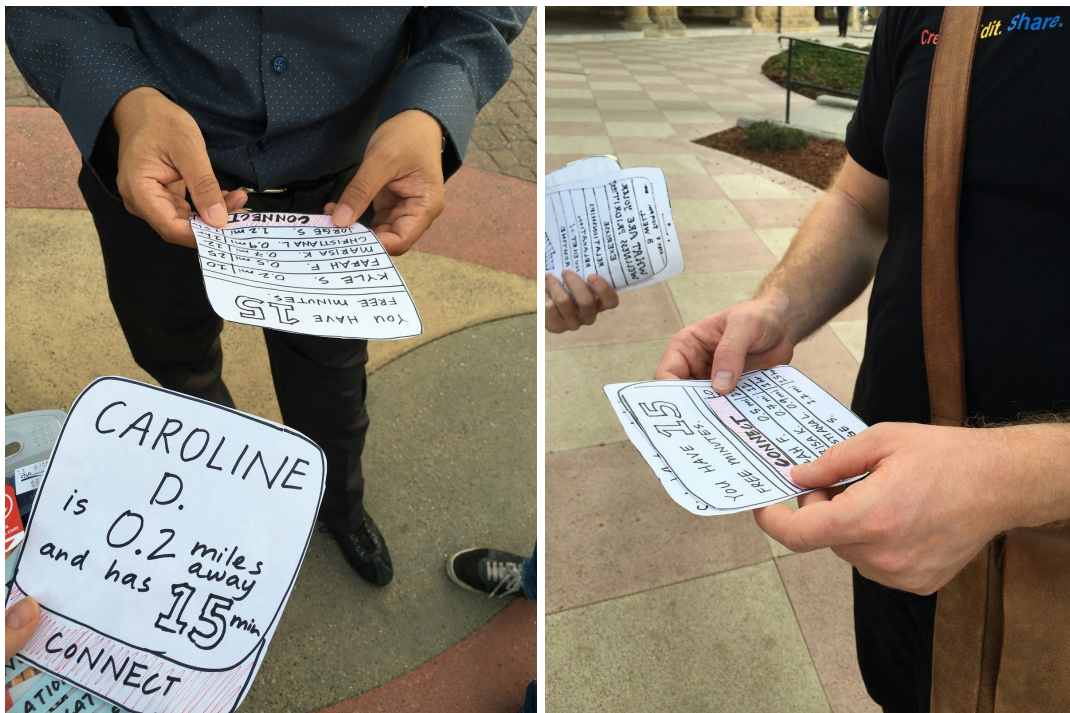
We made this prototype using sharpies and paper. We designed a model of an application that would tell you how many free minutes you have and which friends nearby also have free time. Photos of the prototype are shown below.



We tested the prototype by having individuals interact with the two different screens: the screen that displays the amount of time you have and lists your nearby friends and the screen that selects one of the friends from the list.



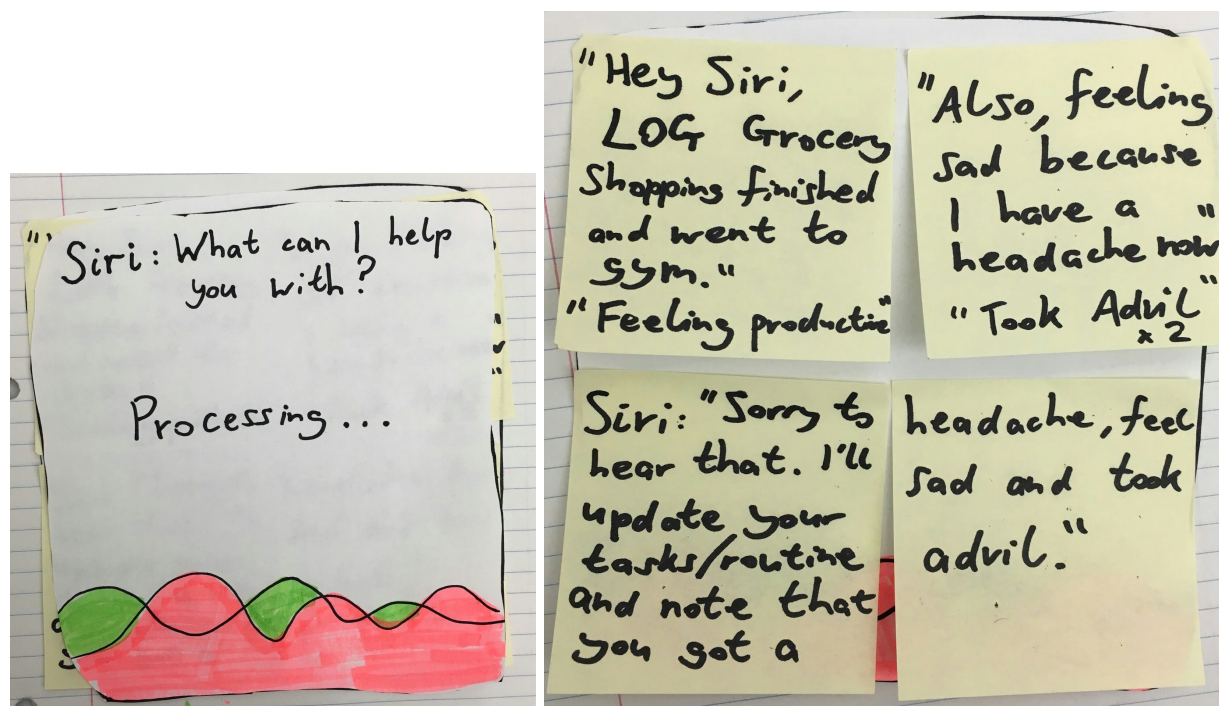
Once the user selects a friend to connect with, the person conducting the user experience test would be presented with the screen that would appear to the selected friend. Thus, this user experience test requires role playing. In the photos shown below the users are interacting with the first two screen and selecting a friend to connect with. After the user chooses a friend, the person conducting the user experience test then receives the prototype of a screen that would give them the option to connect with the user.



Individuals were very excited by this experience prototype. We learned that people were interested in connecting based on group-affiliation. For instance, one user in academia suggested we group people based on topics they wanted to discuss. Furthermore, users were unsure about allowing all of their friends track their free time and location. Therefore, they wanted a step where individuals would have to mutually agree to interact with this tool.

Our assumption was valid that people enjoyed the idea that they could easily connect with nearby friends in their free time. We now assume that people want the friends they connect with to be suggested by the tool based on values other than distance away from the user and free time available.

## Experience Prototype 2

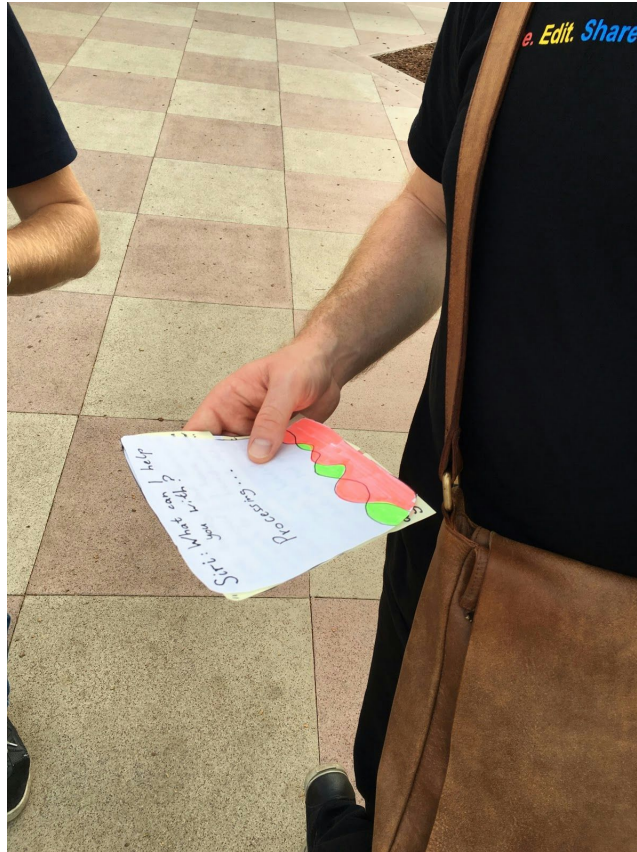


Following our need-finding interviews, for our second experience prototype, we made the assumption that people may value the ability to easily log daily routines, tasks, emotions and health outcomes throughout the day. This would provide the user with a holistic picture of their day to day health outcomes and provide much greater insight into trends in their health and wellness.

The concept and experience prototype we developed allows the user to log their daily routine, tasks, emotion and health outcomes easily via voice recognition on a wearable device such as the Apple Watch.

We made this prototype using sharpies and paper. We designed a model of an application that would allow the user to log their daily health outcomes and tasks accomplished via voice command. Photos of the prototype are shown above.

We tested the concept by showing the voice command prompt to a range of different individuals and seeing how they reacted to the ability to log different types of health outcomes and data from their daily routine.



People enjoyed the ease of talking to a natural language processor. However, they were worried that with all the data they recorded, they would be baffled with the overall meaning of it.

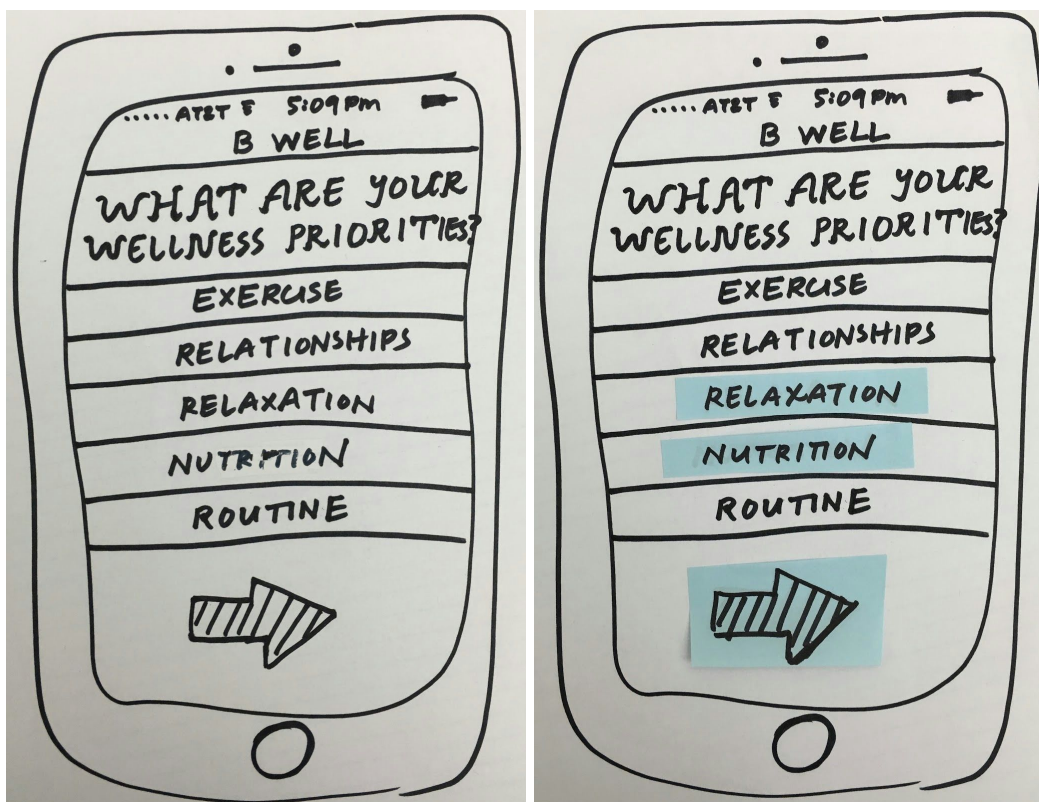
Our assumption that people value the ability to easily log daily routines, tasks, emotions and health outcomes throughout the day was valid. However, we did not foresee the problem of users recording too much data. Therefore, we make the new assumption that people want a visual synthesized log of their data.



## Experience Prototype 3

Our third experience prototype made the assumption that people would like to customize their own health applications based upon their personal priorities and desired health outcomes.

As such, we prompted test users to select which types of health outcome they would be interested in measuring and walked them through the process of selecting priorities for their daily routine.



From our need-finding interviews, our assumption was that everyone would value the opportunity to customize their health priorities; however, from our concept testing, we realized that a generic health aggregation app does not provide users with a compelling value proposition or enough specificity to convince them to commit to various health plans.

We tested the concept by showing the the ability to track and prioritize different types of health outcomes and data from their daily routine.





Users thought this was too broad, or didn't think the offered categories did not encapsulate all of health and wellness. Therefore, our assumption that people would like to customize their health applications based on their personal priorities was incorrect. People wanted to see all of their data without having to choose which is most important to them. A new assumption is people do not want to have to choose what should be important to them with in regard to health. Rather, they would like to have some external force tell them how to monitor their health.

# Most Successful Prototype

The most successful experience prototype proved to be the nearby-friends with free time concept. In the Needfinding process, we found that people valued routine greatly in order to feel in control of their mental and physical well-being. However, this meant compromising their ability to do spontaneous activities with friends, activities they said made them the happiest. Therefore, the experience prototype we offer gives users a chance to harness their spontaneity with friends without breaking their routines.