

Studio: Health & Wellness

Routine + Habits

POVs and
Experience Prototypes

Alexis, Caroline, Ross, Jessica

We met Jon, a nutritionist and personal trainer who strives to bring health and balance into his own and other's lives.

We were amazed 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.



Chris



Marisa



Amy



Heather





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We were amazed to realize he leveraged his expertise to take control of his personal health by creating his own health tracking tool.

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How might we integrate his view of health into his own tracking tools?



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How might we make tracking his health on-the-go seamless?

We met Marisa, a busy Stanford student-athlete who utilizes a regimented routine in order to accomplish her goals.

We were amazed to realize despite the importance/benefits of a regimented routine, she found fulfillment in deviating from her schedule.

It would be game changing to introduce an element of surprise/spontaneity in her daily life.



We met Marisa, a busy Stanford student-athlete who utilizes a regimented routine in order to accomplish her goals.

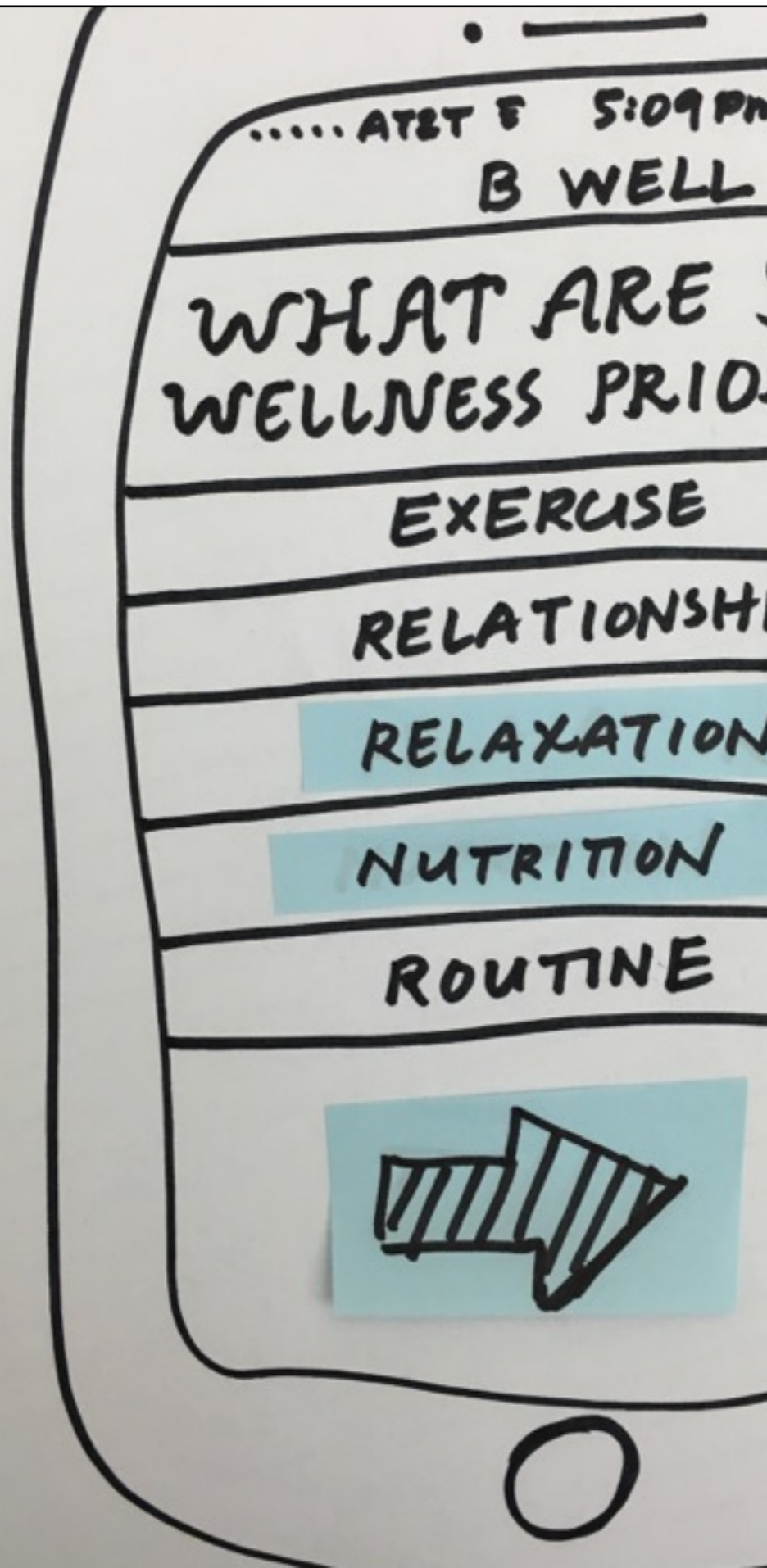
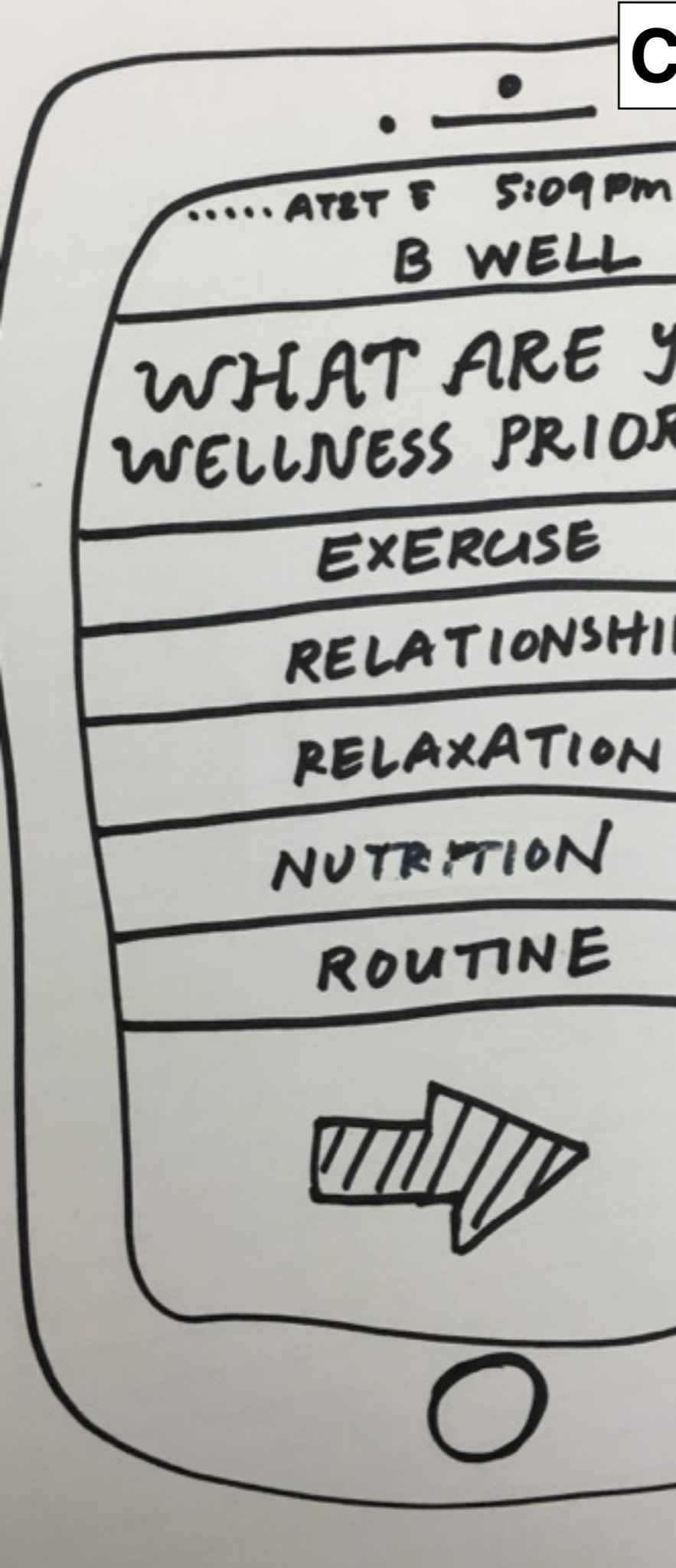
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It would be game changing to introduce an element of surprise/spontaneity in her daily life.

How might we integrate spontaneity into helping Marisa accomplish her goals?



Customizable Health Tracking



Location-Aware Social Feature

YOU HAVE **15**
FREE MINUTES.

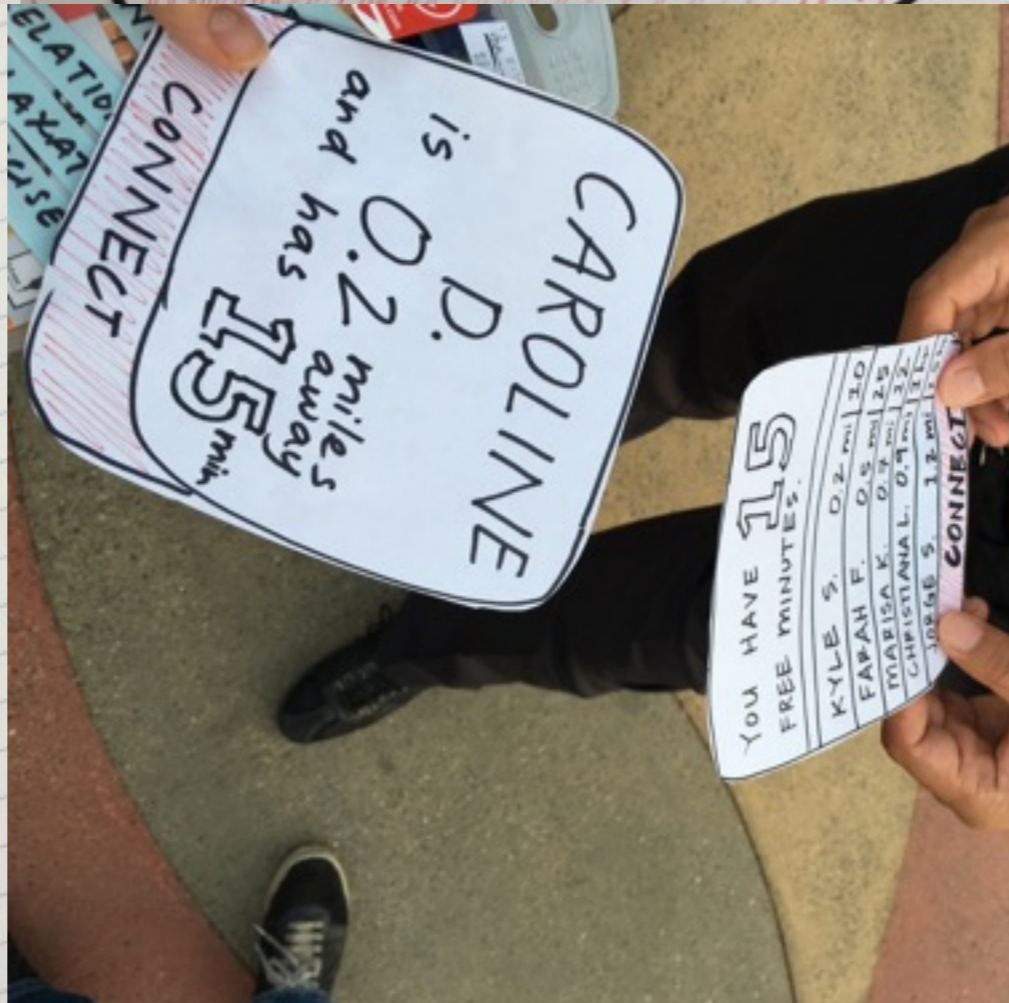
KYLE S.	0.2 mi	10
FARAH F.	0.5 mi	25
MARISA K.	0.7 mi	12
CHRISTIANA L.	0.9 mi	1 hr
JORGE S.	1.2 mi	1.5 hr

YOU HAVE **15**
FREE MINUTES.

KYLE S.	0.2 mi	10
FARAH F.	0.5 mi	25
CONNECT		
CHRISTIANA L.	0.9 mi	1 hr
JORGE S.	1.2 mi	1.5 hr


CAROLINE
D.
is 0.2 miles
away
and has **15**^{min}

CONNECT



Customizable Health Tracking



" Siri: What can I help you with?
Processing...


"Hey Siri,
LOG Grocery Shopping finished and went to gym."
"Feeling productive"
"Also, feeling sad because I have a "headache now"
"Took Advil"
x 2

Siri: "Sorry to hear that. I'll update your tasks/routine
headache, feel sad and took advil."

“Questions?”

–Every presenter, ever.