Flowspace Midway Milestone

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Meet the Flowspace Team:

Karen G

Erin S

Helen H

Roy N

The 21st century workflow is marked by:

→ a constant overflow of notifications

→ lack of deep, productive work

→ stress-induced burnout

Flowspace provides:

Guided flow
state sessions

Goal-oriented
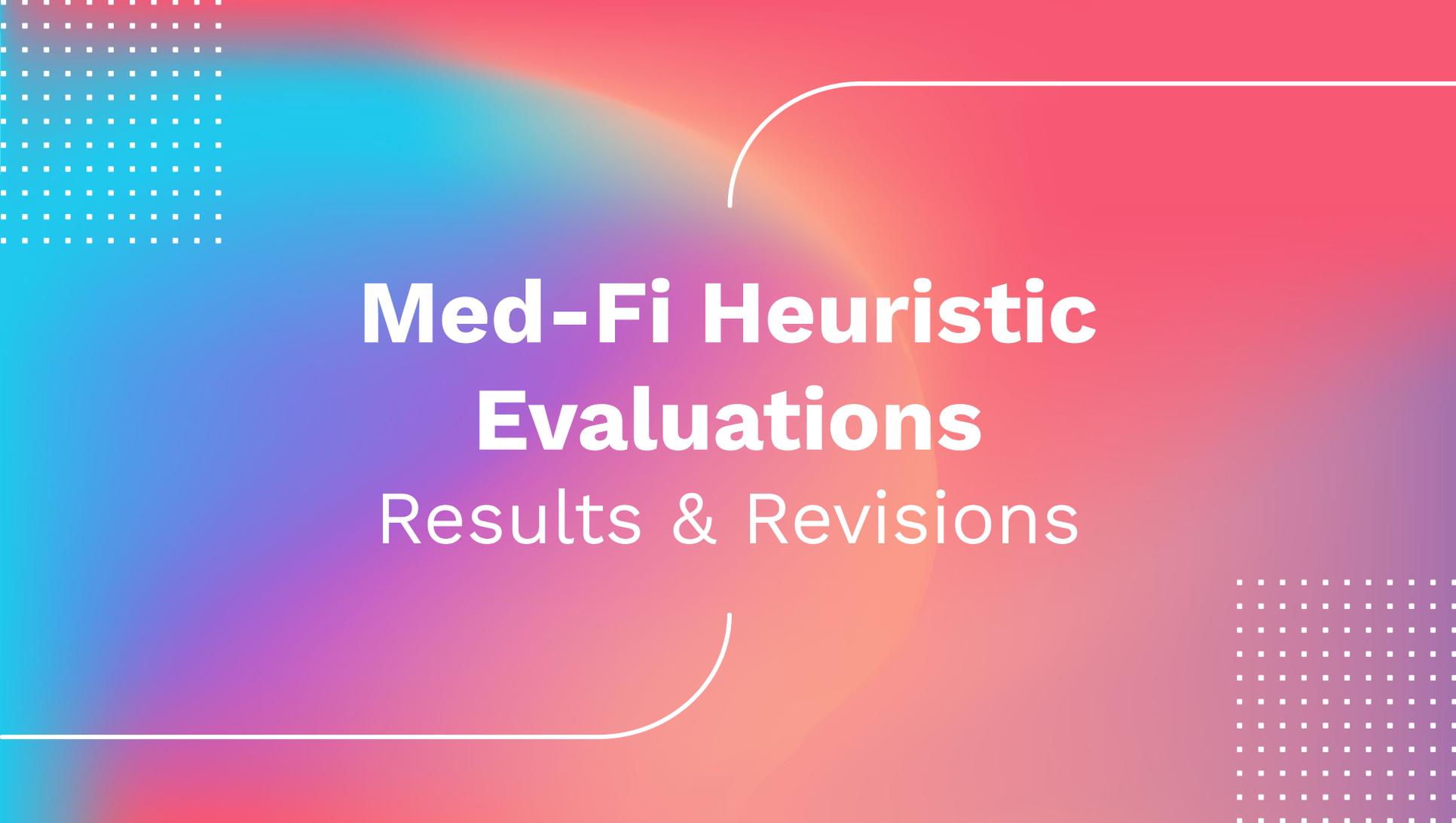work & reflection

Long-term flow
habits

flowspace

a mindful approach to deep work

Overview of Presentation:

- Heuristic evaluation results

- Revised designs

- Prototype status

- Demo

- Summary and questions

Med-Fi Heuristic Evaluations

Results & Revisions

Overall Heuristic Evaluation Results:

27 total severity 3-4 violations -> 16 changes

30 total severity 1-2 violations -> 7 changes

Most violated heuristics: H4: Consistency and Standards, H8: Minimalist Design, H1: Visibility of Status

Flow Task Heuristic Evaluation:

1) Severity 4: Clicking the "add more time and keep flowing button" takes users back to the "Begin flow" page instead of the "you are flowing" screen
   a) Fixed: Fixed the "Keep flowing" button
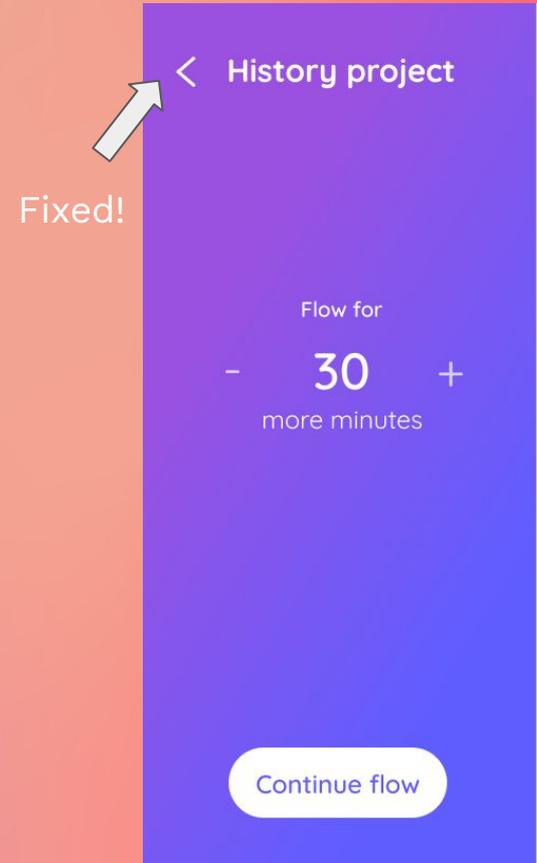
Fixed!

Flow Task Heuristic Evaluation:

2) Severity 4: After flowing once, the back button on the History Project takes the user to "you are done", creating a loop without an exit

    a) Fixed: Adjusted back button

Fixed!

< History project

Flow for

− 30 +

more minutes

Continue flow

Flow Task Heuristic Evaluation:

3) Severity 3: Too much text on the you are done screen and the questions screen.

    a) Fixed: Reduced words

Shorted all text to a sentence or less each

Keep flowing

You're done!
How was that?

Purpose
How proud of your work are you? Do you feel satisfied and energized?

| 1 NO | 2 | 3 | **4** | 5 YES! |

Productivity
How productive were you today?

| 1 not very | 2 | **3** | 4 | 5 very productive |

Notes about flow session

Finish

Flow Task Heuristic Evaluation:

4) Severity 2: Rename the distraction setting to something more intuitive.

a) Fixed: Renamed distraction setting

Renamed to "focus setting"

History project

Flow for

− **30** +

minutes

Focus setting

default   music   writing

reading   off

Begin flow

Long-Term Goals Task Heuristic Evaluation:

1) Severity 4: The user is unable to remove a goal they have set.

    a) Fixed: Added delete option via trash icon

Added delete option and confirm deletion option

History project

Progress
75 / 100 minutes this week

Goal
100 minutes a week

Are you sure you want to delete this goal?

Keep | Delete

Default

Default session length
30 minutes

Last flow session
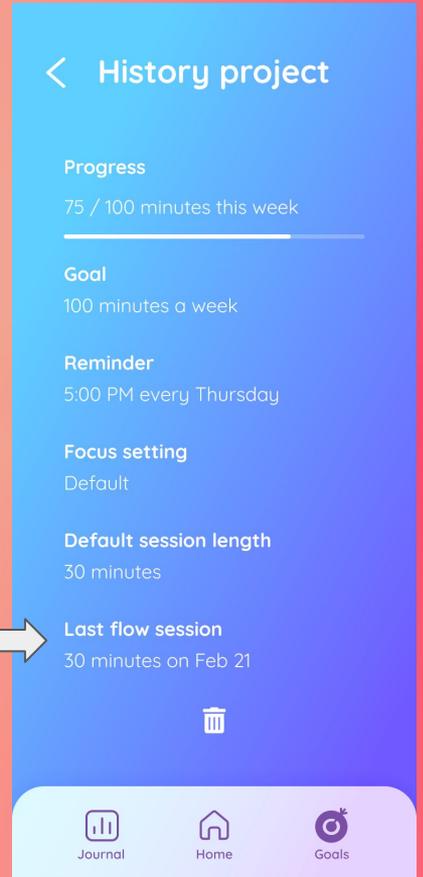30 minutes on Feb 21

Journal | Home | Goals
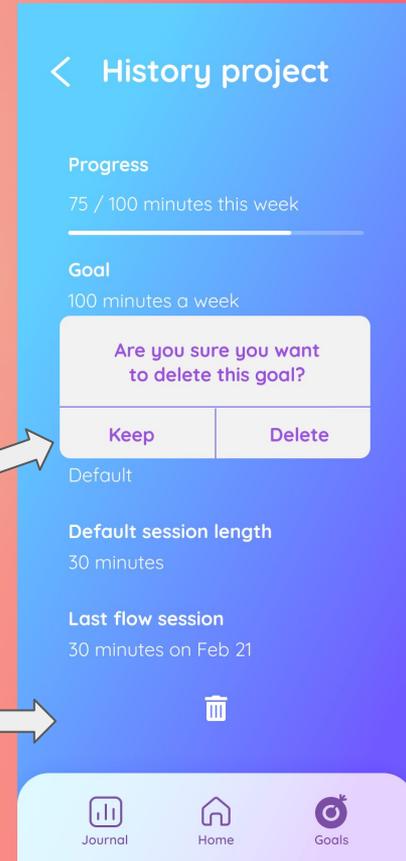
Long-Term Goals Task Heuristic Evaluation:

2) Severity 3: There is no option to set a goal for a predetermined period of time (no end date option)

    a) Fixed: Added an optional duration selection when creating a goal

History project

Progress
75 / 100 minutes this week

Goal
100 minutes a week

Reminder
5:00 PM every Thursday

Focus setting
Default

Default session length
30 minutes

Last flow session
30 minutes on Feb 21

Added optional end date option →

Journal   Home   Goals
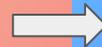
Journal Task Heuristic Evaluation:

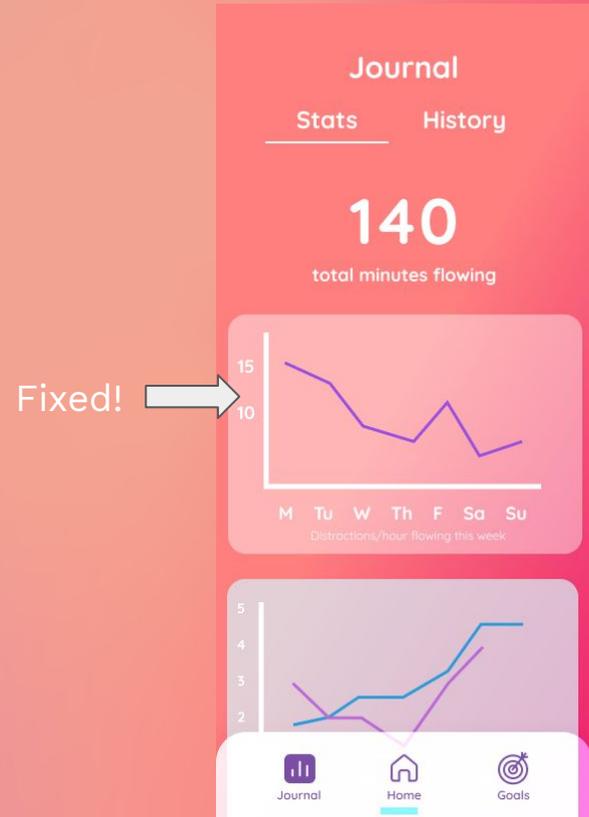1) Severity 2: Numbers on the Y-Axis are different sizes

    a) Fixed: Make number sizes consistent

*Note: there were no 3-4 severity fixes specific to the journal task


Fixed!

Major Changes to Overall App

- **Overall app**
  - Darken menu bar icon colors to be more visible amid bright background
  - Make gradient background colors darker, easier to read text on
- **Onboarding and simple task: do flow session**
  - Users can revisit onboarding steps
  - Define what "blocking" app does
  - Give "pause" and "stop" icons more intuitive appearance
- **Med task: see flow history**
  - Standardize units (ex: "minutes" instead of "min")
- **Complex task: set long-term flow goal**
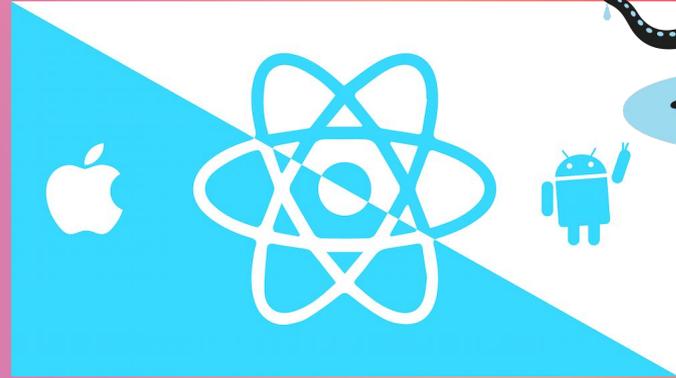 - Possible to delete goals

Current hi-fi prototype in process, uses HE feedback
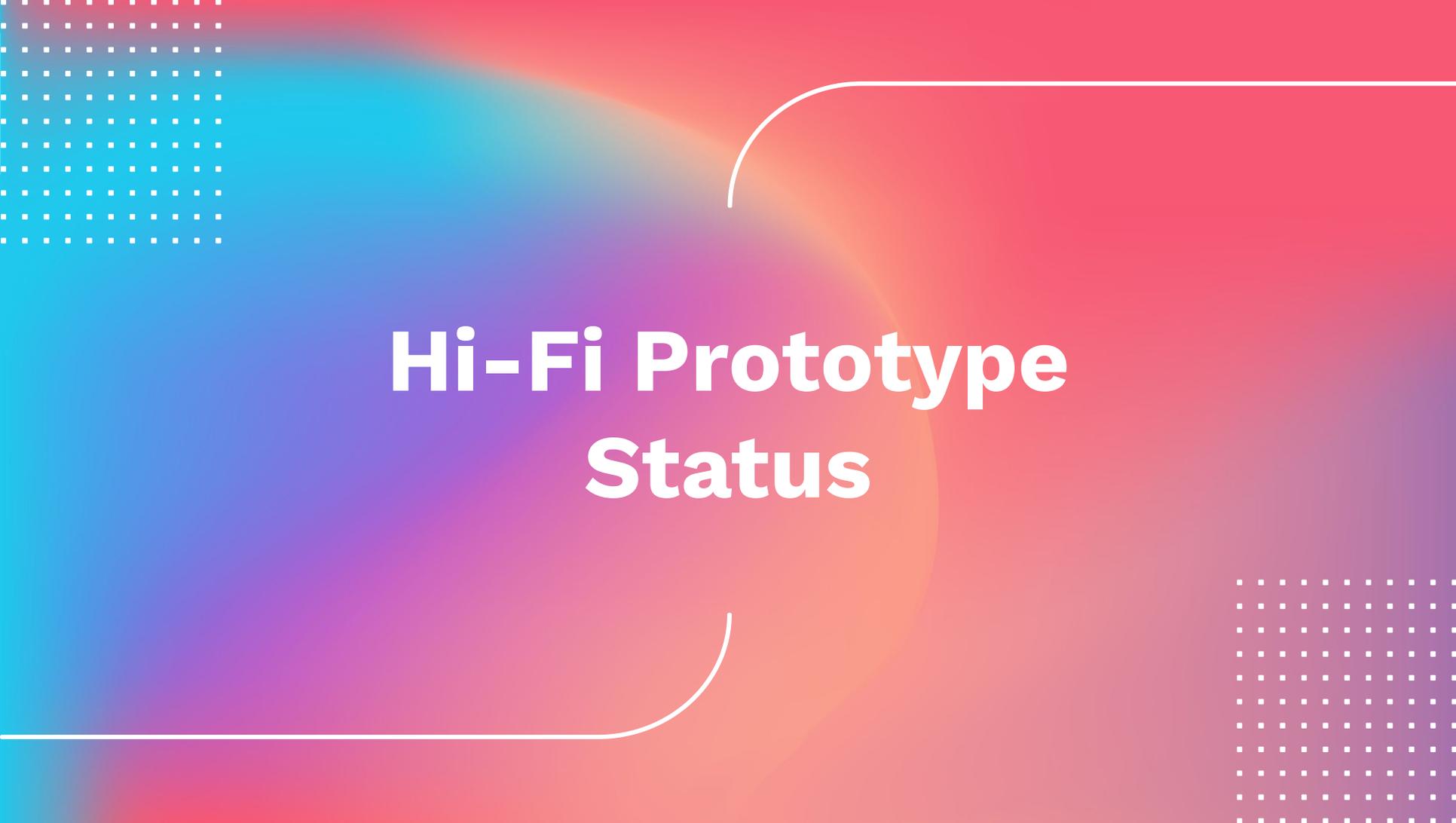
Hi-Fi Prototype Status

Tools Used

React Native, Expo
web client, Github

Expo

Implemented Features

Onboarding + menu bar

Hello!
Welcome to your very own

flowspace

Let's get you started

Begin

Setup

The most important part of flow is not being interrupted!

Let's make sure you're set up for success by blocking distracting apps. By **blocking** an app, whenever you're in a Flowspace flow session, we'll turn off notifications for it and warn you each time you open that app.

What you choose will become your **default focus setting.**

- ✓ ~~Facebook~~
- ○ Instagram
- ✓ ~~Messenger~~
- ✓ ~~Netflix~~
- ○ Reddit
- ○ YouTube

Back **Next**

Welcome to your

flowspace

Begin flow

Journal **Home** Goals

Mostly-Implemented Features

Flow state
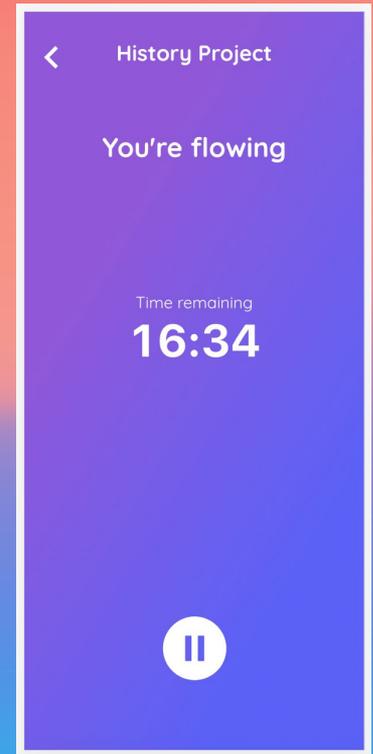
Progress

11 / 17 of screens complete

One task   33%

Onboarding	Flow state	Journal	Goals

65%

5 / 5 screens   6 / 7 screens   3 screens   2 screens

Implementation Plan

Last Flow state screen *by this weekend*

Journal flow *by Wednesday*
- Helen is working on it

Goals flow *by Wednesday*
- Will start after flow state task is finished

| Onboarding | Flow state | | Journal | Goals |

Implementation Plan

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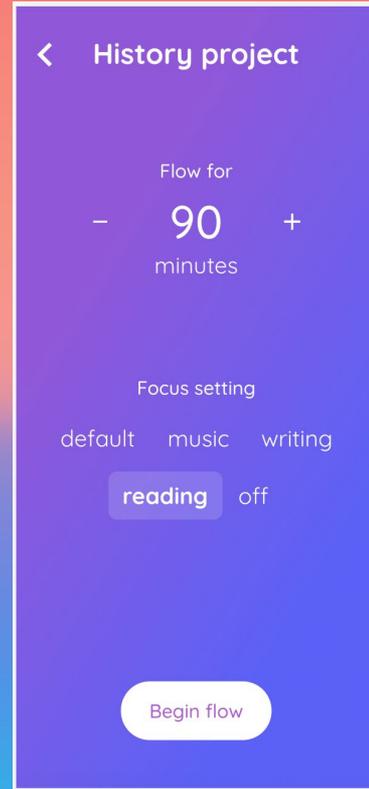- Helen is working on it

Goals flow *by Wednesday*
- Will start after flow state task is finished

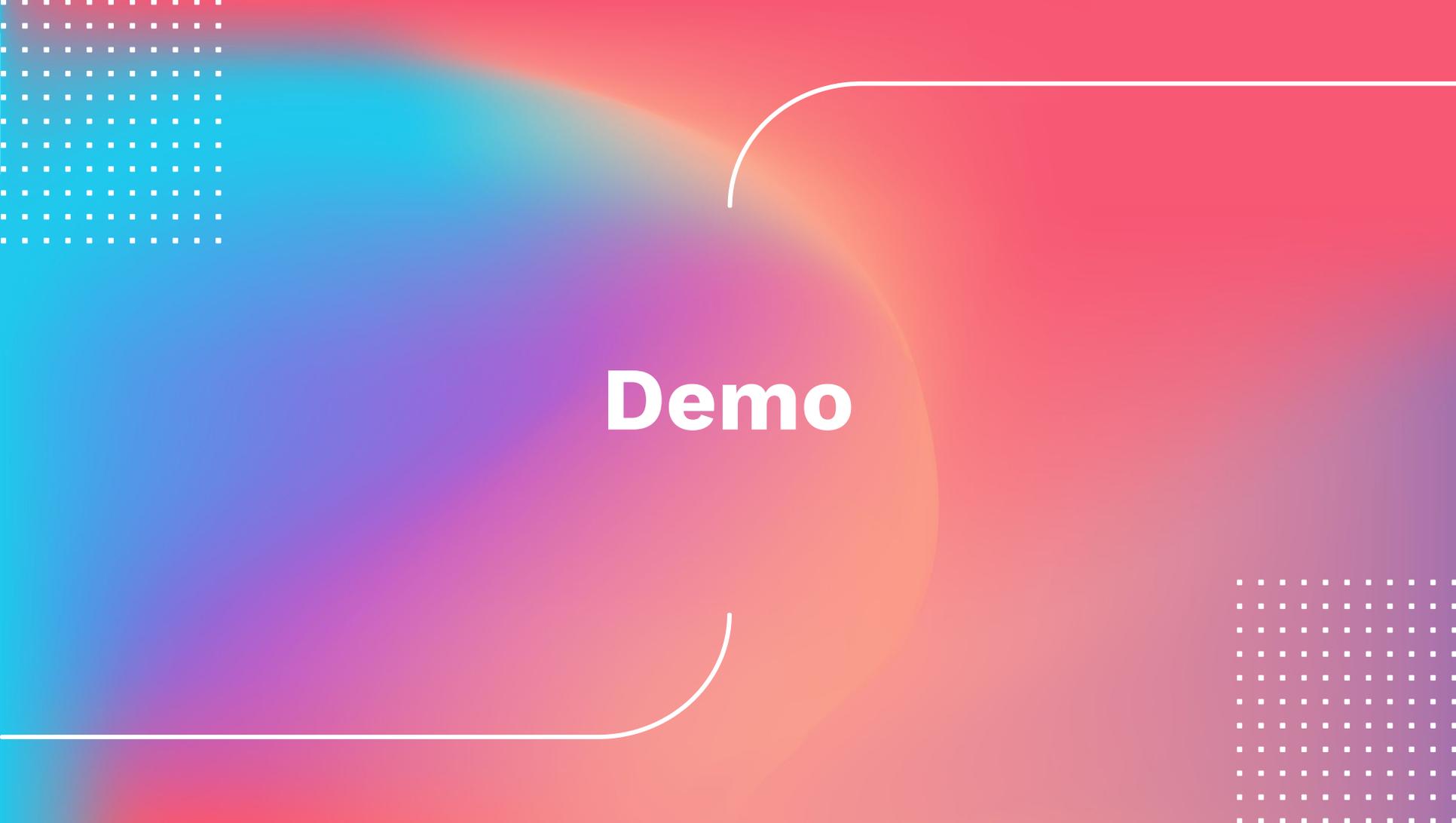| Onboarding | Flow state | Journal | Goals |

Wizard-of-Oz and Hard-Coded Data

No Wizard of Oz Techniques so far

Hard-coded
- Journal Stats and History pages
- Pre-made goals
- Pre-made focus settings

Demo

Summary

- 23+ significant changes made based on HE feedback
- Completed 2/4 tasks
- Solid game-plan to complete implementation of 2 remaining tasks

Questions?