



FoodWise



YOUR ROADMAP TO REAL RECOVERY

Week 6: Medium-Fi Prototyping

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Meet the Team!



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Problem

- Eating disorders are very difficult to treat on your own
- Therapy for eating disorders is highly inaccessible
- Based on our market research, existing products are intended for use in conjunction with therapy

Solution

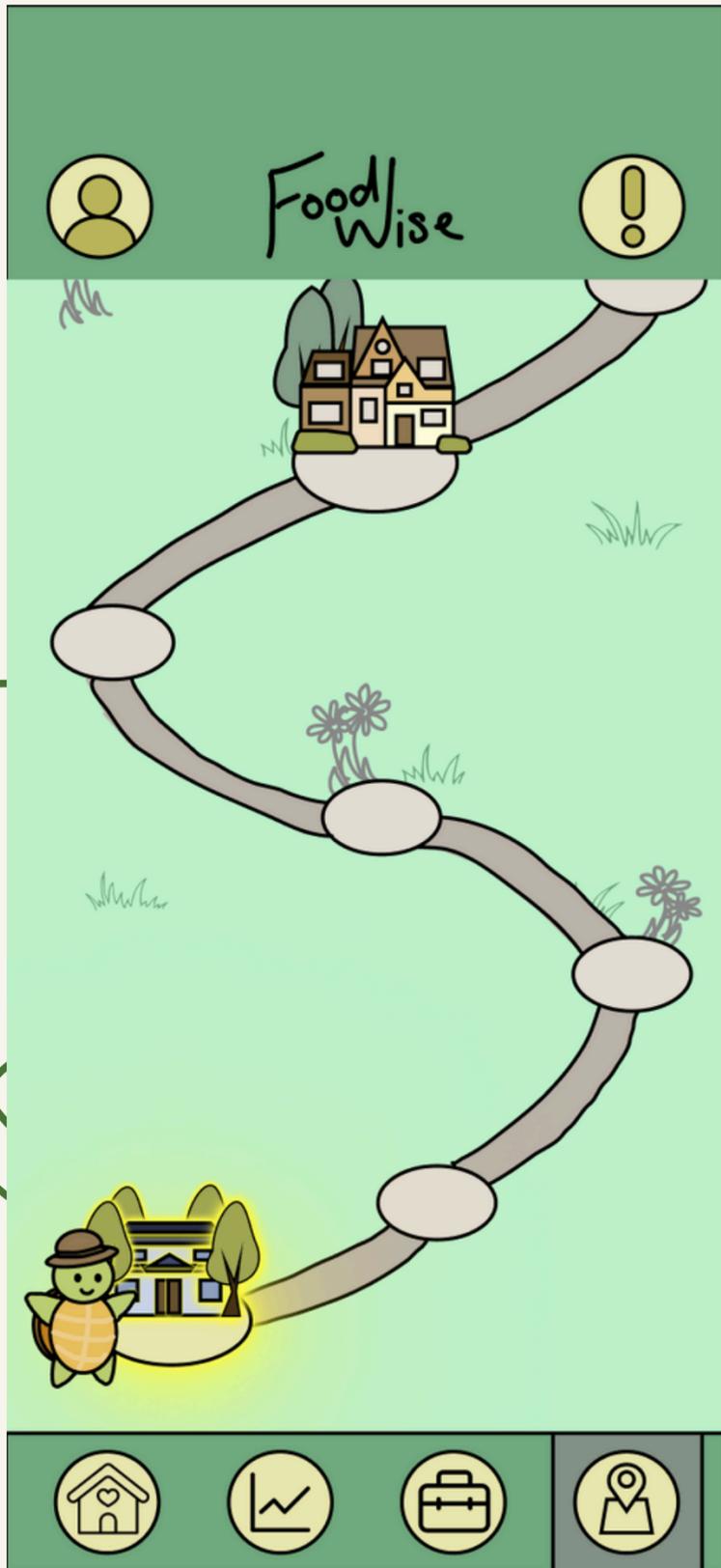
- Create an application that seeks to guide the user through recovery in a way that makes it enjoyable. Our value proposition then is to gamify recovery.

Solution

FoodWise is an app that seeks to guide the user through their recovery in five overarching steps, represented as interactive shops for the user. These are:

1. Awareness, Acceptance, and Understanding
2. Understanding Triggers and Habits of Emotional Regulation
3. Developing New Habits of Emotional Regulation
4. Bodily Acceptance and Compassion
5. Maintenance

Maintenance is represented as a garden for the user to water regularly. They do this by visiting previous shops and using the skills they've learned along the way to maintain their growth.





Solution

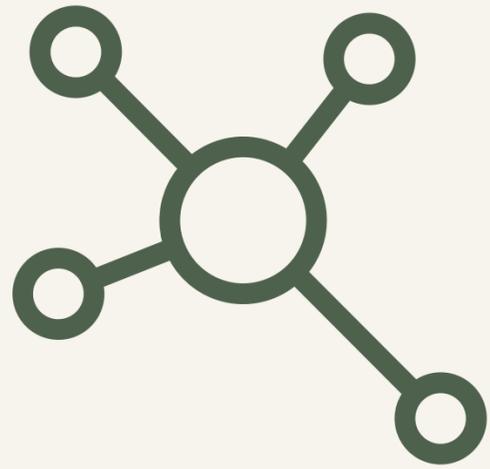
Each shop has a series of lessons and reflection lesson journals the user can complete to gain points.

As they gain points and complete lessons, they will achieve milestones that allow them to plant a flower in their garden.

Eventually, they will receive enough points to go on to the next stage of their recovery if they so choose.

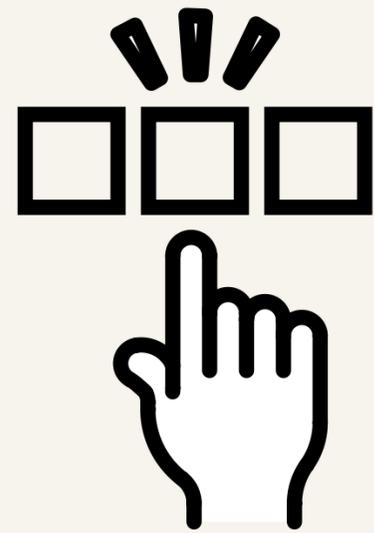
They can also gain points by completing their daily checklist, and using their toolbox as well as other features that are made to support the user's journey

Design Values



Structure

Allows people to see a tangible solution to their problem.



Autonomy

Empowers the user to regain control of their habits.



Growth

Necessary to instill hope.
When you see your progress, you believe it.

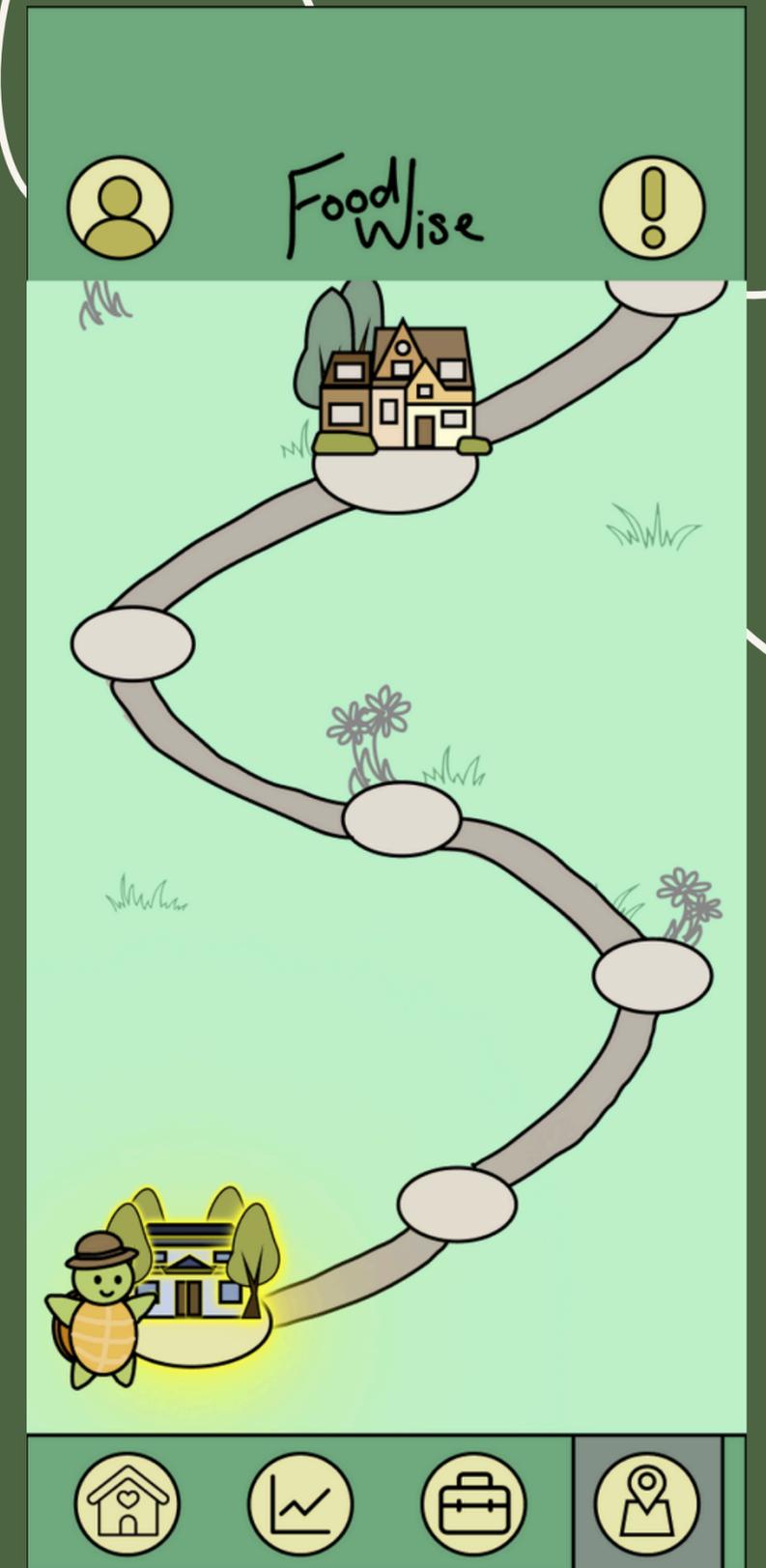


Fun!

Vital to keep the user motivated to continue their recovery

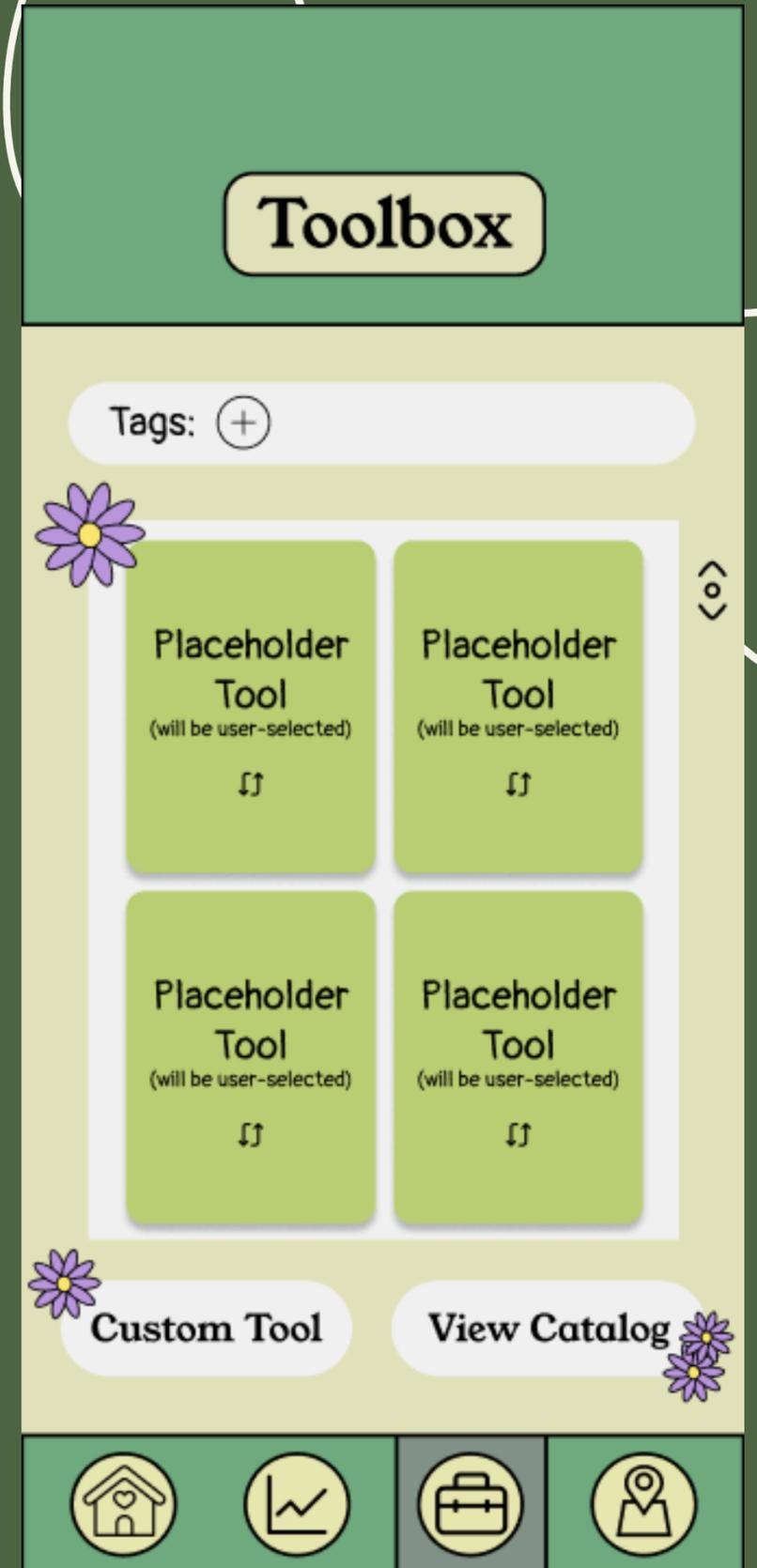
Structure

Is implemented through the roadmap which guides the user through their recovery in small, manageable steps



Autonomy

Is emphasized through the toolbox, which helps the user gain the ability to help themselves on the day to day



Growth

Is given physicality through the garden,
as well as being shown through the
tracker and the point system



Fun!

Is implemented
through it being
a game! And a
cute one too



Task Changes

Before

Task 1 (simple): The Toolbox

Task 2 (moderate): The First
Module and Tutorial

Task 3 (complex): Maintenance

After

Task 1 (simple): The Introductory
Survey

Task 2 (moderate): The Toolbox

Task 3 (complex): The
First Module and Tutorial



Our Usability Goals

Usability Goal #1

Intuitive navigation and features

- User does not need to think about how to reach desired page
- Features require minimal explanation
- Key Measurement #1: Number of clicks required

Usability Goal #2

Efficiency and ease of use for tasks

- Tasks (especially common ones) require a small time investment
- Key Measurement #2: Time taken for each taskflow

Usability Goals Progress

Usability Goal #1

Intuitive navigation and features

- Number of clicks required reduced through fewer screens
- Effective and intuitive navigation bars

Usability Goal #2

Efficiency and ease of use for tasks

- First level taskflow now omits the tutorial, saving time
- Reduction of questions in introductory survey
- Toolbox now has a catalog

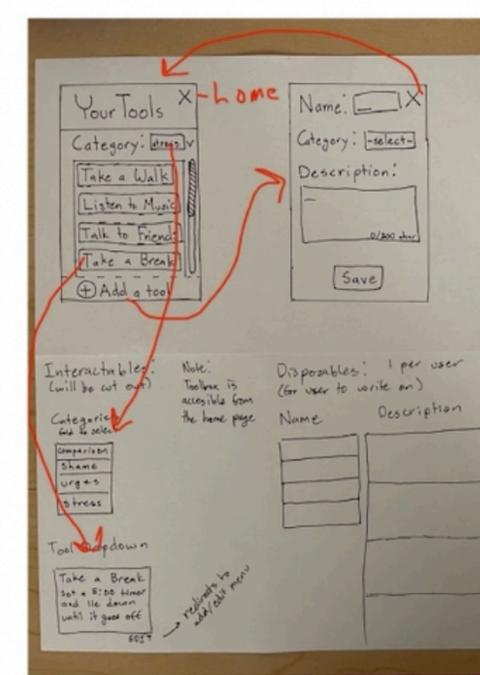
Low-fi Revision Sketches



2. Adding a Catalog to the Toolbox

Allows the user to easily search for new tools that may be helpful, making the toolbox less daunting. This advances our second usability goal

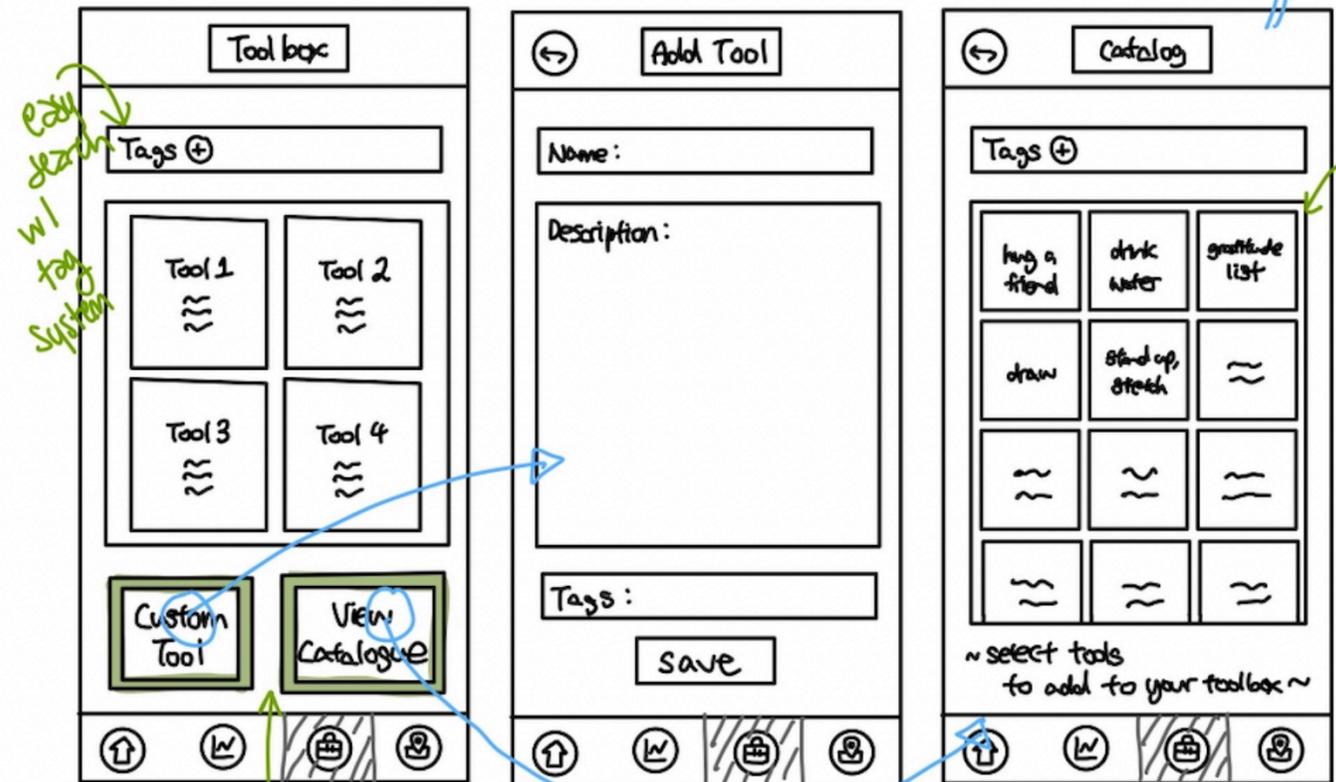
Old Design:



Structural ideas are strong, but UI design needs improvement

primary revision: separating tool page from other functions to make the tasks simple and straightforward

New Design:



cleaner design

Smaller cards for easier browsing

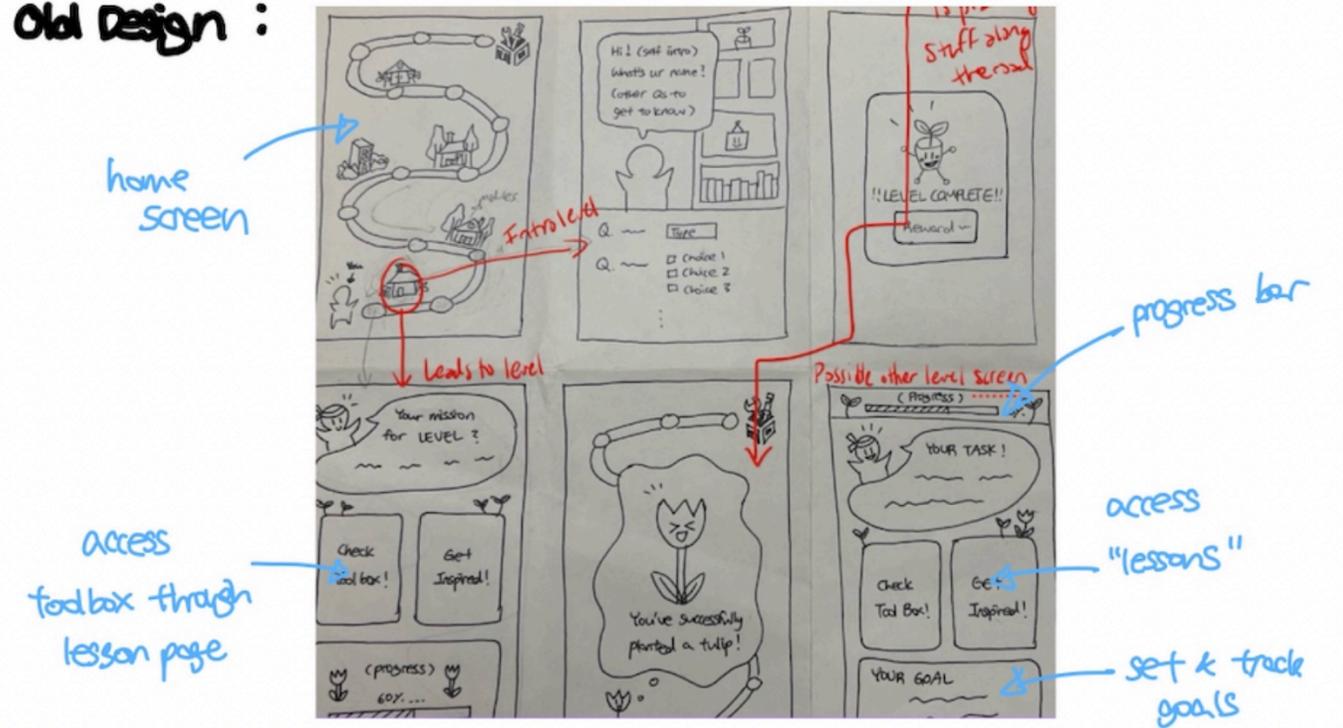
Separate buttons for more clarity



3. Lesson Journals

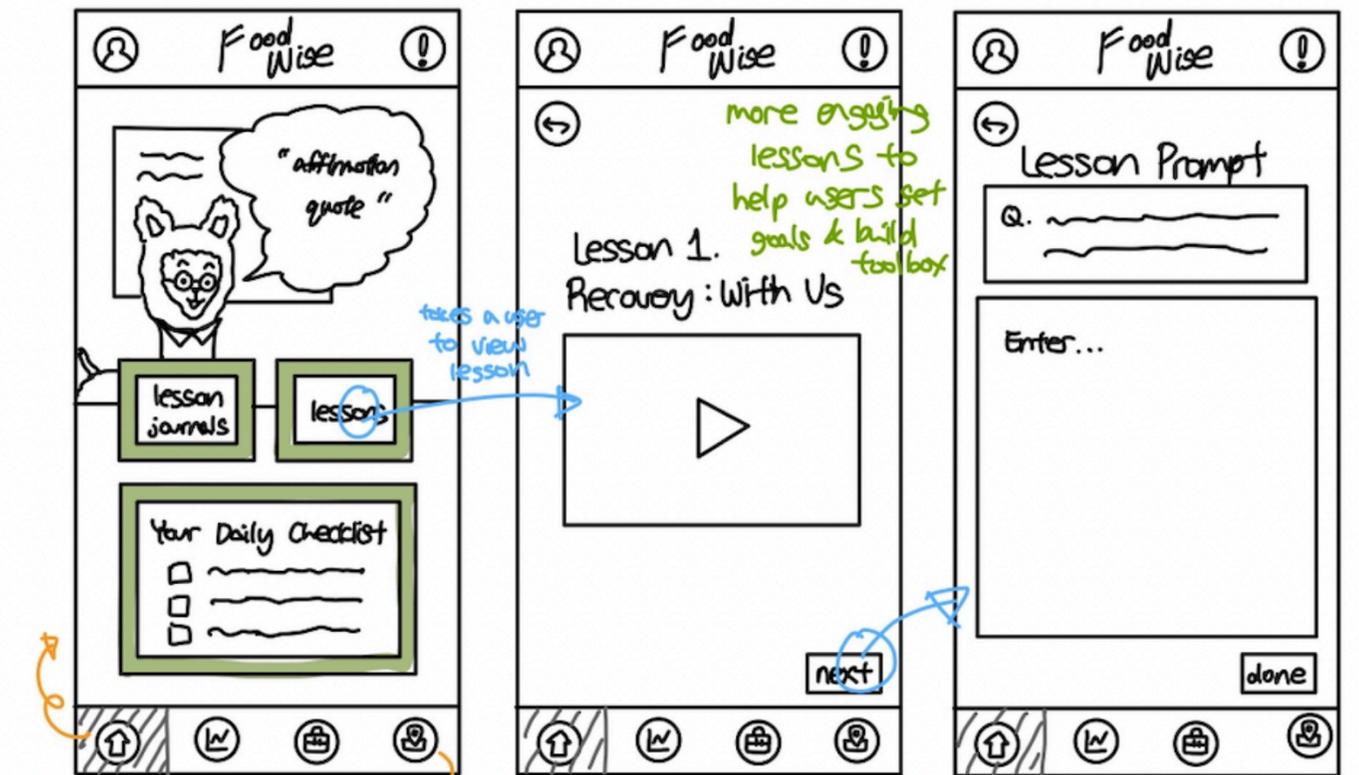
Actively educates the user and provides them with real knowledge that is immediately applied thereafter. This is much more intuitive than just lessons and another toolbox button, advancing our first usability goal

Old Design :



main concern: home page being the map might reinforce linearity, while in reality, recovery is a non-linear process

New Design:



homescreen = level status
separate page for map

Task Flows



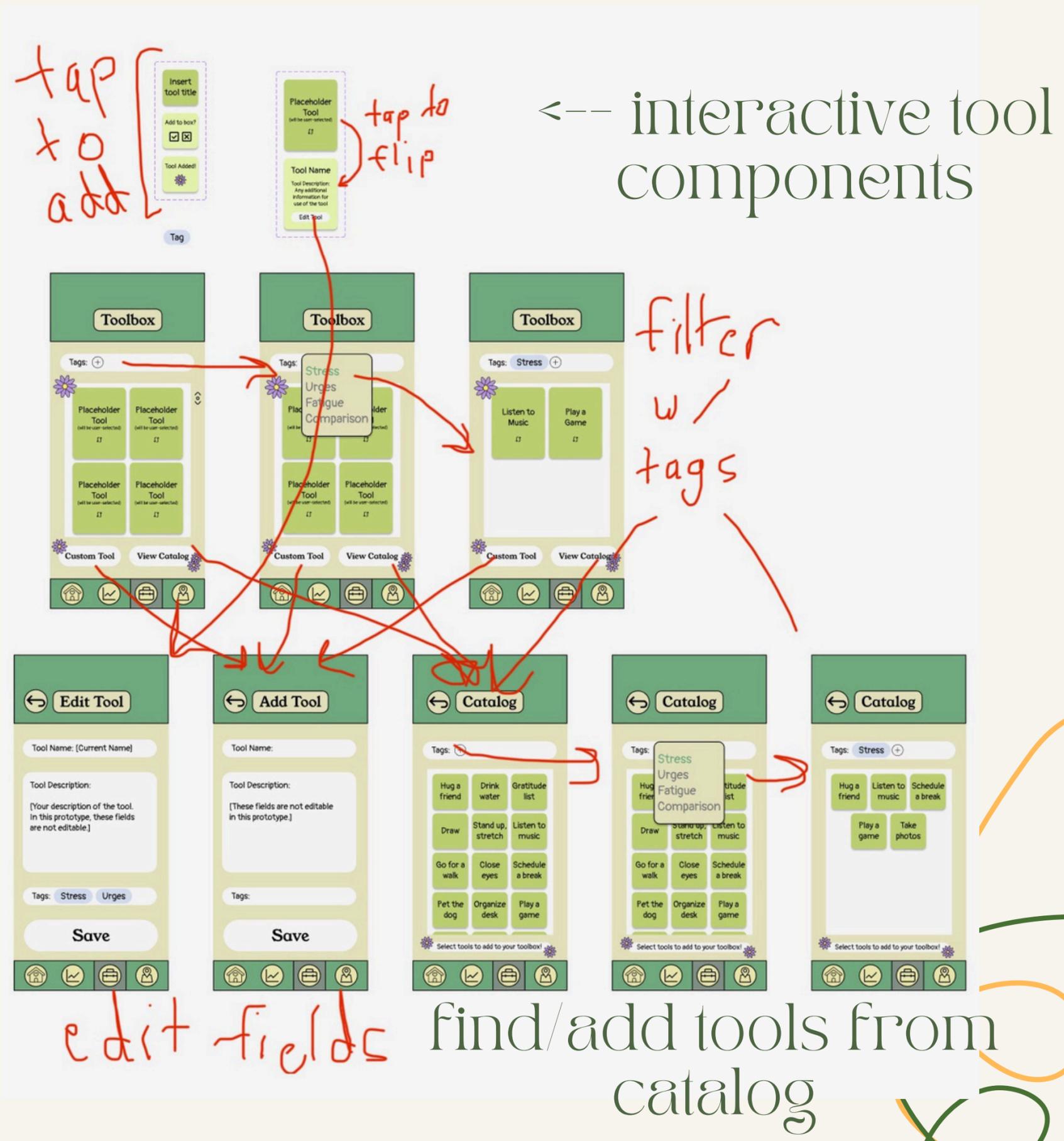


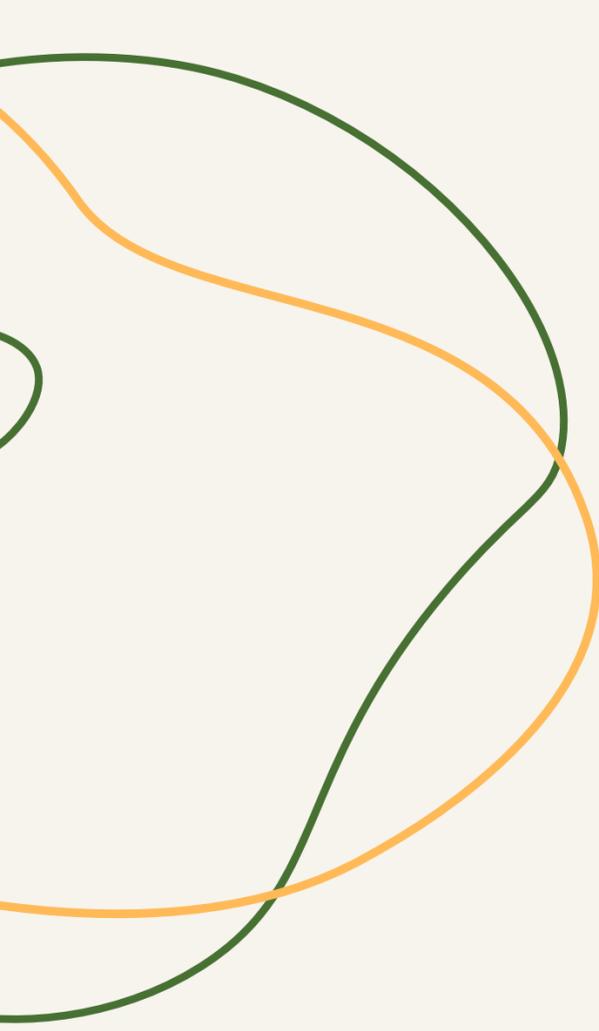
Task 1 (simple): The Introductory Survey



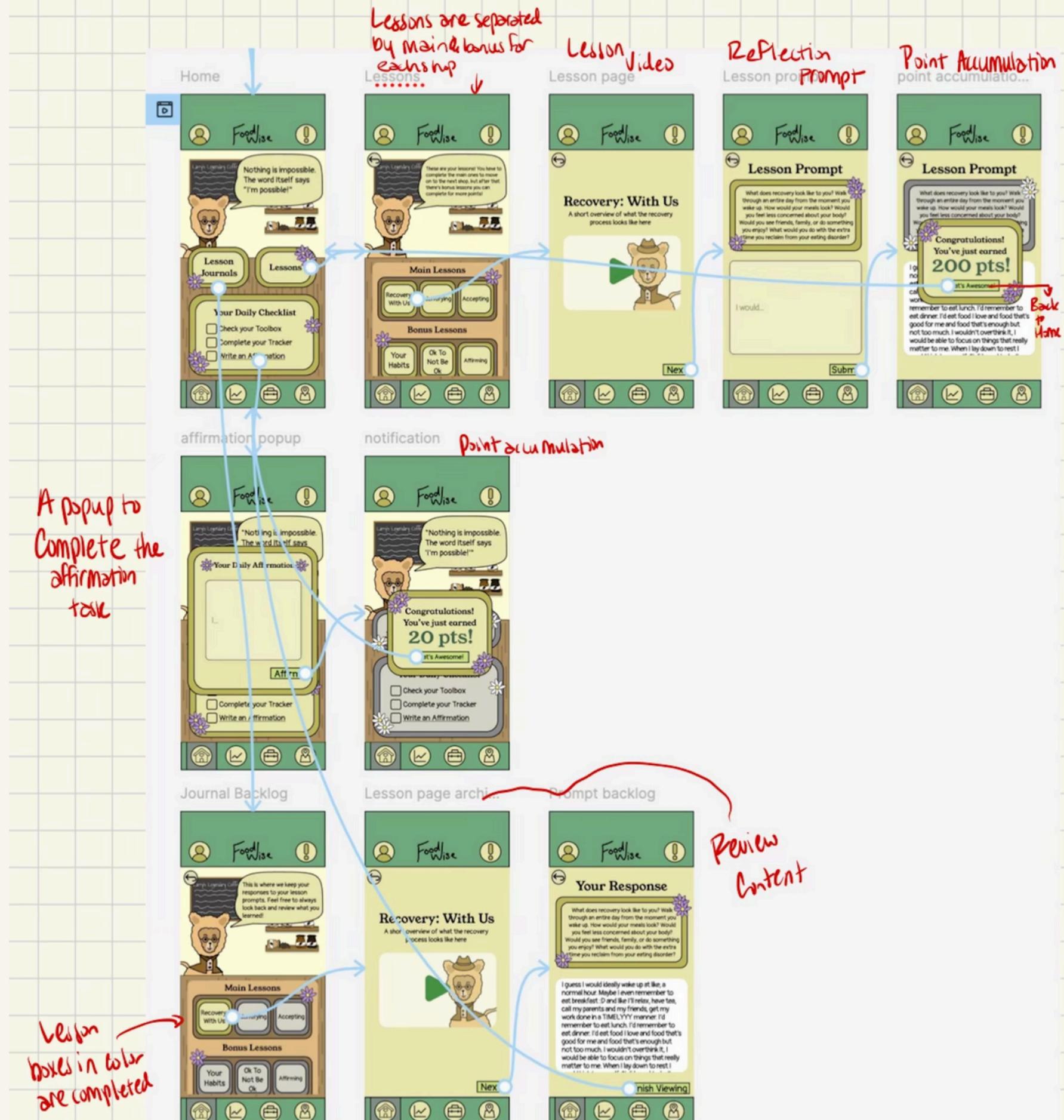


Task 2 (moderate): The Toolbox





Task 3 (complex): The First Level



Prototype Implementation: Tools

- Made use of various frames to implement scrolling, allowing for a more put together and extensive user experience. However, it is difficult to control in some cases when it stops scrolling
- Implemented multiple choice selection component, however was not able to make it so the user can only select one option
- Implemented a tool card, however it didn't retain inputted information when flipped to a different side, immediately went back to starter text
- Used a variety of plugins for ease of design (a glowing plugin to make objects glow, an image tracer in order to implement more detailed graphics, an icon-finding plugin for finding icons that look similar but have varying line weights)

Prototype Implementation: Limitations

- Lack of personalization: Because the prototype cannot follow the user over an extended period, most of the personalized features are hard-coded. This makes it difficult to evaluate how effectively it will adapt to users with different needs.
- Limited options: in dropdown menus, there is often only one selectable option. This allows us to show the functionality while only implementing one of the options, helping with prototype efficiency.

Prototype Implementation: Limitations (cont.)

- Lack of in-person accountability/control: Ultimately, there is no human form of the app that can be physically present to keep a user accountable. While we provide education, tools, and tracking abilities to help with recovery, the decisions a user makes in their day-to-day surrounding eating/food is outside of our control.
- Not providing online community: While our app provides essential personal and individual help for ED recovery, a feature it does not include is an online community. While we believe community is important for accountability in recovery, our decision to leave out this feature was due to concerns around privacy, risk of sharing toxic/triggering information, and lack of user engagement due to the inherently sensitive and heavy nature of eating disorders.

Prototype Implementation: Hard Coded Features

- All text inputs (including the intro survey, tool editing, and journaling) are hardcoded. This is helpful for the prototype because it reduces the amount of time the user needs to spend at each screen, and allows them to focus on usability aspects rather than what to enter into the box.
- In the toolbox tag selection, stress is the only selectable option. This allows the prototype to showcase the tag feature while also limiting the scope of the tools that need to be specified.

Prototype Implementation: Wizard-of-Oz Features

- Tracker: Several charts are displayed with magically-generated data. This is necessary because first time users will have no data, so the prototype must pretend the user has been using it for some time.
- Toolbox: the user has some tools magically added for them, even though they did not add any themselves. This is necessary because several features require existing tools to interact with, so the user must already have some in order to experience this.
- Lesson: The one accessible lesson page displays a mockup of a video that does not really exist. Generating an actual video was outside the scope of the prototype, so this mockup is meant to show the desired medium.
- Timer: The emergency help function involves a timer that is not functional at the moment. In implementation it would count down 5 minutes for the user, however making this was out of the scope for this prototype.



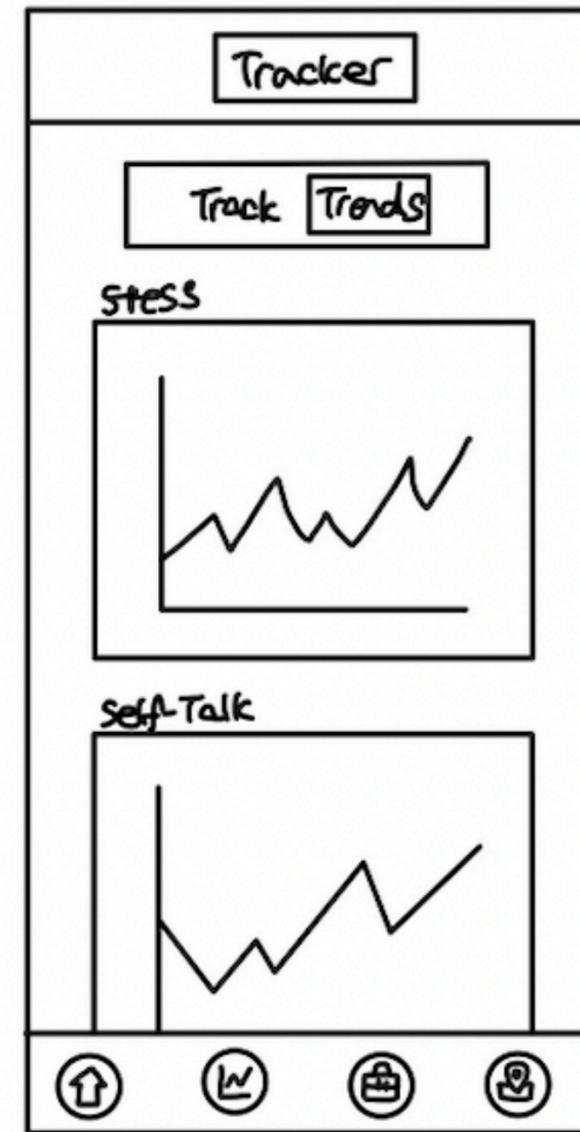
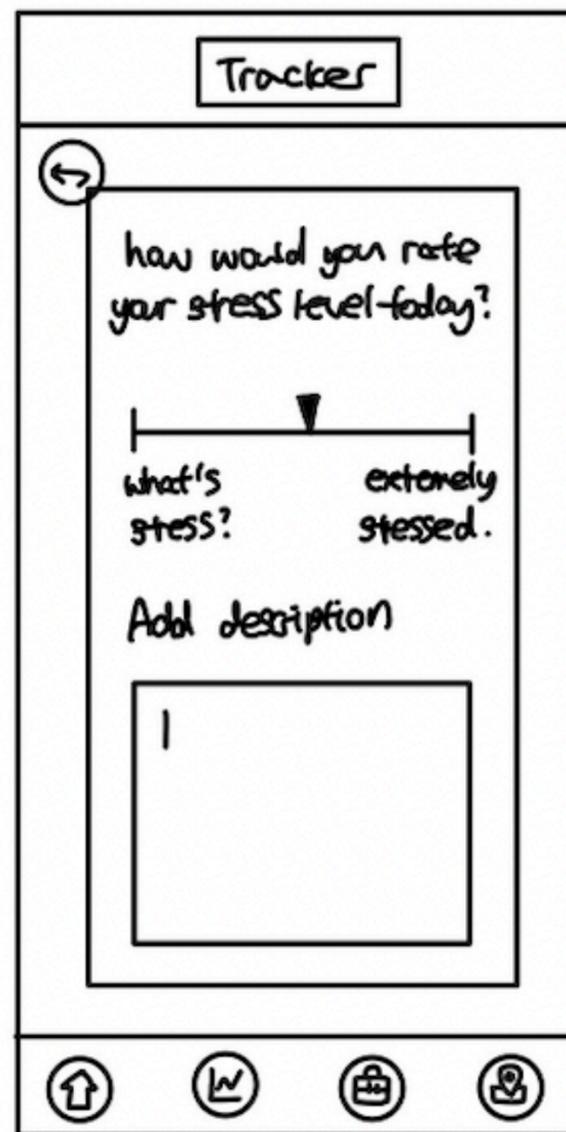
Link: Our
Prototype

Appendix



New Design: Tracker

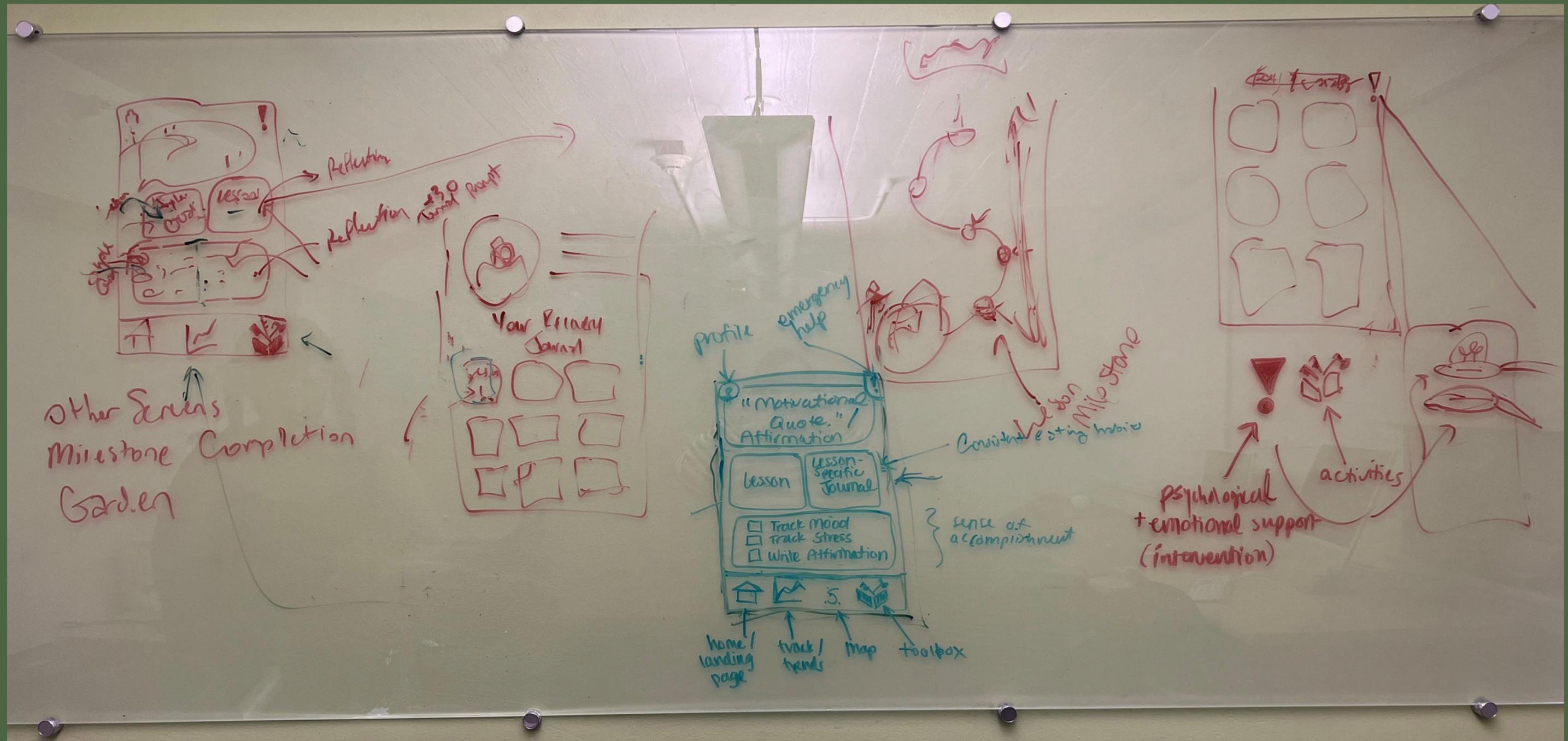
New Design :



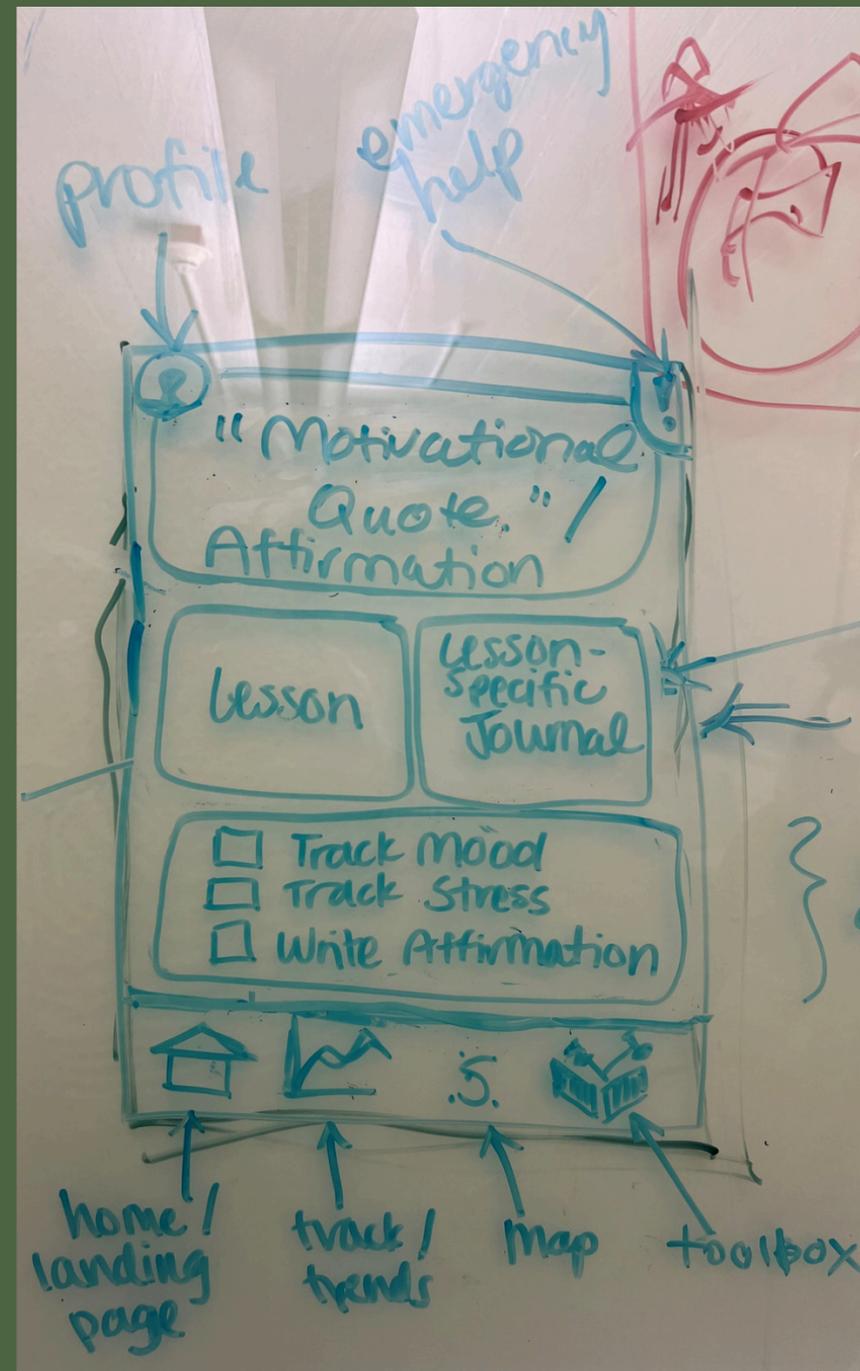
Additional Design: User Profile



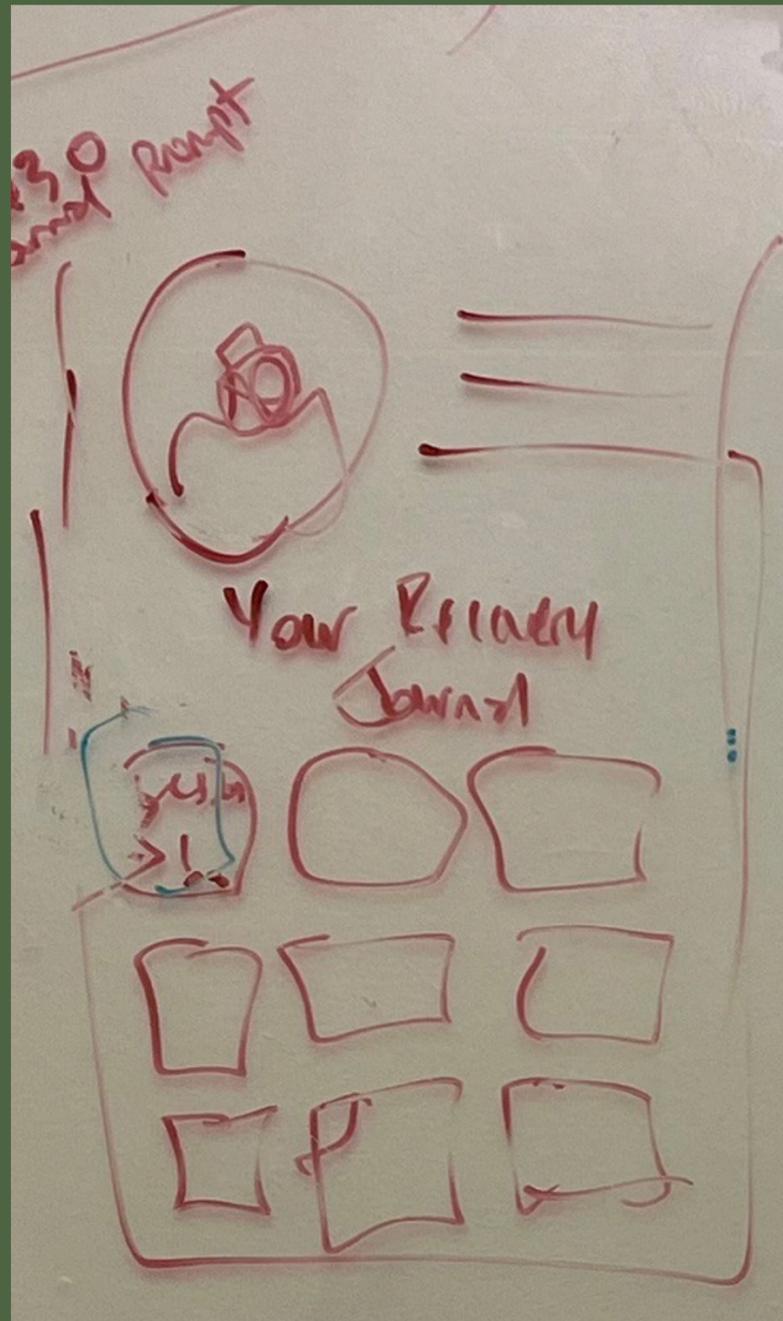
Brainstorming: Various Screens



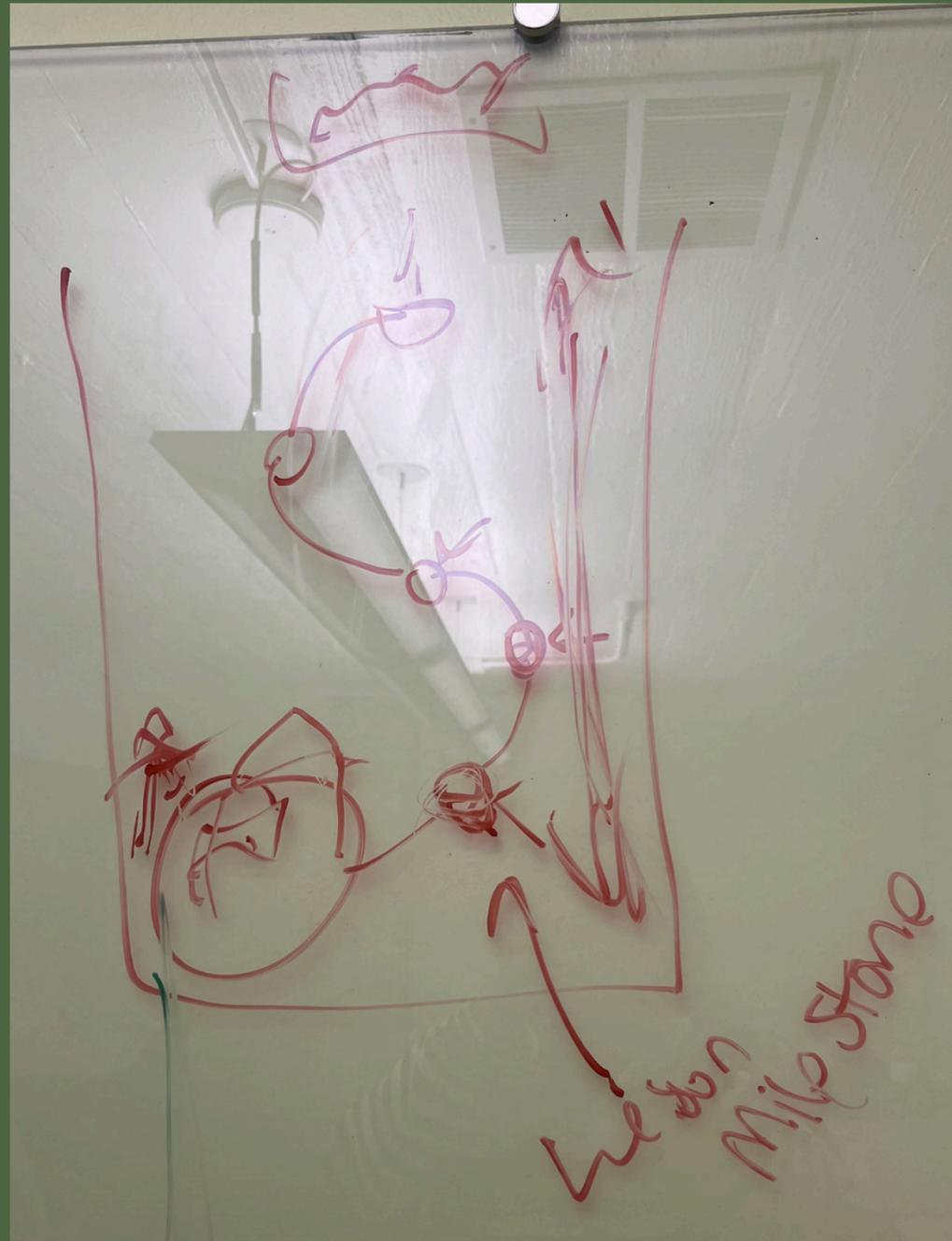
Brainstorming: Home Page



Brainstorming: Profile Page



Brainstorming: Roadmap Page



Brainstorming: Toolbox Page

