

EFFORTLESS
MINDFUL
EATING



Mission Nutrition

Team Mission Nutrition



Robert
Fearon



Sukhi
Gulati



Raymond
Luong



Margaret
Wenzlau

Roadmap

Introduction

The Problem

Needfinding Process
Initial Prototypes

Our Solution

Concept Video
Design Process
Final Design & Implementation

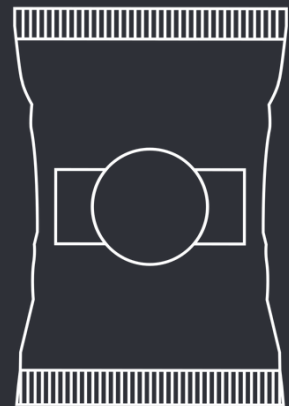




The Problem



Unhealthy eating habits lead to obesity.



● NEEDFINDING AT MI PUEBLO



Parents

Have Nutritional
Knowledge

Buying in Bulk

Mismatch Between
Actions & Words

Point of View

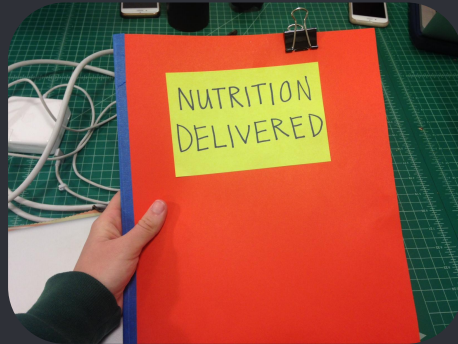


We met Maria, **a working mother** of three,

who needs to find **a time efficient way to maintain a supply of healthy ingredients** in her home,

because **her work prevents her from shopping frequently** enough to supply her kitchen with the fresh ingredients she knows are important to health.

Parallel Prototyping



People are unwilling to surrender control.

Communal Pantry Grocery List

What would you like to see in your communal pantry?

List your ideal pantry for this week...

Try to pick healthy foods for your whole community.

Submit

Never submit passwords through Google Forms.

Awareness is not the issue.



People act differently when they're being watched.

Point of View



We met Martin, a middle aged man with **unhealthy eating habits,**

who needs to develop personal motivation to eat well **instead of relying on external judgement,**

because **when no one is watching,** the mild convenience barriers to healthy food impede him and **he falls back on cravings** for sugar and unhealthy fat.



People require constant monitoring or other external consequences in order to improve unhealthy eating habits.





2

The Solution



*Make mindful eating
effortless.*



*Tracks Health
Goals*

*Gives Gentle
Reminders*

Social Sharing



Design Evolution Overview

Tooth Cap Teeth Simulation

Force Based Feedback

Final Design



How might we make the consequences of unhealthy food more easily perceived?



① Tooth Cap

X

words on arm?

②

③

④

⑤

How do we interface?

- 1 month to change habits
- tooth
- bracelet
- glasses
- necklace
- earpiece

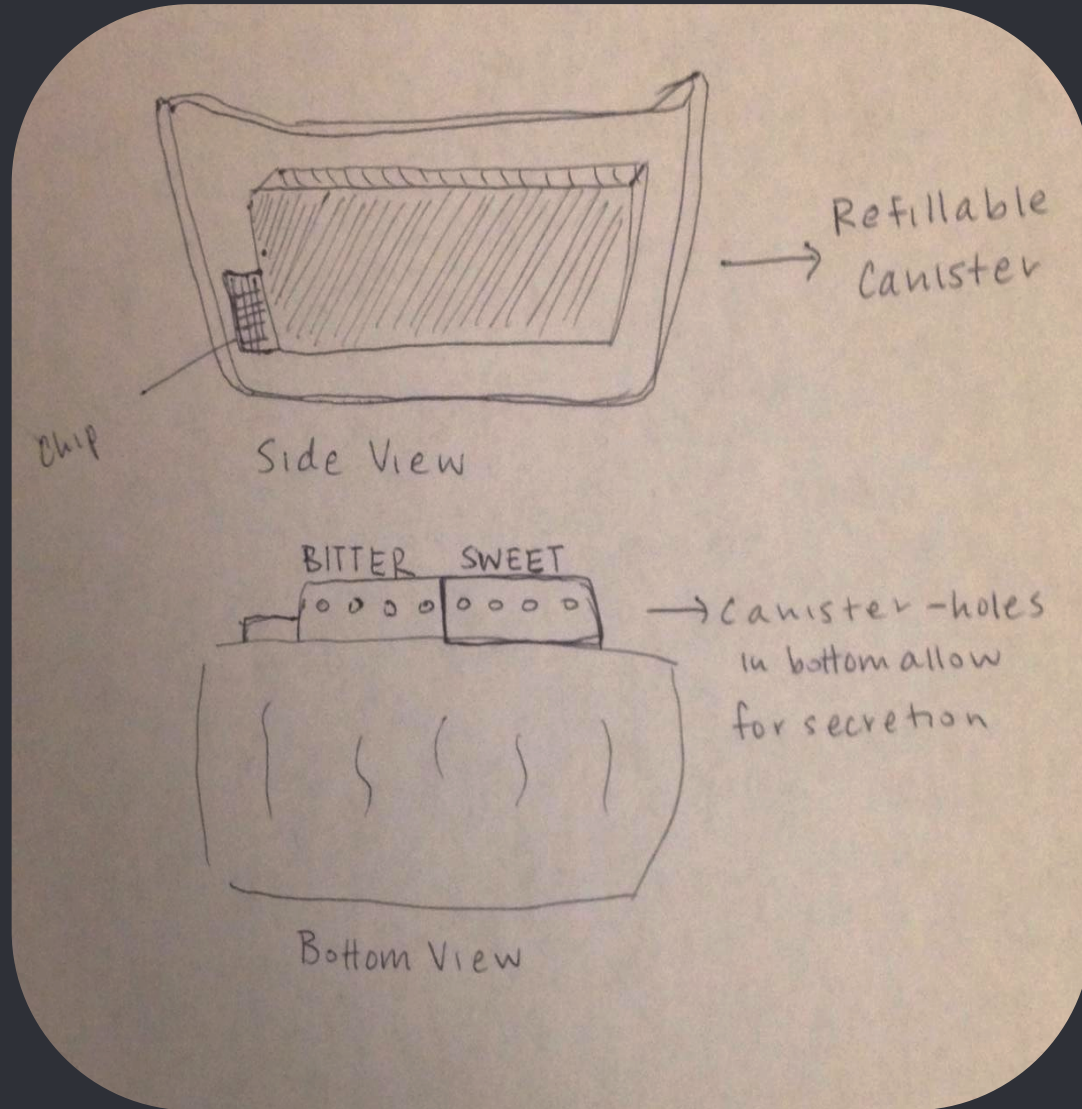
— Shirt collar

⑥

⑦

⑧

Tooth Cap Decision



Tooth Cap Prototype

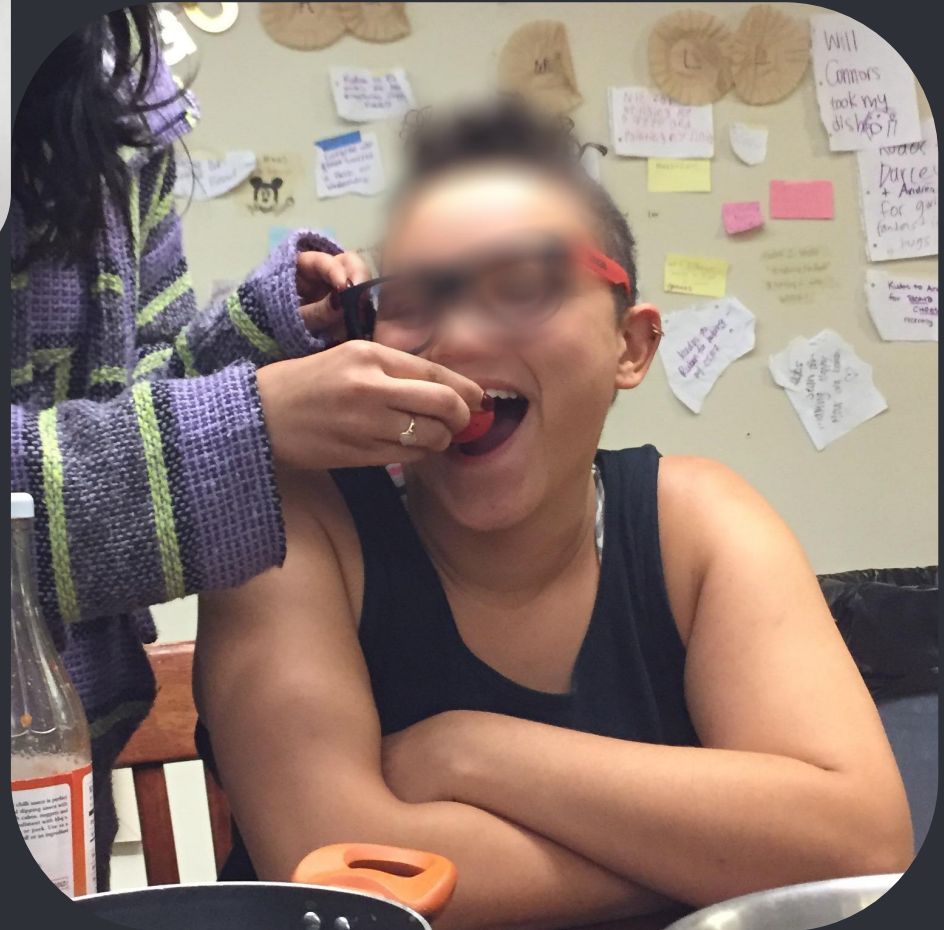


Large Commitment

Invasive

Impractical

Effective



Design Evolution Overview

Tooth Cap Teeth Simulation

Eliminate Taste
Alteration

Updated Form Factor

Force Based Feedback

Final Design



Updated Form Factor



Feedback Prototype



Sound is Ideal

Lack of Transparency

Lack of Compliance

Good Form Factor



Design Evolution Overview

Tooth Cap Teeth Simulation

Force Based Feedback

Sound & Status Light

Social Sharing

Final Design



Hardware Design

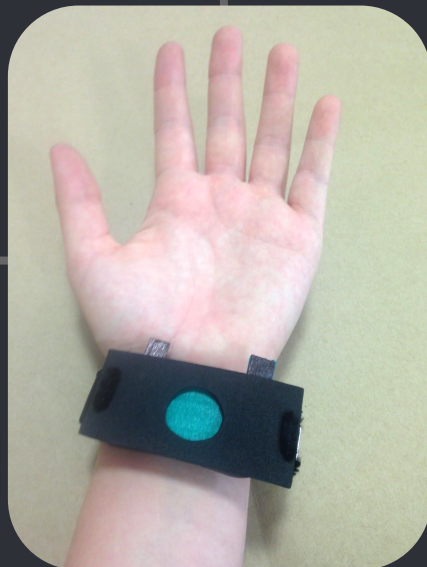


Obvious



Sleek & Discreet

Unwieldy



Transparency and Compliance with a Companion App



Mission Nutrition

Activity



Robert Fearon
May 19, 2015
Passed my threshold for the day, but I'll try again tomorrow!



Margaret Wenzlau
May 19, 2015
Stayed below my threshold today!



Raymond Luong
May 19, 2015
Stayed below my threshold today!



Sukhi Gulati
May 19, 2015
Passed my threshold for the day, but I'll try again tomorrow!



Friends

Raymond Luong



Sukhi Gulati



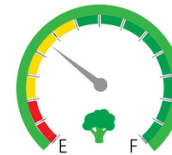
Robert Fearon



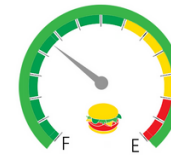
Margaret Wenzlau



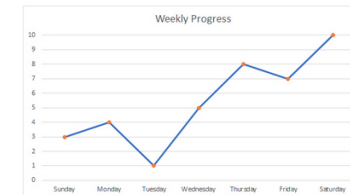
Mission Nutrition



Health Goal



Treat budget



Adding Clarity



Mission Nutrition

Home | Social | **Health Goals** | Manage Preferences

Modify Health Goals

The healthy and unhealthy dials tip relative to these daily goals.

Daily Caloric Intake:

calories

Daily Carbohydrate Intake:

calories

Daily Protein Intake:

grams

Daily Sugar Intake:

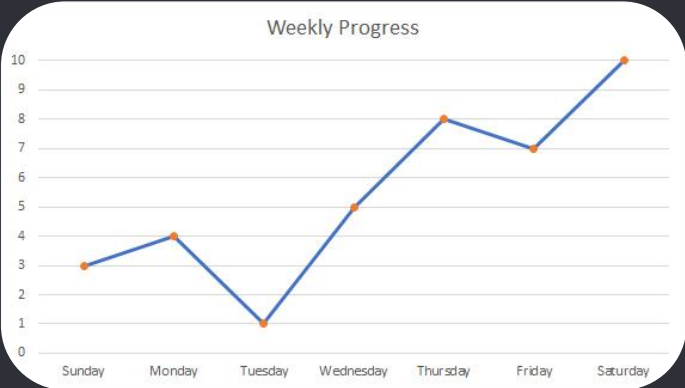
grams

Daily Sodium Intake:

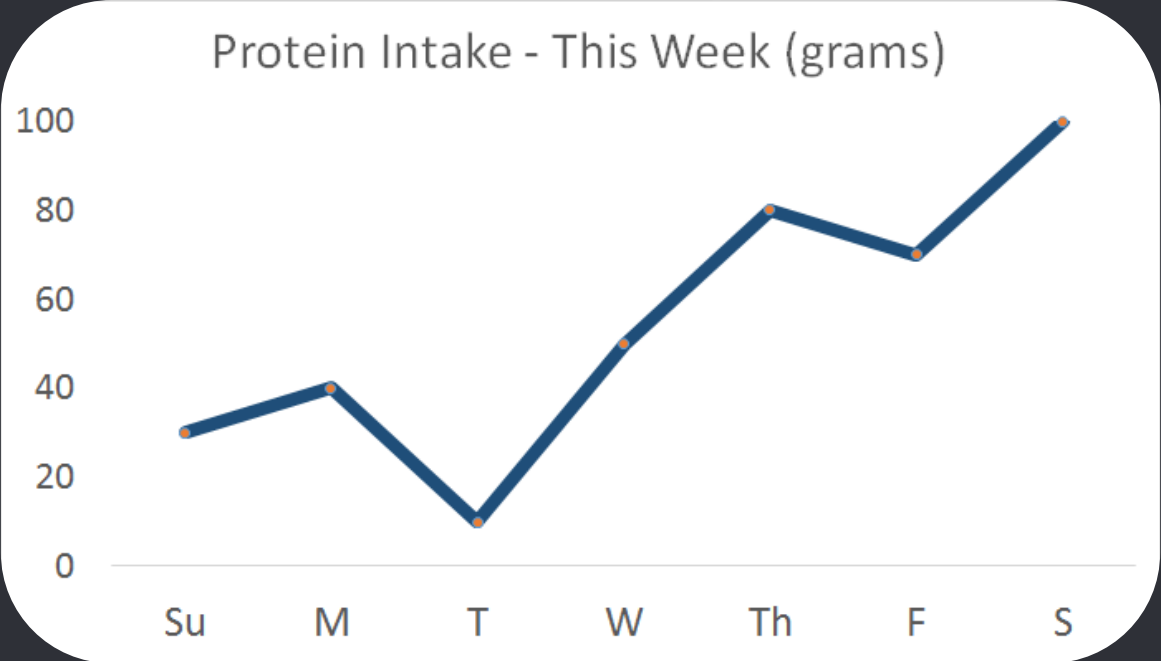
milligrams

Daily Fat Intake:

Software Design



Clarity





LIVE DEMO!

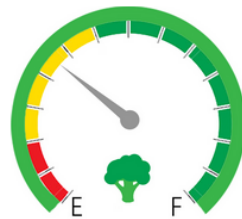
1

Healthy food





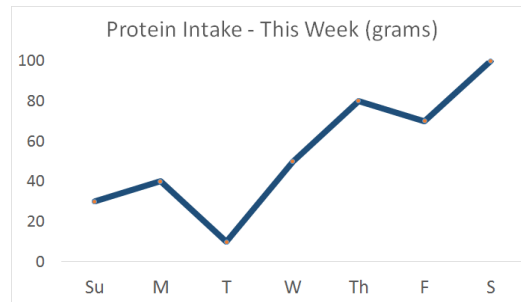
Mission Nutrition



Health Goal

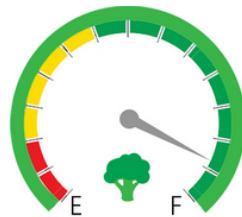


Treat budget

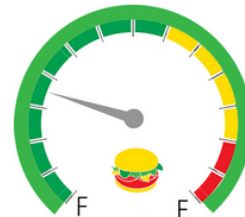




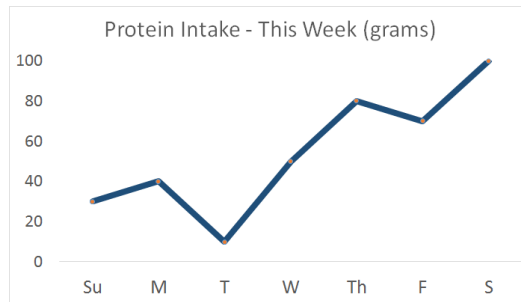
Mission Nutrition



Health Goal



Treat budget



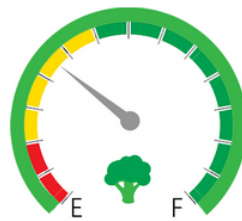
2

Neutral food





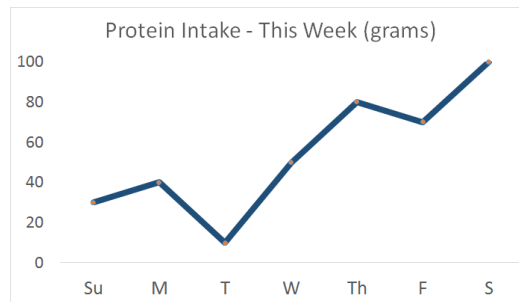
Mission Nutrition



Health Goal

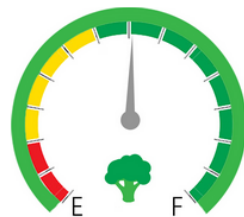


Treat budget

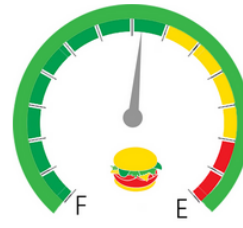




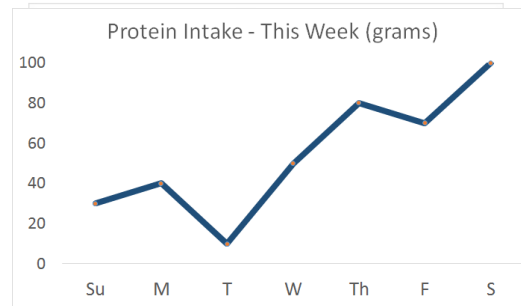
Mission Nutrition



Health Goal



Treat budget



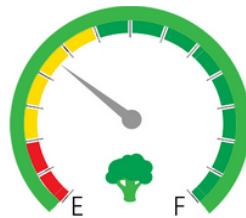
3

Unhealthy food

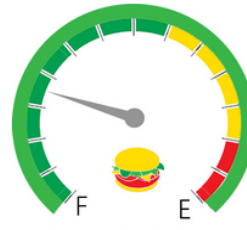




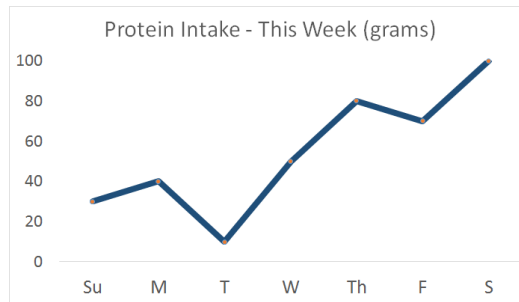
Mission Nutrition



Health Goal

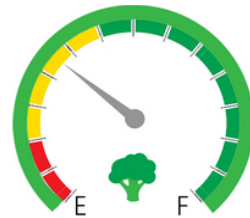


Treat budget

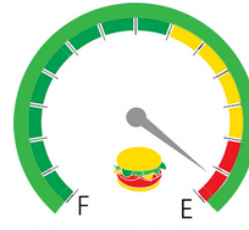




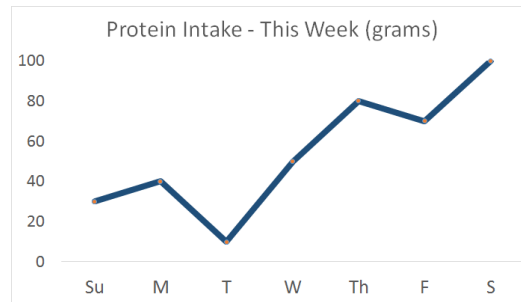
Mission Nutrition



Health Goal



Treat budget



Tools

Watch Strap

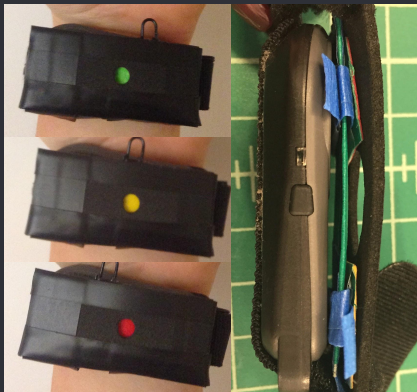


Bluetooth Speaker



“

Paper Status Indicator



Javascript/HTML/CSS



● What We're Missing

○ **Hardware**

Spectrometer

LED Light

Software

Hardware
Interactivity

Database

● What We Might Add in the Future

- Full functionality
(hardware + software)

- Compliance methods

- More detailed
nutrition information



Effortless mindful eating.