Progress Report 1

First Name: Zhi

Last Name: Kang

Student Id: 300403869

Project Full Name: F25_3375_S1_G5_QuestLabs Companion

Work Date/Hours Logs

🟩 Represented finished tasks

⬜ Represented planning tasks

Date	Number of Hours	Description of work done
Sep 28, 2025	1.0	Choosen our program topic, and met with professor for the first meering
Oct 1, 2025	3.5	Project kickoff meeting with team Makēda; Started researching futures literacy concepts and key program step
Oct 4, 2025	3	Met with team to align on research direction; Reviewed 2020 wireframe example and wrote the program proposal
Oct 8, 2025	4.5	Conducted 3 student interviews about reflection habits and support needs; Shared preliminary findings in team check-in
Oct 11, 2025	4.0	Analyzed interview data and created affinity diagram showing key themes; Started researching engagement patterns in micro-journaling apps
Oct 15, 2025	5.0	Completed competitive analysis research examining 5 apps (Forest, Strava, Habitica, Fabulous, Discord); Compiled best practices for collaborative mechanisms and privacy-preserving design
Oct 18, 2025	4.5	Presented research synthesis to team; Created user journey map identifying 6 touchpoints and key pain points based on interview and

		competitive findings
Oct 22, 2025	4.0	Started learning Figma basics including frames and mobile layouts; Practiced Auto Layout with responsive card components
Oct 25, 2025	4.5	Explored advanced Figma prototyping features; Drew paper sketches for Section 1 daily prompt system (8 screens)
Oct 29, 2025	4.5	Created digital wireframes for Section 1 with 6 core screens; Planned Section 3 cohort features with team
Oct 30, 2025	0.5	Discussion with teacher about repo naming, worklog practices, and making content readable for others
Oct 31, 2025	1	Meeting with Makēda to share survey results and user personas, with feedback on privacy levels, scaffolding, habit tracking formats, BJ Fogg's behavior model, and success progression

Work Description(Sep 28 – Oct 23)

From September 28 to October 23, I worked on three main things: project planning, competitive analysis, and learning design basics.

First, I chose our program topic and met with my professor. Then I researched futures literacy concepts, looked at a 2020 wireframe example, and wrote the program proposal.

The biggest problem was finding good design practices from other apps without interviewing many users. To fix this, I studied five popular apps: Forest, Strava, Habitica, Fabulous, and Discord. I collected ideas about collaboration features and privacy design from them.

After this research, I started learning Figma. I learned about frames, mobile layouts, and Auto Layout.

AI Use Section

The following prompts were used with AI tools to assist with research summarization, framework application, and preliminary content drafting during the initial project phases (September 28 – October 23).

AI Tool Name	Version, Account Type	Specific feature for which the AI tool was used
Claude	Sonnet 4.5	"Summarize the core tenets of 'Futures Literacy' and its practical application in personal development programs for college students, focusing on steps for self-reflection and goal alignment."
Claude	Sonnet 4.5	"I need to quickly learn Figma basics, including frames, mobile layouts, Auto Layout, and advanced prototyping within two weeks for a student project. Suggest a focused learning path with estimated time for each step"

▪ **Value Addition:**

Distinct Design Philosophy and User Alignment: We defined and executed the unique design philosophy of anti-gamification and small-group accountability. Crucially, we used user findings (Zhi Kang) to validate the necessity of all core features, ensuring they align with student needs rather than just AI suggestions.

The AI provided a suggested learning path and resources for Figma: we can start leaning about Figma by the resources which AI gave. And improved the efficiency by following the suggestions.

Learning Resources:

Official Figma tutorials (YouTube channel) - best for structured learning

Figma community files - download and reverse-engineer real designs

Figma Playground - built-in practice file

▪ **Appendix:**

https://claude.ai/share/ac726641-bfbf-4ad4-9a54-bff06881d947

https://claude.ai/share/84b51dc8-94a1-4b7d-8d7d-f3a659f20130