

# Progress Report 1

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**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	Chooosen 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 some key steps for the program
Oct 4, 2025	3	Met with team to align on research direction; Reviewed 2020 wireframe example to understand design evolution, and wrote the program proposal
Oct 8, 2025	3.5	Designed comprehensive Google Forms survey with 15 questions covering reflection habits, collaboration preferences, mental health needs, and technology usage patterns; Distributed survey to target student groups
Oct 11, 2025	3.5	Followed up on survey distribution and monitored response rate; Divided Figma learning modules with team; Started preliminary review of incoming responses
Oct 15, 2025	3.5	Continued survey data collection (currently 12+ responses); Studied collaborative game mechanics (Battleship, BINGO) and their psychological effects; Researched Self-Determination Theory applications

Oct 18, 2025	3.5	Completed survey data collection with 15+ student responses; Analyzed results showing 70% prefer visual tracking and 65% want low-pressure collaboration; Built feature prioritization matrix ranking 12 potential features; Presented key research findings
Oct 22, 2025	3	Established design standards with team; Learned Figma interface basics; Set up color styles (8 colors) and typography scales
Oct 25, 2025	3.5	Sketched Section 2 Dashboard showing affect-agency grid ideas; Created button component library with 4 different states
Oct 29, 2025	4.5	Created dashboard wireframes with wellness snapshot and stats; Presented design system structure
Nov 1, 2025	4	Wireframed Polak's Affect-Agency grid with 4 interactive quadrants; Progress check on high-fidelity work
Nov 5, 2025	4	Created Wheel of Life wireframe with 8-spoke design; Designed SEL timeline showing emotional trends
Nov 8, 2025	4.5	Built comprehensive design system with colors, fonts, and spacing; Created component library (buttons, inputs, cards)
Nov 12, 2025	4.5	Applied design system to dashboard with polished grid; Designed Wheel of Life and SEL timeline with interactive visualizations
Nov 15, 2025	4.5	Built project progress screens linking tasks with emotional well-being; Designed Google Forms integration components
Nov 19, 2025	4.5	Created clickable prototype for Section 2 dashboard features; Added tappable grids and draggable wheel interactions
Nov 22, 2025	4	Participated in coaching activity beta test and documented UX insights; Simplified dashboard visualizations based on feedback
Nov 26, 2025	3.5	Conducted WCAG accessibility audit; Compiled 10-page style guide with usage examples
Nov 29, 2025	5	Wrote design report covering research insights and design process; Reviewed GitHub requirements

Dec 3, 2025	4	Finished design report and technical documentation; Created supporting files and submitted all deliverables
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## Work Description(Sep 28 – Oct 23)

During this initial phase (September 28 to October 23), my focus was on foundational research, data collection, and design preparation. Key completed tasks included contributing to the program proposal , researching collaborative game mechanisms , and designing the 15-question Google Forms survey. I successfully collected over 15 student responses.

The central challenge encountered during this period was achieving the target number of survey responses and ensuring response quality within the tight deadline. Distributing the survey and encouraging detailed, honest participation from at least 15 to 20 students required significant follow-up. To solve this, I actively shared the survey with various student groups and provided clear context on how the data would directly inform the app design. Following data collection, I analyzed the survey results, showing 70% of respondents prefer visual tracking , and used this insight to build a Functionality Priority Matrix. I also began setting up the design system by establishing color styles and typography scales and creating the button component library in Figma.

## 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	"Review the attached draft of a 15-question Google Forms survey on student reflection habits and relational wellness. Suggest improvements for question clarity, neutrality, and sequence to maximize data quality for

		an app design project."
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▪ **Value Addition:**

**Critical Refinement of Research Tools:** The team took the initiative to optimize the Google Forms survey for better data quality and relevance, manually refining question clarity and sequence beyond AI's suggestions to maximize the actionable insights from student responses.

▪ **Appendix:**

<https://claude.ai/share/897571f2-1ef8-4148-a9ec-e680d90481d5>