UXE SPRING 2025 - MILESTONE 5

Team No: BO2

Team Name: TFC

Member Names & Roll Numbers:

Aasir Farrukh	21I-0375
Hamza Saeed	21I-0671
Qazi Mohib-Un-Nabi	21I-2532

ZenQuest (Interactive Stress-Reduction Game)

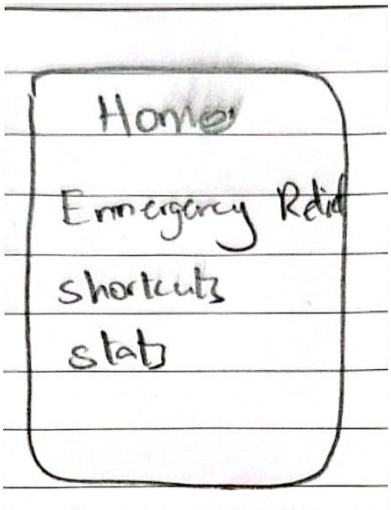
Section 1: Wireframes

Key Wireframes

1. **Login/Signup**

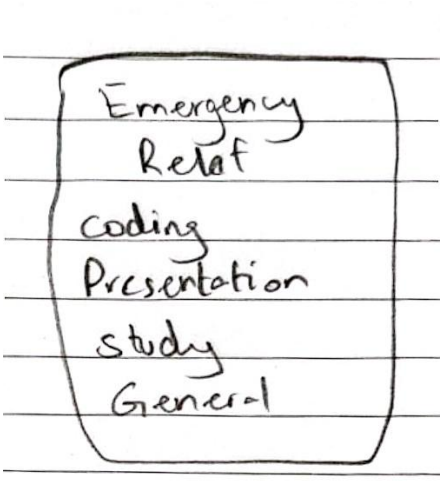
Description: Login/ Signup page for user to login or create an account

2. **Home**



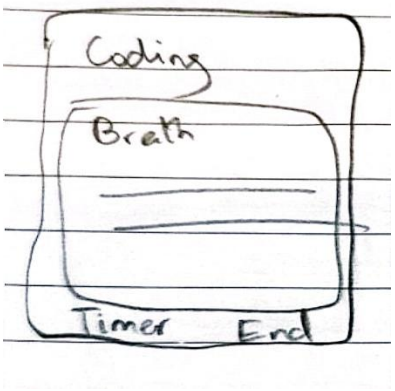
Description: Home page which contains buttons to access all features

3. **Emergency Relief**



Description: Quick relief option for user to get calm quickly, he chooses the type of meditation he needs

4. **Coding**



Description:
This activity is designed specifically for CS students experiencing debugging frustration:

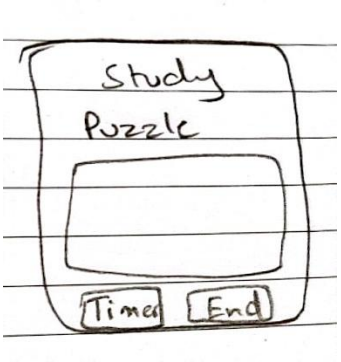
- Visual breathing guide (expanding/contracting bubble)
- Simplified code-like visual elements that "untangle" as breathing continues
- Timer showing elapsed time (targeting 2 minutes)

5. **Presentation**

Description: This 60-second activity helps students prepare for presentations:

- Progressive breathing pattern
- Brief confidence affirmations
- Subtle animation guiding posture adjustment
- Countdown timer
- "Presentation Ready" achievement that appears upon completion

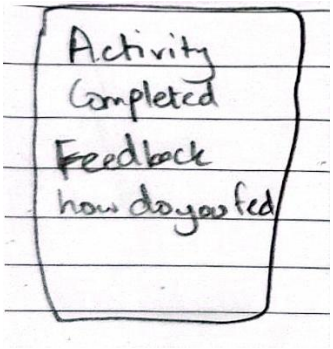
6. **Study**



Description: Designed for quick breaks between classes or teaching sessions:

- Customizable timer (1-5 minutes)
- Calming visual animation
- Simple focus exercise
- Progress indicator

7. **Activity Complete**



Description: Shown after completing any activity:

- Brief effectiveness feedback request (simple 1-5 scale)
- "How do you feel now?" quick assessment
- Activity stats (time spent, focus score)
- Achievement unlocked notification (if applicable)
- Return to Home or Repeat Activity options

8. **Progress Tracker**

Description: Visualizes user's mindfulness journey:

- Weekly/monthly practice statistics
- Stress reduction trend visualization
- Achievement tree showing progress
- Activity type breakdown
- Consistent practice streaks

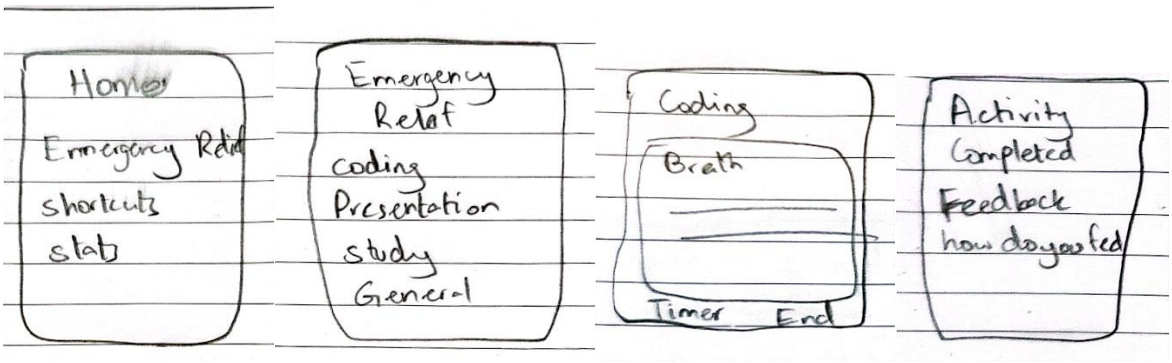
9. **Settings**

Description: Allows customization of the app experience:

- Notification preferences
- Integration with academic calendar
- Reminder scheduling
- Data privacy controls

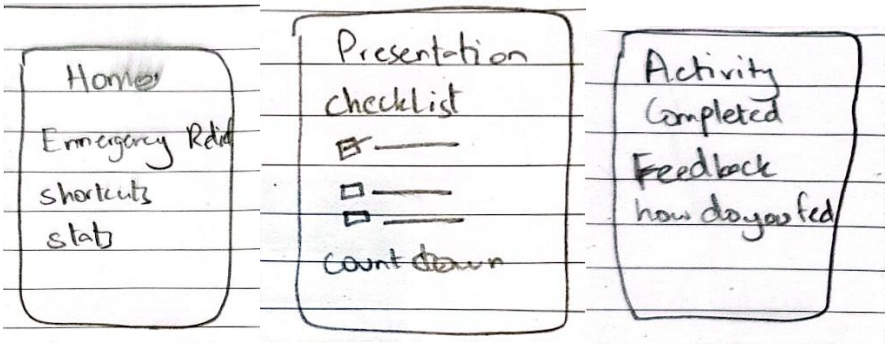
Key Navigation Flows

Flow 1: Emergency Relief During Debugging Session



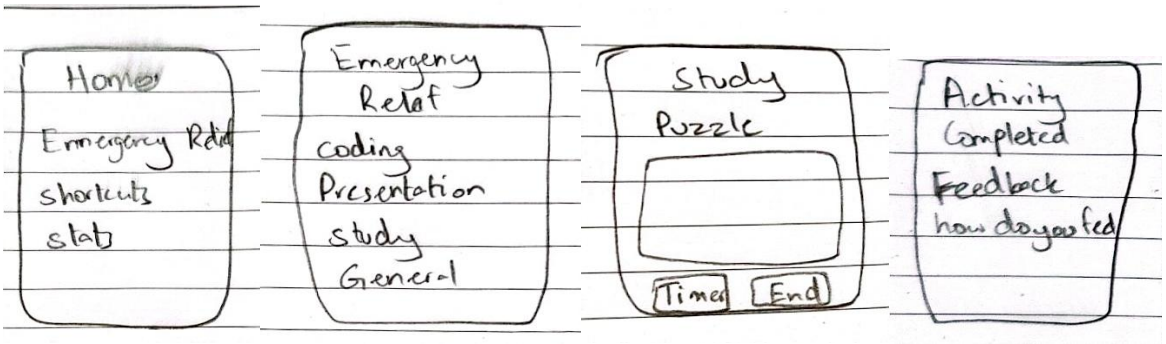
1. Home Screen → Emergency Relief Button
2. Stress Type Selection → "Coding Frustration"
3. Code Block Breather Activity Screen (2-minute session)
4. Activity Completion → Feedback

Flow 2: Pre-Presentation Confidence Building



1. Home Screen → Shortcut → "Presentation" button
2. Confidence Booster Activity Screen (60-second session)
3. Activity Completion → "Presentation Ready" achievement

Flow 3: Scheduled Break Between Classes

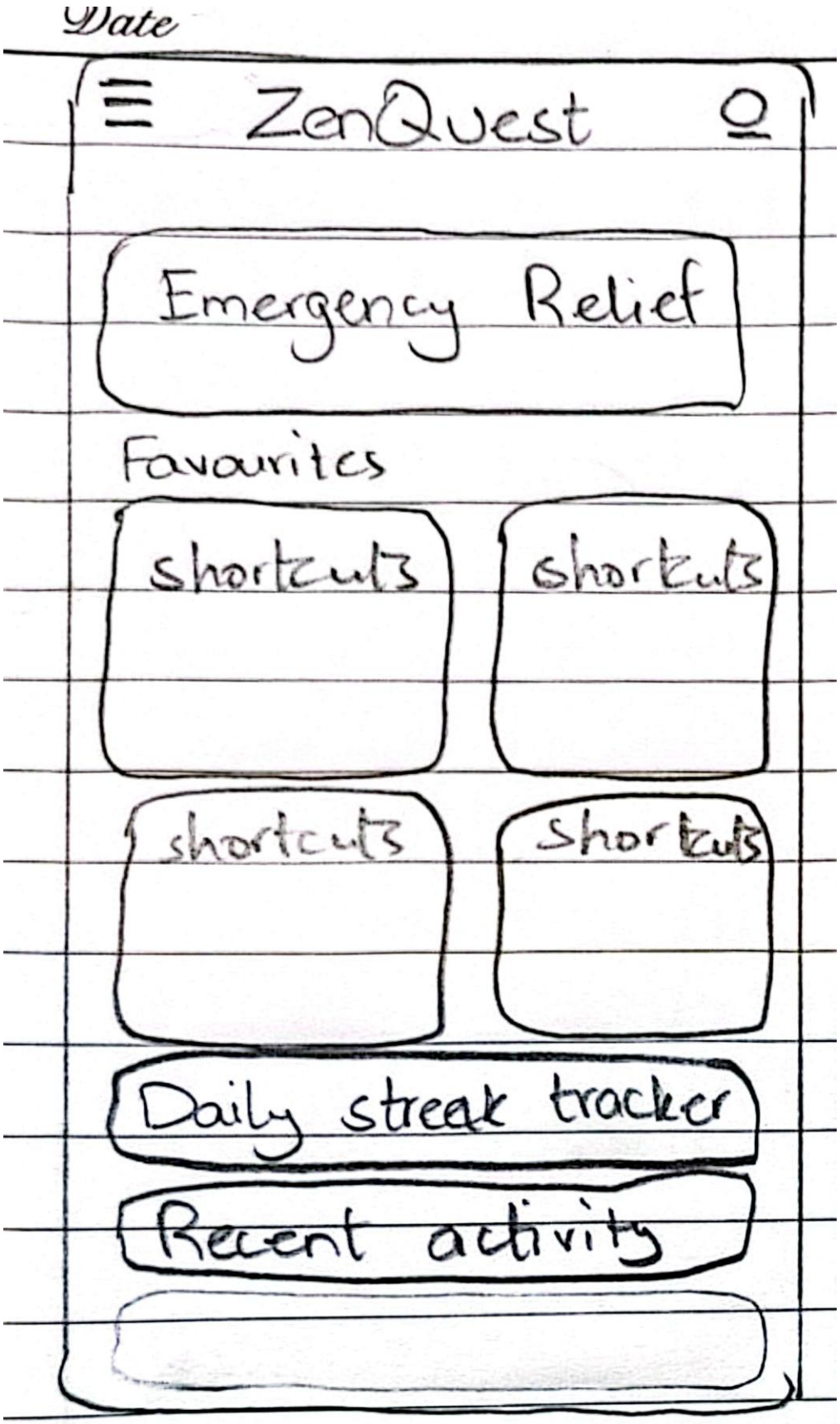


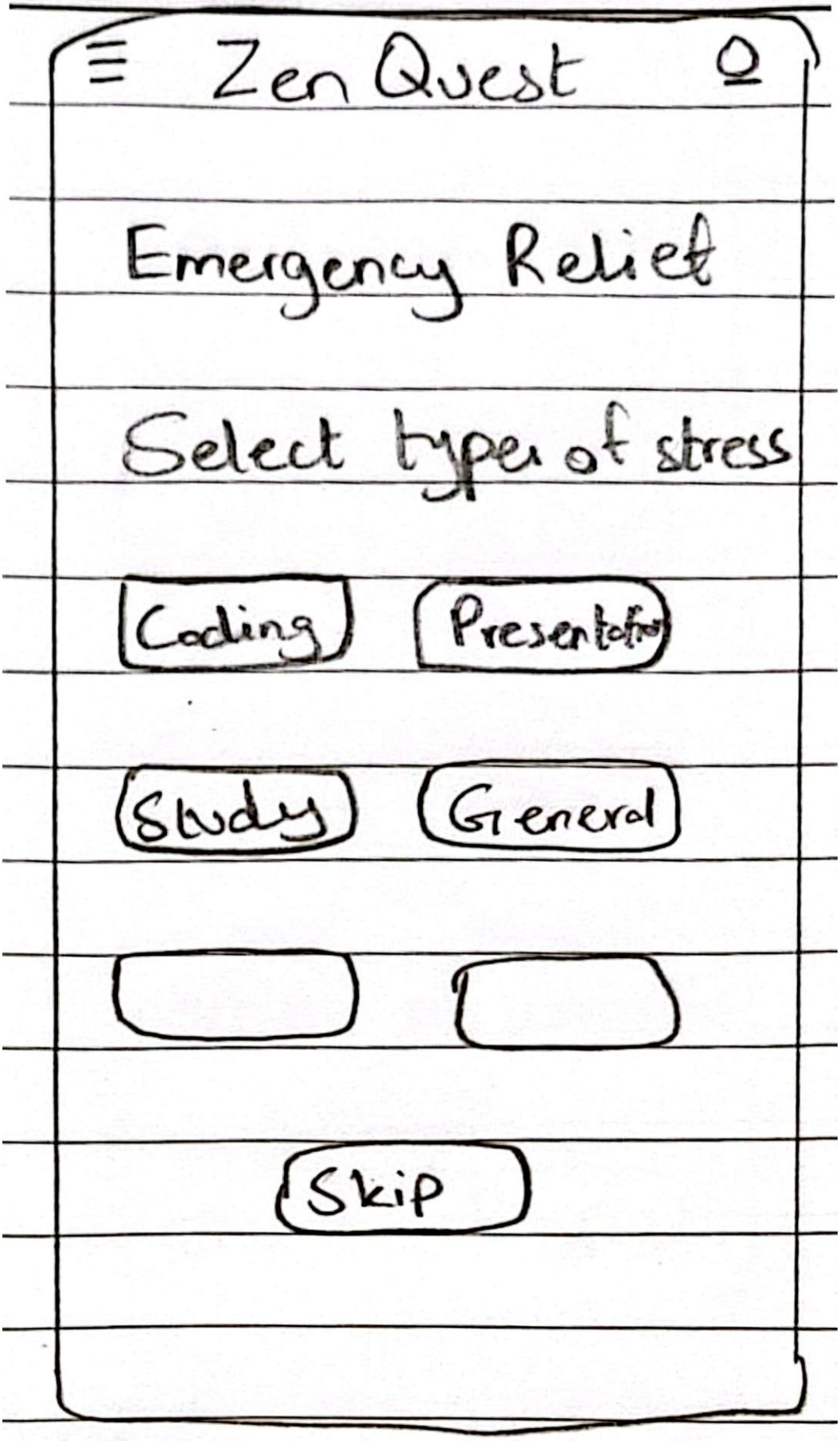
1. Home Screen → Emergency Relief → Mindful Break Timer
2. Time Selection (3-minute option)

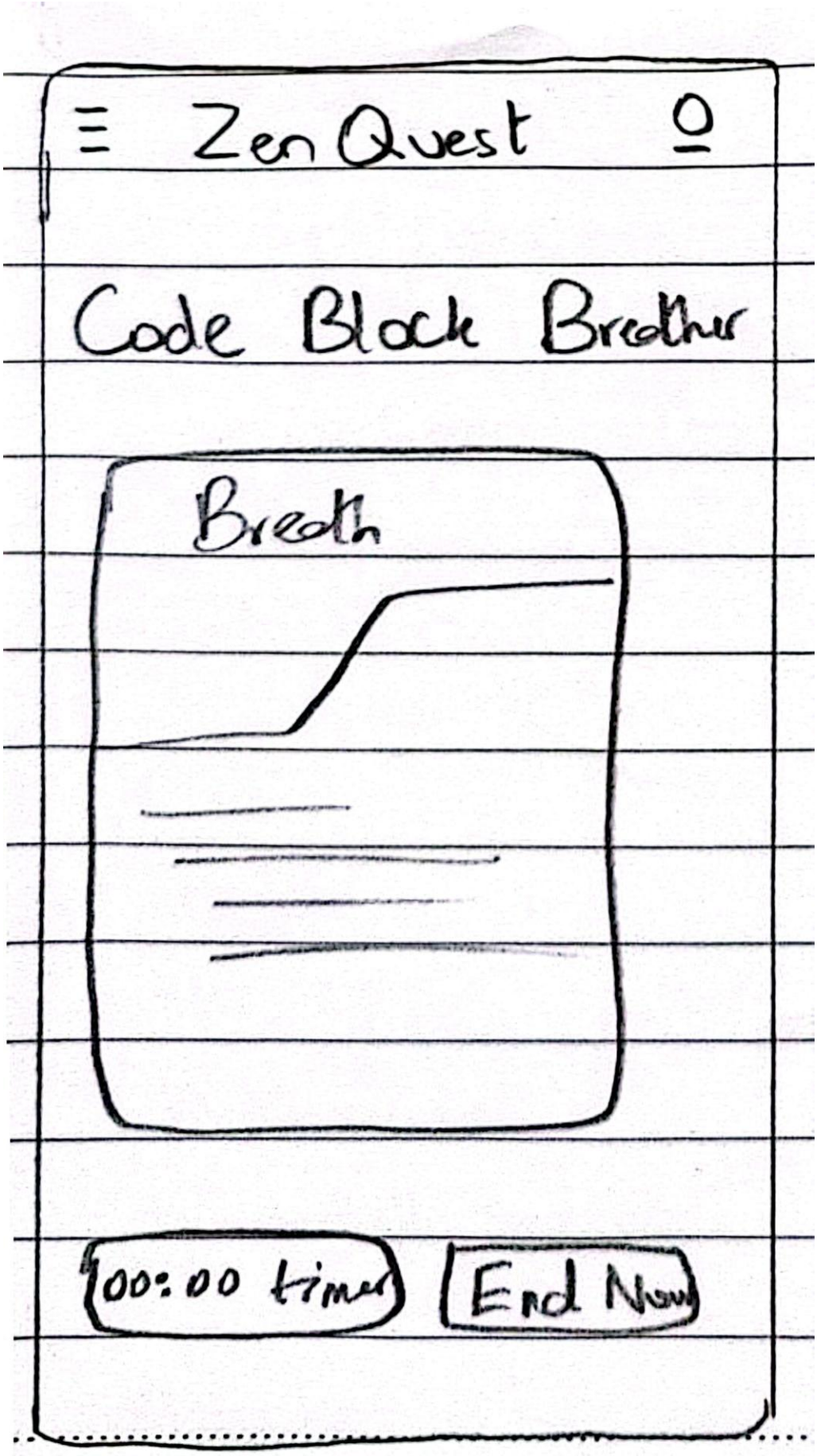
3. Mindful Break Activity
4. Activity Completion → Schedule next break

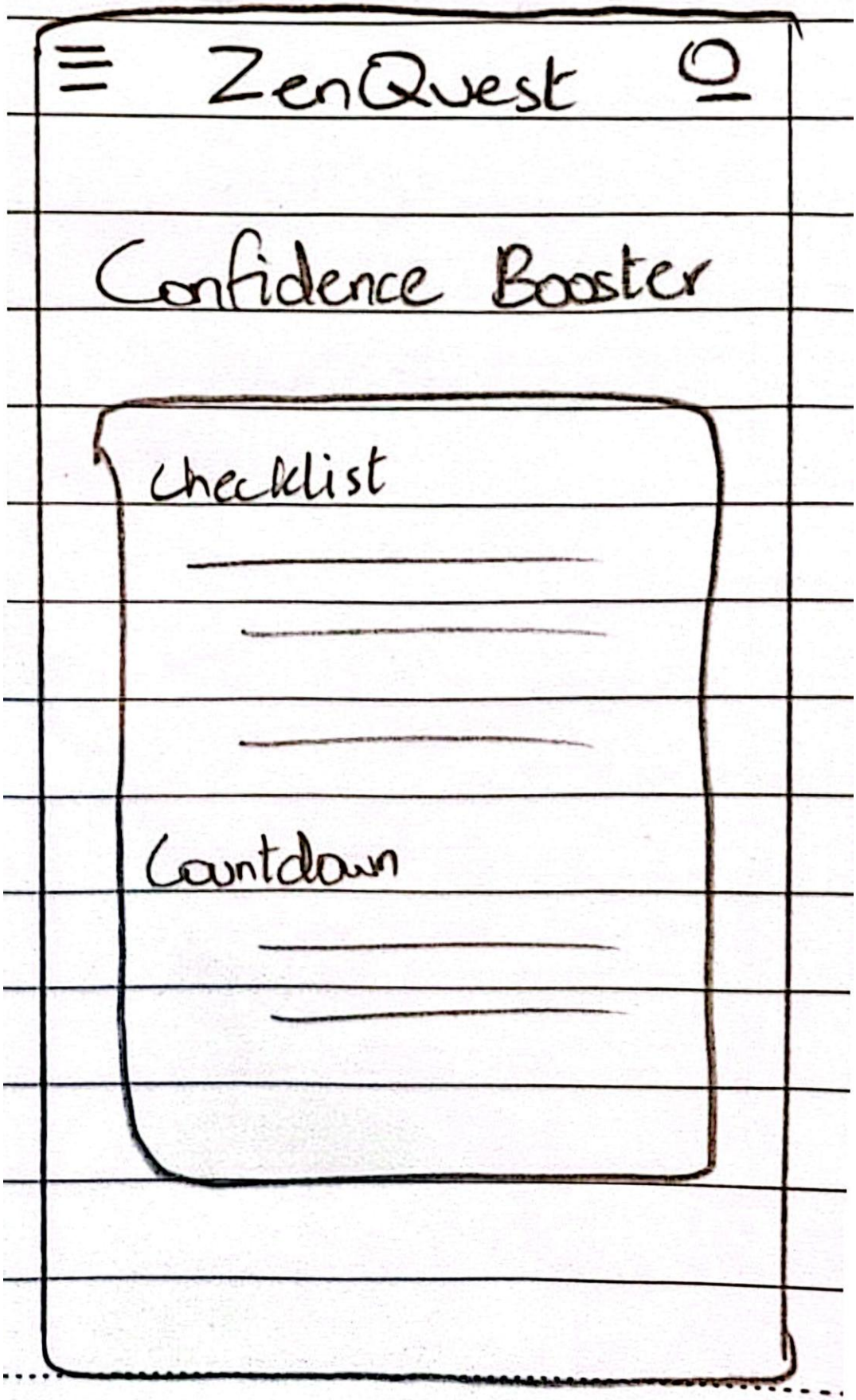
Section 2: Lo-fi Prototype

Date

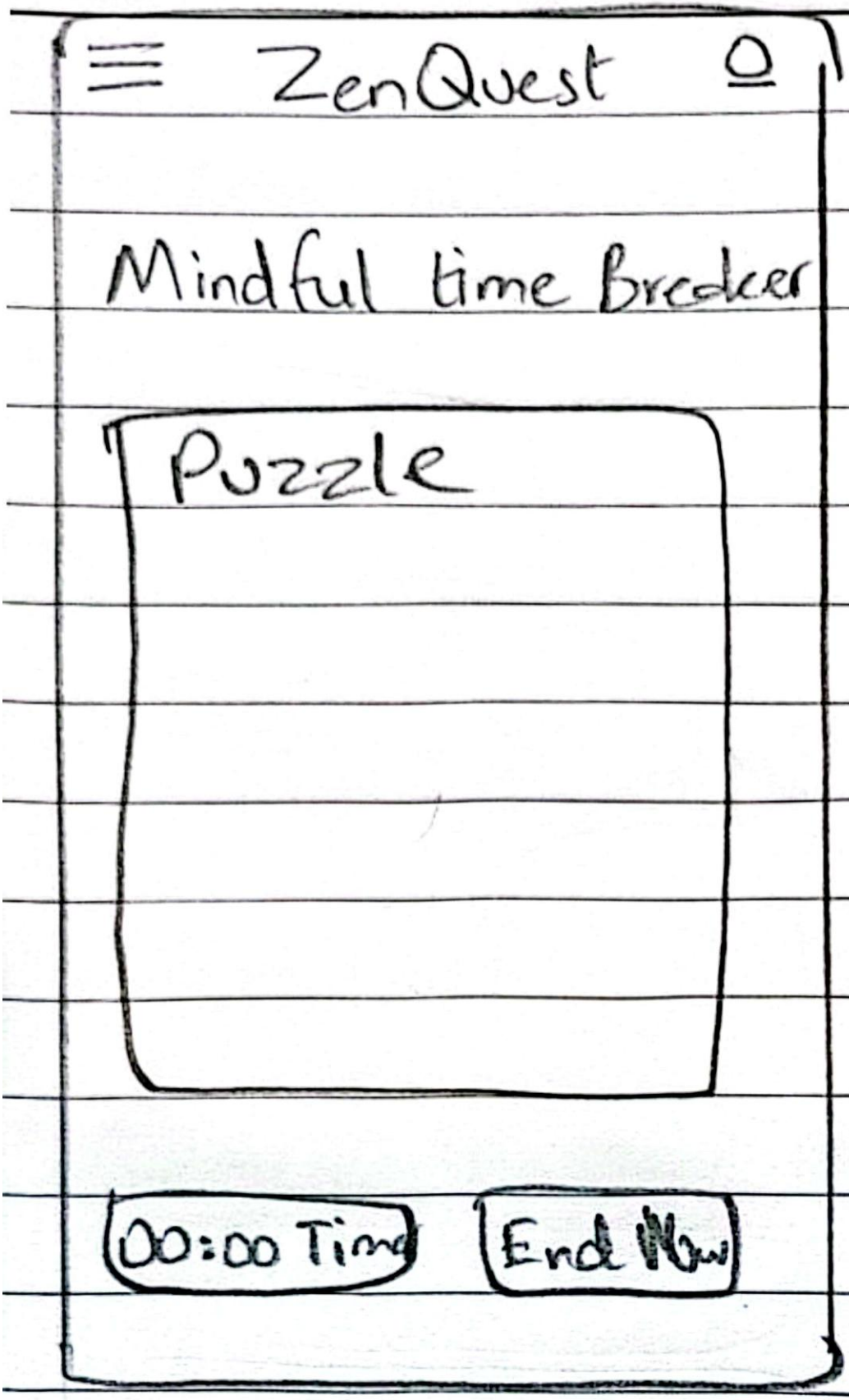

ZenQuest
Emergency Relief
Favourites
shortcuts
shortcuts
shortcuts
shortcuts
Daily streak tracker
Recent activity

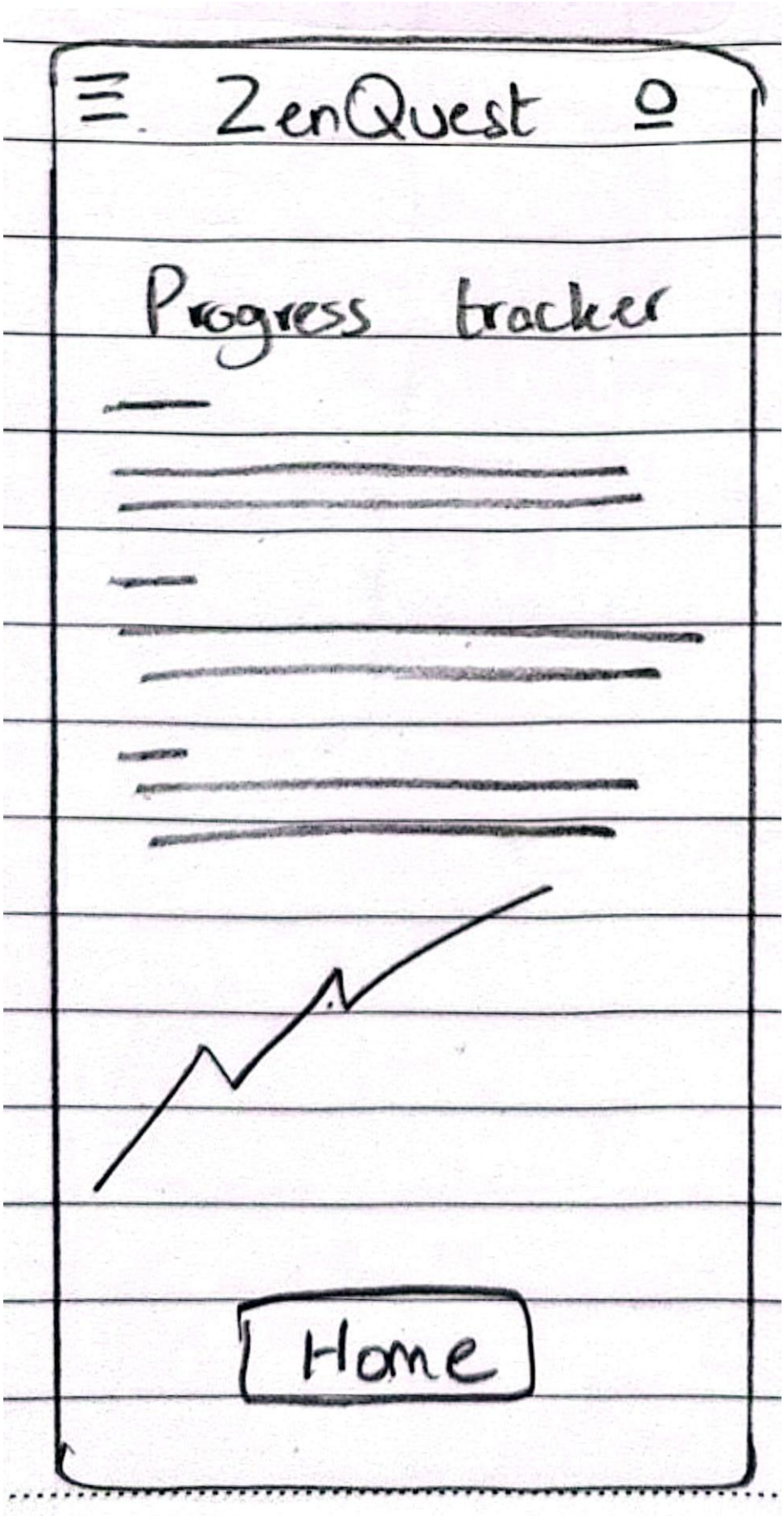

Zen Quest
Emergency Relief
Select type of stress
Coding
Presentation
Study
General
Skip


Zen Quest
Code Block Brother
Breath
00:00 timer
End Now


ZenQuest
Confidence Booster
Checklist
Countdown

Date




ZenQuest
Progress tracker
Home

☰ ZenQuest ⚇

Activity Completed!

How do you feel?

Stats

Achievement unlocked

Repeat Home

☰ ZenQuest ⚇

Settings

- Notifications
- Theme
- Reminder
- Data privacy
- Backup & sync
- My profile

Team Dynamics

Division of Labor:

- **Aasir Farrukh**:
    - Led the creation of key wireframes for the Emergency Relief flow and stress-specific activities (Coding, Presentation, Study).
    - Designed the main navigation flows to ensure quick and intuitive user actions.
    - Designed the user testing plan, including drafting the testing tasks, instructions, and feedback survey.
    - Consolidated user feedback from testing into prioritized design improvements.
- **Hamza Saeed**:
    - Developed the wireframes for the Progress Tracker and Settings screens.
    - Built detailed user journey maps to visualize interaction paths.
    - Conducted one user testing session with a Computer Science student, gathering feedback on the emergency relief features and general navigation.
    - Integrated findings into refining quick-relief access and improving labeling clarity.
- **Qazi Mohib-Un-Nabi**:
    - Compiled the full low-fidelity prototype by assembling all team wireframes into a cohesive flow.
    - Led the synthesis of user feedback into actionable improvements during team meetings.
    - Conducted one user testing session with a Business Administration student, focusing on the presentation anxiety relief flow and progress tracking elements.
    - Proposed enhancements to visual feedback elements like achievement badges and progress trends based on testing insights.

Appendix

Prototyping Tools Used: Paper

User Testing Participants:

- 1 Computer Science undergraduate students (3rd year)

Testing Methodology:

- Task-based usability walkthrough (e.g., "Find a quick activity to reduce presentation anxiety")
- Think-aloud protocol encouraged during navigation

- Post-test feedback survey (rating ease of use, clarity, and likelihood of repeated use)

Key Documents/Artifacts:

- Wireframe sketches (individual)
- Consolidated Lo-fi prototype
- User testing observation notes
- Prioritized list of improvements based on user feedback

References Consulted:

- Nielsen Norman Group (nngroup.com) articles on usability heuristics for wireframing
- UX Collective articles on low-fidelity prototyping best practices