

App Design
2018 Nov. to Dec.

Chronos is a scheduling app for smart phones and smart watches. Its simple and intelligent way of interacting allows you to operate without having to spend too much effort.

By recording your physiological data and other information, it can provide you with personalized advice for your schedule and help you find the best scheduling method for you, making it very easy for you to improve your work efficiency as well as develop good habits.



Background

Although there are plenty of time management techniques, it is not easy for one to find the technique that suits him/her most.

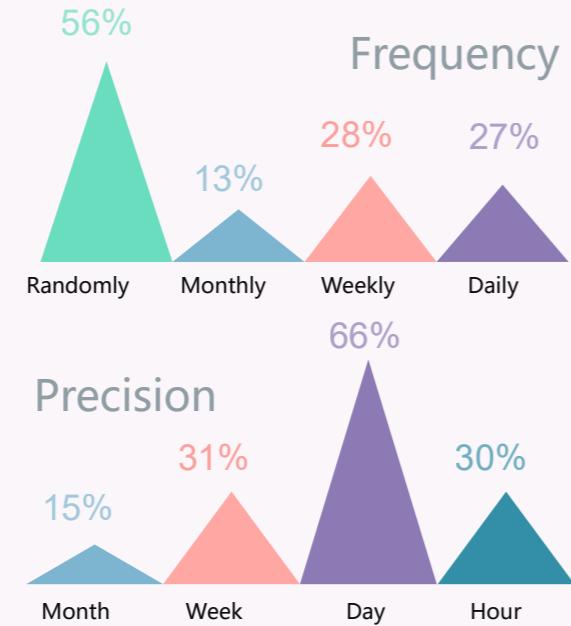
Percentage of People Who Make Plan

48%
Occasionally

37%
Oftentimes

15%
Continuously

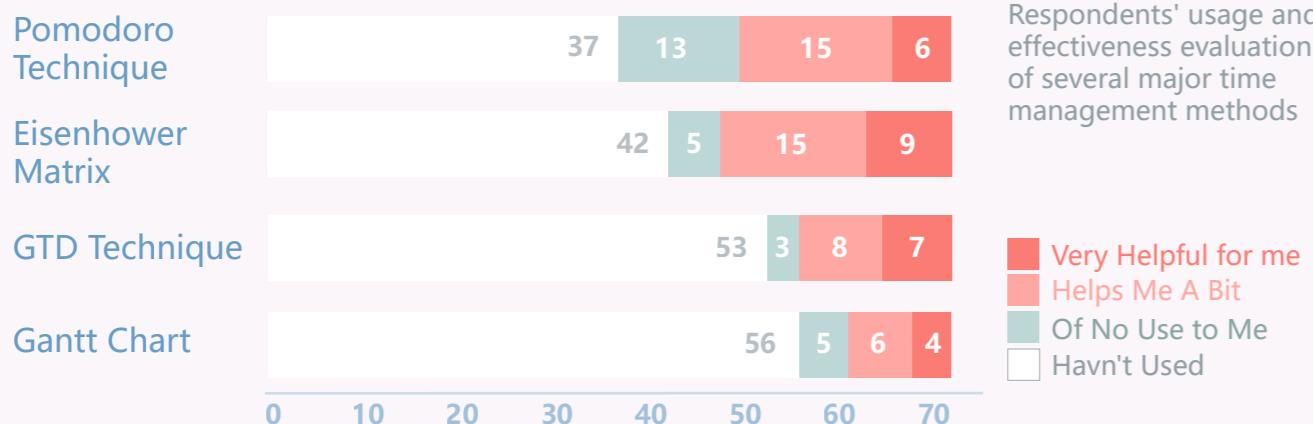
Frequency and Precision of Plan



Activities People Would Make Plan For



Implementation Situation



Conclusions
Many people have not used time management methods for time management

Some people think that these methods don't help



Many people who have used time management methods can't stick to it.

Interview

A Female, 23 yrs
Human resource
Make plan occasionally

B Female, 23 yrs
Public relations
Make plan oftentimes

C Male, 20 yrs
College student
Make plan continuously

Main Questions

1. What factor will influence your working efficiency?

A: My mood and the mood of people around me.

B: Whether the task is interesting or not. And my mood.

C: The environment. My efficiency is higher if people around me are working too.

2. What tools do you use for time management?

A: I just keep the tasks in my mind.

B: Sticky Notes on computer, Wechat. Other apps is too complex to use.

C: Paper and pen. Make a table. Have used Pomodoro before but failed to get used to it.

3. How do you arrange time for your long-term goal?

A: I have never stick to my long-term goal.

B: I will do it as long as I think of it, but most of the time I will forget.

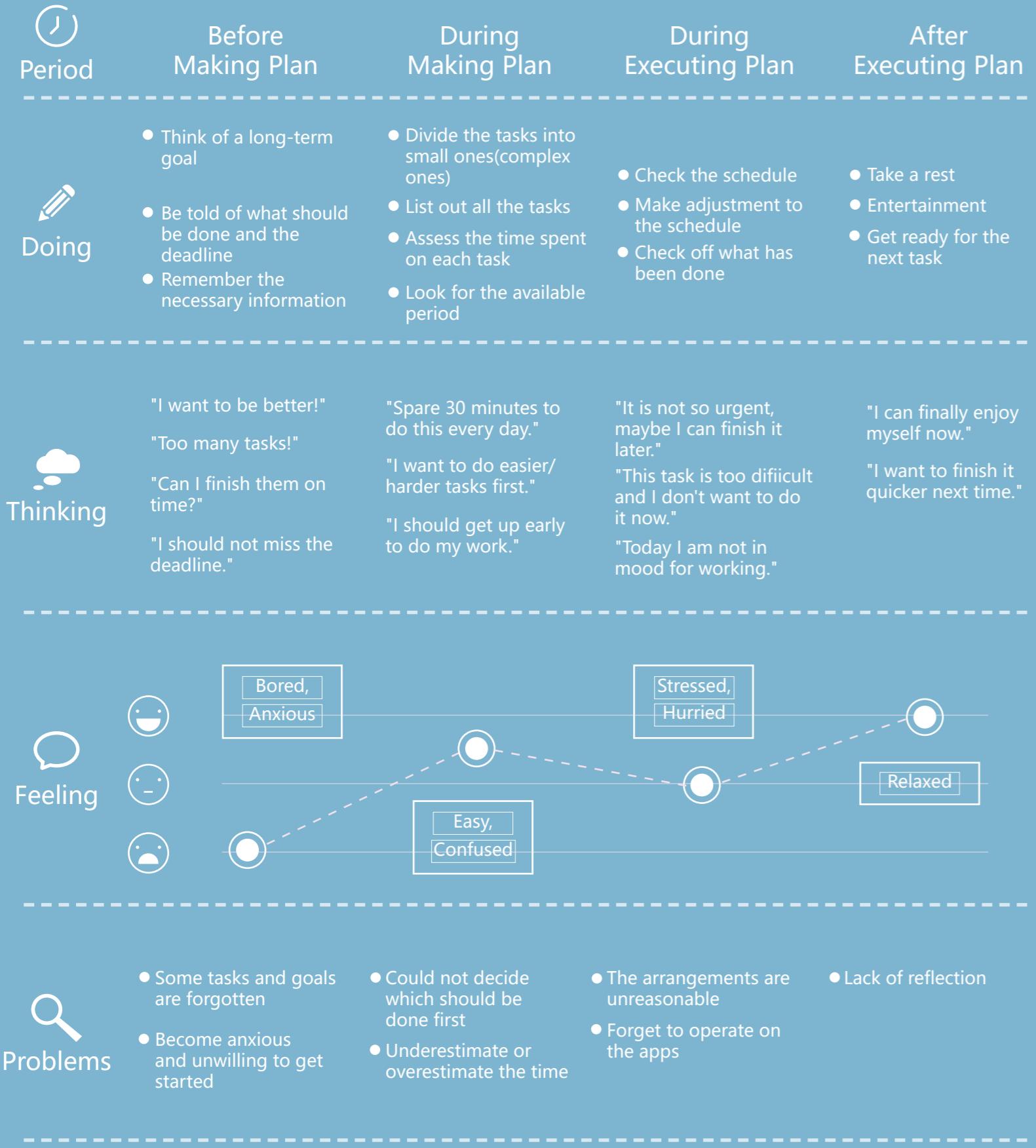
C: I spare a certain period of time for it everyday.

Key Insights

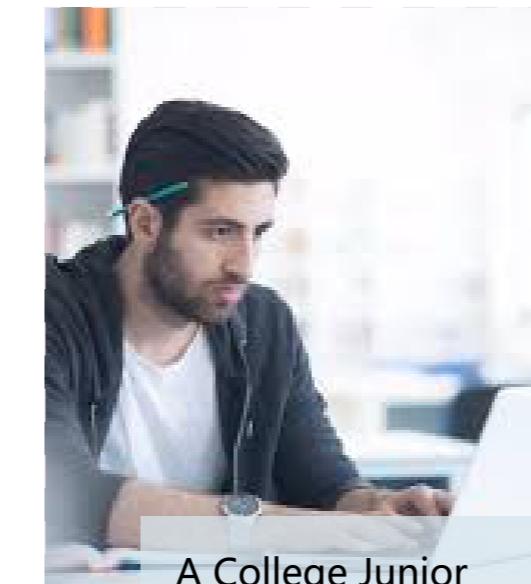
- Everyone's time planning habits are different.
- They prefer simple tools to manage time.
- Time managing apps are not consistent with their personal habits.

Possible Solution

- A tool that do not add any additional burden to the users
- More personalized by learning users' habits.



UX Map

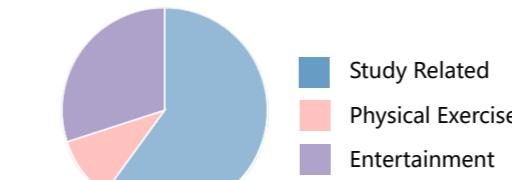


A College Junior

Mike is a junior in college, because he has much homework and spends most of his time studying.

Personal Situation /

I have always maintained the habit of making time planning. He will plan his study and exercise time.



Time Distribution
(Exclude time for meal and sleeping)

Current Technology /

A detailed plan will now be drawn using a paper-drawing form.

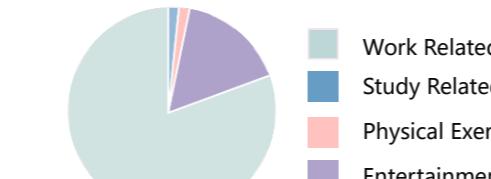


Goals /

- I have tried the Pomodoro Technique, but I feel that it is **not in line with his own habits**.
- Often it is not possible to perform the plan I make because of the **lack of self-control**.

Personal Situation /

I have tried a lot of time management methods and apps before but **find it hard to persist**. So I think the best way for me to make the most of my time is to simply turn off my smart phone.



Time Distribution
(Exclude time for meal and sleeping)

Current Technology /

I now use **Wechat** and **Windows's Sticky Notes** to write memo, and occasionally uses the **calendar function** that comes with the company's mailbox to remind the deadline.



Goals /

- The implementation of some time management methods made me feel **too laborious** and could not persist
- I need a task reminder tool, but some frequent reminders of some softwares will make me **feel resistant**.



A Busy Clerk

Mary is a busy office worker. She mainly uses time planning to arrange things at work. The main activity after work is to surf the internet on bed with a mobile phone.

Persona

TECHNIQUES

APPLICATIONS

	Pomodoro Technique	Eisenhower Matrix	GTD Technique	Gantt Chart																												
Intro	Break down work into intervals, traditionally 25 minutes in length, separated by short breaks.	Helps you decide on and prioritize tasks by urgency and importance.	Use a consistent routine to help you keep track of the things you need to do and remember.	A type of bar chart that illustrates a project schedule.																												
Pros	<ul style="list-style-type: none"> Help on get a high concentration of attention in a specific time 	<ul style="list-style-type: none"> Avoid wasting time on things that are not worthwhile 	<ul style="list-style-type: none"> Can alleviate the stress and tension in your mind Accomplish things more efficiently. 	<ul style="list-style-type: none"> Suitable for multi-project parallelism Avoid missing the deadline 																												
Cons	<ul style="list-style-type: none"> Still feel tired after many uses Not in accordance with everyone's work habits 	<ul style="list-style-type: none"> Need to realize what is important, which is not so easy Not for people who have a lot of must-do things 	<ul style="list-style-type: none"> Complex and need a lot of time to master 	<ul style="list-style-type: none"> The process of making a Gantt chart takes much time 																												
Features / Weakness /	<p>Features /</p> <ul style="list-style-type: none"> Can be used to implement almost all time management methods Record to-do items <p>Weakness /</p> <ul style="list-style-type: none"> Frequent reminders can be annoying Too many features is distracting 	<p>Features /</p> <ul style="list-style-type: none"> The form of planting trees is interesting and encouraging With visualized feedbacks to show your time distribution <p>Weakness /</p> <ul style="list-style-type: none"> Focus only on the length of working hour, not on quality Need to replant the trees after certain time, which interrupts people's work 	<p>Spider Chart</p> <table border="1"> <thead> <tr> <th>Dimension</th> <th>Tick Tick</th> <th>Forest</th> <th>Smarter Time</th> </tr> </thead> <tbody> <tr> <td>Appearance</td> <td>High</td> <td>Medium</td> <td>Medium</td> </tr> <tr> <td>Ease</td> <td>Medium</td> <td>High</td> <td>Medium</td> </tr> <tr> <td>Feedback</td> <td>Medium</td> <td>Medium</td> <td>High</td> </tr> <tr> <td>Personalization</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> </tr> <tr> <td>Functionality</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> </tr> <tr> <td>Emotion</td> <td>Medium</td> <td>Medium</td> <td>Medium</td> </tr> </tbody> </table>	Dimension	Tick Tick	Forest	Smarter Time	Appearance	High	Medium	Medium	Ease	Medium	High	Medium	Feedback	Medium	Medium	High	Personalization	Medium	Medium	Medium	Functionality	Medium	Medium	Medium	Emotion	Medium	Medium	Medium	<p>Factors that may influence heart rate variability</p> <pre> graph LR SH((Sleeping Hour)) -- Influence --> HRV[HRV] SE((Sports Exercise)) -- Influence --> HRV S((Stress)) D((Depression)) E((...)) S --- HRV D --- HRV E --- HRV </pre>
Dimension	Tick Tick	Forest	Smarter Time																													
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Conclusions	<ul style="list-style-type: none"> Distractions Not personalized enough 																															

Competitive Analysis

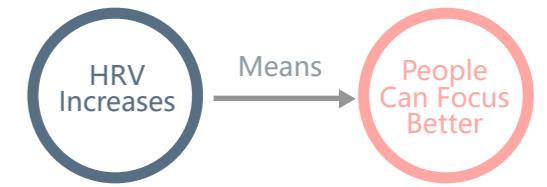
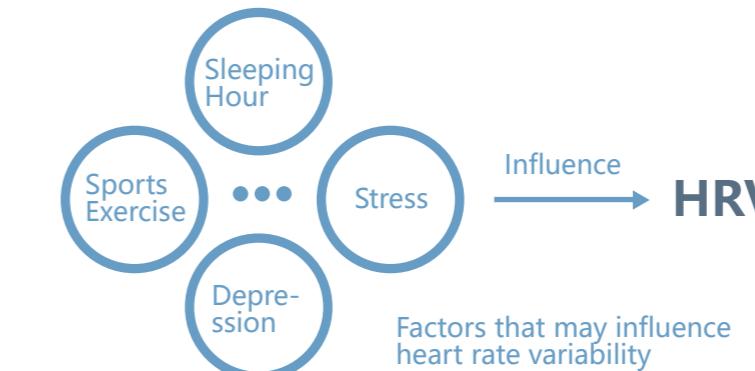
Technical Analysis



Heart rate variability, or HRV, is a new metric that reveals your stress level.

Psychologists have found HRV is a Physiological index **related to ability to control your attention, emotions and desires**.

Information Source
The Willpower Instinct



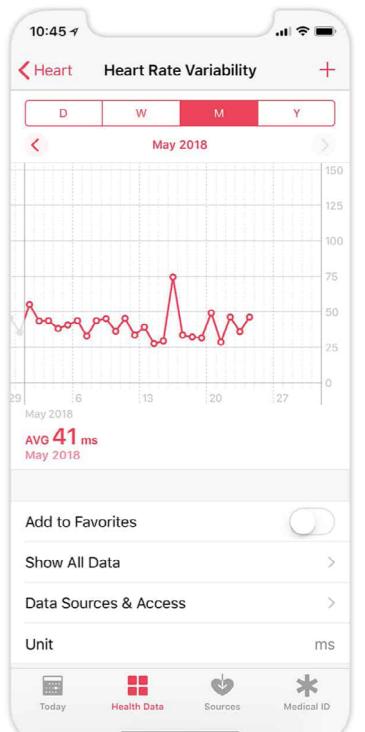
Experiments have shown that when people's heart rate variability increases, they will be more focused and calm.

HRV Sensor On Apple Watch

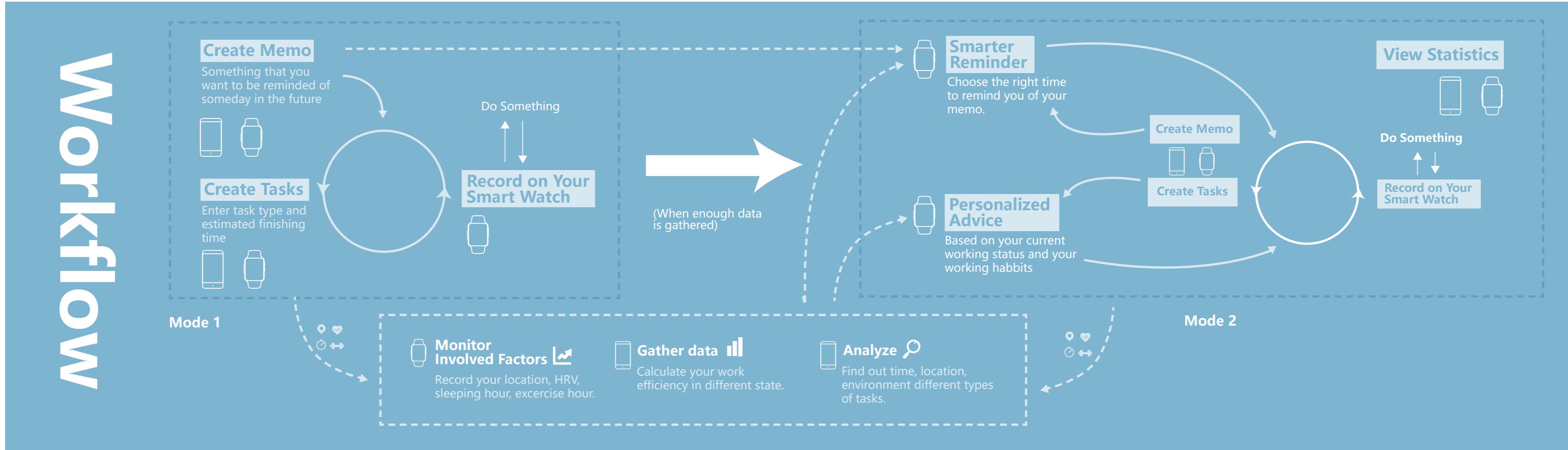
It has been added to lots of high-end sports watches in recent years, including Apple Watch since watchOS 4 & iOS 11.



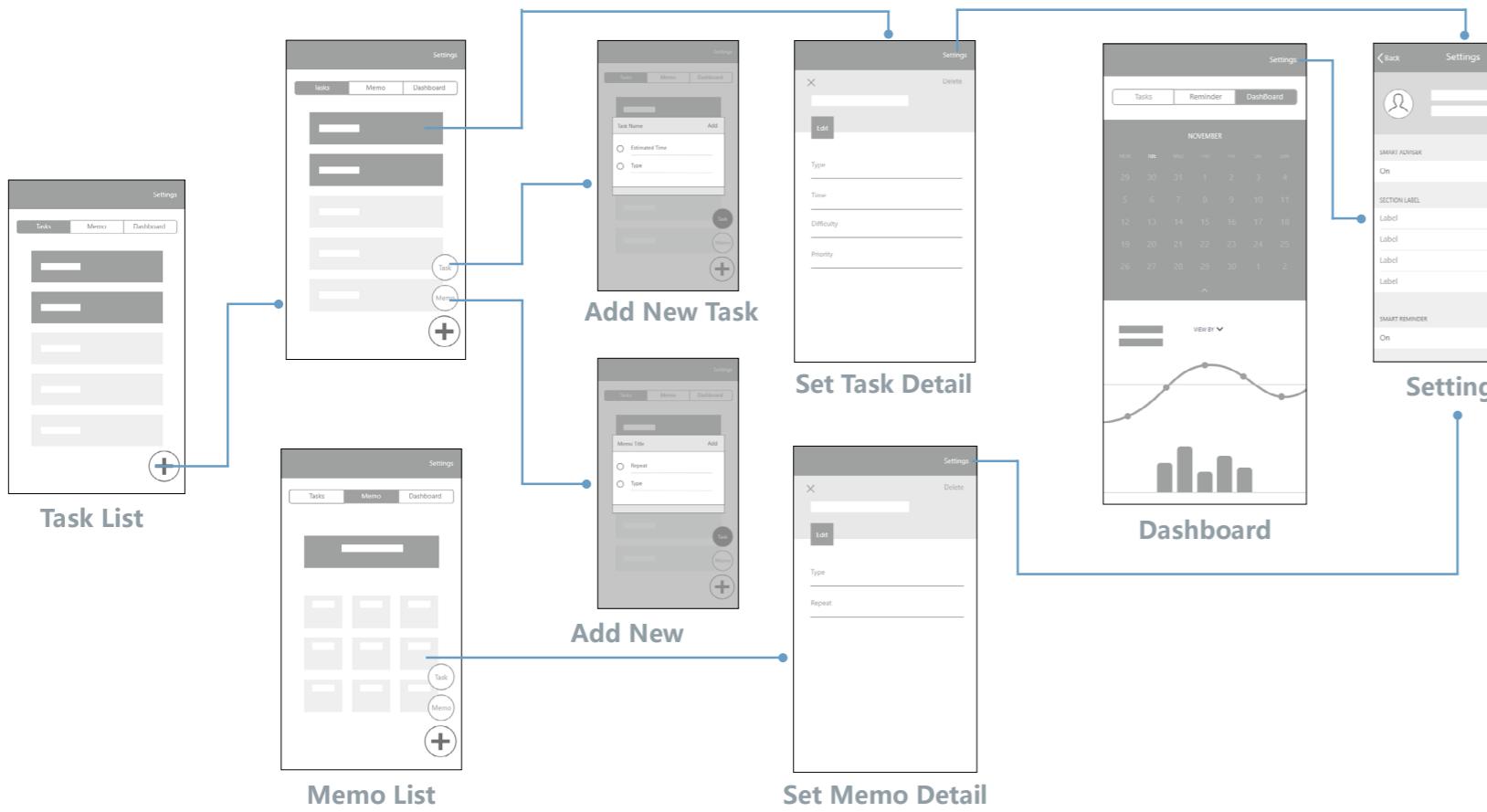
Check your heart rate variability readings with the Health app on your iPhone.



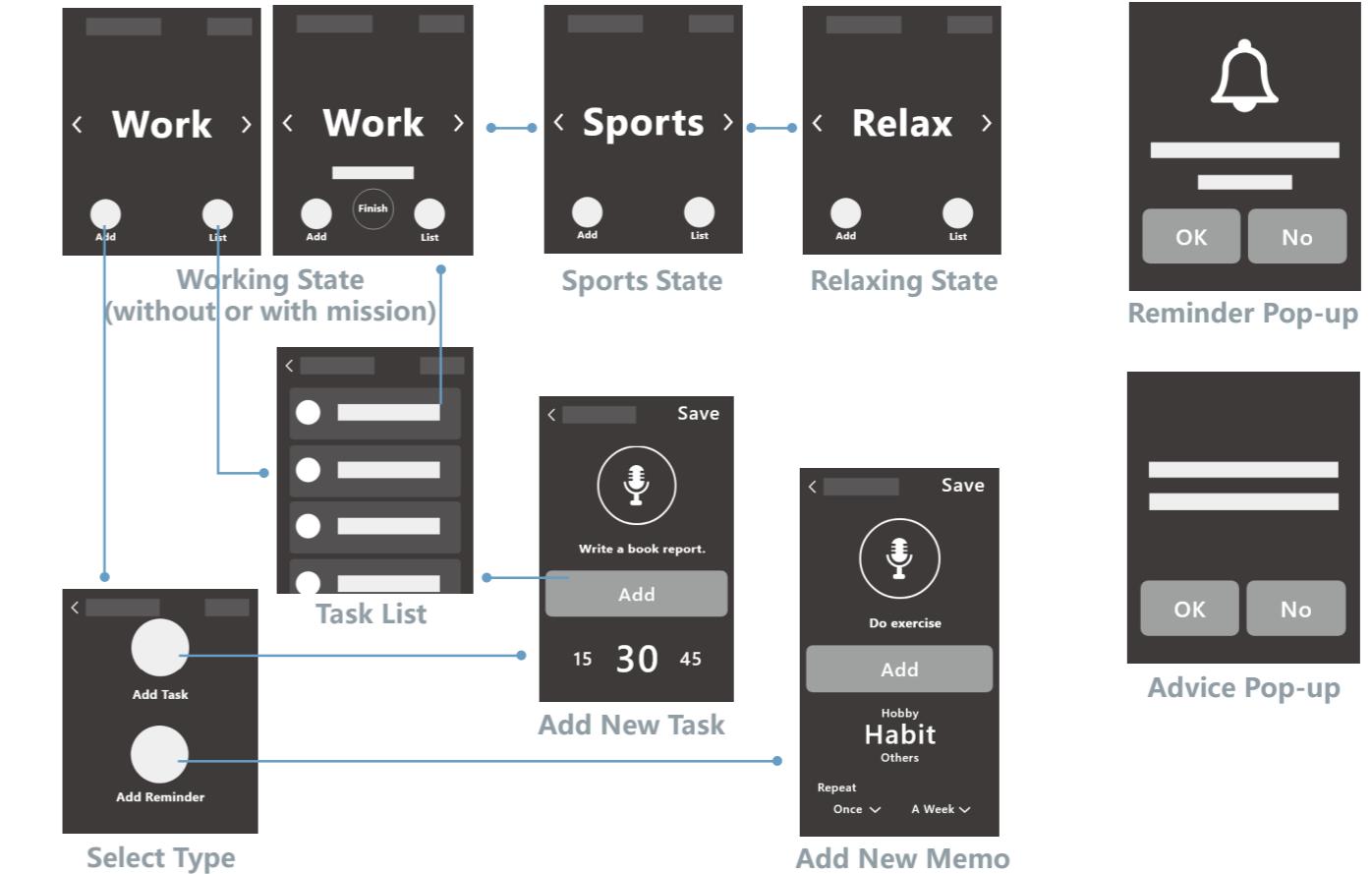
Workflow



Mobile Phone Screens



Smart Watch Screens



Wireframes

Function Definition



Easy Operation

Solve problems of being too lazy to operate and forgetting to operate



1. Switch between states by a simple swiping



2. Intelligently identifies your current activity based on your location and historical habits



3. It will remind you to update your state by vibrating, in case that you forget



Personalized Advice

It can provide you with personalized advice by tracking your working habits



Advice helping to improve your concentration

1. When detecting your concentration level drops



2. It will automatically judge the reason



1. Find the most suitable tasks for you at different times of the day by collecting your daily data
2. Provide you with timely advice



Advice that finds the most suitable type of task for current state



1. Find the most suitable tasks for you at different times of the day by collecting your daily data
2. Provide you with timely advice



Smart Reminder

A tool that helps you to develop habits or stick to your long-term plan

Type
Hobby/Habit/
Others

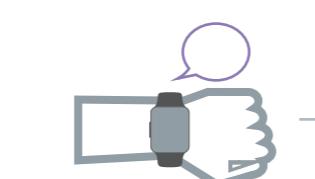
Frequency
How to repeat



1. Input name, type and the repeat mode of the item



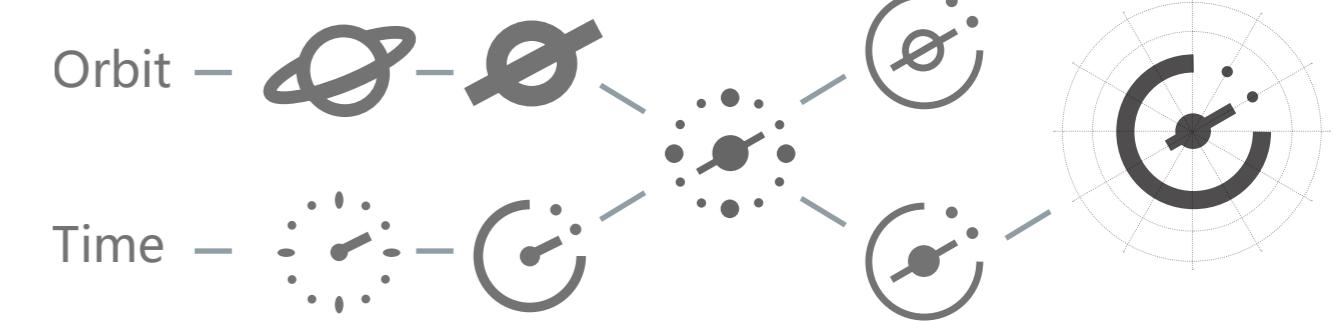
2. The reminder will remind you when finding you are suitable for this type of activities



3. It will automatically adjust the reminding time depending on your adoption or not

Visual Standard

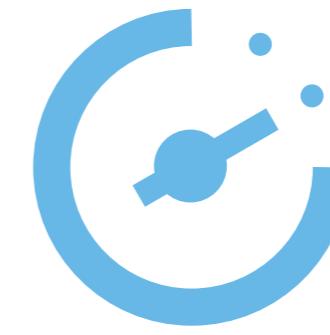
Sketches



Logo



Gradient Version



Single Color Version



CRONOS

About Name

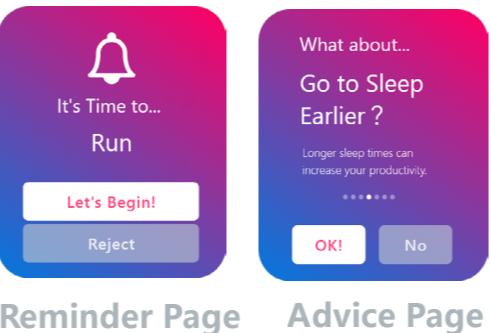
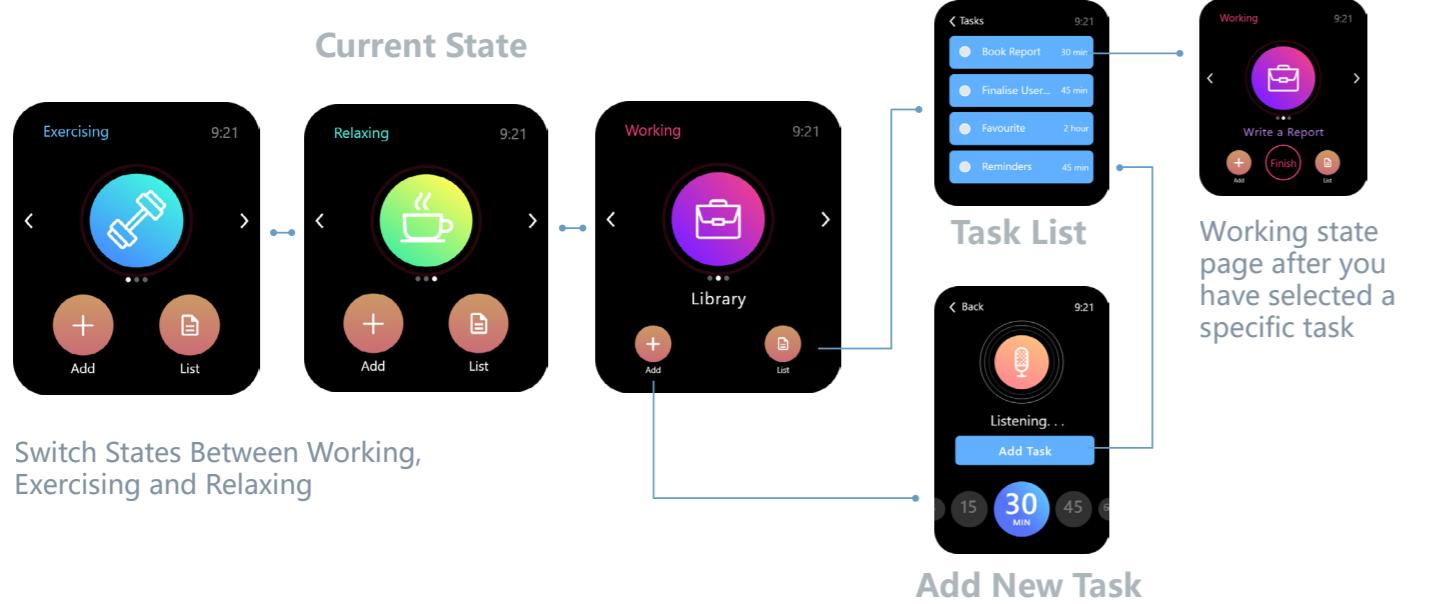
Cronos is the name of a god in Greek mythology. We use Cronos as the name of the product to mean that our products enable people to better control their time.

Colors



Interface Design

Smart Watch Screens



Will find the right time to pop up according to your work habits,

Mobile Phone Screens

