Design Sprint

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Set the stage

Set the stage for the Design Sprint by framing the problem

Initial PRD

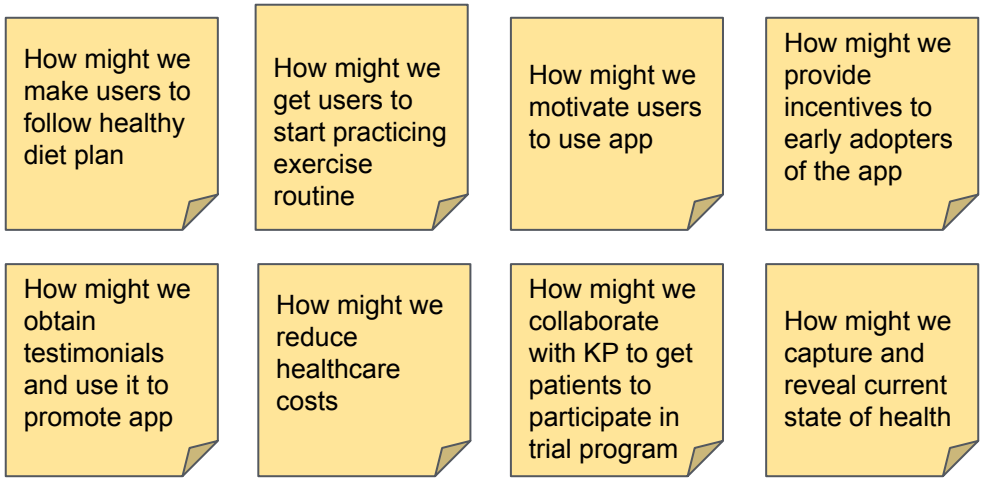
Link your Phttps:/https://docs.google.com/document/d/1vpl_350qE55oXrlaWMx1HKTMdZSLIb9p4WHB79LOSv8/edit

Understand

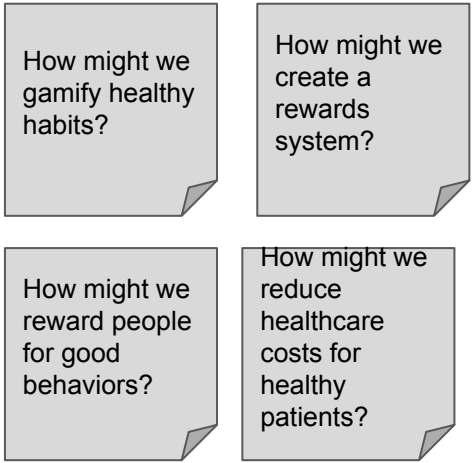
Create a shared understanding of the space, problem, and goals

How Might We

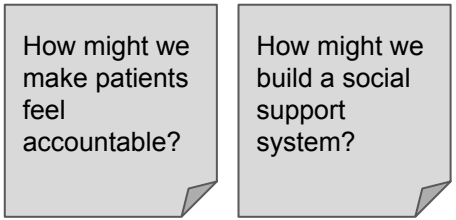
Use these digital stickies to capture your ideas. Feel free to rearrange. Colorize. Etc



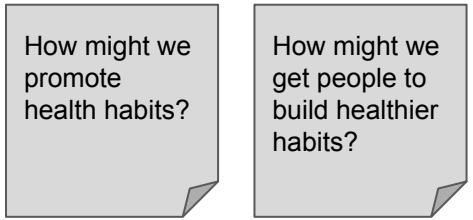
Encourage good habits



Incentives



Accountability



Routines

Change specific behaviors

How might we make it easier to make healthy choices?

How might we warn users about unhealthy choices?

How might we prevent patients from making unhealthy choices?

Prevent bad choices

How do we teach patients how to mediate?

How might we help reduce high blood pressure?

How do we reduce a patient's alcohol intake?

How might we help patients stop smoking?

How might we encourage people to drink more water?

Change other behavior

How do we convince people to exercise regularly?

How might we get people to walk 30 minutes every day?

How might we reduce sedentarism?

Be more active

Education

How might we help people better understand diabetes?

How might we make people aware of risk factors?

How might we raise awareness across society?

General education

How might we identify and warn pre-diabetic patients

How might we make people aware of their current state of health?

Personal assessment

How might we build good habits at a young age?

Young age

Other

How might we provide better insights to doctors?

Sort and Group

Use these digital stickies to capture your ideas. Feel free to rearrange. Colorize. Etc

How might we make users to follow healthy diet plan

How might we get users to start practicing exercise routine

Accountability

How might we motivate users to use app

How might we provide incentives to early adopters of the app

Incentives

How might we capture and reveal current state of health

Educational Info

How might we obtain testimonials and use it to promote app

Feedback

How might we reduce healthcare costs

Cost Reduction

How might we collaborate with KP to get patients to participate in trial program

Promotion

Sprint Focus

Focus	Accountability
My Reasoning for this Theme	In order to help users achieve a healthy lifestyle, we need measure their commitment to their responsibilities.

Define

With an understanding of the problem space, create focus and align on specific outcomes for the Design Sprint

Future Press Review

- The Healthy Living Partner is a mobile app that monitors, tracks and recommends healthy diet and exercise. It is for anyone that is willing to adopt active healthy lifestyle or anyone facing the threat of chronic disease that diminishes quality of life.
- It offers the user current analysis of the state of health, monitors blood sugar level, recommends diet and exercise activities appropriate for the condition detected from the analysis. With this app, the user will have a complete control of health monitoring capabilities , which will enhance healthy living, preventing chronic disease
- With regular use and consistency, the user will develop a modeled healthy habits and maintain a chronic disease-free lifestyle.
- The Healthy living Partner is built with the main focus of healthcare costs reduction in mind. It offers costs saving advantage to the user, healthcare providers and pharmaceutical industries.
- Chronic disease such as type-2 Diabetes causes damage to both small and large blood vessels of the heart, leading to problems with eyes, lungs, kidney and other vital organs of the body, which is expected to affect about 33% of the population by the year 2050.
- User is presented with an active daily calendar that prompts you with health status and recommendations of diet and exercise activities.
- The core features in motoring, API, diet and exercise are the key strengths, which sets this app apart from competition.

Success Metrics

	Goals	Signals	Metrics
Happiness	Higher App Store and User rating	Increasing ratings from App Store purchase and User	Rating of 4.0 stars or higher within first 12 months
Engagement	Increased app feature usage	Progressively increasing and consistent key feature usage by each user	Daily average number of feature used - 3 minimum With session Length
Adoption	New membership subscription over 12 month period	New user registration	50,000 membership tracked monthly
Retention	Ratio of user staying and dropping out	Stable and increasing membership count with Zero drop-out	Gain/Loss Ratio - Monthly number of user gained Monthly number of users lost

Sketch

Generate tons of ideas, then narrow them down to two in depth solution sketches

MAIN MENU
NAVIGATE
CALENDAR
STATUS CHECK
EXCERCISE LIST
RECOMMENDED
DIET MENU
RECOMMENDED
GLUCOSE MONITOR
50
40
30
20
10
0
0 1 2 3 4 5
PERFORMANCE
100%
90%
80%
70%
60%
50%

MAIN MENU

- [ ] STATUS
- [ ] CALENDAR
- [ ] GLUCOSE MONITOR
- [ ] DIET LIST/MENU
- [x] EXERCISE LIST
- [ ] PERFORMANCE
- [ ] STRIDE COUNTER

SEARCH

HELP

EXERCISE LIST

RECOMMENDED EXERCISE

DURATION

RECOMMENDED EXERCISE

DURATION

TIMER

ACTIVITY SUMMARY

EXECISE

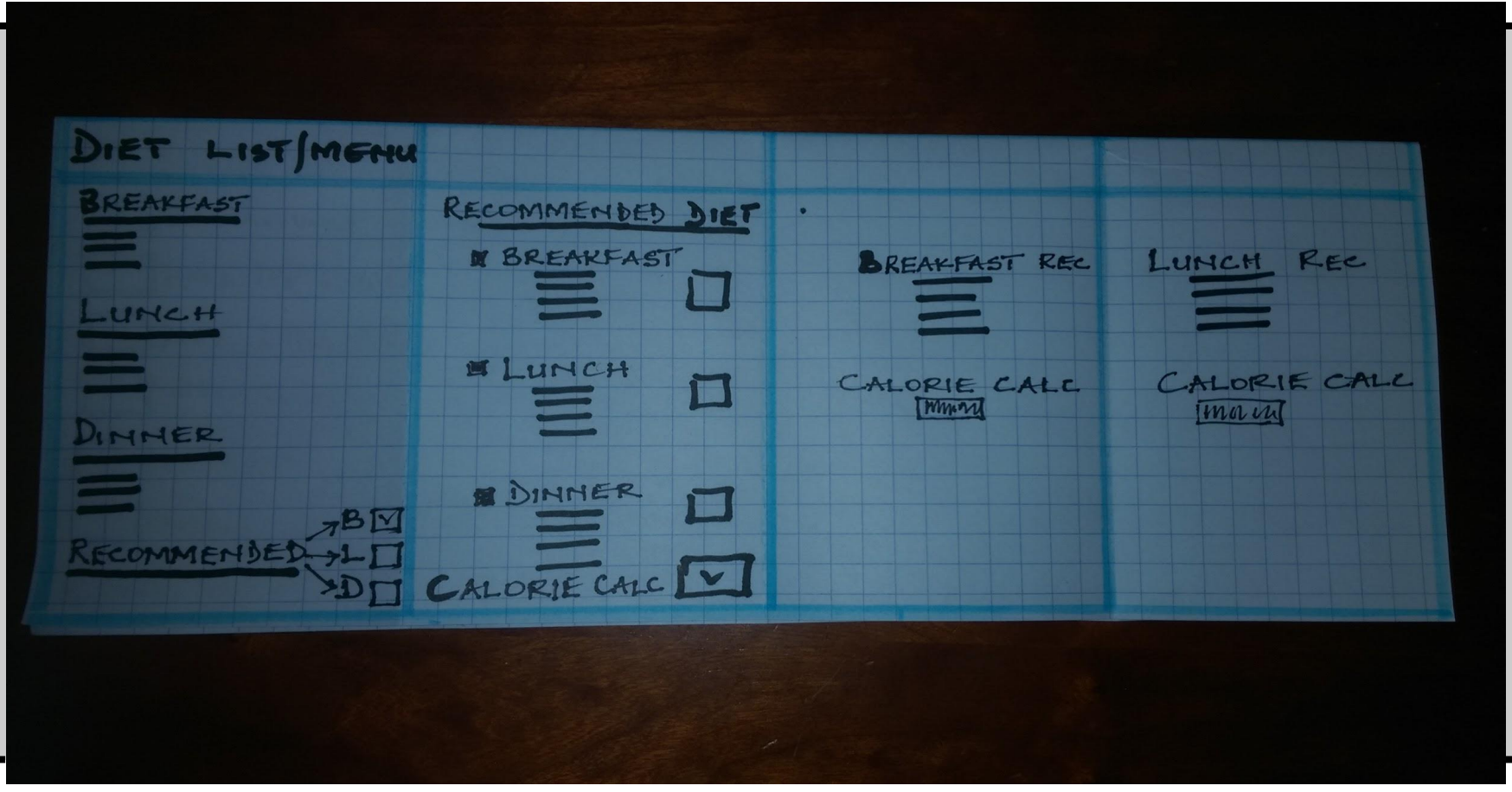
DIET

GLUCOSE MONITOR

PERFORMANCE

?? % COMPLETION

Solution Sketch 2



Decide

Pick the final concept that you develop into a prototype

Decision

Decision	Main Menu
Rationale	I selected the main menu because it is the root of all other aspects of the app. Each of the units is tied to the main menu.

Prototype

Turn your concept into a realistic, interactive prototype that you will use to validate your assumptions and ideas

Storyboard

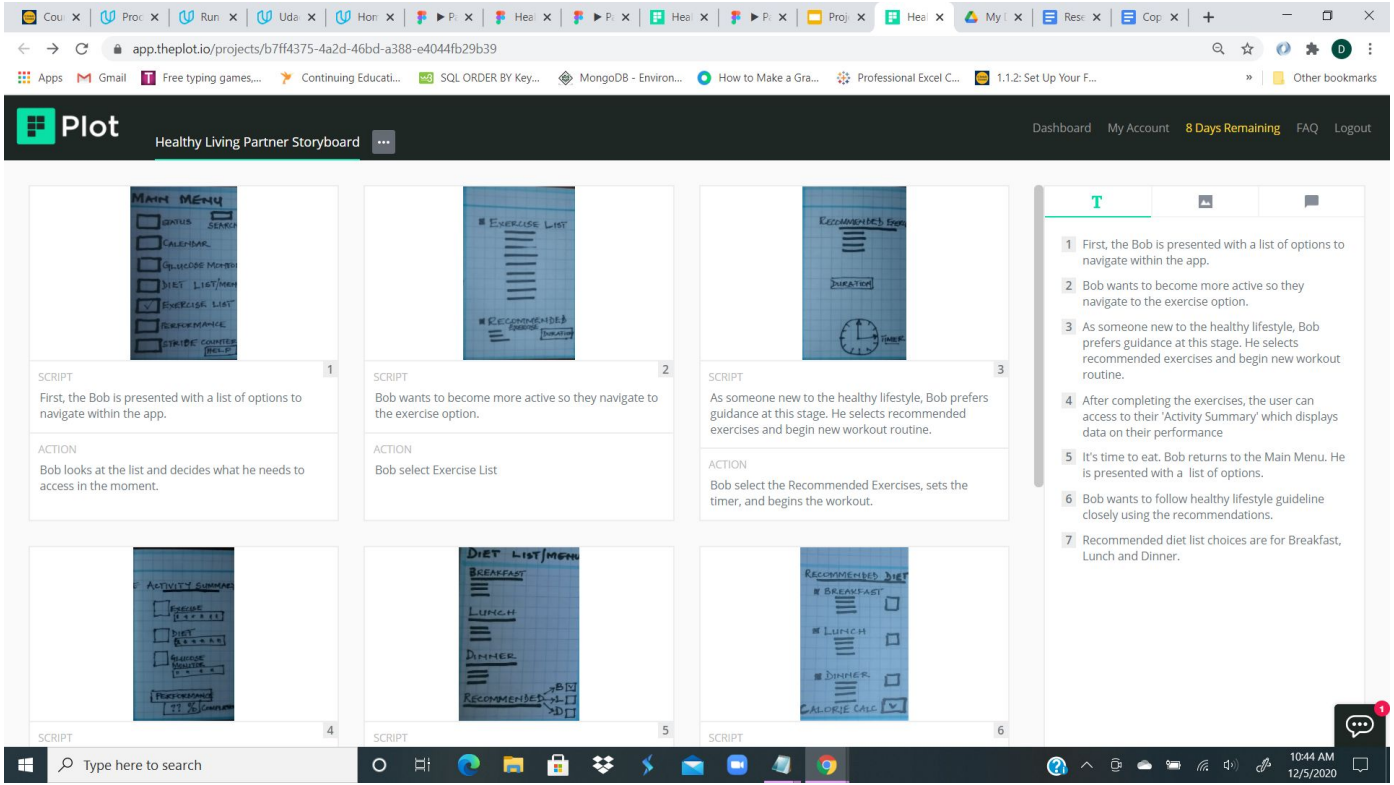
Link your plot

Healthy Living Partner StoryboardUpload your storyboard on this slide

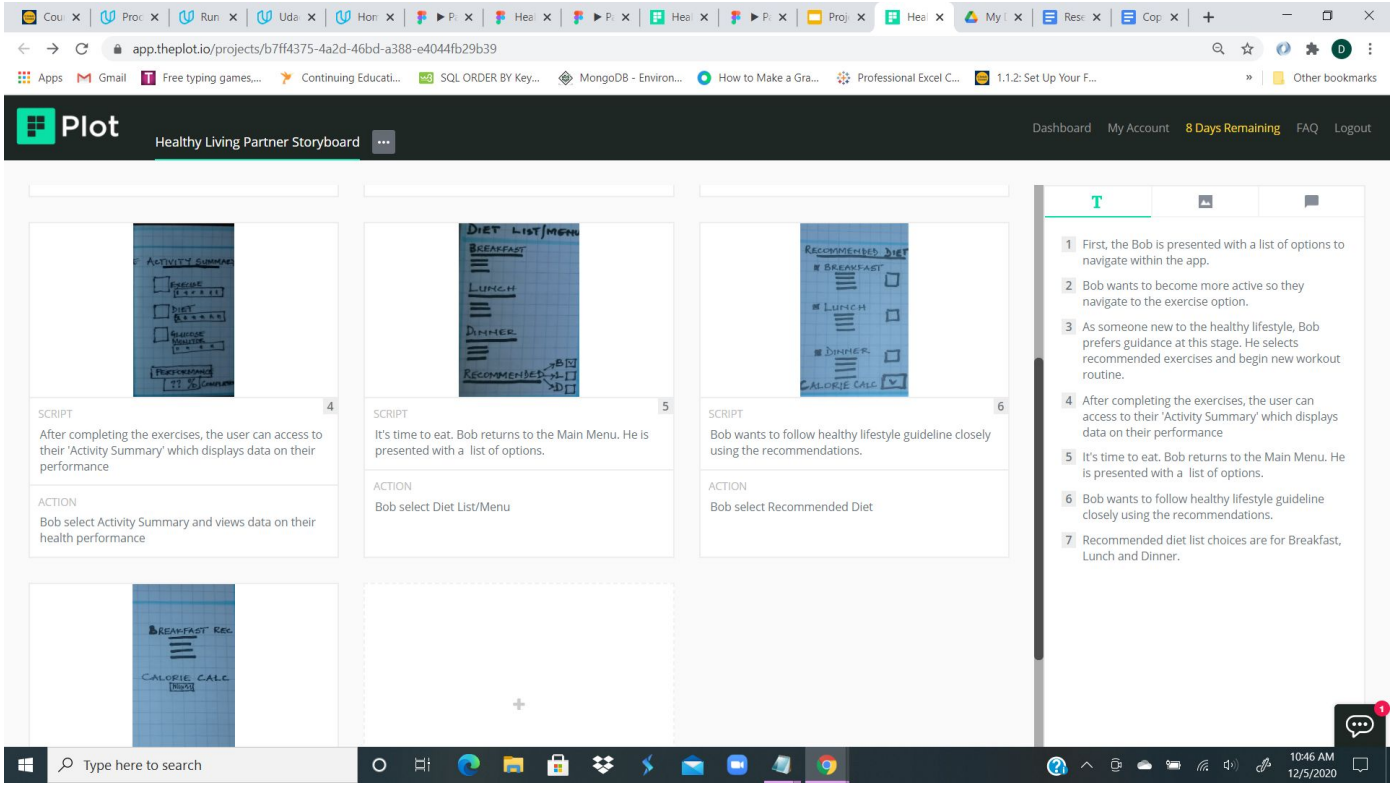
Storyboard

https://app.theplot.io/projects/b7ff4375-4a2d-46bd-a388-e4044fb29b39

Storyboard_1



Storyboard_2



Prototype

Description

- High level overview of the prototype
- What does it do?

The flow a user takes to view recommended exercises and access their activity summary

Assumptions

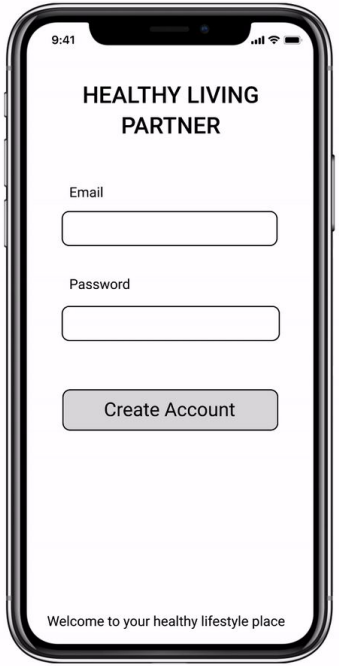
- Any assumptions within the prototype

- The user has downloaded the app and created an account
- User is interested in seeing recommended diet and exercises
- User wants to know their performance history
- User is using the app offline
- User will use the app before and after the workout
- The user supplied the app with personal health data

Tasks

- What are the tasks that a user can complete in the prototype?

- View exercise list
- View Recommended exercises
- Access Activity Summary



View prototype here

Prototype

https://www.figma.com/proto/jWkYF0Wsq68aAYEP54olw6/Healthy-Living-Partner-(New)?node-id=39%3A0&scaling=scale-down

Validate

Users will go through your prototype and provide feedback on your concept. This is also an opportunity to have an engineering feasibility discussion

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Plan and recruit for research

Link your research plan

https://docs.google.com/document/d/1uPHawHlKwGyFekETRxZy53U-udq3UiTzhoGUX6zafhI/edit

User Testing

Key Findings from Participant 1

What worked well	*After the user selected the Recommended Exercise, the flow worked well from there all the way to the Performance Monitor*
Where participants got stuck	*Navigating back to the Main Menu. There is no clear choice for going back to the main menu.*
Other observations	*User expects every option on the Main Menu to lead to another page. Only the Recommended option works.* *User registration page with a brief introduction of the product.*

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User Testing

Key Findings from Participant 2

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What worked well	*The Exercise List page worked well. Also, the Activity Summary page. User felt very much in control of the app looking at the Exercise List.*
Where participants got stuck	*User initially got stuck on the Main Menu, not sure what to do.* *Also, the user was unable to navigate back to the Main Menu from anywhere in the app.*
Other observations	*User needs a guiding statement on the Main Menu to fully understand what to do next..* *User registration page with a brief introduction of the product.*