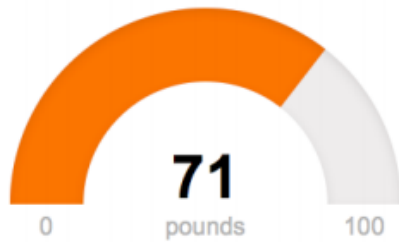


Sleep Score



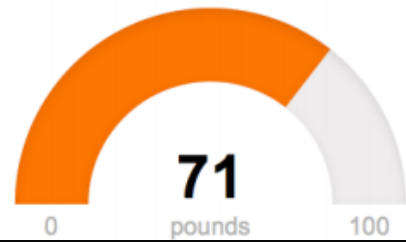
Your sleep score is high, but there are a few issues you can address to get a better night's sleep.

- Try to get to bed earlier, so you'll feel more refreshed in the morning
- If possible, sleep for longer stretches of time, instead of disjointed blocks

Here are some specifics from last night's sleep

	Total Time	Average Duration	Number of incidences
Deep sleep	3 hours	36 mins	5
Light sleep	3 hours	1 hour	3
Awake After 9PM	2 hours	20 mins	6

Activity score



Your activity score is high, but there are a few issues you can address to get a better night's sleep.

- Aim for a few measured blocks of exercise throughout the day

Here are some specifics from today's exercise

Steps taken : 40000

Total calories used : 300

Total time spent exercising: 1 hour

Your current weight commitment is

I want to be 70kg within 2 weeks
[4/10/2015]

Update commitment

Sleep composition graph

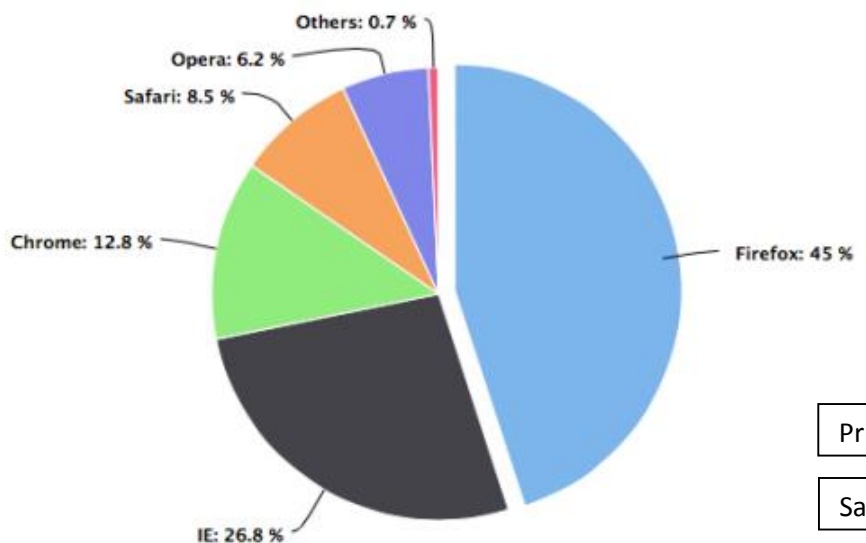
Activity composition graph

Sleep trend graph

Activity trend graph

Weight trend graph

Sleep data



Print All

Share All

Save All

Print

Save

Share

Layout

This layout focuses on keeping the summaries easily accessible while limiting “graph clutter” by including one, toggle-able graph at a time. Users are able to quickly see general statements of their progress and status in sleep and activity, with some tips provided to improve the quality of both. Included is the user’s weight loss commitment, stated as a goal weight, something to aspire to, rather than an amount to lose, a psychological burden.

Below a single expanded graph will be displayed at one time, which can be toggled to a different graph with our buttons down the side. This graph can be printed saved or shared individually, while the user may also compose a single pdf to print, save or share consisting of all provided graphs.

Technical Complexity

The top half of this design is of low-medium complexity, requiring no new functionality that the team has not already produced. The lower half of the graph si potentially of high complexity, as graph switching in active content is not something we have attempted before, and requires several controls and measures. Furthermore, to achieve the printing of all summary graphs as a single PDF file relies on ongoing work to determine how to do this.

Time to Implement

I estimate this could be completed by two people within a week, including the time for graph switching and combined PDF generation research. This would depend on the experience both developers have with each aspect, however.

User satisfaction

User satisfaction is largely uncertain. We provide clear, visible metrics as soon as the page loads, but there is a lot of text, and the layout may be too busy and cramped for some. Additionally others may prefer to see all the graphs in one view, rather than having to toggle between them. I believe it provides users with everything they need from the dashboard display, but I also feel the layout may become oppressive and claustrophobic to some.