Locked In

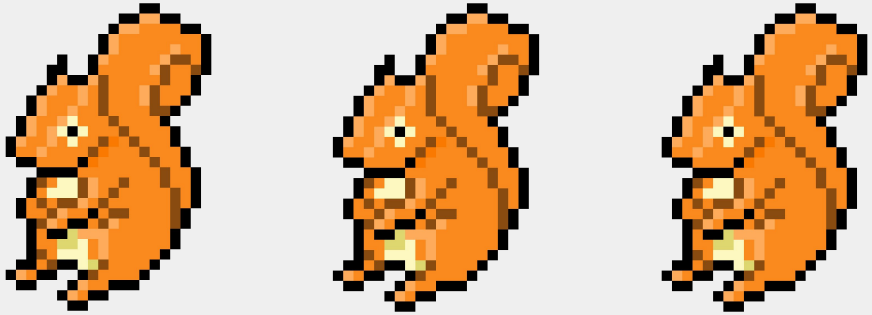
Jason Yu Ticiana Ward Tiwobista Belachew Yumin Kim

What exactly is “Locked In”?

- LockedIn is a productivity and focus app designed to help students, especially university students with ADHD, stay motivated to stay on top of their daily tasks and assignments.
- The app includes many features including a planner, a pet style companion, motivational quotes and other focus tools.
- The app tackles common struggles like procrastination, forgetfulness, and lack of motivation by providing a fun and supportive digital environment.

Who is our audience?

- According to the CDC, ADHD is a neurodevelopmental disorder that can affect a person's ability to pay attention, control impulses, and manage hyperactivity.
- About 7 million U.S. children have ADHD and about 15.5 million U.S. adults have ADHD.
- Our app mainly targets this demographic of individuals who have ADHD or face similar learning challenges and who are also students, but it is open to use by anyone.



Why does it work?

- Locked In works because we recognize the need for organization and concentration that individuals with ADHD have, so we decided to implement specific services that can help improve their quality of life.
- The Pomodoro technique is proven to be useful for ADHD. By breaking down tasks into short, focused time intervals with breaks, it helps manage attention and sharpens focus.
- To-Do lists also help people with ADHD because listing tasks, breaking them down and setting deadlines can helps control impulsivity and improves productivity of the person making the list.

User Requirements

Requirements:

1. **User Registration and Profile Management**
   - **Requirement:** The app must allow users to create and manage their profiles, enabling them to customize settings according to their personal preferences and learning needs.
2. **Dynamic Task Manager**
   - **Requirement:** Users must be able to add, edit, and organize tasks within a dynamic task manager that supports categorization by date, priority, or project, enhancing their ability to manage daily activities and assignments.
3. **Intelligent Notification System**
   - **Requirement:** The app should feature an intelligent notification system that alerts users of upcoming deadlines and tasks, ensuring they remain informed and prepared without needing to constantly check their schedules.
4. **Customizable Alerts and Reminders**
   - **Requirement:** The app must provide customizable alert options, allowing users to set one-time or recurring reminders for tasks and deadlines tailored to their schedules and priorities.
5. **Focus and Break Sessions**
   - **Requirement:** There should be a timer-based feature that allows users to set periods of focused work followed by breaks. This feature helps in managing work intervals, promoting a healthy balance between intense focus and necessary relaxation.
6. **Motivational Messages**
   - **Requirement:** The app needs to integrate a system for delivering motivational messages at user-defined intervals or after completing tasks, to keep motivation levels high and encourage continuous engagement with the app.
7. **Gamification Elements**
   - **Requirement:** To maintain and enhance user engagement, the app must incorporate gamification elements such as points, badges, and levels that users can earn through completing tasks and meeting personal productivity goals. To achieve that the app should feature a virtual companion that users can interact with. This companion grows and evolves as users complete their tasks and assignments, offering a unique and interactive way to reward productivity. Users will be able to take care of their companion, with new interactions and growth stages unlocked by achieving specific milestones in task completion.
8. **Task Completion and Tracking**
   - **Requirement:** Users should be able to mark tasks as completed, with the app tracking their progress over time and providing visual feedback in the form of charts to highlight their productivity trends and areas for improvement.
9. **User Feedback System**
   - **Requirement:** A feedback system should be incorporated within the app, enabling users to provide suggestions, report issues, and help improve future versions of the app through their input.

Initial Concepts

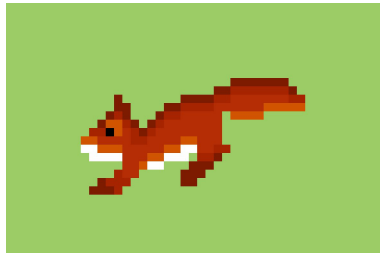
- Started as an online tutoring platform
- Aimed to help students with ADHD succeed in school
- Goal: Support focus, time management, and motivation
- Realized students needed more help with habits and hobbies, not just school
- Students cared about work/life balance and the managing of both worlds
- Shifted focus to a productivity and focus app

How the project developed

- We wanted an app that played into how people with ADHD generally behave.
- We gamefied the app so that the users will be engaged with their tasks.
- Since people with ADHD tend to struggle with inattention, honing in their focus to their tasks in the app was important.
- We did this by creating an animal the user will be incentivised to take care of by completing their task list and measuring their time using a built in pomodoro timer.

Usability Test

- Our usability test aimed to evaluate the app's effectiveness, efficiency, and user satisfaction to inform iterative design improvements.
- **Test Measurement Criteria**
  - Task Success Rate: Amount of participants who complete tasks without assistance.
  - Error Rate: Number of errors or missteps during task execution.
  - User Satisfaction: Participant feedback collected through post-test questionnaires, including the System Usability Scale (SUS).
  - Observational Notes: Qualitative data on user behavior, confusion points, and verbal comments during the test.



Our Findings From the Tests

OVERVIEW

Regardless of whether or not the user's had ADHD, they all liked the fact that they had to take care of a pet companion.

Some users had trouble with buttons not working, so we fixed those in the prototype. We also added Google login to make signing in easier for people who had issues creating an account.

The Pomodoro timer wasn't fully working since it was just a mock-up, and we realized we'll need backend development to make features like the timer and login function properly.

Test Environment & Logistics

- Participants: 7 individuals, aged 20–30
- Test Setting: In-person (Chick-fil-a, campus, library)
- Devices Used: iOS, Android, laptops
- Prototype Access: Interactive Figma prototype (shared via link)
- Recording Method: Observer notes on the printed Data Capture Worksheet

Our Findings From the Tests

POSITIVE FEEDBACK

App Design & Aesthetic: Users described the app as *“simple and cute”*, with a clean layout and visually pleasing design.

Visual Theme: The **pixel-style interface** and color scheme were well received and described as “fun”.

Squirrel Pet Companion: Universally loved by participants—users said the companion made the app feel more personal.

Motivational Messages: Praised for being *“short and sweet”*, offering just the right amount of encouragement without being intrusive.

Login/Signup Process: Described as smooth and easy to complete, with no confusion reported.

CONSTRUCTIVE CRITICISM & AREAS FOR IMPROVEMENT

Task Creation Flow: Multiple users experienced **confusion when trying to add a task**, especially while having to scroll to and edit..

Home Screen Buttons: Some icons and buttons on the home screen were **unclear or confusing**, making it difficult to know what action they performed.

Pet Interaction Limitations: While the pet was loved, participants expressed a desire for **more interactive features** (e.g., feed the pet, pet animations, leveling up, clothing, etc.).

Final Prototype

Our final Locked In prototype:

https://www.figma.com/proto/Nk6JVy6A16pnQGJYq24wC3/LockedIn?node-id=0-1&t=TEhqiBUTOuS2eez4-1

The Group Members

Tici

Jason

Tiwobista

Yumin