Ataraxia
Medium-Fi Prototype

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Presentation Overview

1. ataraxia
2. Tasks
3. Interface
4. Prototyping

ataraxia

- Problem

People aren’t aware of what they can be doing to take care of themselves - what makes them happier and what doesn’t

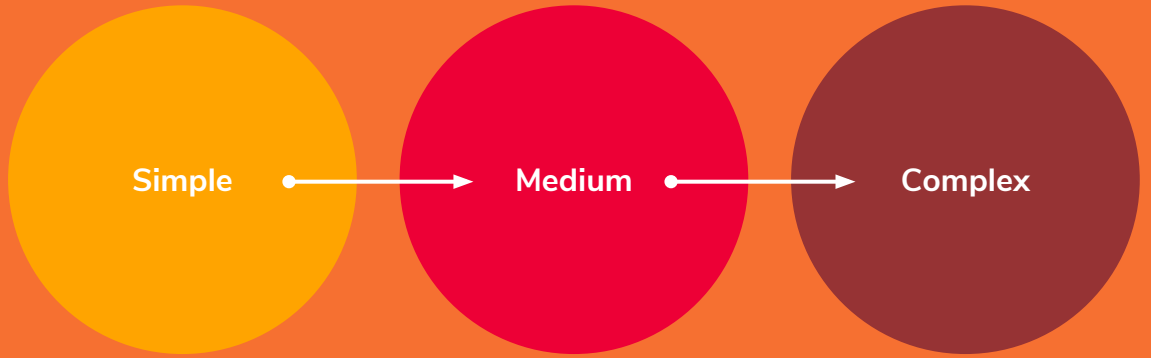
- Solution

Ataraxia will help people through the process of learning what works for them and what doesn’t when it comes to taking care of themselves by guiding users to curate their own self-care routine

- Value Proposition

Learn to be a happier you

Tasks



- Simple

Discover new self care activity

- Medium

Reflect on self care activity

- Complex

Construct a self care routine

design changes

design change #1

(before)

Discover a new self care activity flow

Figure 8

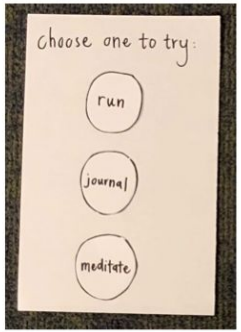


Figure 9

Figure 10

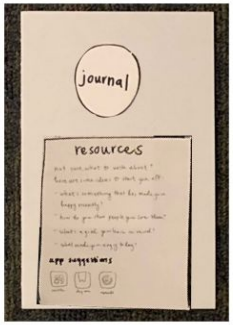


Figure 11

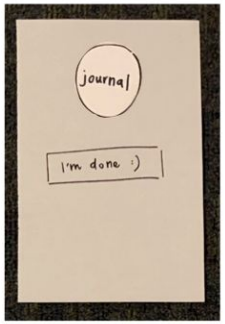


Figure 12

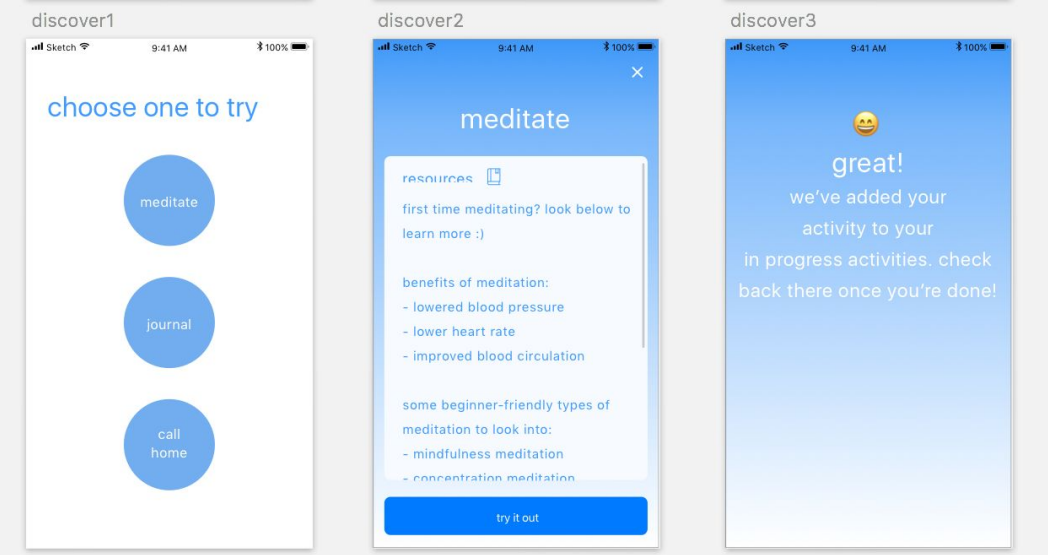
Key issues were:

1. People didn't know what to do after 'tap to start'
2. People didn't see resources tab but wanted resources

design change #1

(after)

Discover a new self care activity



How we addressed key issues:

1. Resources are always shown after choosing a new activity
2. Adds new activity to your 'in progress' activities

design change #2

(before)

In progress/Review an activity flow

Figure 10

Figure 11

Figure 12

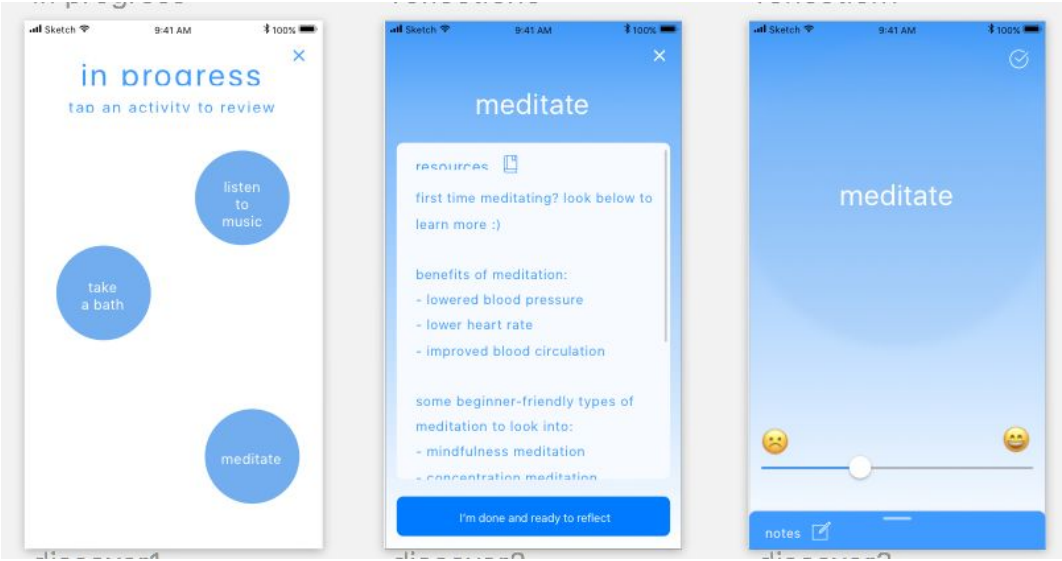
Key issues were:

1. People could only try one activity at a time

design change #2

(after)

In progress/Review an activity flow



How we addressed key issues:

1. Added ‘In progress’ screen
2. Reflection happens at the user’s convenience

design change #3

(before)

‘History’ screen for viewing notes and resources

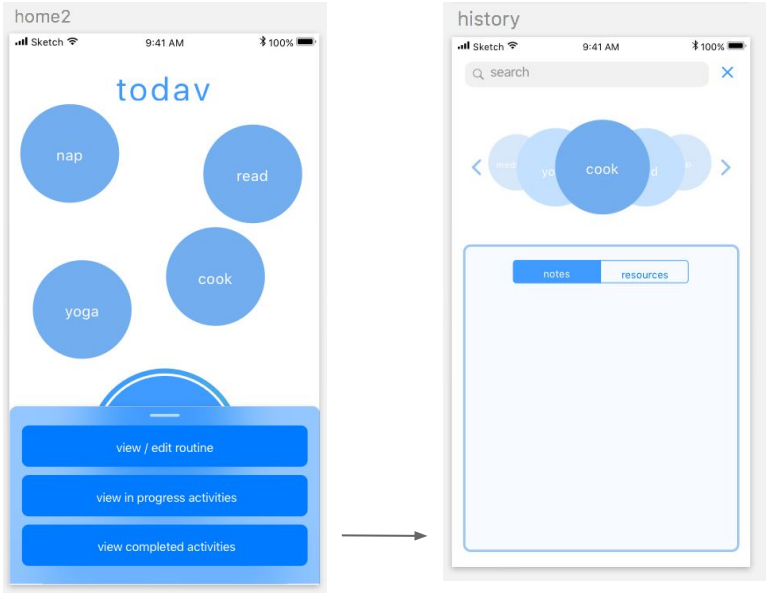
Key issues were:

1. No way to access old notes/reflections

design change #3

(after)

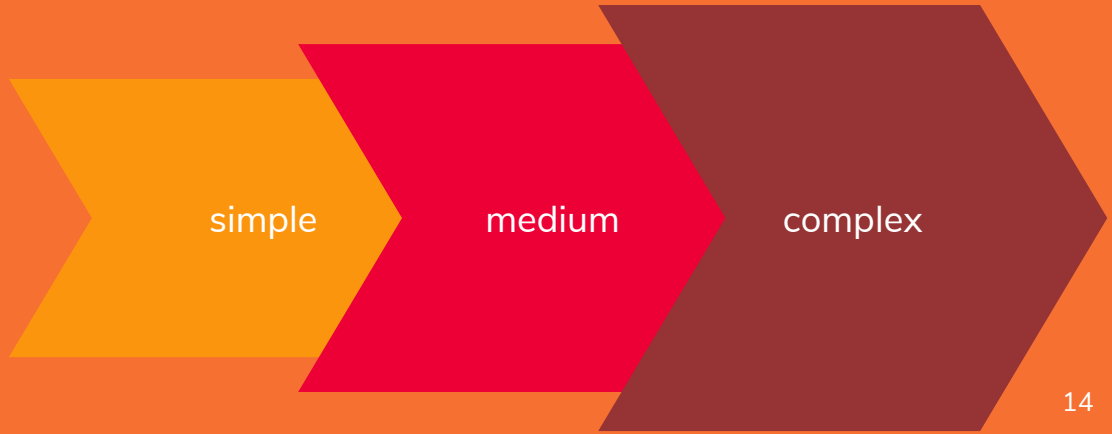
‘History’ screen for viewing notes and resources



How we addressed key issues:

1. Added history screen accessible from home page

revised taskflow



- Simple

Discover new self care activity

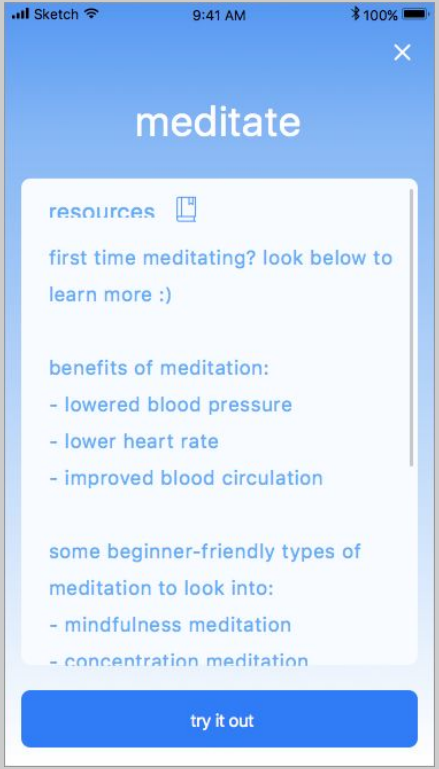
- Medium

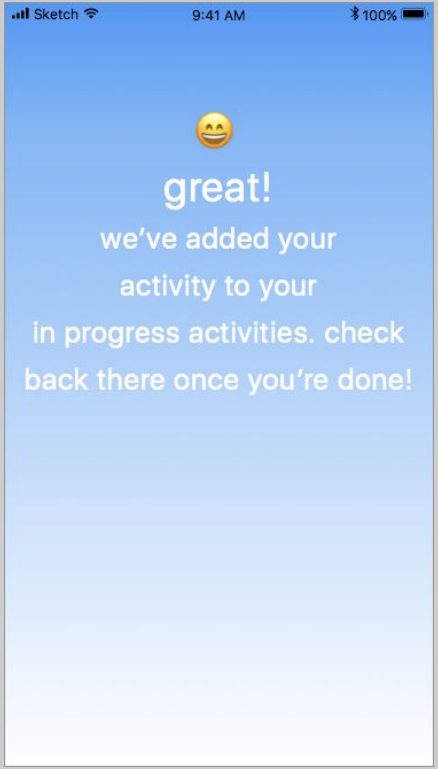
Reflect on self care activity

- Complex

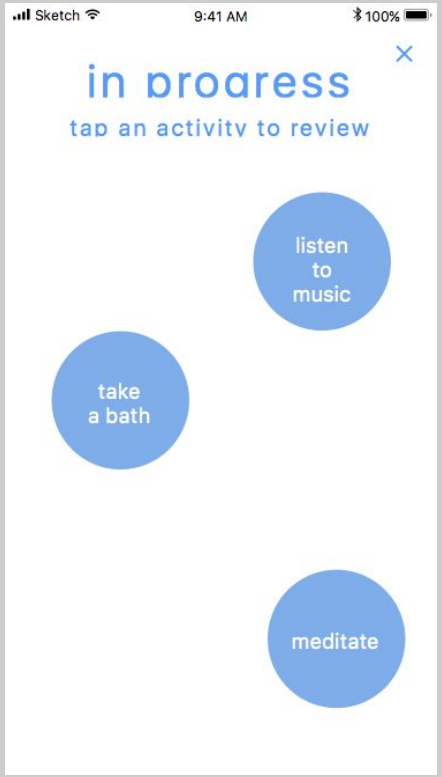
Construct a self care routine

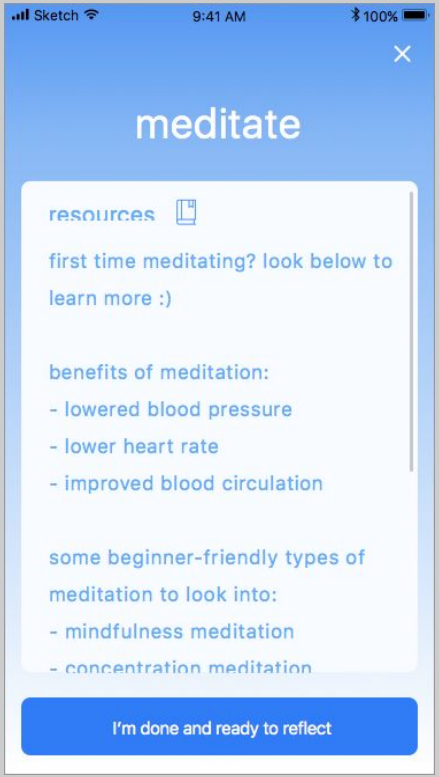
Task 1: Discover a new self care activity

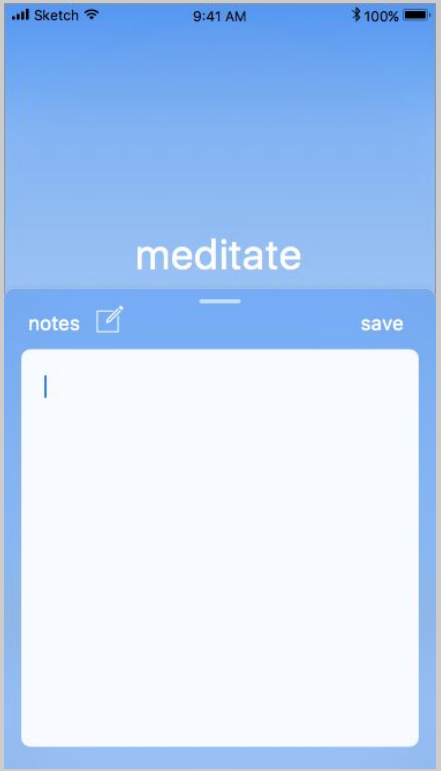




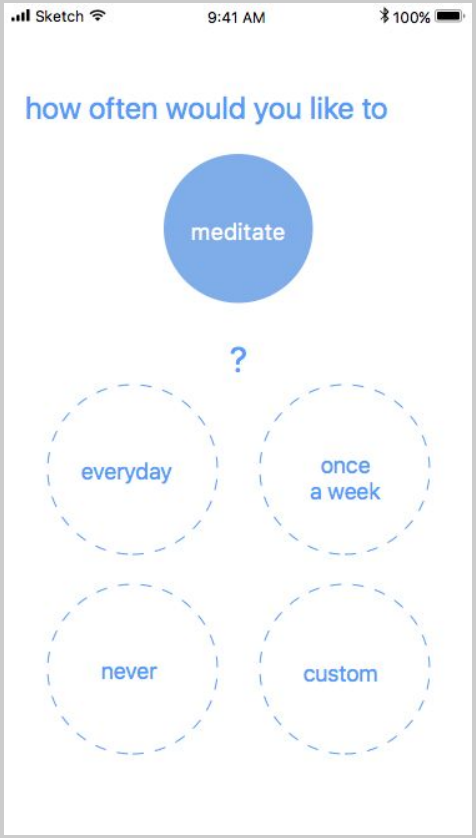
Task 2: Reflect on self-care activity

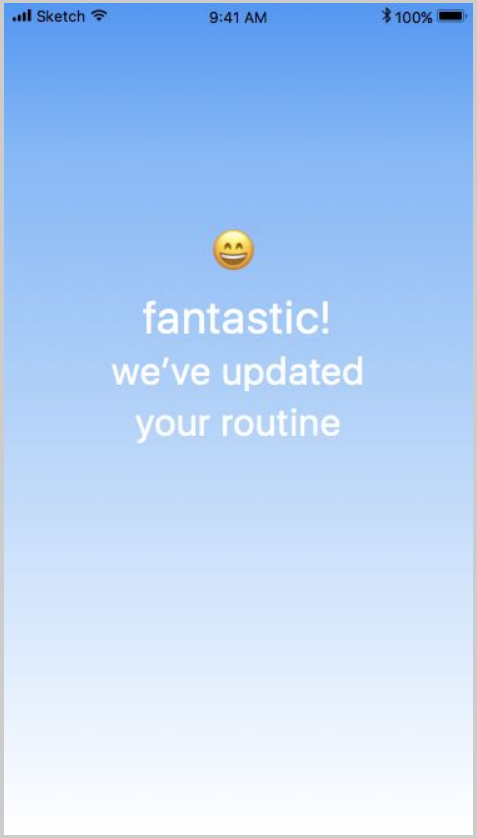


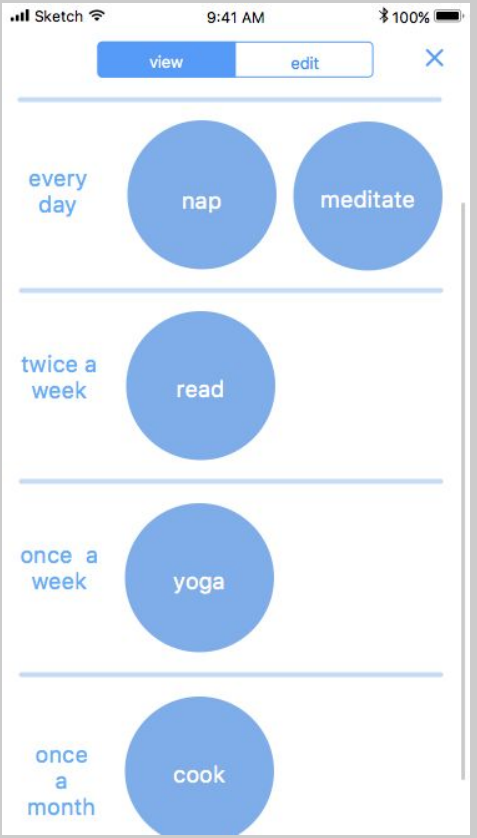




Task 3: Construct a self-care routine







prototyping

prototyping tools

Sketch

Pros:

- Made comprehensive designs
- Had prior experience with it
  Easily integrated into proto.io

Cons:

- Using built-in proto.io tools would have provided additional functionality
- Had to use two separate platforms

proto.io

Pros:

- Good documentation
- Easy to integrate with sketch

Cons:

- Hard to do quality animation (e.g. drag and drop)

functionality limitations

- **Home screen/In Progress**: Icons don't float around; No animations on tapping discover. Prototyping tool doesn't have functionality to do floating animation.

- **Discover**: Hard-coded 3 activities, so activities are pre-set and not curated per user. Not feasible to actually generate activities without preserving state and user data. So far only meditate is active on the discover screen (only need to make one work to demonstrate the concept).

- **Edit routine:** Can only update routine by deleting meditation and selecting cooking afterwards to update frequency. Prototyping tool makes it difficult to drag and drop + lock into place, and users are already familiar with similar interface (updating apps on home screen in iOS).

functionality limitations

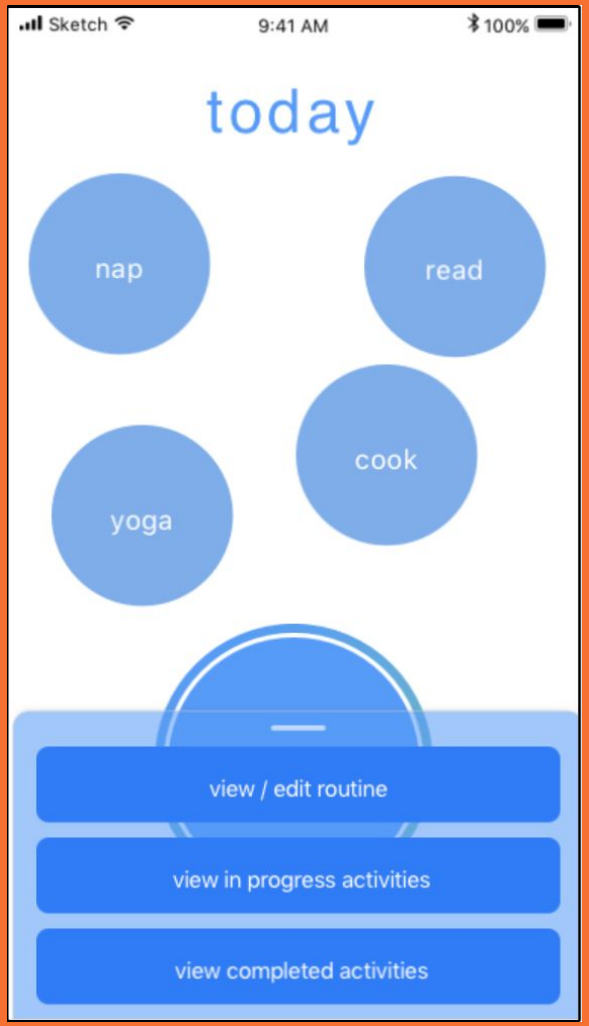
- **Reflect**: Only goes to everyday bucket; Can't type notes. Prototyping tool has limitations for drag and drop and text input. Also not critical to implement text input, since users likely already know what to expect.

- **History**: Dummy screen, no scrolling. Prototyping tools has limitations on carousels and displaying notes/resources dynamically based on which activity is selected.

- **General**: State changes don't persist for any of the states. No easy way to store data within prototyping tool.

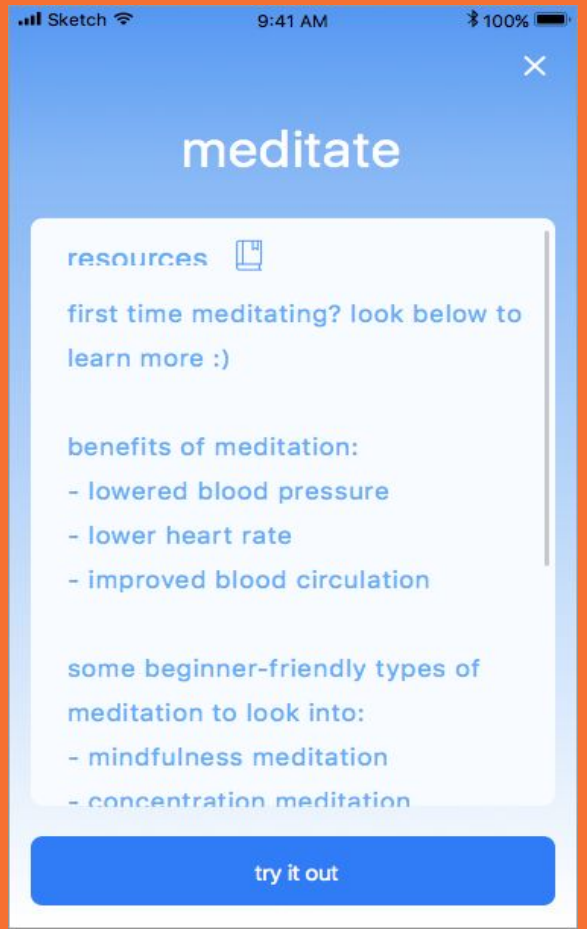
Home Screen

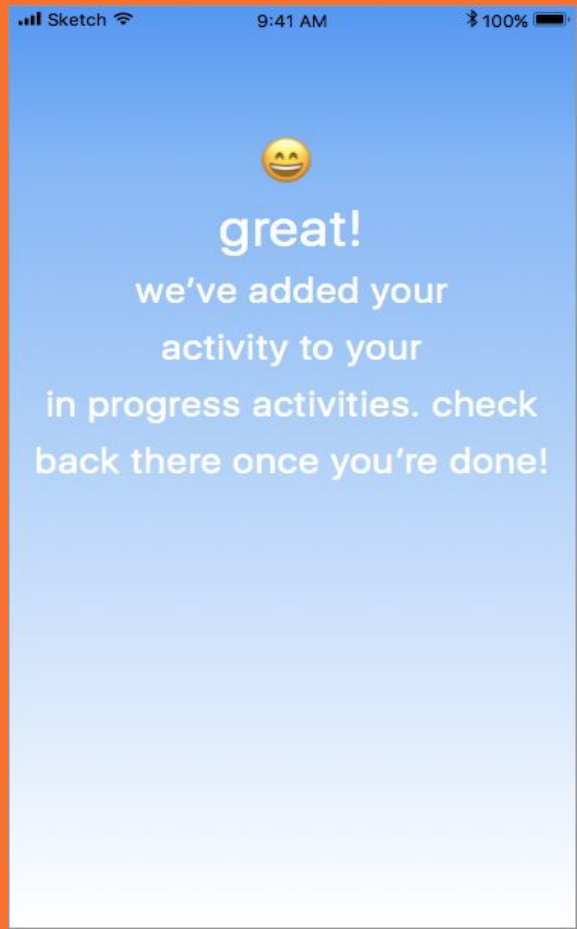
Sketch
9:41 AM
100%
today
nap
read
cook
yoga
discover
options


Sketch
9:41 AM
100%
today
nap
read
cook
yoga
view / edit routine
view in progress activities
view completed activities

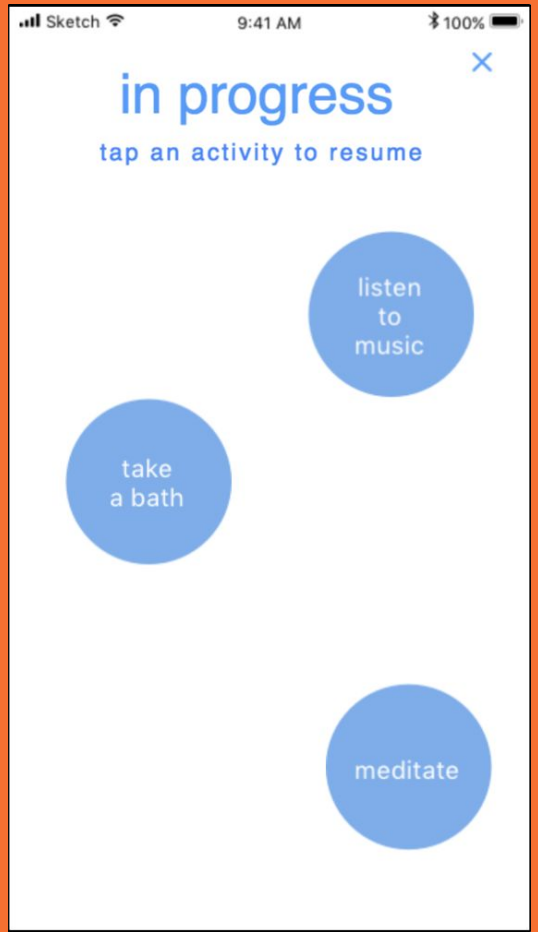
Discover

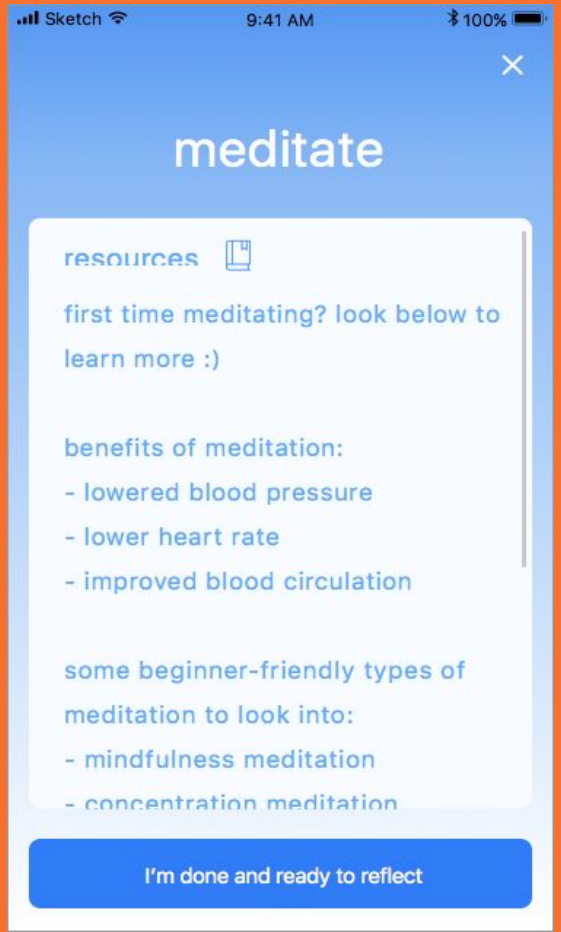
Sketch
9:41 AM
100%
choose one to try
meditate
journal
call home


Sketch
9:41 AM
100%
meditate
resources
first time meditating? look below to learn more :)
benefits of meditation:
- lowered blood pressure
- lower heart rate
- improved blood circulation
some beginner-friendly types of meditation to look into:
- mindfulness meditation
- concentration meditation
try it out


Sketch
9:41 AM
100%
great!
we've added your activity to your in progress activities. check back there once you're done!

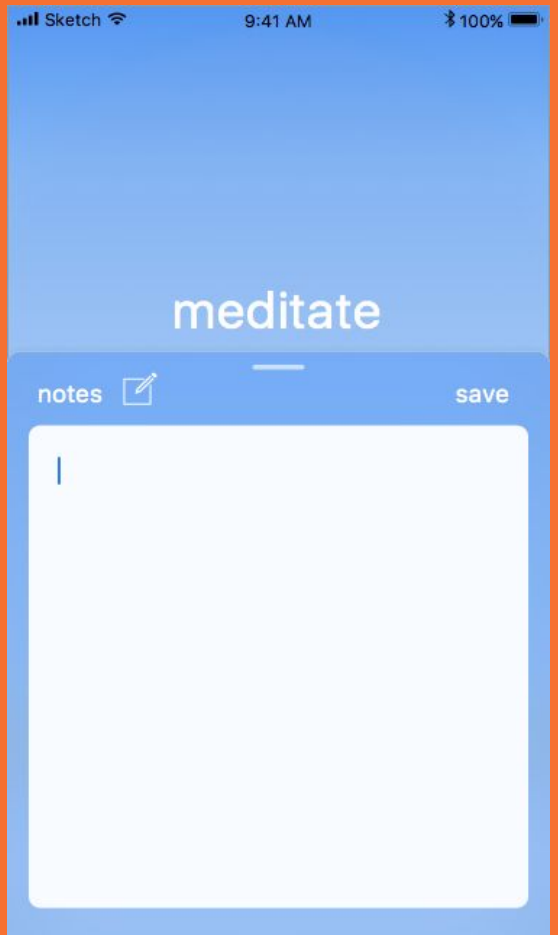
In progress

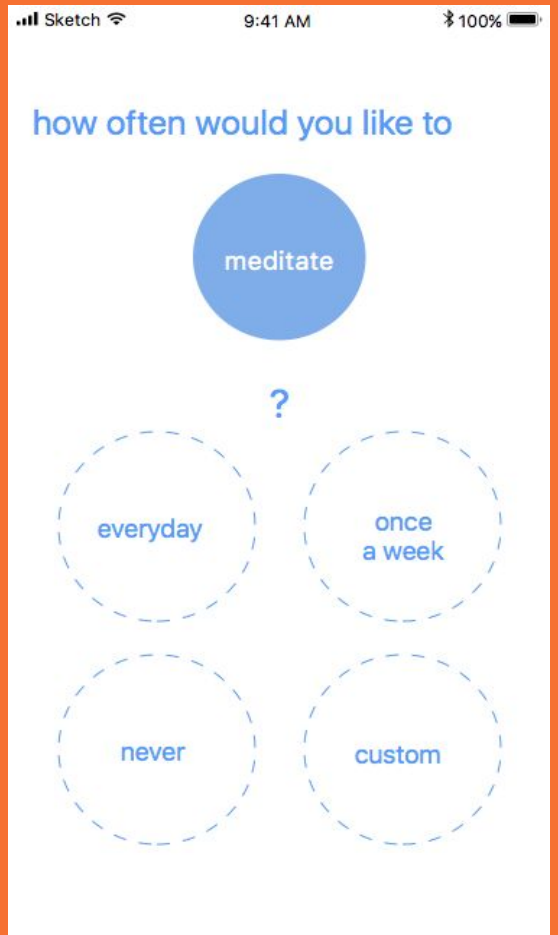

Sketch
9:41 AM
100%
in progress
tap an activity to resume
listen to music
take a bath
meditate

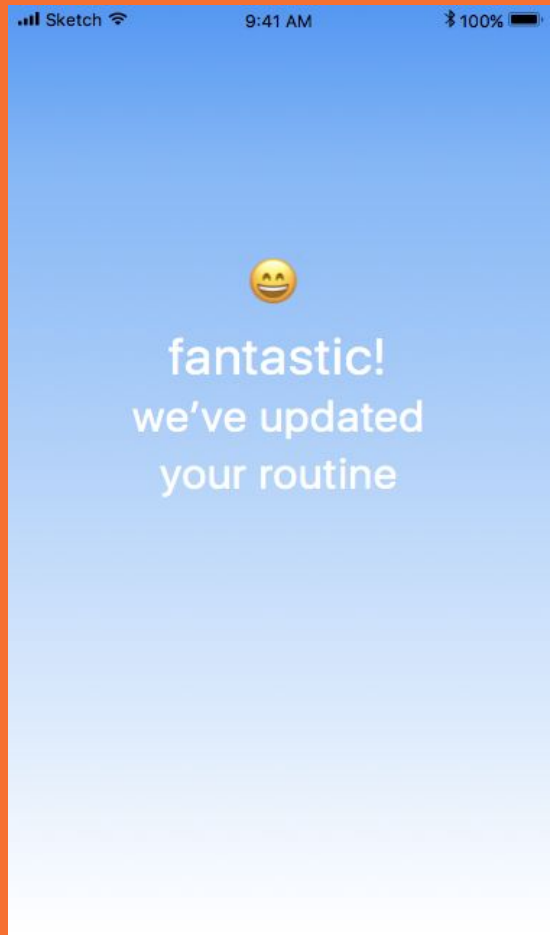

Sketch
9:41 AM
100%
meditate
resources
first time meditating? look below to learn more :)
benefits of meditation:
- lowered blood pressure
- lower heart rate
- improved blood circulation
some beginner-friendly types of meditation to look into:
- mindfulness meditation
- concentration meditation
I'm done and ready to reflect

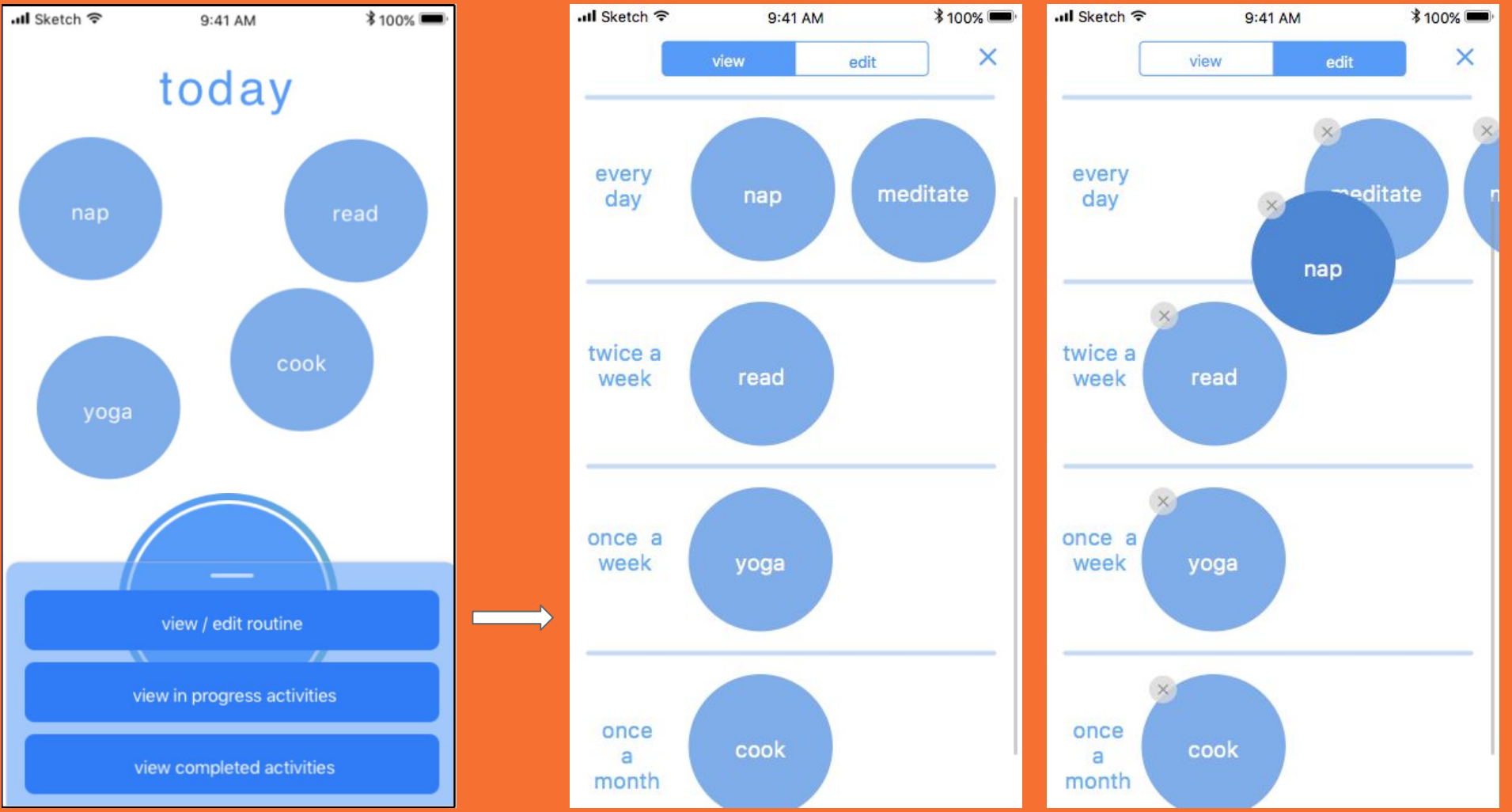
Sketch
9:41 AM
100%
meditate
notes

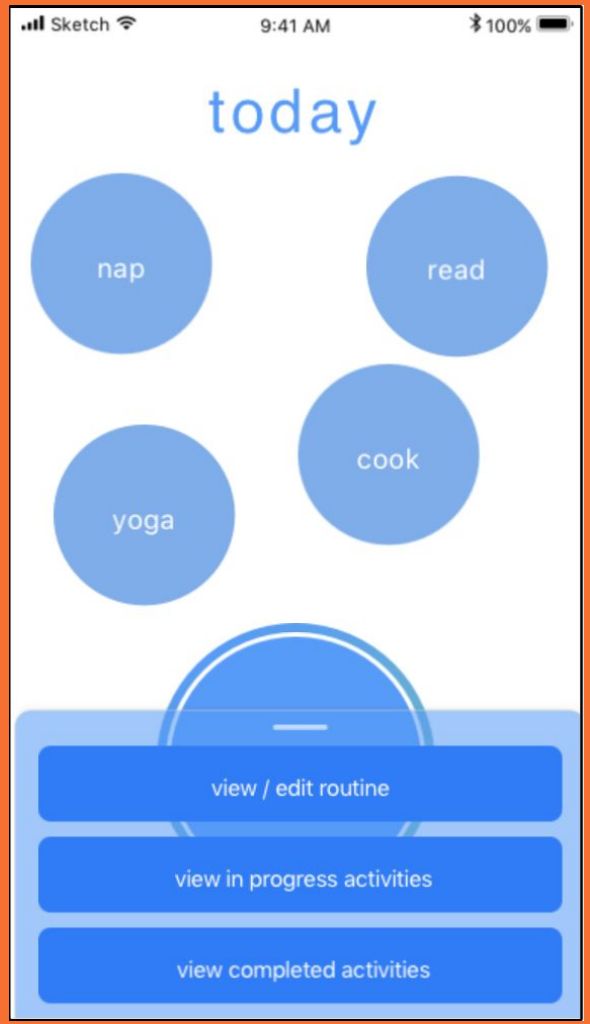
Reflect (from in progress)








Sketch
9:41 AM
100%
today
nap
read
cook
yoga
view / edit routine
view in progress activities
view completed activities
Sketch
9:41 AM
100%
view
edit
every day
nap
meditate
twice a week
read
once a week
yoga
once a month
cook
Sketch
9:41 AM
100%
view
edit
every day
nap
twice a week
read
once a week
yoga
once a month
cook


Sketch
9:41 AM
100%
today
nap
read
cook
yoga
view / edit routine
view in progress activities
view completed activities

Sketch
9:41 AM
100%
search
med
yo
cook
d
p
notes
resources

questions?