



# Ataraxia Lo-fi Prototyping



Value Proposition

```
graph TD; A[Value Proposition] --> B[Interface]; B --> C[Prototyping];
```

The diagram consists of three rectangular boxes arranged vertically. The top box, labeled 'Value Proposition', and the middle box, labeled 'Interface', both have dashed borders. The bottom box, labeled 'Prototyping', has a solid border. A solid white arrow points from the bottom center of the 'Value Proposition' box to the bottom center of the 'Interface' box. Another solid white arrow points from the bottom center of the 'Interface' box to the top center of the 'Prototyping' box.

Interface

Prototyping



*Value Proposition*

```
graph TD; A["Value Proposition"] --> B["Interface"]; B --> C["Prototyping"]
```

The diagram illustrates a three-stage process. The first stage, 'Value Proposition', is enclosed in a dashed rectangular box. A vertical arrow points from the bottom center of this box to the top center of the second stage, 'Interface'. The 'Interface' stage is also enclosed in a dashed rectangular box. Another vertical arrow points from the bottom center of the 'Interface' box to the top center of the third stage, 'Prototyping'. The 'Prototyping' stage is enclosed in a solid rectangular box. The entire diagram is set against a blue background with a white grid pattern.

Interface

Prototyping



**Learn to be a  
happier you.**



Value Proposition

```
graph TD; A[Value Proposition] --> B[Interface]; B --> C[Prototyping];
```

A vertical flowchart on a blue grid background. It consists of three rectangular boxes connected by downward-pointing arrows. The top box is dashed and contains the text 'Value Proposition'. The middle box is also dashed and contains the text '*Interface*'. The bottom box is solid and contains the text 'Prototyping'. Arrows point from the bottom of the top box to the top of the middle box, and from the bottom of the middle box to the top of the bottom box.

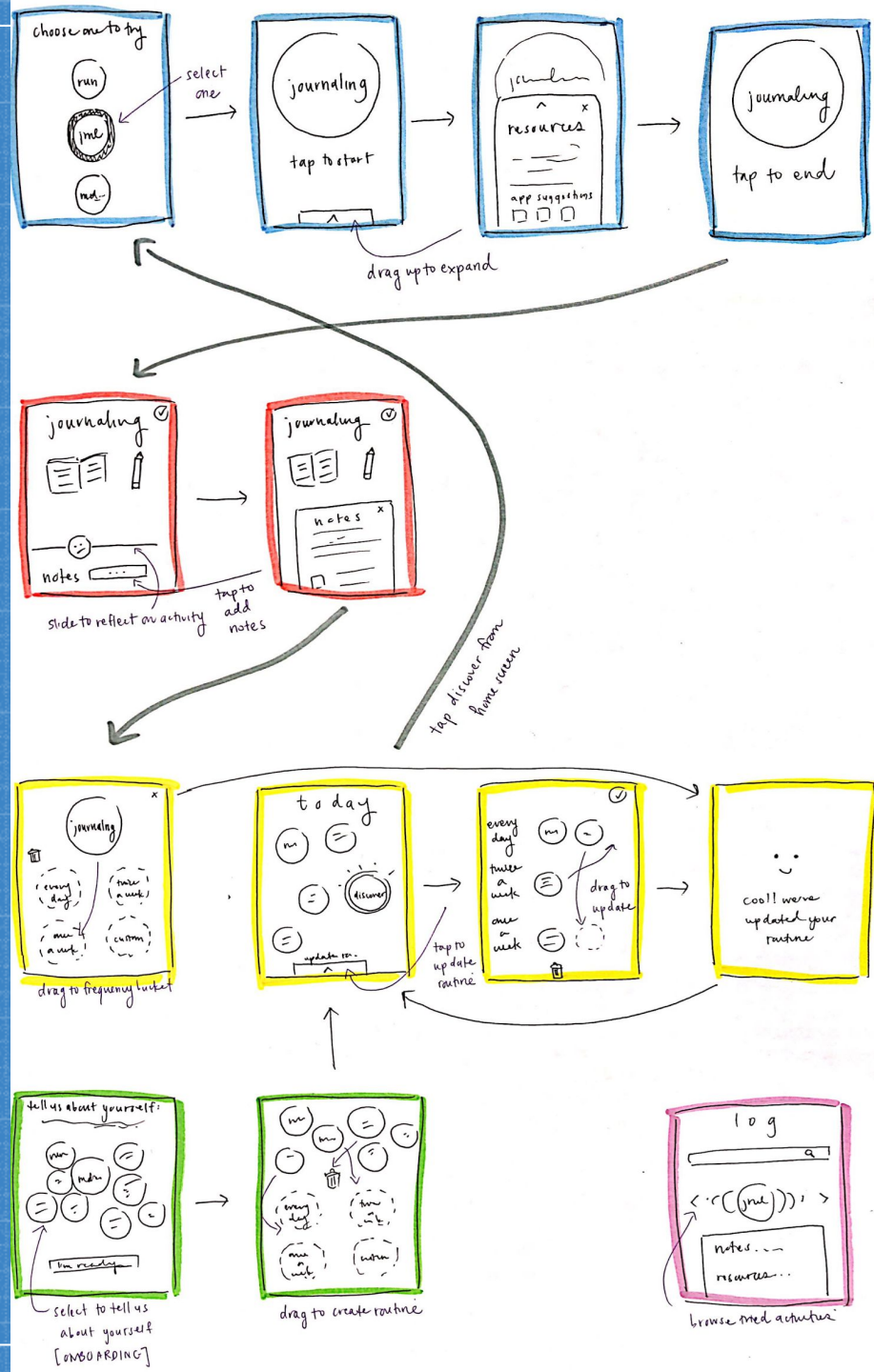
*Interface*

Prototyping



## Selected Interface

- Consistent, circular theme and design
- Use of graphics = fun and visual experience
- Lots of drag and dropping = less input text & complicated tasks





Value Proposition

```
graph TD; A[Value Proposition] --> B[Interface]; B --> C[Prototyping];
```

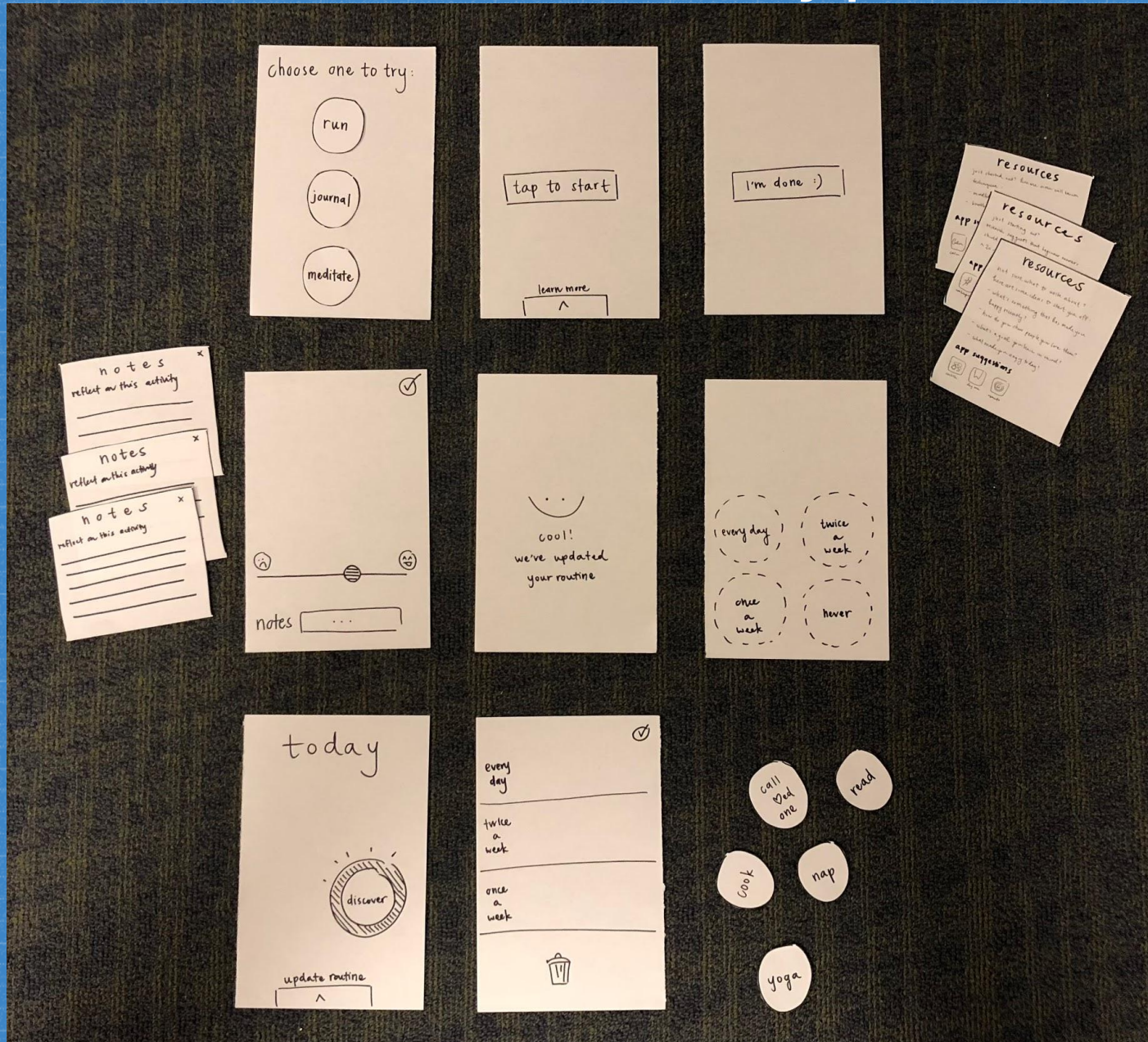
A vertical flowchart on a blue grid background. It consists of three rectangular boxes arranged vertically. The top box is dashed and contains the text 'Value Proposition'. A white arrow points from the bottom center of this box to the top center of the middle box. The middle box is also dashed and contains the text 'Interface'. Another white arrow points from the bottom center of the middle box to the top center of the bottom box. The bottom box is solid and contains the text 'Prototyping' in an italicized font.

Interface

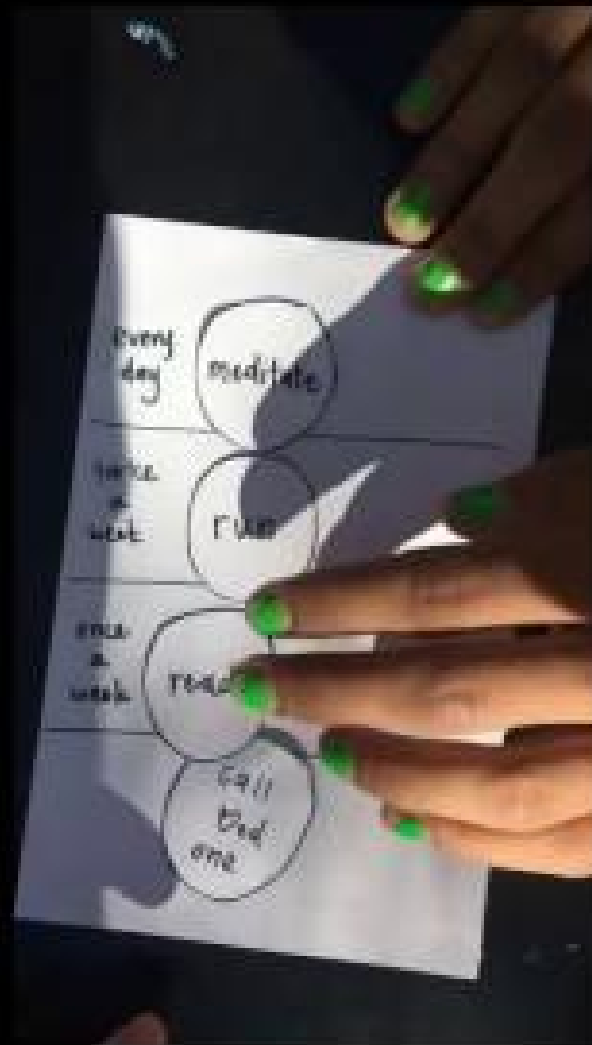
*Prototyping*



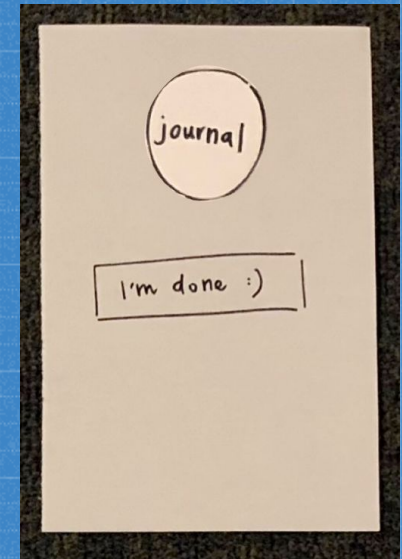
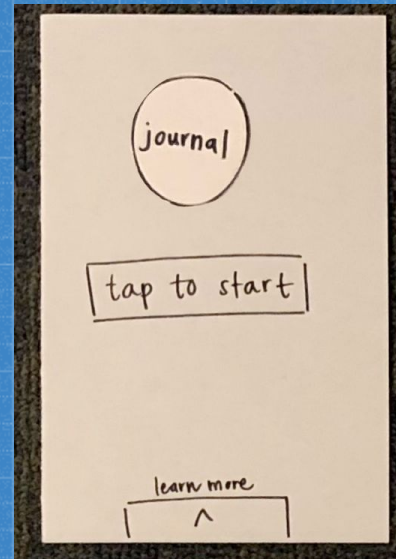
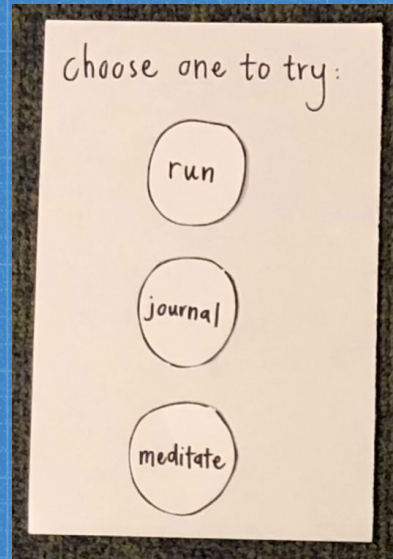
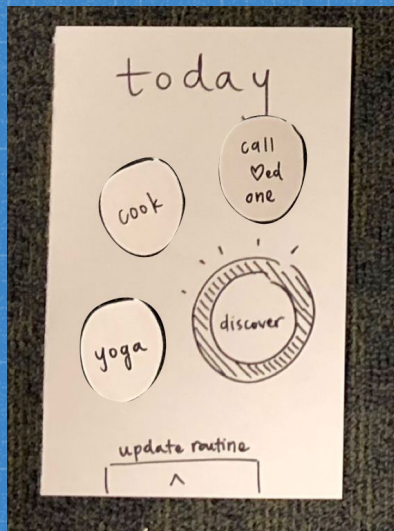
# Lo-fi Prototype







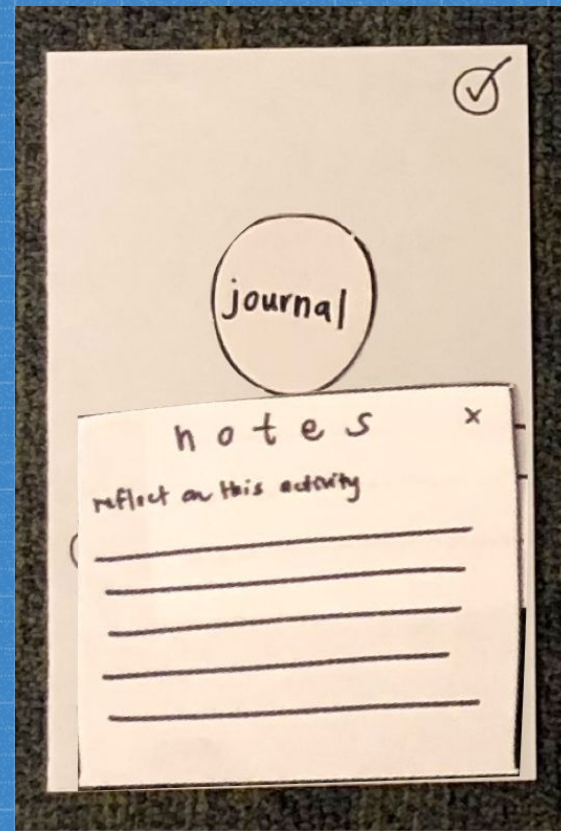
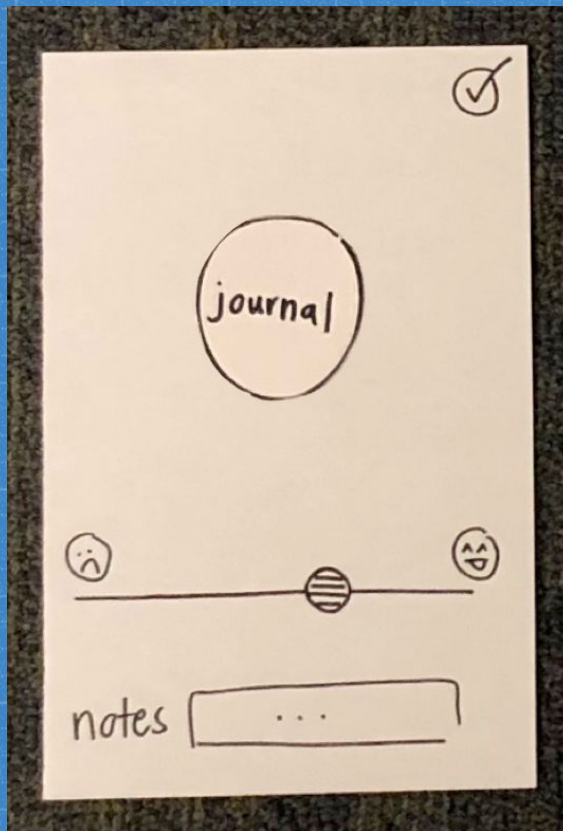




# Task 1: Discover

Discover a new self-care method

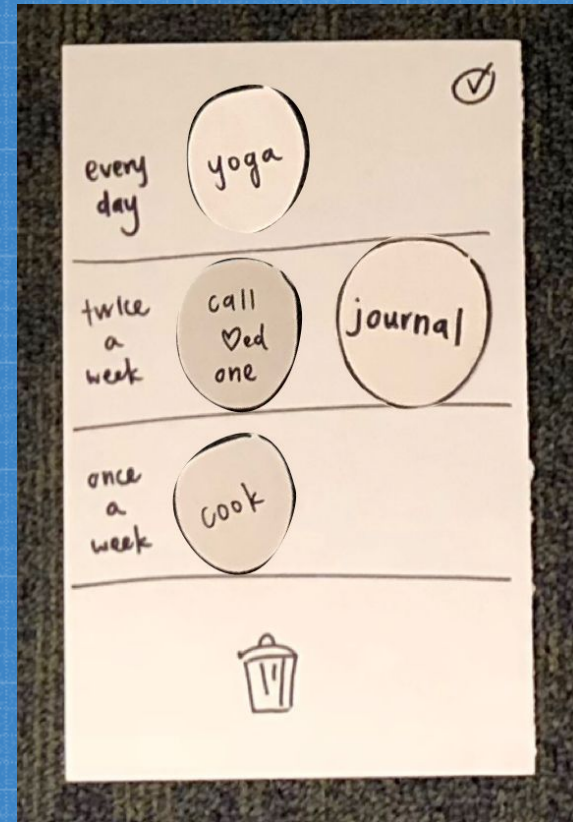
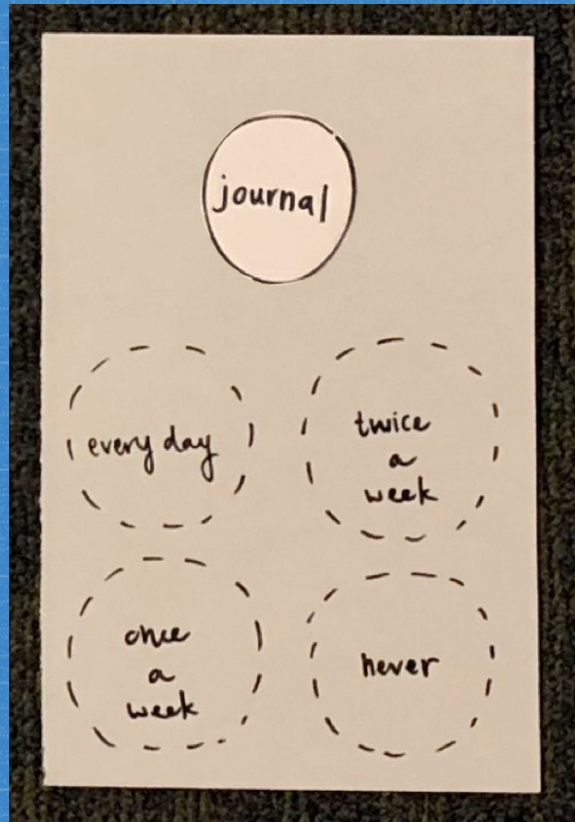




# Task 2: Reflect

Record how a method of  
self-care makes you feel





# Task 3: Curate

Construct a self-care routine



# Methods



**Participant 1:**  
Pastry Shop  
Employee

Tresidder  
Farmer's market  
Late 20's



**Participant 2:**  
University  
Employee

Old Union  
Late 30's



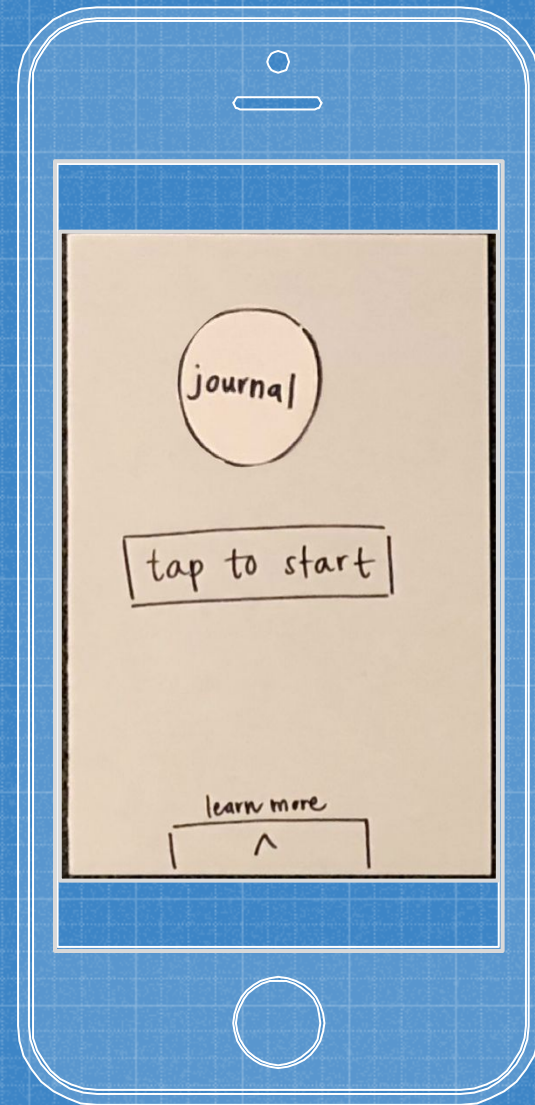
**Participant 3:**  
Stanford  
Freshman, MS&E

Old Union  
Late teen's



# Task 1

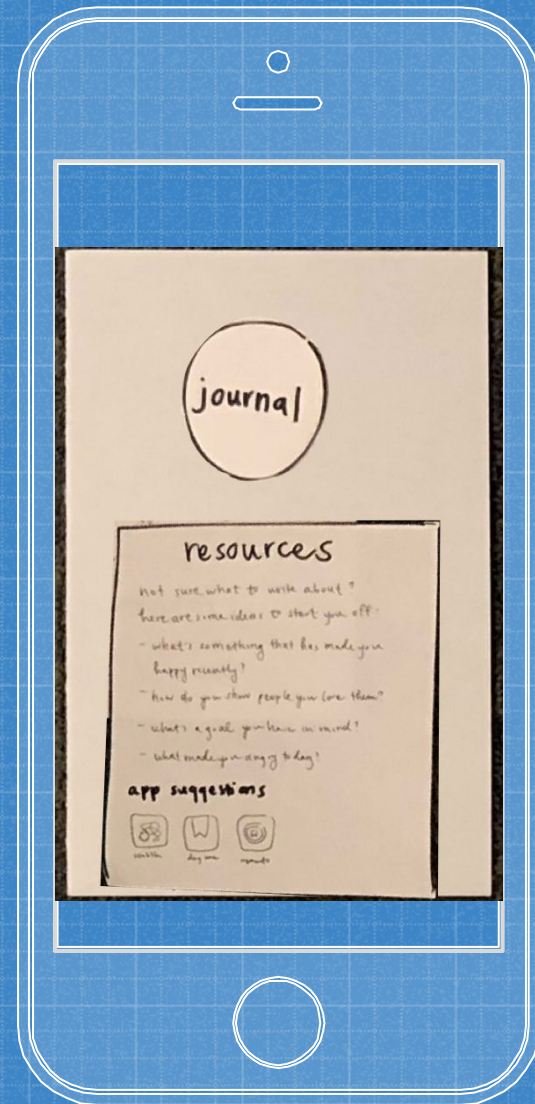
- \*Swipes up to learn more\*  
"I'd want to learn more about what I'm about to do"
- "When I click meditate, would there be something telling me how to meditate? Or would I just go on my own and meditate and then click that I'm done?"
- "How would I go about meditating?"





# Task 1

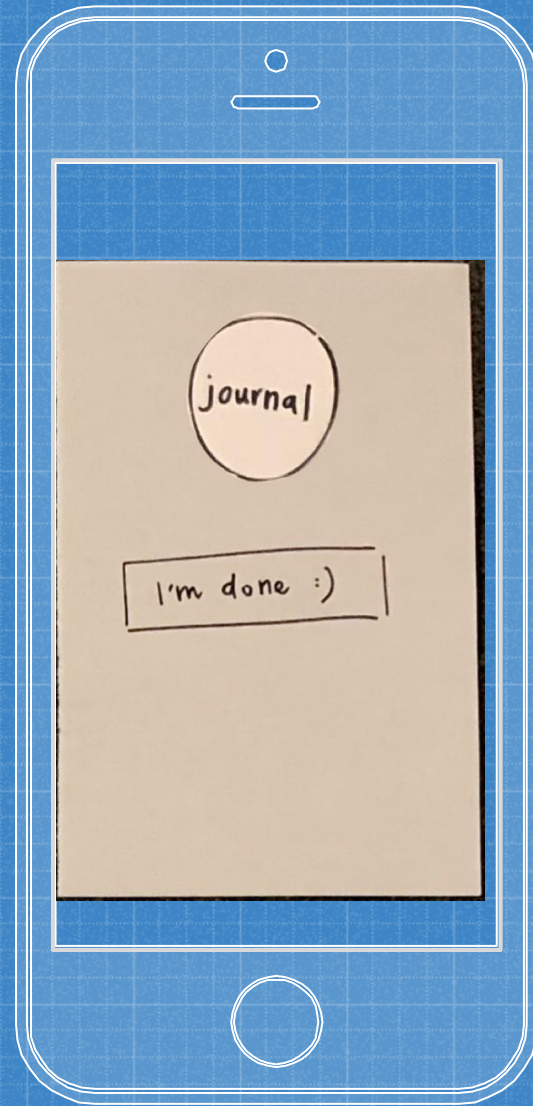
- “What are the app suggestions for?”
- “Would you want these apps to work with your app in a specific way?”





# Task 1

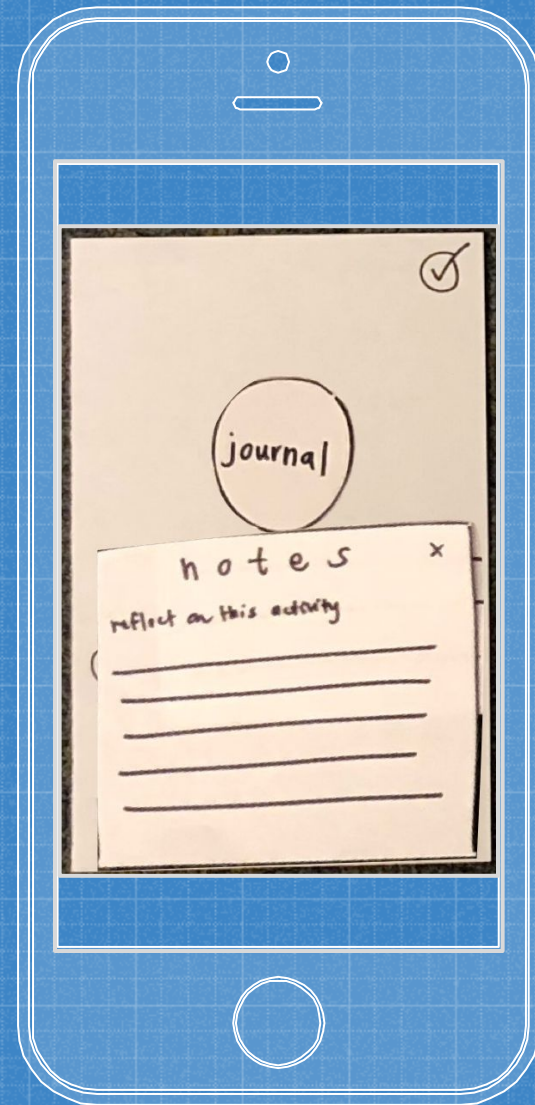
- “This is a little confusing, I got a screen that says I’m done but I haven’t meditated yet.”





## Task 2

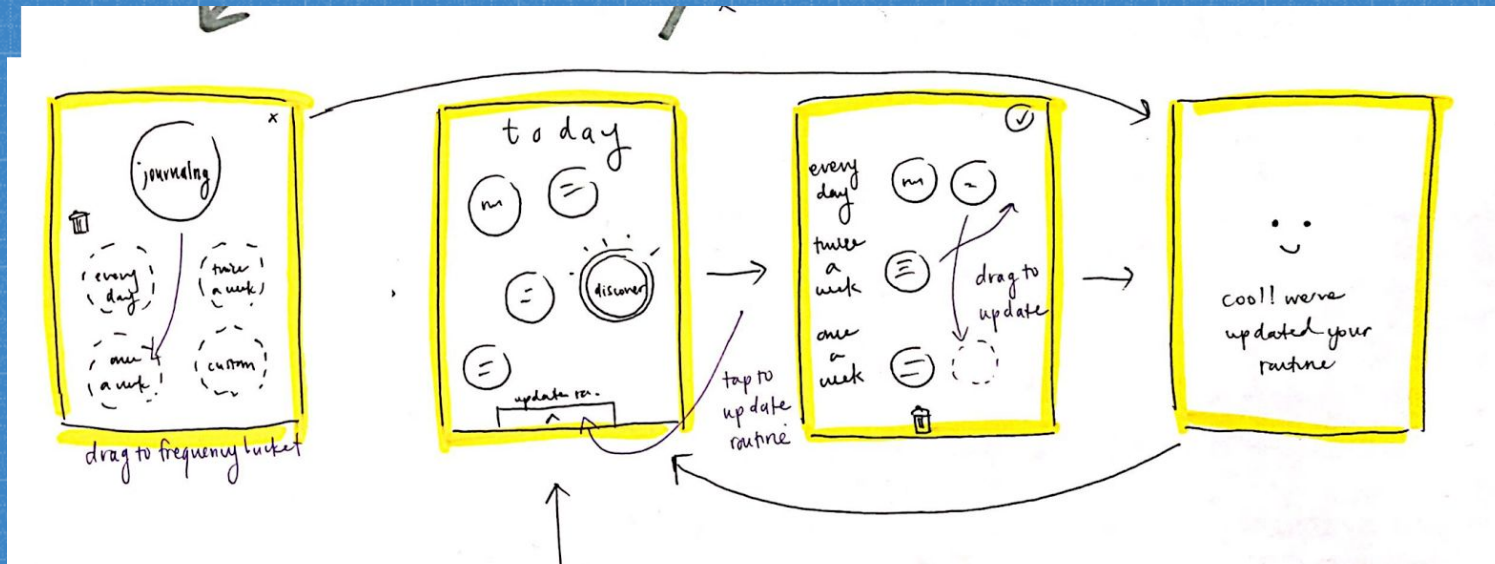
- "I would add notes"
- "Would the notes stay there? So that next time I do it I could look back?"
- "I didn't see a save button"





# Task 3

- People really liked the schedule UI





# Suggested UI Changes

- Show tips and instructions for each activity, some people missed the 'Learn More' option
- Change the 'Tap to start' and 'I'm done' screens to be more intuitive
- Show statistics about why it's healthy to incorporate each activity into your life



# Summary

- People liked the circles and drag & drop UI
- Main issues:
  - Not enough direction on how to do the activities
  - The “I’m done” screen was confusing
- Next steps:
  - Rethink how the user indicates that they’ve tried an activity
  - Make “Resources” tab more clear when selecting an activity





Questions?