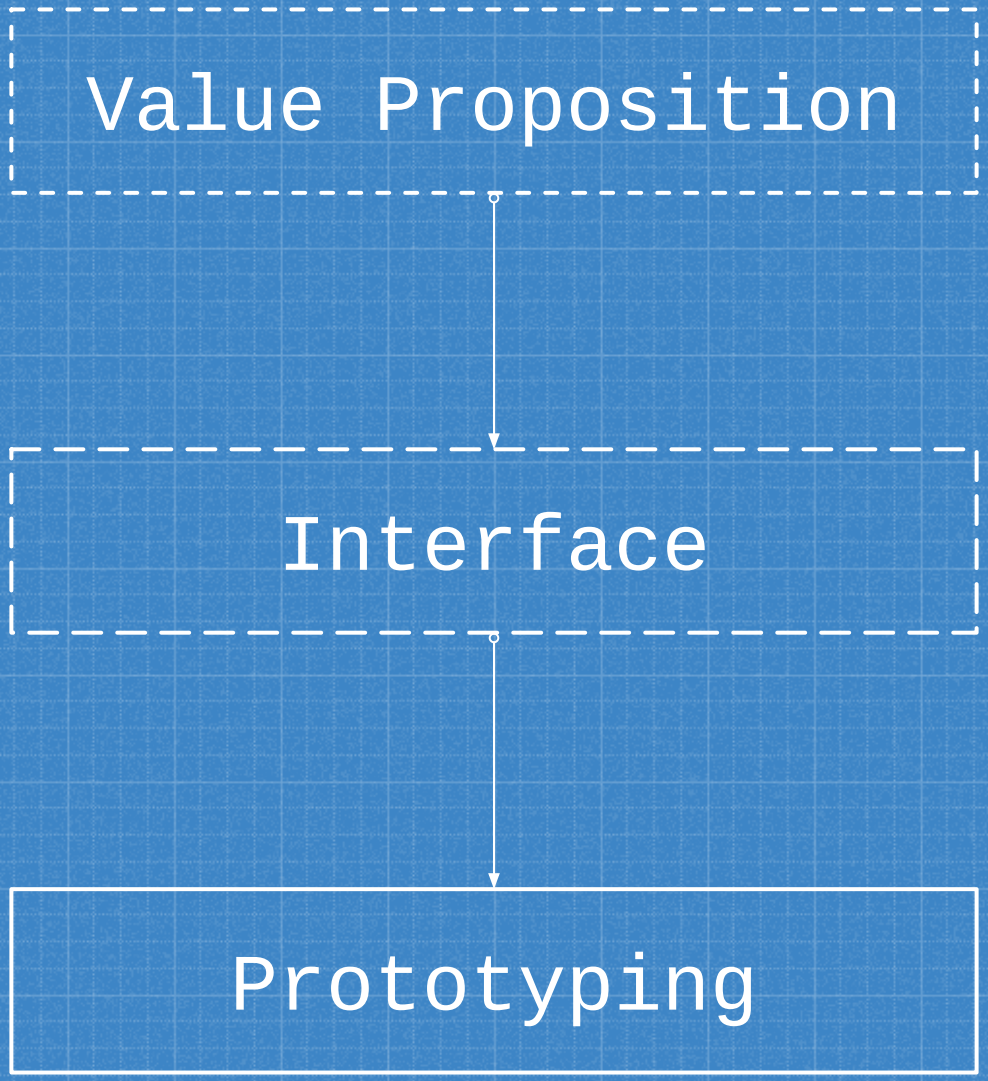
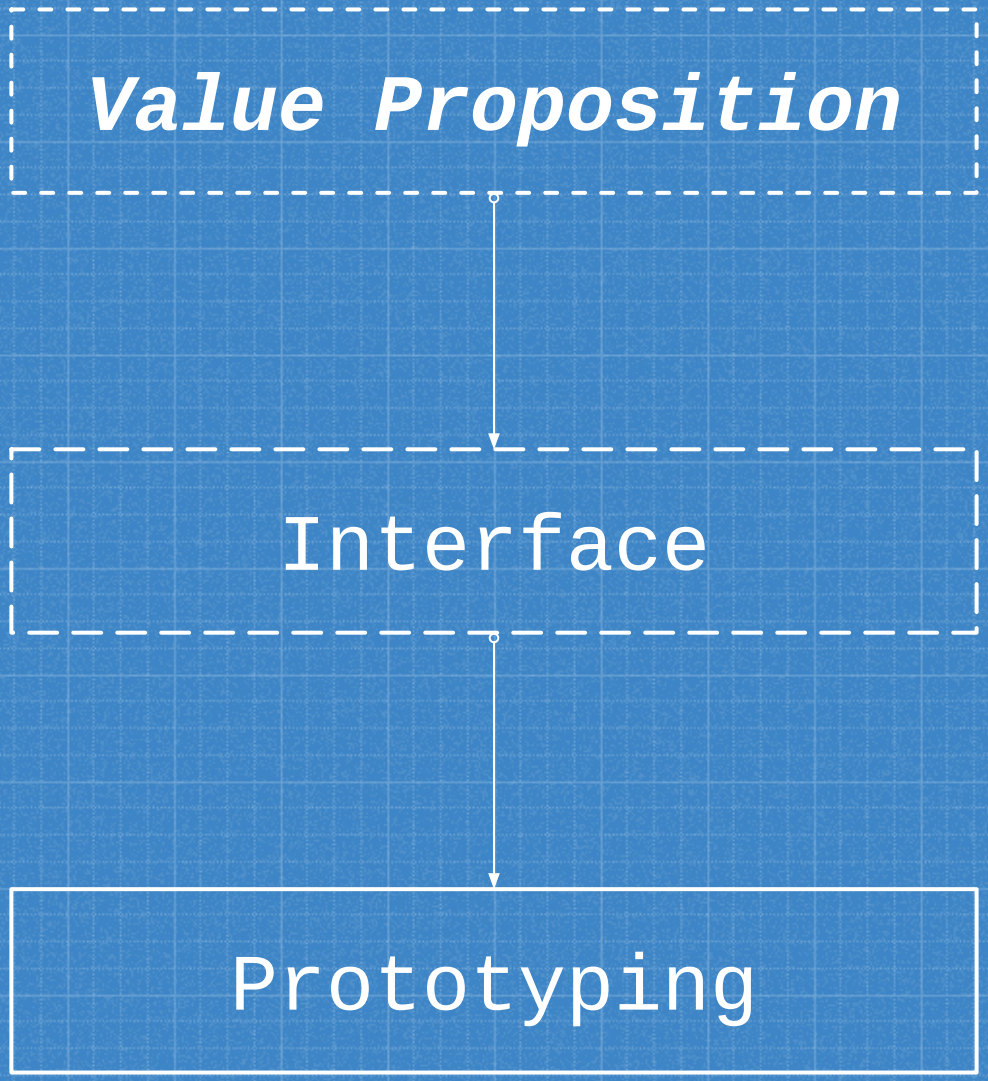
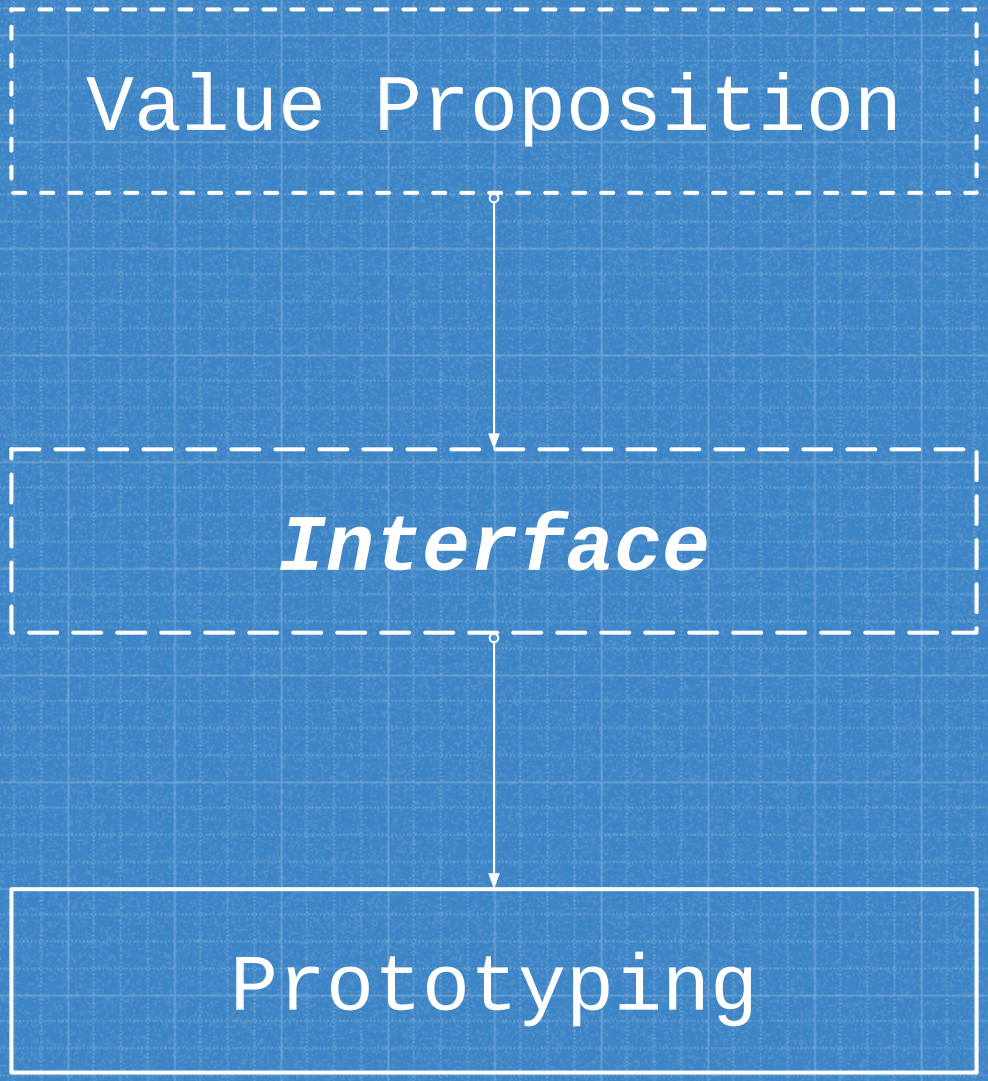
Ataraxia
Lo-fi Prototyping


Value Proposition
Interface
Prototyping

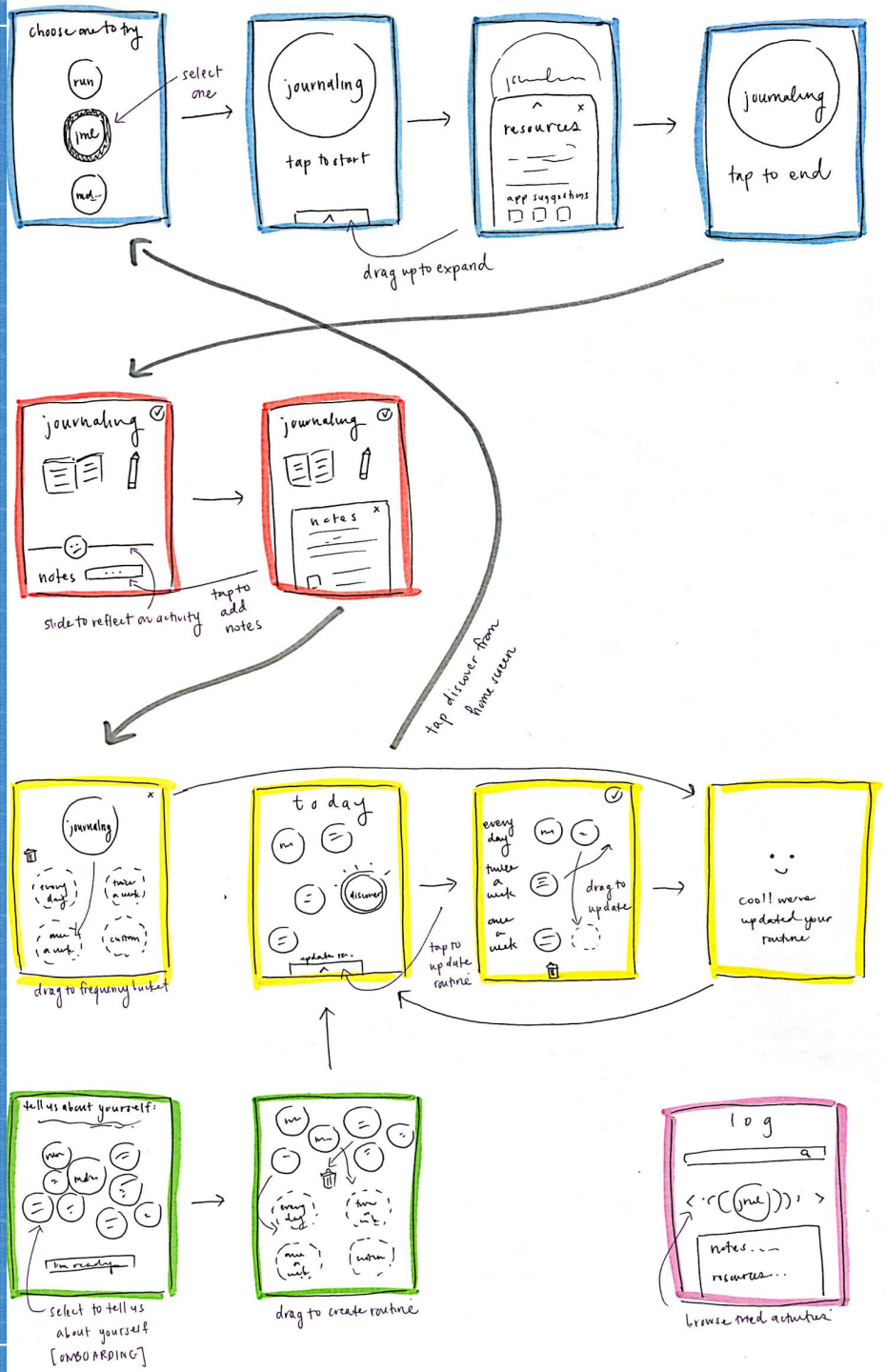

Value Proposition
Interface
Prototyping

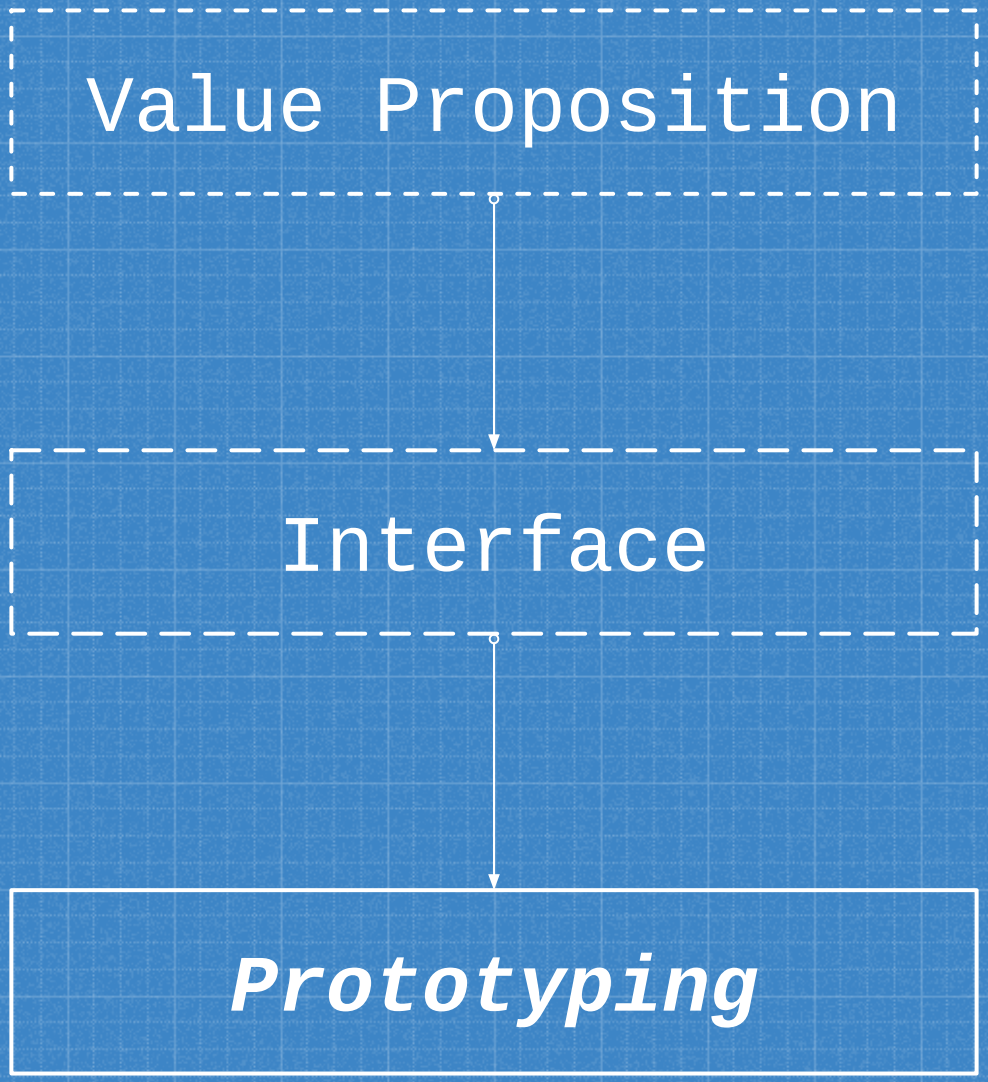
Learn to be a
happier you.


Value Proposition
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
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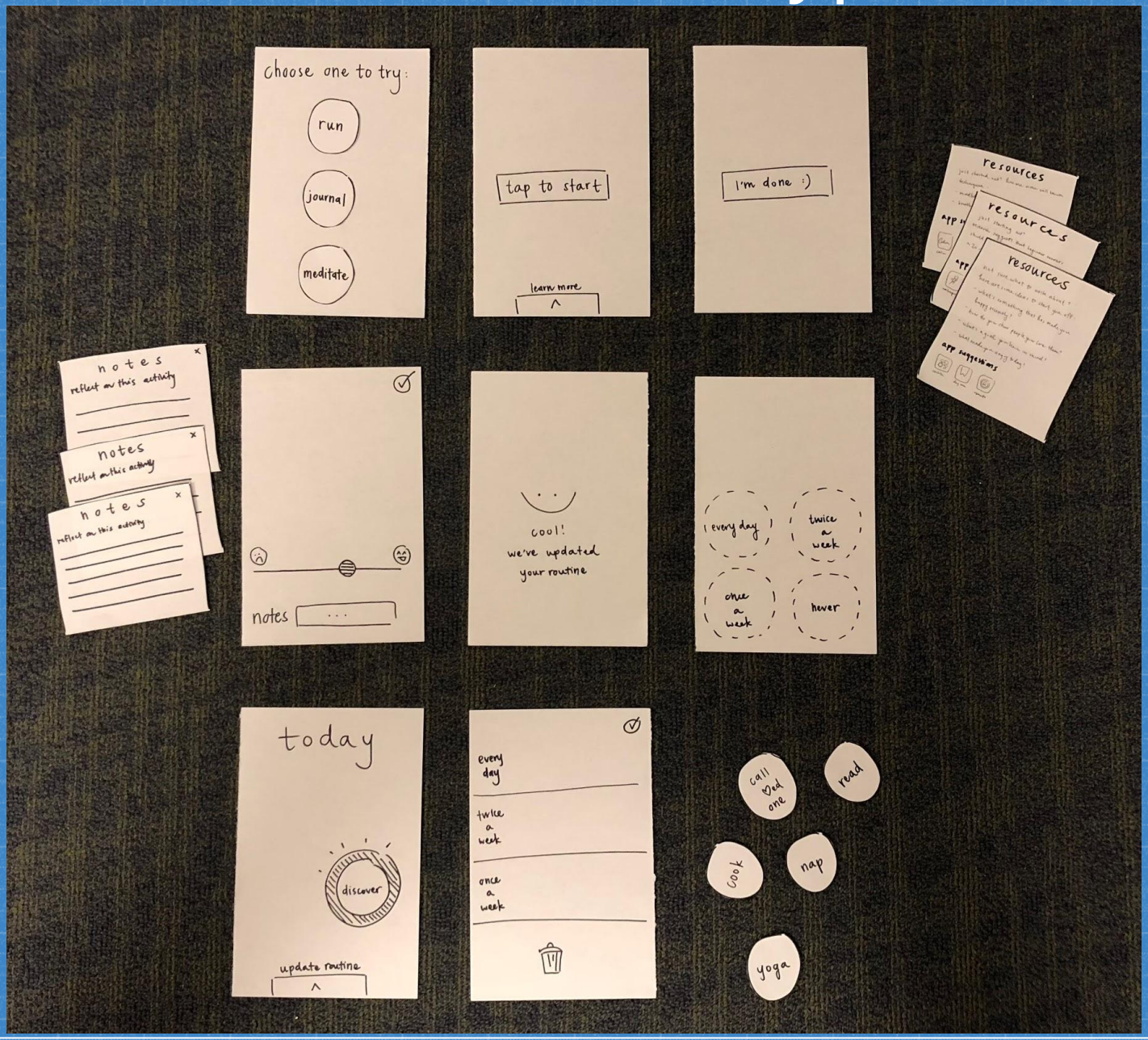
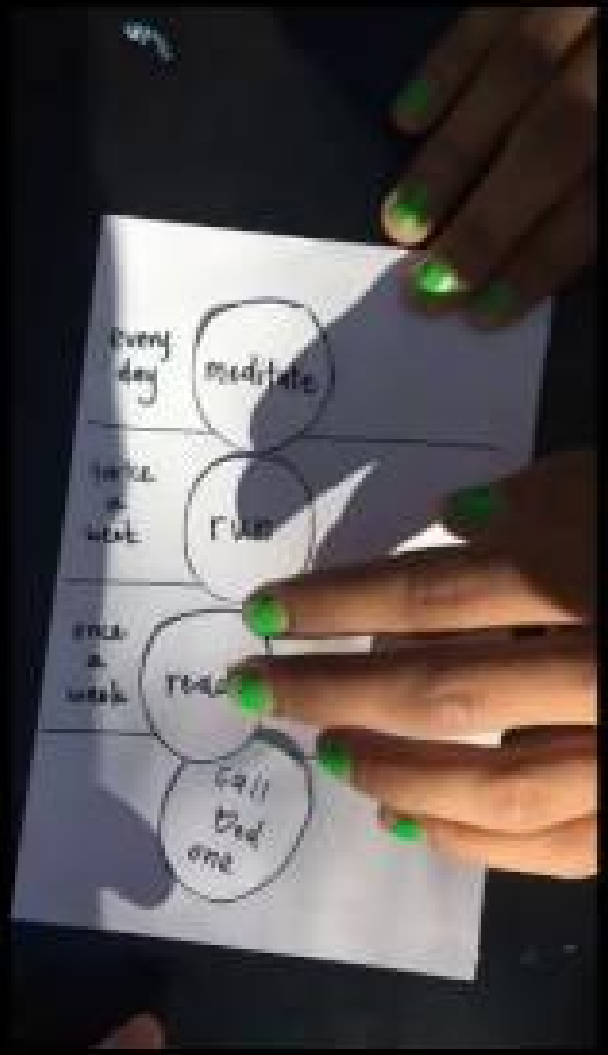
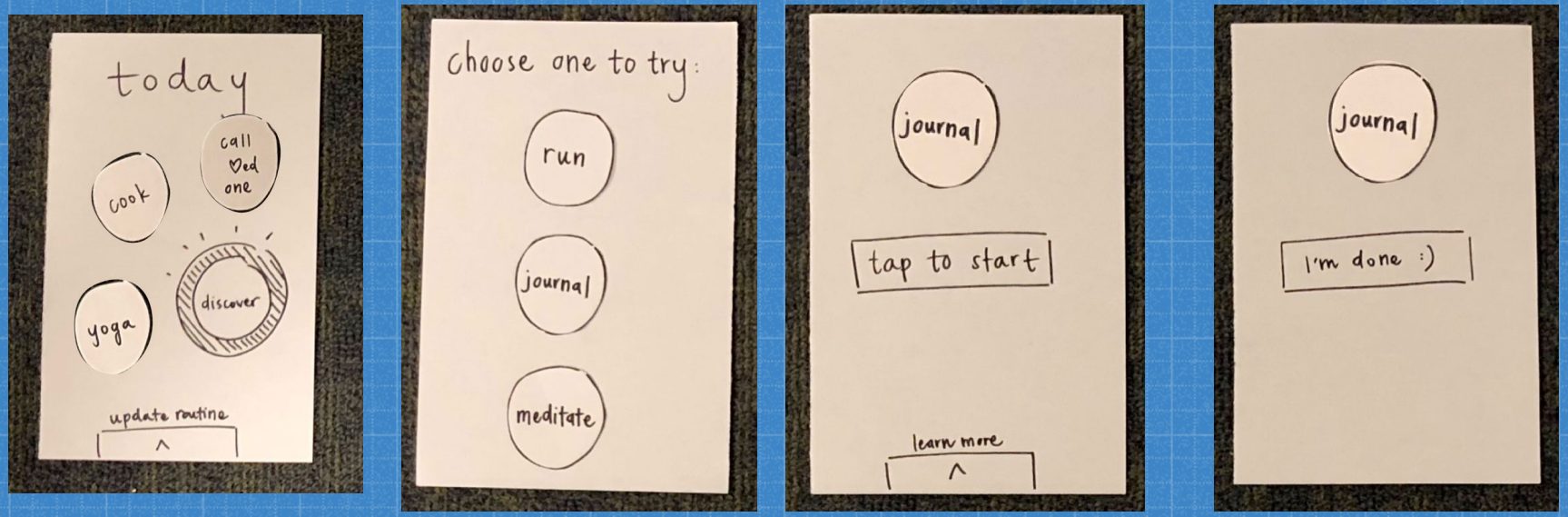
Lo-fi Prototype

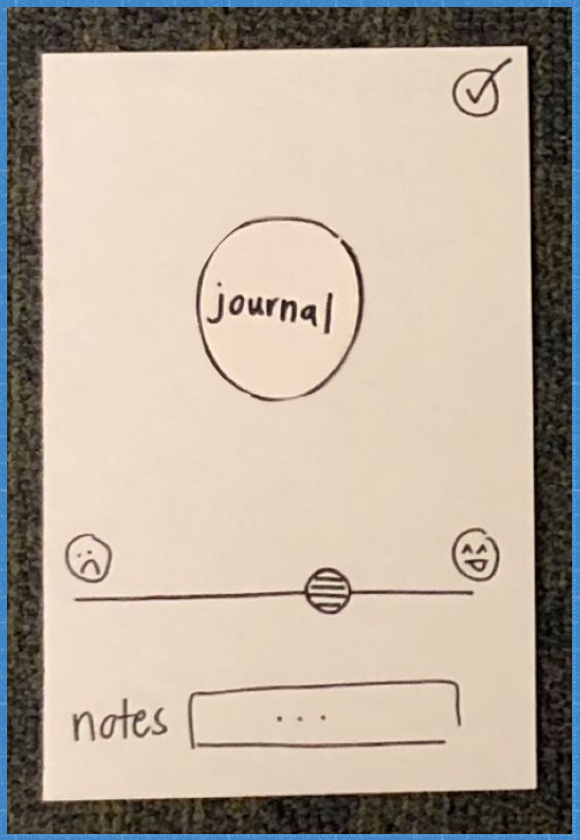


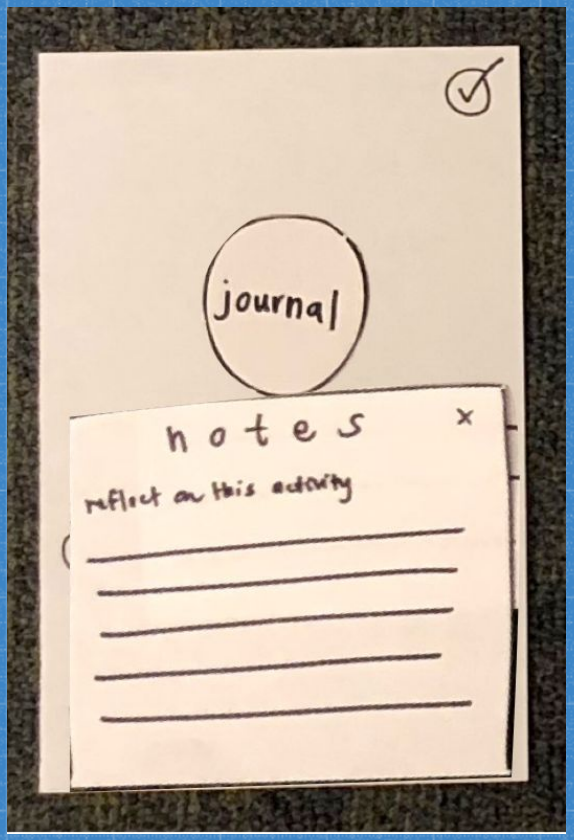

Every day
meditate
fall bed one



Task 1: Discover

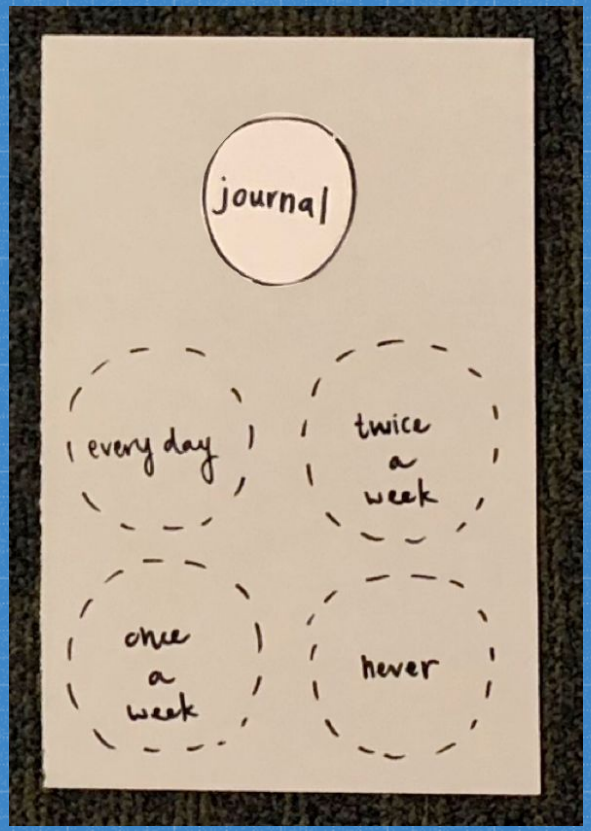
Discover a new self-care method

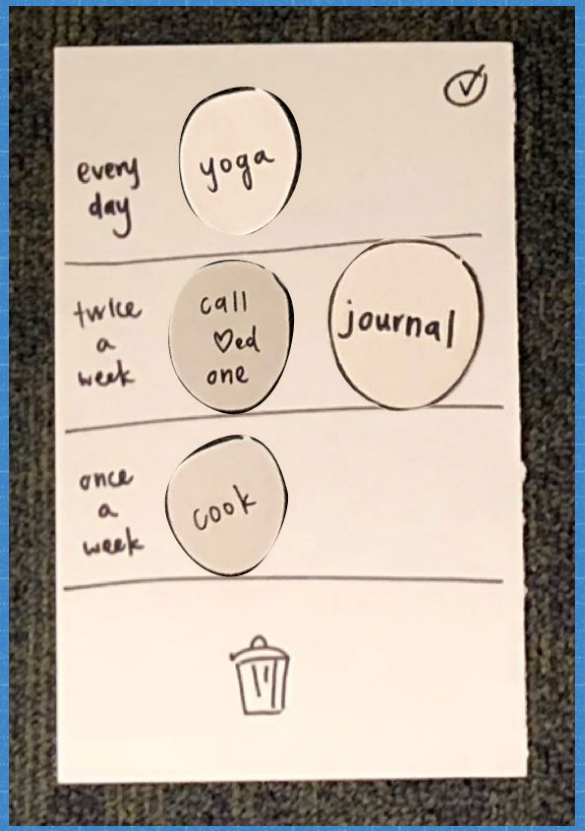




Task 2: Reflect

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

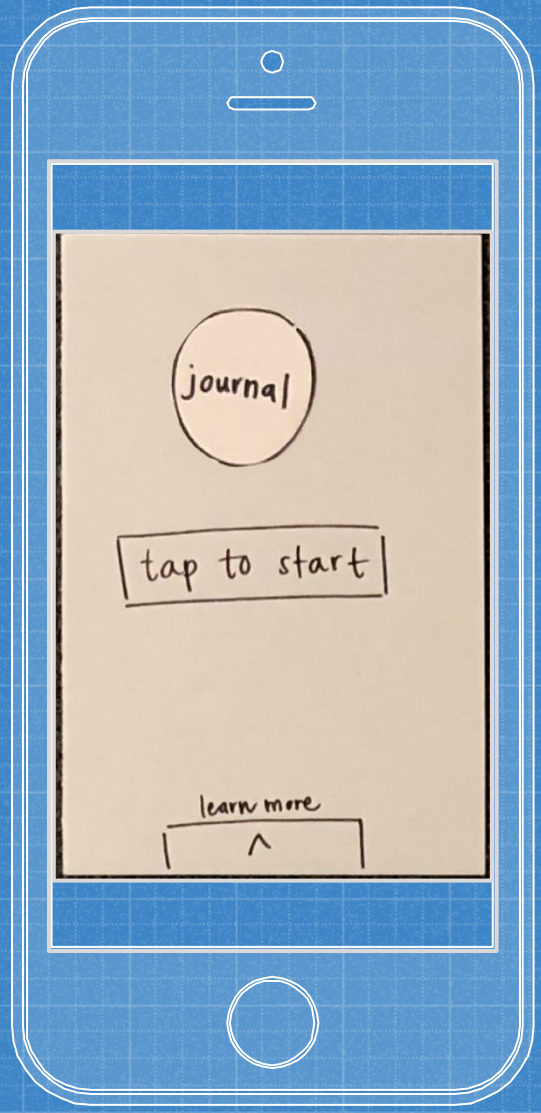
Participant 3:
Stanford Freshman, MS&E

Old Union

Late teen’s

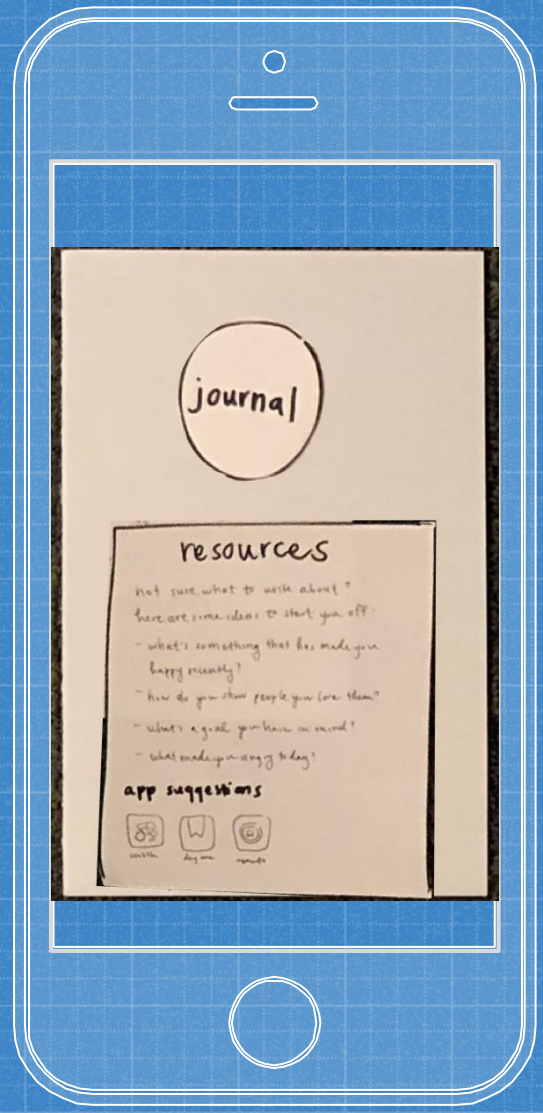
Task 1

- *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?”



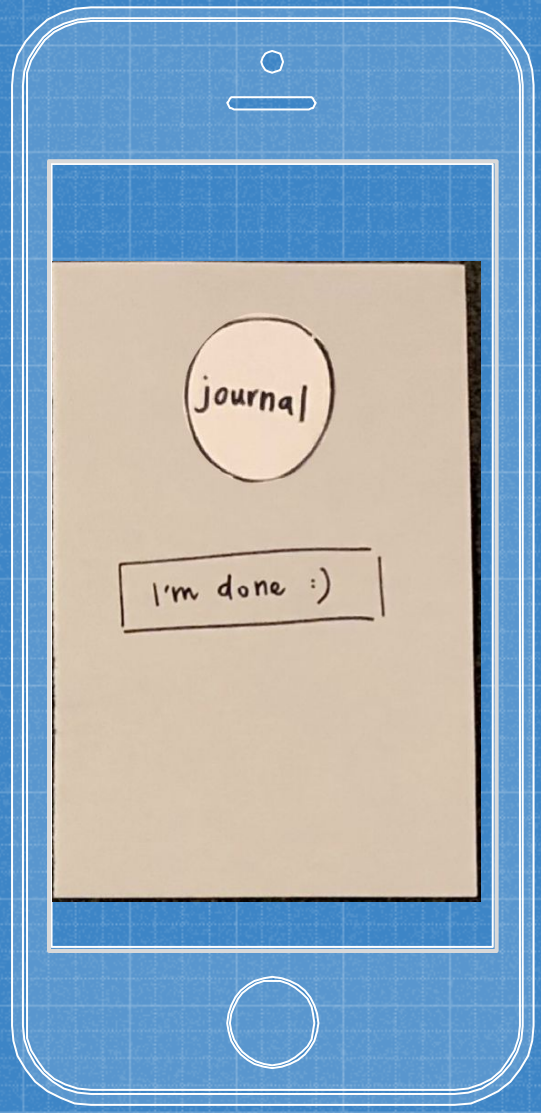
Task 1

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



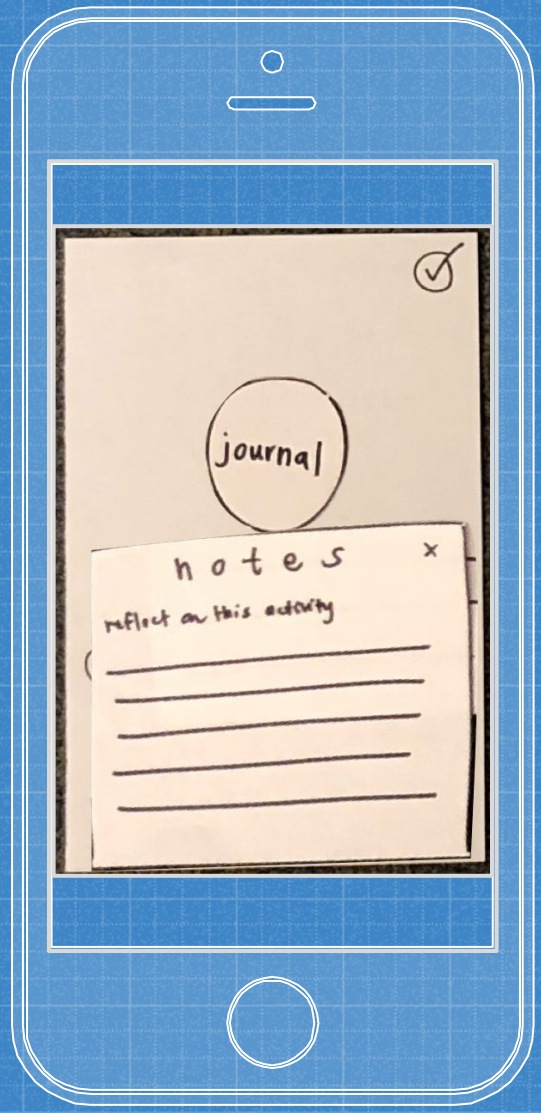
Task 1

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



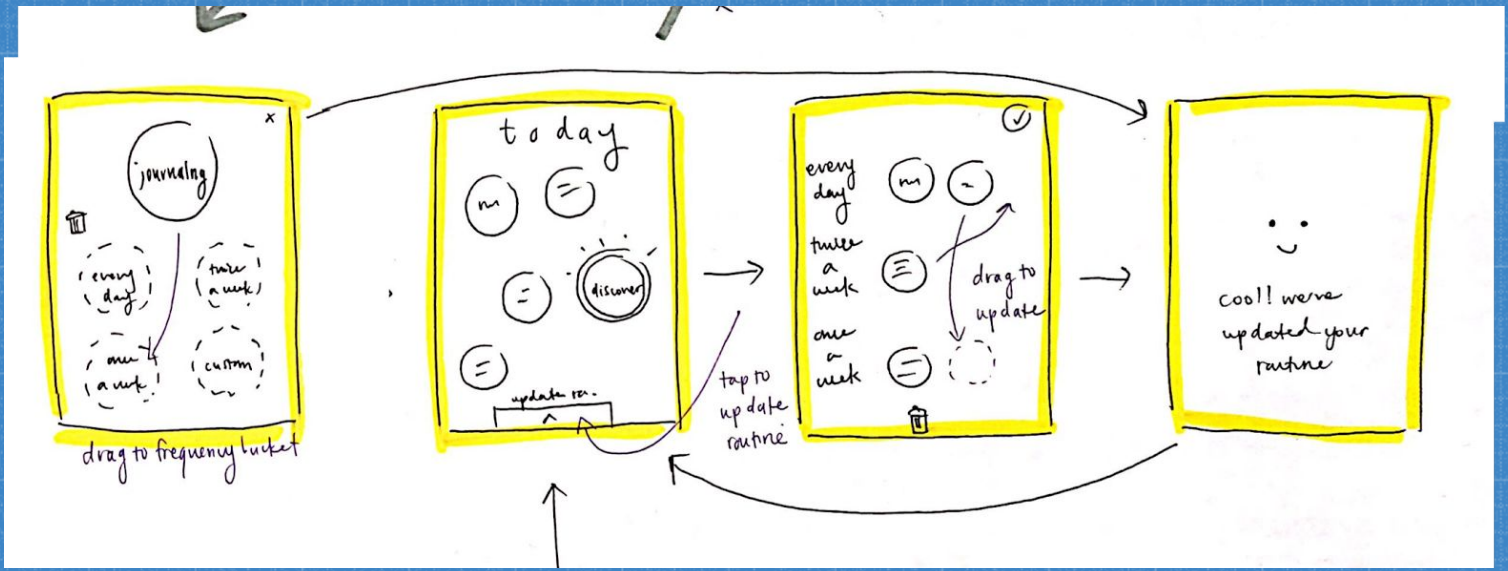
Task 2

- “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

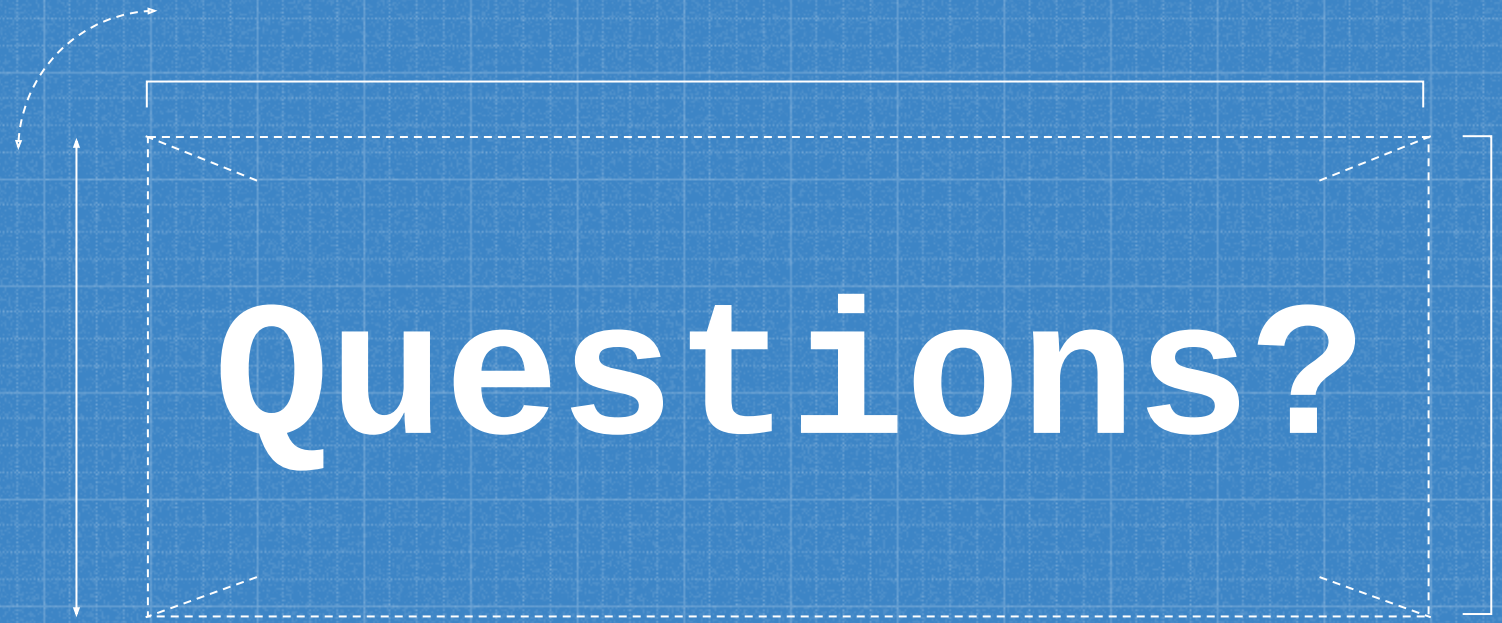


Suggested UI Changes

- 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?