Recurrent Patterns in the Design
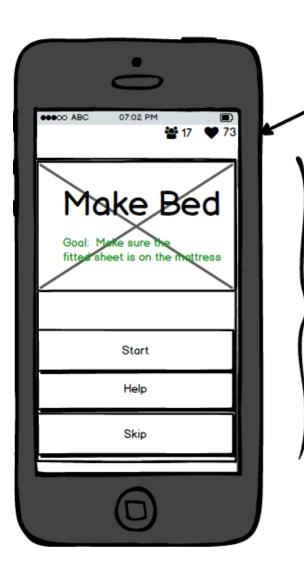

In place of a dedicated accomplishments page, a limited number of attributes to track

1) Lifetime positive activities (monotonically increasing - never reinforces setbacks)
2) (only if the user participates) thank you's from other users for encouraging them

Note: iconography are placeholders

Rationale: To subtly reinforce success continuously.

Use colors and low key animations to bring user attention to new milestones

Task specific Region

- The task-specific controls, text, visuals available found in this box will vary per task. Meditation, for example, allows for selection of the following options:
- guided meditation vs. self guided
- for guided, selection of a length
- for self guided, a countdown timer
- a help link and a skip link

The menu becomes accessible after two days of usage. With the "Adjust Routine" capability being the only item initially revealed. The user "unlocks" additional features - the "Encourage Others" and "Customize" with additional usage. The menu itself autohides. Because of the targeted cell phone form factor, the menu system was implemented as a bottom-reveal vs. a "hamburger" or similar menuing system that is visible from the top. The rationale for this choice is based on ergonomics of thumb-based usage. This is based on observational research performed by Steven Hoober. (http://www.uxmatters.com/mt/archives/2013/02/how-do-users-really-hold-mobile-devices.php)