

Case Study

Mood Tracker



Tung-Yen Wang

Project Overview

Motivation

In this fast-paced world, it is difficult for us to pause ourselves to reflect on our well-being. Hence, I was inspired to design a platform for people to document their moods.



Goals

The Mood Tracker aims to enable users ...

01 To record and document daily emotions

02 To observe patterns and shifts in moods

03 To discover internal and external stimuli that affect one's mood

04 To practice activities that help regulate or relieve certain emotions

User Research — Methods

Research Goals

To understand user behaviour and identify critical features.

Interview Questions

- Please describe how would you use a mood tracker.
- Can you share your experience using a mood tracker or a similar product?
What worked for you and what didn't?
- What are some of the features that you would like to see on a mood tracker? Explain why.

Research Screening

conducted a simple survey on 20 individuals to get a high-level understanding of users habits and demands



User Interviewing

interviewed users to learn user experiences and user needs



Identifying Design Principles

analyzed research findings to draw insights and identify design principles

User Research — Insight

People need a safe space for emotional expression.

User Research — Design Principles

Private

How might we create a digital platform that feels safe to be vulnerable?

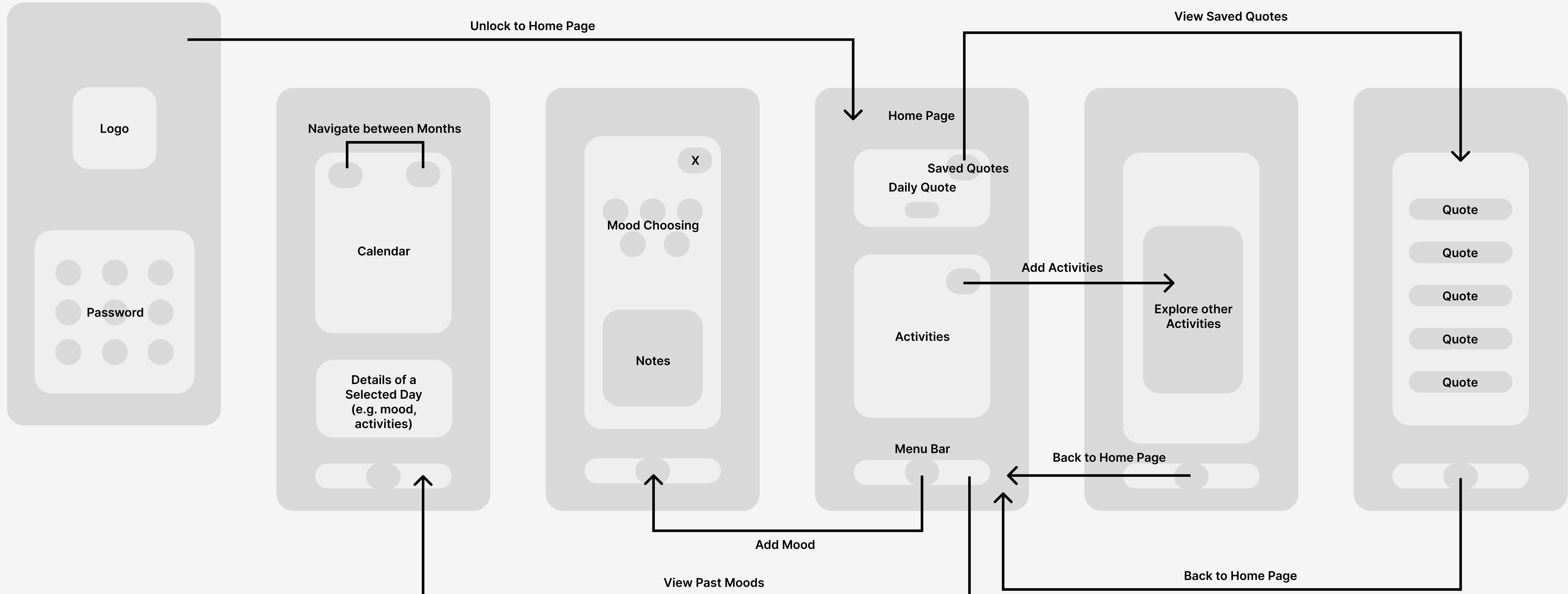
Accessible

How might we create a digital platform that is easy to navigate through?

Inspiring

How might we create a digital platform to boost positive energy?

Wire-frame



Prototype

Typography

Aa | Inter
Semi Bold

Heading

H1 24px

H2 14px

H3 10px

Colors



#E1E3E3



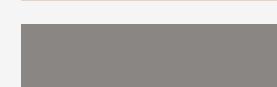
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Icons from Iconify

