

Final Assignment

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Introduction

Individuals frequently have problems maintaining good posture, which results in back pain. Attempts have been made to remedy this through design solutions like ergonomic chairs, or padding chairs to make them more comfortable; however, this doesn't address the main issue of poor posture—in fact, comfortable or ergonomic chairs might cause individuals to sit in them longer without actually fixing their posture, simply increasing their pain. We hoped to tackle this by creating an app that would remind users to fix their posture and maintain healthy habits; additional observations about the frequency and nature of users accessing their phones informed the form and additional functions of the app, resulting in a focus-assisting app that aims to encourage healthy and efficient work habits.

Observations

Round 1

Qualitative Data

Team members individually observed a variety of individuals, primarily focusing on their working habits. The following list breaks down each observation and identifies who was observed at what location, as well as what observations were made.

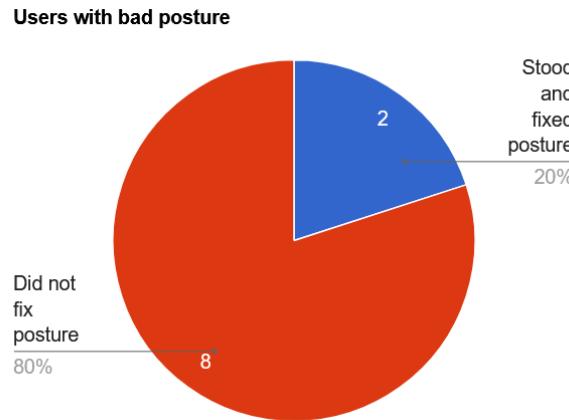
- **Who:** A team member's brother. **Where:** Working remotely from home, a work style which requires him to sit for long durations. For this purpose, he employs an ergonomic chair. **What:** He had a slouched posture after almost 1 hour of work on a laptop. The user was also leaning in different positions, sometimes to the left or to the right. He was also adjusting the chair out of frustration for his back pain, and mentioned that his back "kills". The user seemed distracted in the work, and seemed unaware of his posture. He got up to take a break after 4 hours of sitting, and placed his hand on his lower back to add pressure on it for a stretch.

- **Who:** A total of 8 students studying together for approximately two hours. **Where:** The students occupied a table in the UTM library, **What:** 6 separate times a student would point out that their own posture or another student's posture was bad (they were slouching or had rounded shoulders). In some cases, all 8 students' postures were poor. Upon the verbal reminder, all members would take the initiative to sit up straight and fix their posture. 5 minutes after the reminder, however, half the group (4 students) had returned to bad posture; and after 10 minutes, the whole group (all 8 students) once again had bad posture.
- **Who:** A team member's sister. **When/Where:** Observation occurred over the course of a weekday while she worked from home on her laptop, seated on a simple wooden chair at the dining table. **What:** Particularly when frustrated with her work (rubbing at her forehead and sighing), she would slouch and dip her head, or relax her posture, slumping down in the chair so that her back wasn't straight. This happened almost constantly over the workday. She would also periodically get up to fetch food/drink or other items. Out of 23 such breaks, on 16 of them, she paused for a moment immediately after standing and kicked out her legs, straightened up and rubbed her neck/back, or stretched her arms out from side to side. She frequently looked tense or annoyed immediately before doing these impromptu stretches.

Quantitative Data

Who: 10 individuals were observed to study their sitting habits. Of these, all 10/10 individuals were observed with bad posture, slouching or having drooping shoulders. **Demographics:** 8 individuals were UTM students, observed at the library, presumably between the ages of 20-23. 1 individual was a team member's brother, aged 26; and 1 individual was another team member's sister, aged 23. 40% of the 10 individuals were female, while 60% were male.

1. 2 of these individuals stretched immediately after moving from their positions, flexing their limbs and rubbing at their back, potentially due to limb or back pain/stiffness
 - a. 1 of these individuals stretched and appeared pained more than half the times she stood
2. 8 did not attempt stretching, but tried directly fixing their posture while sitting instead
 - a. For all 8, after some time, this method repeatedly failed and they returned to having poor posture within the next 5 to 10 minutes



Important Points: Summary

- Poor posture sustained for anywhere from 15 minutes to 3 hours resulted in pain to the user
- Sitting still for similar periods of time would cause stiffness in the user's limbs
- Reminders helped the user fix their posture and minimize stiffness, but not for long—within 10 minutes, poor posture would be resumed.

Reflection and Iteration

We have observed that individuals appear to be experiencing stiffness and pain due to bad posture or sitting in one position for too long without stretching. These

observations were consistent across demographics and location, both in those who were alone and in a group.

As can be seen from the UTM library observations, the primary solution of offering periodic reminders appears to be insufficient in and of itself; individuals quickly forget the reminders and return to sitting positions with poor posture. A solution will need to offer consistent and repeated reminders in a location that is quickly noticeable; our next round of observations will focus on finding a solution to this.

Round 2

Qualitative Data

- **Who:** 12 students observed during their workouts. **Where:** At the UTM RAWC. **What:** Of these 12 students, only 1 never took out his phone. Of the rest, 5 spent more than 15 minutes on their phones (which equals $\frac{1}{4}$ of their reserved workout time). Of the remaining students, 3 spent at least 10 minutes on their phone (which equals $\frac{1}{6}$ of their reserved workout time) and the rest (3 students) less than 10 minutes.
- **Who:** A team member's mother and sister were observed. **When/Where:** Observation lasted for 3 hours at the team member's home, while the mother and sister worked at their computers. **What:** During the 3-hour period, the mother took out her phone 6 times, whereas the sister took hers out 15 times. The mother's time spent on her phone was always between 2-5 minutes, but the sister would spend anywhere from 5-15 minutes. The team member was able to observe their computer screens, and noted that his sister took breaks whenever she got a message, as the iMessage notifications appeared both on her phone and laptop. However, for over half of her breaks (9/15), he'd eventually hear either YouTube or TikTok audio coming from her phone. For his mother there was no indicator as to the reason for the breaks, and he did not notice any audio playing from her phone.

- **Who:** A team member's sister. **When:** The observations took place over the course of her 8 hour workday, as she was working from home on her laptop.
- What:** On 18 out of 23 breaks taken to retrieve food/water, she also detoured to fetch her phone from the sofa and check it, often despite still having her work open and unfinished on her laptop. The checks would be short; the team member couldn't see exactly what apps she opened, but her total time on her phone per break never exceeded 5 minutes, being almost compulsive in nature.

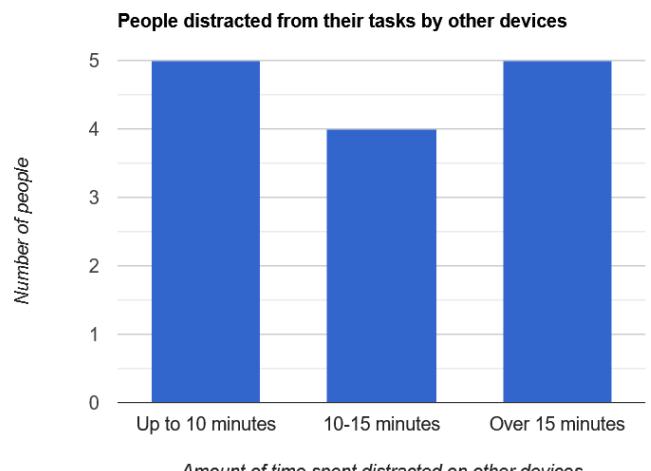
Quantitative Data

Phone usage of 15 out of a total of 23 people was observed, focusing on how it disrupted their task focus. Of these, 14/15 users were distracted with their devices in between other activities they were completing, interrupting their work.

Demographics: Of the 15 people, 12 were UTM students observed in the RAWC, and 3 were family members observed at home. 53% were female and 47% were male. 93% were aged approximately 20-23, while 7% (the mother) was in her 40s.

When averaging the amount of time spent on their device during each individual break, it was found that:

1. 5 people spent >15 minutes on their device
(5 students)
2. 4 spent approximately >10 minutes on their device (3 students, 1 sister)
3. 5 spent approximately <10 minutes on their phone (3 students, 1 mother, 1 sister)



Time spent on devices was roughly proportional to the observation periods; a 1-hour observation noted people using their phones for upwards of 15 minutes. Longer observations noted people using their phones for around 2 hours.

Important Points: Summary

- Individuals frequently check their phones, almost compulsively, even throughout tasks requiring focus
- Phone checking often results in distraction and time spent away from the task

Reflection and Iteration

No more observations are required for our design as we have already performed detailed observations on 23 individuals and achieved results that we can use to address the user pain. These observations were performed with a variety of different factors including demographics, location, and two different variables measured: posture and screen time. Observations included very specific behavior which all pointed to common problems that users had.

They have also helped in synthesizing a design for functionality and usability based on the significant qualitative and quantitative data that was retrieved. In addition, these observations were very consistent throughout a group of individuals and individuals that were alone. Overall, the data points of people being observed were conclusive, and our observations covered interesting things that targeted two variables to identify the problems.

Ideation

We observed a primary issue: that of individuals experiencing pain and stiffness due to bad posture and sitting in one place for long periods of time without stretching. We noted that reminders seemed to help, but not for long, as individuals would often return to poor posture after periods of approximately 15 minutes. Therefore, a focal point users would frequently check was required, such that we could place prominent and frequent reminders to improve posture, and users would always see them. Further observation showed that **users' phones** were one such location, which users would repeatedly and compulsively come back to in the middle of other tasks. Placing posture reminders on phones through an app would ensure that users would frequently check and see the

reminders, fixing their postures quickly enough that it would hopefully not cause them lasting pain. Placing such reminders on a laptop was discarded as an idea because we could not be certain that the user would be working on their laptops when requiring posture reminders. For instance, 4 of the students observed in the UTM library were not working on their laptops, but rather studying some of the books available there. However, almost every single individual observed carried their phone with them, keeping it turned on. As such, the phone would be a far better way to ensure the user would always have access to their posture reminders.

However, observing users on their phones also revealed a new pain point: the frequency with which they checked their phones was a detriment at times, as they would become distracted from their main task for periods of up to 15 minutes, checking irrelevant social media apps or the like. Thus, we adapted our ideation and began considering the potential two-pronged solution of an app that would not only give users frequent reminders to correct their posture, but also assist them in maintaining focus on their ongoing tasks.

This concentration and working assistance app would “lock” the rest of the phone, in order to keep the individual focused. It would also include a (limited) customizable section of apps that were useful to the user’s current task, which would display even when the focusing mode was enabled; for example, the user could enable a calculator app while doing math homework, or a to-do list app while doing a gym workout to track their workout routine. Posture reminders would be constantly visible on screen when focus assist was activated, to stay true to the original focus of our observations; over time, this would hopefully engrain itself in users’ memory, such that they begin fixing their posture even without the constant reminders. To accommodate potential emergencies, the user could also mark certain apps or contacts as urgent; notifications from “urgent” apps/contacts would show up regardless of whether the focus assist app was turned on.

Requirements and Implementation

User requirements

- Regular posture reminders
- Avoiding phone distractions
- Being able to use specific features on their phone
- Staying aware of time spent : studying, relaxing, eating, in the washroom, etc.

Design requirements

- Posture reminder timers
- Not allowing access to all apps/services
- Letting users choose what features (and notifications) they want access to on their phones
- Extra timers that can be started when user starts a food/relaxation/bathroom break

Design implementation

- Posture reminder timer visualized on main screen
- No pop-up or distracting notifications
- Display user selected apps and notifications
- Small display with timers for food/relaxation/bathroom etc

Design Sketches

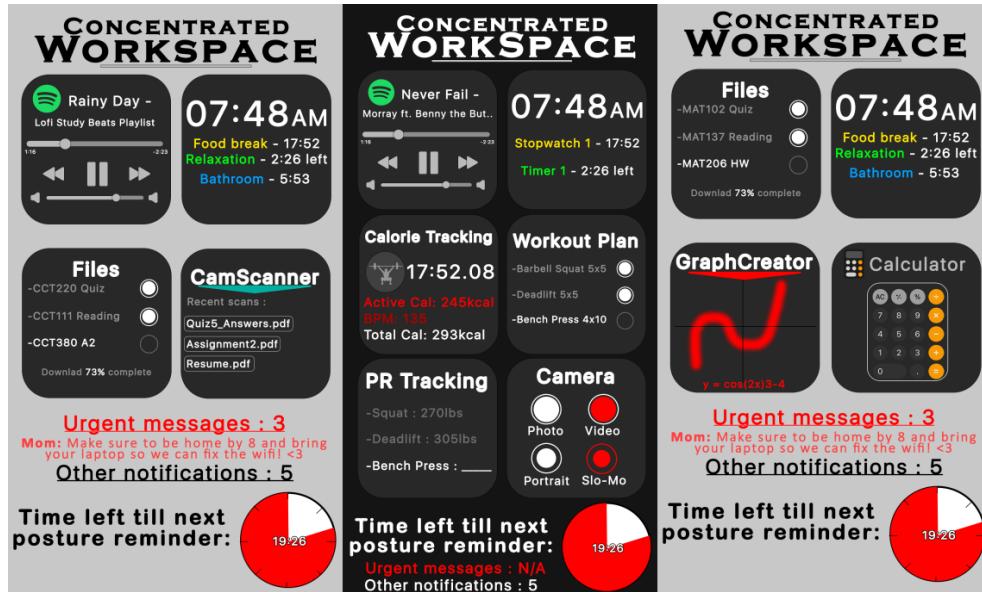


Figure 1: Focus assist mode

- Some constant features, serving the core function of the app
 - Prominent break timer widget—set at a default of 10 minutes, since this was when users were generally observed to return to poor posture
 - Urgent messages and notifications section
- Customizable apps grid: each slot can be swapped out for a different app, depending on what task the user is completing.
 - *Example 1 (left):* a study session setup (standard), with files list and scanner apps for scanning and completing assignments, Spotify to keep users engaged/help maintain focus, and a timer to track their progress
 - *Example 2 (center):* gym session with workout plan, calorie tracking, and PR tracking; Spotify and timer for same reasons as above
 - *Example 3 (right):* study session (math), with calculator and graphing

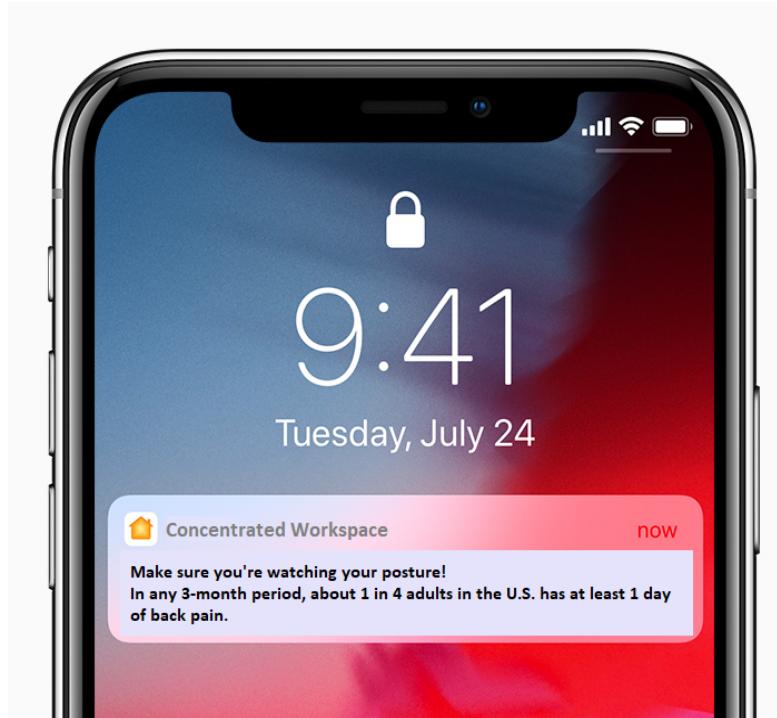


Fig. 2: Focus assist mode, screen locked

- Notification appears even on locked screen, indicating timer has completed
- Includes random facts about the effects of poor posture
 - In addition to the timer, the factoids give additional emotional motivation for the user to fix their posture, by providing examples of what could happen if they *don't* fix it
 - Changes general appearance of notification, so that user does not become used to identical notifications and start tuning them out as a kind of visual “white noise”
 - We chose to add this due to observing one team member’s sister skim repetitive notifications in seconds at a time, barely reading them. By changing the appearance, the notification appears less repetitive and draws the user’s attention due to its “unfamiliarity”

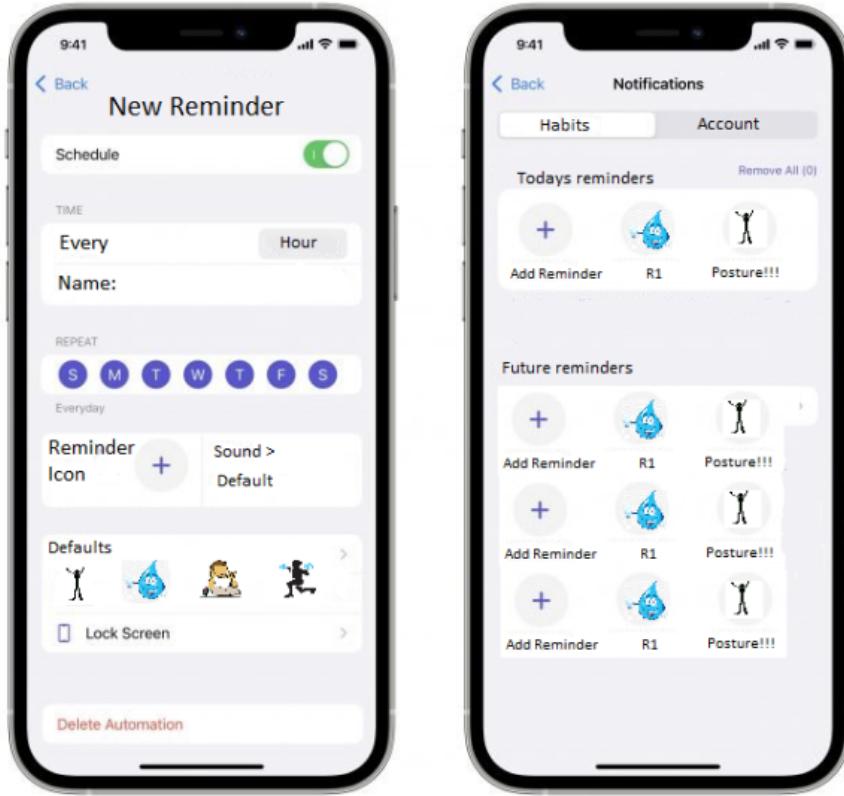


Fig. 3: Settings

- User can customize appearance and timing of notifications, and add notifications besides posture fixing e.g. drinking water
- By default, reminders occur at 10 minute intervals
 - People were observed to return to poor posture within 5 minutes (at minimum) up to 15 minutes (at maximum); the default value therefore averages these for accessibility to a wider range of users
 - However, the user is able to customize the frequency of their reminders to their liking, choosing from different intervals such as 1 hour
- Custom icons allow user to further individualize each set of reminders, giving them more control over their health experience

Design Sketches: Reflection

We believe this layout for the main page will allow for maximum productivity while still allowing users to use essential features on their devices. Again, the decision to use a phone app rather than a computer application came down to our observations showing that laptops are less commonly available to users than phones, combined with the fact that phones can offer a variety of useful tools for users. Additionally, the app is also able to tackle the issue of users becoming distracted while using their phones, allowing that distraction to be turned into productivity and have a positive effect on users' physical health. By having our app on user's phones, it gives them access to what they need, blocks out distractions, and reminds them of posture all at once.

Visually displaying the time spent on breaks also allows users to track their work without distracting them further. The same can be said for the urgent messages preview, which allows users to quickly read important messages without being distracted for long periods. It prevents users from spending large amounts of time on applications that reduce their productivity.

Furthermore, the main Posture Reminder widget's timer helps users visualize exactly how long they've gone without adjusting their posture and how long they have until they'll be reminded. Ideally, just seeing this timer will remind users to fix their posture during the time between the app's notifications. Users will receive an alert to stretch/exercise which will force them to get up even if they are distracted on a device, and most importantly, it'll prevent the users from sitting for long periods of time.

User Testing

Prototyping

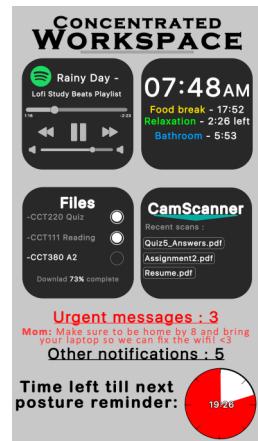
For the purposes of testing, we constructed a number of lo-fi prototypes that expanded upon the sketches above. The full range of prototypes used in our first few

rounds of testing can be found in Appendix A. We focused mainly on constructing prototypes for the posture reminder functionality of the app, as well as the urgent notifications widget. This focus was due to the fact that all other widgets would be miniaturized versions of the actual apps installed on the user's phone, and as such would use a limited set of the functions already available in each app, not needing any layout changes for the app's purposes.

Testing Process

Round 1

In the first round of testing, team members presented testers with prototype screens. The screens were displayed as image files on a laptop, with a team member clicking through to the appropriate screen when users "tapped" i.e. pointed to specific parts of the prototype to indicate what they wanted opened. Testing began with users on the home screen (pictured alongside, as seen in *Design Sketches: Fig. 1*). Users were directed to interact with the app as they pleased, and requested to narrate their opinions and thought process out loud. No particular scenarios were presented to users.



We made the following observations:

- Users interacted with the actual widgets with apparent ease, perhaps due to their nature as minimized versions of existing apps. No questions were asked about how to open apps, and few questions were asked about functionality of apps.
- Users would miss or initially overlook the posture reminders at the bottom of the screen in favor of the app widgets above them, often searching through apps when asked about their preferences for the posture reminders.
- When informed about the app's nature, particularly the ability to change what apps were displayed on the home screen, users seemed excited but confused. When asked what apps they'd like to choose from, they would provide answers, but seem less energized.

Users also provided the following feedback:

- They wanted the posture reminder and urgent message section to be displayed more prominently, as the core feature of the app. They found that placing it at the bottom made it seem less important.
 - *This reinforced team observations about users overlooking the posture reminders due to the positioning.*
- Users wanted a settings menu to change the layout of the apps, a feature proposed in the original design, but no settings button was present.
 - *This would explain their confusion and dismay when learning about the ability to change app layouts for the home screen, since they could not personally test the feature.*
- Along similar lines as the settings menu, users wanted a place in the app where they could check information regarding its function and how to use it.

Round 2

Prototype Changes

In response to feedback in the previous week, the team made the following alterations to prototypes:

- *More prominent display:* The posture reminders/urgent message sections were moved to the top of the home screen (Fig. 4), styled as widgets like the other apps for consistency of design.

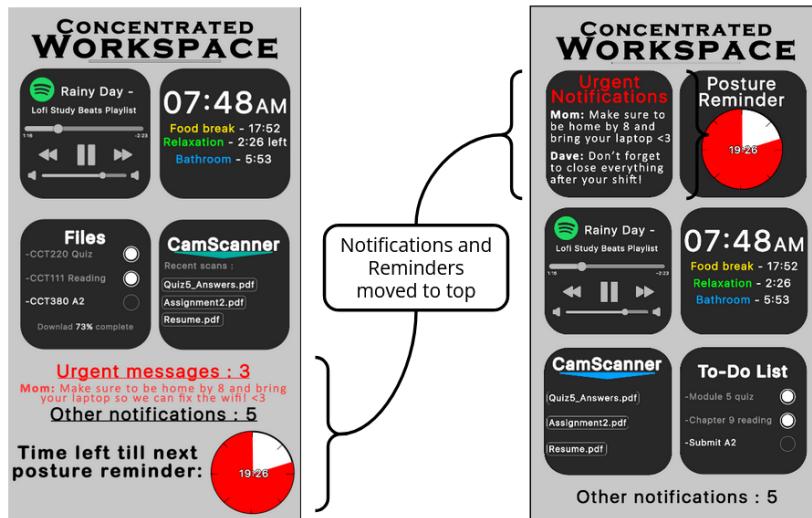


Fig. 4: Before and After

Due to some team members not being available, the team was limited in our ability to make further changes, such as designing a new settings menu.

Testing Protocol

In response to feedback from course instructors, the testing process for Round 2 was made significantly more formal than the preceding week. A set procedure for the test was designed alongside scenarios for the users to play out, and specific roles and duties assigned to team members (

testing organizer and note-taker)

The process began with explaining the purpose of the app to users prior to actual testing, as follows:

Concentrated Workspace is an app designed to assist users in maintaining good posture while also maintaining their focus on the tasks they're completing. You can customize what apps you want available on your home screen, set up posture reminders, and start a work session for however long a time period you

want. Once you start the session, all apps other than the ones you selected will be disabled, and you won't be able to access them unless you close the focused work session. To accommodate emergencies, you're able to set some contacts or apps as being “urgent”, and messages from those contacts only will appear on another “Urgent notifications” widget.

The testers were then asked to complete one of a set of scenarios in order to see how they interacted with the app. Scenarios included the following:

1. You've started a focused work session in order to complete an assignment, but you're having trouble maintaining your line of thought with the posture reminders chiming in every now and then. *Adjust your posture reminders to stop disturbing you.*
2. You've started a focused work session and have been working for a while, when you realize you've been slouching, and your back hurts. Your posture reminders aren't working on their current settings. *Update them so that you remember to fix your posture.*
3. You've been working for a long time without interruptions. *Check your urgent messages and see if anything needs responding to.*
4. After completing one of the previous 3 scenarios, users were then asked to complete a fourth, more open-ended scenario where they were told : interact with one further app of your choice

The scenarios mostly test the usability of the app/interface as we were looking to eliminate points of confusion and make controlling the app as simple as possible. Therefore the scenarios either were aimed at testing specific features (like modifying posture reminder settings) or ensuring certain apps/widgets functioned as users expected. Furthermore, testing the effectiveness of a posture reminder meant to be at 10-45min intervals over a several hour study session, in 5-10 minute user testing sessions was essentially impossible (especially considering users are also more likely to keep posture in mind knowing the purpose of our app).

Scenarios were open-ended in order to accommodate multiple potential responses to the required tasks; for example, in scenario 2, users might choose to enable sound on their posture reminders, so that the audible chime would remind them to fix their posture. Alternatively, they might want to make the reminders appear more often. Another example was scenario 3, where they could choose to ignore, reply to, or delete either or both of the messages on the Urgent Notifications widget. This allowed us to explore various patterns of user behavior, rather than only analyze one usage pattern.

Scenario 4's purpose was to see how users might interact with generalized app widgets. Again, this was an open-ended task so that we could see any common patterns in user behavior. It also allowed us to retain the "free space" method of testing we'd used the previous week, which we'd received very useful feedback from.

In closing, users were asked a number of questions regarding the features they'd interacted with. During our first testing session, we customized these questions and varied our focus, gathering a wide range of data about how users would expect the app to function.

The scenarios themselves were conducted with Team Member 1 (TM1) changing prototype screens in response to the user's "taps", while Team Member 2 (TM2) wrote down all interactions the user made on specific screens.

Results

Users' full responses, along with TM2's observations are given in Appendix C. In summary, their suggestions were focused around:

- App selection during initial session setup: users wanted a list of app icons to choose from, the ability to make and save presets for screen layouts, and for social media/browser apps to be disallowed.

- Miscellaneous app functionality improvements: message organization in Urgent Notifications, a full-screen option for CamScanner, playlist/artist/song selection for Spotify, alterations to the display and function of Timer, and so on
- General visual design, notably making the interface less cramped
- Handling when users try to exit the app: showing notifications with how long the user had been away, and repeatedly reminding them to get back

We also received feedback from course instructors stating that our prototypes were of a higher fidelity than was desired for early testing. Recommendations were made to simplify the prototypes for the next week.

Round 3

Prototype Changes

To accommodate user feedback from the previous week, we made the following changes to our prototypes:

- *General visual design:* simplified the app design, reducing text and adding icons where possible, particularly on the home screen.

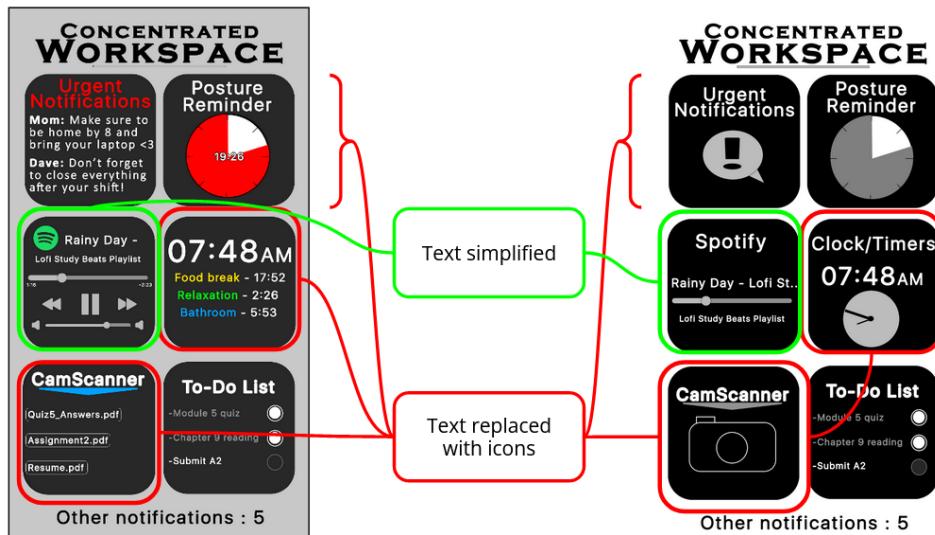


Fig. 5: Home screen, before and after.

- *Miscellaneous app functionality improvements:* We added and changed features in certain apps, based on last week's feedback.
 - Urgent Notifications: Moved messages marked as "ignore" to a "Read" section near the bottom of the screen
 - CamScanner: Added a full-screen button, and a prototype screen for when the scan was full-screened
 - Spotify: Added a song/playlist/artist selection option
- *App selection:* Added a settings and information button to the bottom of the home screen. A specific settings menu was not designed, as we felt it was extraneous to our actual testing, which was focused on the app's function while a work session was active.

In response to the instructor feedback from the previous week, the team also lowered the fidelity of our prototypes, redrawing the updated prototypes on paper by hand. The original digitized versions of these prototypes, as well as photographs of their paper counterparts, can be found in Appendix D.

Testing

For our previous round of testing, only 2 out of 4 team members were presented, limiting our ability to collect data. However, for our third round, all 4 team members were in attendance. As such, the original two team members retained their duties, TM1 changing prototype screens in response to the user's actions and TM2 writing down observations about their process and behavior. Team Member 3 (TM3) watched the user's face to monitor any heightened emotional responses, while Team Member 4 (TM4) tracked the time taken for the user to complete their assigned task, as well as taking on TM2's duty of noting down any commentary or questions asked by the tester.

During Round 2, we found that our questions gathered a variety of data. However, we wanted to get a clearer understanding of how users responded to the same prompts, to see if we could identify further patterns. Therefore, in Round 3 of

testing, we retained the scenarios prepared in Round 2 and began asking testers specific questions based on the scenario they'd completed:

- For scenarios 1 and 2:
 - a. How often do you think posture reminders should appear?
 - b. How noticeable do you think posture reminders should be, by default?
Should they include noise and/or vibration? Should they appear as pop-ups that you have to interact with, or banners that fade on their own?
- For scenario 3:
 - a. Do you think urgent notifications should disappear once you've checked them? Or would you rather they stay accessible, with the notifications widget divided into "unread notifications" and "read notifications" sections?
- For all scenarios:
 - a. As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - b. Do you think you should be able to exit the Concentrated Workspace app while a work session is active? If yes, do you think the app should have a specific response to this, or just resume the work session once you reopen it?
 - c. In closing, do you have any other questions or thoughts on the interface?

Results

Users reacted well to the changes made for the week, no longer expressing concerns about the visual design of the app, or missing features like Spotify playlist selection. They also seemed content to simply know that the settings menu was available, not asking to change any features or add any features to manipulate settings of. As such, we do not intend to add an actual settings page prototype.

After analyzing our observations of user behavior and the direct feedback provided by users, the team noticed the following patterns:

- In Posture Reminder:
 - Users appeared universally confused about whether changes made to the settings had been changed, with one user directly requesting a “Save changes” button.
 - Users seemed uncertain about the function of the “reset timer” button.
- Users all agreed that the app should allow them to exit the focus session, but with a warning to confirm that users *really* did want to quit.
- One user appeared confused about how to interact with the to-do list, particularly with regards to whether an item had been marked as completed, or how items should be selected for features such as “Edit”, directly asking “If I tap [a list item], will that cross it out? Or can I... *[gesturing to Edit button]*”, and “wait, so that’s done?” right after tapping an item.

There were also some topics where opinions varied, such as whether browsers and social media apps should be allowed. More users seemed inclined to allow browsers for research purposes or the like, but ban social media apps. Though this isn’t a concern that can be reflected in the affordances of our actual prototypes, it would be a useful thought for the app we are designing, should it be realized.

Round 4

Prototype Changes

Once again, we altered our prototypes in response to the previous week’s feedback:

- *Posture Reminder clarity of usage*: A “Save changes” button was added in response to the major feedback received from users, letting them confirm manually that changes were saved. The “Reset Timer” button label was changed to “Reset Time” to avoid users thinking that the button would reset all reminder

settings, also the current notification settings are now highlighted for better clarity.

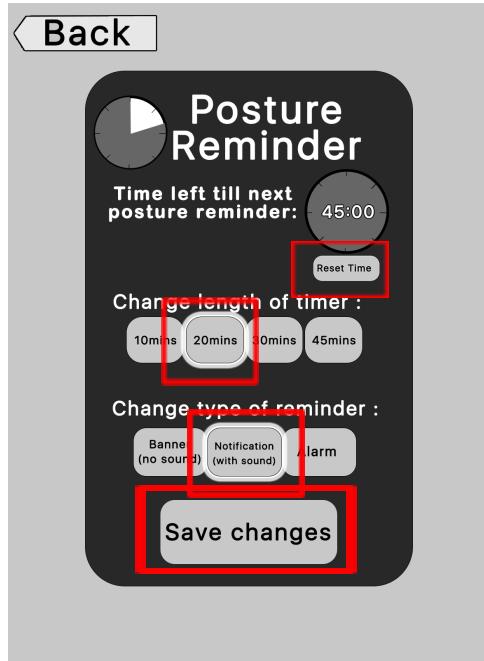


Fig. 6: Updated Posture Reminder interface. Note the new Save Changes button and highlighted boxes around the selected settings

- *Urgent Notifications prototype update:* We created a dedicated screen for the reply functionality to better depict to users how it would look, complete with a special “send” button, separate from the “enter” button. This was based on multiple users’ confusion when trying to send the message. They later explained it wasn’t clear the enter/done button on the keyboard was used to send, and would prefer a dedicated button, appropriately placed and labeled.

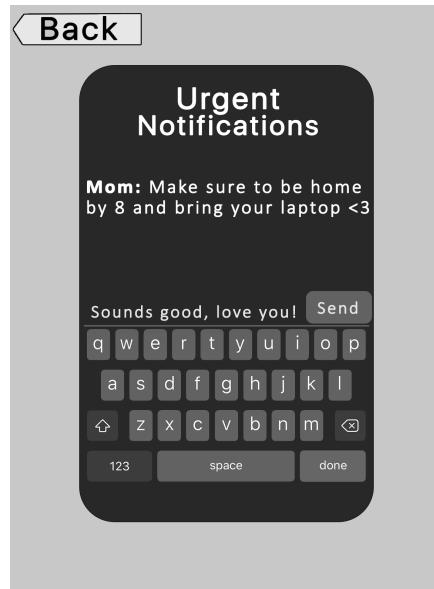


Fig. 7: Urgent Notification reply screen

- *Confirmation when exiting app:* Allowing users to leave during a focused work session, but first giving a pop-up confirmation. This provides visual feedback of their actions, for users who mistakenly attempt to exit the app, and allows users a second chance to reconsider if they truly want to disrupt their focus, supplementing the core function of the app as encouraging sustained focus.

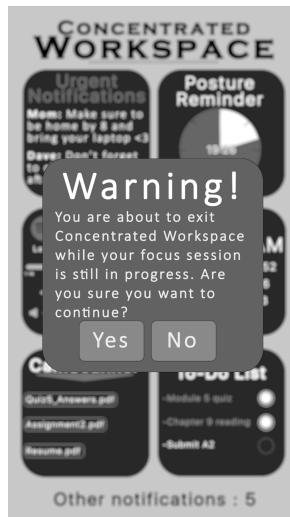


Fig. 8: Confirmation message

- *To-Do List clarity of usage:* We added a highlight border to the “selected” item, matching other apps and increasing consistency. This would also increase user feedback, letting them know when they’ve tapped on an item and what they’re making changes to. To make it easier to understand when items were completed, they were struck through with a line.

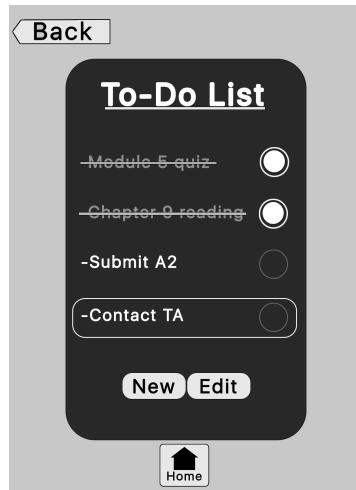


Fig. 9: Updated To-Do List screen

Testing

Our testing methods will remain largely the same as last week, with Scenarios 1, 2, and 3 still focusing on Posture Reminder and Urgent Notifications to see how users respond to the new changes and prototypes. However, Scenario 4 will be altered, requesting users to interact with “To-Do List” instead of an app of their choice:

You've just finished a long session of completing school assignments, and want to write down your progress. Check your To-Do list and sign off on today's tasks.

This should allow us to see how users respond to the changes made to the To-Do app from last week. For simplicity’s sake, and to avoid users becoming confused over the course of multiple tasks, instead of having users complete one of Scenarios 1/2/3 and then Scenario 4, users will only be asked to complete *one* of Scenarios 1-4. Along with the methodology, the questions posed to users after completing each scenario have been modified:

- *For scenarios 1 and 2:* Do you want any further ways to customize posture reminders besides the options provided (time interval and notification type)?

These scenario's questions were changed to prompt additional feedback about the layout of the app widget, which was the main concern that had been altered.

- *For scenario 3:* The Urgent Notifications screen has a section for unread messages; once you've checked the app once, any message that was on your screen will move to the "Unread" section. Should messages that you've "ignored" be moved to this unread section (hidden but still accessible), or moved to the "other notifications" section (inaccessible until the focused work session ends)?

This scenario's question was modified to further understand the user expectations of the "ignore" function, since both "reply" and "delete" had appropriately designed prototypes we could directly test users on.

- *For scenario 4:* Would you prefer that the "Delete" option of the To-Do List app be available directly in its menu, along with "Edit" and "New", or would you prefer for it to only appear as an extra option after "Edit" was pressed?

This question was added for the newly designed scenario 4, and aimed at understanding the minutiae of user expectations, as well as simplifying the list management process by reducing clicks.

- For all scenarios:
 - As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session? (*identical to previous weeks*)

This question was retained due to the range of feedback we received previously. Since no firm consensus was reached, it would be better to receive more feedback to average an answer from.

Since a consensus *was* reached on how the app should behave if the user attempted to close it, however, we removed the question regarding it.

- In closing, do you have any other questions or thoughts on the interface?
(identical to previous weeks)

As always, offering an open-ended free space for user thoughts that could not be given elsewhere allows for a wider pool of insights to draw from.

Results

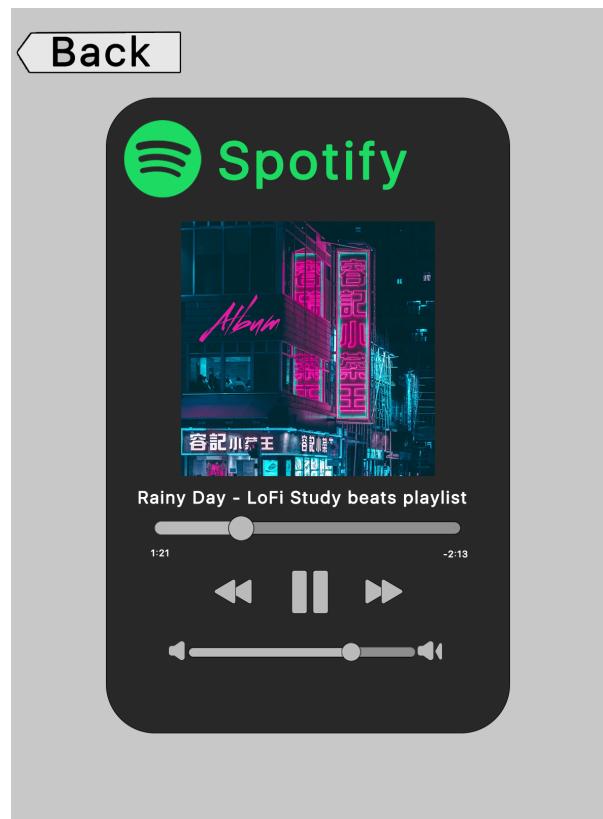
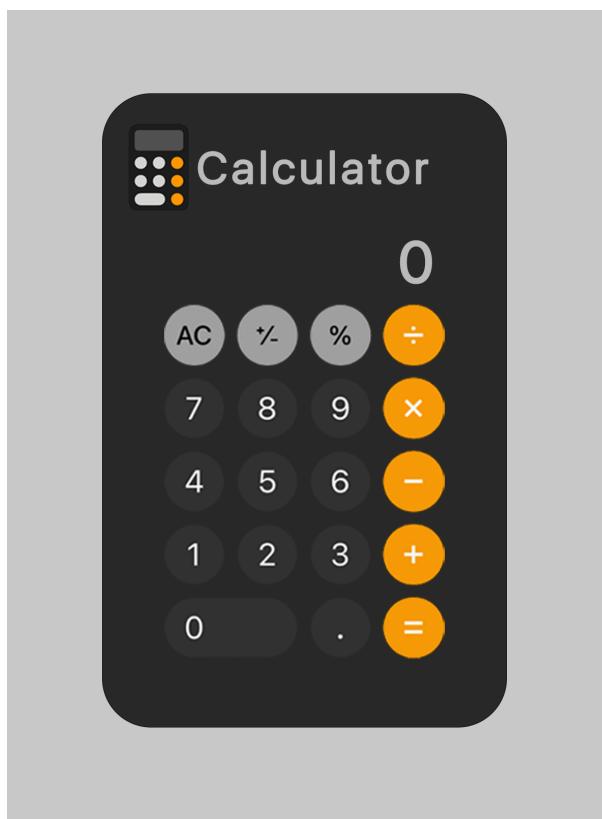
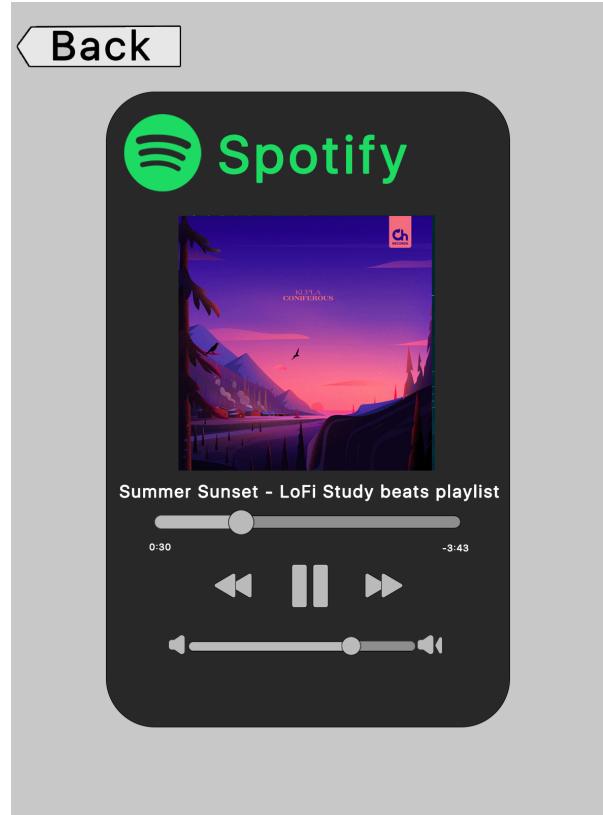
Results remain to be seen, as Round 4 of testing is to commence shortly.

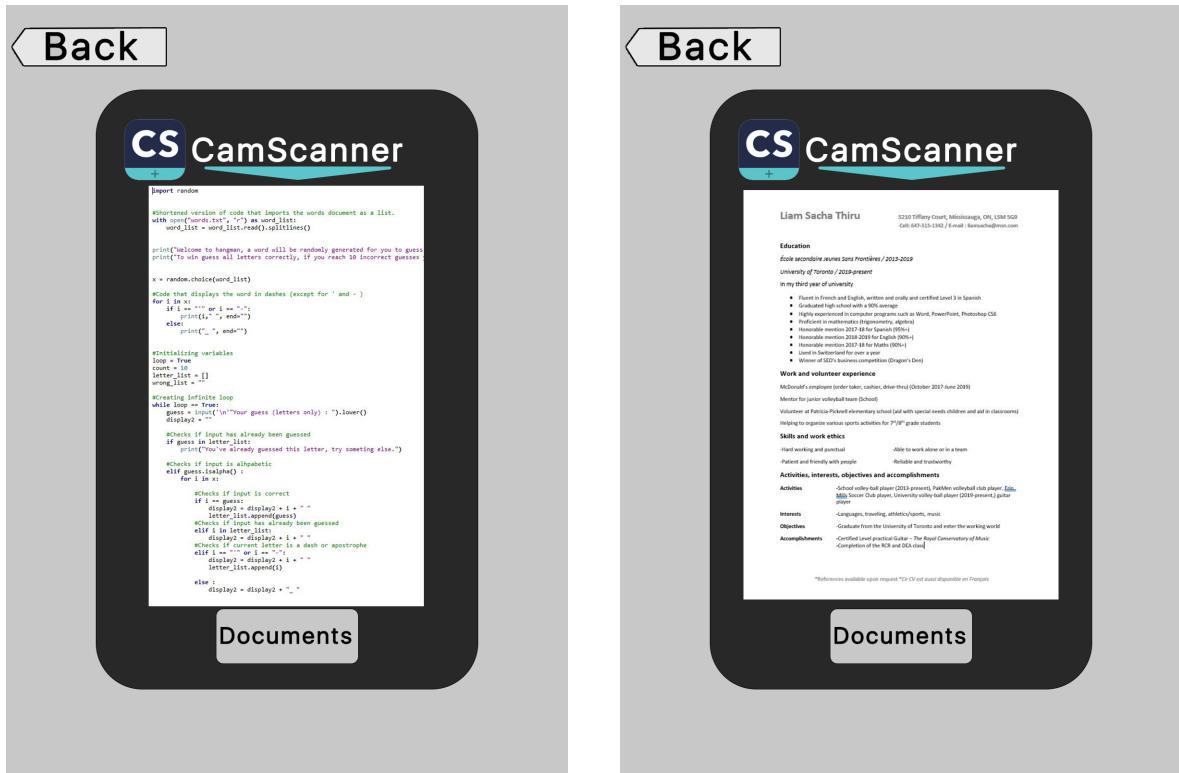
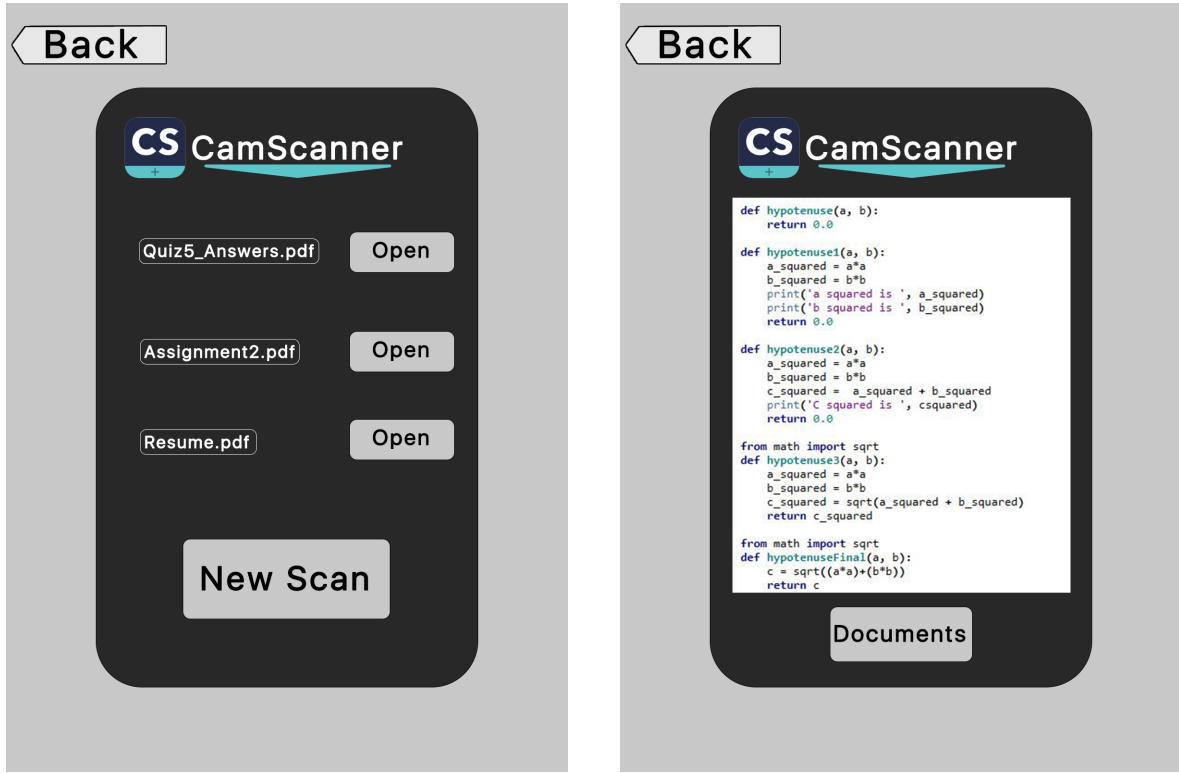
Bonus - Concentrated Workspace Demo Video (using latest designs/screens, displaying how navigating the app will work and look)

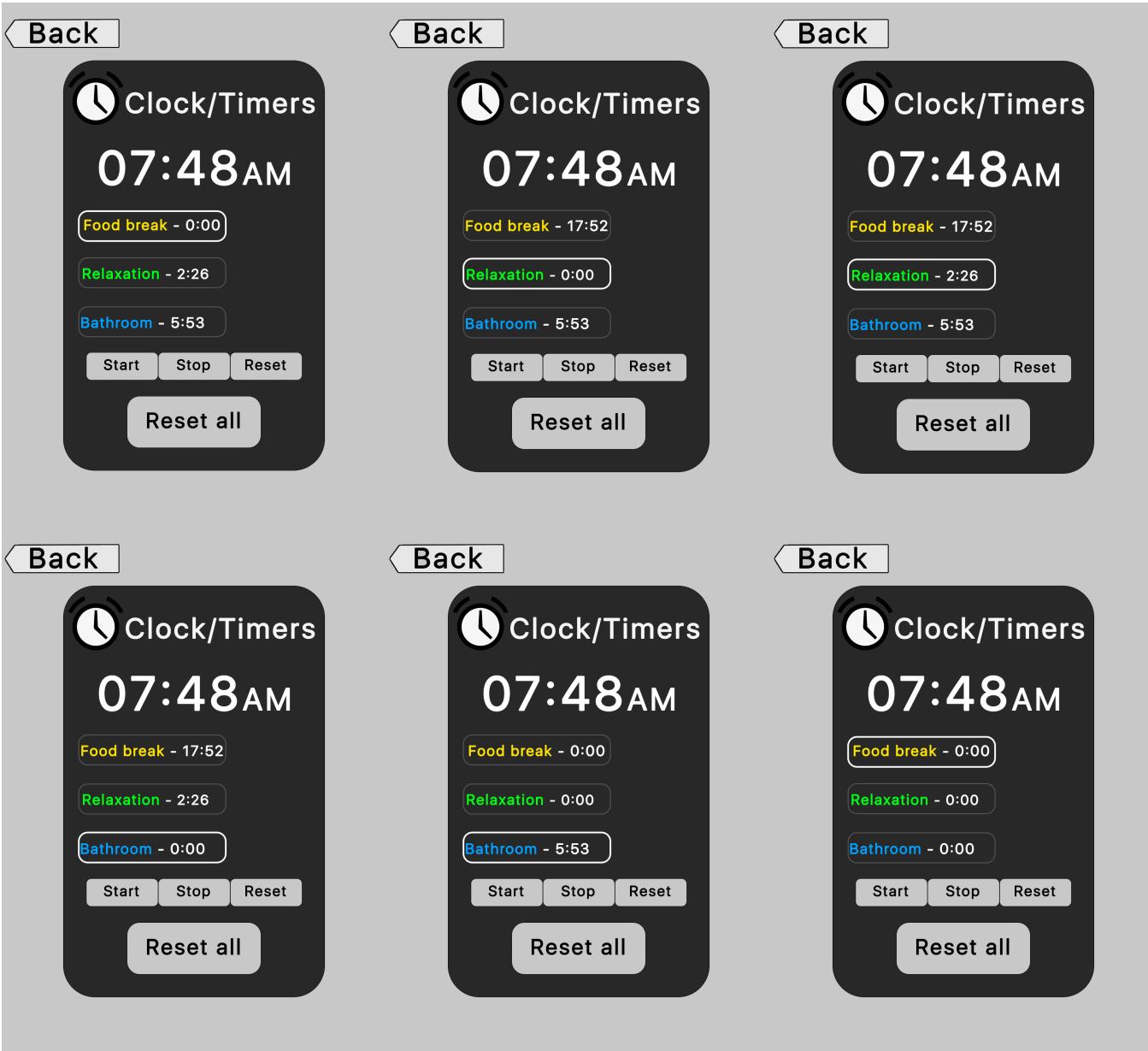
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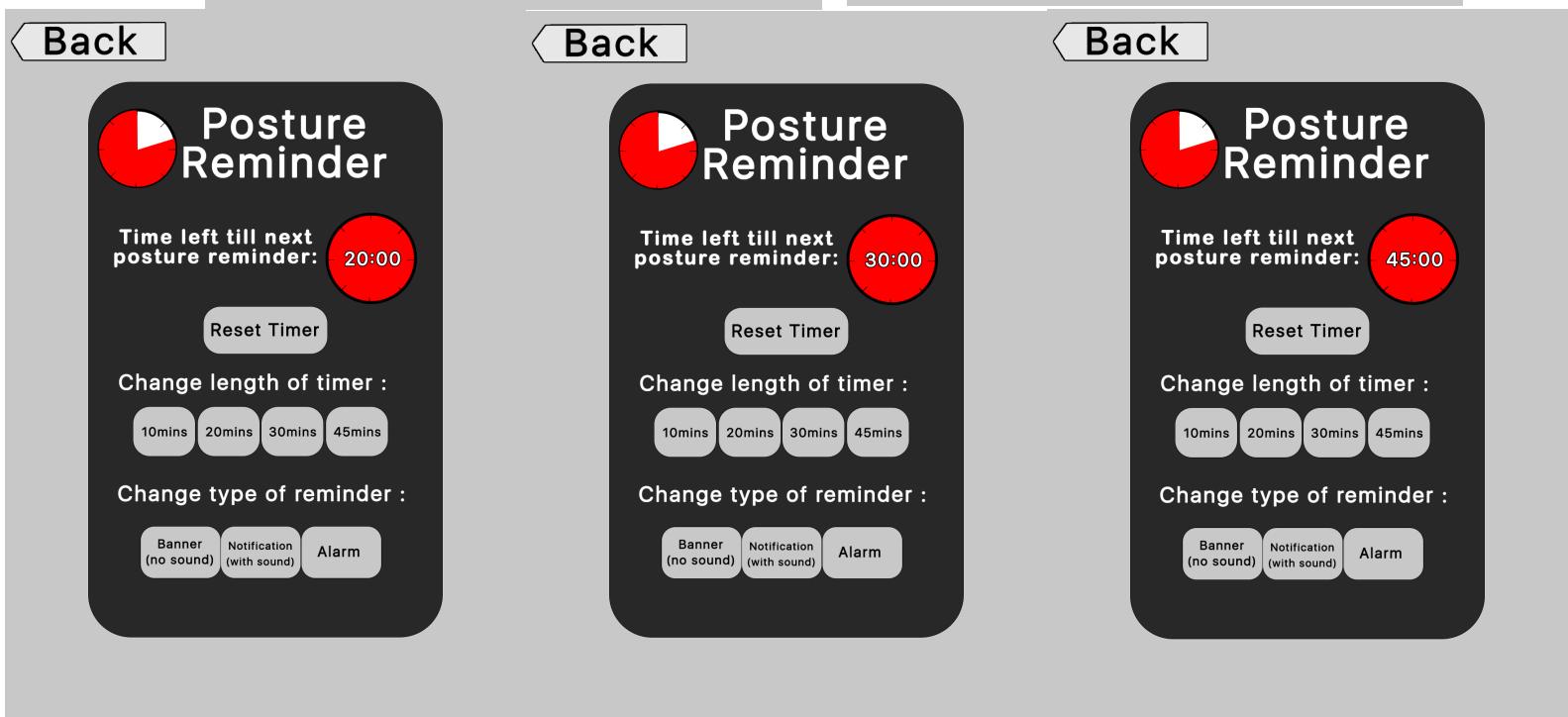
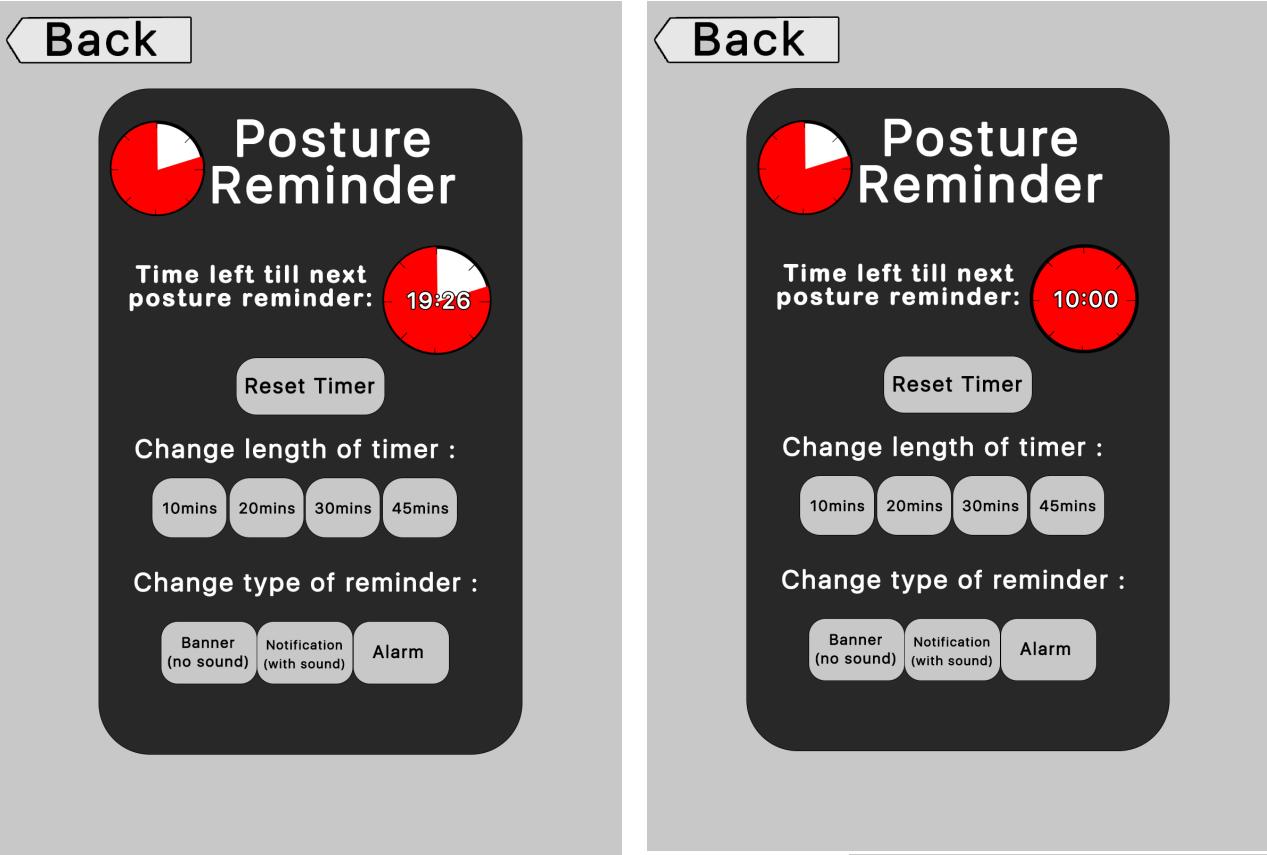
Appendices

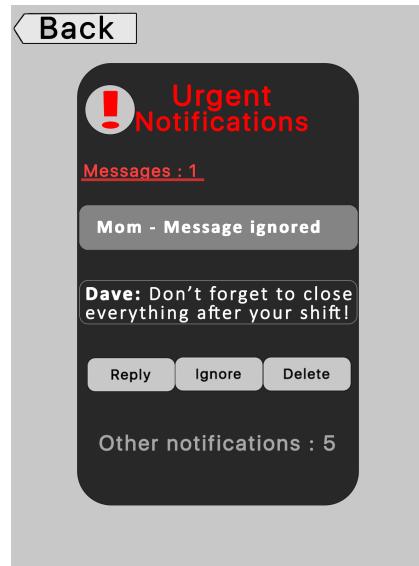
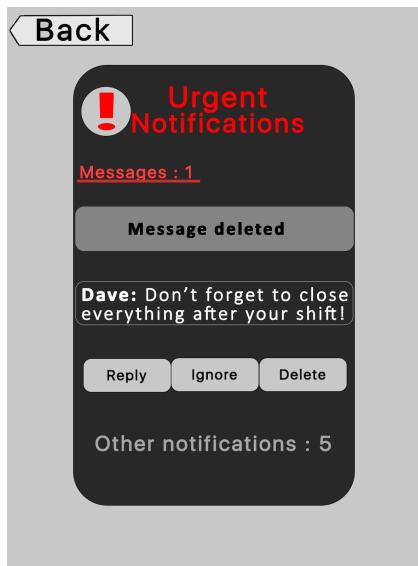
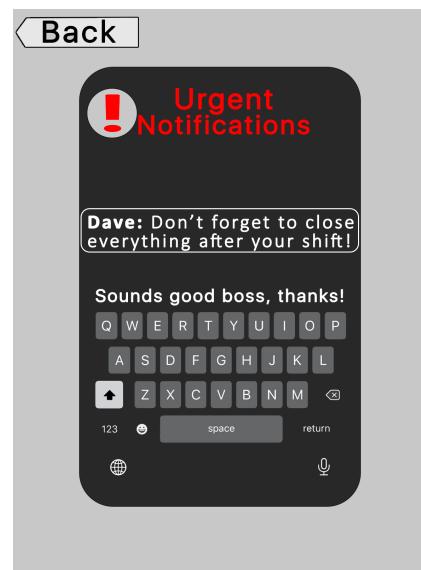
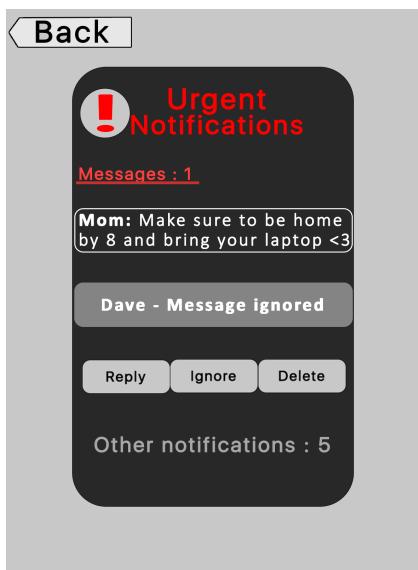
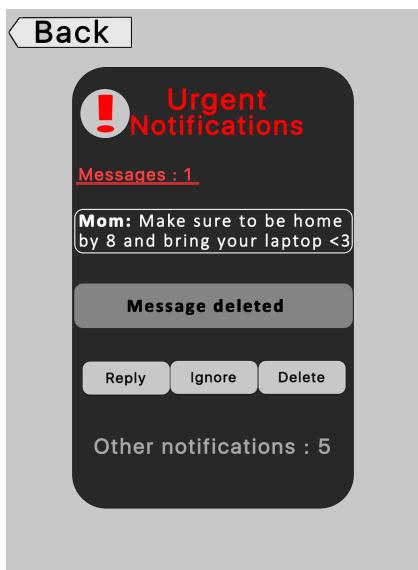
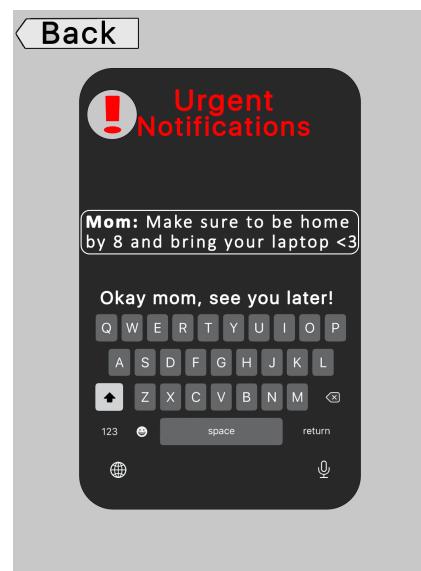
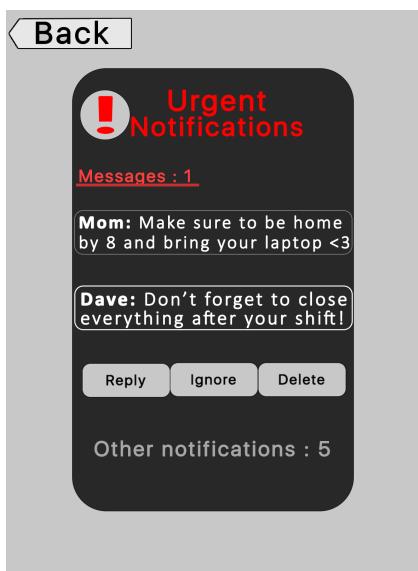
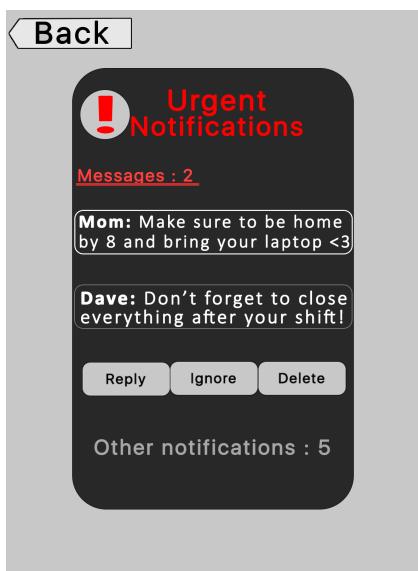
Appendix A: Round 1 prototypes



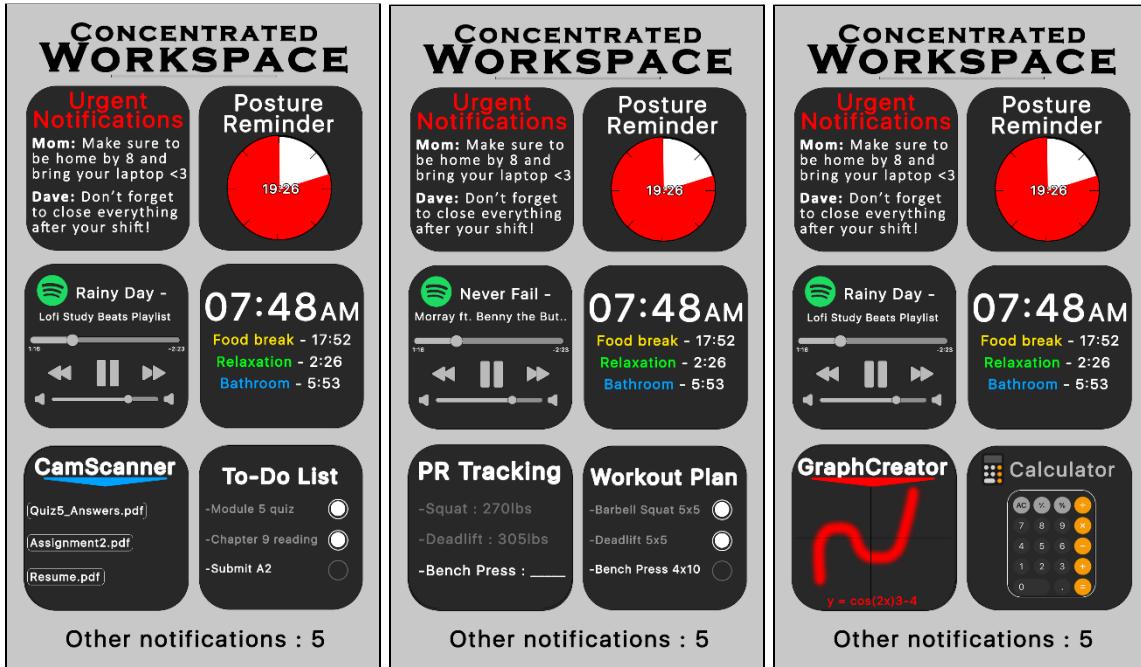








Appendix B: Round 2 changed prototypes



Appendix C: Round 2 user feedback

The following observations list users' progress through scenarios, as well as their feedback, in raw format. Progress observations are labeled with screens, as well as the actions taken on each screen, and the changes (if any) on what prototype screen was shown to the user.

TEST 2.1

Scenario 1

- User starts on Home screen.
 - Tap on Posture Reminder widget. *Posture Reminder is opened.*
- Posture Reminder screen
 - Tap “45 minutes”. *Timer displayed on screen is reset, showing “45:00”.*
 - Tap “Banner (no sound)”. *No change on screen.*
 - Tap “Back” button. *Returns to Home screen.*
- Home screen

- Tap on Timer widget. *Timer is opened*
- Timer screen
 - Tap “Food break”. *It’s selected and a highlighted border appears around it.*
 - Tap “Reset”. *The timer resets to 00:00.*
 - Tap “Relaxation”. *It’s selected and a highlighted border appears around it.*
 - Tap “Reset”. *The timer resets to 00:00.*
 - Tap “Back” button. *Returns to Home screen.*
- Home screen. **Declares task complete.**

Scenario 4

- Home screen
 - Tap the song name on “Spotify”. *Spotify is opened.*
- Spotify screen
 - *User took a moment to examine all available buttons.*
 - Tap ➤ (the skip forward button). *A new song appears at the top of the screen.*
 - Tap “Back” button. *Returns to Home screen.*
- Home screen
 - Tap “Urgent notifications” widget. *Urgent Notifications is opened.*
- Urgent notifications screen
 - Tap message from Mom. *No change on screen*
 - Tap “Ignore”. *Message from Mom disappears.*
 - Tap message from Dave. *No change on screen*
 - Tap “Delete”. *Message from Dave disappears.*
 - Tap “Back” button
- Home screen
 - Tap “CamScanner” widget. *CamScanner opens.*
- CamScanner screen
 - Tap “Open” next to Assignment2.pdf. *The corresponding PDF opens in a smaller view.*
 - *User read contents of scan with some difficulty, leaning in and squinting.*
 - Tap “Back” button
- Home screen. **Declared task complete.**

Feedback

- CamScanner was hard to use. The user wanted a full-screen option for the files, or otherwise a way to hide the UI and show the scan in more detail.
- The user wanted to be able to select specific songs from their likes/playlists on Spotify.
- When asked about the functionality of the “Back” versus the “Home” buttons, both of which were present on app screens, on the camscanner “open” screen, they stated that “Back” should take you back to the list of documents in CamScanner, and *not* to the Home screen. In short, on submenus, “Back” should go to the main menu, not the Home screen.
- When informed of the ability to change apps available on the home screen, the user suggested that a list of labeled app icons (rather than a list of only text names) should appear to choose from.

TEST 2.2

Scenario 2

- Home screen
 - Tap “Posture reminder” widget. *Posture Reminder opens.*
- Posture reminder widget
 - Tap “10 minutes”. *Timer graphic resets to a full circle, labelled “10:00”.*
 - Tap “Notification (with sound)”. *No change on screen*
 - Tap “Back” button
- Home screen. **Declares task complete.**

Scenario 3

- Home screen
 - *User read messages on Urgent Notifications widget.*
 - Tap “Urgent Notifications” widget. *Urgent Notifications opens.*
- Urgent Notifications screen
 - Tap message from Mom. *No change on screen*

- Tap “Reply”. *Team members explained that a keyboard would appear along with a box in which to write the message, and a “send” button. User stated they would type out their reply in the box.*
- Tap “Send”. *Message from Mom disappears.*
- Tap “Back” button.
- Home screen. **Declares task complete.**

Scenario 4

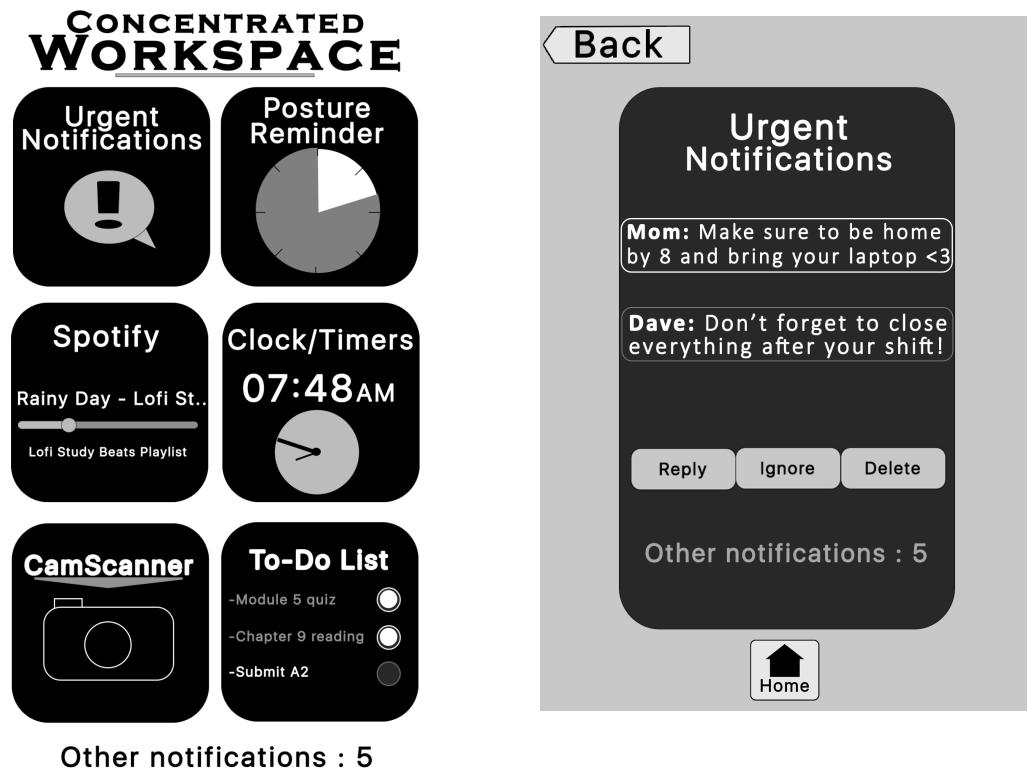
- Home screen
 - Tap “To-Do list”. *To-Do opens.*
- To-do list screen
 - Tap circle beside “Assignment 2”. *The circle is filled in, and “Assignment 2” turns gray instead of white.*
 - Tap “New”. *Team explained that a new item would appear in the list, with an editable name. A keyboard would pop up and the user could change the name.*
 - **Declares task complete.**

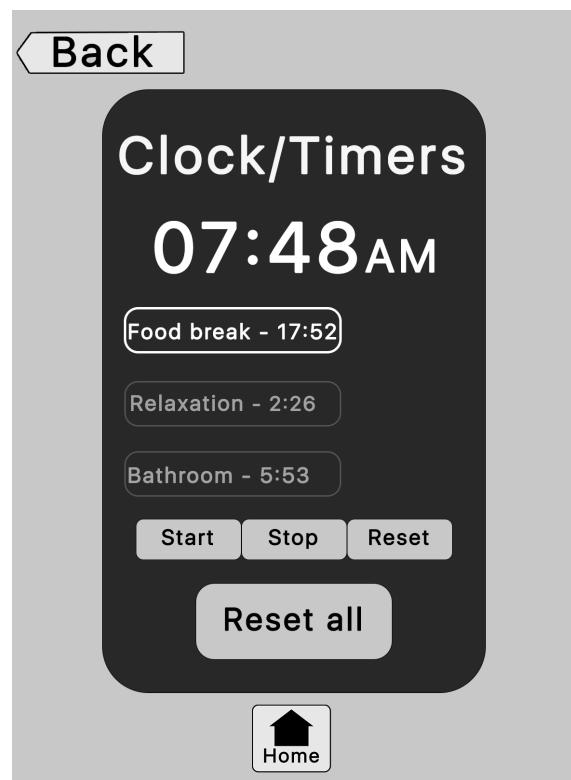
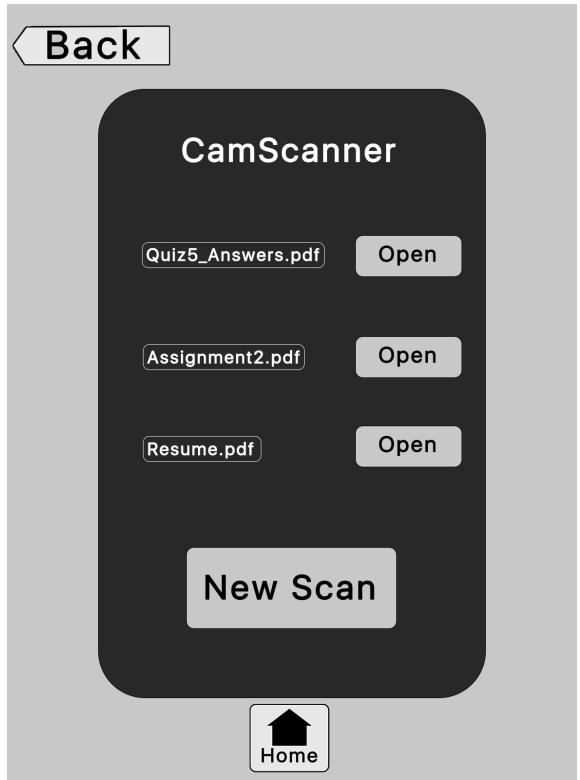
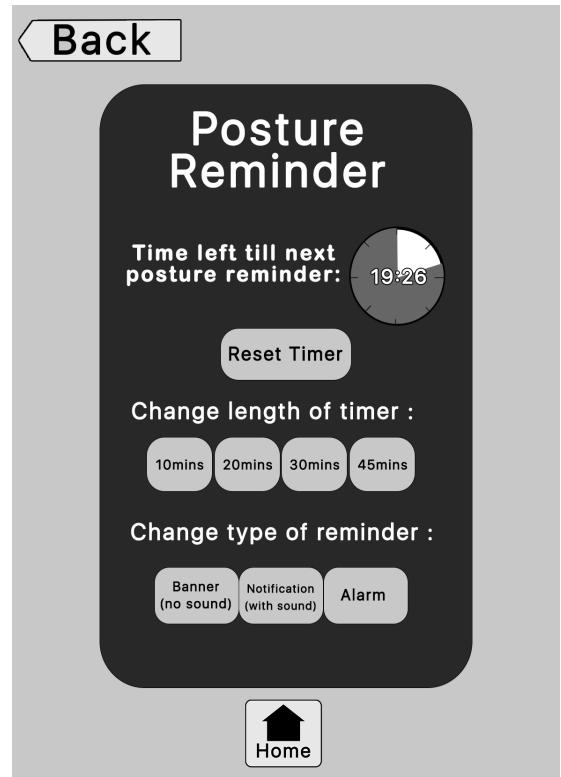
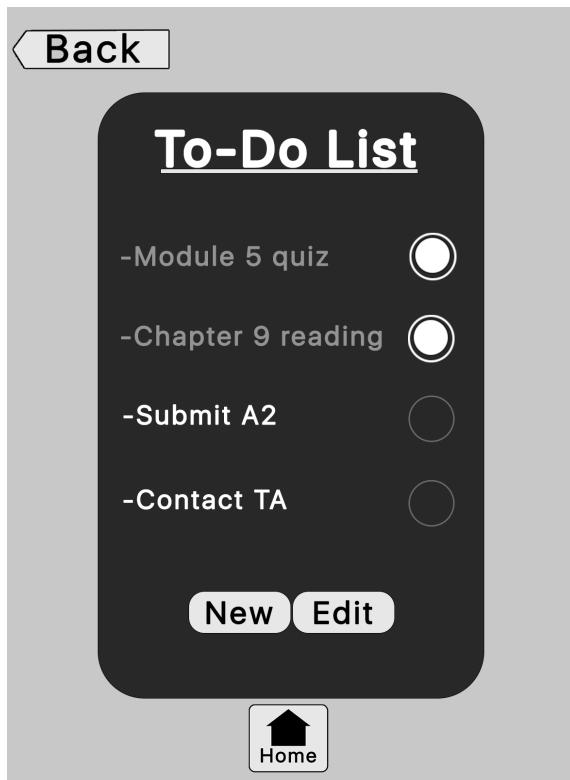
Feedback

- Upon clicking “Edit”, the user expected to be able to select and delete messages right from the to-do item listing.
- The user expected messages to move to a “Read messages” instead of disappearing once replied to, with the new messages being present in an “Unread” section at the top of the screen.
- The user found the design somewhat cramped, suggesting increased padding for the text and other app features, and noted that the logo could be decreased in size to make space for features.
- The user wanted a main timer for the length of the work session (set at the start of the session) that would count down towards 00:00; this could replace the time of day shown at the top of the Timer screen. As for the individual event timers (“relaxation” and so on), they expected that they would count *upwards from 00:00*.
- When told of the potential to add and rearrange apps, the user immediately suggested having different preset screens, as originally considered by the team.

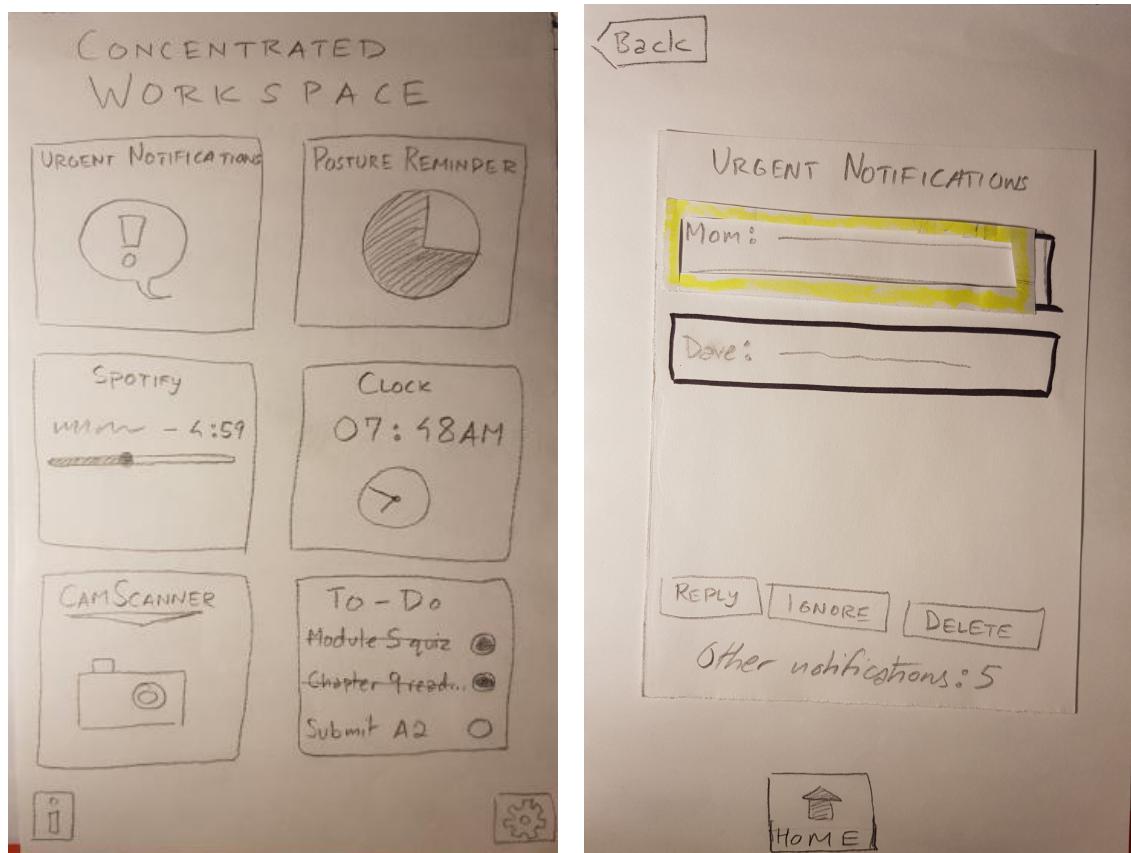
- He also suggested blocking a list of social media apps or browser apps from being added altogether, since they would detract from the focusing function.
- The user asked about exiting the app during a work session, explaining the possibility of an urgent contact requesting information available on another app, and suggested notifications getting sent to users repeatedly to remind them to return to the app, with a timer showing how long they've been away.

Appendix D: Round 3 changed prototypes





Paper prototypes examples: Home screen and Urgent Notifications recreated



Appendix E: Round 3 feedback

The following sections, separated by tester, include logs of the test. These logs are a combination of user actions, emotional responses, and verbalized feedback, with some minor editing for clarity. The logs are followed by the user's own typed responses to the post-test questionnaire (unedited).

TEST 3.1

Scenario 1

- User starts on Home screen

- Tap “Settings”. *Since no actual settings menu prototype was designed, team explained to user the kind of features they could expect to see on the menu. The user agreed and said they would return to home screen.*
 - Tap “Posture Reminder”. *Posture Reminder opens.*
- Posture Reminder screen
 - *The user asks what their current settings are, and is informed that the notifications are currently set to occur 10 minutes apart with an alarm.*
 - Tap “Banner (no sound)”. *No change on screen.*
 - *User looks around momentarily, frowning, and states out loud that there doesn’t seem to be a “save” button for their changes.*
 - Tap “Back” button
- Home screen. **Declares task complete.**

Scenario 4

- Home screen
 - Tap “To-Do list”. *To-Do List app opens.*
- To-Do List screen
 - Tap “Submit A2”. *Submit A2 is grayed out, and the circle beside it filled in.*
 - Tap “Contact TA”. *Contact TA is similarly grayed out.*
 - Tap “New”. *The user is told that a new item would appear at the bottom of the list, with its name highlighted, and a keyboard would appear; whatever the user typed would be entered as the to-do item’s name.*
 - Types “do homework”. *TM1 writes “do homework” at the bottom of the To-Do list to simulate the item appearing.*
 - Tap “Edit”. *The user is told that checkboxes appear next to every item on the To-Do list, on the opposite side as the completion markers.*
 - Tap on all items one by one. *The user is informed that each checkbox is checked as they tap them, and a “Delete” option appears in the button menu at the bottom.*
 - Tap on “Delete”. *All items are erased from the screen.*
 - Tap “Home”. *Returns to Home screen.*
- Home screen
 - Tap “CamScanner”. *CamScanner app opens.*
- CamScanner screen

- Tap the “Open” button beside “Quiz answers”. *A preview screen for the selected scan opened.*
 - Tap the ✕ (Enlarge) button. *The scan was enlarged to take up most of the screen, with the “back” and “home” buttons still visible.*
 - Tap the corresponding Minimize button. *The screen returned to the original scan preview screen, with the enlarge button once again visible.*
 - Tap “back”. *Return to the main CamScanner listing screen.*
 - Tap “New scan”. *A camera replaced the scan listing screen.*
 - Tap the round “take photo” button at the bottom of the screen. *A photo appeared in the gallery on the bottom left of the camera.*
 - Tap “Back”. *Return to the main CamScanner listing screen; the new item had appeared as “Unnamed”.*
 - Tap “Back”.
- Home screen
 - Tap “Clock” app. *Clock opens.*
- Clock screen
 - Tap “Start”. *No change on screen; the user is told that “Food break”, the currently selected and highlighted timer, continues to ‘count upwards’.*
 - Tap “Stop”. *“Food break” stops, no longer counting upwards.*
 - Tap “Relaxation”. *The highlighted border indicating selection is moved to “Relaxation”.*
 - Tap “Start”. *“Relaxation” begins to count upwards.*
 - Tap “Stop”. *“Relaxation” stops, no longer counting upwards.*
 - Tap “Bathroom”. *The highlighted border indicating selection is moved to “Bathroom”.*
 - Tap “Start”. *“Bathroom” begins to count upwards.*
 - Tap “Stop”. *“Bathroom” stops, no longer counting upwards.*
 - Tap “Reset”. *“Bathroom”’s time counter turns to 00:00.*
 - Tap “Start”. *“Bathroom” begins to count upwards from 00:00.*
 - Tap “Stop”. *“Bathroom” stops, no longer counting upwards.*
 - Tap “back”
- Home screen
 - Tap “Spotify”. *Spotify app opens.*
- Spotify screen

- Tap ➤ (the skip forward button). A new song appears at the top of the screen.
- Tap ➤ (the skip forward button). A new song appears at the top of the screen.
- Tap “back”
- Home screen. **Declares task complete.**

Additional observations

- When altering the Posture Reminder settings, the user searched for a “save changes” button, but could not find anything of the sort.
- User searched for, but could not find, a settings menu button.
- User appeared confused about how to exit the CamScanner scanning screen after successfully taking a scan
- User asked to delete a scan made on CamScanner, but no such function was provided
- In the Clock/Timer app, the user assumed the timers were counting *down* to 00:00.
- Time taken: 7 minutes, 5 seconds

Feedback

- How often do you think posture reminders should appear?
 - **Answer:** twice a day
- How noticeable do you think posture reminders should be, by default? Should they include noise and/or vibration? Should they appear as popups that you have to interact with, or banners that fade on their own?
 - **Answer:** At least once at the beginning of the day; a pop up notification is good, preferably no sound with a banner
- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - **Answer:** no; if it's concentrated work i would not need “distractions”

Do you think you should be able to exit the Concentrated Workspace app while a work session is active? If yes, do you think the app should have a specific response to this, or just resume the work session once you reopen it?

- **Answer:** hmm...I'm leaning towards the app running in the background while the work session is active
- In closing, do you have any other questions or thoughts on the interface?

- **Answer:** I think the idea is very interesting! The interface is easy to understand and I think it would be useful in corporate and daily life activities.

TEST 3.2

Scenario 2

- Home screen
 - Tap “Posture Reminder”. *Posture Reminder opens.*
- Posture Reminder screen
 - Tap “Pop-up”. *No change on screen.*
 - Tap “20min” (20 minutes). *The timer graphic, a pie-chart-esque circle, fills up completely, and begins to slowly “count down”, with the darkened section slowly decreasing from a full 360-degree coverage.*
 - Tap “Reset Timer”. *The timer graphic once again fills up fully.*
 - Tap “Back”.
- Home. **Declares task complete.**

Scenario 4

- Home screen
 - Tap “Spotify”. *Spotify app opens.*
- Spotify screen
 - Tap “Songs” button. *A song menu opens, with a list of song names.*
 - Song menu
 - Tap “Pound Cake” (one of the song names on the list). *The user is told that the screen would return to the main Spotify “song playing” menu, showing “Pound Cake” as the song currently playing.*
 - Tap “Home”.
- Home screen
 - Tap “To-Do List”. *To-Do List app opens.*
- To-Do List screen
 - Tap “Submit A2”. *“Submit A2” is grayed out and its completion marker filled in.*
 - Tap “Edit”. *The user is told that checkboxes appear next to all list items.*
 - Tap “Submit A2”, “Module 6 quiz”, and “Chapter 9 reading” (two additional items on the list). *The user is told after each tap that the checkbox beside the item they*

- tapped is checked, and that as they tap, a “Delete” option has appeared in the menu. In the end, 3 items are selected.*
- Tap “Delete”. *The selected items are erased from the screen.*
 - Tap “Back”.
 - Home screen
 - Tap “Settings”. *Again, as no dedicated settings prototype was created, the team explained to the user what settings they could expect to see available on the settings menu. After listening, the user said they would tap “Home”.*
 - Home screen
 - Tap “i” (the information button). *The user was told a popup would appear stating the same information about the app as they had been given prior to beginning testing: “Concentrated Workspace is an app designed to assist users...”. This message would appear in a manner similar to the apps, with “Back” and “Home” buttons around it.*
 - Tap “Home”.
 - Home screen. **Declares task complete.**

Additional observations

- User was confused about the to-do list, specifically with regards to what happens when tapping on a to-do item; does it get selected (items have to be selected to edit them) or does it get marked as completed/crossed out.
- The user wanted a settings page to alter home screen app configuration.
- Time taken: 5 minutes, 13 seconds

Feedback

- Do you think urgent notifications should disappear once you’ve checked them? Or would you rather they stay accessible, with the notifications widget divided into “unread notifications” and “read notifications” sections?
 - **Answer:** I would rather have unchecked notifications accessible and then disappear after I’ve checked them. This would probably be in the notification widget showing checked and unchecked messages.
- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?

- **Answer:** I think social media should be omitted from the list but still allow browsers to be added to the work session.
- Do you think you should be able to exit the Concentrated Workspace app while a work session is active? If yes, do you think the app should have a specific response to this, or just resume the work session once you reopen it?
 - **Answer:** Yes, I do think that the app should give a response like a “Are You Sure?” prompt and then continue the work session when they reopen the app.
- In closing, do you have any other questions or thoughts on the interface?
 - **Answer:** N/A

TEST 3.3

Scenario 3

- Home screen
 - Tap “Urgent Notifications”. *Urgent Notifications app opens.*
- Urgent Notifications screen
 - Tap “Reply”. *No prototypes were prepared for the reply function. Therefore, the user was told that the message from “Mom” gains a text input box underneath, with a keyboard on which they could type a response.*
 - Types a reply. *The user was told that their message appeared on the text input box, and that a send button would appear alongside it.*
 - Tap “Send”.
- **Declares task complete.** The user was asked to return to the Home screen, in preparation for the next scenario, and tapped “Back” to do so.

Scenario 4

- Home screen
 - Tap “Posture Reminder”. *Posture Reminder app opens.*
- Posture Reminder
 - Tap “Pop-up”. *No change on screen.*
 - *The user looked around, stating that they were looking for a “Save Changes” button but could not find one.*

- *The timer was still halfway complete. The user stated that they were considering pressing “Reset Timer”, but were worried that it would reset their changes to the settings, restoring the default timer interval and notification style.*
 - Tap “Back”
- Home screen
 - Tap “Spotify”. Spotify app opens
- Spotify
 - Tap “Playlists” button. *A list of playlists replaces the currently playing song screen.*
 - Tap “Work Focus”, an item on the list of playlists. *The app returns to the currently playing song screen, showing a song from “Work Focus playlist”.*
 - Change volume. *The user was told this would function identically to the volume slider in the standard Spotify app.*
 - Tap “Home” button.
- Home screen. **Declares task complete.**

Additional observations

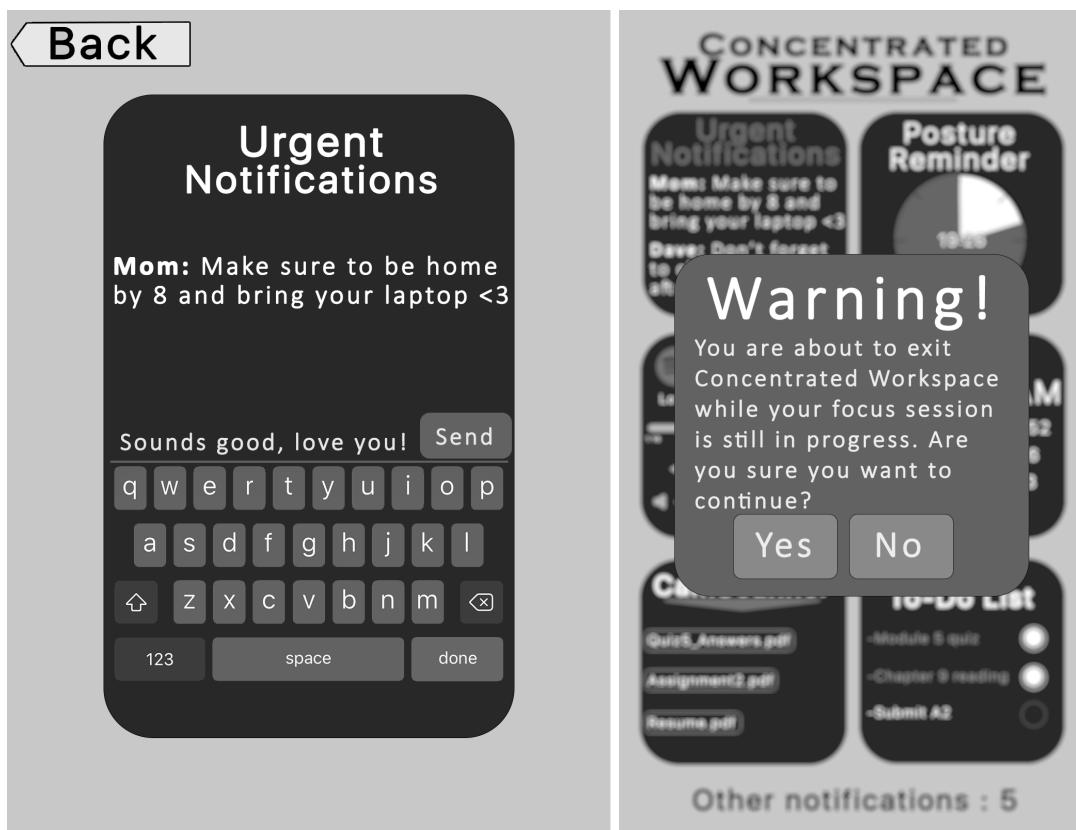
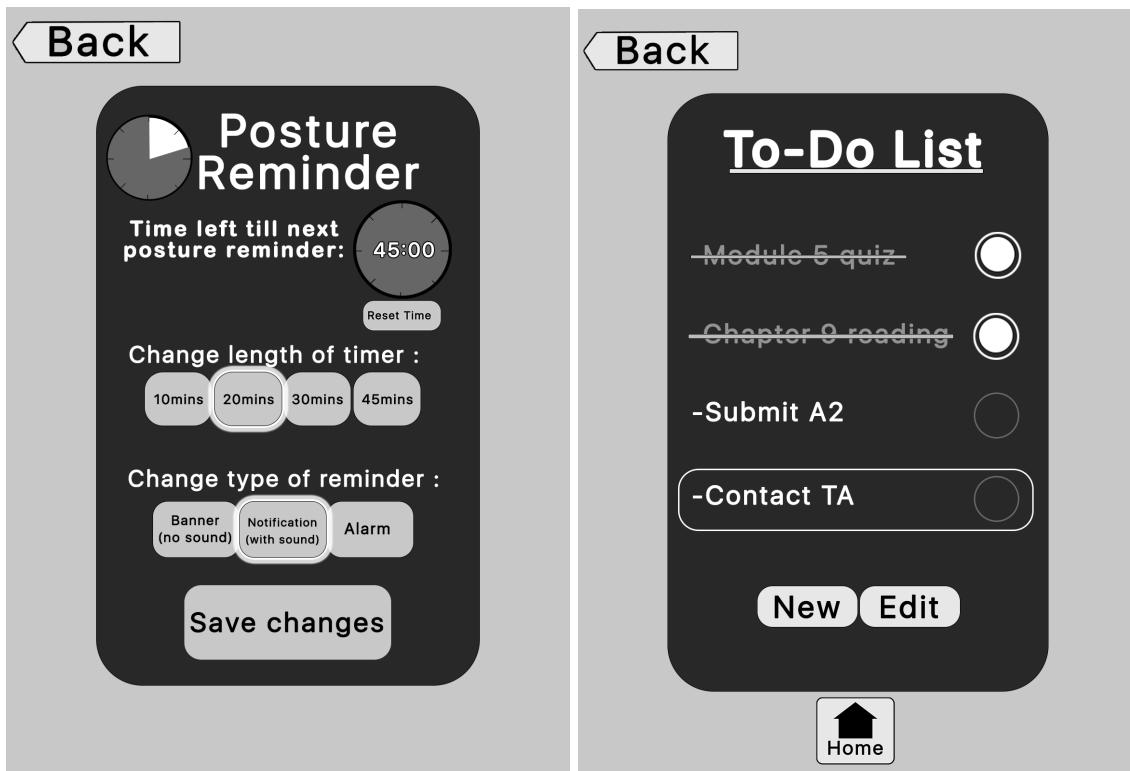
- The user wanted a clear visual on the keyboard and “send” buttons when replying to messages in Urgent Notifications.
- In the Posture Reminder app, the user thought “Reset Timer” would reset their changes to the reminder settings, such as notification type and time interval. They also searched for a “Save Changes” button after making changes.
- Time taken: 5 minutes, 7 seconds

Feedback

- How often do you think posture reminders should appear?
 - **Answer:** however often the user picks! 30 mins is good for me
- How noticeable do you think posture reminders should be, by default? Should they include noise and/or vibration? Should they appear as popups that you have to interact with, or banners that fade on their own?
 - **Answer:** they should match a user’s text message notifications maybe? That’d make them align with user preferences most likely

- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - **Answer:** yeah, sometimes I want to access browsers to help with my work, and sometimes I have urgent messages from people on social media platforms (ex. IG DMs)
- Do you think you should be able to exit the Concentrated Workspace app while a work session is active? If yes, do you think the app should have a specific response to this, or just resume the work session once you reopen it?
 - **Answer:** yeah, I want to be able to leave if I need to - things might change, es. my friend could arrive earlier than expected and I might have less time than expected to work. App might say “are you sure you want to leave?” and “do you want to resume the work session?”
- In closing, do you have any other questions or thoughts on the interface?
 - **Answer:** I want a save timer or something on the posture reminder page - I had no feedback as to if my timer was actually saved/set/active/on or whatever

Appendix F: Round 4 changed prototypes



Appendix G: Round 4 feedback

TEST 4.1

Scenario 1

- User starts on Home screen.
 - Tap Posture reminder. *Posture Reminder app opens.*
- Posture Reminder screen
 - *Initial settings are “10 minutes” and “pop-up with sound”, designated by highlighted borders around those options.*
 - Tap “Banner (no sound)”. *The highlighted border moves from the “pop-up” to “banner” option.*
 - Tap “20min” (20 minutes). *The highlighted border moves from the “10min” to the “20min” option.*
 - Tap “Save Changes”. *The timer graphic on the top right fills up fully.*
 - Tap Home. *Return to home screen.*
- Home screen. **Declares task complete.**

Feedback

- Do you want any further ways to customize posture reminders besides the options provided (time interval and notification type)?
 - **Answer:** I think the way it's designed is very accommodating to the user, the only thing I would want to change would be the recommended time to change the time setting.
- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - **Answer:** I think it depends how what your study is, however I would not recommend it since it would be more distracting getting more notifications for multiple social media apps
- In closing, do you have any other questions or thoughts on the interface?
 - **Answer:** When the scenario asked me to alter the setting my first step was to hit the setting button at the top of the page instead of the proctor [*likely “posture”*]

reminder button. However, since the scenario was specifically targeted towards the posture reminder I clicked that first.

TEST 4.2

Prior to testing, the user asked what would happen if they were expecting a message or call from a number they did not have saved as a contact (the example given was waiting for a response from a job application). They asked if the app would be able to handle such situations; however, since the user can only enter numbers they know as urgent contacts, we told them it would not.

Scenario 3

- Home screen
 - *The user paused for a long time on the home screen, searching through the various widgets present.*
 - Tap “Urgent notifications”
- Urgent Notifications screen
 - Tap the message from Mom. *No change on screen. The user asks “The yellow frame doesn’t disappear?” out loud.*
 - Tap “Ignore”. *The message from Mom is replaced by a box reading “IGNORED”. The highlighted selector moves to the message from Dave.*
 - Tap “Delete”. *The message from Dave is replaced by a box reading “DELETED”; Mom’s IGNORED banner remains the same. The highlighted selector disappears altogether.*
 - Tap “Other notifications”. *No change on screen. The user appears dismayed and confused, verbally confirming that nothing happened.*
 - Tap “Home”. *Return to home screen.*
- Home screen
 - Tap “To-Do List”
- To-Do List screen
 - *The default screen has 2 features struck out, and “Submit A2” and “Contact TA” written normally. “Submit A2” was highlighted with a glowing border.*
 - Tap “Submit A2”. *“Submit A2” is struck through with a line, and the completion marker next to it is filled in.*

- Tap “New”. A new, blank text box appears at the bottom of the list, and a keyboard appears, allowing the user to fill it in.
- Type “CCT380” on keyboard and “Enter”. The name is filled out on the screen and an empty completion marker appears next to it.
- Tap “Home”. Return to home screen.
- Home. **Declares task complete.**

Feedback

- The Urgent Notifications screen has a section for unread messages; once you’ve checked the app once, any message that was on your screen will move to the “Unread” section. Should messages that you’ve “ignored” be moved to this unread section (hidden but still accessible), or moved to the “other notifications” section (inaccessible until the focused work session ends)?
 - **Answer:** Other notifications
- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - **Answer:** Yes. Some meetings with group members take place in social media or webpages.
- In closing, do you have any other questions or thoughts on the interface?
 - **Answer:** N/A

TEST 4.3

Scenario 2

- Home screen
 - Tap “Posture Reminder”. Posture Reminder app opens.
- Posture Reminder screen
 - Initial settings are “20 minutes” and “Banner (no sound)”, designated by highlighted borders around those options.
 - Tap “Pop-up (with sound)”. The highlighted border moves from the “banner” to “pop-up” option.
 - Tap “20min”. The highlighted border moves from the “10min” to “20min” option.
 - Tap “Save Changes”. The timer graphic on the top right fills up fully.

- Tap Home. *Return to home screen.*
- Home screen. **Declares task complete.**

Scenario 4

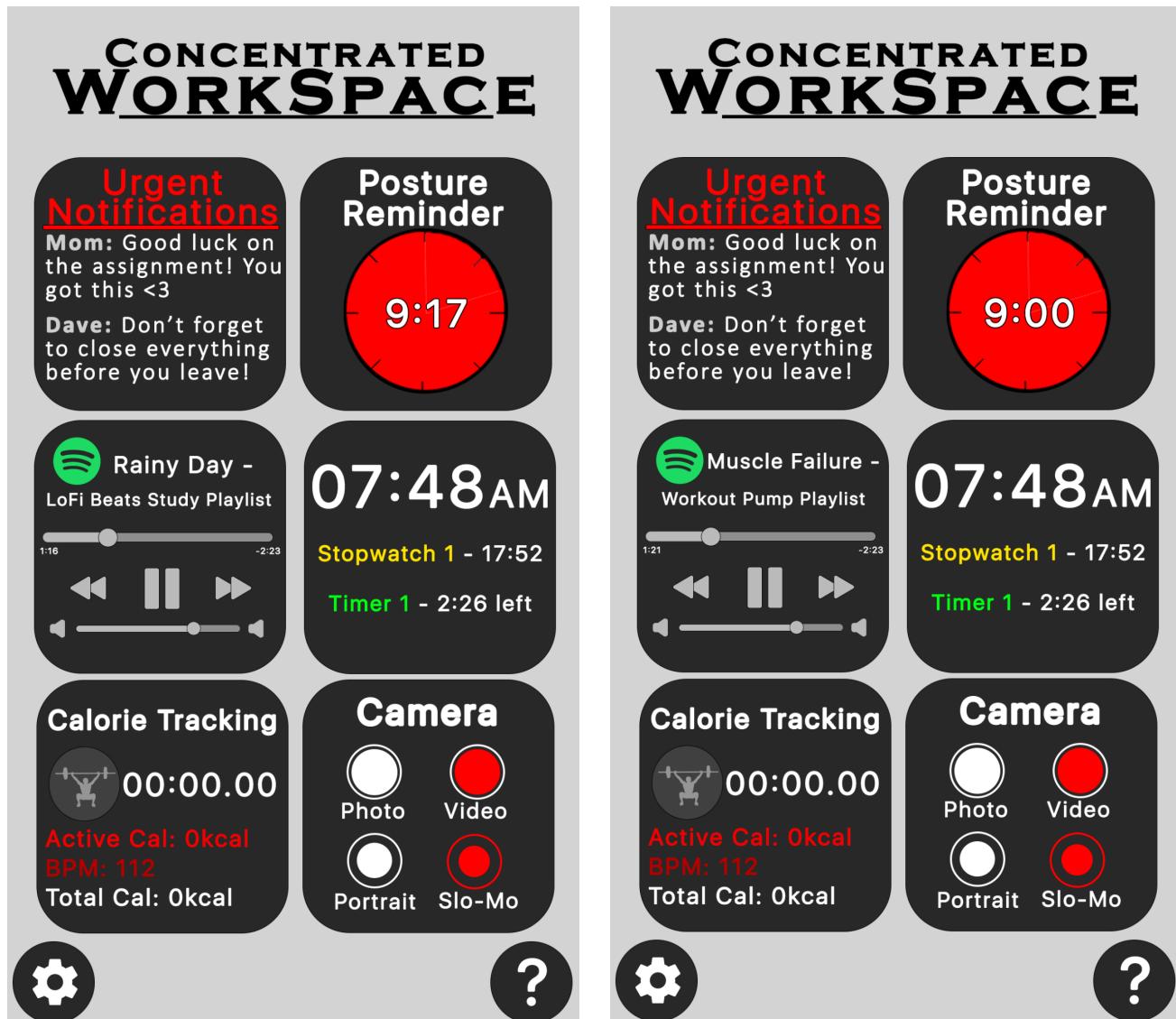
- Home screen
 - Tap “To-Do List”. *To-Do List app opens.*
- To-Do List screen
 - *The default screen has 2 features struck out, and “Submit A2” and “Contact TA” written normally. “Submit A2” was highlighted with a glowing border.*
 - Tap “Submit A2”. *Submit A2 is struck through with a line, and the completion marker next to it is filled in.*
 - Tap “Contact TA”. *The highlighted border moves from “Submit A2” to “Contact TA”.*
 - Tap “Contact TA”. *Contact TA is struck through with a line, and the completion marker next to it is filled in.*
 - Tap “Home”. *Return to home screen.*
- Home screen. **Declares task complete.**

Feedback

- Do you want any further ways to customize posture reminders besides the options provided (time interval and notification type)?
 - **Answer:** I think it's fine as it is.
- Would you prefer that the “Delete” option of the To-Do List app be available directly in its menu, along with “Edit” and “New”, or would you prefer for it to only appear as an extra option after “Edit” was pressed?
 - **Answer:** A delete option would be useful, but I would make it so that it only unlocks after the task is marked as “completed”
- As stated earlier, specific app widgets are customizable, so you can set up what apps you want for your work session. Do you think you should be able to add social media apps, or browsers like Chrome or Firefox, to your work session?
 - **Answer:** I would limit it to browsers only. Social media apps tend to be a source for distraction.
- In closing, do you have any other questions or thoughts on the interface?

- **Answer:** The posture reminder page is useful, but it should send you to the home page after you Save Changes.

Appendix G (Latest prototype screens and demo video)



Video link : <https://youtu.be/OrvNsKK4IqU>

