

SONY CLP x UCSD Design Lab

Team 2: Samuel Do, Daman Heer, Yvonne
Liu, David Thai
Fall 2021

Introductions: Our Team

Daman Heer

Cog Sci w/ Spec in
Machine Learning,
Design and Interaction

Yvonne Liu

Cog Sci w/ Spec in
Design and Interaction

Samuel Do


Political Science (Data
Analytics)

Cog Sci w/ Spec in Design
and Interaction

David Thai

Cog Sci w/ Spec in Machine
Learning and Neural
Computations

Minor in Design and Computer
Science



Mobile Wellness and Health

**How can we improve Wellness and Health
through screens and other devices?**

01

Understanding Our Prompt

What does health mean?

Health



Questions to ask

- What aspect of Health should we look at?
- Who is our audience?
- How do we get a better picture of our problem space?

02

Discovery & Research

Probe and Refine our
Problem/Opportunity Space



Problem Space

The intersection between health and technology



Tech and
Health




Personal
Health



Physical



Mental



Sleep

Who are our Stakeholders?



Who is affected by this topic and how?



Colleges



College Students



Older Adults



Companies that
require screens for
work

03

User Interviews

What do people actually think?



Drafting Interview Questions

What are we trying to find out?

- How can technology facilitate/worsen health?
- What physical health goals does this person have?
- What health problems do they have with technology?
- What is the role of TV in their lives?



Quotes

- “There’s too much **screen time**. I go to work and I have to use a screen. When I come home, I’m still staring at a screen.” - Full Time Teacher, 32
- “I want technology to help me **track my needs**. It’s often difficult to organize when I need to do things, so having something to **remind me** and do all that for me would be nice.” - Graduate Student, 23
- “Technology helps me achieve my **fitness goals** and **socialize** with people from home. I found **at-home workouts** to be the most helpful in keeping me in shape.” - Undergraduate Student, 21
- “I use technology to **de-stress**, but it can also be a source of **distraction** and **anxiety** especially when it comes to my phone and social media” - Undergraduate Student, 19

Insights from User Interviews



Needs to alleviate
stress at home



Needs help w/
motivation



Needs to track
benchmarks




Television usually shared + used
for social settings



04

Synthesizing Research

What we learned from our
interviews & research



A stylized illustration of a diverse group of people in business attire. The figures are arranged in a cluster, with some in the foreground and others slightly behind. They are wearing various professional clothing like suits, blouses, and ties. The central text is overlaid on a dark grey rectangle.

User Personas

Sam



Age: 20, Undergrad
Needs help w/ reaching physical goals
Shares TV w/ roommates

User Goals + Needs



Track health
goals



Achieve physical
benchmarks



See body stats



Showcase health
progress



Phone
compatibility

Steve



Age: 24, Grad Student
Needs to track preexisting health
condition
Lives Alone

User Goals + Needs



Track Health
conditions
(i.e Blood
Pressure)



Technology that
can help
understand what
he needs



Phone
compatibility

Sharon



Age: 30, Working Professional
Needs motivation to workout
Wants to socialize more with friends
that live far

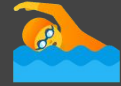
User Goals + Needs



Balance work,
health, and
social



Fitness on a
budget



Motivation to
exercise



Socialize with
her distant
friends



Easily
understandable
Display

HMW Statement

How might we make fitness at
home more immersive and
informative?

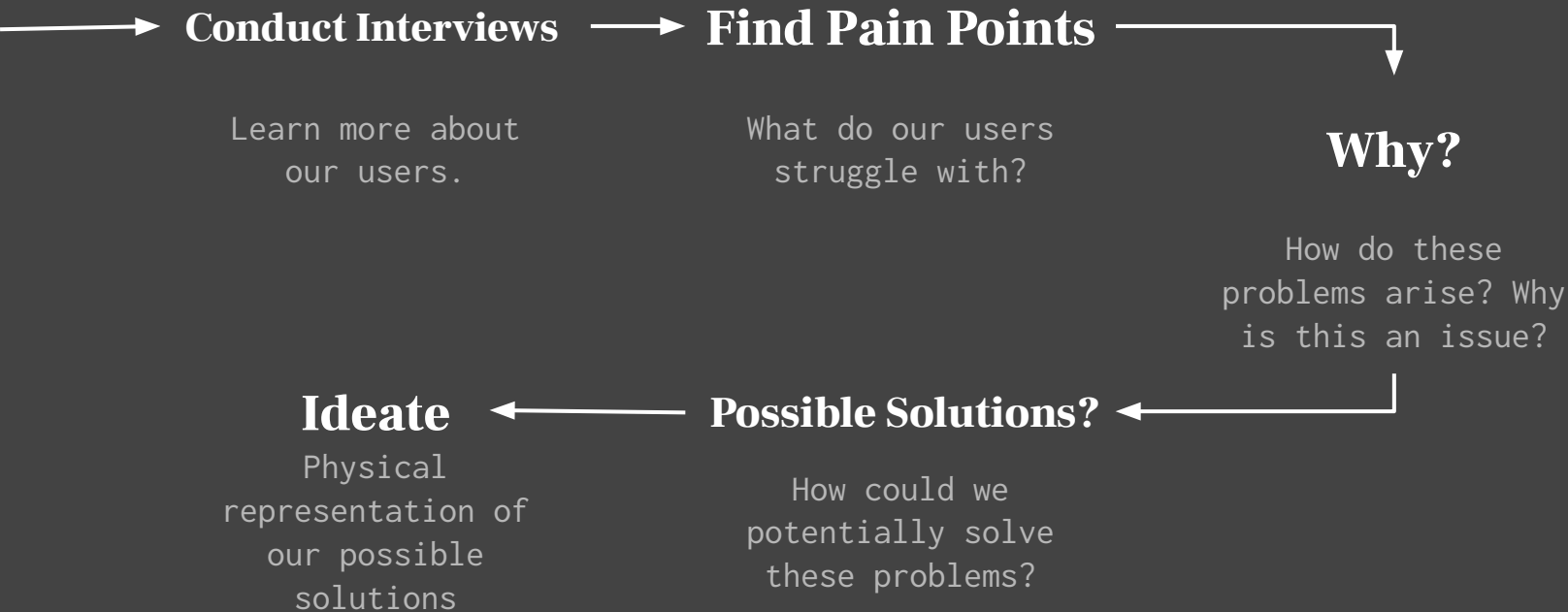
05

Ideation

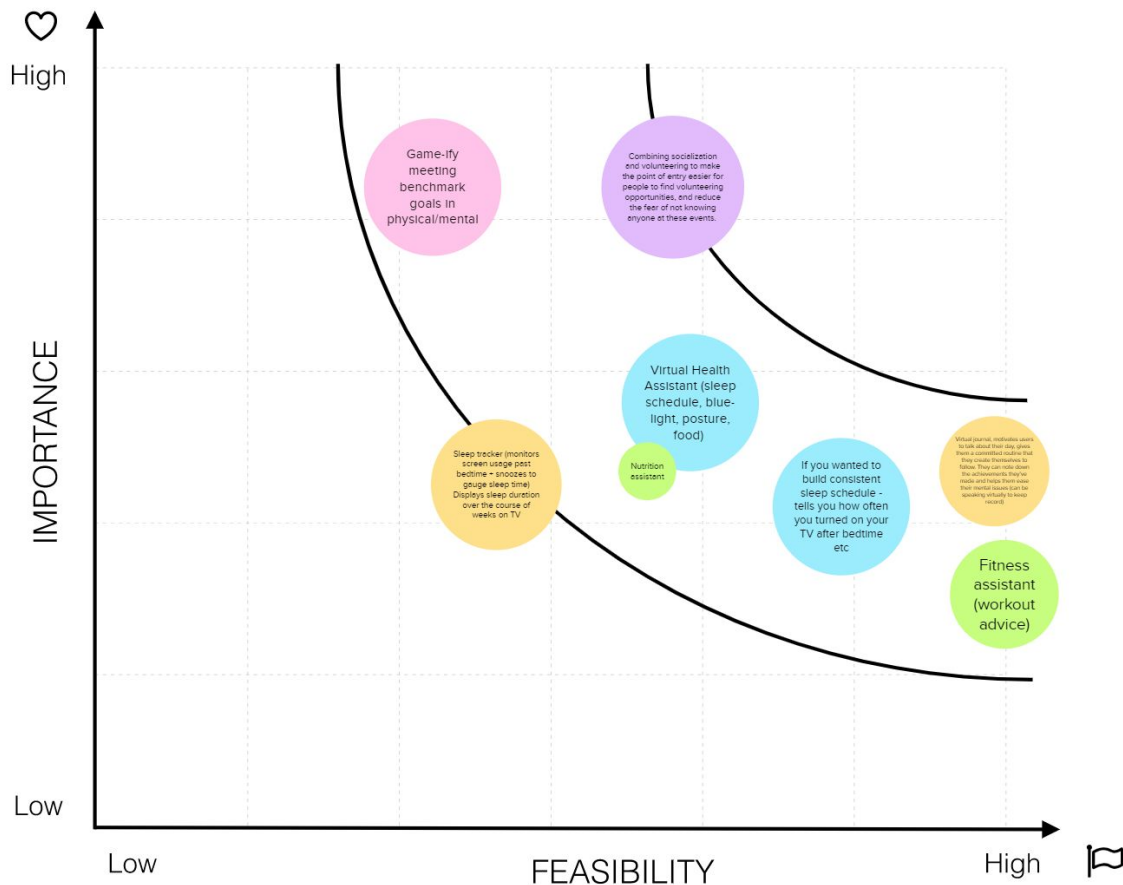
Physically representing our
solutions



Ideation Rationale



Idea Prioritization



Idea Theme #1

Rewarding for both
mental/physical
benchmarks daily

Idea Theme #2

A way to track health
stats and provide
feedback for
nutrition/sleep/fitness

(A few) Ideation Iterations

1. “Game-ify” meeting benchmarks
2. Virtual Health Assistant
3. Personal Health Consultant
4. Virtual Journal
5. Health Community App
6. Fridge Tracker
7. Fitness TV App

Final Ideation: At Home Fitness App



De-stress at home



Compatibility across devices



Custom accessories to promote wide-variety of exercises



Personalized tracking and health data sent to your phone



Proximity and accessibility promotes motivation



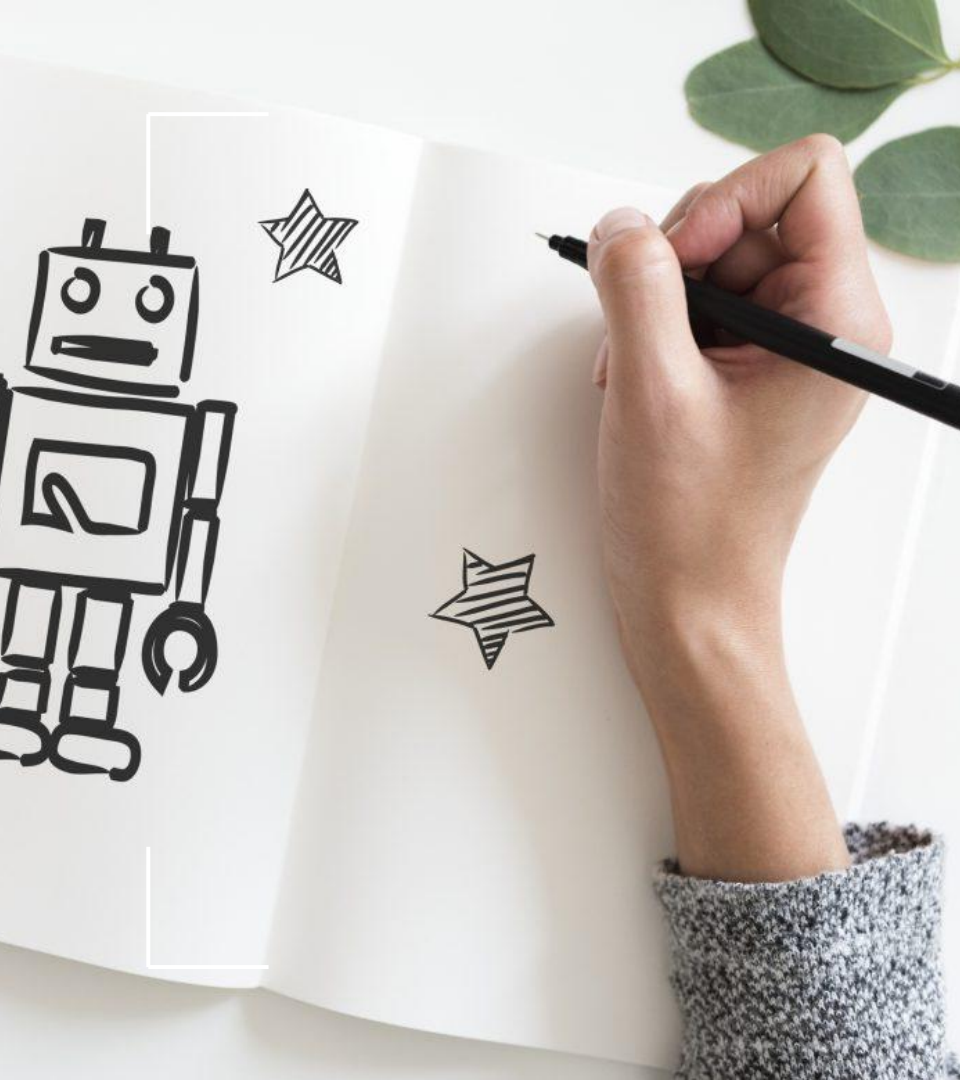
Can be done with friends (at home or away)



Flexibility for schedule



Motion detection to help fitness progression and form



06

Prototyping and Next Steps

Our cumulative work and
what we can do in the
future

09:20 PM

27 Mar, 2021 | Saturday

Navigation bar

Home

Routines

Settings

Weekly Fitness Report

of Fitness Hours

mins on task 2

mins on task 1

mins on task 1

User's weekly
fitness report

Fitness
Video 1

This is the ideal homepage, where it displays the number of fitness hours and specific routines that you have accomplished during the week.

A variety of
fitness videos

09:20 PM

27 Mar, 2021 | Saturday

Home

Routines

Settings

Weekly Fitness Report

of Fitness Hours

mins on task 2

Chosen Fitness routine

Routine description



The chosen video that the user clicks on. It will even offer a description of the fitness exercise

Click the play button to start the video

09:20 PM

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Home

Routines

Settings

Video

Have the option
to pause and
practice on their
own

This is a preview
of the fitness
routine the user
will watch before
they start their
exercise.



09:20 PM

27 Mar, 2021 | Saturday

Squats

Walking

Relax

Finished

15
Squats

Each tab represents a part of the exercise

User's will need to complete the goal number of squats in order to continue to the next exercise

The counter changes in real time as the camera tracks your movements

Completed
Exercise page

09:20 PM

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Fitness Routine Title

Exercise Completed!

Level
Up!

Current level the
user is currently
at

Progress bar to
reach the next
level

Progress Bar ->

Next
Level

Next Level

Description of leveled
up fitness routine

Description of
the next level
routine/exercise

Next Steps



TV Camera
Tracking



Develop effective
workout routine



Utilizing the
TV Remote

Thank you for listening! - Team 2



Special Thanks to:

SONY CLP Team

UCSD Design Lab Staff

Our Mentor - Sanika Moharana

Questions?