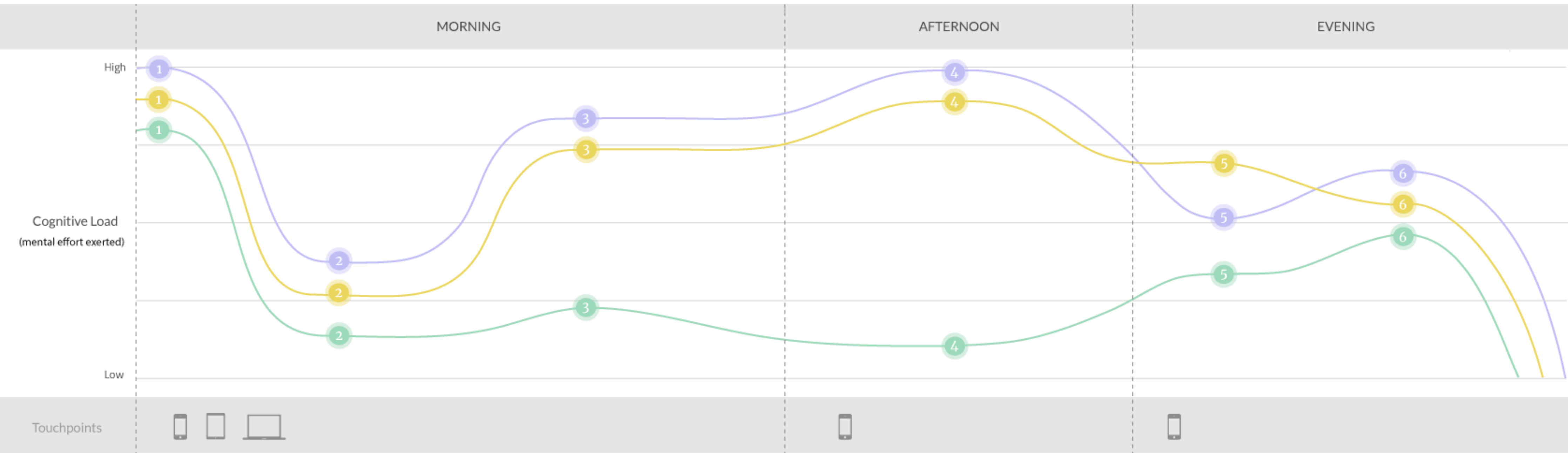


JOURNEY MAP — TRACKING COGNITIVE LOAD

Day One of Journey
Day Two of Journey
Day Three of Journey



DAY ONE
Sunday

1 Location Bedroom, Bathroom
Actions Email, Texts

Angelina's alarm goes off and she starts the day by checking her emails and texts in bed. She makes sure that there's no fires at work and sees she's in the clear. She gets up to go to the bathroom and heads downstairs to the kitchen.

2 Location Kitchen
Actions Weather

Angelina makes coffee and breakfast for the family and spends some quality time together. She uses her iPhone to check the weather before getting ready to leave for church.

3 Location Bathroom
Actions Traffic

She hops in the shower and starts getting ready. She picks out her outfit for service and starts putting on her makeup.

4 Location Kitchen
Actions Traffic

Angelina double checks the traffic before leaving the house with her husband and five year old son to go to church service.

5 Location Living room
Actions Calendar, Email, Flight

Angelina enjoys her lazy Sunday spending time at home with her family. In the evening she puts her son to bed and joins her husband for some Netflix. She double checks her itinerary and appointments for the next day while lounging on the couch.

6 Location Bedroom
Actions Weather, Flight

Angelina heads back to the bedroom to start packing for her work travel. She checks the forecast for the week and starts picking the appropriate outfits. Before she heads to bed, she double checks her flight and that she's checked in and ready to go.

DAY TWO
Monday

1 Location Bedroom, Bathroom
Actions Email, Texts, Weather, Flight

Angelina's alarm goes off and she immediately checks her emails, texts, flights status and weather in bed. She then gets up to go to the bathroom, change, grabs her suitcase and heads downstairs to head to the airport.

2 Location Kitchen
Actions Weather

Angelina makes coffee and some breakfast for herself. As she eats, she double checks the weather on her iPad so she knows what to wear.

3 Location Bathroom, Bedroom
Actions Flight

She makes her way into the bathroom to shower and start getting ready to leave for her flight. She goes to her bedroom closet to get dressed, and checks the flight time on her iPhone, as well as the commute time and route to the airport. She grabs her coffee and kisses her husband goodbye.

4 Location Hotel
Actions Email, Traffic, Alarm, Bar

Angelina heads to the hotel where she checks in at the front desk and goes to her room.

She makes sure to call the front desk and ask for a wakeup call before she forgets. She checks her email and texts her team that she's on the way to the meeting. On her way out, she asks the concierge about a popular place she might be able to get drinks after dinner.

5 Location Hotel
Actions Email, Calendar, Flight

After work, her clients and team decide to go out for dinner. When she gets back to her room later that night, she checks her email again and reviews the next day's calendar.

6 Location Bathroom, Bedroom
Actions TV

She heads to the bathroom and ges ready for bed. She turns on the TV to catch some news on CNN while packing and heads to bed.

DAY THREE
Tuesday

1 Location Hotel, Bathroom
Actions Email, Weather, Flight, News

Angelina gets her wake up call and she immediately checks her emails, texts, flights status and weather in bed. She goes to the bathroom to shower. She turns on the TV while getting dressed and putting on her makeup.

2 Location Hotel
Actions Text, Flight

Angelina checks her phone again for her flight status. She checks her calendar and texts her client to let them know she is on her way.

3 Location Hotel
Actions Checkout, Cab

Angelina heads downstairs for breakfast and checks out of the hotel. She asks the front desk to to call her a cab to the meeting.

4 Location Client Meeting
Actions Flight

Angelina heads to her meeting and then goes straight to the airport to return home. She checks her flight status again.

5 Location Bathroom, Bedroom
Actions

Angelina returns home in time to put her kid to bed. She goes to the bathroom to take off her makeup for the night.

6 Location Family Room, Bathroom, Bedroom
Actions Netflix, Texts, Calendar

She decides to relax with her husband by watching some Netflix. As they are watching, she can't help but look at her phone to check messages and her schedule for tomorrow. When done watching, she heads back to her room to brush her teeth and goes to bed. She checks her messages again before finally falling asleep.