

### Milestone 3

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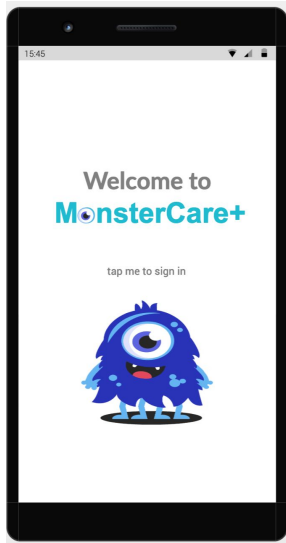
App Name: Monster Care+

Group Name: Osasun

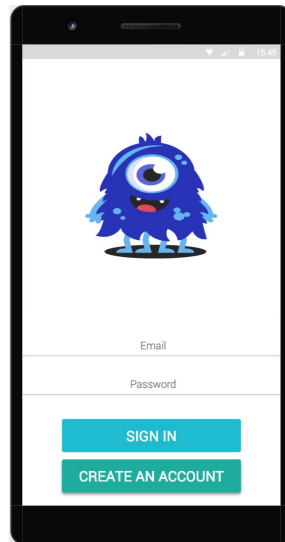
Link to Prototype:

<https://www.justinmind.com/usernote/tests/39971802/40052755/40116618/index.html>

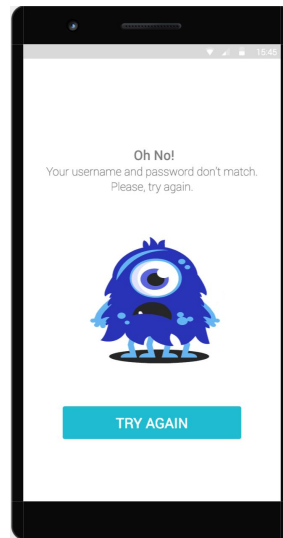
Screenshots and Narrative Description:



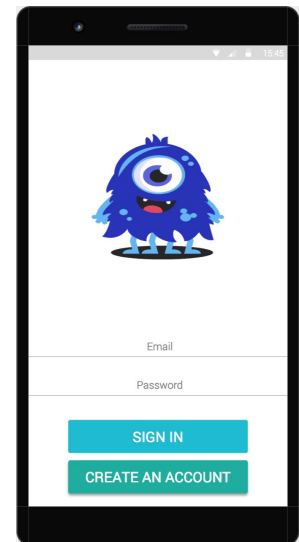
**Image 1:** On the home screen, the user taps the monster to sign in or sign up.



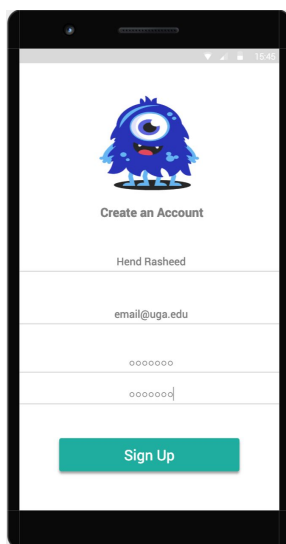
**Image 2:** On the sign in screen, the user fails to type in their credentials before selecting "Sign In."



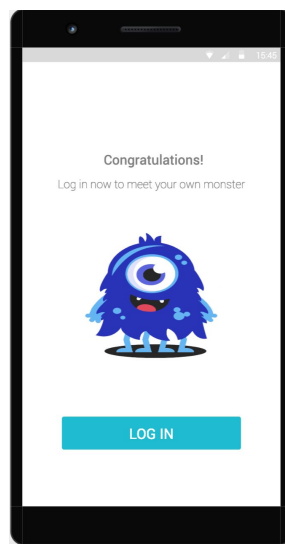
**Image 3:** The previous action takes the user to an error page, where they select "Try Again" to go back to the sign-in screen.



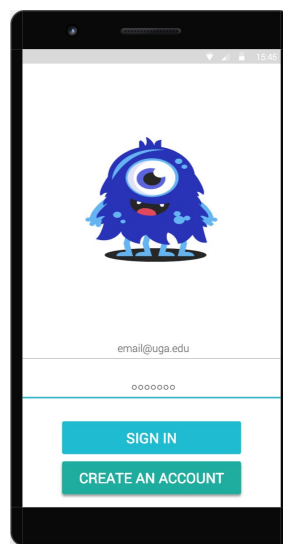
**Image 4:** Now the user selects "Create an Account."



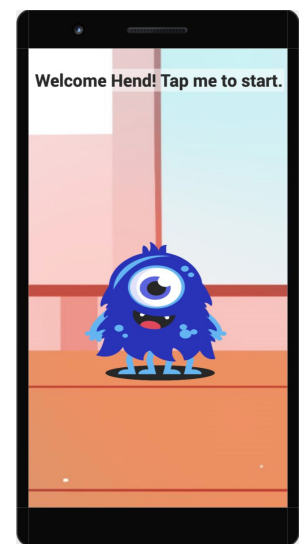
**Image 5:** The user inputs their name, email, and password, and selects "Sign Up."



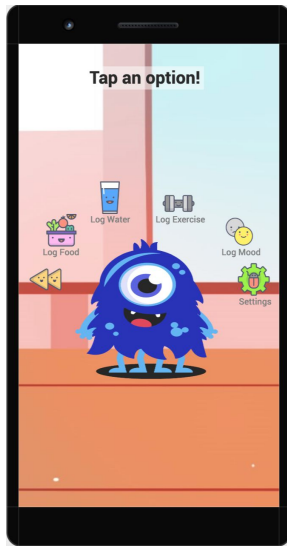
**Image 6:** The user is taken to this screen that confirms their account creation. The user selects "Log In" to start.



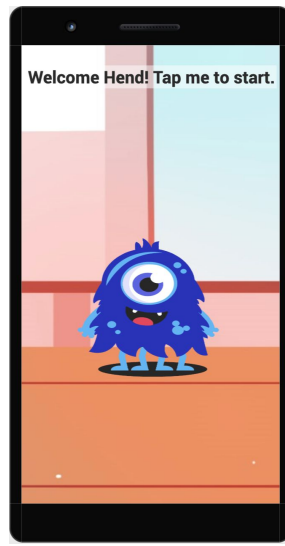
**Image 7:** The user types in the credentials for the account they just made, then they select "Sign In" to continue.



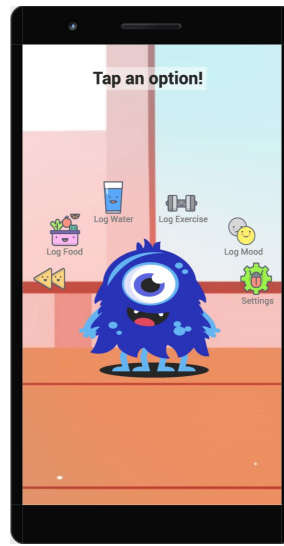
**Image 8:** Once the user successfully signs in, they are taken to this welcome screen. The user then taps the monster.



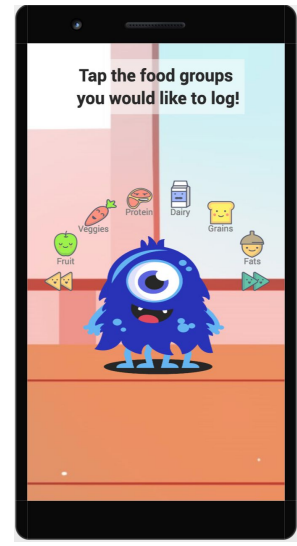
**Image 9:** A radial menu appears with different actions the user can take. The user selects the back arrows icon.



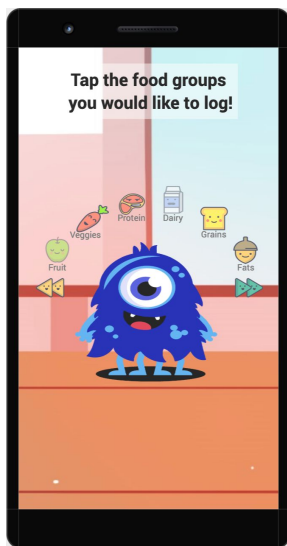
**Image 10:** The arrows take the user back to the welcome screen. They tap the monster again to bring the radial menu back.



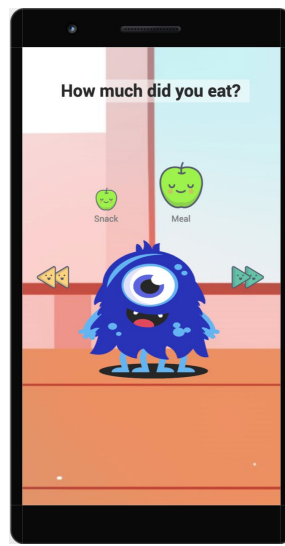
**Image 11:** This time the user selects the "Log Food" option.



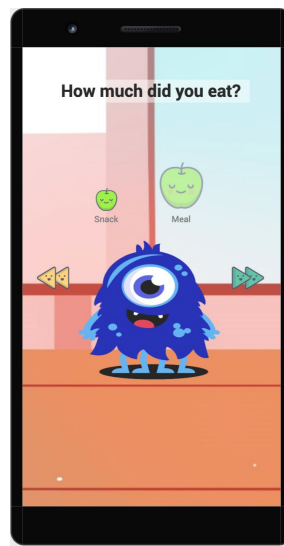
**Image 12:** A new radial menu pops up containing six different food group options to log.



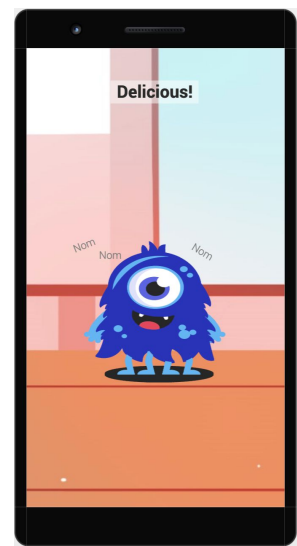
**Image 13:** The user selects the fruit and dairy icons. The selected icons become greyed out. When the user is satisfied with their selections, they tap the icon with the forward arrows to continue.



**Image 14:** The next screen allows the user to select the size of the meal they ate as either a snack or a full meal.



**Image 15:** The user taps the meal icon, then taps the forward arrows icon to continue.



**Image 16:** Then the user watches the monster eat! After the animation, the user taps the monster to return to the radial menu.

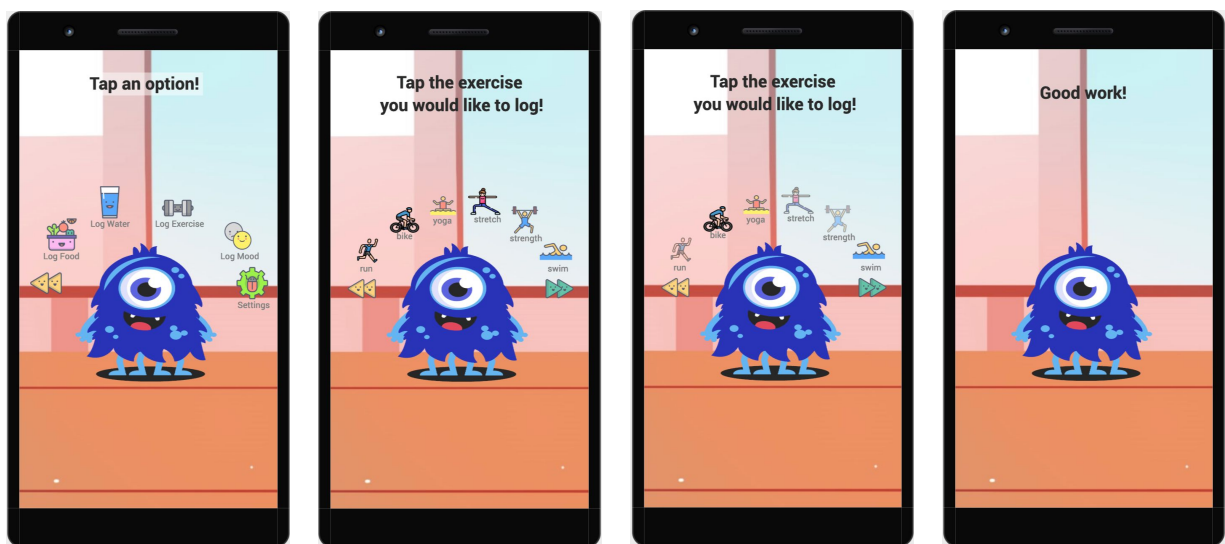


**Image 17:** Back at the radial menu, the user taps the “Log Water” icon.

**Image 18:** This takes the user to a screen where they can input the number of glasses of water the user wants to log.

**Image 19:** The user taps the plus icon twice to log three glasses of water, then taps the forward arrow icon to continue.

**Image 20:** Then the user watches the monster drink! After the animation, the user taps the monster to return to the radial menu.

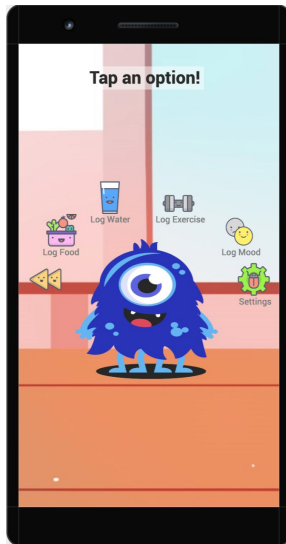


**Image 21:** Back at the radial menu, the user taps the “Log Exercise” icon.

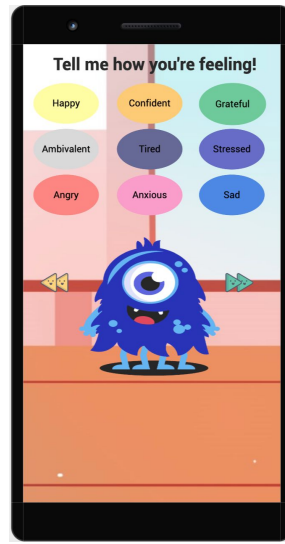
**Image 22:** A new radial menu pops up containing six different types of exercise as options to log.

**Image 23:** The user selects the run, strength, and stretch icons. The selected icons become greyed out. When the user is satisfied with their selections, they tap the icon with the forward arrows to continue.

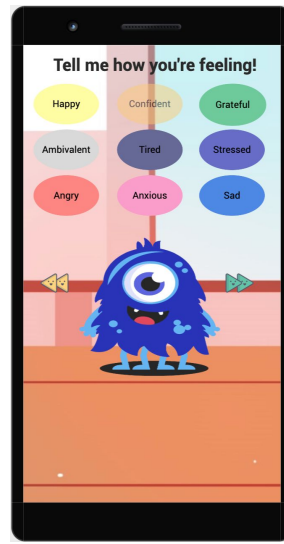
**Image 24:** After reading the monster’s affirmation,, the user taps the monster to return to the radial menu.



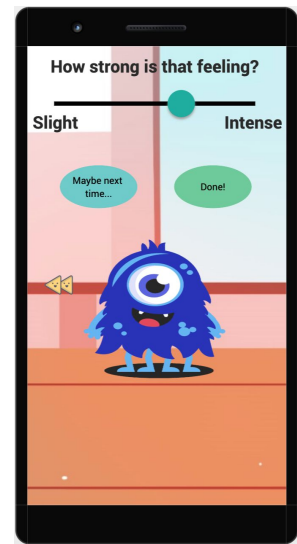
**Image 25:** Back at the radial menu, the user taps the “Log Mood” icon.



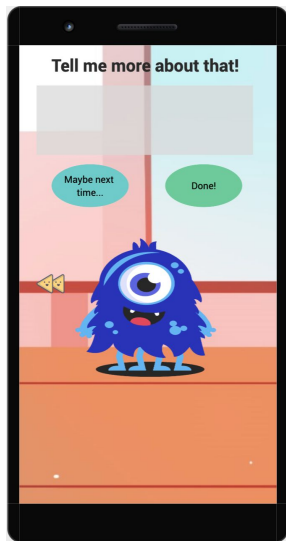
**Image 26:** This takes the user to a screen where they can select a mood descriptor to log.



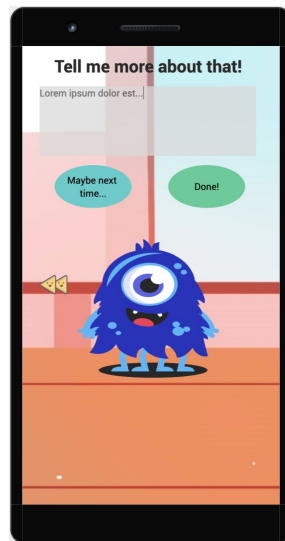
**Image 27:** The user selects the “Confident” icon. The selected icon becomes greyed out. When the user is satisfied with their selections, they tap the icon with the forward arrows to continue.



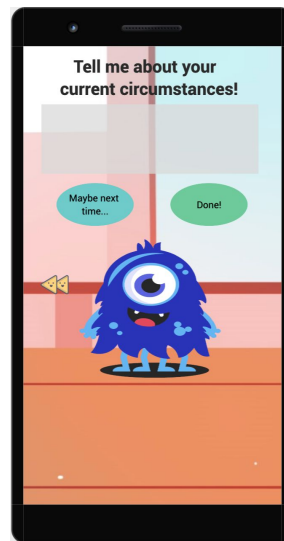
**Image 28:** The user then uses the slide to indicate the intensity of the user’s feeling. Once the user is satisfied with their selection, they tap “Done!” to continue.



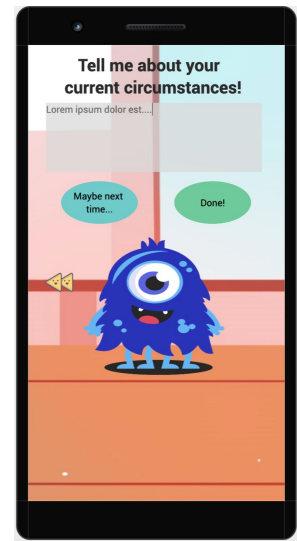
**Image 29:** The user is then taken to a screen that gives them the option to write about the details of their feelings. Additionally, the user is given the option to skip this step.



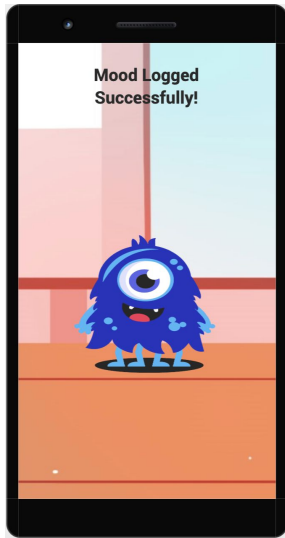
**Image 30:** The user types in the details of their feelings in the available box and taps “Done!”



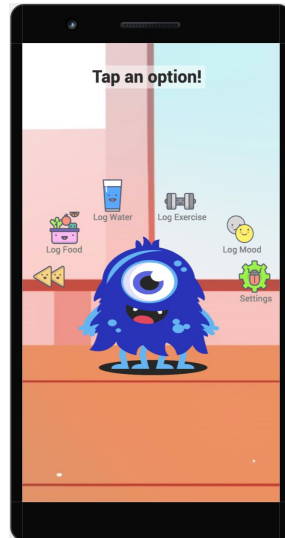
**Image 31:** The user is then taken to a screen that gives them the option to write about the details of the circumstances that lead to what they’re feeling. Additionally, the user is given the option to skip this step.



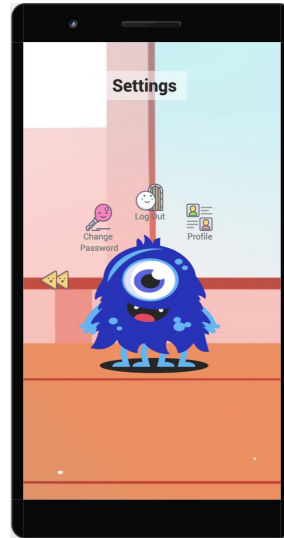
**Image 32:** The user types in the details of the circumstances that lead to their feelings in the available box and taps “Done!”



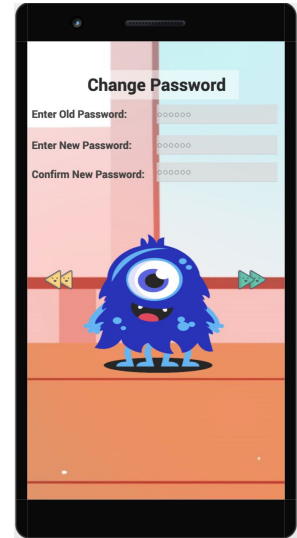
**Image 33:** After reading the monster's confirmation,, the user taps the monster to return to the radial menu.



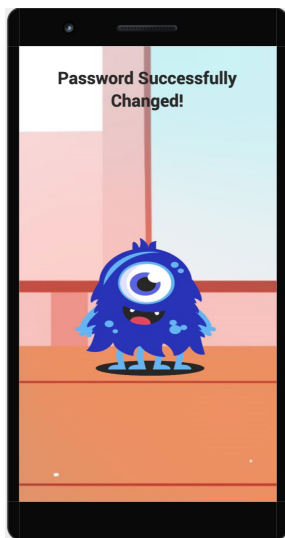
**Image 34:** Back at the radial menu, the user taps the "Settings" icon.



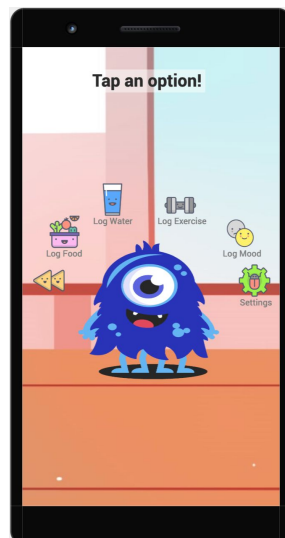
**Image 35:** A new radial menu opens. The user selects the "Change Password" icon.



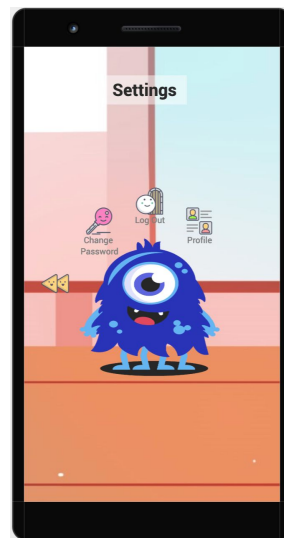
**Image 36:** The user types in their old password and their new password, then taps the forward arrows icon to continue.



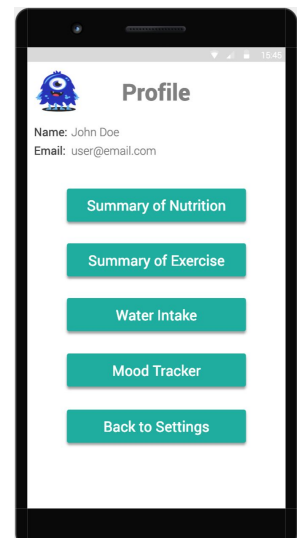
**Image 37:** After reading the monster's confirmation,, the user taps the monster to return to the radial menu.



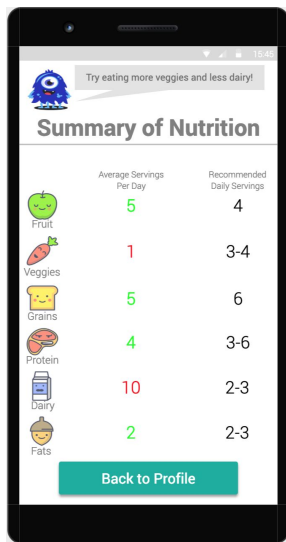
**Image 38:** Back at the radial menu, the user taps the "Settings" icon again.



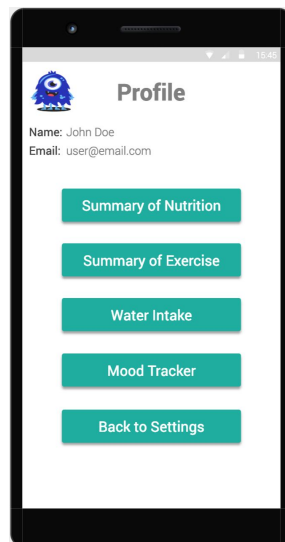
**Image 39:** A new radial menu opens. The user selects the "Profile" icon.



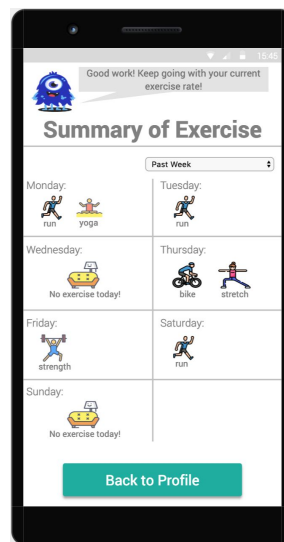
**Image 40:** This takes the user to a screen with their name and email, as well as different summaries of each log.



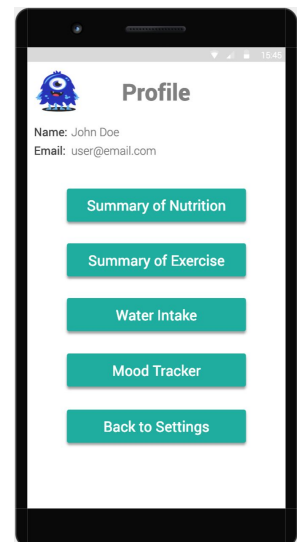
**Image 41:** The next screen allows the user to view their average servings per day compared to the recommended daily servings. The user selects “Back to Profile” to go back to the previous screen.



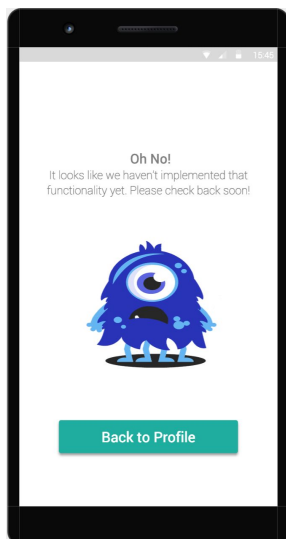
**Image 42:** This time the user selects the option for “Summary of Exercise.”



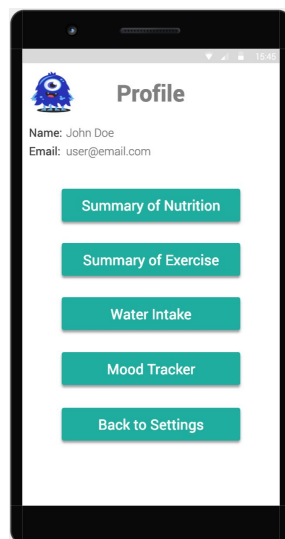
**Image 43:** This takes the user to a weekly summary of their exercise habits with options to view weekly or daily. The user selects “Back to Profile” to go back to the previous screen.



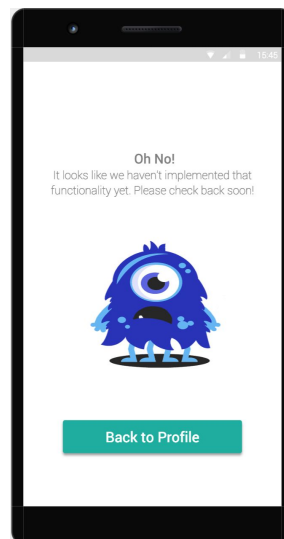
**Image 44:** This time the user selects the option for “Water Intake.”



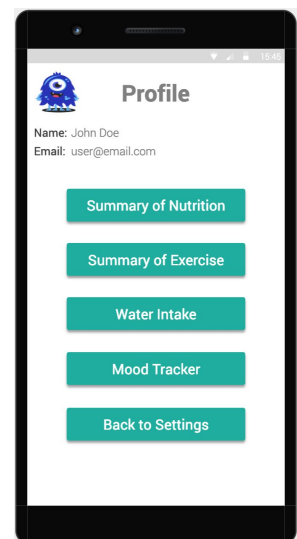
**Image 45:** This screen indicates that the water log summary has yet to be implemented. The user selects “Back to Profile” to go back to the profile screen.



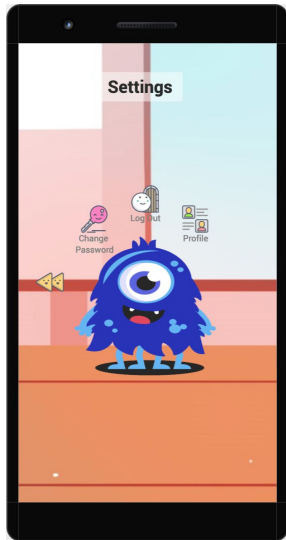
**Image 46:** This time the user selects the option for “Mood Tracker.”



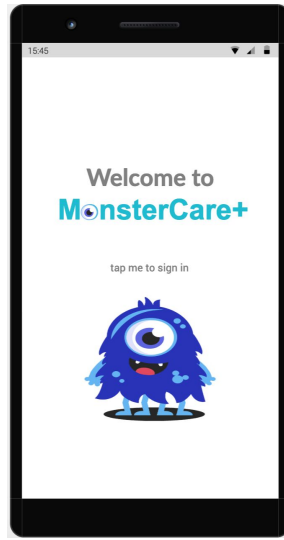
**Image 47:** This screen indicates that the mood log summary has yet to be implemented. The user selects “Back to Profile” to go back to the profile screen.



**Image 48:** This time the user selects the option for “Back to Settings” to return to the settings radial menu.



**Image 49:** Back at the setting radial menu, the user taps the “Log Out” icon to sign out of their profile.



**Image 50:** Once the user logs out, the app returns them to the home screen.

### List of Features and Descriptions:

**Create Account:** User can create an account with their full name, email, and password.

**Log In:** User can log in with their email and password.

**Log Food:** User can log food groups they ate and whether they ate a snack-sized amount or meal-sized amount. Options include fruit, vegetables, protein, grains, dairy, or fats.

**Log Water Intake:** User can log the number of cups of water they drank.

**Log Exercise:** User can log exercises they did. Options include run, bike, yoga, stretch, strength, and swim.

**Log Mood:** User can log their current mood(s), the intensity of their mood, extra details to describe the mood, and the circumstance they are in.

**View Profile:** User can view their profile, with options to view summaries for their nutrition, exercise, water intake, and mood.



**View Summary of Nutrition:** User can view a summary of their nutrition with averages for the amount of servings they eat of different food groups each day and the recommended daily servings. Their averages are highlighted in green if they are good or red if they are bad.

**View Summary of Exercise:** User can view a summary of their exercise, either for that day, for the past week, or for the past month.

**View Summary of Water Intake:** User can view a summary of their water intake.

**View Mood Tracker:** User can view a mood tracker, which gives a summary of their general moods.

**Change Password:** Users can change their password.

**Log Out:** Users can log out and be taken back to the splash screen.

#### Usability Specifications:

Our usability goals for each task are outlined below.

**Creating an account:** 20 seconds

**Logging in:** 10 seconds

**Logging food, water, or exercise:** 10 seconds

**Logging mood:** 30 seconds - 1 minute

We want our app to be fun to use (with the monster element), but we would still like it to be quick and easy, so it is comparable to other self-care apps.

#### Initial Evaluation/ Testing Plan:

We will use log food, log water, log exercise, and log mood as benchmark tasks for participants to perform to help evaluate the system. As a subjective questionnaire, we will likely use general lifestyle questions prior to use of the system and “Likert-style” questions after use of

the system where participants can rate the ease of tasks as well as general feelings about the application. Some specific interview questions are outlined below.

Prior to use of the system:

How long have you been using a smartphone?

Have you tried any self-care apps before? List them below.

How long have you used each of those apps?

How often do you log on to those apps?

What makes you log on to a self-care app? What deters you from logging on?

Why do you not use self-care apps more often?

Do you think of yourself as a “healthy” person?

Do you actively try to improve your health every day?

After use of the system:

How easy was the app to understand?

How did you like using the app?

What did you like about the app specifically?

What did you dislike about the app specifically?

What would you want to change about the app?

Rate how likely you would be to download the app.

Rate how often you would use the app.

Another evaluation technique we will likely use is to screen record the participants as they interact with the application. This will allow us to evaluate how easy it is to figure out how to do certain things in the application as well as if the buttons are a good size and easy to reach.

We will not be interacting with or watching the participants as they use the app so as not to influence them. Video recording could also be a useful tool to use, although since we are screen recording we will likely not videotape as well due to processing time and participant comfort.