

Group 6

Milestone 2 - Different Designs

Joshua Gates, Saiteja Chagantipati,

Tyler McCall, Bryan Pyle

CPSC 4140

Research on Motivation

Feedback from Milestone 1

From our first milestone, the biggest question everyone asked was, “how will you motivate your users?” The major issue with current health solutions, such as MyFitnessPal and activity trackers, is they behave as glorified data logs. Rather than focusing on motivating the users, the solutions simply record data and display it to the user. For some this method is effective, but for many others, the feedback is bland and uninspiring.

What Motivates People?

With this in mind, we searched through the Internet and *100 Things Every Designer Needs to Know About People* to find out what really motivates people. From our research, we found that the best forms of motivation are the following:

- Setting goals regularly along with their reasons
- Pursue these goals publicly
- Break large (long term) goals into smaller pieces. Divide and conquer.
- Being reminded of progress made
- Work towards goals with a group
- Receive mostly POSITIVE feedback from others
- Compete in small, reasonable competitions
- Accountability

Personas

Darius

Darius is an undergraduate at Clemson University. Since he started living on his own, he has put on nearly 20lbs due to stress, poor dieting and lack of motivation. Darius would like to lose this weight through running and proper diet. His goal is to run a 10k in 2 months and lose 20 lbs by the end of the semester.

Susan

Susan is a middle-aged mother of two with a new interest in yoga. She has a passion for cooking and wants to try out the Paleo diet. Her goals are to make healthier meals for her kids and learn a new yoga pose every week.

Jack

Jack is in his early 50s and has lifted weights for most of his life. He feels that his workouts are becoming a little stale and wants to add some variety to his routines.

Drastically Different Designs

Social Media Platform

Description

This platform was designed by utilizing the power of social interaction to provide encouragement and motivation. In essence, this community-driven website allows users to post their goals publicly or privately, find similar people, connect with small local networks, find events, read articles, and explore interests. Additionally, when users start to see progress towards their goals, they can post pictures or charts to their profile and network boards. Other users can then reply with encouragement, critiques, and tips.

The major motivational force behind this design is the community-driven aspect. When people find others with similar goals, they can rally behind each other and provide encouragement and real feedback. Our design facilitates community engagement to help users realize their long and short term goals.

This platform will be built as a mobile-friendly web-application. We decided to go with a web-application to minimize maintenance requirements across various smartphone platforms (iOS and Android).

Narrative

Susan is a working mother of two. With such a busy schedule, being able to integrate a social life and exercise is becoming challenging for Susan. One day after work, she decides to browse the web in search of a social media type platform that can help her pursue her interest in yoga and keep up with her friends at the same time. While doing so, she sees an ad for the Health Solution website which shows her that staying fit and connected to her friends looks a lot simpler than she thought. She immediately chooses to make an account and enters in her interests of yoga and the paleo diet. While looking through the website she notices that her neighbor Karen is also on the site and has been posting her progress for quite sometime now with weekly photos and status updates. Susan sees that Karen is attending the community yoga event in the local park and also chooses to attend the event by clicking on the “attending” button. After attending the event, Susan feels great about learning a new yoga pose and posts a picture of it for her friends to see. Susan receives lots of positive feedback and is now encouraged to continue attending events and pursuing her goal of yoga, while being able to come home at the end of the day and find recipes for a paleo diet all with the help of the new Health Solution website she found.

- **Strengths**

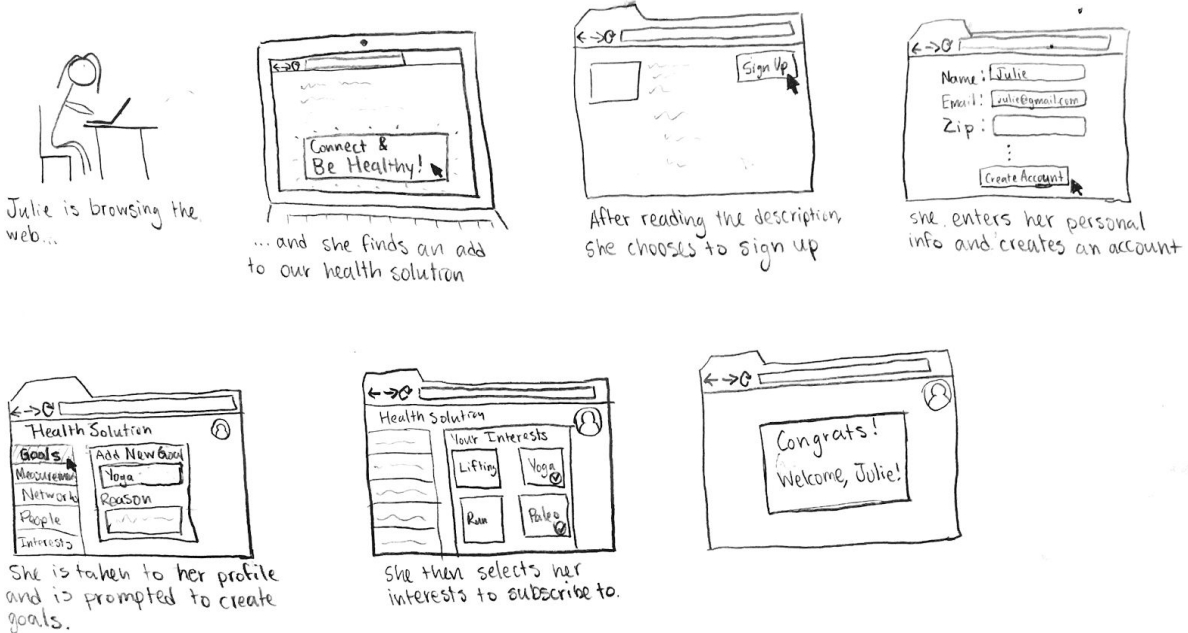
- Forming local networks with people that have similar goals (by location)
- Positive feedback from real people
- Community events
- Can work for anyone who wants to be healthy
 - Not limited to just people trying to lose weight or build muscle
- Resources including exercise tips and diet plans
- Vast source for motivation (other’s stories, experiences, kind words, etc)

- **Weaknesses**

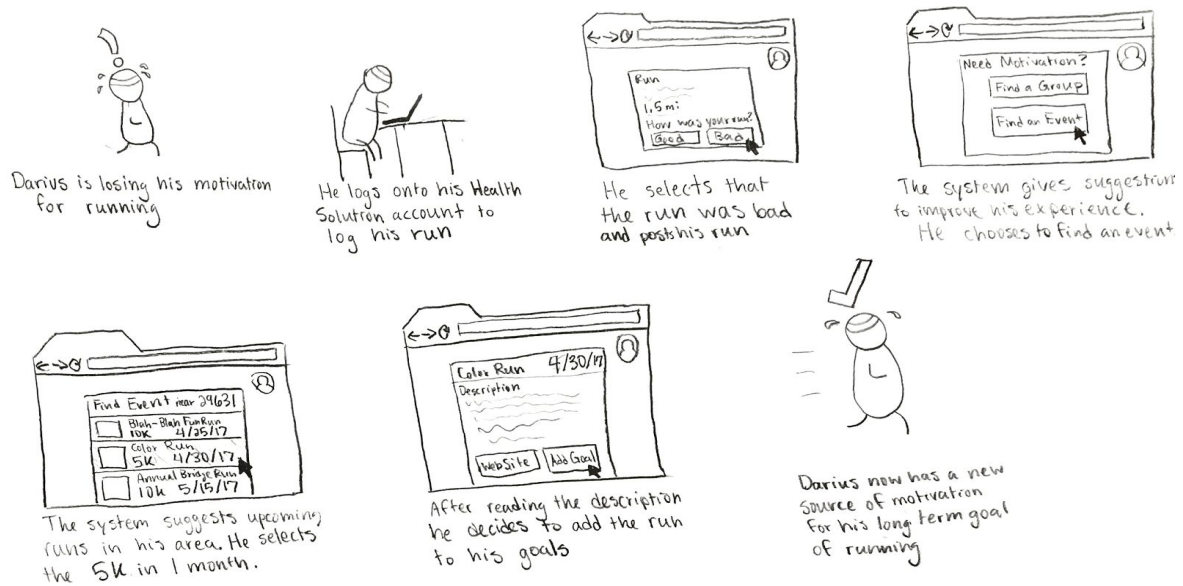
- User has to purposefully access site to receive motivation
- Messages user receives are based on people’s actions as opposed to an automated system
- Potential for bad advice leaking through
- Possible security issues regarding person to person interaction
- Potential for trolling

Storyboards

Creating an Account



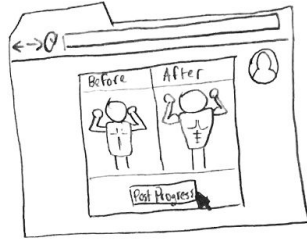
Finding an Event to Stay Motivated



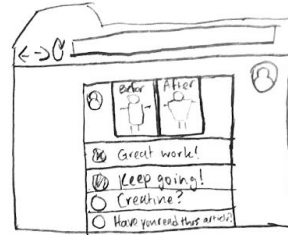
Posting Progress and Getting Feedback



Jack has seen some improvements since changing up his workout returns.



He posts his progress to his personal board and his network's board. His friends and people in his network can see his progress

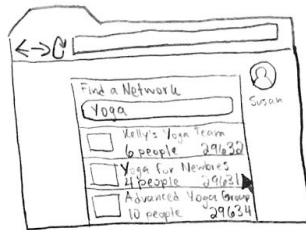


Users from his network comment on his progress, provide tips, recommend things to do.

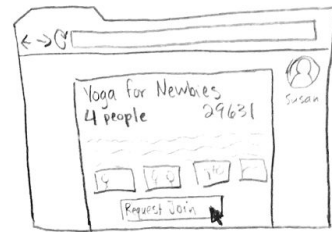
Finding a Network



Susan would like to improve her yoga routines. To do this she wants to talk to people and learn by doing.



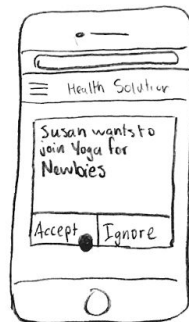
Susan searches for networks in her area that are centered around yoga. She clicks on one that interests her.



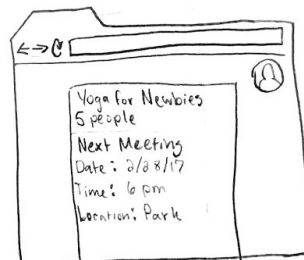
After reading the group intro and meeting times, she decides to join the group.



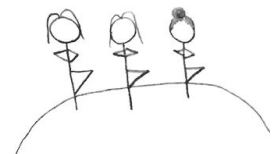
The current members are notified of Susan's request to join the network



The group members accept Susan into the network



Susan can now access the network's board to see articles, pictures, and meetings they post.

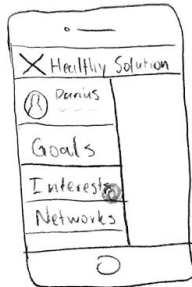


She goes to the meeting and practices yoga with new people.

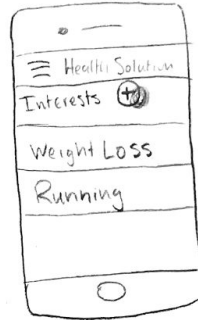
Pick up an Interest



Darius has been trying to eat healthier but is having trouble finding meals/recipes



He opens his profile and goes to his 'Interests'



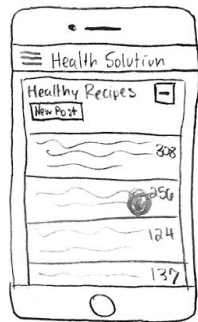
He chooses to find and add a new interest



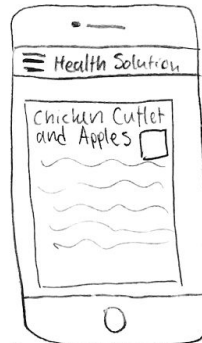
He selects the Interest that best fits what he is looking for



Darius reads the description for the selected interest along with some of the top articles and recipes, and then adds the interest to his profile



Darius can now quickly access the Interest board to read articles, find recipes, and comment on posts. He can also add his own posts. To get more visibility, others vote on his post.



He finds a recipe he wants and gets cooking.



Pick Up an Interest

Messaging app

Description

The text messaging system was designed to be as accessible as possible. We took into consideration that people are less likely to ignore their text messages than just another one of several notifications they receive daily. This can motivate the user by sending reminders and encouragement texts. It can also send fitness suggestions. We also wanted to make the system accessible to those that do not have a smartphone. Taking into consideration number of texts limitations, the app will only send a reminder once a day and only send more if the user first starts a session for updating their information.

Narrative

Darius is a college student with limited data on his cell phone plan and unlimited texting. He also has access to a computer so he can sign up for the text based service. Darius signs up for the service on a library computer. He inputs his cell phone number along with his name. He then inputs his long term goal to lose weight. Additionally he sets his reasons for losing weight: "Run a 10k" and "get in shape for spring break." Now thanks to the system he can now get fitness suggestions along with reminders. Every morning, the system sends him a message prompting him to enter his weight. He responds with a simple text with a number. If the number is reasonable, the system logs it into his progress and responds with a breakdown of his current progress and daily and weekly goals. Darius can now use this information as inspiration for working towards his goals. After a few months of exercise he has achieved his goal of weight loss. At any time Darius can send a new goal and reasons to the system, and the system will incorporate it into his daily progress breakdowns.

- **Strengths**

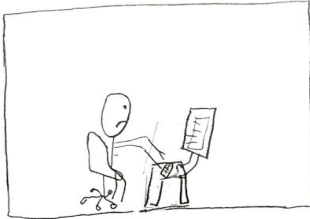
- No smartphone requirements
- Text message potentially harder to ignore than a notification
- No data connection required
- Use session is very quick
- Very easy to use

- **Weaknesses**

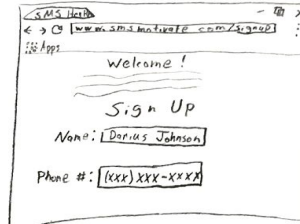
- Interface can be a little bit convoluted
- Not everybody has unlimited text plans
- User can lie about weight loss
- Messages can potentially be long
- No smartphone interface
- Based off phone number (Can lose data if number is changed)
- Does not work without a cell signal

Storyboards

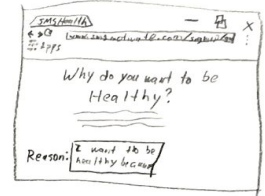
Signing Up for the Service



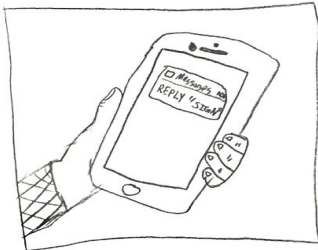
Darius, an overweight undergrad, is browsing the internet and discovers a SMS based health motivation service.



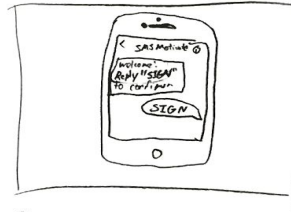
Darius enters his name and phone number to start his account registration.



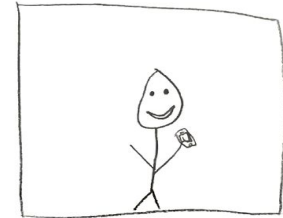
Darius inserts his health goals and reasons.



Darius receives a confirmation text on his phone.



Darius responds to the text with the specified key word to finish his registration.

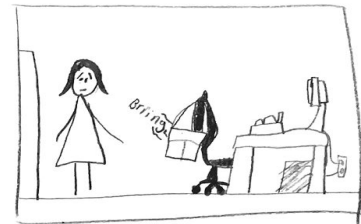


Darius is now registered.

Receiving Motivational Texts



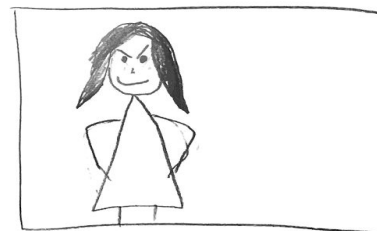
Susan is almost done with her shift at work.



Susan gets a text message on her phone.

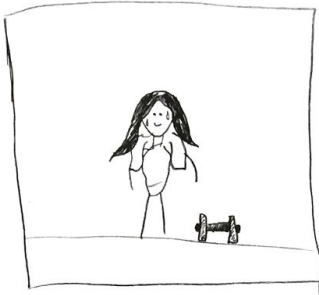


Susan checks her phone and sees her goals and reasons.



Susan feels motivated to work out after work.

Revising/Adding Goals



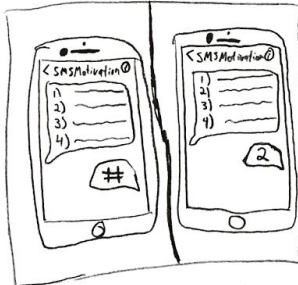
Susan has just achieved one of her goals.



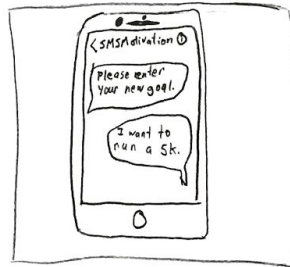
Susan texts "GOALS" to the application.



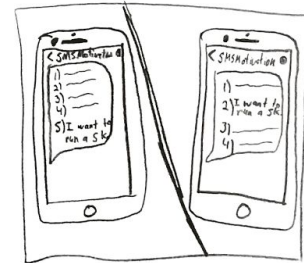
The application responds with a numbered list of all her goals.



Susan replies with the number of the goal she wants to revise or the pound sign to create a new goal.



After a confirmation, Susan enters her new goal.



Susan will be reminded with this goal as well from now on.

Smart Gym

Description

The smart gym was designed with motivation and planning in mind. The use of specialized equipment can be accurate in monitoring a user's activity by tracking repetitions or miles depending on the equipment. The smart gym will utilize audio and visual feedback to encourage the user and push them forward. We decided on a central mobile app to leverage the capabilities of a smartphone to log user goals and workout information. The application is capable of planning the workout for the day and tailoring to the user's long-term goals. This was based on research that explained that if you are doing the same exercises every day, they become less effective because there is a lack of diversity in the muscle groups that are being exercised. This app will help facilitate a workout that will exercise different muscle groups and keep the workouts as effective as possible.

Narrative

Jack comes home from work and looks at his schedule for the evening on his planner. He remembers that he told himself he was going to work out tonight at 6 p.m. but has not created a specific workout plan for himself. Instead of trying to create one last minute before he heads to the gym, Jack visits the smart gym that is located right next to his apartment complex. Jack does not need to worry about creating a workout because the gym keeps track of what he did when he was there last time. The gym also plans a workout that will maximize results by exercising muscle groups he did not work last time. All throughout his workout the equipment at the gym keeps track of Jack's results and compares it to how he did in his past workouts to present Jack with an overall summary of his progress on the smartphone app. Seeing this progress makes Jack motivated and more likely to visit the smart gym again to continue this progress.

- **Strengths**

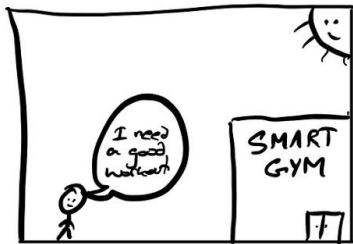
- Easy to understand and use
- Very accurate tracking of user exercise
- Audio, visual, and haptic feedback/motivational reinforcement for user
- Exercise planned for the user
 - Varies by the day

- **Weaknesses**

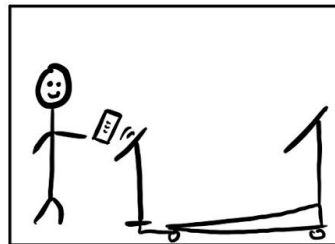
- Requires specialized equipment
- Very expensive to implement
- Requires a smartphone app
- Equipment susceptible to input error (Can be cheated)

Storyboards

Workout - Tracking



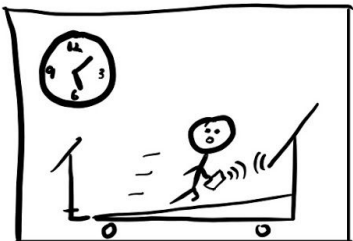
Jack wants to workout at the Smart gym



Jack connects to the equipment via NFC on his phone



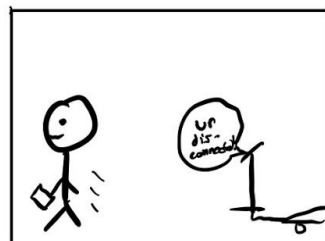
System suggests workouts based on user profile



System keeps track of progress as Jack uses equipment and transfers data to his phone

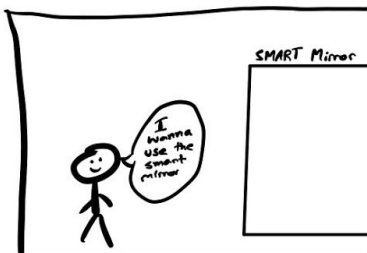


Workout summary is shown on smartphone after finished

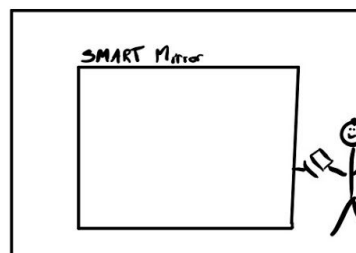


Equipment automatically disconnects as Jack walks >5 ft away.

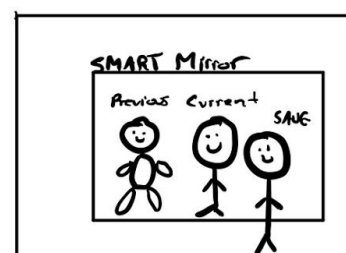
Smart Mirror Tracking



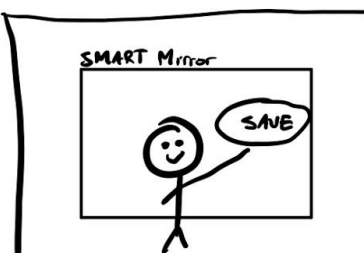
Jack decides to use the Smart mirror.



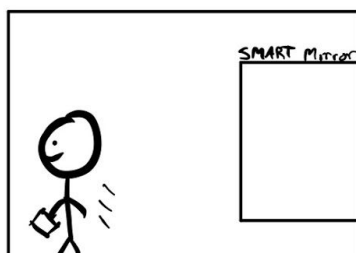
Jack connects to the Smart mirror via using NFC on his phone



Smart mirror shows how Jack looked last time he came here right next to his current self in the mirror.

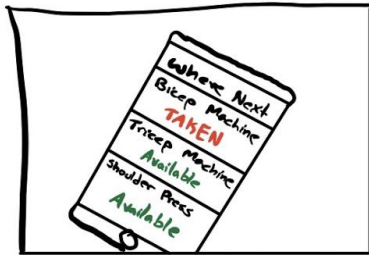


Jack wants to save his current view to the mirror.



Smart mirror automatically disconnects as Jack walks away.

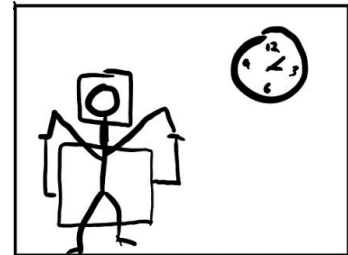
Equipment Suggestions



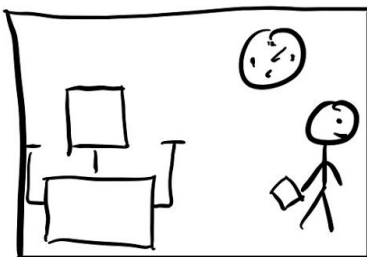
Jack looks to see where and what he should workout next.



Jack Selects which one he wants to do next, to reserve his spot.

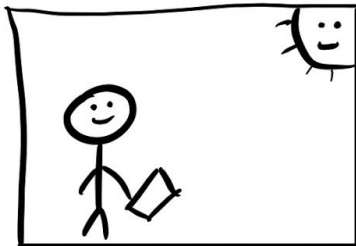


Jack connects to equipment via NFC and begins workout. Equipment is restricted to Jack b/c he reserved it.



Jack leaves the machine, it automatically disconnects and is ready for next user.

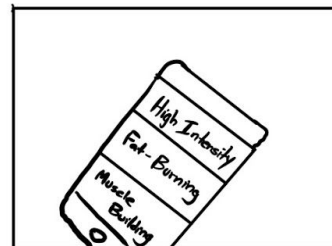
Workout Planning



Jack wants to plan his workout before he goes to the gym



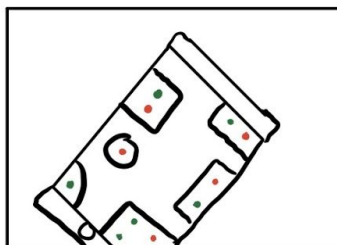
Jack opens SMART Gym App



Jack is presented with a list of different kinds of workouts



Jack selects the one he wants



The app shows Jack which equipment he needs to use, and which ones are available/in use



Jack finished a good workout and has all of his progress saved.

References

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