



## **HI-FI REPORT**

CS147 - Education Studio - Assignment 8



## **VALUE PROPOSITION**

learn to be a happier you



## **THE TEAM**

**Ashwin Agarwal:** Developer

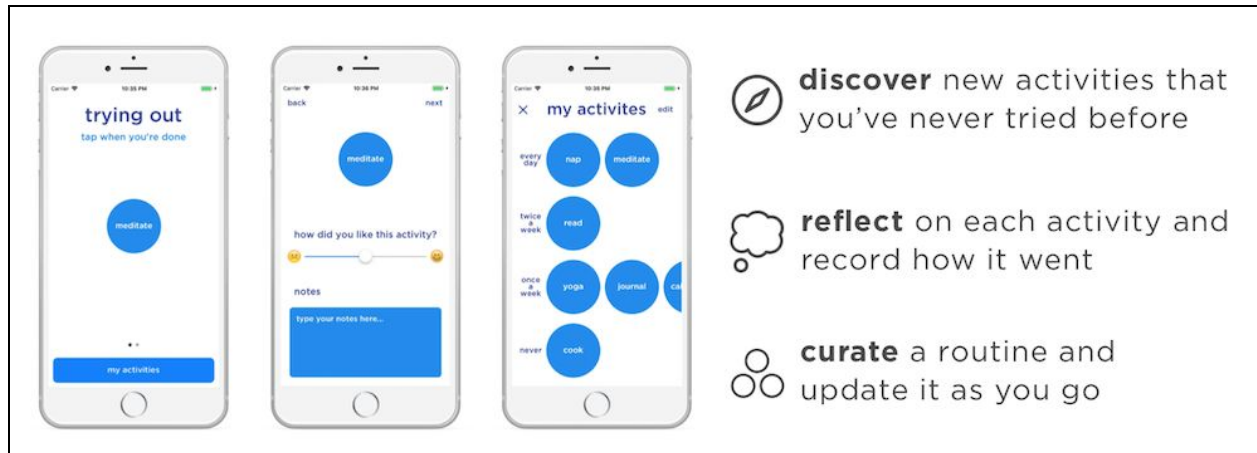
**Claire Shu:** Designer

**Josh Lange:** Developer

**Katherine Eisenbrand:** Product Manager

## Problem and Solution Overview

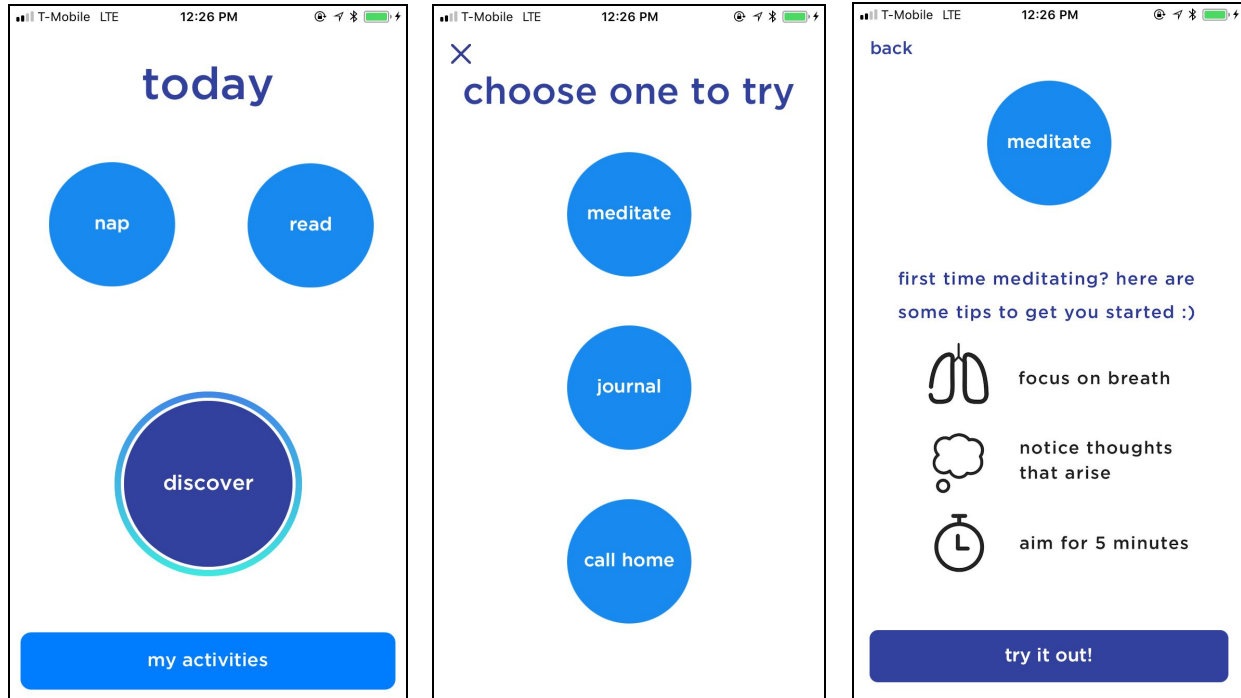
People aren't aware of what they can be doing to take care of themselves - what makes them happier and what doesn't, and ataraxia's mission is to change that. Ataraxia will help people through the process of learning what works for them and what doesn't when it comes to taking care of themselves by guiding users to curate their own self care routine.



## Tasks & Final Interface Scenarios

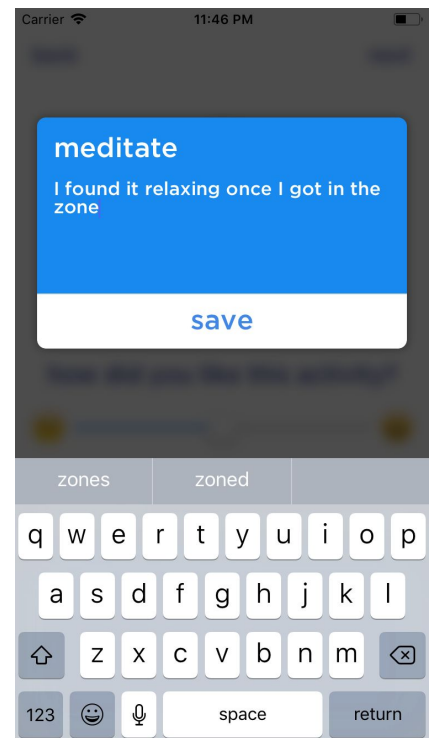
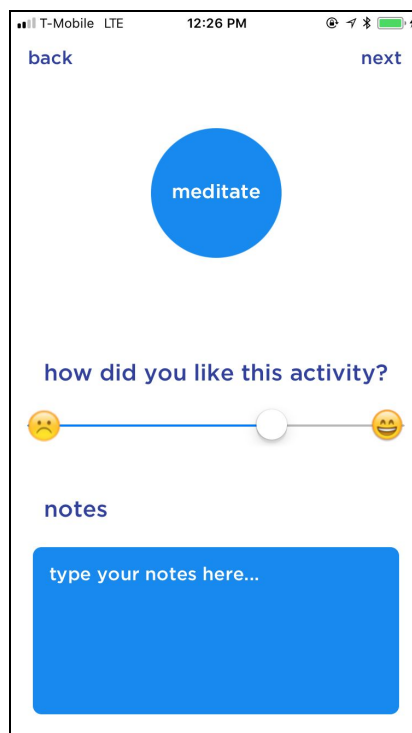
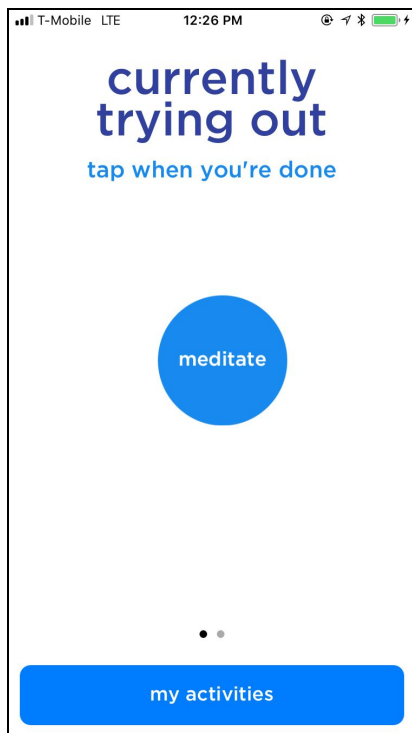
### Simple Task: Discover a new self care activity

The user can tap on the discover button from the home page and then is provided with some new, undiscovered activities from which they can choose. From there the user can tap on an activity they like or 'X' out to return to the home page. If the user taps on and chooses an activity, the user is brought to the activity's resources page. The reason we made this the simple task is because we believe that many individuals are complacent in their self care routines. We felt the discovery process needed to be a central piece of ataraxia so that users could discover new activities as often as possible.

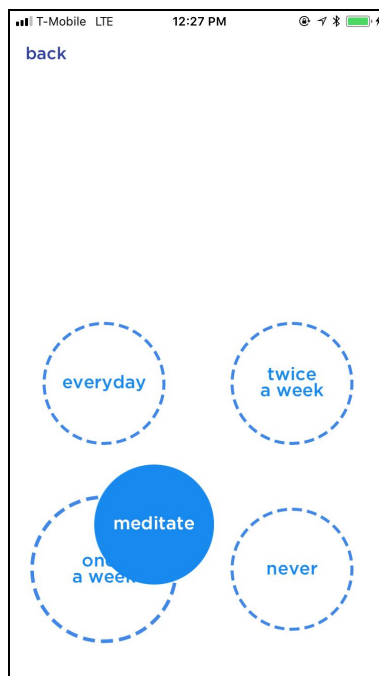
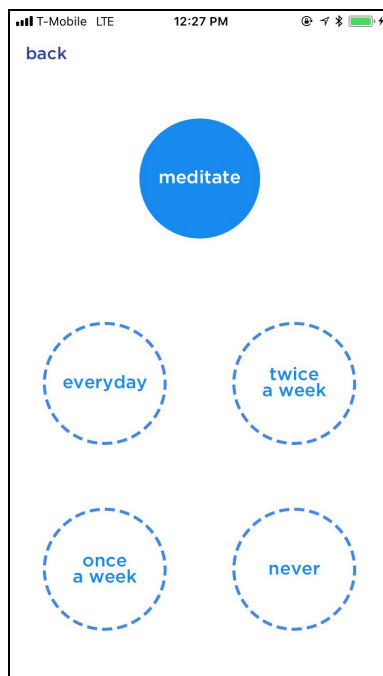


### **Medium Task: Reflect on your new self care activity**

Once the user has gone through the simple task and discovered a new self care activity, their home screen now shows activities that they are currently trying out. The user can always swipe right to access the “Discover” home page at any point. The user is directed to tap on the activity once they have done it. Once they tap the activity, the user is brought to a screen where they can reflect on the activity and how it made them feel using the slider. The user can also add notes, which we felt was important so a user could have a space for reflecting on the activity or adding comments for them to view later. We chose to include the reflection process in ataraxia because we felt that it is important that users carefully consider which activities are beneficial for them and which are not. Lastly, the user completes the reflection process by classifying the activity based on how often they want to do it (see next page).

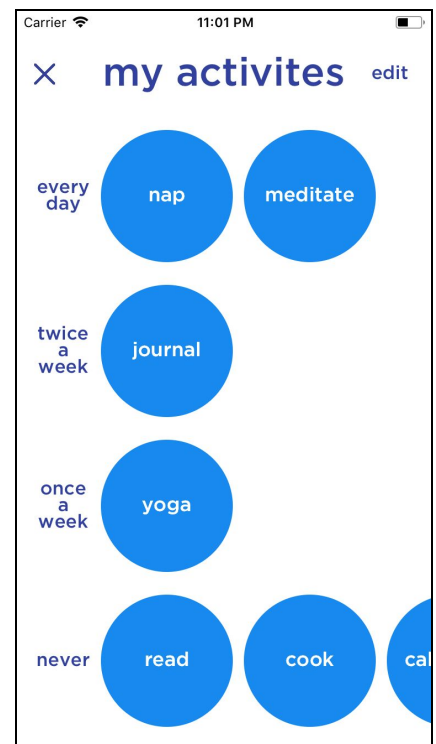
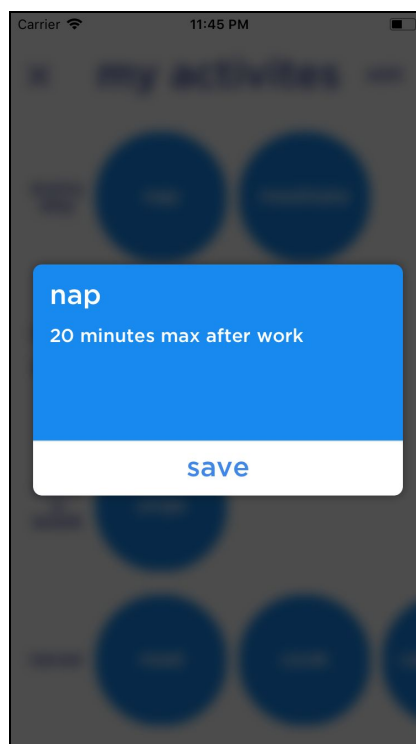


(medium task, cont.)



### Complex Task: Curate a self care routine

Once a user has accumulated a collection of activities, they can view all of their activities by tapping the “my activities” button from the home screen. This brings up a screen displaying all the activities that the user has “discovered” to date, sorted by how often they have chosen to do those activities. From here, the user can tap on a bubble to view and/or edit their notes for that activity. If they tap the “edit” button, the bubbles now become draggable and they can re-organize their routine by simply dragging activities to a different row. We chose to include this screen because we learned in our need-finding that users change how they think about their self-care over time. We wanted the app to be able to adapt to those changes by allowing them to update their notes with new information and change the frequency with which they do each activity as they learn more about what makes them happier over time.



## Design Evolution

Our design process from sketching to prototyping

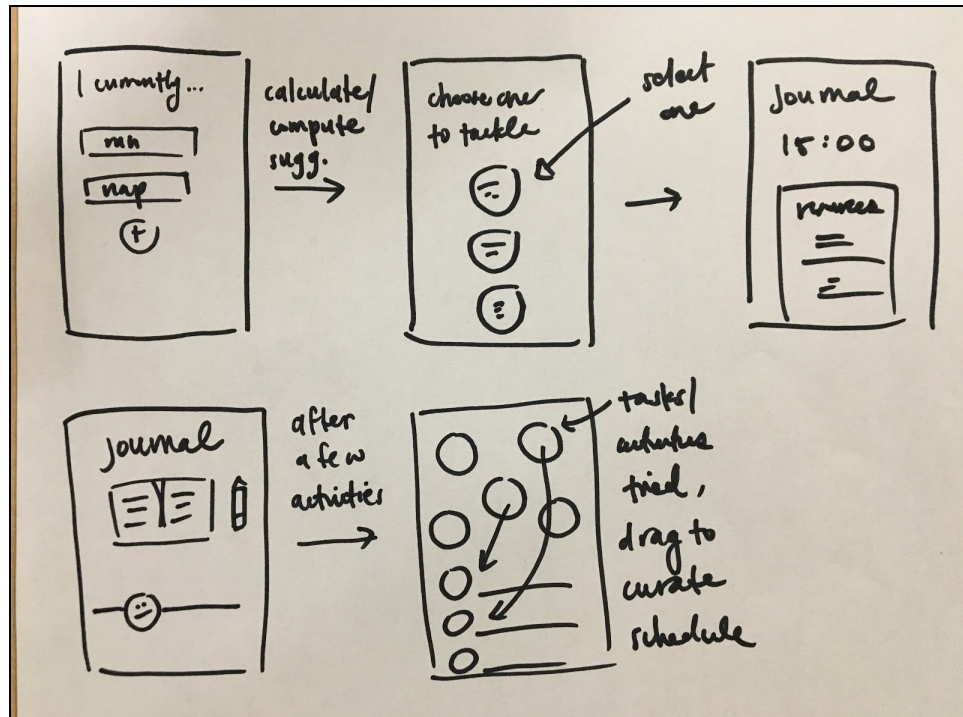


Fig. 1: Initial UI Sketch A

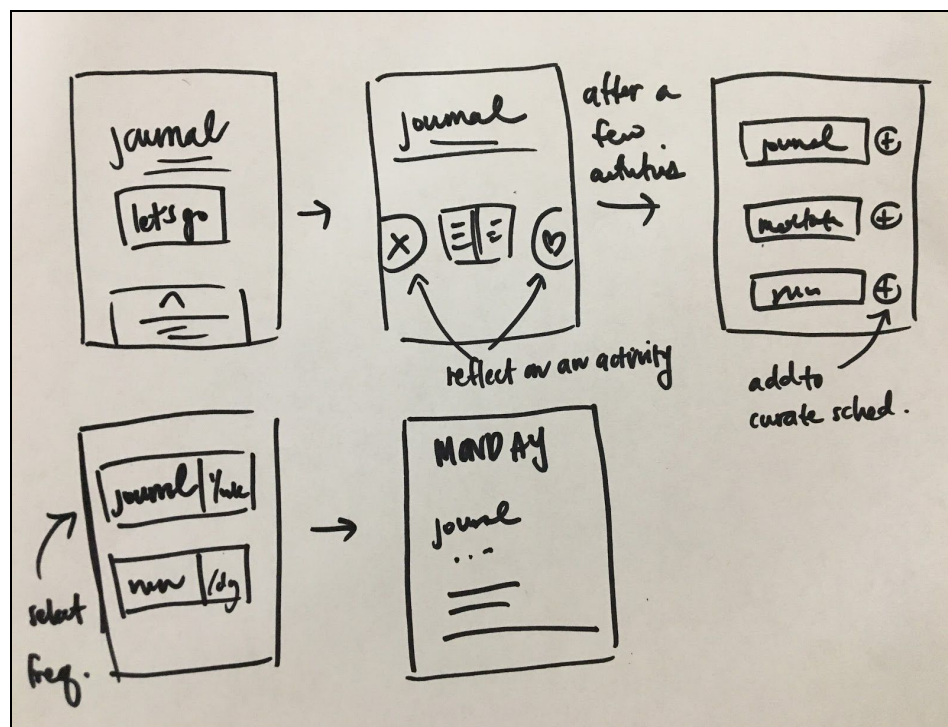


Fig. 2: Initial UI Sketch B



From these two options we chose the first because we liked the circular icon design and felt that the drag-and-drop would be very intuitive.

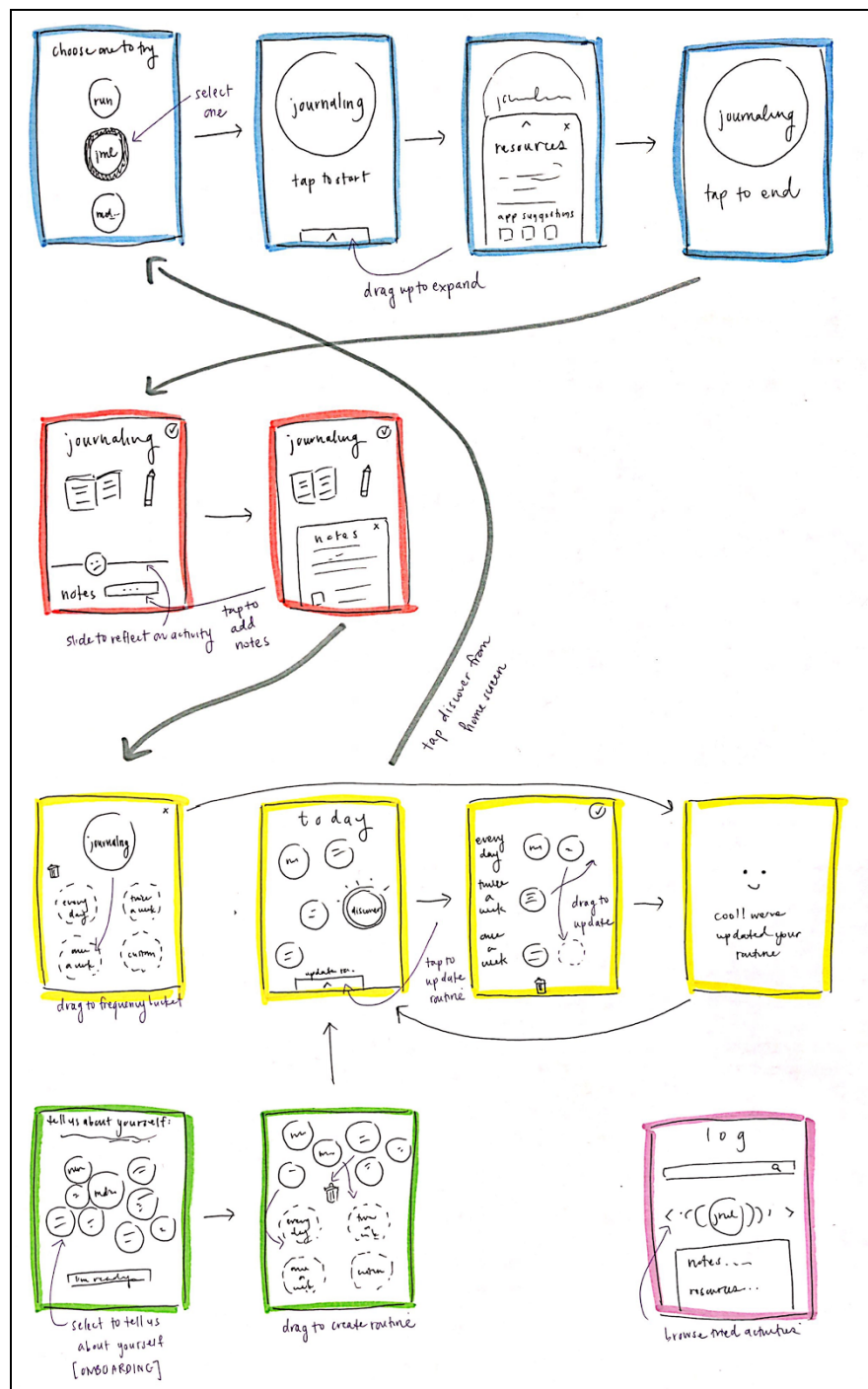


Fig. 3: Storyboards for 3 tasks by color

Moving to our lo-fi prototype, we decided to stick with a very delightful interface, where users could “drag and drop” activity bubbles as they navigated our app.

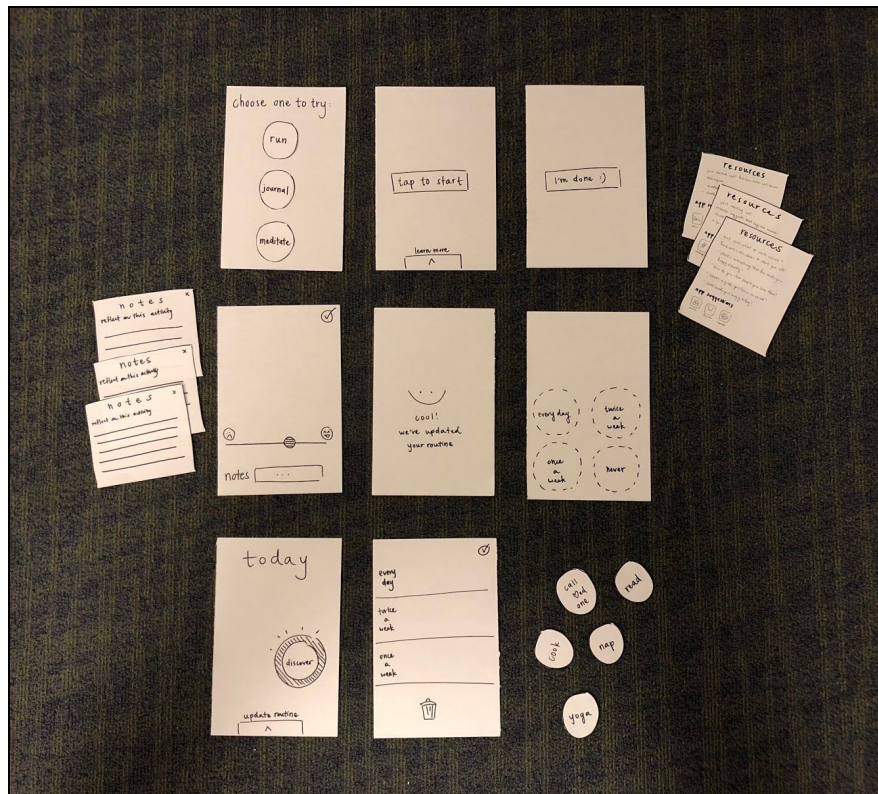


Fig. 4: Full Low-Fi Prototype system

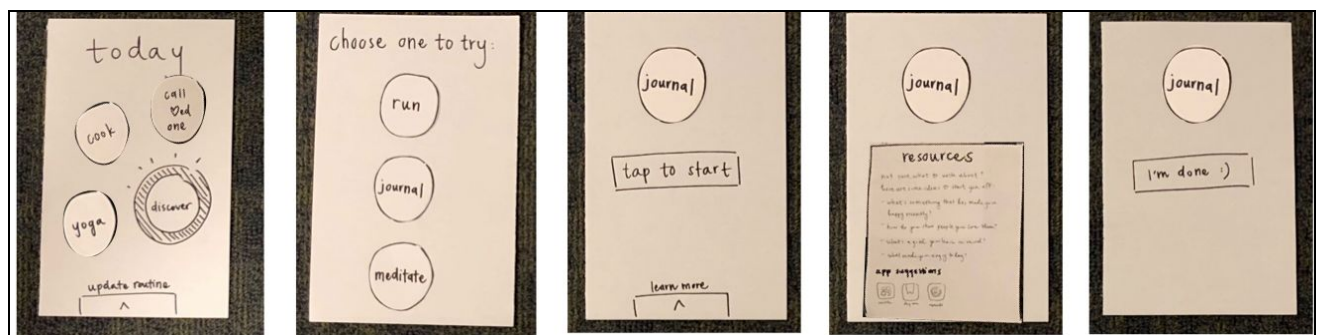


Fig. 5: Low-fi Simple Task (discover a new activity)



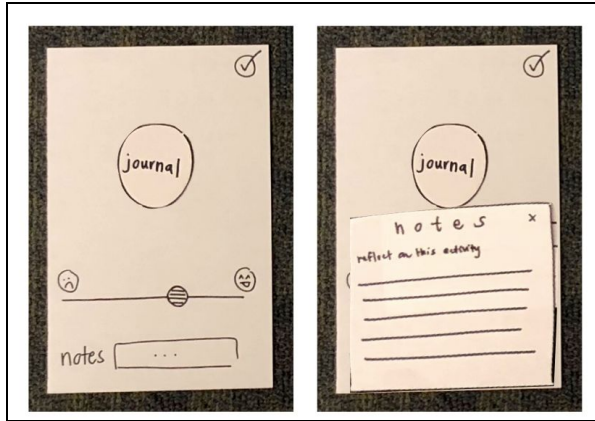


Fig. 6: Low-fi Medium Task  
(reflecting on an activity)

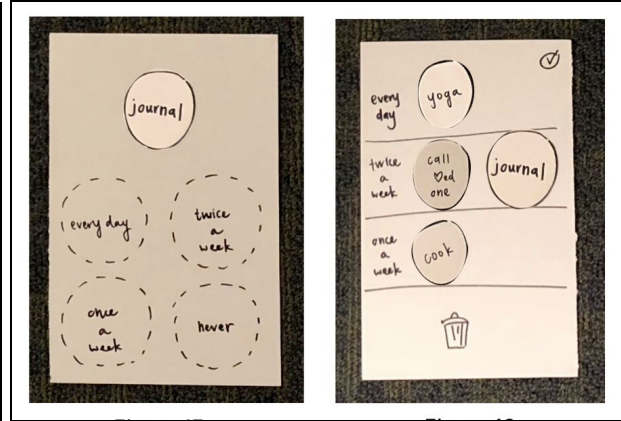


Fig. 7: Complex Task  
(create a routine)

The most important feedback we received after prototyping the low-fi stage was that users were confused on the UI for when a user is actually doing the activity. In our low fi prototype we simply had a screen that asked users to tap a button when they had done the activity. The feedback we received from this is that particular screen seemed awkward and unintuitive for the user. We changed this task flow by adding an “In Progress” section to our medium fi. This way, when a user wishes to go and try out an activity, they add it to the in progress section. From there, the user is brought back to the home screen, and they can access their in progress activities from the home screen and then marking the activity as done and proceeding with the medium/complex task. We also made the resources section appear automatically, whereas before in the low fi the user could optionally click to view the activity resources. The tools we used for our medium fi prototype were Sketch for the storyboards and Proto.io to create the prototype.

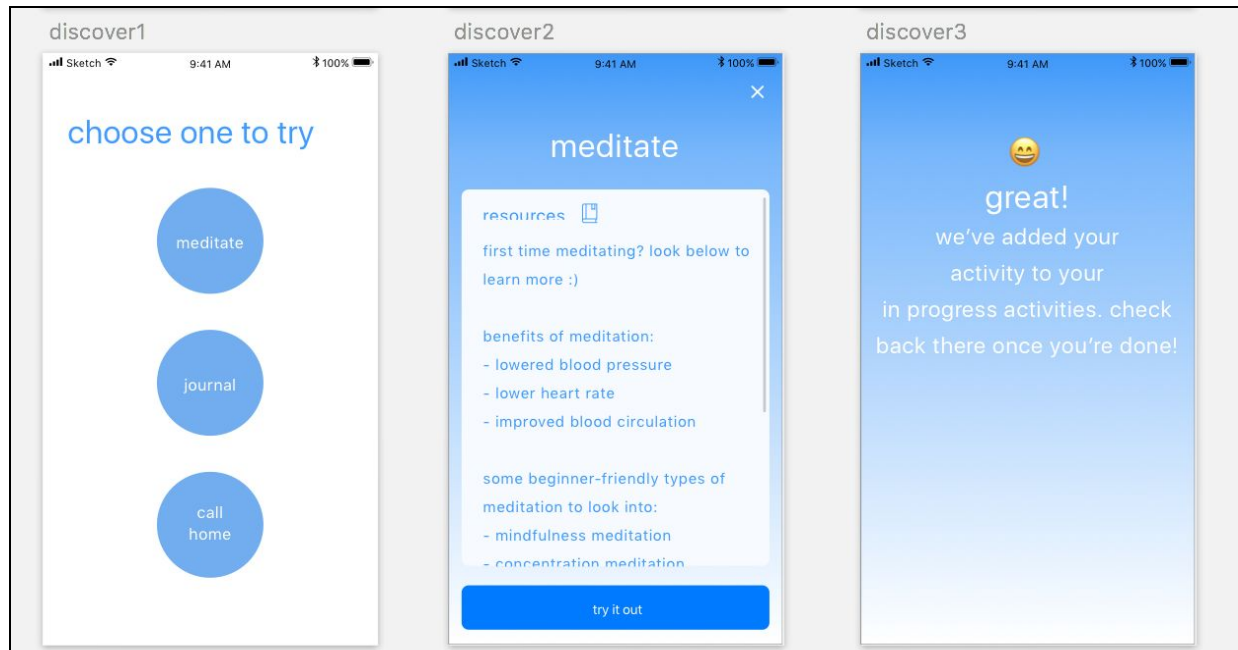


Fig. 8: Medium-fi simple task updated storyboard

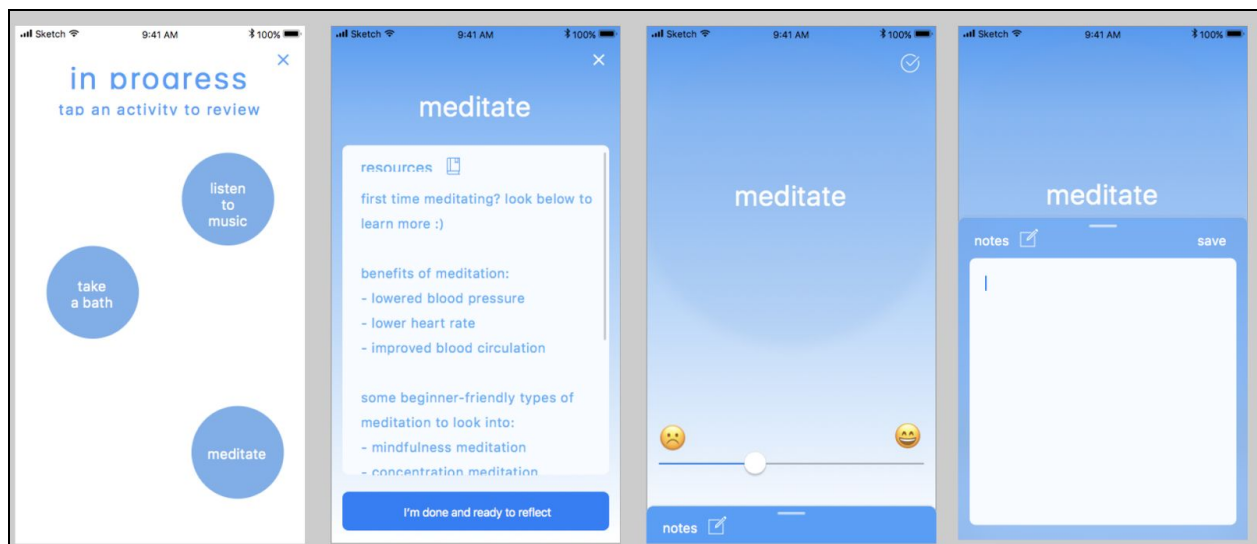


Fig. 9: Medium-fi medium task updated storyboard (activities now accessible from in progress screen)

Another piece of important design feedback we received from our prototyping was that if a user writes their notes and has all these resources available, then the user will want to refer to those at a later time. In order to cater to this need, we added a history section to the medium fi prototype where a user could see their past activities and associated notes/resources.

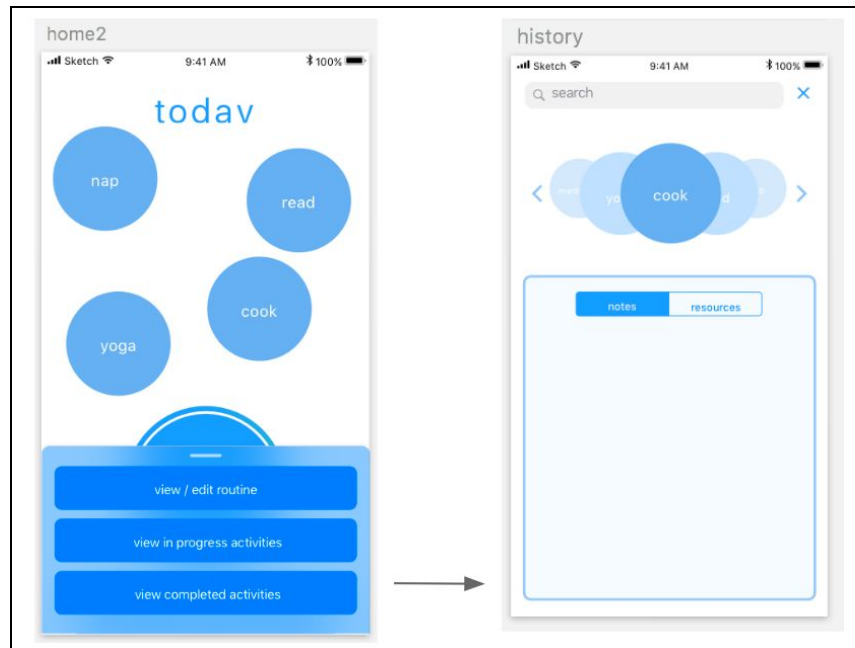


Fig 10: Menu screen accessible from home screen and history screen

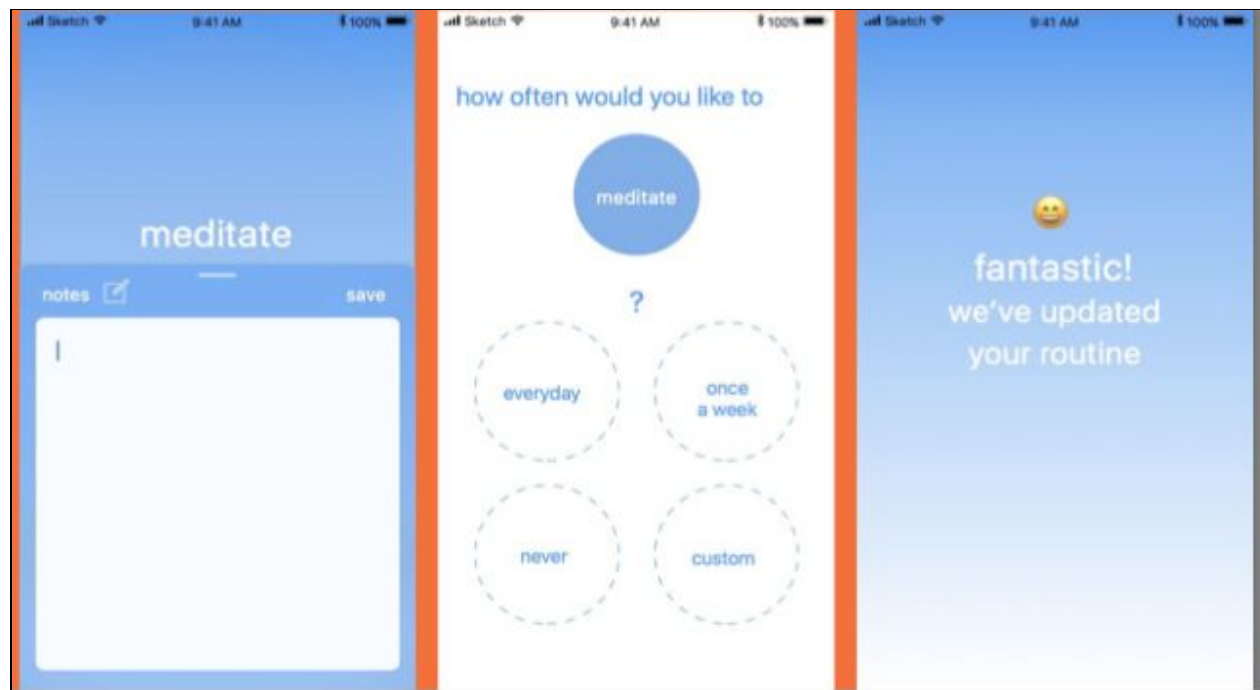


Fig. 11: Medium fi complex task part 1

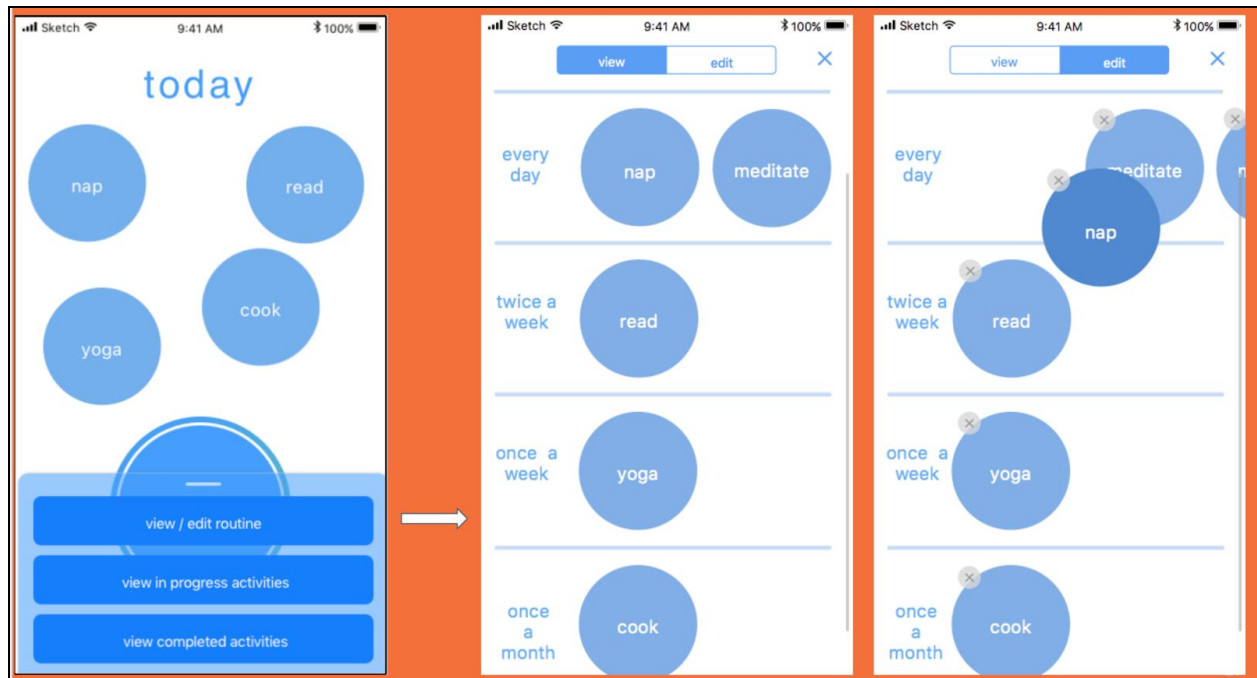


Fig. 11: Medium fi complex task part 2

In Fig. **11** you can see that we included the ability to edit your routine without having to add a new activity.

## Major Usability Problems Addressed

Level 3 & 4 violations:

### 1. Difficult to view in progress activities from home screen

In our medium fi, we had the user access their in progress activities from a swipe up menu from the home screen. In our heuristic evaluation, most of the evaluators found this feature to be confusing. We decided to redesign the home screen so that if a user has no activities in progress then it is the “Today” home screen with the discover button. If there are in progress activities, they appear on the secondary “in progress” home screen.

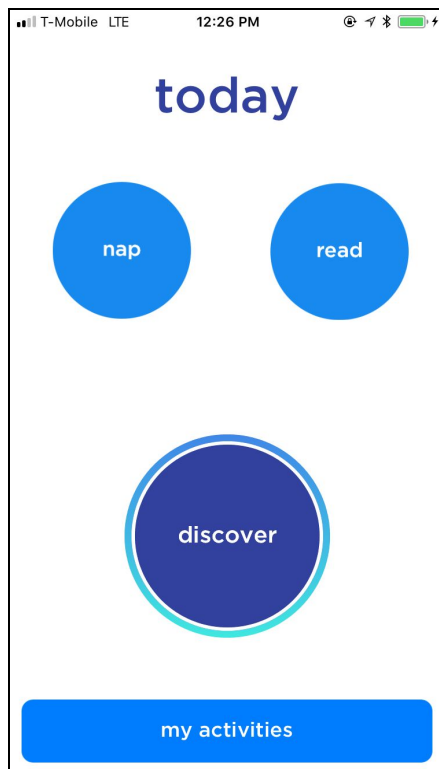


Fig 12: Default home screen

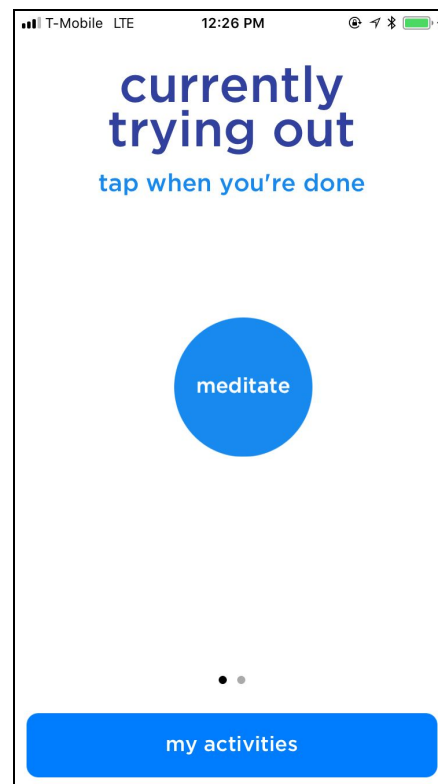


Fig. 13: Home screen if there are pending activities



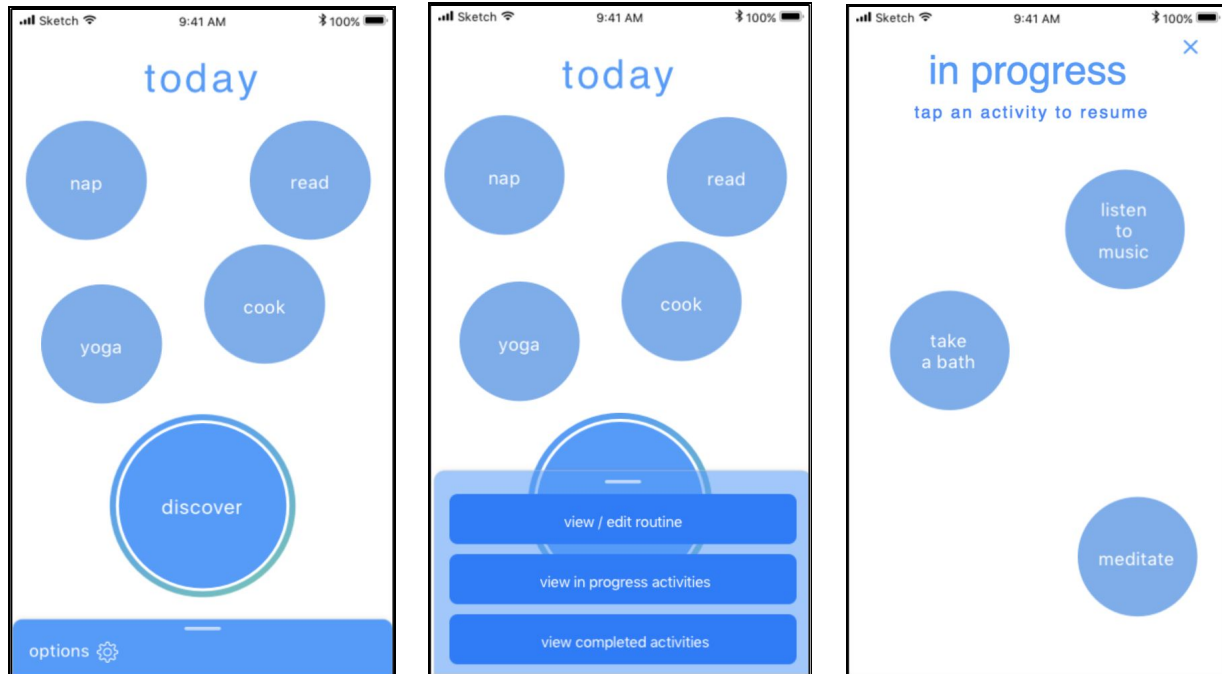


Fig 14. The medium fi way that users accessed their in progress activities.  
Note that even if there are pending activities, the screen from Fig. 12 is available by swiping right.

## 2. Inconsistency with X's in the app

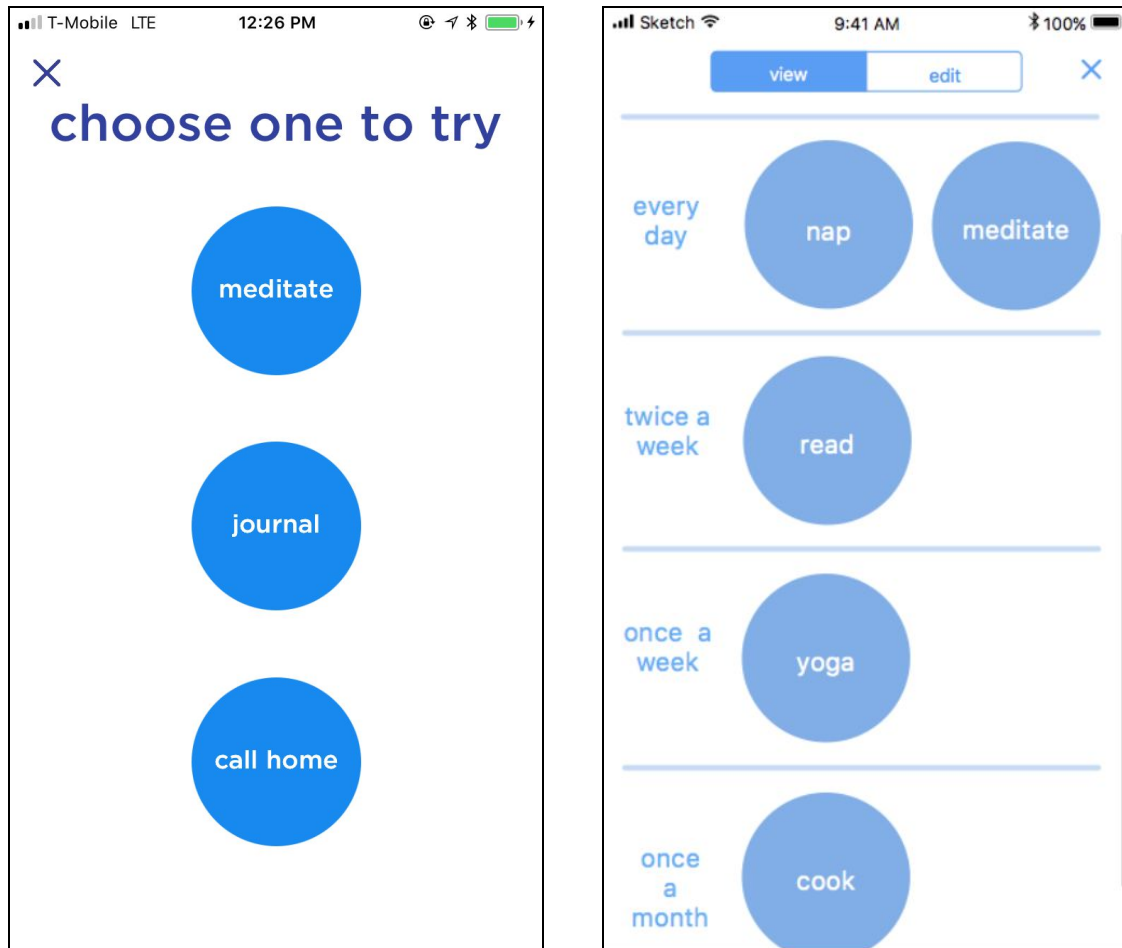


Fig. 15: Example of X in our hi-fi and medium fi

In our heuristic evaluation our evaluators noted that we should use standardized X's in our app to correspond to exiting out of pop-up windows. Before, the X's would sometimes provide the functionality of a "back" button in a process flow. We decided to standardize this to avoid confusion from users so that the app would behave as they had expected. You can see this in Fig. 15 where the X in the right image does not correspond to a pop-up window

### 3. No back button

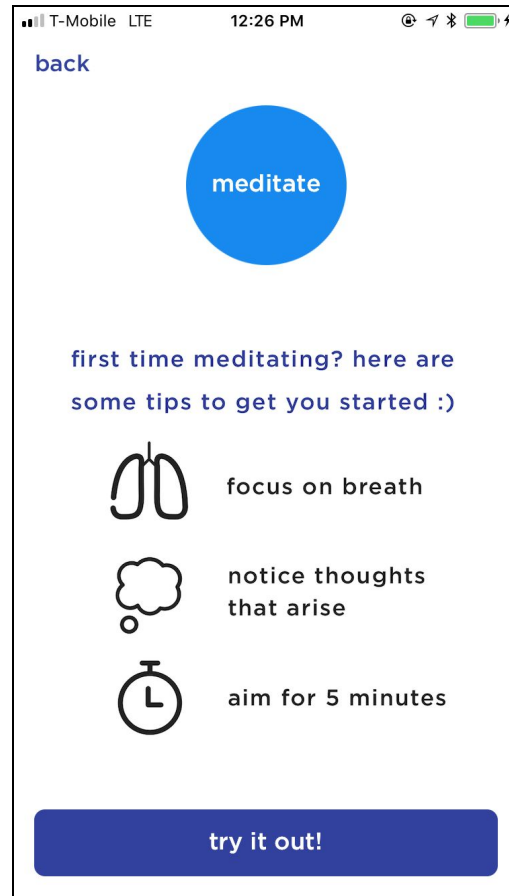


Fig. 16: Example of back button

Our medium fi prototype didn't include any back buttons. Our new design includes back buttons. The reason behind this was to allow for more user control and freedom, giving them a path to undo their actions and decisions. We also combined this with major change (2), carefully deciding when to include a back button versus when to include an X. (Note that there is no before image because we didn't have back buttons before).

#### 4. Having bubbles in Today screen has no functionality

Numerous evaluators found this lack of functionality to be confusing. We allowed users to tap on the bubbles from the today screen and be taken to the history page in the medium fi. In the hi-fi, we removed the history page and instead decided to incentivize user notes by having the notes screen for an activity pop up if a user clicks on an activity bubble. The decision behind this was to increase engagement with user notes and to remind users to constantly update their feelings about activities.

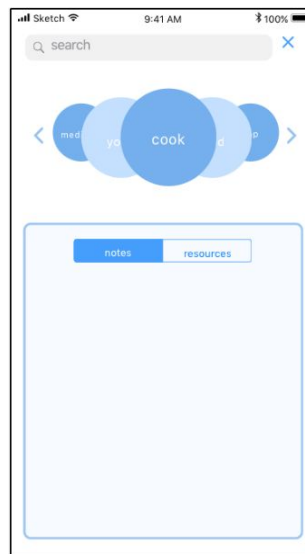


Fig 17: Tapping on an activity goes to History screen in medium fi

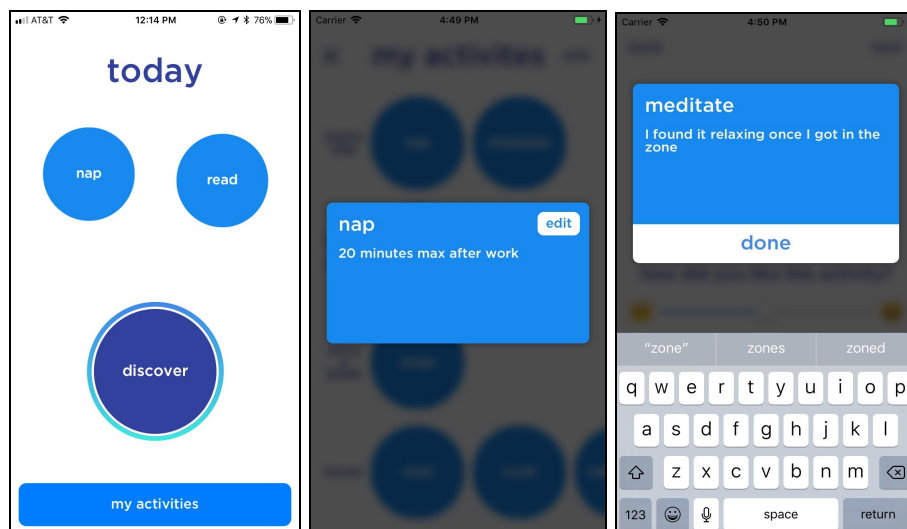


Fig. 18: Tapping on a bubble brings you to its notes page where a user can click 'edit' and then modify their notes

**5. User has no option to add a task into the schedule if they didn't add it from discover.**



Fig 19. Medium fi edit screen doesn't have option to add deleted activities

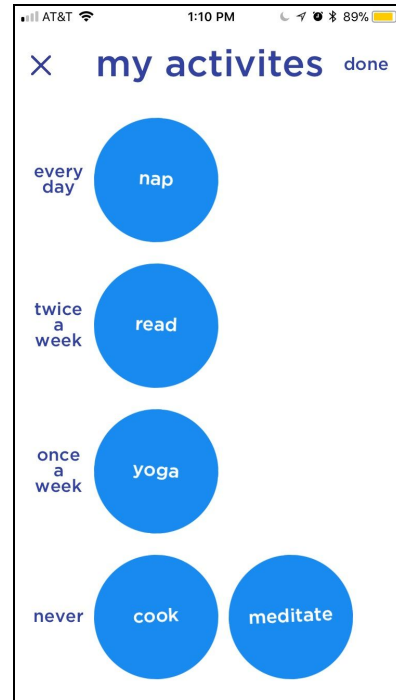


Fig 20. In the hi-fi there is no option to delete activities

In our medium fi prototype, once a user deleted an activity, there was no option to re-add previously deleted activities. We decided that in order to allow the user the option of storing activities that they might not necessarily want to do now, there is a “never” bucket that appears at the bottom of the screen. The affordance of this feature is that if a user wishes to re-add an activity that they had previously discovered, they can do so easily, especially because we feel that sometimes a user might decide that a self care activity is not good for them now but might be at a later time.



## 6. The options button isn't intuitive

Some heuristic evaluators found the options bar to be confusing on the home screen. Since we decided to roll the “In progress” screen and the Discover/Today screen into a shared home screen, we decided to shorten this button too. The buttons now says “my activities” and takes you to your screen where you can view/edit your routine. We decided to do this to remove confusion around a complicated “options” button.

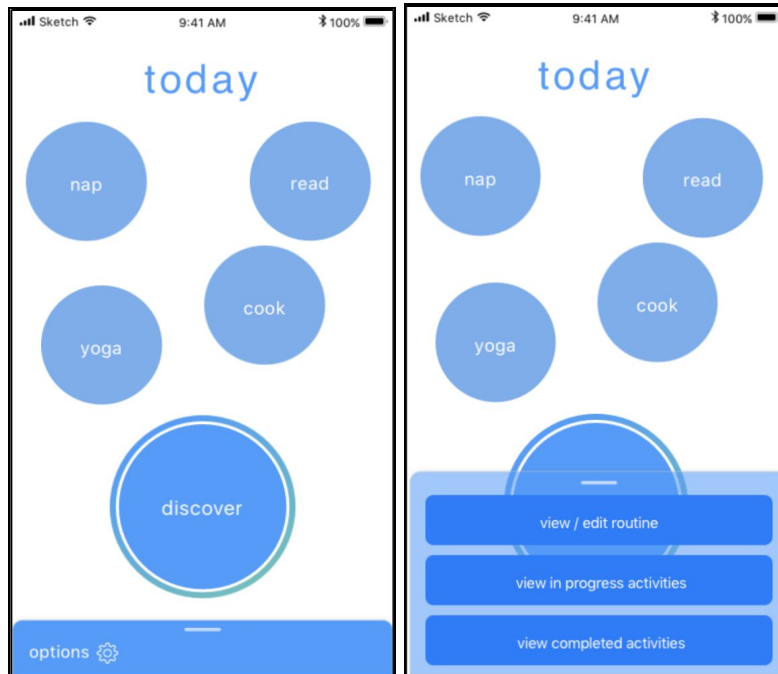


Fig. 21: Medium Fi options button design

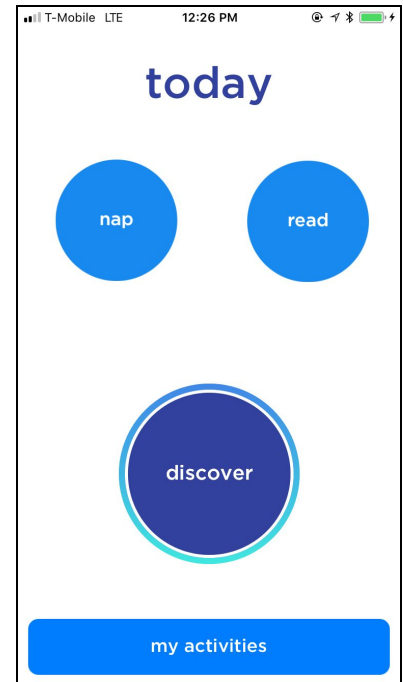


Fig. 22: updated my activities button

In general, notice that we changed the color scheme to be a more stark contrast, as well as added some other aesthetic improvements throughout the design. The most major change we made that was not directly related to our heuristic evaluation was removing the history page and leveraging its functionality/importance in the routine page. This was inspired by our major change (1), as we realized that if we could include past activities on the routine page, then we could allow clicking on those bubbles to view your notes and reflections. In addition, we also made the resources page less cluttered, such that the content was less wordy and more image based. We did so to make the resources more accessible and easier on the eye.

## 7. Violations we chose to ignore

- Cannot mark activities in “Today” section as completed
  - We didn’t want ataraxia to feel like a to-do list for users, so we decided to not include this in our hi-fi.
- Not able to add tasks not from discovery
  - We would have liked to allow users to have more freedom to choose which activities to proceed with in discovery process. For example, if a user didn’t like the presented activities, they could choose to see a new set of 3 activities. Unfortunately, without a fully implemented backend we were unable to address this HE violation.
- Add a “Calendar” option
  - While we would have liked to implement this feature and add custom buckets for time frames in which a user could do an activity (i.e. MWF, or every other Monday), this would have taken a lot of time and so we classified this HE violation as feature we would like to include if we had more time.
- Allowing tapping the bubbles to go to the routine page
  - We felt that the affordance of clicking on a particular activity bubble was to access more information about the activity itself, so when a user clicks on the bubble it goes to the notes screen. Additionally, with the change of having the activities easily accessible as the bottom bar button on the Today home screen, a user could easily access and change their routine by clicking on this button.

## Prototype Implementation

We used Apple's Xcode to develop our app. We used the interface builder to create the skeletons of our UI and used Swift to implement more complex UI elements programmatically. We also utilized Cocoapods to implement more complex animations and front-end functionality. These tools were efficient, usability made easier with our team's prior iOS development experience.

For the backend, we decided to use Apple's UserDefaults to do local data storage at each run of the app. For prototyping and demo-ing purposes, this serves our needs. If we were to scale the app and include a login flow, we have set up a Parse Server (mLab database from mongoDB) hosted on Heroku with Activity and User objects. These were useful resources since they are free and we had prior experience with them.

We didn't have any Wizard of Oz techniques, but our slider indicating how you felt about an activity on the 'Reflect' screen indicates machine learning activity curation for the future.

We hard-coded our "User's" initial activities routine to show up when you first open the app. We also hard-coded the Discover and Today screens to show a different resources page for each button, rather than pulling the resources from the backend.

Elements that we did not have time to implement but would like to have in the future include:

- ☐ Custom activity entries per user
- ☐ Fully functional back-end (no hard-coded screens, activities)
- ☐ Machine learning produced 'discover' options
- ☐ User logins
- ☐ Testimonials from other users on how ataraxia has helped them

- ❑ One of our HE violations was that we didn't have a 'calendar' option, we would like to implement this in the future

## Summary

Stanford student or not, self care is one of the most important aspects of our lives that we often neglect. Regardless of whether someone considers their self care routine as something that needs improvement, it is always important to learn new ways of practicing good self care. It is our hope that users will use ataraxia to guide them through this process of discovering, reflecting on, and creating a routine of self care activities. Throughout the quarter we have created a user-centered design that addresses this need and in the process we learned how to use design principles to create solutions to real-world problems. From this experience we have learned that user centered design presents itself in all facets of life. We look forward to continuing to growing our repertoire of skills and techniques to create meaningful, well-designed products.