

Pivotal Moments For Personal Wellbeing

Storyboards presented in Phase 2 Interviews

Arpita Bhattacharya, Sam Kolovson, Yi-Chen Sung, Mike Eacker, Michael Chen,
Sean Munson, Julie Kientz

Contact: arpitab@uw.edu



HUMAN CENTERED DESIGN & ENGINEERING

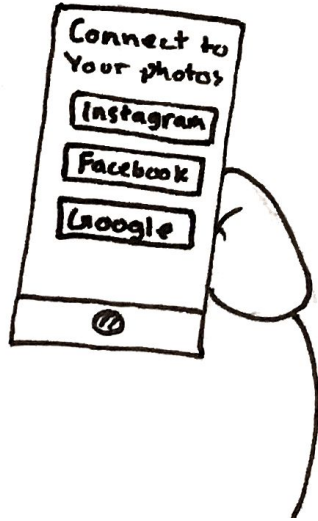
UNIVERSITY *of* WASHINGTON

Storyboard 1

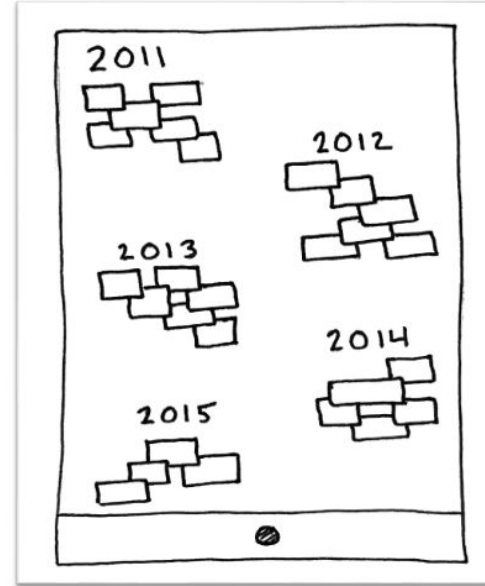
John was socially active in his youth and early twenties. After college, he slowly began to phase out the activities he enjoyed when he was younger as the stress of his job increased.



Reflecting Pool



John downloads the app on his phone and connects it to a few photo-sharing applications.



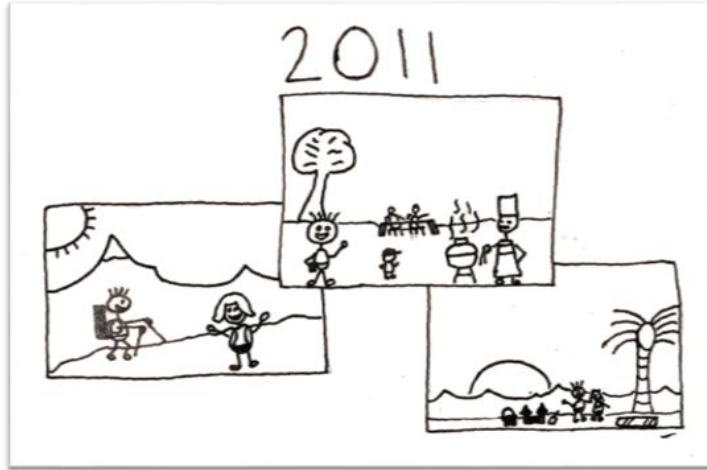
He's presented with a collage of photos he's been tagged in.

Scrolling through blogs on photography, John stumbles across an interesting application.

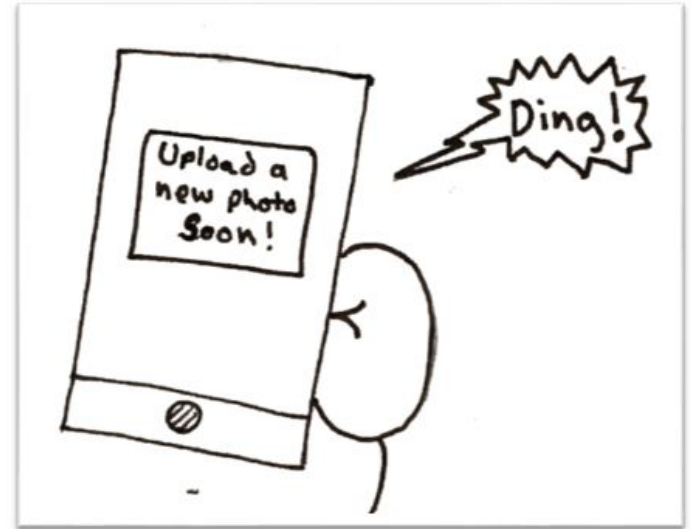
One day, during break...



Reflecting Pool

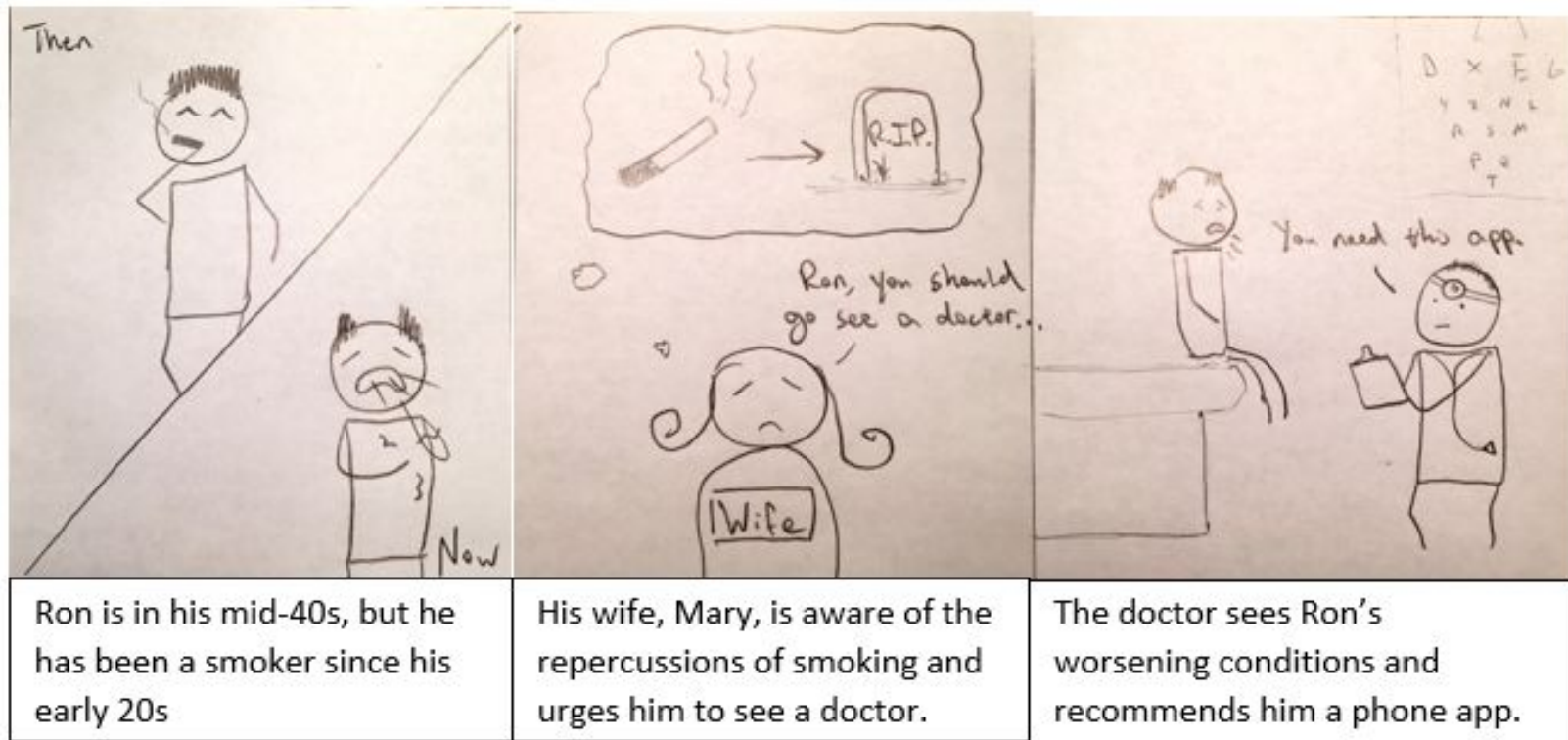


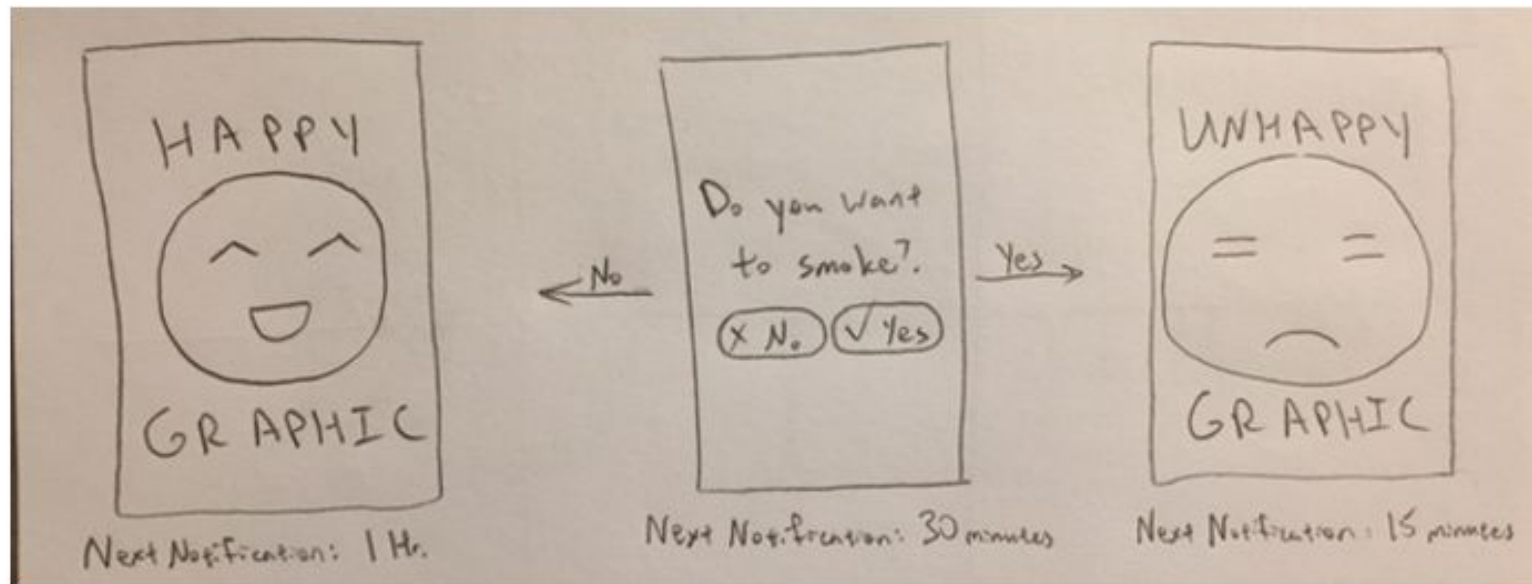
John notices a sharp decline in the number of social events he's been attending and changes in his physical appearance.



The app periodically prompts John update his timeline with new photos. This encourages John to out and be active and social.

Storyboard 2

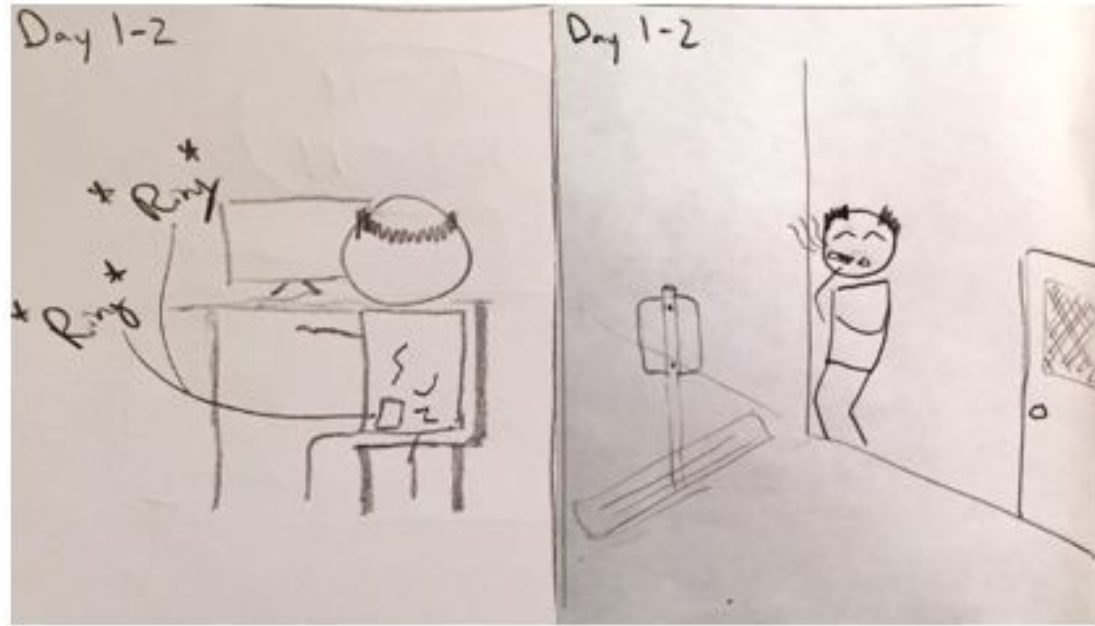




The app serves 2 functions:

1. Notifying: The app will notify the user and give them the option to smoke.
If the user gives in, the app will notify *more* frequently.
If the user resists, the app will notify *less* frequently.
2. Logging: The app will log each choice the user makes.
If the user is smoking too frequently, they will be shown their smoking history.

Quit It!



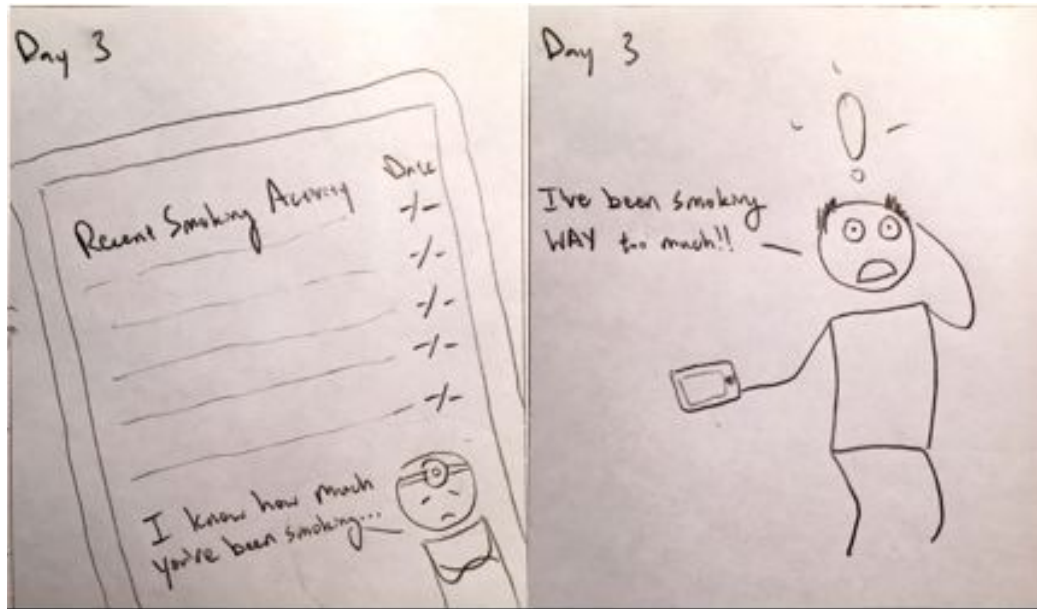
For the first two days, Ron goes about his day as usual and smokes when the app prompts him to.

Quit It!



On the third day, Ron realizes that the app is notifying him to smoke before he was even done with his last smoke break.

Quit It!



This time, instead of offering Ron a smoke break, the app displays Ron's recent smoking activity.

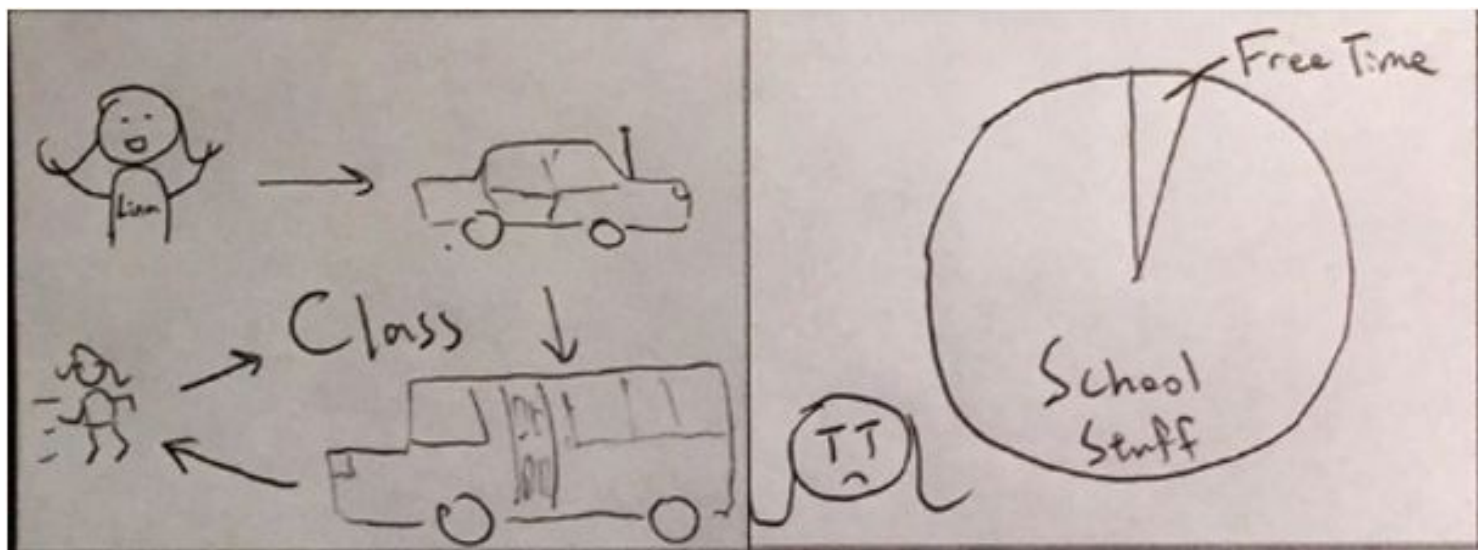
Ron did not realize how much he was smoking, and is determined to resist the urge to smoke.

Quit It!



Fast-forward a few weeks, and Ron has significantly cut down on the amount that he smokes.

Storyboard 3



Lina is a 21-year-old senior who commutes to college.

Due to her heavy workload, she is unable to exercise as much as she would like to, and often finds herself out of breath simply walking from class to class.



Her busy schedule makes it hard to find time to spend with her friends.

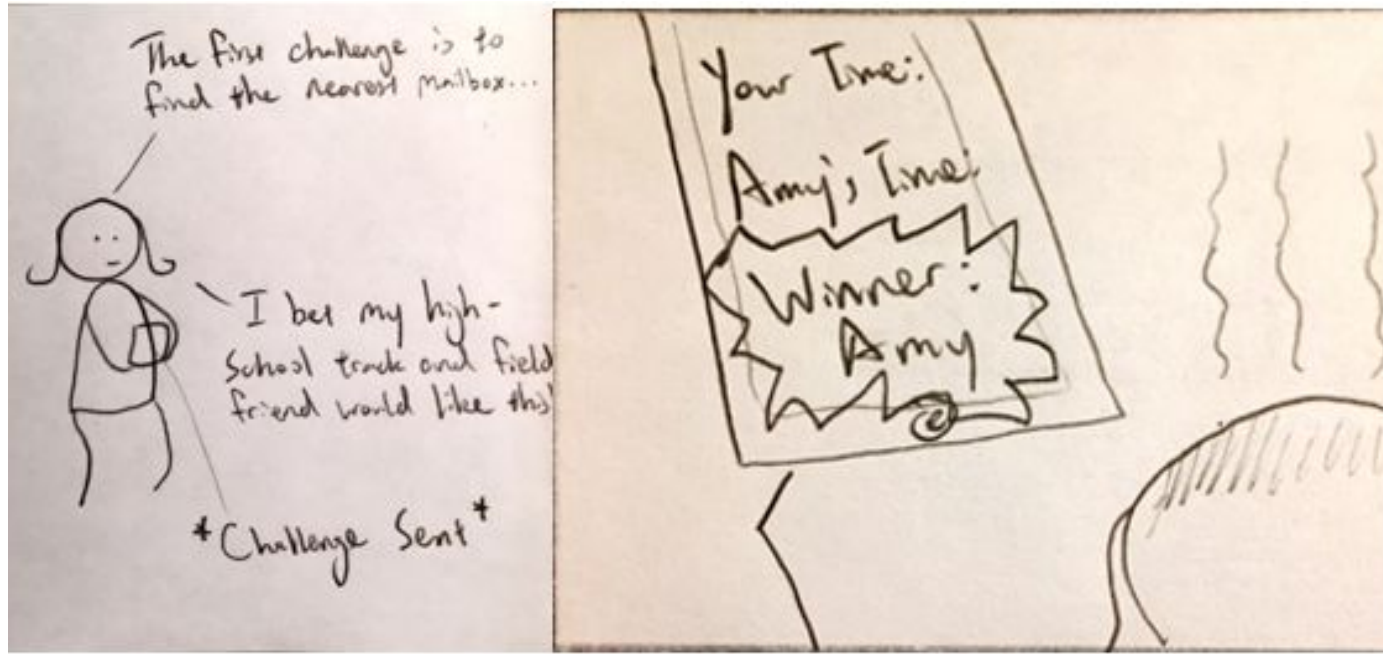


Certain that there is a way to stay in touch with her friends, Lina checks out the app store.



Lina installs and tries out an app that allows her to send challenges to her friends wherever she may be.

Challenger



Lina completes the first challenge and sends it to Amy.

After the app has recorded both players' scores, Amy turns out to be the winner.

Challenger

