

KYRO

Planning life by how you feel, not just by what you do

TEAM BAGG



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We Noticed...

- overcommitment
- burnout
- poor emotional balance
- uncertainty about where emotional energy is spent
- a desire to reprioritize purpose over production

Productivity conflicted with self care and well-being

KYRO

visualizes, protects, and plans
around emotional energy

Values in Design

Do you want to reflect on your week?

Let's Talk



Mindfulness

encouraging users to engage in self-reflection, plan meaningful activities, and prioritize mental well-being through prompts and a calming interface

You've got three meetings back to back before your lunch with Song — should we reach out to move it to 1:30?

Reschedule



Values in Design



Naturalness & Intuitive Design

Incorporating natural language prompting, progressive disclosure, and familiar design language in order to allow users to seamlessly be guided by the app.

Anything else you want to talk about?

YES!

x

Values in Design

Emotional Well-Being

With the main goal of the app being to improve and better understand emotion, the app looks to guide users to find holistic self-love and care.

With calming colors and animations and kind thoughtful language in the interface we hope to bring a thoughtful user experience to protect the mental wellbeing of users.

Key Value Tensions & Tradeoffs

Individualistic vs. Community-Oriented Wellness

Risk of overanthropomorphization of technology tools

Reliance on Intuition's Risk of Codifying Cultural Norms

Self-Improvement vs. Acceptance of Imperfections

Addressing Tensions

thoughtful choice of guidance on individualistic help. Referring to community in suggestions.

Not allowing for the AI to be presented as overly human and being cognizant of interface metaphors to not falsify emotional intelligence

Not relying too much on language models to convey information and allowing flexibility for a variety of users.

Positive encouragement to remind the user of the positives they have within.

Tasks

- **Simple** – Reflect on events in your life: Standard task that is done by all users frequent use is not needed to reflect on day
- **Moderate** – Adjust your schedule to better suite your emotions: Continued use of the application is required and not all users will adjust their schedule based on recommendations yet is a key task
- **Complex** – Learn personalized ways to improve your mental well-being: Power users who use the app week by week can rely on the insights to better understand their use and their emotion

Tasks [Updates]

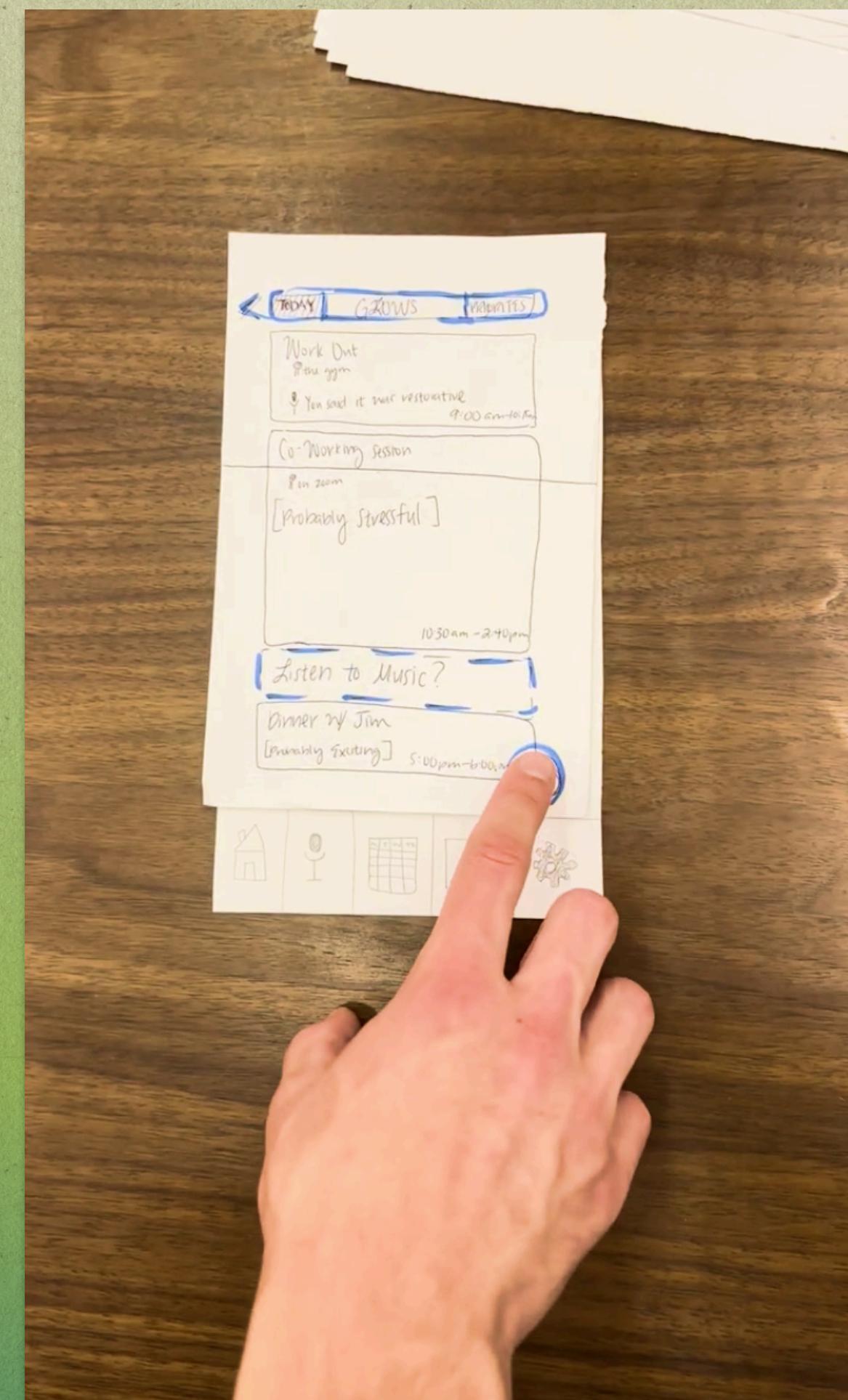


- We noticed users tapped to reflect on events one-by-one as opposed to an overview

Simple – Revising reflection to be event by event for a more intuitive experience

Tasks [Updates]

- users didn't look through recommendations.
- some described desires for planning features that were hidden in the existing pages
- although general event planning feature had high use, it didn't inform users about emotional priorities



Moderate - Bringing recommendations to the forefront of the app, removing general event adding, and simplifying views

Tasks [Updates]



- users described disinterest when met with too many navigation pages
- users didn't want to have to click into every page to see what it was – they wanted a summary to see what they may be interested in

Complex - Making insights more streamlined but also more interactive.

Usability Goals & Key Measurements

Goals:

- Ease of Navigation
- Emotional Resonance
- Perceived Usefulness

Key Measurements:

- 75% of users expressed interest in more up forward emotional recommendations
- 0% of users explored emotional recommendation features
- 50% of users described seeming uselessness of navigation misuse

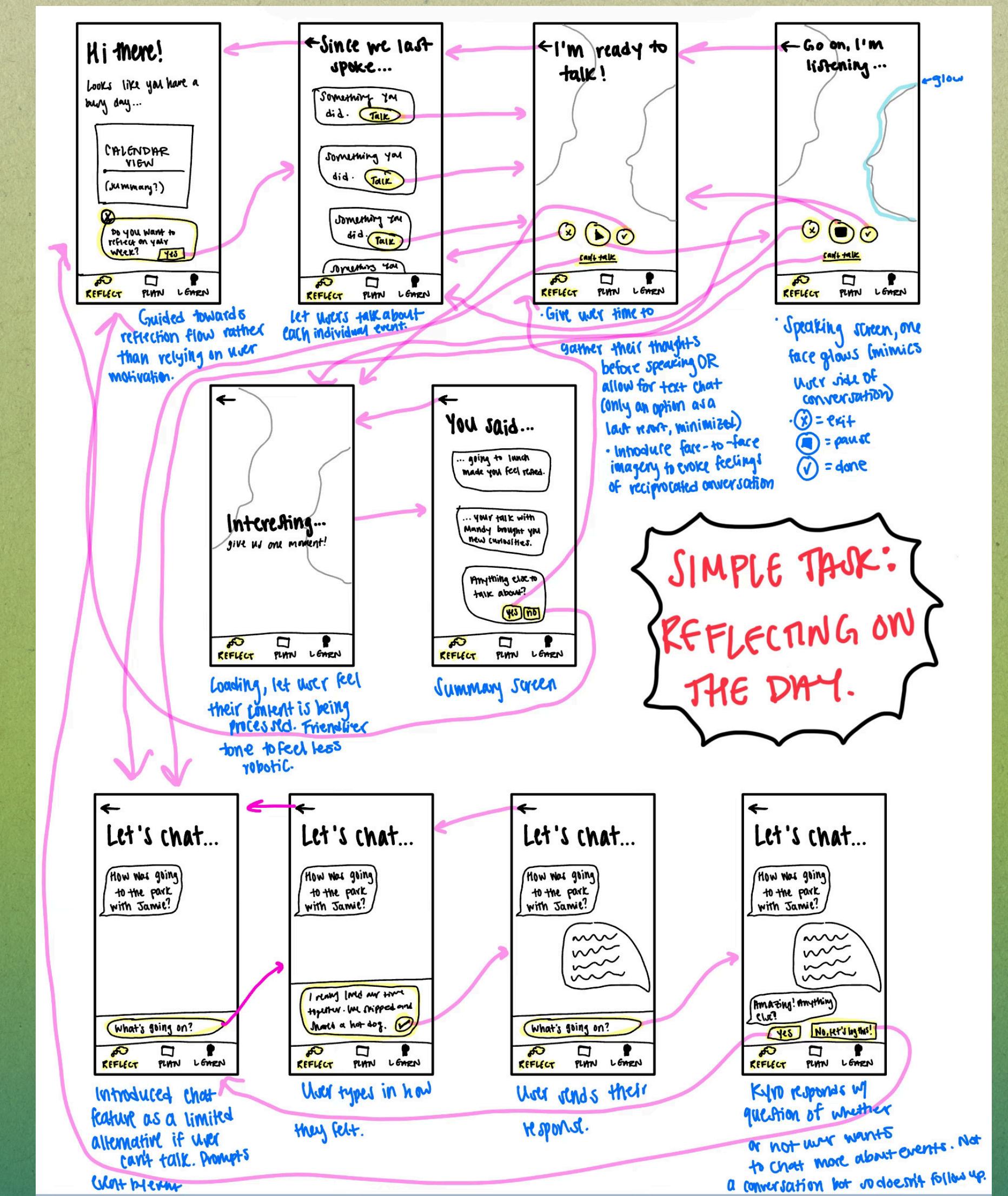
Usability Goals & Key Measurements

- We eliminated information-less navigation pages, and every page is linked to an explicit action
- We have created more success interfaces to make it clear when tasks have been completed
- We have made more tasks visible and eliminated a variety of unnecessary features

In order to make a more streamlined interface these changes will help users reach their goals.

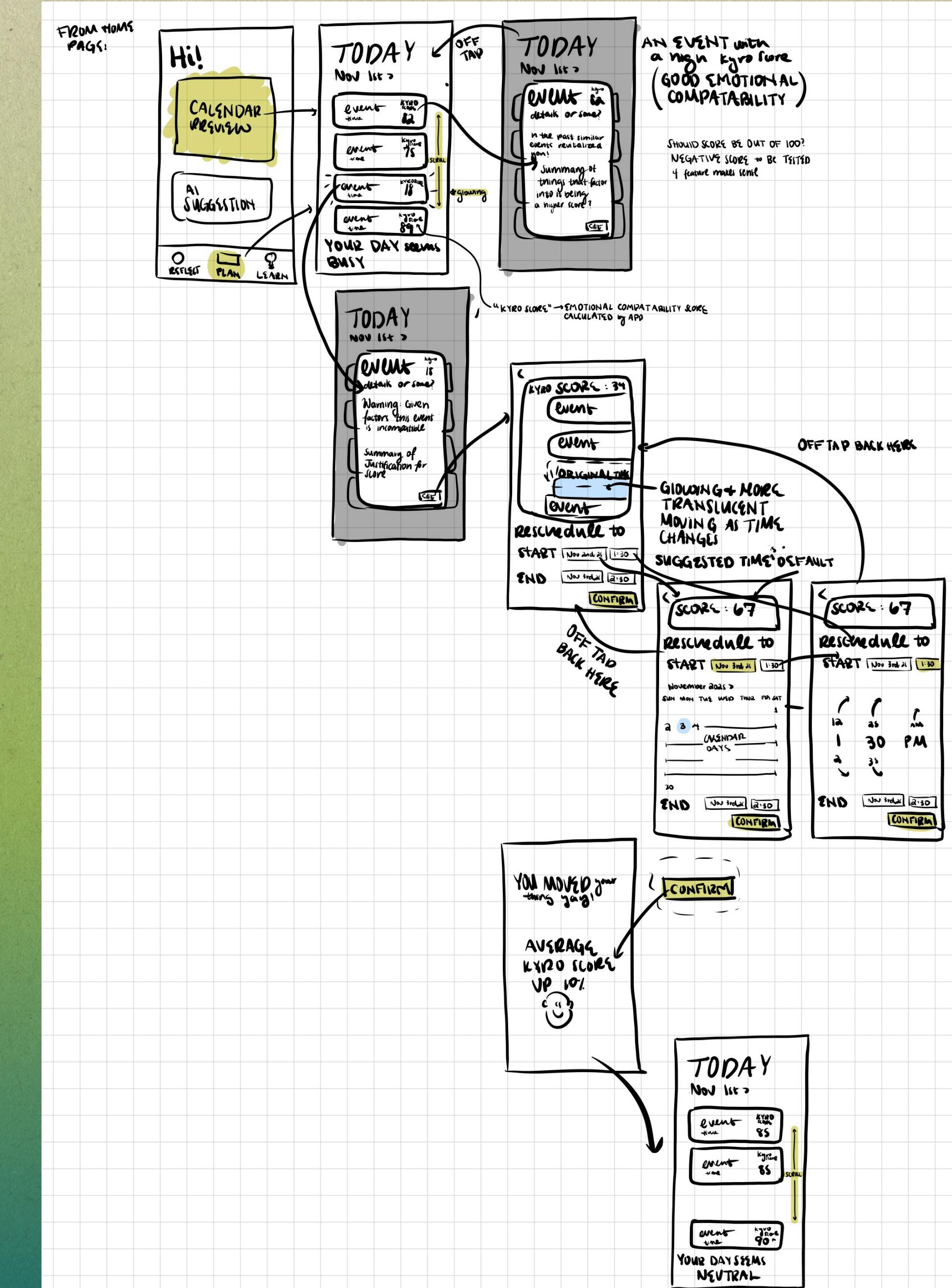
Revised Interface Sketches

Simple – Reflect on events in your life



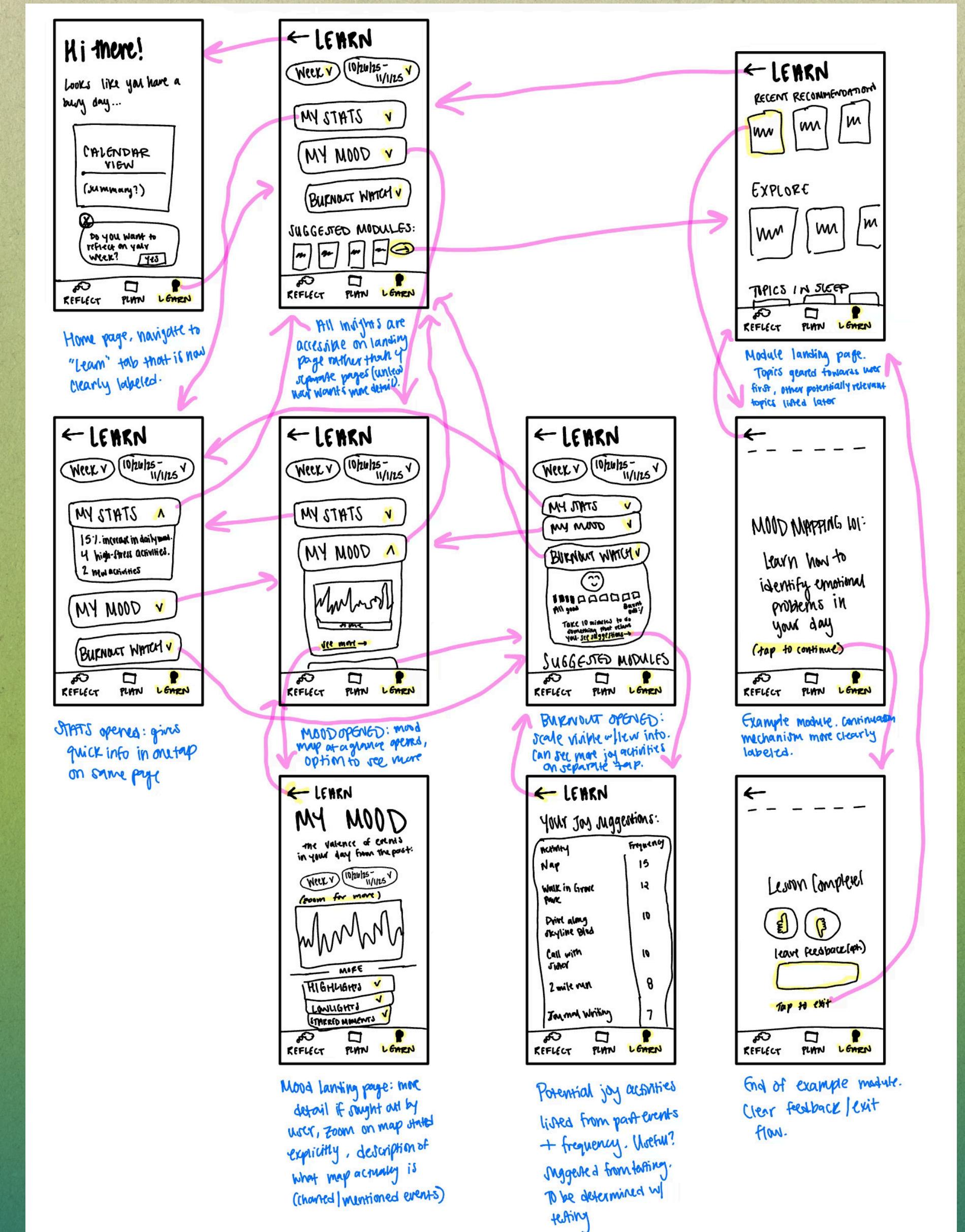
Revised Interface Sketches

Moderate – Adjust your schedule
to better suite your emotions



Revised Interface Sketches

Complex - Learn personalized ways to improve your mental well-being

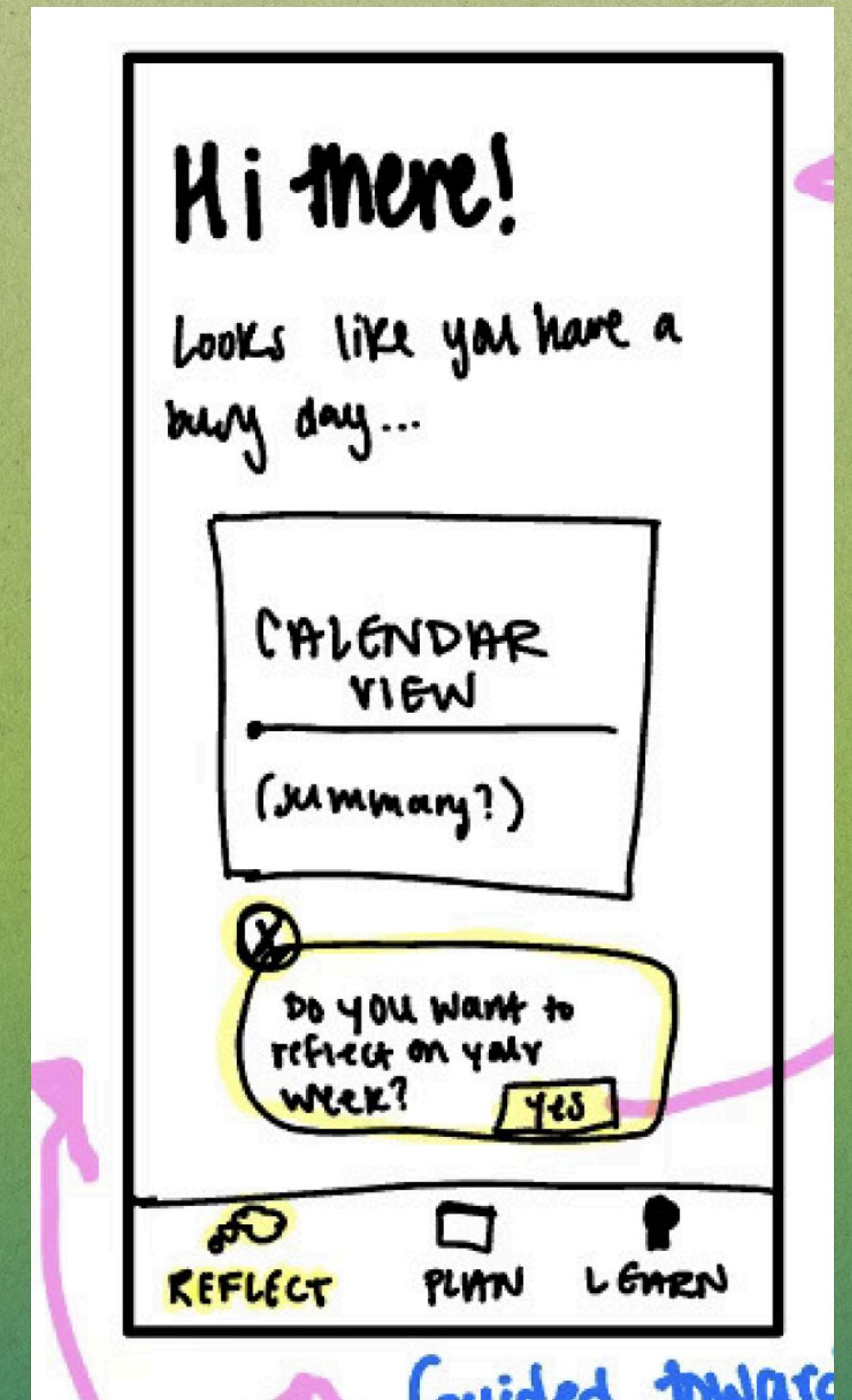


Revised Interface Sketches

Major Changes:

Landing Page

Upon opening the app, users are presented with a calendar preview and AI suggested actions in order to easily be actionable upon opening

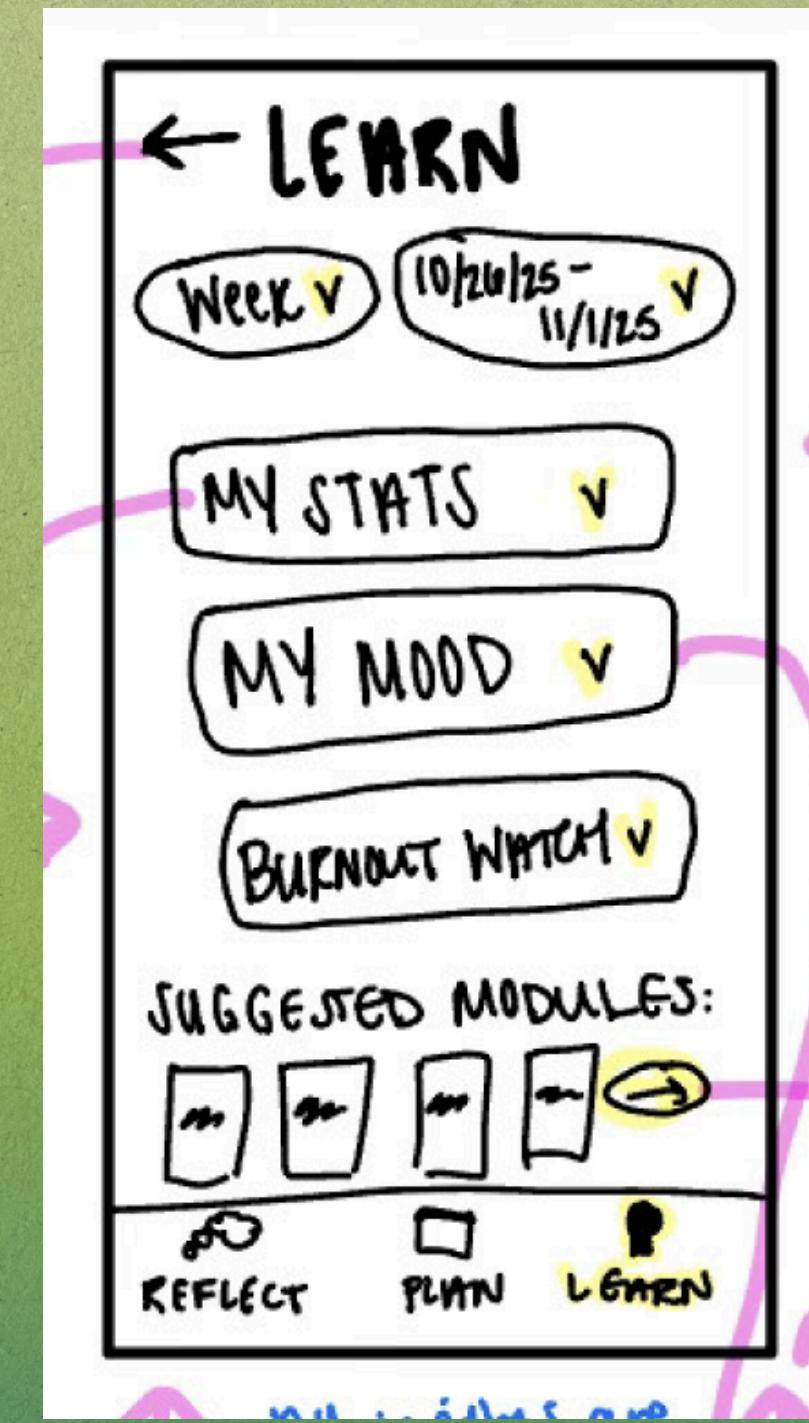


Revised Interface Sketches

Major Changes:

Connectivity of Insights

Rather than arriving on another information-less navigation page when beginning on the insights page, users are given summaries of information

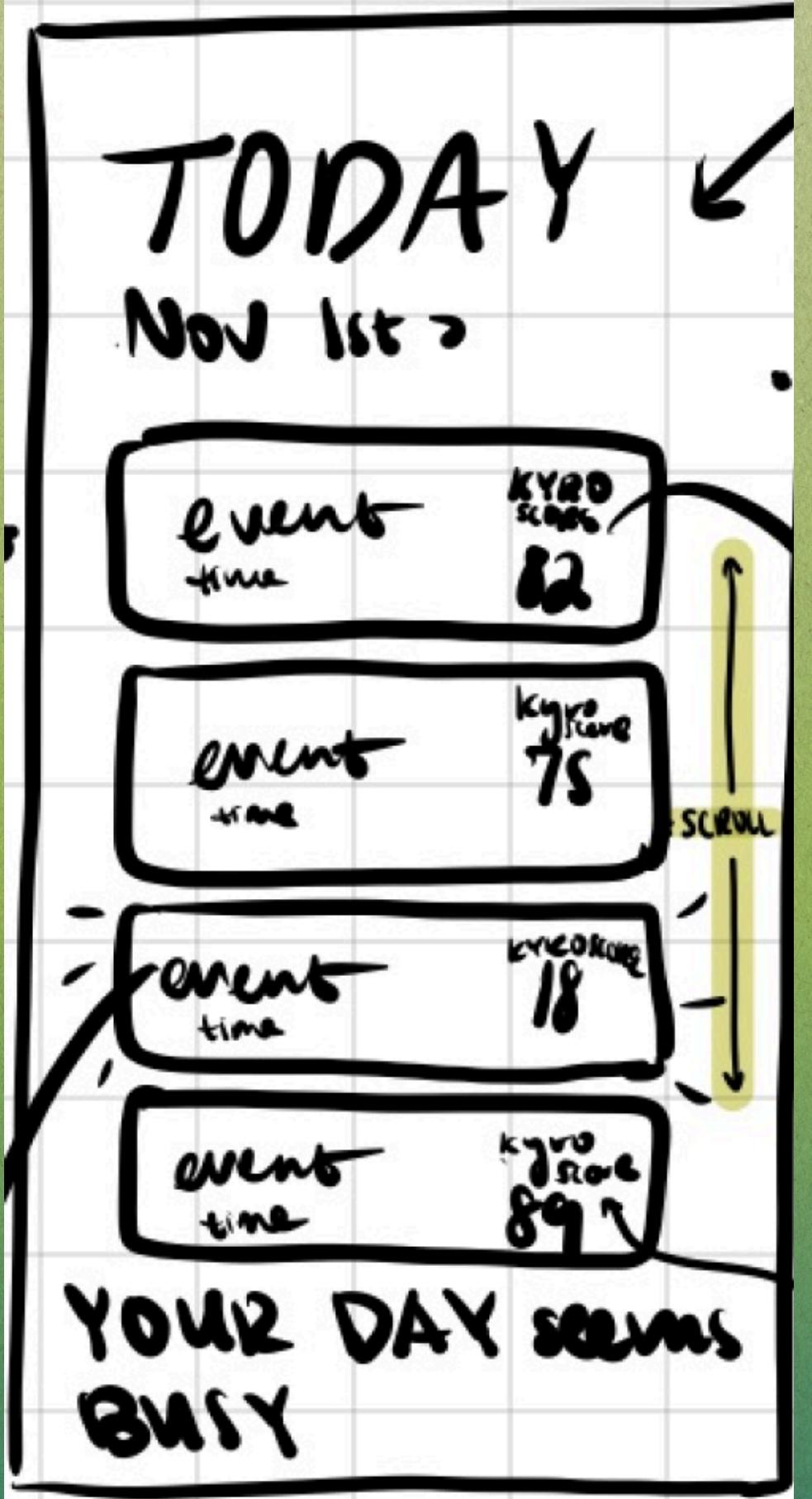


Revised Interface Sketches

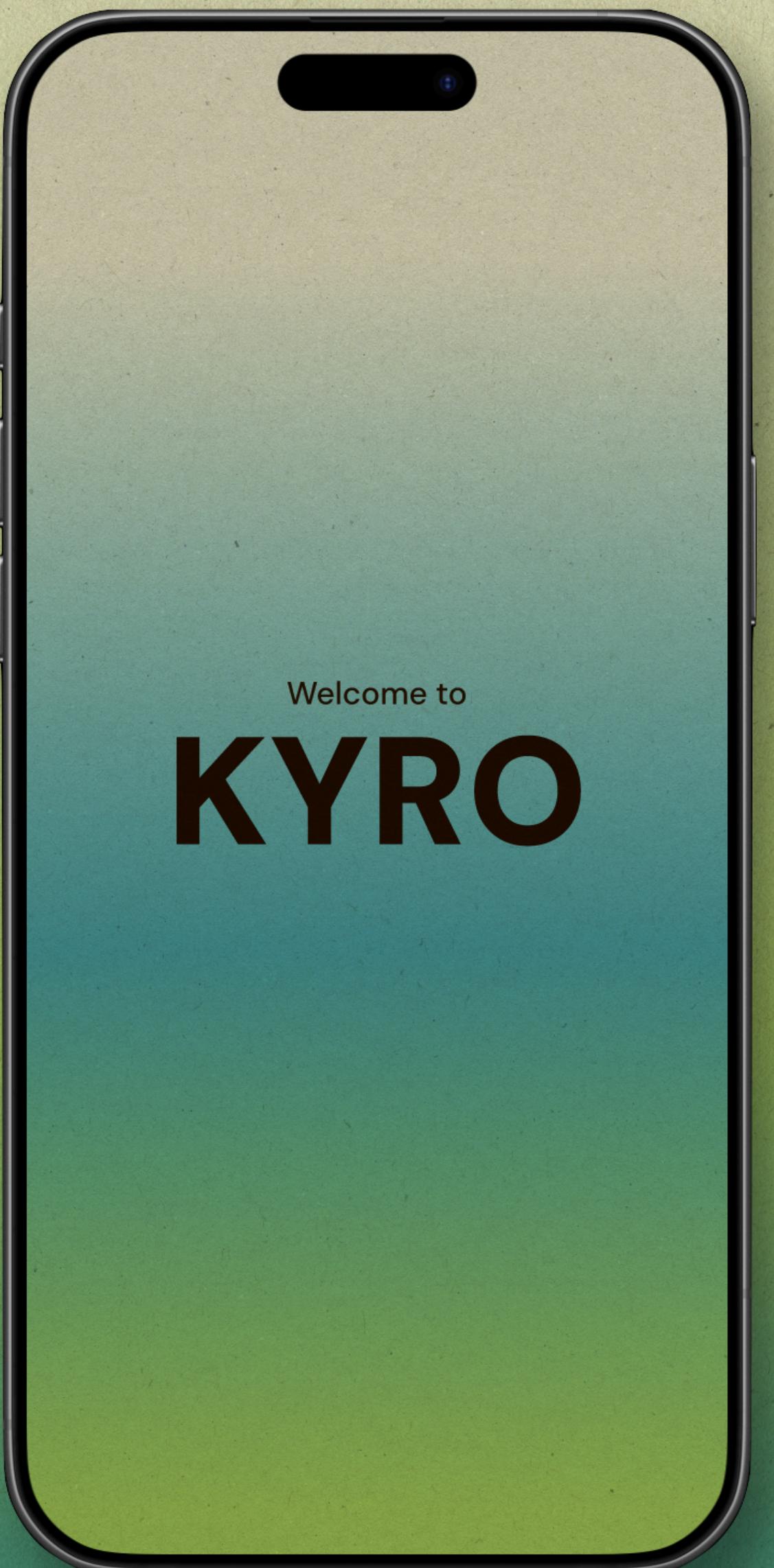
Major Changes:

KYRO Score Feature

Rather than the variety of screens presenting information around emotional value, initially showing each event with a simplified KYRO score gives clear actionable insights.



Medium-Fi Task Flows

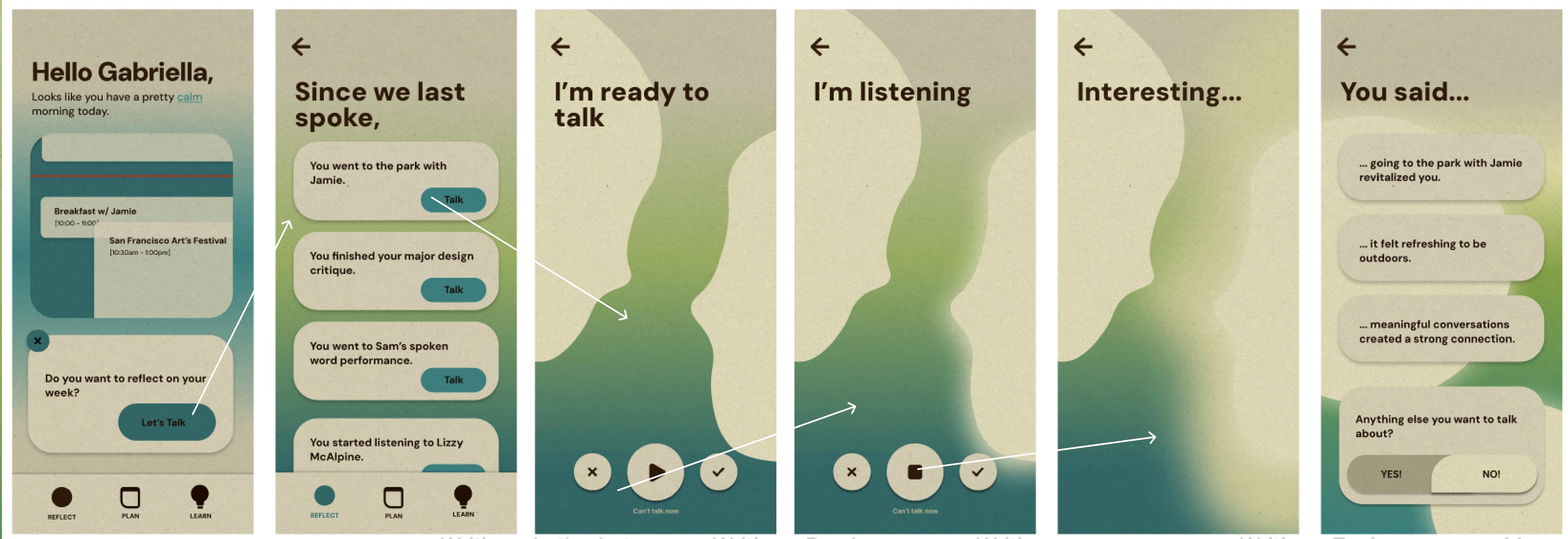


Task 1 - Landing Screens



Landing page welcomes user to Kyro and loads content upon opening the app; state will shimmer or gradient will move to show progress

Task 1 – Recording a reflection



Opens to Calendar preview and prompts user on if they would like to reflect on their week

User selects a topic to speak about and Kyro listens; signals listening with pulsing light

Upon stopping the reflection, shows user it is AI-summarizing by flashing differently. Displays findings and insights and asks if user is done sharing.

Task 2 - Planning



Opens to Calendar preview and if they are busy, prompts user on if they would like to reschedule any meetings (if not high priority)

User is able to reschedule event and also receives "Kyro"/points for taking steps to reduce overload

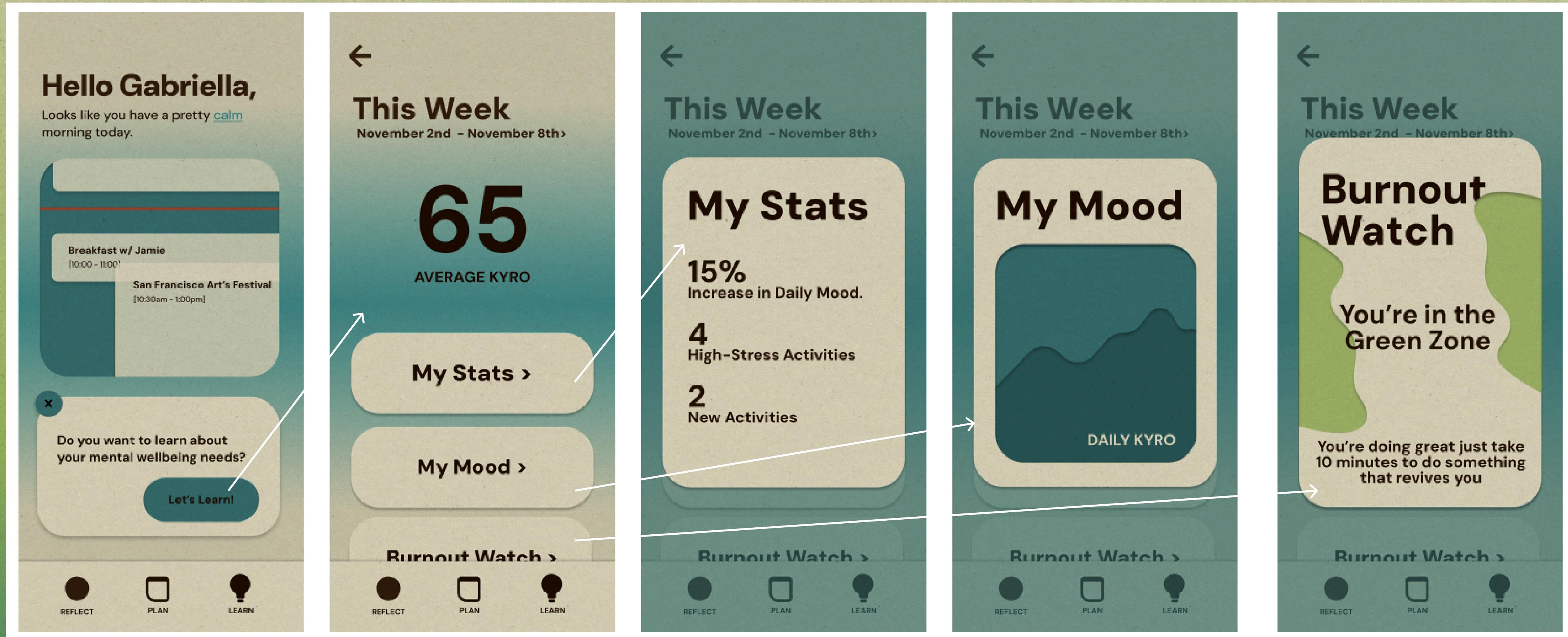
User intuitively reschedules event for a different date and time

Task 2 - Planning



User receives points towards Kyro score and now sees updated version of calendar without the lunch

Task 3 - Learning



User lands on page and is prompted to learn about wellbeing needs

User is able to view stats and mood to track trends and see how they are feeling

User can view how at risk they are for Burnout using Burnout Watch

Prototype Implementation

We used Figma to create our Medium-Fi prototypes



Pros:

- Copy & Paste functionality allows for replication of a lot of aesthetic choices
- Very helpful for collaboration
- Animations and colors allow for more immersive experience in prototype
- Can work to edit precise details

Cons:

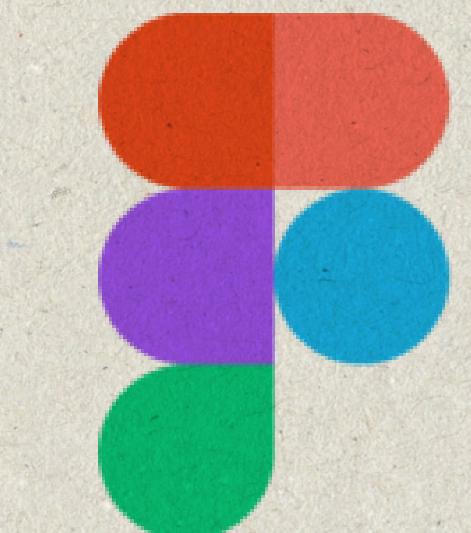
- Not very beginner friendly
- Less of a variety of tools to implement more complex graphics as well if wanted.
- Requires online access



Prototype Implementation

We used Figma to create our Medium-Fi prototypes

The ability to collaboratively make immersive experiences made Figma very valuable and efficient to use.



Figma

Prototype Implementation

Limitations of the prototype

Feature / Area	Limitation	Reason / Design Rationale
Google Calendar Integration	The prototype does not connect to a live calendar API	Avoided complex backend setup to focus on front-end interaction flow and visual clarity
AI Recommendations	All feedback and scheduling suggestions are pre-written, not generated dynamically	Allows consistent testing of how users interpret AI “trust” and tone without relying on an actual model
Gestures	Only tap interactions work; no drag or swipe gestures	Keeps usability testing simple and predictable for medium-fidelity

Prototype Implementation

Limitations of the prototype

Additionally a variety of our important assumptions about our experience rely on the adaptability of an AI System. With hardcoded data, the experience can't fully be tested.

Our assumptions rely on the customization and interactivity of understanding so further prototyping with code would be necessary.

Hard-Coded

Dialogue & Reflections: Pre-written chat lines and responses to simulate conversation tone

User Persona: Static name “Gabriella” used across flows for continuity

Planner Events & Kyro Score: Fixed schedule (e.g., Coffee Chat, Client Call) with preset scores 65 → 73

Mood Insights: Scripted reflections like “You’ve seemed tired lately”

Wizard-of-Oz features

Heading	Summary
Conversational Mood Logging	Pre-written chat responses mimic a natural dialogue so users feel Kyro's tone and pacing
Smart Scheduling & Rescheduling	Pre-animated event adjustments and Kyro Score (65 → 73) simulate algorithmic optimization
AI-Generated Reflections	Static feedback lines like "You've sounded more tired lately" emulate personalized AI insights

Appendix

Mid-fi Demo

KYRO - Med-Fi Prototype



Revised Interface Sketches

Major Changes:

Removal of General Event Adding

In order to forefront emotional planning, we are removing general event feautures