Rootine: A plant-based habit tracker

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Assignment Instructions

The **format** of the presentation will be **9 minutes + 2 minutes Q&A** (+ 1 minute team switch).

The **content** to be covered in the presentation includes: 1) a brief recap of the motivation & findings covered in mid-term presentations (1-2 minutes); 2) a deep dive of the implementation details of the final system (3-4 minutes); 3) a live demonstration of the system (1 minute); 4) evaluation study and results (1-2 minutes); 5) discussion and reflection on the project (1 minute).

The **rubric** we will be using to grade the presentations:

> Completion of the project (**4** points): whether the project addresses the problem effectively; whether the implementation of the system is technically correct; whether the evaluation study and analysis is sound; whether good discussion and reflection is covered.
>
> Presentation (**3** points): whether the content is informative with interesting findings; whether the presentation is well-structured and clearly delivered; how well each team member participates in the presentation.
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> System (**2** points): whether the system is functional; whether the live demo is well-performed.
>
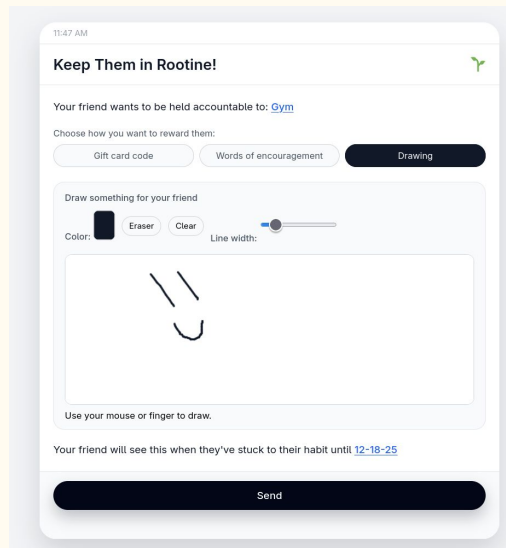> Time control (**1** point): complete the presentation on time, i.e., within 9 minutes.
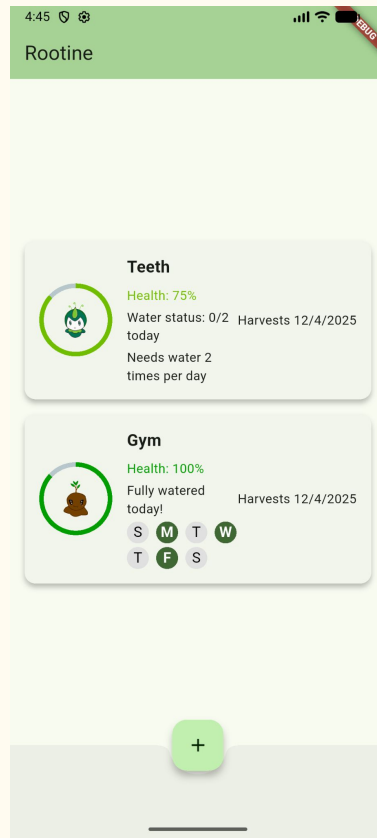
Motivation, Needfinding, and Proposal

➢ Many people struggle with maintaining consistency in performing small but important tasks
➢ We found most habit trackers have low rates of long-term retention in our needfinding
➢ Users wanted simplicity, positive reinforcement, and tangible rewards
➢ Our habit tracker lets users take care of a virtual plant, with user-defined prizes when a goal is reached

Implementation

➢ Flutter app that utilizes local storage – no account creation required!
  ○ Cross-platform
➢ Users can share a link to a friend to hide a prize
  ○ Static website stores no user data – friends just send a .rootine file to the user

Live demonstration

Evaluation Study

➤ **Methodology**
- Within-subjects experiment design
- **Participants (n=7):** Ranging from any age and has mixed experiences with habit trackers.
- **Tasks:** Navigate through app, create a habit, review progress, explore 'send to a friend' feature
- **Procedures:** Participants were given short introduction of app then assigned tasks independently. Observer took notes on navigation and any difficulties encountered. Participants were then interviewed about their experience with the app.

➤ **Results**
- **Quantitative findings:** All participants successfully completed tasks without assistance and noted that app was easy to navigate.
  - *Avg time to create a habit:* 44 secs
  - *Avg time to fully explore app:* 1 minute 19 secs
- **Qualitative insights:** Participants found the habit creation process to be clear and intuitive, most noting that they liked the visual progress and design of the characters. All users described the experience as cute, motivating, and simple to navigate.

Discussion & Reflection

➢ **Strengths:**
  ○ Habit creation was intuitive and quick.
  ○ Strong emotional engagement with the growing plant theme.
  ○ Send-to-friend feature felt unique and motivating.

➢ **Areas for Improvement:**
  ○ Evaluation focused on short-term use due to time limits, even though habit challenges are long-term.
  ○ Some natural bias since participants knew the creators.
  ○ Requests for animations, sounds, and more customization.

➢ **Conclusion:** Visual progress through plants/characters effectively boosted motivation. Most users completed tasks easily and found the app enjoyable, supporting our goal of making daily habits more playful and rewarding

Thank You!