

Group 3 - Design Research

Team members:

Javier Ramirez Javier.Ramirez@colorado.edu

Tai Pham Tai.Pham@colorado.edu

Part 1: Design Research Summary(Questionnaire)

The first data collection we used was a questionnaire/survey. Javier Ramirez conducted this type of research. The people that I conducted the research on were the ages between 19-21. Since this type of data collection is a questionnaire, so I sent to the questionnaire to people via email. The people I conducted this research on ranged in different majors, this was beneficial by not just concentrating on one group of students who may not have different ideas on certain technologies. The students from different majors are computer science, technology and media, business, and biology. Choosing students of different background studies helps to understand the use of technology differently. The Data I took from 4 participants will be displayed at the bottom of this document. My findings in this research were as follows: the participants who took part in fitness in any sort like the information to be present in a graph format. All of the participants used technology frequently throughout the day. Even though only 2 of 4 used watch technology for health, they found features of a watch for health would be beneficial, since all of the participants do exercise for at an hour or more. The best features of a watch design were scrolling ability for apps, sensors on back of watch, touch screen, and connectivity to other devices. Participant who used a watch to track fitness found the watch as the overall best of technologies for health. The cosmetics for band of the watch varied across all areas (sports loop, sports band, leather and stainless steel). The coating of the watch was centered around aluminum would be best. Even though Aluminum is not the toughest metal it is light in weight and great for overall style and fitness. I learned that even though some of the participants haven't used a watch to track health, they still had features from other technologies that they enjoy using. Having put multiple features of a watch on the questionnaire, so that participants could pick the best ones, will help with the overall design of the watch. Also, knowing how the features should be displayed to the user has greatly helped. Covering all details of the watch even the material the watch is composed of would help with how we move forward with the design. So, overall the answers that were collected from people who like to work out more than others and who used specifically watch technology for health will greatly benefit us on how to move forward with the user interface and design of the watch.

Part 1: Design research summary(Interview Questions)

The Second data collection we used was interview Questions, Tai Pham conducted the research by creating specific interview questions and doing in person interviews. The main demographics are CU students, age 19-23 and one person who was in their mid 30s and Tai's mom and dad who are in their late 50s. From my small set of interview questions, it seems like the younger kids did not care too much about their health, this could be due to how much vigor they have at a young age. It is not surprising because at a young age you tend to be healthier and often you overlook the quality of your health when you are younger. When ask if the younger people have any health questions about themselves most of them don't even know what questions to ask, but you ask the older people like my mom and dad who are in their 50s, they knew exactly what type of health concerns they have. This might be correlated to experience. Being older, their health degenerates and often problem come up that have them concern so they educate themselves on their personal health problems. In the interview questions when asking the younger group if they would buy a watch with health functions, cost was a major factor in their decisions. But for the older group, either they own similar watches with similar health functions or they would want to get one, not concern with prices. I guess that means that the older group treasures health over money. With all things considered this means that our design would have to be cost effective, so it would appeal to people with not alot of money. This data set also made me realised that the younger age group did not know what type of health concerns they have or even know where to look. So our watch functionality must be simple enough to use and informative enough that uninformed people can have maximum benefits. Another finding that was relevant is that most people in all age range does not get a physical check up often, in fact most of them get checked only yearly. This tells us that we need to add a function where the watch checks your health on the long term and reminds you to go get checked a health checkup.

Part2: Group Reflection

We met Thursday at 1 pm in the Engineering Lobby.

Javier Ramirez and Tai Pham were present.

Our findings have interconected agreement

The interview part of the data collection went into more depth on physical health of a person and how this influences them on getting a watch to monitor health. Which the questionnaire covers some of these areas but focuses more on the UI of the watch and design. We compared all of our questions and answers and they compliment each other in terms of health and UI. Both of the different types of data collection helps us to better design the overall watch. Based on the data we collected, people do care about their health and want to live healthy life, where technology can easily monitor their health. Everyone worked out on their physical fitness at least

1-5 hours a week which led us to think that people generally do care about their health, using that knowledge we can add that they would want to monitor their health if they are conscious enough to exercise. We thought the auto reminder to get health checks feature we talked about was a good feature to add because most people don't know when to get checked until they are actually sick, so this feature can prevent sickness. Having a watch that can track the most common medical problems will benefit a lot of people who do not know until it's too late. I think we could benefit from more data that are aligned with each other because that would give us more evidence. But overall, we thought that the question we had given to the participants were satisfactory to move forward on our project.

Part 3: Appendices

The questionnaire with the list of questions, we created is at the bottom of this pdf with the summary of the participants answers. Javier completed the questionnaire and Tai Pham completed the interview questions.

Part 4: Group Contribution Report

This will be completed individually on canvas.

Interview Questions:

- 1)How many hours on average do you spend using technology (phones, tv, iPod, etc..)
- 2)If you own a watch, how often would you look at it?
- 3)How often do you work out on physical fitness/health?
- 4)Are you worried about your overall health?
- 5)How often do you get a physical health check up (daily, weekly, monthly, yearly)?
- 6)What part of your health are you most concern about (blood pressure, sugar level, etc...)?
- 7)If you don't own a watch would you ever consider getting one if it means better monitoring of your personal health?
- 8)What type of health questions do you have about yourself?

Questionnaire:

How often do you use technology?

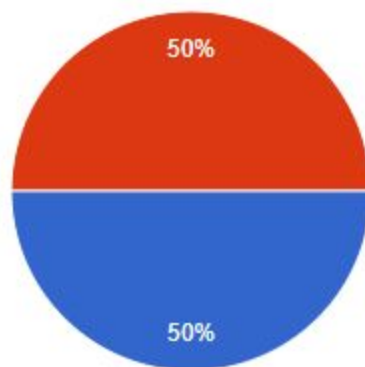
4 responses



- Frequently
- Sometimes
- Not much
- Not at all.

Do you use any technology for health?

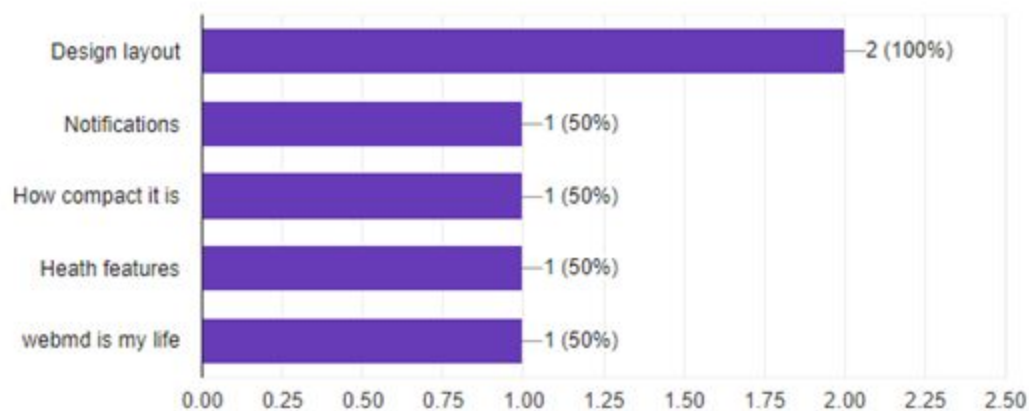
4 responses



- Yes
- No

If Yes, what features do you like the most (can choose multiple)?

2 responses



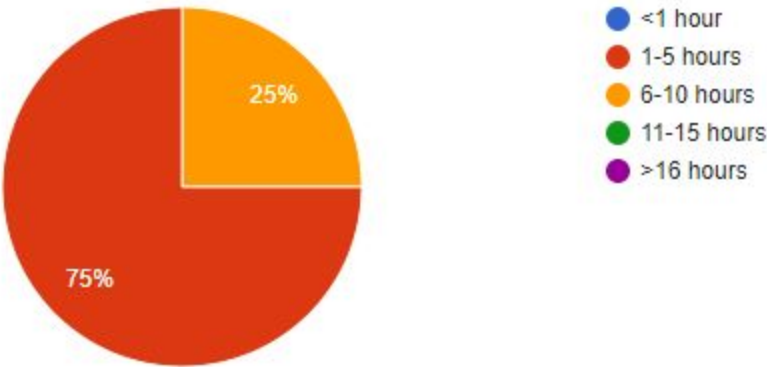
Features of design (can choose multiple)

3 responses



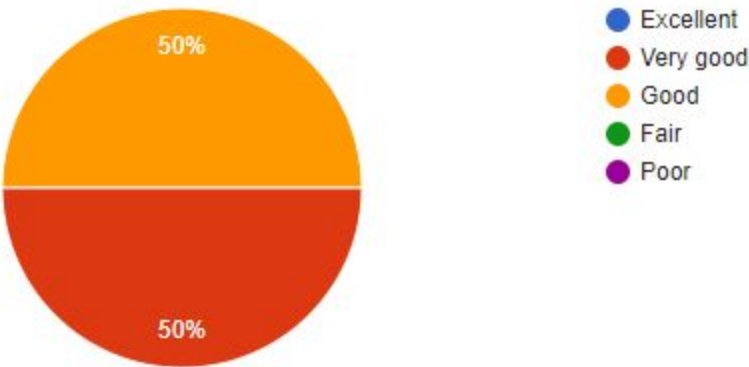
How often do you work out per week?

4 responses



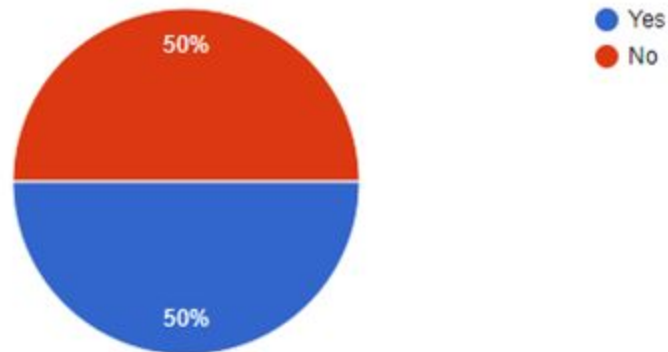
How would you describe your health?

4 responses



Have you ever owned or used a watch that tracks health and fitness?

4 responses



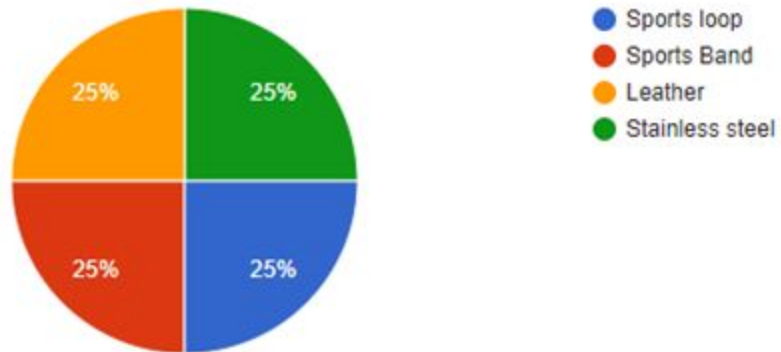
If yes, what are your watch compared to other health and fitness technologies?

2 responses



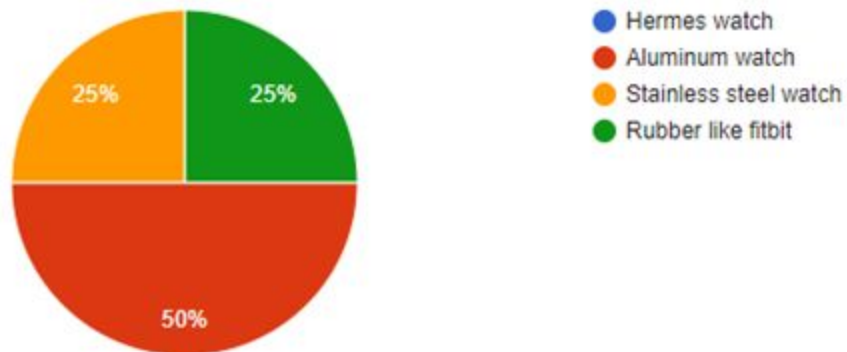
What material do you find most comfortable for a watch band?

4 responses



What material is most comfortable for the watch coating (not band)?

4 responses



Preference on how fitness information is being displayed.

4 responses



1)How many hours on average do you spend using technology (phones, tv, iPod, etc.)

Zack – Probably 5 -6 hours a day

Julia – around 3-4 hours a day

Francis – close to 10 hours a day due to my job

Zack G. – maybe around 4 hours if id have to guess. $\frac{1}{4}$ of my awoken day/night

Mom – not at all, less than an hour a day

Dad – every time I listen to music at work, which is probably 4 hours a day

2)If you own a watch, how often would you look at it?

Zack – I look at my normal watch probably once a hour

Julia – I don't wear my watch as often but if I do probably once every other hour

Francis – Hourly

Zack G.- Every time, Hourly seems right

Mom- use my phone and don't wear a watch

Dad – every hour

3)How often do you work out on physical fitness/health?

Zack – not as often, it gets harder when classes take all your time

Julia – I try to once every 3 days

Francis- not enough, once every two weeks if lucky

Zack G- I walk a lot? Job takes up all my time

Mom- once a week

Dad- my job requires me to walk a lot that's about it

4)Are you worried about your overall health?

Zack- not really im still kinda young, but I wonder what would happen if I continue

Julia – no, I feel like I take care of it enough, eat well and stuff

Francis – not at this age

Zack G – im in my mid 30s so kinda but as I get older I will for sure

Mom- yes all the time

Dad- yes

5)How often do you get a physical health check up (daily, weekly, monthly, yearly)?

Zack – yearly

Julia – yearly, everytime I get sick which isn't often

Francis – when im sick

Zack G.- yearly

Mom – yearly, not enough

Dad – yearly

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6)What part of your health are you most concern about (blood pressure, sugar level, etc...)?

Zack – im not even sure at this age

Julia – I don't know, maybe my diet

Francis – cardio

Zack G- not sure, good blood pressure is always good

Mom- all of it!

Dad- Im old man, All of it!

7)If you don't own a watch would you ever consider getting one if it means better monitoring of your personal health?

Zack – Sure

Julia – if I can afford it

Francis – if I can afford it

Zack G – I already got one

Mom – yes

Dad - yes

8)What type of health questions do you have about yourself?

Zack – am I healthy?

Julia – hows my diet?

Francis - ... uh hows my blood pressure?

Zack G – im not dying right?

Mom- blood pressure? Sugar level? Hows my liver? Heart? Ect.

Dad – what your mom said