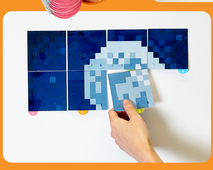
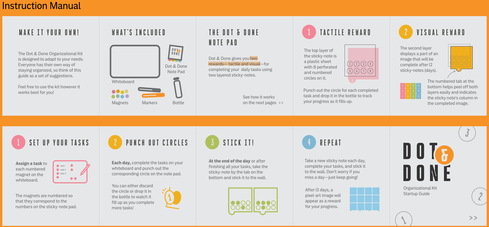


Instruction Manual



PROCESS

SURVEY 1

I started this project by surveying people with ADHD about the different organizational challenges they faced. From this initial survey, I found out the following.

83.3%

of respondents struggle with daily routines like hygeine, eating, and sleeping.

> "I've realized the least successful ones tend to take the most effort to use- such as a closed notebook planner vs a dry-erase calendar"

Q. STRATEGIES THAT DIDN'T WORK IN THE PAST?

- Using planners
- highly controlled, high-effort tools
- putting up sticky notes - eventually blend into the environment

Lack of novelty, can't remember to use them, too rigid

RESEARCH

In addition to making a survey, I did some research to understand the ADHD mind and how it can be motivated effectively.

For my project, I decided to focus on the introducing novelty to my project to motivate users to continue using my product.

NeuroLaunch

ADHD and the Novelty-Urgency-Interest Triad: *Understanding and Managing the Cycle*

NeuroLaunch editorial team
August 4, 2024

Novelty
"Novelty acts as a powerful stimulant for the ADHD brain, triggering a surge of dopamine that can be both exhilarating and addictive."

Urgency
"Individuals with ADHD are often drawn to urgent tasks because they provide an immediate source of stimulation and motivation."

Interest
"When faced with tasks that don't spark their interest, even if they are important or necessary, individuals with ADHD may struggle to maintain focus and motivation."

INSPIRATION

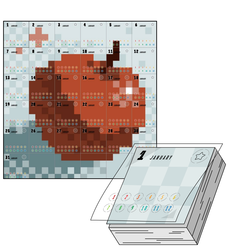
I took inspiration from Japanese 3D daily calendars. When users flip through a page each day, A new part of a sculpture is revealed, so that ultimately users will have decor for their room in addition to having a calendar function.

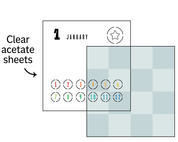
amazon.co.jp

FIRST ITERATION

My first iteration took direct inspiration from the 3D calendar, replacing the days of a conventional calendar with interactive sticky-notes that have perforated dots. Each day that passed would reveal a new section of the picture, similar to how in the 3D calendar, each day passed would reveal a new part of the sculpture.

I introduced an aspect of novelty by having users complete a new picture every month instead of one sculpture for the entire year.





I devised a 2-layer structure for each day—one layer would be made of clear acetate paper to give users a tactile reward of punching out the perforated dots as they finish each task, and one layer be made of normal paper and would provide a gradual visual reward by displaying a new part of the image each day.

SURVEY 2

I took a second survey explaining my idea and asking for feedback on it from people with ADHD. Many people were concerned about the calendar dates on the notes, as it would pressure them to use the calendar every day consistently, which could lead to abandonment. To the right is a summary of what people said was working and what was not working about the idea.

WORKS

- Constant reminder on the wall
- Desire to complete
- Different picture every month
- Satisfaction of visual feedback
- Organization with less screen time

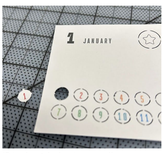
DOESN'T WORK

- Requires diligence / a routine
- Too long for each image
- Would forget about it
- Dates on the notes
- Environmental concerns - discarded plastic
- Some people were confused

PHYSICAL PROTOTYPES

Based on the feedback, I started making some physical prototypes of the product. My very first print and cut test had dates and 12 tasks per page. For my second version, I used the transparency sheet that I had planned on using, and removed the date as per the feedback from my target users. I also changed the number of tasks to 8, because with 12 tasks the holes were far too small to be able to punch out easily.

V1

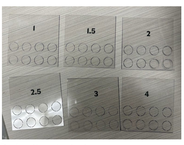


12 tasks → holes too small

V2

8 tasks → perforation gap too big

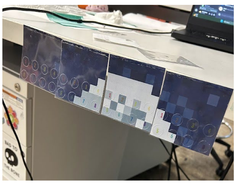
The perforated dots on my second version were too hard to punch out manually because the gaps were too big. The colors were also different from expected because the color displayed on my preview assumed that the paper was white. To solve these problems, I conducted tests to find the right perforation gap size as well as the right colors for the transparent sheets.



Perforation size test

Color test

V3



Based on my first prototypes and print tests, I created my first full prototype with both the transparency element and the image element. The colors were working well and the perforations were easy to punch out. The only problem with this version was that the pages were hard to flip through, since each day requires the user to take 2 pieces off the note pad as a set, and it would be too easy to rip off the wrong page.

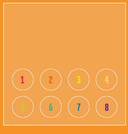
So, I added tabs at the bottom of each paper page to make it easier to flip to the correct page, as well as to guide image placement. The numbers on each tab indicate the column that the sticky-note should be placed in.

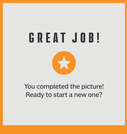
FINAL PRODUCT

For my final product, I designed branding and named the product Dot & Done. “Dot” is a reference to the perforated dots as well as the dots in pixel art, and “Done” is a reference to finishing tasks with ease. For the photography, I laid out items that would come with the Dot & Done organizational kit as props to make the composition more interesting and dynamic.

Designs for cover page and backing

Designs for transparency sheet and section dividers between images





Below are pixel art pieces that I made on Piskelapp.com to use as the images for the Dot & Done sticky notes. I made 2 different themes to demonstrate that users would be able to choose what kinds of images they want to complete using the Dot & Done sticky-notes.

MOON SET

FRUITS SET