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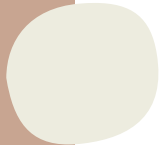
Intentionality After Work

Selected Interface and Rationale

WHAT
- ❏ Mobile application
- ❏ Limited notifications, all tasks available within the app

WHY
- ❏ Localized solution, AKA a "one stop shop"
- ❏ Integrates well with other information the user may store on their phone, like their calendar and contacts
- ❏ Familiar interface and easy to access and create

Prototype Structure

PROTOTYPE:

- **Handwritten-sketches** transferred to POP by Marvel
- Each task flow **incorporated into user journey**
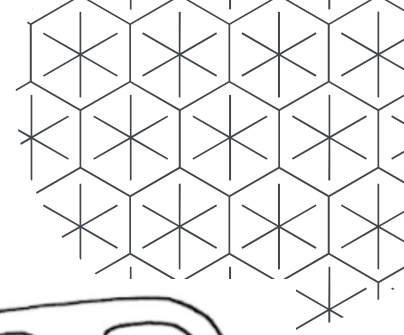
TESTING METHODOLOGY:

- **Zoom call,** shared computer screen
- Explained basic intention behind the app, then **asked users to think out loud**
- Asked users to **walk through prototype 3 times** to test learnability
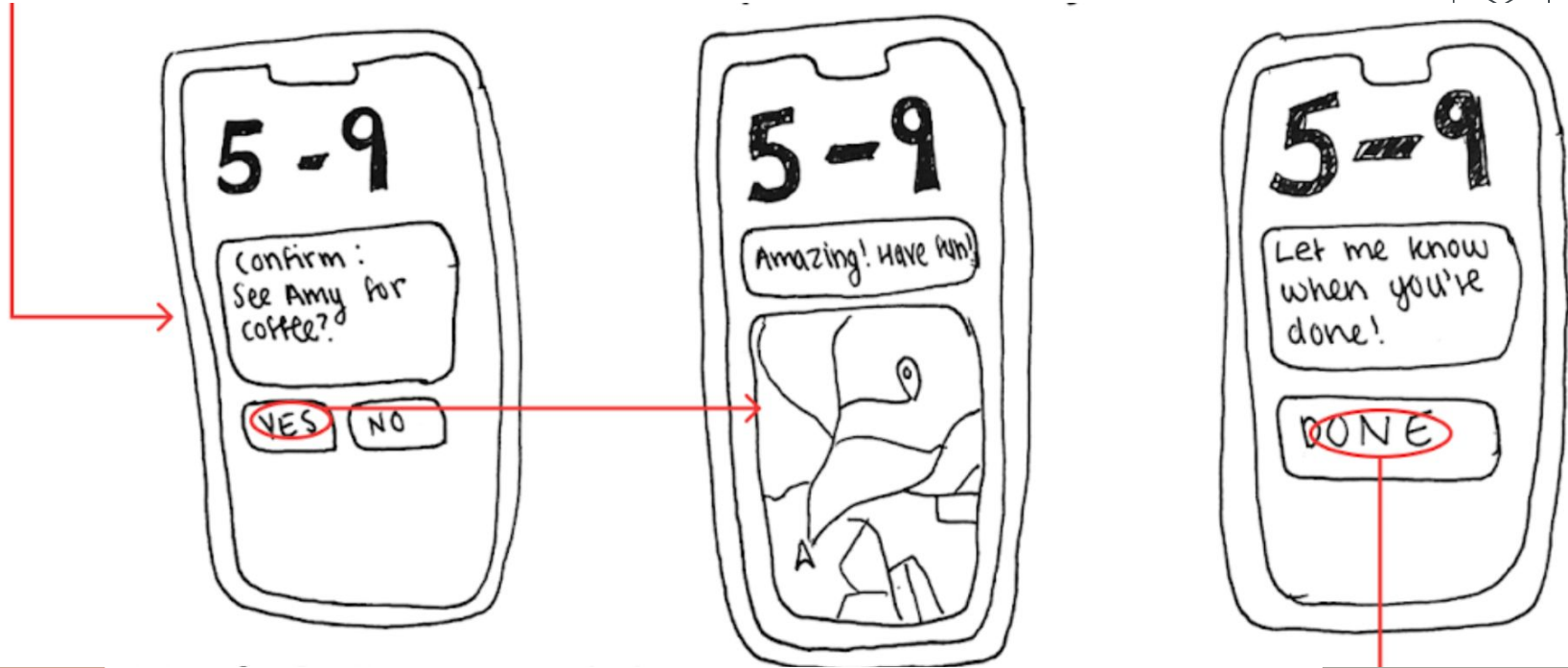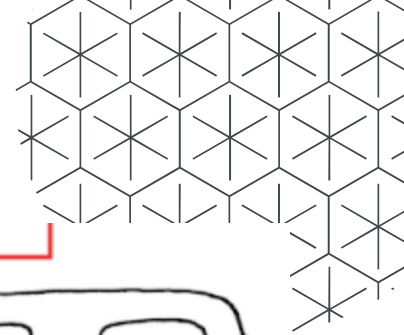- Used **3 Leichhardt scale prompts**
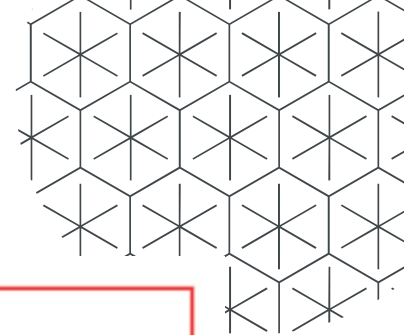
Task #1: Users are prompted to set their intention for the day by choosing a time and place.
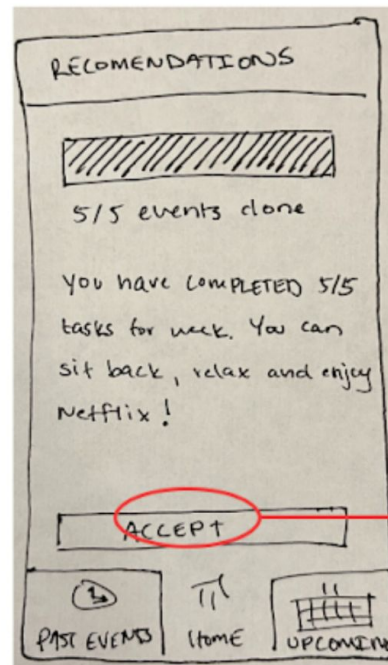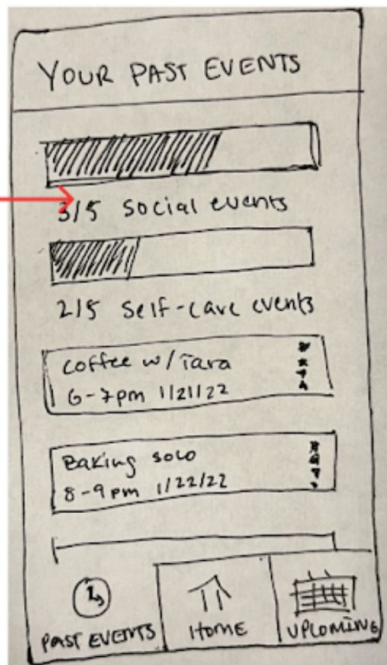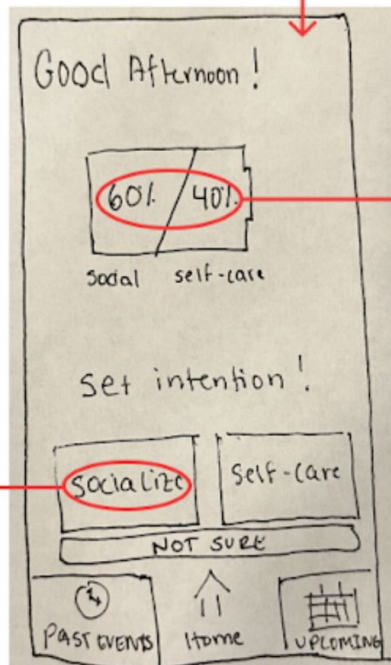
Task #2: Users confirm plans and receive guidance and reminders to reach destination
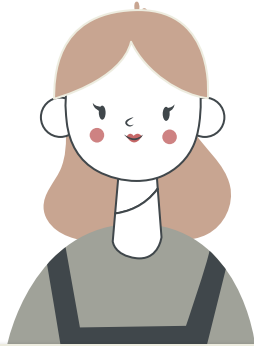
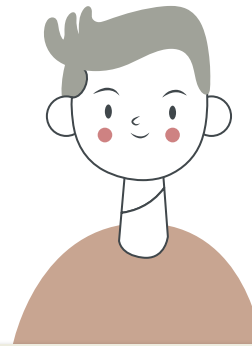# Task #3: Users rate and provide feedback on each activity to finetune later recommendations
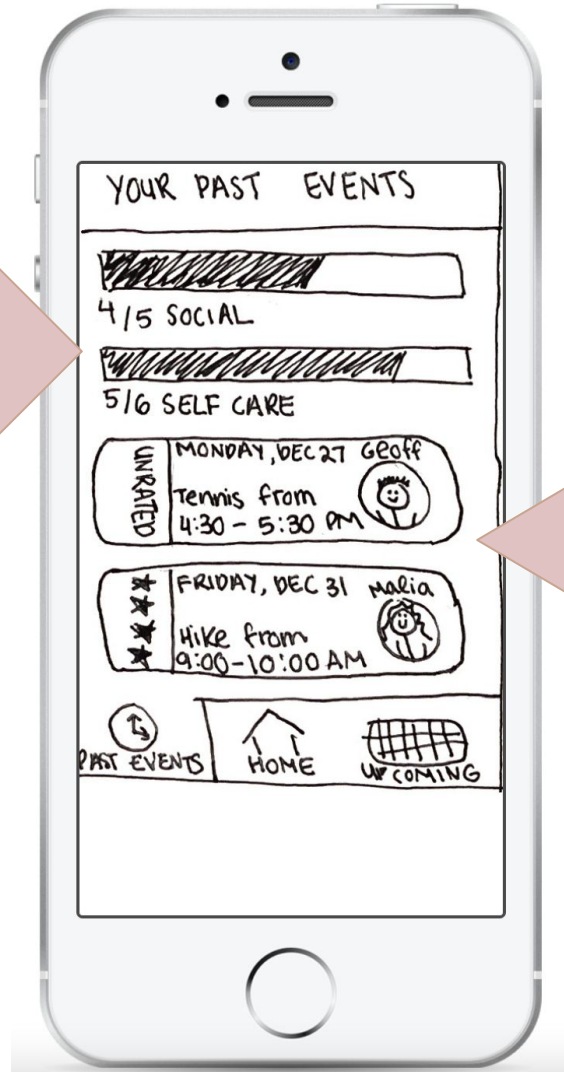
Interviews

Grace
22, LA
CMC student

Suhina
24, Bay Area
Pharmacy
student

Bryce
23, NYC
Consultant

Our Roles: Tara: Facilitator, Platon/Amy: Observer, Anooshree: Notetaker

Could you try scheduling a different type of activity than the one you just scheduled?

YOUR PAST EVENTS

4/5 SOCIAL

5/6 SELF CARE

UNRATED — MONDAY, DEC 27 Geoff
Tennis from 4:30 - 5:30 PM

FRIDAY, DEC 31 Malia
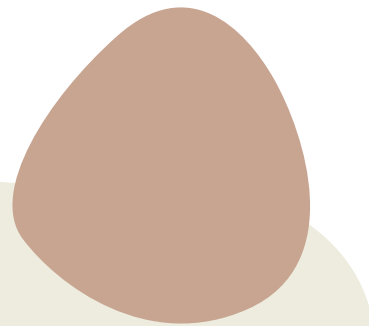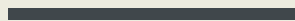Hike from 9:00 - 10:00 AM

PAST EVENTS   HOME   UPCOMING

On a scale of 1–5, how useful is it to…
…set an intention?
…do an intention?
…reflect on an intention?
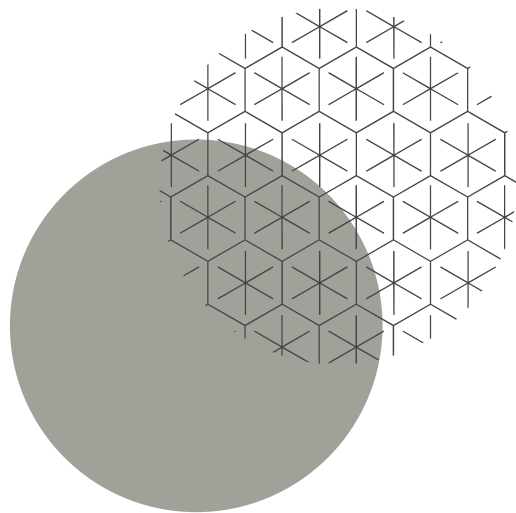
04

Results

#1: Verified our design was learnable

– All three users were able to complete tasks more quickly after being exposed to the app before

   – user 1 time decreased by 1:45 secs,

   – user 2 time decreased by 1:05 secs,

   – user 3 time decreased by 1:13 secs

– Flow of picking a time, person, then activity was viewed as intuitive

#2: Users found activities useful

- Users reported that app gave the right amount of options, **one user noted that this was especially helpful given that she feels indecisive when making plans**

- Users enjoyed being able to see specific information about the activity on the details page (map, travel time, weather)

  - one user noted that this was the hardest part of making plans

#3: Social battery icon was confusing

– Users were confused by the meaning of and **distracted by the social battery icon** on the home page

– Users were unsure who was in charge of setting social battery

– One user noted it implies **self-care is less valuable than socializing**

#4: UI wasn't fully connected between tasks

– **Dead end with iMessage after invitation** made it impossible to return to the app without restarting the prototype

– **Some suggested activities did not fit well with the suggested time** which confused users

– Users felt that the app did not guide them towards the **other two tabs of past events and upcoming events**

#5: Using star-based ratings felt awkward

- Setting intention and rating intention **were rated comparatively lower** than doing intention

- Star-based rating system did not resonate with users: they had a hard time seeing how they would rate **without feeling like they are rating their friend**

Suggested UI Changes

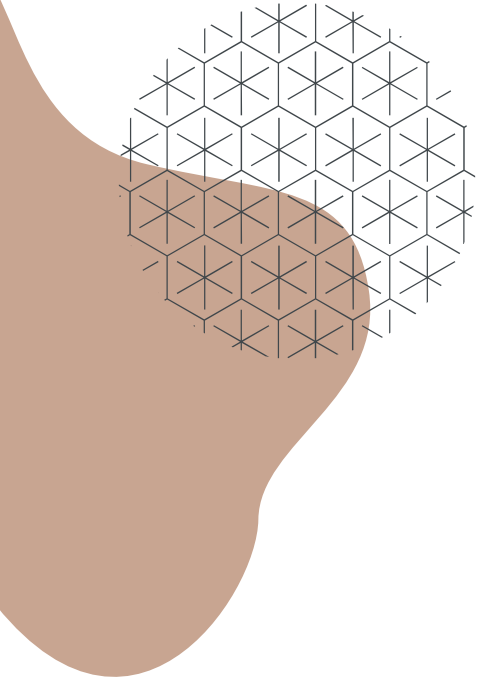Change star-based rating system to mood rating system

Create a notification icon that prompts user to rate unrated activities/view upcoming ones

Change to two separate batteries that track self-care and socializing and keep that in the past events tab

Replace social battery icon with dynamic background

Summary

- Integrate tasks to make user experience more seamless

- Explain graphics and make them intentional

- Be conscientious of setting and social dynamics when planning and prompting