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# Hackabit

Habit Hacking Assistant - Leveraging Psychological  
Tricks to Build Great Habits (and Break Bad Ones)

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# Needfinding

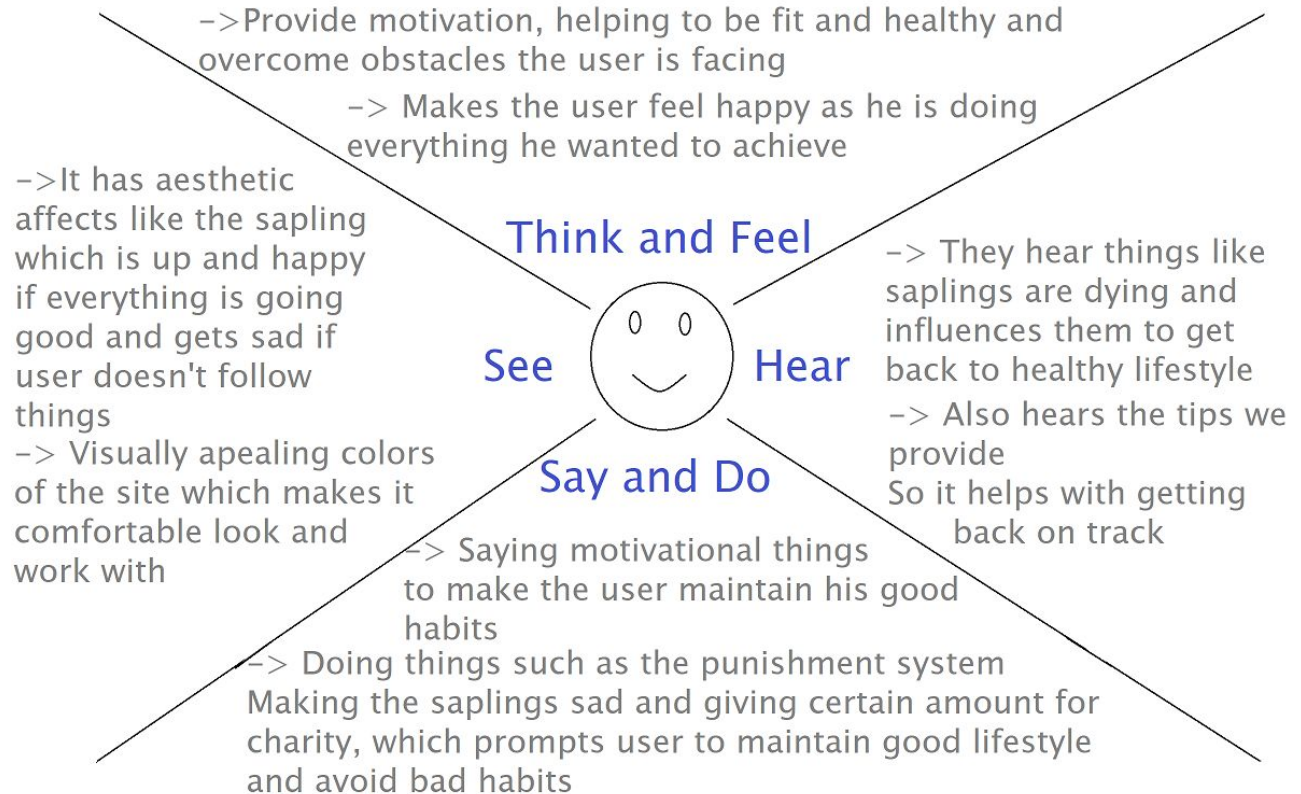
We conducted interviews with various eager candidates to understand their issues and how to best help them

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# Summary of the interviews:

- Lack of motivation to start a habit and maintain it
- Self motivation is hard so if a friend is there to help out it makes big changes and boosts motivation to do things that you wanted to do
- Everyone agrees or feels that if punishments are monetized then it would help in getting rid of bad habits

# Empathy Map



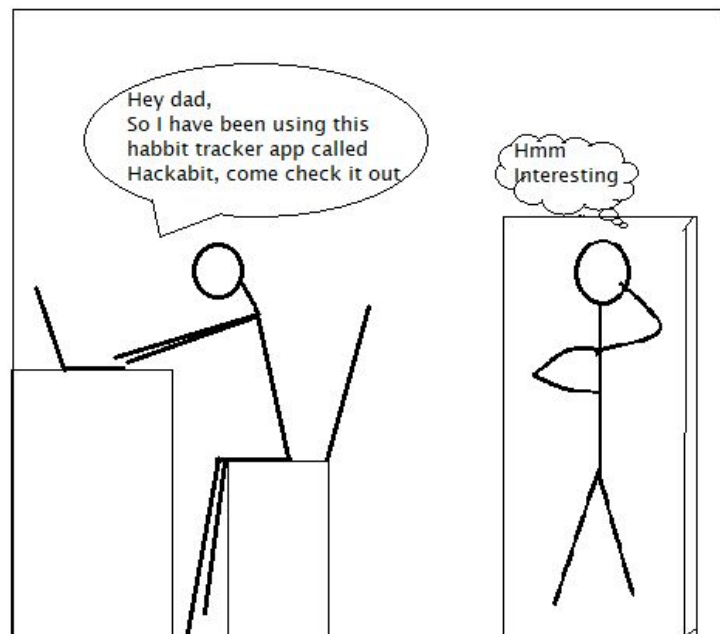
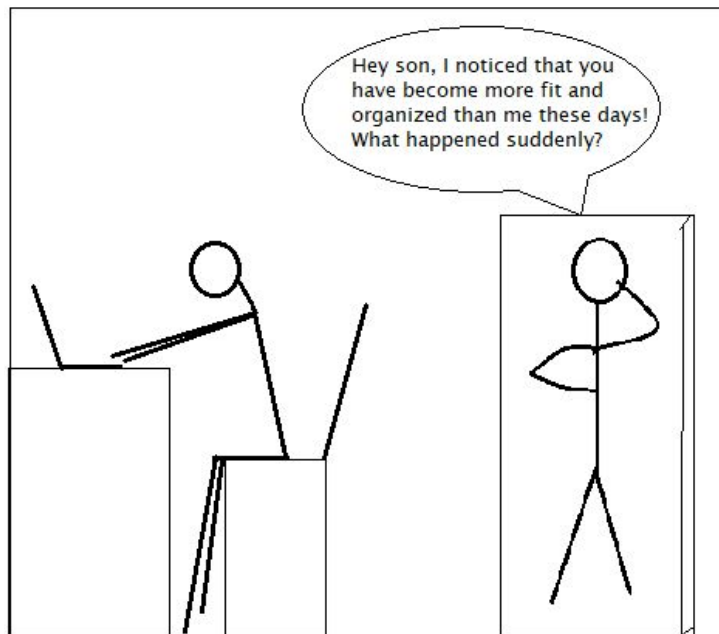
# LOW FIDELITY PROTOTYPES

- Storyboards

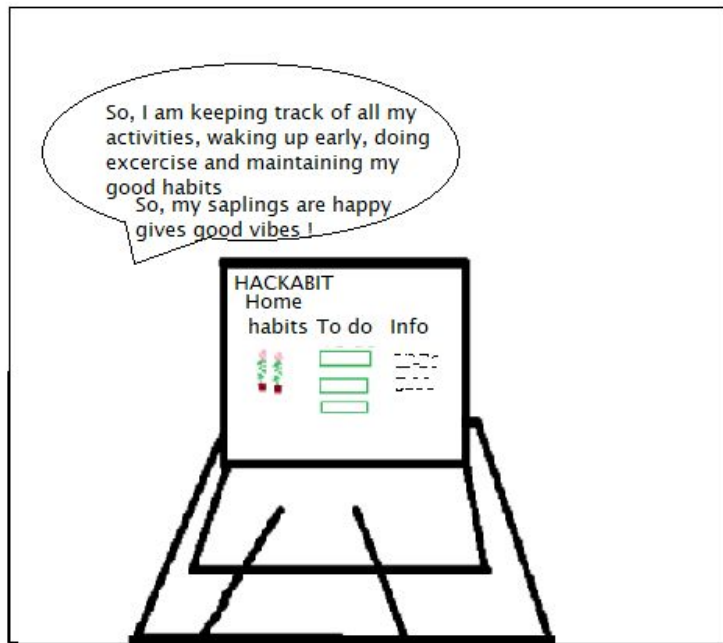
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# Storyboards

# Storyboard

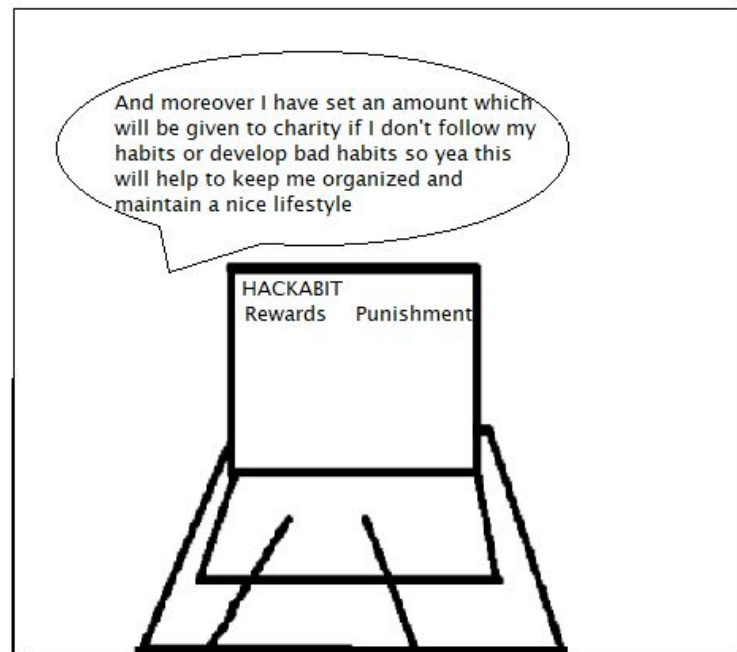
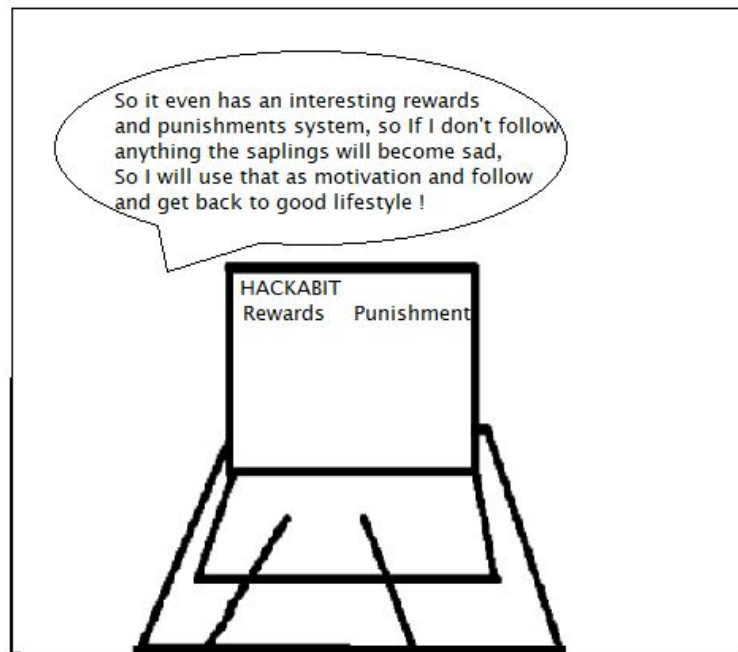


# Storyboard

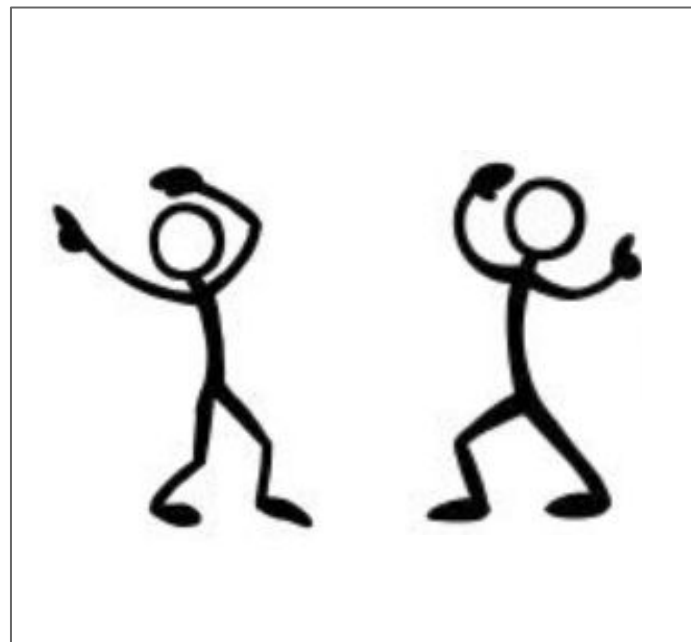
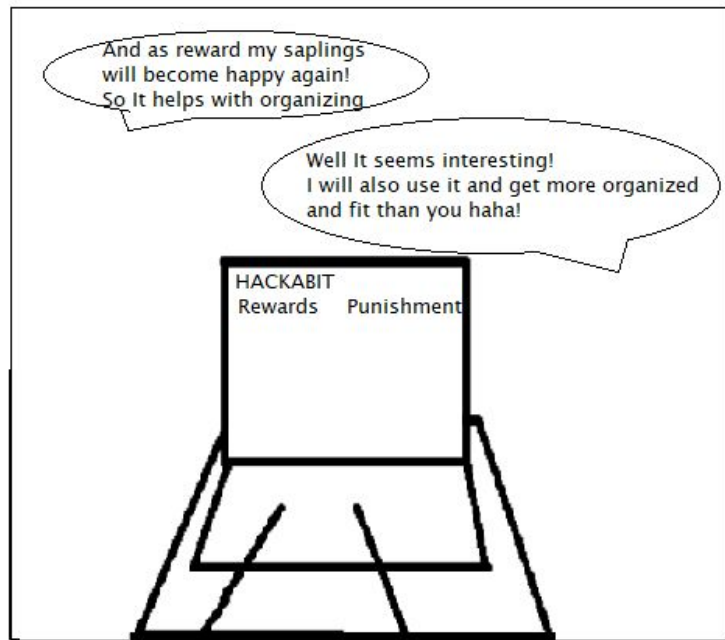




# Storyboard



# Storyboard



# HIGH FIDELITY PROTOTYPES


- Wireframes

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# Wireframes

Medium to high fidelity wireframes

# Onboarding



## Onboarding

Hello there!

Please Enter the Details

Name

Email


### Habits

Enter the current habits

+

Enter the habits to be ingrained

+



## Onboarding

Enter the Bad habits

+

### Reminders

+ After  I will do  At

### Enter bank details

UPI Id

Account Number

IFSC Code

### Accountable Person Details

Name

Email

# Login

HABITS

LOGIN

User Name:

Password:

[Forgot Password?](#)


SIGN IN

New User


SIGN UP

# Home Page


AppName



Do 20 push-ups



Avoid snacking on junk food



Write a paragraph for my next book

Today's Habits

Do 20 push-ups  
after: brushing your teeth

DoneNot DoneReschedule

Write a paragraph for my next book  
after: doing the dishes in the evening

DoneNot DoneReschedule

Avoid snacking on junk food  
prevent this by avoiding the snacks section while shopping

SuccessFailureException(2)

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Info

Fix your environment


Disciplined people are better at structuring their lives in a way that does not require heroic willpower and self-control. They spend less time in tempting situations.

Simply *resisting* temptation is an ineffective strategy. In the short-run you can choose to overpower temptation; in the long-run, we become a product of the environment we live in.

State one way in which you will modify your environment to support your habit:

# Set up Punishments and Rewards system

## Punishments




You have to complete punishment otherwise the sapling will not revive :/

This amount will be donated to charity

₹20

## Rewards




Good Job!  
Keep up the good work  
Your saplings may become happy again

Since your doing a good job you deserve an ice cream 🍦



# Edit Profile

AppName > Edit Profile

## Me

Name

Email

Update Personal Details

## My Accountability Partner

Name

Email

Update Accountability Partner Details

## Habit Notifications

☒ Daily

☐ Rescheduled habits only

☐ Off

## Limits

Exceptions per habit

Reschedules per day

<< Go Back

# New Habit

HABITS

New habit

Habit name

From

Fri, May 12 2017

4:30 PM

To

Fri, May 12 2017

5:30 PM

☐ Weekly

Indian Standard Time

SAVE

# Edit Habit

HABITS

×

READ A BOOK

From

Fri, May 12 2017

▼

4:30 PM

▼

To

Fri, May 12 2017

▼

5:30 PM

▼

☐ Weekly

Indian Standard Time

▼

SAVE

# CONCEPT VIDEO

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[link to video](#)

**DEMO**

# Heuristic Evaluation

Drawing from Schneiderman's golden rules and Nielsen's principles for interactive design

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## Visibility of System Status:

A habit's state is clearly visible as either done or not done.

A quick look at all the saplings, also helps give an idea of the overall progress of your habits in a visceral way.



## System vs real world:

The view of the sapling acts as an ideal skeuomorph, as in the real world, a dying sapling signals a need for nurturing – similarly your habits will also need to be nurtured.

The habit log and its prompt stays out of the way, but when needed, you can reach towards it much like you would unveil the leaf of a book.

# Consistency and Standards:

There is a uniform use of typography and colours to provide a consistent design language.

The colours always map to a meaning, with Red corresponding to habits that need to be broken, or actions not done, while green maps to progress and building of habits.

## User Control and freedom:

Users are always given an option to cancel the action of adding or modifying a habit by closing the popups.

Every action which marks a habit as “done” or “not done” can be reversed.

Users can remove rewards, punishments, accountability partners and habits.

## Design Dialogs to yield closure:

Every action has been broken down into multiple steps, where the action is clear to the user.

For example, to reschedule a habit, it involves moving its date and time. So clicking reschedule, then leads the user to select the needed date and time. Then the user has to click save, and the dialog closes, which confirms the reschedule.

## Support internal locus of control:

The navigation is organic and local to the area of function. If a user wants to change rewards and punishments, this option is made available at the location of the Habit list.

If they want to edit a Punishment, the edit button is tacked onto the Punishment description. This gives the user the feeling of being able to freely manipulate whatever they want.

Thus our program lets them feel like having control.

## Reduce short term memory load:

The user doesn't need to remember to follow the habits.

Once they add the habits, they will be automatically notified, either via app or accountability person.

The requirement to stack habits ensures that they are able to recall an action using the knowledge of the environment and the current action.

## Recognition rather than recall:

All the information about the outstanding habits for the day as well as the reward and punishments lie in the interface, and are easily viewable.

The plants act as a visual indicator to aid the recognition of what needs to be worked on.

# Aesthetic and minimalist design:

The aesthetics of the application bring a feeling of calmness and control, which is encouraging and motivating to the user.

The interface is uncluttered and typographically-oriented. Only items that are the most important and relevant to the user persist at all times.

There is a consistent use of colour that helps visually guide the user.



## Permit easy reversal of actions:

User is allowed to check a habit as Done or Not Done, and then uncheck it if they wish to do so.

Accidental clicking of Reschedule habit has a swift built-in feature to exit the pop-up.

Back buttons set up on pages facilitate smooth browsing experience across the website.

**THANK YOU**