

Band-it

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Overall Problem: Joint Pain & Activity

- **Target Audience: Athletes**
 - Health conscious
 - Disciplined
- **Problem: Overexertion and aggravation of injury among athletes**

Contextual Inquiry

- Dancers
 - Use of entire body
 - Diverse Injuries
- Observation
 - Warmup
 - Preventative Habits



Contextual Inquiry

- Themes
 - Memorization/Written Tracking
 - Non-intrusive Wearables
 - Social
 - Diligent Mindset



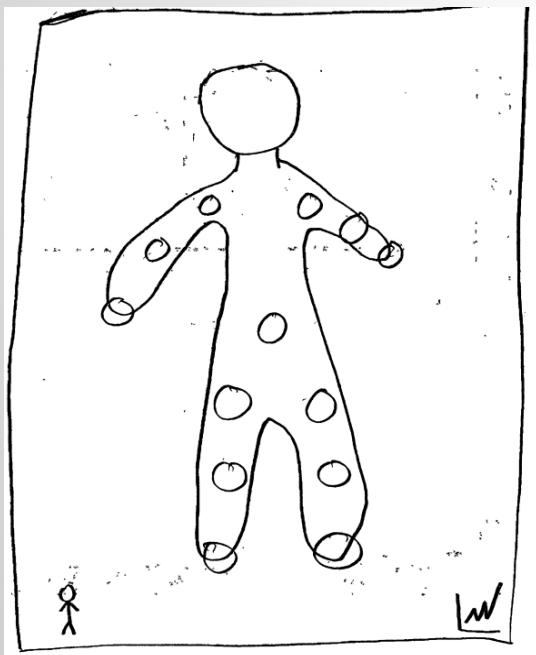
Tasks

- **Task 1:** Brian, recently injured, has an upcoming appointment with his physician and wants to record and share information about his activities.
- **Task 2:** Alicia wants a way to track her workout that takes into account how much time she spends on each activity.
- **Task 3:** James wants to find a warm up for Susan that will prevent injury to her hips.

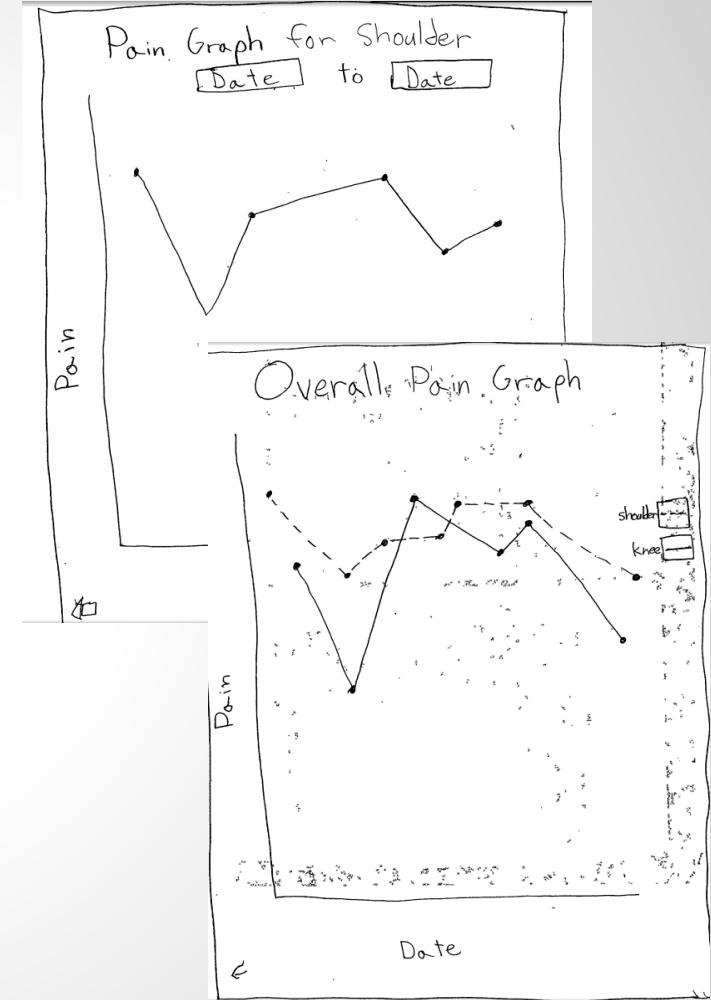
Tasks

- **Task 4:** Michelle wants to track her pain in old injury that has recently been acting up again, to determine the activity causing the flare up.
- **Task 5:** With a family history of osteoarthritis, Donald wants to find exercises to prevent the condition.
- **Task 6:** A doubles tennis team needs to keep track of one another's physical fitness.

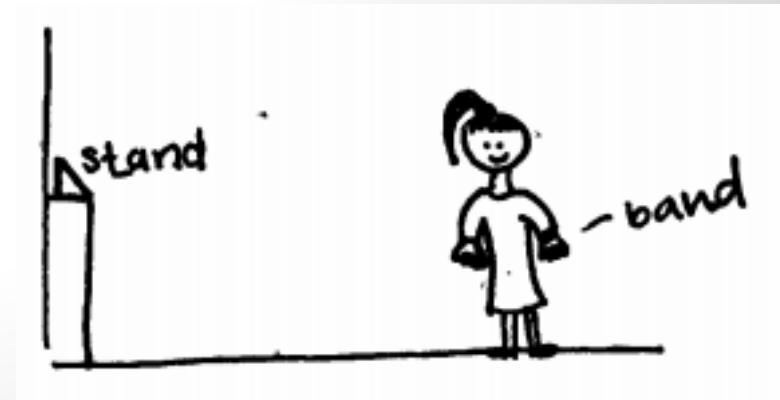
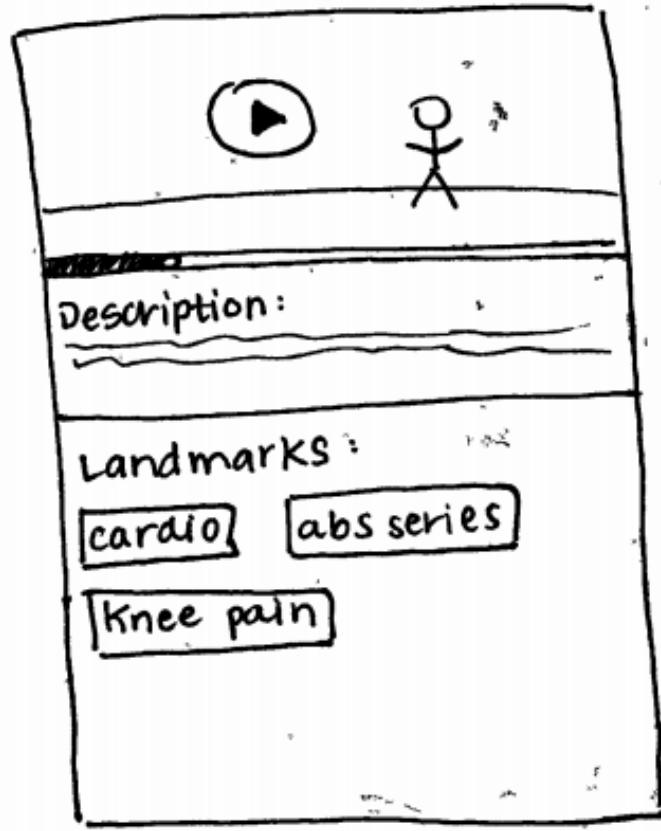
Design Sketch 1



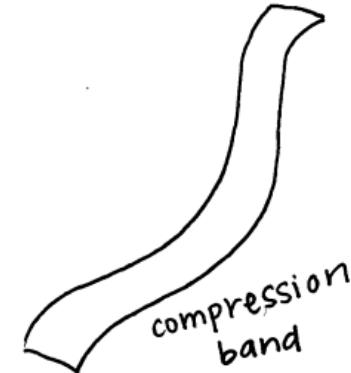
A wireframe sketch of a mobile application screen. At the top, the title "Shoulder Pain" is displayed above a circular icon containing the number "5". Below the title is a large rectangular input field labeled "Activity Comment". Underneath this field are several small rectangular buttons with text: "Yoga", "modern", "dance", "run", "bike", and "Steel Mill". The bottom half of the screen features a large, faint outline of a human figure, likely representing the user's body.



Design Sketch 2



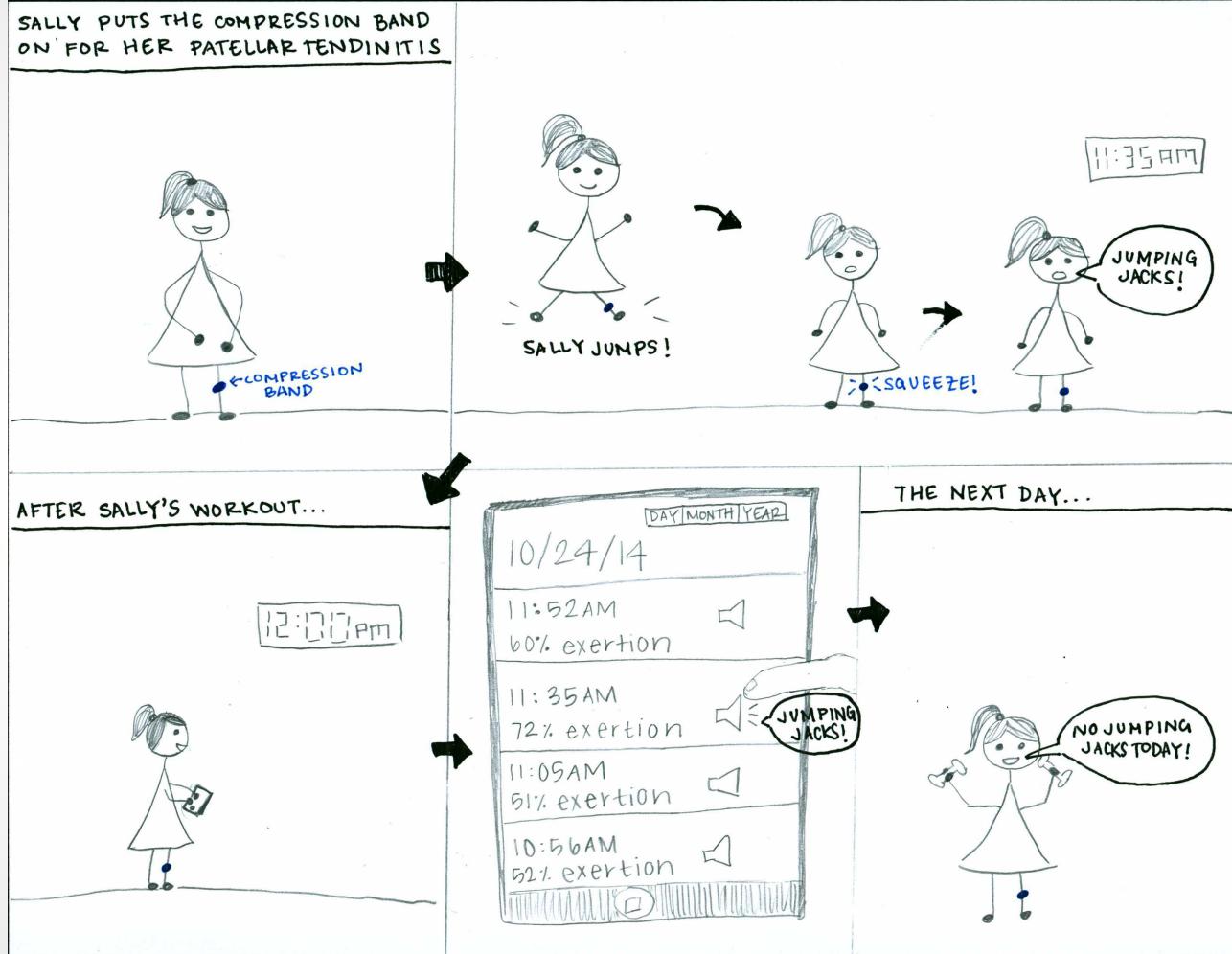
Design Sketch 3



Day	Month	Year
Monday, October 20, 2014		
11:51 AM	78%	UNHEALTHY
10:52 AM	42%	MODERATE
10:37 AM	56%	UNHEALTHY
10:05 AM	96%	DANGER
9:48 AM	22%	GOOD

Sally

Sally wants to track her pain in an old injury that has recently been acting up again, to determine the activity causing the flare up.



Don

With a family history of osteoarthritis, Donald wants to find exercises to prevent the condition.

Summary

- Scope Creep
- Think about the “Magic”
- Team dynamic