

# *Dis*Track

"Refocus Yourself"

**Graeme Britz**

Max Suffel

**Maria Angela Suhardi**

Jackie Chui

Bryan Djunaedi

- **Project Manager**

- User Researcher

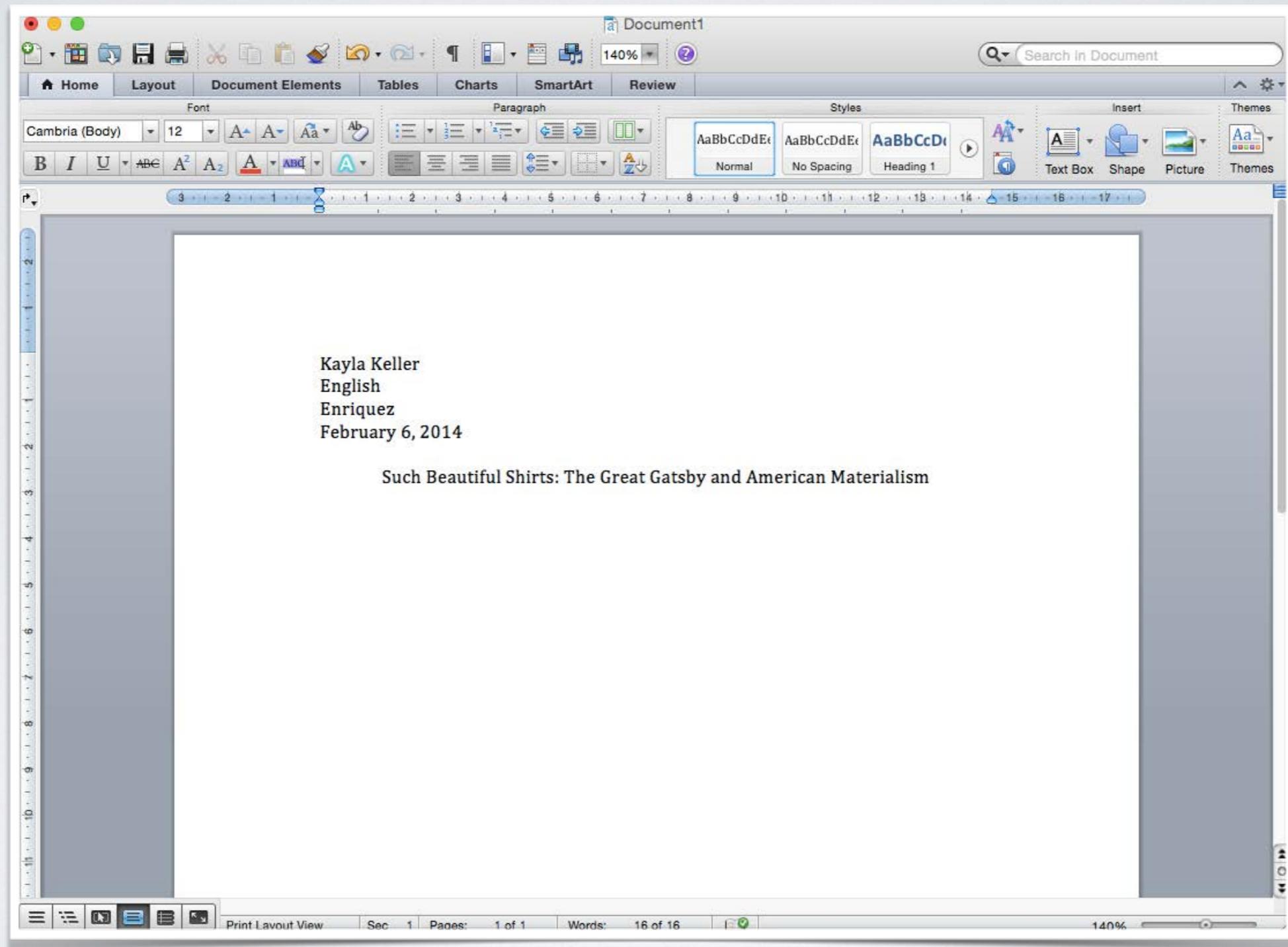
- **Designer**

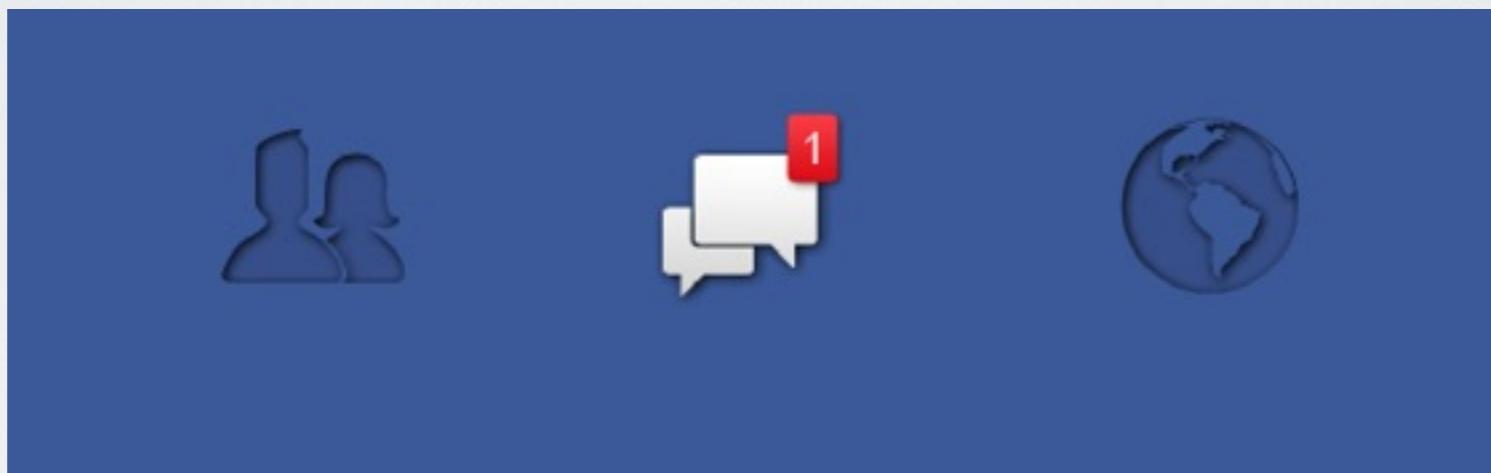
- Designer

- Designer

# PROBLEM









Kevin L. Smith  
Edit Profile

FAVORITES

**News Feed**

Messages

1

Events

6

Photos

Browse

ADS

Ads Manager

PAGES

DC Business Solutions

Pages Feed

20+

Like Pages

20+

APPS

App Center

3

Gifts

Pipe

Flu Tool

VEVO

McAfee Social Protection

Games Feed

20+

GROUPS

Class of 2010

4

DC CAP Temple Universi...

Add Group...

MORE

Friends on Chat



Update Status Add Photos/Videos

What's on your mind?

SORT: MOST RECENT

Upcoming Events



JACQUES RENAULT & JUSTIN MILLER + CALE PARKS

March 9 at 10:00pm

Bossa Nova Civic Club in Brooklyn, New York

Join • 81 people are going

See 1 more

LET'S PLAY HOUSE

George Fitzgerald, "Thinking Of You"



mugpie.



• George Fitzgerald, "Thinking Of You"

[www.lphnyc.com](http://www.lphnyc.com)

George Fitzgerald, "Thinking Of You"

Like · Comment · Share · 2 · View post · 20 minutes ago ·

Jennifer Caitlin Welsh

Oh good morning cats!! Are you telling me to get off my phone and feed you? Do you promise not to jump on me if I do?



Like · Comment · Share · 49 minutes ago via mobile · 88

Iman Jordan and 1 other

Create Event

3 requests from Lo Marie

Games You May Like



Zombie Lane

1,000,000 people play Zombie Lane.

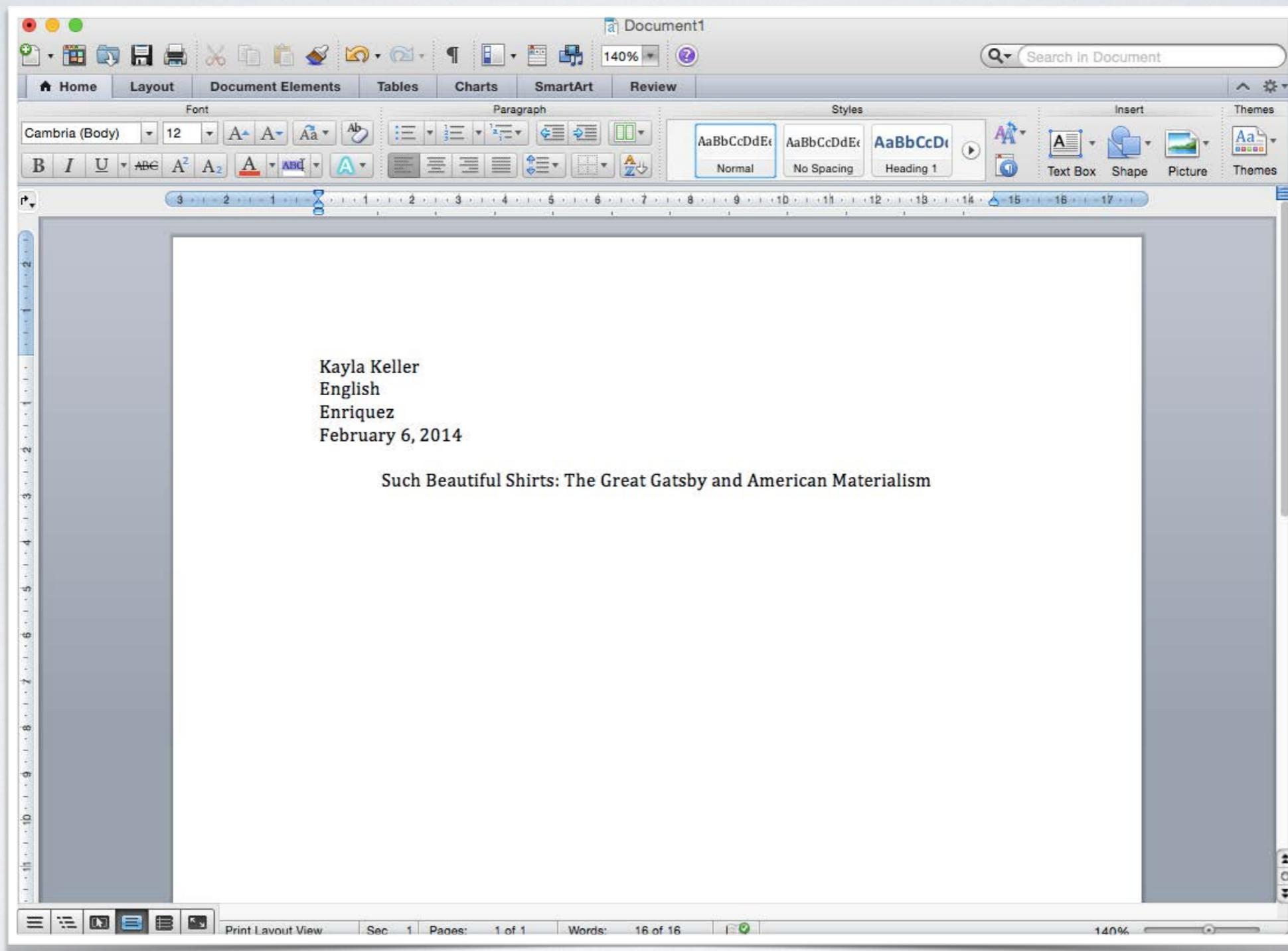
Play Now

Facebook © 2013

English (US) · Privacy · Terms · Cookies ·

More

Chat (44)

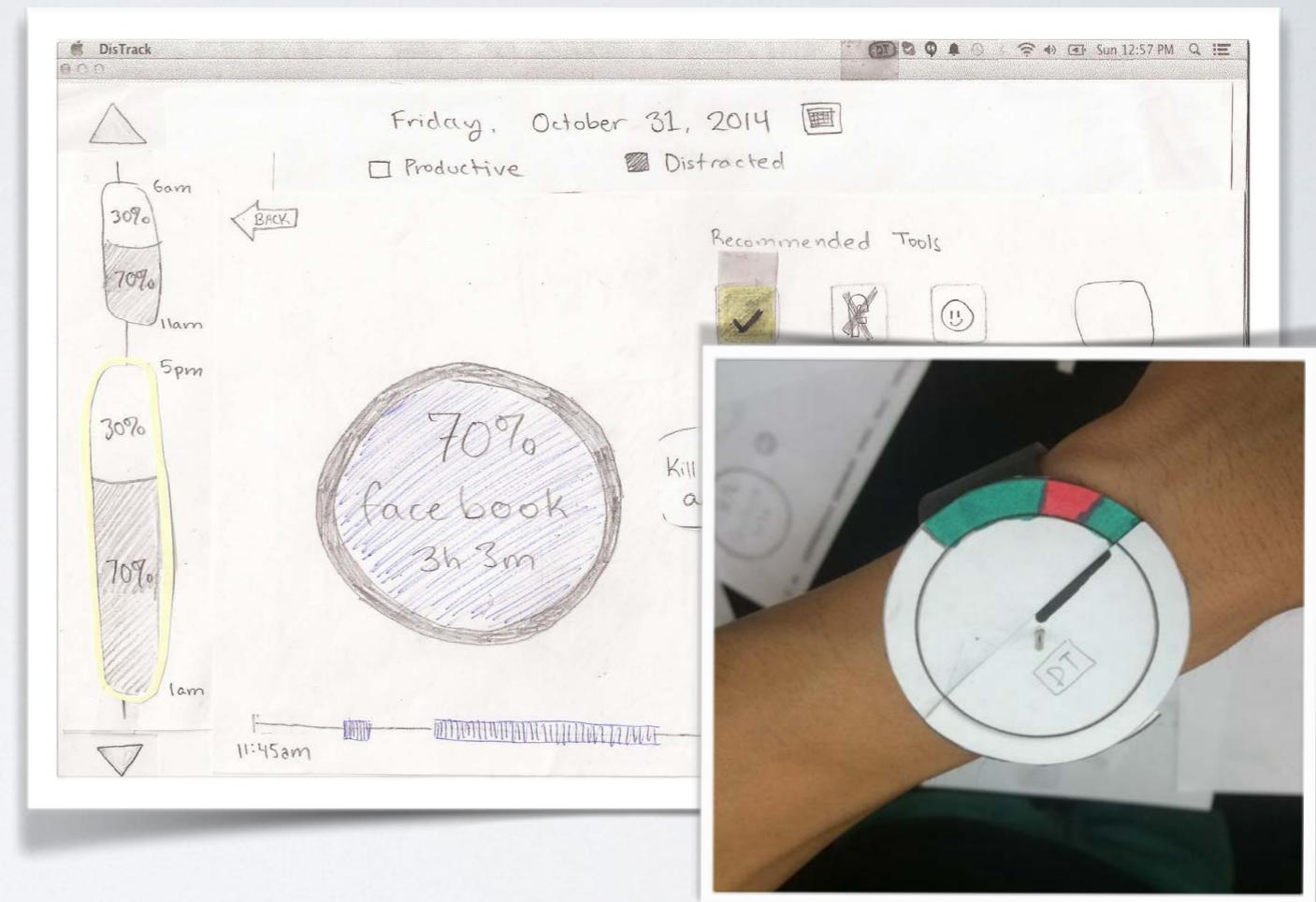




**ONE DOES NOT SIMPLY**

**STUDY WITHOUT TAKING 2 HOURS  
BREAK EVERY 5 MINUTES**

# FIRST PAPER PROTOTYPE

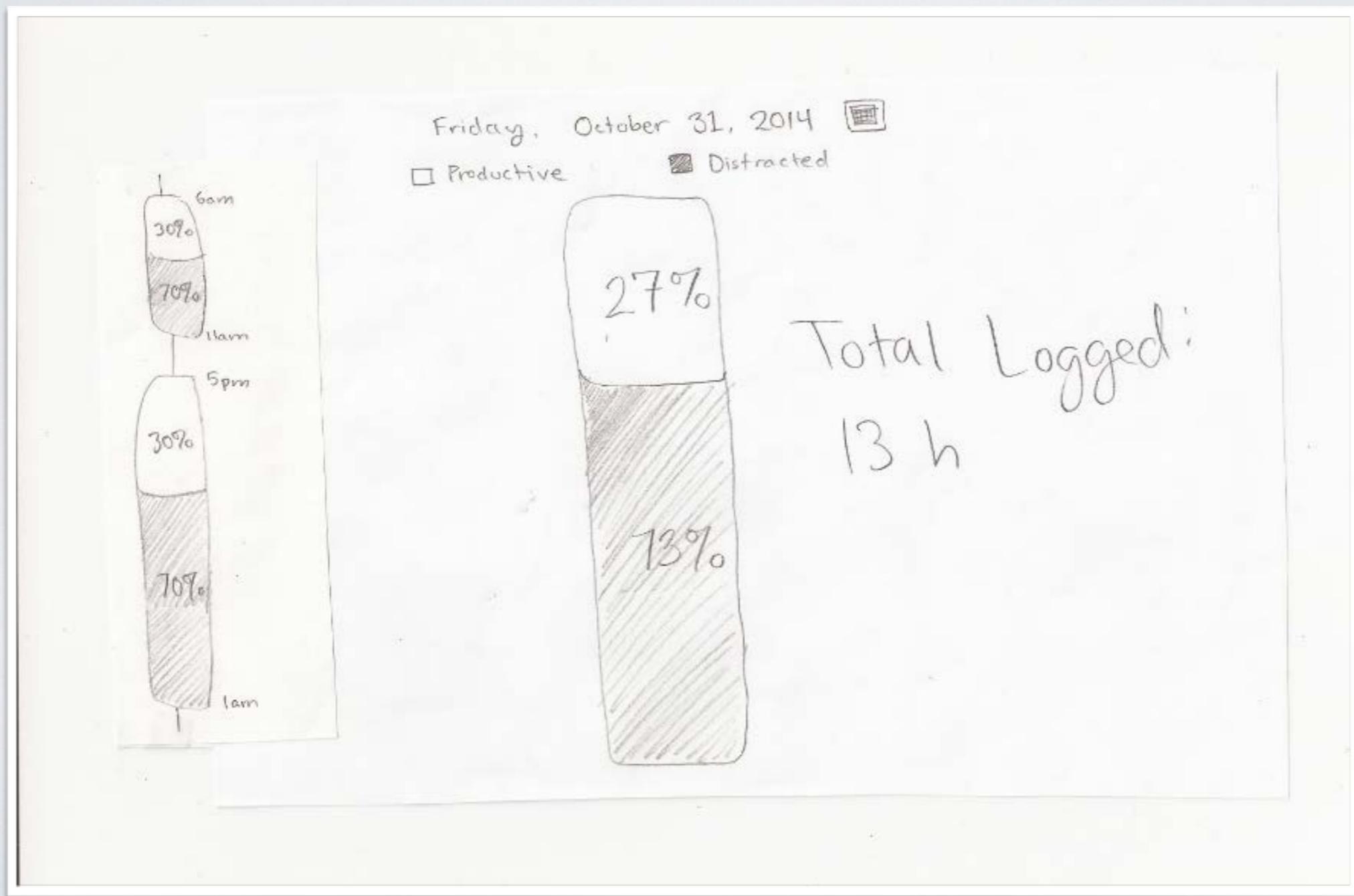


# PRIMARY TASKS

- I. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

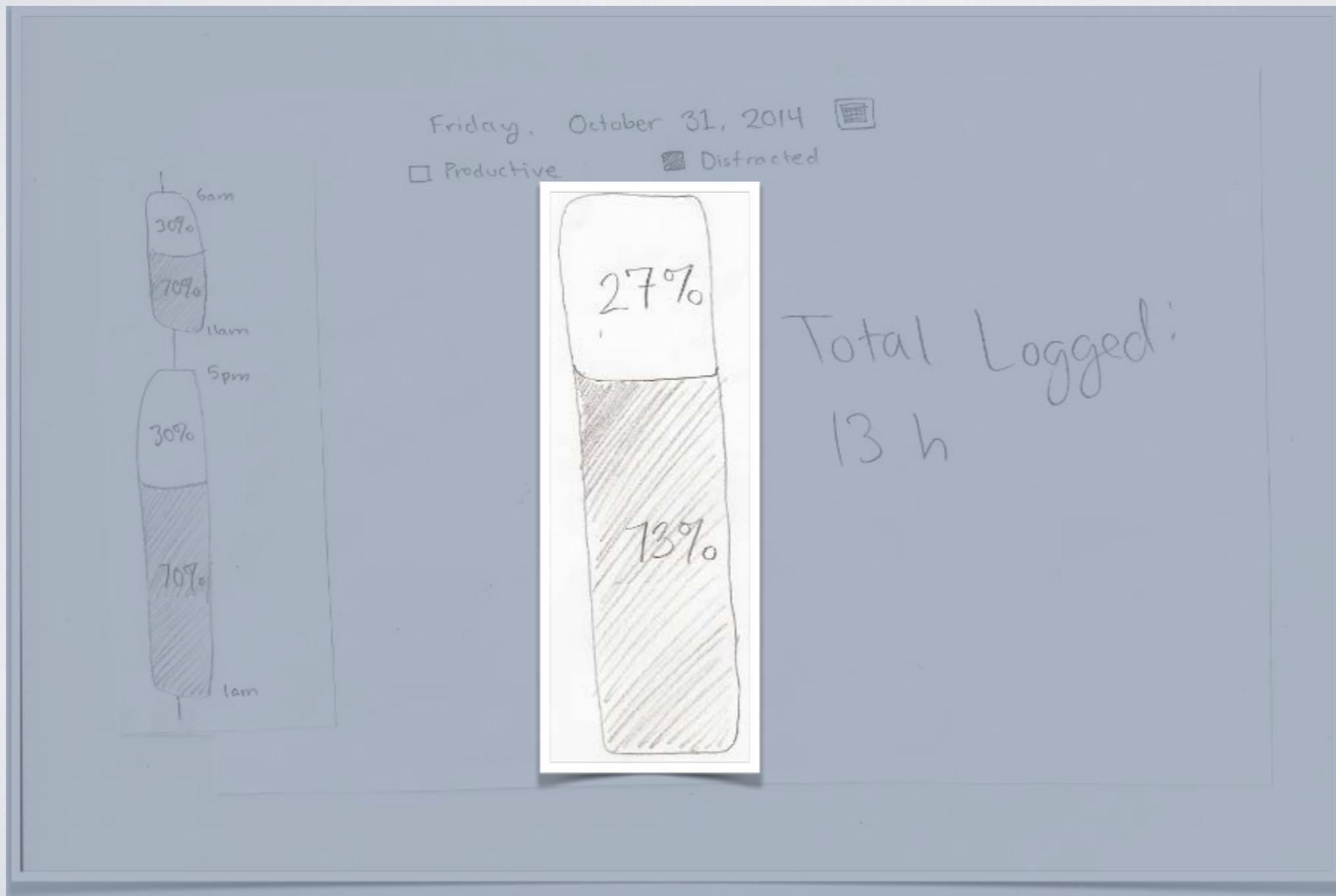
# TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



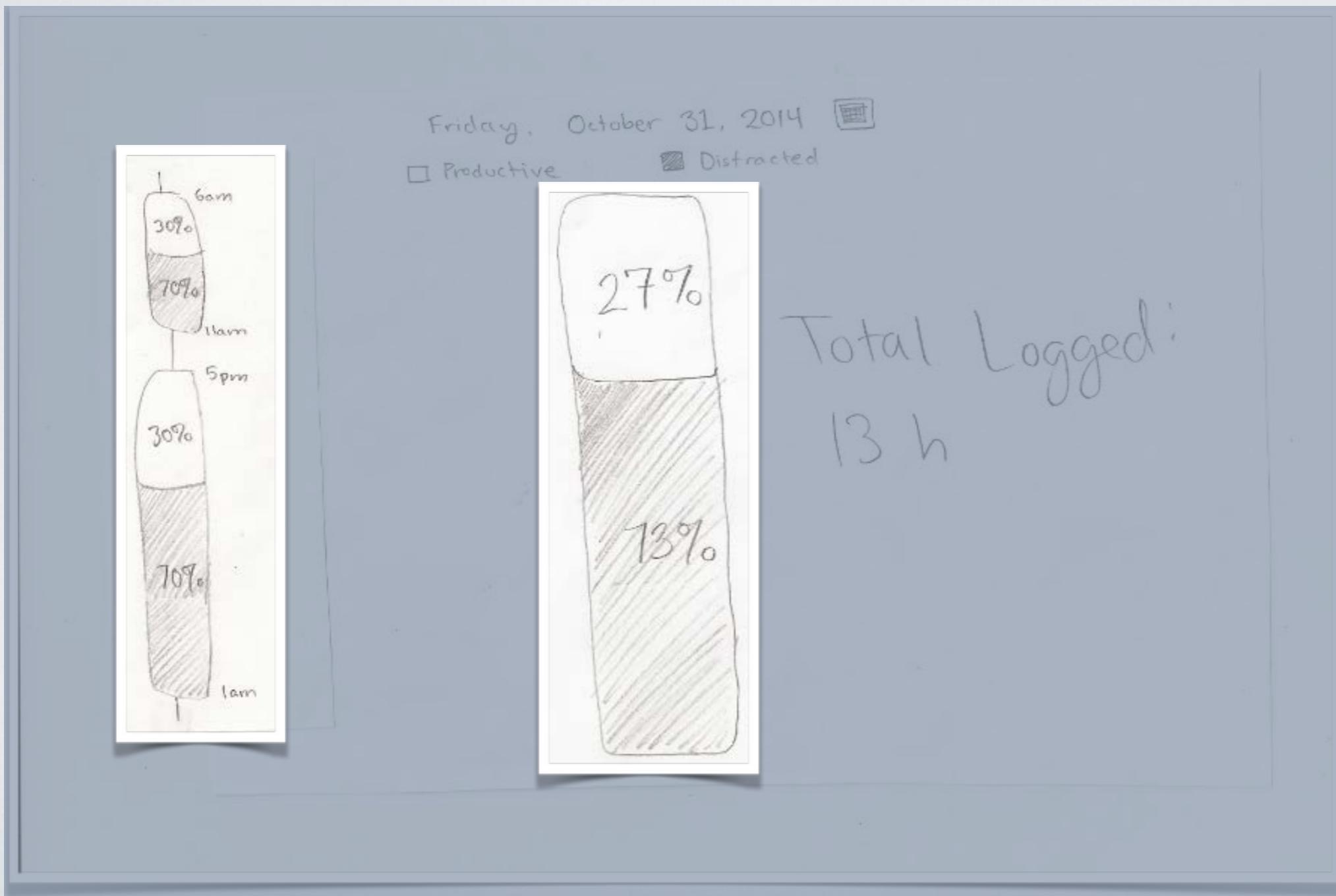
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Reflect mode with overall view



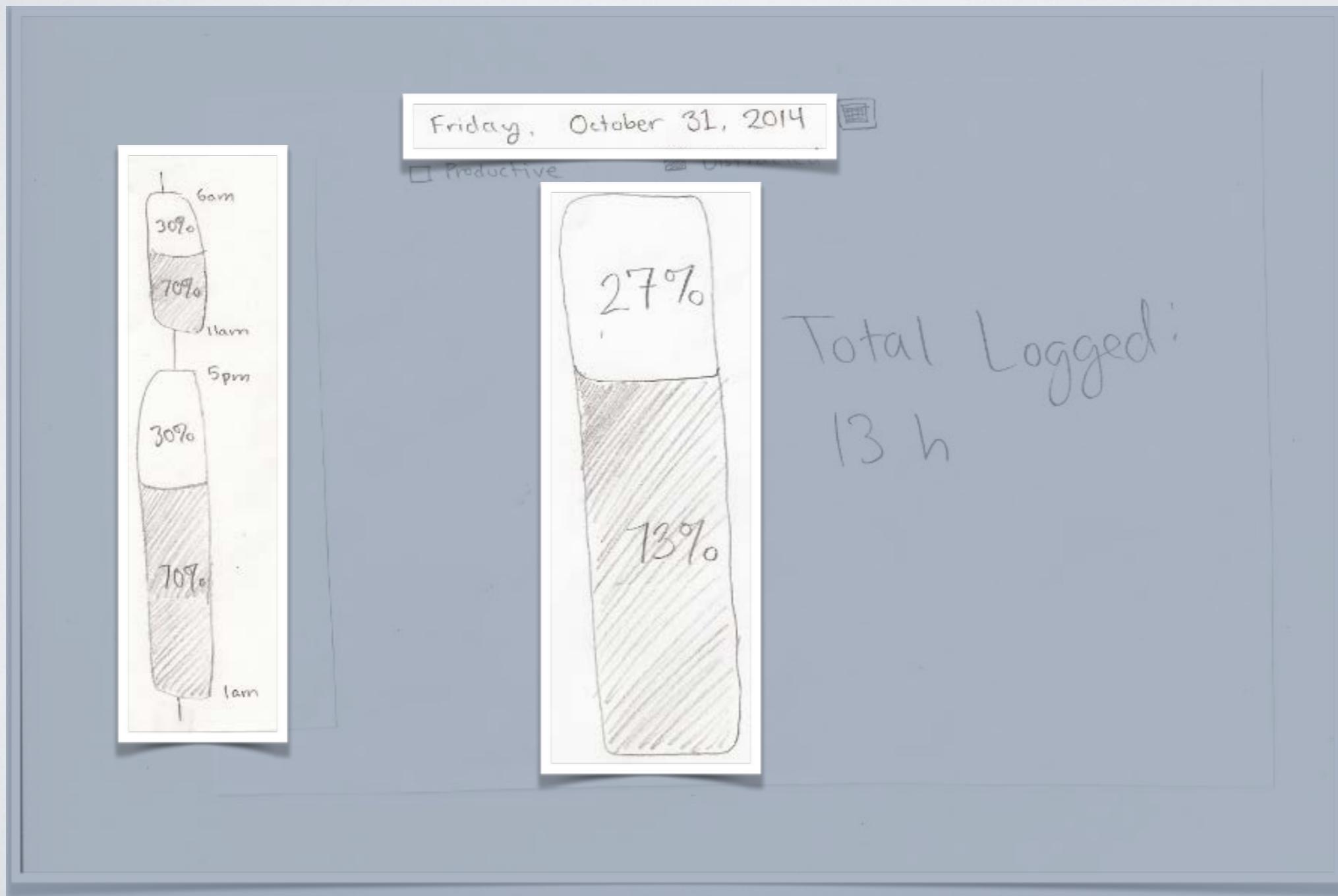
# TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



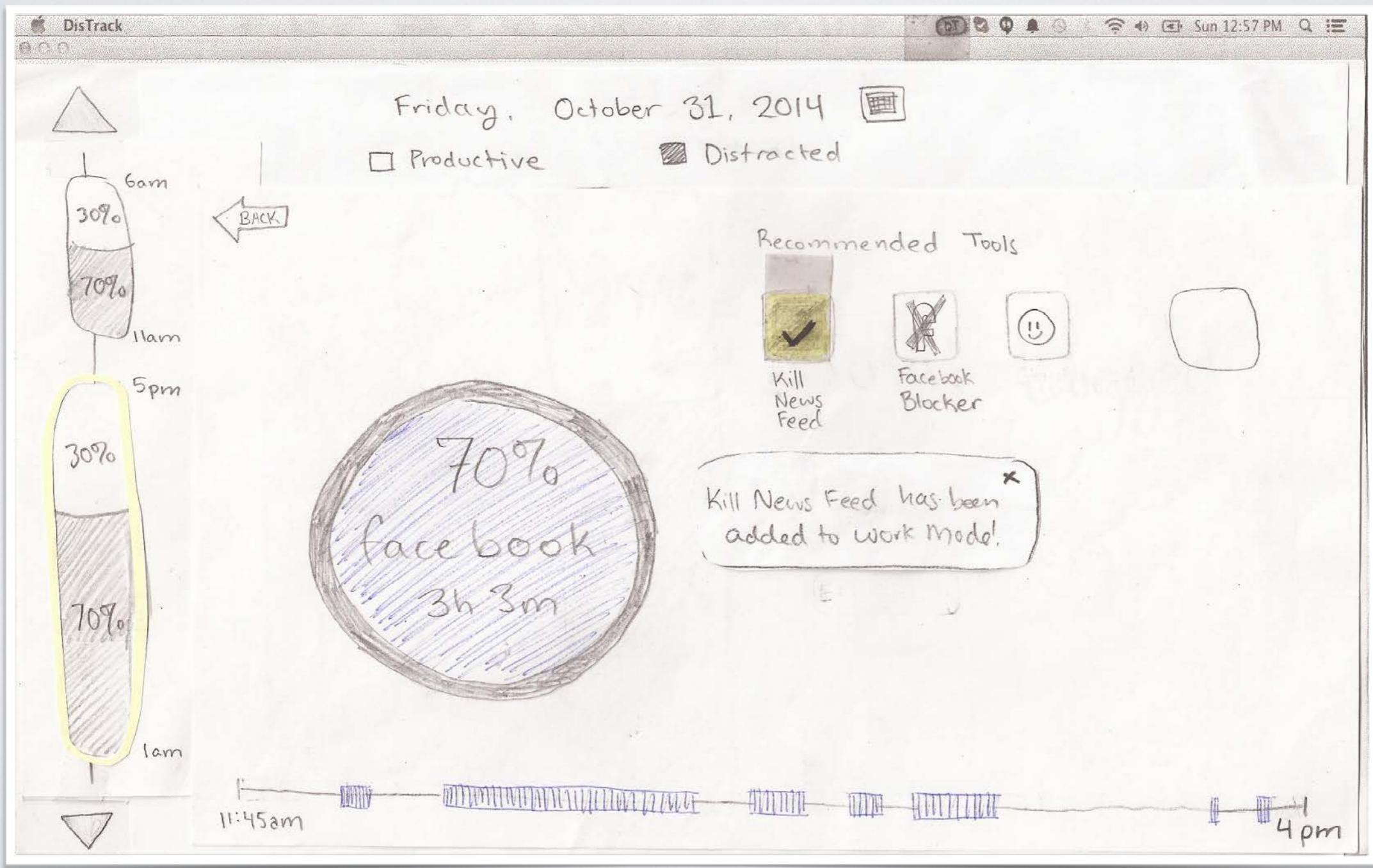
# TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



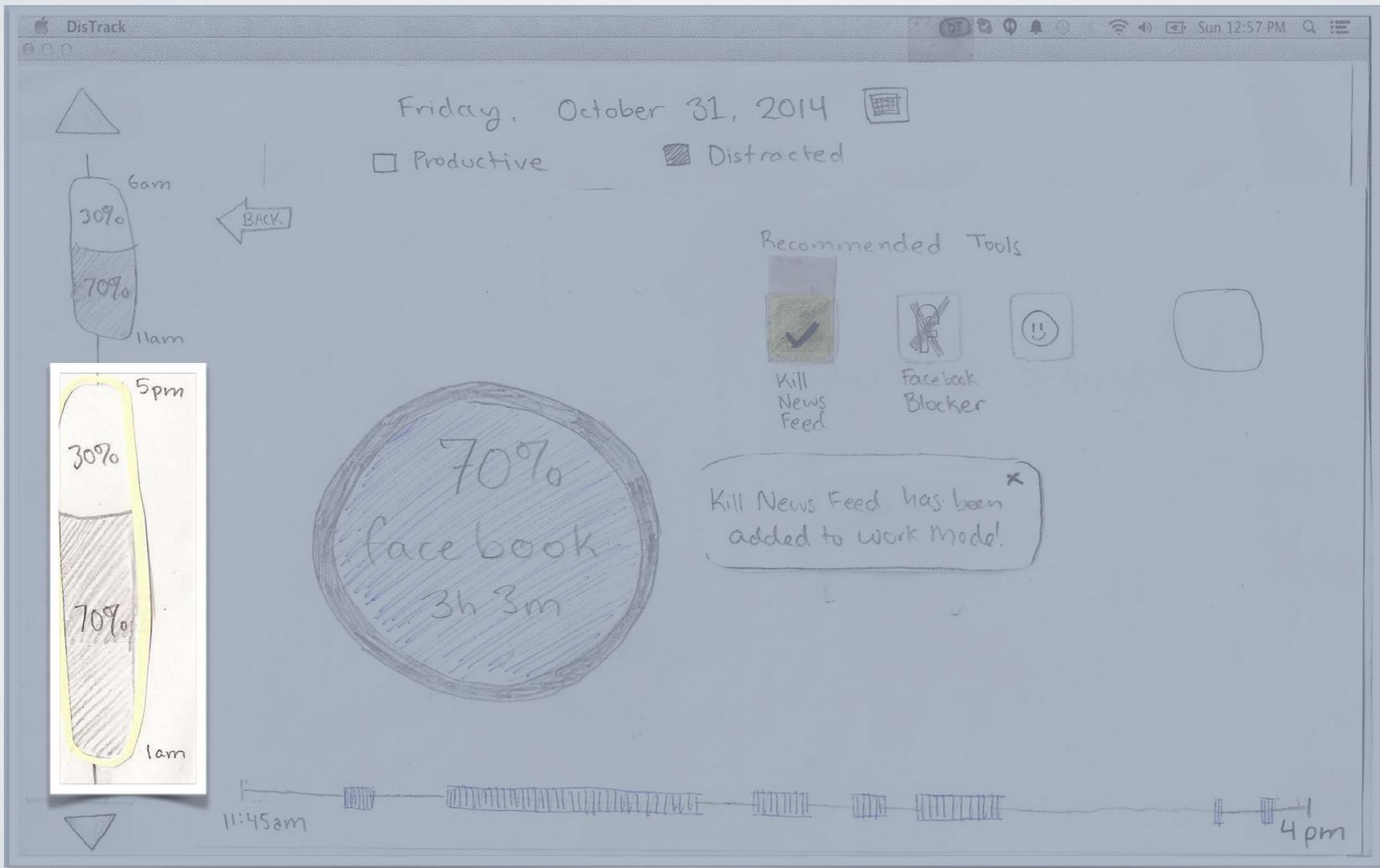
# TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



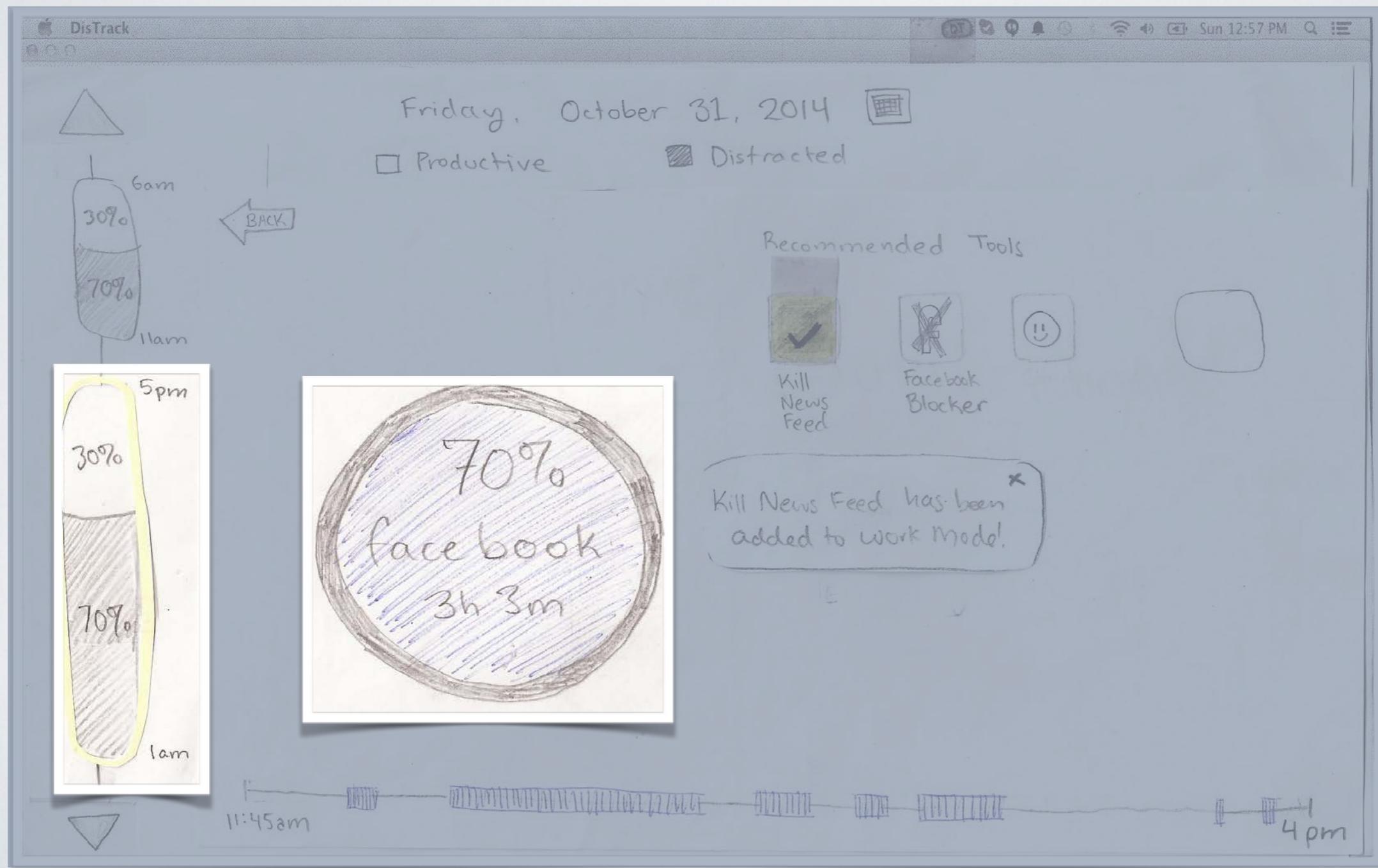
# TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



# TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



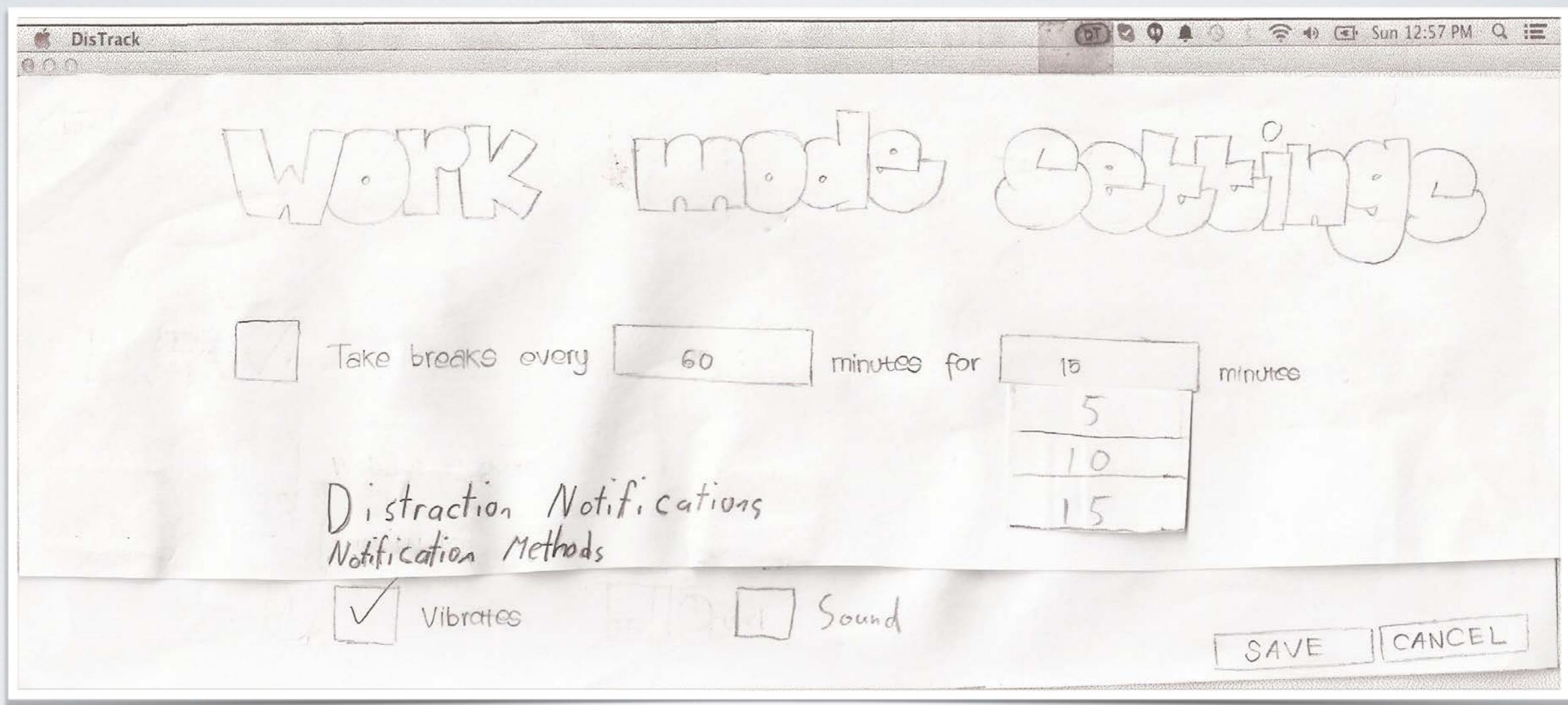
# TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



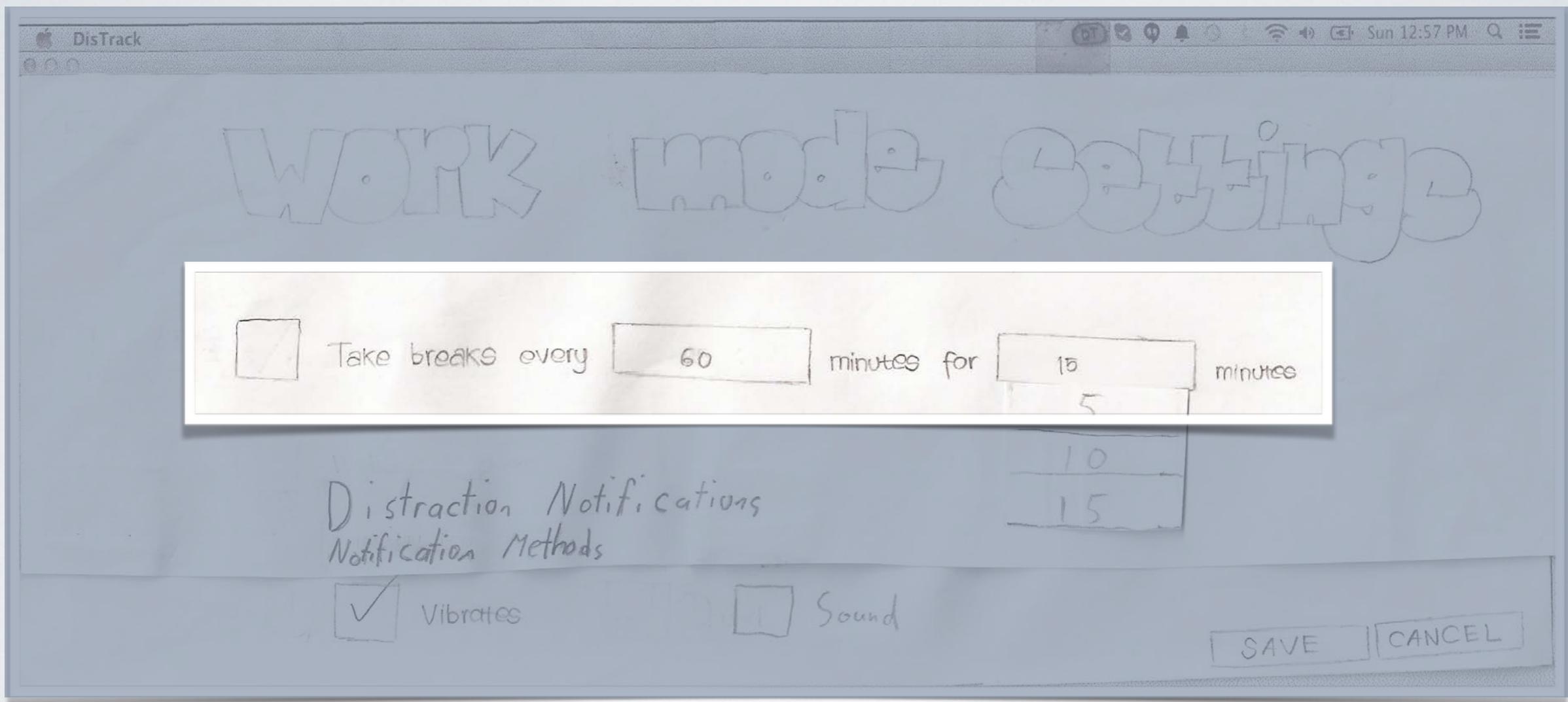
# TASK 2: SETTING UP WORK MODE TOOLS

## Work mode settings



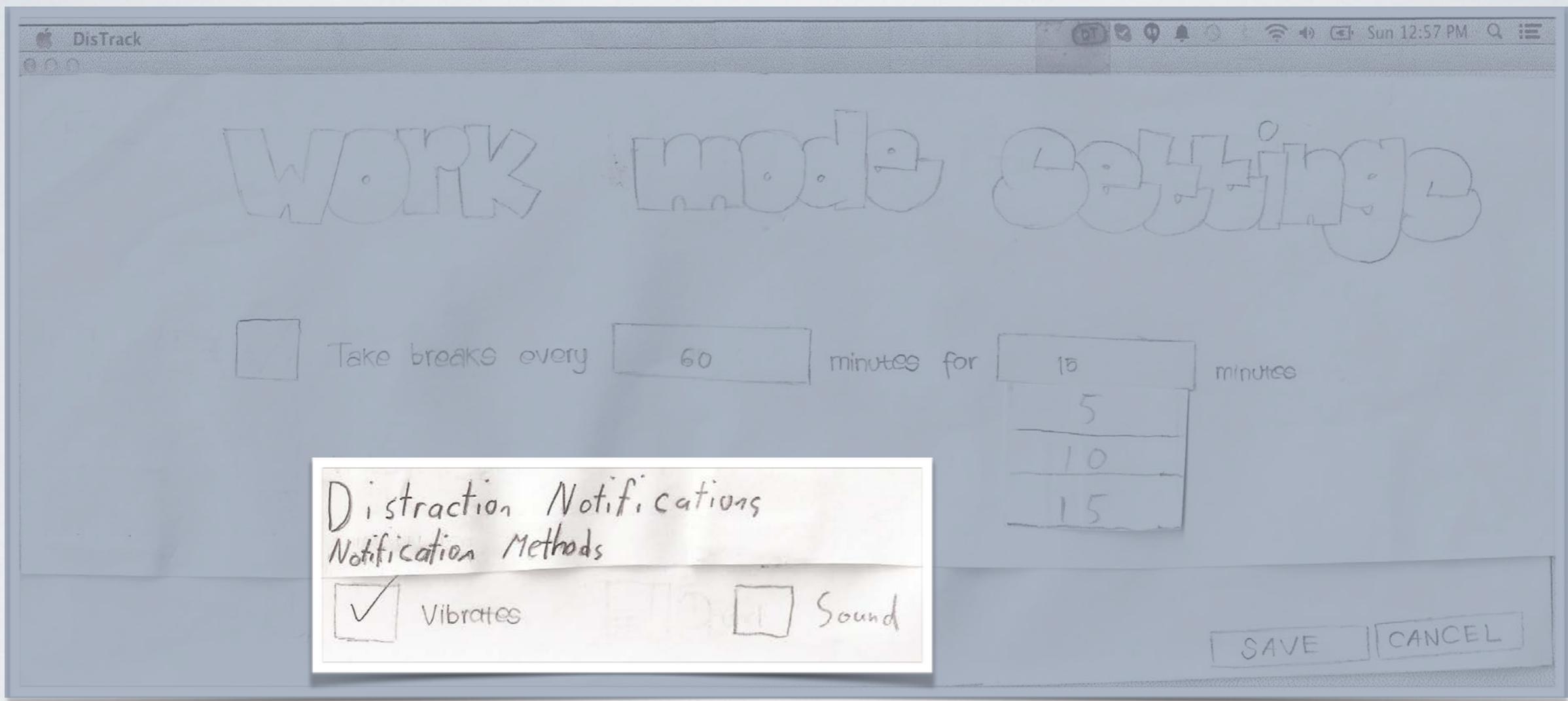
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## Work mode settings



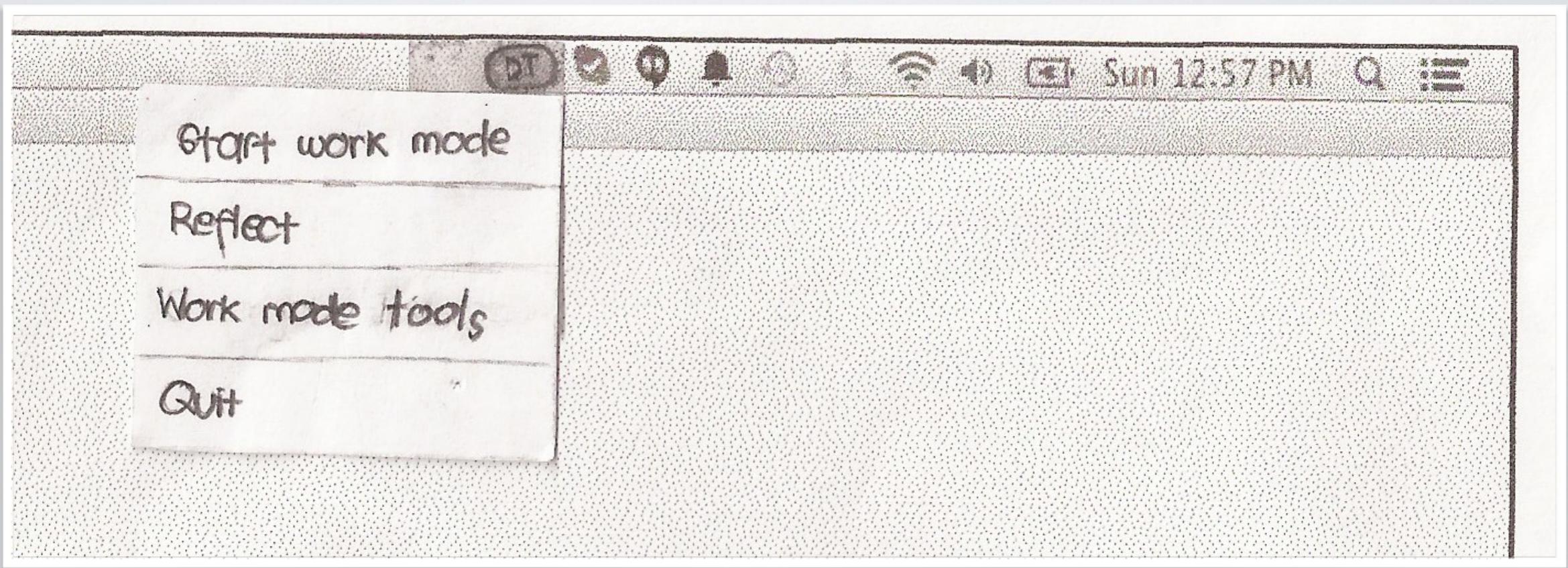
# TASK 2: SETTING UP WORK MODE TOOLS

## Work mode settings



# TASK 2: USING TOOLS IN WORK MODE

Start work mode in menu



# TESTING PROCESS



# TESTING PROCESS

- 1 Heuristic Evaluation
- 3 Usability Tests

# USABILITY TEST PROCESS

- Scenario 1:
  - Focused on reflection and finding tools
- Scenario 2:
  - Focused on using tools through the watch

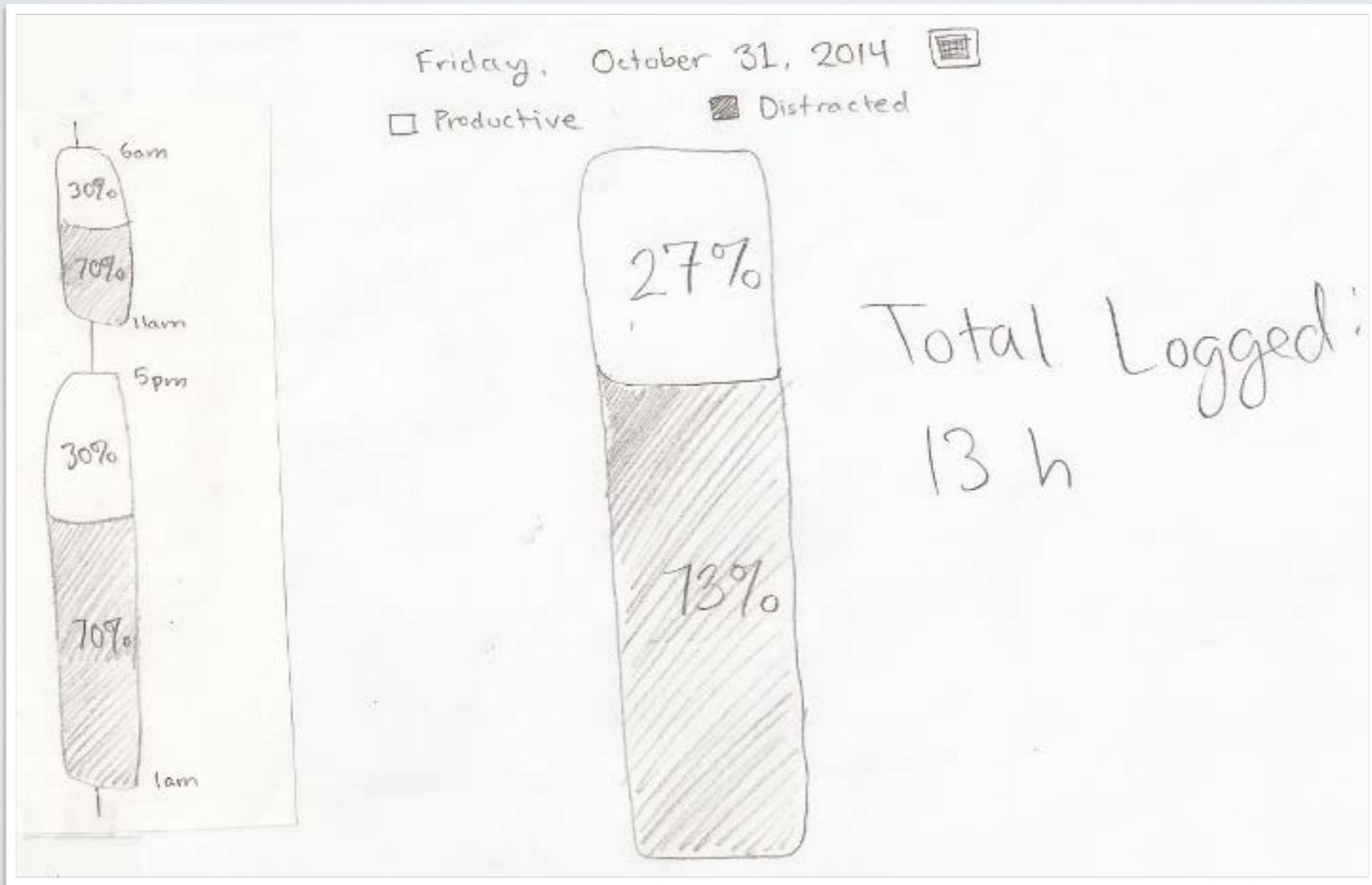
# USABILITY TEST PARTICIPANTS

- 3 undergraduate students
- Odegaard Library & Mercer Court Great Room

# RESULTS: USABILITY TEST I & HEURISTIC EVALUATION

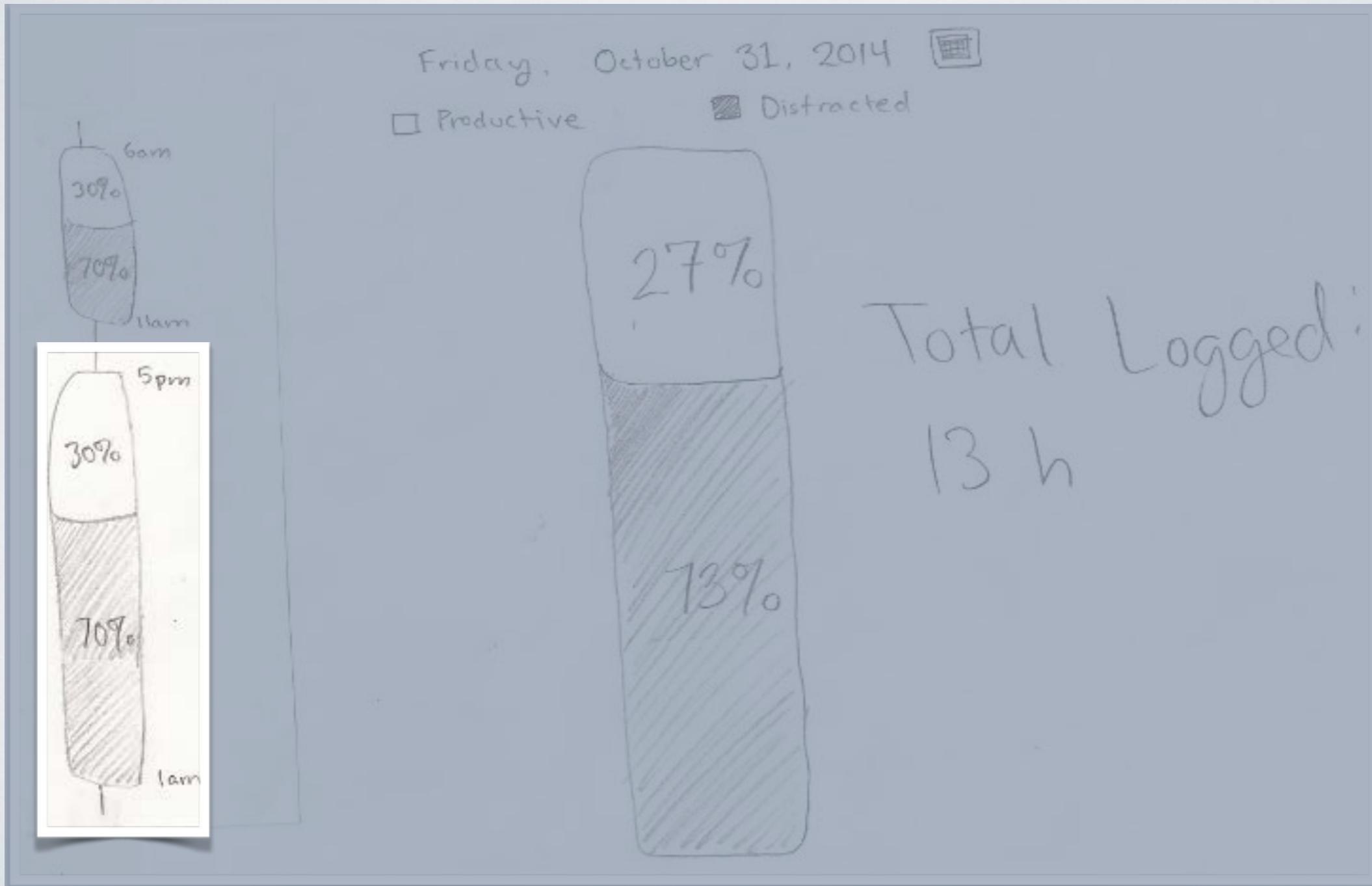
# POOR DATA VISUALIZATION

## A. Unclear relationships with time



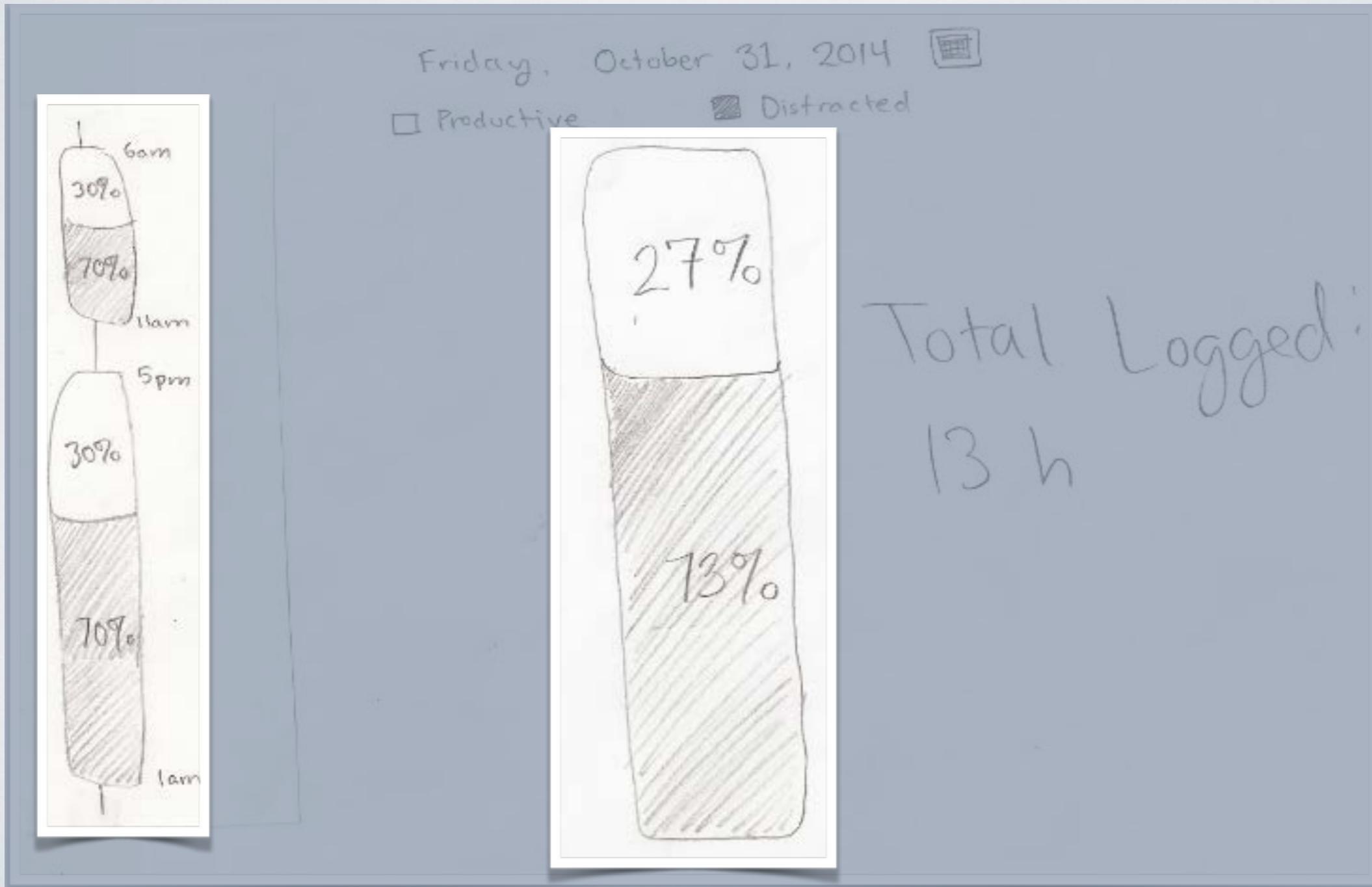
# POOR DATA VISUALIZATION

## A. Unclear relationships with time



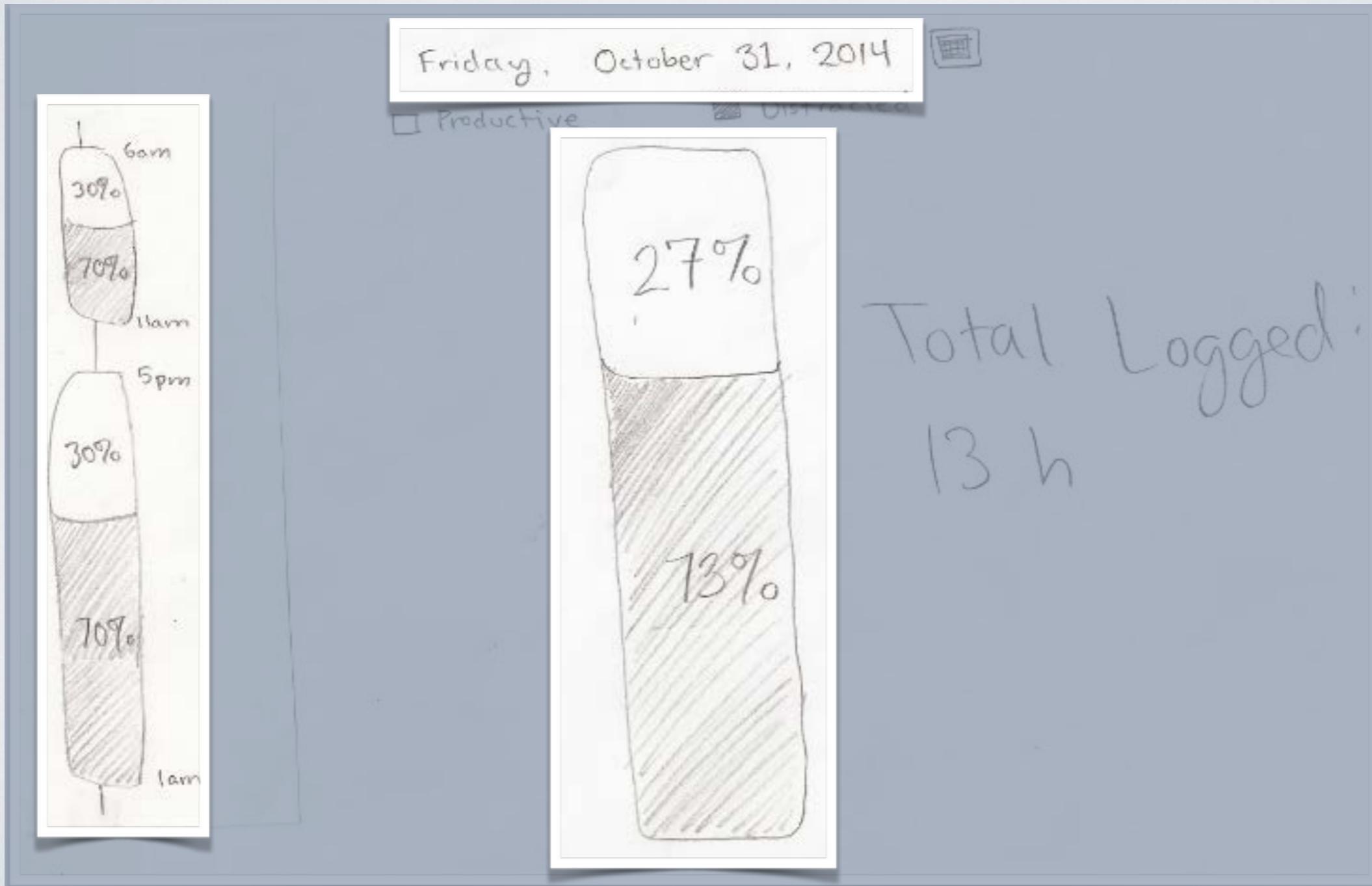
# POOR DATA VISUALIZATION

## A. Unclear relationships with time



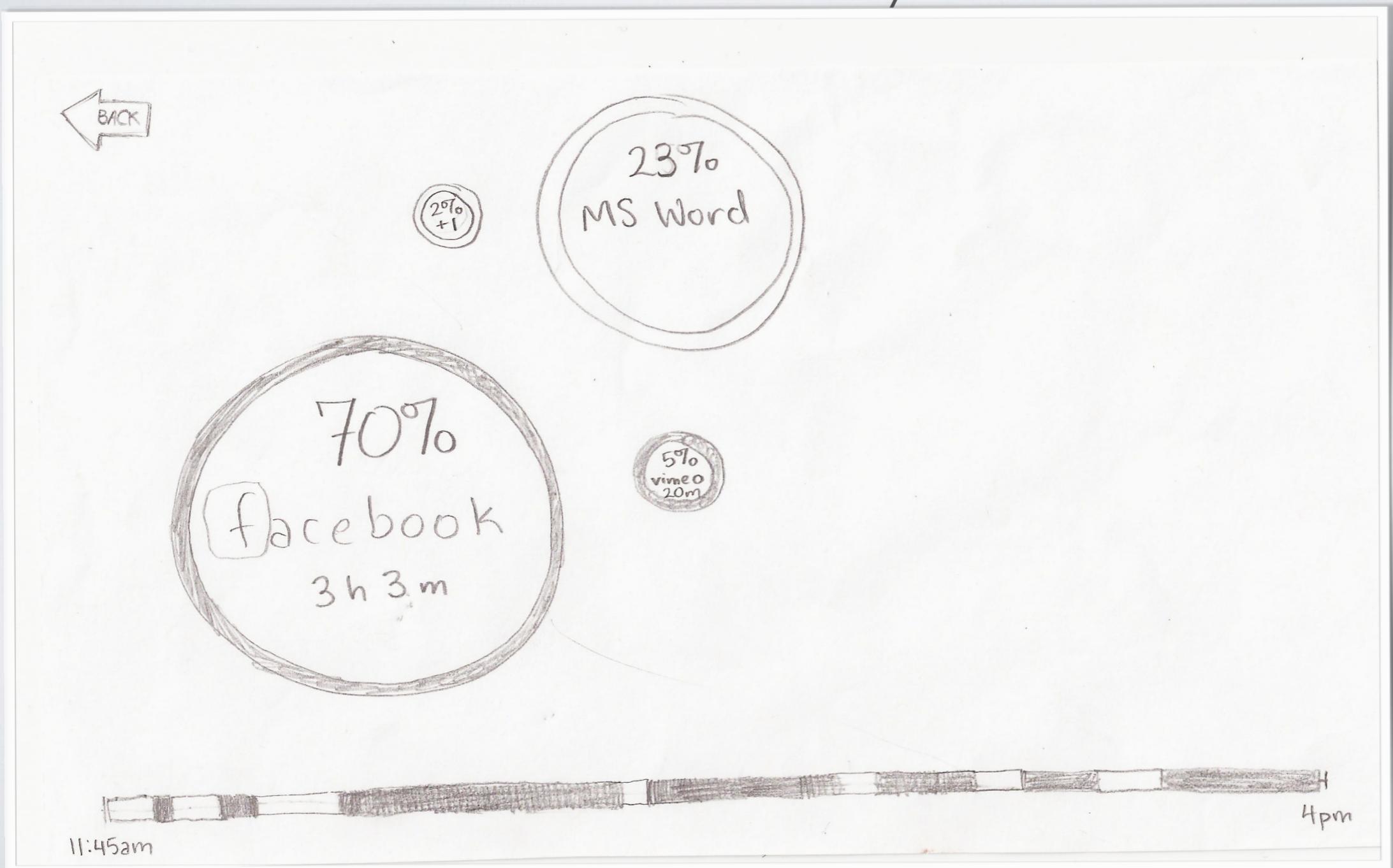
# POOR DATA VISUALIZATION

## A. Unclear relationships with time



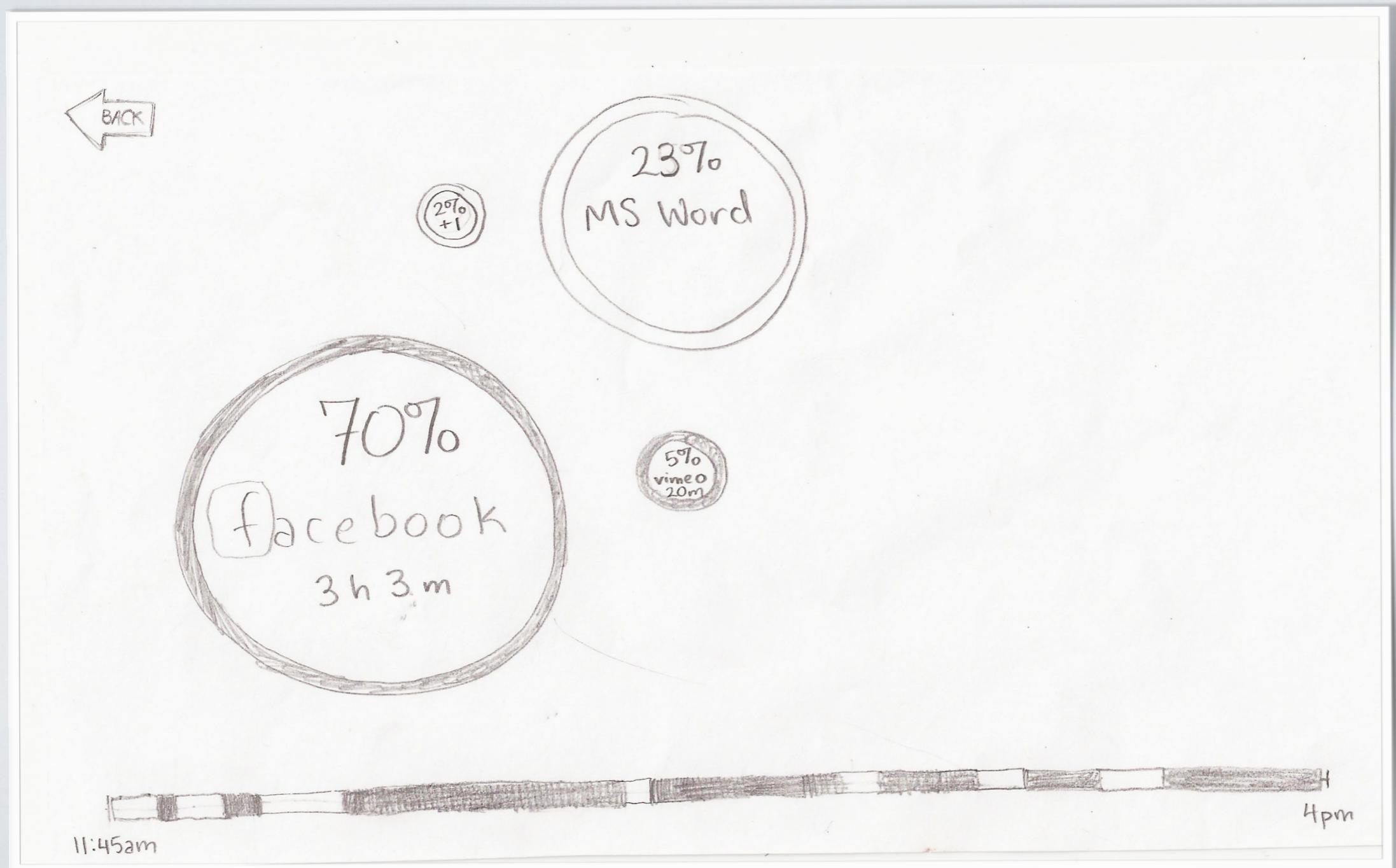
# POOR DATA VISUALIZATION

## B. Hard to understand activity information

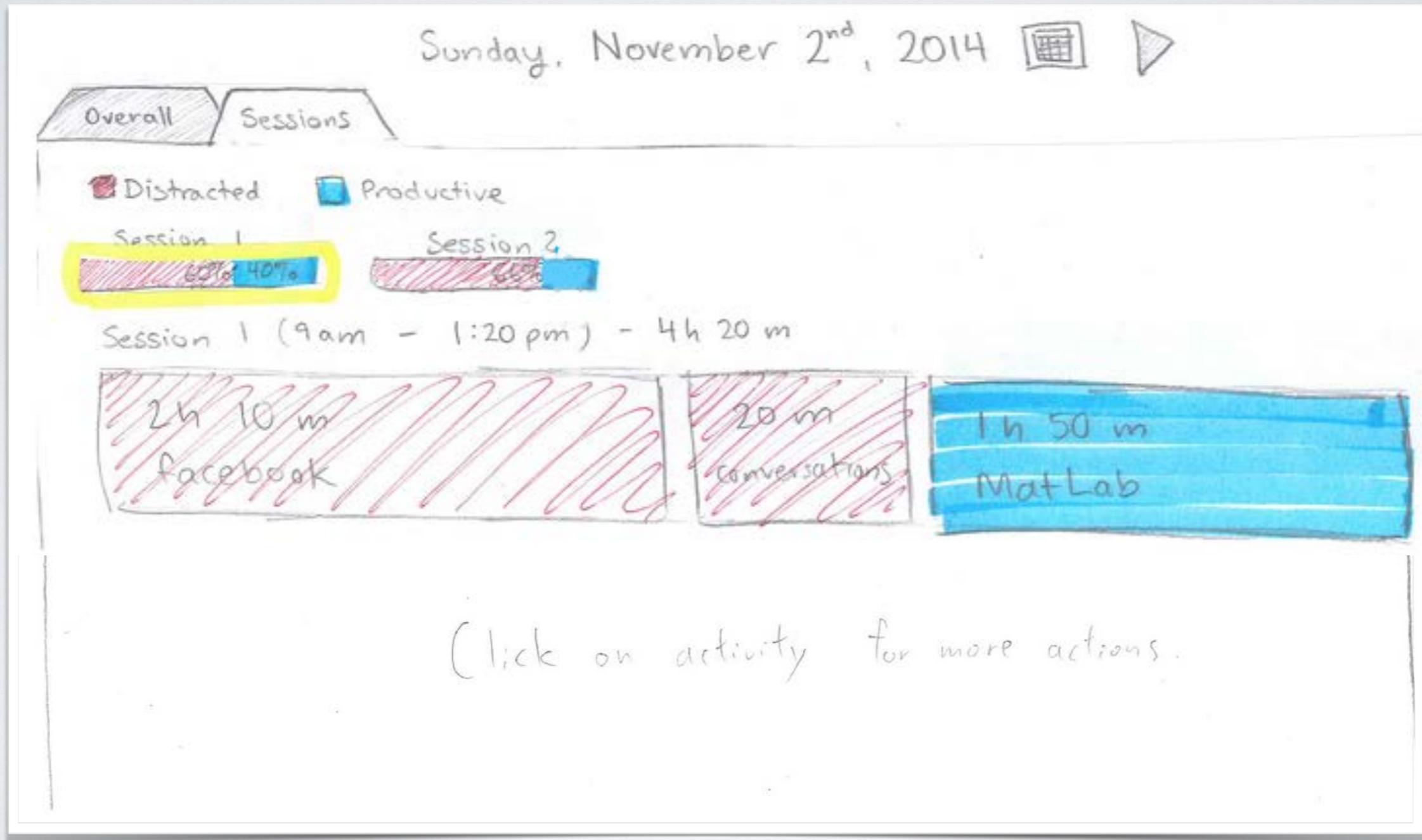


# RECOMMENDED TOOLS HARD TO FIND

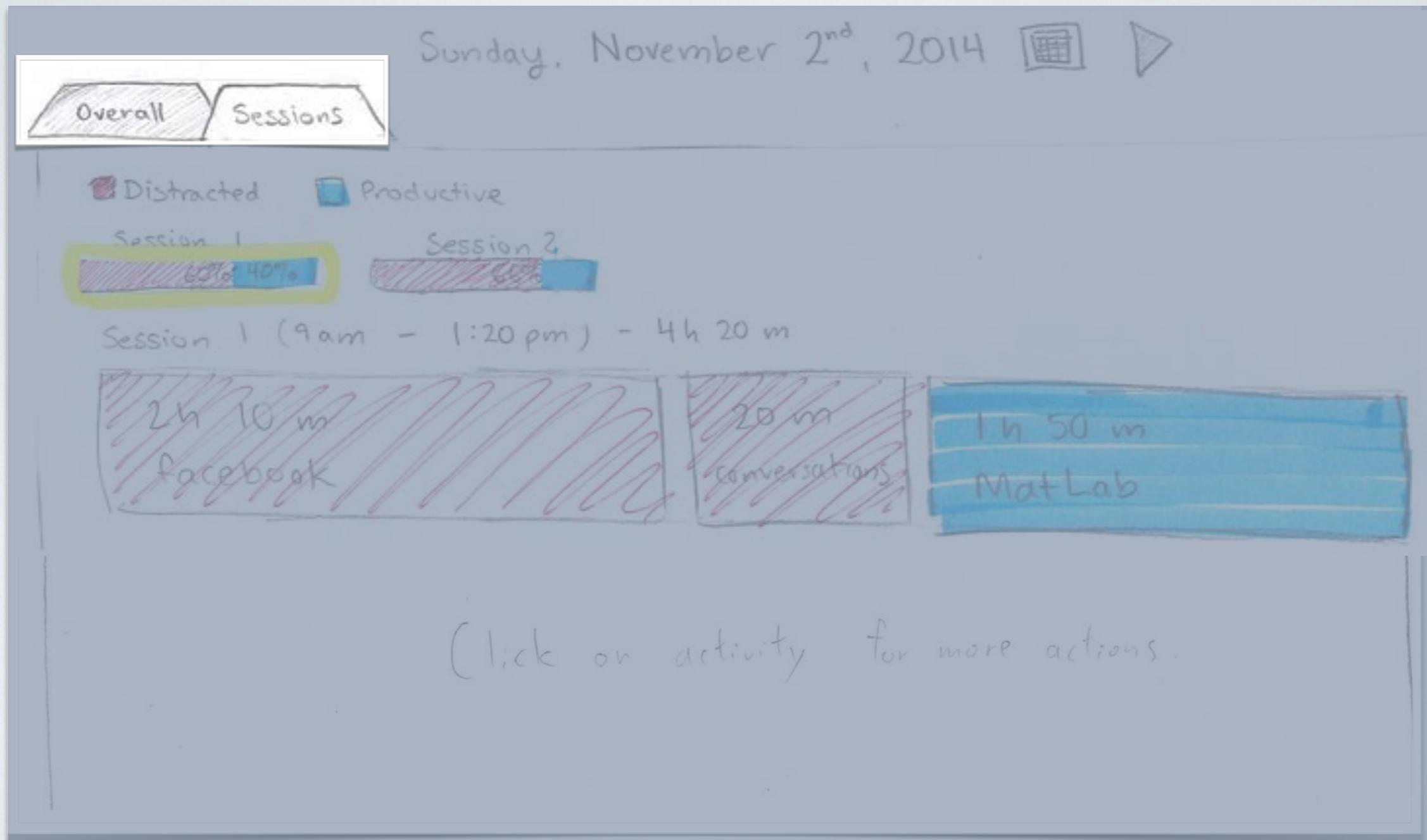
Circles are not obviously clickable



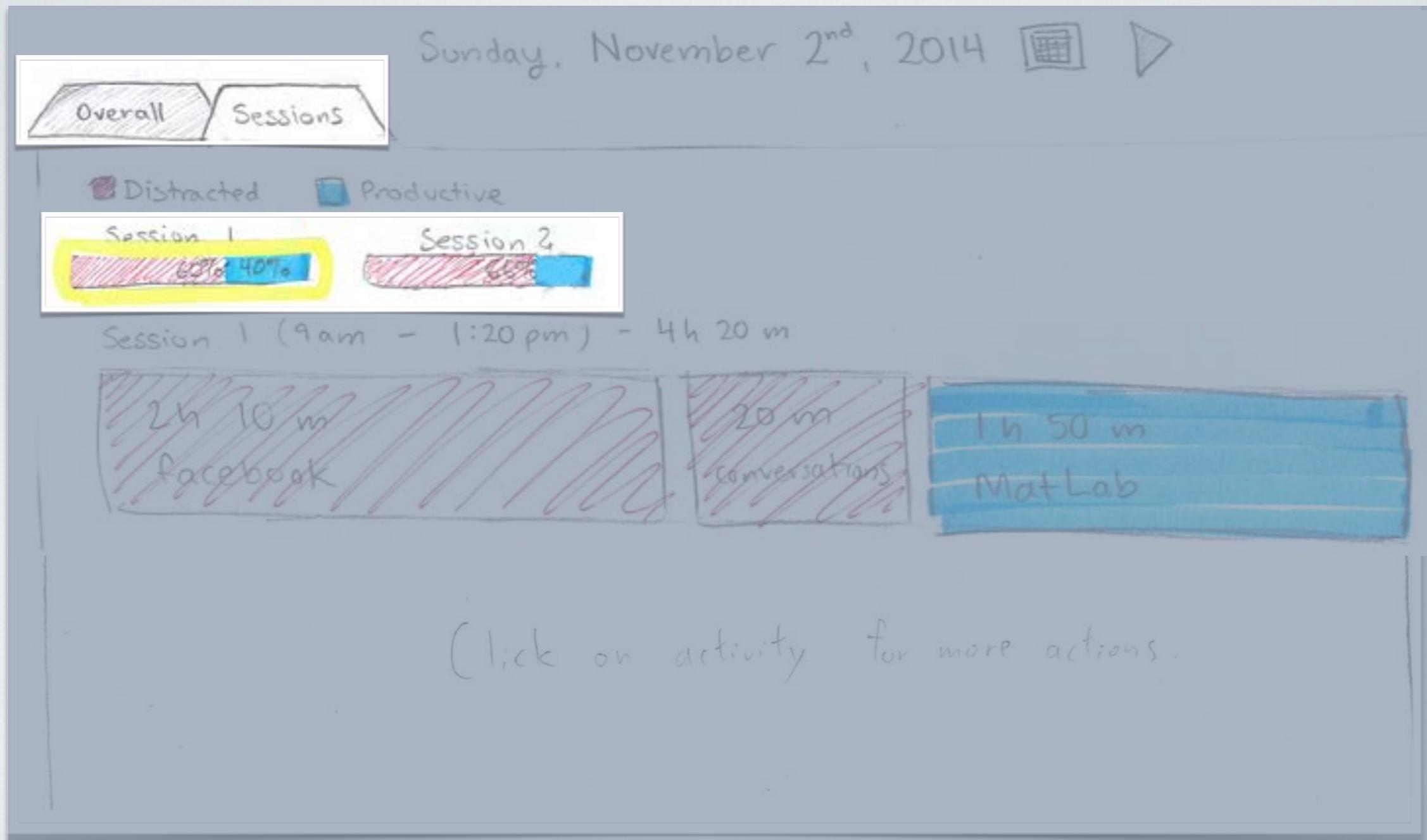
# IMPROVED DESIGN



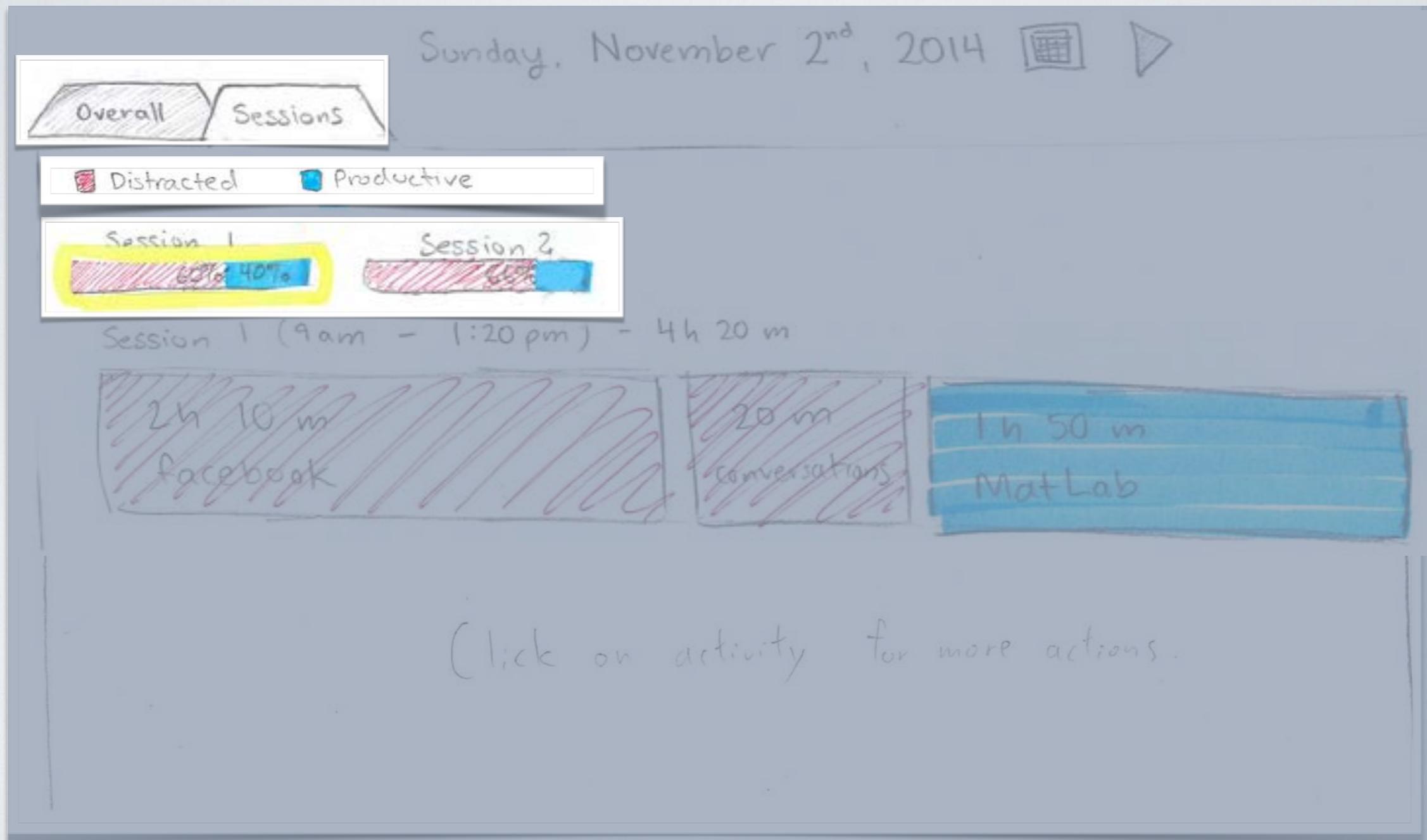
# IMPROVED DESIGN



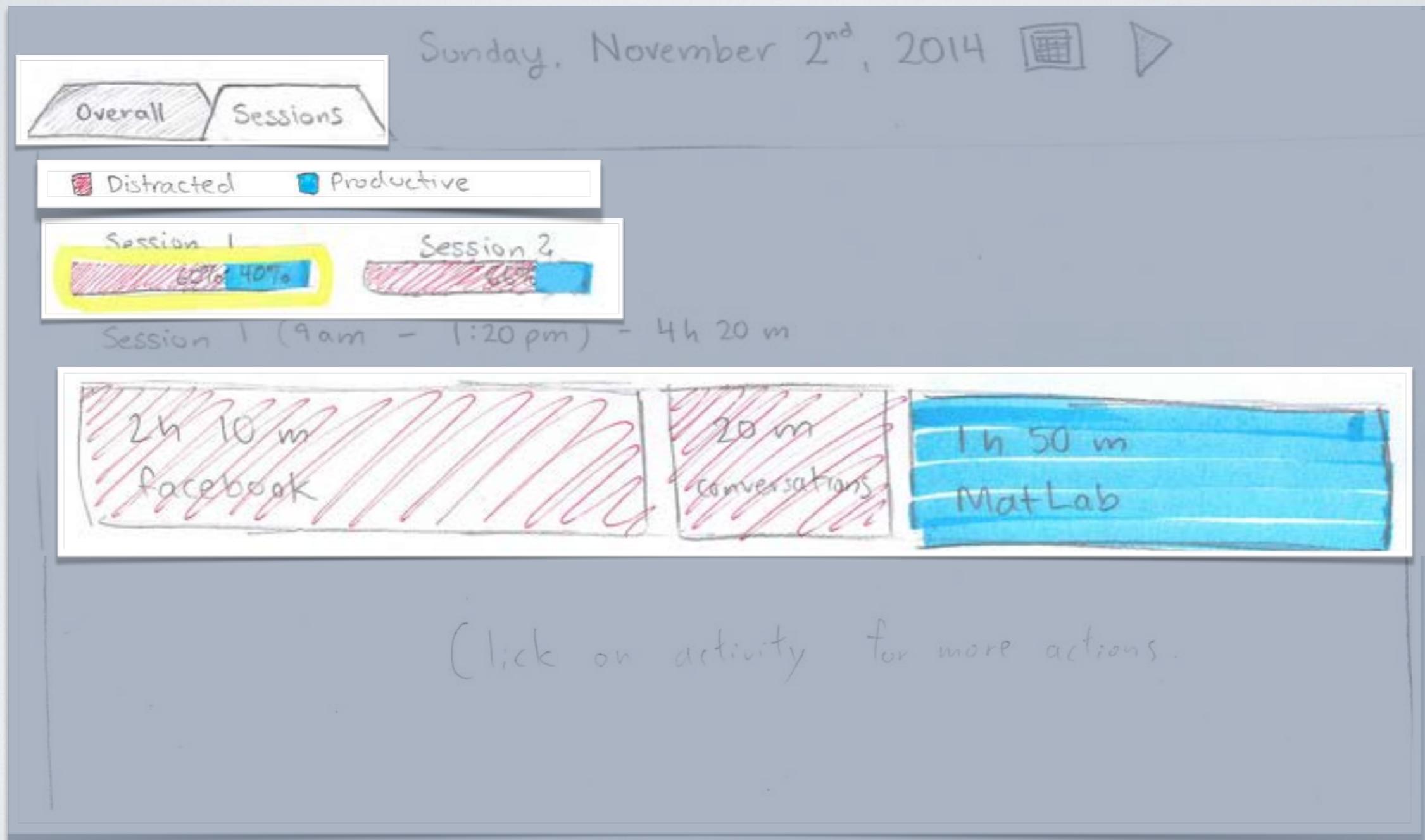
# IMPROVED DESIGN



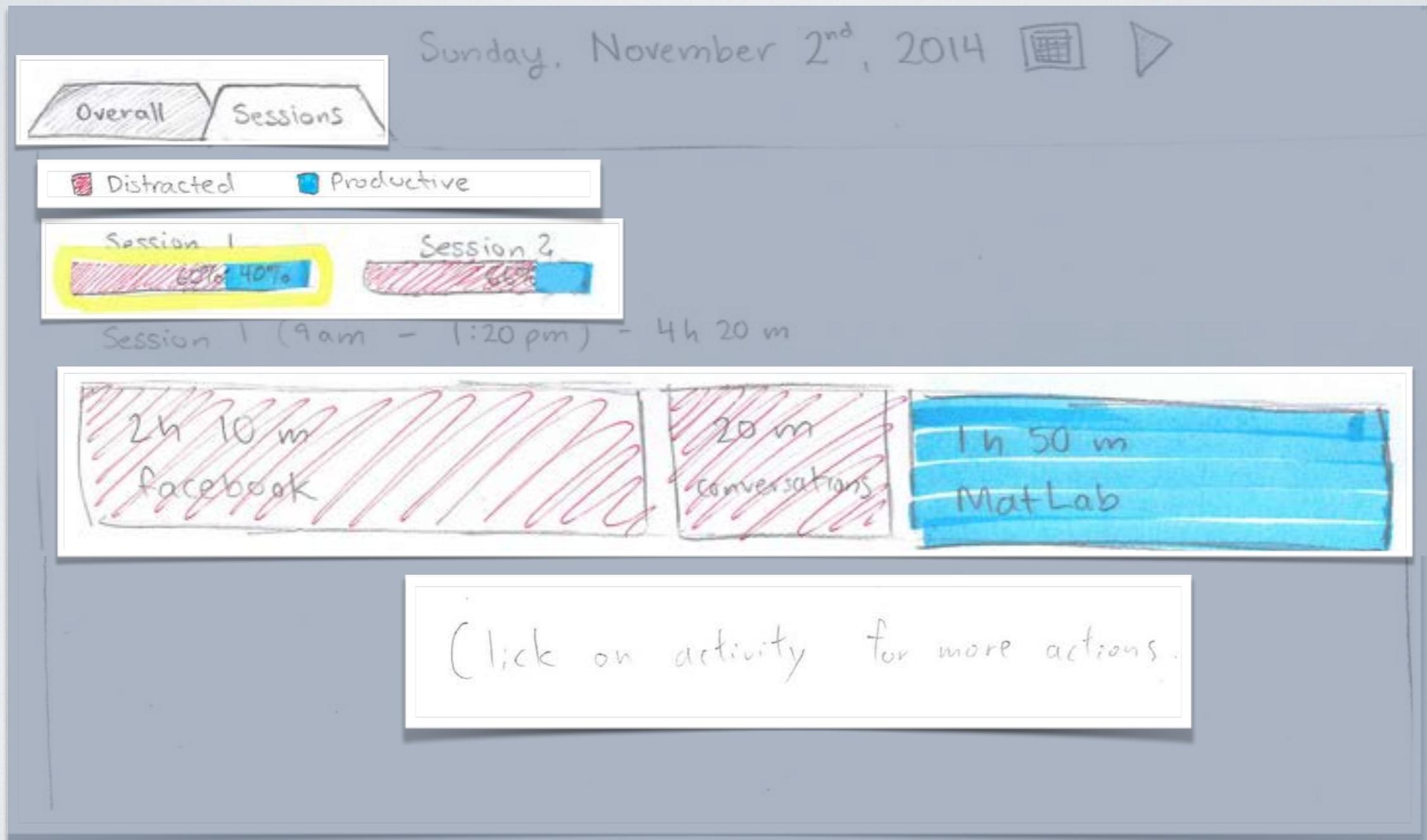
# IMPROVED DESIGN



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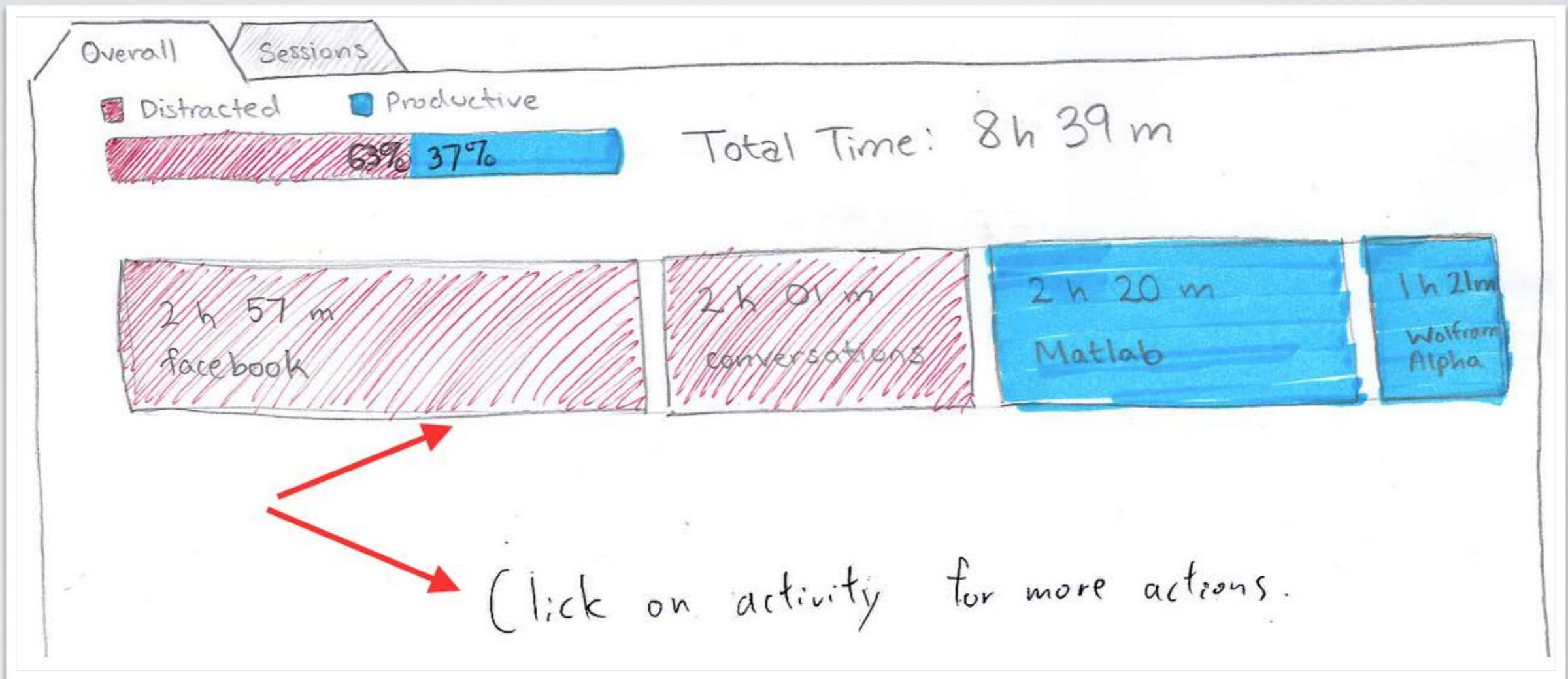


# IMPROVED DESIGN

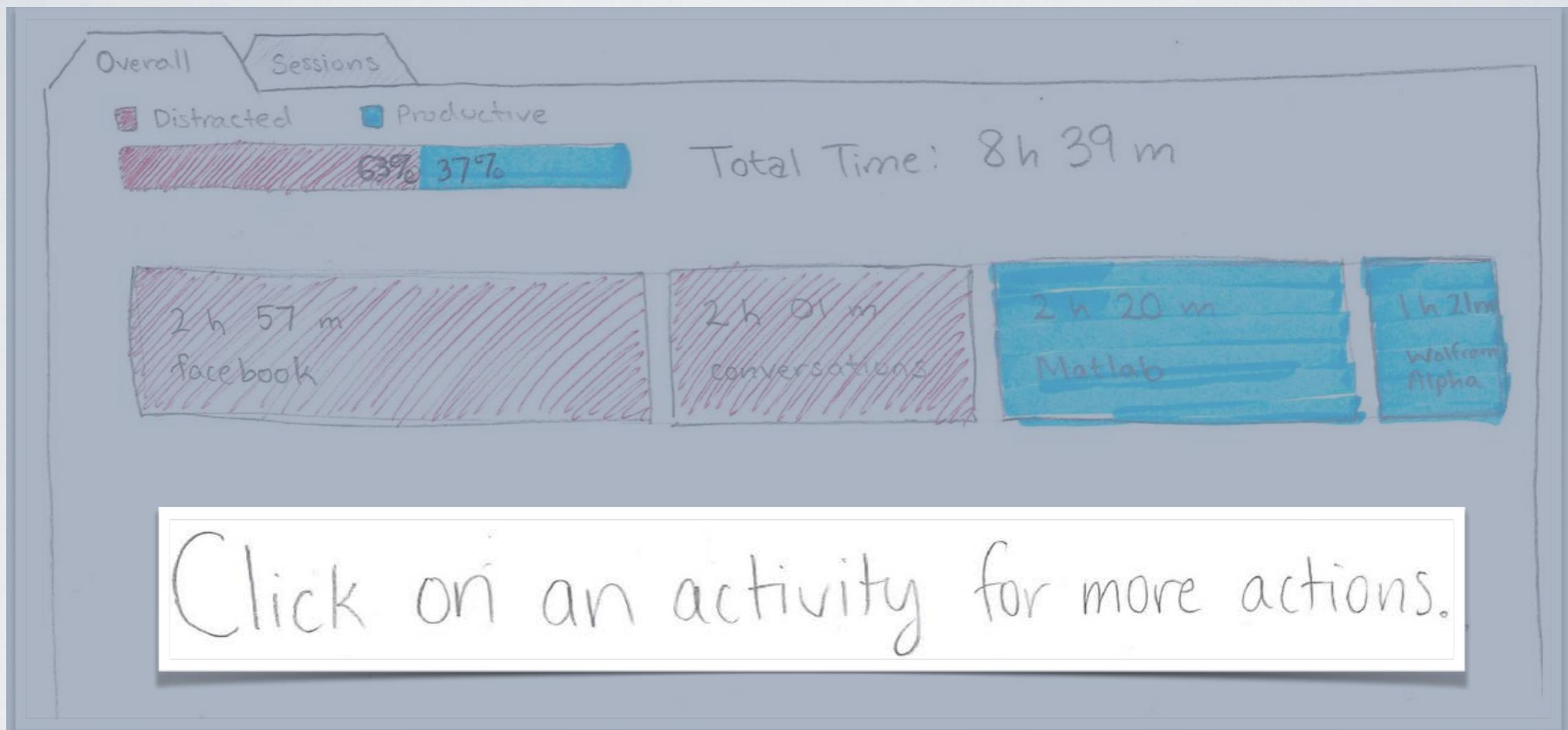


# RESULTS: USABILITY TEST II & III

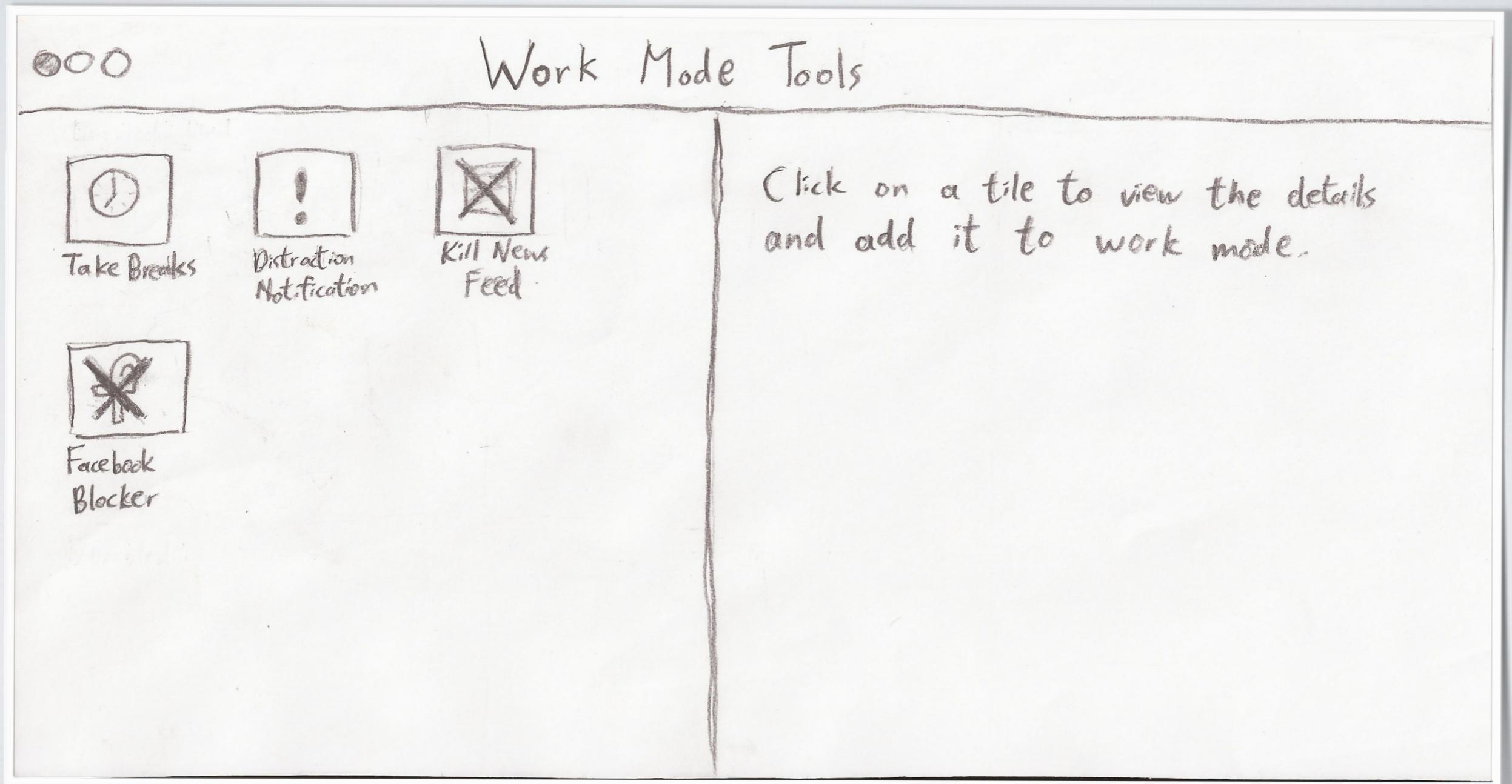
# RECOMMENDED TOOLS STILL HARD TO FIND



# IMPROVEMENT



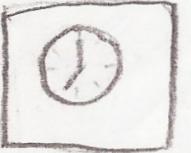
# WORK MODE CONCEPT WAS UNCLEAR



# WORK MODE CONCEPT WAS UNCLEAR

ooo

## Work Mode Tools



Take Breaks



Distraction  
Notification



Kill News  
Feed



Facebook  
Blocker

Click on a tile to view the details and add it to work mode.

# WORK MODE CONCEPT WAS UNCLEAR

ooo

## Work Mode Tools

Take Breaks

Distraction Not.fication

Kill News Feed

Facebook Blocker

Distraction Notification

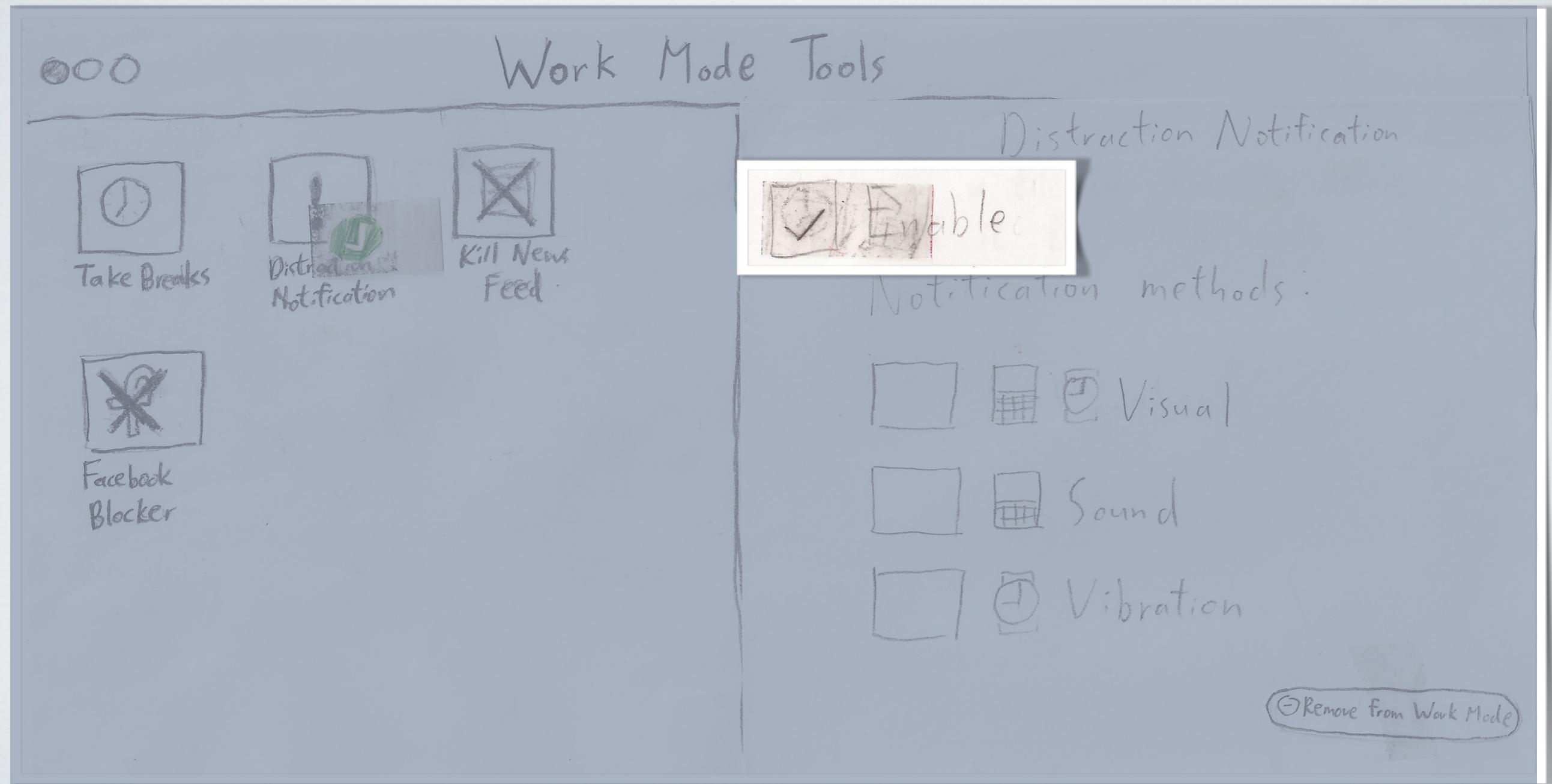
Enable

Notification methods:

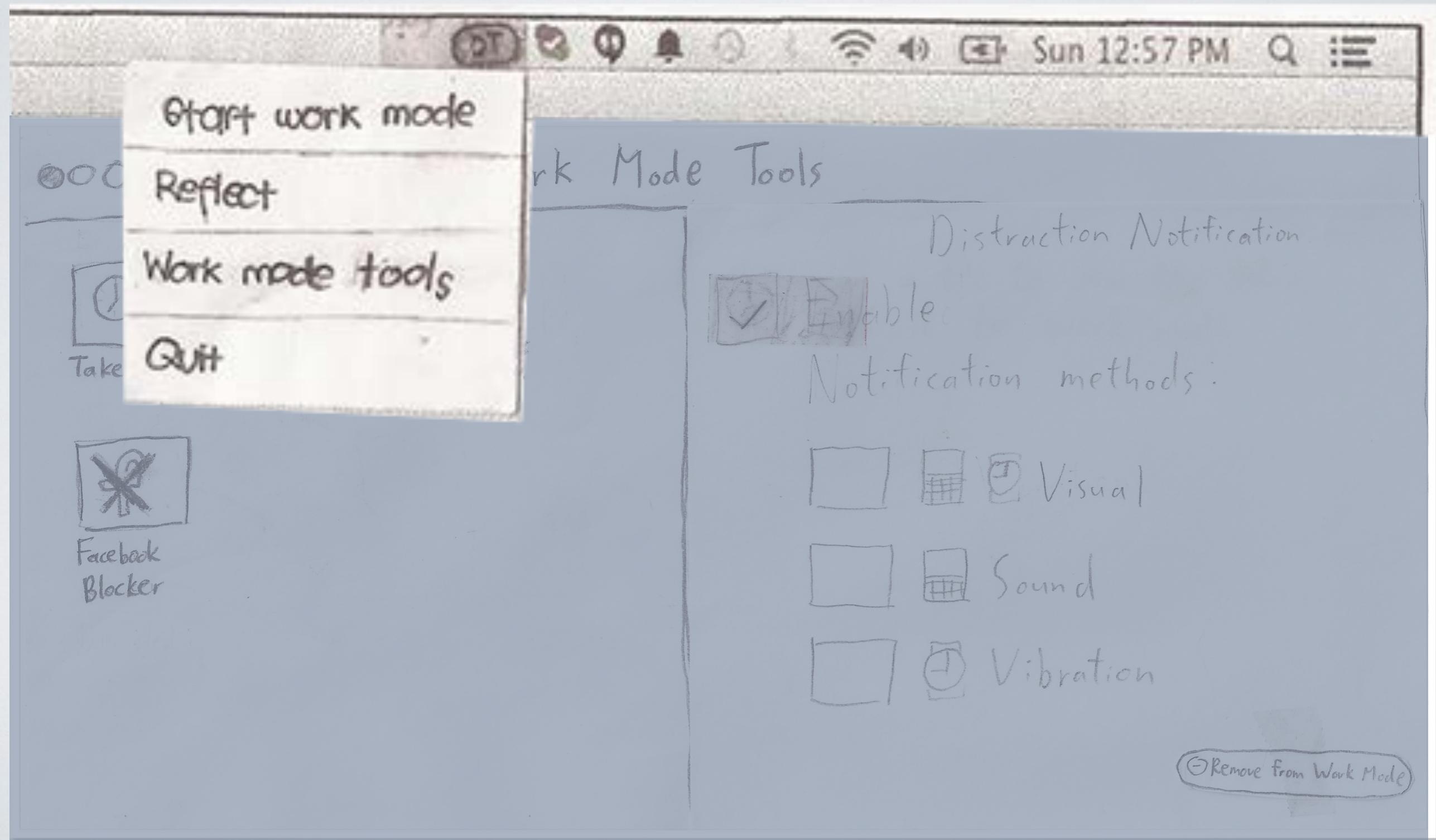
- Visual
- Sound
- Vibration

(Remove from Work Mode)

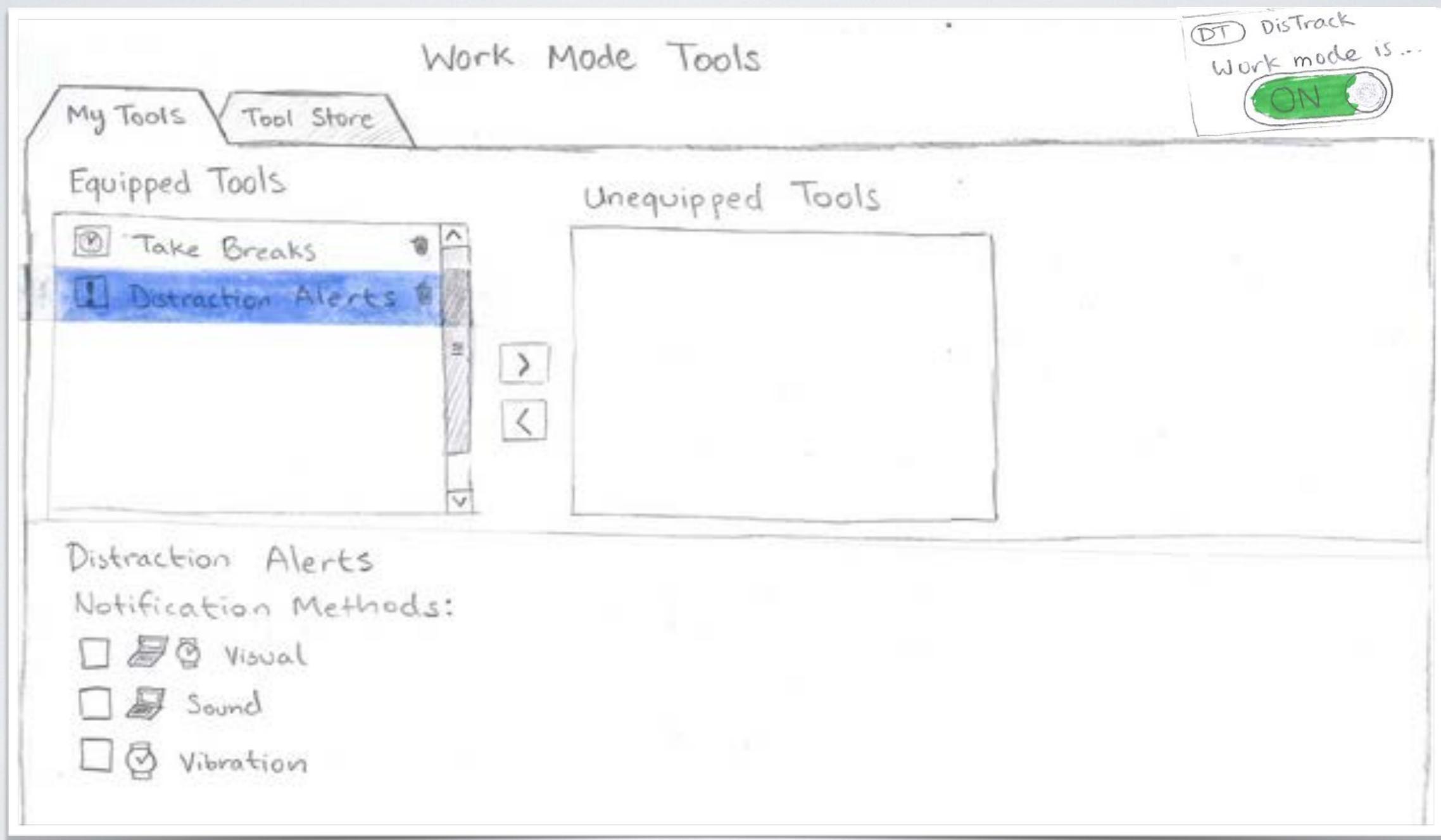
# WORK MODE CONCEPT WAS UNCLEAR



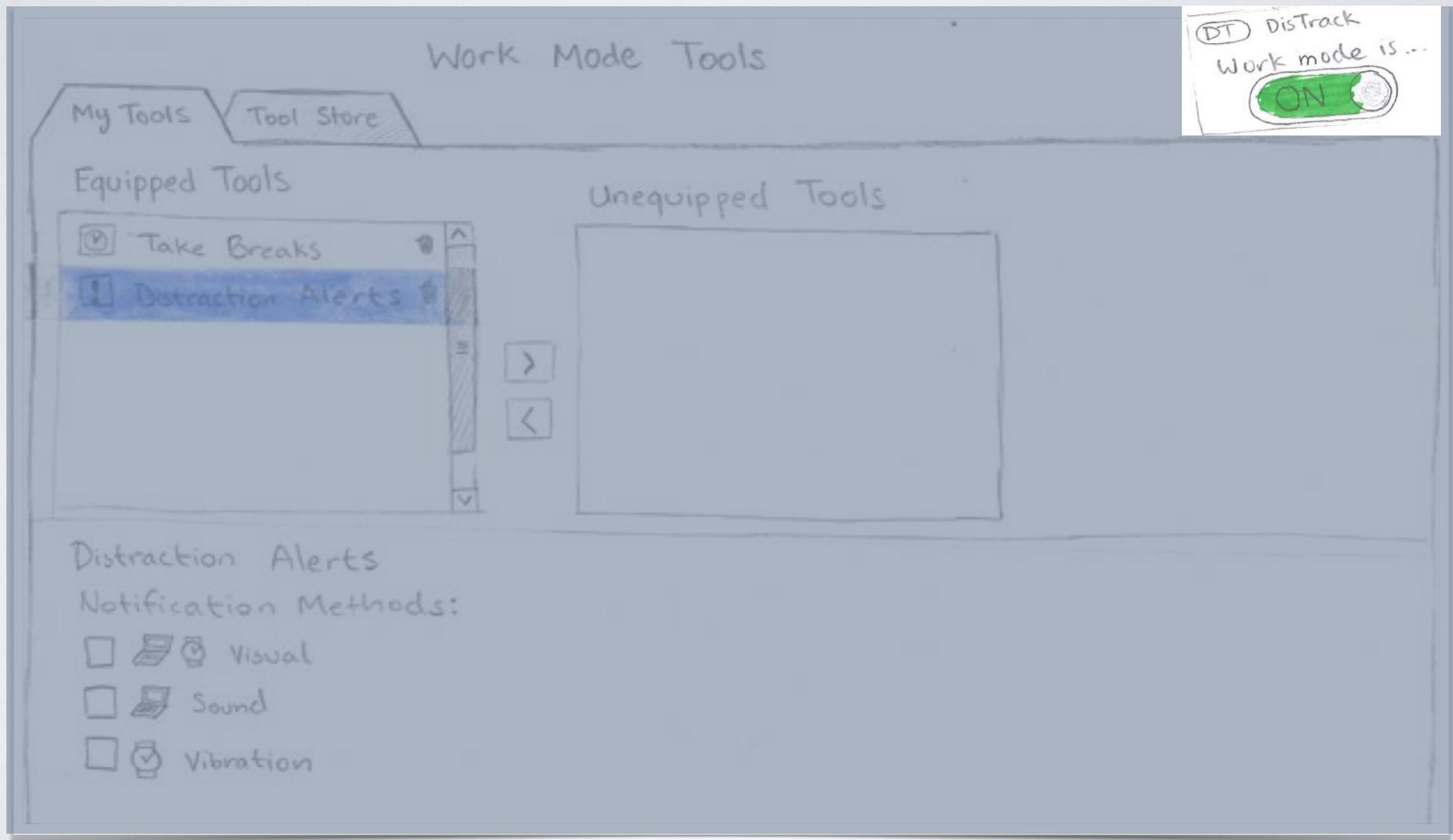
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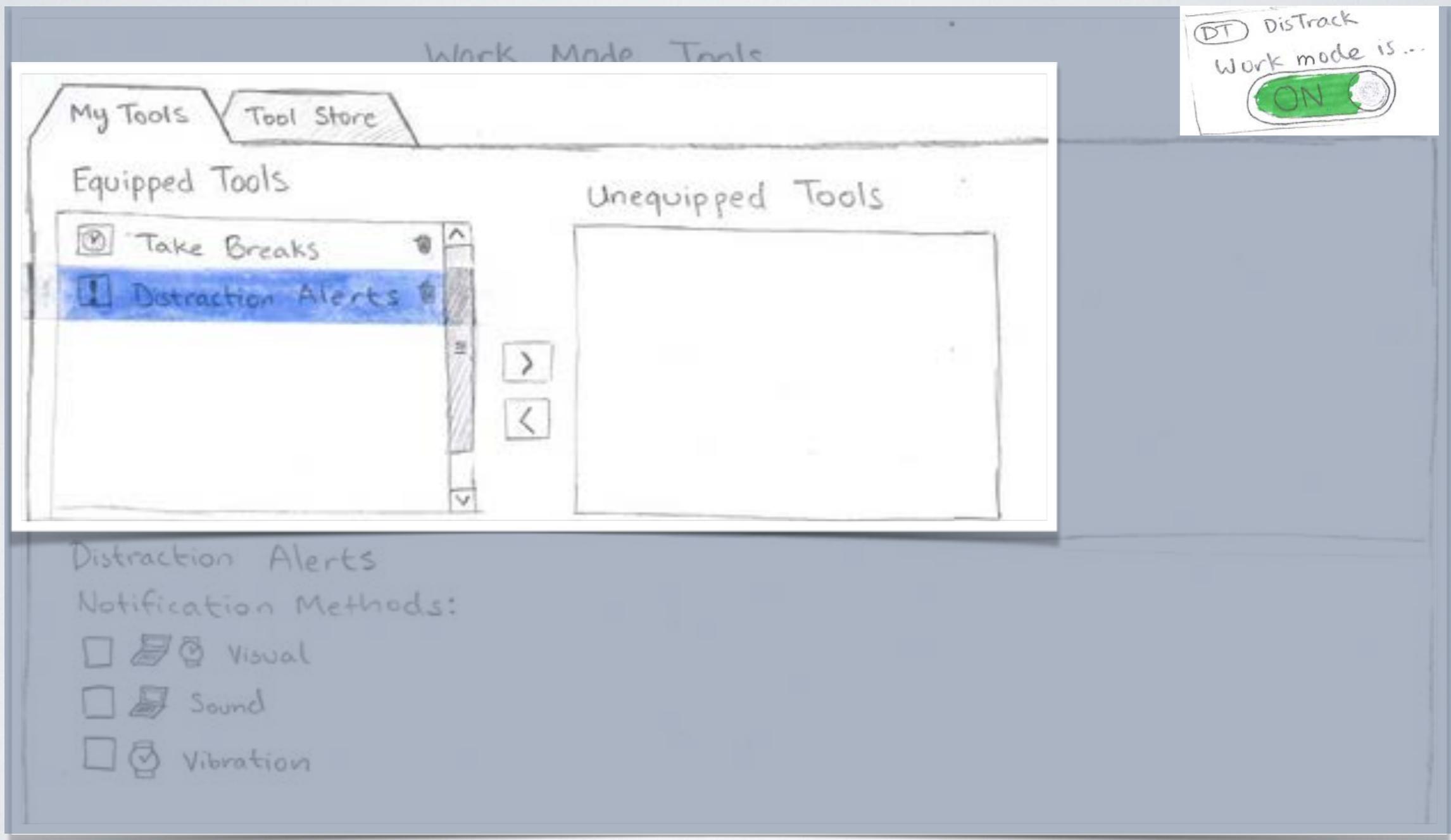
# MORE IMPROVED WORK MODE CONTROLS



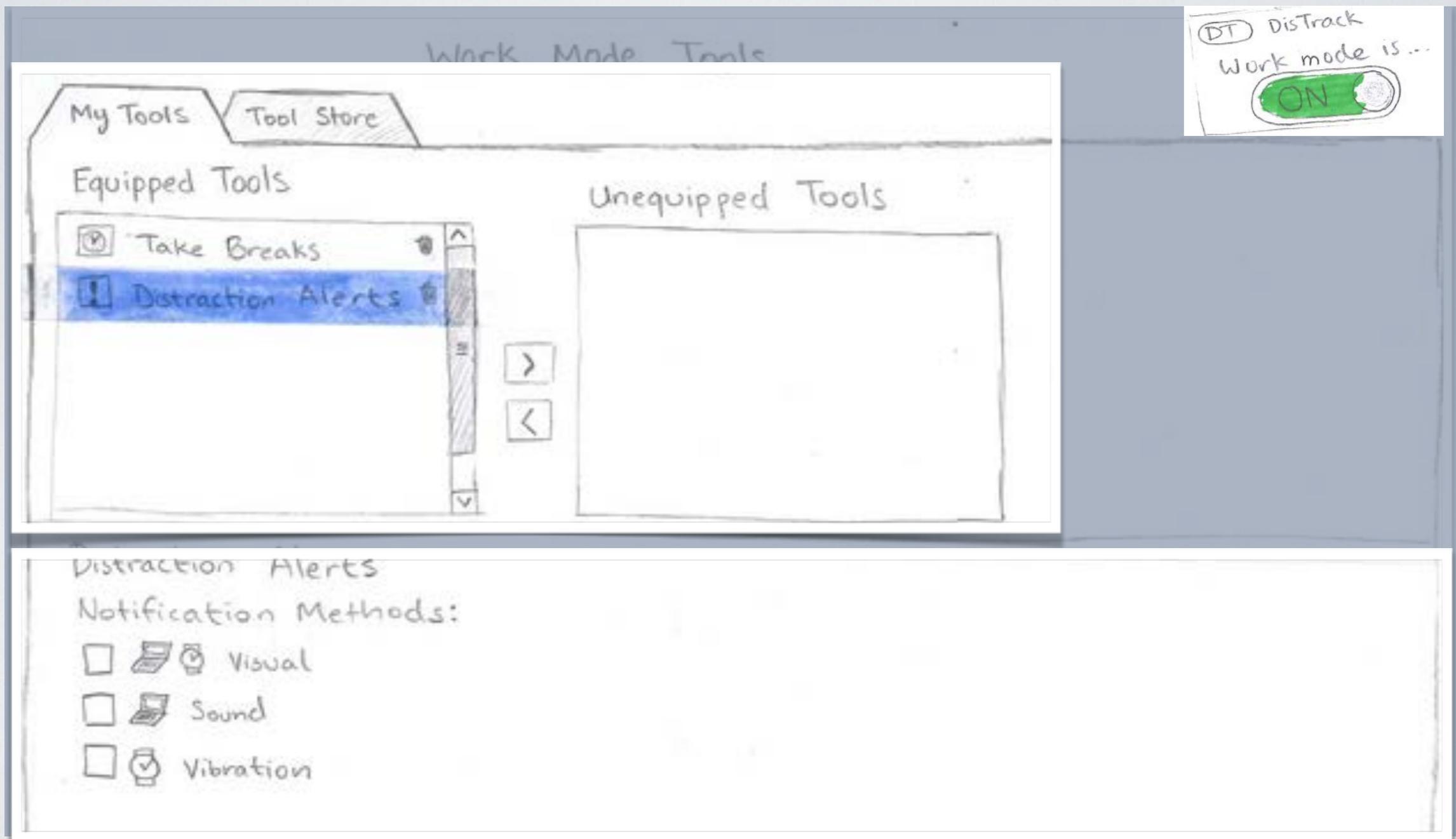
# MORE IMPROVED WORK MODE CONTROLS



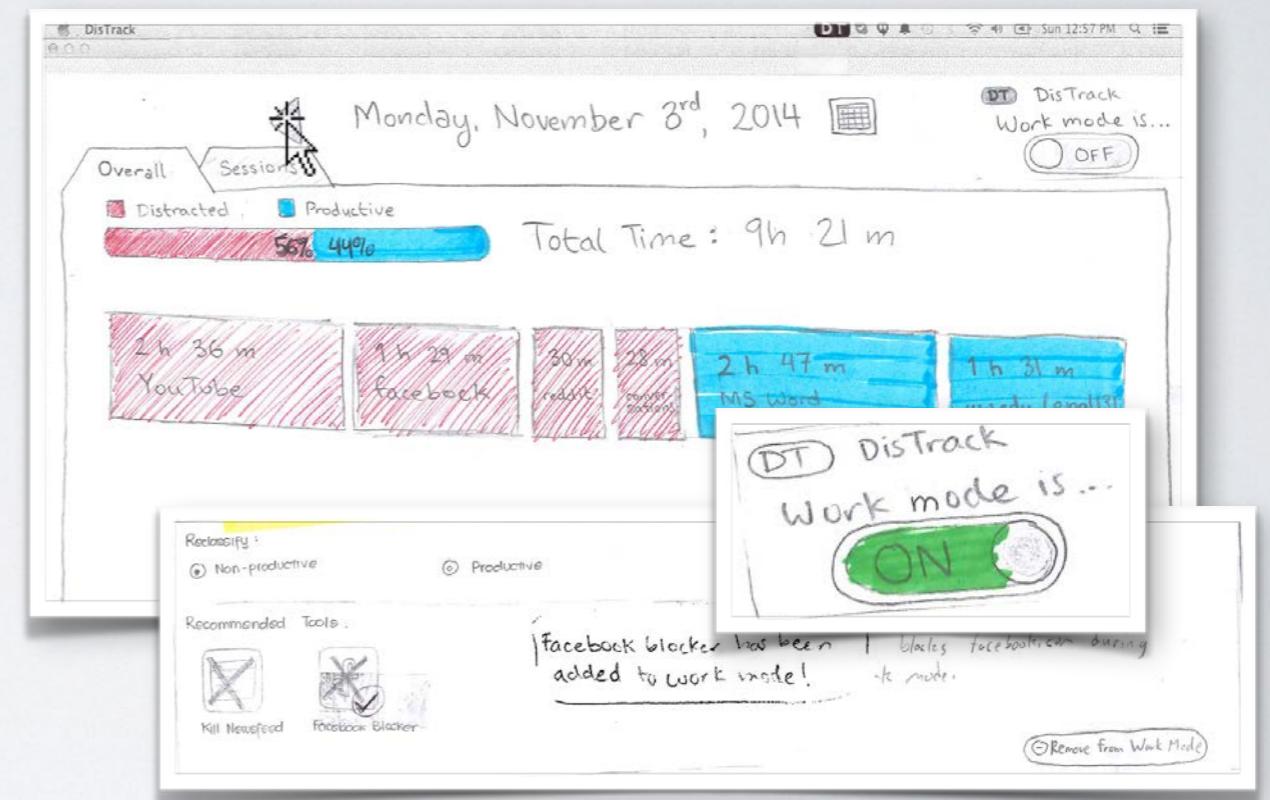
# MORE IMPROVED WORK MODE CONTROLS



# MORE IMPROVED WORK MODE CONTROLS



# FINAL PAPER PROTOTYPE



# PRIMARY TASKS

- I. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

# REFLECTION

Sunday, November 2<sup>nd</sup>, 2014  



Overall Sessions

Distracted Productive

63% 37%

Total Time: 8 h 39 m

2 h 57 m  
facebook

2 h 01 m  
conversations

2 h 20 m  
Matlab

1 h 21 m  
Wolfram Alpha

Click on an activity for more actions.

# REFLECTION

Sunday, November 2<sup>nd</sup>, 2014



Overall

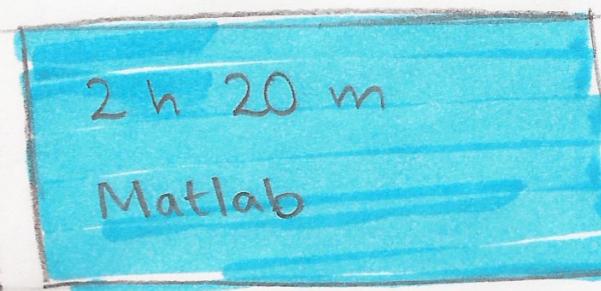
Sessions

Distracted

Productive

63% 37%

Total Time: 8h 39m



Reclassify:

Non-productive

Productive

Recommender:

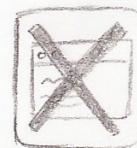


Kill Newsfeed

Tools:



Facebook Blocker



Kill Newsfeed

Hides the newsfeed on Facebook. Does not affect other functionalities.

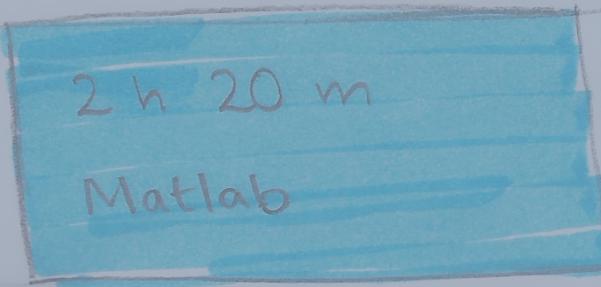
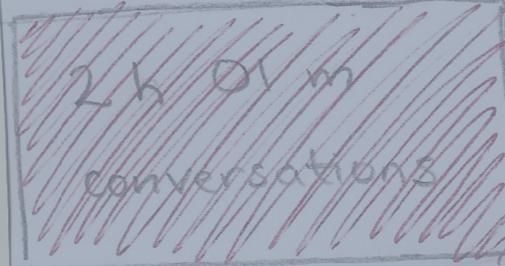
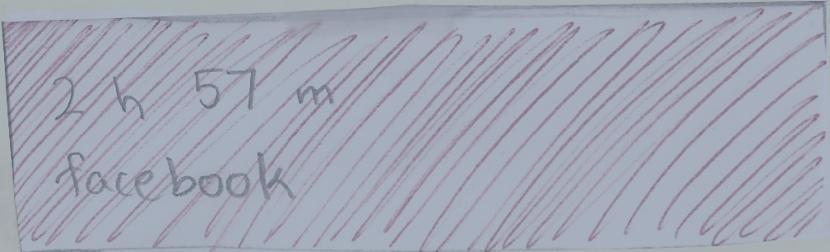
+ ADD TO WORK MODE

# REFLECTION

Sunday, November 2<sup>nd</sup>, 2014  



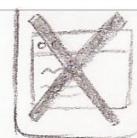
Total Time: 8h 39 m



Reclassify:

Non-productive

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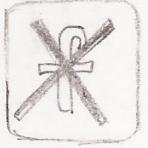
Kill Newsfeed

Recommender



Kill Newsfeed

Tools:



Facebook Blocker

Hides the newsfeed on Facebook. Does not affect other functionalities.

+ ADD TO WORK MODE

# WORK MODE TOOLS

Work Mode Tools

My Tools      Tool Store

(DT) DisTrack  
Work mode is...  
**ON**

Equipped Tools

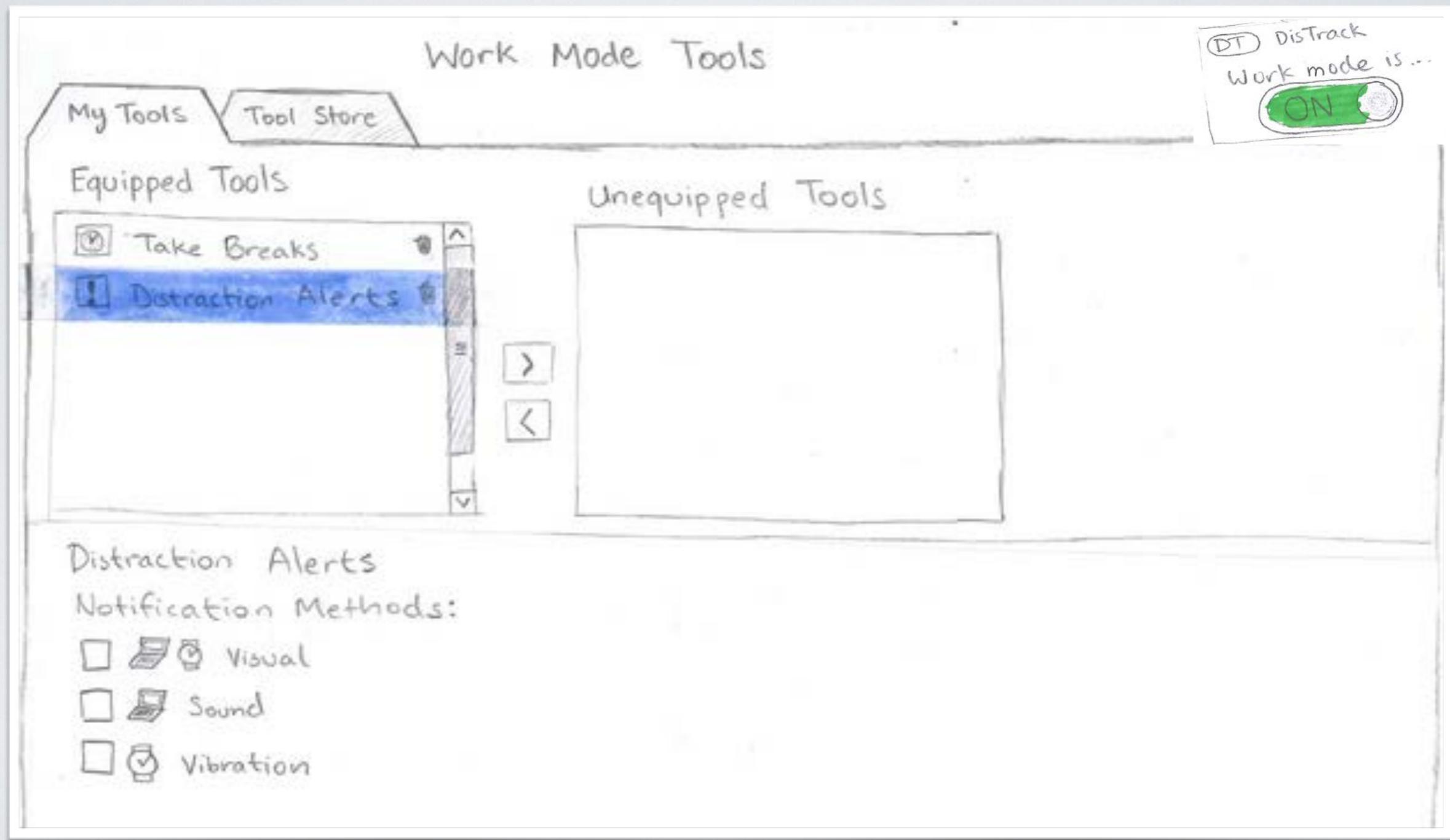
- Take Breaks
- Distraction Alerts

Unequipped Tools

Distraction Alerts

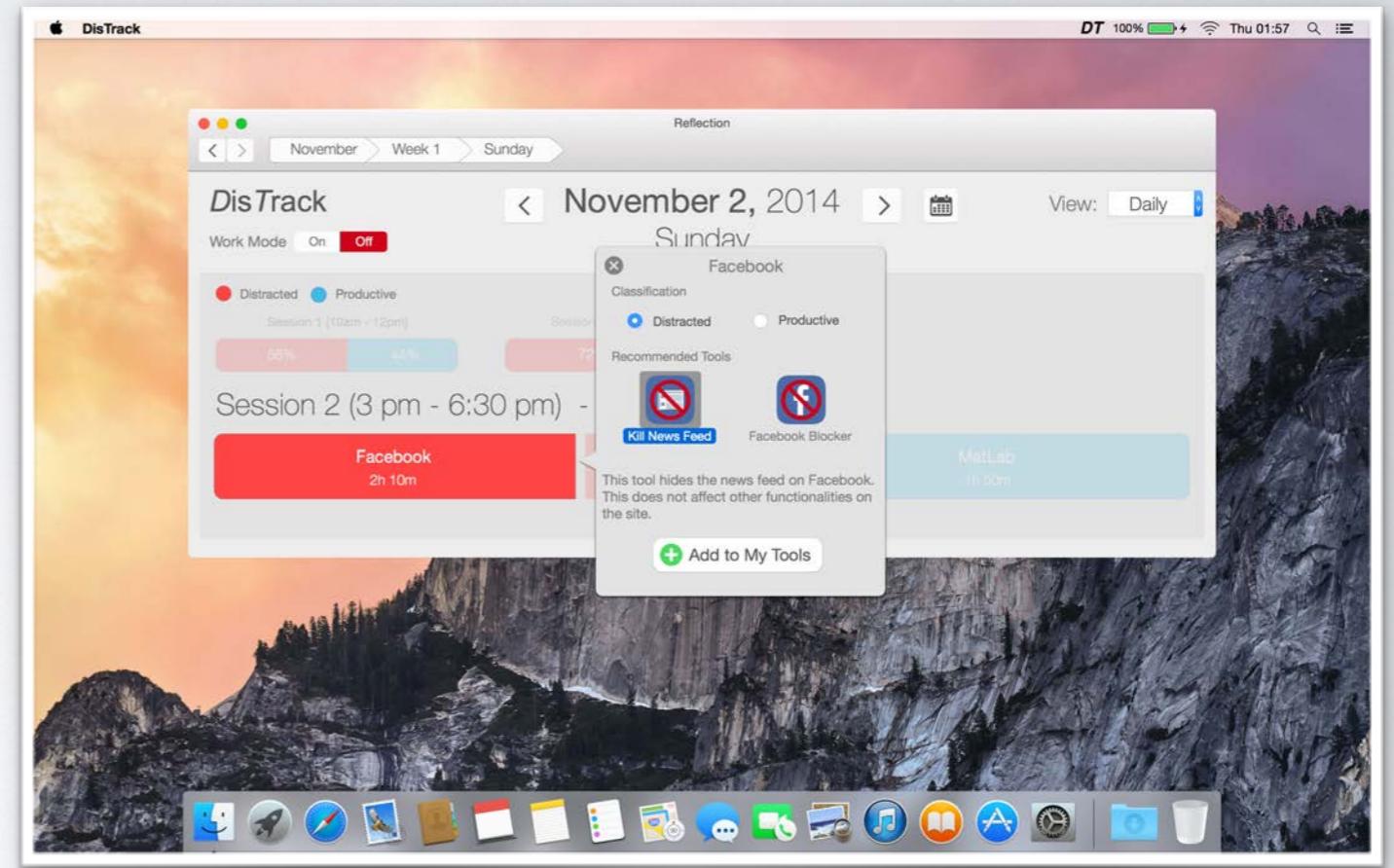
Notification Methods:

- Visual
- Sound
- Vibration



# DIGITAL MOCKUP

## Desktop application

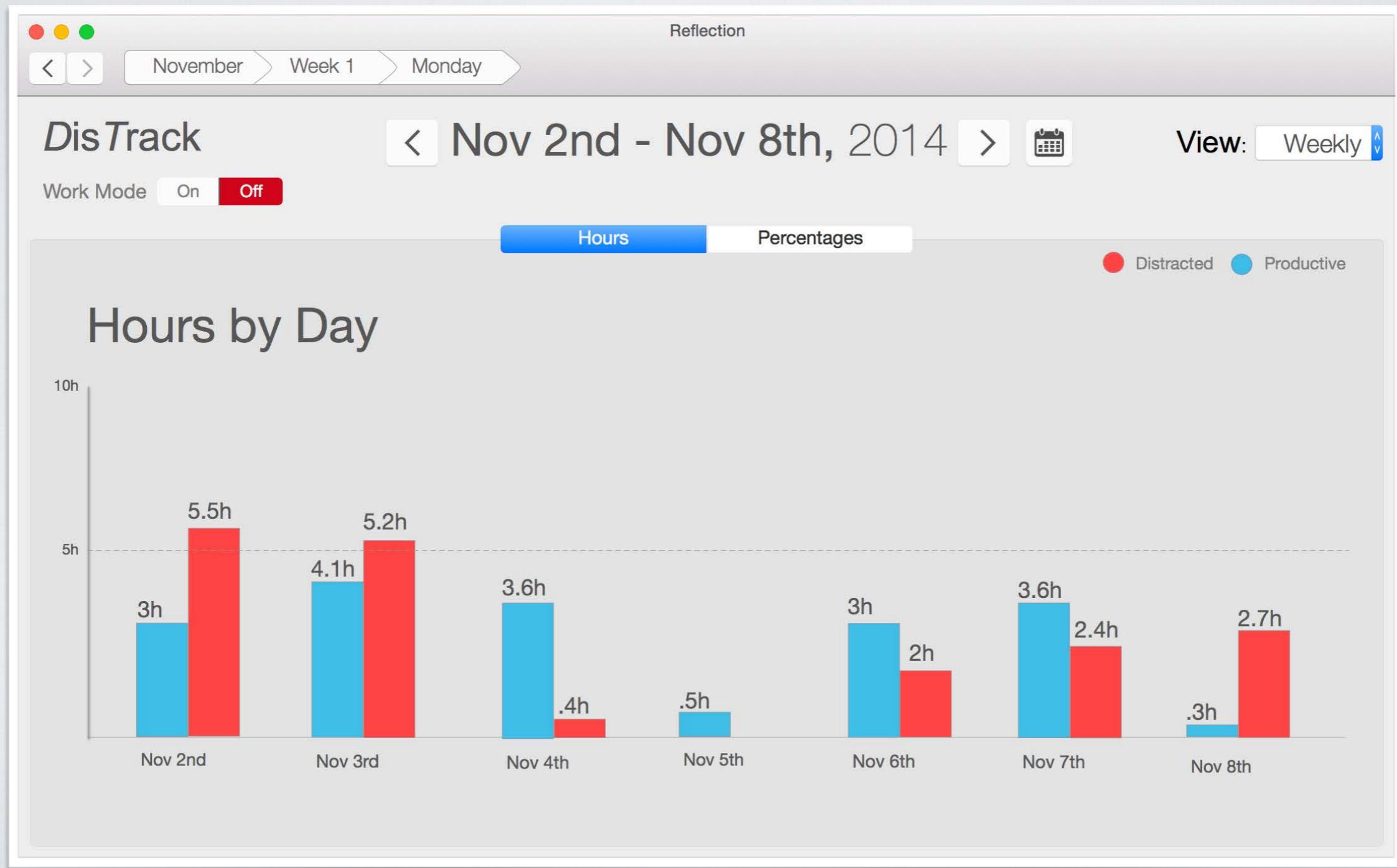


# PRIMARY TASKS

- I. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

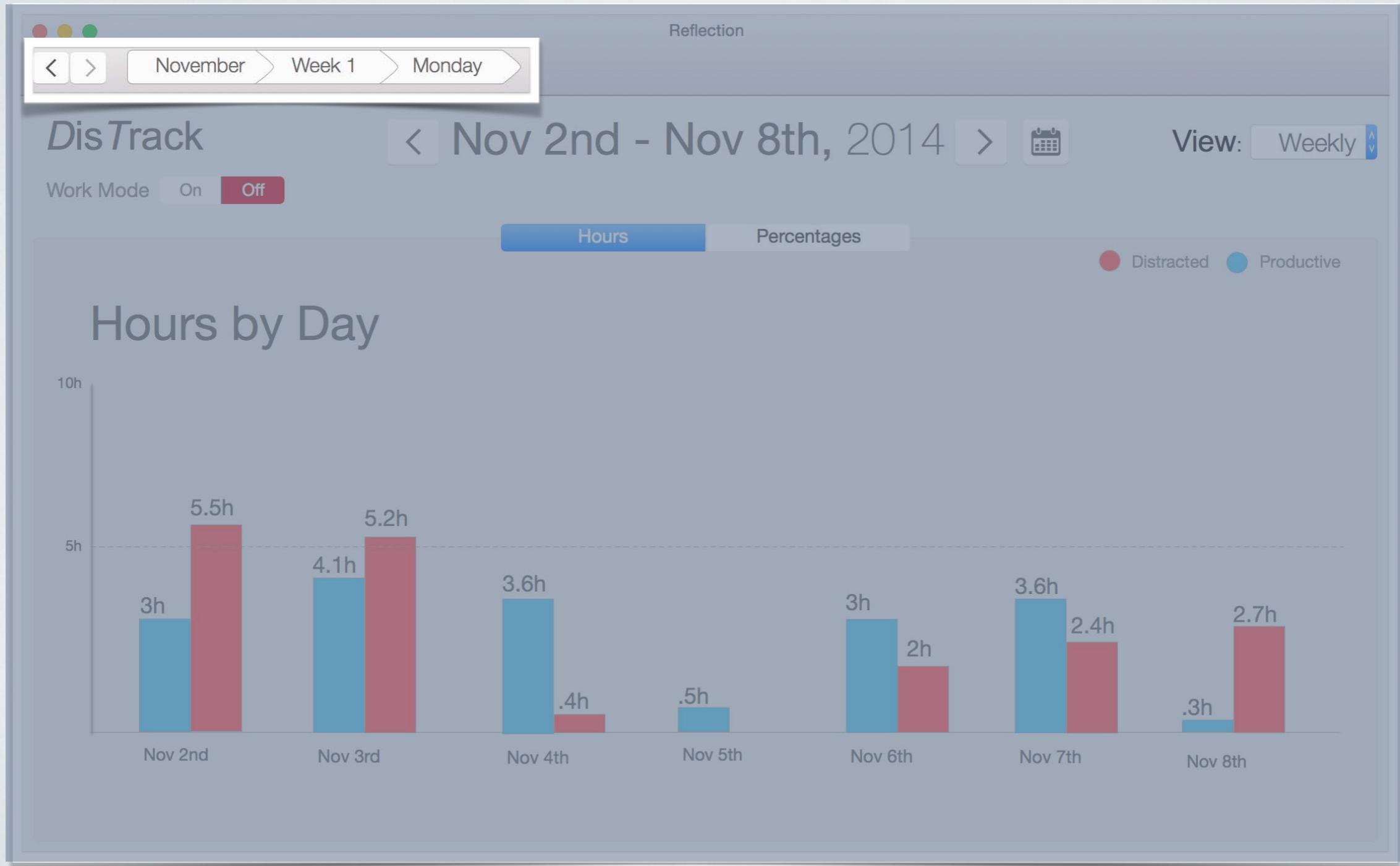
# TASK I: REFLECT ON PAST STUDY SESSIONS

## Weekly View



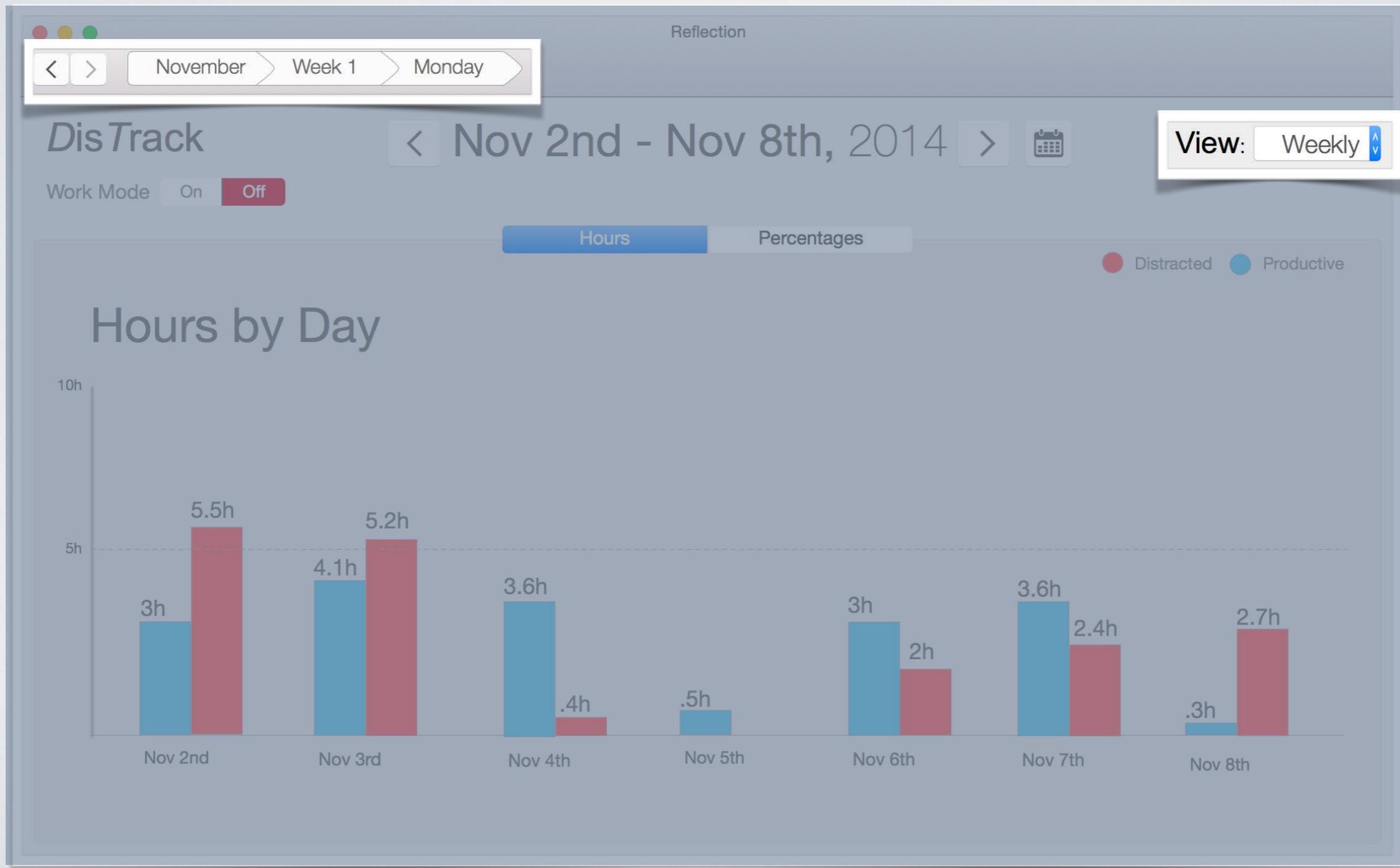
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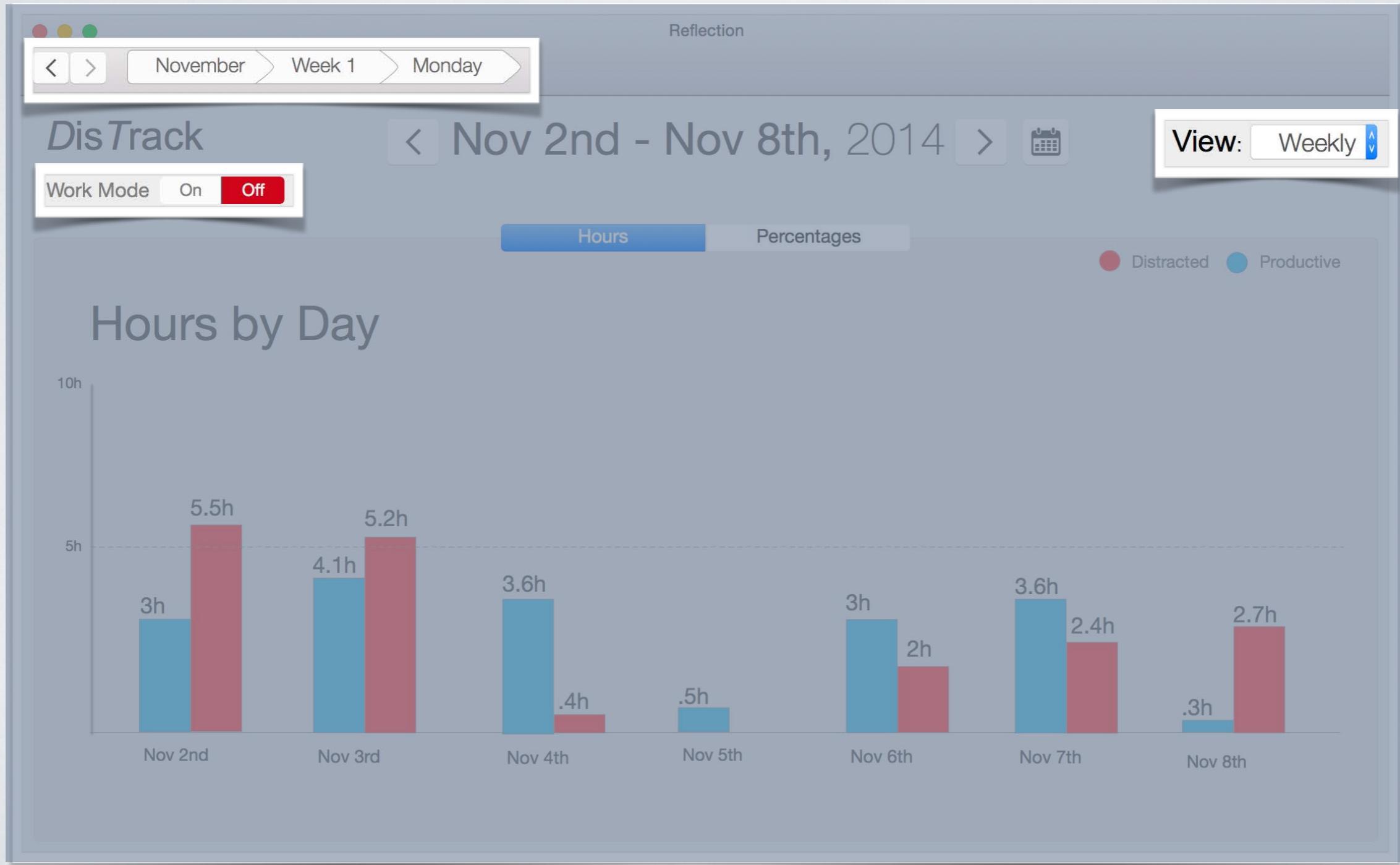
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## Weekly View



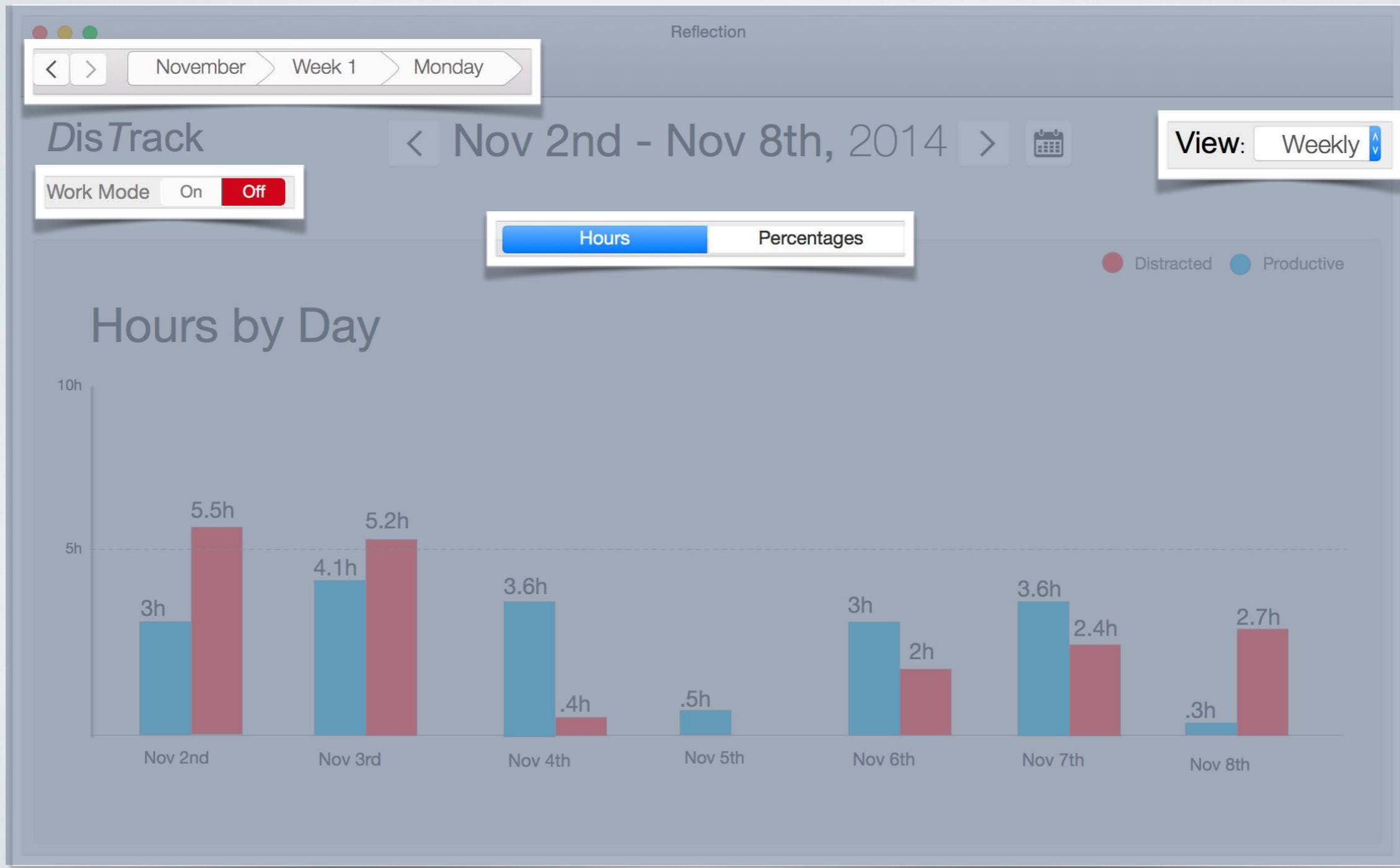
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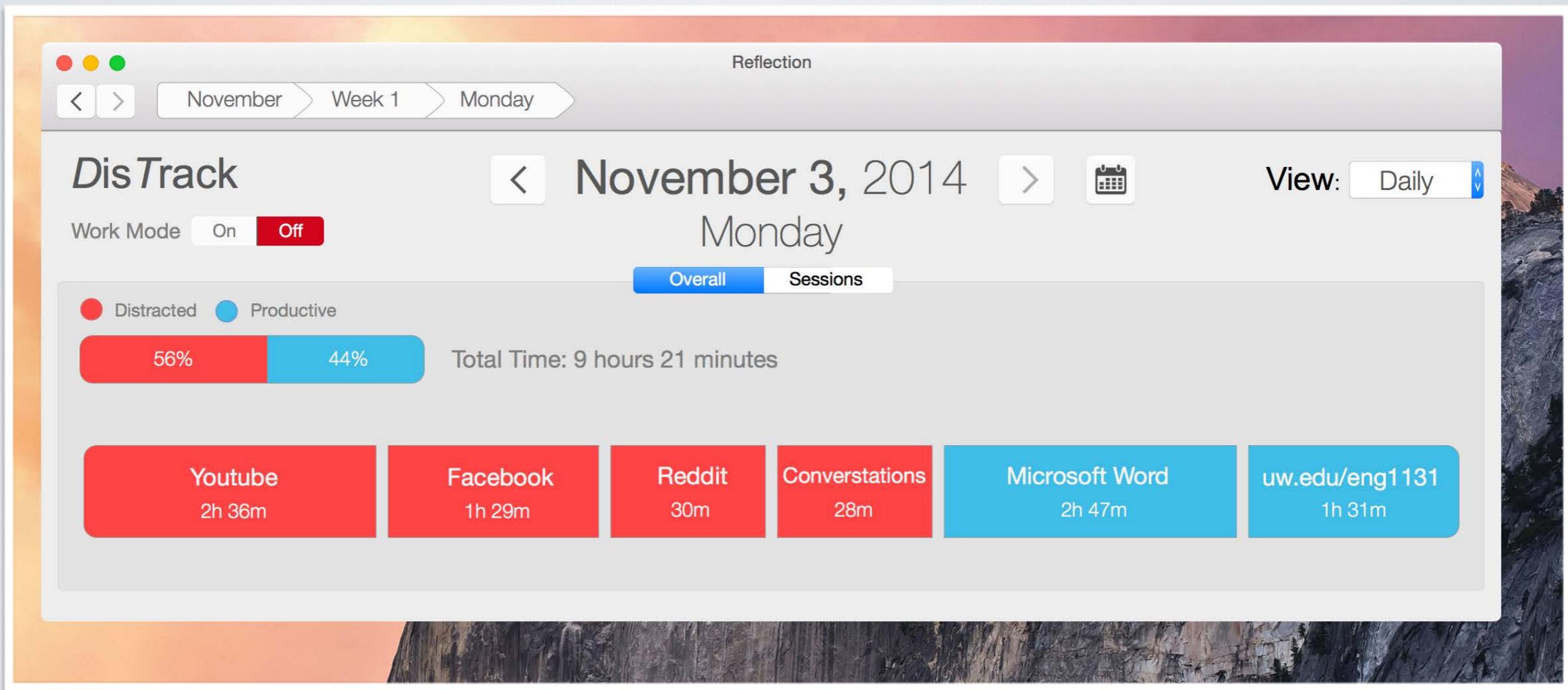
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## Weekly View



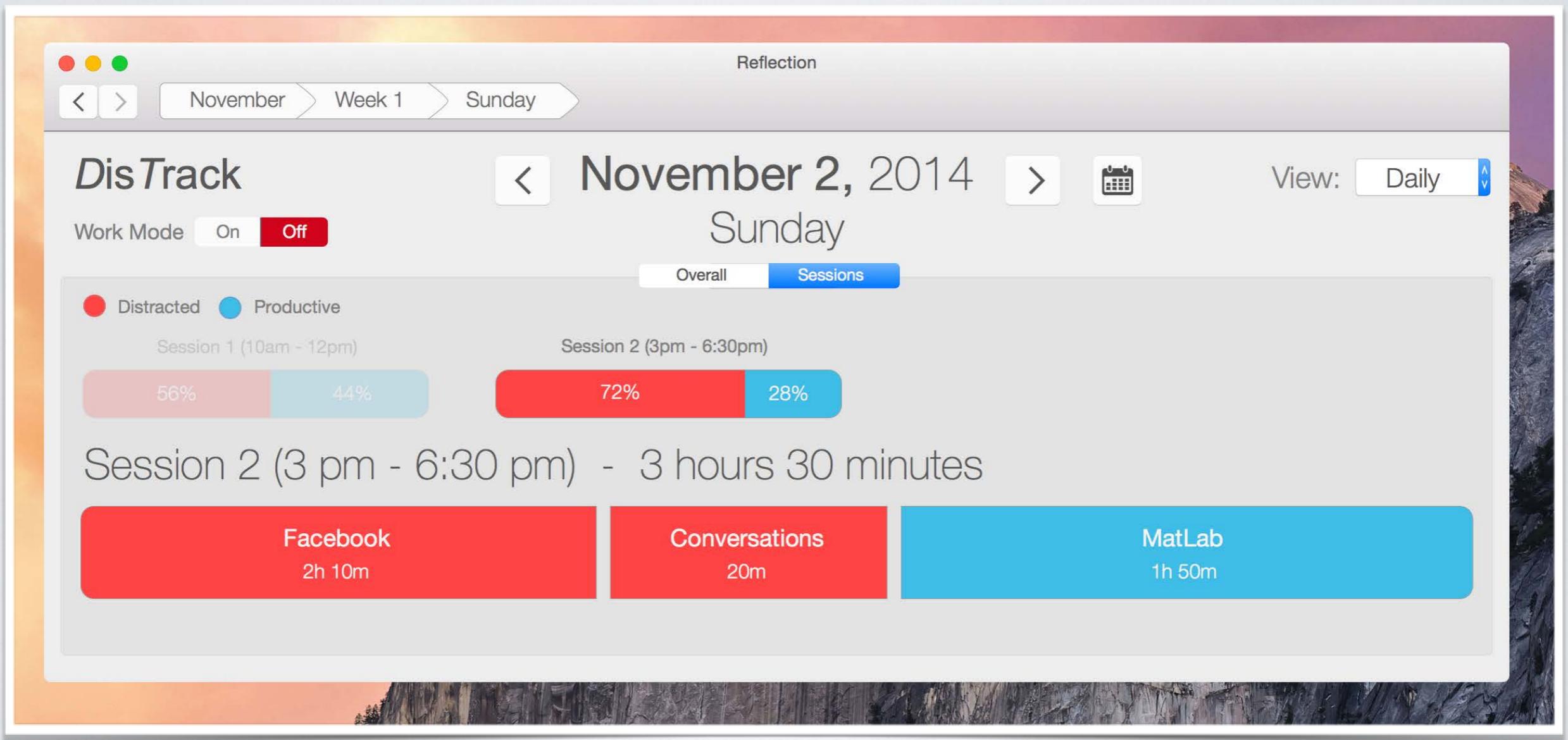
# TASK I: REFLECT ON PAST STUDY SESSIONS

## Overall View



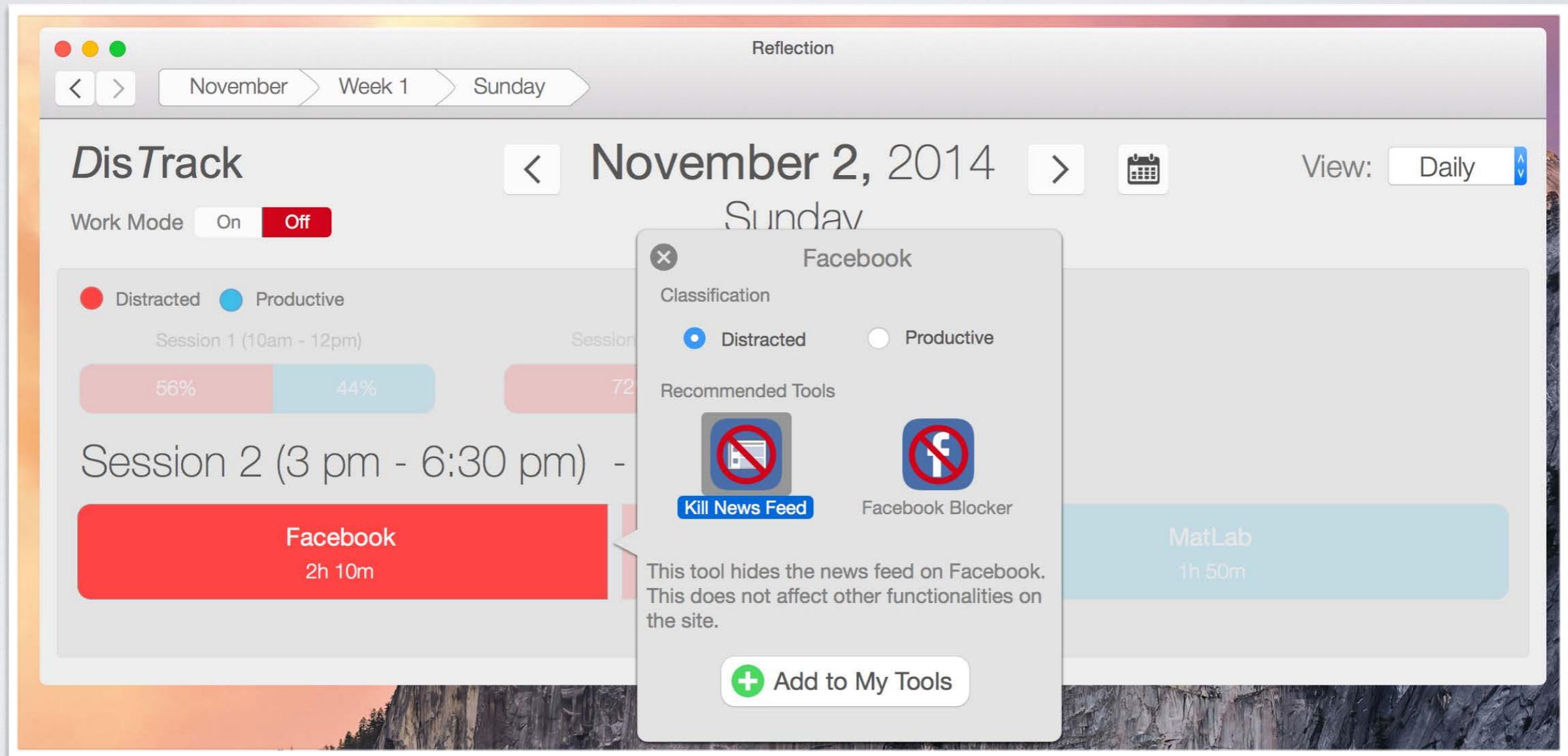
# TASK I: REFLECT ON PAST STUDY SESSIONS

## Sessions View



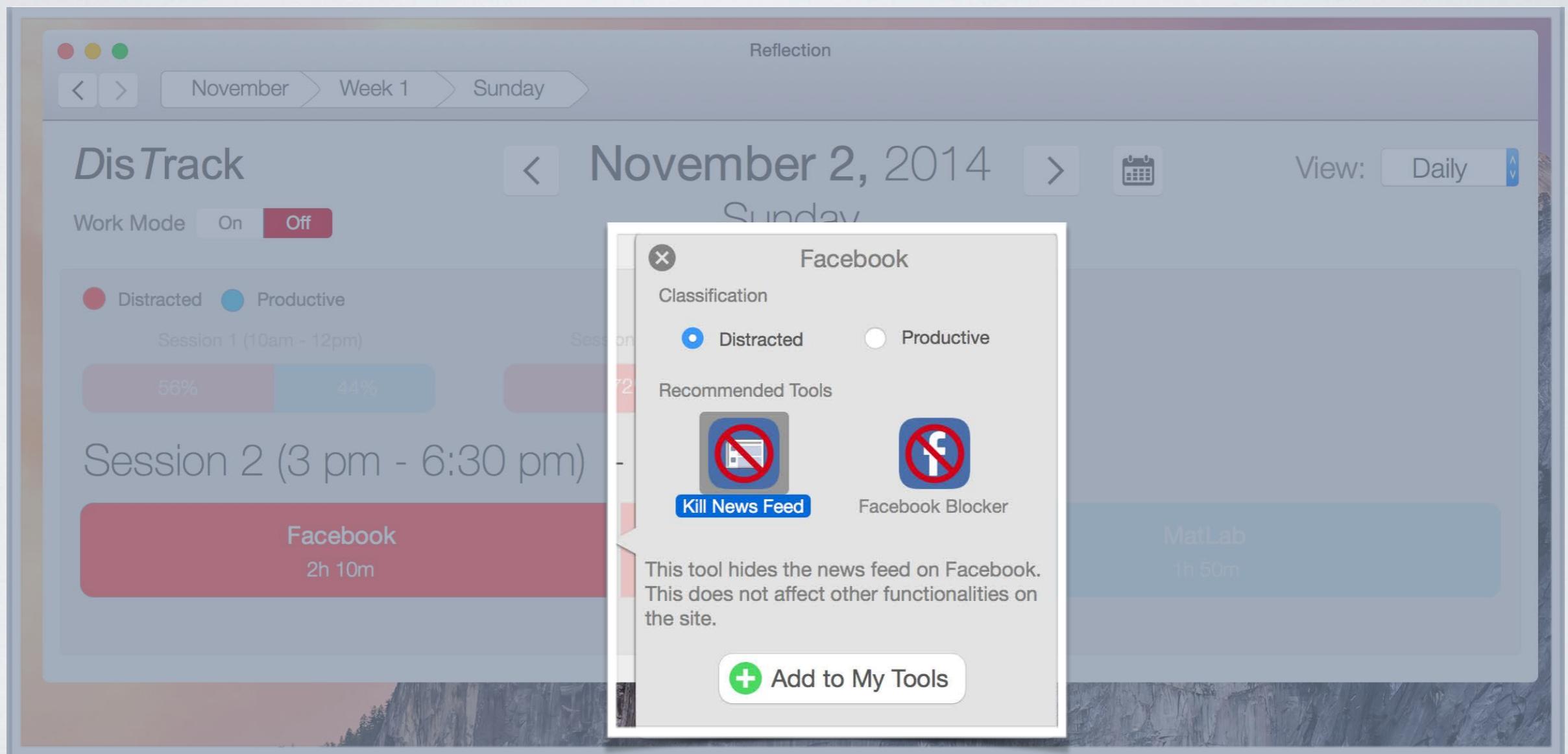
# TASK 2: FINDING TOOLS TO STAY FOCUSED

Adding a recommended tool for an activity

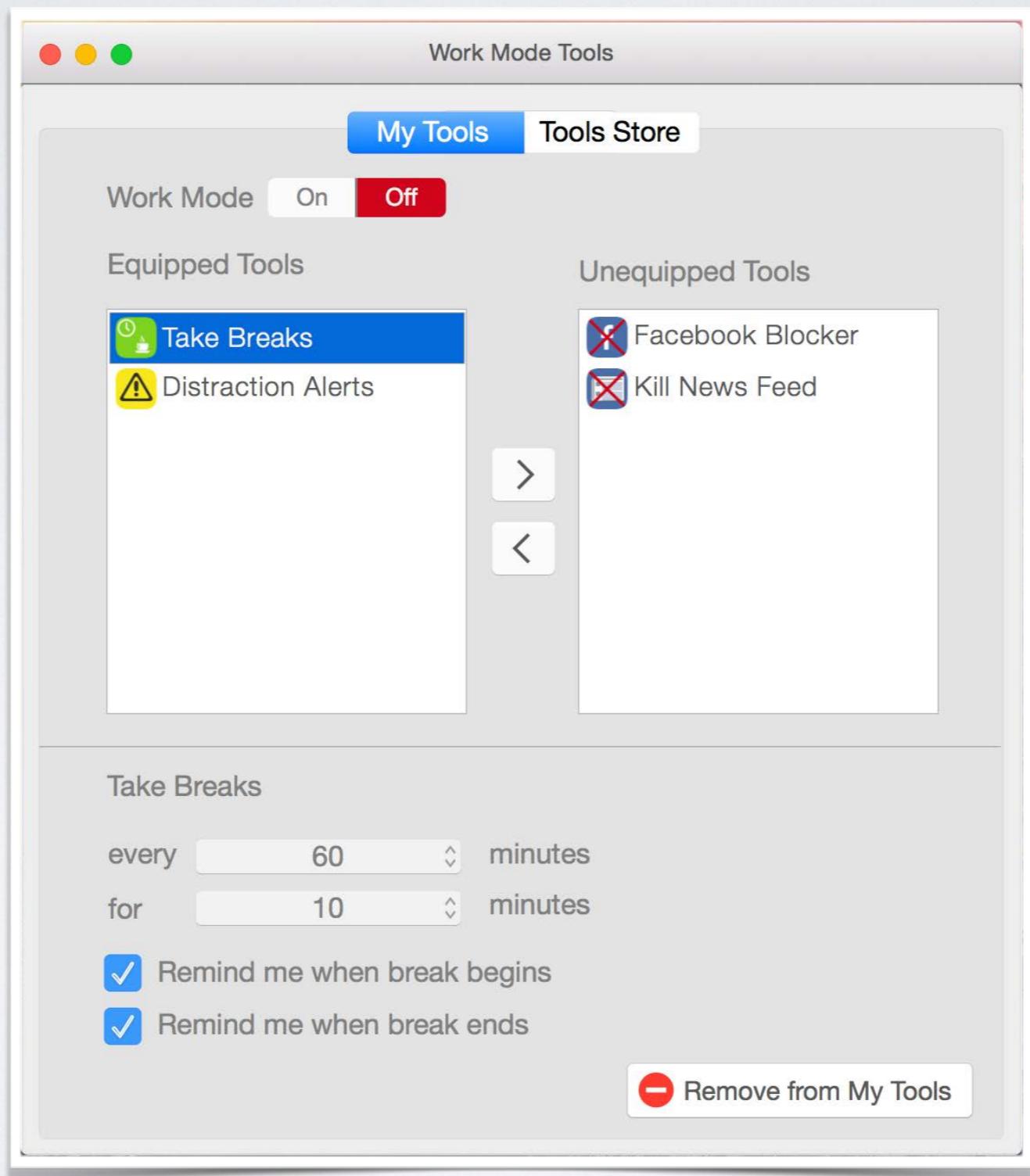


# TASK 2: FINDING TOOLS TO STAY FOCUSED

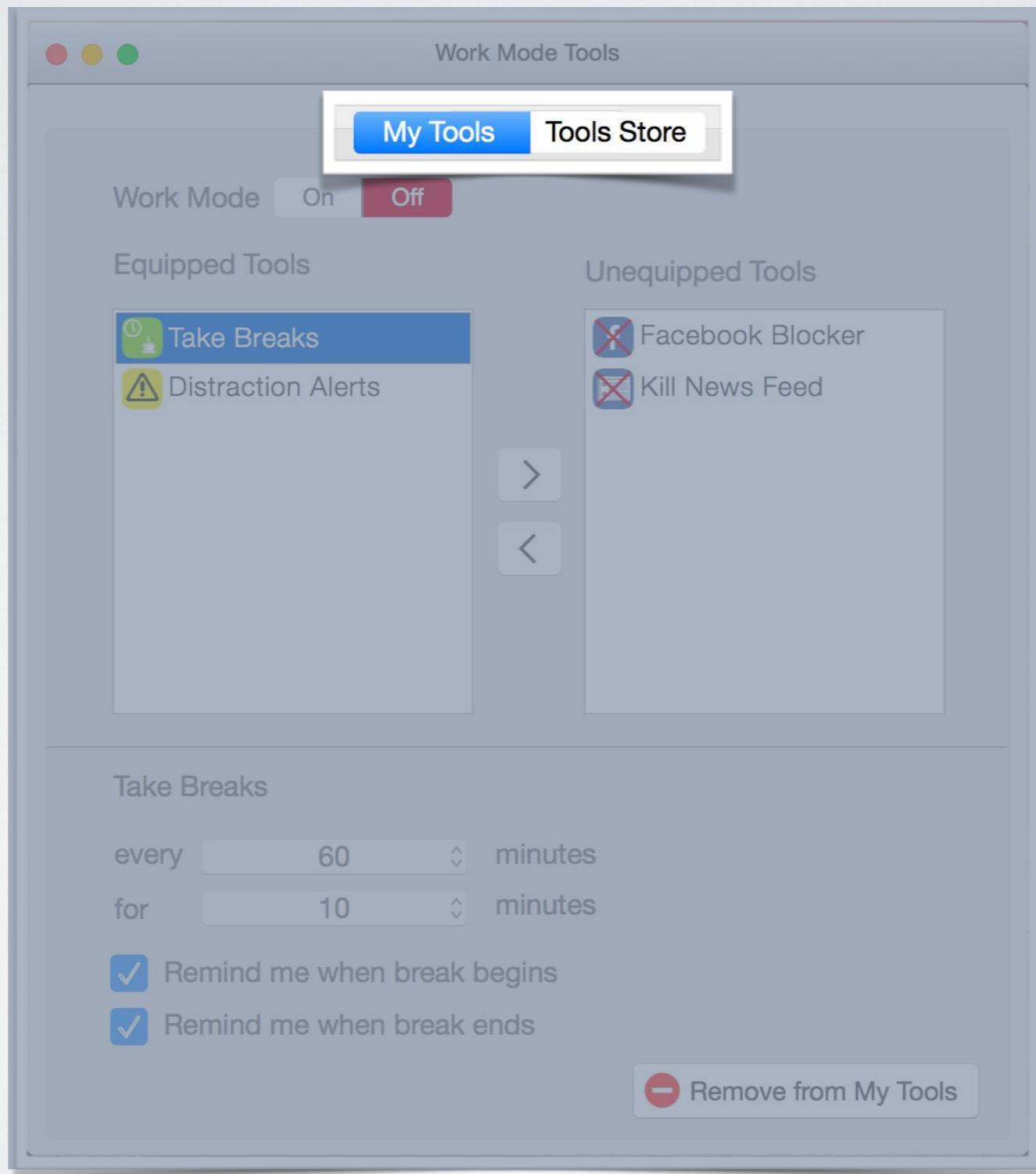
Adding a recommended tool for an activity



# TASK 2: USING TOOLS TO STAY FOCUSED



# TASK 2: USING TOOLS TO STAY FOCUSED



# LESSONS LEARNED

- Iteration is an effective design technique
- Rapid iteration benefits from discipline, time, and practice
- Designing two systems in parallel is difficult

# THANK YOU!

*DisTrack*

"*Refocus Yourself*"