



Balance

*Javier Anton, Natalie Fetsch, Garrett Jaeger, Sophie Tian
CSE 440: Introduction to HCI, Winter 2019*



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Balance - Achievable Goals

Everyone makes goals

Everyone fails at goals

Everyone has life get in the way

Everyone needs balance



Balance - Achievable Goals

Gain that balance by...

Dynamically adjusting goals to be achievable

- Dial back goals that are too difficult
- Temporarily adjust goals when life “gets in the way”



Balance - Achievable Goals

Gain that balance by...

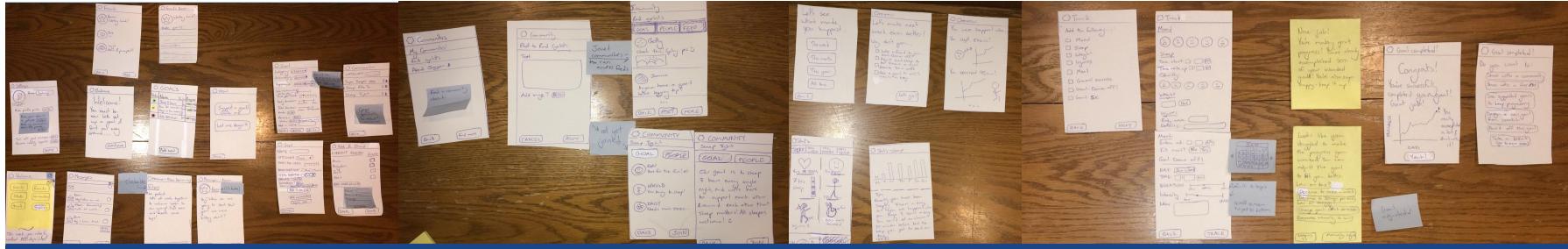
Providing a support network via other people

Communities help with:

- Encouragement
- Belonging
- Sense of Accomplishment
- Knowledge sharing

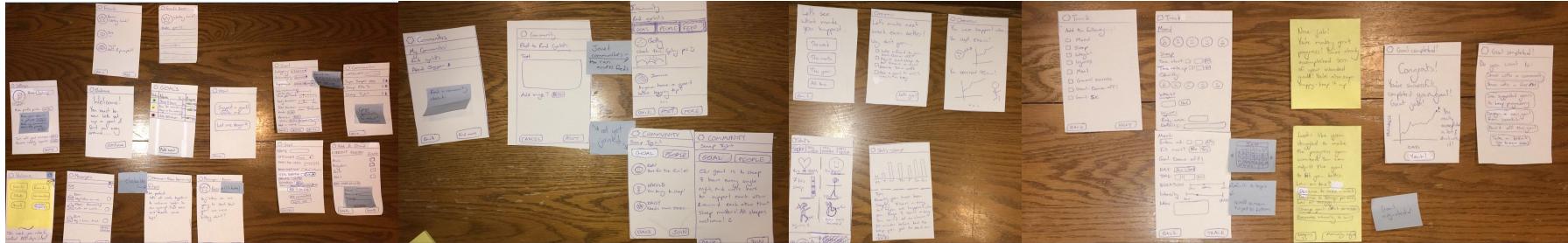


Initial Paper Prototype



Overwhelming
But valuable

Initial Paper Prototype



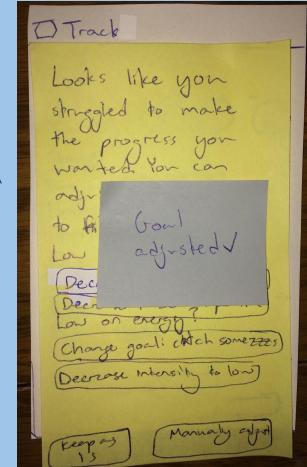
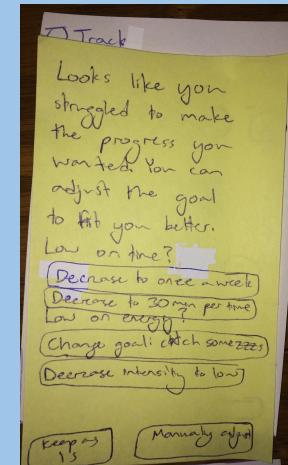
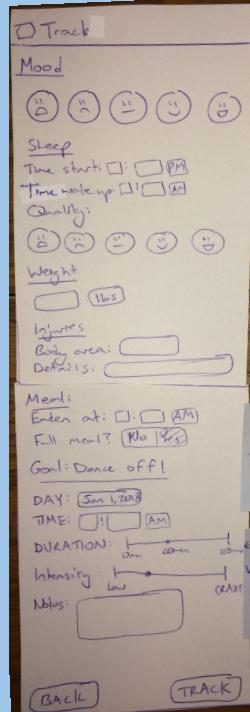
Crucial aspects:

Easy to find and join communities

Automatically suggests tailored goal adjustments

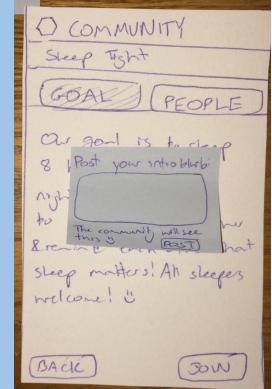
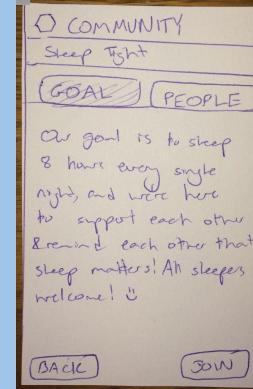
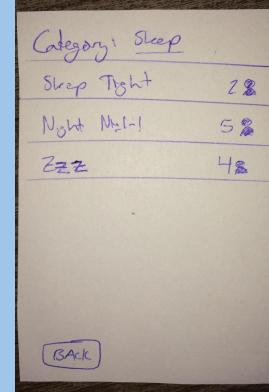
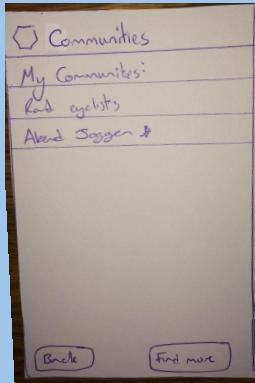
Initial Paper Prototype - Task 1 Walkthrough

Track progress toward a goal



Initial Paper Prototype - Task 2 Walkthrough

Join a community



Testing Process

Heuristic Evaluations

- One other team, one TA
- Walk through tasks and design
- Same process each time

Usability Tests

- 3 participants
 - Target age
 - Fitness goals
- Repeated refinements of task and design
- Asked each participant more questions than the last

Testing Results

Heuristic Evaluation

- Scoping (overwhelming -> manageable)
- Navigation abilities
- Complexity of individual screens
- Ability to leave a group

Usability Tests

- Missing screens (visibility heuristic violations)
- Desirability of “features”
- Undertone of wording and layout

Final Paper Prototype (Track progress)

① Balance

Let's make next week even better!

Why don't you...

② Add the following...:

- Mood
- Sleep
- Weight
- Injuries
- Meal
- General exercise
- Goal: Dance off!
- Goal: 5K

(Let's go!)

③ Hit record

④ Check "Goal: dance off!" & hit next

Goal: Dance off!

DAY: Jan 1, 2018

TIME: [] AM

DURATION: [] hours [] minutes

Effort point: [] (Low) [] (High)

Notes: []

NEXT

⑤ Fill in data & decrease duration

⑥ Hit track

Great job on making progress! Looks like you've struggled to make your intended progress twice this week. Would you like some suggestions to make you feel more Yachi-Simba?

KEEP AS IS

SEE SUGGESTIONS

(MANUALLY ADJUST)

TRACK

Great job on making progress! Looks like you've struggled to make your intended progress twice this week. Would you like some suggestions to make you feel more Yachi-Simba?

KEEP AS IS

SEE SUGGESTIONS

(MANUALLY ADJUST)

TRACK

⑦ Select "see suggestions"

Select "manually adjust"

Progress Tracked!

Go to home screen

OK

⑧ Go to home screen

Goal Adjusted!

OK

⑨ Go to home screen

⑩ Adjust

⑪ Cancel

⑫ Suggestions

Low on time? (Decrease to 30 mins per week)
(Decrease to 30 min per part)

Low on energy? (Add goal: Sleep 8 hours every night for a week)
(Decrease intended effort target to "a little")

Name: (Dance off!) Category: (EXERCISE) Subcategory: (Dancing)

Times per week: [] (Never) [] (Once) [] (Twice) [] (Three times) [] (Four times) [] (Five times) [] (Six times) [] (Seven times)

Duration per time: [] hours [] minutes

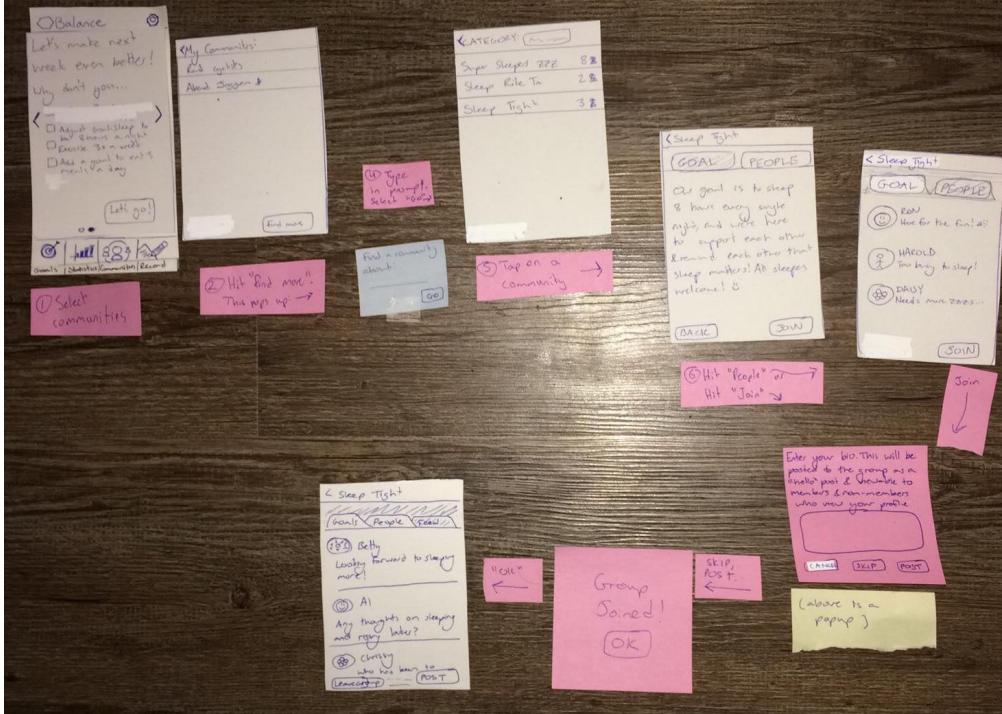
Goal duration: [] hours

Reminders: (None)

Status: (Active) (Slight pause) (Long pause)

(Cancel) (Adjust)

Final Paper Prototype (Join a group)

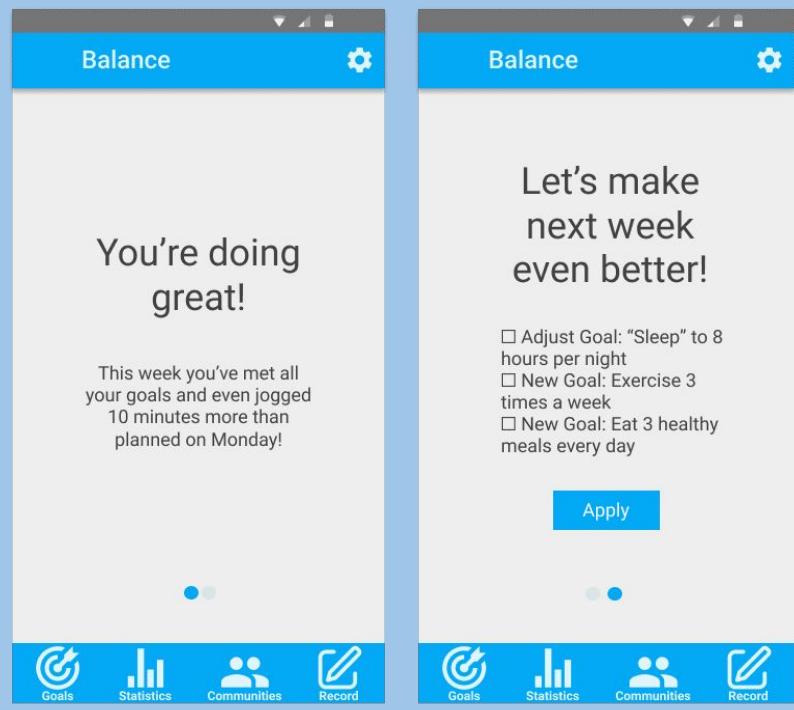


- Lots of system feedback screens
- Allow participants to skip bio
- Clear wording in bio

Digital Mockup - Overview

Critical Aspects:

- Easy to navigate
 - Forward and backward one screen
 - To major screens: Communities, Goals, ...
- Easy to find fitness communities
- Encourages dynamic goal adjustment
 - Front page and after tracking data



Digital Mockup

Task 1: Track sleep and progress toward Dance Off. Specifically, track having completed 15 minutes of dancing when you had planned to complete 30 minutes. (Once that is done, have them chose a suggested change)

The sequence of screenshots illustrates a user flow through a mobile application interface:

- Initial Screen:** Displays a message "You're doing great!" and a summary: "This week you've met all your goals and even jogged 10 minutes more than planned on Monday!".
- Next Week Planning:** Shows a message "Let's make next week even better!" and a list of goal categories with checkboxes: Mood, Sleep, Weight, Injuries, Meal, Exercise, Goal: "Dance Off!", and Goal: "5K". A blue "Apply" button is at the bottom.
- Goal Selection:** A message "What would you like to add?" followed by a list of goal categories with checkboxes. A blue "Next" button is at the bottom.
- Goal Details:** A "Sleep" section with fields for "Time you went to sleep" and "Time you woke up". Below it is a "Sleep Quality" rating scale from 1 to 6. A "Goal: "Dance Off!"" section follows, with fields for "Date", "Time", and "Duration". A "Progress" rating scale from 1 to 6 is also present. A blue "Next" button is at the bottom.
- Progress Confirmation:** A message "Great job on making progress!" and a note: "You've struggled to meet your goal twice this week. Would you like some suggestions to make your goals more achievable?". A "Yes" or "No" button is shown.
- Success Message:** A message "Great job on making progress!" and a "Progress Tracked!" confirmation box. The box contains "OK", "Yes", and "No" buttons.
- Suggestions Screen:** A "Suggestions" screen with sections for "Low on time?", "Low on energy?", and "Want to try something new?". Each section lists two suggestions with blue buttons: "Decrease to once a week", "Decrease to 30 min a day", "Sleep for 9 hours a day", "Decrease effort to 2", "Change cardio to karate", and "Want to try something new?".

The application features a navigation bar at the bottom with icons for Goals, Statistics, Communities, and Record.

Digital Mockup

Task 2: Join a community

The screenshots illustrate the user flow for joining a community in a mobile application:

- Suggestions Screen:** Shows a message "Low on time?" with a button "Decrease to once a week". A prominent callout box says "Goal Adjusted!" with "OK" and "Decrease effort to 2". Other options include "Want to try something new?" with "Change cardio to karate".
- My Communities Screen:** Displays a list of communities: "Rad Cyclists" (selected), "Joggers4Lyfe", "Super Sleepers", "zzzz bois", and "Sleep Tight".
- Explore Communities Screen:** Shows a search bar with "sleep" and a list of communities: "Super Sleepers", "zzzz bois", and "Sleep Tight".
- Community Details Screen (Sleep Tight):** Describes the goal: "Our goal is to sleep 8 hours every single night, and we're here to support each other and remind each other that sleep matters!". It includes a bio input field with placeholder text: "Almost there! Enter your bio. This will be posted to the group as a 'hello' post and visible to members and nonmembers who view the people in the group". Buttons for "CANCEL", "SKIP", and "POST" are at the bottom.
- Confirmation Screen:** A modal window says "Group Joined!" with "OK" and "JOIN" buttons.
- Community Feed Screen:** Shows a feed with posts from users Betty, AI, and Chrissy. It includes buttons for "Leave group" and "Post".

At the bottom of each screen is a navigation bar with icons for Goals, Statistics, Communities, and Record.

Summary

- Each iteration is valuable
- Seamless navigation from heuristic evaluations
- Biggest thing that we changed: adding system status indicators and feedback to user
- Reducing the users' load is our priority
- Recognition is greater than recall
 - Reference other designs instead of trying to recall typical design appearances



Balance

Questions?