Design Brief

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Big Idea

Big Idea

My big idea is to create an app that will aid in helping students take the time out of their day to do things they love by reminding students that it is ok to take a break, and will show them times in their day where they should take some self care time. I also want the app to be highly customizable, because due to research the students all have very different needs, and I think it would be really beneficial to have features that they could use when they want, but also to be able to get rid of features that they don't personally use, as to create the most minimal and clean look to the app, as that is also something I found to be very important to users. I will also prioritize a daily reflection system, as many of my interviewees said that they struggle gaining perspective on certain days, and think it would be valuable to reflect on the positive in their days, and be able to go back and look at those entries when they need to gain better perspective. I plan to add a section in which it will give ideas of things the users can do when they have free time during their day, because many people said that the last thing they want to do is think about something to do with their time, when they are already so busy with school, and would like it if the app could do that for them. One of the biggest things that I will prioritize are notifications throughout the day, because one of the most common things I heard in my research is that students struggle to remember to take breaks to do even simple things like eat, because they become so focused on their school work. The research shows that students just struggle remembering that it is ok to take a break, and do something for themselves every once in a while, so I think that should be a big priority in my app design. Overall, I intend to create a highly customizable reminder, and reflection app that will help students find time in their days to do something for themselves, and to reflect on the good things that happen to them each day, to better their mental health, while still getting used to managing what they do for themselves in their free time.

Research Approach

Research Approach

Preliminary Interviews

Interviewed 5 participants to uncover and better understand problems regarding their general mental health, and how they handle it in regards to college.

Participant Research

Based on preliminary interviews created an in depth research protocol to better develop empathy for the participants based on 5 20-30 minute in depth interviews.

Affinity Diagram

Unveiled patterns and overlapping ideas between participants by creating an Affinity Diagram.

Competitive Analysis

Looking into the direct competitors to my app showed me what different features I should use for my app, and the features I should stay away from.

Moving Forward

There will be sketches and final products designed, as well as testing by users, and testing through sitemaps, leading to necessary iterations.

Findings & Recommendations

Findings and Recommendations

Every interviewee said that they "definitely like when things are customizable", so that will be one of the biggest things that I focus on, as I want this app to be something that feels personal to each person. The personal aspect is also very important, because my interviewees said they want "something for me, and only me," so I plan on making a daily reflection, and gratitude journal to serve as a "a reminder that you are getting better". In addition to customization, many interviewees expressed that "sometimes I get annoyed with notifications," and this app should never be something that is annoying or stressful, so it is important that the app features customized notifications as well, so that they don't turn them off but also so they don't "forget that the app exists." One interviewee told me that "I really like my period tracking app, because I can fill things out quickly each day, and I can easily go back and look at what I said each month," which confirms the need for a place to go back and look at all of the entries that they make each day. All of the interviewees expressed the desire to spend more time doing fun self -care activities, but said "it would be nice if the app suggested activities for you", so their will definitely need to be a function that recommends some fun activities when the user has free time, to reduce the stress of having to come up with them on their own. Many interviewees also voiced the need for a very simple layout, because they said finding a feature "isn't worth it when you have to click on five different buttons to get to it." This points out the need for very specific, yet simple features, because it can become frustrating when an app has so many features, that makes it difficult to access certain things.

User Persona

User Persona

Background

-**Jess** is involved in lots of extracurriculars, and has so much homework, leading her to be overwhelmed, and not knowing when to take care of her needs.

- **She** believes that she forgets to take care of herself because of how committed she is to her school work, and from being away from her parents for the first time

- **Jess** has always struggled with anxiety, but with little time spent doing activities for her well being, it has gotten worse since coming to college.

Goals

- **Ultimately,** she wants to develop self care skills, to consistently prioritize carving out time in her day that she can spend doing something she loves.

- **For the time being,** she wants to set a goal for herself to remember that it is okay to take breaks from school, and remember to do something for herself each day, whether be just remembering to eat lunch.

Pain Points

Self-care related

- Jess often gets busy with school, even when she wants to take care of herself, she doesn't fell like she has time

- She struggles to remember to eat lunch or drink water

App related

- Hates when all good features need paid for

- So many apps are cluttered, and have things I don't want to use

Jess Harmond

The stretched-too-thin college student.

Demographics

Age: 18-22

Gender: Female Identifying

Location: Oxford, OH

Occupation: Student

Personality: Driven, Busy, and Self-forgetting

Motivations

- Feeling like she is taking care of herself, so she can be happier, and reduce anxiety

- Keeping track of the days she is feeling her best, and her worst, so she can see what she did that day, and how it affected her mood.

Design
Tenets

Design Tenets

College students are busy and have little free time.

- Gratitude journals must be quick/simple to fill out
- Must have activities auto-generated to recommend to user
- Make the app easy to navigate for high user return rate

Gain desire to take part in self-care activities.

- Have a confetti explosion each time an activity is logged.
- Earn badges from completing and logging activities.
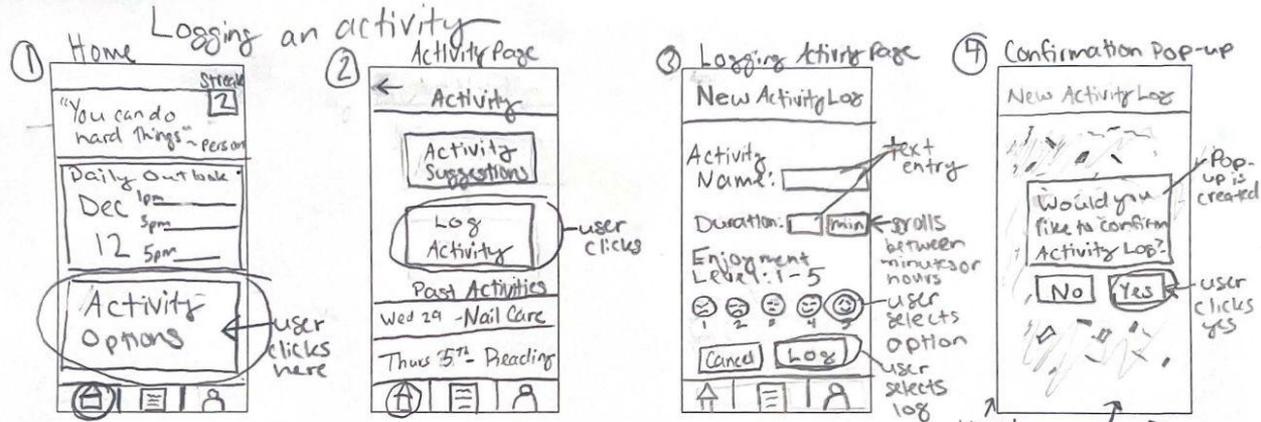
Looking for a personal experience.

- Provide customizable color scheme options
- Provide option to hide app features based on users preference
- Ability to customize notifications to fulfill user needs
- Personalized welcome message upon opening app

Workflow sketches

Logging an Activity

Logging an activity

① Home

Streak 2

"You can do hard things" - person

Daily Outlook:
Dec 1pm
3pm
12 5pm

Activity Options

← user clicks here

② Activity Page

← Activity

Activity Suggestions

Log Activity ← user clicks

Past Activities
Wed 29 - Nail Care
Thurs 5th - Reading

③ Logging Activity Page

New Activity Log

Activity Name: ___ ← text entry

Duration: [1][min] ← scrolls between minutes or hours

Enjoyment Level: 1-5
😟 😐 😶 🙂 😄
1 2 3 4 5
← user selects option

[Cancel] [Log] ← user selects log

④ Confirmation Pop-up

New Activity Log

Would you like to confirm Activity Log?

[No] [Yes]

← Pop-up is created

← user clicks yes

blurred background

have confetti explosion when they click yes

Design Tenet – Gain Desire to take part in self-care activities – Confetti when activity is logged, and after so many activities logged, a badge is earned

⑤ Return to Activity Page

← Activity

Badge Earned ← Shoots back to Activity Home

Activity Suggestion

Log Activity

Past Activities
Today – Movie ← Activity User just logged populates
Wed 29 – Nail Care

Pop up on page when a badge is earned – clicking on it will take to badges page

Quick adding an Activity Suggestion

Activity Suggestions/Search

① Home

Streak
"You can do hard things!" [2]

Daily Outlook
Dec 10am —
12 2pm —
3pm —

Activity Options ← user clicks here

↑ Highlighted

② Activity Page

← Activity

Activity Suggestion ← user clicks here

Log Activity

Past Activities
Wed 29 — Nail care
Thurs 30 — Reading

③ Activity Suggestions

← Activity Suggestions

Today we suggest:
- Take a walk ⊕
- Watch show ⊕
- Draw ⊕
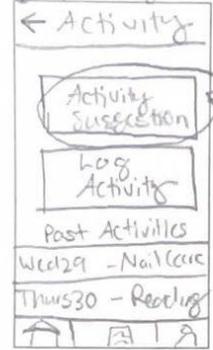
Search others:
🔍 Hair
- Scalp massage ⊕
- Hair Mask ⊕
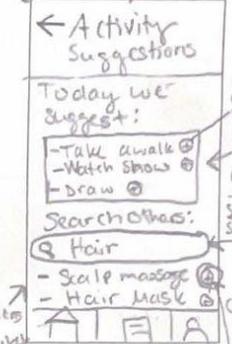
Options populate based on search

user can click to add to the activity

user can either select a suggestion

or user can type in a category to find other options

user clicks plus

④ Activity Popup

← Activity Suggestions

Would you like to confirm log of: Scalp massage?

No X   Yes ✓
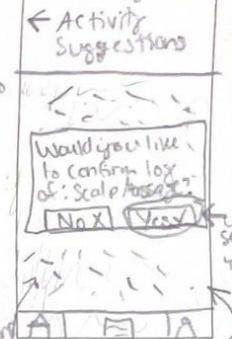
user selects yes

blurred background confetti when user clicks yes

⑤ Pop +re-load Activity home

← Activity

Badge Earned ← Badge earned for Activity log based on suggestion

Activity Suggestion

Log Activity

Past Activities
Today — Scalp Massage ← Popup here for user to see
Wed 29 — Movie
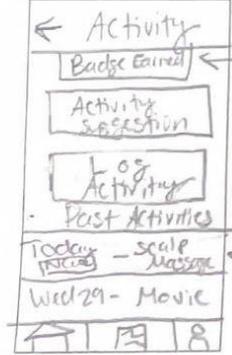
loads back to Activity Main page

↑ Still on home section
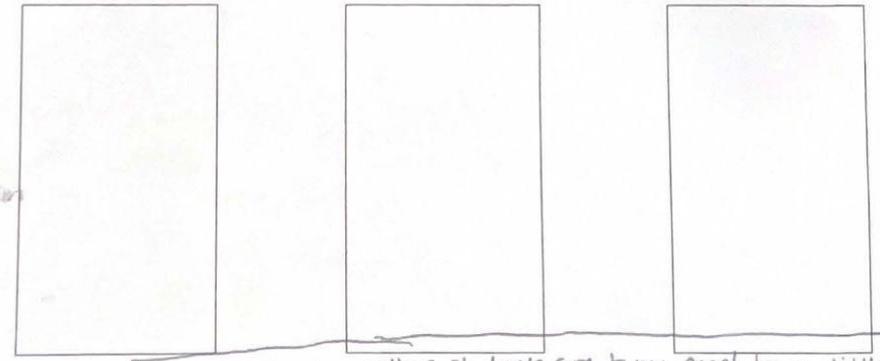
Design Tenet - college students are busy and have little time. - Having activity suggestions, and being able to quickly search, and add activities to log, makes user have to think less, and allows them to try new things

Completing a Daily Gratitude Journal

Completing a Daily Gratitude Entry

① Home

Streak
You can do hard things ~Person

Daily Outlook
Dec 1pm ____
12 3pm ____
    5pm ____

Activity Options

↑ user clicks reflection page

② Reflection page

← Reflection Page

Reflection page loads

New Entry → user clicks this button

Monthly View of Past Entries
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21

↑ highlighted

③ New Entry Page

← New Entry

Would you like to do a:

Journal Entry

or

Daily Gratitude ← user clicks here

loads new entry page

Still on this page

④ Daily Gratitude Prompt

Daily Gratitude

List 3 reasons you're excited for tomorrow.

• 1
•
•

cancel save

prompt generates each day

← text entry box for user

user clicks save

⑤ Entry Saved

Daily Gratitude

Your entry has been saved! Way to go!

← confetti

Pops up when save is clicked

⑥ Loads back to reflection home

← Reflection Page

New Entry

Monthly View of Past Entries
1 2 3 4 5 6 7
8 New Entry Logged!

page reloads to start of reflection page

Pops up at bottom to show user their entry went somewhere

entry can now be viewed in past entries

Design Tenet - College students are busy and have little time.
- By making generated prompts for user, it makes the journal function quick and less intimidating.

Changing App Color Scheme

Customizing the app color theme

① Home

STREAK 2

You can do hard things

Daily outlook
DEC 1pm
12 2pm
3pm

Activity options

user clicks profile page

← Profile

Preferred Name

Profile Info

Badges

⚙ Settings ← user clicks settings

← Settings

Notification customization

+/- Feature Customization

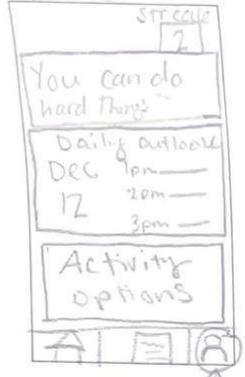Color Customization ← user clicks here

12 Link calendar

page highlighted

← Color Customization

Pick a color scheme:
Nuetral
Warm ← user clicks here
Cool

can use arrow to return to settings

← Color Customization

Pick a color scheme:
Nuetral
Warm
Cool
This is the warm scheme preview. Do you want to confirm?
No   Yes ← user clicks yes
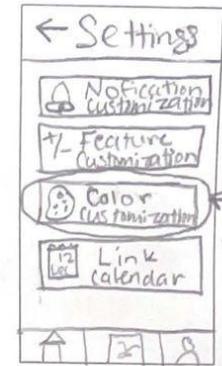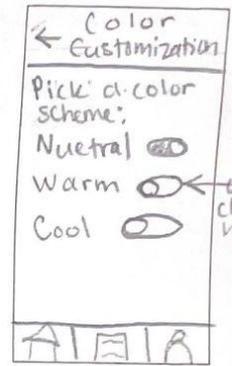
When user changes scheme, the app will change as a preview to user and then they can confirm change

Switches to show change

← Color customization
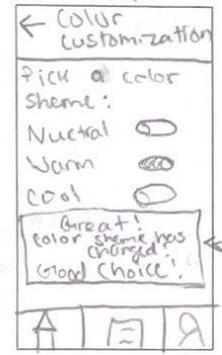
Pick a color scheme:
Nuetral
Warm
Cool
Great! Color scheme has changed. Good choice! ← pops up to show confirmation of color change.

page highlighted
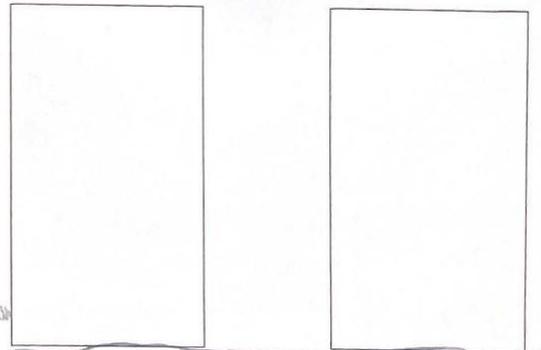
Design Tenet: Looking for a personal experience - Allowing the user to customize the color scheme of the app will make the user feel the app is for them specifically

Lo-Fi Workflow sketches

Logging an Activity

Home Page

Gapleave   Streak 2

" You can do hard things. "
~ Person

Daily Outlook
Dec 12
1pm
2pm
3pm

Activity

Home   Reflection   Profile

Darker to show selected

User clicks here

Activity Page

← Activity

Activity Suggestions

Log Activity

Past Activities

Wed 29- Nail Care

Tue 28 - Reading

Home   Reflection   Profile

User clicks here

Logging Activit...

New Activity Log

Activity Name:

Duration: min

Enjoyment Level: 1-5

😴 🙁 😐 🙂 😊
1   2   3   4   5

Cancel   Log

text entry

Scrolls between min and hr

User selects option

User selects log

Confirmation P...

New Activity Log

Would you like to confirm Activity Log?

No   Yes

Confetti begins to fall when yes is selected

Pop up is generated

User clicks yes

Blurred Background

Return to Activi...

← Activity

Badge Earned!

Activity Suggestions

Log Activity

Past Activities

Today- Movie

Wed 29- Nail Care

Home   Reflection   Profile

After Confetti falls, loads back to activity page home

Pops up on page after new activity log, to show a reward

Activity just logged by user populates in past activities

Design Tenet:
Gain Desire to take part in self-care activities;
- Confetti when completing a task helps the user to feel accomplished when an activity is logged
- Earning badges when completing activities incentivises the user to return, and take part in more activities

Quick adding an Activity Suggestion

Home

Gapleave   Streak 2

" You can do hard things. "
~ Person

Daily Outlook
Dec
12
1pm
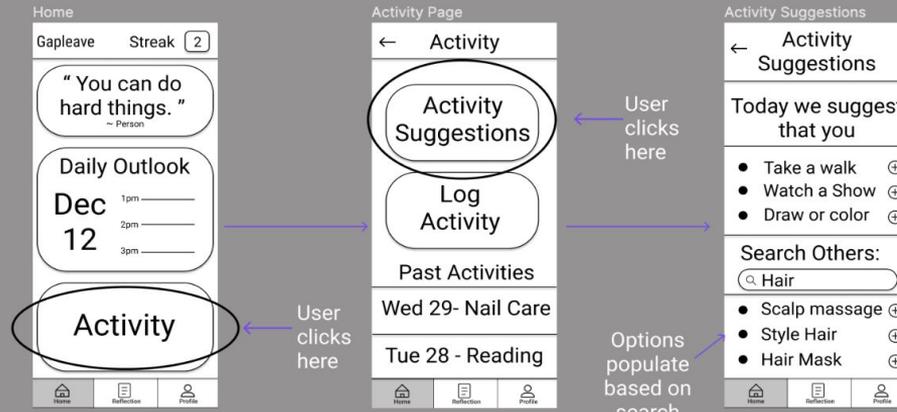2pm
3pm

Activity

Home   Reflection   Profile

User clicks here

Darker to show selected

Activity Page

← Activity

Activity Suggestions

Log Activity

Past Activities

Wed 29- Nail Care

Tue 28 - Reading

Home   Reflection   Profile

User clicks here

Activity Suggestions

← Activity Suggestions

Today we suggest that you

• Take a walk ⊕
• Watch a Show ⊕
• Draw or color ⊕

Search Others:
🔍 Hair

• Scalp massage ⊕
• Style Hair ⊕
• Hair Mask ⊕

Home   Reflection   Profile

Auto-suggested activity ideas that populate and change daily for the user

User clicks on plus to quick add suggested or searched activity

User clicks here

Options populate based on search

Can choose to either quick add a suggestion, or can search for other options

Design Tenet:
College Students are busy and have little time;

- Activity suggestions and having the ability to search activity ideas quickly, as well as adding a quick add feature allows user to think less and spend less time deciding on activity

Activity Pop

Activity Suggestions

Would you like to confirm Activity Log?

No   Yes

Home   Reflection   Profile

Blurred Background

Confetti begins to fall when yes is selected

Pop up is generated

User clicks yes

Popup and Reload Activity

← Activity

Badge Earned!

Activity Suggestions

Log Activity

Past Activities

Today- Hair Mask

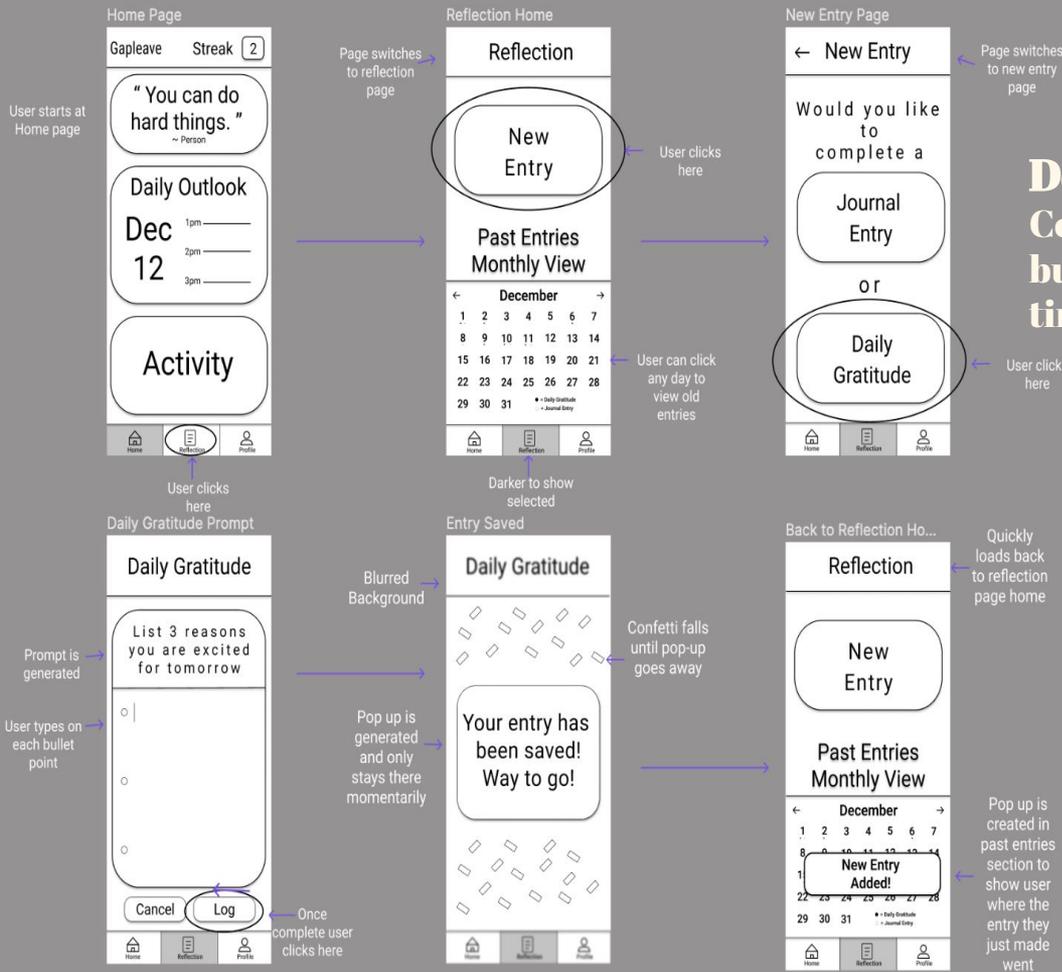Wed 29- Nail Care

Home   Reflection   Profile

After Confetti falls, loads back to activity page home

Pops up on page after new activity log, to show a reward

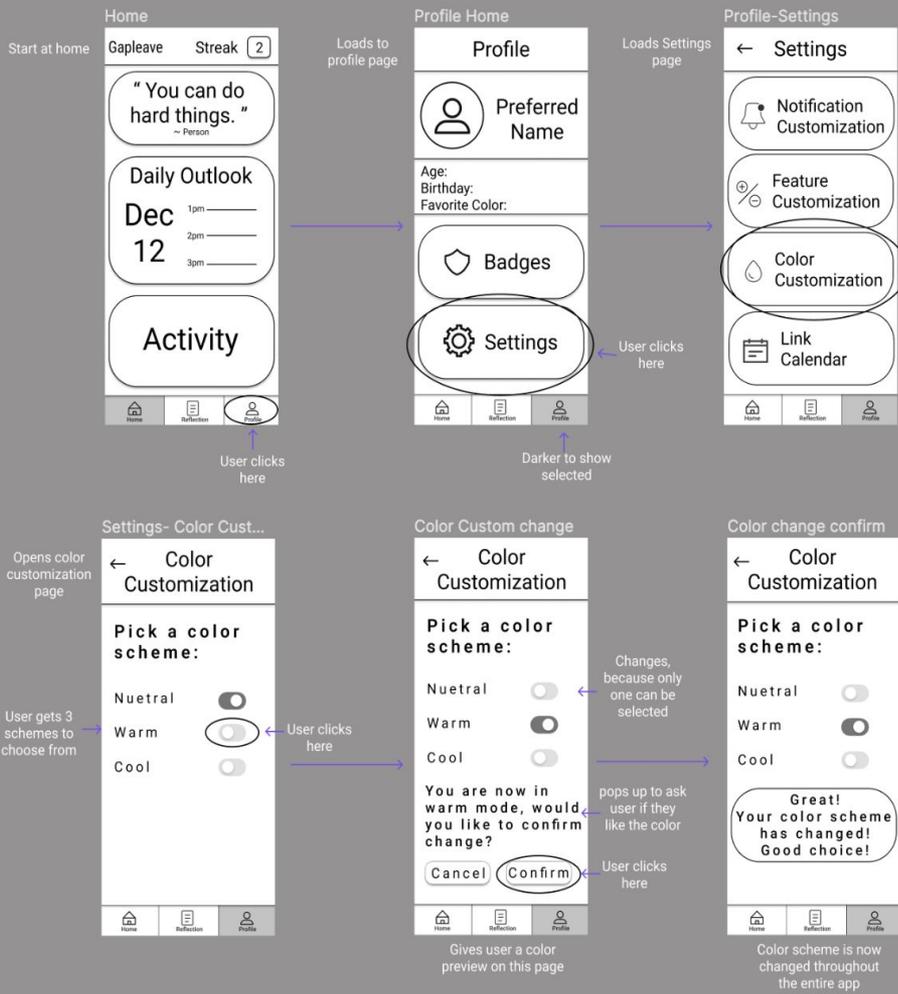Activity just logged by user populates in past activities

Completing a Daily Gratitude Journal

Design Tenet:
College Students are busy and have little time;

Having a prompt for users to follow allows the user to have to think less, thus making them want to do the entries every day.

Home Page

Gapleave   Streak 2

" You can do hard things. "
~ Person

Daily Outlook
Dec 12
1pm ——
2pm ——
3pm ——

Activity

Home Reflection Profile

User starts at Home page

User clicks here

Page switches to reflection page

Reflection Home

Reflection

New Entry

Past Entries Monthly View

December
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31
• Daily Gratitude
• Journal Entry

Home Reflection Profile

User clicks here

User can click any day to view old entries

Darker to show selected

Page switches to new entry page

New Entry Page

← New Entry

Would you like to complete a

Journal Entry

or

Daily Gratitude

Home Reflection Profile

User clicks here

Quickly loads back to reflection page home

Daily Gratitude Prompt

Daily Gratitude

List 3 reasons you are excited for tomorrow

○
○
○

Cancel Log

Home Reflection Profile

Prompt is generated

User types on each bullet point

Once complete user clicks here

Blurred Background

Entry Saved

Daily Gratitude

Your entry has been saved! Way to go!

Home Reflection Profile

Pop up is generated and only stays there momentarily

Confetti falls until pop-up goes away

Back to Reflection Ho...

Reflection

New Entry

Past Entries Monthly View

December
1 2 3 4 5 6 7
8 9 10 11 12 13 14
New Entry Added!
29 30 31
• Daily Gratitude
• Journal Entry

Home Reflection Profile

Pop up is created in past entries section to show user where the entry they just made went

Changing App Color Scheme

Design Tenet:
Looking for a personal experience;

- Having a feature that allows them to change the color scheme to their liking creates a more personal experience, and helps the user feel like the app is made just for them.

Start at home

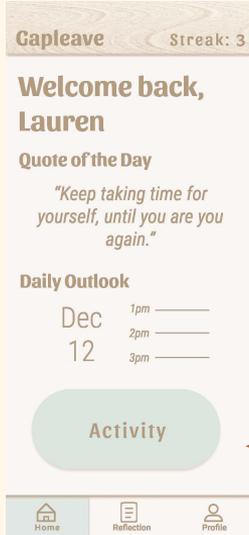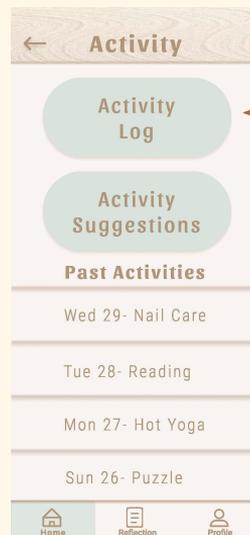Loads to profile page

Loads Settings page

Home
Gapleave   Streak 2

" You can do hard things. "
~ Person

Daily Outlook
Dec 12
1pm ———
2pm ———
3pm ———

Activity

🏠 Home   📋 Reflection   👤 Profile

User clicks here

Profile Home
Profile

👤 Preferred Name

Age:
Birthday:
Favorite Color:

🛡 Badges

⚙ Settings

🏠 Home   📋 Reflection   👤 Profile

User clicks here

Darker to show selected

Profile-Settings
← Settings

🔔 Notification Customization

⊕⊖ Feature Customization

💧 Color Customization

📅 Link Calendar

🏠 Home   📋 Reflection   👤 Profile

User clicks here

Opens color customization page

Settings- Color Cust...
← Color Customization

Pick a color scheme:

Nuetral   ⬤
Warm   ○
Cool   ○

🏠 Home   📋 Reflection   👤 Profile

User gets 3 schemes to choose from

User clicks here

Color Custom change
← Color Customization

Pick a color scheme:

Nuetral   ○
Warm   ⬤
Cool   ○

You are now in warm mode, would you like to confirm change?

Cancel   Confirm

🏠 Home   📋 Reflection   👤 Profile

Gives user a color preview on this page

Changes, because only one can be selected

pops up to ask user if they like the color

User clicks here

Color change confirm
← Color Customization

Pick a color scheme:

Nuetral   ○
Warm   ⬤
Cool   ○

Great! Your color scheme has changed! Good choice!

🏠 Home   📋 Reflection   👤 Profile

Pops up to show user that their selection has been changed.

Color scheme is now changed throughout the entire app

Hi-fi Workflows

Logging an Activity

Design Tenet:
Gain Desire to take part in self-care activities;
- Confetti when completing a task helps the user to feel accomplished when an activity is logged
- Earning badges when completing activities incentivises the user to return, and take part in more activities.

Indicates button to be clicked

Gapleave — Streak: 3

Welcome back, Lauren

Quote of the Day

"Keep taking time for yourself, until you are you again."

Daily Outlook

Dec
12

1pm ———
2pm ———
3pm ———

Activity

Home | Reflection | Profile

This is the Home page that contains a Quote of the Day feature, a Daily Outlook, a streak count, and an activity log button. The user must click on the Activity log button in order to move on to the activity page. Also take note of the fact that the page selected is highlighted.

← **Activity**

Activity Log

Activity Suggestions

Past Activities

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Sun 26- Puzzle

Home | Reflection | Profile

This is the Activity Home Page, which contains a activity log button, and activity suggestions button, and a list of all past logged activities for the user to reference later. The user must click the Activity Log button for this workflow to move to the next screen. The home tab on the navigation bar stays highlighted throughout this workflow since it is housed under the home page.

New Activity Log

Tell us about this new activity......

Activity Name: _____

Duration: _____ min

Enjoyment Level: 1-5
(click to select option)

😣 🙁 😐 🙂 😖
1 2 3 4 5

Cancel | Log

Home | Reflection | Profile

This is the New Activity Log page is a place where the user has to log details about ana activity, including, Activity Name, Duration, where they input time and have the choice between entering minutes of hours, and their enjoyment level 1-5. Once the user has typed out this information, the user must then click Log to move the workflow on to the next page. This will save the information entered.
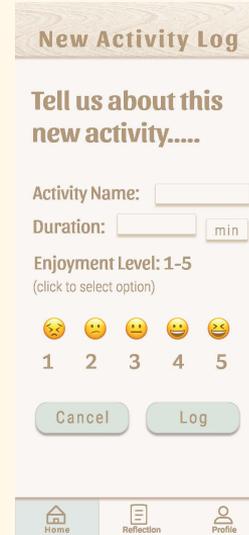
This is the Activity Log Confirmation page. This page contains a pop-up that makes sure the user want to confirm or deny their activity log. Once the user click Yes, confetti will begin to fall, to serve as a celebration for taking the time to do an activity for themself. The confetti will finish falling, and then it will move onto the last page of the workflow.

New Activity Log

Would you like to confirm Activity Log?

No | Yes

Home | Reflection | Profile

This is the Activity Home Updated page, where it contains all the same features as the original Activity Home page, but is now updated with the activity that has been added today, so the user can see where their logged activity just went. There is also a Badge Earned pop-up at the top of the page to show the user that by completing activity logs, and activities of that nature, will earn them badges, and will hopefully motivate them to keep using the app.

← **Activity**

Badge Earned!

Activity Log

Activity Suggestions

Past Activities

Today- Hair Mask

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Home | Reflection | Profile

Quick adding an Activity Suggestion

Design Tenet:
College Students are busy and have little time;
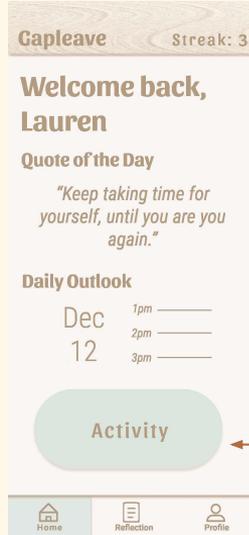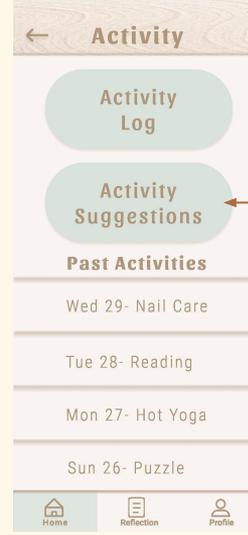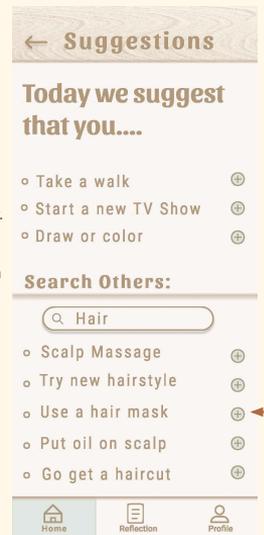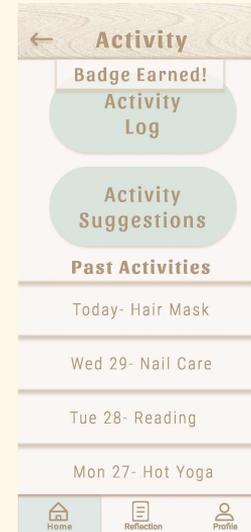- Activity suggestions and having the ability to search activity ideas quickly, as well as adding a quick add feature allows user to think less and spend less time deciding on activity

This is the Home page that contains a Quote of the Day feature, a Daily Outlook, a streak count, and an activity log button. The user must click on the Activity log button in order to move on to the activity page. Also take note of the fact that the page selected is highlighted.

Capleave   Streak: 3

Welcome back, Lauren
Quote of the Day
"Keep taking time for yourself, until you are you again."

Daily Outlook
Dec 12
1pm ———
2pm ———
3pm ———

Activity

Home   Reflection   Profile

This is the Activity Home Page, which contains a activity log button, and activity suggestions button, and a list of all past logged activities for the user to reference later. The user must click the Activity suggestions button for this workflow to move to the next screen. The home tab on the navigation bar stays highlighted throughout this workflow since it is housed under the home page.

Activity

Activity Log

Activity Suggestions

Past Activities
Wed 29- Nail Care
Tue 28- Reading
Mon 27- Hot Yoga
Sun 26- Puzzle

Home   Reflection   Profile

This is the Activity Suggestions Page, which contains 3 auto-generated activity suggestions each day. There is also a section where the user can search for other topics and pick from those. In this workflow the user will pick a Hair mask and then click in the plus button directly beside it. This will quick add the activity to the activity log.

← Suggestions

Today we suggest that you....
○ Take a walk   ⊕
○ Start a new TV Show ⊕
○ Draw or color   ⊕

Search Others:
🔍 Hair
○ Scalp Massage   ⊕
○ Try new hairstyle   ⊕
○ Use a hair mask   ⊕ ←
○ Put oil on scalp   ⊕
○ Go get a haircut   ⊕

Home   Reflection   Profile

This is the Activity Suggestions confirmation page, where a prompt pops-up and asks the user to confirm that they want to log that activity. To move the workflow along, the user must select the yes button to officially log the activity.

← Suggestions

Would you like to confirm Activity Log?
No   Yes

Home   Reflection   Profile

This is the Activity Home Updated page, where it contains all the same features as the original Activity Home page, but is now updated with the activity that has been added today, so the user can see where their logged activity just went. There is also a Badge Earned pop-up at the top of the page to show the user that by completing activity logs, and activities of that nature, will earn them badges, and will hopefully motivate them to keep using the app.

← Activity

Badge Earned!
Activity Log

Activity Suggestions

Past Activities
Today- Hair Mask
Wed 29- Nail Care
Tue 28- Reading
Mon 27- Hot Yoga

Home   Reflection   Profile

← Indicates button to be clicked

# Completing a Daily Gratitude Journal

Design Tenet:
College Students are busy and have little time;

- Having a prompt for users to follow allows the user to have to think less, thus making them want to do the entries every day.

Indicates button to be clicked

Gapleave — Streak: 3

Welcome back, Lauren

Quote of the Day

"Keep taking time for yourself, until you are you again."

Daily Outlook

Dec 12 — 1pm, 2pm, 3pm

Activity

Home · Reflection · Profile

This is the Home page that contains a Quote of the Day feature, a Daily Outlook, a streak count, and an activity log button. The user must click on the reflection tab of the navigation bar in order to reach the reflection page. Also take note of the highlighted navigation bar depending on which page is currently in use.

This is the Daily Gratitude Page, where it auto-generates a prompt for the user to complete each day, and the user must click in the box and type out their response. Once the user is happy with their response, they must select the log button located at the bottom in order to move the workflow along.

Daily Gratitude

List 3 reasons you are excited for tomorrow!

Cancel · Log
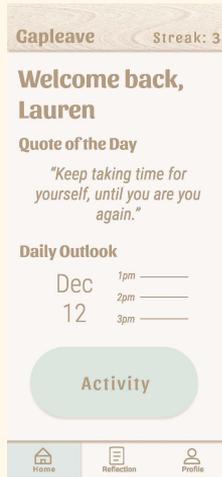
This is the Reflection Page where the user can either either click to complete a new entry, or can go back and look at old entries they have completed in the past. The user will click new entry in order to complete this workflow. Also notice how the Reflection icon in highlighted to show that user is on a new page.

Reflection

Take some time to reflect......

New Entry

Past Entries Monthly View

December

This is the Daily Gratitude Log Confirmation page, where it confirms to the user that the entry has been logged. It also has confetti falling to allow the user to celebrate doing something for themself. The user must click the ok button in order for them to move on to the next page.

Daily Gratitude

Your entry has been saved!

Way to go!

Ok!

Loading....

This is the New Entry page, where the user has to decide whether they would like to complete a Journal Entry or a Daily Gratitude. For this workflow the user will select the Daily gratitude option in order to continue to the next step.

New Entry

Would you like to complete a:

Journal Entry

Or

Daily Gratitude

This is the updated Reflection Home page, where there is a pop-up that happens to show the user that their entry has been added to the past entries section of the Reflection Page, and they can visually see where to go in order to find the entry they just logged.

Reflection

Take some time to reflect......

New Entry

Past Entries Monthly View

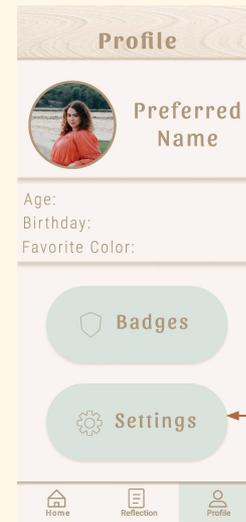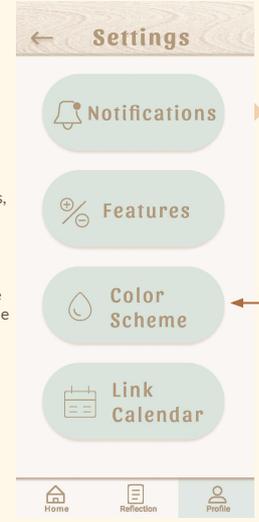December

New Entry Added!

Changing App Color Scheme

Design Tenet:
Looking for a personal experience;

- Having a feature that allows them to change the color scheme to their liking creates a more personal experience, and helps the user feel like the app is made just for them.

← Indicates button to be clicked

Gapleave — Streak: 3

Welcome back, Lauren

Quote of the Day
"Keep taking time for yourself, until you are you again."

Daily Outlook

Dec 12

1pm ——
2pm ——
3pm ——

Activity

Home | Reflection | Profile

This is the Home page that contains a Quote of the Day feature, a Daily Outlook, a streak count, and an activity log button. The user must click on the profile tab in order to continue with this workflow. The highlighted tab will change once on the next page.

Profile

Preferred Name

Age:
Birthday:
Favorite Color:

Badges

Settings

Home | Reflection | Profile
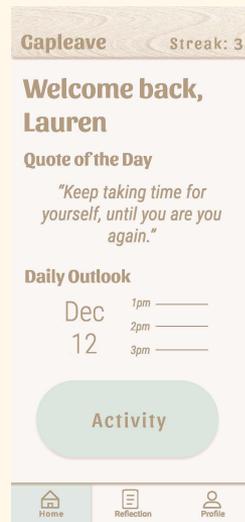
This is the Profile page where you can edit/input some of your personal info. You can also view what badges you have earned and your settings. For this workflow, the user will click settings in order to continue in the workflow. The profile tab is now highlighted too, in order to indicate which tab the user is currently on.

← **Settings**

🔔 Notifications

⊕ Features

💧 Color Scheme

📅 Link Calendar

Home | Reflection | Profile

This is the Settings page, where the user can manage their notifications, features, color scheme, and calendars they want linked settings. For this workflow the user needs to select the color scheme button in order to continue the workflow.

← **Color Scheme**

Pick a color scheme:

Nuetral ⬤
Warm ⬤
Cool ⬤

The choice is all yours!

Home | Reflection | Profile

This is the Color Scheme settings page, where the user has the option to switch between three different color scheme options for the app. The user just has to click the slider over that they want to change the color to, and the one currently turned on will switch off. The user must click warm for this workflow to continue.

← **Color Scheme**

Pick a color scheme:

Nuetral ⬤
Warm ⬤
Cool ⬤

You are now in warm mode. Would you like to confirm change?

Cancel | Confirm

Home | Reflection | Profile
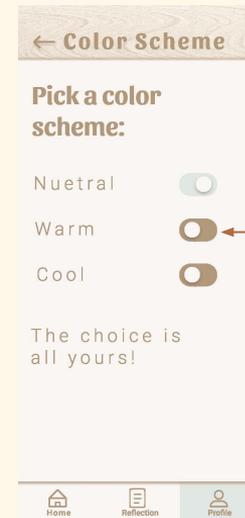
This is the Color scheme confirmation page, where once the user slides the slider to change the scheme, they get a preview on this page to see if they like it, and once they are happy, they can click confirm. This will change the color scheme throughout the entire app. Clicking confirm will keep the workflow continuing on.

← **Color Scheme**

Pick a color scheme:

Nuetral ⬤
Warm ⬤
Cool ⬤

Great! Your color scheme has changed! Good choice!!!
(You can always change it again!)

Home | Reflection | Profile

This is the Completed Color scheme change page, where the user will see a message showing that they have officially changed the aps color scheme, as well as a reminder that they can always change the color back whenever they want.

Hi-Fi Iterations

Logging an Activity Iteration

Capleave

Welcome back, Lauren

Your Streak
You are on a roll, keep it up!   5

Quote of the Day
"Keep taking time for yourself, until you are you again."
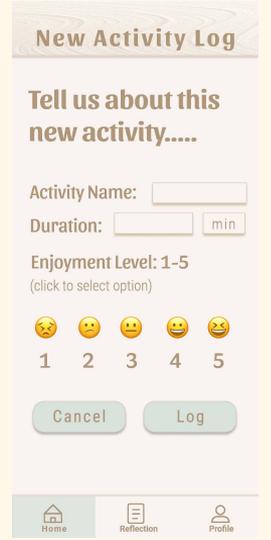
Daily Outlook
Dec 12
1pm
2pm
3pm

Activity

Home | Reflection | Profile

Changed Streak function location:
"Make the streak have its own banner on the homepage"

Make homepage more sectioned.
"The homepage feels very GoogleDocesque, and there doesn't feel like there is enough separation."

← **Activity**

Activity Log

Activity Suggestions

Past Activities

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Sun 26- Puzzle

Home | Reflection | Profile

Changed letter kerning:
"The spacing with some of these words are kind of weird and make it harder to read."

Removed inner shadow on the Nav bar..
"The shadow on the bar above the navigation made me feel like the navigation is behind the rest of the page."*


New Activity Log

Tell us about this new activity......

Activity Name: [   ]
Duration: [   ] min

Enjoyment Level: 1-5
(click to select option)

😣 😕 😐 😀 😆
1   2   3   4   5

Cancel | Log

Home | Reflection | Profile

New Activity Log

Would you like to confirm Activity Log?

No | Yes

Home | Reflection | Profile

← **Activity**

Badge Earned!
Activity Log

Activity Suggestions

Past Activities

Today- Hair Mask

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Home | Reflection | Profile

Changed letter kerning:
"The spacing with some of these words are kind of weird and make it harder to read."

= any changes made

Quick adding an Activity Suggestion Iteration

Changed Streak function location:
"Make the streak have its own banner on the homepage"

Make homepage more sectioned.
"The homepage feels very GoogleDocesque, and there doesn't feel like there is enough separation."

= any changes made

Capleave

Welcome back, Lauren

Your Streak
You are on a roll, keep it up!   5
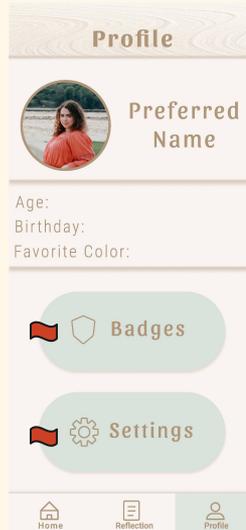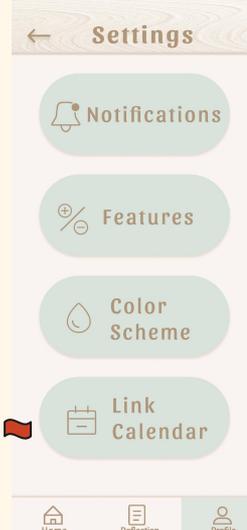
Quote of the Day
"Keep taking time for yourself, until you are you again."

Daily Outlook
Dec 12   1pm ___
                2pm ___
                3pm ___

Activity

Home   Reflection   Profile

Changed letter kerning:
"The spacing with some of these words are kind of weird and make it harder to read."

Removed inner shadow on the Nav bar..
"The shadow on the bar above the navigation made me feel like the navigation is behind the rest of the page."*

Activity

Activity Log

Activity Suggestions

Past Activities

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Sun 26- Puzzle

Home   Reflection   Profile

Suggestions

Would you like to confirm Activity Log?

No   Yes

Home   Reflection   Profile

Made entire suggestion option clickable all over instead of just plus button:

" It would be nice to have the entire suggestion clickable. As a lefty it was harder for my finger to reach the plus button."

Removed separating line above search bar."

"The line down the middle makes it feel like two separate things, and not as cohesive."
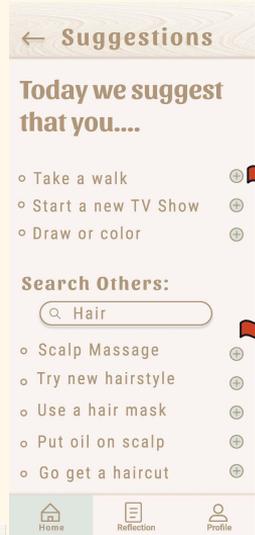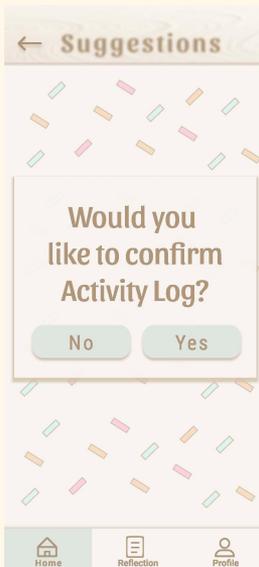
Changed letter kerning:
"The spacing with some of these words are kind of weird and make it harder to read."

Activity

Badge Earned!

Activity Log

Activity Suggestions

Past Activities

Today- Hair Mask

Wed 29- Nail Care

Tue 28- Reading

Mon 27- Hot Yoga

Home   Reflection   Profile

Suggestions

Today we suggest that you....

○ Take a walk   ⊕
○ Start a new TV Show   ⊕
○ Draw or color   ⊕

Search Others:

🔍 Hair

○ Scalp Massage   ⊕
○ Try new hairstyle   ⊕
○ Use a hair mask   ⊕
○ Put oil on scalp   ⊕
○ Go get a haircut   ⊕

Home   Reflection   Profile
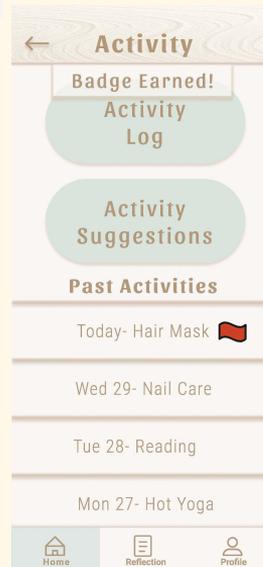
Daily Gratitude Journal Iteration

Gapleave

Welcome back, Lauren

Your Streak | 5
You are on a roll, keep it up!

Quote of the Day
"Keep taking time for yourself, until you are you again."

Daily Outlook
Dec 12

1pm ——————
2pm ——————
3pm ——————

Activity

Home | Reflection | Profile

Changed Streak function location:
"Make the streak have its own banner on the homepage"

Make homepage more sectioned.
"The homepage feels very GoogleDocesque, and there doesn't feel like there is enough separation."

Reflection

Take some time to reflect......

New Entry

Past Entries Monthly View

December
←   →
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

● = Daily Gratitude
○ = Journal Entry

Home | Reflection | Profile

Lowered Reflection, title to match other pages:
"Reflection page home text is too high, it needs to be brought down."

Made dotted key larger and added color:
"I think that making the dots under the calendar both a color and not just one filled in or empty."

"Make the dots on the bottoms of the number bigger and more noticeable."

New Entry

Would you like to complete a:

Journal Entry

Or

Daily Gratitude

Home | Reflection | Profile

Daily Gratitude

List 3 reasons you are excited for tomorrow!

○
○
○

Cancel | Log

Home | Reflection | Profile

Daily Gratitude

Your entry has been saved!

Way to go!

Ok!

Loading....

Home | Reflection | Profile

---

*Same changes as other reflection page

Reflection

Take some time to reflect......

New Entry

Past Entries Monthly View

December
←   →
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15   New Entry   21
22   23   Added!   27 28
29 30 31

● = Daily Gratitude
○ = Journal Entry

Home | Reflection | Profile
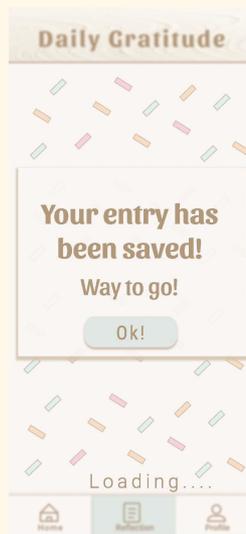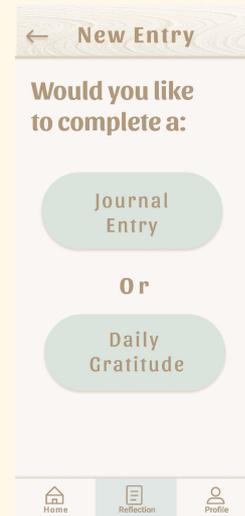
Changing Color Scheme Iteration

Capleave

Welcome back, Lauren

Your Streak
You are on a roll, keep it up!   `5`

Quote of the Day
"Keep taking time for yourself, until you are you again."

Daily Outlook
Dec 12
- 1pm _____
- 2pm _____
- 3pm _____

Activity

Home | Reflection | Profile

Changed Streak function location:
"Make the streak have its own banner on the homepage"

Make homepage more sectioned.
"The homepage feels very GoogleDocesque, and there doesn't feel like there is enough separation."

Profile

Preferred Name

Age:
Birthday:
Favorite Color:

Badges

Settings

Home | Reflection | Profile

Changed icons to unify stroke weights on icons:
"The weight of the icons on this page are different from those on the nav bar."

Settings

- Notifications
- Features
- Color Scheme
- Link Calendar

Home | Reflection | Profile

Changed icons to unify stroke weights on icons:
"The weight of the icons on this page are different from those on the nav bar."

Color Scheme

Pick a color scheme:

Neutral
Warm
Cool

The choice is all yours!

Home | Reflection | Profile

Changed letter kerning:
"The spacing with some of these words are kind of weird and make it harder to read."

= any changes made

Color Scheme

Pick a color scheme:

Neutral
Warm
Cool

You are now in warm mode.
Would you like to confirm change?

Cancel   Confirm

Home | Reflection | Profile
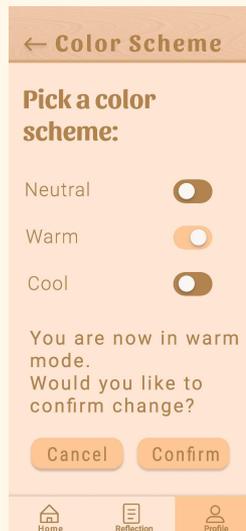
Added emoji and removed excessive punctuation:
"There are a lot of exclamation points after Great choice, maybe add an emoji instead."
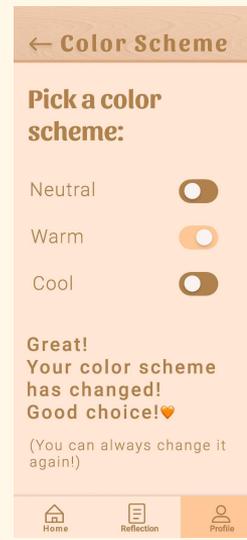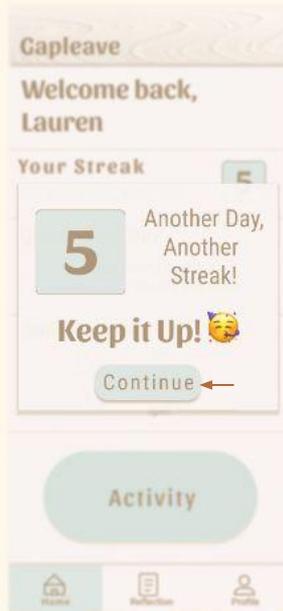
Color Scheme

Pick a color scheme:

Neutral
Warm
Cool

Great! Your color scheme has changed! Good choice!🧡

(You can always change it again!)

Home | Reflection | Profile

Gamification

Indicates button to be clicked

On the Homescreen a pop-up with the users updated Daily Streak will remind the user of the streaks function, and may help motivate the user upon opening the app. The user will click continue to move on to the normal homepage.

Now that the user is one the homepage, they will notice that their profile has a badge check icon on it. This will indicate to the user that they have a new badge they earned waiting for them. The user must click profile to continue.

On the profile page, the badge icon is also filled in with a plus sign, indicating that they have earned a badge as well as text that says new badge on the page, as a clear indicator that is waiting for them to open. The user must click Badges to continue.

On this page the user can see that under the 5 day streak badge that it says YOU DID IT, to show the user it is completed. It is also fully opaque and not sheer, to clearly show completion. The badge with a check icon also goes away from the nav bar, now that the user has opened and viewed the new badge.

Gamification
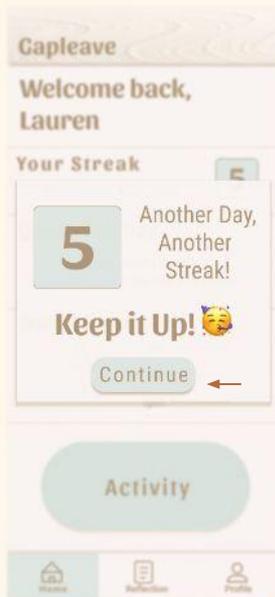
Indicates button to be clicked

On the Homescreen a pop-up with the users updated Daily Streak will remind the user of the streaks function, and may help motivate the user upon opening the app. The user will click continue to move on to the normal homepage.
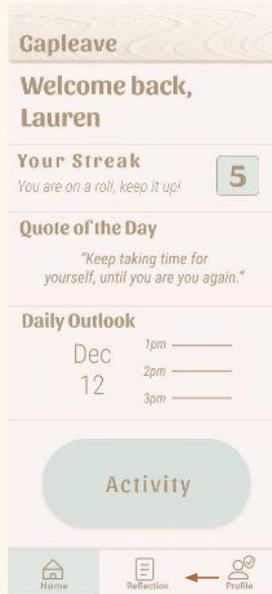
On the loaded Homescreen, the user must click the reflection page in order to move on with the workflow and view the data visualization.
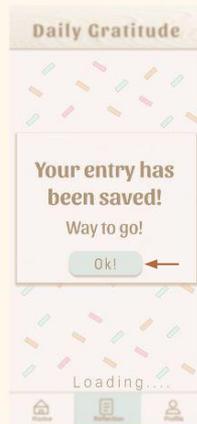
Once on the Reflection page, the user will look at the Monthly View of Past Entries, and on the bottom right there is a view details text, that is underlined, to show that it is clickable. The user must click on this to continue to the data visualization.

This is the Reflection Details page, which is a data visualization of the number of each kind of reflection the user has done so far this month in comparison to the last month of reflections.
To leave this page the user may click on the back arrow, but this is the completed workflow.

Gamification

Gapleave
Welcome back, Lauren
Your Streak
You are on a roll, keep it up! 5
Quote of the Day
"Keep taking time for yourself, until you are you again."
Daily Outlook
Dec 12
1pm
2pm
3pm

Activity

Home   Reflection   Profile

On the loaded Homescreen, the user must click the reflection page in order to move on with the workflow and view the data visualization.

Reflection
Take some time to reflect......

New Entry

Past Entries Monthly View

← December →
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31
◦ = Daily Gratitude
◦ = Journal Entry
View Details

Home   Reflection   Profile

Once on the Reflection page, the user must click on New Entry to earn a Badge a continue with the workflow.

← **New Entry**
Would you like to complete a:

Journal Entry

Or

Daily Gratitude

↑
1 away from a new badge!

Home   Reflection   Profile
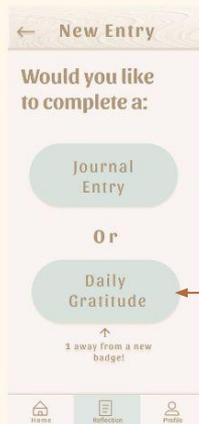
Now that the user is on the New Entry page, it shows that below the Daily Gratitude option the user is only one away from a new Badge. The user must click on Daily Gratitude to continue with the workflow.

Daily Gratitude

List 3 reasons you are excited for tomorrow!

○

○

○

Cancel   Log

Home   Reflection   Profile

On the Daily Gratitude page, after finishing the Prompt, the user will click log in order to complete, and save the reflection entry and continue with the workflow.

Daily Gratitude

Your entry has been saved!
Way to go!

Ok!

Loading....

Home   Reflection   Profile

On this page, it is alerting the user that it was saved, and congratulating them with confetti. To continue to the Reflection page, the user must click ok.

Reflection
Badge Earned! ←
Click to view!
Take some time to reflect......

New Entry

Past Entries Monthly View

← December →
1 2 3 4 5 6 7
8 9 10 New Entry 14
Added!
22 23 24 25 26 27 28
29 30 31
◦ = Daily Gratitude
◦ = Journal Entry
View Details

Home   Reflection   Profile

On the return to the Reflection page, the user is alerted that their entry was added. As well as that they earned a badge. The user must click on the Badge earned pop-up to move on to the badges page and see the badge that they just earned.

← **Badges**
Streaks

5 Day Streak **5** YOU DID IT!
10 Day Streak **10** Complete 5 First
15 Day Streak **15** Complete 10 First
30 Day Streak **20** Complete 15 First
30 Day Streak **30** Complete 20 First
Perfect Month ✓ Complete 30 First

Reflections

5 Gratitude Journals **5** YOU DID IT!
10 Gratitude Journals **10** Complete 5 First
5 Journal Entries **5** Almost there!
10 Journal Entries **10** Complete 5 First
10 Days of Both **10/10** You,1 First
Perfect Month of One of the two ✓ Check up yourself

Home   Reflection   Profile

On the Badges page, any badge that they earned is going to be colored in, and an progress made towards a badge will slowly add color to the page. This incentives users to complete each badge to make the page colorful. The user may click the back button to return back to the profile page, but that is the end of the workflow.

Android Workflows

Logging an Activity

## Design Tenet:
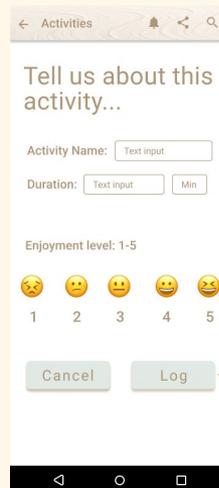Gain Desire to take part in self-care activities
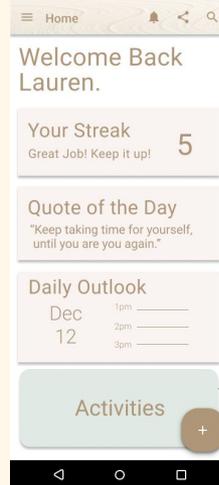
On the home screen, there is a newly designed homepage including a FAB and a drawer menu. The user to move on must click the activity button.
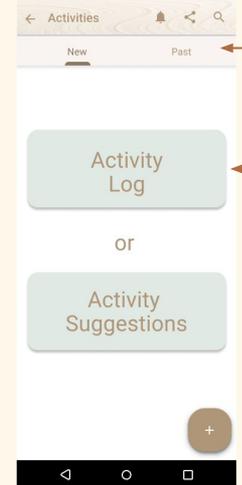
This is the activity page, where the user can pick either a log or suggestion. The user should click log to continue this workflow.
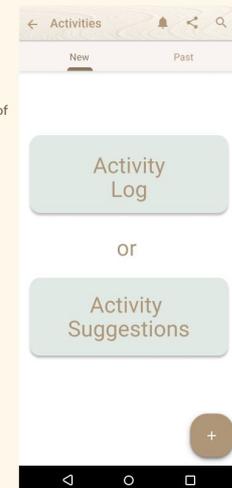If they click the Past tab it will show the user the past entries as well
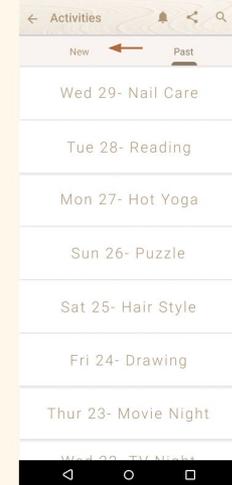
This is what the user will see if they decide to select the past button on the tabs, in which case they will see this layout of all past entries.

This is the Activity Log page, where the user will input info about their desired activity. The user will click the log button to continue this workflow.

This is the Activity log page where the user will chose to log their activity. They must click yes to continue.

This is the end of the workflow. After the user clicks yes, they will be brought back activity page.

Quick adding an Activity Suggestion

Design Tenet:
College Students are busy and have little time;

On the home screen, there is a newly designed homepage including a FAB and a drawer menu. The user to move on must click the activity button.

This is the activity page, where the user can pick either a log or suggestion. The user should click suggestions to continue this workflow. If they click the Past tab it will show the user the past entries as well
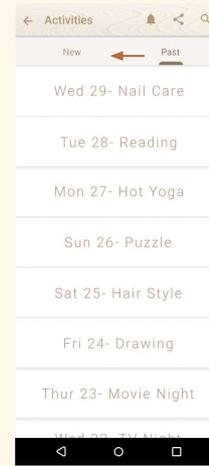
This is what the user will see if they decide to select the past button on the tabs, in which case they will see this layout of all past entries.
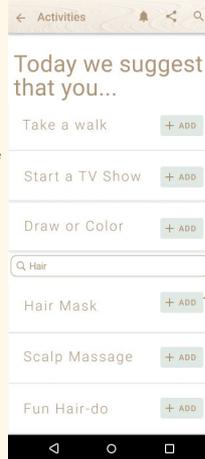
This is the Activity Suggestions page, where the user will input info about their desired activity. The user will click the add button on the activity of their choice to continue on with the workflow.

This is the Activity log page where the user will chose to log their activity. They must click yes to continue.

This is the end of the workflow. After the user clicks yes, they will be brought back activity page.
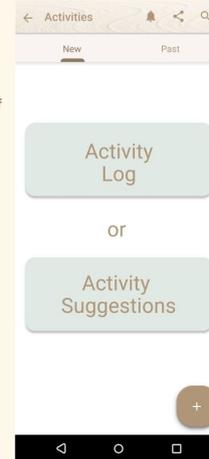
Completing a Daily Gratitude Journal

Design Tenet:
College Students are busy and have little time;
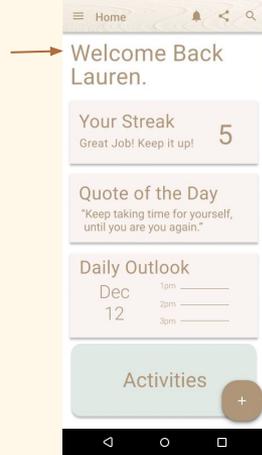
On the home screen, there is a newly designed homepage including a FAB and a drawer menu. The user to move on must click menu button.
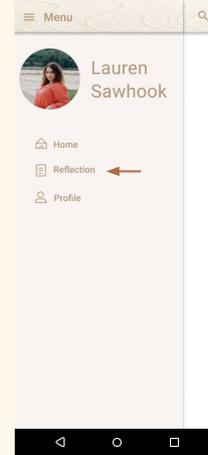
This is the Drawer menu, where the user sees all of their page options. The user must click the Reflection option to continue

This is the Reflection page where the user can either click view details to see a chart but they must click the new entry button to move on.
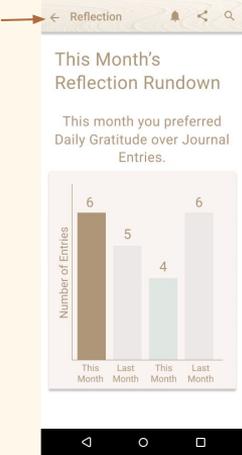
This is the monthly reflection rundown that users can see if they click view details. They can click the back button to go back to the last page.
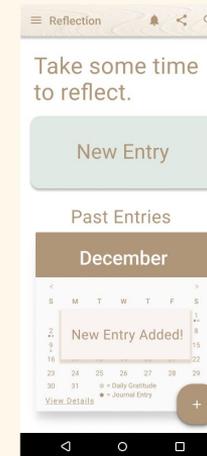
This is the choose an entry type page. This time the user must click gratitude journal to continue

On this page the user can answer the gratitude prompt that changes each day. Once the user is done click log to continue.
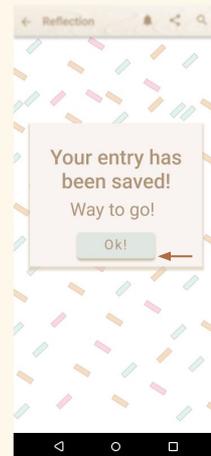
This page is letting the user know the gratitude entry was logged, and the user must click ok to continue to the reflection home.

This is the end of the workflow. The user can clearly see the new entry was added to the calendar to view later.

Changing App Color Scheme

Design Tenet:
Looking for a personal experience;

Home screen:
Welcome Back Lauren.

Your Streak — 5
Great Job! Keep it up!

Quote of the Day
"Keep taking time for yourself, until you are again."

Daily Outlook
Dec 12
1pm
2pm
3pm

Activities

On the home screen, there is a newly designed homepage including a FAB and a drawer menu. The user to move on must click menu button.

Menu:
Lauren Sawhook
Home
Reflection
Profile
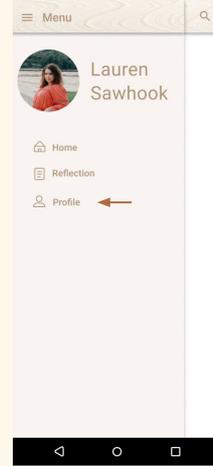
This is the Drawer menu, where the user sees all of their page options. The user must click the Profile option to continue

Profile:
Lauren Sawhook
Badges
Settings
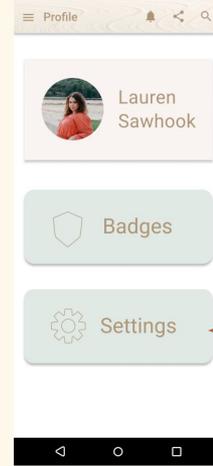
This is the Profile page, where the user can have a name and photo. The user has two options, and must click setting to continue.

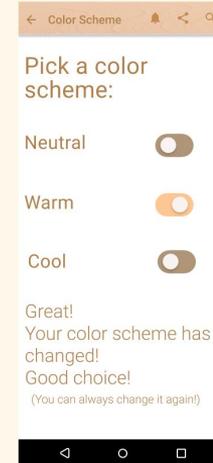**Settings:**
Notifications
Features
Color Scheme
Link Calendar
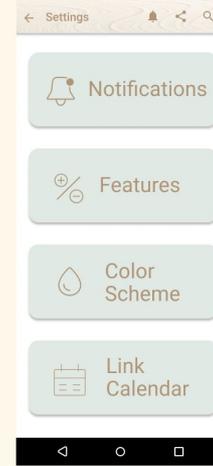
This is the settings page where the user can pick from different forms of customization in the app. The user must select color scheme to continue the workflow.

Color Scheme:
Pick a color scheme:
Neutral
Warm
Cool
The choice is all yours!

This is the page the user can change the color scheme, they can toggle to see different options. The user should click warm to continue.

Color Scheme:
Pick a color scheme:
Neutral
Warm
Cool
You are now in warm mode.
Would you like to confirm change?
Cancel   Confirm

Once the user toggles a choice they will see a preview, when they like what they see, the user clicks confirm to officially change the color elsewhere.

Color Scheme:
Pick a color scheme:
Neutral
Warm
Cool
Great!
Your color scheme has changed!
Good choice!
(You can always change it again!)

After doing that the user will see that they have officially changed the color, which will finish out the workflow.

Icons Cited

All icons used are created by:
https://www.figma.com/community/file/1053402832741047711

And:
https://www.figma.com/community/file/1156613324622550815

Android
https://materialdesignkit.com/android-gui/

And
https://material.io/design/