Band-it
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Overall Problem: Joint Pain & Activity

- Target Audience: Athletes
  - Health conscious
  - Disciplined

- Problem: Overexertion and aggravation of injury among athletes
Contextual Inquiry

- Dancers
  - Use of entire body
  - Diverse Injuries

- Observation
  - Warmup
  - Preventative Habits
Contextual Inquiry

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

- **Task 1:** Brian, recently injured, has an upcoming appointment with his physician and wants to record and share information about his activities.

- **Task 2:** Alicia wants a way to track her workout that takes into account how much time she spends on each activity.

- **Task 3:** James wants to find a warm up for Susan that will prevent injury to her hips.
Tasks

- **Task 4:** Michelle wants to track her pain in old injury that has recently been acting up again, to determine the activity causing the flare up.

- **Task 5:** With a family history of osteoarthritis, Donald wants to find exercises to prevent the condition.

- **Task 6:** A doubles tennis team needs to keep track of one another’s physical fitness.
Design Sketch 1
Design Sketch 2

Description:

Landmarks:
- cardio
- abs series
- knee pain

stand

Band

stand

Band
Design Sketch 3

- Jumping jacks
- Compression band

- Air quality chart:
  - Monday, October 20, 2014
  - Times and air quality levels:
    - 11:51 AM: 78%, unhealthy
    - 10:52 AM: 42%, moderate
    - 10:37 AM: 56%, unhealthy
    - 10:05 AM: 96%, danger
    - 9:48 AM: 22%, good
Sally wants to track her pain in an old injury that has recently been acting up again, to determine the activity causing the flare up.
Don

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

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