AWEARNESS
A MOOD TRACKING WEARABLE+ MOBILE APPLICATION

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"It was really hard to get out of bed in the morning. I just wanted to hide under the covers and not talk to anyone."

1. Send data to your mental health professional.

2. Discover mood trends and patterns.
Your current mood is: **RELAXED**

- Insights
- ADD ACTIVITY
- MOOD CHART

Your current mood is: **STRESSED**

- Insights
- ADD ACTIVITY
- MOOD CHART

Stressed Mood Chart

- Fear
- Nervous
- Sentimental
- Normal
- Relaxed
- Calm
GOOD MORNING, JASON.

8:10 AM 67°
11.5.2014 96 BPM

MOOD CHART
ADD ACTIVITY
SEND DATA

AROUSAL:
CALM <-> EXCITED

AROUSAL:
Bored

Activity added
Tennis Practice
Ice Cream Social
TESTING PROCESS + RESULTS | AWARENESS

Mood Chart:
- Intensity
- Time
- Arousal
- Valence

Today:
- 11.6.2014
- 64° sunny
- Cloudy
- 6:22 PM

Activity:
- 10:00 AM
- Class

Arousal
- Valence

Calendar and Notes:
- Today Activity
- 10:00 AM
While bored in class you decide to look over today’s mood data.

Identify a time when you experienced high valence and moderately high arousal (happiness).

Fill in the missing activity (ballet).
   - Activity: CSE520
   - Time: 5:00 PM
   - Intensity: Arousal
   - Temperature: 51° C
   - Weather: Cloudy
   - Add activity

   - Activity: Unknown
   - Time: 10:00 AM
   - Intensity: Arousal
   - Temperature: 64° Sun
   - Weather: Sunny
   - Add activity below
2 TASK TWO

Explore yesterday’s Mood Chart and identify a time and corresponding activity in which you experienced high valence and moderate arousal (contentment).

Re-read the definitions of the terms.
INSIGHTS

1. Design a necessarily iterative process
2. Tasks must be concrete + relevant
3. Collaboration a necessity, yet sometimes an impossibility
THANK YOU!

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