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
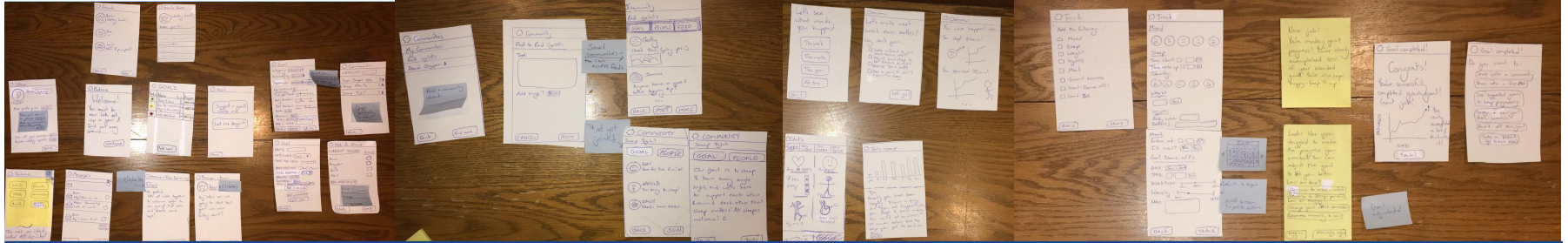
Gain that balance by...

Providing a support network via other people

Communities help with:

- Encouragement
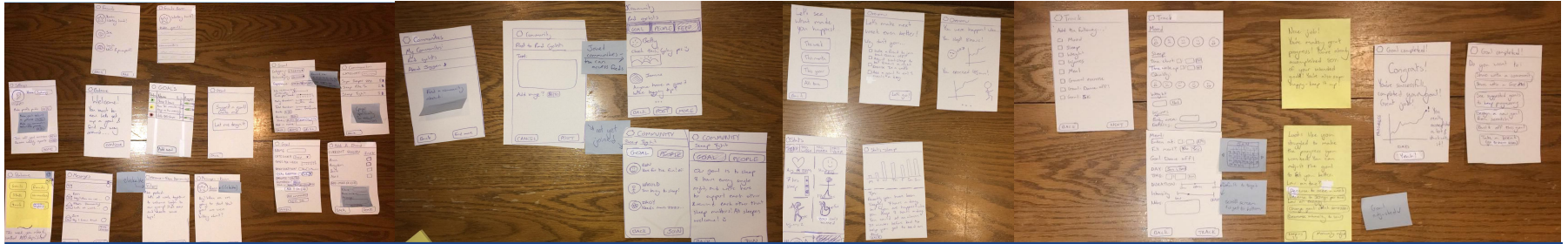- Belonging
- Sense of Accomplishment
- Knowledge sharing

Initial Paper Prototype
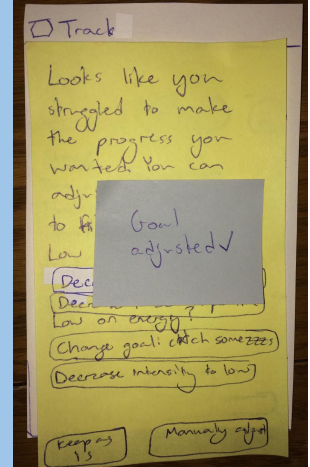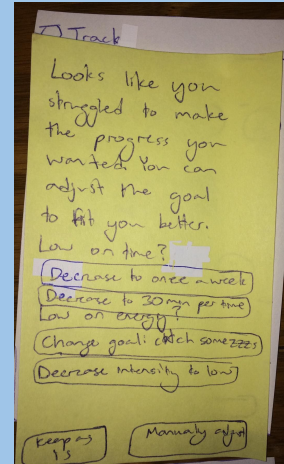

Overwhelming

But valuable
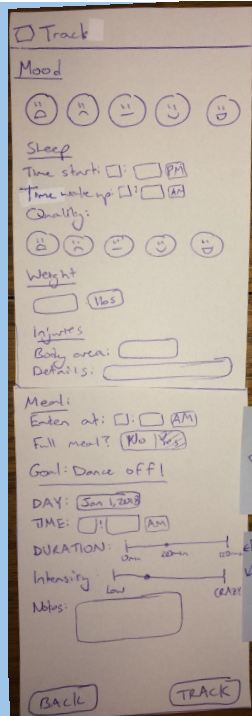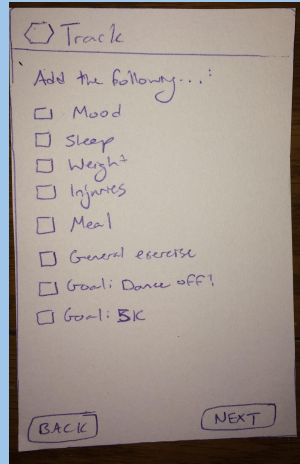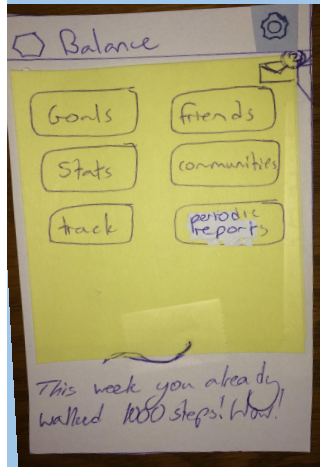
Initial Paper Prototype

Crucial aspects:

Easy to find and join communities

Automatically suggests tailored goal adjustments

Initial Paper Prototype - Task 1 Walkthrough
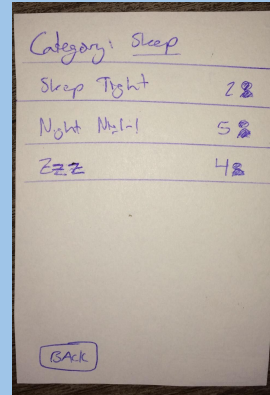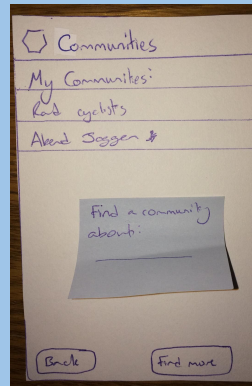
Track progress toward a goal

Join a community
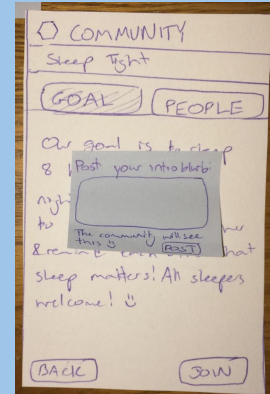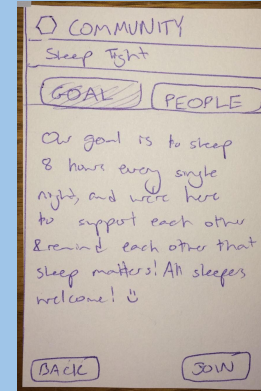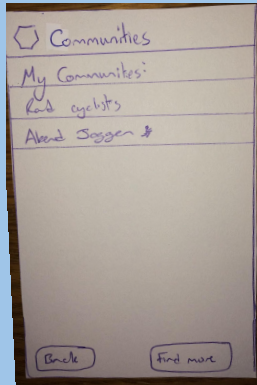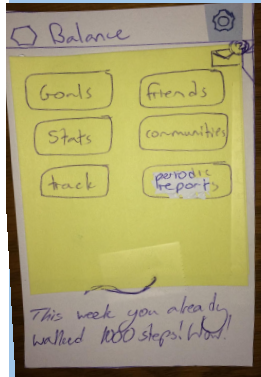
Testing Process

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
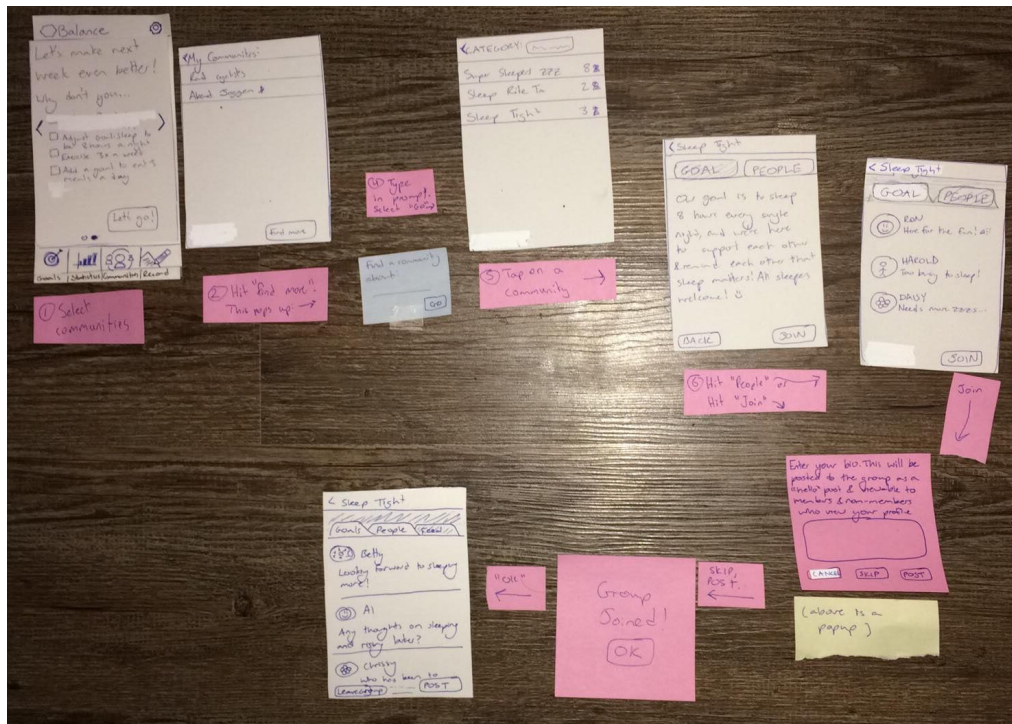- Ability to leave a group

Usability Tests

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

Final Paper Prototype (Track progress)
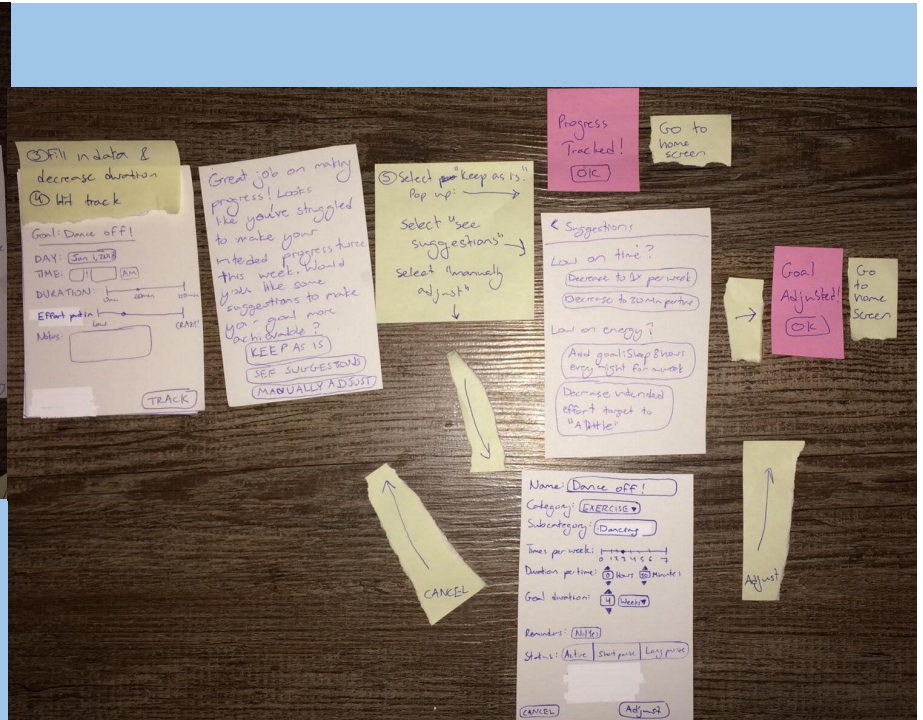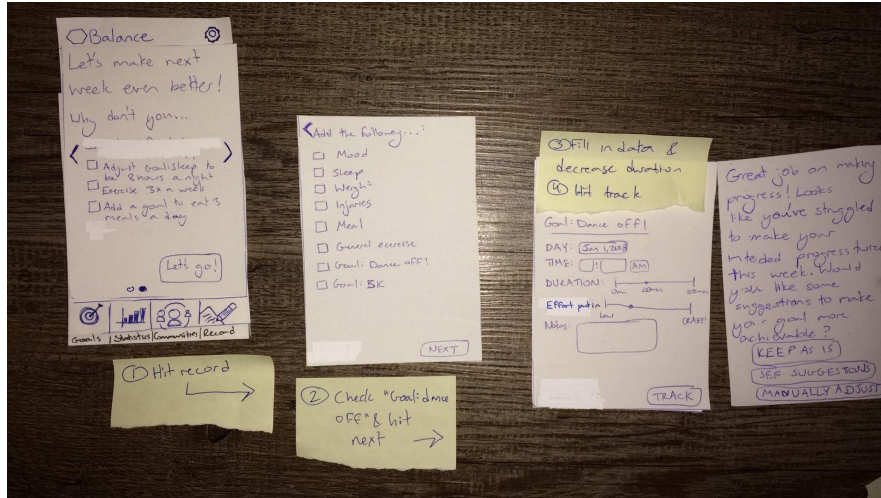
- Clear wording
- Logical screen divide
- Easy to navigate

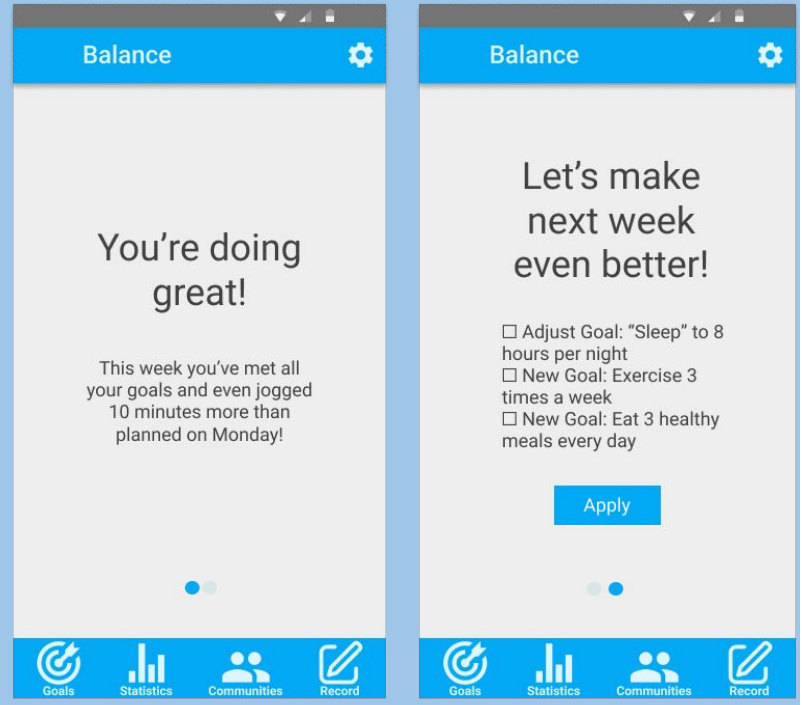# Final Paper Prototype (Join a group)

- 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
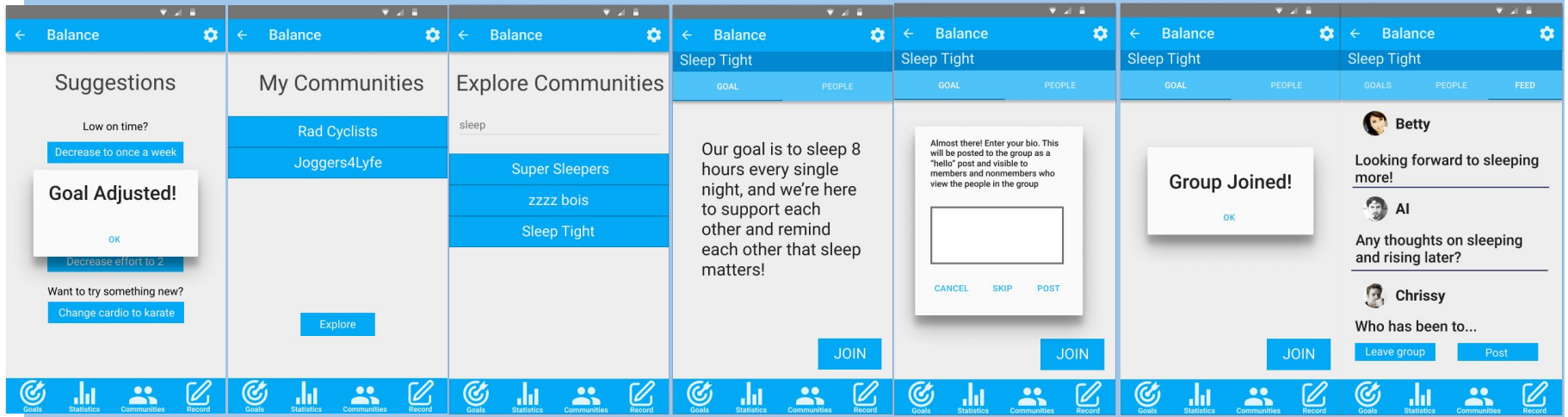
Digital Mockup

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)
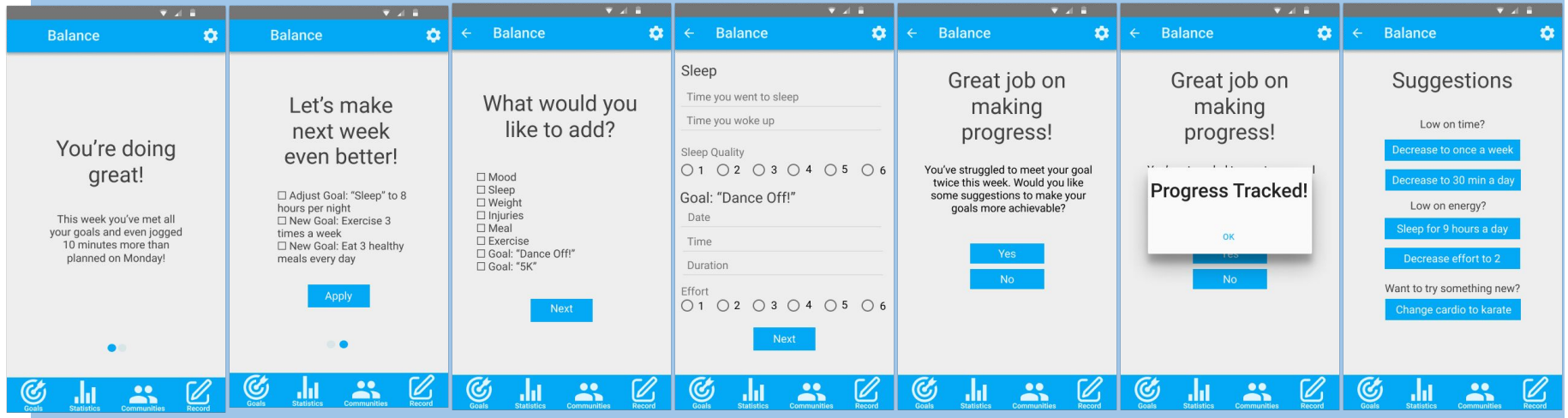
Digital Mockup

Task 2: Join a community

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?