



Balance

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# Overall Problem

Exercise and physical health are important

Aspects of life need balancing

People need motivation for goals

People have struggles with exercising



# Design Research Participants

Interviews

Four participants

Ranging from high school senior to young professional



# Design Research Results

Lack of time



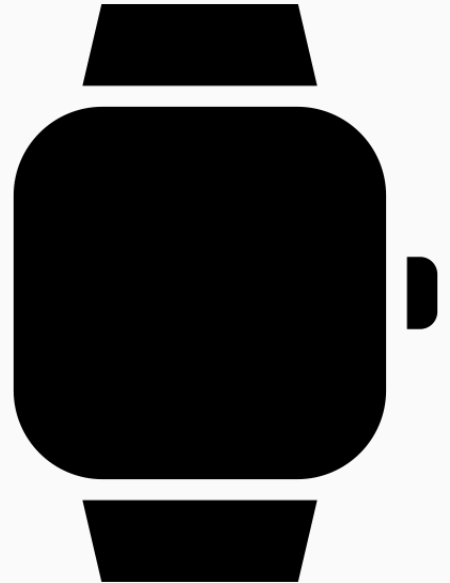
# Design Research Results

Overwhelming goal-setting process



# Design Research Results

Wearables made life easier



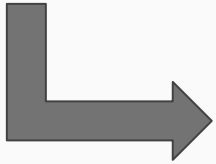
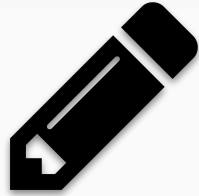
# Design Research Results

Fitness buddies help

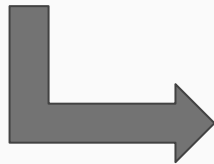
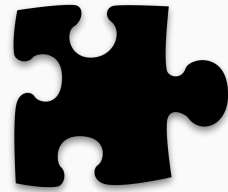


# Tasks

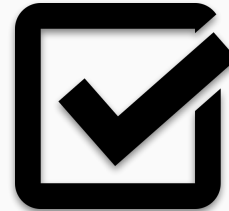
Set up a goal



Break down a goal



Complete a goal





# Tasks



Connect with other goalsetters

Receive recognition



# Tasks

Maintain overall health and prioritize  
happiness



# Design Sketches



Figure A

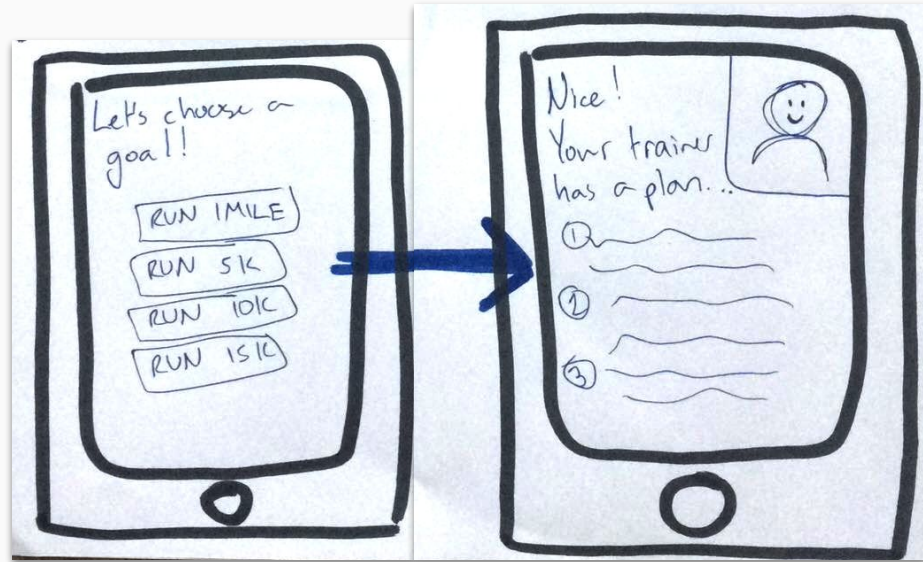


Figure B

# Design Sketches

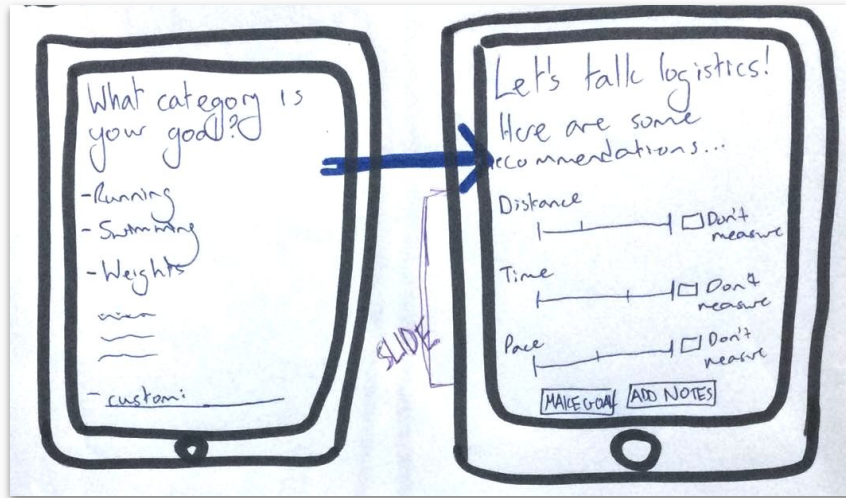


Figure C

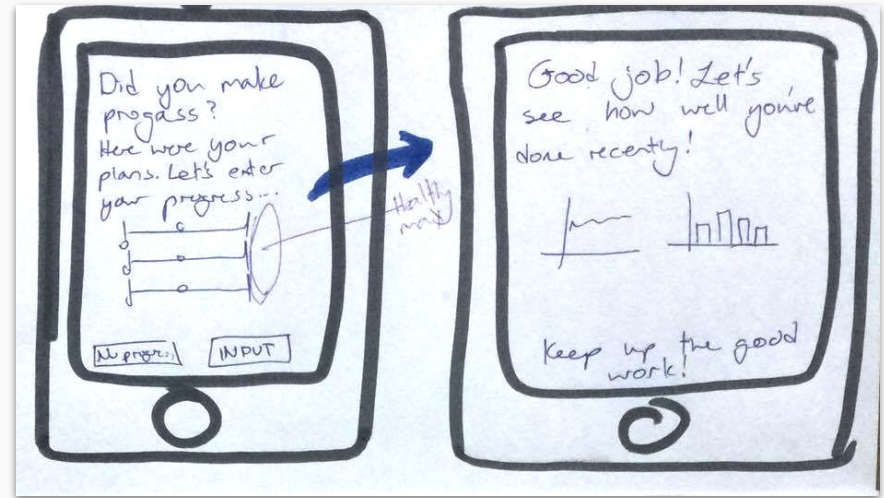


Figure D

# Design Sketches



Figure E

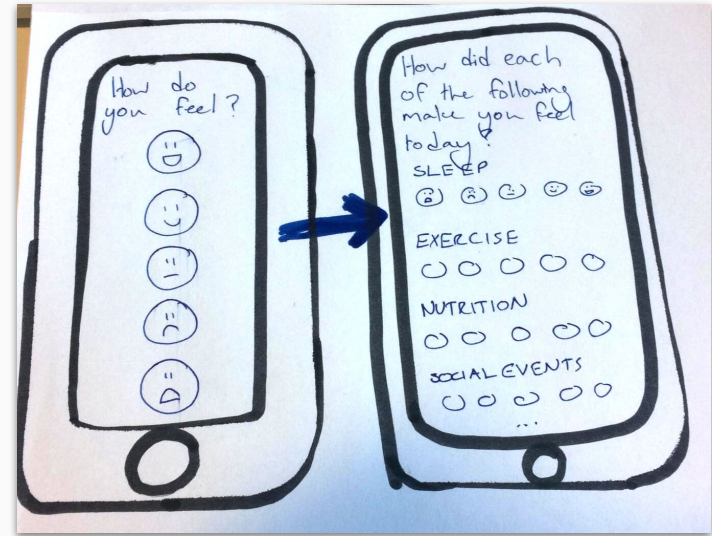
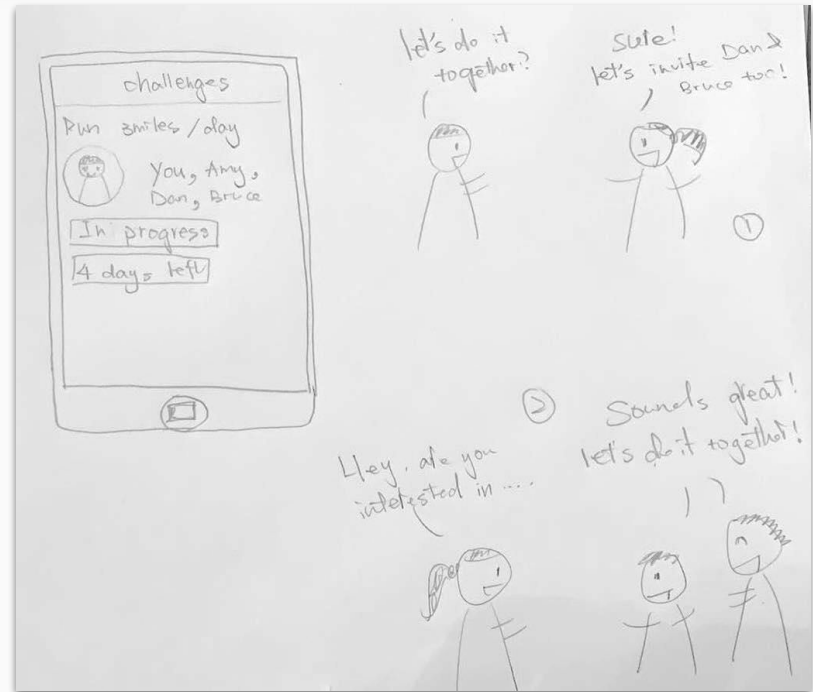


Figure F

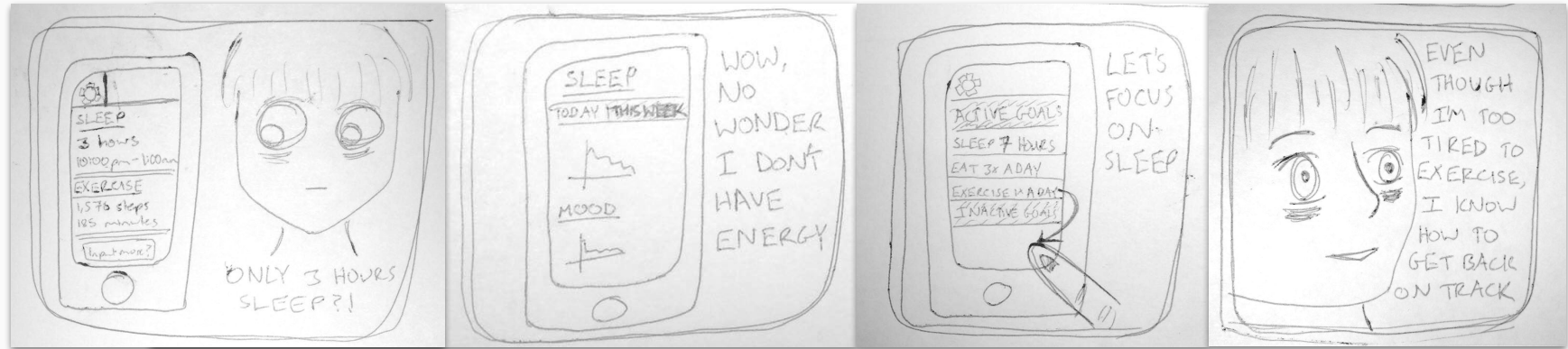
# Storyboards

## Connecting with other goalsetters



# Storyboards

Maintain overall health and prioritize happiness



# Summary and Takeaways

Focus on ideas which are unique, even if nonconventional

Prioritize research and data over preconceptions

Don't get stuck on past ideas









# Balance

Thank you!

Questions?