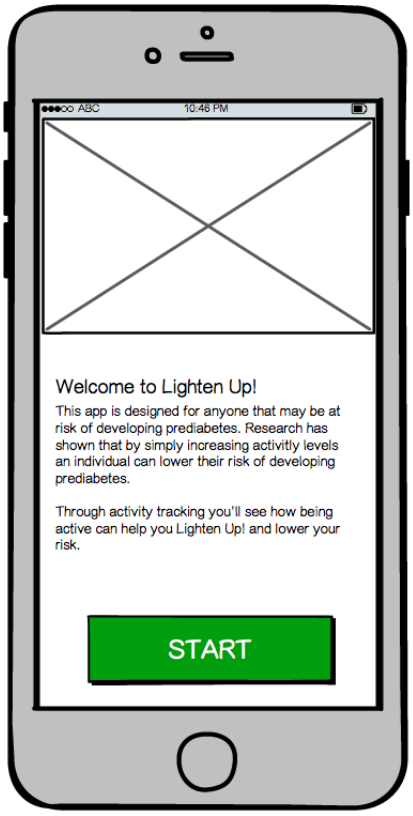
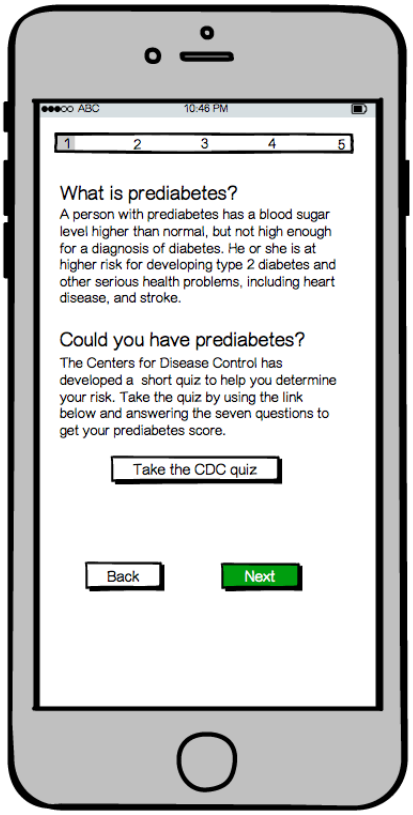
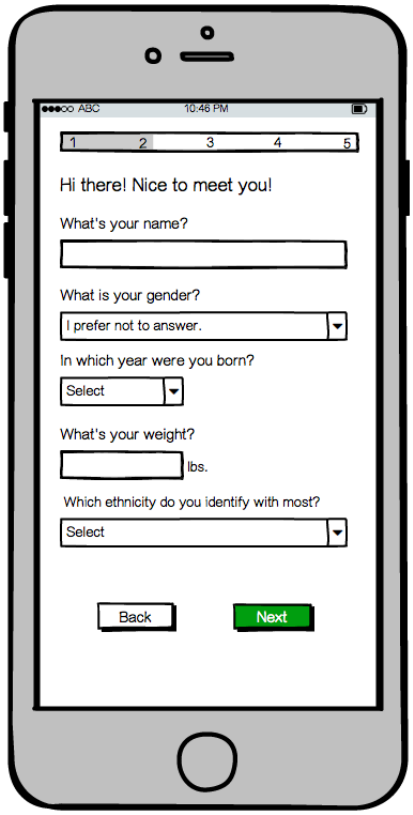


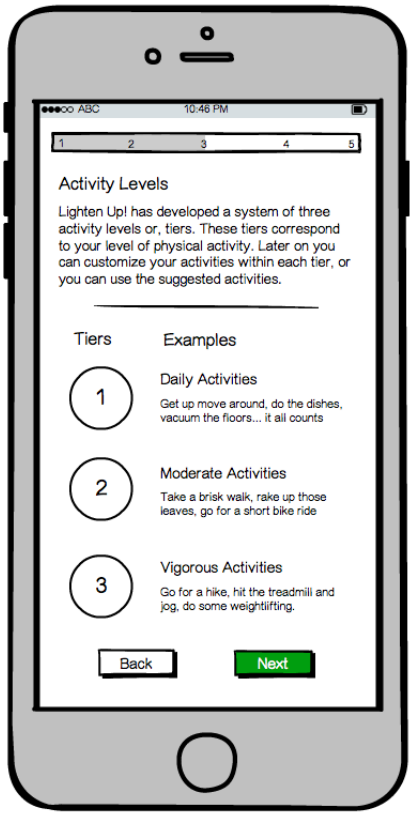
0 - Start the journey!



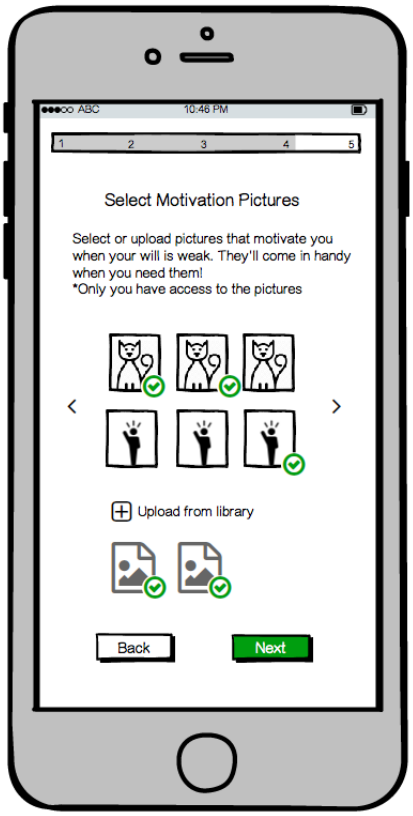
1 - Background info & optional quiz



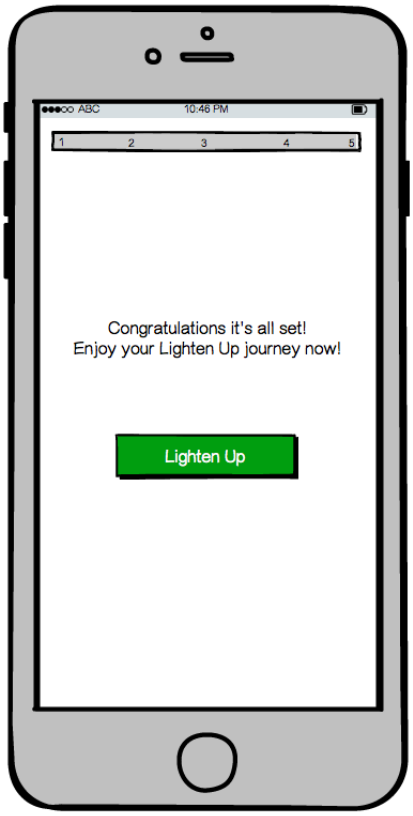
2 - Personal info



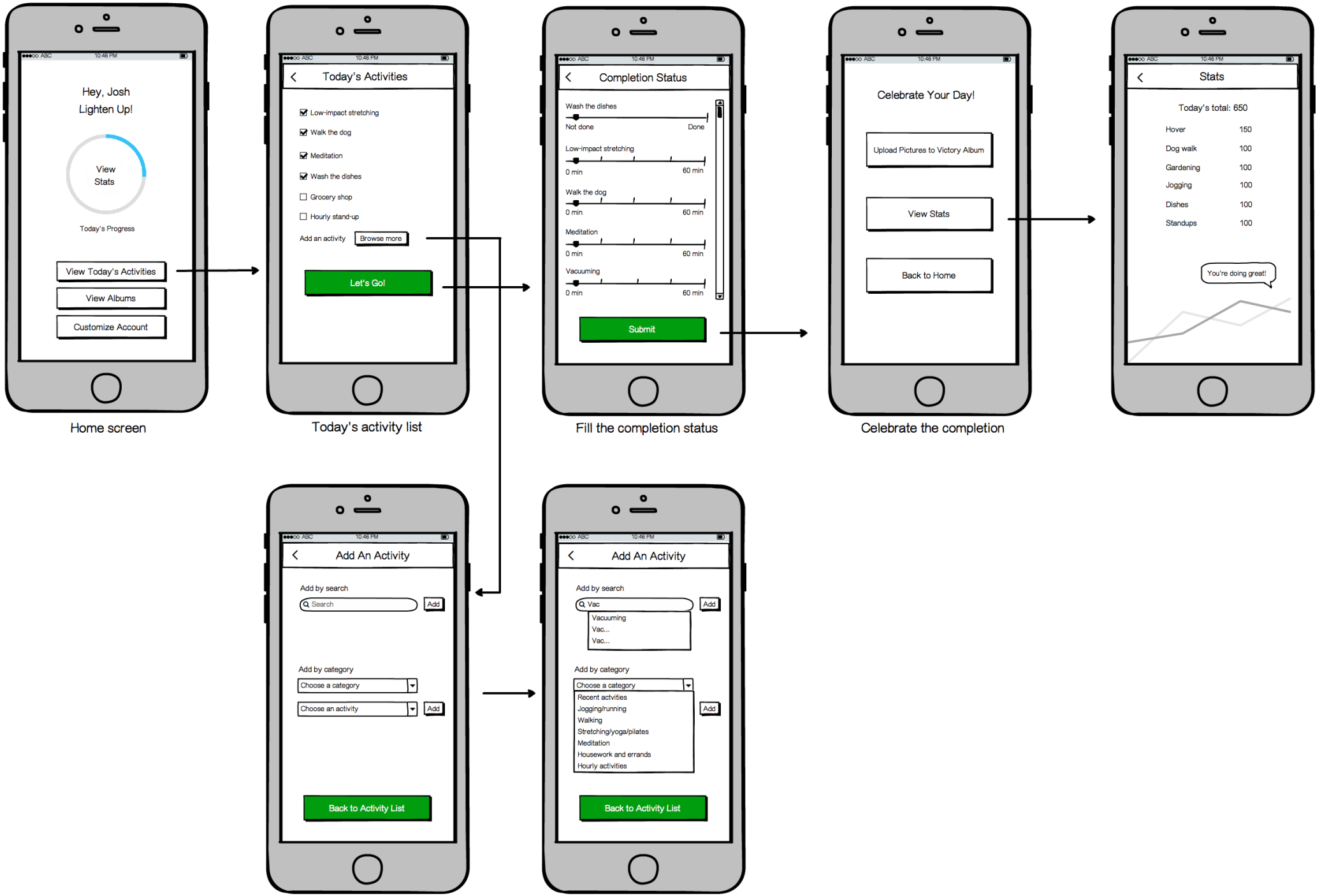
3 - Choose activition level

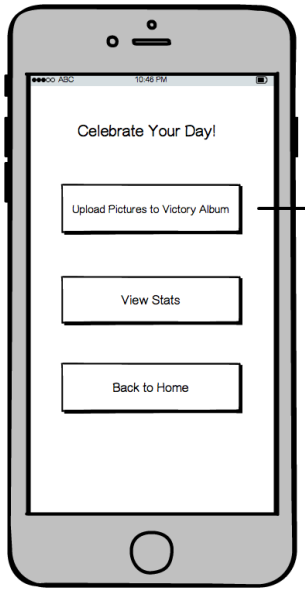


4 - Select motivation pics from preloaded ones or library

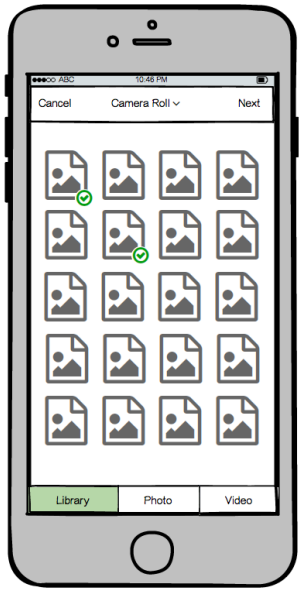


5 - All set up!


Hey, Josh
Lighten Up!
View Stats
Today's Progress
View Today's Activities
View Albums
Customize Account
Home screen
Today's Activities
Low-impact stretching
Walk the dog
Meditation
Wash the dishes
Grocery shop
Hourly stand-up
Add an activity
Browse more
Let's Go!
Today's activity list
Completion Status
Wash the dishes
Not done
Done
Low-impact stretching
0 min
60 min
Walk the dog
Meditation
Vacuuming
Submit
Fill the completion status
Celebrate Your Day!
Upload Pictures to Victory Album
View Stats
Back to Home
Celebrate the completion
Stats
Today's total: 650
Hover 150
Dog walk 100
Gardening 100
Jogging 100
Dishes 100
Standups 100
You're doing great!
Add An Activity
Add by search
Search
Add
Add by category
Choose a category
Choose an activity
Back to Activity List
Vac
Vacuuming
Vac...
Vac...
Recent actvities
Jogging/running
Walking
Stretching/yoga/pilates
Meditation
Housework and errands
Hourly activities



Celebrate the completion

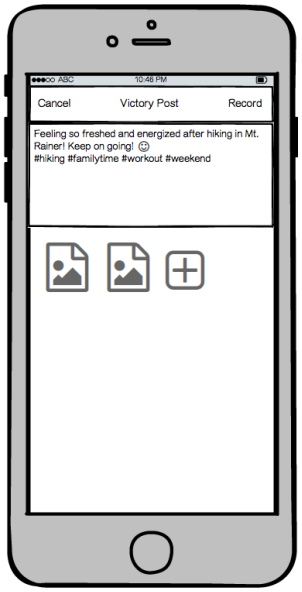


Upload from gallery

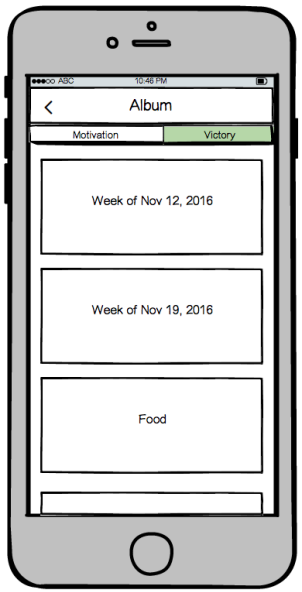
Upload by taking photos

Upload by taking videos

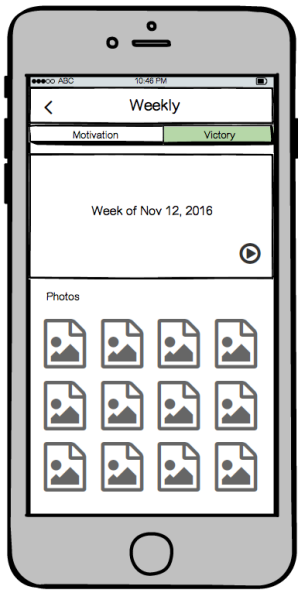
Post with text



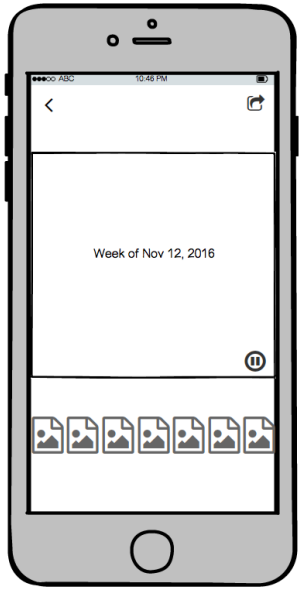
View the motivation album

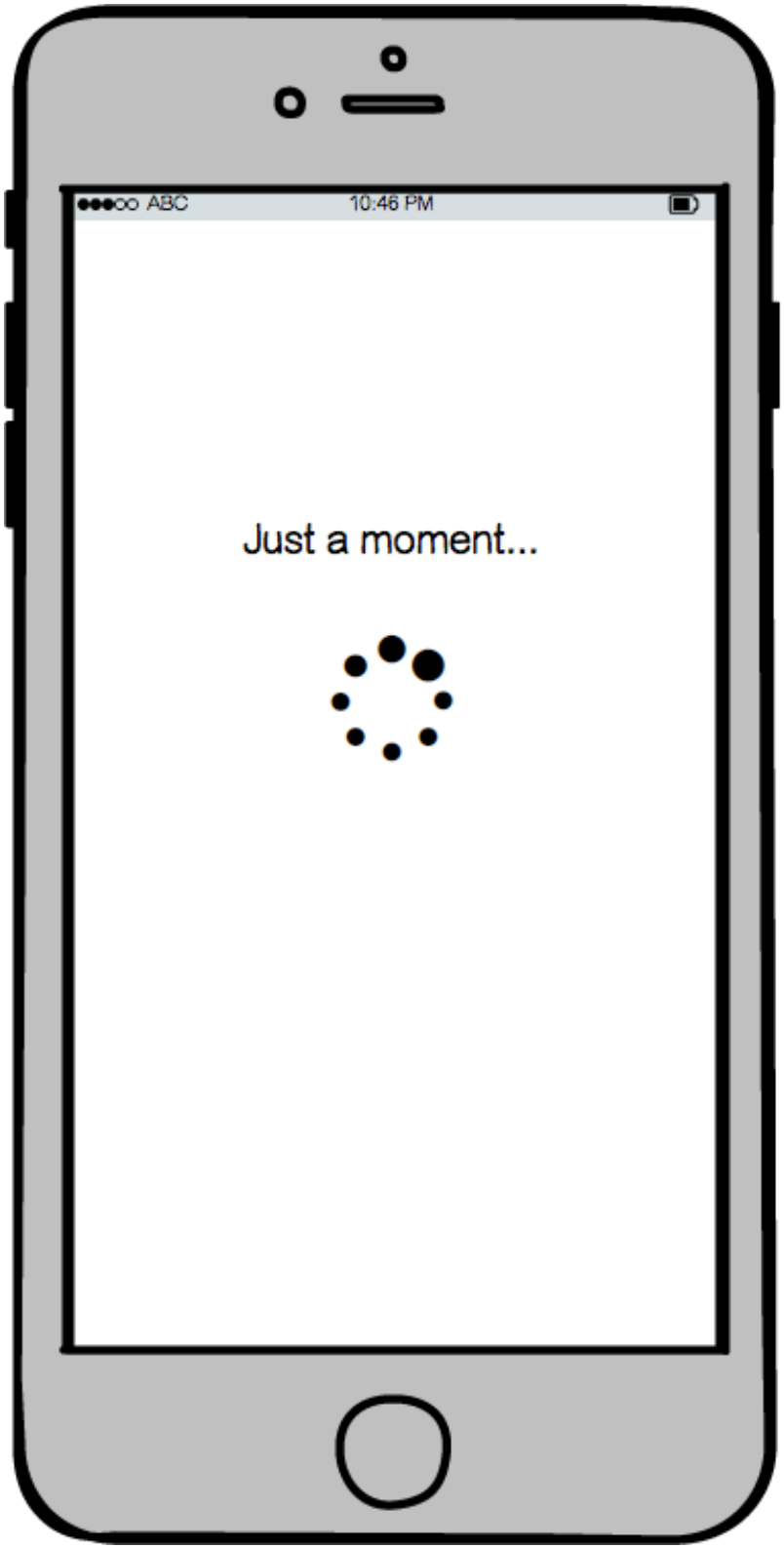


View the victory album



Play




ABC
10:46 PM
Just a moment...

ABC
10:46 PM
Oops! :(
This feature is under development.
Please check back soon.
Back

This page intentionally left blank.

E3/P3.5 Paper Prototype Evaluation Task Lists: Group 8, Lighten Up

1. See attached .pdfs for the paper prototypes

2. Usability Task List:

- Task #1
  - Launch the Lighten Up! app.
  - Proceed through the app sign-up to the Home screen.
- Task #2
  - You've already completed the sign-up process and chosen an activity tier.
  - Choose your activities and complete them.
  - Your task is over once you "celebrate."
- Task #3
  - View your victory album.

3. Findings and recommendations table

Findings	Recommendations	Mentioned by
TASK 1: Sign-up		
Don't have the customization feature during on-boarding since you can customize as you use the app anyway	Remove on-boarding customization; only keep Tier selection	In-class review User 1
"Why would I want to use this?"	Briefly explain during on-boarding how this app can help you achieve activity goals and improve health Use "About" for more info or to access info outside of on-boarding	User 1
Male-female slider was skipped by user because it looked different from other page content	Use a dropdown box so the look is the same on the page	User 1
How would users without friends/family as motivation use the motivational feature?	Add pre-loaded content (funny pet pics, videos, jokes, word-of-the-day, etc.)	In-class review
"Is a motivational album Pinterest?" User chose "skip" and commented "I don't need that"	Allow "skip" to bump users to the app homepage (right now it goes nowhere)	User 1
"Why didn't my name come up after I typed it in? I want a personal connection."	Personalize third page. "Hello, nice to meet you _____ ."	User 2 -JMB
"Why do you have a gender slider? Are there very many	Consider efficacy of gender slider.	User 2 - JMB

people aged 45-64 that would even consider themselves transgender?"		
Both likes and dislikes personal info. Hates entering info, but makes it feel more personalized.	Possibly provide "skip" button.	User 2 - JMB
"Can I select bi-racial or mixed ethnicity?"	Provide multi-racial option or reconfig dropdown to checkboxes	User 2 - JMB
Overall tone seemed to familiar, not respectful in any way.	Adjust headings to be more professional/courteous.	User 2 - JMB
"What are tiers?"	Consider renaming tiers to activity plans or provide brief explanation.	User 2 - JMB
Wouldn't choose "I need help" because doesn't want to admit that help is needed. Maybe consider changing name.	Change button to "I Don't Know" or remove option all together.	User 2 - JMB
Decided to choose "Fast Track" b/c perception is that "I'm going to lose weight faster"	Remove option for "Help Me Decide", and change name of "Fast Track" step.	User 2 - JMB
Doesn't understand why it is necessary to upload pics to app. "What if I don't want my personal pictures stored in the cloud? Are all of your users going to know how to upload pics?"	Change upload to "select". Are we actually uploading the pics/vids?	User 2 - JMB
Terms/Conditions page, "Is my privacy protected? What if I don't want my pics to be shared?" ie, what if they are very personal? "Will any of my personal or identifying info be shared?"	Add additional info to terms & conditions regarding privacy	User 2 - JMB
Remember to keep things simple, KISS applies. What is the education/reading level of people in the demographic?	Simplify instructions, and/or don't assume understanding.	User 2 - JMB
why separate the initial two pages	combine two pages	in-class review
progress bar doesn't indicate clearly each step	be clearer	shuyu
what the data input is collected for? I'm expecting some output	explain to users what the data for, consider including them into the scores or other pages	in-class review

fast track/i need help -- the two options are confusing	clarify or combine	in-class review+G+J
fast track not very fast	simplify & clarify	in-class review+G+J
when choosing the tier -- not clear whether it's what users have been doing or what they are expected to do	clarify	in-class review
what sort of activities do you want to do -- can you customize it?	clarify	in-class review
some tiers might not be intuitive and overlapping like weight lifting	consider rewording	in-class review+G
how do you enter a new activity -- usability	display the search results in a list	shuyu
why is first page of the registration the agreement term (plus is it even necessary)	change order	J
tell us about you page: is the explanatory text necessary	combine this page and the page after	J
little secret… (the wording seems too personal, not professional)	even leaving it our will do	J
gender slider is confusing, putting the pointer in the middle doesn't fully account for the wide range of gender spectrum	using F/M/Other list	J
the gender isn't specified as biological sex or sex orientation -- if we pay attention to the gender in the middle	using F/M/Other list	J+G
no unit for the weight	unit	J+G
not very clear what to do with the age blank (how accurate?)	it may be better to select birth year	G
fast track page -- the button doesn't seem clickable, confusing	keeps consistent with the "prev/next" form	J
the title doesn't quite match the description in each tier's explanatory page	rewording	G
not sure what the list under tier 1/2/3 means -- descriptive or your current activities or stating your wishes?	rewording	G

lift weight is a little confusing -- can be working out or regular lifting things in daily life	rewording	G
the optional choice -- ethnicity seems important	provide the option “I don’t want to answer” in the dropdown box	G
not sure what to upload to the album (is it before/after pictures?)	some examples or instructions or preloaded contents	G
after creating the pictures, want to see the album	show users how to direct to the album	G
TASK 2: Choose and complete activities		
De-select was confusing	Have users activate choices rather than de-selects	User 1
Generating a revised list was not needed	Change “generate revised list” button to “add more activities”	User 1
What if there are several “pages” for a long to-do list of activities?	Use a scroll bar to keep list to “one” page	In-class review User 1
Sliders on activity records	Use numbers instead at intervals (0, 15, 30, 60)	In-class review
The slide button was confusing because it looked different	Sliders for activity are fine but also use a slider with anchors “not done-done” rather than a slide button	User 1
Loved the browse and category browse—“I can easily see what activities I could do that I may have forgotten about”	Keep this feature	User 1
“Why do I deselect? Why can’t I select?”	Change task selection method.	User 2 - JMB
“Is there a ‘general cleaning’ activity?	Review suggested tasks.	User 2 - JMB
Likes ability to add custom activities.	Keep custom activity field.	User 2 - JMB
“What does generate new list do? Does it replace the current list on the screen?”	Consider renaming “Generate New List” button or provide brief explanation.	User 2 - JMB
Stats page, “What is the bar graph?” “I would like it if the bar graph showed my activity levels over the past week so that I could see at a glance how I did. It would also make those “bad” days feel less like	What does the bar graph signify?	User 2 - JMB

a failure if I can see how well I did the rest of the week."		
"What are the points?" "Is gamification necessary? What do I get from it?"	Gamification may not be necessary, but points values could help generate data for activity graph.	User 2 - JMB
de-select is confusing	select	J
the two buttons on tier 1 suggestions are repetitive	just one will do	J
the text on button should be concise	concise!	J
time selection gives users too much work	let the app do the timing for users	J
not done--done is not intuitive (turn on/off)	checkbox	J
victory album contains both motivation and victory	change victory album into album	Shuyu
what happens when I choose to enter activities	maybe there's a list for me to choose? (note by shuyu: we can change the button into browse other activities")	G
on activity list, not sure what "custom" and "browse" means	leave them out?	G
view stats -- not sure what stats that is	letting users see their scores immediately after they submit (also can just put stats with the process loop)	G
what the score means	we can let the users know whether the score is high or low compared to others	G
TASK 3:View Victory Album		
Accommodate those who do not value this feature	See recommendations under TASK 1	In-class review
Doesn't quite understand the play function	It should be clearer when the placeholder is replaced by pictures	G
Other		
background info about prediabetes	an "about" section/ a way for me to know whether I'm in risk group	G
visual design	more attractive	G