

Project description:

We are creating a device that tracks and monitors behavior that affects mood and gives suggestions for ways to improve mood. It will likely be a wearable device that can notify users when behaviors can be modified. The wearable would be synced with a phone app to track the less quantifiable categories.

Linda Bio:

Linda is a mother of three, a part time barista, and a little out of shape. She is stressed from work and wants to exercise more, spend more time with her kids, and feel less stressed at work. She isn't the most technologically literate, but she sees the value of technology.

Persona 1: Linda

Expectation	Source
Linda expects it to be at least moderately difficult to get used to using an application.	http://kerryregoconsulting.com/wp-content/uploads/2011/08/Tech-and-age-usage-graph.jpg
Linda expects her behavior modification to lead to more happiness.	Assumption
Linda expects to be less stressed at work.	Assumption
Linda expects to have a better relationship with her kids.	http://www.ncbi.nlm.nih.gov/pubmed/22264112
Linda expects to be able to print out her results to bring it with her to her doctor's appointment.	http://www.nextavenue.org/10-things-you-should-bring-every-doctors-appointment/

Jeremiah Bio:

Jeremiah is a college junior. He is an English major and often feels stress around due dates. He has trouble motivating himself to get out, even though he enjoys the outdoors. He wants to be motivated to go outside and maybe work out, feel less stressed out about finals, and balance his workload and social life.

Persona 2: Jeremiah

Expectation	Source
Jeremiah expects to begin using the app immediately without difficulty.	Research – http://www.pewinternet.org/2014/11/12/public-privacy-perceptions/
Jeremiah expects to be able to spend more time in the sun.	Assumption
Jeremiah expects to be able to balance his work load a little easier, by being reminded of his goals.	http://www.mvc.edu/files/ep-work-life-balance.pdf
Jeremiah expects to feel less stressed during finals	Kenji's Research
Jeremiah expects to feel more accomplished.	Assumption

Scenarios:

Linda:

Linda wakes up one morning and realizes she should have gotten more sleep last night. She checks the sleep report on her phone and sees that she didn't get a good sleep score last night. It tells her she didn't meet her nightly goal of eight hours. She sets an alarm for tonight to go to bed earlier. As she's making breakfast for her kids, she gets a notification on her wearable. She checks her phone and it tells her that though it's sunny now, sun isn't expected for another three days. She hasn't met her sunlight quota for the week. So she finishes making breakfast and sends the kids off to school on the bus. She decides to bike to work today instead of driving. She can drive later, but she won't get an opportunity to bike for a while.

Linda has just gotten off of work. She dons her wearable, because she's not allowed to wear it at work. Luckily, her phone had been keeping track of her steps in her pocket, so she hasn't interrupted her goals. She had biked to work in the sun, but it's raining now, so she has to go back in the rain. When she gets home, she gets a green light notification, telling her she's met a goal. She looks at the notification on her phone, and realizes she's met her exercise goal. She was going for her sun goal, but met a different one instead. She realizes that she's set her exercise goal too low. She wants to reset the goal, but isn't 100% sure how, so she asks one of her daughters to help her. Her daughter shows her how to do it and it looks simple enough.

Linda's alarm goes off, telling her to go to bed early. She has half an hour more of chores to do, so she resets the alarm. When it goes off again, she's ready to go to bed. She didn't meet her sleep goal, but the reminder got her into bed earlier than the night before. She feels good about the progress she made and feels determined to do better tomorrow. It's time to report her mood. She tells the app that she felt pretty good today, with only a few downs. It asks her if that time was around 3:00pm when she had a fight with her daughter. It knew because of her increased heart rate. She confirmed that it was around that time. She's ready to go to bed, so she charges her phone and goes to sleep.

Jeremiah:

Jeremiah wakes up in the morning to go to class. He tries to get ready without waking his roommate. He walks to class in the rain. He knows he hasn't met his sun quota, but his wearable doesn't pester him because it knows it hasn't been sunny in a while. He gets home from class, and since he couldn't meet his sun quota, he decides that he should work on getting to his exercise quota, so he hits the gym downstairs in his dorm. After the workout he takes a shower. He feels exhausted, but productive. After his shower, since he's already in a productive mood, he decides to tackle that essay he's been putting off for a while.

Now that he has his essay out of the way, he has a few hours until he needs to go to bed, so he hangs out with some of his friends for much needed fun time. His friend Jimmy wants to hang out tomorrow, too. So he asks what they should do. Jeremiah checks his phone and sees that there will be some sun tomorrow and he still hasn't met his goal, so he suggests a bike ride. Jimmy hasn't been out recently either, so they make it a plan. Jeremiah is pretty excited to get outside.

Jeremiah goes back to his dorm to go to bed. He is meeting his sleep goal for the night, so he watches some Youtube on his phone before bed. He checks his goals to see how he is doing. His sun goal isn't as good as he'd like, but the app has adjusted for that. He goes to report his mood. He is doing really well today. He reports that to the app. It shows him that his mood has steadily been getting better on average over the last month. He feels really accomplished. He charges his phone and goes to bed.