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HCDE 318

S2: Persona Expectations and Scenarios

Project Description

The goal of the project is to create a device to help those with sadness or other low states of mood. Currently, the project is specifically geared in reference to the idea that outdoor activity and exposure to sun are beneficial to improving mood. The end product is to be a wearable device (tentatively a ring), called "Joy", that tracks a user's heart rate, breathing rate, sleep conditions, step count, exercise, and sun exposure in addition to time and weather conditions. An app will be available to download to the user's mobile device to visualize the data it collects. The app responds to the device throughout the day; the device notifies the user to get sunlight, get sleep, take a deep breath, or other instructions to help improve their mood or outdoor activity.

Persona 1: Linda James

Our persona is Linda James, a barista living in Portland, Oregon, whose goals are to get more outdoor activity, get better sleep, alleviate daily stress, and organize a balance between work and home life.

Expectation	Source
Product will maintain consistent connection and record all information when in use	Research - http://www.amazon.com/Spire-Wearable-Mind-Body-iOS/dp/B00TH3SQOI
Wearing device will not interfere with work (ex. carrying objects)	Assumption
Phone application will be simple, friendly, and intuitive	Molly's Interview
She will have a better night's sleep	Kenji's Interview
Get reminders that motivate, encourage, and increase outdoor activity	Joy's Interview

Scenario

Linda wakes up in the morning at 6:00 AM. She showers and gets dressed and removes Joy from its charger; using the included necklace chain, she wears the device snugly around her neck. After preparing herself a bowl of granola and blueberries, she notices it is 7:00 AM and her three children still need to get up for school. She wakes up the 12-year-old twins without trouble, but her 15-year-old daughter is being lazy. As she gets frustrated, Joy buzzes and turns blue (for instance), indicating that Linda should take some deep breaths. After calming herself down, Linda again tries to wake her daughter and this time she complies.

Linda's husband leaves to drive the lazy daughter to her high school, and Linda drops off the twins on the way to her barista job. Linda arrives at work at 8:30, and her boss is frustrated because one of the machines is out of order. This affects Linda throughout her day, as the customers have trouble understanding they cannot order some types of drinks today. When Linda gets frustrated at difficult customers, Joy vibrates to remind her to keep her calm - noticeably

only to her, as it knows she is working right now. Linda manages to get to her lunch break, and Joy lights up green, indicating that it detects that Linda has had a stressful day; having her lunch outside today may improve her mood. Linda spends her break outside, and manages to get through the rest of her shift without as much stress.

Linda leaves to pick up the twins from school. She asks them how their day went, and they reply with the same routine answers. When they arrive home, Linda sits down and begins to read the book she's been going through in preparing for tomorrow's book club. After thirty minutes inside, Joy then turns yellow indicating that Linda should get more outdoor activity to meet her daily goal. Because her husband is preparing dinner tonight, Linda quickly changes to go outside for a short jog, removing Joy from the necklace back into ring mode. Linda returns when dinner is starting; after eating, she flips between reading her book and helping her 15-year-old daughter with her homework.

Joy turns purple, telling Linda to wrap things up for bed. This is the only time Linda needs to look at Joy's phone application for the day, where it graphs her outdoor time, physical activity, and estimated stress and mood. It displays a few simple questions, such as what time she is going to bed, what she has eaten today, etc. She puts Joy on its charger and plugs in her phone and gets ready for bed.

Persona 2: Jeremiah Lane

Our persona is Jeremiah Lane, a student at the University of Washington, whose goals are to socialize more with friends without affecting his grades, do better in school without increasing stress, and get a better night's sleep.

Expectation	Source
Product will maintain consistent connection and record all information when in use	Research - http://www.amazon.com/Spire-Wearable-Min-d-Body-iOS/dp/B00TH3SQOI
Get reminders that motivate, encourage, and increase outdoor activity	Joy's Interview
He will have a better night's sleep	Kenji's Interview
Product is affordable	Research - http://www.digitaltrends.com/fitness-apparel-reviews/spire-activity-tracker-review/
Product will have sufficient battery life and can be recharged without affecting results	Assumption

Scenario

Jeremiah wakes up at 8 AM, 30 minutes before his first class. He quickly gets dressed and puts Joy on his finger. He grabs his backpack and laptop and leaves for class, getting there just before the bell rings. He idles his way through the class; when the class is let out, he walks back to his dorm to get breakfast and retrieve his bike for later. He stays in his apartment longer than 30 minutes and Joy buzzes and turns green (for instance), indicating that he has been stationary indoors not in a class and should go outside. He bikes to his next class, even though he has at least half an hour. He locks up his bike and walks around until his class starts.

He is much more engaged in this class after having eaten and some outdoor activity. After the class gets out, he has ten minutes to bike across campus and arrive at his next class. When he settles down and locks his bike, Joy buzzes and turns blue, signaling that he needs to take some deep breaths, to help stabilize his physical and emotional mood. After gaining his

composure, Jeremiah is ready for class. This class is his final one of the day, and he goes back to his dorm to return his bike and eat lunch. He goes on his computer to play a video game, and after some time Joy notifies him that he has been inside too long, and the phone app prompts him if he is studying, socializing, or enjoying a solo activity. He selects solo activity, and Joy tells him to enjoy the sun now, as it will be rainy in the following week. Jeremiah packs up his things and finds a nice spot in Red Square to study.

After some time, he decides to visit his friends at their apartment just outside of campus. He spends a couple hours there playing card games and studying while mooching off their pizza. Joy buzzes and his phone gives him a similar prompt from before, and this time Jeremiah chooses socializing. Joy reminds him to go back to his dorm within 15 minutes so he can get a better night's sleep, as he was overdue yesterday. Jeremiah says his goodbyes and returns to his dorm. He prepares for bed after a productive day; he changes into his pajamas, brushes his teeth, and places Joy on his charger. His phone gives a final prompt for the day, graphing his outdoor time, physical activity, and estimated stress and mood. It displays him a few simple questions, such as what time he is going to bed, what he has eaten today, if he attended class, etc. Jeremiah plugs in his phone and goes to sleep.