CS 147 · AUTUMN 2026 · ASSIGNMENT 6

Pawse & Pages

interactive medium-fi prototype

A pause outside. A page for you.



PRINCE · ANDY · TENZIN · JIA

01 · INTRO

Solution for stressed, isolated people rarely step outside for themselves

I · PRIMARY USER

Stressed, isolated individuals: busy students, remote workers, anyone who feels stuck inside.

II · PROBLEM

They value nature but rarely go outside for themselves, held back by low motivation and little time.

III · SOLUTION

A booklet with a guided self-reflection journey, customizable to your needs, with checkpoints motivating forward progress.

Outline

02
Values in design

03
Tasks

04
Usability goals & key measurements

05
Revised interface sketches

06
Design system

07
Medium-fi task flows

08
Prototype implementation

09
Appendix & links

Mindfulness

WHAT IT MEANS FOR US

Being present in the moment: paying attention to one's surroundings and one's own thoughts instead of screens or to-do lists.

DESIGN CHOICES → HOW EACH EXPRESSES THE VALUE

- After GO, the walk view shows only the map, progress, and time left, so there is nothing to scroll, and attention goes back to the path.
- At each checkpoint, a short fact about a nearby landmark draws attention outward, and an optional prompt invites a moment of reflection.
- "Keep walking" closes the prompt in one tap, so reflecting never turns into screen time; there are no notifications or feeds.



Wellness

WHAT IT MEANS FOR US

Supporting users' mental and physical health by getting them out of sedentary, stressful environments and into light outdoor activity.

DESIGN CHOICES → HOW EACH EXPRESSES THE VALUE

- One big GO button starts a walk with no planning, so the barrier to stepping outside and moving is low as possible.
- Duration and difficulty let users fit a walk to the time and energy they actually have.
- Reflection prompts at each checkpoint give a moment to process stress, supporting mental health alongside movement.



Autonomy

WHAT IT MEANS FOR US

Letting users decide how, when, and where they engage, rather than prescribing one ideal experience.

DESIGN CHOICES → HOW EACH EXPRESSES THE VALUE

• GO vs. CUSTOMIZE. Users decide how much control they want, from a surprise walk to choosing duration/difficulty.
• Write, speak, or just keep walking: each prompt invites reflection by pen or mic, but “Keep walking” is always an option.
• Past reflections sit behind one icon on the landing page, so users choose when/whether to look back.



Tensions between values

Wellness ↔ Autonomy

THE TENSION

Nudging people outside supports their wellbeing, but too much nudging overrides their choice about whether to walk at all.

HOW WE ADDRESS IT

We keep the booklet passive: it never prompts a walk; the user opens it.

Mindfulness ↔ Autonomy

THE TENSION

Letting users reopen the booklet mid-walk gives them a sense of control, but reopening it pulls attention away from the surroundings and back to a screen.

HOW WE ADDRESS IT

The walk view only shows the map, progress, and time left. Facts and prompts only appear at checkpoints, and “Keep walking” sends the user back out in one tap.

Three tasks, ordered by how often users do them

LEVEL	TASK (USER GOAL) + SCENARIO	WHY THIS LEVEL (FREQUENCY)
SIMPLE	**Clear my head on a walk through guided reflection.** *A remote worker who has been at her desk all morning opens the booklet on her lunch break to reset.*	Every user, every session (common / required)
MODERATE	**Find a walk that fits my time and location.** *A student with 30 minutes between classes sets the duration and difficulty so the walk ends in time.*	Only when the user has a constraint and still wants to walk (uncommon)
COMPLEX	**Revisit past reflections.** *A few weeks into using Pawse & Pages, a user who is stressed out about finals looks back at what helped them on earlier walks.*	Only users with a history in the booklet who want to look back (rare)

Task changes since A5

A5 TASK	A6 TASK	WHY WE CHANGED IT
Find a reason to go outside (simple)	**Folded into SIMPLE: clear my head on a walk**	*It was a sub-step of the walk (getting started), not a full user goal of its own.*
Find an experience that fits my time and place (moderate)	**MODERATE: find a walk that fits my time and location**	*Same goal, narrowed the wording so it names the two constraints our users actually have.*
Put my thoughts into words during the walk (complex)	**Folded into SIMPLE (reflection is the core loop)**	*Reflecting happens on every walk, so by frequency it belongs in the simple core loop.*
—	**NEW COMPLEX: revisit past reflections**	*Covers functionality A5 tasks missed; is a rare task that only exists for frequent users with history*

Also: levels now justified by frequency, not difficulty (A4 feedback).

Usability goal baselines and targets for revision

I · Intuitive

KEY MEASUREMENT

Errors per session (+ seconds to pick a story)

A5 LOW-FI BASELINE

2.5 avg errors per test

TARGET

≤ 1 error per session

WITH SKETCHED REVISIONS

The revisions address 9 of our 10 low-fi errors. The GO button replaces the hidden "close to start" step (4 errors), the redesigned cover fixes Elle's way in (1), and removing the story removes both the story–walk confusion (2) and the story-picking errors (2). Projected: ~0.25 errors per session, which meets our target of 1 or fewer on paper.

II · Pleasing

KEY MEASUREMENT

Compliments / pleasant surprises per session

A5 LOW-FI BASELINE

2.0 avg delight moments per test

TARGET

≥ 2 delight moments per session

WITH SKETCHED REVISIONS

We keep most of our delight moments: GO ("Let's go!"), arriving at the end (now a full progress bar plus FINISH WALK), personalizing (duration and difficulty), and reflecting by hand or voice. Removing the story loses two of them (picking a familiar book, hearing the story while walking). New moments may replace them: nature facts at checkpoints, the paw marker, and watching progress fill. Projected: about 2 per session, which holds our target but at risk.

Our 3 biggest changes from low-fi

01

Make it obvious that user can close/open the booklet when starting the walk

LOW-FI ISSUE

Sev 4 · 4/4 users

USABILITY GOAL

Intuitive

SOURCE

Low-fi testing

02

Cover is more book-like and invites opening; clear way in

LOW-FI ISSUE

Sev 3 · 1/4 users

USABILITY GOAL

Intuitive

SOURCE

Low-fi testing

03

How the audio was related to the walk was confusing; now audio is just for navigation

LOW-FI ISSUE

Sev 2 · 2/4 users

USABILITY GOAL

Intuitive + Pleasing

SOURCE

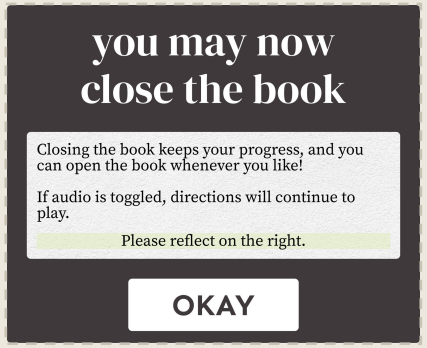
Low-fi testing

Closing the booklet clearly starts the walk

BEFORE (LOW-FI)



AFTER



WHAT CHANGED

Directions to close/open the booklet were made into a pop-up in figma (a re-sketch was done on a whiteboard). Lo-fi testing showed that people were hesitant to close/open the booklet when the directions to do so were smaller and at the bottom of the screen.

EVIDENCE

"Do you want me to actually walk?" (Jules). 4/4 users didn't realize closing the booklet started the walk. Severity 4.

SOURCE

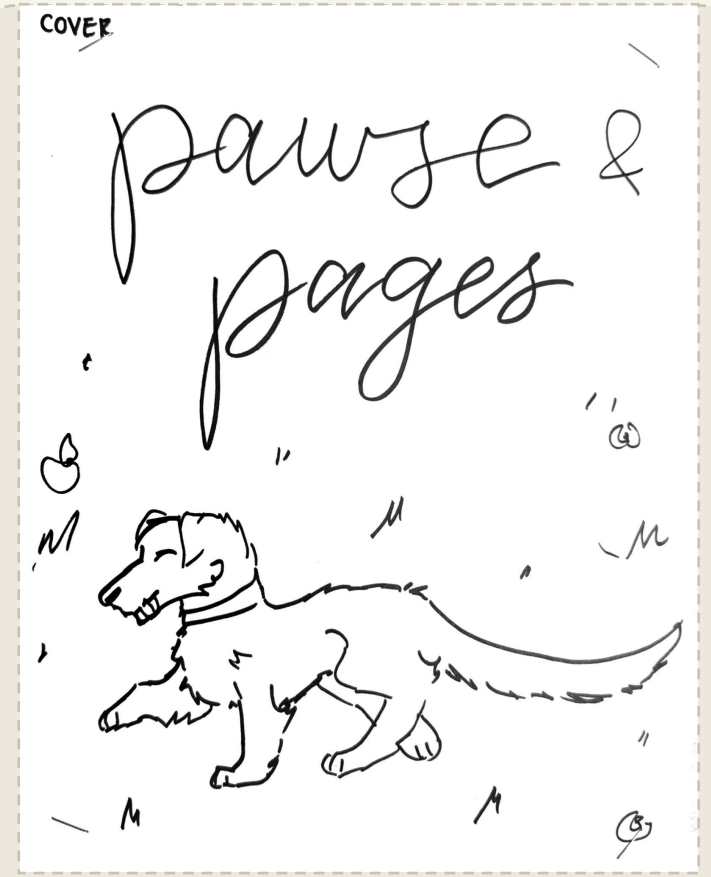
Low-fi pilot usability testing (A5)

USABILITY GOAL IT SERVES

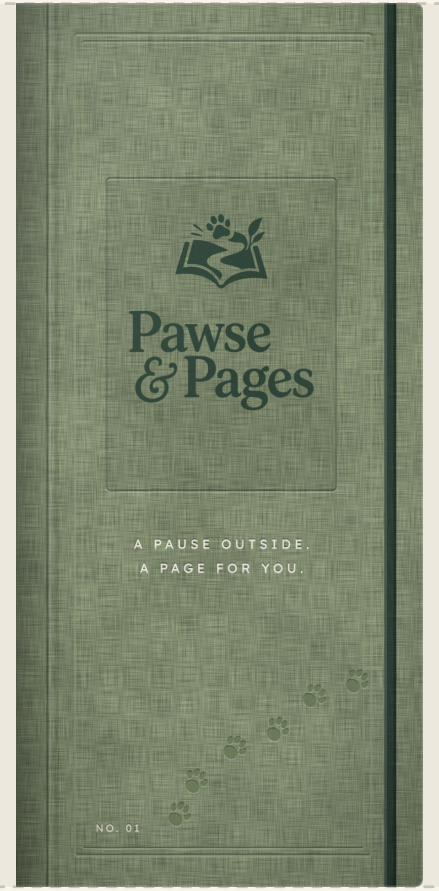
Intuitive: removes our most common error (4/4 users) by making the start of the walk a single, obvious tap, aiming for ≤ 1 error per session.

Cover invites opening; clear way in

BEFORE (LOW-FI)



AFTER (REVISED SKETCH)



WHAT CHANGED

The cover was designed with visuals that make our prototype much more book-like. We decided that opening would be much more obvious with a more polished look and physical book binding. We chose not to resketch using paper because paper sketches don't convey this look well.

EVIDENCE

Elle tapped the dog and the apple, then swiped and asked "I should be able to access a story from here?" instead of simply opening the cover. Severity 4.

SOURCE

Low-fi pilot usability testing (A5)

USABILITY GOAL IT SERVES

Intuitive and pleasing: reduce errors around opening and closing; plus a nice-looking, delight-inducing cover

How the audio was related to the walk was confusing

BEFORE (LOW-FI)



AFTER (REVISED SKETCH)



WHAT CHANGED

Re-sketched live map to include checkpoint information and togglable audio directions (replacing audio story)

EVIDENCE

Jules: “I journal based on what I’m reading?” Rob was confused when a story led straight to a walk. Severity 2, 2/4 users.

SOURCE

Low-fi testing + CA feedback

USABILITY GOAL IT SERVES

Intuitive, reduces errors/confusion that could also preclude any moments of delight for the goal of being Pleasing

Color & type

THEME COLORS + ROLES

Primary
#423531 · buttons, headers

Secondary
#E0E7D7 · map, option buttons

Background
#FEFEFE · reflection page and cards

Surface
#EDECEC · bottom sheets and panels over the map

Text
#1F1816 · body text and reflection writing

Accent / alert
#BA9A91 · RESET; #B7C396 · selected

TYPE STYLES

Title	*DM Serif Display · Regular (GO, PAST REFLECTIONS, TIME LEFT)*
Heading	*DM Serif Display · Regular (duration, reflection prompt)*
Body	*Sen · Regular (prompt text, past reflections)*
Input	*Sen · Regular (“Write here, or tap the mic”)*
Button	*Sen · Bold, all caps (CUSTOMIZE, KEEP WALKING, SAVE)*
Caption	*Sen · Bold, all caps, small (TAP TO SPEAK · ADDS TO YOUR PAGE)*

WHY THESE CHOICES

Muted sage and warm brown echo trails, soil, and paper, setting a calm tone for reflection. The serif display face feels similar to a book, and Sen keeps smaller text legible.

Required components

DM Serif Display

Font for Headers & Important Information
bold serif font for important, analog feeling; reinforces the journal metaphor; feels warm & reflective rather than techy

Sen, bold

Font for General Screen Text
san font for soft, clean, & accessible look

Source Serif Pro

Font for Reflection Prompt
serif font for library-like text



Primary Buttons
uniform dark backgrounds; brown feels casually formal; smaller size compared to other elements yet all caps text to signal confidence/importance

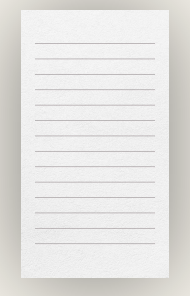


Reset Button
muted pink to softly read as cautionary and clearly separate from SAVE button

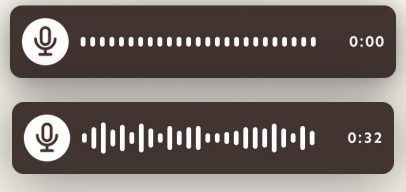
Required components



GO Button
oversized, high contrast that makes starting a walk unmistakably the primary action



Journal Page
lined, paper texture to mimic a real notebook; invites freeform writing



Audio Recording Button
mimics the style of Primary Button to signal importance; waveform appears as feedback for audio being recorded



KEEP WALKING / FINISH WALKING Button
brown on white to contrast with the background of the Reflection Prompt pop-up card

Required components



Reflection Prompt Pop-up
dark card to contrast with map screen's light background; middle of the screen to establish its presence; white box & text hijack that focus instead



Duration Buttons
uniform dark blocks in a single row so options read as a single set; easy to compare; emphasized through high contrast w/ white footer background

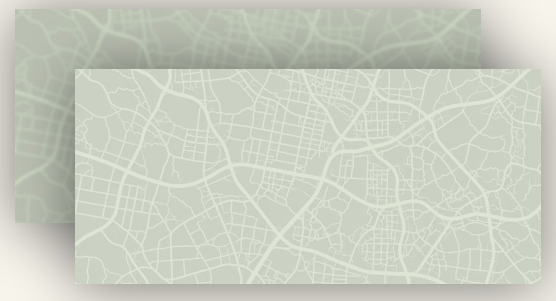


Difficulty Buttons
uniform light blocks in a single row so options read as a single set; easy to compare; dimly highlighted through lighter contrast w/ white footer background



Close (X) Button
circular, high-contrast, standard icon that gives a familiar, always-visible exit

Additional recurring elements



Map Backgrounds
muted green to suggest nature & calmness; street layouts are faint enough as to not compete w/ checkpoints and modals

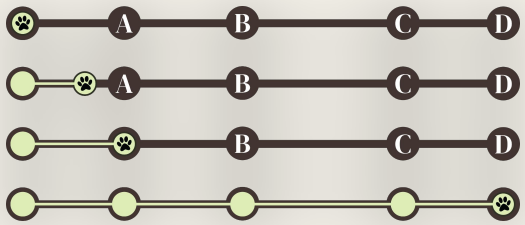


Checkpoints
dark circles to contrast w/ light map backgrounds; serif letters for importance

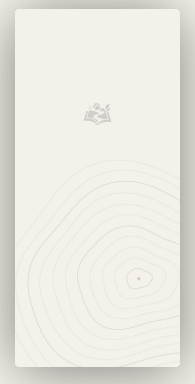


Paw Print Location Marker
relates to the “Paw” in “Pawse & Pages”; dark border to contrast w/ light map backgrounds; bright inner circle to stand out

Additional recurring elements



Progress Bar (Multiple States)
employs same bright green to show relationship between progress and Paw Print Location Marker; does similarly w/ checkpoints

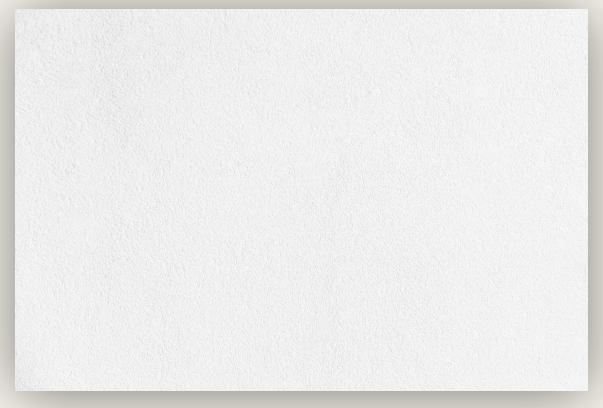


Blank Page (before Journal Page shows up)
freeform-like circles to evoke imagery of land and nature; faint logo to not take too much attention

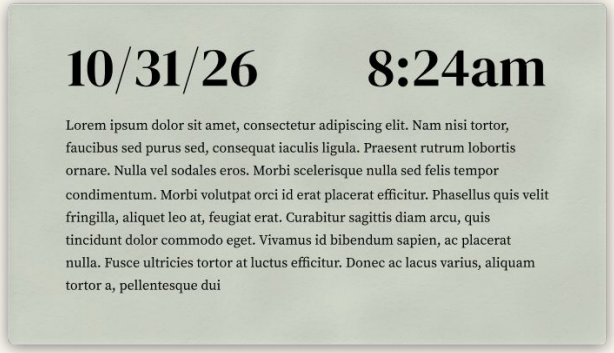


Speaker Icon
standard audio symbol that allows users to discover a listening, hands-free experience; keeps audience focused on surrounding nature

Additional recurring elements



Paper Texture Background
off-white, tactile-feeling surface that gives feelings of a physical notebook



Past Reflection Entry Card
a dated, frosted glass-tinted, paper-textured card that presents past reflections like journal pages, so rereading them feels like reading a diary

Clear my head on a walk through guided reflection

START



Landing page

Open the cover, tap GO → a surprise walk starts, no setup

STEP 2



Walk in progress

A pop-up says the walk has started and the book can close; tap OKAY

STEP 3



Reflection prompt

A nature fact and question appear. The user taps the mic, and the transcript fills the page

SUCCESS



Finish walk

At the last checkpoint, the progress bar is full; tap FINISH WALK

Find a walk that fits my time and location

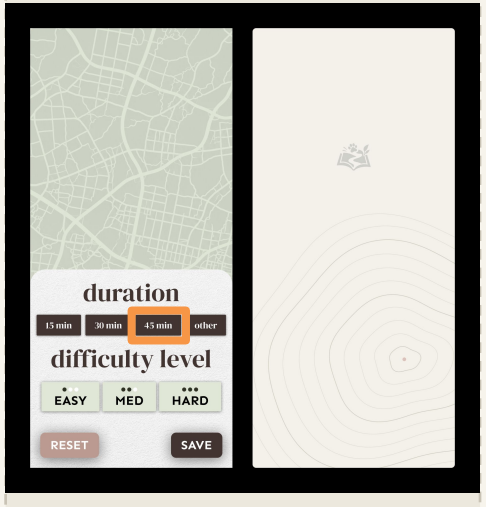
START



Landing page

Open the cover, tap GO → a surprise walk starts, no setup

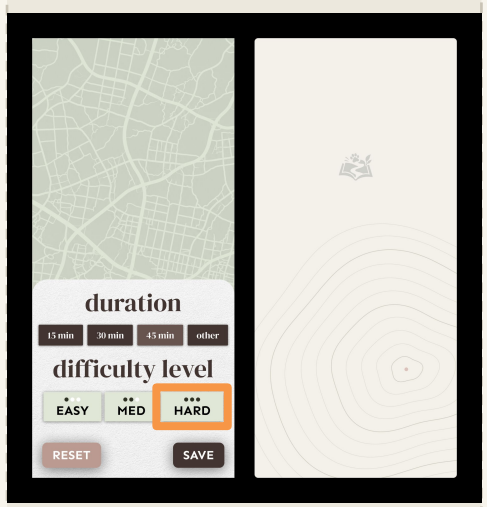
STEP 2



Customization page

User presses “GO.” Customization page pops up.

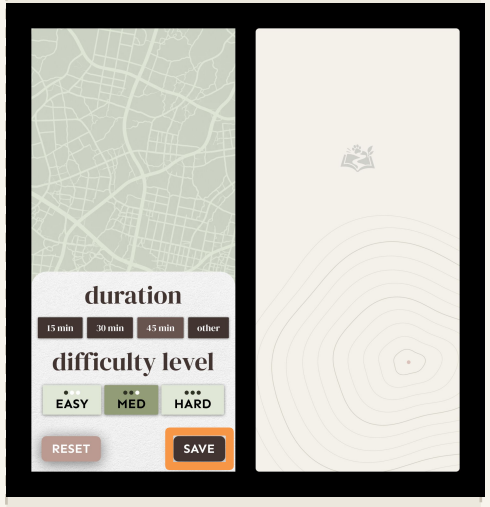
STEP 3



Pick a duration

Tap 45 min → the button highlights

SUCCESS



Pick a difficulty

Tap MED → it turns sage; tap SAVE to start the walk

Revisit past reflections.

START



Landing page

Tap the page icon (top right) → opens past reflections

SUCCESS



Past reflections

Saved pages are listed by date and time; tap BACK to return

Tools

TOOL(S)	PROS	CONS	WHY THE TRADEOFF WAS ACCEPTABLE
Figma (screen design, components, and clickable prototype)	• *Fast to build and change many screens* • *Clickable flows that users can test on their own devices* • *Shared components keep the design system consistent*	• *No real audio, haptics, GPS, or voice input* • *A two-panel frame only approximates a physical, foldable booklet*	*Med-fi is about testing visual and interaction design, not real functionality. Figma allowed end-to-end testing of all 3 tasks with detailed screens, and the underlying functions could be faked through Wizard of Oz and hard-coding a predetermined path*

Limitations and their impact on the experience

LEFT OUT / LIMITED	WHY	IMPACT ON USER EXPERIENCE
Real audio navigation	*Figma can't play location-based audio*	*Progress jumps per tap instead of filling as you walk, so "time left" is static*
Haptic buzz at checkpoints	*No device hardware to vibrate*	*Users rely on visual cues only, so they might miss a checkpoint if the booklet is closed*
GPS / location-triggered checkpoints	*No real location sensing in Figma*	*Tester taps to "arrive", so walking feels skipped and distances aren't real*
Voice input (mic → transcript)	*Figma can't record or transcribe*	*The transcript always shows the same pre-written text, whatever the user says*
Folding / closing the booklet	*Figma is a flat screen*	*Testers can't feel the physical "close and walk" moment*

Wizard of Oz and hard-coded items

WIZARD OF OZ	HARD-CODED	WHY THIS WAS APPROPRIATE
Tapping moves the paw marker to the next checkpoint, standing in for walking there (no GPS).	*One map and route with checkpoints A–D.*	*All 3 tasks flows are complete with realistic screens. At medium-fi we're testing whether people understand the clarity of the flow and the impact of the visuals, not the functionality of GPS or transcription.*
Tapping the mic shows a transcript, standing in for live speech-to-text.	*A fixed nature fact and prompt at each checkpoint (e.g. mycorrhizal fungi, crown shyness).*	*Faking functionality and fixing the content makes every tester see the same path, so errors and delight moments are easier to compare across sessions as well.*
The speaker icon stands in for spoken directions. A facilitator could read them aloud during testing	*Two pre-written voice transcripts that appear whatever the user says.*	
Past reflections is pre-populated so that testers can see how reflections could be viewable	*"TIME LEFT", "WALKED" and "LEVEL" stay the same on every walk screen and don't update as the walk progresses.*	
Closing the booklet: the tester taps OKAY on the "walk started" pop-up instead of physically closing the cover.	*Past reflections are fixed sample entries with set dates.*	

Appendix

A Links: prototype, README, design system, Miro/planning

B Additional sketch revisions

C Mood board

APPENDIX A

Links

MED-FI PROTOTYPE (FIGMA, EXECUTABLE)

https://www.figma.com/proto/DrmukT5RM9g27Ow6V7IQmW/Team-Pendo?node-id=249-4015&p=f&t=hsgQsEjAbA3RqjQO-1&scaling=min-zoom&content-scaling=fixed&page-id=176%3A692&starting-point-node-id=249%3A4015&show-proto-sidebar=1

README (PDF ON WEBSITE; GOOGLE DOC IN DRIVE)

https://docs.google.com/document/d/1hpy9n1V9JZoNtqAgRqHvYvjbQ3vb3KFxEgBpJPjVInc/edit?usp=sharing

DESIGN SYSTEM (FIGMA PAGE)

https://www.figma.com/design/DrmukT5RM9g27Ow6V7IQmW/Team-Pendo?node-id=176-692&p=f&t=yIjcNumKMX5ZXz0I-0

PROJECT WEBSITE

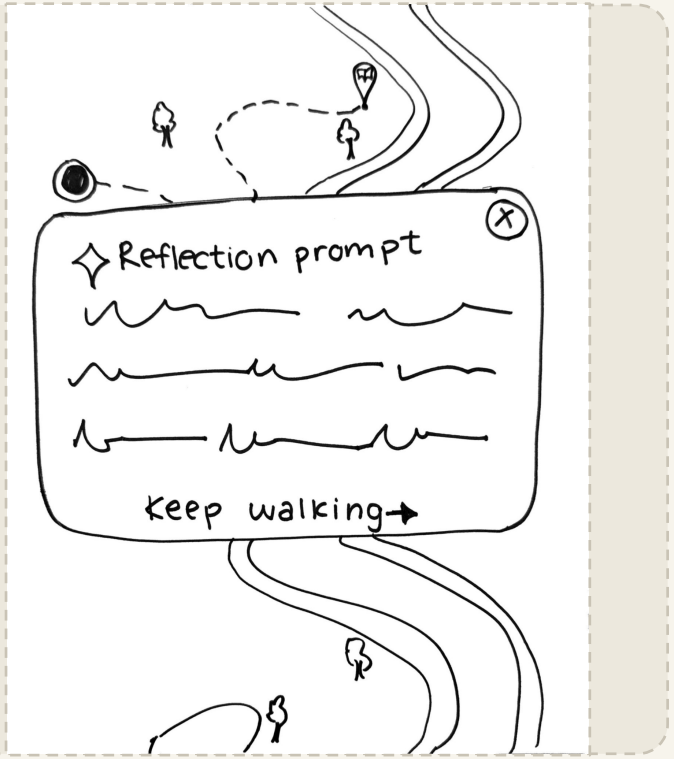
https://web.stanford.edu/class/cs147/projects/BeyondHumanCenteredDesigningforMoreThanHumanWorlds/PawsePages/

MIRO BOARD

https://miro.com/app/board/uXjVEWblzYU=/?share_link_id=459589105816

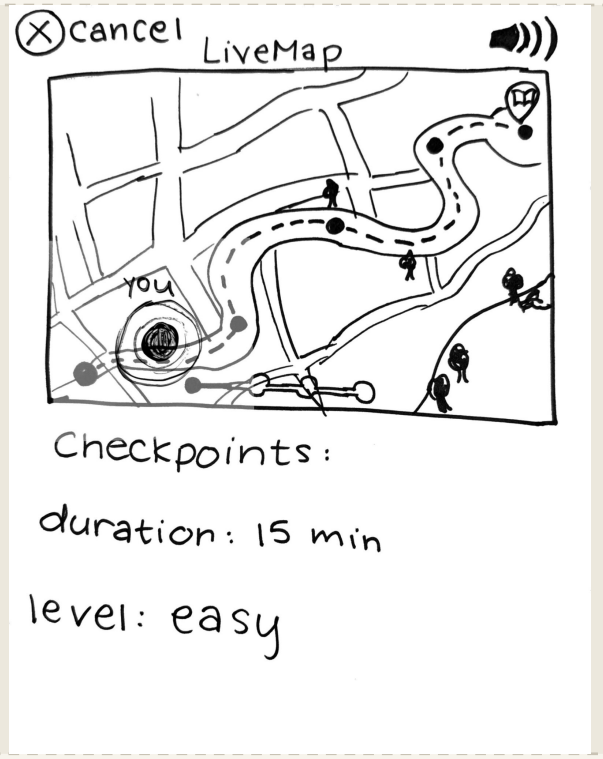
APPENDIX B

Additional sketch revisions



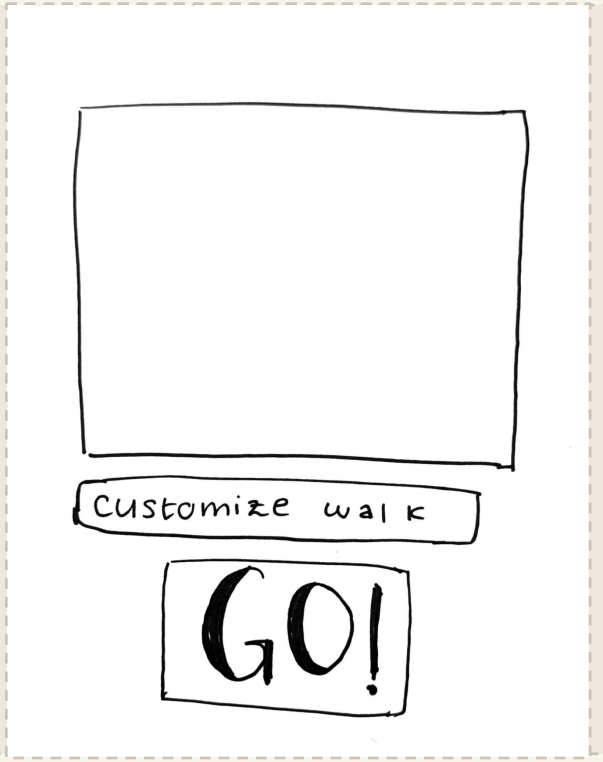
We sketched designs for prompting the user to reflect at checkpoints. This is in line with our experience prototype tests that found checkpoints motivated continued progress and reflections + pausing helped with calmness.

This change was also due to the removal of the story elements (which were confusing and exploding scope)



We resketched the live map that displays during the walk, now with a progress bar and checkpoints. The audio that would play during the walk is now directions for navigation.

We hope this adjustment accommodates people who need help navigating and is less confusing than playing stories during the walk.



Small changes such as changing the "Preferences" button to say "Customize Walk" were made to increase clarity even further.

We found that it might be unclear what "Preferences" could mean, as users in our low-fi test only really realized after clicking that it was preferences for the walk.

APPENDIX C

Mood board





