

A painting of a bee on a pink flower with green foliage. The bee is positioned in the upper left, facing right. The flower is in the center, with pink petals and a yellow center. The background is a mix of green and blue tones, suggesting foliage and sky. The overall style is soft and painterly.

Sketching, Low-fi Prototyping & Pilot Usability Testing

Assignment 5

TEAM BAGG



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Ameshia B.

OUTLINE

1

Review Kyro

2

Concept
Sketches

3

Lo-Fi
Prototype

4

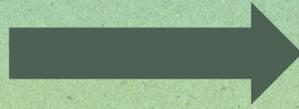
Testing

5

Results &
Discussion

PROBLEM + SOLUTION

People overcommit and lose track of their own energy without understanding the cause, leading to burnout, confusion, and poor emotional balance.



Kyro helps users visualize, protect, and plan around their personal energy, not just time, to build healthier days and burn out less often.

Primary Users: Adults between 25-44

- highest users of scheduling [tools](#)
- Age group currently most susceptible to [burnout](#)

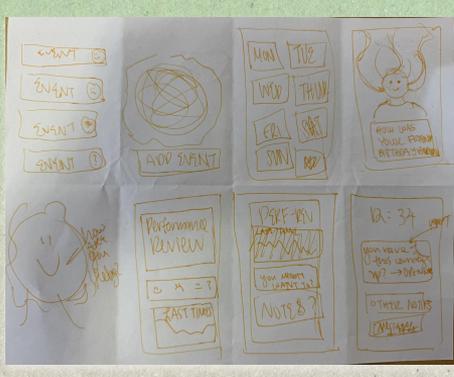
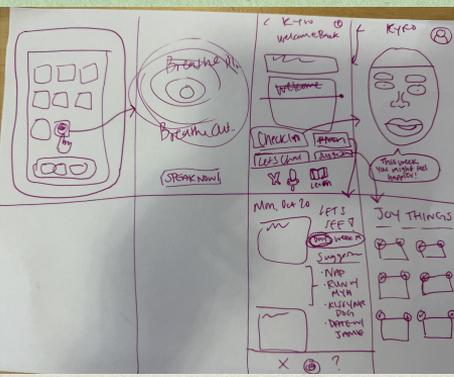
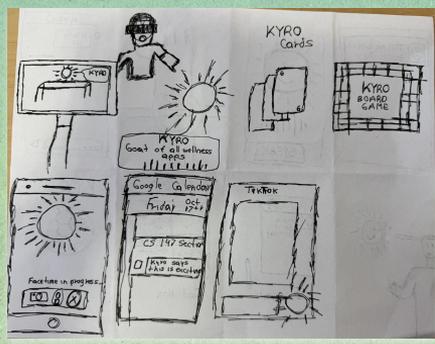
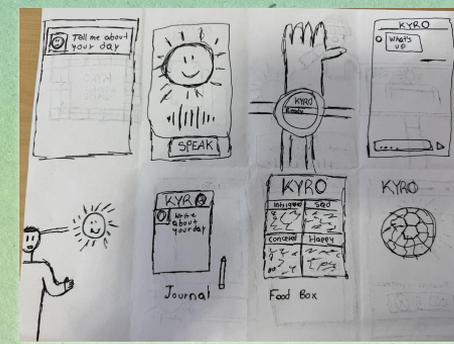
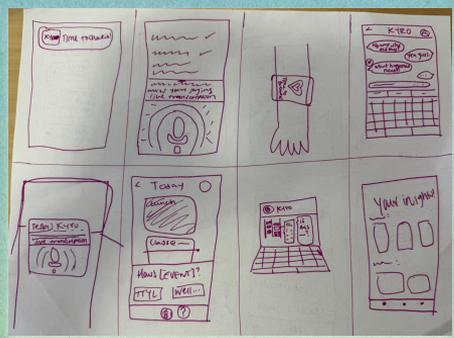


Value Proposition

SMART SCHEDULING POWERED BY HOW YOU FEEL



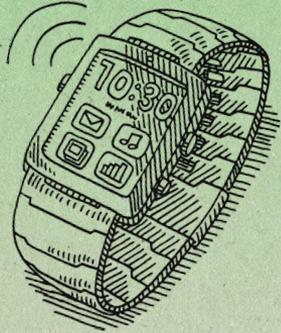
INITIAL SOLUTION IDEAS



Our 4 Distinct Modalities

(Chosen from 20-30 initial sketches)

SMARTWATCH



**AR
GLASSES**



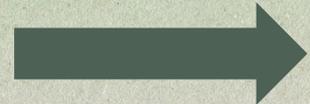
**VIRTUAL
REALITY**



MOBILE

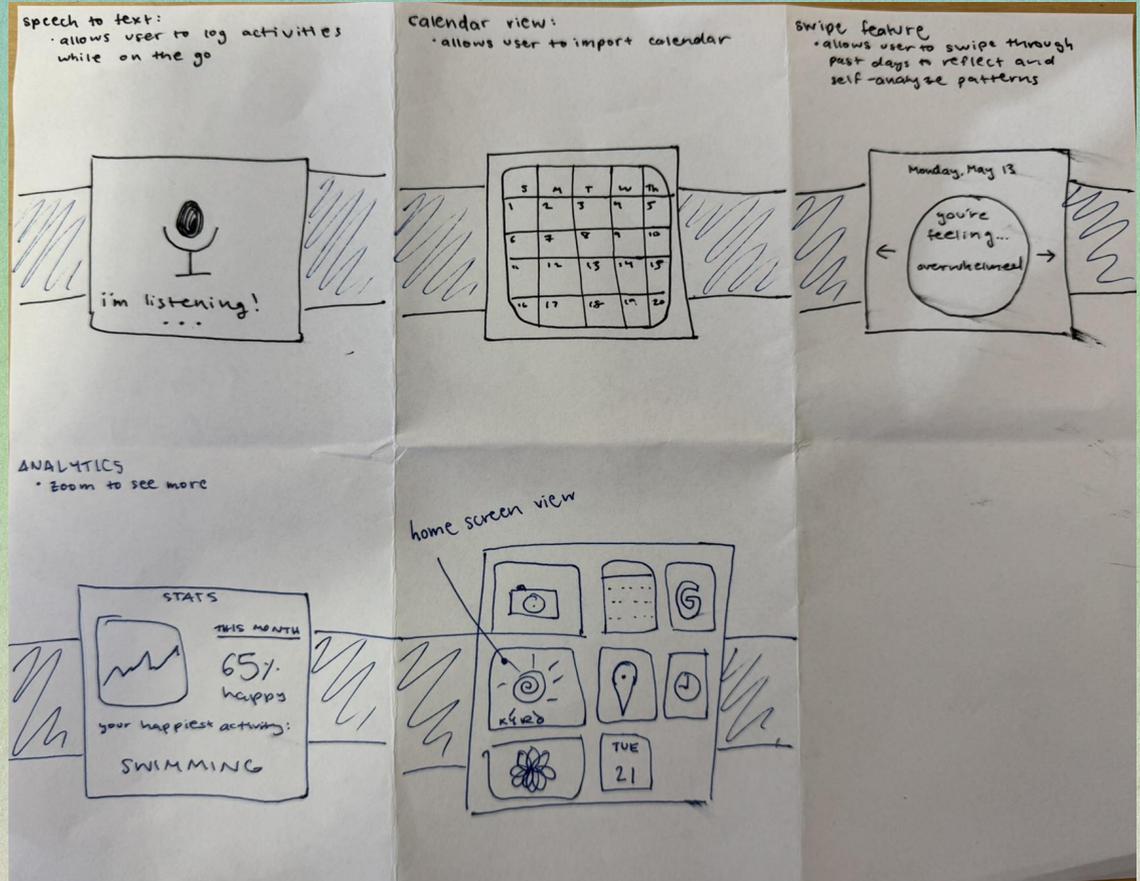


Exploring each modality through low-fi sketches



SMARTWATCH

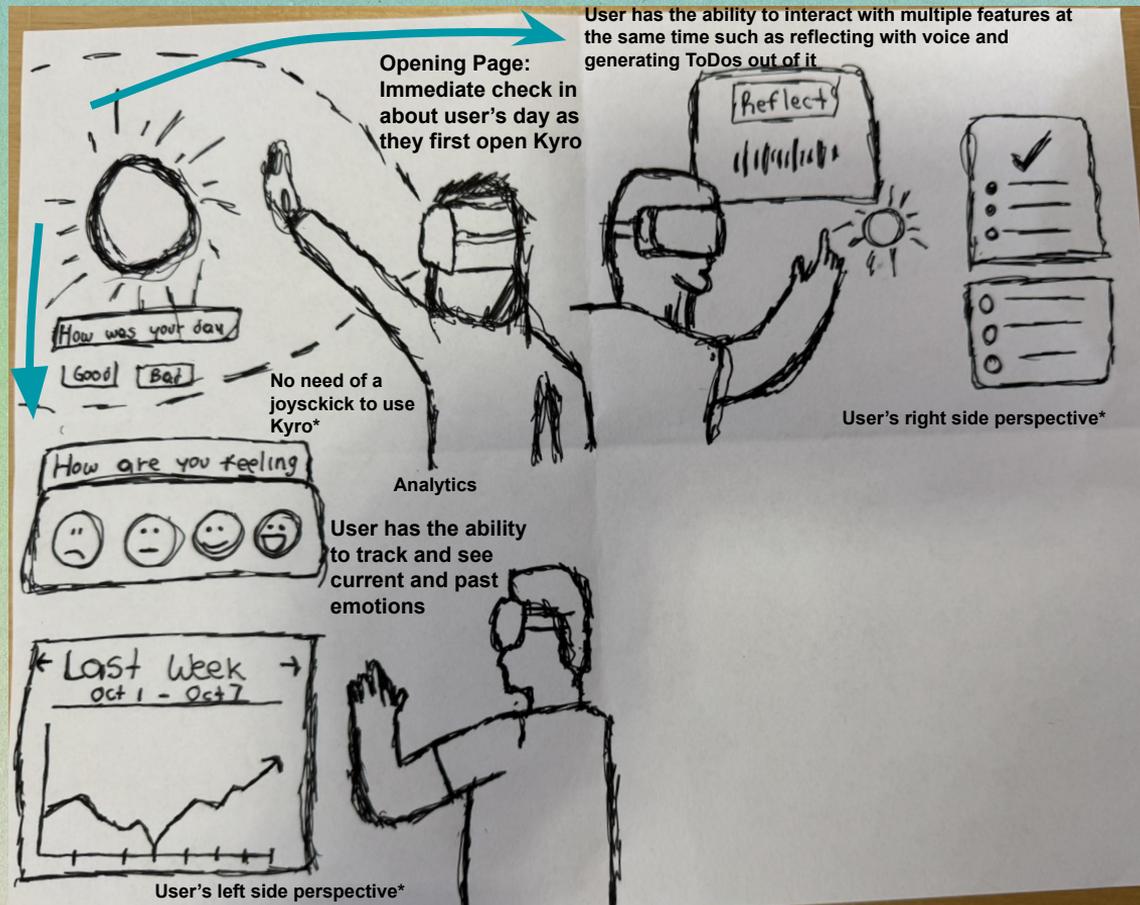
Quick emotional reflections on the go



Prototype concept 1 of 4

VIRTUAL REALITY

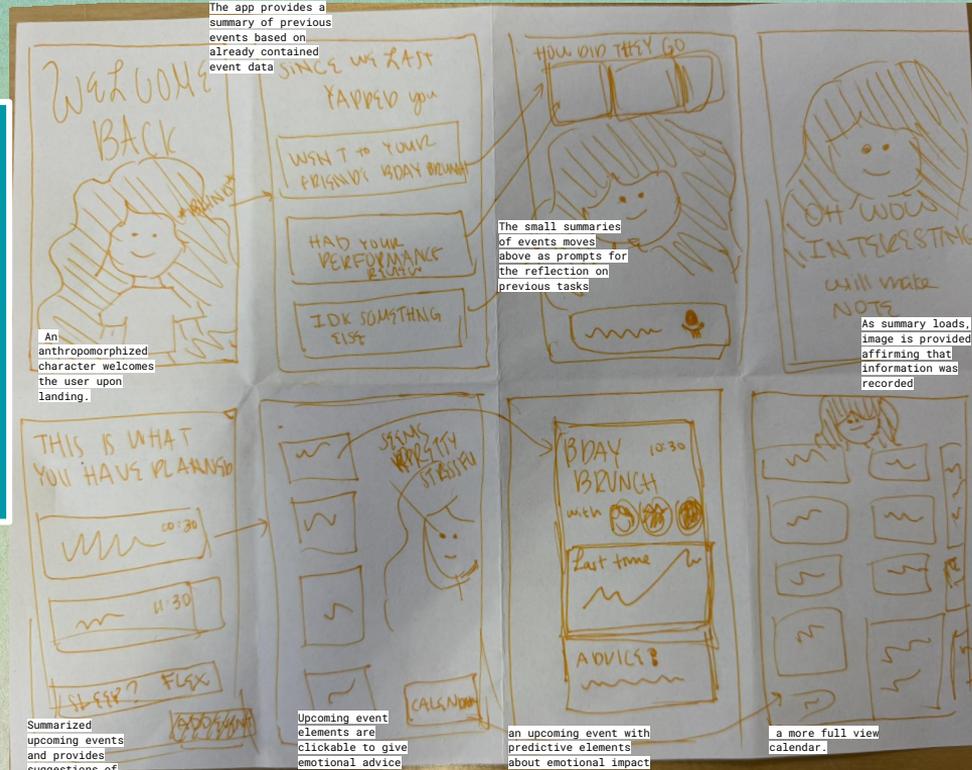
Immersive
self-reflection
through
environment and
gesture



Prototype concept 2 of 4

MOBILE

Everyday emotional scheduling and insights



AR GLASSES

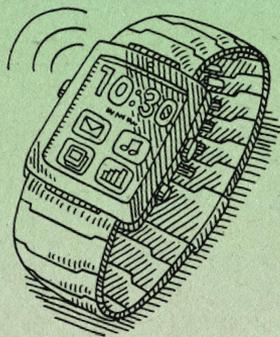
Location & Time based Augmented Reality



Refining Our Top 2 Modalities

Focusing on two distinct user contexts

SMARTWATCH



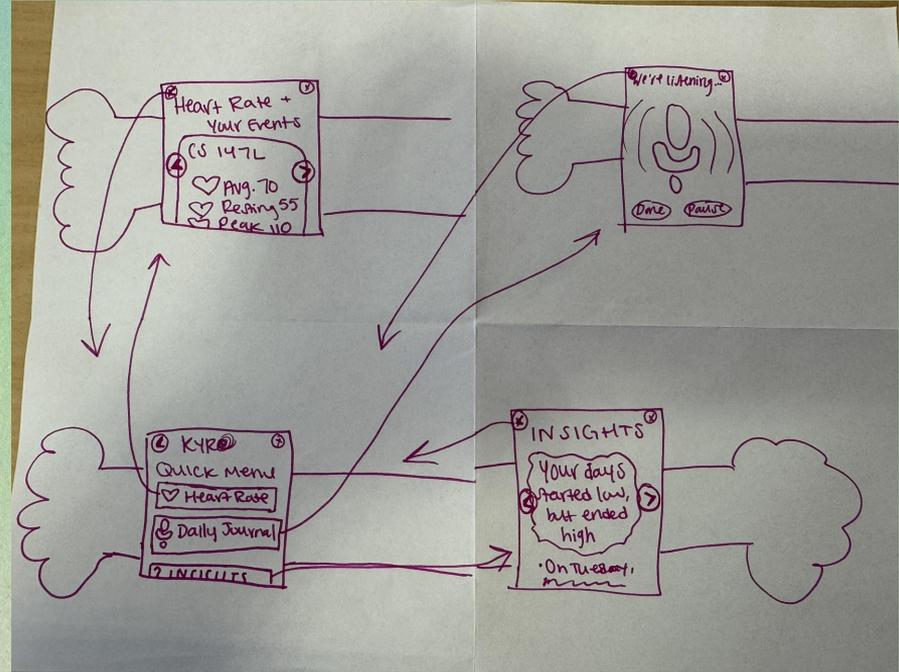
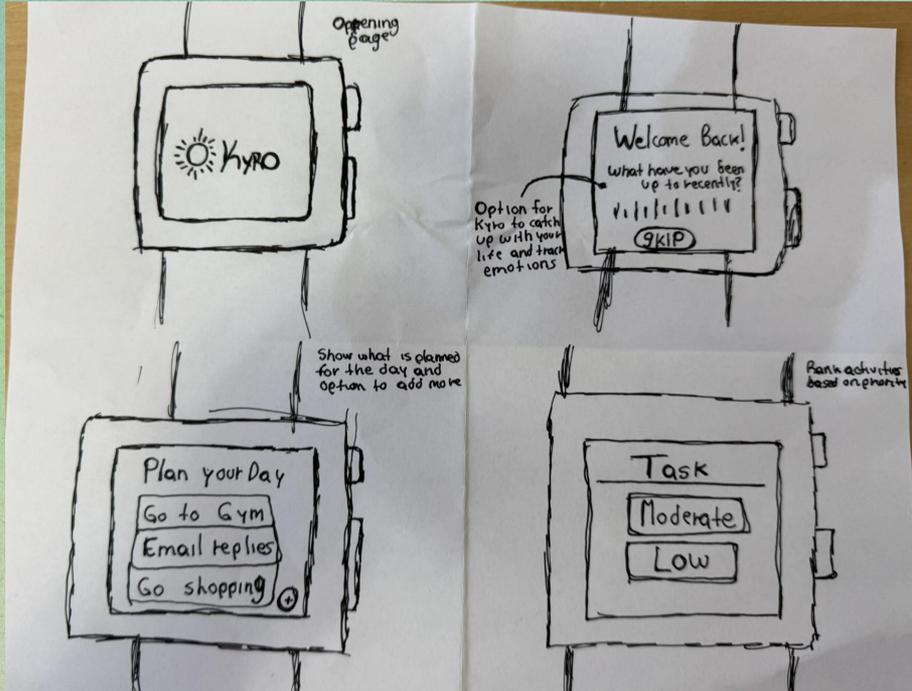
MOBILE



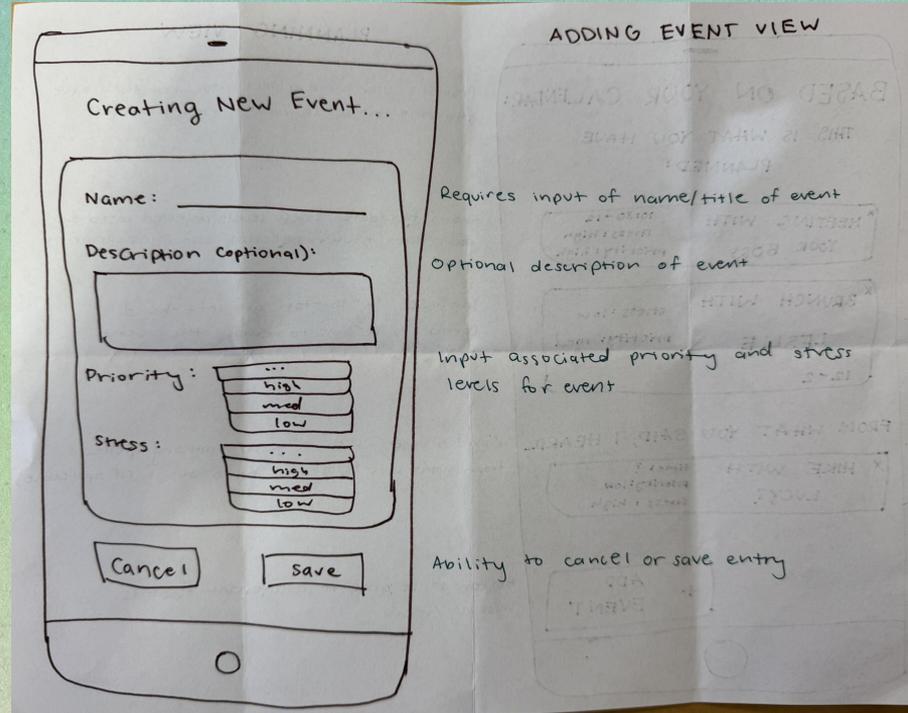
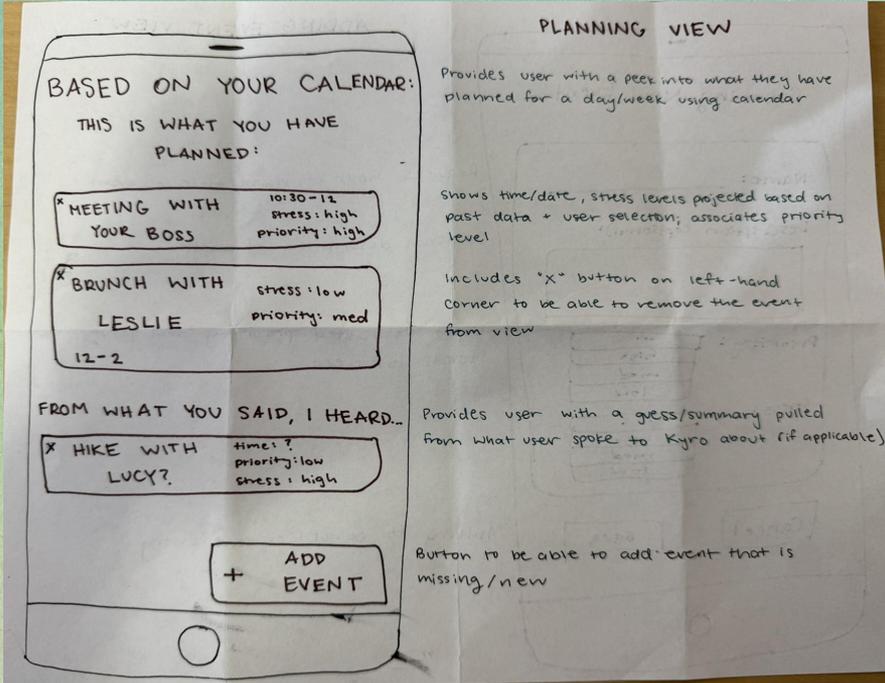
Sketching key user flows for deeper exploration



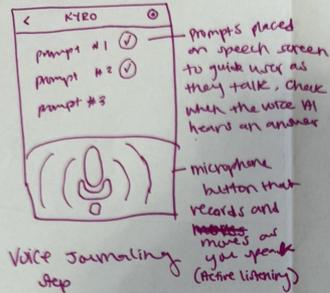
SMARTWATCH



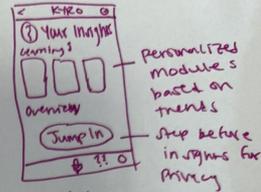
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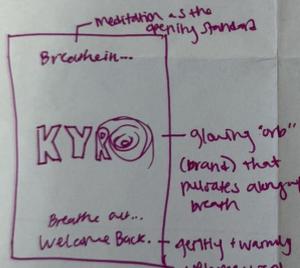
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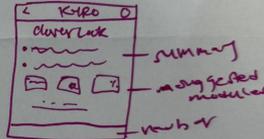
Voice Journaling Step



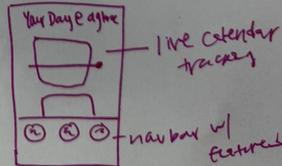
Insights:
Trends in Mood + Emotions



Opening Screen



Closer look @ insights



Landing Page

Our Chosen Interface

MOBILE



Exploring why mobile fits best



Our Chosen Interface: Mobile

PROS

Widget capabilities

High pairing ability

Extensive scheduling capabilities



CONS

Possibility for distraction

Harder to use during physical activity

Difficult to use discreetly

Relevant Data, Constraints, Findings

Our Findings

- **>70 % of wellbeing-tracking users** engage primarily through mobile devices rather than desktop
- Mobile users check their phones **80+ times a day**
- Existing apps like Headspace and Streaks show **higher retention when tasks are tied to daily routines and widgets** rather than stand-alone reminders

Constraints

- Requires **minimalistic dashboards** as opposed to desktop interfaces
- Apple HealthKit and Google Fit **require explicit user consent** and on-device storage for **sensitive biometric data** so all emotional labels opt-in



Why Mobile is The Best for Kyro

- **Mobile first for emotional authenticity:** Users are most honest in personal contexts – phones enable private, real-time logging immediately after events
- **Calendar integration works most naturally on mobile:** syncing with users' calendars (Google, iCal, Outlook) is important for Kyro and seamless on mobile. It enables real-time adjustments and reminders
- **Widget Capability is a major advantage:** lets users check in or view insights from their home screen while reducing distractions and app switching

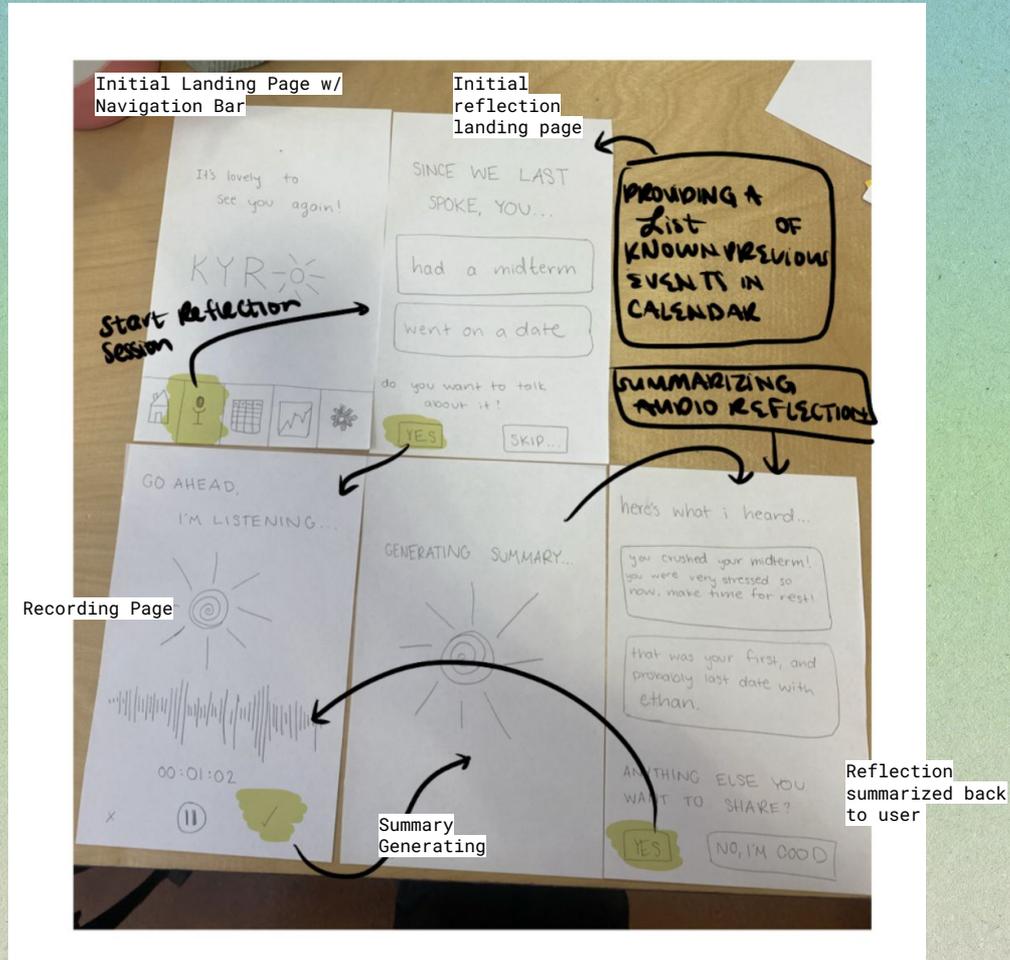


Low-fi Prototype

We created a paper prototype representing key user flows across multiple screens – including adding events, logging reflections, and importing the calendar.

- The prototype was designed to be minimalistic, accessible, and compassionate, using simple layouts and clear visual cues to reduce cognitive load.
- Users can move through the flow by “tapping” or “swiping” on paper screens to simulate interactions, allowing us to test usability and emotional tone before building a digital version.
- We also simulated allowing personalized views by having the computer provide an “AI summary” in real time

Reflect On Your Day



Specific Recommended Emotion Module

MY STATS!

Showing WEEKLY MONTHLY YEARLY

15% ... increase in mood at the beginning of the day

... high-stress ACTIVITIES. 4

2 ... New activities.

COME BACK SOONER FOR NEW IDEAS!

Stats: Condensed page with key statistics relating to the user's activities and logs

MY INSIGHTS

STATS MOOD TRACKER

BURNOUT DETECTOR LEARN MORE ABOUT YOU

Insights Landing Page. Navigate to different analytics from this page

MOOD TRACKER

Showing WEEKLY MONTHLY YEARLY

DIVE IN

HIGHLIGHTS

LOWLIGHTS

KEY MOMENTS

Mood Tracker: User can look at mood/valence tracked over different intervals of time and revisit big moments from the past

HIGHLIGHTS

1. Opened chips and fanta
2. Dinner with Jamie
3. Cartwheels on Rain Field with Kendall

KEY MOMENTS

1. Group Farehome with Mom and Dad
2. Budget making at the Farm
3. Staying in Bradley's student film.

Example dropdowns: User gets a feel for what these features might entail

BURNOUT DETECTOR

All Good! Be Calm! Burnt out!

This week, you stayed balanced through activities that bring you joy such as nap and lunch with Jamie.

more joy activities →

Burnout Detector: Kyro will tell users how close they might be to burning out based on their past logs and schedule

8 SLEEP * ACCESS * * * * *

10 NEW ACTIVITIES TO TRY THIS WEEK

Learning Landing: User can explore learning modules curated to teach them something relevant about wellbeing

LEARN MORE ABOUT YOU

RECOMMENDED

MOOD MAPPING 101

THE SCIENCE OF BURNOUT

EXPLORE

FROM STRESS TO STRENGTH

DIGITAL DETOX

AIRED-RESETS

Specific Recommended Emotion Module

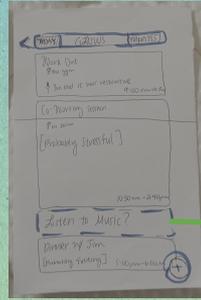
MOOD MAPPING 101:

Learn how to identify emotional patterns in your day

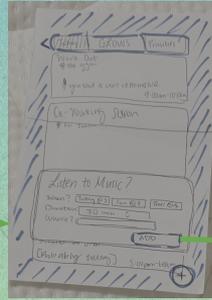
(Top to continue →)

Example learning module: User has the chance to quickly and easily explore a topic related to wellbeing that is recommended to them based on their logs

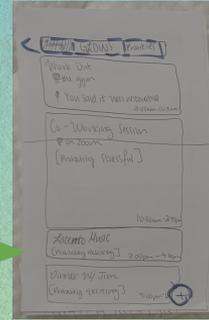
Plan your schedule w/ Emotional Guidance



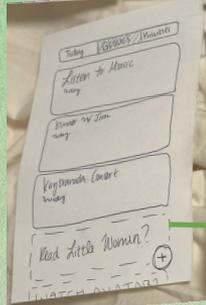
Display today's events, suggestions, and emotional predictions



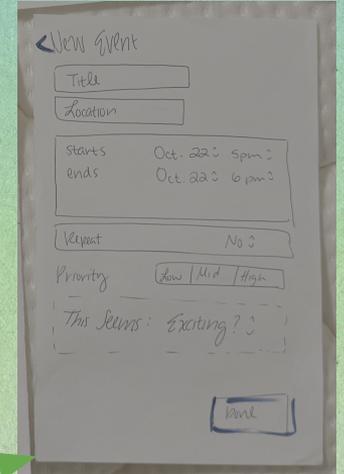
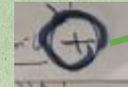
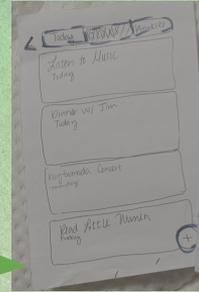
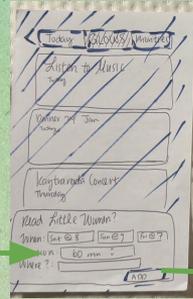
Quick add suggested event



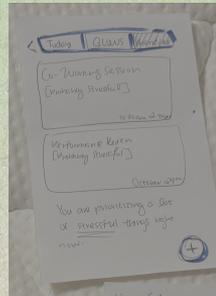
Suggested event added

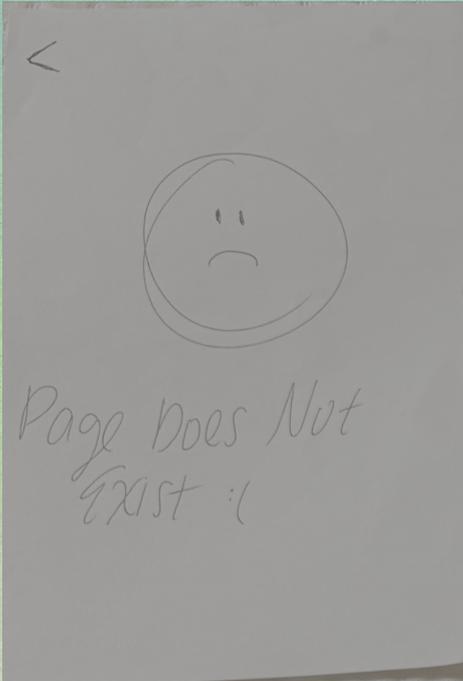


Alternate views to analyze your calendar with different perspectives

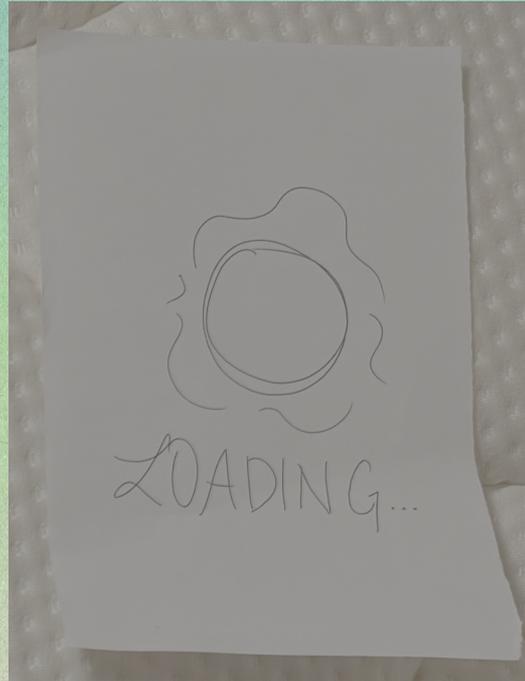


Add unsuggested event





Page Does Not Exist



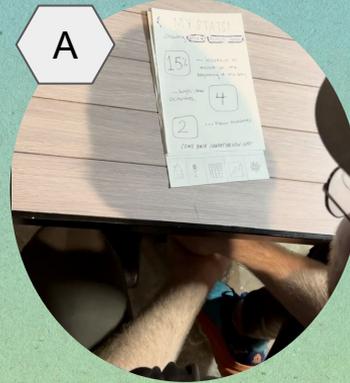
Loading

PARTICIPANTS

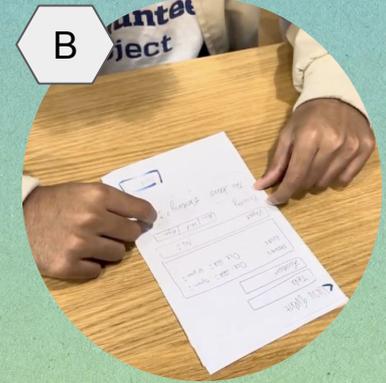
Participants fell within our **intended user base of working young adults** (18-44, highest users of virtual calendars)

Four participants found in various parts of Palo Alto:

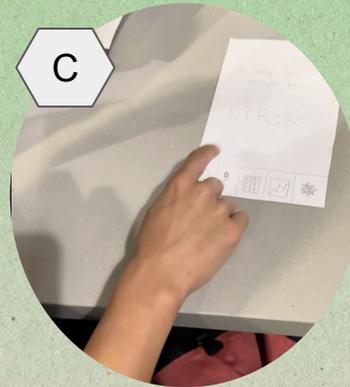
- **A:** CEO and Founder of an AI startup (mid-20s)
- **B:** New grad working in tech (early 20s).
- **C:** Design developer at another AI startup (late 30s)
- **D:** Senior from a high school in Sunnyvale working in food service (18)



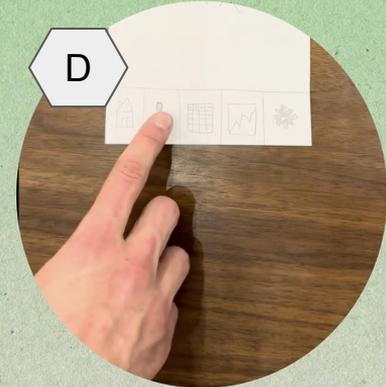
 Teaspoon



 The Melt



 The Melt



 on shift @
Antoine's Cookies

ENVIRONMENT

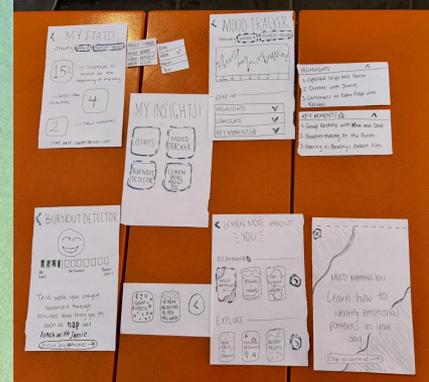
- Met users where they were to reflect ideal use environment (wherever user feels comfortable)
- Placed prototype on the surface in front of them (table, counter)

PROCEDURE

1. Gave users **brief context on Kyro** (values, summary, possible uses)
2. Provided a demonstration of **how to use the prototype**
3. Instructed them to **Think Aloud**, explaining what was **intuitive**, what **caught their eye**, and what **came to mind**
4. **Gave them three end goals**, only intervention was “Page Does Not Exist” screen

ROLES

Amesha: Facilitator | **Bennie + Gabriella:** Computer | **Gil:** Notetaker



Example task flow laid out on separate table for computers to grab (away from user)



USABILITY GOALS

Efficient:

User is able to complete tasks quickly with low friction.

Pleasing:

User feels a deep sense of satisfaction after completing one or more tasks with Kyro, especially since every task is meant to be mentally enriching and clarifying for users.

Interesting:

User feel captivated by the content they receive and compelled to explore as much of Kyro as they can, coming back week after week when new information is created.

KEY MEASUREMENTS

1. **Time** to complete task (efficient)
2. **Number of actions** taken to complete task (efficient)
3. **Number of non-existent pages** clicked on (interesting)
4. **User satisfaction** (pleasing)



RESULTS - CRITICAL INCIDENTS

#	Description	Severity (0-4)	Evidence / Quote	Design Implication
1	Users confused about time context ("Is this today or next week?")	3 - Major usability problem	Multiple users asked this verbally	Add clear "Today / Upcoming" banner + color-coded section
2	What the "Insights" icons was was unclear	2 - Minor usability problem	"I clicked until I figured out what they meant"	Add text labels + onboarding overlay
3	How to speak was unintuitive; users consistently clicked on event to record (stale page)	2 - Minor usability problem	"I wasn't sure if it was still recording"	Add animated mic + color feedback
4	Home page served no apparent purpose	2 - Minor usability problem	"Home page is obsolete, nothing to do besides the navbar."	Potentially combine analytics into one scrollable page

RESULTS

Main Issues Identified

- Confusion around time context (today vs next week)
- Unclear icon meanings and limited home-page context
- Ambiguity in voice-recording feedback procedure
- Analytics scattered and hard to interpret

Potential UI Changes

- Onboarding overlay: add an intro explaining "Log / Plan / Reflect."
- Context banner: persistent "Today / This Week" label above schedule view.
- Animated mic + color feedback: indicate when recording starts/stops.
- Single scrollable analytics page: simplified, labeled metrics (e.g., stress %, energy level).
- Predictive cues: gentle prompts ("Schedule rest?" / "Too many stress events?").

- **Our key measurements showed that our efficiency and interest goals were met;** users were able to complete tasks quickly, and all user tests took less than 5 minutes to complete 3 tasks holistically. Additionally, when given the chance to explore, users approached the app with curiosity and clicked on dropdowns/scroll options just to see what else was there.
- **In debriefing, users felt happy with the concept and thought the effort was notable and the idea was tangible;** it was easy to see what the goals were, and they were excited by the concept.
- **In next steps, based on what we saw, priorities would include** integrating one of our tasks into the home page to give it purpose, making a clearer insights tab icon, adjusting the recording layout for events vs microphone, and making the calendar more central to the app rather than just a feature.

APPENDIX

Our Chosen Interface: Mobile

PROS

- High task flow due to full gestures
- High pairing ability with [other] devices
- End-to-end scheduling
- Potential widget integrations
- Intuitive UX for calendars
- Reduced friction because people are already used to calendars and recording messages on phones

CONS

- Screen time fatigue/lots of distractions
- Saturated modality for wellness apps/no competitive advantage
- Harder to use during physical activity
- Hard to use discreetly
- Data privacy and selection of data access



PROCEDURE (cont.) - for appendix

1. Show how prototype works
 - a. "Pretend this is an app."
 - b. Explain tapping and scrolling will mimic an app
 - c. Everything on our screens highlighted in blue was clickable/had another screen, DID NOT tell them this was the case to see if the highlight was intuitive
 - d. Explain that if they clicked on something without a follow-up screen, they would see "Page Does Not Exist"
2. Tell them they'll be asked to complete three tasks within the app
 - a. As they complete them, they should tell us what they're seeing, thinking, and wondering at all times (Think Aloud Method)
 - b. As they click, the app will respond, so be cautious!
 - c. Explore whatever might feel interesting or relevant to your task.
 - d. Navigate to the home page once you're done.
 - e. If they get stuck, we encourage them to think about how they would troubleshoot (non-intervention unless screen doesn't exist)
3. Tell them their tasks (next task given after previous was completed)
 - a. Task 1: Tell Kyro about your day
 - b. Task 2: Add an event to your calendar based on your mood patterns from Kyro.
 - c. Task 3: Gain a better, well-rounded understanding of your emotional patterns collected.
4. Debrief
 - a. What did you take away from this experience?
 - b. How easy or difficult was it for you to perform the tasks given?
 - c. What, to you, is the purpose of Kyro now that you've interacted with it?
 - d. What is important for us to prioritize in our next stage?
 - e. Anything else?



Script

Facilitator:

"Hi! Thanks for helping us test our paper prototype today. Our app is called Kyro, and it's an emotional scheduling app that helps people plan their time based on how they actually feel, not just what's on their calendar. We'll test 3 features today and just a reminder: this isn't a test of you – it's a test of the design, so feel free to think out loud as you go. We'll ask for feedback at the end as well. How does that sound?"

"Okay, let's start with reflecting on your day using our voice feature. On this paper version, show me how you'd do that."

"Now, imagine you're planning your week and want to add a study session for tomorrow evening. On this paper version, show me how you'd do that."

"Great! Now, imagine it's the end of your week and you want to see how you've been feeling overall. Show me where you'd go to view your emotional trends or analytics."

