A6: MED-FI PROTOTYPING README

KYRO:

Smart scheduling powered by how you feel

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KYRO

Kyro is designed to help users balance productivity and emotional wellbeing through personalized scheduling.

Prototype

KYRO - Med-Fi Prototype

Target Audience

Individuals with busy, goal-driven lifestyles who seek a healthier balance between productivity and mental well-being

Design Tools

We used **Figma** to create our Medium-Fi prototype. Figma allowed us to collaboratively refine interface elements, test navigation flows, and maintain visual consistency across screens.

Operating Instructions

Kyro is designed for mobile use on an iPhone 15 Pro frame (390 × 844). Use tap gestures only, all interactions are triggered through clickable hotspots in Figma. If you click on a blank area, blue highlight boxes will appear to indicate which elements are interactive.

At the bottom of each screen is a persistent navigation bar with three main sections:

- 🪞 Reflect
- 📅 Plan
- 📈 Learn

Task 1: Reflection

1. **Open Kyro**. The landing screen welcomes the user back and loads personalized content as the background gradient subtly shifts to indicate loading.
2. **View summary**. The "Hello Gabriella" screen previews recent activities and prompts the user to reflect on their week.
3. **Select a topic**. The user chooses from conversation prompts such as major design project or friend meet-up to begin a reflection.
4. **Start recording**. Kyro listens while displaying pulsing lights to signal active listening.
5. **Observe response**. When recording stops, Kyro summarizes the input with pre-written text ("Interesting... You said...") and presents insights or follow-up questions.
6. **Save or exit**. The user confirms the reflection summary and returns to the home flow.

Task 2: Planning

1. **Open the "Plan" tab**. Kyro greets the user with a daily agenda and identifies potential scheduling conflicts or energy imbalances.
2. **View current schedule**. The user sees their meetings and events for the day (e.g., Product Design Review, Client Call, Hiring Interview).
3. **Review Kyro's suggestion**. Kyro highlights a potential conflict, such as multiple morning meetings, and prompts the user to reschedule one (e.g., Coffee Chat).
4. **Select event to reschedule**. The user opens the event card, views current timing, and taps "Reschedule."

5. **Adjust new time**. A calendar and time selector appear. The user picks a new slot (e.g., 1:30 PM - 2:30 PM) and taps Confirm.
6. **Observe optimization feedback**. Kyro displays a message: "You rescheduled & improved your Kyro Score!" with the score increasing (e.g., 65 → 73).
7. **Return to agenda**. The updated schedule reflects the new order and higher Kyro Score, indicating improved balance for the day.

Task 3: Learning

1. **Open the "Learn" tab**. The user navigates to Kyro's weekly insights area to reflect on long-term progress.
2. **View weekly summary**. A screen appears showing an average Kyro Score (e.g., 65) along with a prompt to explore personal insights.
3. **Explore personal stats**. The user taps "My Stats" to review their average mood change, stress activity count, and new activities logged throughout the week.
4. **Check emotional patterns**. By selecting "My Mood," the user views a simple graph showing daily emotional fluctuations.
5. **Monitor well-being status**. The "Burnout Watch" section summarizes current energy levels (e.g., "You're in the Green Zone") and offers gentle guidance.
6. **Complete reflection**. After reviewing all insights, the user sees a "Lesson Complete" screen where they can leave optional feedback or exit the session.

Limitations & Design Trade-Offs

The following limitations were deliberate trade-offs made to prioritize usability testing and design exploration over functional completeness:

Feature / Area	Limitation	Reason / Design Rationale
Google Calendar	The prototype does not	Avoided complex backend

Integration	connect to a live calendar API	setup to focus on front-end interaction flow and visual clarity
AI Recommendations	All feedback and scheduling suggestions are pre-written, not generated dynamically	Allows consistent testing of how users interpret AI "trust" and tone without relying on an actual model
Gestures	Only tap interactions work; no drag or swipe gestures	Keeps usability testing simple and predictable for medium-fi fidelity

Wizard-of-Oz Techniques

The following limitations were deliberate trade-offs made to prioritize usability testing and design exploration over functional completeness:

1. Conversational Mood Logging

When the user starts a chat, Kyro greets them personally and engages in a short conversation using pre-written messages such as "I'm listening" or "You said...". All dialogue lines are scripted and advance automatically upon tapping. This simulates a natural, adaptive conversation so users can experience Kyro's emotional tone and pacing.

2. Smart Scheduling and Rescheduling

In the Planning task, Kyro displays the user's daily agenda and suggests an automatic adjustment—for instance, rescheduling a Coffee Chat or Client Call. The new schedule and "Kyro Score" animation (e.g., 65 → 73) are fully pre-programmed. This creates the illusion of algorithmic reasoning so testers can evaluate how clear and persuasive the optimization feedback feels.

3. AI-Generated Reflections

At the end of each dialogue, Kyro provides a pre-written reflective statement like "You've sounded more tired lately." These reflections stand in for real sentiment analysis and let testers evaluate whether Kyro's feedback feels empathetic and human-like.

Hard-Coded Items

Several elements in Kyro's prototype are manually scripted to create a consistent experience for testing.

- **Dialogue & Reflections**: All chat messages and responses (e.g., "I'm listening," "You said...") are pre-written to simulate conversation tone and pacing.
- **User Persona**: The name Gabriella appears throughout the prototype as a fixed persona for contextual continuity.
- **Mood & Insights**: Reflection statements are static, representing how future sentiment analysis would generate feedback.
- **Planner Events & Kyro Score**: Tasks like Coffee Chat and Client Call use preset details and scores (e.g., 65 → 73) to illustrate optimization effects.
- **Visual Assets**: Backgrounds, gradients, and animations are static Figma components for aesthetic consistency.

Impact on User Experience

Although Kyro's conversations, insights, and scheduling logic are simulated, these simplifications allowed us to focus on the emotional pacing, tone, and flow of the user experience. Testers can still evaluate how intuitive the interactions feel, how trustworthy the feedback sounds, and how clearly the app communicates progress through the Kyro Score and visual design, even without live data or backend functionality.