

# High-Fidelity Prototype README



Planning life by how you feel, not just by  
what you do

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# KYRO

**Kyro** helps users balance productivity, optimize emotional well-being, and prevent burnout by bringing emotional awareness into daily planning. Unlike traditional productivity tools that only manage tasks, **Kyro** focuses on **energy**, **emotional state**, and **reflection**, encouraging healthier routines and more intentional choices throughout the day. Whenever a user feels they **need assistance monitoring their energy** throughout the day or want to **get a better understanding of their energy** in relation to the events in their day, **Kyro** provides the space for them to understand their patterns and act on them. Through gentle mood logging, emotional summaries, and weekly insights, **Kyro supports those who want to manage both their time and their energy.**

## How to Access

This prototype is **optimized for iOS (iPhone SE)** and runs through Expo Go. Android and web browser support are **planned**, but are not fully functional in the current high-fidelity build.



1. Download **Expo Go** from the App Store.
2. Open the app.
3. Scan the QR code on the right.
4. Wait for the prototype to load automatically. **Enjoy Kyro!**

The purpose of this high-fi prototype is to simulate **Kyro's** core emotional-reflection experience for usability testing.

Below, you'll find what tasks a user should be able to accomplish with this prototype.

# High-Fi Prototype

## Task 1:

Kyro collects data on energy patterns throughout events in a user's day through reflections submitted regularly. Kyro then utilizes AI to capture the valence, patterns, insights, and general themes from reflections to create the data that fuels its other proactive features. This process reiterates Kyro's emphasis on security and data privacy; though the insights and summaries generated by AI are stored, users have the option to determine whether or not their verbatim transcriptions are stored after each log. Users can submit a reflection in two ways:

**Typing:** Users type what they want to share, and Kyro generates a simulated emotional summary.

**Recording:** Users press the microphone button to "record," but no real audio is captured. Instead, the app simulates the recording flow and returns a scripted summary.

1. **Navigate to the "Chat" feature on the bottom navigation bar.**
2. **Kyro provides a summary of events that have taken place since the last logged reflection.** These events are based on your calendar as well as any others suggested by previous logs.
3. **Select "Let's Talk".**
4. **Select reflection modality: speech or text.**
  - a. Regardless of choice, if a circumstance arises in which a user needs to switch modalities as they reflect, Kyro stores the reflection and translates it to maintain the flow; no loss occurs, and when switching from text to speech or speech to text, a screen informs the user of this to ease any potential anxieties.

## 5. Speech modality

- a. To start talking, select the microphone in the center of the screen.
- b. Speak about your day until you feel satisfied.
- c. To pause, select the pause button. Click the play button to continue when you're ready.
- d. To finish speaking, select the check mark on the right.
- e. If you want to switch to the text modality, select the speech bubbles on the left. No information will be lost.

## 6. Text modality

- a. Start typing whenever you feel comfortable. Kyro will prompt you to speak about your day.
  - b. After sending in your speech, Kyro will prompt you to say more if there is anything else to mention. Feel free to do so; otherwise, select "I'm done reflecting!"
  - c. If you want to switch to speech modality, select the microphone in the top right corner. No information will be lost.
7. At the end of reflection from either modality, Kyro provides a summary of what it understood after processing. **To add anything else, select "Yes" under the "Anything else you want to talk about" box.** You'll be taken back to Step 5. **Otherwise, select "No, that's all".**
  8. A confirmation screen will appear and ask users if they would like their transcriptions (what they said word-for-word either by speech or text) to be stored. **To store, select "Store this reflection", and to delete, select "Delete this reflection".**
  9. **If "Store this reflection" is selected, select "View this reflection" on the next screen to see what information was stored.**
  10. **Otherwise, return Home.**

This task simulates Kyro's core emotional logging loop.

## Task 2:

In the spirit of proactive energy preservation, Kyro allows users to plan alongside their data; if they're curious about what they can do to optimize their calendar for wellness and recovery, they can use Kyro's Planning feature to build their day around how they feel.

1. **Navigate to the "Plan" tab in the bottom navigation bar.**
2. **Scroll through your calendar's events for the day;** check to see the Kyro score given to each event.
  - a. No Kyro score exists in isolation! Each Kyro score given covers a variety of features; a Kyro score can change based on the past valence of an event (collected from logs), the time of day, the sequence of events before or afterwards, etc.
3. **If an event is given a warning label, click on this event to see why.**
  - a. Read the justification and suggestion provided.
  - b. To ignore, simply select "Ignore". To apply this suggestion or modify the event based on the warning, select "Apply".
  - c. If "Apply" is selected, change the time and/or date of the event, and select "Confirm" to see changes in the event's score.
  - d. Navigate back to the calendar to see if there are any other updates.

## Task 3:

Kyro allows users to learn, understand, and apply the insights collected over time.

1. **Navigate to the “Learn” tab in the bottom navigation bar.**
2. **Scroll through the various features information provided.**
  - a. **Current Kyro:** This section displays your amassed Kyro with a description of what that amount means. To better understand what a Kyro Score is, select the “How is this calculated” text at the bottom of this box.
  - b. **Burnout Watch:** Your “Zone” indicates your current risk for burnout in a positive, affirming way that celebrates wherever you might be currently and empowers you to prioritize rest with a suggestion based on your data.
  - c. **This Week’s Patterns:** These boxes provide further information, based on recently collected logs, on what brings you joy, energizes you, drains your energy, and what your current energy rhythm looks like.
  - d. **Next Week’s Suggestions:** Based on past patterns and current insights, Kyro suggests changes to your calendar that maximize your score to optimize balance and recovery.
  - e. **Learn More:** Based on your data and interests, Kyro creates customized, quick learning modules that teach you more about a myriad of topics related to your health and wellness. These modules are not currently available, but examples of patterns for this user are offered.

## Limitations

To focus on interaction design and usability testing, the following features are simplified:

- No real verbatim voice transcription
- Emotional patterns and insights on “Learn” page are static
- Only tap and scroll gestures (no drag, swipe, or long-press)
- Learning modules are not implemented

## Wizard-of-Oz Techniques

This prototype does not use live Wizard-of-Oz techniques. On the “Learn” page, all emotional summaries, transcripts, and insight data are pre-written and hard-coded directly into the interface, rather than provided by a human during testing. In the “Chat” flow, insights are generated from user input using an API.

However, in a future testing setup, we could listen to a participant’s actual audio, manually transcribe it, and ask for a brief summary of their calendar as well as input corresponding behavioral patterns to personalize their experience.

## Hard-Coded Items

- All dialogue (“I’m listening...”, “You said...”)
- Emotional labels & weekly insights
- Background textures, gradient design, and illustrated face assets
- Color Change based on emotion
- Calendar events
- “Since We Last Spoke” summary
- Kyro Scores
- Calendar suggestions

These ensure a consistent, stable testing experience that empowers the available functionality.

## Design Tools

We built our high-fidelity prototype with **React Native** and **Expo**, using a lightweight design system and planned backend integrations.

## Core Framework

- React Native
- Expo SDK
- TypeScript

## Navigation & UI

- React Navigation (stack + tabs)
- Custom bottom tab bar
- expo-linear-gradient
- DM Sans font
- Paper texture + face illustrations (custom assets)

## Backend & APIs

- Google Gemini API

## Audio & AI

- expo-av (audio)
- Speech recognition (requires native build)
- Gemini / Claude API (reflection summaries)

## Accessibility Considerations and Limitations

### Considerations

- High-contrast gradients and icons for readability

- Dark text for readability
- WCAG compliant text sizing and spacing
- Large tap targets and generous spacing between items
- Simple, linear navigation structure
- Recognizable icons paired with text labels
- Fluid reflection modalities for text-based and speech-based reflections

## Current Limitations

- Screen reader support has not been implemented
- No haptic or audio feedback for key actions
- Text resizing and dynamic type are not yet supported
- Kyro is currently only available in English