

Prototype Description:	Theo is a mobile app designed to help adult folks with ADHD take care of themselves and break down tasks to encourage productive working sessions without guilt				IMPORTANT: TO MAKE SURE FORMULAS WORK PROPERLY 1) DO NOT ADD/DELETE ANY COLUMNS 2) ONLY ADD ROWS TO THE BOTTOM OF THE TABLE (NOT THE TOP)			
	Task	Severity	Description	Images	Rationale	Fix	Found by	
Problem #	Heuristic	1. Simple Task	Severity	Description	Images	Rationale	Fix	Found by
1	H6: Recognition not Recall	1. Simple Task	3	In the location tab, when filtering between Friends only and everyone, each person is represented with the same location icon with no indication of who they are.	<a href="https://i.imgur.com/Ci0lijis.png">https://i.imgur.com/Ci0lijis.png</a>	Since this is changing all the time, you need to click on every icon to figure out which person is which. You can't instantly remember where everyone is after exiting out of the menu that tells them what their name is.	Have a profile icon or name to each location icon before needing to click into the popup menu.	D, B
2	H4: Consistency & Standards	1. Simple Task	1	In the work session task view, the buttons "Start Work Session" and "Get help with a task" both have an icon accompanying it, but they are on opposite ends.		The icon alignments seems inconsistent and can potentially confuse users	have same alignment for icons	C
3	H7: Flexibility & Efficiency of Use	1. Simple Task	2	The path to continuing a work session is hidden all the way in the calendar task view		Being that starting/restarting/continuing is meant to be the most frequent and simple task of a user, wouldn't it make sense for there to be shortcuts in the start work session task view?	Add a shortcut to continue a work session. For example, maybe in the same pop where you can copy a session, you can also continue one	C
4	H8: Aesthetic & Minimalist Design	1. Simple Task	1	After pressing start a work session, and the user is prompted on creating a new one or copying an old one, the labels for the past sessions are the session duration and the goal		It seems unnecessary for a user to see how long the past work sessions were. Instead, they would be able to recognize the work session based on the title/goal	Delete the duration to emphasize a user's recognition of a work session by its goal	C
5	H4: Consistency & Standards	1. Simple Task	2	The log in button is not consistent with general aesthetic; there are also two "log in".		There are two "log in". Kind of confusing. Right now, it feels a bit lost or easy to miss, so adding a border or a distinct shape would help draw users' attention to it and make it clear where they need to click to log in.	Try to rename the "log in" button. Also can try to make it look like a clickable button and center it.	A, B
6	H3: User Control & Freedom	1. Simple Task	3	I have trouble logging in/creating account with the prototype.		There is no back button when registering for account, it's hard to fix go back without completing the task.	Add a back button to make the flow more complete.	A
7	H3: User Control & Freedom	1. Simple Task	3	I can only send request and I can't customize my request for collabs		According to the task description, I can't coordinate a time and place for meeting.	Add more screens on customizing request. Additionally, add time and place.	A
8	H7: Flexibility & Efficiency of Use	1. Simple Task	1	It took me two tries to find the complete button.		I was going to click on all of the boxes but it wasn't clickable. So I had to click the icon on the right bottom, where redirects me to "complete all"	Make the buttons more visible; maybe instead of hiding it in the icon, make all of the boxes clickable.	A, B
9	H2: Match b/w System & World	1. Simple Task	2	Icon for collab		I feel like if I wasn't directed to that screen when asked to find someone to collaborate with, I wouldn't have chosen it on my own because it gives off "find your friends" or location-tracking vibes, which isn't what I expect when I think of collaboration. It also makes me wonder if this is just a "find my friends" feature that the user has to manually enable each time, which could be annoying and feel like more work than necessary.	I think it would maybe swap out the location icon on the nav bar for something that better fits the collab feature. Changing it to a more relevant icon would make it clearer what the feature is about and help users understand that it's for collaboration, not just location tracking. Maybe also make the collaboration screen more clear, the app could use explicit, user-friendly labels and brief descriptions that explain what the screen is for.	B

10	H3: User Control & Freedom	1. Simple Task	2. Marking the task as complete	I'm assuming rationale behind this task might be that if a user completed their work without using the app at the time, they can later go back and manually mark the session as complete. However, this can be confusing because it assumes users will remember and take the extra step to update the app afterward, which may not align with typical user behavior or expectations. This adds unnecessary complexity to the process and may lead to confusion about when and why to mark sessions as complete.	Maybe simplify the task by automatically tracking session completion within the app and only prompting users to manually mark sessions as complete if the app detects no activity for that session. Clear, straightforward instructions should explain this process, emphasizing that users only need to mark sessions they finished outside the app, reducing confusion and cognitive load. This approach aligns with usability best practices by minimizing unnecessary user actions and clarifying the purpose of marking sessions complete.	B	
11	H4: Consistency & Standards	2. Moderate Task	2. When you finish a task with a simple goal but no task breakdown, there is no summary shown for the end of work session.	<a href="https://i.imgur.com/u5JhGCH.png">https://i.imgur.com/u5JhGCH.png</a>	if users see a simple summary after completing work sessions with task breakdowns, they would also expect to see some sort of summary confirming they completed their work session for goals without task decomposition.	D	
12	H5: Error Prevention	2. Moderate Task	3. The delete all button for planning tasks immediately deletes tasks without confirmation	<a href="https://i.imgur.com/laXcvpY.png">https://i.imgur.com/laXcvpY.png</a> <a href="https://i.imgur.com/hqQB8Jg.png">https://i.imgur.com/hqQB8Jg.png</a>	The delete all button can be easily clicked / clicked on accident and the user will have all of their tasks deleted since there is no confirmation popup. They would need to replace/regenerate all of their tasks.	D	add on?
13	H7: Flexibility & Efficiency of Use	2. Moderate Task	3. After breaking down a task and planning it by placing in the calendar, there is no way to start a work session using that plan.	<a href="https://i.imgur.com/EhtEfAv.png">https://i.imgur.com/EhtEfAv.png</a>	This forces the user to have to redo their whole task decomposition by starting a work session and redescribing what their goal is/tasks wanted. There should be multiple ways to start a work session and make it efficient especially after it's been planned and been put into the calendar	D, C, A	
14	H5: Error Prevention	2. Moderate Task	2. Once you are in the chat to reflect, there are two errors. A back one and a forward one (labeled go back to work session). Both arrows are meant to return to another screen, but it is unclear which screen, especially in the back arrow case.		Users might confuse the back arrow button as returning to the work session as well, even though it is not labeled as such. Furthermore, the fact that a front arrow is being used to describe a "back" function is a bit unintuitive.	C	
15	H2: Match b/w System & World	2. Moderate Task	2. During the reflection time, a user is given two options "Guided reflection prompts" or "regular conversation," but these are very ambiguous and subjective labels		In the real world, we wouldn't say someone asking questions are "guided reflective prompts." In fact, some might consider that as a regular conversation. Hence, the labels of the buttons are too subjective and don't really cue users as to what the difference is.	C	
16	H11: Accessible Design	2. Moderate Task	0. Normally I'd want to click on the right button for "YES" for deleting		"YES" buttons are normally on the right instead of the left.	A	
17	H10: Help & Documentation	2. Moderate Task	1. Collabs		It might be helpful to have a feature that shows others what you're currently working on. For example, if I'm working on filming a concept video, it wouldn't make sense to collaborate with someone who needs to study for an exam. Right now, without that context, you might assume you can collaborate with someone just because you know them, but that could end up wasting time instead of being productive.	B	
18	H6: Recognition not Recall	2. Moderate Task	3. Ordering of task		I feel like it might be better not to number the goals or tasks because it can be hard for users to remember what each number refers to.	B	
19	H5: Error Prevention	2. Moderate Task	2. Edit button issue		Having a bit of issues with when navigating this page. I think it's glitching? It grayed out the screen and then the edit button is not going away regardless.	B	
20	H2: Match b/w System & World	3. Complex Task	2. The action to skip is represented with a fast forward icon	<a href="https://i.imgur.com/OLVApRn.png">https://i.imgur.com/OLVApRn.png</a>	I made this mistake so many times-> thinking this button sped up time for some reason, or reduced the amount of time left to do each task. This is not intuitive to know it will skip the current task I am on	D	
21	H6: Recognition not Recall	3. Complex Task	2. In the work session mode, as you are working through the tasks, it is impossible to know how many tasks you have completed or how many are left. Currently, you have to press the arrow button back or forward to see what comes next.		Keeping track of your tasks requires remembering what you have already accomplished or pressing the back button	C	
22	H4: Consistency & Standards	3. Complex Task	1. When adding a task, there is an input for the expected length of the task and an optional input for the ranking of the task in the list. However, only the task length input has a container.		Without the task ranking having a container for input, the user might be confused if it is a text input like the time length input. It is also inconsistent in the layout.	C	

23	H11: Accessible Design	3. Complex Task	When adding a task, it seems that there is only a text input option for the time and task ranking.	There should be alternative actions for a user to submit an input in case they cannot use their phone keyboard to type	Maybe add a dropdown option	C		
24	H5: Error Prevention	3. Complex Task	When I entered the same task, the system should pop up and tell me that I've already entered a same task and ask if I want to continue.	People would sometimes forget what they put down earlier and enter repetitive tasks. The system should remind the user.	Add an alert system, pop up when the user enter repetitive tasks.	A		
25	H7: Flexibility & Efficiency of Use	3. Complex Task	3 Editing post	I think the post-editing part could be improved. I know there are some bugs already caught, but I don't like having to switch back after finishing editing a post.	I feel like just removing the need to swap back would already improve the userbility a lot	B		
26	H4: Consistency & Standards	3. Complex Task	1 Using the same edit icon	Not sure if that is a feature that will be implemented, but if its not, I feel like you shudnt use the same	If the button is not interactable, you should delete that icon.	B		Add image
27	H3: User Control & Freedom	3. Complex Task	3 Flow for goals breakdown	Users might want to enter their own breakdown without relying on the AI-generated one, but currently, they have to go through the AI's breakdown first and then delete everything before creating their own flow.	Offering the task breakdown page and then users can click on generate breakdown if they want?	B		
28	H1: Visibility of System Status	4. All Tasks	2 The person you are sending a collab request to is not shown when you click on the icon. No name or profile picture	<a href="https://i.imgur.com/gfcT9Wx.png">https://i.imgur.com/gfcT9Wx.png</a>	You don't know who you are sending a request to or which friend this is because their info is not shown	Add name and profile pic to the submenu	D, B	
29	H1: Visibility of System Status	4. All Tasks	3 The time spent working is not displayed until the work session has been complete and you get a summary of how much time you worked	<a href="https://i.imgur.com/1K0GoXz.png">https://i.imgur.com/1K0GoXz.png</a>	The user should be able to see how much time they have been working or spending on a task during this work screen. Putting it at the end makes them guess or be confused on exactly how much time has been spent doing tasks, especially for folks with ADHD who get into work and lost at how much time has been spent on working	Add a text somewhere that shows time spent working during the work session flow	D	
30	H3: User Control & Freedom	4. All Tasks	3 Once you start a session, you can't exit or undo unless you skip through all the tasks and confirm the summary to end the session. This same violation appears during reflection time in a work session where a user can not skip or exit from the task. Additionally, I don't know how to end the session.	<a href="https://i.imgur.com/yGKgZ12.png">https://i.imgur.com/yGKgZ12.png</a>	This leads users to go through a ton of extra screens to leave a session in case they want to return to it later or just made a mistake and want to restart it	Have a back or X button to cancel out the session	D, B, A, C	
31	H4: Consistency & Standards	4. All Tasks	3 The button or redirect icons often have different colors, fill, shape, etc. Also, The 'Keep going...' button should be more consistent with the rest of the button in the app	<a href="https://i.imgur.com/pbjzrQ.png">https://i.imgur.com/pbjzrQ.png</a> <a href="https://i.imgur.com/3AGpTlY.png">https://i.imgur.com/3AGpTlY.png</a> <a href="https://i.imgur.com/1p0S5if.png">https://i.imgur.com/1p0S5if.png</a> <a href="https://i.imgur.com/4l4nly3.png">https://i.imgur.com/4l4nly3.png</a> <a href="https://i.imgur.com/DYVt1cg.png">https://i.imgur.com/DYVt1cg.png</a>	Some confirmation buttons are completely filled with color with caps/lowercase. Some confirmation buttons are color outlined but empty white side. Some buttons have a round shape while others are shape square. And some confirmation messages are an arrow instead of a button. It is confusing to know which one is a button or a header, since some headers use the same fill as the buttons	Have a distinct style for buttons, headers, and back/redirects	D, A, C	
32	H4: Consistency & Standards	4. All Tasks	1 Mixmatch betteen instructions and app wording		It might just be a wording issue between the task description and what's shown in the app. I got a bit confused navigating it because, for example, the task says 'plan your goals'; but the app says 'get help with a goal,' and I interpret those as two different things.	Just align on the app language and how it's presented to other so they use consistent terms	B	
33	H4: Consistency & Standards	5. Extra Violations	1 profile picture icons don't have consistent borders. The colors of the groups are not consistent with the theme of the app	<a href="https://i.imgur.com/KNP1wNb.png">https://i.imgur.com/KNP1wNb.png</a>	One profile icon has a yellow border and the rest do not. The blue and dark pinkish group color doesn't fit with the app theme and doesn't show up anywhere else	Choose to either have borders or no borders for all icons.	D	
34	H8: Aesthetic & Minimalist Design	5. Extra Violations	2 The quote on the home screen takes up a lot of space and is not relevant to the purpose of the tasks or app. Also, I have trouble finding where to start the work session.	<a href="https://i.imgur.com/cUSVXqK.png">https://i.imgur.com/cUSVXqK.png</a>	The quote takes up 1/3 of the screen and doesn't really affect my experience in the app and is more mental load to process.	Remove or replace with the start work session button?	D, A, B	
35	H11: Accessible Design	5. Extra Violations	2 In the progress tab, the lines for data are super thin and similar in color (red, orange, brown). Additionally, The graphs and analysis might seem a bit complex. It might take users some time to understand it.	<a href="https://i.imgur.com/TUw9x9R.png">https://i.imgur.com/TUw9x9R.png</a>	This could be hard for people with less vision to see because it's so small and similar in color.	bold the lines, use more contrasting color for this>	D, B, A	
36	H1: Visibility of System Status	5. Extra Violations	2 After saving a goal breakdown to the calendar, it is unclear at which point the breakdown is saved		After pressing save to calendar, I was unsure whether I had to select a date for it to be confirmed or if it was already in the calendar.	When saving a goal breakdown to the calendar, make sure to write a warning or such indicating to select a date and make sure to add some confirmation message when it is saved	C	

## Summary Recommendations [merge the general recommendations you made here]

The app's flow is quite easy to follow, making tasks like creating an account, teaming up with a friend to set a time and place, and reviewing past work sessions straightforward and useful. The app does a great job with feedback, offering lots of affirmations and clear signals whenever users take actions like logging out or completing a session.

However, there are still outstanding issues related to usability and consistency, which detract from the user experience. A major trend identified across the evaluation is a lack of consistent feedback and clarity across different flows and elements. Specifically, there are multiple violations of H1 (visibility of system status) by not showing the collaborator or time spent working during work sessions and H4 (consistency) with varying button styles that confuse users on what is clickable and not. The numerous violations of H4 (consistency) also create a confusing and visually fragmented experience where users must constantly re-learn what an element's purpose or state is. Furthermore, we think there are opportunities to improve Flexibility and Efficiency of Use (H7), as the current process forces users to redundantly define tasks when starting a work session, even if they've already been planned and put on the calendar.

**Recommendation 1:** Redesign the home screen to prioritize starting a work session and replace the large, distracting quote with a prominent, clear "Start Work Session" button.

**Justification:** The core purpose of the app is to help the user get to work efficiently. Requiring them to navigate away from the initial screen to start a session is an unnecessary barrier to adoption and usage. The Home Screen should offer the most direct path to the most important action, appealing to the target user's need for efficiency.

**Recommendation 2:** Re-evaluate the Progress Tab visualization to use a more encouraging representation of work progress.

**Justification:** Right now, the chart is very numbers based and can be demotivating if it shows a decline. This is especially true for folks with ADHD like your group mentioned where they can feel guilty for not properly spending "enough" time on tasks or getting to finish them properly. Users of productivity apps benefit from positive reinforcement. A chart that only shows a downward trend can induce guilt or demotivation, which is counterproductive to the app's goal of fostering good work habits. Providing more encouraging, goal-oriented feedback (e.g., tasks completed, consecutive work days, time invested) rather than simple quantitative trend-lines can better align with a user's motivation.

**Recommendation 3:** Have multiple areas to start a work session to revamp the calendar.

**Justification:** Right now, the calendar kind of feels disjoint and not helpful when trying to plan or start a work session. When you break down a goal and "plan" it goes straight to the calendar but there is no way to execute that plan so it just stays there. Having the ability to start a work session can allow more flexibility (H7) with planning tasks and coming back to work on them later. This also can relieve pressure on the user from needing to start a work session and finishing all of their tasks in that one session. Having it planned lets them space out the tasks more and give more time for taking care of themselves.

**Recommendation 4:** Standardize UI elements and labels

**Justification:** Keep consistent hyperlink styles, intuitive icons and arrow directions, and using plain language throughout the task screens. On a lower level, the most common issues fell under H4, H7, and H1 violations, which might make system navigation difficult for a user. Since the Theo team aims to prevent misclicks, it is essential to have consistent formatting that allows a user to learn and recall a task flow.