Assignment 2: POVs, HMWs, and Experience Prototypes

Team Movement

Meet the Team

Hawi Abraham
any/all

Linda Denson
they/she

Ethan Foster
he/him

Devorah Simon
she/her

Project Domain

Health, Well-Being, & Fitness

Relationships with Fitness

Additional Interviewees

Elise
sports dietician training to run a "fast 5k"

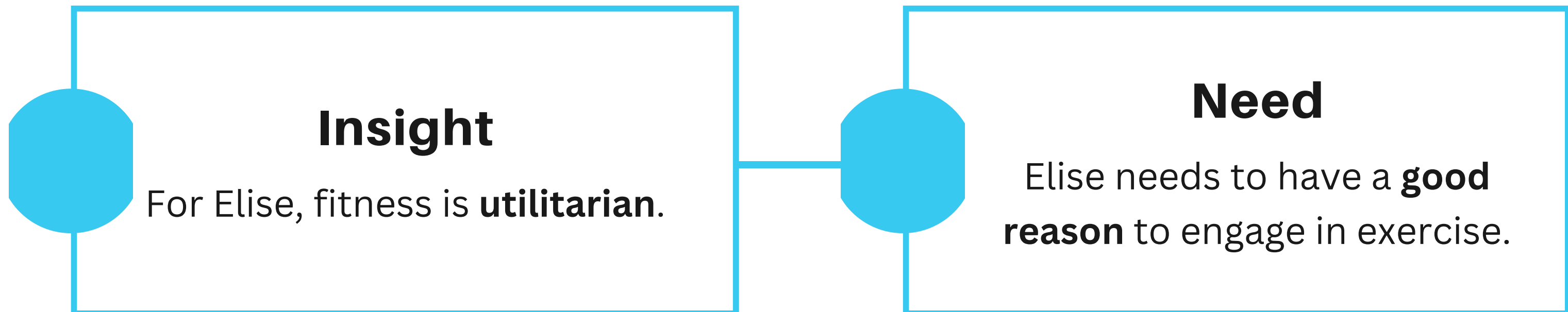**Brielle**
former athlete and Stanford student

Precious
grad student in a transitional phase

Brielle

"For most of athletics, I've been in pain."*

*but not anymore!

Insight
Brielle used to **force their body** into doing what their coaches wanted.

Need
Brielle needed a shift from following requirements to **following their feelings**.

Precious

"My body is not all of me or what I bring into the world."

Insight

Precious still has a **goal of losing weight** despite stated ability to work out without attaching to beauty standards.

Need

Precious would benefit from being able to **isolate health-related goals from diet culture**.

We met:	Kayla, a truck dispatcher and professional bodybuilder	Kayla, a professional bodybuilder and **former personal trainer**
We were surprised to realize:	she finds the most difficult parts of bodybuilding to largely be the mental obstacles	she finds the most difficult parts of bodybuilding to largely be the **mental obstacles**
We wonder if this means:	dealing with these mental challenges of fitness is even more important that the physical challenges of exercising	she doesn't feel as **supported in these mental challenges** as she does in the physical challenges of exercising
It would be game changing to:	give Kayla a way to deal with these mental challenges	**support Kayla in these mental hardships as much** (or more so) than in her physical exercises

We met:	Brielle, a former athlete and Stanford student	Brielle, a **former athlete** and Stanford student
We were surprised to realize:	that even after retirement, they still engage in "athletics"	by using **feeling to frame their workouts** rather than a numeric metric, Brielle has been able to heal old trauma post their career
We wonder if this means:	that they find controlling their own exercise regimen to be healthier than having others tell them what to do	**using feeling as a metric** has empowered Brielle to feel comfortable in their workouts
It would be game changing to:	help reframe exercise to reduce memory of the external pressures that used to be more prominent	allow people to **workout using feeling** as a metric

We met:	Jasper	Jasper, who recently moved from LA and **describes himself as "lazy"**
We were surprised to realize:	he considered himself lazy, even though he works out multiple times a week, due to comparing himself to his friends with "big muscles"	he **works out multiple times a week**, despite calling himself "lazy", compared to his more muscular friends
We wonder if this means:	he believes he's lazy because he is expected to workout more and have a particular physical appearance	Jasper thinks his **body, rather than his efforts**, is a reflection of his "laziness"
It would be game changing to:	work through his feeling of laziness and remove the judgment of physical appearance from the fitness experience	**redefine what "laziness" vs "productivity" mean** to Jasper in the context of fitness

Kayla

How might we make fitness **mentally restorative**?

Brielle

How might we create **workouts based on feeling**, thoughts, and emotions?

Jasper

How might we make users **feel productive** regardless of frequency or physique?

01 Workout journal for before, during, and after

02 Playlist-like workouts for different feelings

03 Fitness "BeReal" with random exercises

Solution #1

Workout journal for before, during, and after

Critical Assumption:

People will be willing to **take the time before, during, and after a workout** to log something

Prototype:

a list of emotions, and a way to journal which of those emotions were felt at different stages of the workout

Malaysia

22 year old student, focusing on building muscle

- said she enjoyed tracking her feelings
- consistently felt tired
- we expected some of these emotions
- listed some emotions we didn't have as options

- definitely need to include the ability for the user to write in

HOW DO YOU FEEL?

POWERFUL   PEACEFUL   PROUD
STRONG   CONFUSED   EXCITED
SURPRISED   BORED   STRESSED
TIRED   ANXIOUS   WEAK
DISAPPOINTED   ANGRY   SAD

Before: peaceful, tired
After stairmaster: powerful, proud, surprised, tired
After: powerful, proud, strong, tired
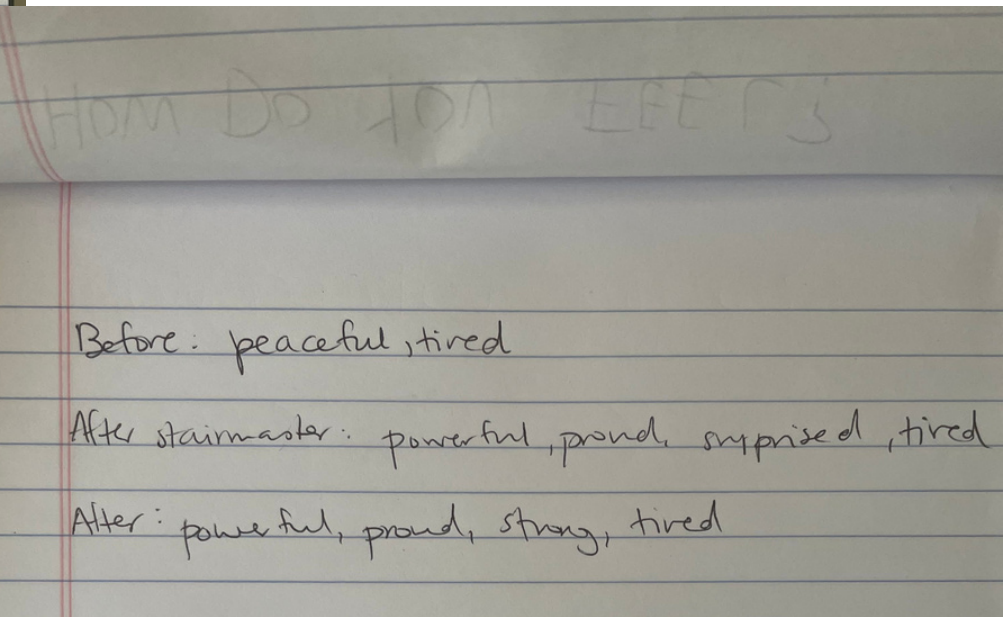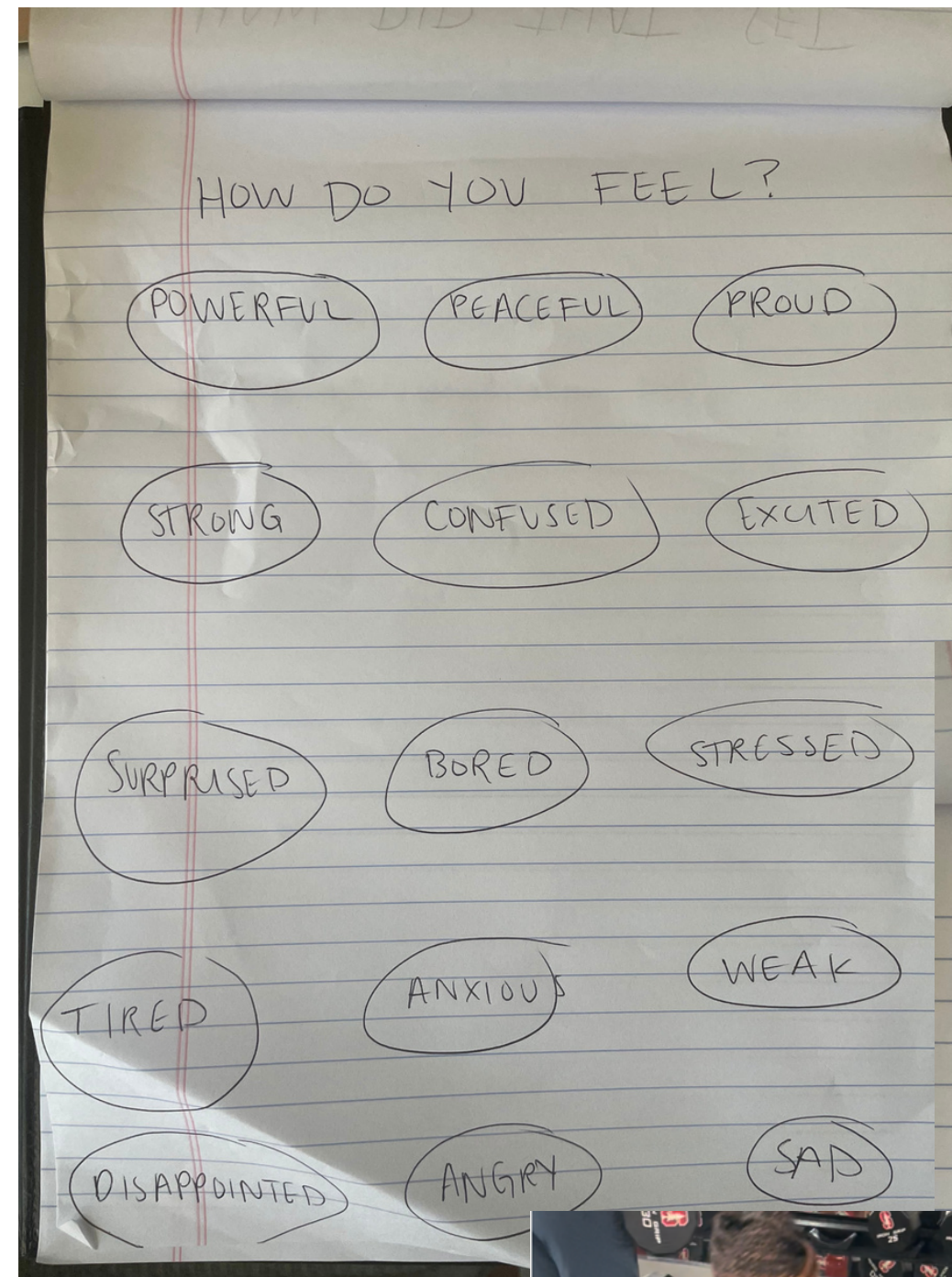
Solution #2

Playlist-like workouts for different feelings

Critical Assumption:

Users will **associate** certain **exercises** with specific emotions or **feelings**

Prototype:

Ask a gym-goer what emotions they associate with an exercise after completing it, and to what degree

Trevor
21 year old student, attends gym regularly

- 1 - 3 emotions associated with each exercise
- Intensity averaged just over 3 on scale 1-5
- Some exercise/emotion combinations were what we expected
- Chose to write in emotions

- Will need option for user to specify custom feelings

Solution #3

Fitness "BeReal" with random exercise notifications

Critical Assumption:

Users will want to be **interrupted** and be willing to **participate at random times**

Prototype:

Text user throughout the day based on their schedule with different activities to which they respond 'Accept' or 'Reject'

Leeah

21 year old student, attends gym every once in a while

- useful in moments of downtime
- less likely to do prompts with more effort
- felt a sense of accomplishment and a rush of dopamine from each prompt se completed
- wishes there was some social aspect to the app
- wouldn't download personally

Yesterday 10:50 AM

Stand up and stretch for 3 minutes [Respond Accept or Reject]

Accept

Take a deep breath and touch your toes [Accept or Reject]

Reject

Yesterday 1:28 PM

Dance to your favorite song [Accept or Reject]

Take the scenic bike ride [Accept or Reject]

Accent first

Reject second

Btw how was your interview!

I hope it went well 🙏

- cool
- at career fair, no
- useful in moments of downtime
- interupt flow during work
- stand up and stretch, deep breath nice
- more effort, liked less
    - efficency was a factor
- dopamine, sense of accomplishment
    - especially, in morning
- wouldn't download
    - novelty would wear off
    - get lost in other notification
- social aspect
    - competitive
- pass on challenge

- liked it
    - nice and spontaneous
    - like BeReal
- prompts
    - some are doable
- depends on schedule
- important to customize
- stretching is nice
- dance but in public setting
- neutral before, after did something fun and spohtaneous
- "pep in step"
- does feeling die?
- wouldn't download, but if it was popular
    - tracks progress, incentive
    - definitely would download if friend

- one option is better

What's Next?

Move forward with sharable "playlist" workout solution

Ethical implications of shareable user-made media

Concept Video

Thank You

SAYS

Observations: What did this person SAY that surprised you?

- "I've been an athlete since I was four or five"
- Said that 3x a week of physical activity is a good amount for them
- "For most of athletics, I've been in pain"
- Said that they are "forcing their body to work with them"
- Says they want a "vibe chamber" to work out in
- Says that being an athlete changed what they perceived as "fit"
- Says that track athletes have very different bodies depending on event
- "Fit" and "health" look different to them
- Says they are really competitive
- Much of their feelings of body image come from others' comments
- Participation in sports played into their feelings of masculinity
- Says that they shouldn't compare their adult body to their old 17-year old physique
- Their mom is fat-phobic so they are lucky to not have that

THINKS

Inferences: Based on what they SAY and DO, what might they be THINKING?

- Health is more important than "fitness"
- Athletics helped them explore their gender expression
- Athletics is a healthy way to let out their competitiveness
- Fitness should be a very individual thing
- Comparisons to others do more harm than good
- Working out should be (and can be!) fun
- It is helpful to keep a workout journal / notes
- It is important not to overdo a workout
- Others' fat-phobia or prejudices can cause those feelings in others
- Appreciating their own body is empowering

Brielle
Retired non-binary student-athlete at Stanford

OUR USER
Describe your user here.

DOES

Observations: What did this person DO that surprised you?

- Grew up playing many different sports
- Worked out right before the interview
- Changes workout schedule according to rigor
- Works out in dance rooms with mirrors
- Listens to music and dances around while working out
- Was mean to themselves about not training during COVID
- Tries to be conscious of how their body feels, and how it functions
- Does not use Apple watch or other fitness tech
- Uses notes / notion for workout plans
- Compares their body to what it looked like in the past

FEELS

Inferences: Based on what they SAY and DO, what might they be FEELING?

- Proud of relationship with exercise, recently
- Happy when working out
- Satisfied when competing
- Relief to be exercising for themself
- Conflicted about comparing body to past
- Productive when planning a workout
- Resentment for continuing to participate in athletics throughout pain
- Aware of their own relationship with health vs. fitness
- Grateful for ability to present gender expression
- Strong and powerful when their body works with them

OBSERVATIONS | INFERENCES

SAYS

Observations: What did this person SAY that surprised you?

- Has always had a positive relationship with running growing up
- Had a fat-phobic view of fitness previously
- Fitness is "strength, comfort, mobility"
- Thinks more about having the body meant for her
- She thinks more about having the body meant for her
- Says her fat-phobia came from external media and social stigma
- Being around other people makes her feel healthy
- "I take care of my body, and it takes care of me. We are partners for life"
- Says that the gym is "weird" due to the disconnected nature of it
- Says that her body is not all of her or what she brings into the world

THINKS

Inferences: Based on what they SAY and DO, what might they be THINKING?

- Gyms should be a communal place
- Body positivity can do harm
- Eating right is just as important, or more, than exercising
- It is important to keep her body feeling healthy
- Many current fitness apps use guilt or other potentially harmful techniques
- Exercise should take place in nature as much as possible
- Many of the westernized perceptions of fitness are harmful
- Fitness doesn't have to be an obligation or chore
- Weight is not a good indicator of health
- Staying active growing up was good for her

Precious

Pre-doc Fellow from the area working on person statements for graduate school

OUR USER

Describe your user here.

DOES

Observations: What did this person DO that surprised you?

- Grew up running track, doing many events
- Had to reconnect with fitness due to COVID
- Aims to have fun and connect with fitness
- Looks at health as a personal thing
- Eats a variety of foods, and enough, to feel healhty
- Tries to move everyday and get outside everyday
- Uses an Apple watch to remind her to stand up and go outside without guilt
- Goes outside as much as possible
- Allows herself to feel bad every once in a while due to external pressures
- Actively trying to break away from "obligation" of fitness

FEELS

Inferences: Based on what they SAY and DO, what might they be FEELING?

- Dedicated to reconnecting with fitness
- Content when in nature
- Conflicted with weight loss goal
- Very aware of her own fat-phobic thoughts
- Disconnected from fitness when alone
- Comfortable in her own body
- Motivated her stay healthy
- Embarrassed of her previous views of fitness / health
- Uncomfortable at the gym
- Passionate about her own journey with health

OBSERVATIONS | INFERENCES

Empathy Map originally created by a team at XPLANE: https://medium.com/the-xplane-collection/updated-empathy-map-canvas-46df22df3c8a

SAYS

Says she misses being part of a team

She really did not want to work out the previous night

Says her main goal is to run a "fast 5k" (< 20 min)

Says she misses the competitiveness of sports

Says she has not enjoyed working out recently due to tiredness

Says she feels guilty when she prioritizes fitness over other obligations

Missing goals is starting to motivate her rather than unmotivate

Says she wants to be able to "run away from a bear if needed"

Track was "cool" so she joined it for the social aspect

Said she feels more aligned with herself when strong

SAYS

Observations: What did this person SAY that surprised you?

THINKS

Competition is healthy for children

Reasons for motivation change over time

Work is more important than fitness

People are naturally active

She doesn't have time to exercise regularly

Fitness is utilitarian

Keeping to an exercise regimen is easier with practice

The gym is a better environment to work out in than home

Others will judge her for the weights she lifts

Fitness apps aren't reaching their potential

THINKS

Inferences: Based on what they SAY and DO, what <u>might</u> they be THINKING?

Elise
Nutritionist from London; former athlete

OUR USER
Describe your user here.

DOES

DOES

Observations: What did this person DO that surprised you?

Exercised the night before the interview

She did feel weak while working out because she misread the weights

Actually lifted much more than she expected, and then felt strong

Hasn't exercised regularly in about 4 years

Wants to work out 3 times this week

Works out at the gym despite having a lot of home equipment

Uses a lot of fitness apps, but doesn't love any of them

Played as many sports as possible growing up

Works about 12 a day

Changes her workouts if others are around (does what she is better at)

FEELS

FEELS

Inferences: Based on what they SAY and DO, what <u>might</u> they be FEELING?

Insecure when others are around in the gym

Confident when she makes her goals

Misses her days as a college athlete

Overwhelmed by her work schedule

Unsatisfied with her current exercise routine

Comfortable in the outdoors

Guilty when partaking in unhealthy behavior

Confident when she has muscle mass

Motivated due to getting older

Tired, most of the time she isn't working

OBSERVATIONS | INFERENCES

POV #1

We met: Kayla, a truck dispatcher and professional bodybuilder
We were surprised to realize: she finds the most difficult parts of bodybuilding to largely be the mental obstacles
We wonder if this means: dealing with these mental challenges of fitness is even more important that the physical challenges of exercising
It would be game changing to: give Kayla a way to deal with these mental challenges

POV #2

We met: Brielle, a former athlete and Stanford student.
We were surprised to realize: that even after retirement, they still engage in "athletics".
We wonder if this means: that they find controlling their own exercise regimen to be healthier than having others tell them what to do.
It would be game changing to: help reframe exercise to reduce memory of the external pressures that used to be more prominent.

POV #3

We met: Jasper
We were surprised to realize: He considered himself lazy, even though he works out multiple times a week, due to comparing himself to his friends with "big muscles"
We wonder if this means: He believes he's lazy because he is expected to workout more and have a particular physical appearance
It would be game changing to: Work through his feeling of laziness and remove the judgment of physical appearance from the fitness experience

POV #1

We met: Kayla, a professional bodybuilder and former personal trainer
We were surprised to realize: she finds the most difficult parts of bodybuilding to largely be the mental obstacles
We wonder if this means: she isn't as supported in these mental challenges as she is in the physical challenges of exercising
It would be game changing to: support Kayla in these mental hardships as much (or more so) than in her physical exercises

POV #2

WE MET: Brielle, a former athlete and Stanford student.
WE WERE SURPRISED TO REALIZE: by using feeling to frame their workouts rather than a numeric metric, Brielle has been able to heal old trauma post their career
WE WONDER IF THIS MEANS: Using feeling as a metric has empowered Brielle to feel comfortable in their workouts
IT WOULD BE GAME CHANGING TO: Allow people to workout using feeling as a metric

POV #3

WE MET: Jasper, who recently moved from LA and describes himself as "lazy"
WE WERE SURPRISED TO REALIZE: He works out multiple times a week, despite calling himself "lazy", compared to his more muscular friends.
WE WONDER IF THIS MEANS: Jasper thinks his body, rather than his efforts, is a reflection of his "laziness"
IT WOULD BE GAME CHANGING TO: redefine what "laziness" vs "productivity" mean to Jasper in the context of fitness

HMWs

- How might we provide guidance and reassurance along the fitness journey?
- How might we make fitness mentally meditative and restful?
- How might we help her overcome this obstacles?
- How might we provide resources to Kayla
- How might we make overcoming these mental battles the best part?
- How might we remove these mental hardships
- How might we incorporate mental health in fitness
- How might we make fitness work towards these hardships and not against
- How might we strengthen Kayla mentally?
- HMW remove the concept of failure from fitness
- HMW isolate/frame the mental obstacles to make them easier to manage?

HMWs

- How might we reframe "exercise" and "athletics" to include more than just "sports" and "lifting"?
- How might we encourage alternative forms of physical activity such as walks?
- How might we separate fitness and athletics for Brielle?
- HMW unpack Brielle's past coaches' instructions to keep the good and lose what doesn't work to a healthy or unhealthy?
- HMW allow others feel more in control of their regimen, the way Brielle does
- How might we make Brielle "unlearn" their old exercise regimens?
- How might we allow Brielle to feel in control of their body again
- How might we make the best workout for Brielle?
- How might we make Brielle look forward instead of back?
- How might we present alternatives to the regimen presented to Brielle
- HMW gauge the success of a workout based on feeling?
- HMW keep track of our workouts using feeling?
- HMW modify existing workouts to fit this metric?
- HMW create workouts based on feeling, thoughts, and emotions
- HMW turn feelings into a trackable metric?

HMWs

- How might we give him a new reason to work out
- How might we help Jasper reframe his thoughts
- HMW help people feel productive when working out?
- How might we make him feel less lazy?
- HMW support fitness goals that are dissociated from physical appearance?
- HMW help Jasper feel secure in the amount of work he does, rather than always think he should be doing more
- How might we help Jasper reach his goals
- How might we change what fitness means to Jasper?
- HMW encourage metrics based on internal feelings instead of external appearance?
- HMW redefine what it looks like to be fit and healthy?
- HMW remove the concept of failure, laziness, or neglect from fitness?
- HMW record productivity in a workout?
- HMW disregard the notion of laziness in fitness entirely?
- HMW track effort as a metric for success
- HMW prevent feeling lazy?
- HMW avoid comparisons to other bodies
- HMW make users feel productive regardless of frequency or physique?

Full resolution on: https://miro.com/app/board/uXjVPP4bwq8=/?share_link_id=27099737432

HMW #1
How might we make fitness mentally restorative?

Solutions

- Fitness journal prompts to reflect on what worked and didn't
- Journal about how each workout feels, and track mental challenges
- users can log their workouts and take a survey on how it made them feel, regardless of the result, the app affirms them and praise them; suggests ways to achieve their goals the next time they're physically active
- An app that checks in how you feel before and after a workout and prevents options based on your response
- Don't allow users to start a workout unless they are in a productive headspace
- Pair mental health professionals with users to help combat mental blocks
- Pair users with a "teammate" to talk to when they encounter obstacles
- Users can build up and cool down with the app
- Reminders to practice non-strenuous exercise each day (yoga, breathing, stretching)
- encourage users to reflect on how far they've come in their journey to being physically active with badges and awards
- tutorials on grounding practices; guided meditations
- An app that plays motivating workout podcasts (e.g. Calm)
- A collection of workouts that are known to improve mental health

HMW #2
HMW create workouts based on feeling, thoughts, and emotions?

Solutions

- An app that suggest workouts based on desired feeling
- Fitness "playlists" that are custom to how you are feeling mentally and physically
- the app takes that person's interests, passions, and strengths and suggests alternative physical activities that work for them
- an app where people can log any physical activity they did that day and how it made them feel
- Plot how your body, mind, and mood is feeling/changing over time to track progress/change
- Track past workouts based on feeling and make them accessible based on how you are currently feeling
- A check in app where user can say if their session made them feel good or bad and suggest recommendations
- Log effort, strain, mood, and stress for each workout/exercise
- An app that tracks when you've pushed yourself out of your comfort zone
- Custom parameters to track over time
- let users decide what success looks like by setting their own goals and metrics

HMW #3
HMW make users feel productive regardless of frequency or physique?

Solutions

- An app that features body trainers of different shapes and sizes
- "Forest" like app that gamifies fitness and makes the user feel successful
- An app that sets milestones outside of physique
- an education part of the app that educates on body neutrality ?
- Have user select a motivation for being active before each workout, and check-in to make sure that motivation is met
- Let users set goals and metrics that align with their personal journey
- An app that works with the user to find new reasons for fitness
- An app that encourages the user to move in fun ways
- affirmations / notifications that reassure and praise the user on the progress they've seen
- Give user small convenient activities throughout day to let them outdoors, active, etc
- Keep track of every day spent feeling healthy, not keeping track of days user felt "lazy"

Solution #1

Workout journal where user logs how they are feeling, both physically and emotionally before, during, and after workouts and can track how this changes each day

Critical Assumption: people will be willing to take the time before, during, and after a workout to log something

Experience prototype description:
Test: a list of emotions, and a way to journal which of those emotions were felt at different stages of the workout
Scene: At the gym
Props: list of emotions that user interacted with throughout workout
Roles: User (participant

Solution #2

Sharable fitness "playlists" (workouts) that are custom to how you are feeling mentally and physically

Critical Assumption: Users will associate certain exercises with specific emotions/feelings

Experience prototype description:
Test: Ask a gym-goer what emotions they associate with an exercise after completing it, and to what degree
Scene: At the gym (so that we have access to various equipment)
Props: Feeling chart, medicine balls, jumprope, yoga mat, gym equipment
Roles: User (participant)

Solution #3

"Reminder" app, similar to BeReal with live photos, that notifies user to participate in "random" activities throughout the day depending on schedule and environment

Critical Assumption: Users will want to be interrupted and be willing to participate at random times

Experience prototype description:
Test: Text user throughout the day based on their schedule with different activities to which they respond 'Accept' or 'Reject'
Scene: Wherever the participant was when texted (in room, in class, around campus)
Props: Phone used to text user and interrupt their day
Roles: User (participant), App (simulated by texter)

Artifacts from Solution #1

Malaysia finishing up an ab set before stopping to log how she is feeling

Template and filled out feeling charts for solution #2 experience prototype test

Chart 1 (template):

What exercise have you just completed?

_____

Which emotion do you most associate with the exercise?

happy	tired
calm	energetic
angry	sad
excited	other: _____

To what degree 1-5?   1 2 3 4 5

Chart 2:

What exercise have you just completed?

difficult resistance biking

Which emotion do you most associate with the exercise?

happy	(tired)
calm	(energetic)
angry	sad
(excited)	other: _____

To what degree 1-5?   1 2 (3) 4 5

Chart 3:

What exercise have you just completed?

abductor

Which emotion do you most associate with the exercise?

(happy)	tired
calm	energetic
angry	sad
excited	other: powerful

To what degree 1-5?   1 2 3 (4) 5

Chart 4:

What exercise have you just completed?

med ball slam

Which emotion do you most associate with the exercise?

happy	tired
calm	(energetic)
(angry) 1/2	sad
excited	other: _____

not in a bad way

To what degree 1-5?   1 2 (3) (4) 5

3 ∧ 3

Chart 5:

What exercise have you just completed?

light biking

Which emotion do you most associate with the exercise?

happy	tired
calm	energetic
angry	sad
excited	other: bored/wanting more

To what degree 1-5?   1 (2) 3 4 5

Chart 6:

What exercise have you just completed?

stretching

Which emotion do you most associate with the exercise?

happy	(tired)
(calm)	energetic
angry	sad
excited	other: _____

To what degree 1-5?   1 2 3 (4) 5

Artifacts from solution #3

Yesterday 10:50 AM

Stand up and stretch for 3 minutes [Respond Accept or Reject]

Accept

Take a deep breath and touch your toes [Accept or Reject]

Reject

Yesterday 1:28 PM

Dance to your favorite song [Accept or Reject]

Take the scenic bike ride [Accept or Reject]

Accent first

Reject second

Btw how was your interview!

I hope it went well 🙏

- cool   —one option is better
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- useful in moments of downtime
- interrupt flow during work
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- "pep in step"
   — does feeling die?
- wouldn't download, but if it was popular
   — tracks progress, incentive
   — definitely would download if friend

Consent Form

Undominate Team 3's prototype is being produced as part of the coursework for Computer Science course CS 147 at Stanford University. Participants in the experimental evaluation of this prototype provide data that is used to evaluate and modify the interface of Undominate Team 3. Data may be collected by interview, observation and questionnaire.

Participation in this experiment is voluntary. Participants may withdraw themselves and their data at any time without fear of consequences. Concerns about the experiment may be discussed with the researchers (Hawi Abraham, Linda Denson, Devorah Simon, and Ethan Foster) or with Professor James Landay, the instructor of CS 147:

> James A. Landay
> CS Department
> Stanford University
> 650-498-8215
> landay at stanford dot edu

Participant anonymity will be maintained by the separate storage of names from data. Data will only be identified by participant number. No identifying information about the participants will be available to anyone except the student researchers and their supervisors/teaching staff.

I hereby acknowledge that I have been given an opportunity to ask questions about the nature of the research and my participation in it. I give my consent to have data collected on my behavior and opinions in relation to the Undominate Team 3's research. I understand that I may withdraw my permission at any time.

I give consent to be videotaped during this study:
    ✓ Yes   ___No
I give consent to be audiotaped during this study:
    ✓ Yes   ___No
I give consent for video or audio recordings from this study to be shown to people not directly involved with this research during/in class, seminars, reports, or scientific presentations.
    ✓ Yes   ___No

Name _Elise McVicar_____

Participant Number _____

Date _10/11/22_____

Signature _EMcVicar_____

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I give consent to be videotaped during this study:
_✓_Yes   ___No
I give consent to be audiotaped during this study:
_✓_Yes   ___No
I give consent for video or audio recordings from this study to be shown to people not directly involved with this research during/in class, seminars, reports, or scientific presentations.
_✓_Yes   ___No

Name _BRIELLE SMITH_____

Participant Number _4_____

Date _October 7, 2022_____

Signature _Brielle Sm_____

Consent Form

[TEAM NAME HERE]'s prototype is being produced as part of the coursework for Computer Science course CS 147 at Stanford University. Participants in the experimental evaluation of this prototype provide data that is used to evaluate and modify the interface of [TEAM NAME HERE]. Data may be collected by interview, observation and questionnaire.

Participation in this experiment is voluntary. Participants may withdraw themselves and their data at any time without fear of consequences. Concerns about the experiment may be discussed with the researchers ([TEAM MEMBERS NAMES HERE]) or with Professor James Landay, the instructor of CS 147:

> James A. Landay
> CS Department
> Stanford University
> 650-498-8215
> landay at stanford dot edu

Participant anonymity will be maintained by the separate storage of names from data. Data will only be identified by participant number. No identifying information about the participants will be available to anyone except the student researchers and their supervisors/teaching staff.

I hereby acknowledge that I have been given an opportunity to ask questions about the nature of the research and my participation in it. I give my consent to have data collected on my behavior and opinions in relation to the [TEAM NAME HERE]'s research. I understand that I may withdraw my permission at any time.

I give consent to be videotaped during this study:
___Yes___No
I give consent to be audiotaped during this study:
___Yes___No
I give consent for video or audio recordings from this study to be shown to people not directly involved with this research during/in class, seminars, reports, or scientific presentations.
___Yes___No

Name _____ Participant

Number ___(909) 438 3960_____ Date

_10/9/2022_____

Signature_____

Consent Form

Undominate Team 3's prototype is being produced as part of the coursework for Computer Science course CS 147 at Stanford University. Participants in the experimental evaluation of this prototype provide data that is used to evaluate and modify the interface of Undominate Team 3. Data may be collected by interview, observation and questionnaire.

Participation in this experiment is voluntary. Participants may withdraw themselves and their data at any time without fear of consequences. Concerns about the experiment may be discussed with the researchers (Hawi Abraham, Linda Denson, Devorah Simon, and Ethan Foster) or with Professor James Landay, the instructor of CS 147:

    James A. Landay
    CS Department
    Stanford University
    650-498-8215
    landay at stanford dot edu

Participant anonymity will be maintained by the separate storage of names from data. Data will only be identified by participant number. No identifying information about the participants will be available to anyone except the student researchers and their supervisors/teaching staff.

I hereby acknowledge that I have been given an opportunity to ask questions about the nature of the research and my participation in it. I give my consent to have data collected on my behavior and opinions in relation to the Undominate Team 3's research. I understand that I may withdraw my permission at any time.

I give consent to be videotaped during this study:
    √ Yes   ___No
I give consent to be audiotaped during this study:
    √ Yes   ___No
I give consent for video or audio recordings from this study to be shown to people not directly involved with this research during/in class, seminars, reports, or scientific presentations.
    √ Yes   ___No

Name _Malaysia Atwater_____

Participant Number _____

Date _10/12/22_____

Signature _Malaysia Atwater_____

Link to Canva Presentation with Speaker Notes:

https://www.canva.com/design/DAFOv2H5fDM/TgZHgG6XHDfGLQ5o-N9B_w/edit?utm_content=DAFOv2H5fDM&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton