eMotion

Feel Your Workouts

Team Movement

Problem Space

Problem

Focus on numeric metrics

Solution

Workouts based in feeling

Values

01 Reflection

02 Empowerment

03 Understanding

Tasks

Moderate

Share and find other's Movements

01

02

03

Simple

Complete a "Freestyle Movement" (create-as-you-go)

Complex

Look at notes and feelings from past Movements

Usability Goals

Goal #1: Have an intuitive task flow that users can easily follow

↓

Key measurement: Number of errors while completing each task

Goal #2: Encourage users to log their feelings throughout a workout without forcing them

↓

Key measurement: Amount of time spent logging eMotions

Revisions

01

eMotion Selection

02

Reflection Options

03

Motion Screen

eMotion Selection

Reflection Options

Completed Movements

Lazy Leg Day

Anxious Arm Day

John's Sad Yoga

reflect

past movements

past motions

past eMotions

Reflection Options

past movements

Movement #1

Movement #2

Movement #3

past motions

all   legs   arms

Stretching
eMotions:

Squats
eMotions:

Deadlifts
eMotions:

Yoga
eMotions:

past eMotions

joyful   anxious

angry   sad

surprised

past eMotions

joyful

content   playful

interested   proud

accepted   powerful

peaceful   optimistic

past eMotions

You've felt...

proud

during the following motions:

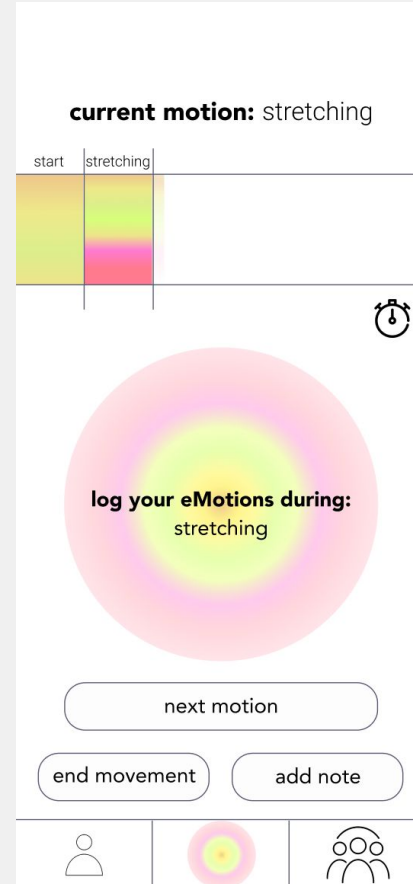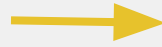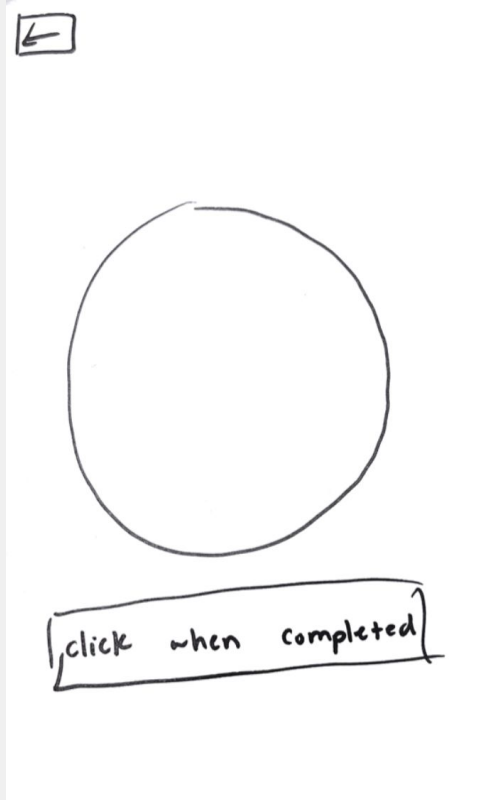**Stretching**
eMotions:

Squats
eMotions:

Pull-Ups
eMotions:

Motion Screen

current motion: stretching

start | stretching

log your eMotions during:
stretching

next motion

end movement | add note

Medium-fi Task Flows

01

Freestyle eMotion

02

Discover eMotion

03

Reflect on past eMotions

Simple: Freestyle eMotion

eMotion

feel your workouts!

click to begin

users start all interactions by logging their current emotions as a baseline

How do you feel?
(select all that apply)
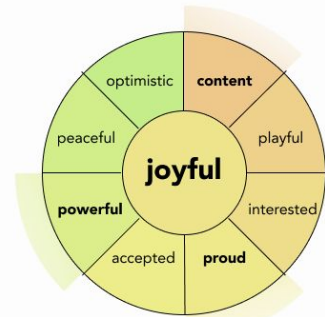
surprised

joyful

sad

anxious

angry

select

they have the option to elaborate as well as select an energy level, all represented by colors they have previously selected
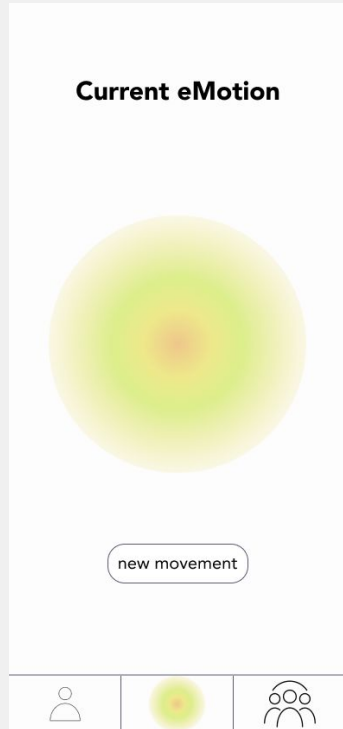
←

Care to elaborate?
(select all that apply)

optimistic **content**

peaceful joyful playful

powerful interested

accepted **proud**

other:

Energy Level:

select

Simple: Freestyle eMotion

Current eMotion

new movement

Once an eMotion is created…

starting new movement

you got this!

start my first motion
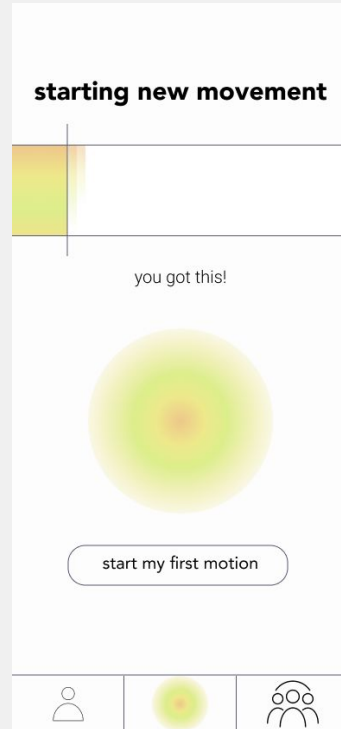
users can begin a new movement…

Motion 1

guided   unguided

Enter your motion:

stretching

Stretching

Yoga
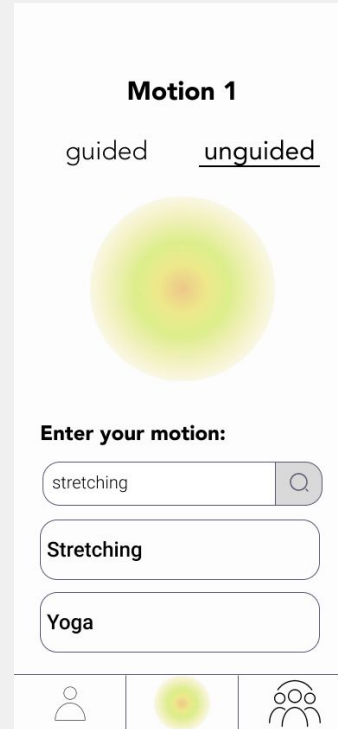
finding a motion they want to complete…

current motion: stretching

start | stretching

log your eMotions during:
stretching

next motion

end movement   add note
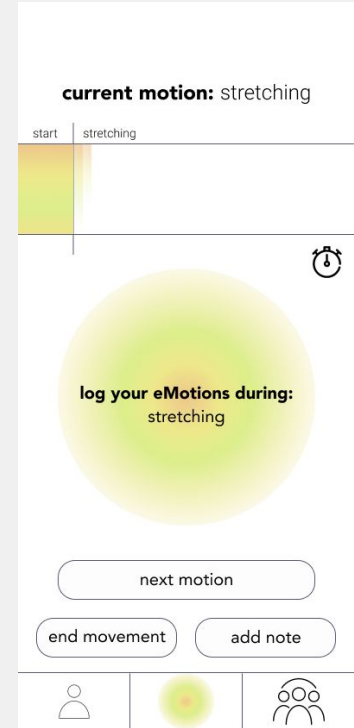
with the ability to be introspective throughout the movement.

Simple: Freestyle eMotion

The user updates their eMotions

throughout all motions in their movement,

until they complete and save their movement

and return to the landing page.

Moderate: Discover eMotion

Current eMotion

new movement

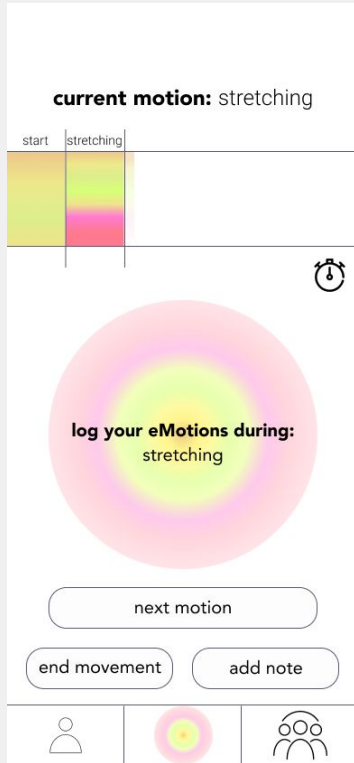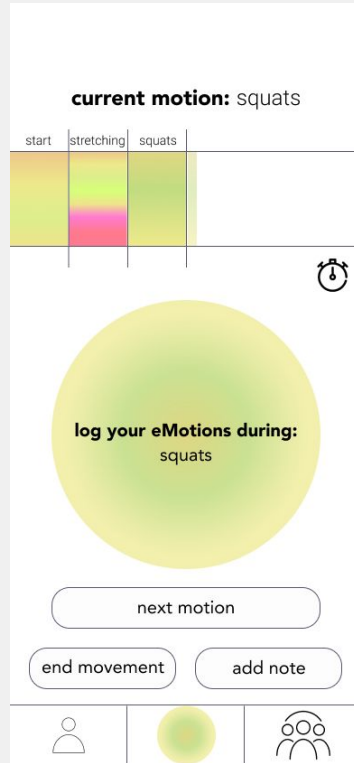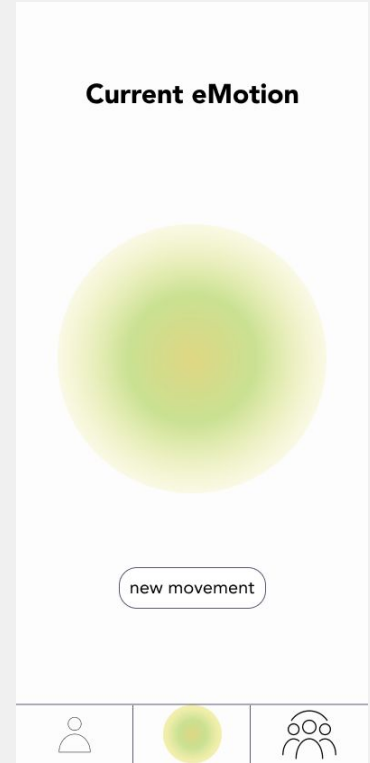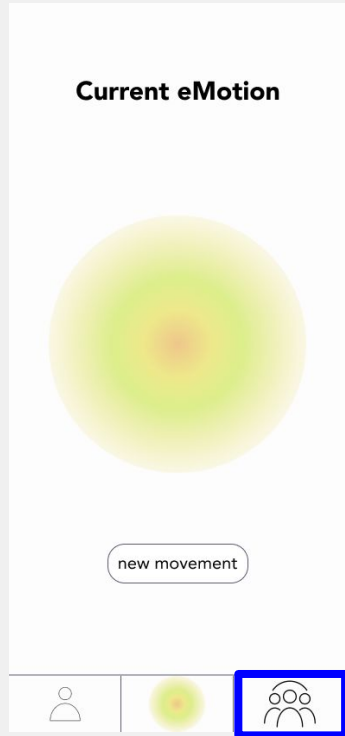To discover a movement, a user taps on the People icon

Discover Movements

Yael's Yoga Day

Brielle's Back Day

Sam's Stretch Routine
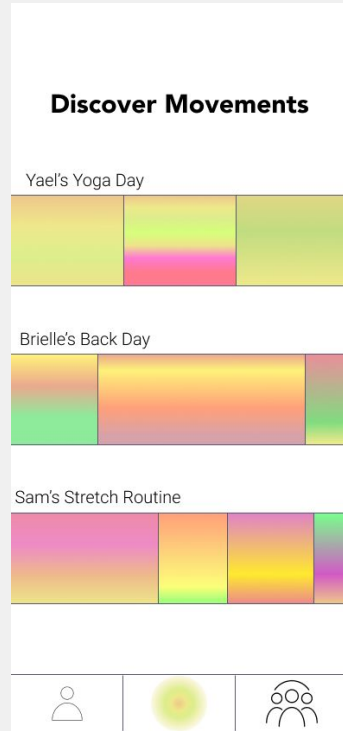
which allows them to discover movements that others have made public.

Brielle's Back Day

start

motions: eMotions:

lat pulldown

back extension

suspended row

reverse fly

barbell deadlift
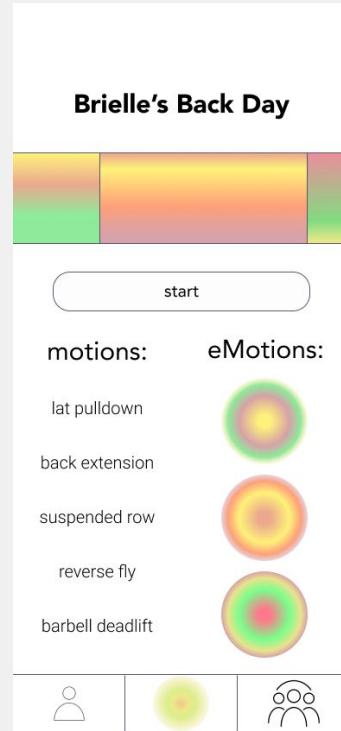
Upon choosing a workout, they can see an overview of motions and eMotions,

←

current motion: lat pulldown

start | stretching

log your eMotions during:
lat pulldown

add note

end movement   next motion
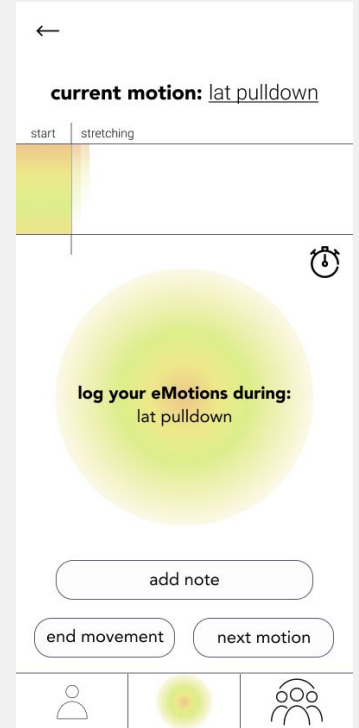
and enter the same format they're familiar with from freestyle movements.

Moderate: Discover eMotion
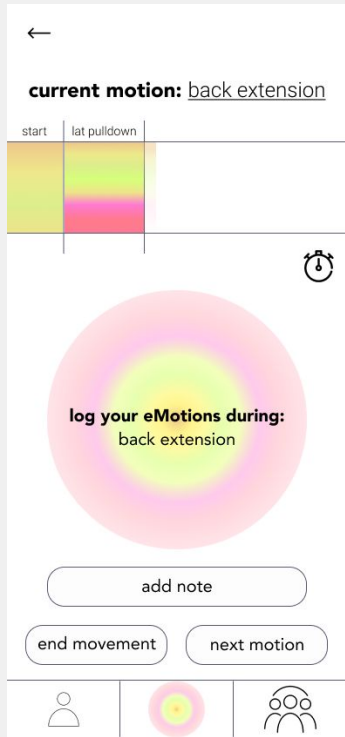
If a user doesn't want to do the preselected motion,

they can easily see the remainder of the movement

and skip to a motion they want to do
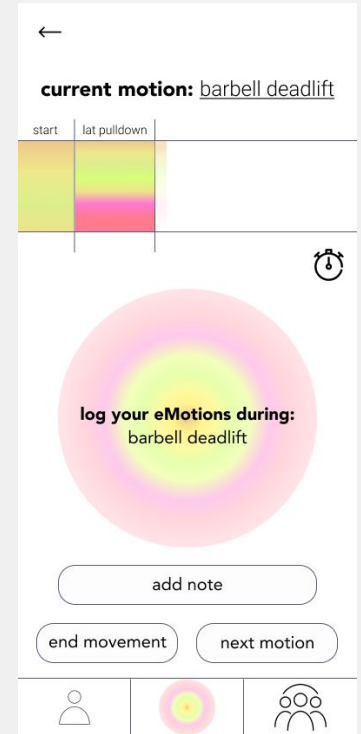
before resuming their movement.

Moderate: Discover eMotion

←

current motion: <u>barbell deadlift</u>

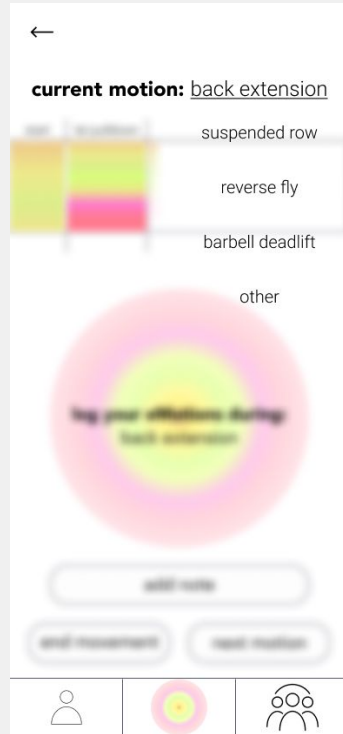| start | lat pulldown | barbell deadlift |

log your eMotions during:
barbell deadlift

add note

end movement   next motion

←

Movement Complete!

| start | lat pulldown | barbell deadlift |

name movement

←

Movement Complete!

| start | lat pulldown | barbell deadlift |

name:

Discovered Movement

save to:

private   shared

save

Current eMotion
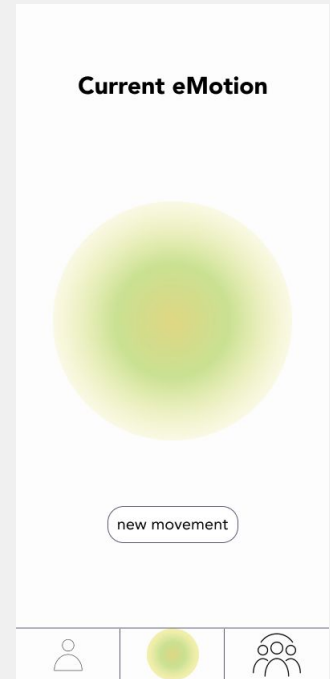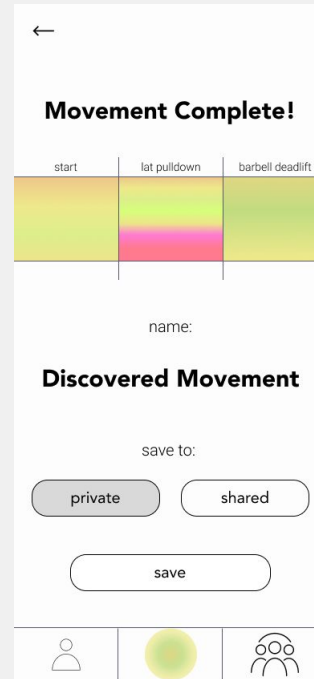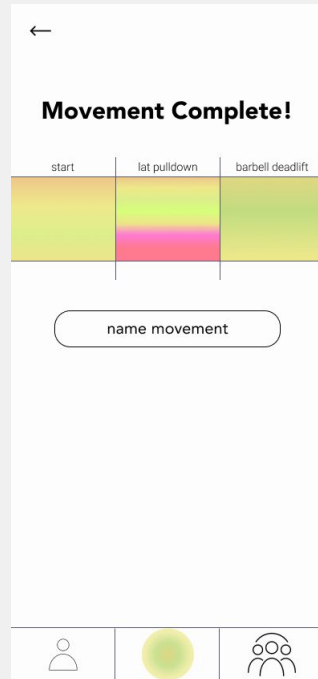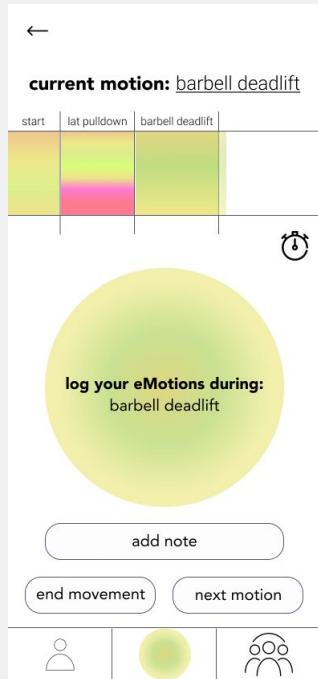
new movement

Ending a discovered movement looks the same as ending a freestyle movement.

Complex: Reflect on past experiences

Current eMotion
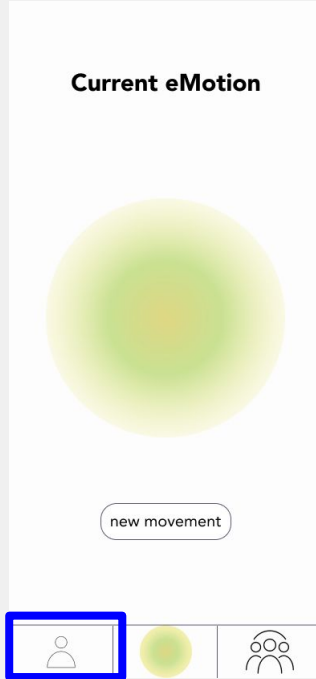
new movement

To reflect on past experiences,
a user clicks on their profile.

reflect

past movements

past motions
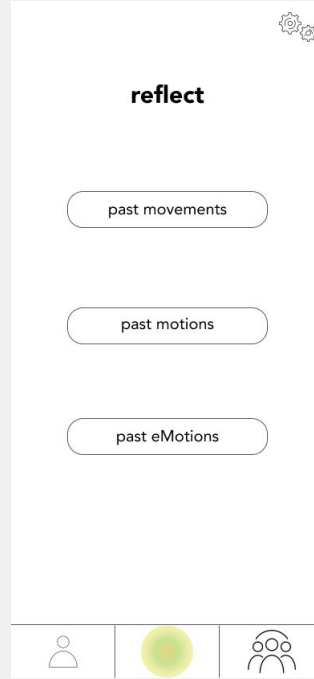
past eMotions

Their past is sorted by
movements, motions, and
eMotions.

←

past motions

all   legs   arms

Stretching
eMotions:

Squats
eMotions:

Deadlifts
eMotions:

Yoga
eMotions:
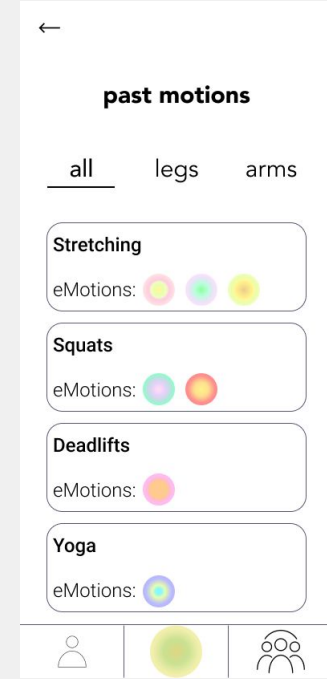
Selecting motions allows for
an overview of previous
eMotions experienced during a
particular motion.

Complex: Reflect on past experiences

Stretching

8/23/22

eMotion

joyful
content
proud
peaceful
powerful
anxious
excited
eager

view full movement   notes

Stretching

9/5/22

eMotion

sad
somber
angry
overwhelmed

view full movement   notes

Stretching

9/20/22

eMotion

joyful
content
optimistic
peaceful

view full movement   notes

Stretching

close

This motion left me feeling

energized for my next

exercise.
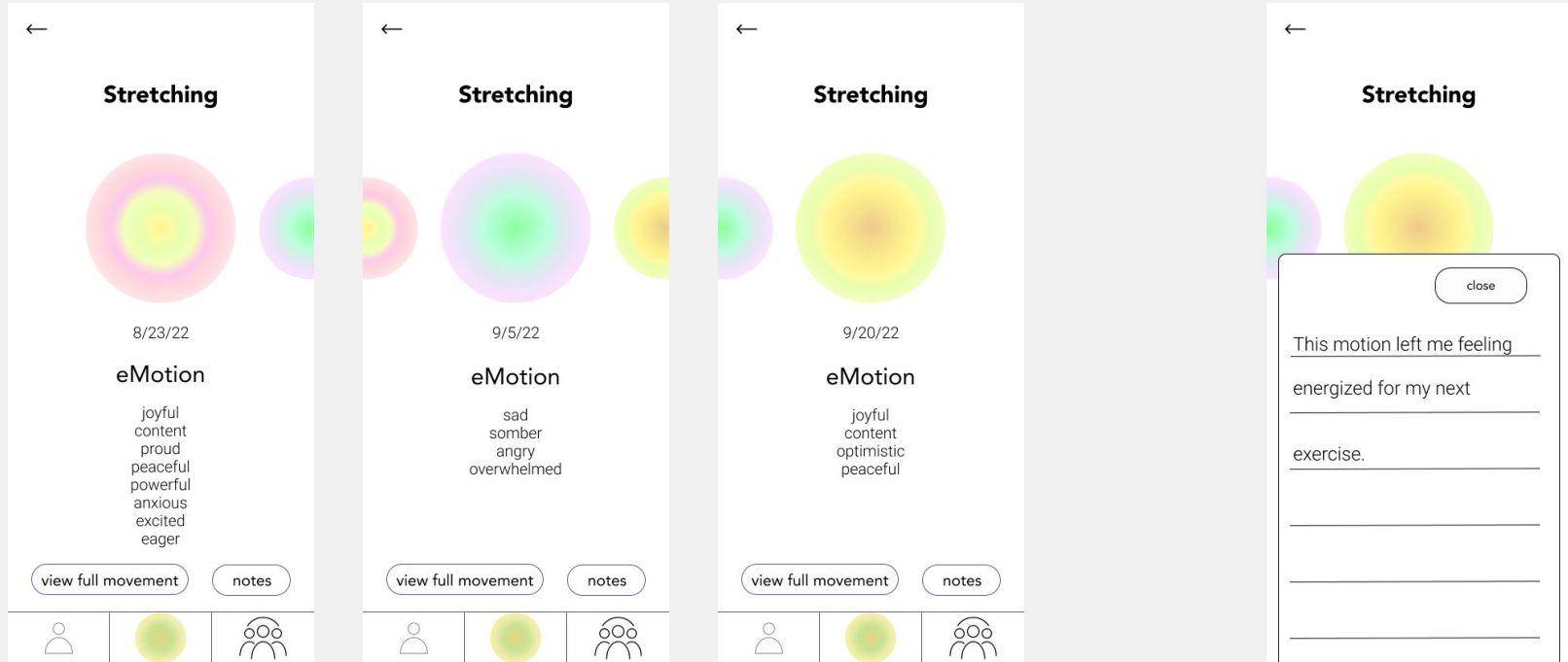
Previous eMotions related to the selected motion are available in a carousel, organized by date, with the recorded feelings denoted below.

Previously uploaded notes are also available for viewing.

Prototype Limitations

Tools

Figma
- Allowed for easy repetition of elements
- Allowed for interactive prototype
- Did not allow for responsive sliders/color changing

Limitations

- Energy level slider does not slide/is hard coded
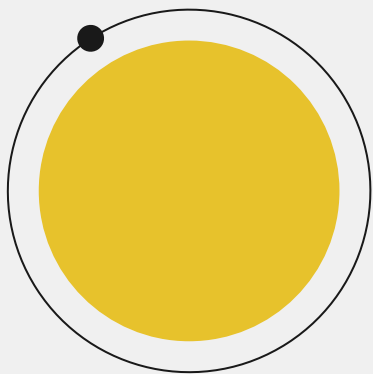- Not fully customizable/many hard coded choices, including feelings, exercises, and energy levels

Hard-Coded Features

- Emotions
- Motions
- Energy levels
- Emotion embodiment
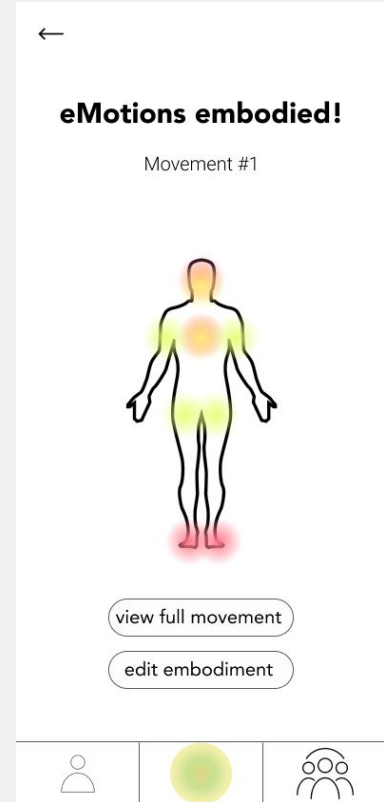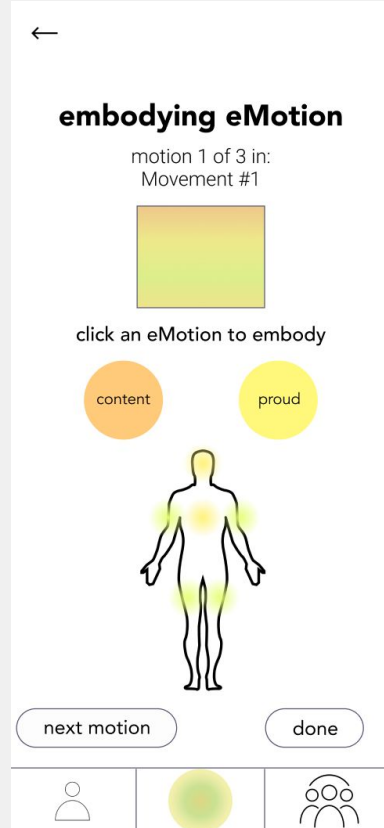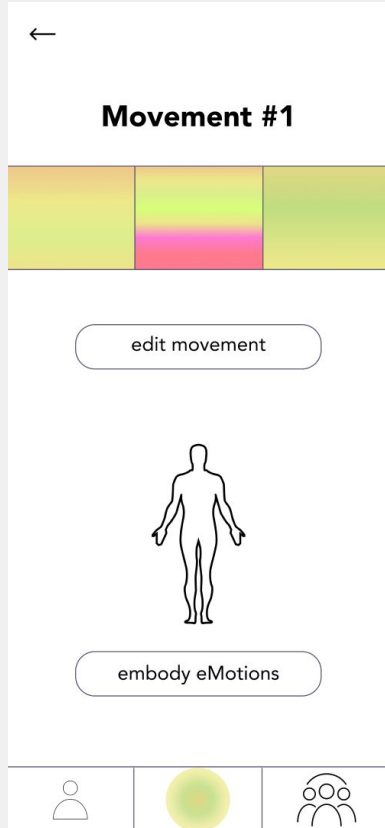- Nearly all choices are hard-coded

Thank You

Appendix

Figma link, more major changes made to the prototype

Click here for our Figma

Major changes (cont.)

Major changes (cont.)

editing: Movement #1

add an eMotion

edit an eMotion

add notes

add an eMotion

click the circle

start | stretching | squats

where you'd like to add a new eMotion

add an eMotion

start | stretching | | squats

click the motion you were doing when you felt this eMotion

stretching

squats

other

editing: Movement #1

add an eMotion

edit an eMotion

add notes

finish editing