

Project Recap Presentation



Our team:



**Lyndsea
Warkenthien**



**Jack
Clark**



**Nate
Fleischli**



**Elysia
Smyers**

Key User Benefit:

Leverage the power of **community** to motivate, inspire, and drive progress.

No one goes through a lifestyle or wellbeing change **alone**.

Problem Space:

Lifestyle transitions can often be lonely, causing feelings of isolation, discouragement, and a sense of being overwhelmed

Solution Space:

By setting shared goals, members can motivate and push each other forward, creating a snowball effect of positivity and progress

About:

Our platform is **community-focused**, designed for individuals undergoing **lifestyle transitions**. We prioritize **physical and mental** wellness by encouraging **group-goal** accomplishments, uniting people in their shared journey towards better **well-being**.

***Our Mission Statement:** A collective pursuit of well-being.*

***Name Origin:** Derived from the Greek word, Enosis, which refers to the movement of communities that formed the modern political and social union of Greece*

Outline

- 01** Design Evolution
- 02** Demo
- 03** What's next

01

Design Evolution

Needfinding



Nick

new environment



Ubai

new parent



Hannah

new chapter

Needfinding Results

Needs

- Gain autonomy of an active lifestyle during significant life transitions
- Ways to stay active with limited resources
- A way to combine social and physical activity

Insights

- For strategies for physical activity to be sustainable they should be tailored to the individual
- Transition requires specialized support and resources to adjust routines and responsibilities
- Social influence plays a role in one's physical activity patterns

Design Values



Solutions

HMW1

How might we gamify physical activity in a way that is social without being overwhelmingly competitive?

Elysia Quinn Smyers

Using a group of your choosing together you will complete physical, social, or mental well-being task each week to improve your lives and social bonds.

Lyndsea G Warkenthien

During a daily bike ride we challenge you to use an application that helps you prep for it by suggesting activities. And if you choose to participate the next you earn rewards.

By using one's music taste as a cue for suggesting activities we challenge the user to try new things.

By making social media posts that encourage people to participate in activities together we challenge the user to try new things.

We could incorporate AR into the physical activity that users do while they are working. So while you are clearing you see who else is working and who is watching you.

By incorporating AR into physical activity we challenge people to see who else is working and who is watching you.

By making social media posts that encourage people to participate in activities together we challenge the user to try new things.

One could create a social network that allows users to see who else is working and who is watching you.

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Prototyping

Prototype

The subject: Eva

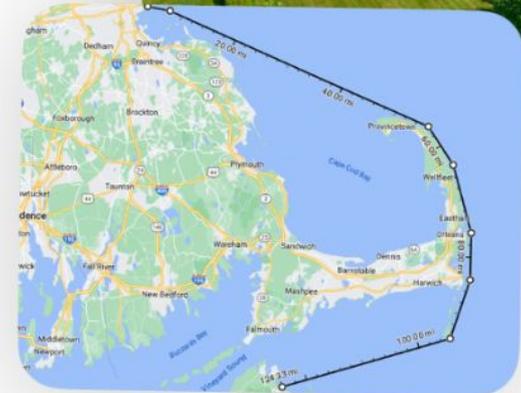
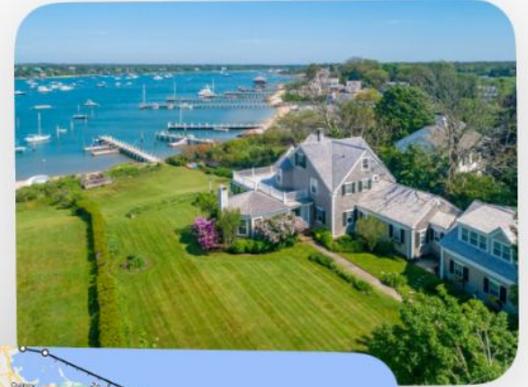
- A postgraduate student who was a D1 rower while at Stanford
- Currently working and training for a regatta
- Very competitive
- Has maintained an active lifestyle and will continue to need an active lifestyle after the regatta season



iMessage
Monday 8:11 PM



Hey Eva, did you hear Martha has a vineyard? Well you're both headed there! You've got 200km on your journey ahead and every meter rowed/biked/run/walked will count towards that goal. Be sure to log your workouts in this chat to count them towards your journey. Just send me the distance you've individually earned (yes your individual meters all count!) and I'll take care of the rest :) I've laid out your route below. Get ready for the trip of a lifetime!



Yesterday 7:20 PM

Daily check in! Make sure you to send any meters you traveled today so I can log them on your journey :)

Eva

E

16.9k!

Woohoo! You are 8.5% of the way to Martha's Vineyard! Now passing Boston Light, a beautiful landmark



Eva

E

19.4K this morn!

Today 8:46 AM

Martha

M

18k yesterday for me!

Today 11:21 AM

Nice! You are now 27.2% of the way to Martha's Vineyard. Off to your port side is Cape Cod Bay — gorgeous!



*starboard

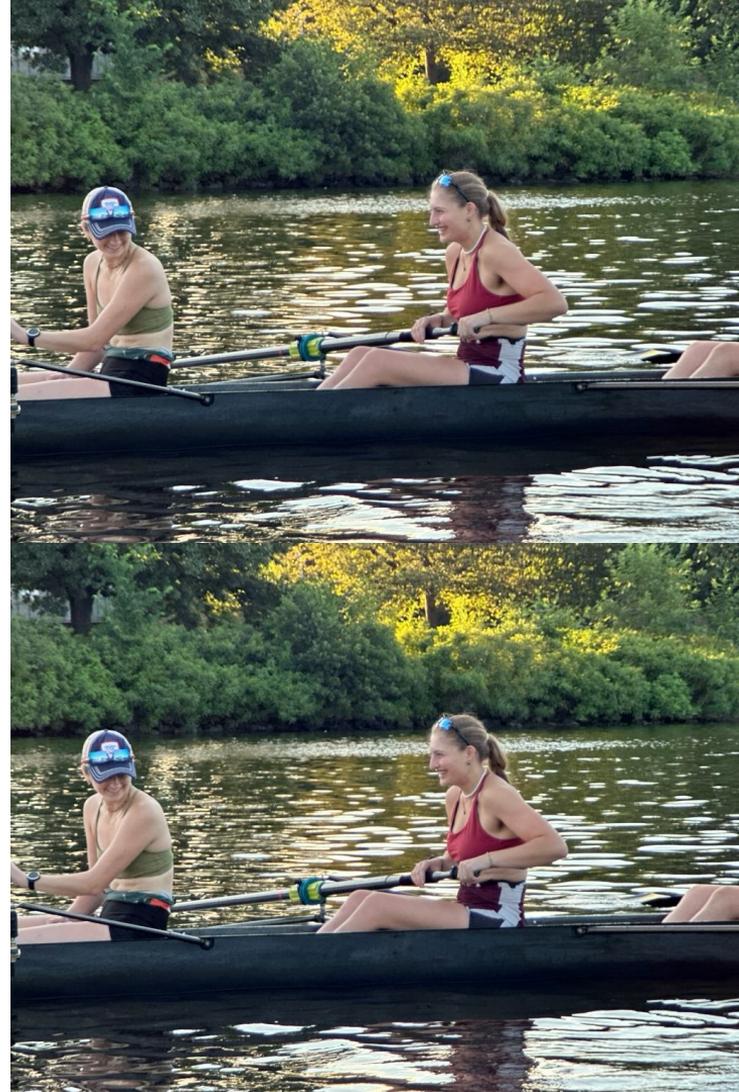
Prototype Results

The result: Go

- Thought it was fun, liked the picture updates
- Finds the concept of a group goal motivating

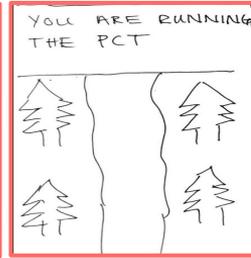
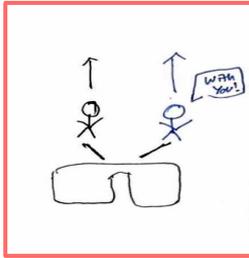
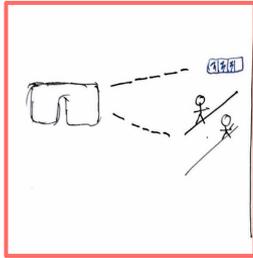
Quotes:

- "Like if I had 5k remaining to Martha's Vineyard, I would definitely just get up and go for a run"
- "My teammates are my inspiration"



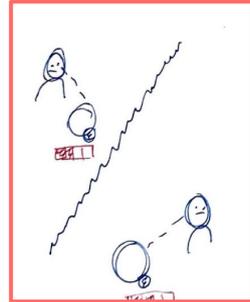
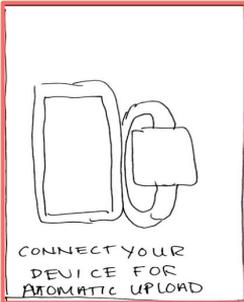
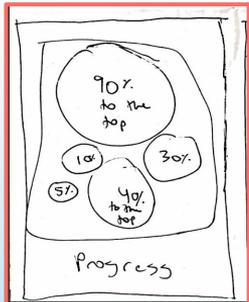
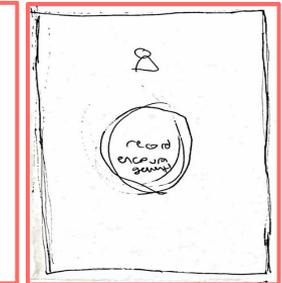
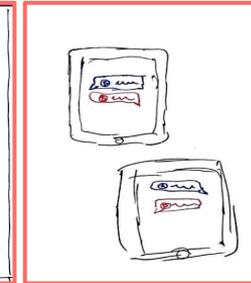
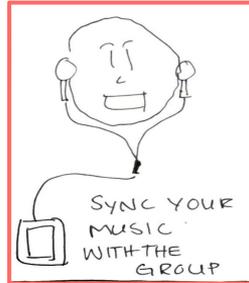
Sketching Explorations

Initial Sketches



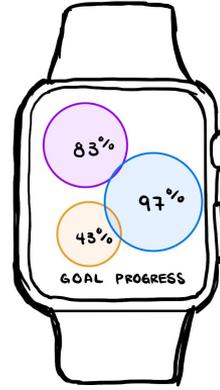
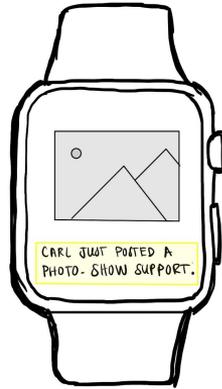
AR/VR

Speech



Wearable

Fleshed out Realization 1: Wearable



Tradeoff Analysis

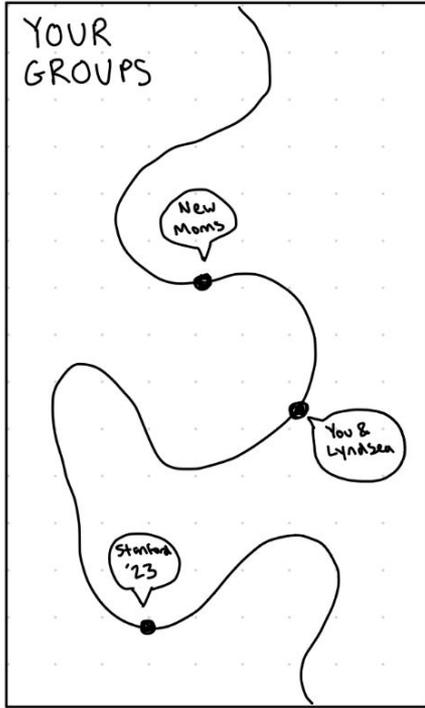
Pros

- Integration with other health apps to broaden the ecosystem for the user
- Physical devices can be physical reminders of users' commitment to logging activities
- Real-Time data collection

Cons

- Affordability - wearables are an extra expense for users
- Increase distractions that could cause additional stress for the users
- Privacy risk - wearables allow for robust collection but that could be overwhelming to some users

Fleshed out Realization 2: Mobile App



Everest Logbook

Group: You & Fahad

Elysia on 9/3/23:
Ran 4 miles, felt great!

Fahad on 9/4/23:
Walked 3 today, dog loved it!

Elysia on 9/5/23:
Ran 1 mile and walked the remaining 2... not ideal

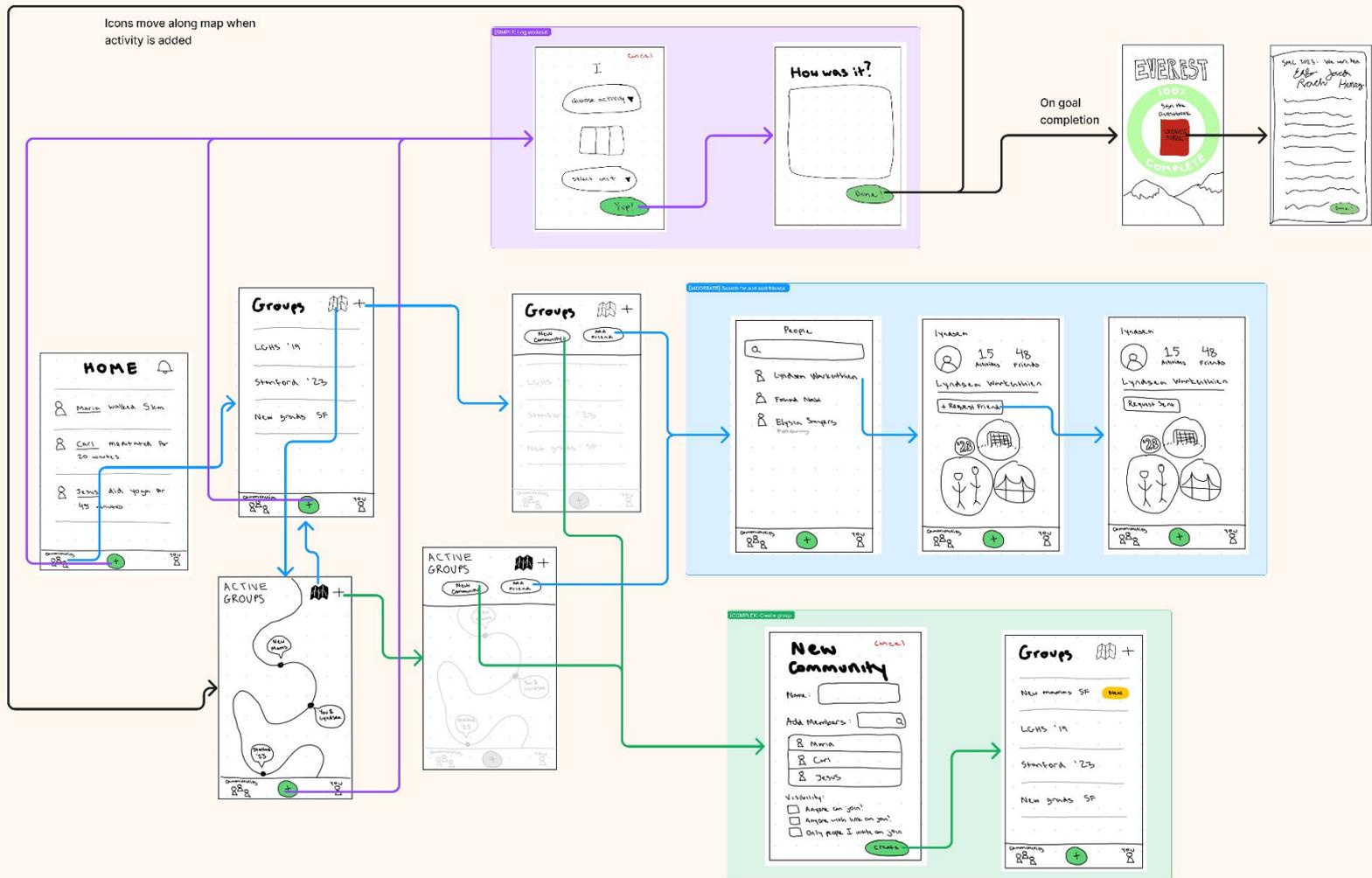


SMC 2023: We were here

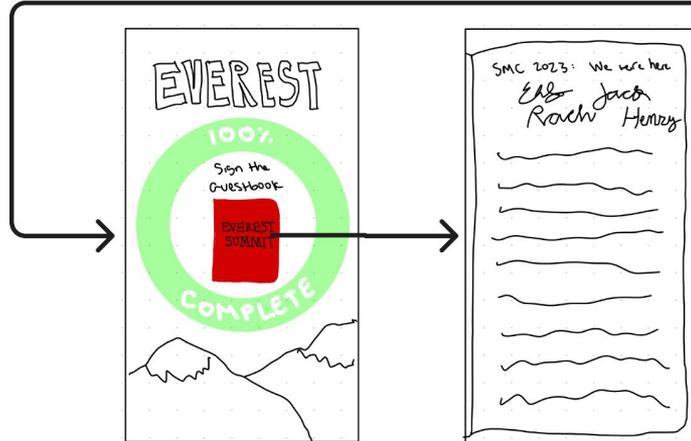
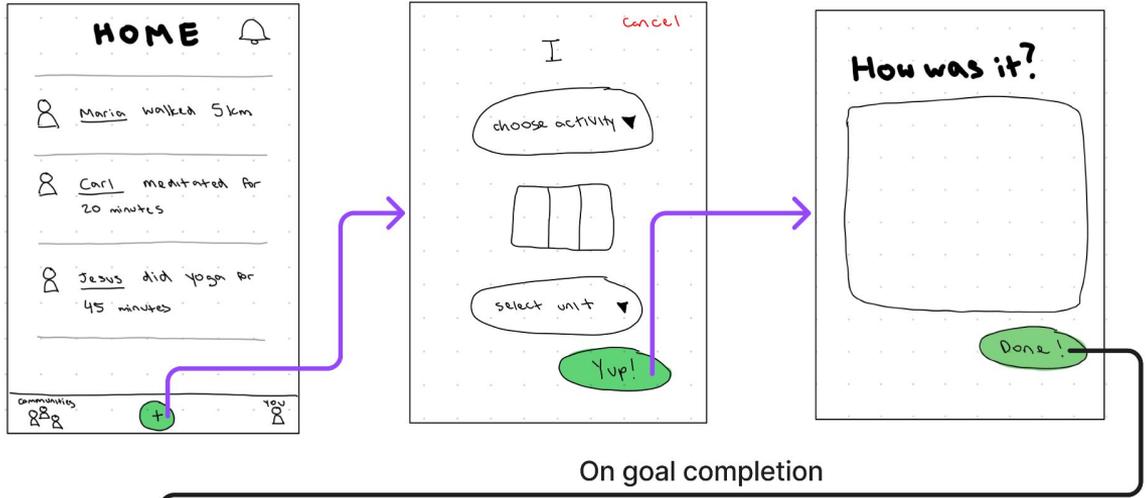
Elysia Jacob
Rach Henry

Low-fi

Low-fi prototype construction

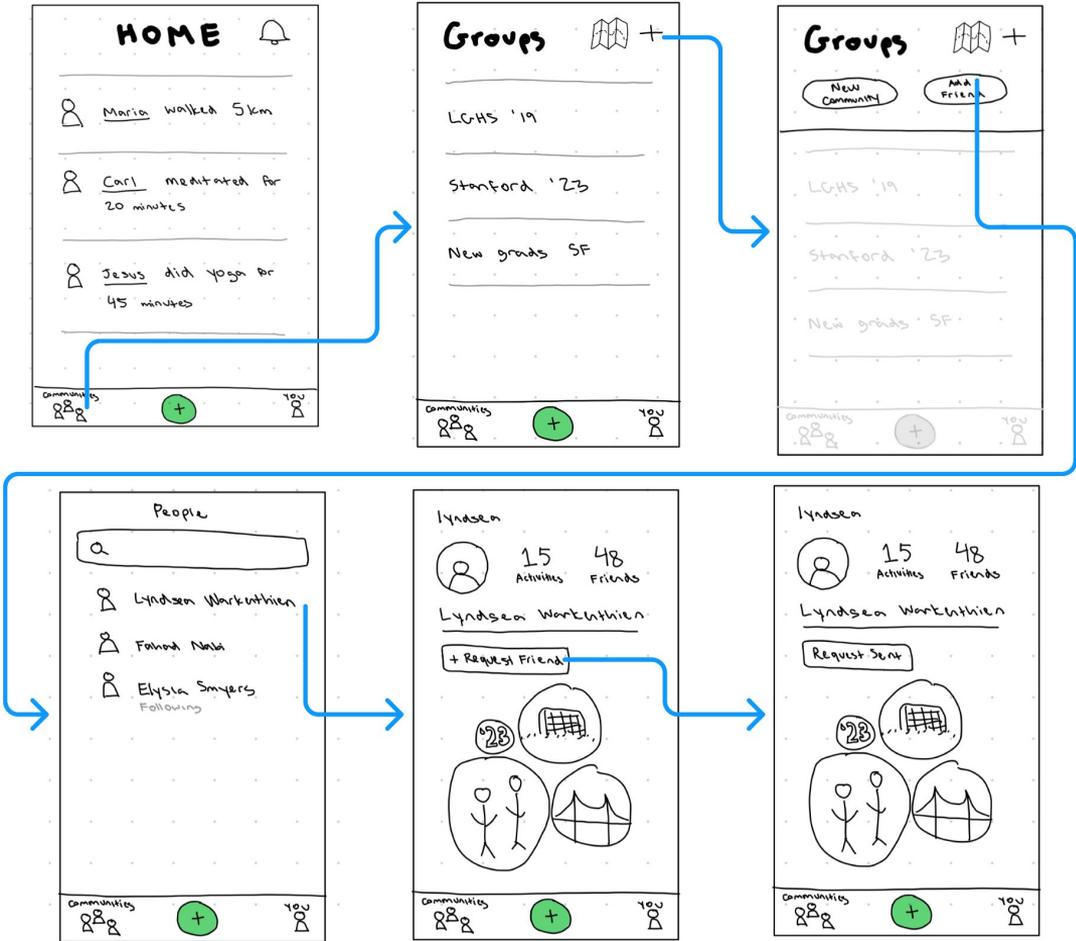


Simple Task: Log an activity

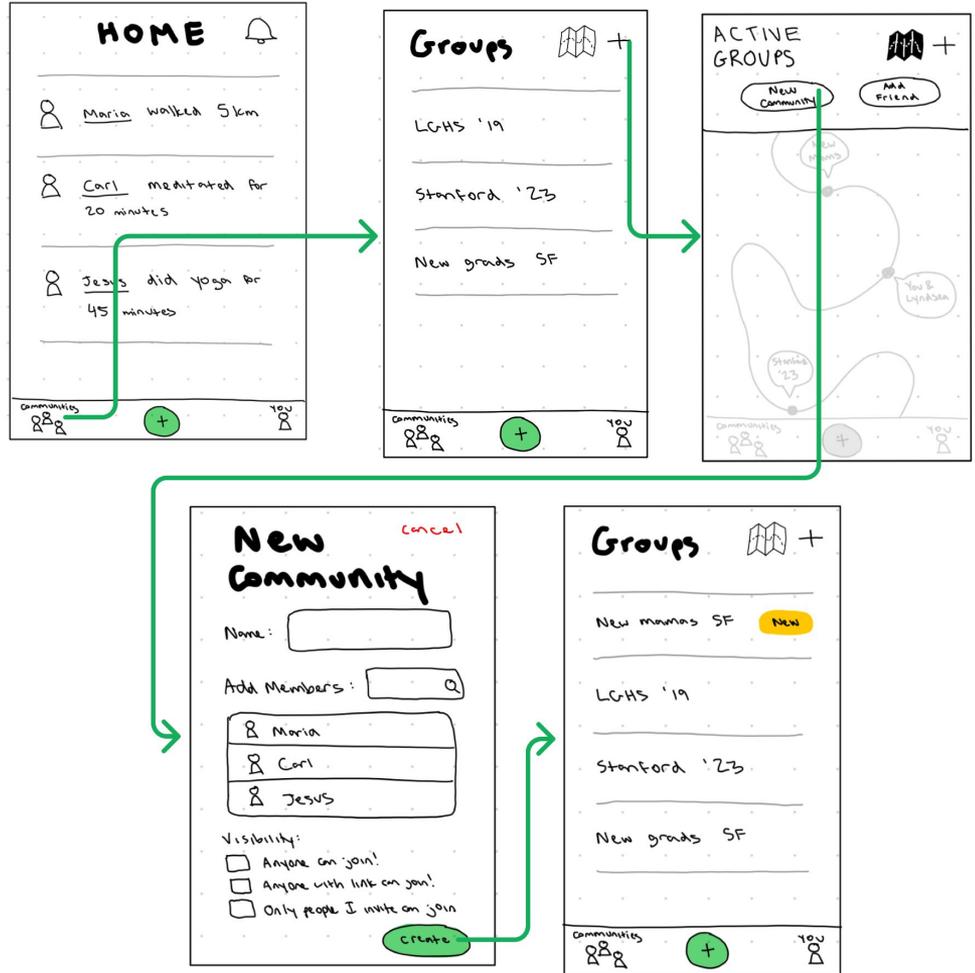


Moderate Task:

Search for and add a friend

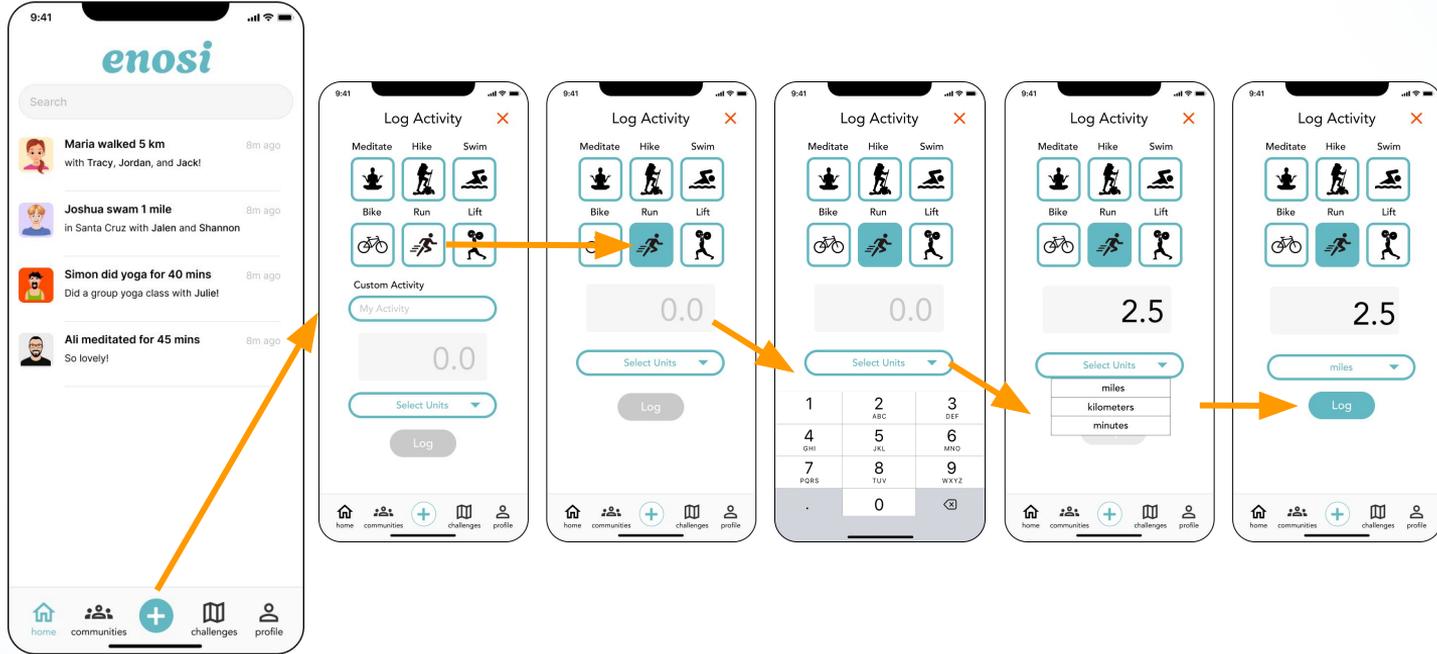


Complex Task: Create a community

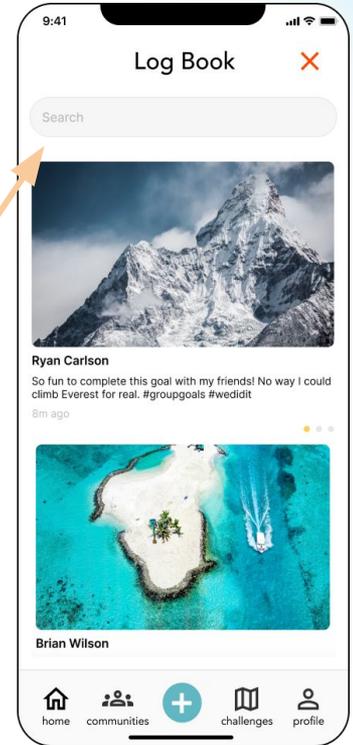
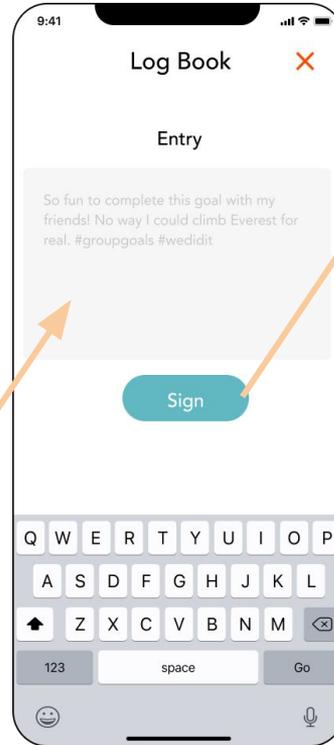
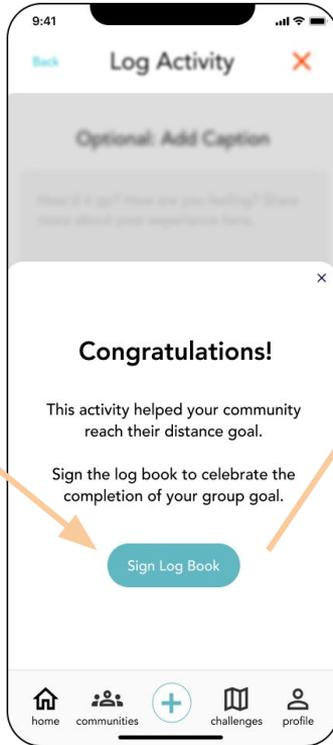
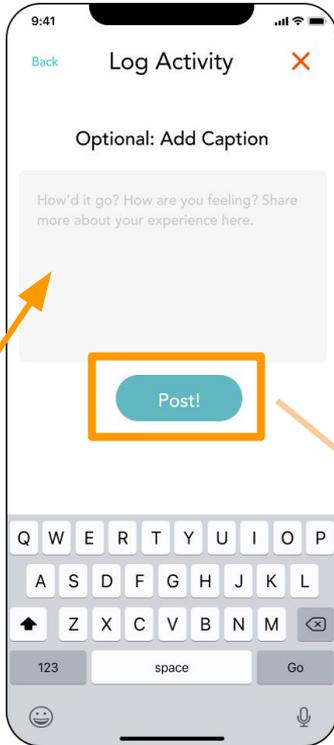
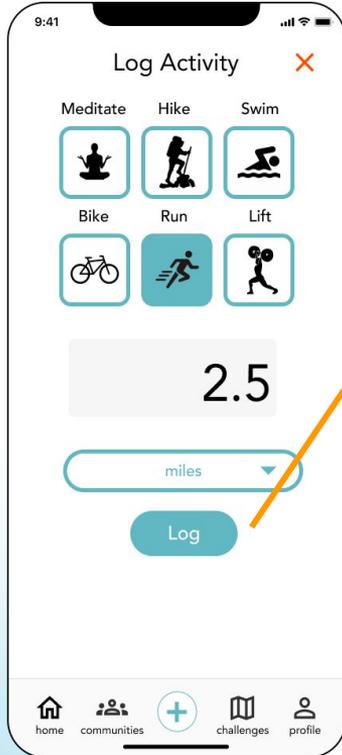


Medium-Fi

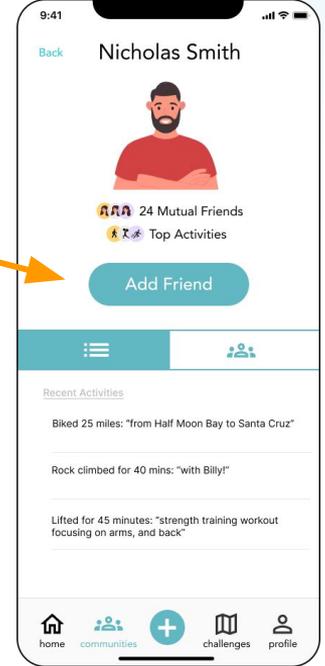
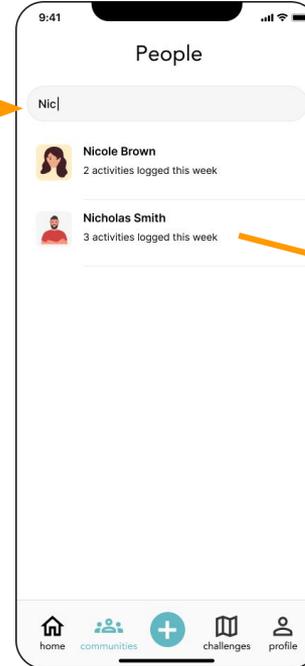
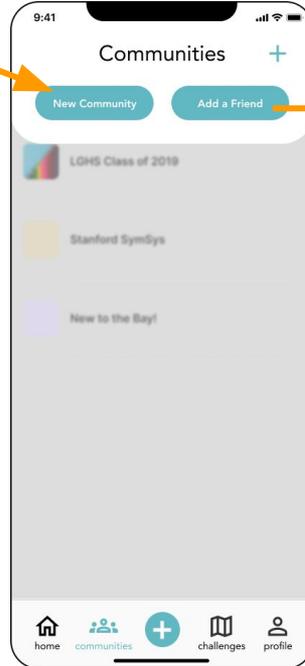
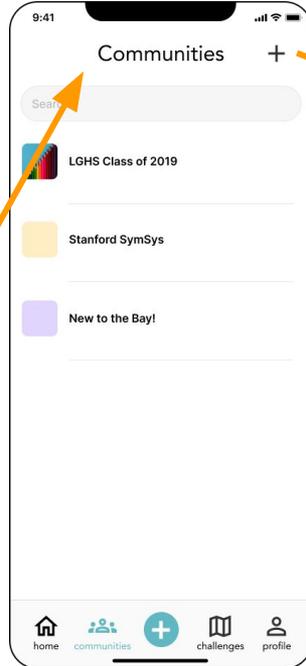
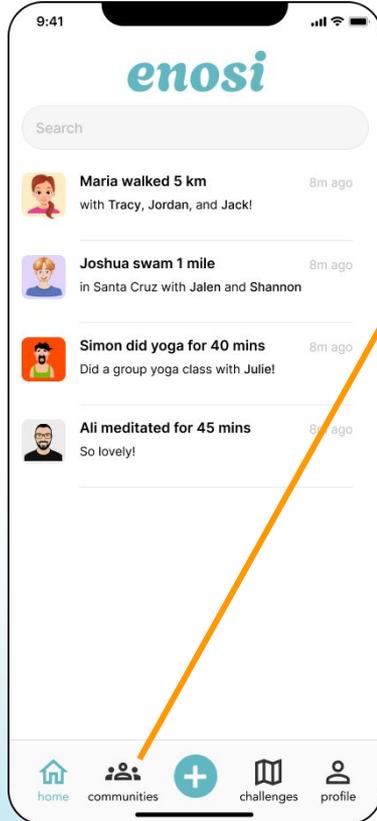
Task 1: Log an activity



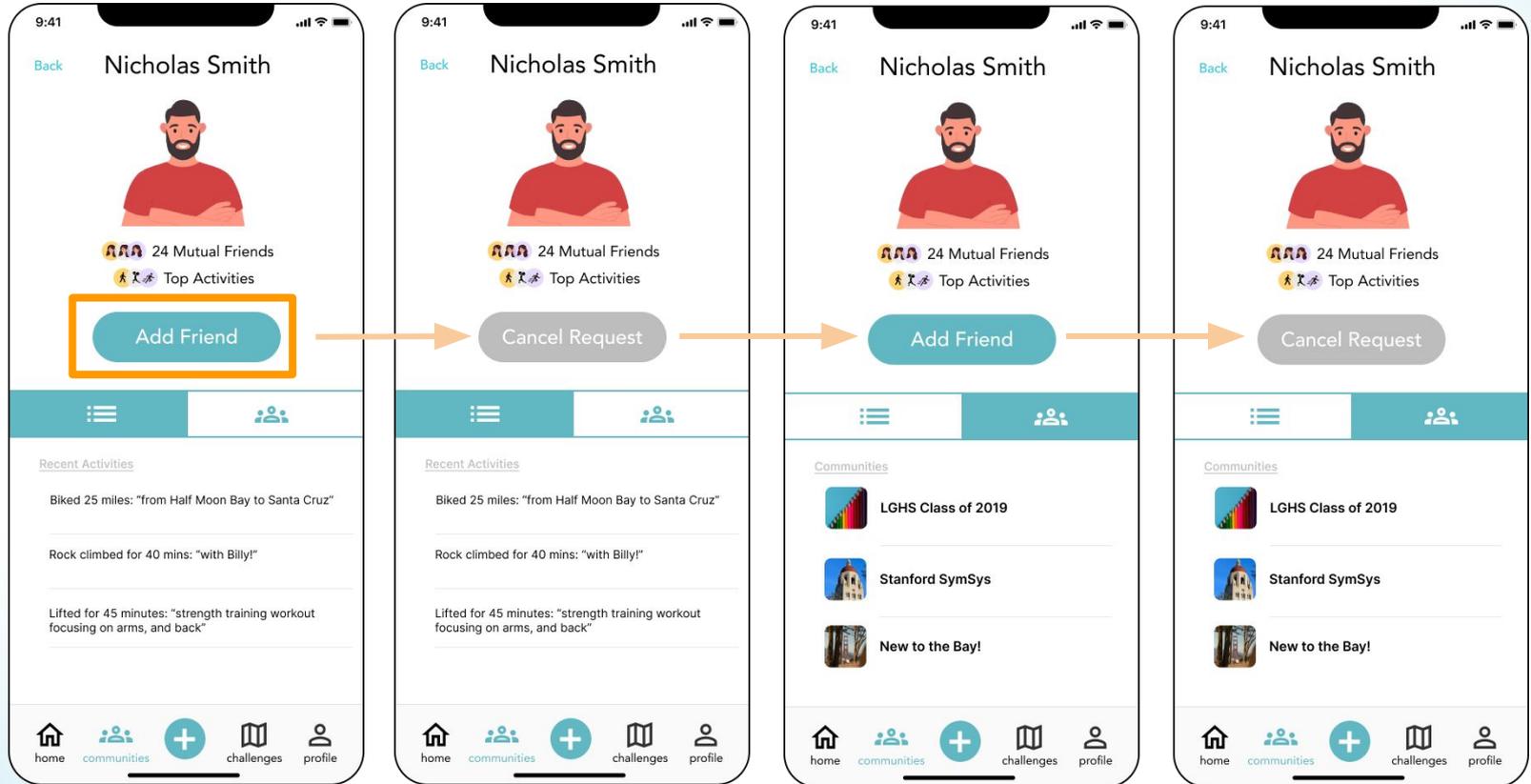
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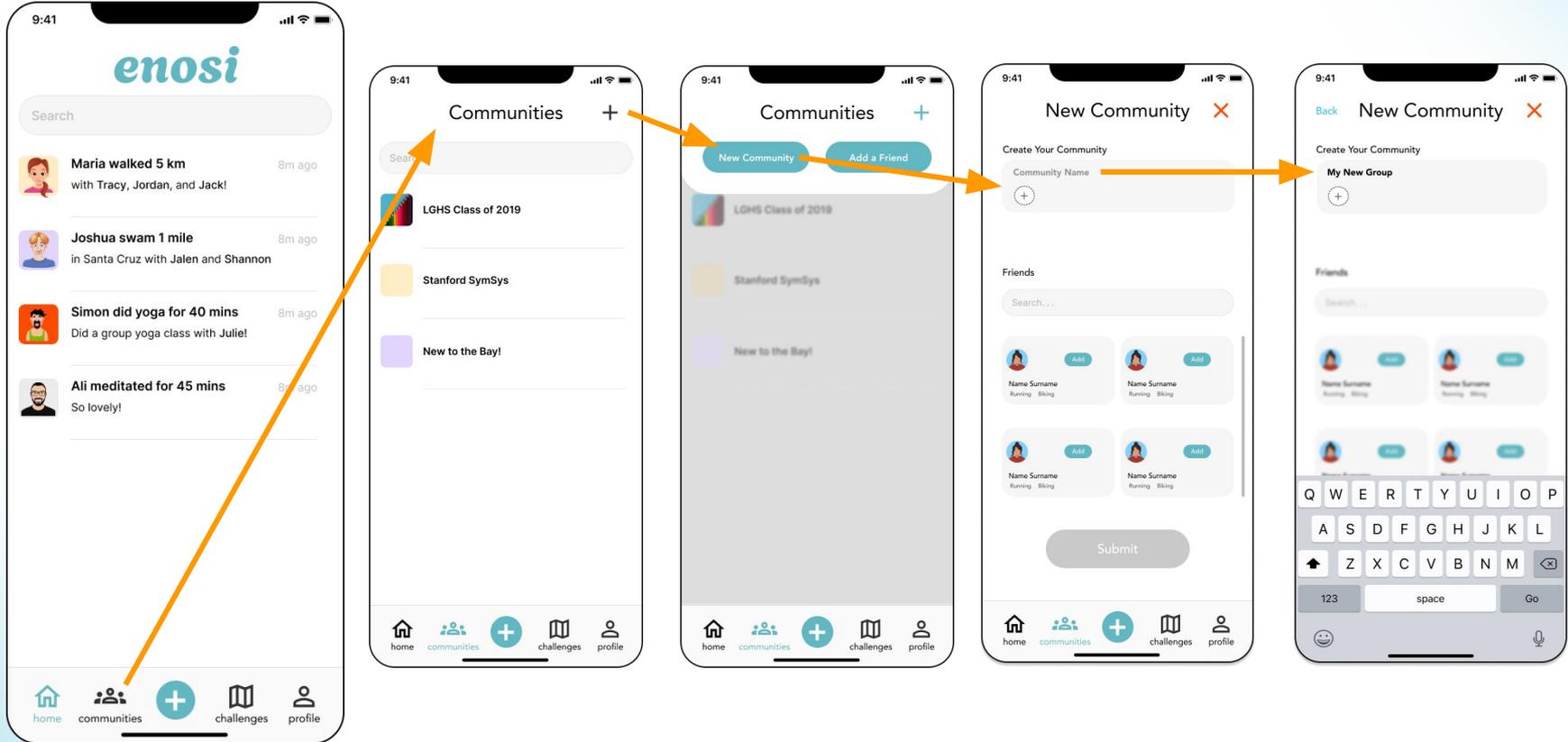
Task 2: Add a friend



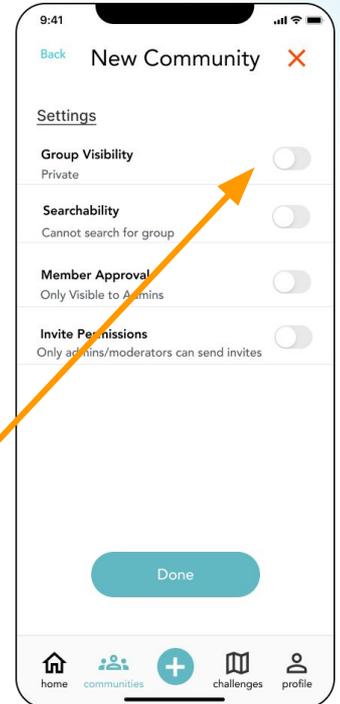
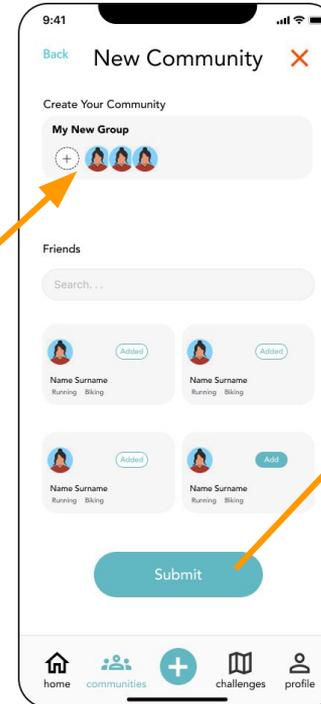
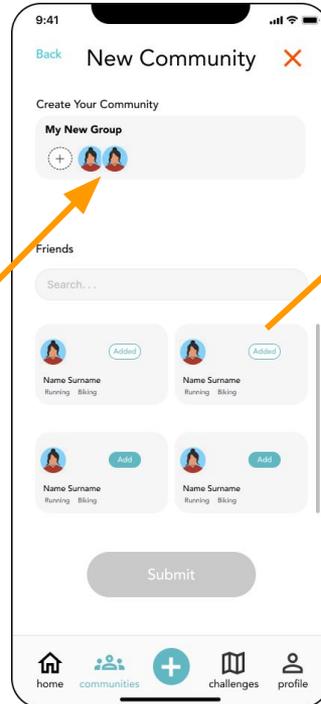
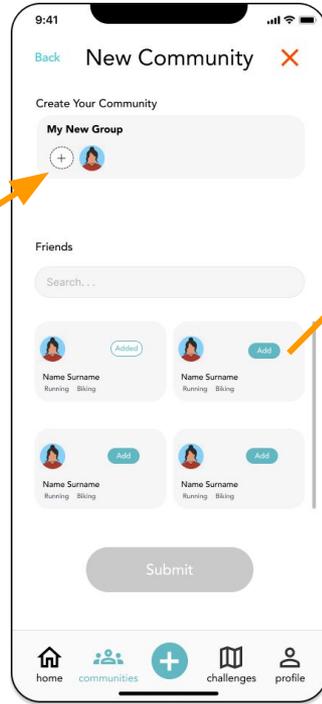
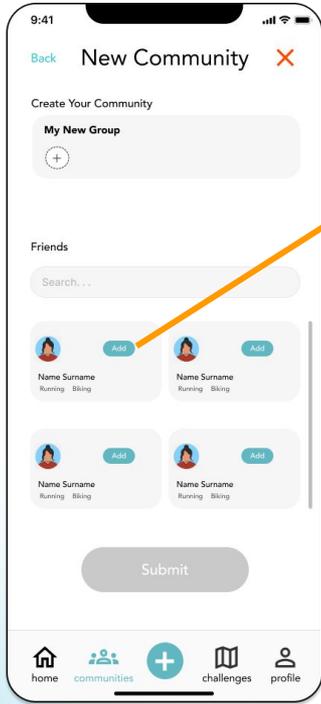
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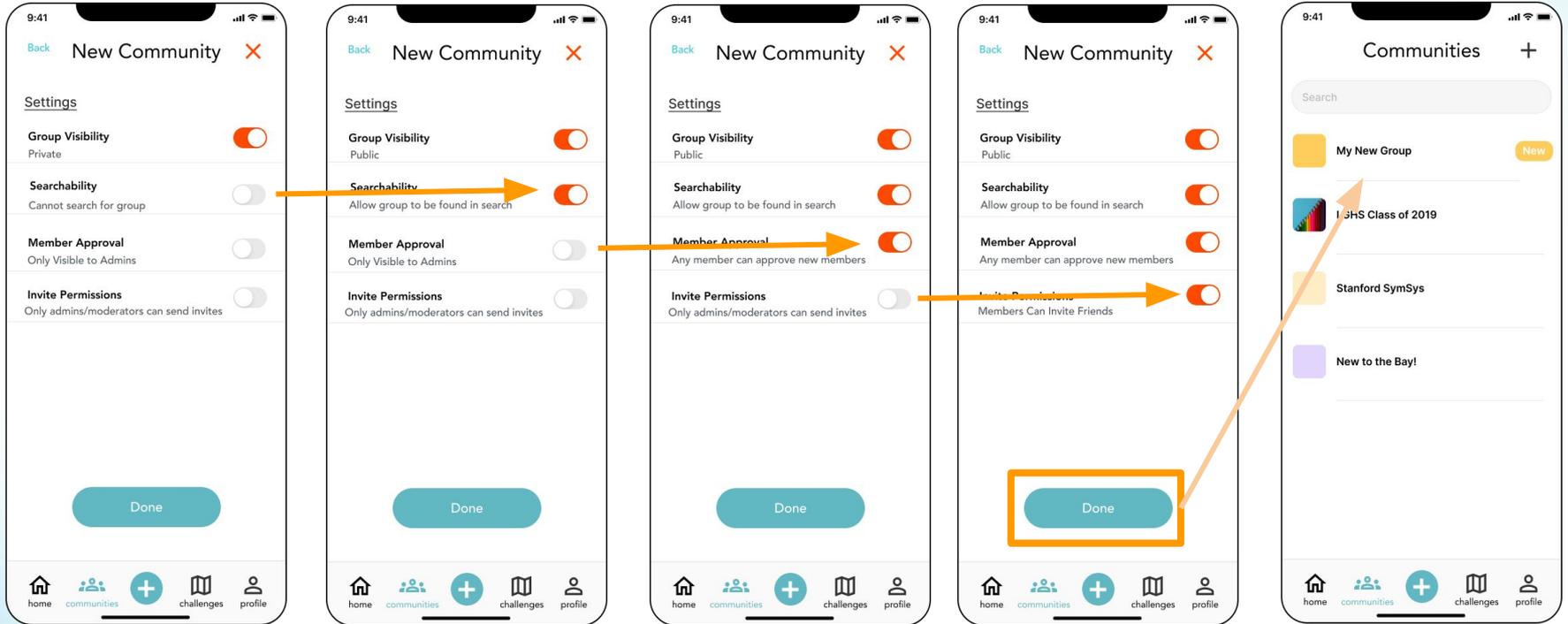
Task 3: Create a community



Task 3: Create a community



Task 3: Create a community



02

Demo

9:41

Login

enosi

mary

Password

Login

[Sign Up Instead](#)

We implemented our high-fidelity prototype using

React Native & Supabase

03

What's next

Future Plans

Reframing

- From pure exercise to more of a community health focus
- A more wholesome NextDoor

Redesign & Rebrand

- Create a more novel, interactive experience
- Update logo, name, and colors to reflect the new reframing

Technical Updates

- Ensuring robustness of multi-user contribution to goals
- Location services for local community empowerment

New Features

- More community customization, permissions, and event planning options

Thank you!