Milestone 10: High Fidelity Prototype (Final) (group)

Team Name: CoolGuys

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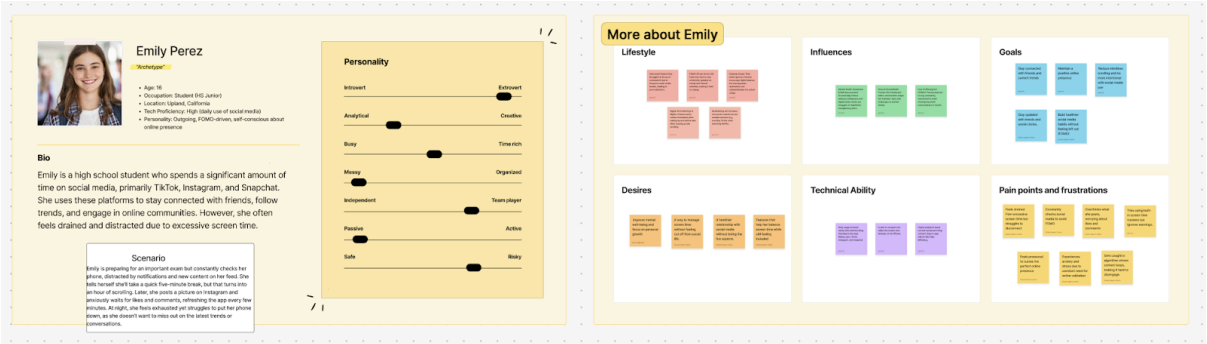
Problem Statement: Currently, we observe a correlation between high usage of social media and a decline in mental health well-being (health.ucdavis.edu). To combat this, how might we design a solution that empowers teenagers to cultivate healthier social media habits by fostering mindfulness of their online interactions, while minimizing potential negative effects on their mental well-being?

Persona:



Persona: “Emily”

- A high school student who often underestimates her screen time.
- Feels pressured by social media comparisons, leading to anxiety and procrastination.
- I Want gentle reminders and engaging ways to reduce mindless scrolling.

Storyboard:

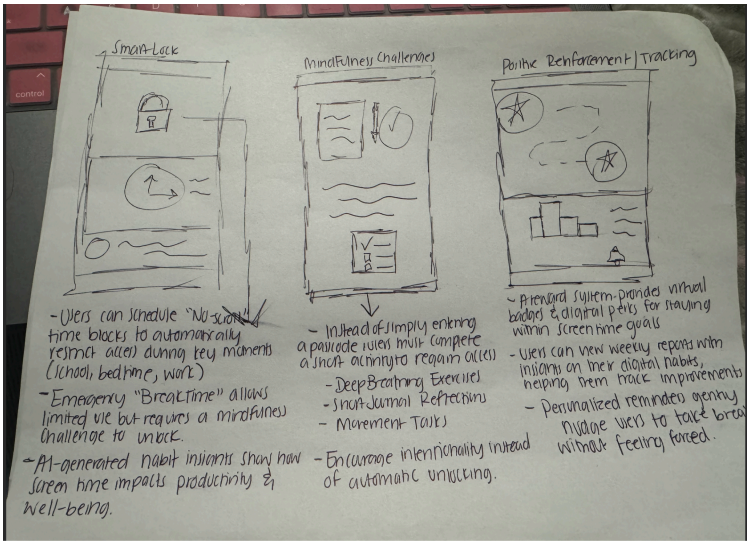
Storyboard Elements Addressed:

1. **Distraction to Mindfulness:** We show Emily scrolling endlessly until she's prompted by the app to pause and reflect.
2. **Smart Lock Intervention:** Emily is required to complete a quick challenge before unlocking social apps, helping her become more aware of her usage.
3. **Positive Reinforcement:** Weekly badges and progress insights motivate Emily to maintain healthier digital habits.

User Need Addressed:

Our primary goal is to help teenagers like Emily manage social media in a mindful way. By integrating interactive challenges, easy scheduling of "no-scroll" time, and progress insights, the app targets the emotional and practical aspects of reducing screen time—offering guidance, accountability, and positive reinforcement.

Low - Fidelity Sketch:
Key Idea:
Our earliest sketch depicted a lock icon on the home screen to initiate a "no-scroll" mode, combined with brief mindfulness exercises to unlock social media apps. Even at this stage, we emphasized a clean layout and user-friendly controls.

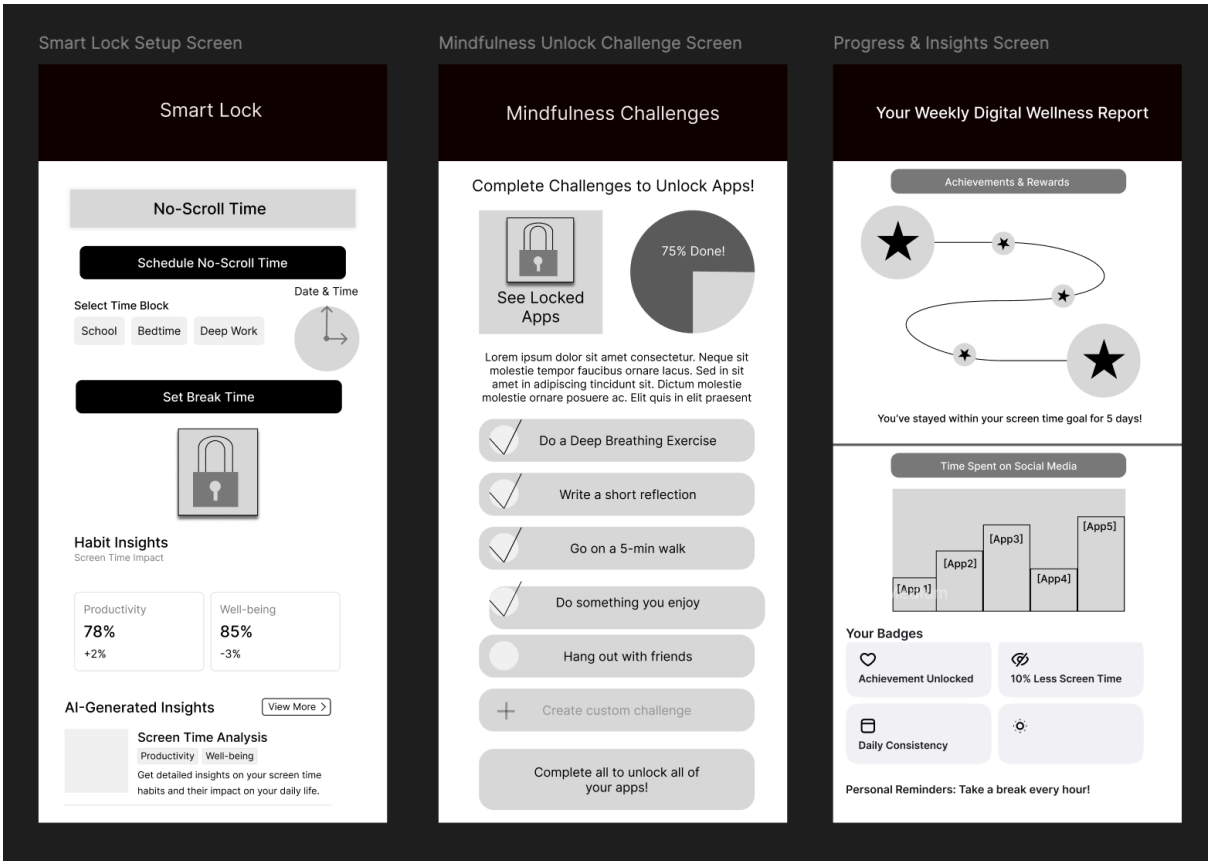


We started with rough, paper-based sketches that highlighted our key features: a smart lock for limiting screen time, mindfulness prompts to encourage reflection, and progress reports for self-monitoring.

Mid - Fidelity Sketch:
Building on user feedback, we designed three main screens in mid-fidelity, focusing on:

- Smart Lock Setup (scheduling no-scroll time blocks)
- Mindfulness Unlock Challenges (short tasks required to unlock apps)
- Weekly Wellness Report (a summary of app usage, badges, and screen time insights)

Mid - Fidelity Figma Link:
https://www.figma.com/design/xj32cIKikHUfmjoxqFWCIr/Untitled?node-id=0-1&t=PYkkTMLRG4E2u7Kd-1



Home Screen (Mid-Fi)

- Simple navigation bar (Home, Notifications, Profile)
- A clear “Lock Your Apps” button at the center.

Mindfulness Unlock Screen (Mid-Fi)

- Checklist of tasks (breathing exercises, short reflection, etc.)
- A progress bar indicating completion percentage.

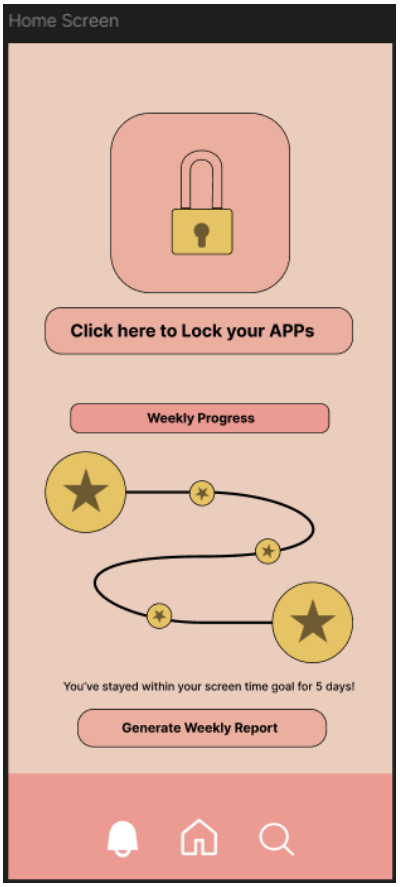
Progress & Insights Screen (Mid-Fi)

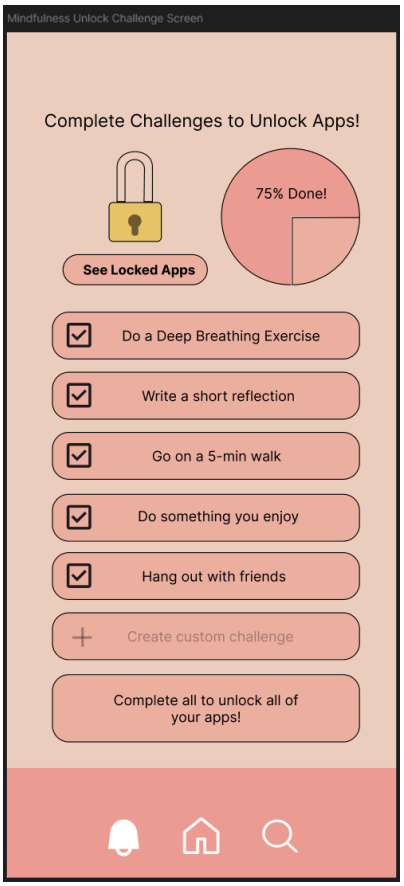
- Weekly screen time chart
- Badges for achievements
- AI-generated insights on productivity and well-being

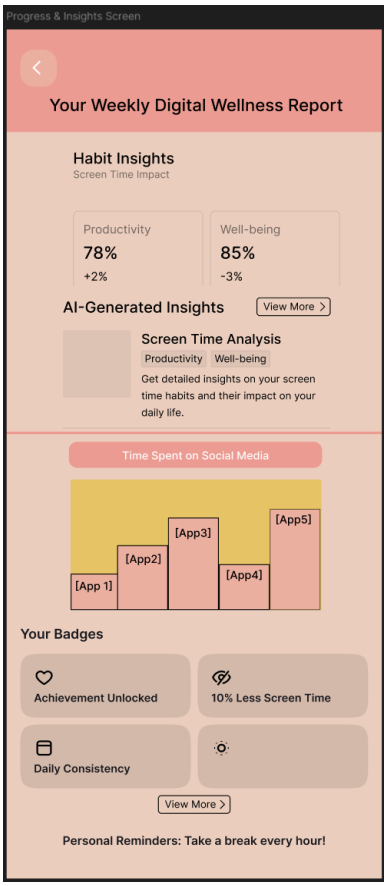
These mid-fi screens helped us test the core functionality and user flow before adding the final aesthetic.

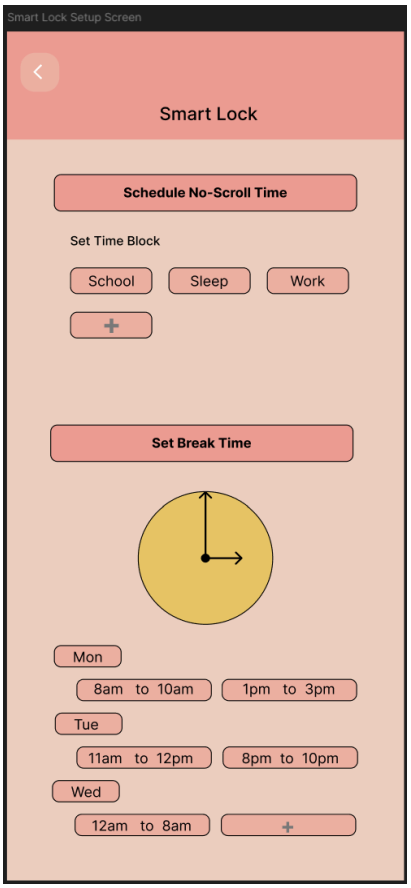
High-Fidelity Prototype:

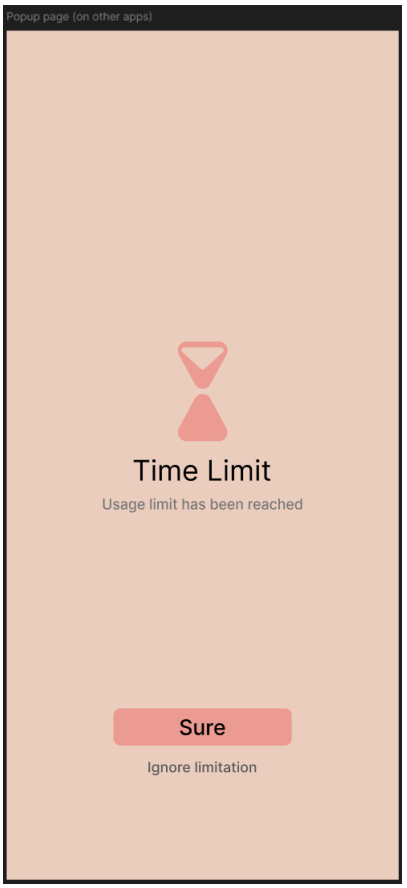
Screenshots:


Home Screen
Click here to Lock your APPs
Weekly Progress
You've stayed within your screen time goal for 5 days!
Generate Weekly Report


Mindfulness Unlock Challenge Screen
Complete Challenges to Unlock Apps!
See Locked Apps
75% Done!
Do a Deep Breathing Exercise
Write a short reflection
Go on a 5-min walk
Do something you enjoy
Hang out with friends
Create custom challenge
Complete all to unlock all of your apps!


Progress & Insights Screen
Your Weekly Digital Wellness Report
Habit Insights
Screen Time Impact
Productivity
78%
+2%
Well-being
85%
-3%
AI-Generated Insights
View More
Screen Time Analysis
Productivity
Well-being
Get detailed insights on your screen time habits and their impact on your daily life.
Time Spent on Social Media
[App 1]
[App2]
[App3]
[App4]
[App5]
Your Badges
Achievement Unlocked
10% Less Screen Time
Daily Consistency
View More
Personal Reminders: Take a break every hour!


Smart Lock Setup Screen
Smart Lock
Schedule No-Scroll Time
Set Time Block
School
Sleep
Work
Set Break Time
Mon
8am to 10am
1pm to 3pm
Tue
11am to 12pm
8pm to 10pm
Wed
12am to 8am


Popup page (on other apps)
Time Limit
Usage limit has been reached
Sure
Ignore limitation

Home Screen

- **Set Up the Smart Lock:**
  Users can tap the lock icon at the top to initiate the Smart Lock setup and navigate to the fourth interface.
- **Lock Apps Quickly:**
  A prominent "Click here to Lock your APPs" button allows users to instantly activate the Smart Lock feature.
- **Track Weekly Progress:**
  A simple visual indicator using stars and badges displays how many days users have stayed within their screen time goal.
- **Generate Weekly Report:**
  With one click, users can access a detailed summary of their digital habits, which redirects them to the third screen.

Mindfulness Unlock Challenge Screen

- **Complete Challenges to Unlock Apps:**
  Users must finish short tasks (e.g., deep breathing, a 5‑minute walk, or a custom challenge) to regain access to their locked apps.
- **Personalize Challenges:**
  Users can add custom challenges to suit their interests, ensuring the experience remains motivating and relevant.
- **Track Progress:**
  A completion percentage indicator shows how close users are to unlocking their apps, promoting mindful reflection before continued use.
- **See Locked Apps:**
  Users can view a list of locked apps and filter/manage them according to their preferences.
- **Bottom Navigation Bar:**
  Users can tap the middle home icon to return to the home page or the right search icon to search for a specific app and check its lock/unlock state.

Progress & Insights Screen

- **View Weekly Digital Wellness Report:**
  This screen offers users a quick snapshot of their overall productivity and well‑being scores, reflecting their digital health.
- **AI‑Generated Insights:**
  Users can access deeper analytics on how screen time impacts their productivity and mental well‑being.
- **Earn Badges & See Achievements:**
  Progress badges (such as "Achievement Unlocked" and "Daily Consistency") provide positive reinforcement for meeting screen time goals.
- **Top Navigation Bar:**
  Users can tap the return arrow located in the top navigation bar to seamlessly go back to the previous page, ensuring a smooth and intuitive navigation experience.

Smart Lock Setup Screen

- **Schedule No-Scroll Time:**
  Users can define time blocks (e.g., school, sleep, work) during which social media apps are automatically locked.
- **Set Block Times:**
  After defining time blocks, users can specify exact block times, allowing them to set up weekly goals for no-scroll periods.
- **Customize Days & Hours:**
  The screen supports day-by-day configuration, enabling users to tailor the lock schedule to their unique routines.

Time Limit Popup (Other Apps)

- **Alert When Limit is Reached:**
  A popup notification alerts users when they have exceeded the usage limit for selected apps.
- **Choose to Extend or Stop:**
  Users can opt to "lock out" by tapping "Sure," which immediately directs them to the Mindfulness Unlock Challenge Screen. Alternatively, they can choose to remain on the current page if they decide not to lock the app.
- **Bottom Navigation Bar Integration:**
  When users tap the left notification icon, the Time Limit Popup simulates reaching the time limit for certain apps.

This comprehensive design supports our key user needs by enabling:

- **Quick and Intuitive Interaction:** From locking apps to scheduling no-scroll periods, users can effortlessly manage their digital engagement.
- **Mindful Engagement:** Interactive mindfulness challenges ensure that users reflect on their usage before regaining app access.
- **Progress Monitoring:** Weekly reports, AI-generated insights, and achievement badges help users track improvements in their digital wellness over time.
- **Customization:** The ability to personalize challenges and lock schedules makes the app adaptable to individual routines and preferences.

Interactive Elements:

Interactive Element	Description	User Goal Supported
Top Navigation Return Arrow	Tapping returns the user to the previous screen	Easy, intuitive backward navigation
Lock Icon (Home Screen)	Opens the Smart Lock Setup screen	Quickly configure no-scroll time blocks

“Click here to Lock your APPs” Button	Instantly activates Smart Lock mode	Enable immediate app locking without additional steps
Bottom Navigation Bar (Home/Search/Notifications)	Switches between primary screens	Seamless movement between home, search, and progress views
Mindfulness Challenge Checklist	Tap add more tasks	Unlock locked apps by completing mindful activities
Generate Weekly Report Button	Navigates to the Progress & Insights screen	Access detailed weekly usage summaries
Schedule Time Block Controls (Smart Lock Setup)	Select days, start/end times via dropdown menus	Customize no-scroll schedules to fit personal routines
Time Limit Popup Buttons (“Sure” / “Cancel”)	“Sure” directs to Unlock Challenge; “Cancel” dismisses popup	Enforce or override usage limits while prompting mindfulness
Search Icon (Bottom Bar)	Opens search field to find specific apps	Quickly locate and check lock status of individual apps

High-Fidelity Figma Link:
https://www.figma.com/design/Ox2TrtujelI5dv3RZnJLtp/High-Fidelity-Prototype?node-id=136-291&t=wiISgLtcpf3U9AXo-0

Response to Evaluation:

Improved Navigation: Users found the initial navigation a bit unclear. In response, we added a persistent bottom navigation bar with clearly labeled icons for Home, Search, and Notifications. This change ensures seamless movement across screens and a more intuitive user experience.

Enhanced Visual Hierarchy & Accessibility: Feedback also highlighted inconsistencies in typography, spacing, and color contrast. We refined our visual hierarchy by standardizing fonts and sizes, improving spacing between elements, and adopting a unified color scheme. These changes not only boost readability but also meet accessibility standards.

Deferred Micro-Interaction Enhancements: Reviewers suggested more micro-animations for smoother transitions and we tried to integrate essential micro-animations and interactive elements that enhance user feedback and engagement while maintaining core functionality and accessibility.

Unclear Icons and Sections - The users found the lock icon unclear and did not understand its purpose or functionality. We added a tooltip and modified its design to make it better align with the user's expectations. Additionally, we restructured sections by moving certain elements to different screens because the previous layout causes some confusion about the purpose of specific features.

Improved Visual Feedback - Users noted a lack of clear visual feedback when trying to perform actions. Introduced interactions, color changes, and actions, these improvements provide immediate feedback, reinforcing user interactions and reducing confusion.

Contribution:

Yifan Wu: Led the visual and cohesive design, drew the storyboard, designed the lock function, home page, smart lock page and popup page, developed all the interactive elements in the prototype, and refined the overall user experience to ensure a polished and intuitive interface. Organize all the materials and in-class activities we have and write project stories and explanations for both milestone 10 and 11.

Neha Yelgireddy: Contributed to the development of the menu bar, placement of certain features to improve accessibility and user experience, and selection of the color scheme and alignment of the layout. Also developed personas as well as organization of lofi, mid fidelity and high fidelity wireframes/prototypes.

Aaron Lin: Contributed to the development of the wireframes, design of high fidelity prototype layout, and implementation of interactive elements to prototype.

Pacey Diep: Contributed to the design of the high fidelity prototype, implementing interactive features, selecting a color scheme, introduced ideas for the low-fidelity and mid-fidelity sketches, and ensured each feature maintained a user-friendly experience.

Gissele Aguirre-Castro: Contributed to the development of the wireframe prototype across all phases, from low fidelity to high fidelity. In the low fidelity phase, designed screens for the smart lock, mindfulness challenges, and tracking features, ensuring a comprehensive foundation for the prototype. During the mid-fidelity stage, focused on refining the smart lock’s first screen, incorporating key elements like the time block feature and AI-generated insights to enhance functionality. In the high fidelity phase, worked on ensuring visual consistency and usability.