

Project Life Logger

- Due Date: Oct 16. In class you will give a 5-10 minute presentation and demo of your work. Format will be posted on Classroom.

Milestones

- 9/21 Email me what kind of personal data you have chosen to explore
- 9/25 DUE: Research data: notes **printed out** and photos or sketches of context. Will be used in class.
- 10/2 DUE: Research top ten findings, a system and a concept model of both the app and how the users should think about it.
- 10/9 DUE: Flows and UI sketches.

Introduction

The quantified self is the wave of the future of self-help. In order to get better in our lives, we must first understand what we do now. In this project you will design an app (IOS or Android or other with permission) to track an element of a user's life they wish to change. It can be exercise, time management, calorie counting, writing/drawing more, sleep or something else. It can include a separate tracking device, or tracking can be done by a smart device.

Consider:

- Inputs: Will data be collected automatically, from an external device, or will the user be prompted to record?
- Output display: how to chart the data so progress is recognized.
- Goal setting: is this a measurement that encourages doing more or less of something? Or is just doing it enough?
- Sharing socially (is it embarrassing or motivating to share?)

Learning Goals

- Learn how to gather research about user's lives
- Learn how to ideate and iterate
- Learn how to shape behavior with visible feedback
- Learn how to map out the functionality of an app and message it to users

Deliverables

An interactive prototype of your life logging tool, plus a PDF of your work process, including Top Ten findings from research, Concept model sketches, Flows, and UI sketches of key screens.

Skills Needed (not covered in class)

- Prototyping digitally (Axure or html/css)
- Photoshop or Sketch, for interface design
- Omnigraffel or hand drawn flows

The Deliverable

Your final deliverable should include six things:

- 1. Project description** (1 page) This should be a written description of your approach the problem: who is the user, what are they trying to change, the design goals, the information tracked, your design constraints, and so forth. The point of this part of your submission is move from the general problem description and explain the specific nature of your design, the assumptions you made, and the usage scenario you were designing for.
- 2. Top Ten Findings Document:** This is a document that reveals any key insights you found during research.
- 3. Concept model of system** (1 page) This is a map of the entire map, as you might share with your team. It covers all the areas of the app
- 4. Concept model for the end user:** A simpler, clear model to describe the experience of using the app.
- 5. Flows** (2-4 pages) This is your documentation of how the user interacts with the app.
- 6. Simple Clickable Prototype** Provide a link to this. Do NOT upload html or other. The prototype should allow a user to click through to your main screens... not all links need to work. In PDF, provide a screenshot of three key screens, and the link.

Grading Criteria

- Did the student understand the goals and desires of the end users in tracking data, as well as challenges in doing so?
- Did the concept models communicate the app intention clearly, both from a high level view for users as well as a detailed view for teammates?
- Did the flow accurately capture the app behavior to the degree it could be coded?
- Did the prototype represent the app intentions well enough to be evaluated by a potential users?
- Was the data presented in a way that was helpful and actionable by the end user?

Useful resources

- [Triple your personal productivity](#) by Steve Pavlina
- [The complete QS guide to self tracking](#)
- [A Head For Detail](#) (2006-NOV-01) Clive Thompson. *Fast Company*
- [A Remarkable Life Logging Project by Ben Lipkowitz](#) (2010-FEB-27)
- [Ben Lipkowitz on total self tracking](#) from [Kevin Kelly](#) on [Vimeo](#).

Articles about lifelogging

- [Lifelog](#) *Wikipedia*
- [Lifelogging, an inevitability](#) (2007-FEB-21) Kevin Kelly
- [A Head For Detail](#) (2006-NOV-01) Clive Thompson. *Fast Company*
- [Triple your personal productivity](#) by Steve Pavlina
- [Lifelogging and self-tracking](#) (2010) Steve Rubel
- [Quantified self: self knowledge through numbers](#)