Process Document

Design

1. Pick 3 key screens based on your user flow
2. Follow the instructions on each page.

You may use ANY design elements, but typography and ease of use should be your main priority.
1. Duplicate the wireframe anatomy page (page after this) three times. Replace the image on screen with your blocking screen.
2. Label the sections within your blocked screen. Label your UI as shown in the example.
3. Delete any instructions or examples. Update the document to reflect your work.
Style Guide

Wireframe Anatomy

Header (home button, title, back button)

Stress meter – horizontal bar is clickable, snaps to numbers

Text area for description of stress and/or what’s going on in the user’s life
Wireframe Anatomy

- Header (home button, title, back button)
- Link to add a new stress reduction strategy
- List of recommended stress reduction strategies
- Description of the selected strategy
Wireframe Anatomy

- **Area graph of stress levels:** The top line represents the original stress level, and the bottom line shows the level after using a stress reduction strategy.
- **History text box:** Contains the day selected in the graph, the starting and ending stress levels, and the description that the user entered.
- **Arrow buttons:** Used to navigate through the weeks.
- **Header area:** Includes the home button, title, and back button.
User Flow

1. Pick three screens from your UI Flows
2. Replace the three screens (on following page) with your current and finalized blocking screens. They do not have to be in sequence. (cart first, sort portfolio, find a restaurant)
3. Remove the (orange) description flow. Put your user flow description in this section.
User Flow

Flow 1
After getting a notification, Jim inputs his current stress level and writes a few sentences about what’s going on today.

Flow 2
Based on his stress level, the app recommends some strategies that Jim could use to lower his current stress level.

Flow 3
Later, Jim wonders what has been impacting his stress this week, so he looks on the history page to see when his stress has been highest.
Wireframe to Design

The following screens will be an exercise in replacing blocks with typography, color, and content. This is an iterative process as you will be working on the design, and then looking at it on screen. Here you will document your process as you weigh usability vs design aesthetics.

1. In the first screen replace the example with your first wireframe.
2. Begin designing the screens. Put them on the device and make adjustments necessary to create both a well balanced design and usable design experience.
3. Document each iteration, describe what you adjusted.
4. Place your final design decision in the final example box.
5. Remove all instructions that aren’t relevant to your work.
Design Study 01
Translated the wireframe to a mockup. The dark background made the text too hard to read on the phone.

Design Study 02
I removed the background color to make the elements stand out more, but it ended up looking too flat. I also realized that the targets in the slider bar were too small for a thumb.

Design Study 03
I tried a grey background next, but it ended up looking too dull. I also tried a light yellow background (not pictured) but it was too much of a contrast to the blue.

Final Design
I finally landed on the light blue – I think some contrasting colors need to be added somewhere, but the background isn’t the place for it.
Design

Wireframe
Strategy selection page.

Design Study 01
Translated the wireframe to a mockup.

Design Study 02
I put in the light blue background that I settled on in the last iteration, and went with a light yellow highlight.

Design Study 03
Increased the font size on the description, and the size of the button.

Final Design
I made the strategies the same width as the description, and slid the scroll bar off to the side.
Design

Design Study 01
Translated the wireframe to a mockup.

Design Study 02
Put in the light background, and tried the light yellow as a highlighting color but it wasn’t clear enough as a small dot.

Design Study 03
Bolded the date and scores in the description, and changed the arrows to buttons.

Final Design
Finally, I increased the font size in the description and moved everything up slightly.