



ANDRIANA BOWEN

483F | Spring 2019 | W 1:00-6:45 PM

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01 DESIGN BRIEF

PURPOSE

The purpose is to design an application that will monitor human emotions, physical and mental level, that will satisfy needs and desires of the application users

AUDIENCE

The audience are young adults, students, participants and anyone who has desire to use a particular application

MESSAGE

Release your stress, find peace in your mind. Everyone can be happy.

CONTEXT

The context of this application will be shown on smartphones or any other smart electronic device.

VOICE

The voice of this application should be calm, modern, innovative, simple, personal.

DESIRED RESPONSE

The desired response is to create an application that would have all the functions and options for every type of user.

Project 03: Health App Development

02 RESEARCH

Stop, Breath & Think

Meditation & Relaxation



Meditation & mindfulness to help you build the emotional strength and confidence to handle life's ups and downs. Stop, Breathe & Think, the app for daily meditation & mindfulness, has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel. ****Meditate daily with a community!** Over 4,500,000 downloads and 13 million emotional check-ins! Look no further for relaxation in free meditation apps! Our personalized guided meditation and mindfulness experience has been featured by the Today Show, Apple, and more.

[Link here](#)

Headspace

Relax, focus & manage



Headspace is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Plus, Sleep by Headspace helps you create the ideal conditions for a good night's rest. Get more from your day through mindfulness, be less distracted and reactive, and focus on the things that matter most to you. The Basics course is completely free and will teach you the fundamental techniques of meditation and mindfulness.

[Link here](#)

MoodTrek

Medical



MoodTrek is a mood tracker that helps you quickly share symptom history with your provider, freeing you to focus your time on what is important to you. More than just a mood tracker, however, MoodTrek also helps you track sleep, activity, and journal entries. By doing this together, you will begin to have insights into the subtle and not so subtle interplay between your mood, sleep level, and activity. To make this even easier, we have taken the hard part out of tracking your activity by integrating our app with Fitbit®.

[Link here](#)

Calm

Meditation and Sleep



Thanks for using Calm! This update contains multiple bug fixes and performance improvements including a night mode experience after you complete a sleep story, meditation, etc. Be sure to listen to our newest Sleep Stories including "Journey to the Stars" by celebrated actor and storyteller LeVar Burton for an awe-inspiring journey across our beloved solar system. And don't forget to listen to world-renowned actor Matthew McConaughey's dreamy story about the mysteries of the universe in "Wonder." As always, you can expect an original Daily Calm every day.

[Link here](#)

Habits

Louise Franco



Form good habits (and break bad ones) with a quick dashboard. Instantly know where you are awesome and where you need to focus. Get reminders to keep you on track. Add motivational photos to inspire you. Habits is the only app that lets you see the full history of all of your habits in an easy to use way. The Habit score represents your full history in a 0-100 score with your current activity counting more than your past. Doing your habit on time and more often increases your score. Unlike a recurring event in your calendar, a habit doesn't have to be done at an exact time.

[Link here](#)

03 KEY WORDS & EMOTIONS

Positive	Neutral	Negative
Excited	Apathy	Upset
Happy	Indifferent	Bored
Rested		Annoyed
Hopeful		Depressed
Love		Stressed
Calm		Anxiety
Balanced		Fear
Proud		Angry
Optimistic		Lonely
Caring		Grumpy

Project 03: Health App Development

04 MOOD MAPPING (ONE WEEK)

	AM											PM											Daily Total Mood						
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	5	4	3	2	1
W							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
TH							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
F							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
S							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
S							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
M							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
TU							■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	5	4	3	2	1
Mood Mapping Sheet																													
Student Name: Andriana Bowen																													
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="display: flex; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: red; border: 1px solid black;"></div> excitement</div> <div style="width: 15px; height: 15px; background-color: yellow; border: 1px solid black;"></div> calm</div> <div style="width: 15px; height: 15px; background-color: blue; border: 1px solid black;"></div> worry																													

 5 (4) 3 2 1
 Weekly Total Mood

05 PERSONA

Andriana Bowen - CSUF MAF Student



ANDRIANA

Gender: Female

Major: Graphic design

Education: OCC; CSUF

GOALS

Wants to learn how to reduce stress

Wants to maintain regular sleep hours

Wants to learn how to meditate

Wants to get better focus

CHALLENGES

Very busy schedule that not allowing to relax

Has a lot of projects that make her stay up late

Active and fast life style which makes hard just sit still

Projects are overlapping and switching back and forth make lose focus

HOBBIES

Walking by the Beach

Oil painting

Take pictures

Cooking and eating

Watching movies

Play tennis

SOCIAL/DEVICES

Instagram

Facebook

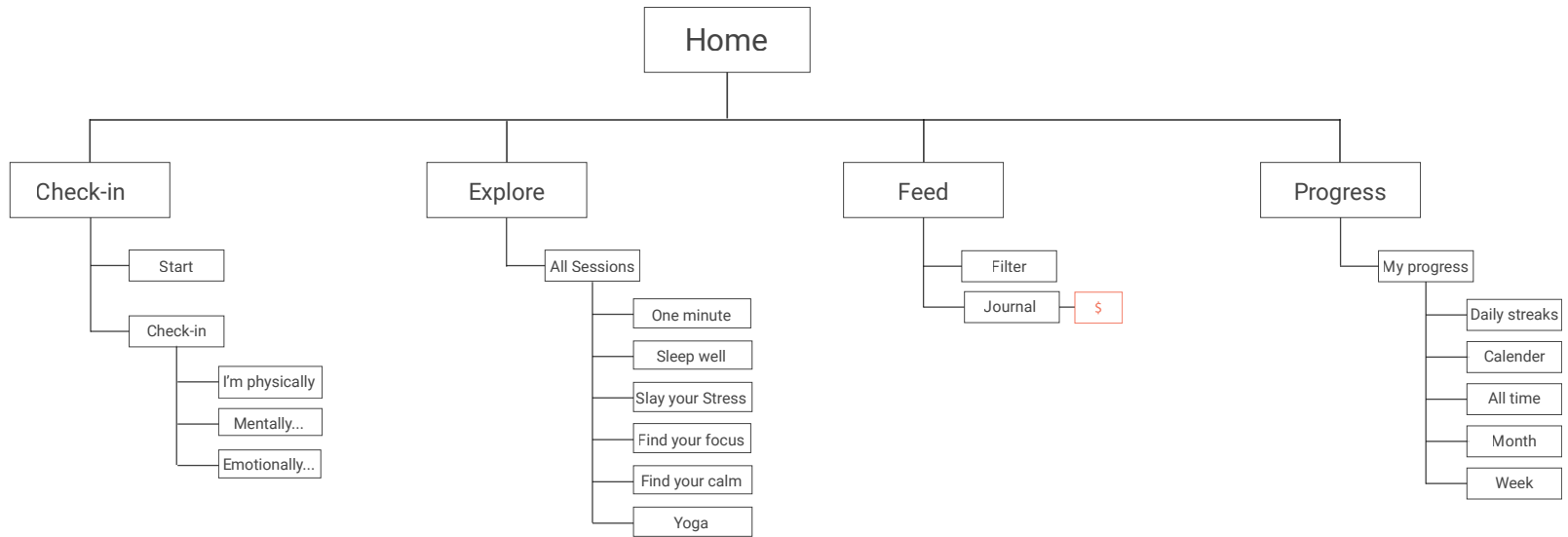
Pinterest

Google

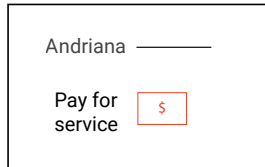
iPhone

Laptop

06 USER MAPPW



Legend:



07 USER JOURNAL

