

Take a Break App

A New Way to Manage Your Break Time at Work

Designer: Nuo Xu

Project Duration: 6 months

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Project Summary

This project began with my personal experience, where I often forgot to take my regular breaks when I was busy at work. To find the possible solution for users similar to my experience, I decide to create a mobile app that will help users to take regular breaks at work. Through the whole process from the user research, analysis of the findings, refine the concept, sketched out ideas to prototyping, testing, and Iterations. I am the UX/UI design on this project from end-to-end.

Platforms: React Native
(iOS/Android)

Disciplines: UX, UI, User Research,
User Testing, Prototyping

Tools: Figma, InVision

Problem Overview

According to a study in the Annals of Internal Medicine, published in 2017. Participants who often sat longer than 90 minutes at a time were about twice as likely to die than those who always limited their sitting time to less than 90 minutes at a time.

My project focused on the challenge of helping office workers maintain a balanced and healthy work by encouraging take regular breaks at work using my app.



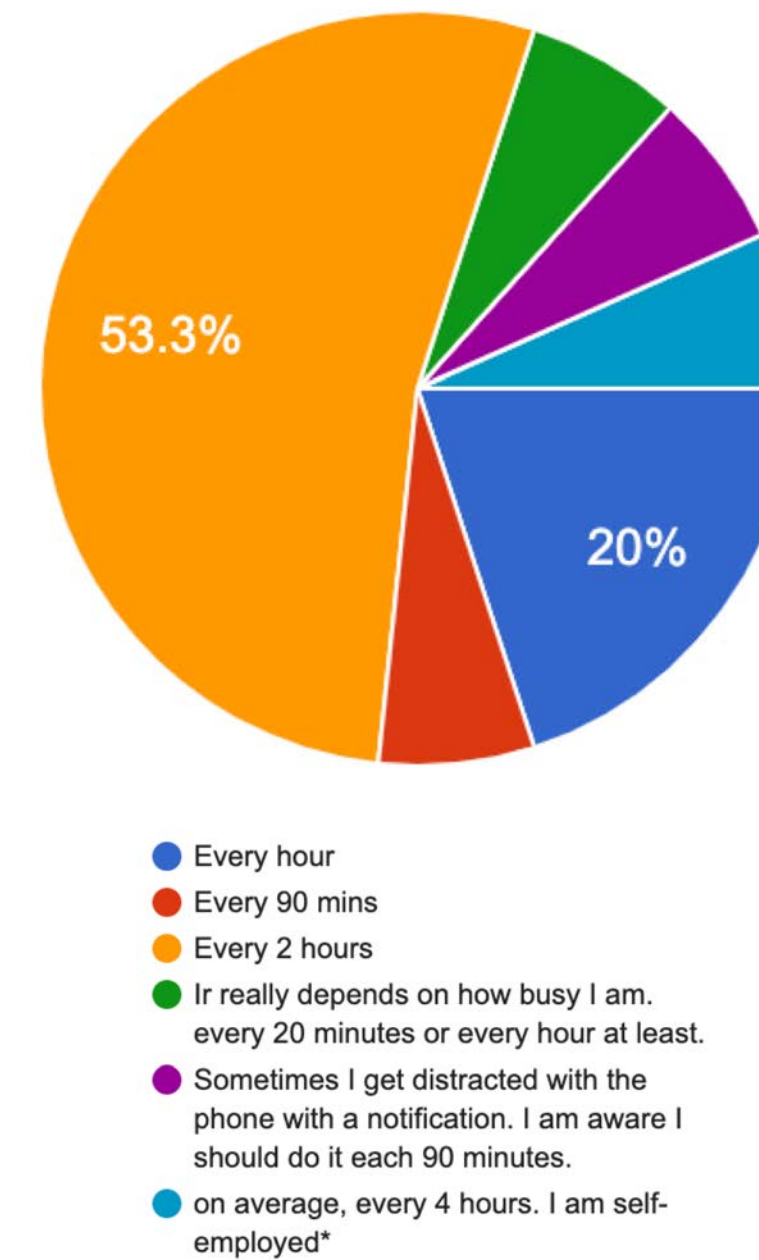
Discovery: Research & Analysis

During this project, I gained a few key insights through user interviews and surveys:

- 53.3% of the users like to a break in every 2 hours whereas a healthy break time should be every 90 mins or less, and 73.3% of the user doesn't use any apps for break reminder
- Over 50% of the users are likely to skip a break when they are busy at work
- 26% of the users say too frequent reminder cause frustration
- For user who likes to use an app for a reminder, they prefer fewer complications and fast responses for the app

These insights meant that the current app or methods for break reminders do not work effectively for most users. The users have a hard time maintaining a healthy balance between work time and break time.

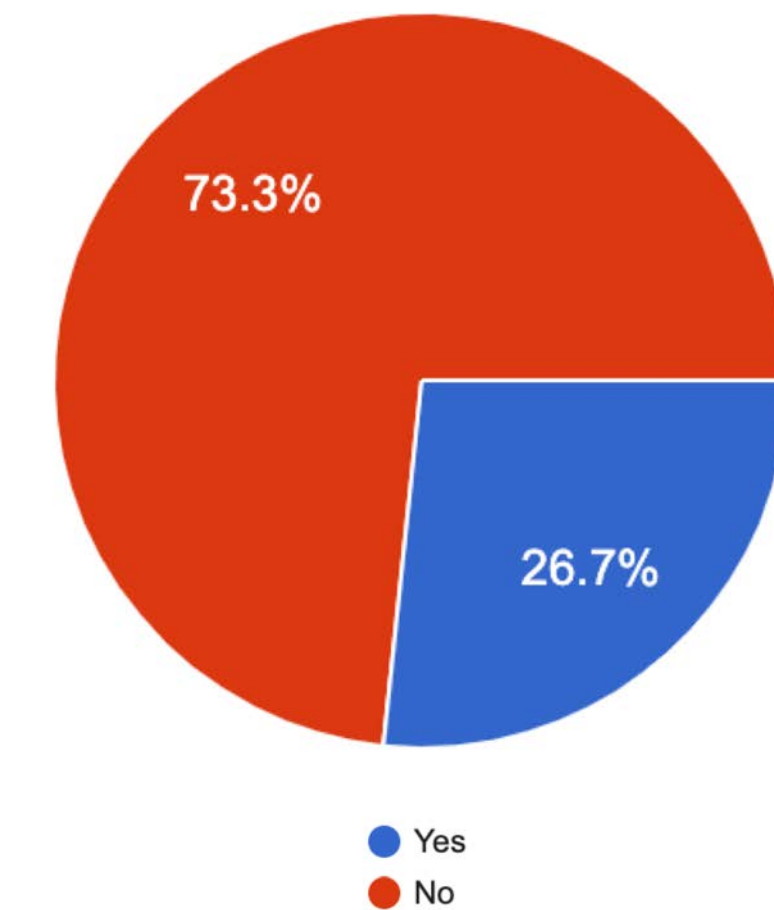
How often do you usually take a break?



“I prefer to take breaks during tasks, because I want to finish what I was doing first.”

Participant 1

Have you used any apps to help you remember to take a break?

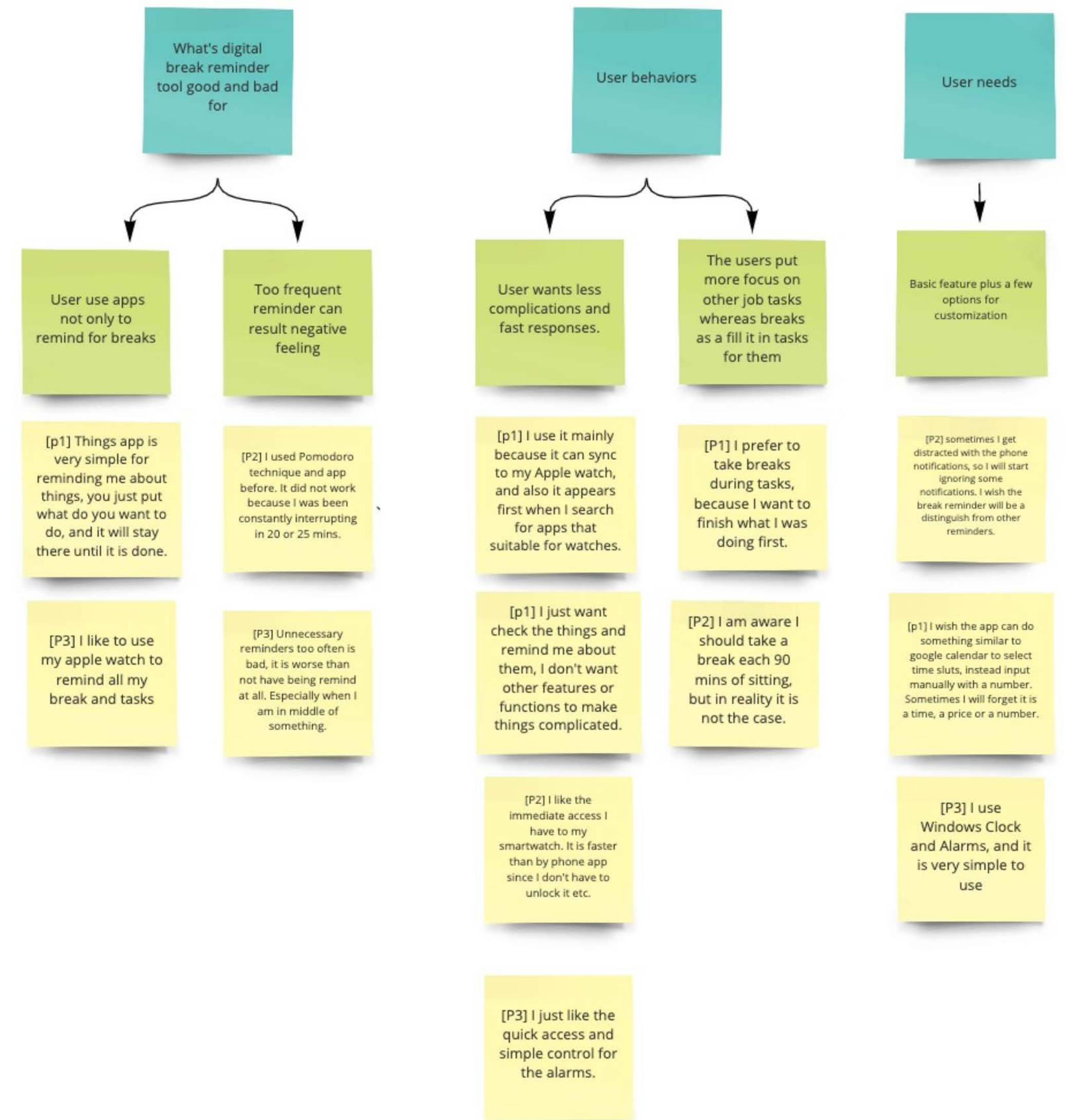


“Unnecessary reminders too often is bad, it is worse than not have being remind at all. Especially when I am in middle of something.”

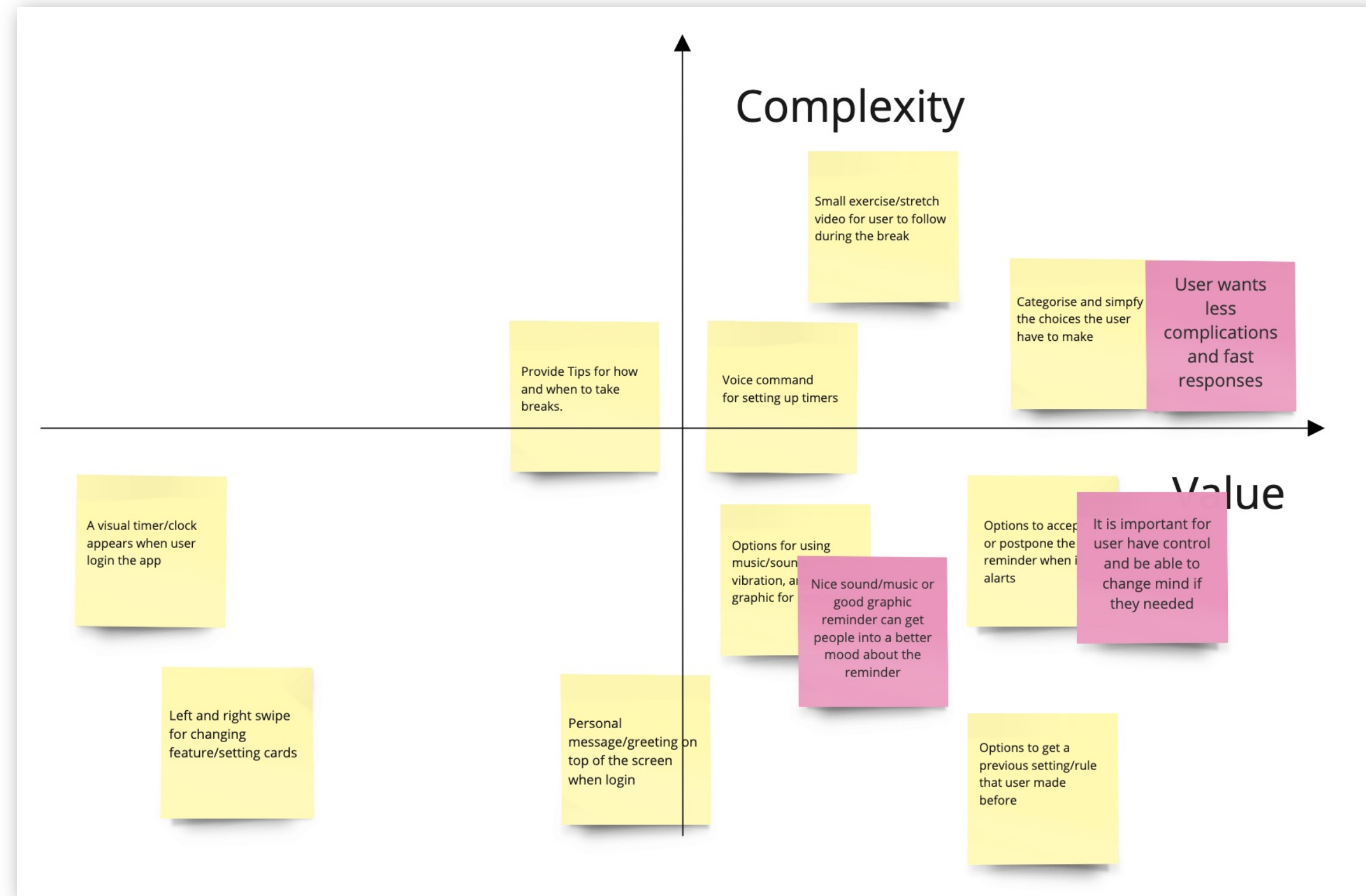
Participant 3

Discovery: Affinity Diagram

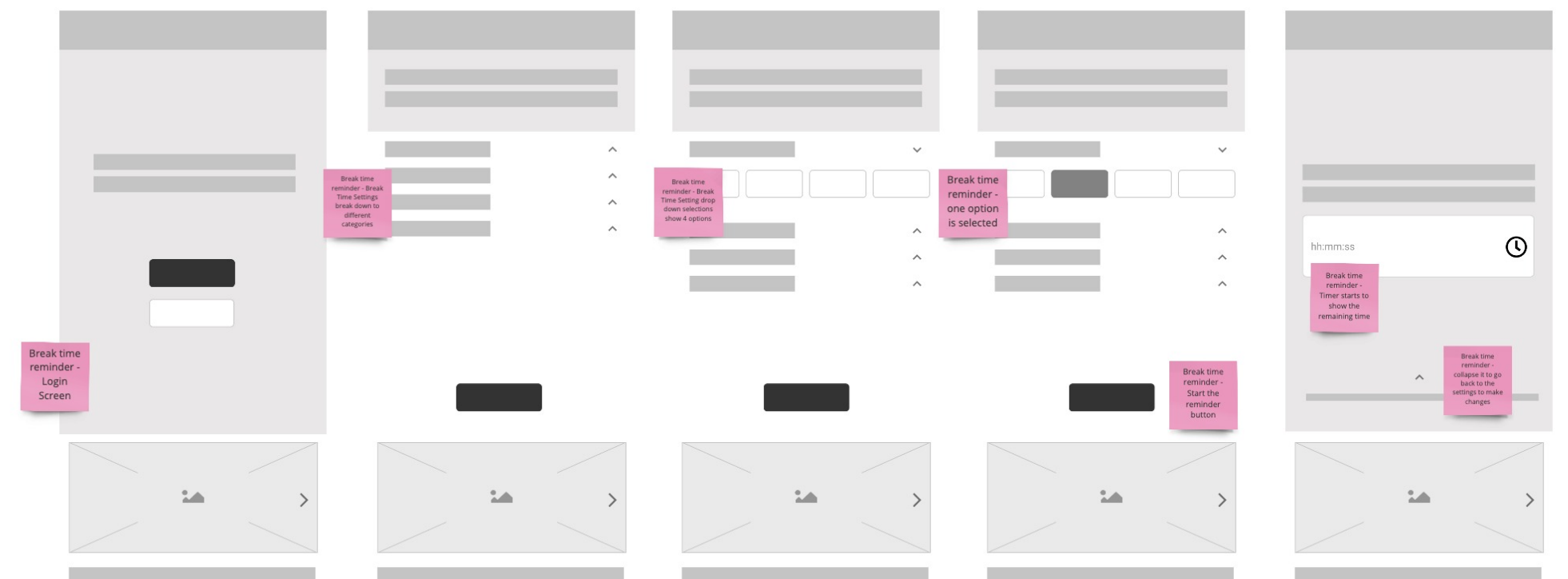
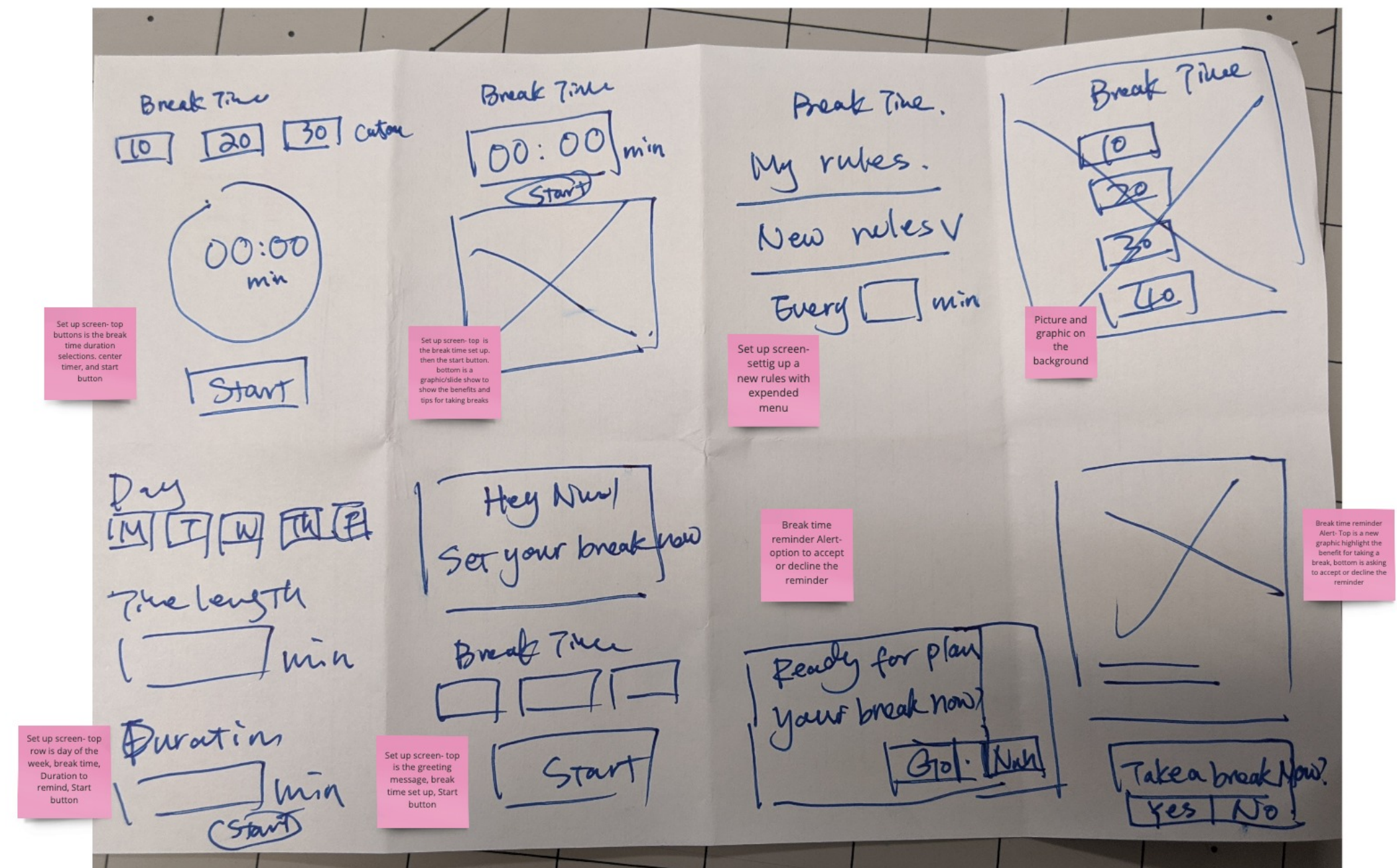
These key findings helped focus the design solution on creating an app that encourages the user to take regular breaks with easy navigation features.



Concepts & Sketching



Feature Prioritization

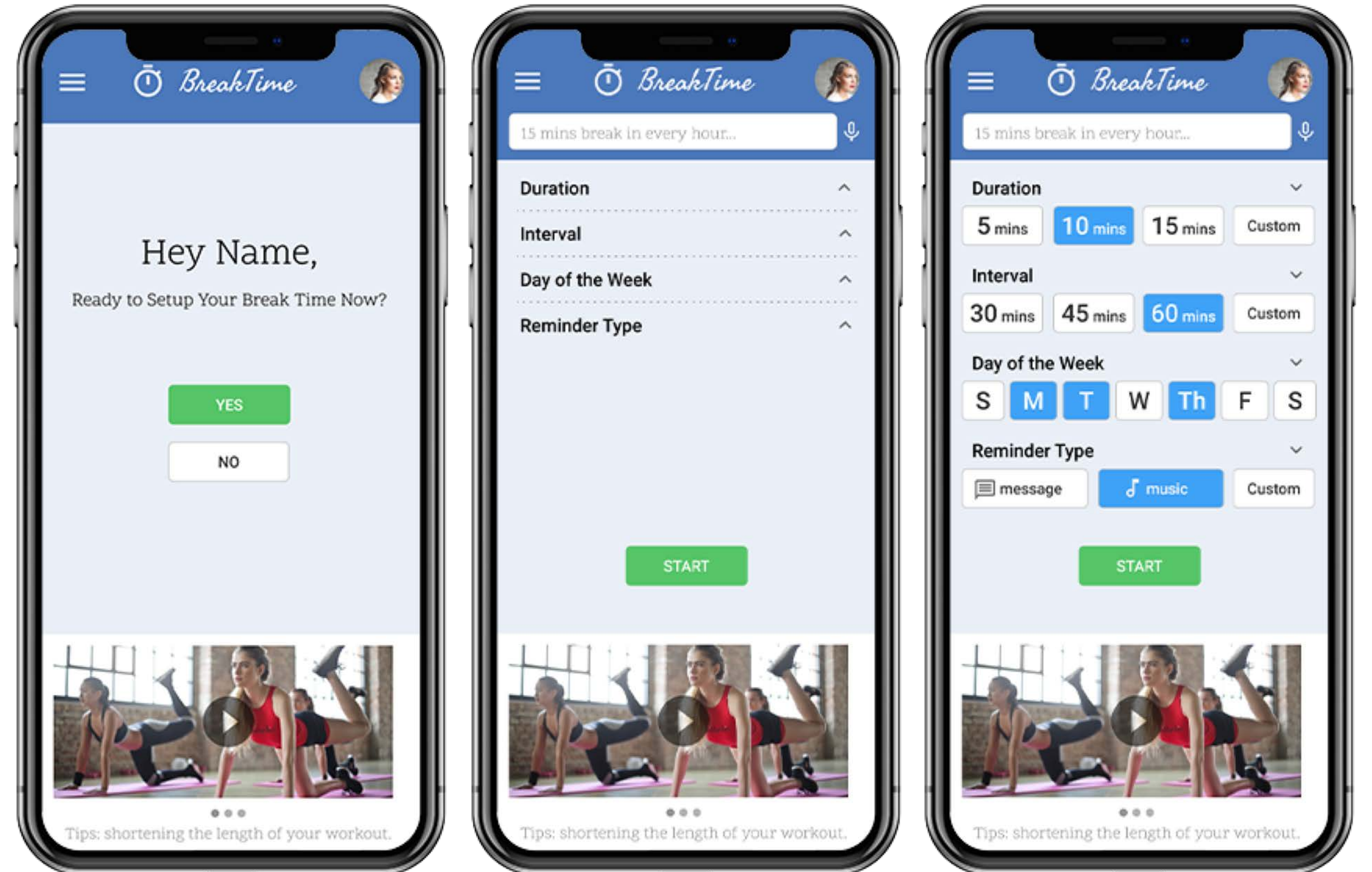


Sketching & Digital Prototype

Develop: Prototyping

For the high-fidelity prototyping, I began with the exact replicate of my sketch.

Test it Out

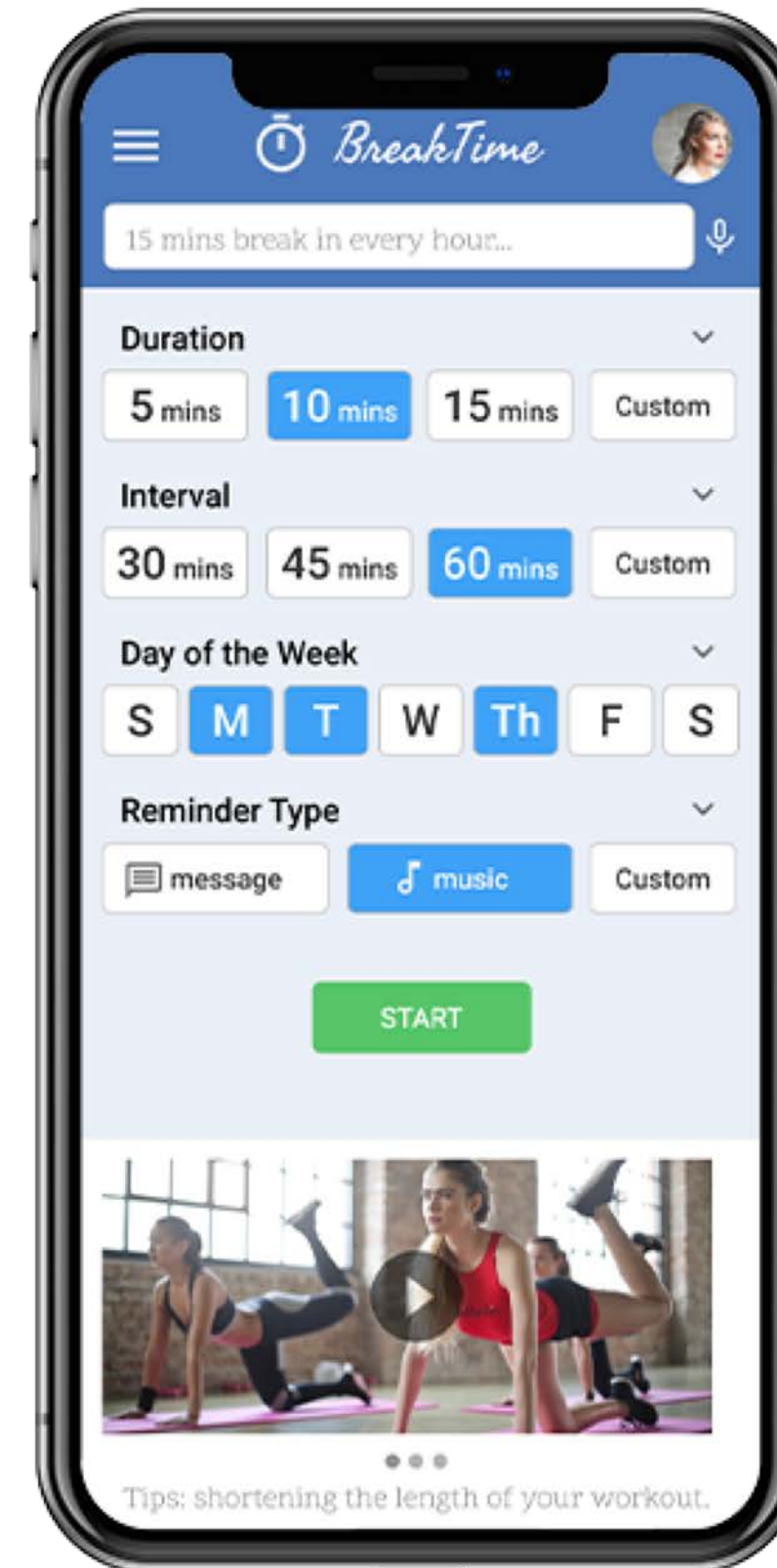


1st Design

Test: Validation, Usability, Feedback

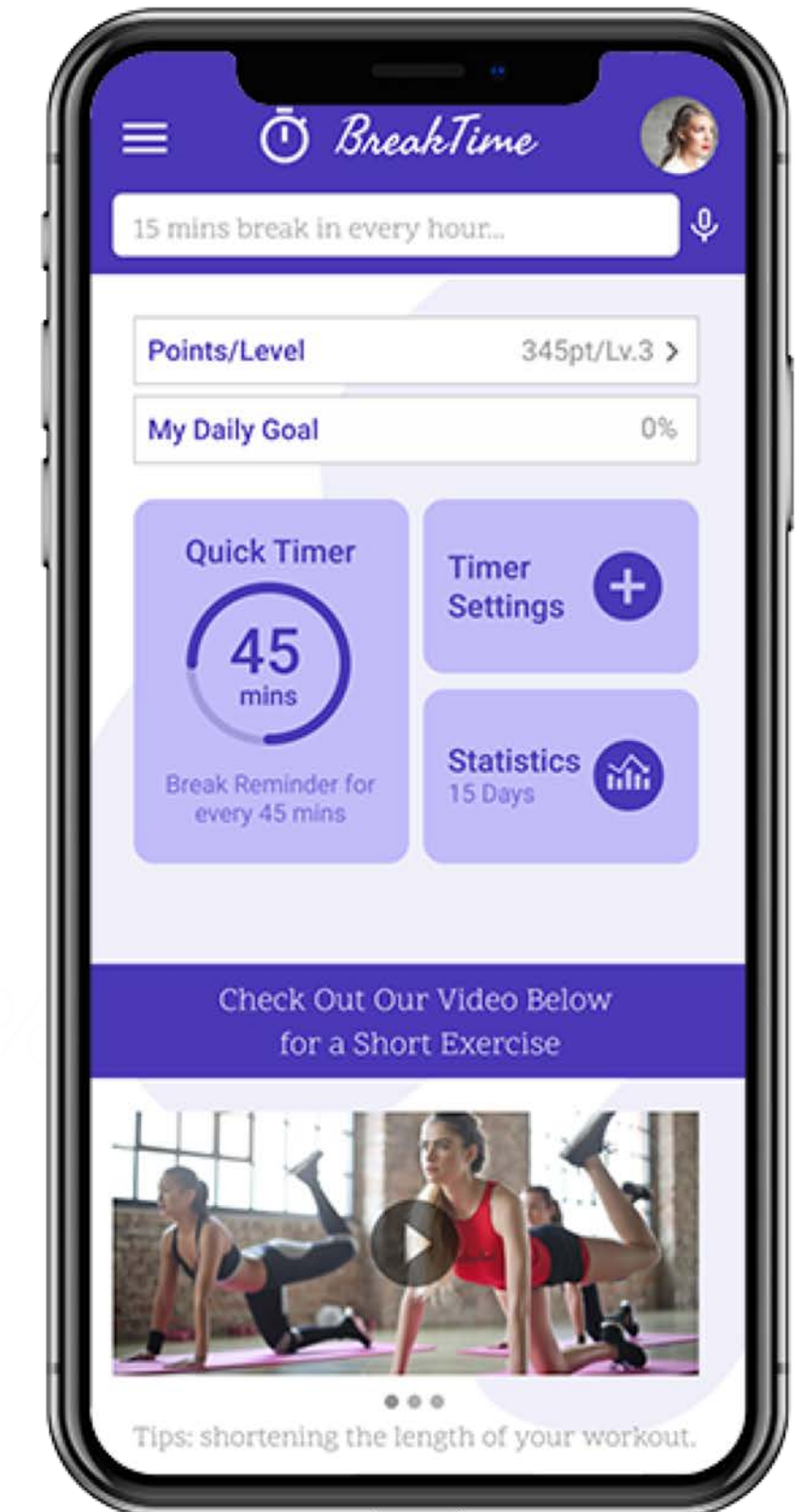
While the 1st design works fine with the initial concept, I realized I focus too much on designing the specific settings screen for users who may only want access to a preset timer quickly. Going through all the settings each time may cause too much work for these users.

On the aesthetic side, 1st Design is not very attractive in color choice and layout. After receiving users' feedback and getting UI inspiration from mobbin, I made my first iteration by updating the color theme and rearrange the elements.



1st Design

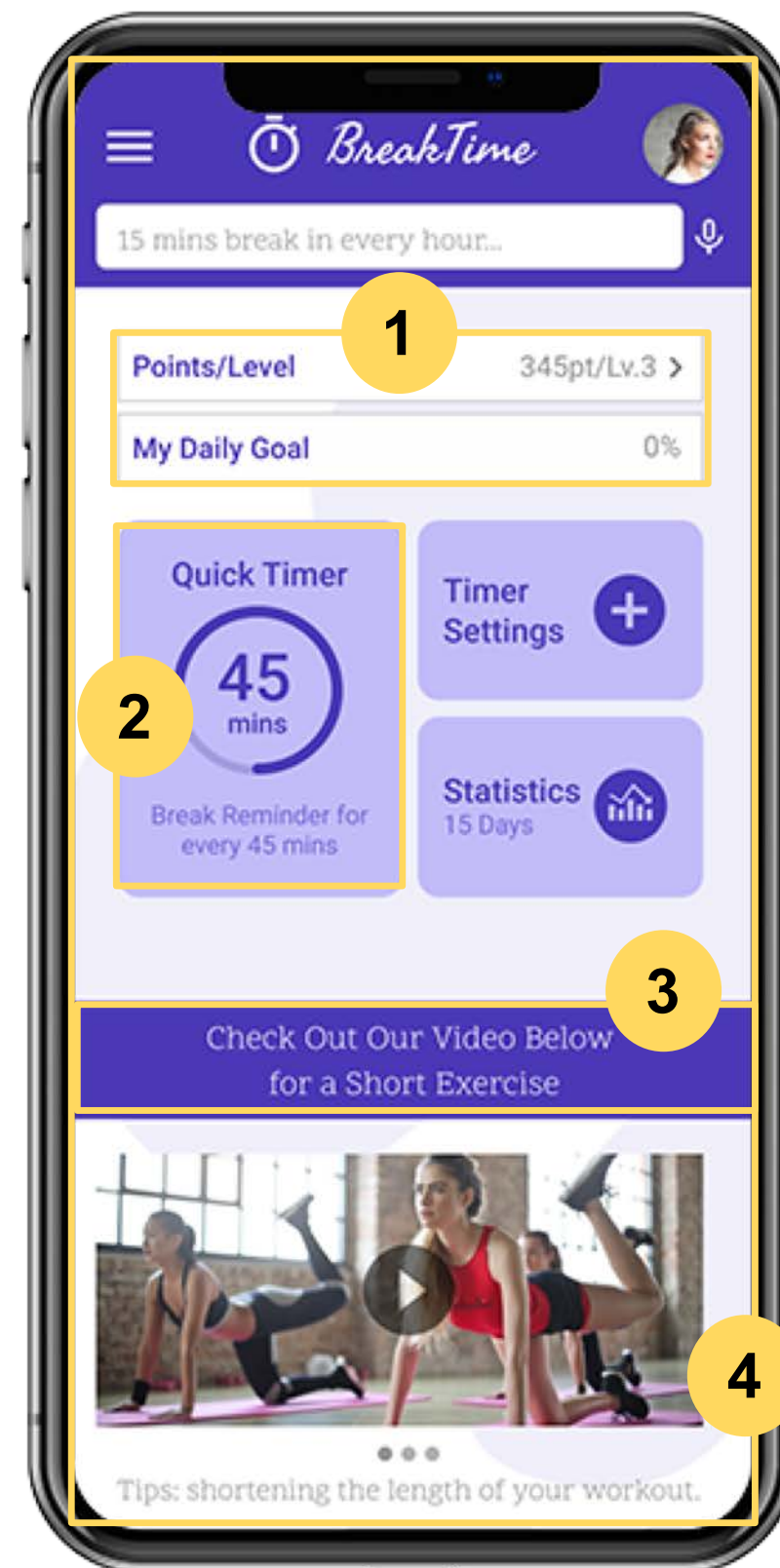
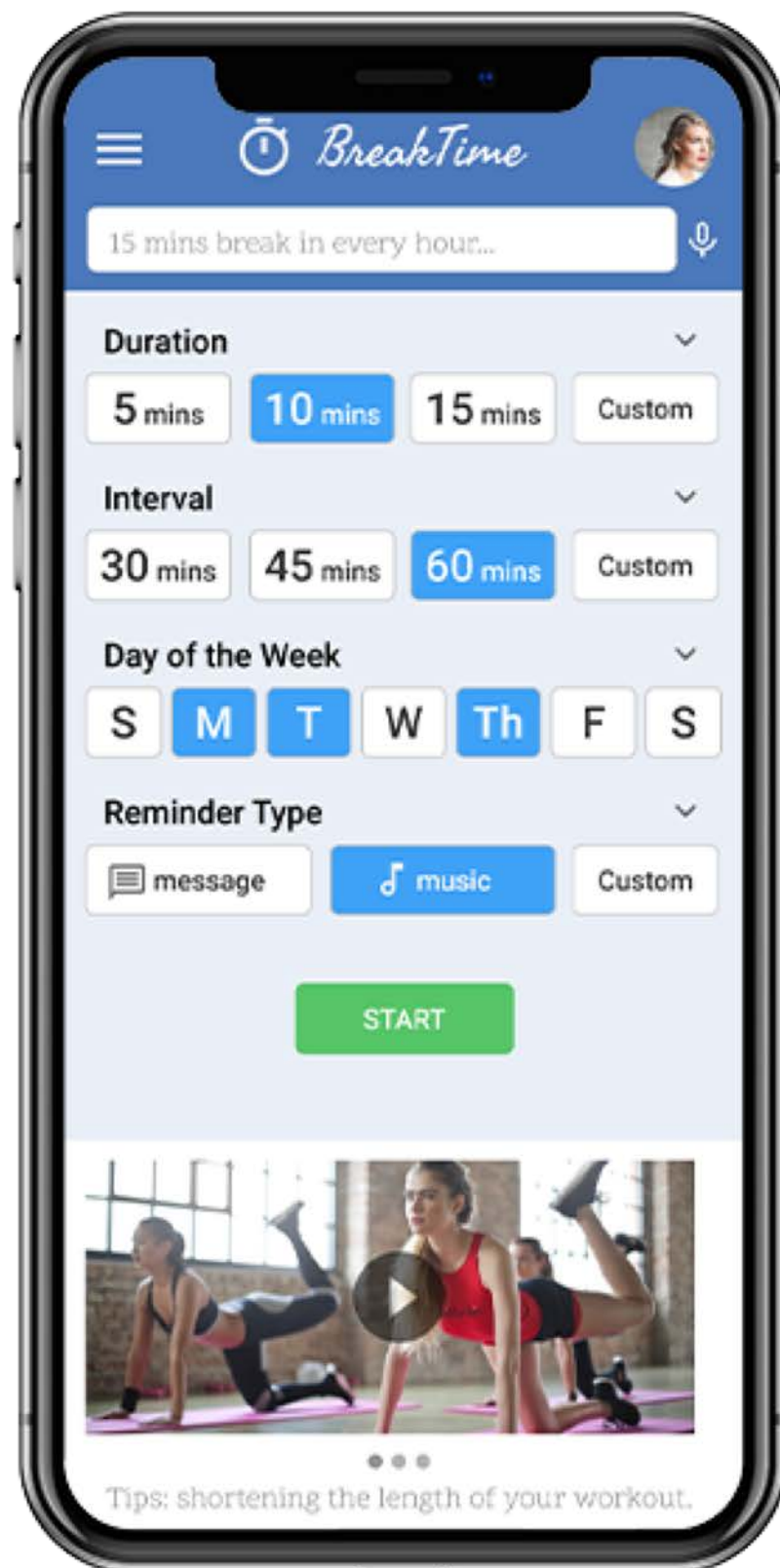
25%



Iteration 1

25%

Design: Iteration



Iteration 1

- 1 Including a Points/Level and Daily Goal Checker to motivate the user
- 2 Adding Quick Timer Option to allow users to start the preset timer quickly without getting to much detail about making choices for the settings
- 3 Adding a clear hint for user to click on the video
- 4 Changing the overall color scheme to purple to give a more soft and relax feel

Test: Validation, Usability, Feedback

Test Insight

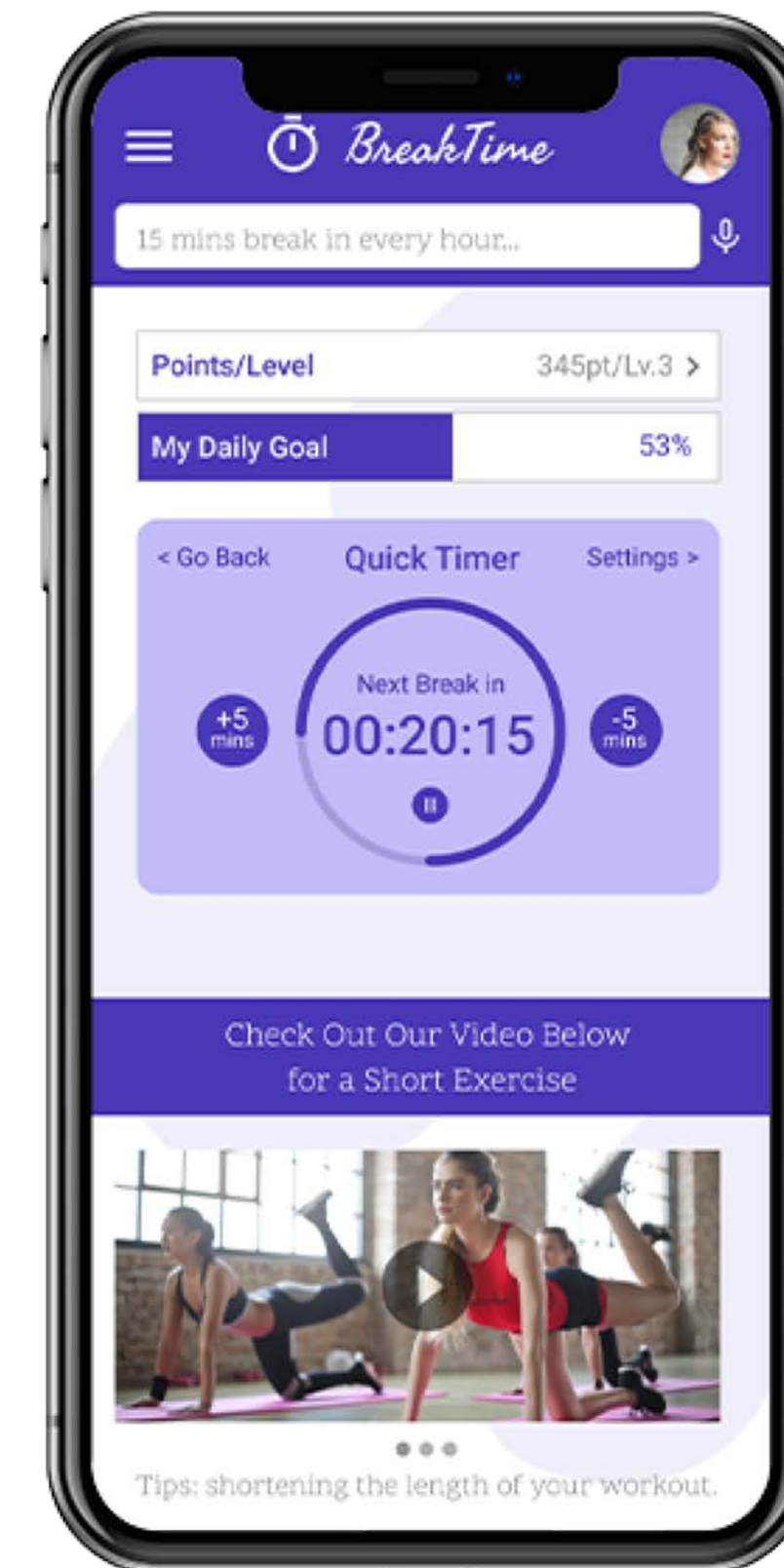
To test my Break Reminder App, I am using Lookback to recruited 10 users from Udacity community. I would like to learn how the users will interact with my app and what improvement that I should make.

Top Findings & Recommendations

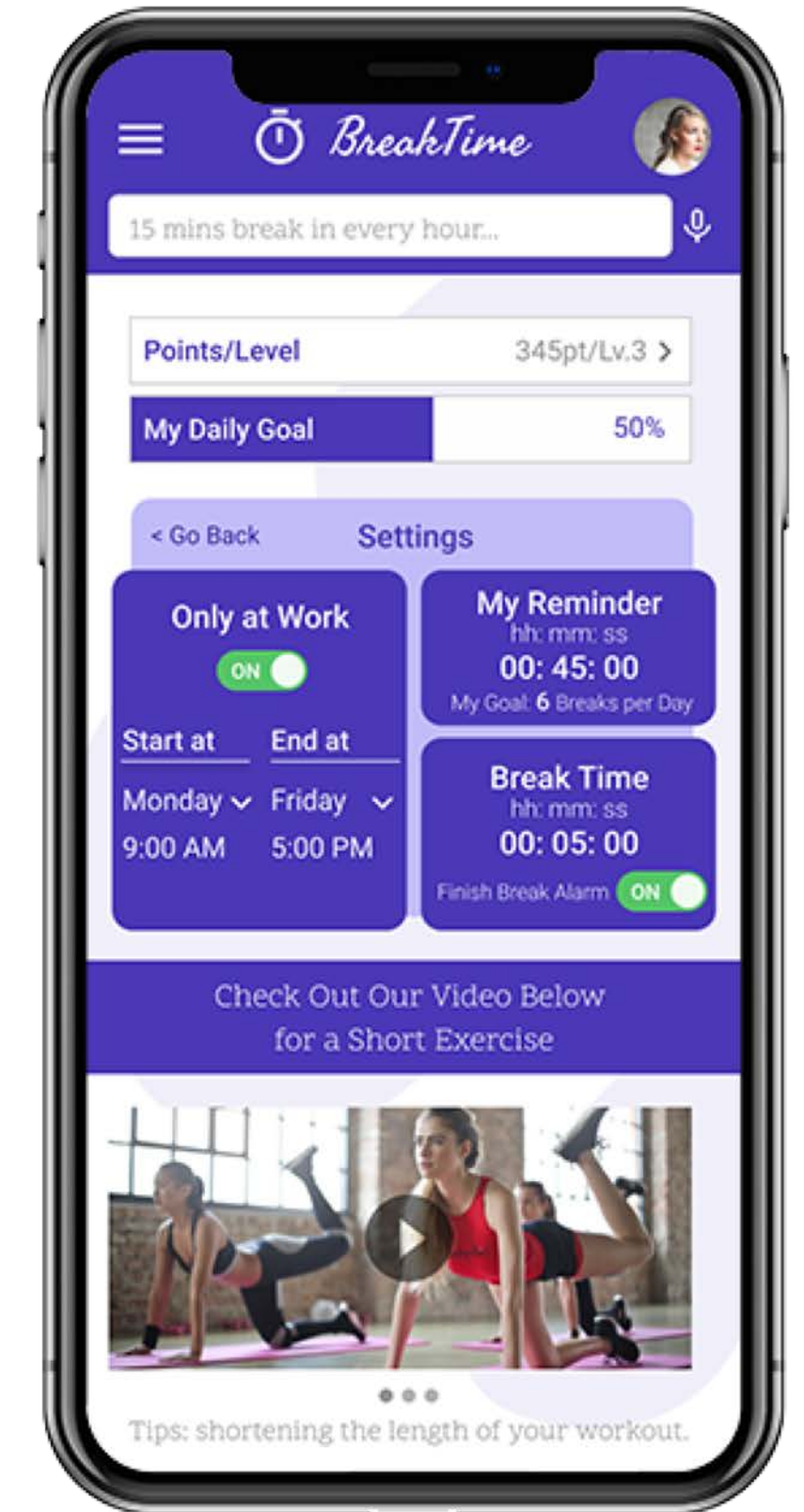
1. The content is crowded with some of the font hard to read
2. Labeling need to be consistent and easy to understand
3. The way to exit is confusing some of the users

Next Steps

1. Using dialog screen to keep the user focus on one task at time
2. Make the labels consistent
3. Put the exit (x) sign on each dialog screen, as well as allow the user to click the outside dialog area to return back to the main screen.

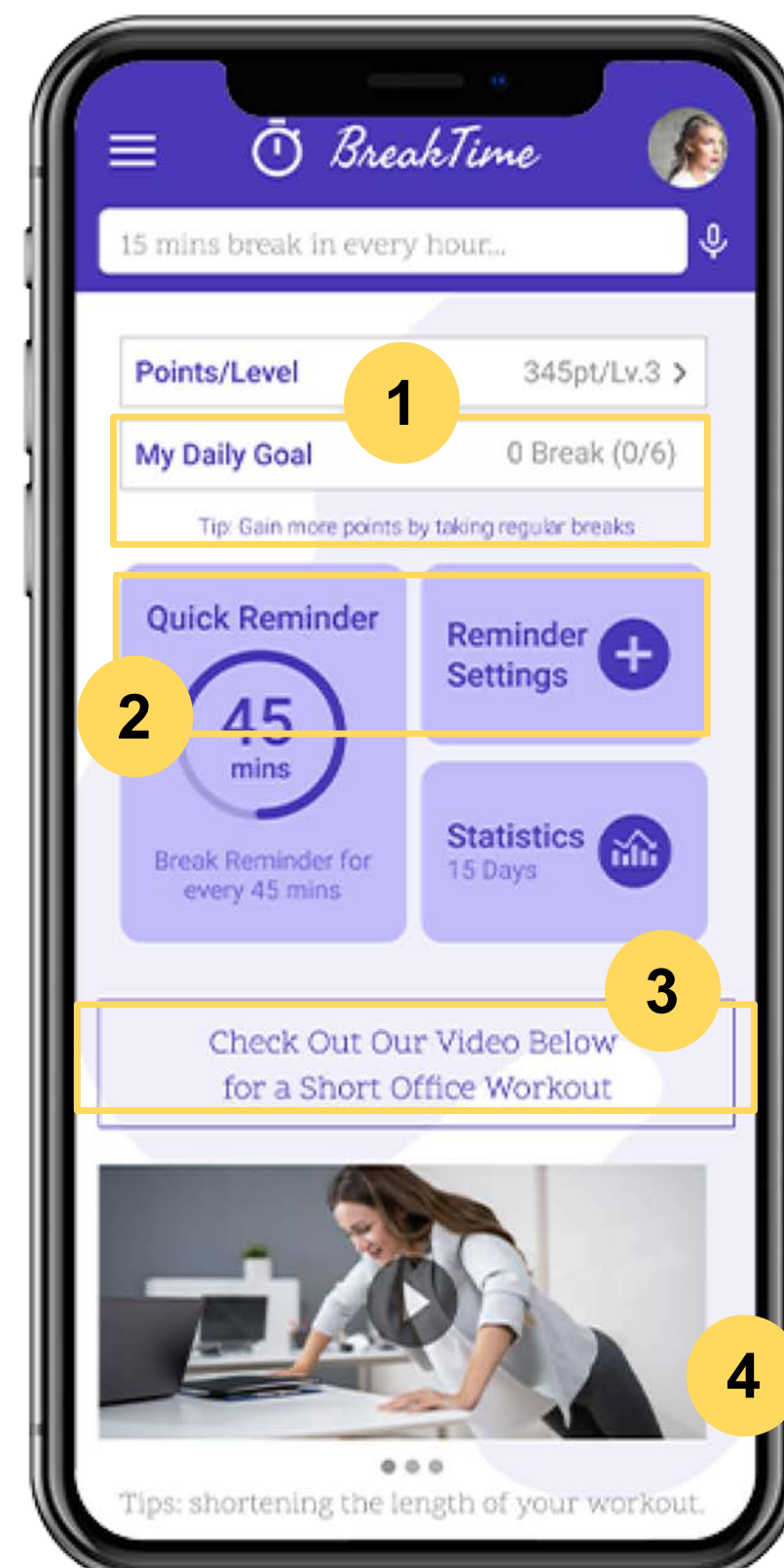
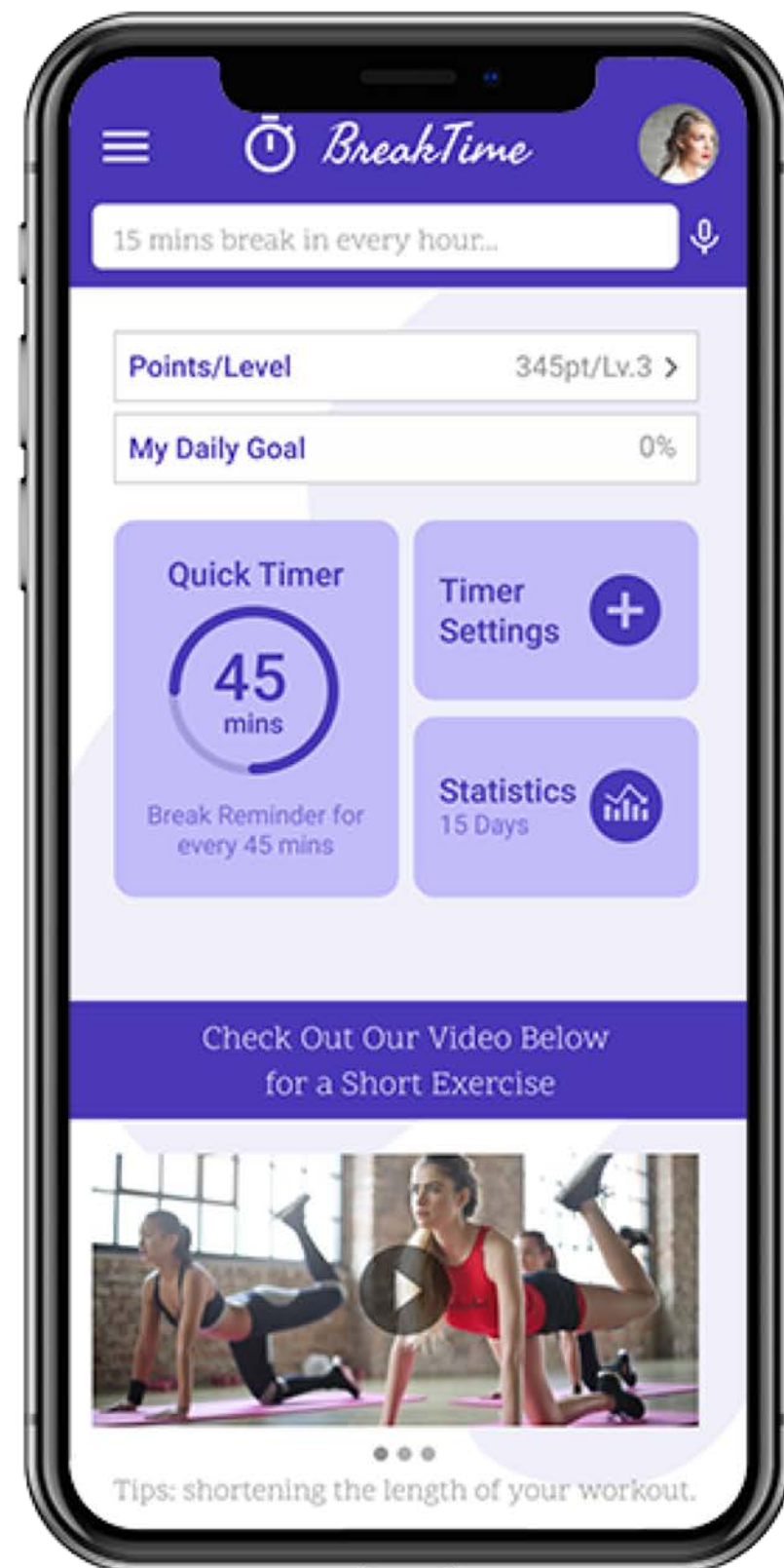


Example: 3 out of 10 users think it would be much easier to navigate to dialog screen



Example: 4 out of 10 users think this screen is crowded and takes a longer time to understand each component.

Design: Iteration2



Iteration 2

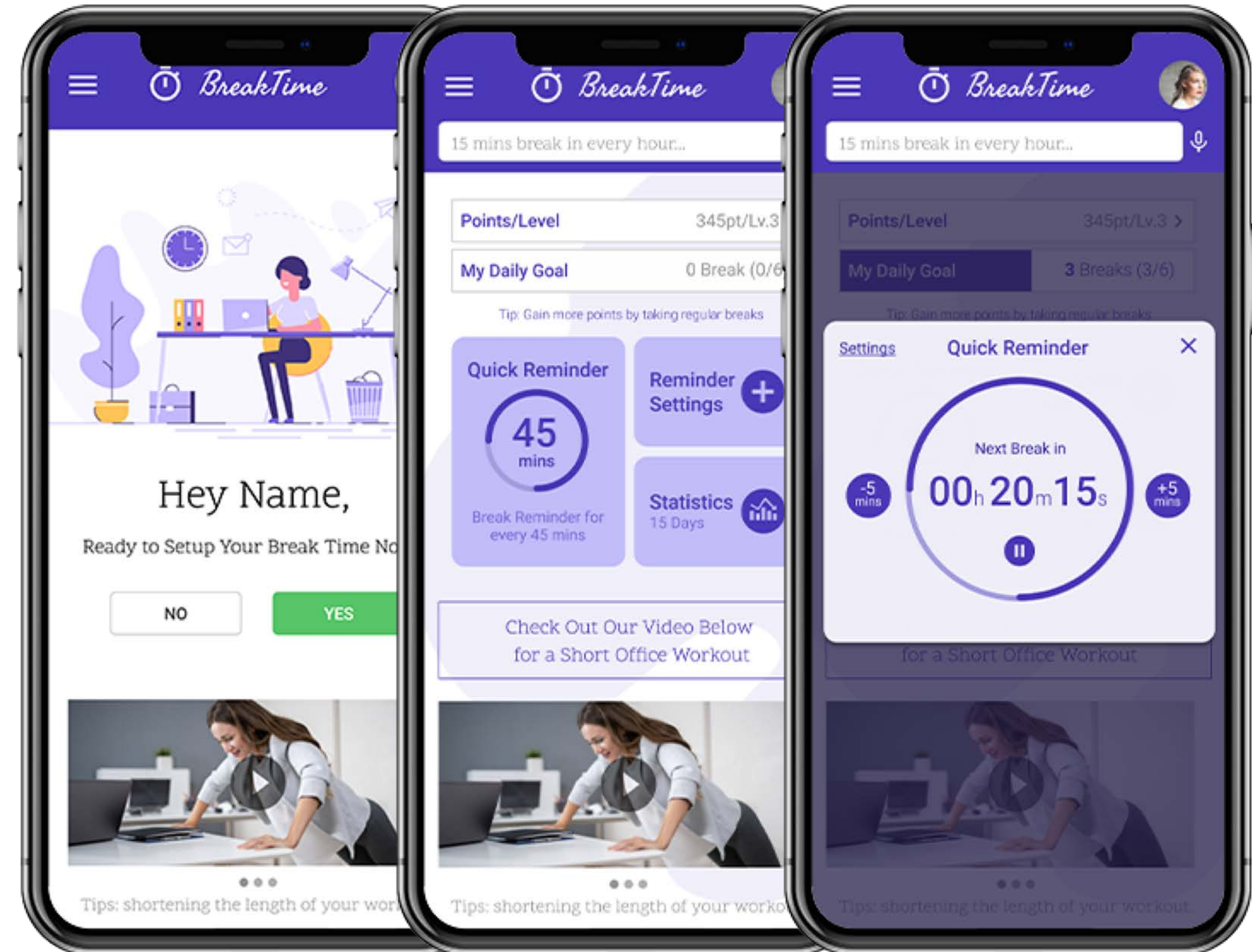
- 1 Make less confusing by change the break count as # of breaks instead of percentage (%). A message under it to encourage the user to keep on track with their goal as well as keep using the app
- 2 Change “Timer” to “Reminder” all cross to keep consistency
- 3 Tone down the video hint by changing the solid purple to a box
- 4 Using an office workout photo to communicate the idea of exercise at work is doable

Solution & Impact Overview

After two rounds of Iterations, what you see on the right is the final solution.

Test it Out

As a new designer to the UX/UI field, doing this project has been a great journal. The most important lesson that learns from this project is things are not always going as planned, and consistently listen and understand user's needs is essential to improve the design over time.



Nuo Xu

Hello, thank you for stopping by. I am a graphic designer with eight years of experience. UX/UI is the new direction that I dive into. I love to solve challenging problems and provide designs that could stand the test of time.

I have extensive experience in both print and digital advertising, as well as working closely and collaboratively with different teams. These past experiences help me get more curious about understanding user needs and how to provide the best solution. In my free time, I enjoy reading books, trying out new food, or walking on the trails.

I am looking forward to being part of a project that positive impact on people's life. If you like to chat or connect, feel free to reach out to me.

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