

REBECCA SHULTZ

UX DESIGNER

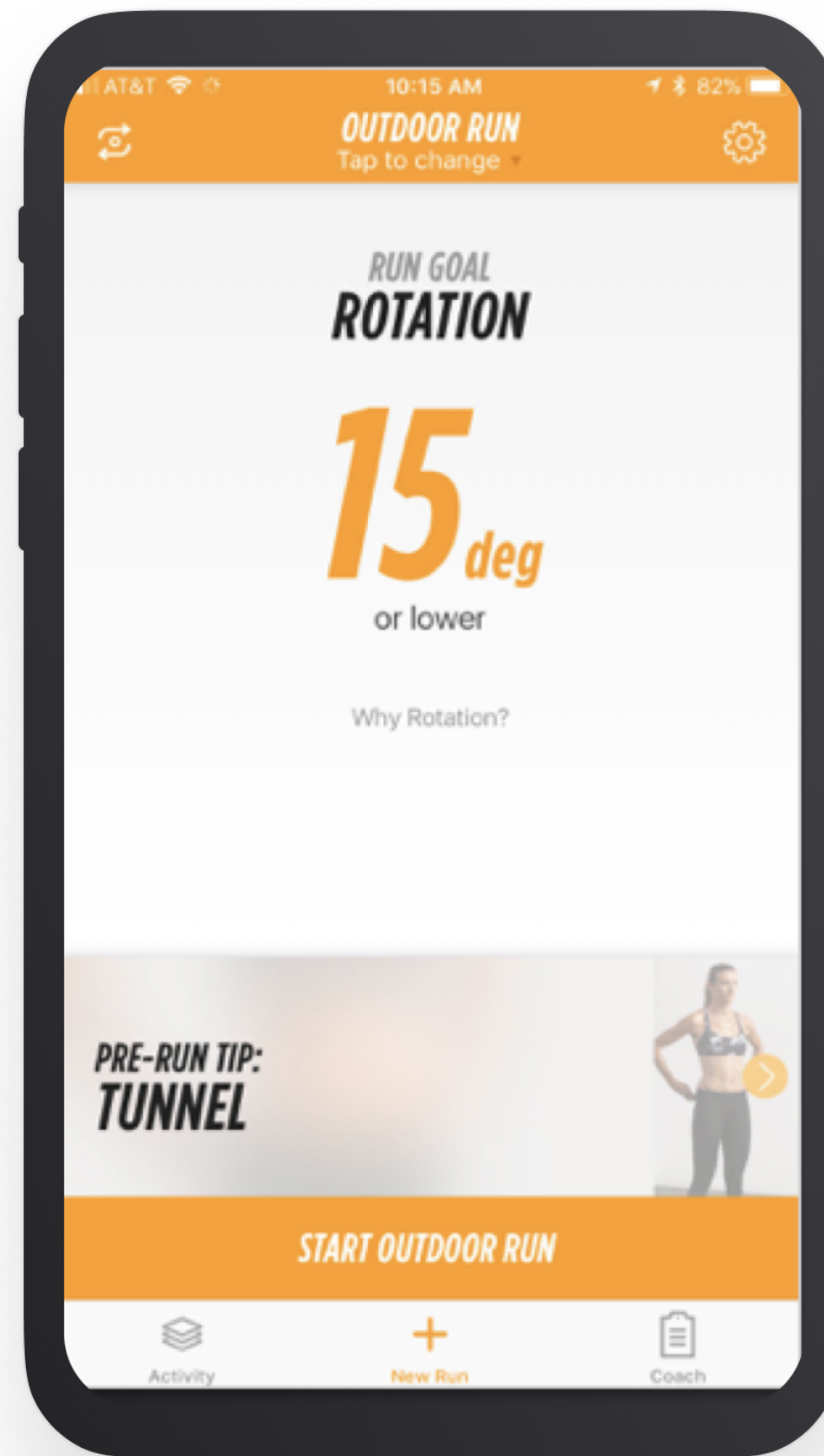
Biomechanist (PhD)

Health Coach, Behavior Change Specialist (ACE)

I'm a user experience designer that is skilled at transferring coaching and behavior change principles into actionable and rewarding experiences. Over the last 7 years, I've used human center design principles to incorporate behavior design in the sport and wellness space. I enjoy using my knowledge and experience to create ecosystems that support athletes in becoming the best athletes they want to be.

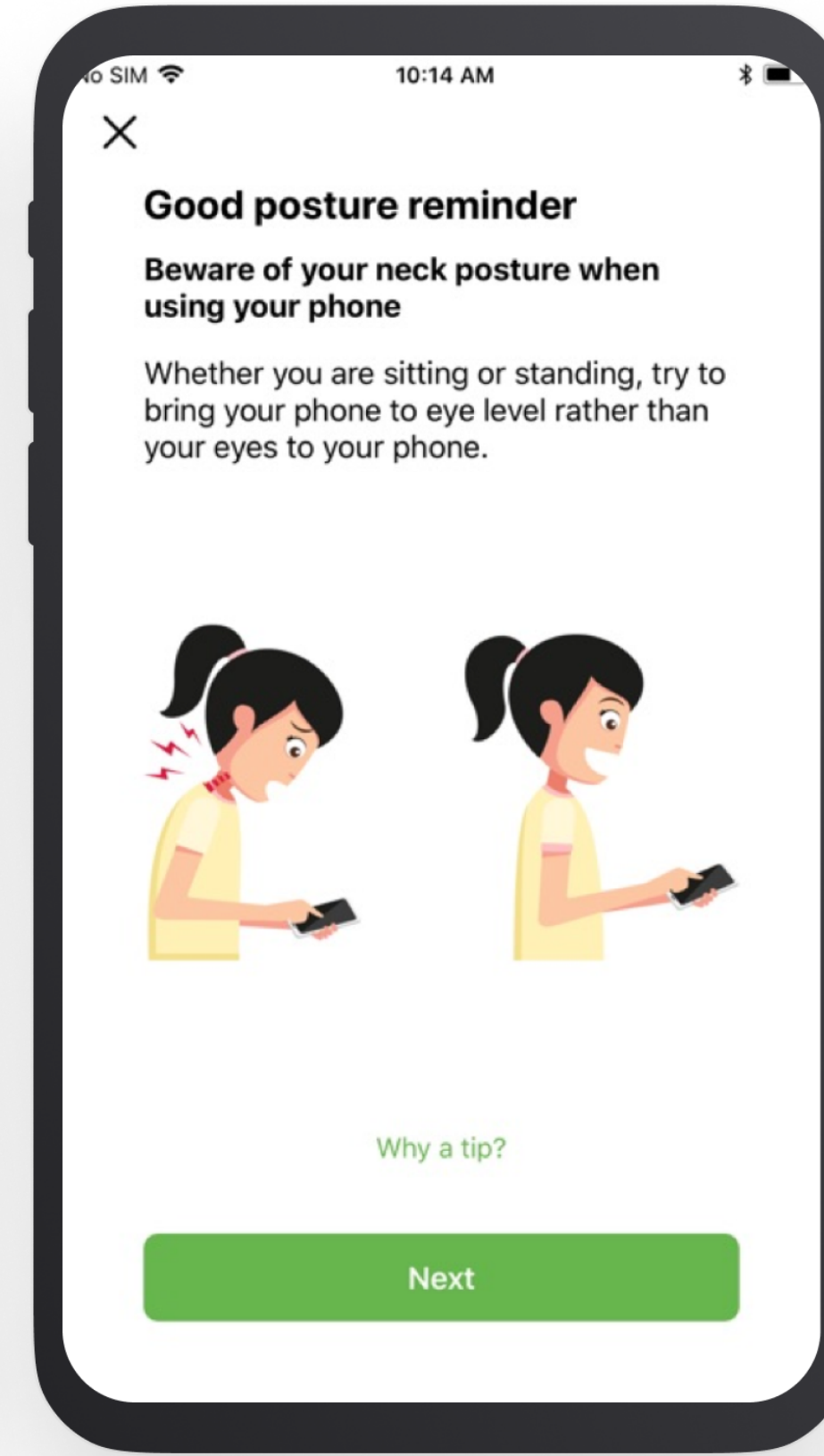
MY SELECT PROJECTS

The following are a selection of projects from my portfolio of work to demonstrate my range of skills and experience as a UX Designer and Researcher.



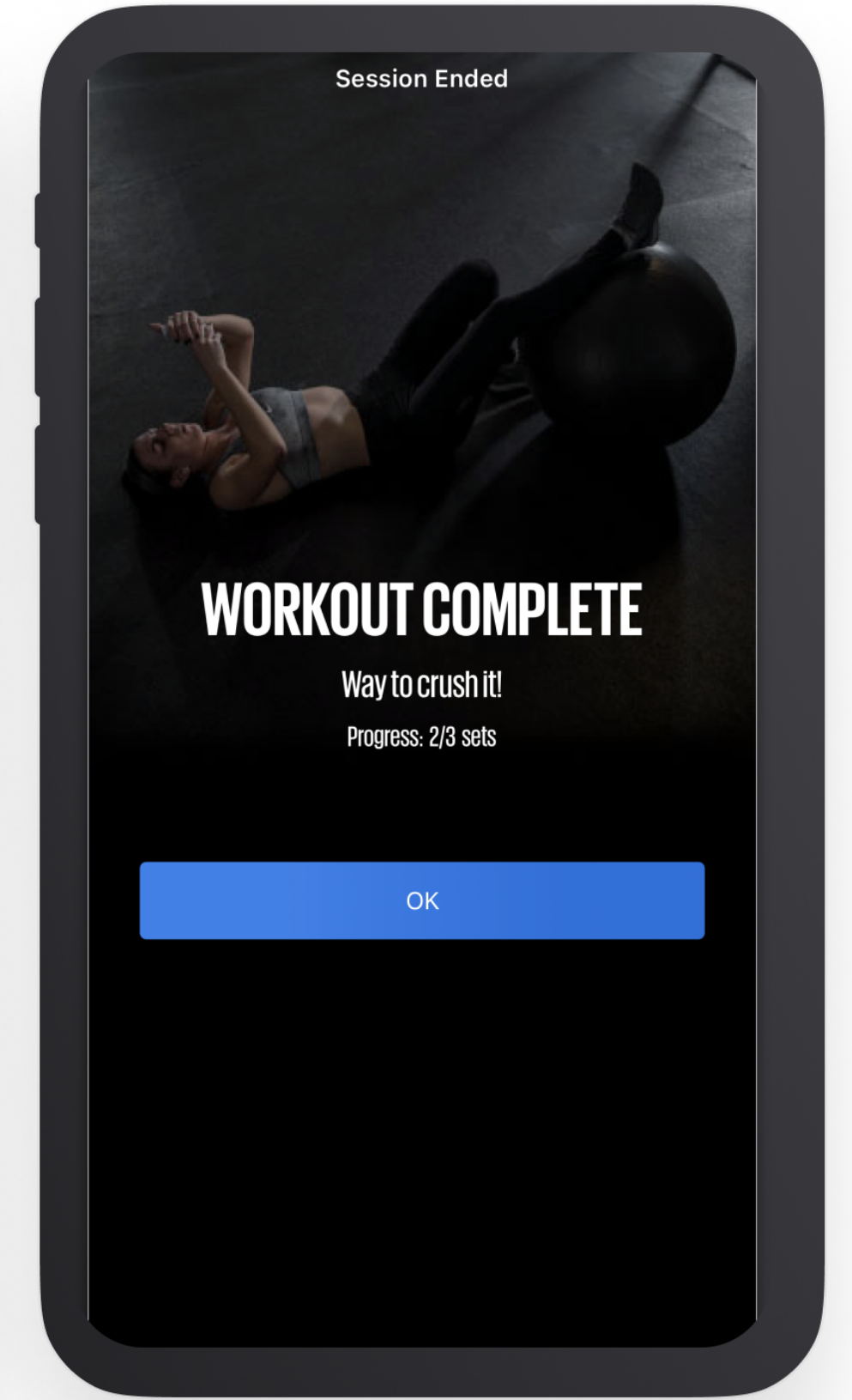
Lumo Run

Better Form, Better Results



Lumo Lift

You Slouch, It Vibrates



Athos Training System

Build Better Athletes

LUMO RUN

REAL TIME AUDIO COACH

A key feature of Lumo Run is the real-time audio coach that helps runners improve their form while running. The complexity stems from needing to strike a balance between “coaching” the runner and giving them an “unplugged” experience.

MY RESPONSIBILITIES

- Lead Designer on the audio framework and sequencing
- Created the content for audio cues and tips
- Drove the development cycles of the audio experience

TIMELINE & TEAM

- One Developer
- One Designer / Product Owner
- Three months to design, conduct user research and build audio experience

REQUIREMENTS

- Audio experiences are very personal and require tremendous user research.
- A customized experience requires users to have access to many setting features, which generally is avoided in most product design.
- Negative and positive feedback should be an equal part of the experience.
- Runners need to work on one metric at a time in order to reduce cognitive load and focus on improving one neuromuscular pattern



REAL TIME AUDIO COACH

USER FLOW OF "CHIMES" EXPERIENCE

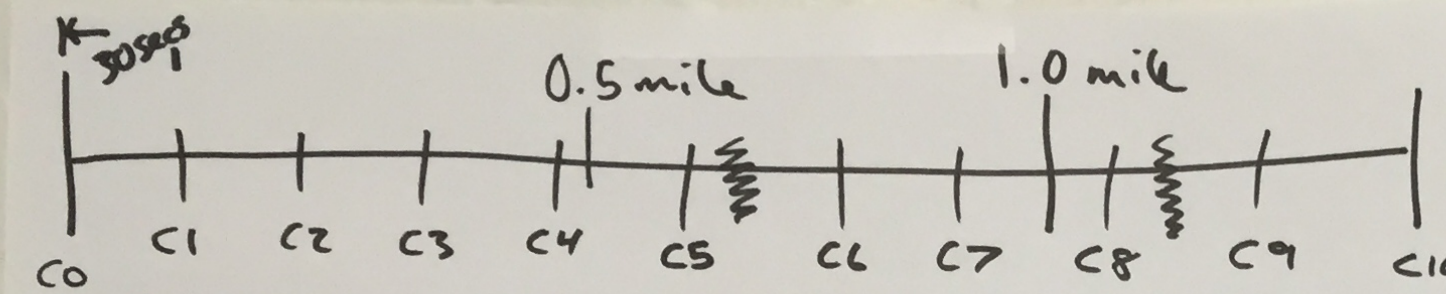
- Chimes are used in the audio experience to tell a runner when they have fallen below their run goal for the day (e.g. 180 steps per minute) or succeed the goal.
- The flow here demonstrates the early ideas of when users might receive chimes and verbal messages.

KEY OUTCOMES & HIGHLIGHTS

- Positive physiology, focusing on a runner's strengths, needed to be a main part of the experience.
- Runners want to know where they are at, if something has changed and then do not want to be disturbed.

"The detail of the real-time form feedback is second to none and the post-run video drills are clever, easy to understand and useful."

Kieran Alger
Wired UK



- C0 → ⊕ "Chime. You will hear this sound when you are in the target zone."
- ⊖ "Chime. You will hear this sound when you are outside the target zone."
- C1 → ⊕ "Chime"
- C2 → ⊕ "Chime"
- C3 → ⊕ "Chime Nice work!"
- C4 → ⊕ Snooze
- C5 → ⊕ ~~Chime~~ Snooze
- ⊖ happens right away
- C6 → ⊖ Chime
- C7 → ⊖ Chime
- C8 → ⊖ "Chime. Remember to avoid splashing by moving your feet quickly + softly."
- ⊖ happens right away @ 1st check in

C9 → ⊕
Event ⊕ Variation of tips - "remember not to splash!"
"pick those knees up!"

Interval
0.5 miles: Distance --- Current split pace...
⊕ "You are ~~in the zone~~ ^{above your goal} (avg 0-0.5)
"You are doing great"
1.0 miles: Distance --- Last split pace...
+ Phase B ~~above your target goal~~
⊕ "You were ~~in the target zone~~ ^{above your target goal} for x % of your split"
"You improved by x % since last mile"
→ "You ~~are showing improvement over~~ ^{are showing improvement over} ~~have improved since~~ your last run"
"Your [metric] is 168 steps per minute. You are in the zone." → target zone

Snoozing
3 x Streak → after 3⊕ or 3⊖, Snooze until ^{check ins.} there is a change from ⊕/⊖
*check every CBLURP but snoozes deliver for 30 seconds.

$\left[\frac{5}{10} \right]$ model for all metrics

REAL TIME AUDIO COACH

USER FLOW

This is a high fidelity user flow showing the real time audio experience for runners.

Each runner has a goal metric they are working on. If they reach their goal they hear a chime (+), if they fall below their goal they hear a negative sound (-). There are also different messages to help the runner stay on track, including visualization tips.

KEY OUTCOME

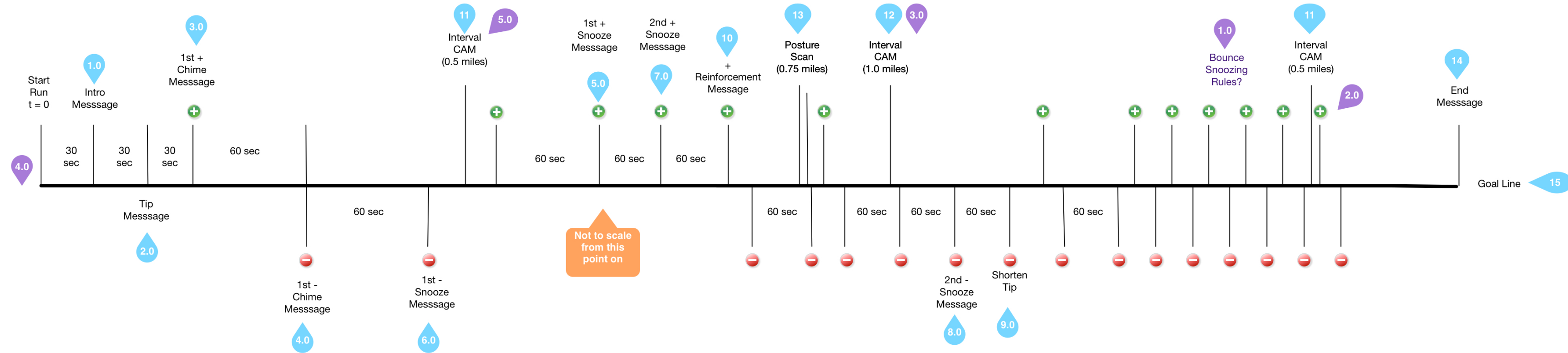
LumoRun had the highest NPS score of any product in the history of the company

Important data on biomechanics. real time audio feedback is AWESOME! It's like a coach in your ear.

*Lumo Run User
From Delighted*

Runner Audio Flow - Run #1 plus May 25th, 2016

Scenario: Runner is out for a run at an approximately 8:00 min/mile. This is a run #1 or more run not an evaluation run.



MESSAGES

- 1.0 Intro Message: "Today you're focusing on cadence. Pick up your feet quickly to reduce your contact with the ground improving your performance and reducing your risk of injury. Your goal today is to get above 176 steps per minute." Here is the link for the intro phrases: https://docs.google.com/document/d/1HQWC6719yDS0D3lb_HO0dthwGWh86mwO7QCQU6edo2E/edit#
- 2.0 Tip Message: "Remember to move your feet quickly and lightly. Imagine you're running through a puddle and are trying to make as little splash as possible. You'll hear chimes throughout your run to let you know if you are reaching your [metric] goal." Here is the link for the tips phrases: <https://docs.google.com/spreadsheets/d/1tXn3eErClosQSazDgaGwKsAatUjhGylarFPBNMSEe7M/edit#gid=1616933959>
- 3.0 1st + Chime Message: "Great job! You will hear this sound when you are hitting your goal for today."
- 4.0 1st - Chime Message: "[Chime].Keep working! You will hear this sound when you are not hitting your goal"
- 5.0 1st + Snooze Message: "Great job! Keep focusing and you'll hear a negative chime immediately if you are off track to meet your goal."
- 6.0 1st - Snooze Message: "Keep working! You'll hear a positive chime immediately if you are on track to meet your goal."
- 7.0 2nd + Snooze Message: "You'll hear a positive chime every [feedback frequency] throughout your run if you continue to do well on [metric]."
- 8.0 2nd - Snooze Message: "You'll hear a negative chime every [feedback frequency] throughout your run if you continue to be off track."
- 9.0 Shorten Tip: There are two versions of these shorten tips that are heard once the runner has had 3 negative snoozes in a row. The runner should hear them in a cycle - 1 = first time, 2 = second time.
 1. Remember to... (e.g avoid splashing.) and
 2. "Try to..." (e.g pick your feet up quickly.
 Here is the link to all the tag phrases (shorten tips = column M, physical shorten tip = column N): <https://docs.google.com/spreadsheets/d/1tXn3eErClosQSazDgaGwKsAatUjhGylarFPBNMSEe7M/edit#gid=1616933959>
- 10 + Reinforcement Message: These should cycle through to create more variability.
 - 1st time: "You're doing great. Remember how this feels."
 - 2nd time: "Great job! Focus on how your body feels."
 - 3rd time: "Nice work. Be mindful of how you feel."
 Repeat!

Future Brainstorming Ideas

- 1.0 Bounce around today's goal snoozing rules. What are they?
- 2.0 Priority rules for messages
- 3.0 Bigger conversation - when to introduce numbers vs metrics vs qualitative messaging
- 4.0 Interval 0.5 miles is stall

REAL TIME AUDIO COACH

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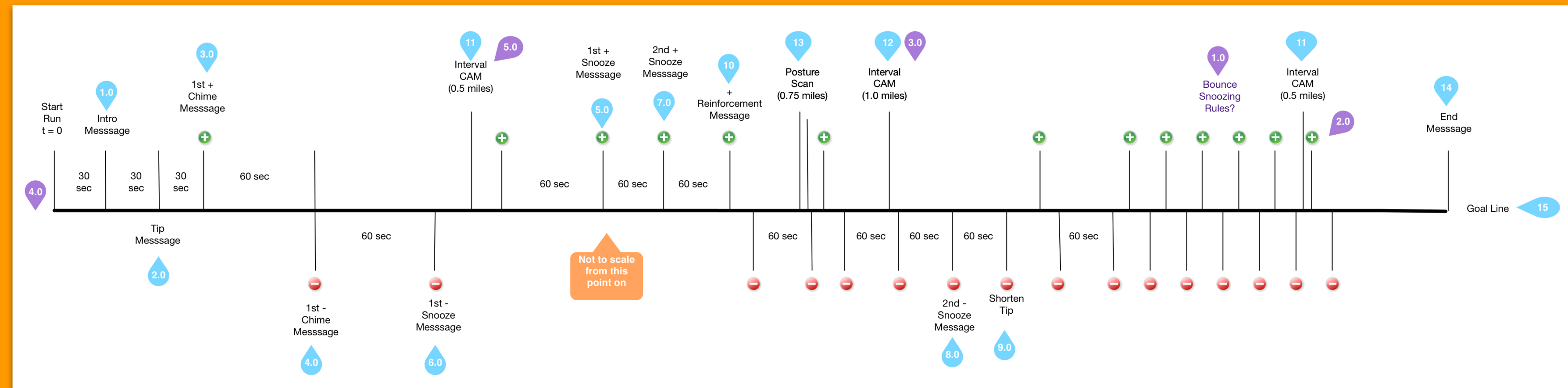
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KEY OUTCOME

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*Lumo Run User
From Delighted*



LUMO RUN

INDOOR RUN MODE

The number one product complaint for Lumo Run was that the product did not work on a treadmill. A fast follow up post launch was MVP feature that resolved the “mis-estimations” of the pace and distance when on a treadmill mode (no GPS available).

MY RESPONSIBILITIES

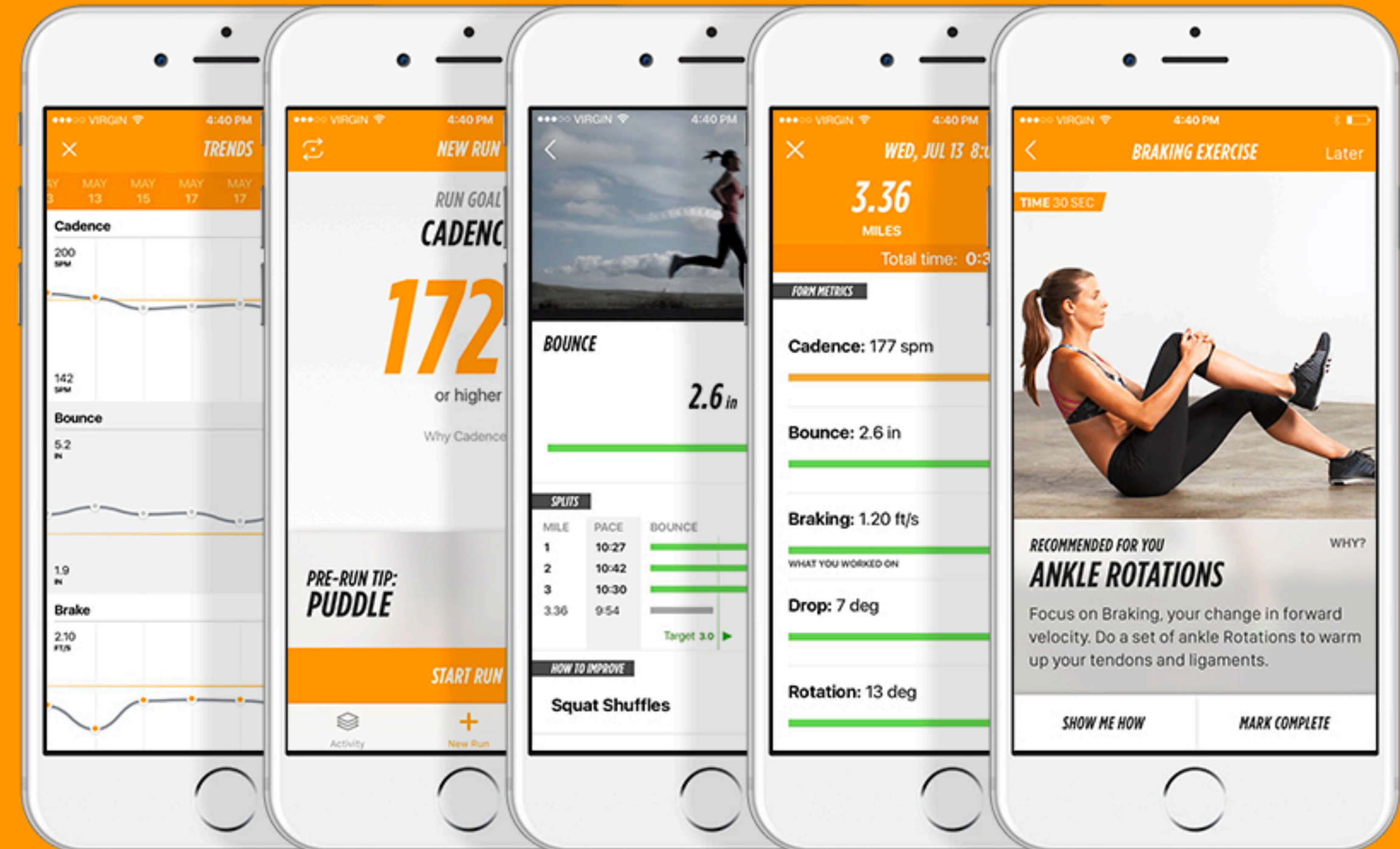
- Lead UX Designer and Researcher on the feature
- Drove the development cycles of the experience

TIMELINE & TEAM

- One Developer
- One Designer / Product Owner
- 4 weeks to design, conduct user research and build out experience

REQUIREMENTS

- Needed to help user's improve their key problem area in the moment
- Needed to have a style that was safe and visible when running on a treadmill and looking at your phone
- Needed to work with no GPS (inside)
- Needed to be a fast followup post launch



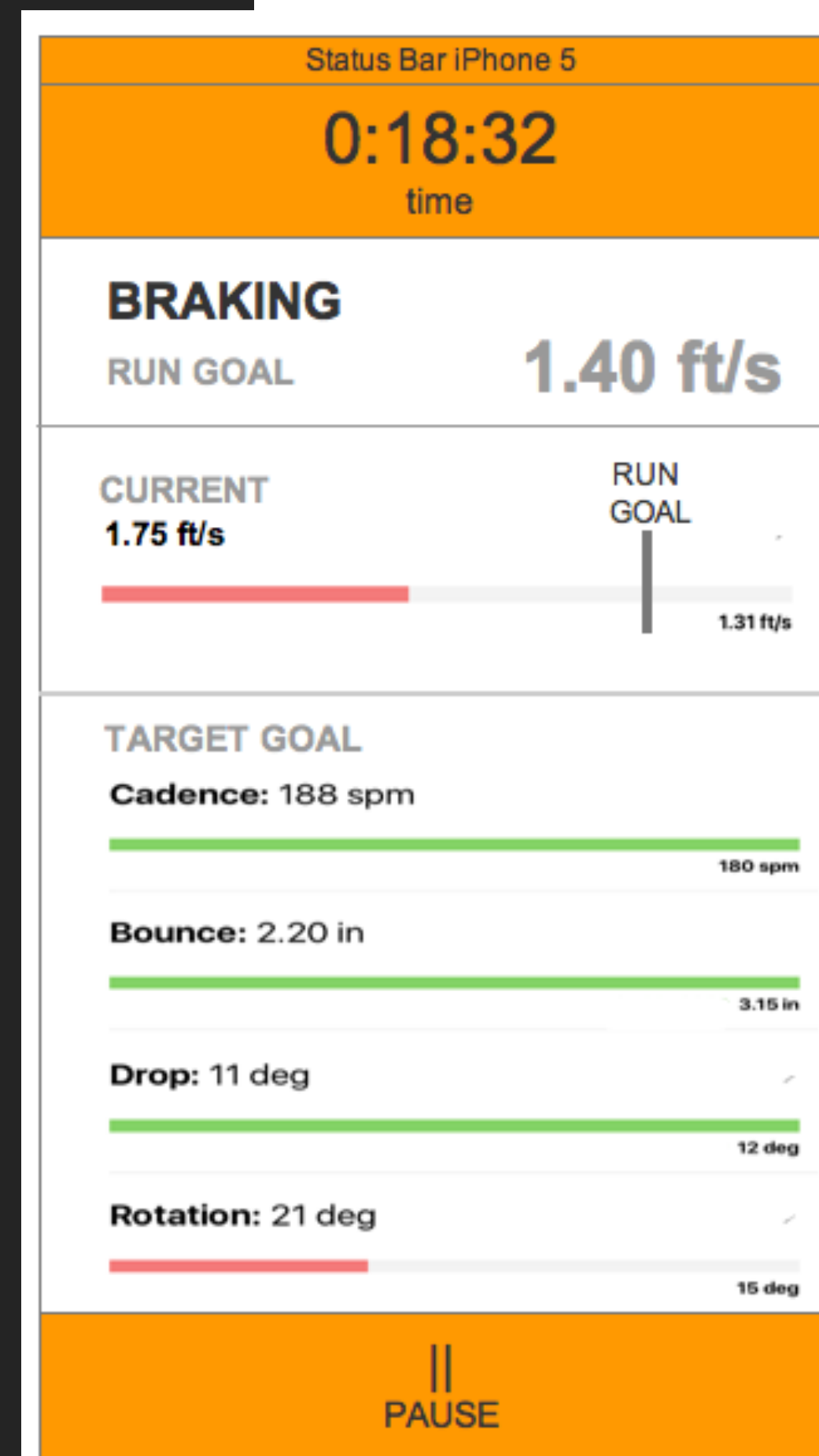
INDOOR RUN MODE

PAPER PROTOTYPES

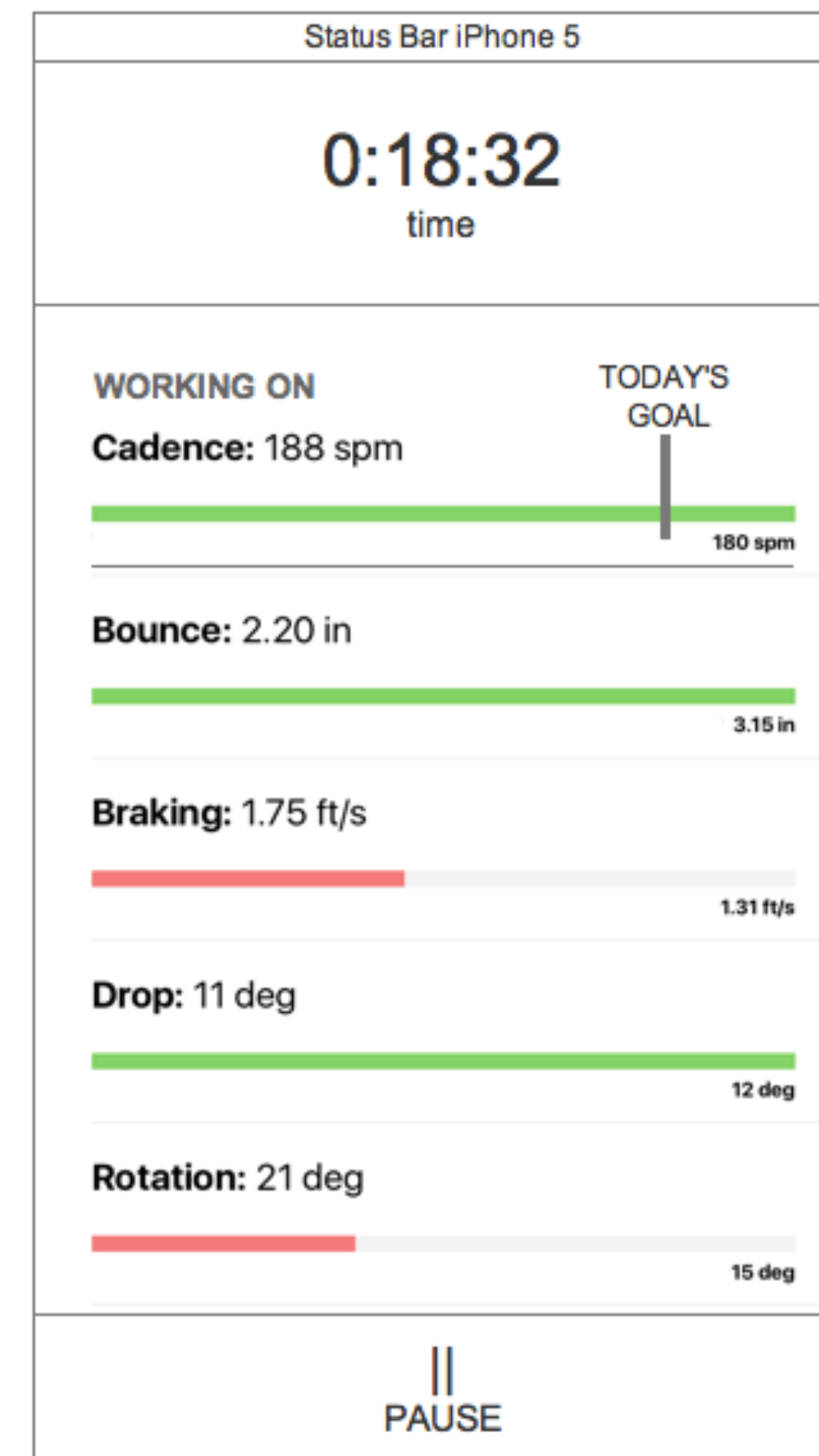
- When on a treadmill, runners have more freedom to safely look at their phone and visually track themselves in real time.
- Many paper versions of this screen were tested with runners of different levels and experience on treadmills to find the one that resonated with the most runners.

LEARNINGS

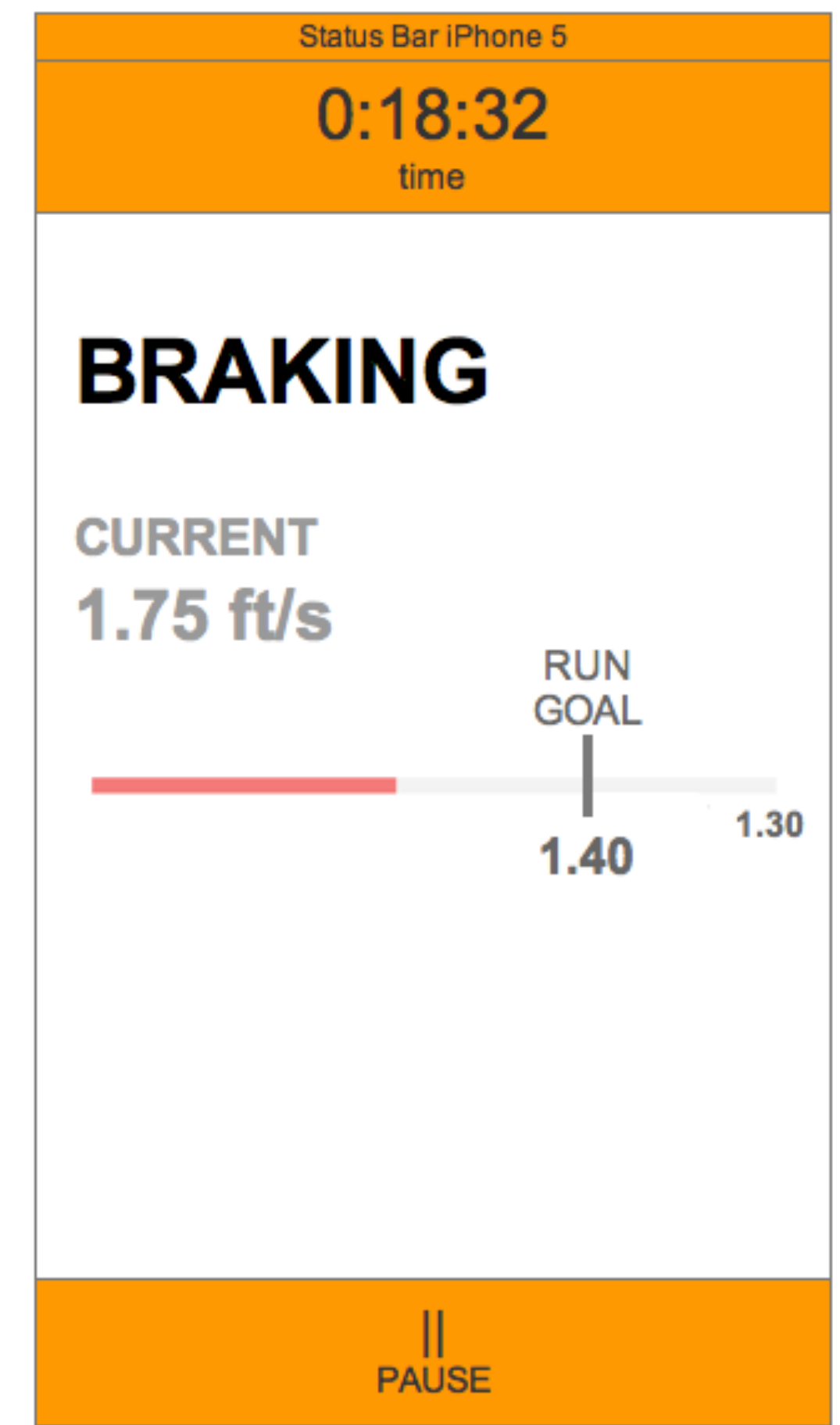
- Runners wanted to see all their metrics at one time but wanted the focus to remain on the metric they were working on.
- This approach also matched the audio experience which reduced the cognitive load on the runner.
- Important text had to be big enough to see when bouncing up and down on a treadmill.



Mock 1



Mock 2



Mock 3

INDOOR RUN MODE

FINAL WIREFRAMES

Wireframes show the entire flow from when the user selects “indoor mode” to when they complete an indoor run. The user is able to watch their goals in really time with emphasis on the metric they are working on.

LEARNINGS

Real time bars were too technical for an MVP so the main In-run screen used during an Outdoor run was adapted for an MVP.

INDOOR MODE

Screen 1 Status Bar iPhone 5

NEW RUN

RUN GOAL
BRAKING

1.40 ft/s
or lower

Why Braking?

PRE-RUN TIP:
LEAN FROM ANKLES

START RUN

ACTIVITY NEW RUN COACH

1 Tap on "treadmill" button and "Treadmill Mode" module (Screen 1B) appears from the bottom. If Treadmill Mode is on, the icon is dark and white. If Treadmill Mode is off, the icon is transparent.

2 Need visual help for icon! Both design and on/off identification. Icon idea. On - person on treadmill. Off - no one on treadmill? Cheesy?

2 Tap on "metric" button and "Choose your metric" module (Screen 1C) appears from the bottom. This module looks and works the same way as the current version.

Screen 1B - Treadmill mode module from icon on page 1 Status Bar iPhone 5

TREADMILL MODE

See Form Metrics in real-time.

Enter in your distance so it counts towards your weekly mileage and receive your average pace over your run

Treadmill specific audio and visual experience

1 User can toggle treadmill mode on and off.

Screen 1C - CYOA when click on "metric" button Status Bar iPhone 5

CHOOSE YOUR METRIC

RECOMMENDED FOR YOU

BRAKING
Working on Braking will help you reduce your wasted energy and give you more overall energy to propel yourself forward.

CADENCE

BOUNCE

DROP

ROTATION

Should I choose my own?

Screen 2 Status Bar iPhone 5

0:18:32
time

BRKING

1.75 ft/s

RUN GOAL
1.40 ft/s

Cadence: 188 spm

Bounce: 2.20 in

Drop: 11 deg

Rotation: 21 deg

PAUSE

1 Emphasize should be on Today's goals not Target goals.

2 Working on metric goes to the top section. All other metrics stay in biomechanical order.

3 Metric value and bar lines are changing in real time.

4 Metric the runner is working on. This will match their audio experience. This value is the biggest on the screen (most emphasized).

5 Value for Target goals for each metrics are seen at the end of the bars. Same as Run Details.

Screen 3 Status Bar iPhone 5

0:18:43
time

AUDIO SETTINGS

>

RESUME

END RUN

1 Resume appears overtop of Metrics. Metrics are faded but visible in the background.

2 The "Pause run" turns to "End run" (same behaviour as outdoor mode)

3 When run is paused the "audio settings" button appears so user can change feedback in run. (same behaviour as outdoor mode)

Screen 5 - Run Complete TM Status Bar iPhone 5

RUN COMPLETE

TIME 0:21:32 sec

NEXT

1 Time is the only known metric so that is all that should appear instantly after the user press "end run" on the previous screen.

2 Screens from this point on look like outdoor mode but have different content with the exception of Screen 6 which is new to the flow.

Screen 6 - Run Complete Distance TM Status Bar iPhone 5

How far did you run?

2.34 miles

I don't know my distance

10 00 miles

NEXT

1 Clicker should be 0 - 50 miles with decimal 0-100. Default 3.00 miles.

2 No distance or pace appear on Run Complete screen if the user selects "I don't know my distance".

Screen 6 - Run Complete Distance TM Status Bar iPhone 5

What was your incline?

2.0 %

I don't know my incline

10 00 %

NEXT

1 This screen may not be seen by the user if syncing and analyzing completes while they are typing in their distance on screen 6. In this case, user jumps to screen 8.

3 Pace is the average pace calculated using the user inputted distance and the measured time.

Screen 7 - Run Complete Sync TM Status Bar iPhone 5

RUN COMPLETE

TIME 0:21:32 sec

DISTANCE 2.34 mi

INCLINE 2.0 %

PACE 10:21 min/mi

BRKING 1.67 ft/s

86%

SYNCING & ANALYZING

1 User is taken to the Post-run flow as usual - either exercise card or new metric card.

2 Pace and distance are not seen if user did not input a distance on screen 6.

Screen 8 - Run Complete Synced TM Status Bar iPhone 5

RUN COMPLETE

TIME 0:21:32 sec

DISTANCE 2.34 mi

INCLINE 2.0 %

PACE 10:21 min/mi

BRKING 1.67 ft/s

NEXT

LUMO LIFT

INCORPORATING COACHING

Lumo Lift did not set users up for success during their first 30 days of use. Day 1 looked the same as Day 30. There were no levels, no difference in the experience from hour to hour. The number one complainant was that “it buzzes

MY RESPONSIBILITIES

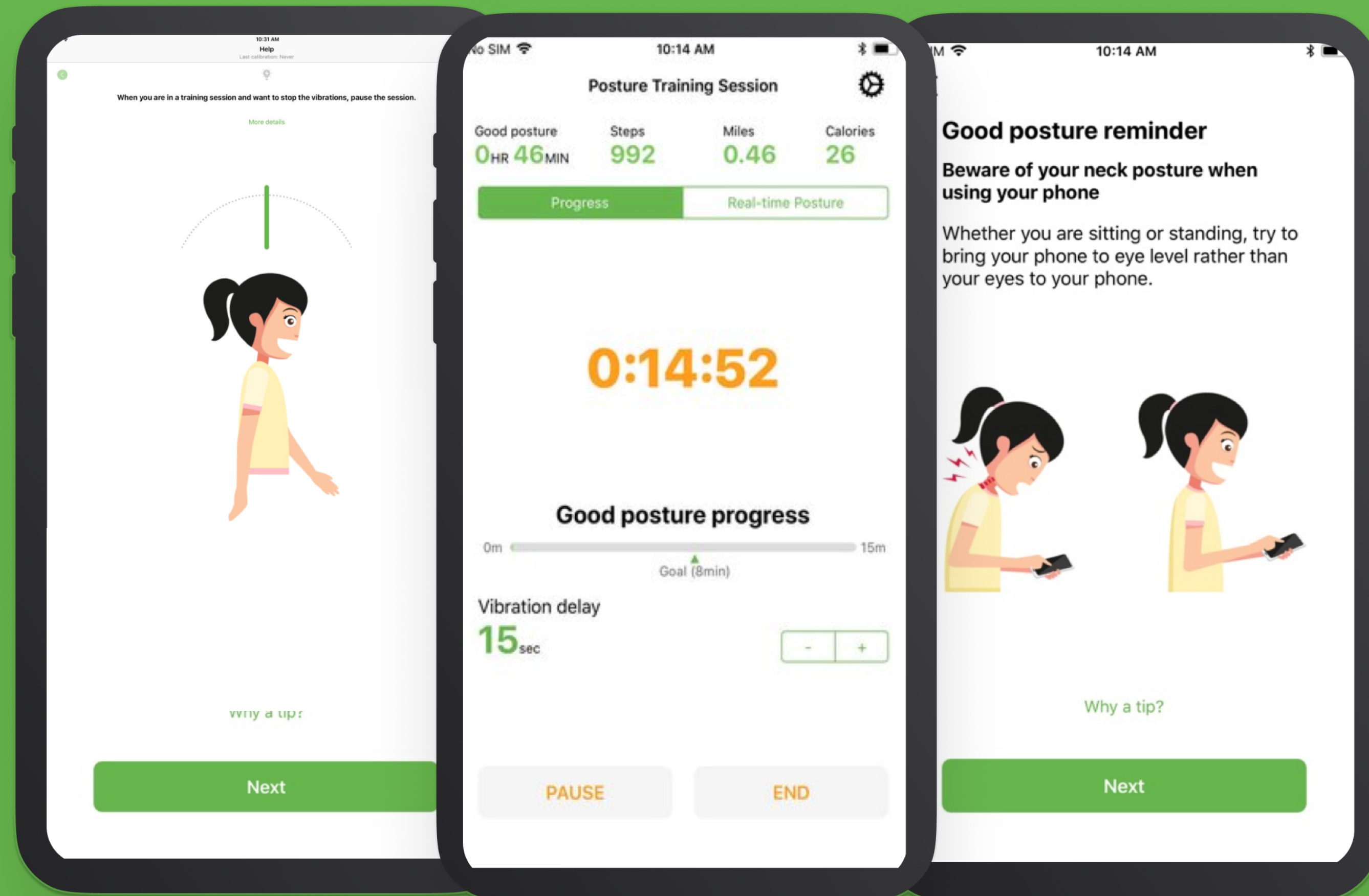
- Lead Designer who incorporated coaching and behavioral design into the experience

TIMELINE & TEAM

- One Developer
- One Designer
- 8 weeks to design and build experience

REQUIREMENTS

- Needed to create an experience around progression and improvement.
- Needed to build on Cooke’s functional pyramid (foundation, strength, power, specificity)
- Needed to set the user up for success by ensuring their bodies were prepared to hold good posture all day long (mobility, strength, endurance).
- Needed to provide real world tips to teach the user what good posture is in different environments (sitting, standing, walking)



30 DAY PROGRAM

PERSONAS & SKETCHES

- * Personas across pain thresholds demonstrated the needs of different cohorts and stage of change highlighted target population.
- * Initial concepts looked at how to incorporate a progressive clinical model into the experience.

LEARNINGS

- User research showed that new users enjoyed the additional tools to get their bodies up for success.
- Teaching in the moment / in context was an important concept to anchor on.

PRE-LOST NO PAIN | **CONT PAIN** | **ACTION** | **MAINTENANCE**

DIFFICULT TO RETAIN | **LESS DIFFICULT TO WIN; HARD TO RETAIN** | **SOLUTION SEARCHING** | **WILLINGNESS TO CHANGE (Clickstyle)** | **SWEET SPOT; WINNABLE** | **LIFESTYLE CHANGE; AUTOPILOT** | **HAPPY CUSTOMER**

PAIN ⚡

PERSONAS:

- Michelle:** "I want to look confident and professional." "I don't want to get on my knees before the pain is too bad to focus on it."
- David:** "I don't feel a part of my work anymore. The pain is too bad to focus on it."
- Karen:** "I don't have a choice. If I don't think about posture my back will hurt."
- Susan:** "Staying active is a huge part of my life. I feel better when I do."

SKETCHES:

- Michelle:** "LOOK + FEEL BETTER", "MAYBE PREVENTATIVE", "LOW 'NEED QUOTIENT'", "SUPPOSED TO BE GOOD FOR YOU", "SITTING IS THE NEW SMOKING".
- David:** "PAIN MEDS", "AVOIDANCE", "NOT A HIGH PRIORITY", "QUICK FIX", "NO MOVEMENT-PAIN CONNECTION".
- Karen:** "HIGH PRIORITY", "MORE COMPLIANT", "WILLING TO STICK W/ IT", "HIGH 'NEED QUOTIENT'", "WANTS NON-MEDICAL SOLUTIONS", "TRYING TO BUILD HABITS", "SEARCHING FOR FORMULA".
- Susan:** "HABITS FORMED", "LIFESTYLE ADJUSTED", "'FORMULA' ADJUSTED".

Additional Notes:

- "WON'T GO BACK TO THE WAY I WAS"
- "LIFT PLAN RUN PLAN"
- "REWARD CARD" (7% SIT, 3% STAND, 20% PLANT)
- "NIGHTLY REPORT STATS FOR TODAY FOR COACHING SESSION"
- "HABIT PROGRESS BAR TIPS - 1 TIP OR TRICK TOMORROW'S GOAL. STRETCH/STRENGTHENING DONE OR GIVEN"
- "REMEMBER FOR TOMORROW 10:00 am"
- "TIPS FOR CREATING HABITS"
- "TIPS ARE BASED A LITTLE ON KNOWN USAGE PATTERN"
- "LET'S BEGIN"
- "PLAN FOR TODAY: POSTURE FOR 17 MINS"
- "GOAL MAINTAINING GOOD POSTURE FOR 1 HR"
- "WHAT IS GOOD POSTURE FOR ME?"
- "NEED MORE? DESK STANDING LIFTING"

HABITS FOR GOOD POSTURE

NOTIFICATION THAT EVAL IS OVER

REPORT CARD → 7% SIT, 3% STAND, 20% PLANT

CONTINUE COLLECTING DATA FOR REST OF THE DAY (SILENT) | **GET MY PLAN NOW** | **PLAN SELECTION** → BUY REC, BOLE WARE, COUCH POTATO

SILENT TRACKING | **NOTIFICATION TO PUT IN CHAIR** | **REPORT** | **CHANGE**

LEARN MORE ABOUT HOW PLAN IS RIGHT FOR THEM | **SET REMINDER TO START 1ST COACHING SESSION TOMORROW**

WHY?

- Movement during HE/DAY
- # of buzzes during HE/DAY
- Time sequence in bad posture
- Angle of head posture (reaching lift)
- sit/stand
- # of good posture mins

PLANS CHANGE PER PERSON BASED ON...

- 1) STRETCHING + EXERCISE - difficulty - location
- 2) # of buzzes - change delay time
- 3) # of GOOD POSTURE MINS

DAY 1 NOTES:

DAY 1: User needs to have a TRUSTING, SUPPORTIVE EXPERIENCE THAT MEETS THEM WHERE THEY ARE (A GOOD COACH)

NEED TO KNOW:

- 1) HOW TO TURN SENSOR OFF/ON (MAYBE?)
- 2) WHAT GOOD POSTURE IS
- 3) TARGET POSTURE (MAYBE?)
- 4) ADJUSTING MOVEMENT/POSTURE TAKES TIME

DAY 1:

GOOD MORNING! DON'T FORGET YOUR LUMO LIFT. SETTING NEW HABITS TAKES TIME SO WE'LL REMIND YOU ABOUT YOUR POSTURE UNTIL YOU GET IT.

PLAN FOR TODAY: POSTURE FOR 17 MINS

COACHING SESSION: 10am-11am

LET'S BEGIN

GOAL MAINTAINING GOOD POSTURE FOR 1 HR

BASED ON EVALUATION, YOUR GOAL IS 17 MINS OF GOOD POSTURE THIS HOUR. MOST BEGIN SMALL BUT YOUR BODY HAS TO STRENGTHEN + YOUR BRAIN HAS TO BE RE-TRAINED HOW TO SIT/STAND TALL. JUST STICK WITH US & WE WILL GET YOU TO YOUR GOAL OF GOOD POSTURE ALL DAY LONG!

WHAT IS GOOD POSTURE FOR ME?

- Everyone is different based on your current posture + anatomy
- want to get a little better over time and then a little more
- eyes over shoulders, rib cage down, string on head, roll shoulders back
- legs over shoulders

DAY 2:

WELCOME TO DAY 2! LUMO LIFT 60m

DID YOU REMEMBER TO GET IT FROM THE SENSORS THIS MORNING?

TIPS FOR CREATING HABITS

GREAT BEGINNER'S LUCK! TIPS FOR CREATING HABITS?

TIPS

* TIMES ARE BASED A LITTLE ON KNOWN USAGE PATTERN

* S put it on at 8am each morning

DAY 3:

1 HR SESSION @ BUZZES

3 BUZZES IN A ROW

ARE WE BUZZING YOU TOO MUCH IN THE BEGINNING? YOU CAN ADJUST THE TIME YOU NEED TO BE IN BAD POSTURE BEFORE YOU GET BUZZED.

YES, PLEASE | NO, I'M JUST LEARNING

IF THEY DID NOT RECEIVE THIS MESSAGE DURING SESSION, CAN RECEIVE IT AFTER.

AS YOU BEGIN TO IMPROVE YOUR POSTURE OR WEAR YOUR LEFT W FEEDBACK LOUDEST, YOU MAY WANT TO CHANGE THE FEEDBACK DELAY!

FINISH SESSION

REPORT CARD

STATS

THINGS TO REMEMBER

- TAKE A BREAK FROM POSTURE
- WANT TO GO TO REMIND YOU

NEED MORE? DESK STANDING LIFTING

YES | LATER

Flowchart Summary:

REWARD CARD → 7% SIT, 3% STAND, 20% PLANT

CONTINUE COLLECTING DATA FOR REST OF THE DAY (SILENT) → SILENT TRACKING → NOTIFICATION TO PUT IN CHAIR → REPORT → CHANGE

GET MY PLAN NOW → PLAN SELECTION → BUY REC, BOLE WARE, COUCH POTATO

LEARN MORE ABOUT HOW PLAN IS RIGHT FOR THEM → SET REMINDER TO START 1ST COACHING SESSION TOMORROW

30 DAY PROGRAM

WIREFRAMES

- An end of the day (EOD) report was used to summarize the goals and achievements of the user.
- It also included additional information to assist the user when they were not wearing their lift.
- This experience split up the tracking and coaching hours so users could have practice sessions where they experienced haptic feedback and tracking sessions where the buzzing would be silenced.

KEY OUTCOMES

- The engagement in the first 30 days increased 3x with new users following this re-design.

1. EOD SUMMARY NOTIFICATION

19:56
Wednesday, 15 June

Daily Summary is Complete.
Check out how you did yesterday.
Slide for more

1 Notification is sent at 6am local time.

14 Could we get smarter here and learn when they put there Lift on most days and send notification 15 mins before.

2. EOD SUMMARY

12:45 PM
DAILY SUMMARY
Karen, let's get you set up for another day.

First, let's look at yesterday.

Posture
22% ↑ Time in good posture
5hr 12min ↑ Time worn yesterday

Activity
3049 ↑ Steps
3.49 ↑ Miles
1934 ↓ Calories Burned

And your Training Session
Duration 15 min
You 7 min
Goal 5 min
Good Posture Time

Forward Neck Stretch
Warm up

Let's get you sitting and standing taller today
6 mins Goal
15 mins Session length

Did you know....
Thinking about your sleeping posture can also help you reduce your aches and pains. Use pillows to support the natural curves in your body.

9

3. JOURNEY MAP (Just for reference)

TBD

ONLY SHOWING NAVIGATION

2b. EOD SUMMARY - First State

12:45 PM
DAILY SUMMARY
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And your Training Session
Duration 15 min
You 7 min
Goal 5 min
Good Posture Time

13 Messaging fades in slowly so it doesn't appear at the exact same time as the other content on the screen.

2b. EOD SUMMARY - info button

12:45 PM
DAILY REPORT
Karen, Let's get you set up for another day.

First, let's look at how you did yesterday.

COMPARISON ARROWS

These arrows show you how you compared to the day before so you can easily track your progress.

↑ Value Increased
↓ Value Decreased

CLOSE

Warm up Visualization

Let's get you taller today
6 mins Goal
15 mins Session length

Remember
Thinking about your sleeping posture can also help you reduce your aches and pains. Use pillows to support the natural curves in your body.

HISTORY SCREEN EOD REPORT PLACEMENT

10:08 AM
THU DEC 07 2017
10min 8min
Good Posture
3,458 Steps
1.41 Miles
1,426 Calories

RATE YOUR PAIN
NO PAIN WORST PAIN 10

POSTURE
30min
STAP & SLIDE TO RATE

STEPS
12:00 6:00 12:00 6:00 12:00

ACHIEVEMENTS EOD REPORT

EOD SUMMARY

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DAILY SUMMARY
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And your Training Session
Duration 15 min
You 7 min
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Forward Neck Stretch
Warm up
See More Sessions

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6 mins Goal
15 mins Session length

Did you know....
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Screen 2 Annotations

- Avatar displayed is based on how the user did during the evaluation. Avatar A (displayed above in wireframe): 0-33% of time in Good Posture
Avatar B: 34% - 75% (see annotation 34)
Avatar C: 76% - 100% of time in Good Posture (see annotation 35)
- Avatar B image utilizes the same text as Avatar A i.e. "[Name], let's get you sitting taller."
- Avatar C image utilizes different text from Avatar A and Avatar B i.e. "Karen, fantastic posture, let's keep you sitting tall."
- This is the number of minutes of good posture during the day compared to the number of minutes that the user wore their Lift. Given in a %.
- This is the amount of time that the user wore their Lumo Lift during the day. This is cumulative.
- See Pop-up for explanation of arrows. If the value is the same as the day before no arrow appears beside the number.
- This bar graph should match the bar graph from the "Results - success" screen #35 in Doberman for the specific Training Session. Same logic applies here as does for the "Results - success" screen. (2nd priority)
- Static Image of exercise is here. When user taps on it they can see the exercise again. (Same screen that they see during their Training Session)
Link to Images: (2nd Priority)
- Static Image of visualization is here. When user taps on it they can see the visualization again. (Same screen that they see during their Training Session)
Link to image:
- Same goals for their next Training Session that appear on the journey map box.

Training Session 1

[n] min Goal
15 min Session length

Attempt: 1

More details

START

- Variable content. Both the Content and Image will change daily.
Link to Content:
Link to Images:
- If there are multiple sessions. The title becomes plural "And your Training Sessions".
See below for how this section of the report changes.

And your Training Sessions

TRAINING SESSION #3

Duration 15 min
You 7 min
Goal 5 min
Good Posture Time

Forward Neck Stretch
Warm up Remember

TRAINING SESSION #2

Duration 15 min
Goal 5 min
You 2 min
Good Posture Time

Forward Neck Stretch
Warm up Remember

- Start with the most recent session and show them in chronological order.
- The bar is a different color (something muted) if the user does not surpass their goal during the session. This should match the bar on the report during the session.

ATHOS TRAINING SYSTEM

UX/UI inconsistency Improvements

Over years of iteration, the App began to have inconsistencies and frustrations in the UX flow. The goal of this project was to improve the professionalism of the app and create a more seamless experience.

MY RESPONSIBILITIES

- Lead UX Designer responsible discovering and improving inconsistencies
- Product Manager who created user stories and

TIMELINE & TEAM

- One Developer
- One Designers / Product Owner
- Two months to design, conduct user research and build audio experience

SUCCESS CRITERIA

- Users are able to onboard and complete tasks in the app without needing tutorials or coaching marks to help them navigate
- Our white glove service can be removed during the first two weeks of product adoption
- There is a reduction in our customer support tickets enquiring about where to find features in the app



Information Architecture

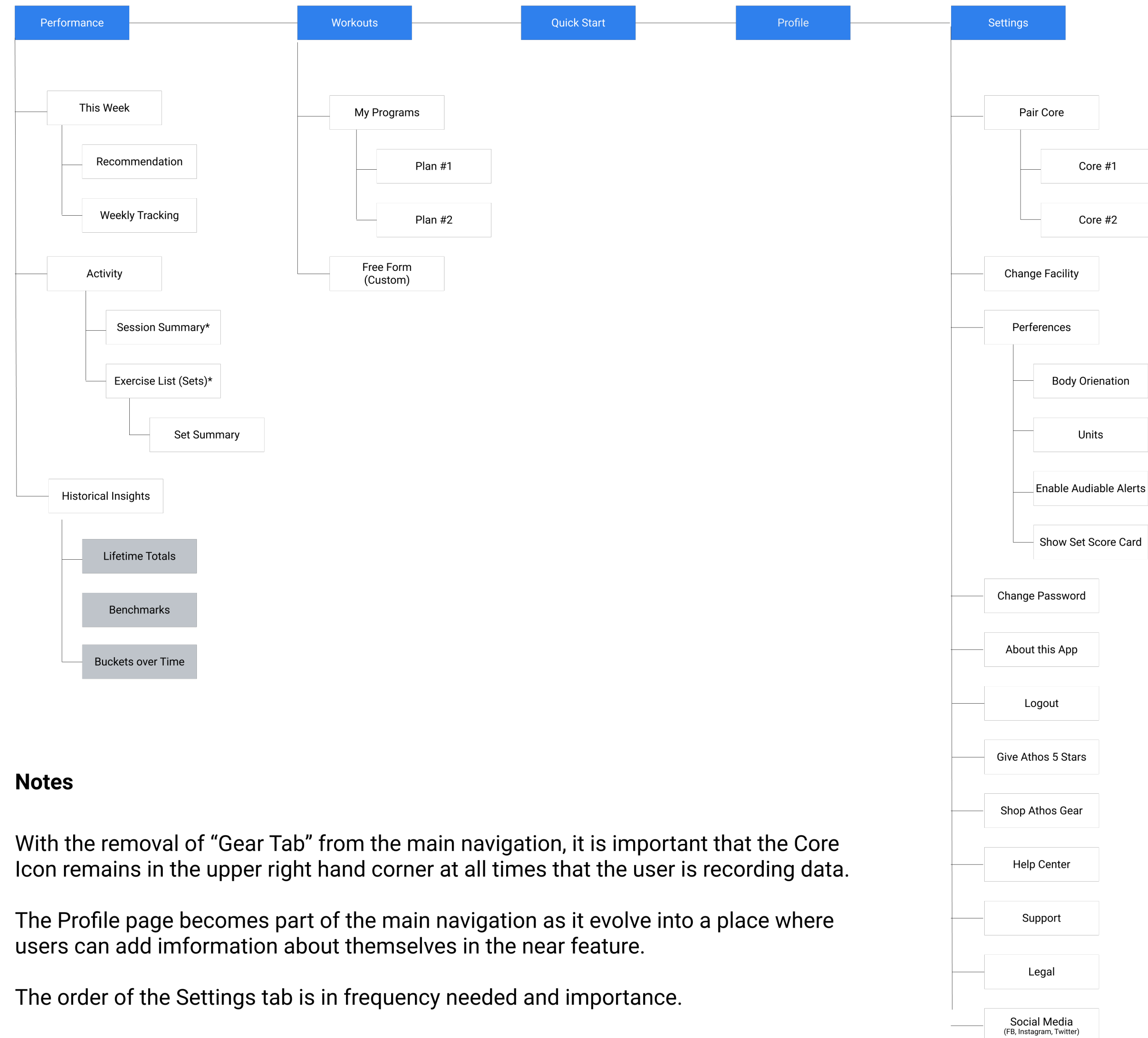
PROJECT

- As part of the new flow through the app, the information architecture needed to be redesigned
- Previously users had to pair their core every workout but only once with the new hardware
- User researched showed users wanted to start a workout before setting up their program
- Analytics demonstrated the need to remove the favorites button and the Athos workouts under “Workout” as they were unused.

KEY OUTCOMES

- Gear pairing was moved to settings
- Settings was designed using Apple Human Interface guidelines
- One design system was used throughout the entire app

Proposed App Navigation



Notes

With the removal of “Gear Tab” from the main navigation, it is important that the Core Icon remains in the upper right hand corner at all times that the user is recording data.

The Profile page becomes part of the main navigation as it evolve into a place where users can add information about themselves in the near feature.

The order of the Settings tab is in frequency needed and importance.

Settings ReDesign

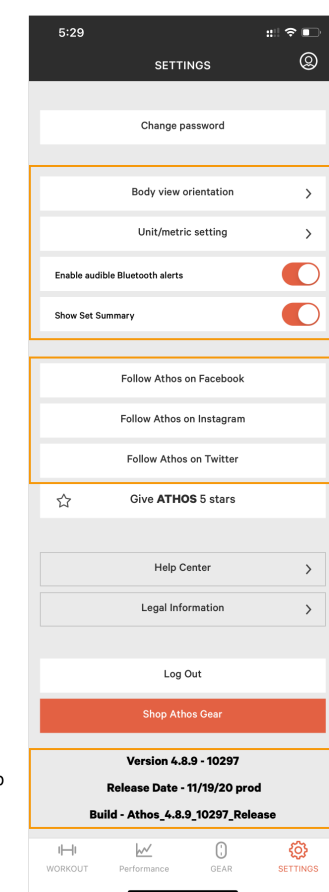
PROJECT

- Screens needed to be translated from the current design system to a new design system
- Flows needed to be updated to fit user's expectations of a settings screen and to better oriented the what they were looking for

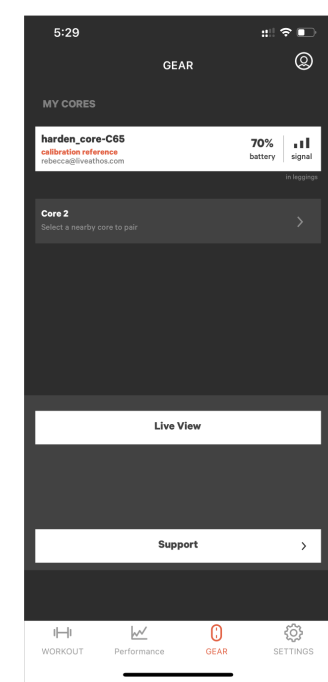
OUTCOME

- User researched results demonstrated that users like a traditional iOS settings style
- Information was placed in a hierarchy style to help users navigate through the screens

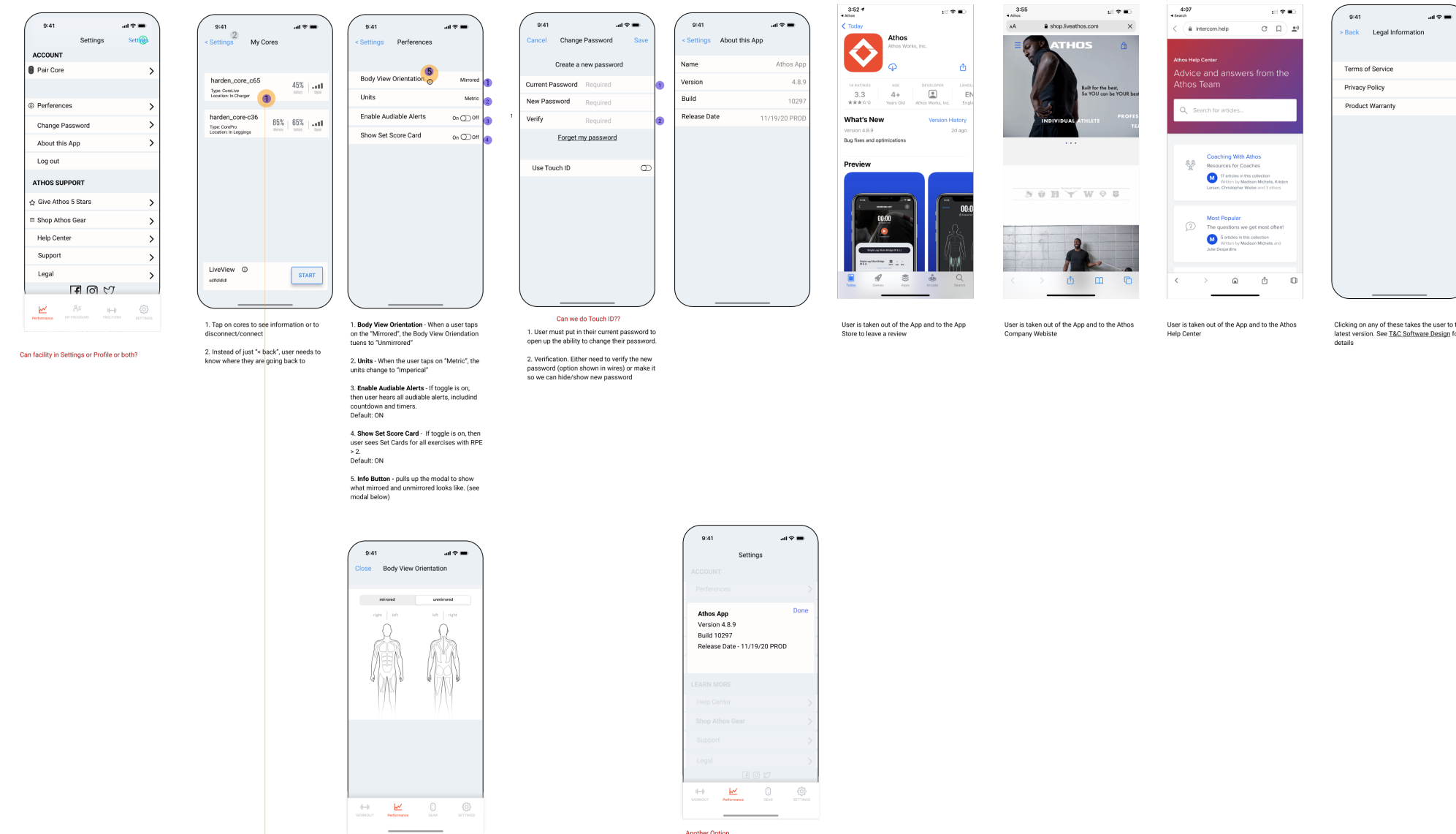
Current Settings Design



Current Gear Tab Designs

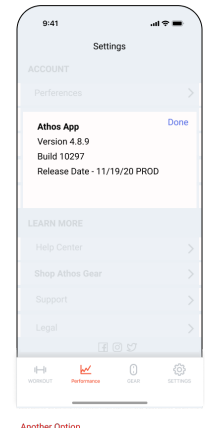
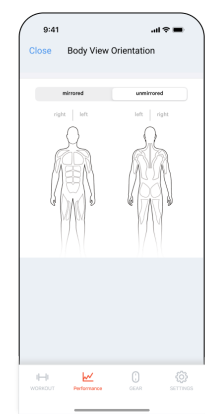


New Settings Design - following iOS style for settings



Can facility in Settings or Profile or both?

1. Tap on cores to see information or to disconnect/connect
2. Instead of just "> back", user needs to know where they are going back to
3. **Body View Orientation** - When a user taps on the "Mirror", the Body View Orientation has to "disconnect"
4. **Units** - When the user taps on "Metric", the units change to "Imperial"
5. **Enable Audible Alerts** - If toggle is on, then user hears all audible alerts, including countdown and timers. Default: ON
6. **Show Set Score Card** - If toggle is on, then user sees Set Cards for all exercises with RPE > 2. Default: ON
7. **Info Button** - pulls up the modal to show what version and unmonitored looks like. (See modal below)



Core Pairing



1. When the user taps on the name (e.g. harlow_core_C65), the name is replaced by a cursor and the keyboard appears (scroll to the right)
1. When the user taps on "Disconnect" button, the core is disconnected and the spot becomes empty (next screen - Core 1 is now empty and ready to connect to a core)
1. When the user taps on "Core 1", the nearby cores that are available to connect to the App appear. (see next screen). Same as current behavior.
1. List is only of cores that are available to pair with the App. Any core nearby that is already connected to an App will not show up. Same as current behavior.
2. User taps on the core and the list of features appears. Same as when the core is connected and the user taps on the core.

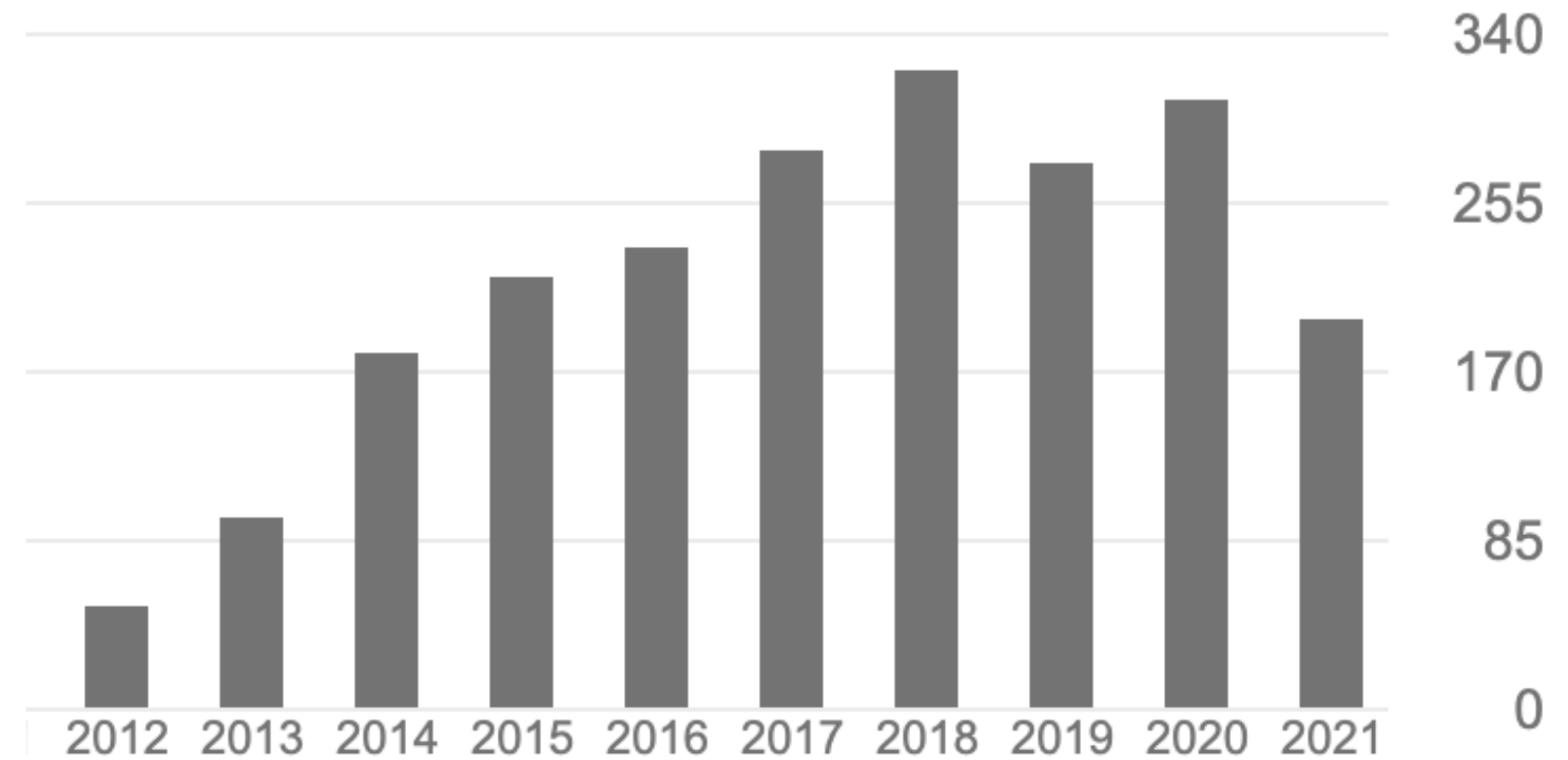


Publications

During my career, I've published 6 1st Author papers, plus over 30 co-writing such topics such as papers on Return to Play Decision Making, ACL prevention programs, and other sport science topics. The following are two highlights of my projects and activities.

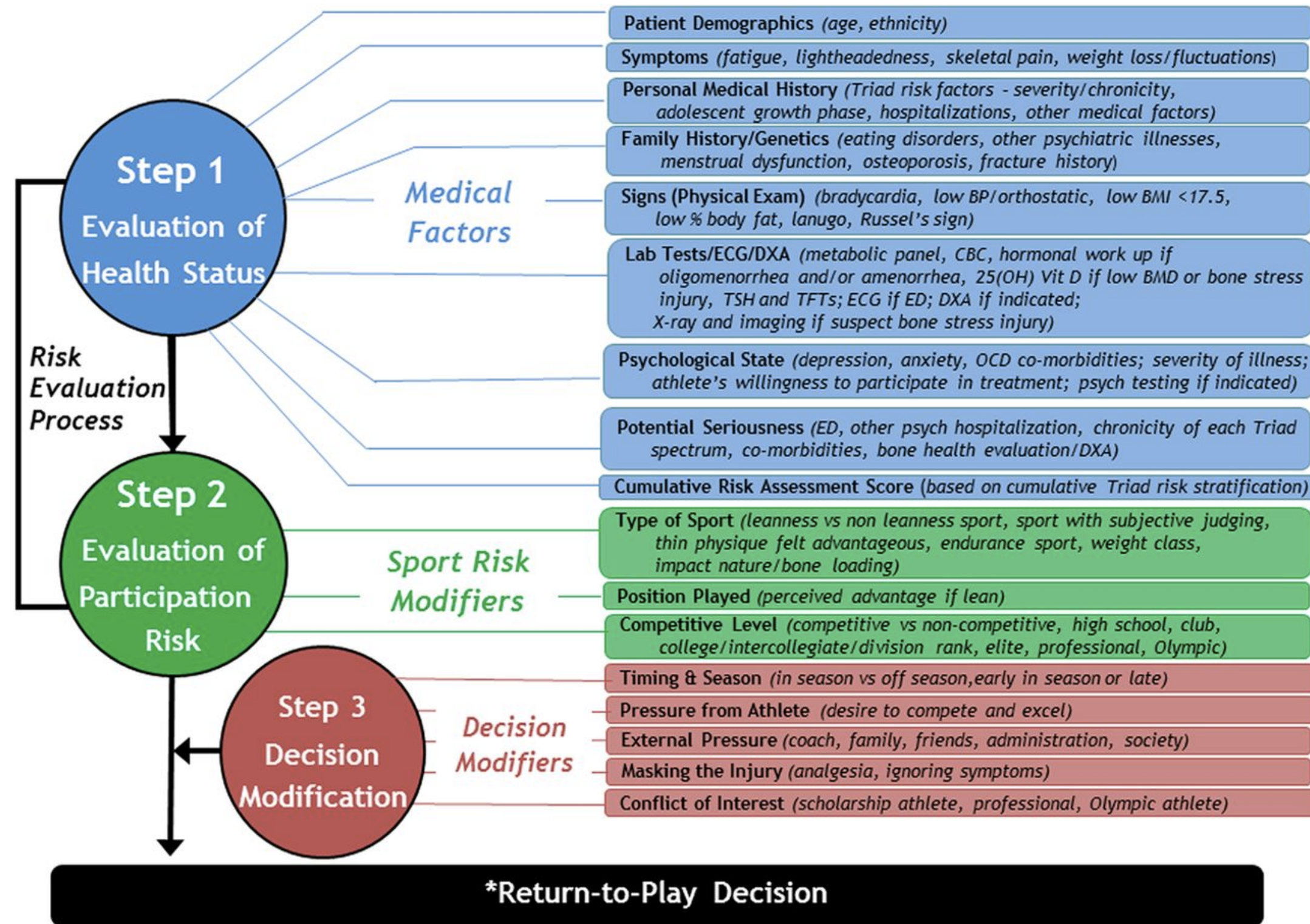
For a complete list, click [here](#).

Rebecca's Citations since 2012



Collaborators

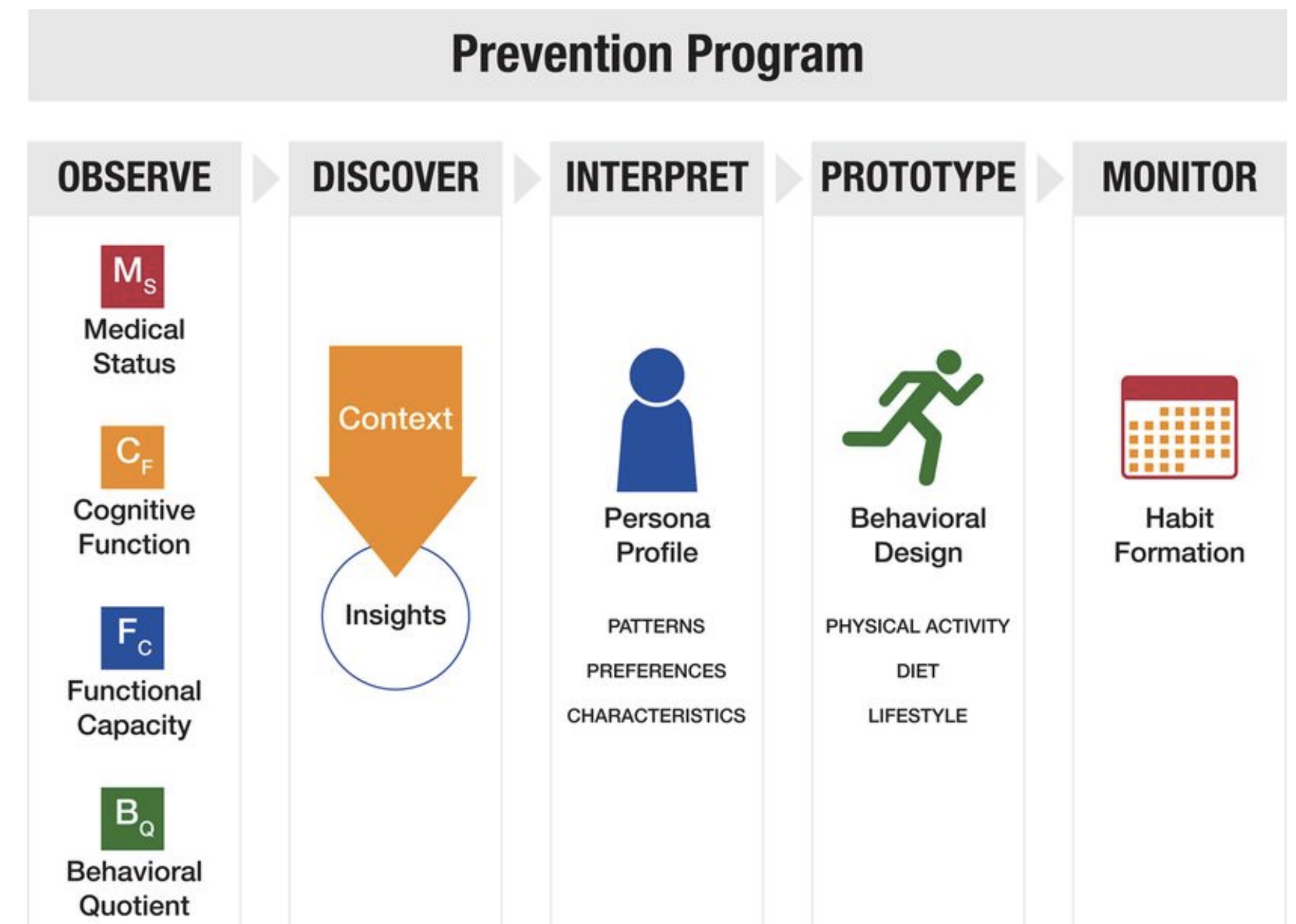




PEER REVIEWED ARTICLE

Landmark article that includes our model that helps clarify the processes that clinicians use consciously and subconsciously when making RTP decisions. Providing such a structure should decrease controversy, assist physicians, and identify important gaps in practice areas where research evidence is lacking. This article has been cited 167 times and used in multiple National and International societies guidelines for Return to play decision making.

[Pubmed Link](#)



PEER REVIEWED ARTICLE

A collaborative article with LUMA co-founder Chris Pacione, We begin to explain that bridging the knowing-doing gap in the prevention of chronic disease requires deep appreciation and understanding of the complexities inherent in behavioral change. The tools of human-centered design, used in conjunction with evidence-based data, hold much promise in providing an optimal approach for advancing disease prevention efforts.

[Pubmed Link](#)

THANKS!

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