

Paper-based Goal Tracking Solution

IMS 254 Project 2

The Design Brief

Big Idea

Students find planners and todo lists not useful because they know what they have to do, their main problem is procrastination. My goal is to make a system that allows students not only to remember what they need to do but to find productive times to do it. My prototype accomplishes this by creating time blocks which can be filled out with sticky note tabs allowing students to visually see their time and plan out how they will use it. The paper-based solution will be helpful as when I interviewed students they told me that entering data into calendars was time-consuming and cumbersome. My paper based system needs to be simple and easy to use.

Research Approach

- Develop questions
 - Focus on getting anecdotes and stories that help understand the user's experience with task management and goal keeping
- Interview target audience
 - Ask the questions of college students
- Look for trends
 - Repeating patterns within the responses of multiple students
- Find main problems that needed solving
 - What needs of the students could be met by a product?

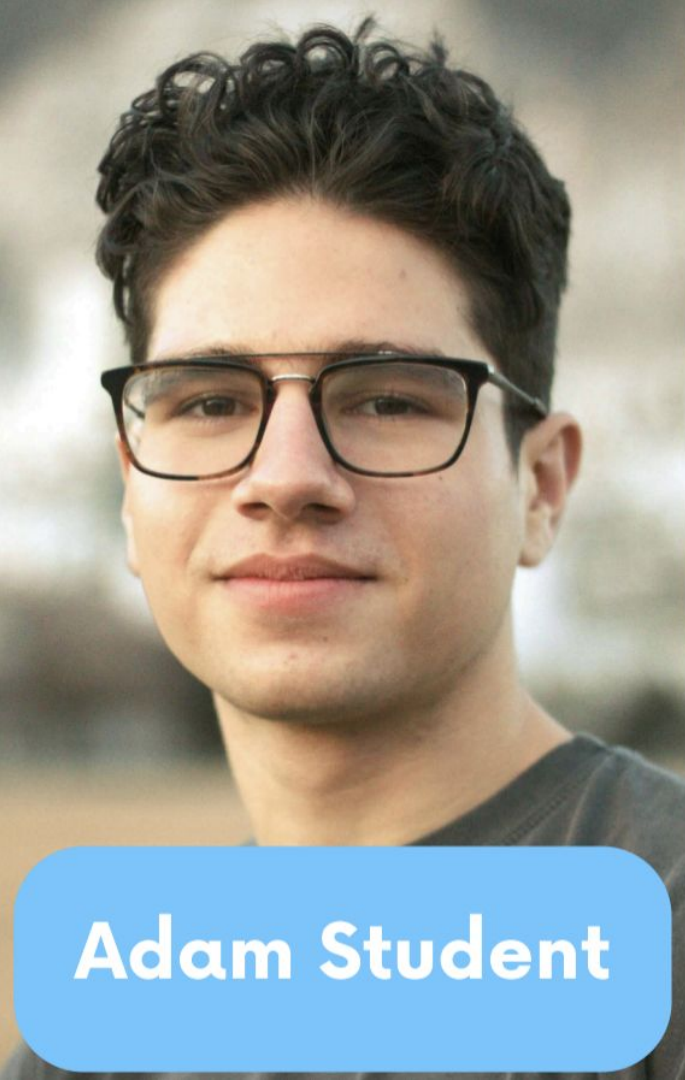
Findings/Recommendations

The biggest problem for the students I interviewed wasn't remembering assignments and goals but finding good times to do them. Students struggled with time management and procrastination. Most would put off assignments and many said they wanted to find more time to exercise but didn't. "I don't typically forget to do stuff. I feel like I'm pretty good about that, but I am a huge procrastinator, so I always push everything off as much as I can." A successful solution for these students is going to have to support them not just in writing down assignments but in finding the time to do them.

Many students expressed sentiments like "basically most task management systems I'll just ignore." Students had tried using calendars and planners but didn't use them because they didn't provide much of a resource past just remembering and because entering in information was tedious. "I just, I don't enjoy putting in, typing in, finding exact time..." A good system is going to not only be useful but be enjoyable to use, this means appealing design and maybe some gamification features.

Many students also wanted to exercise or go to the gym more. "This is another thing with procrastination. I want to get really good about working out every day, and being consistent with that. [...] I typically do have time, but I always kind of push it off..." These recurring goals being common suggest that students would benefit from something that helps them develop habits. Including some sort of habit tracking tool could be beneficial to them. As one student told me "I have the time but don't make the time," providing students with a method to make that time seems crucial.

Persona



Adam Student

Personal Information:

Age: 18-22
Gender: Male
Location: Oxford
Occupation: Student

Goals

- Wants to accomplish more. Build habits that allow him to exercise and work out consistently
- Reduce procrastination and get homework done
- leave time for activities and hobbies he enjoys
- stop getting distracted from homework

Background

- Is a full time college student and engages in a few extra curricular
- Does well In classes but has trouble managing his homework

Frustrations

- Procrastination; remembers his assignments, just pushes them off
- Forgets to use planners
- doesn't like when things like planners or calendars are cumbersome to use and enter information into

Type System

Type System

Headline - Nunito Black

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz 1234567890

Subtitle - Nunito Semi-Bold

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz 1234567890

Body - Consolas

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz 1234567890

Accent- Apparat Regular

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz 1234567890

Type system reasoning

For my headline and subtitle font, I chose Nunito Black and Semi-bold. I chose these because I felt they were simple and aesthetically inviting without being overpowering. For the body, I chose Consolas because I felt a thinner mono font would be easier to read while still fitting into the theme. Lastly, I added Apparatus as an accent font in case I wanted to draw attention to something specific and independent from the rest of the type system.

Initial Prototype

Used Prototypes

TO-DO

☐ MJE 105 HW
☐ IMS 171 HW

Date: 10/15
WED

7:00 am
8:30 am
9:00 am
9:30 am
CCA 195
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
2:00 pm
2:30 pm

IMS 254

4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Date: 10/16
THU

7:00 am
8:30 am
9:00 am
9:30 am
MJE 105
11:30 am
12:00pm
12:30 pm
MJE Young
Alumni
2:30 pm

IMS 254

4:00 pm
4:30 pm
5:00 pm
5:30 pm
Game Design
Club
3h
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Continued to use scheduled events but did not add much outside of what was already in my calendar—no time blocking

TO-DO

Date: 10/17
FRI

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Date: 10/18
SAT

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

1:00 pm

1:30 pm

SOCIETY

SATURDAY

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Had stopped adding anything at this point

TO-DO

Date: 10/19
SUN

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00 pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

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6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

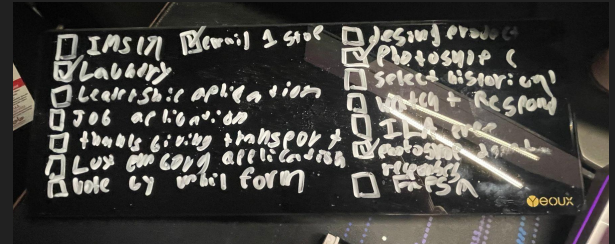
10:30 pm

11:00 pm

11:30 pm

Notes:

By the time I got to
sunday I had stopped
using it and returned to
my old systems without
really thinking about it



My Copy

TO-DO

Date: Oct 15
WED

7:00 am
8:30 am
9:00 am
9:30 am
10:00 am
10:30 am
11:00 am
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
2:00 pm
2:30 pm

3:00 pm Bio problems
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Date:
THU

7:00 am
8:30 am
9:00 am
9:30 am
10:00 am
10:30 am
11:00 am
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
Bio Notes
2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Did not use of events or todo list, but did block out time for specific tasks

TO-DO

Date: **FRI**

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00 pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Date: Oct 18
SAT

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

Bio problem set

11:00 am

11:30 am

12:00 pm

Chem Quiz

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Did not use of events or todo list, but did block out time for specific tasks

TO-DO

Date:
SUN

Notes:

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

Bio SID + Bio 205
Discussion task

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Did not use of events or todo list, but did block out time for specific tasks

TO-DO

Date:
MON

7:00 am
8:30 am
9:00 am
9:30 am
10:00 am
10:30 am
11:00 am
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
2:00 pm
2:30 pm

Attendance checklist

Advisor Meeting

Date:
TUE

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

7:00 am
8:30 am
9:00 am
9:30 am
10:00 am
10:30 am
11:00 am
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Did not use dates or schedule classes. Marked times to do assignments or go to events and used todo list to label it.

TO-DO

Date:

WED

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Date:

THU

7:00 am

8:30 am

9:00 am

9:30 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

1:00 pm

1:30 pm

2:00 pm

2:30 pm

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6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Attendance checklist

Did not use dates or schedule classes. Marked times to do assignments or go to events and used todo list to label it.

TO-DO

Date:
FRI

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

1:00 pm

2:00 pm

2:30 pm

Lab w/7

3:00 pm

3:30 pm

4:00 pm

4:30 pm

5:00 pm

5:30 pm

6:00 pm

6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Date:
SAT

7:00 am

8:30 am

9:00 am

9:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00pm

12:30 pm

1:00 pm

1:30 pm

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6:30 pm

7:00 pm

8:30 pm

9:00 pm

9:30 pm

10:00 pm

10:30 pm

11:00 pm

11:30 pm

Did not use dates or schedule classes. Marked times to do assignments or go to events and used todo list to label it.

TO-DO

Date:
SUN

Notes:

		3:00 pm
		3:30 pm
	7:00 am	4:00 pm
	8:30 am	4:30 pm
	9:00 am	5:00 pm
	9:30 am	5:30 pm
	10:00 am	6:00 pm
	10:30 am	6:30 pm
	11:00 am	7:00 pm
	11:30 am	8:30 pm
	12:00pm	9:00 pm
	12:30 pm	9:30 pm
	1:00 pm	10:00 pm
	1:30 pm	10:30 pm
	2:00 pm	11:00 pm
	2:30 pm	11:30 pm

Did not use dates or schedule classes. Marked times to do assignments or go to events and used todo list to label it.

TO-DO

Date: 10/13
MON

Bio exam

MJF small group prep

MJF video and interview

7:00 am
8:30 am
9:00 am
9:30 am
KNH 194
11:00 am
11:30 am
12:00 pm
12:30 pm
1:00 pm
1:30 pm
2:00 pm
2:30 pm

KNH 102

4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Date: 10/14
TUE

7:00 am
8:30 am
9:00 am
9:30 am
MJF 105
11:00 am
BIO 161
1:00 pm
1:30 pm
2:00 pm
2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Used todo list and scheduled classes, but rarely scheduled time to do assignments

TO-DO

Date: 10/15
WED

7:00 am
8:30 am
9:00 am
9:30 am
KNH 194
11:00 am
11:30 am
BIO 161 Lab
2:00 pm
2:30 pm

KNH 102

4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
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10:00 pm
10:30 pm
11:00 pm
11:30 pm

Date: 10/16
THU

7:00 am
8:30 am
9:00 am
9:30 am
MJ F 105
11:00 am
BIO 161
1:00 pm
1:30 pm
2:00 pm
2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Used todo list and scheduled classes, but rarely scheduled time to do assignments

TO-DO

Date: 10/17
FRI

7:00 am
8:30 am
9:00 am
9:30 am
KNH 134
11:00 am
11:30 am
12:00pm
12:30 pm
1:00 pm
1:30 pm
2:00 pm
2:30 pm

3:00 pm
3:30 pm
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5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Date: 10/18
SAT

7:00 am
8:30 am
9:00 am
9:30 am
10:00 am
10:30 am
11:00 am
11:30 am
12:00pm
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2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
10:00 pm
10:30 pm
11:00 pm
11:30 pm

Used todo list and scheduled classes, but rarely scheduled time to do assignments

TO-DO

Date:
SUN

KNH 102 3 assignments

	7:00 am
	8:30 am
	9:00 am
	9:30 am
	10:00 am
	10:30 am
	11:00 am
	11:30 am
	12:00pm
	12:30 pm
	1:00 pm
	1:30 pm
	2:00 pm
	2:30 pm

3:00 pm
3:30 pm
4:00 pm
4:30 pm
5:00 pm
5:30 pm
6:00 pm
6:30 pm
7:00 pm
8:30 pm
9:00 pm
9:30 pm
HW Time
11:00 pm
11:30 pm

Notes:

Used todo list and scheduled classes, but rarely scheduled time to do assignments

Prototype insights (overview)

- Todo lists were underutilized
- Not many people planned work time ahead
- Later pages in the week tended to have less
- Several users did not note times of classes

Prototype breakdown:

What went well?

Overall, the prototype was satisfying to use. Interacting with it and placing out the tabs was reminiscent of using a sticker book. Once the sheet was filled out it was colorful making it aesthetically pleasing—albeit a little overwhelming if your Mondays are as busy as mine are—and color coordination made it easy to see what needed doing.

Prototype breakdown:

What missed the mark? What was frustrating to use?

One thing that I foresee being frustrating is laying out your classes or repeating events every week. Many of the users testing it did not even put in their classes.

Another problem was that it didn't directly encourage you to plan ahead, it let you but didn't tell you (via text or design) to plan ahead. As one tester said "well I usually just put the sticky note down when I started doing the work and didn't use it to plan ahead."

Finally, A problem I noticed is that it was easy to forget about. The prototype wasn't attached to anything so you could just shove it in a bag or a drawer and forget about it.

Prototype breakdown:

What would you change?

In a second version I want allow for the maintaining or repeated events. One way to do this would be to include them in the printed version (either by creating it digitally or scanning and copying a version with the events on it). Instead, I opted to put the final prototype on a white board. That way repeating tasks could be retained.

The white board also helps to encourage planning ahead because you see your whole week ahead of you instead of cut up two day periods and it places itself somewhere you will see it and remember to interact with it.

The white board also has a larger notes section which could be used for anything from important reminders to habit tracking.

Final Prototype

