

June 27, 2017 - MyL3 Self-Assessment Toolkit Design Crit

[Touch-notes and Query Exploration Mockups](#)

[Balsamiq Mockups - Partial Query Workflow](#)

- we want to avoid being prescriptive, or encoding the tool with core values
- e.g. what is a "healthy" diet to one person may not be healthy to another
- avoid the trap of a medical model, "healthism"
- want to be able to capture less obvious things, unanticipated correlations etc
 - remove value e.g. just "diet" rather than "healthy diet"
 - or make it customizable - user may choose to create a touch note called "healthy food"
- allow the user to BYOV - bring their own value system to the tool
- user-continued design:
 - allow for re-labelling
 - provide a gallery, a palette, possibly of what others have done
- provide "presets" / starting sets e.g. a migraine tracking set?
 - concern - too prescriptive
 - concern - may not want to declare "I get migraines" - allow learner to label it as they wish (to protect privacy)
- in many cases the user may not know the value of certain data until they are tracking and can identify a correlation

- discovery process? how to guide without being prescriptive, how to get learner started?
- perhaps a starting framework:
 - what did I eat today
 - where did I go today
 - how much sleep did I get
 - who did I interact with today
 - etc
- keep it more open to begin with, then hone in on specific goals, queries, correlations
- provide more than one entry method, learner can choose - broad or specific ?

- what if feelings were an entry point to everything else?
- i.e. start with how you feel today/right now, allow multiple feelings
- then track other things from there that might be affecting your mood

- the tool might get too complicated, require too much interaction? too disruptive?
- consider a combination of auto-tracking data and manual tracking
- it's ok if folks use the tool for a while and then stop
- perhaps allow for a more simplified tracking system, like one that auto-tracks and prompts you after the fact to label it
 - e.g. you appear to be eating, Y / N , healthy/not
 - e.g. you run for the bus and later label the steps/activity it as "running"
- consider also individual context
 - "exercise" may mean running after kids for a period of time
 - "exercise" may mean going to the gym
 - also diet - "healthy" is relative and also affected by socio-economic pressures
- re: job centres and looking for work - consider talking to specialized HR folk