

Goals Progress & Checklist Widget

1

My Goals

87%

My Goals

0%

You have not set any goals this week

2

My Goals

87%

3

+ Add New Goal - Remove a Goal

- Walk outside 3 times this week
- Log journal two times this week
- Complete pursed-lips breathing exercise at least once
- Do something that makes you happy
- Call one friend this week
- Try out one tip found on 360social

4

My Goals

87%

+ Add New Goal - Remove a Goal

Type New Goal Here and Hit Enter When Done

- Walk outside 3 times this week
- Log journal two times this week
- Complete pursed-lips breathing exercise at least once
- Do something that makes you happy
- Call one friend this week

5

My Goals

87%

+ Add New Goal - Remove a Goal

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Widget Goal: Widget is intended for the user (example: Person with COPD using COPD360 coach platform), and allows user to easily access, track and manage weekly goals to better improve and manage his or her health.

Who: Person with COPD.

Problem: Users need to be able to input weekly goals to take action to better manage their health (this is part of the “do” for the platform).

How do we know they need it? Not only was it requested by the client, but we know they need it because the platform currently is an educational tool that spits out information - it has some aspects that allow the user to carry out actions to better improve their health, but they need more. Goal setting will allow the user to be accountable for themselves and manage their health at their own pace.

Action we want user to take? We want them to create weekly goals and complete them.

What prompts user to take this action? Progress bar indicating where they are with their goal - they can visualize their progress when they log in and it acts as a reminder that they are not doing what they set up for themselves to do.

1. My Goals with Progress Bar

On their dashboard, above the points and level data. User is able to immediately see where they are with their weekly goals. If they have not set up their goals for that week, the progress bar will be zero with a message that informs them they have not set their goals.

2. Easy Toggle Arrow

Users can click on the toggle arrow to reveal their weekly goals, remove goals or add new ones. Ideally, last week's goals will be re-populated each week.

3. Goals as Checklist

Each goal will be a checklist item - as they complete their goal, they mark it off which updates the progress bar. Progress bar is based off of percentage of items checked off on the list. The reason for hiding the list of goals is due to the fact that it loses the power of focusing the user on the visual progress. Additionally, users who are keeping track of their goals will be conscious of the goals they entered.

4. Add New Goal

Users can click the plus icon to add a new goal - this will toggle a text field directly below where the user can enter his or her goal and press enter to “save /submit” it.

5. Remove a Goal

Users can easily remove a goal by clicking the red minus icon which turns all check boxes into a “delete” closeout option. Given that previous week's goal is populated, users can choose to remove a goal they no longer want to follow or they can easily delete a goal they accidentally put in.