Readme

Hi there, welcome to our Medium-Fi Prototype!

"F* This"** is an app designed to help individuals break free from addictive/detrimental behaviors and habits. A person would use this app when they have identified one or more habits that they would like to quit doing, to get suggestions of alternative habits to substitute the detrimental behavior, track their progress, and share it with accountability partners.

With this Medium-Fi Prototype, you should be able to accomplish three tasks of varying complexity: (i) register a new addiction (simple task), (ii) share a customized progress report with selected accountability partners (medium task), and (iii) be onboarded to the app, creating a profile and adding personal information and preferences (complex task).

i. Simple task: The flow begins with the user being prompted to input an addiction/bad behavior they would like to replace, takes the user to a recommendation page where several alternatives based on research and preferences are provided, and ends at the addiction remediation page after the user makes a selection and gets instructions on how to begin

ii. Medium task: This part of the prototype allows the user to generate a progress report that visually represents their journey towards breaking the habit. The user can select milestones and statistics to include, and send it directly to their accountability partners through the app. The process is designed to be intuitive, with prompts guiding the user through each step of report customization and sharing.

iii. Complex task: In this most detailed section of the prototype, new users are guided through a comprehensive onboarding experience. This involves creating a user profile where they can enter personal details, provide information on their likes and dislikes, set their goals,

Tools: To create this prototype, we used Figma, leveraging its collaborative features, a library of pre-designed components for rapid prototyping, and plugins to integrate additional functionality and streamline the design process. We also utilized Figma's prototyping tools to create interactive elements and transitions that simulate the user experience.

Limitations: While our Medium-Fi Prototype provides a functional outline and an interactive experience, it has certain limitations. It does not include the full depth of features that the final app will offer. The interactions are limited to the prototype's scope, which means real-time data processing and backend integrations are not demonstrated. User testing is required to validate the design decisions and usability of the prototype, and performance metrics such as load times and response to user inputs are not represented. Finally, as a prototype, it may not fully encompass the visual and interactive nuances of the finished product, which will be refined through further development and user feedback.