Mindfulness Meditation Research
Process
Final

Research (Context Development)

Definition (background)
• Define what is mindfulness meditation? (both in spiritual and physical perspective)
• Collect and list the history progress of mindfulness meditation (including
  representative personage, time, location and event)
• Discover how eastern mindfulness meditation culture interact with western
  technology, and growing and propagate.
• Define the practical methodology of mindfulness meditation.
• Define the usefulness and unusefulness of mindfulness meditation in today's society.

Identification (Problems)
• Collecting data from the target audience on campus college students regarding the
problem of stressfulness and mental awareness through interview, and survey.
• Identify the specific problem and user's needs related to college student's daily living.
• Identify what types of methods current college students are using for stress release
and analyze the advantages and shortages.
• Identify the interaction and effects of mindfulness meditation in stress release,
  and how to apply to college student's daily living.
• Set up control group and compare the result of people who practice mindfulness
  meditation with people who practice other methodology.

UX Design (User investigation and App Development)

Persona
• Selecting typical users and build up profile regarding stress problems,
  and stress release methodology. (Including both practicing and non-practicing
  mindfulness meditation)

User Journey
• Show how one specific user uses mindfulness meditation to his/her daily living, and
  different individual methods of practicing.

Develop analytical study of other similar Apps.
• List of related apps and comparing their functions of advantages and disadvantages.
• Research and list other effective and noneffective methods.

Site Map establishment and User flow.
• Develop the features for the App, and the entire structure of the navigation system.
• Develop the user actions, path and individual interactions in the App.

Wireframe (Lo-fi)
• Develop the entire App with gray scale, and with full functions applied.
• User testing and Refinement.

UI Design (App Interface design and extend promotion design)

Branding Identity
• Branding system, logo design, and establish branding standard.

Font selection for graphic expression including hierarchy and function

Color Palette Set up
• Primary color, secondary color, highlighted color, and text color.

Icon Creation
• Feature icons, and navigation icons.

Wireframe (high-fi)
• All branding system applied to the wireframe with color, font and icon.
• User test and refinement.

Prototype
• App prototyping both in XD interaction and video demonstration.

Extend Promotion Design*
• Social Awareness Campaign Poster Design.
• Tracking Monitor Band product prototype.
• Stress release product prototype.
• Pocket Booklet Design for Meditation Methodology Promotion.
• Post card, book mark, pin, and sticker design.