

Your mission: **Redesign health behavior change**

...for your partner.

Jot down an interview guide 3min

Start by gaining empathy.

1 Interview

8min (2 sessions x 4 minutes each)

Notes from your first interview

Switch roles & repeat Interview 1.

2 Dig deeper

8min (2 sessions x 4 minutes each)

Notes from your second interview

Switch roles & repeat Interview 2.

Reframe the problem.

3 Capture findings 3min

needs: things they are trying to do*
*use verbs

insights: new learnings about your partner's feelings/
worldview to leverage in your design*
*make inferences from what you heard

4 Define problem statement 3min



_____ partner name/description

needs a way to

_____ user's need

Surprisingly // because // but ...

[circle one]

_____ insight

Ideate: generate alternatives to test.

5 Sketch at least 5 *radical* ways to meet your user's needs. 5min



write your problem statement above

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6 Share your solutions & capture feedback. 8min (2 sessions x 4 minutes each)

Notes

Iterate based on feedback.

7 Reflect & generate a new solution. 3min

Sketch your big idea, note details if necessary!

Build and test.

8 Build your solution.

Make something your partner can interact with!

[not here]

10min

9 Share your solution and get feedback.

✚ What worked...

▬ What could be improved...

? Questions...

! Ideas...

8min (2 sessions x 4 minutes each)