Your mission: Redesign health behavior change ... for your partner.

Jot down an interview guide 3min					

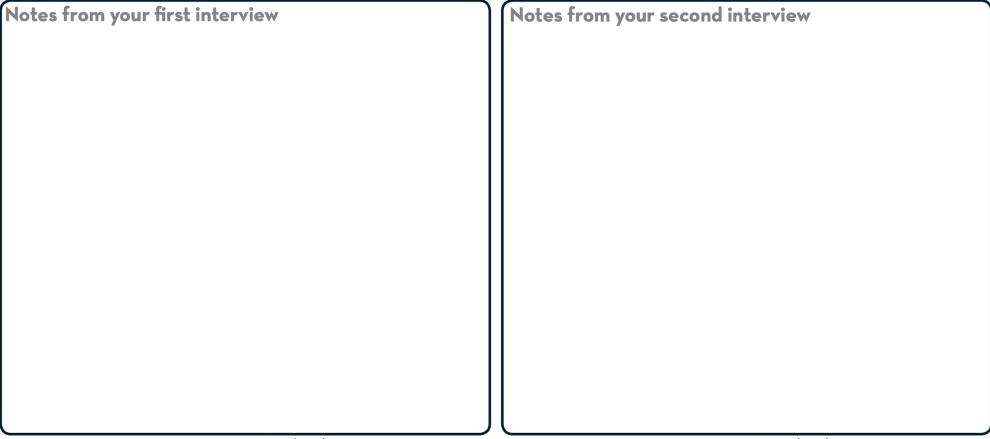
Start by gaining empathy.

1 Interview

8min (2 sessions x 4 minutes each)



8min (2 sessions x 4 minutes each)





Reframe the problem.

3 Capture findings 3min

needs: things they are trying to do*

insights: new learnings about your partner's feelings/ worldview to leverage in your design*

4 Define problem statement 3min



^{*}make inferences from what you heard

Ideate: generate alternatives to test.

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



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.

