



AI Generated Coffee Recommendations

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TABLE OF CONTENTS

INTRODUCTION	PAGE 1
BACKGROUND RESEARCH	
CONSUMING CAFFEINE: THE POSITIVES	PAGE 2
CONSUMING CAFFEINE: THE NEGATIVES	PAGE 3
CONSUMING CAFFEINE: SUMMARY	PAGE 4
TARGET AUDIENCE	
USER RESEARCH & INSIGHTS	PAGE 5
PERSONA: ADRIANNA	PAGE 6
HOW MIGHT WE	PAGE 7
USER TASK FLOWS	
TRACK CAFFEINE INTAKE	PAGE 8
MONITOR SLEEP AND STRESS	PAGE 9
MAKE RECOMMENDATIONS FOR CAFFEINE CONSUMPTION	PAGE 10
LOW FIDELITY WIREFRAMES	
USER SCENARIO 1	PAGE 11
USER SCENARIO 2	PAGE 12
USER SCENARIO 3 AND 4	PAGE 13
USER SCENARIO 5	PAGE 14
USER SCENARIO 6	PAGE 15
USER TESTING	
ADJUSTMENTS MADE FROM USER TESTING	PAGES 16-19
VISUAL STYLES	
MOODBOARD	PAGE 20
VISUAL STYLES	PAGE 21
VISUAL STYLES APPLIED	PAGE 22-25
FINAL PROTOTYPE	PAGE 26

Caffeine is a widely consumed psychoactive compound found in coffee, tea, soft drinks, and various other products. Its effects on human health have been extensively studied, and research has explored the importance of getting the right amount of caffeine in a day.

HOW MUCH COFFEE ARE YOU DRINKING EACH DAY?

IS IT TOO MUCH? NOT ENOUGH?

DO YOU FIND YOURSELF REACHING FOR ANOTHER CUP HALFWAY THROUGH THE DAY?

Finding out how much you should be drinking each and every day could be simpler than you realize. Simply sync your smart watch data to the application and let the AI do the rest. If you're not feeling coffee, how about tea? The AI takes your preferences for the drinks you prefer and offer recipes and step-by-step guides to try new options you have yet to discover.

NEED THAT MIDDAY PICK ME UP?

The AI can grab your data and recommend the amount of caffeine you need at that moment to not only help you focus your mind, but also so you don't overdue it and ruin your sleep for the night to come.



Consuming Caffeine: The Positives

COGNITIVE ENHANCEMENT AND ALERTNESS:

Caffeine is known for its stimulating effects on the central nervous system, leading to increased alertness and improved cognitive function. Moderate caffeine consumption can help individuals stay awake and concentrate better.

PERFORMANCE ENHANCEMENT:

Research suggests that caffeine can enhance physical and mental performance. Athletes often use caffeine as an ergogenic aid to improve endurance and strength during exercise.

MOOD AND WELL-BEING:

Some studies indicate that caffeine consumption may have positive effects on mood and reduce the risk of depression and suicide.

METABOLIC EFFECTS:

Caffeine can increase metabolic rate and fat oxidation, making it a common ingredient in weight loss supplements. However, its long-term effectiveness for weight management remains a subject of debate.



[Source 1](#)

[Source 2](#)

[Source 3](#)

Consuming Caffeine: The Negatives

CARDIOVASCULAR HEALTH:

High caffeine intake may lead to a temporary increase in blood pressure, but it's generally considered safe for most people. However, individuals with certain heart conditions should limit caffeine intake.

SLEEP DISTURBANCES:

Consuming caffeine too close to bedtime can interfere with sleep quality and duration. It's essential to consider the timing of caffeine consumption to avoid sleep disturbances.

MOOD AND WELL-BEING:

Excessive caffeine intake can lead to anxiety and jitteriness in sensitive individuals.

ADDICTION AND TOLERANCE:

Regular caffeine consumption can lead to tolerance, requiring higher doses to achieve the same effects. Some individuals may develop caffeine dependence, experiencing withdrawal symptoms when they try to quit.

INDIVIDUAL VARIABILITY:

There is considerable variability in how people respond to caffeine due to genetic factors. Some individuals metabolize caffeine quickly, while others are more sensitive to its effects.



[Source 1](#)

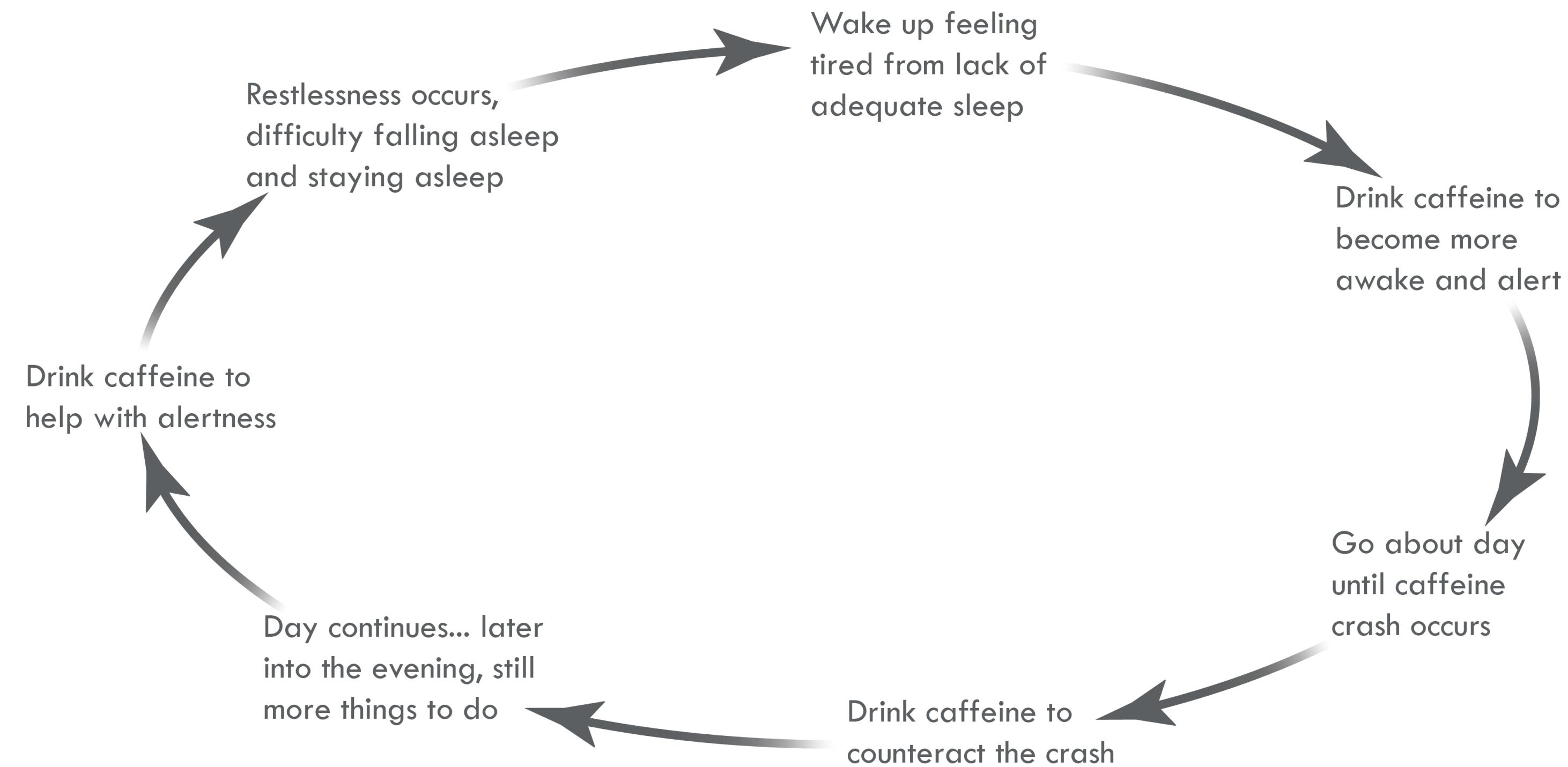
[Source 2](#)

[Source 3](#)

Consuming Caffeine: Summary

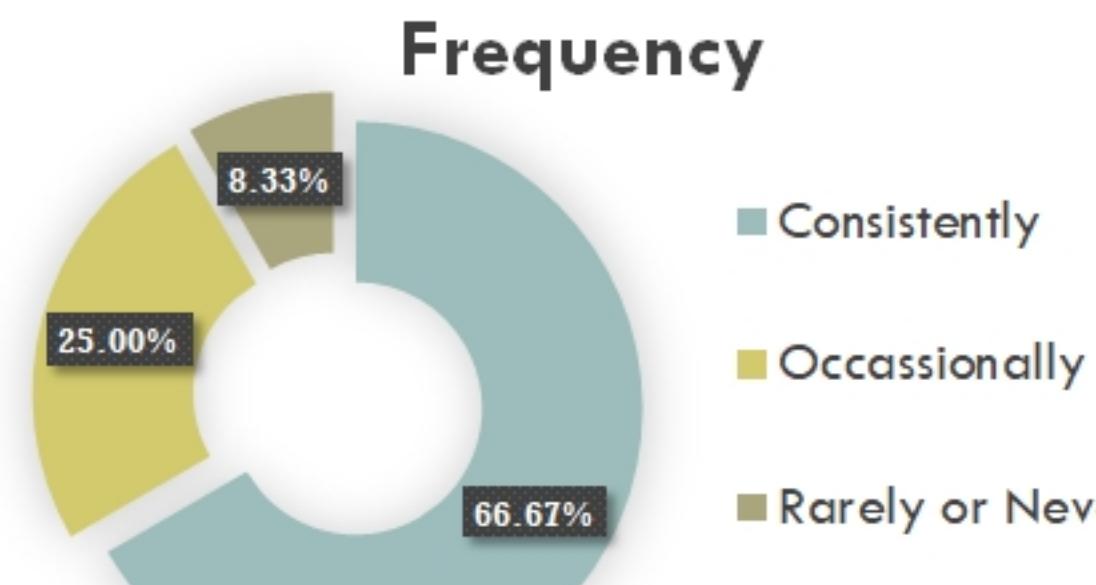
In conclusion, the importance of getting the right amount of caffeine in a day depends on individual factors, including tolerance, sensitivity, and health status. For most healthy adults, moderate caffeine consumption (usually around 200-400 mg per day) is considered safe and may provide some cognitive and performance benefits. However, it's crucial to be mindful of individual differences and potential side effects, such as sleep disturbances and anxiety, when determining the right amount of caffeine for your needs.

The Cycle

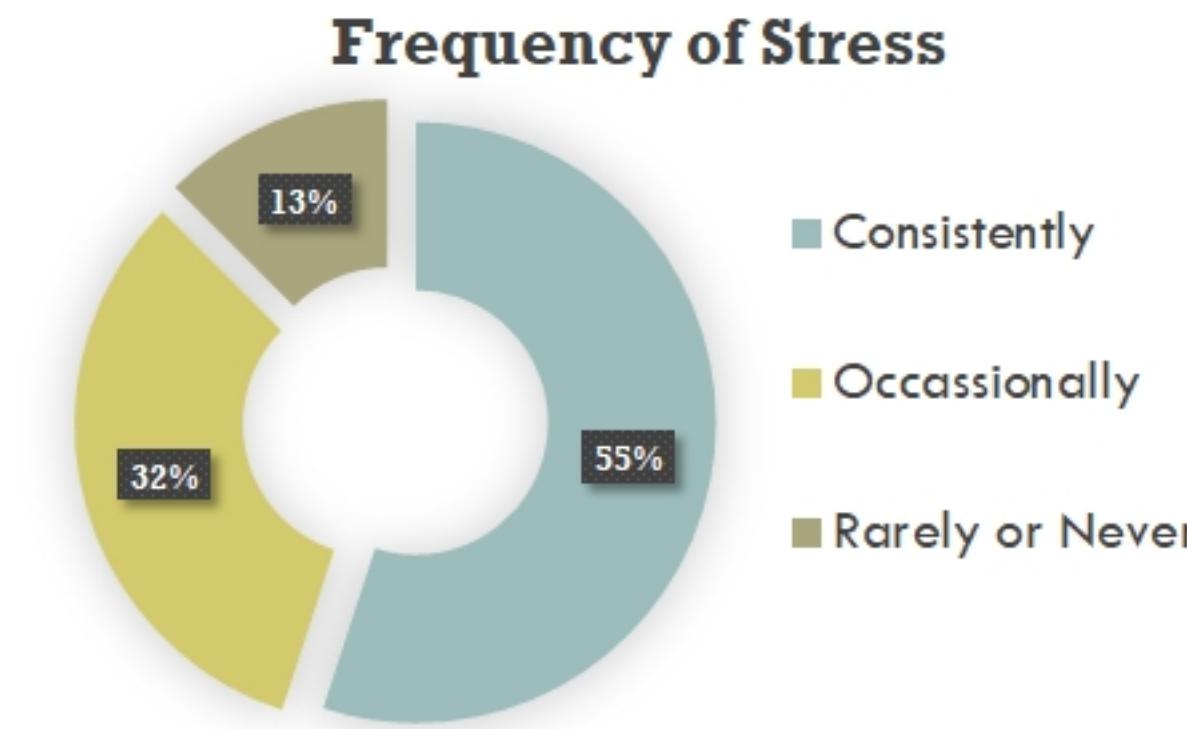


User Data

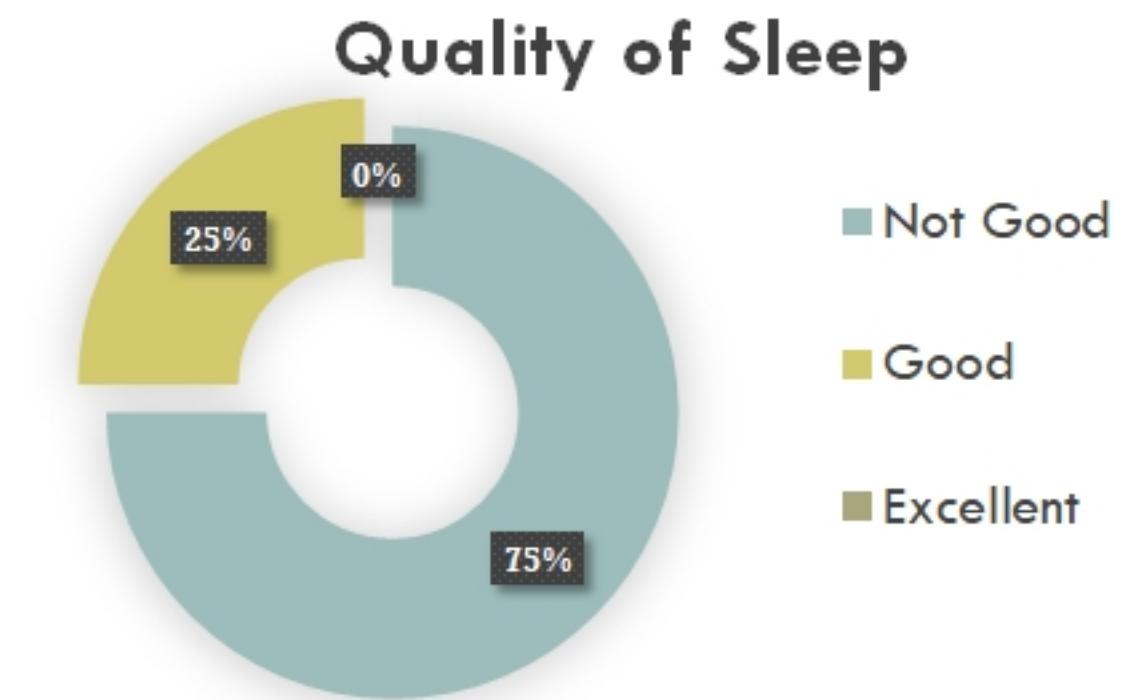
CAFFEINE CONSUMPTION



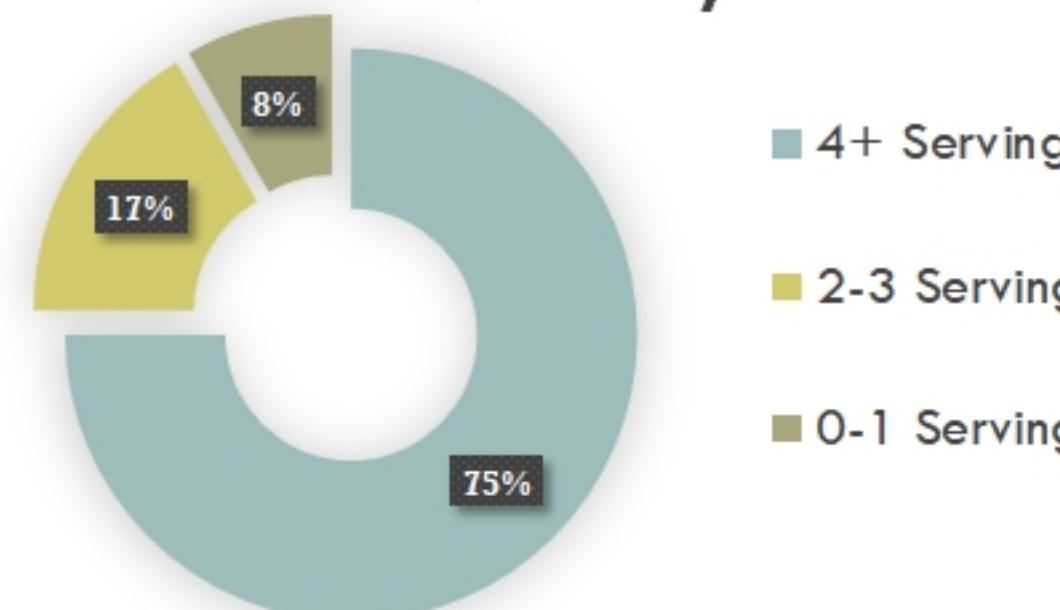
STRESS



SLEEP



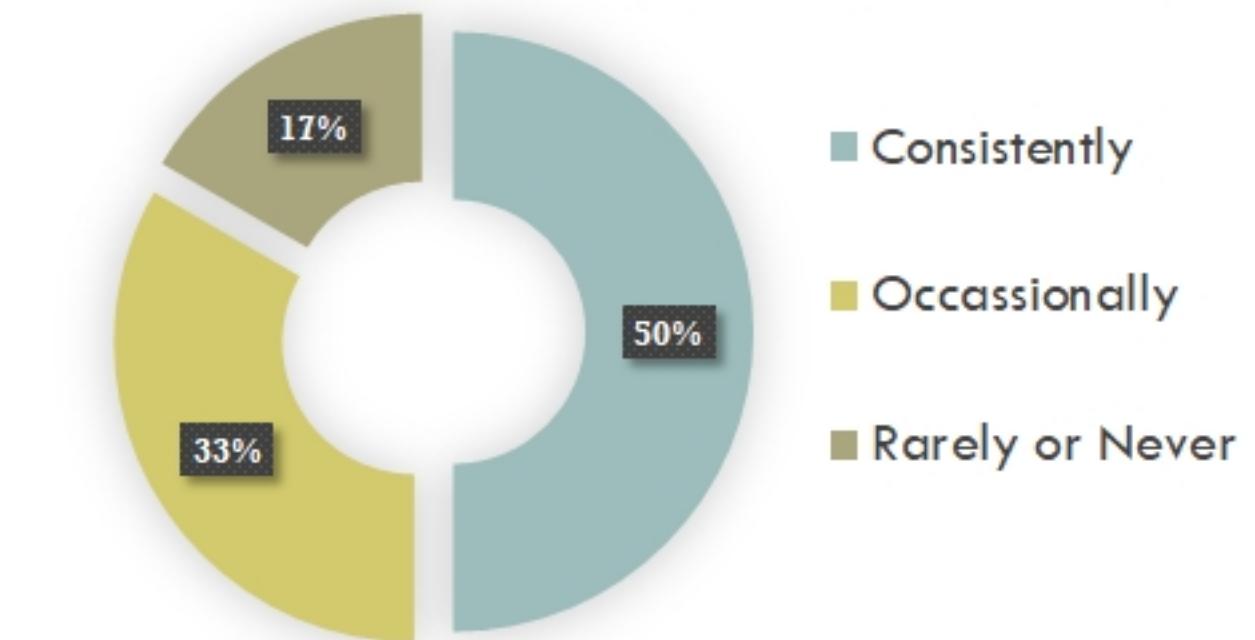
Quantity



Pinpointing the reasoning behind why people consume caffeine can be difficult and multi-faceted. The direct numbers show that greater caffeine consumption as well as stress indicators have an effect on both the quality of sleep and the ability to fall asleep (let alone staying asleep).

Reducing the amount of caffeine consumed, or even monitoring the amounts can help break the cycle of caffeine induced restlessness and improve overall wellbeing.

Difficulty Falling or Staying Asleep



Adrianna

Age: 31

From: San Diego, CA

Education: Some College

Occupation: Customer Service Representative

Marital Status: Married without Kids

Adrianna is a busy woman. She works her full time job between 40-50 hours a week. In addition to that, her and her husband have hobbies that frequently take up their time in the evening hours.

With all the running around, drinking coffee keeps her focused and energized. She has noticed that her sleep has been lacking and is finding that it is causing her to drink more and more sources of caffeine throughout the day to keep her focused and on task.

“ The more coffee I drink, the harder it is to sleep, which turns back to drinking more coffee, and the cycle keeps repeats itself. ”

Needs

- A way to track how much caffeine she is actually drinking daily
- Recommendations of when and how much she should drink to optimize her intake

Values

- The ability to be both physically and mentally present throughout the day

Wants

- Recommendations of what she should be drinking
- Track her sleeping patterns to see any noticeable changes

Fears

- Crushing headaches from cutting back on coffee
- Not being able to sleep and continually getting worse sleep as time goes on



How Might We...

TRACK CAFFEINE INTAKE

Standardize amounts based on Milligrams and suggested serving size.
Recommendations based on basic demographic: Age, Height, Weight.

MONITOR SLEEP QUALITY AND QUANTITY

Sync with existing smart watch applications
Allow users to input data manually.

MONITOR STRESS LEVEL

Standardize basic Algorithm for Stress using existing smart watch data.

MAKE RECOMMENDATIONS FOR CAFFEINE CONSUMPTION

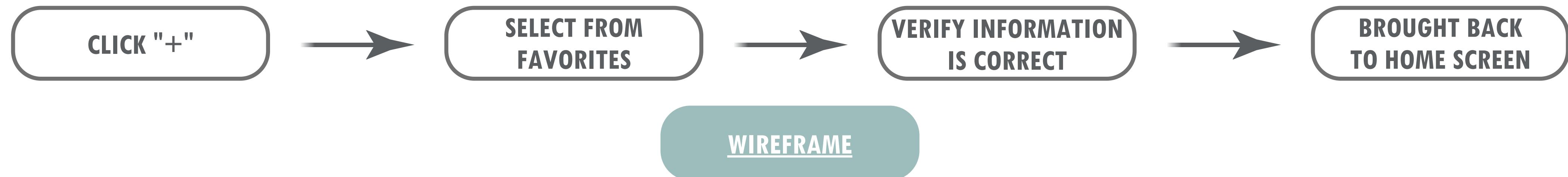
Selections for on hand coffee / tea / energy drinks
Ask questions about current location, access to equipment, or time for nearby shops etc.



Track Caffeine Intake

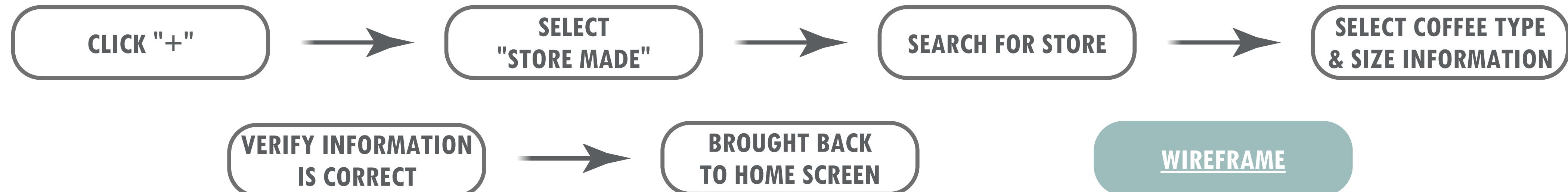
USER SCENARIO 1:

User has set up the App and added their morning coffee to their favorites for ease of use.
Needs to add their morning coffee to their caffeine intake for the day.



USER SCENARIO 2:

User stopped at a new coffee shop on their way to work and purchased a coffee.
Needs to add this cup of coffee to their caffeine intake for the day.



Monitor Sleep and Stress

USER SCENARIO 3:

User needs to see how their sleep quality was the night before.



USER SCENARIO 4:

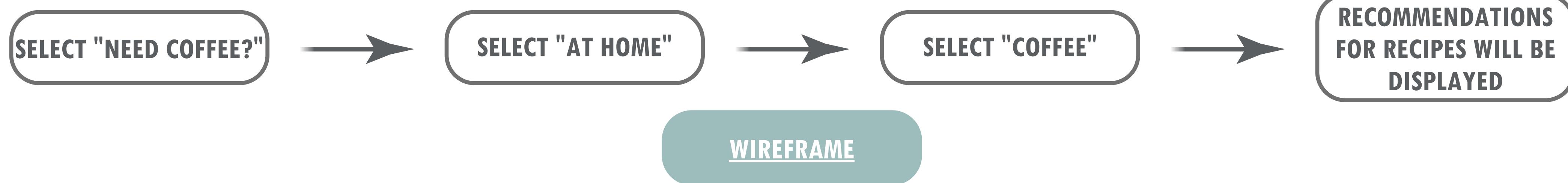
User needs to see where their current stress level is and determine if caffeine would be recommended.



Make Recommendations for Caffeine Consumption

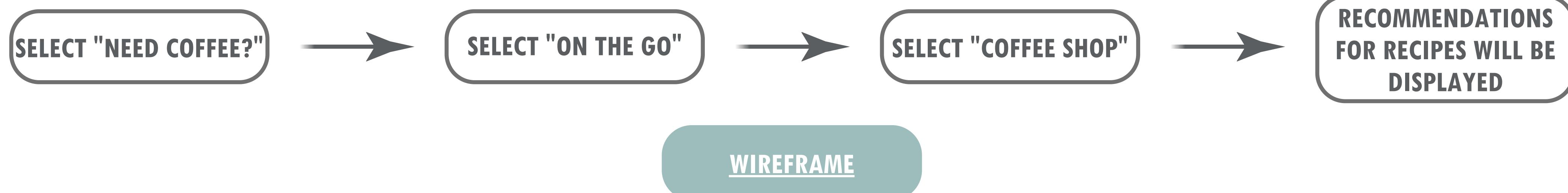
USER SCENARIO 5:

User is just starting their day. They have not had their morning coffee yet. They are looking to figure out how much they should have based on their sleep data from the night before.



USER SCENARIO 6:

User is out and about and feeling a little sluggish. They would like a recommendation on coffee places nearby and what they should order.



User Scenario 1

The wireframes illustrate a user scenario for a coffee ordering application. The process consists of four main steps:

- Initial State:** A blue header bar with a menu icon. Below it is a blue button labeled "NEED COFFEE?". The main content area displays three circular progress indicators, each labeled "890g". The first indicator is associated with "SLEEP" and a placeholder text: "Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do". The second indicator is associated with "CAFFEINE" and the same placeholder text. The third indicator is associated with "STRESS" and the same placeholder text. Each indicator has a blue circular "add" button at the bottom right.
- Search:** A blue header bar with a menu icon. Below it is a search bar containing the text "Adobe". The main content area is titled "FAVORITES" and lists three items: "Morning Coffee", "Green Tea", and "Black Tea", each with a blue heart icon.
- Verification:** A blue header bar with a menu icon. Below it is a blue button labeled "Verify". The main content area is titled "COFFEE TYPE" and shows a list with "Kirkland Dark Roast" and a blue three-dot menu icon. It also includes sections for "METHOD" (Drip Brew) and "SIZE" (6 oz Cup), each with a blue three-dot menu icon.
- Success:** A blue header bar with a menu icon. Below it is a blue button labeled "NEED COFFEE?". The main content area displays a large blue rounded rectangle containing the text "COFFEE ADDED SUCCESSFULLY!". Below it are three circular progress indicators, each labeled "890g". The first indicator is associated with "SLEEP" and a placeholder text: "Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do". The third indicator is associated with "STRESS" and the same placeholder text. Each indicator has a blue circular "add" button at the bottom right.



User Scenario 2

The wireframes illustrate a user scenario for a coffee ordering application. The process starts with a home screen showing coffee-related metrics (Sleep, Caffeine, Stress) and a 'NEED COFFEE?' button. The user then navigates to a favorites screen, a map screen, and a details screen before finally adding coffee to their order.

Home Screen: Shows three circular progress bars (890g) for Sleep, Caffeine, and Stress, each with a brief description. A 'NEED COFFEE?' button is prominent.

Favorites Screen: Displays a search bar with 'Adobe' and a list of favorites: Morning Coffee, Green Tea, and Black Tea.

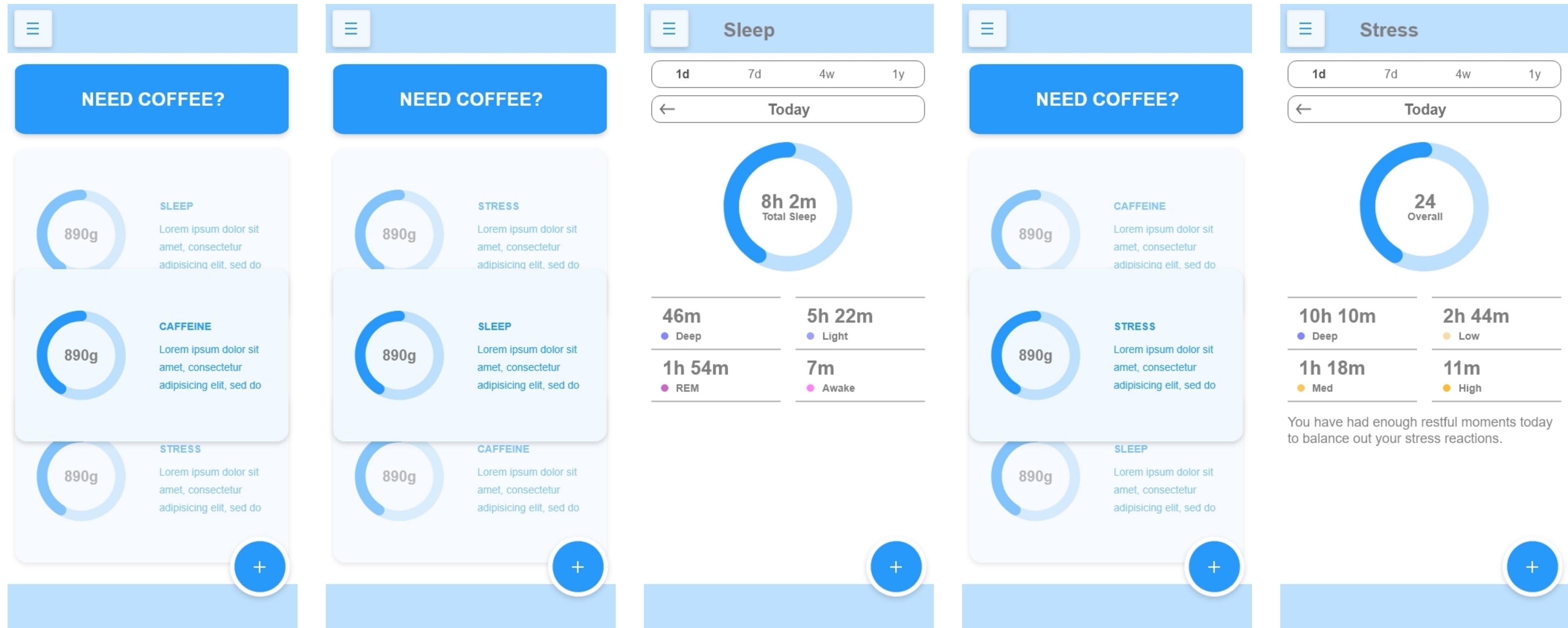
Map Screen: Shows a map with three coffee shop locations marked. A callout for 'Human Bean' provides details: 4.1 mi via Washington Blvd, Arrival time: 9:56 AM. Other options include 'Starbucks' and 'Dunkin Donuts'.

Details Screen: Shows a summary of the selected coffee: Your Favorite: Human Bean, COFFEE TYPE: White Chocolate Mocha, METHOD: Espresso, and SIZE: 20 oz Cup.

Success Screen: Confirms the addition of coffee with a large message 'COFFEE ADDED SUCCESSFULLY!'.



User Scenario 3 and 4



User Scenario 5

NEED COFFEE?

Are You...

AT HOME

ON THE GO

What are you feeling?

COFFEE

TEA

OTHER

We Recommend

COFFEE TYPE

Kirkland Dark Roast

METHOD

Drip Brew

SIZE

6 oz Cup

NEED COFFEE?

COFFEE ADDED SUCCESSFULLY!

SLEEP
Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do

CAFFEINE
Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do

STRESS
Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do

890g

890g

890g

+

+

+

+



User Scenario 6

NEED COFFEE?

Are You...

AT HOME

ON THE GO

Human Bean
4.1 mi via Washington Blvd
Arrival time: 9:56 AM

Starbucks
4.1 mi via Washington Blvd
Arrival time: 9:56 AM

Dunkin Donuts
4.1 mi via Washington Blvd
Arrival time: 9:56 AM

Your Favorite: Human Bean

COFFEE TYPE: White Chocolate Mocha

METHOD: Espresso

SIZE: 20 oz Cup

COFFEE ADDED SUCCESSFULLY!

890g SLEEP: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

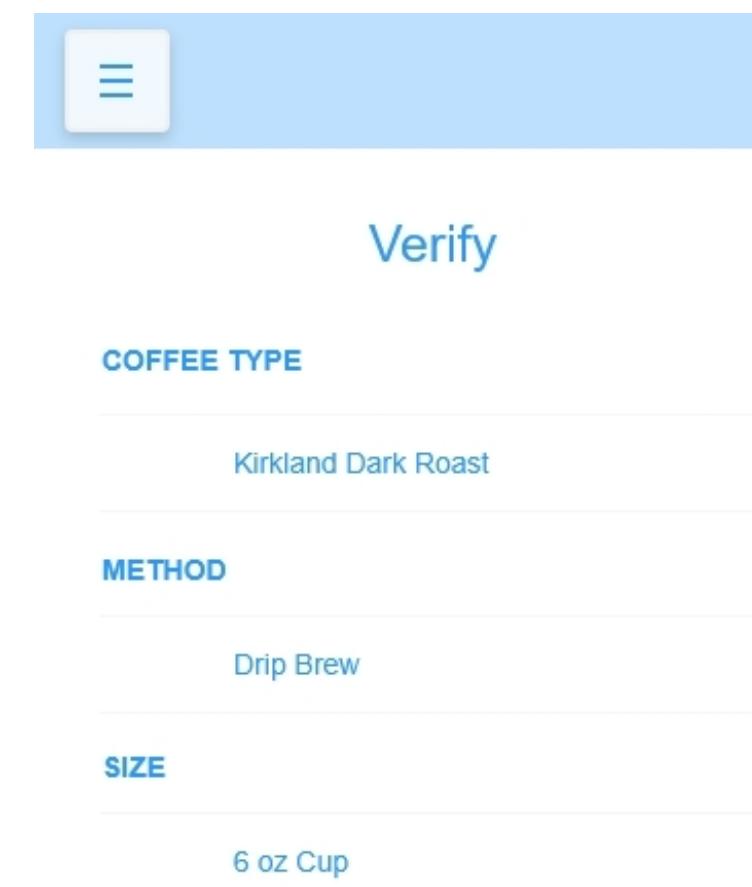
890g CAFFEINE: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

890g STRESS: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

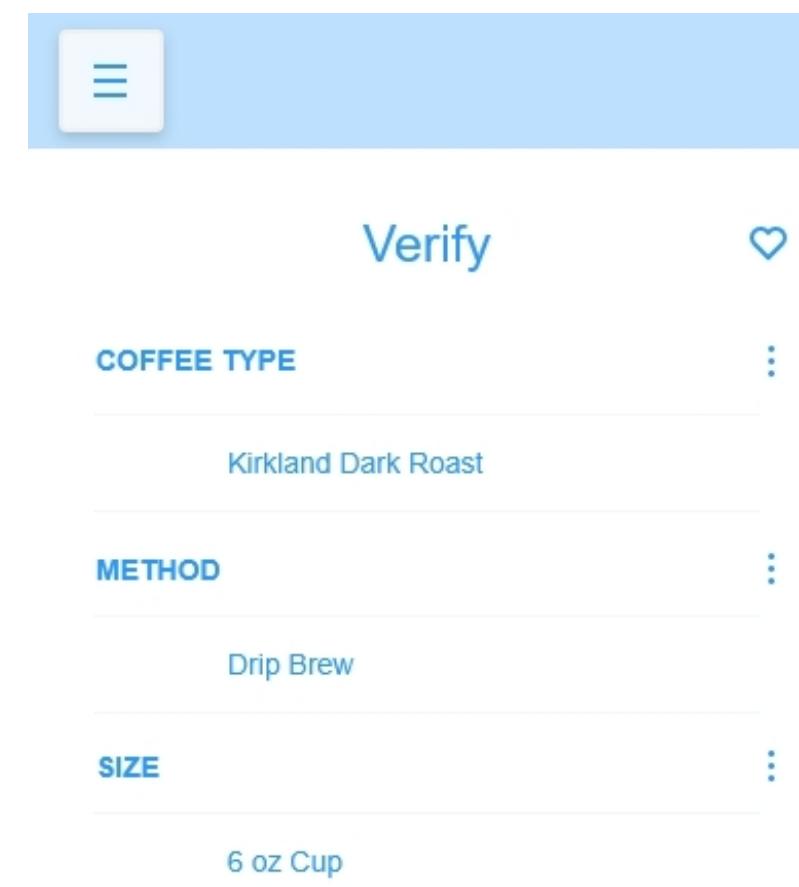


Adjustments Based on User Testing

ORIGINAL



UPDATE



EXPLANATION

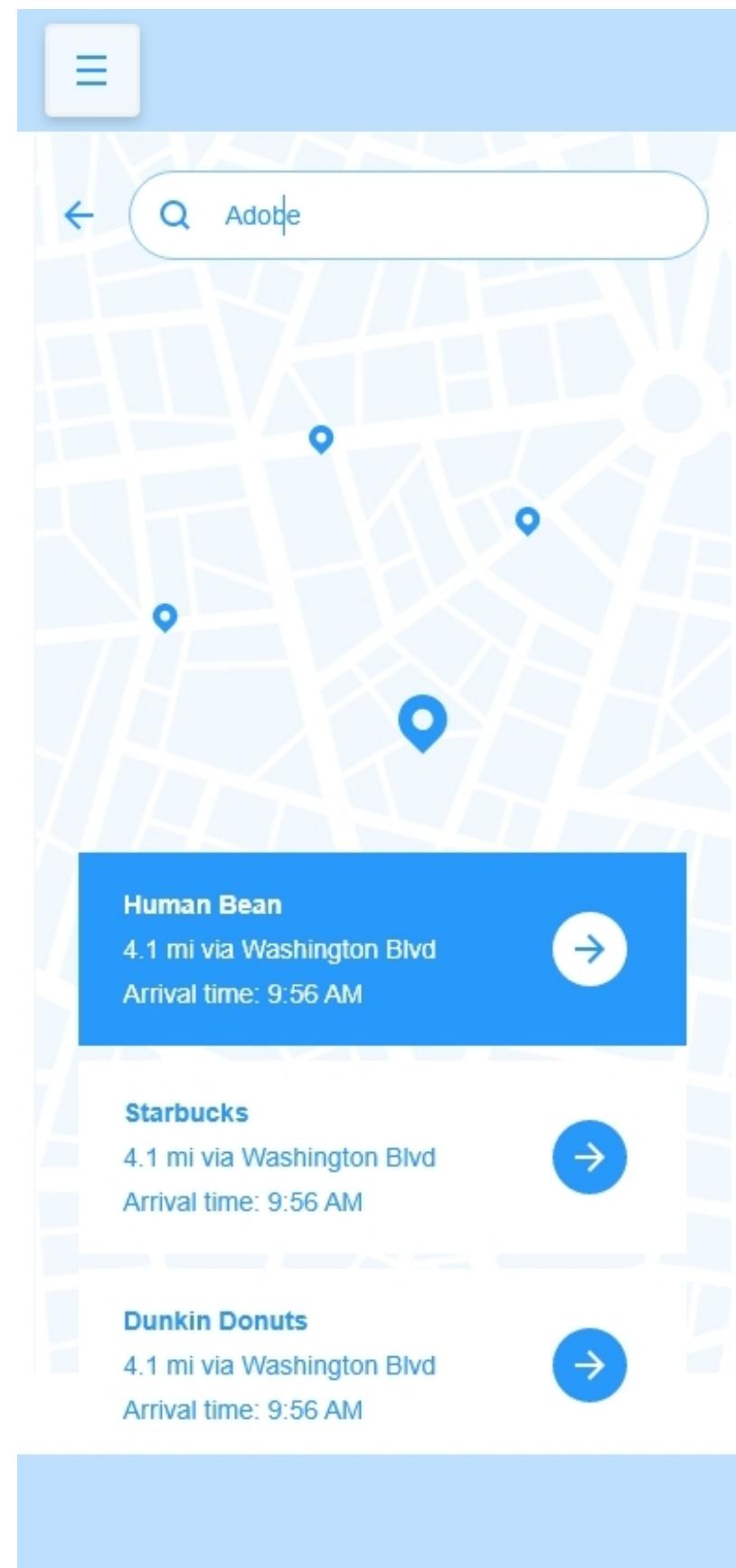
User tests indicated that adding an easy favoriting button to this screen for ease of use.

User test also indicated that changing the "+" to a "checkmark" would help differentiate starting over vs verifying that you are adding a drink. This change was applied to all verification screens

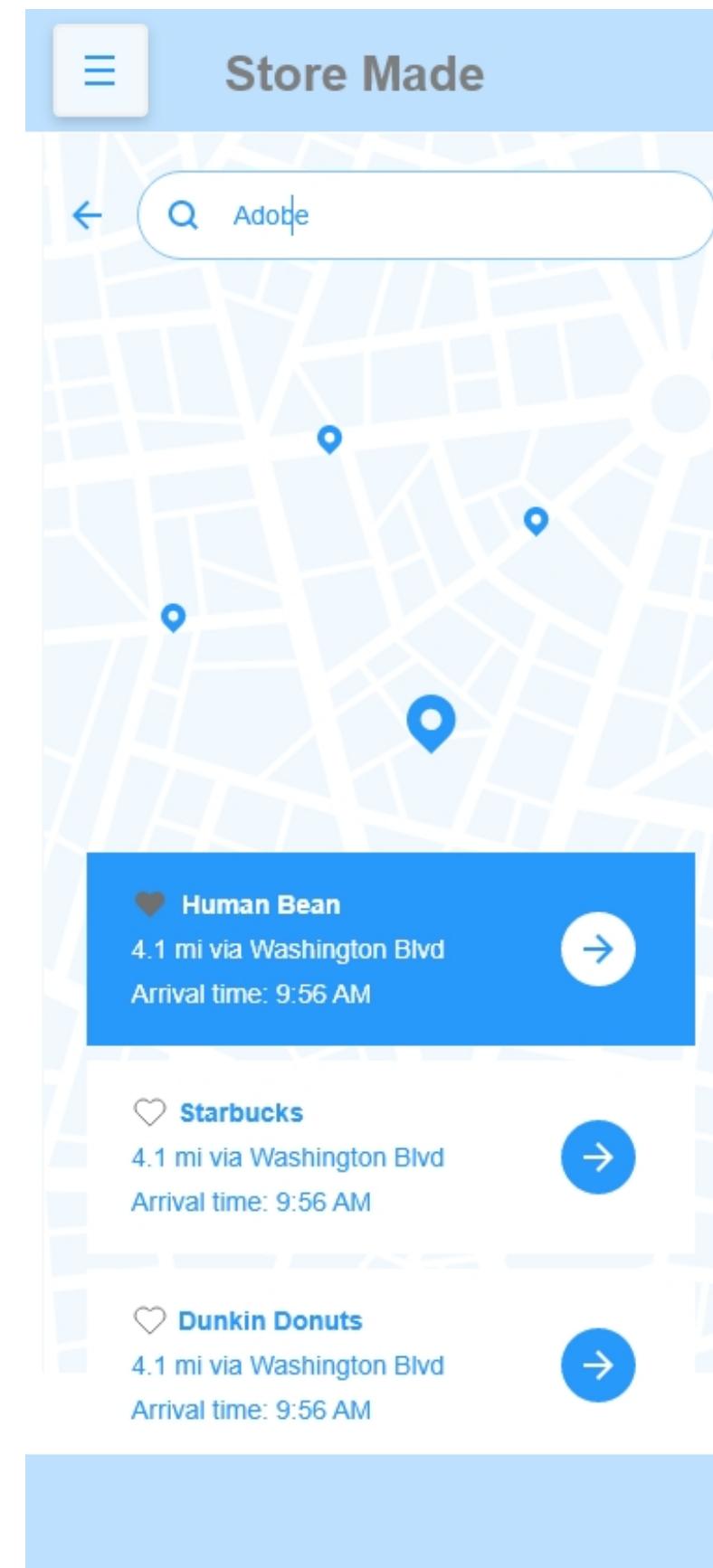


Adjustments Based on User Testing

ORIGINAL



UPDATE



EXPLANATION

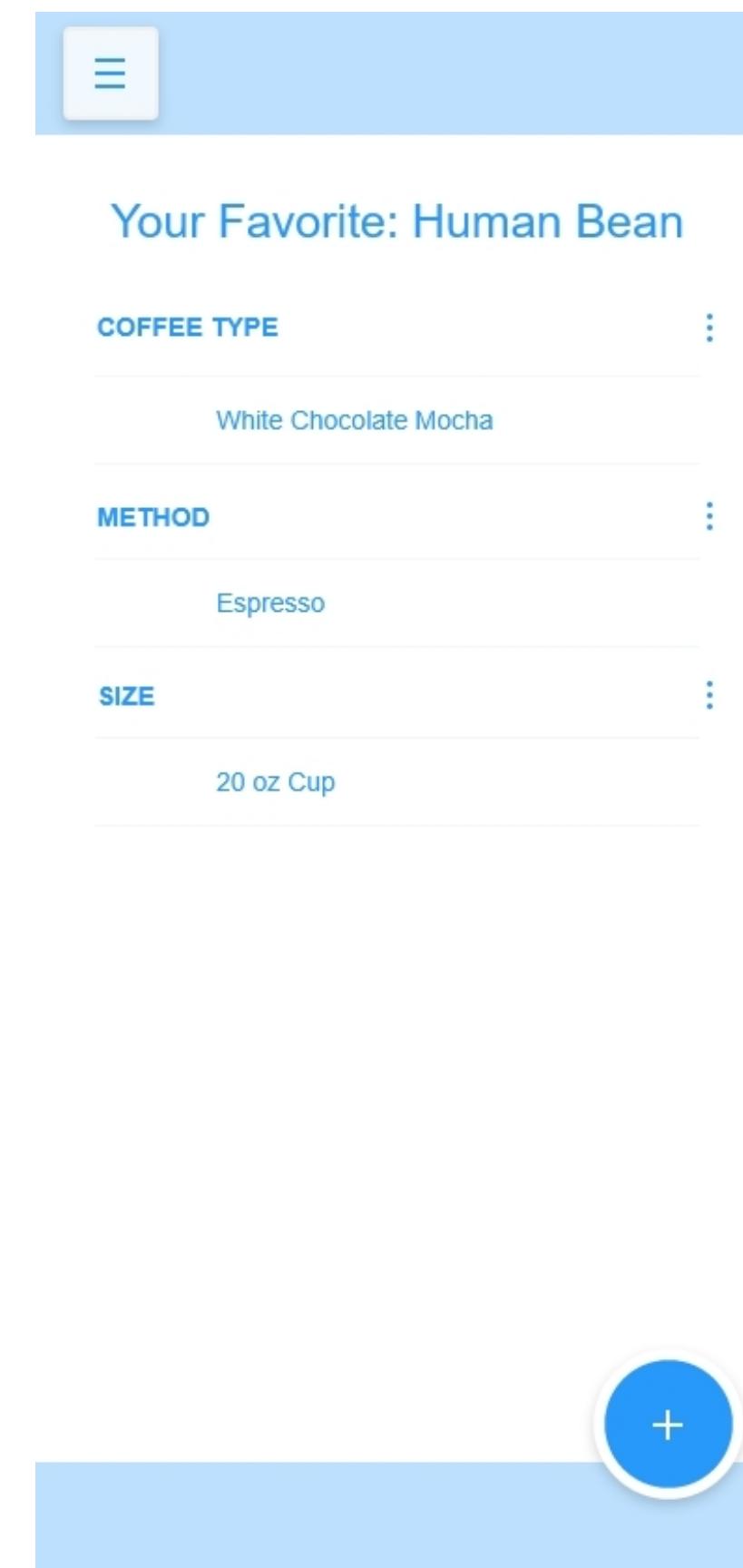
User tests indicated a need for internal navigation in the event of a selection error. This change was applied to all internal navigation pages.

User test also indicated a desire to easily select and add favorite locations on selection screen



Adjustments Based on User Testing

ORIGINAL



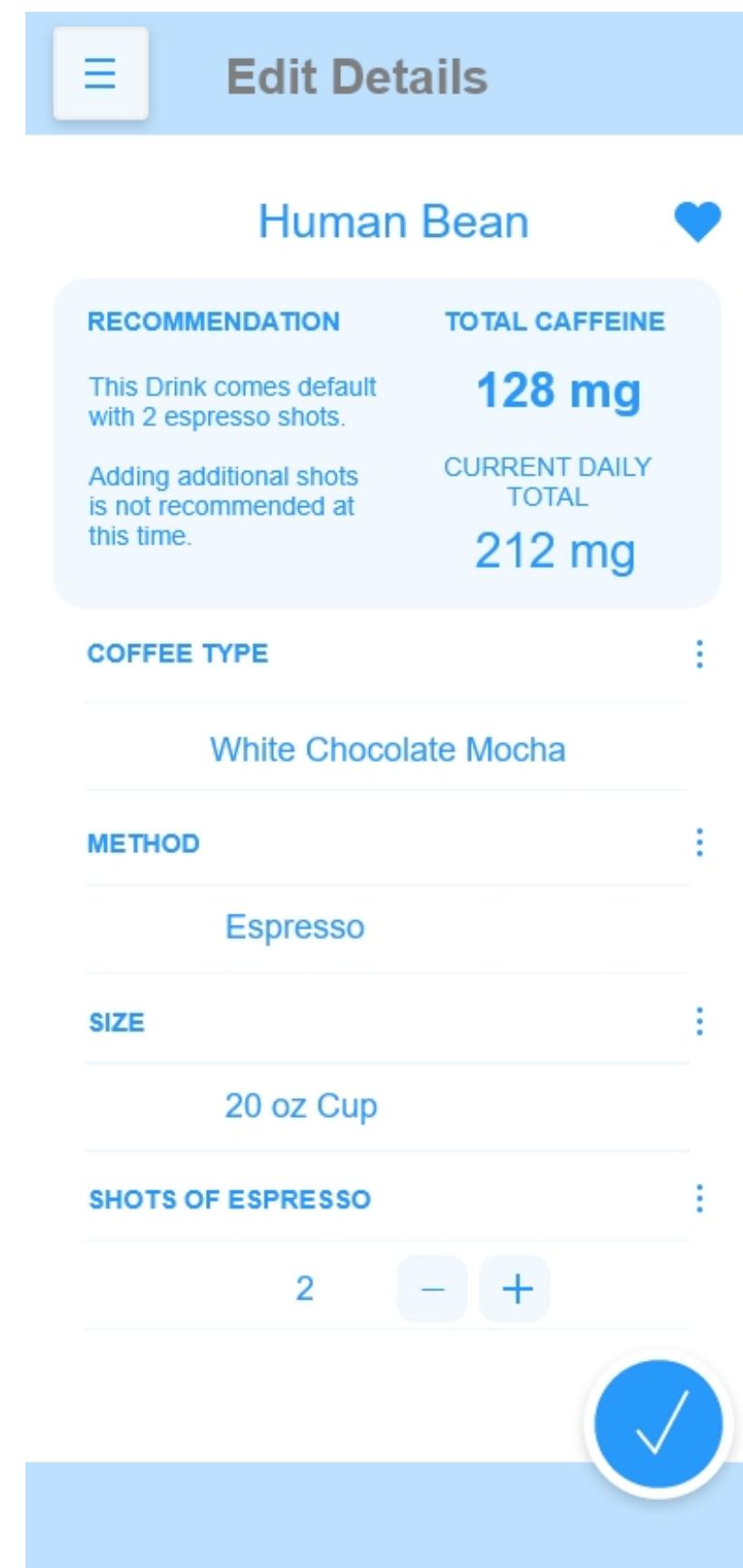
Your Favorite: Human Bean

COFFEE TYPE : White Chocolate Mocha

METHOD : Espresso

SIZE : 20 oz Cup

UPDATE



Human Bean 

RECOMMENDATION : This Drink comes default with 2 espresso shots. Adding additional shots is not recommended at this time.

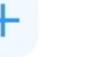
TOTAL CAFFEINE : 128 mg

CURRENT DAILY TOTAL : 212 mg

COFFEE TYPE : White Chocolate Mocha

METHOD : Espresso

SIZE : 20 oz Cup

SHOTS OF ESPRESSO : 2 

EXPLANATION

Removed " Your Favorite" text and replaced it with the favorite icon.

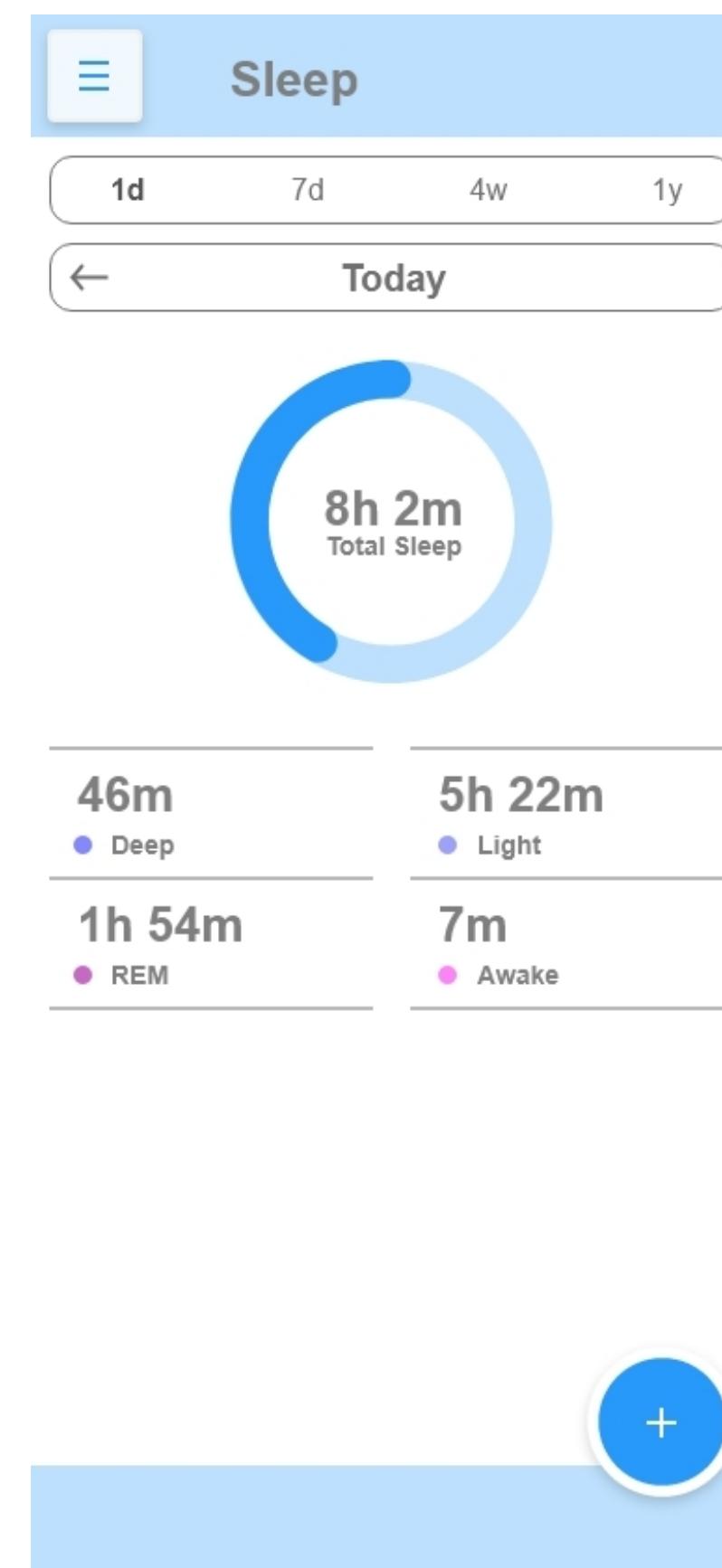
Added Recommendation and easy indication of how much caffeine this recommendation has as well as daily total.

Added section for adding or reducing number of espresso shots.

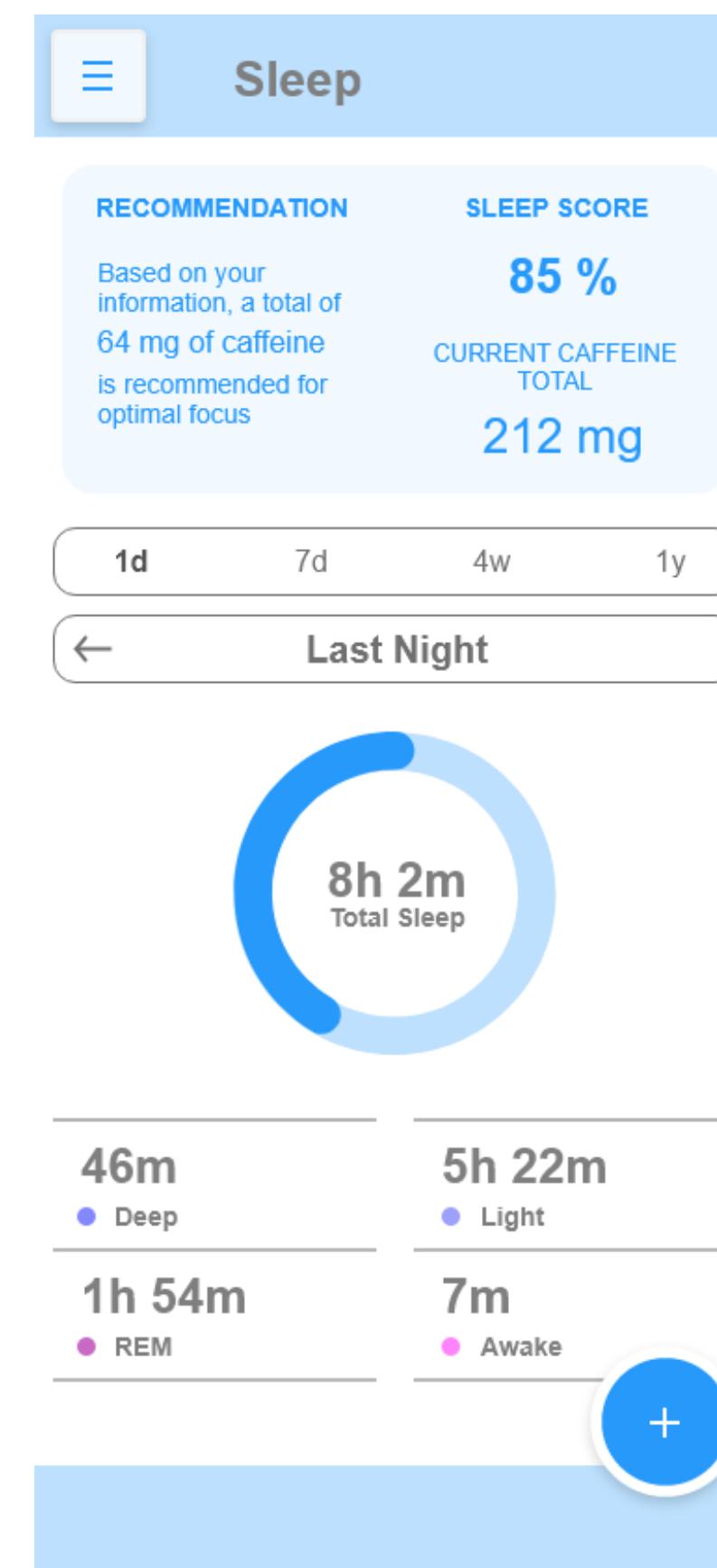


Adjustments Based on User Testing

ORIGINAL



UPDATE



EXPLANATION

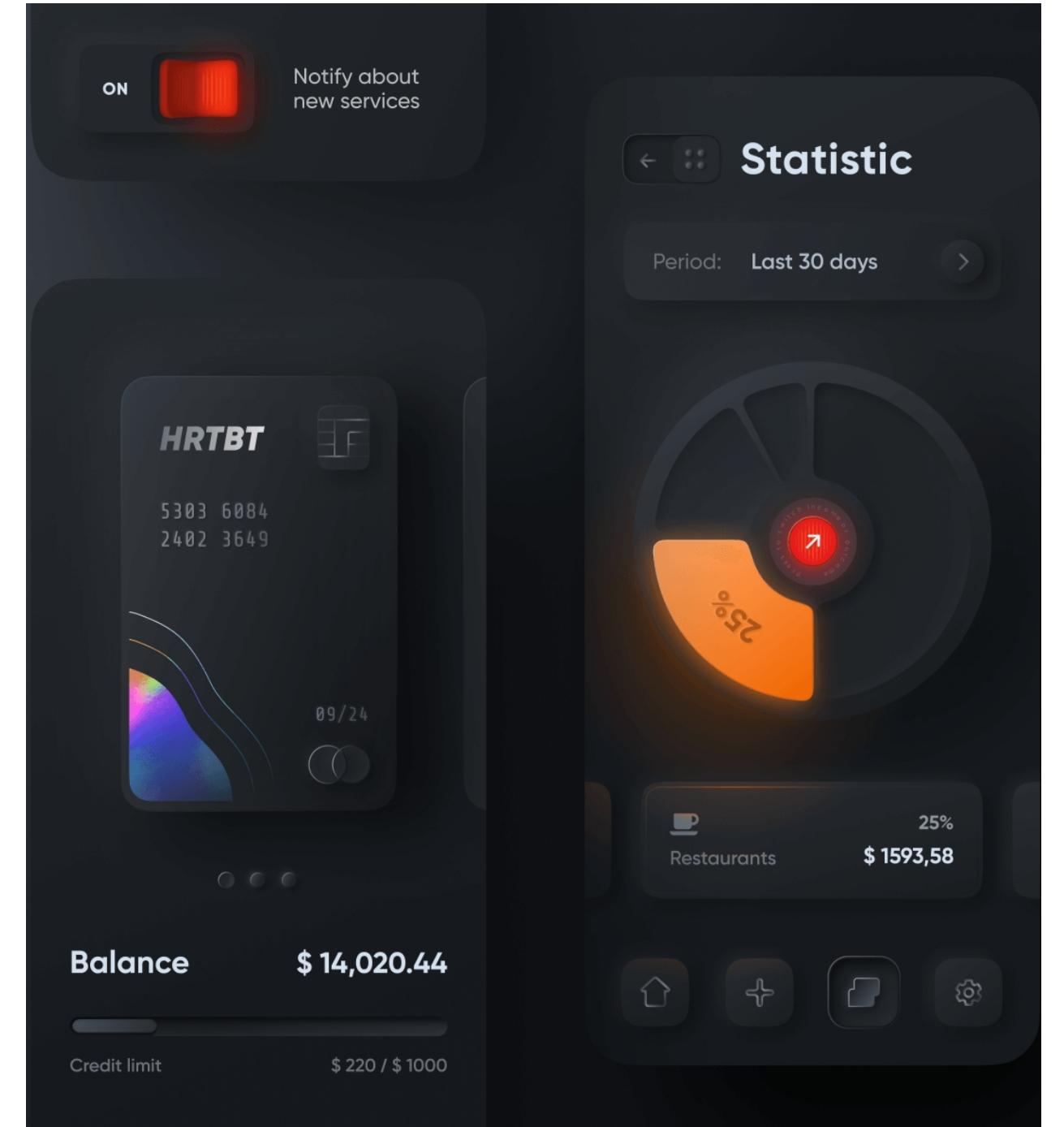
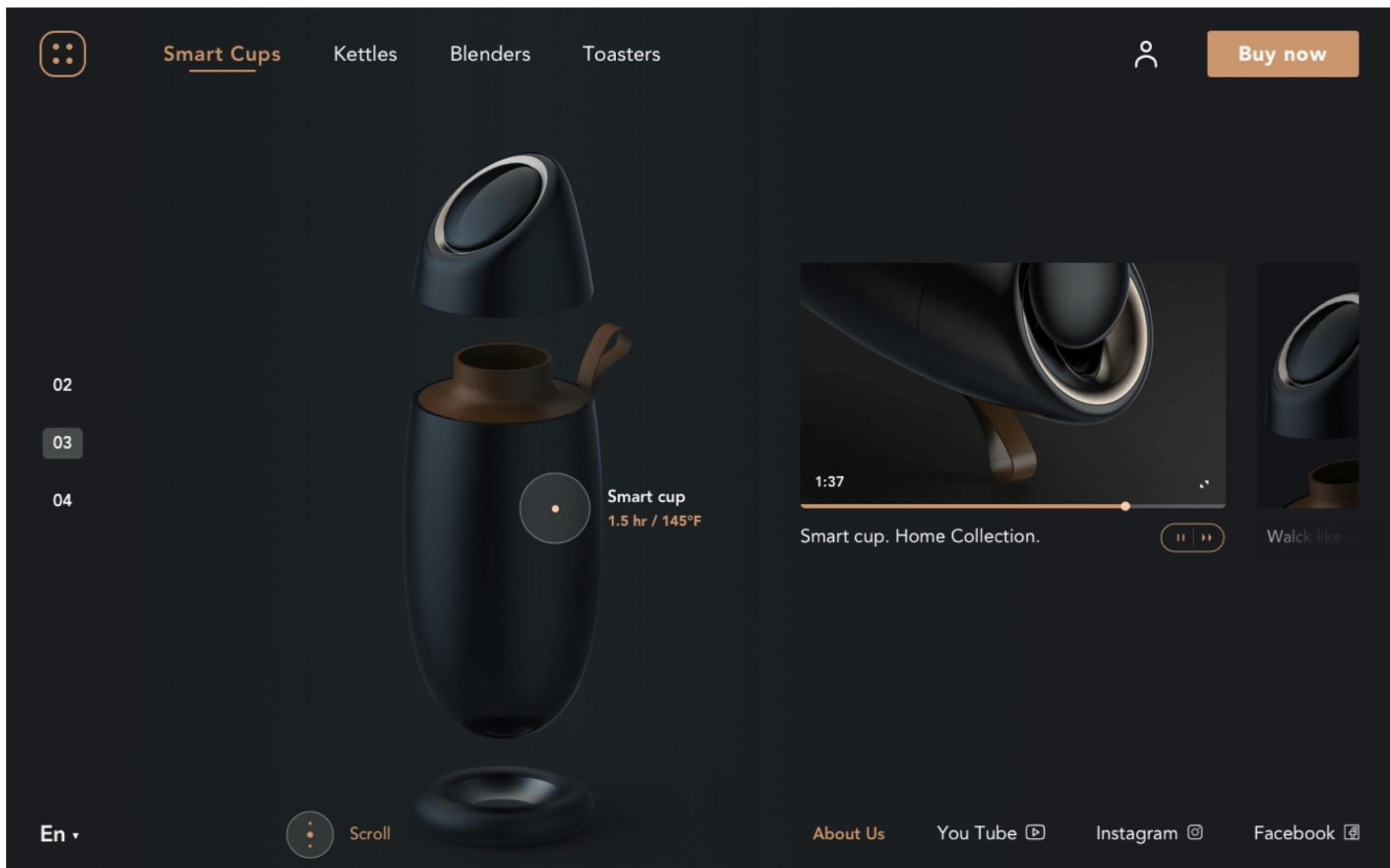
Added caffeine recommendation summary to sleep screen. This displays a sleep score, current caffeine total and a recommendation based on the two. This change was also applied to the "Stress" screen.

"Today" was changed to last night.



MOOD BOARD

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY



TYPEFACE

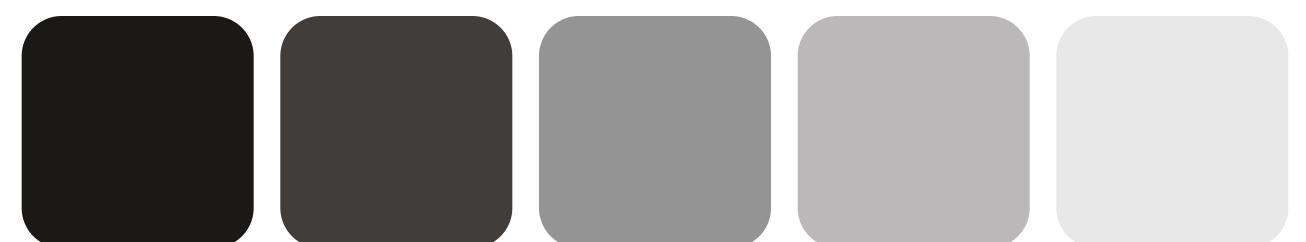
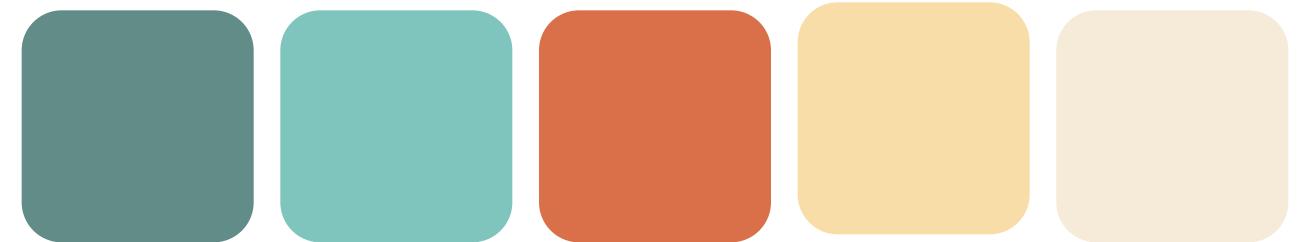
Articulat CF

Aa

Bold
Medium
Normal
Extra Light

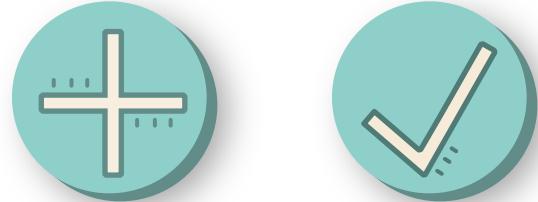
Aa Bb Cc Dd Ee Ff Gg Hh Ii
Jj Kk Ll Mm Nn Oo Pp Qq Rr
Ss Tt Uu Vv Ww Xx Yy Zz

COLORS

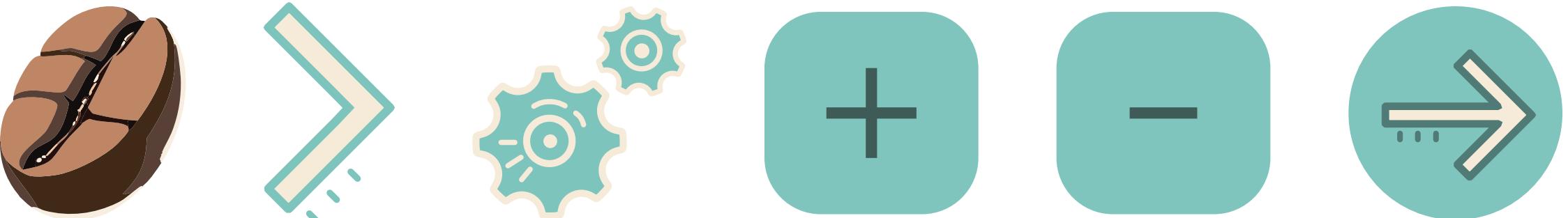
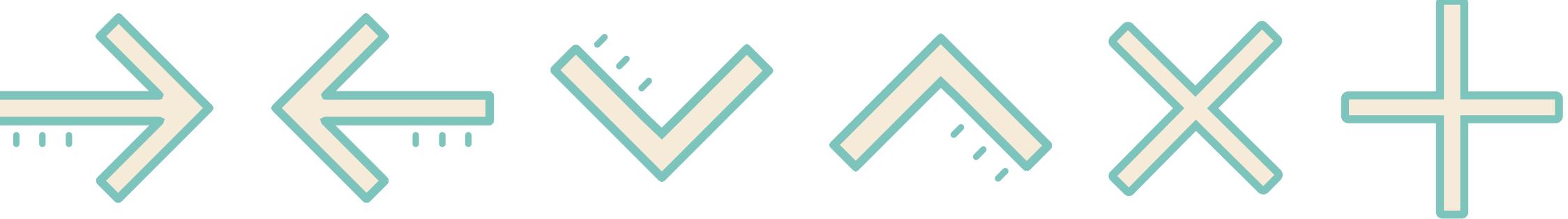


BUTTONS

NEED COFFEE?

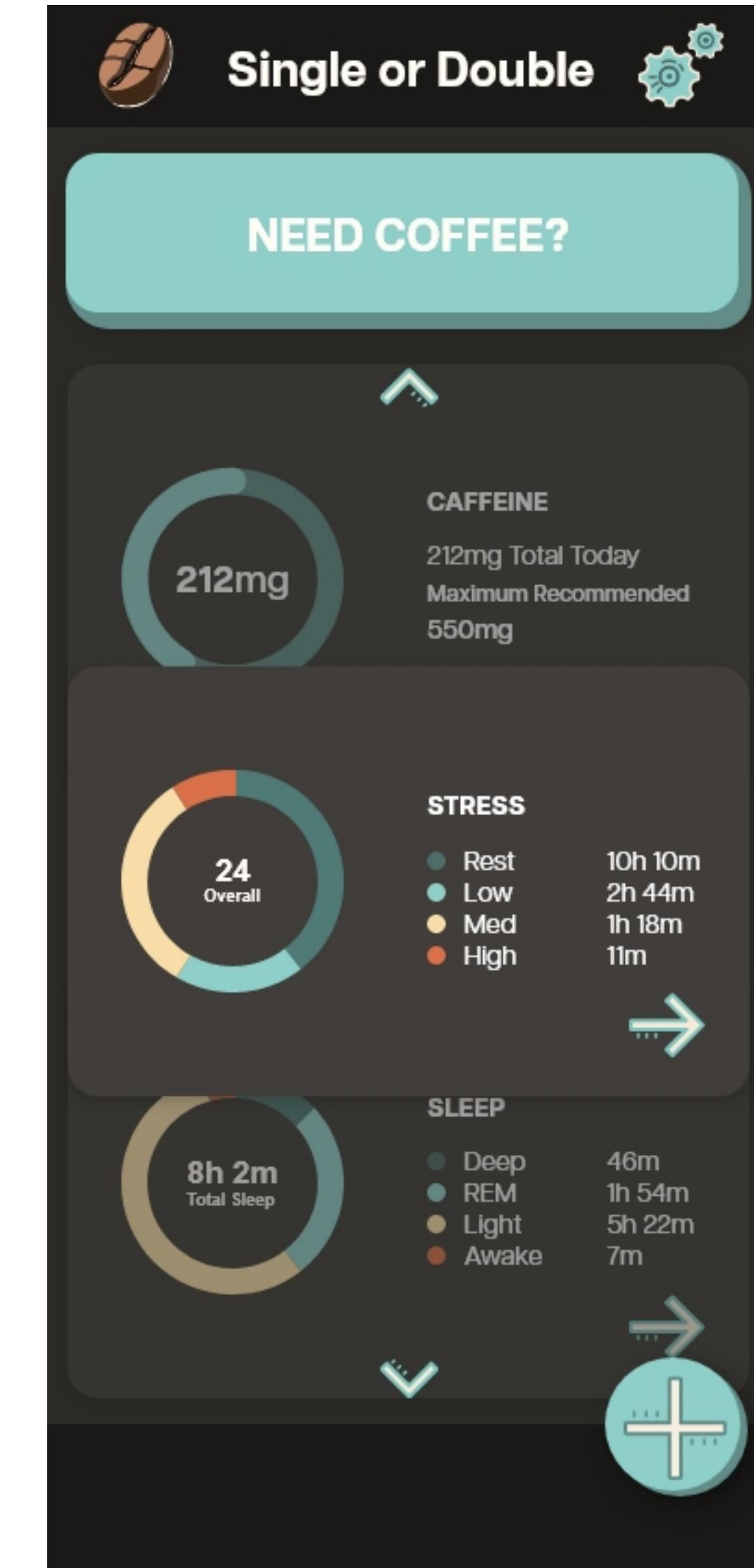
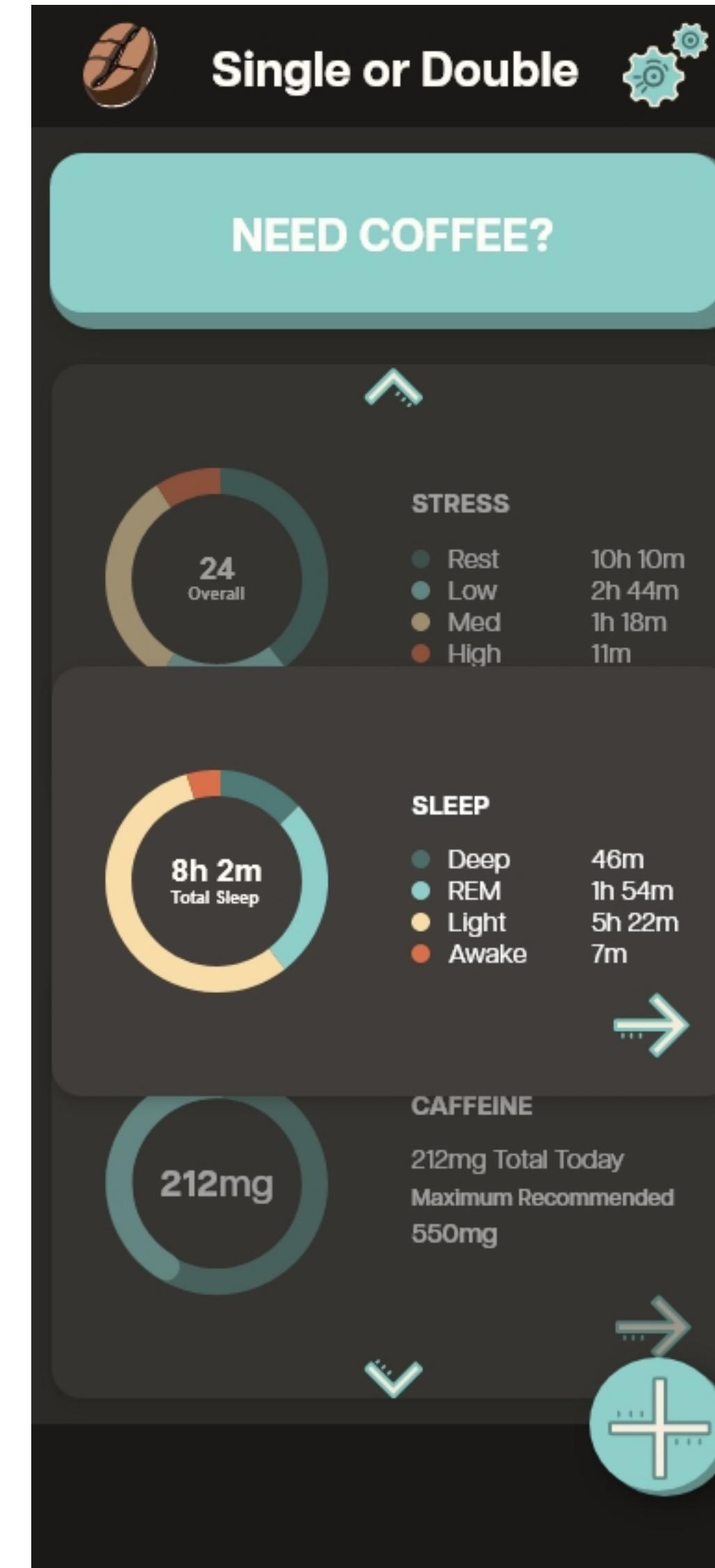
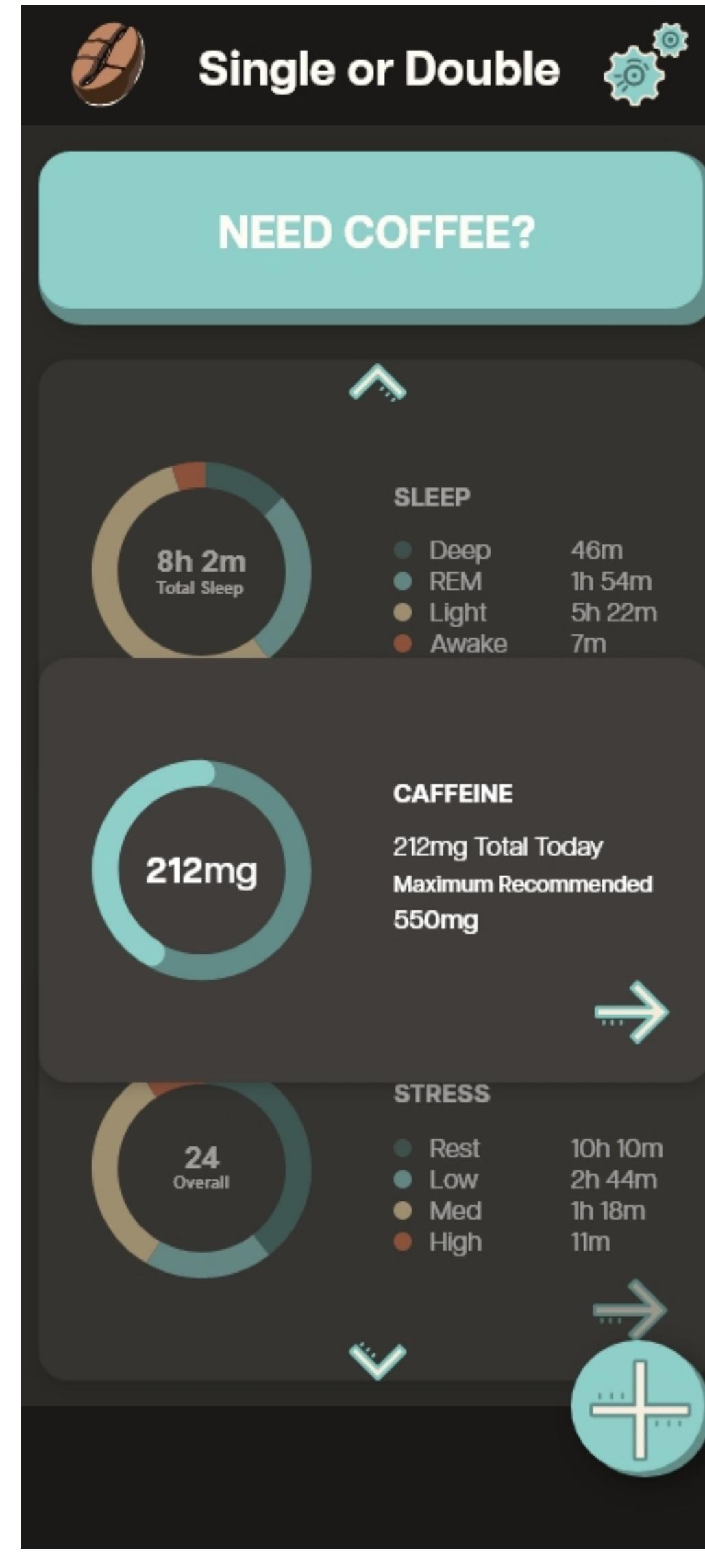


ICONS



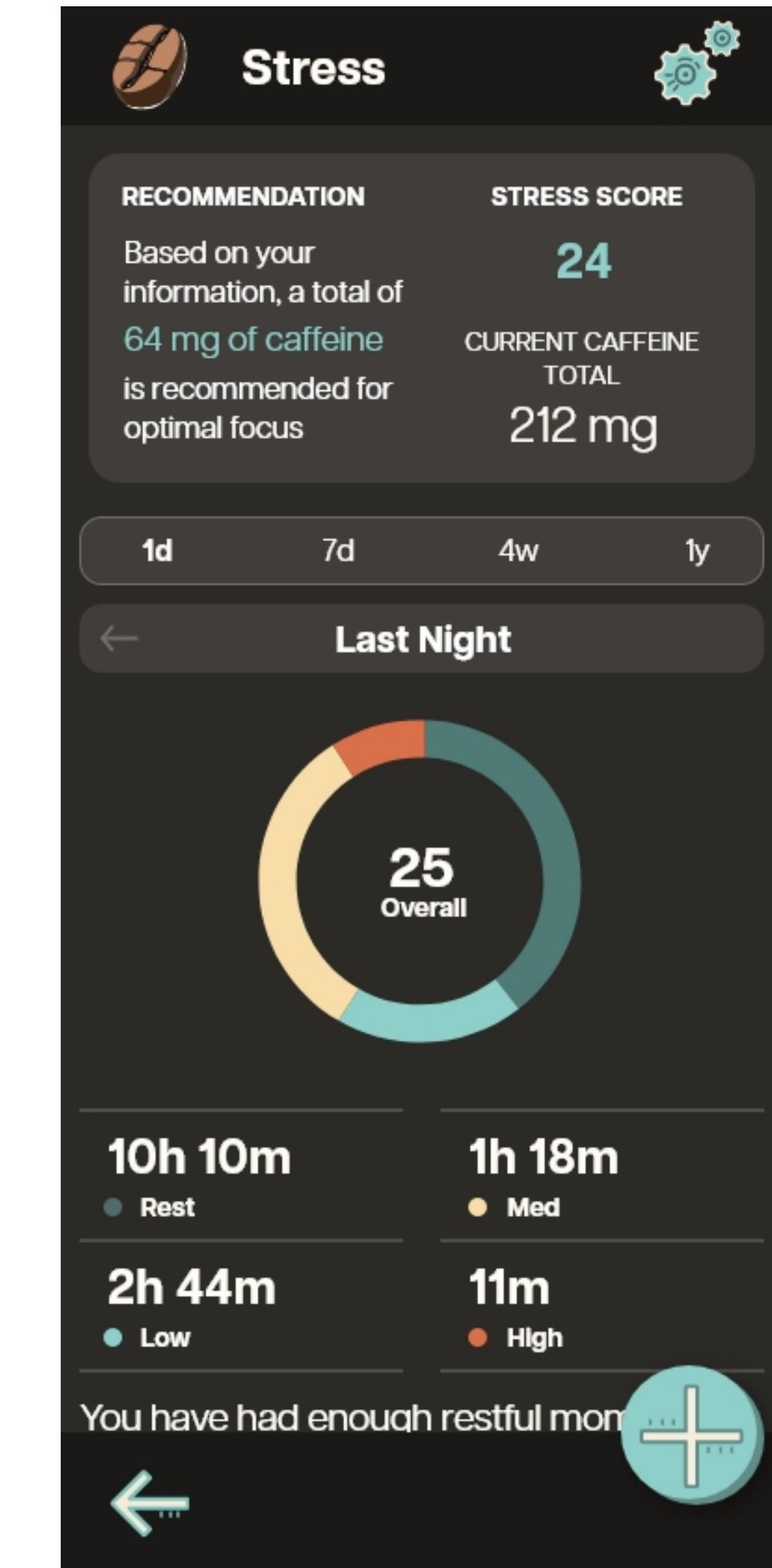
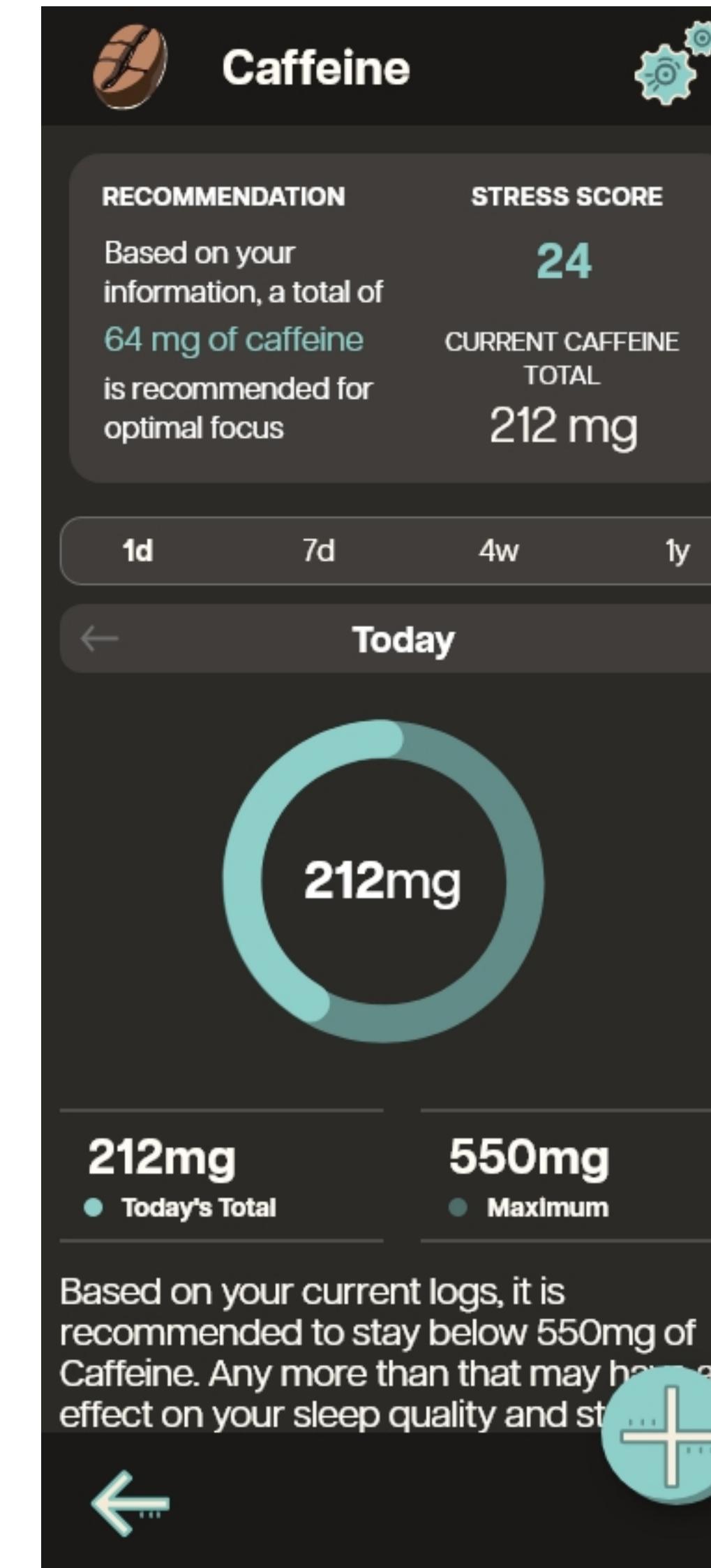
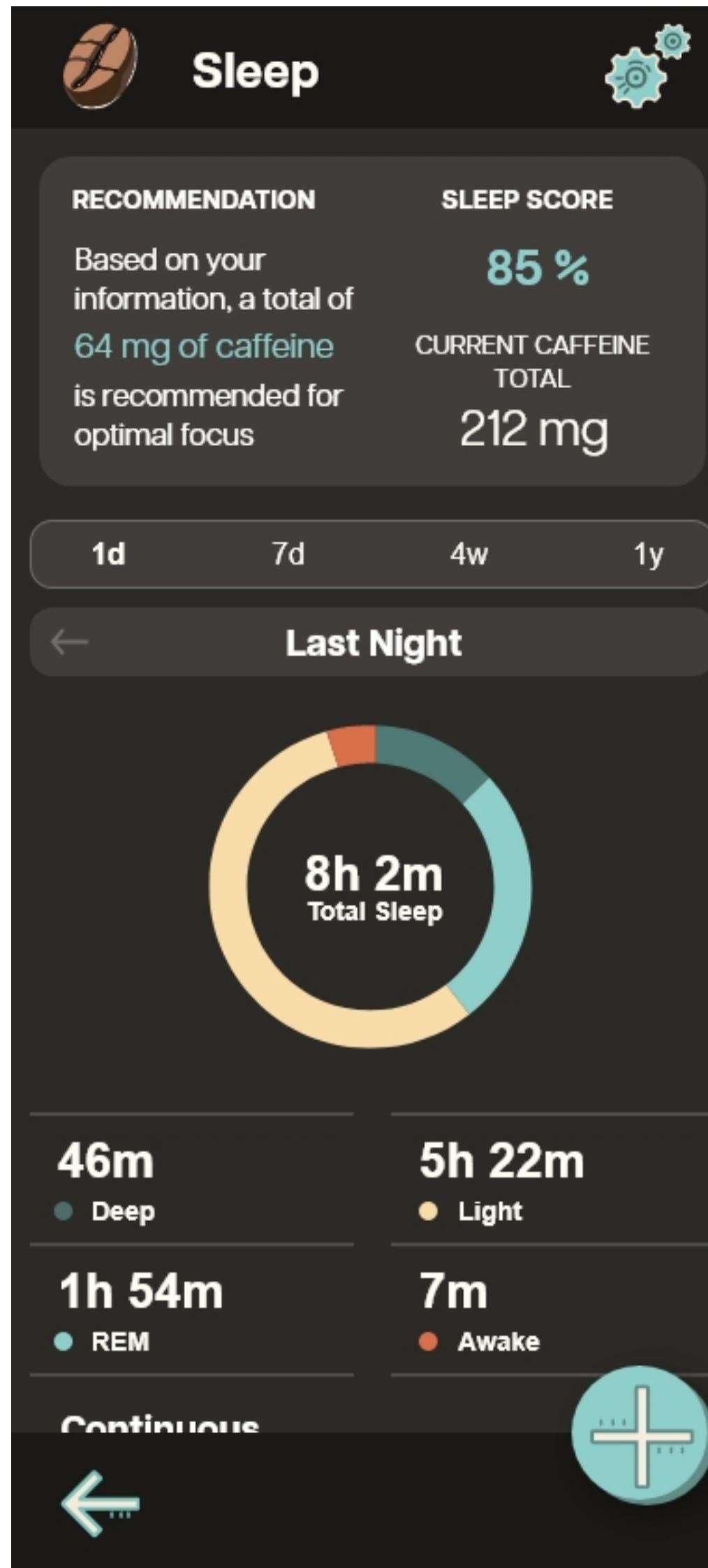
APPLYING VISUAL STYLES

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY



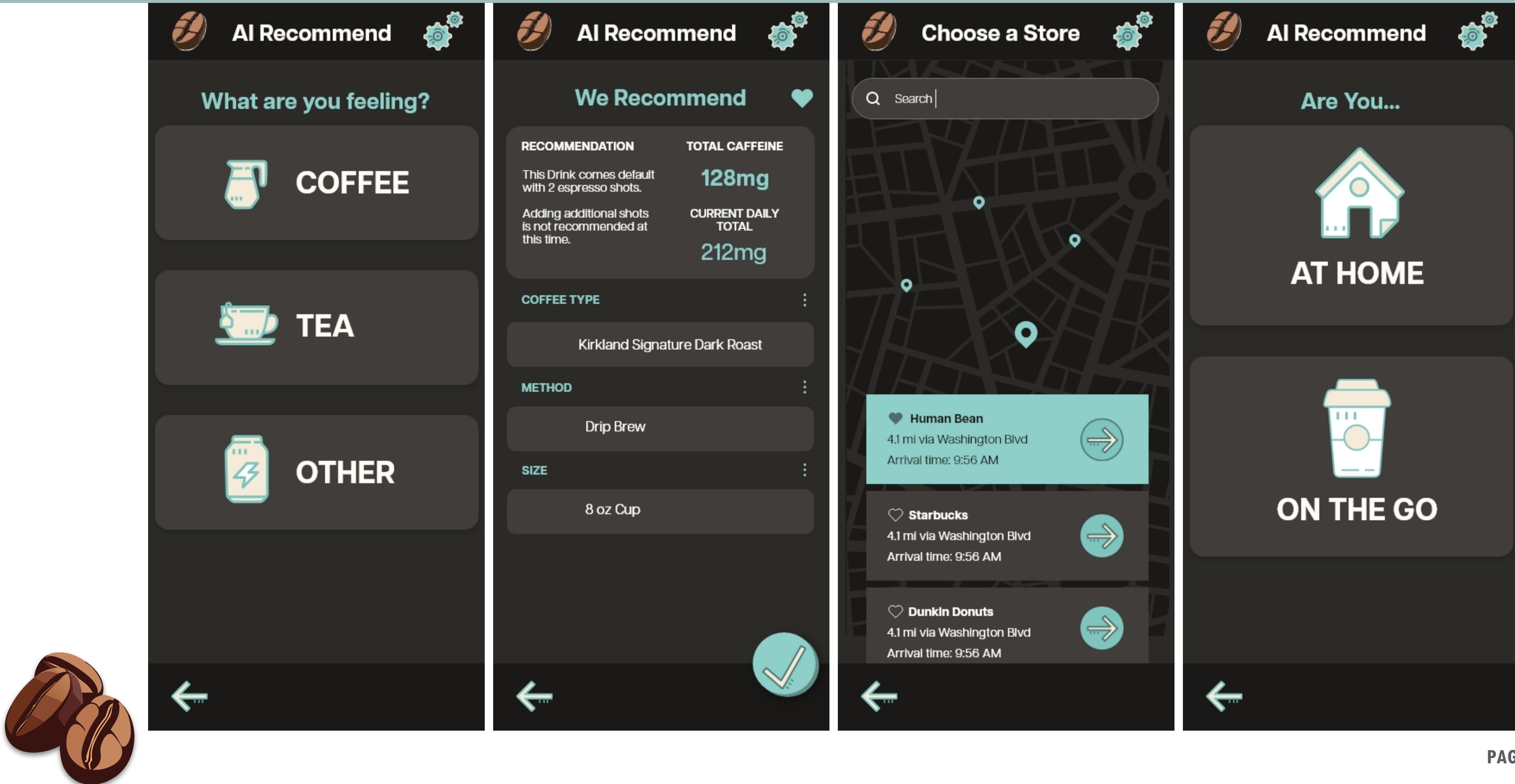
APPLYING VISUAL STYLES

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY



APPLYING VISUAL STYLES

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY



APPLYING VISUAL STYLES

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY

The image displays three mobile application screens for a coffee app, arranged horizontally. Each screen has a dark background with light-colored text and icons.

- Add a Cup**: This screen shows a search bar with a magnifying glass icon and the placeholder "Search". Below it is a "FAVORITES" section with three items: "Morning Coffee" (selected, indicated by a blue heart icon), "Green Tea", and "Black Tea". Further down is a "NEW SELECTION" section with three items: "Made at Home", "Prepackaged", and "Store Made" (selected, indicated by a blue background). At the bottom is a large blue button with a white checkmark icon. On the far left, there are two coffee beans.
- Verify**: This screen shows a "COFFEE TYPE" section with "Kirkland Dark Roast" selected. Below it is a "METHOD" section with "Drip Brew" selected. Further down is a "SIZE" section with "6 oz Cup" selected. At the bottom is a large blue button with a white checkmark icon.
- Store Details**: This screen shows a "RECOMMENDATION" section with "Human Bean" selected. Below it is a "TOTAL CAFFEINE" section with "128mg" and a note: "This Drink comes default with 2 espresso shots. Adding additional shots is not recommended at this time." Further down are sections for "COFFEE TYPE" (White Chocolate Mocha), "METHOD" (Espresso), "SIZE" (20 oz Cup), and "SHOTS OF ESPRESSO" (set to 2, with minus and plus buttons). At the bottom is a large blue button with a white checkmark icon.

FINAL PROTOTYPE

DEFINE | DISCOVER | DESIGN | DEVELOP | DEPLOY



PROTOTYPE