



AI Generated Coffee Recommendations

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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](#)

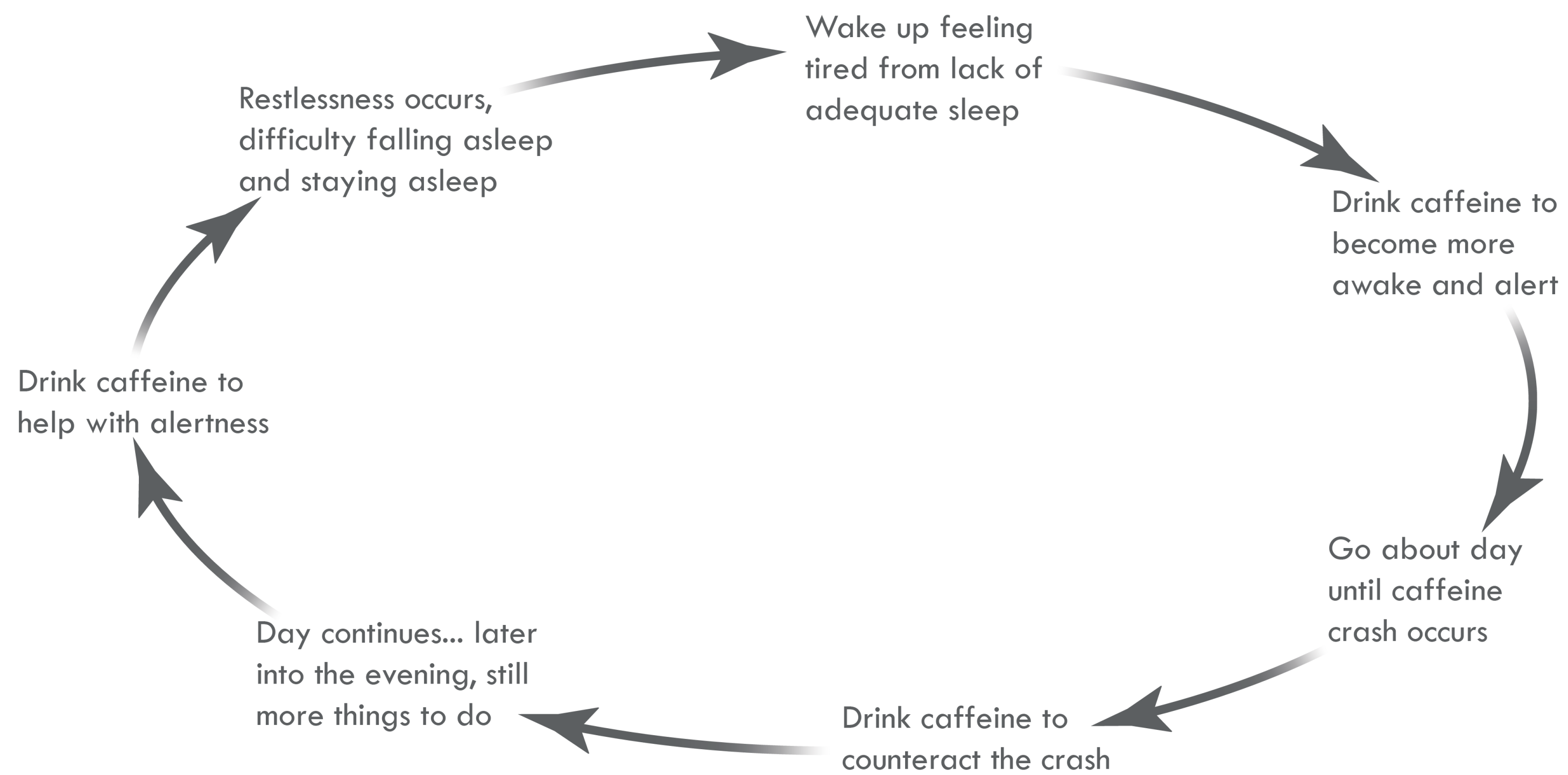
[Source 3](#)



Consuming Caffeine: Summary

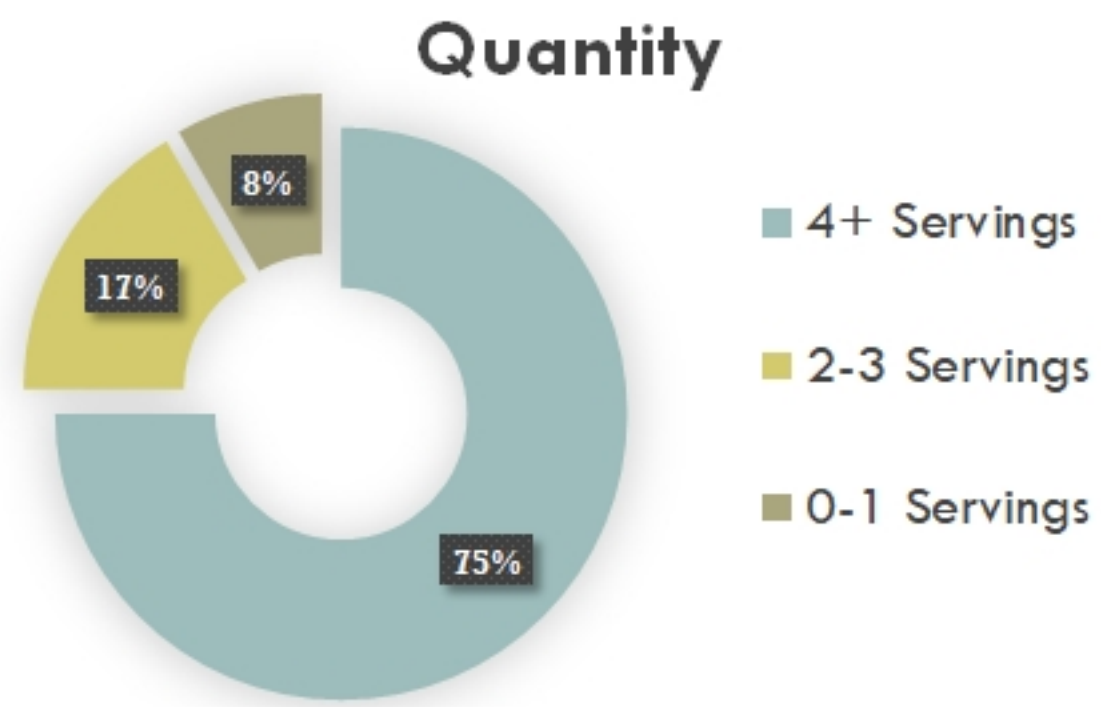
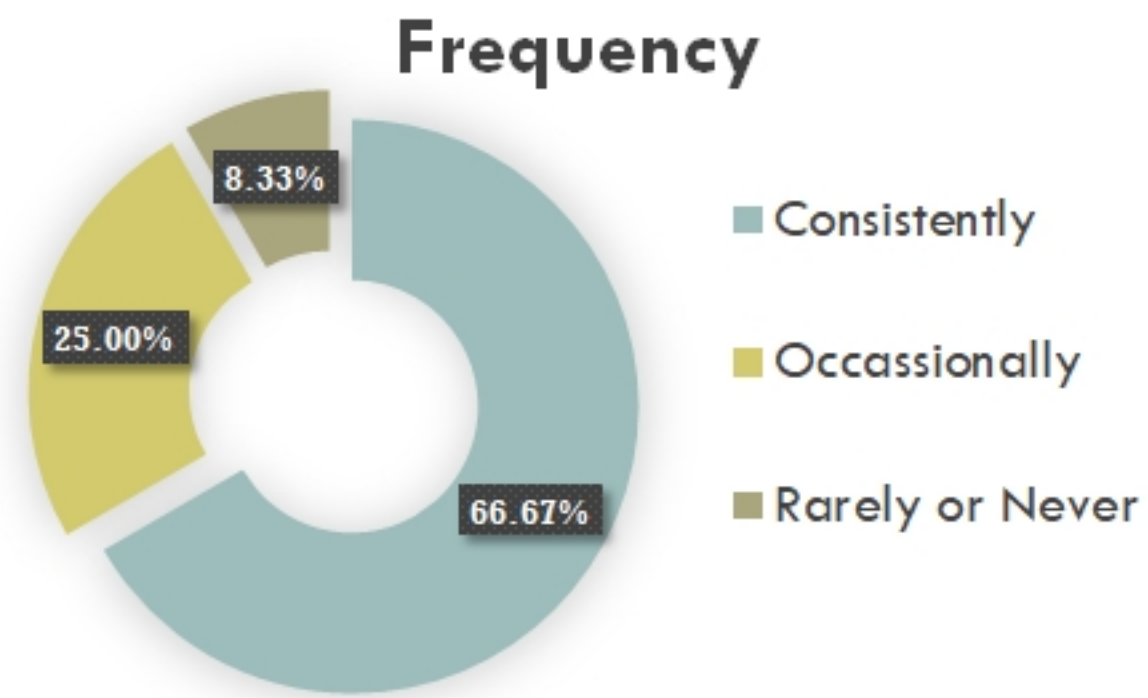
In conclusion, the importance of getting the right amount of caffeine in a day depends on individual factors, including tolerance, sensitivity, and health status. For most healthy adults, moderate caffeine consumption (usually around 200-400 mg per day) is considered safe and may provide some cognitive 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

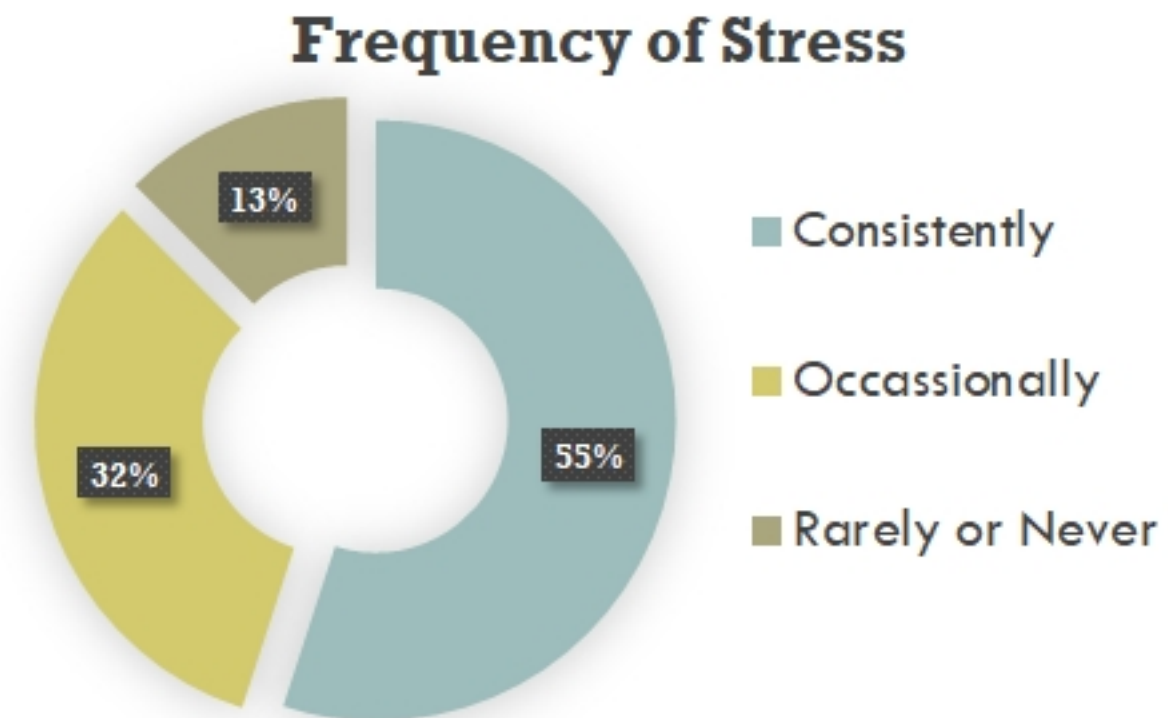


User Data

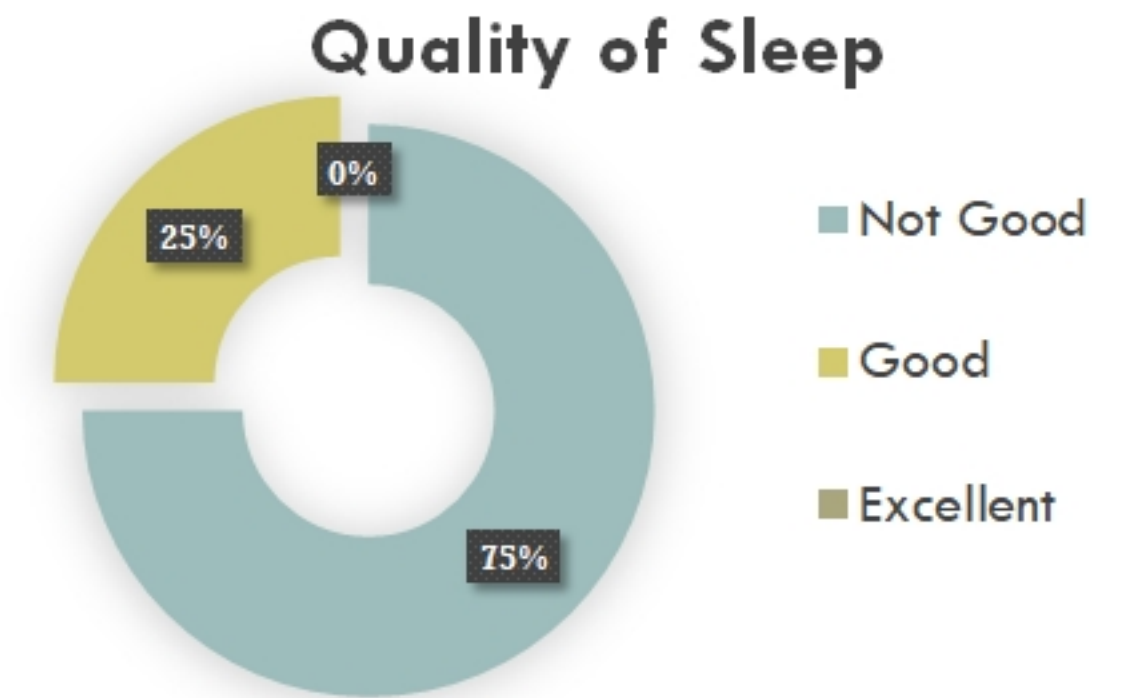
CAFFEINE CONSUMPTION



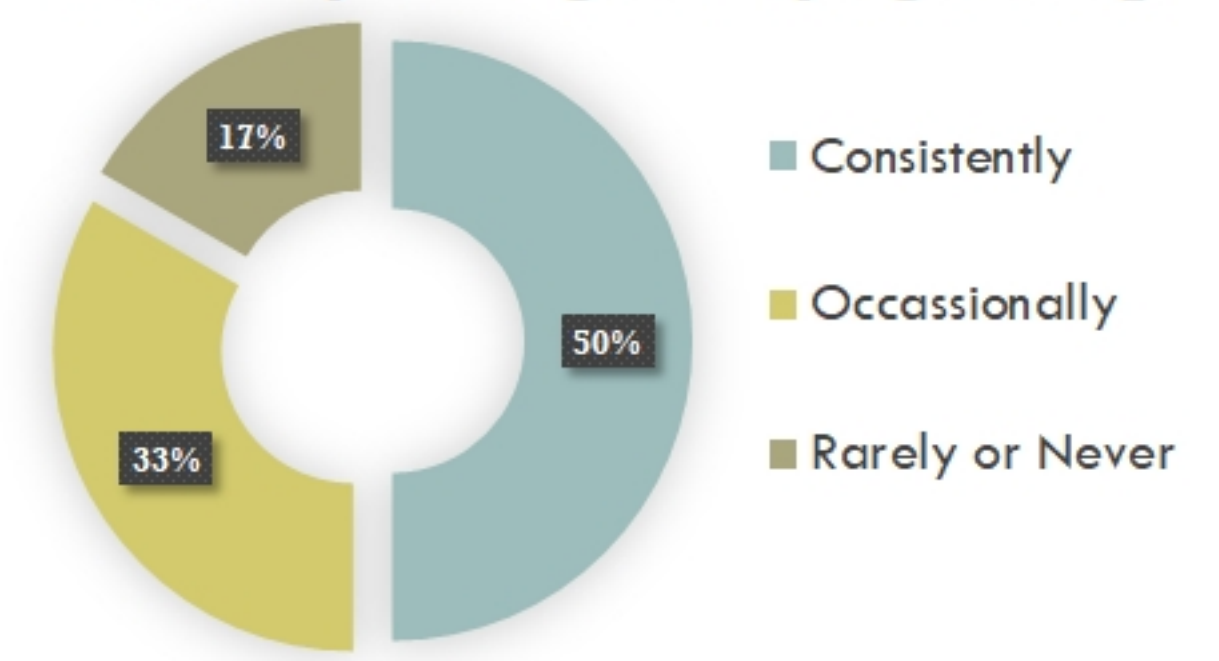
STRESS



SLEEP



Difficulty Falling or Staying Asleep



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.



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

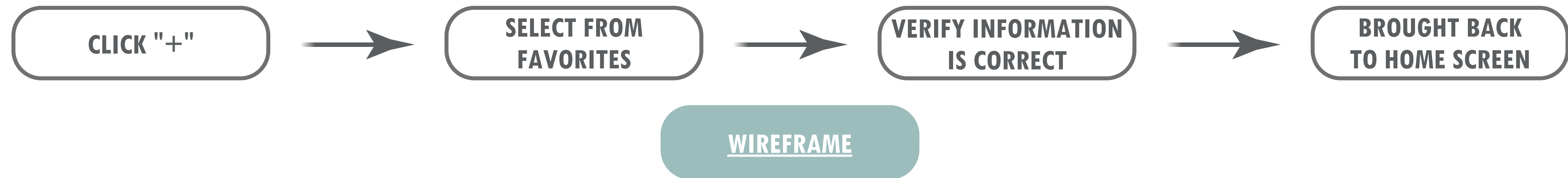
Selections for on hand coffee / tea / energy drinks
Ask questions about current location, access to equipment, or time for nearby shops etc.



Track Caffeine Intake

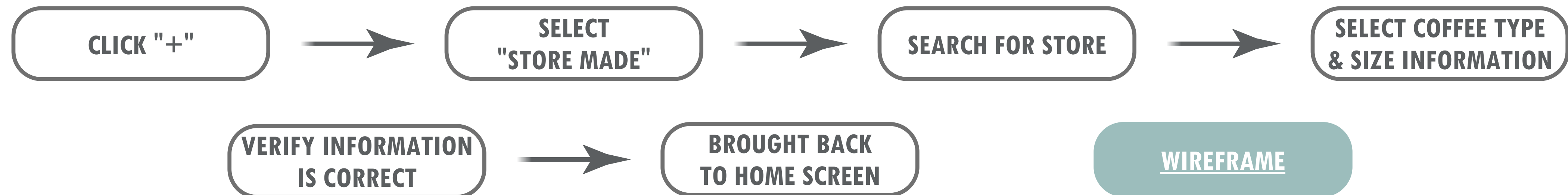
USER SCENARIO 1:

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:

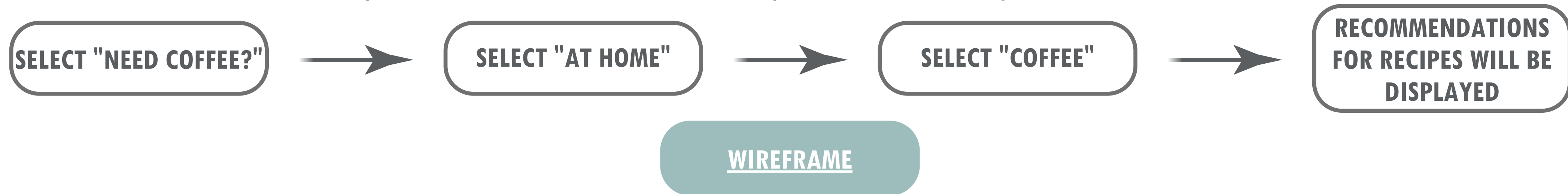
User needs to see where their current stress level is and determine if caffeine would be recommended.



Make Recommendations for Caffeine Consumption

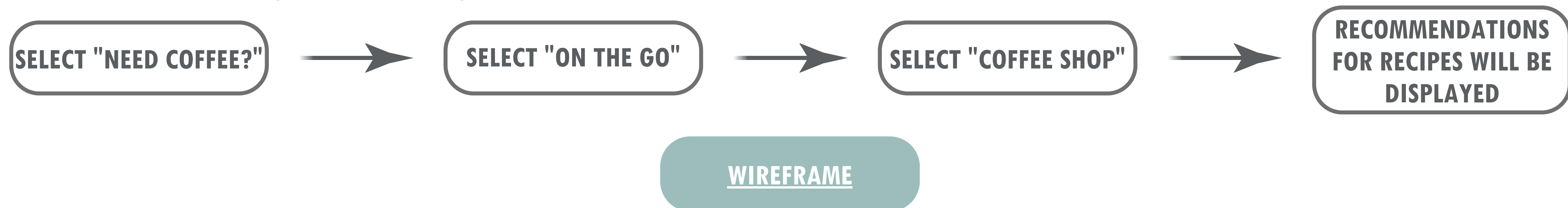
USER SCENARIO 5:

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.

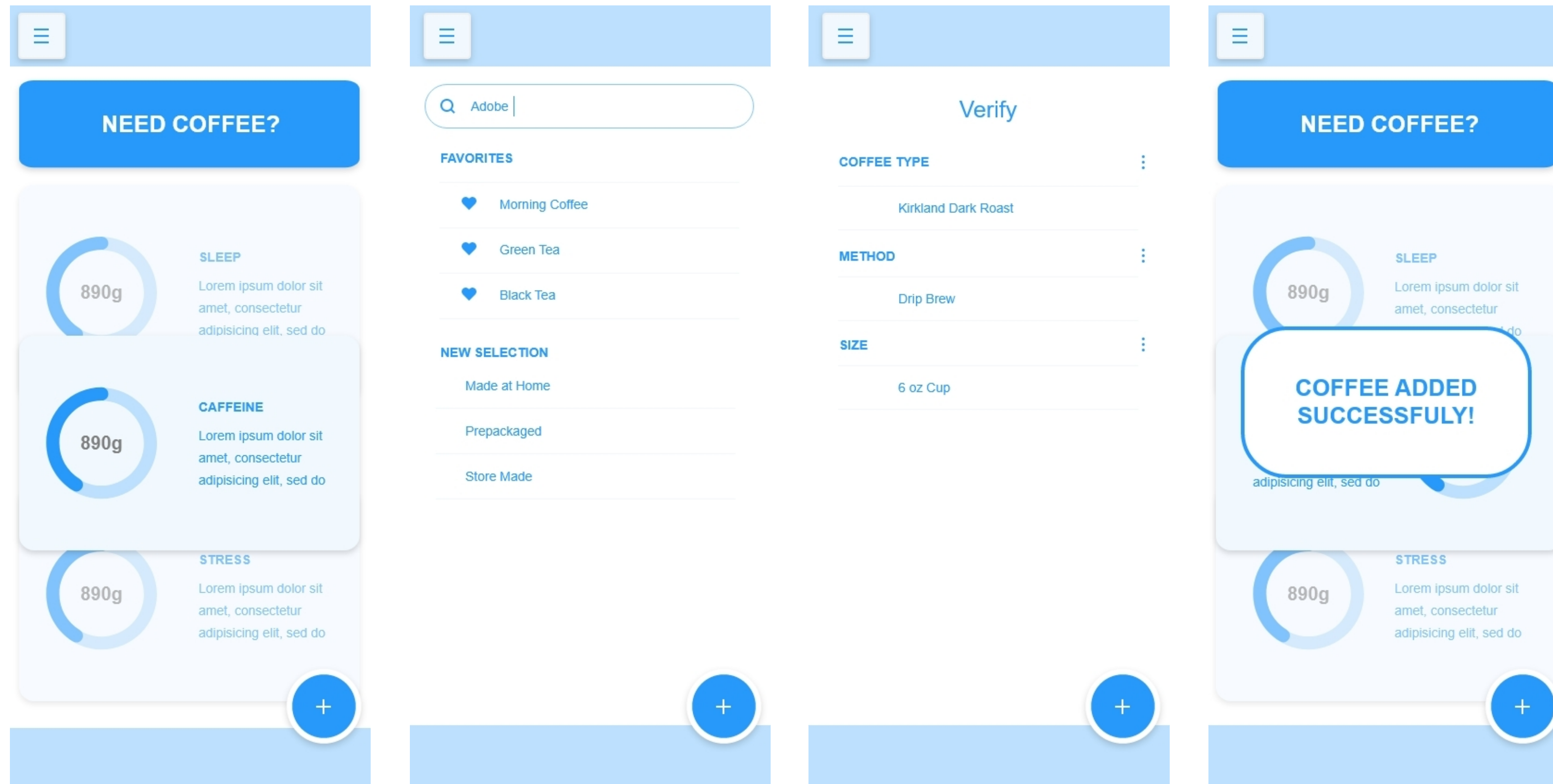


USER SCENARIO 6:

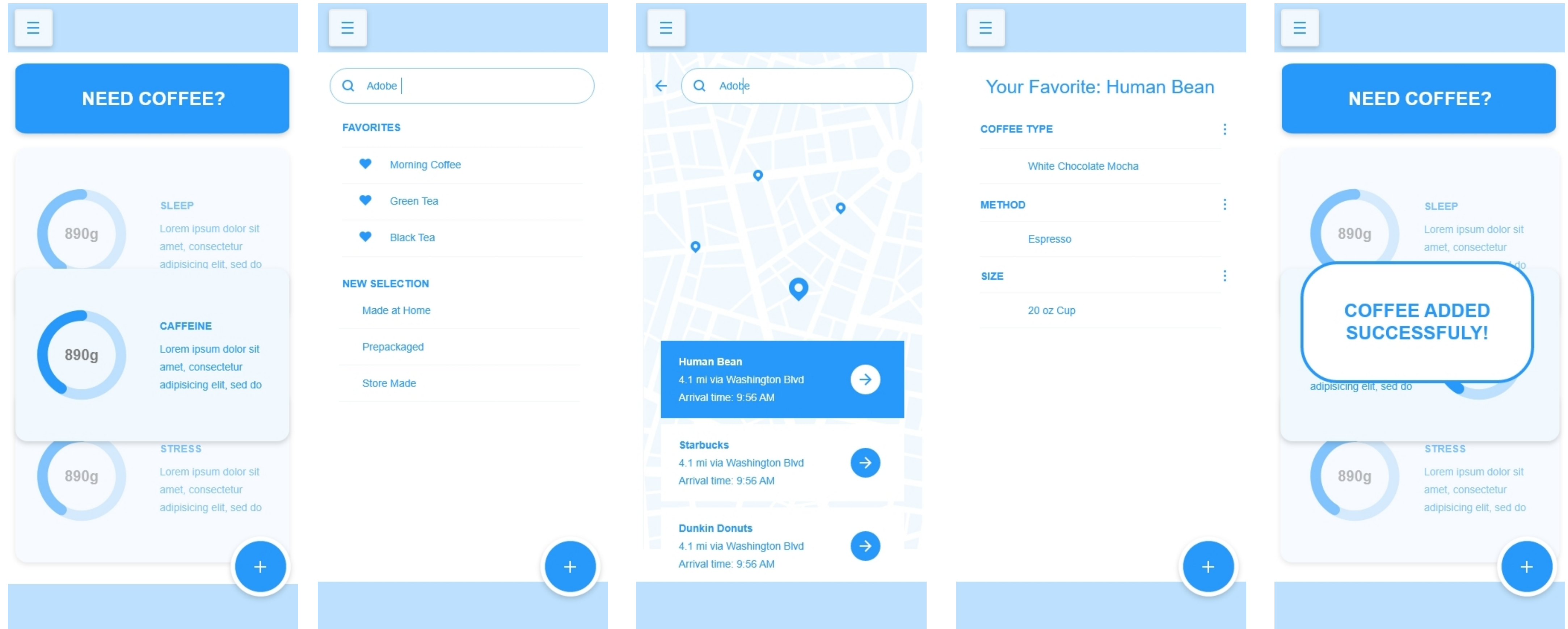
User is out and about and feeling a little sluggish. They would like a recommendation on coffee places nearby and what they should order.



User Scenario 1



User Scenario 2



User Scenario 3 and 4

The wireframes consist of five screens:

- Screen 1:** Header with menu icon. Main button: **NEED COFFEE?**. Three data cards: **SLEEP** (890g), **CAFFEINE** (890g), and **STRESS** (890g). Each card includes a circular progress indicator and placeholder text. A blue '+' button is at the bottom right.
- Screen 2:** Header with menu icon. Main button: **NEED COFFEE?**. Three data cards: **STRESS** (890g), **SLEEP** (890g), and **CAFFEINE** (890g). Each card includes a circular progress indicator and placeholder text. A blue '+' button is at the bottom right.
- Screen 3:** Header with menu icon and title **Sleep**. Filter tabs: 1d, 7d, 4w, 1y. Back arrow and **Today**. Large circular gauge: **8h 2m Total Sleep**. Breakdown: **46m Deep**, **1h 54m REM**, **5h 22m Light**, **7m Awake**. A blue '+' button is at the bottom right.
- Screen 4:** Header with menu icon. Main button: **NEED COFFEE?**. Three data cards: **CAFFEINE** (890g), **STRESS** (890g), and **SLEEP** (890g). Each card includes a circular progress indicator and placeholder text. A blue '+' button is at the bottom right.
- Screen 5:** Header with menu icon and title **Stress**. Filter tabs: 1d, 7d, 4w, 1y. Back arrow and **Today**. Large circular gauge: **24 Overall**. Breakdown: **10h 10m Deep**, **1h 18m Med**, **2h 44m Low**, **11m High**. Text: "You have had enough restful moments today to balance out your stress reactions." A blue '+' button is at the bottom right.



User Scenario 5

The wireframes illustrate a user scenario for a coffee application. The sequence of screens is as follows:

- Screen 1:** A blue header with a menu icon. A prominent blue button asks "NEED COFFEE?". Below are three coffee product cards, each featuring a circular weight indicator (890g) and a title: "SLEEP", "CAFFEINE", and "STRESS". Each card contains placeholder text: "Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do". A blue plus button is at the bottom right.
- Screen 2:** A blue header with a menu icon. The text "Are You..." is centered. Two large light blue buttons offer "AT HOME" and "ON THE GO" options. A blue plus button is at the bottom right.
- Screen 3:** A blue header with a menu icon. The text "What are you feeling?" is centered. Three large light blue buttons offer "COFFEE", "TEA", and "OTHER" options. A blue plus button is at the bottom right.
- Screen 4:** A blue header with a menu icon. The text "We Recommend" is centered. Three dropdown menus are shown: "COFFEE TYPE" (selected: Kirkland Dark Roast), "METHOD" (selected: Drip Brew), and "SIZE" (selected: 6 oz Cup). A blue plus button is at the bottom right.
- Screen 5:** A blue header with a menu icon. A blue button asks "NEED COFFEE?". A large notification bubble in the center says "COFFEE ADDED SUCCESSFULLY!". Below the notification are three coffee product cards (SLEEP, CAFFEINE, STRESS) with 890g weight indicators and placeholder text. A blue plus button is at the bottom right.



User Scenario 6

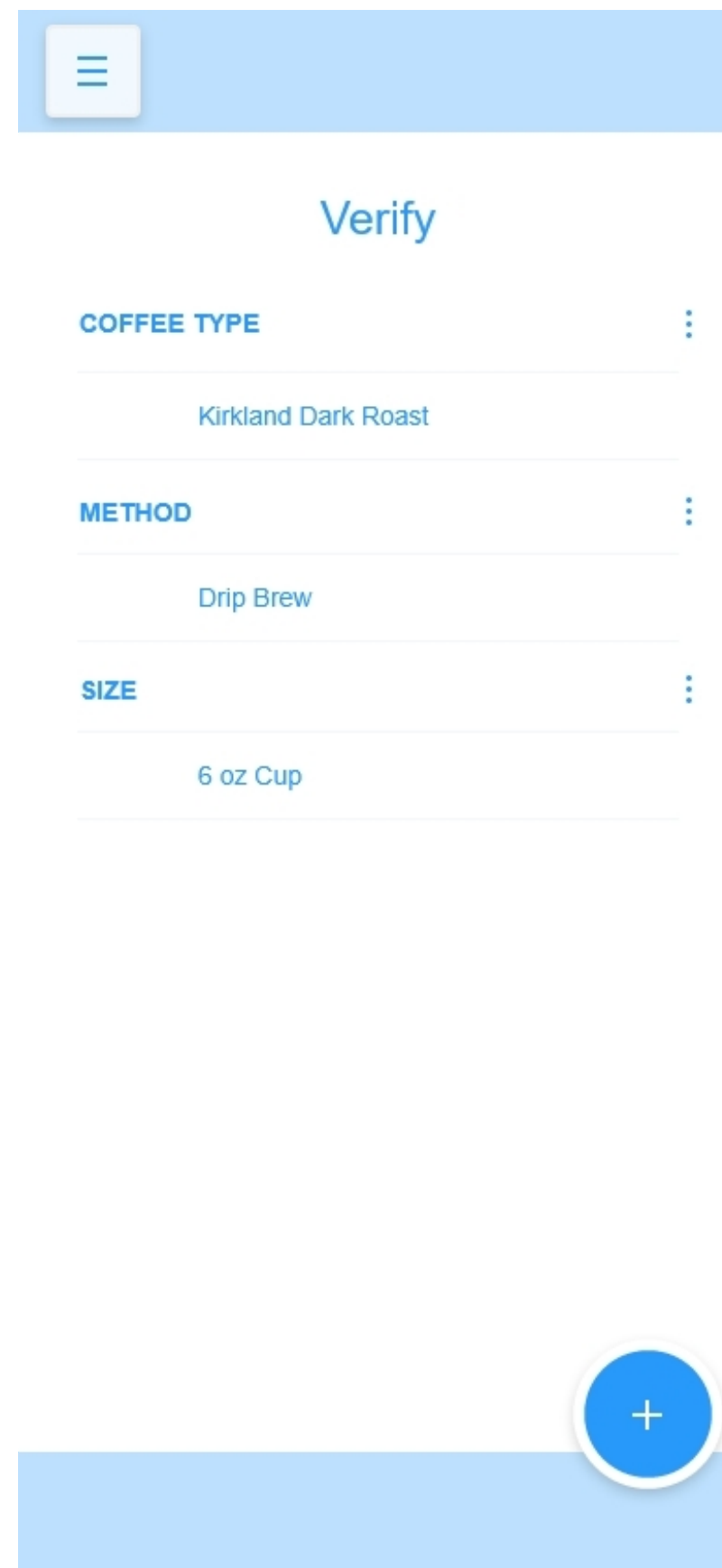
The wireframes illustrate a user scenario for a coffee ordering app. The screens are as follows:

- Screen 1:** A blue header with a menu icon. Below is a blue button labeled "NEED COFFEE?". The main content area contains three light blue cards, each with a circular progress indicator showing "890g" and a title: "SLEEP", "CAFFEINE", and "STRESS". Each card has a short paragraph of Lorem Ipsum text. A blue circular button with a white "+" sign is at the bottom right.
- Screen 2:** A blue header with a menu icon. The main content area has two large light blue boxes labeled "Are You..." and "AT HOME" above "ON THE GO". A blue circular button with a white "+" sign is at the bottom right.
- Screen 3:** A blue header with a menu icon. A search bar contains "Adobe". Below is a map with several location pins. A blue card at the bottom lists "Human Bean" with "4.1 mi via Washington Blvd" and "Arrival time: 9:56 AM", along with a right arrow. Below this are two more entries for "Starbucks" and "Dunkin Donuts" with similar details and right arrows.
- Screen 4:** A blue header with a menu icon. The main content area has a blue button labeled "Your Favorite: Human Bean". Below are three sections: "COFFEE TYPE" with "White Chocolate Mocha", "METHOD" with "Espresso", and "SIZE" with "20 oz Cup". A blue circular button with a white "+" sign is at the bottom right.
- Screen 5:** A blue header with a menu icon. Below is a blue button labeled "NEED COFFEE?". The main content area contains three light blue cards, each with a circular progress indicator showing "890g" and a title: "SLEEP", "COFFEE ADDED SUCCESSFULLY!", and "STRESS". Each card has a short paragraph of Lorem Ipsum text. A blue circular button with a white "+" sign is at the bottom right.



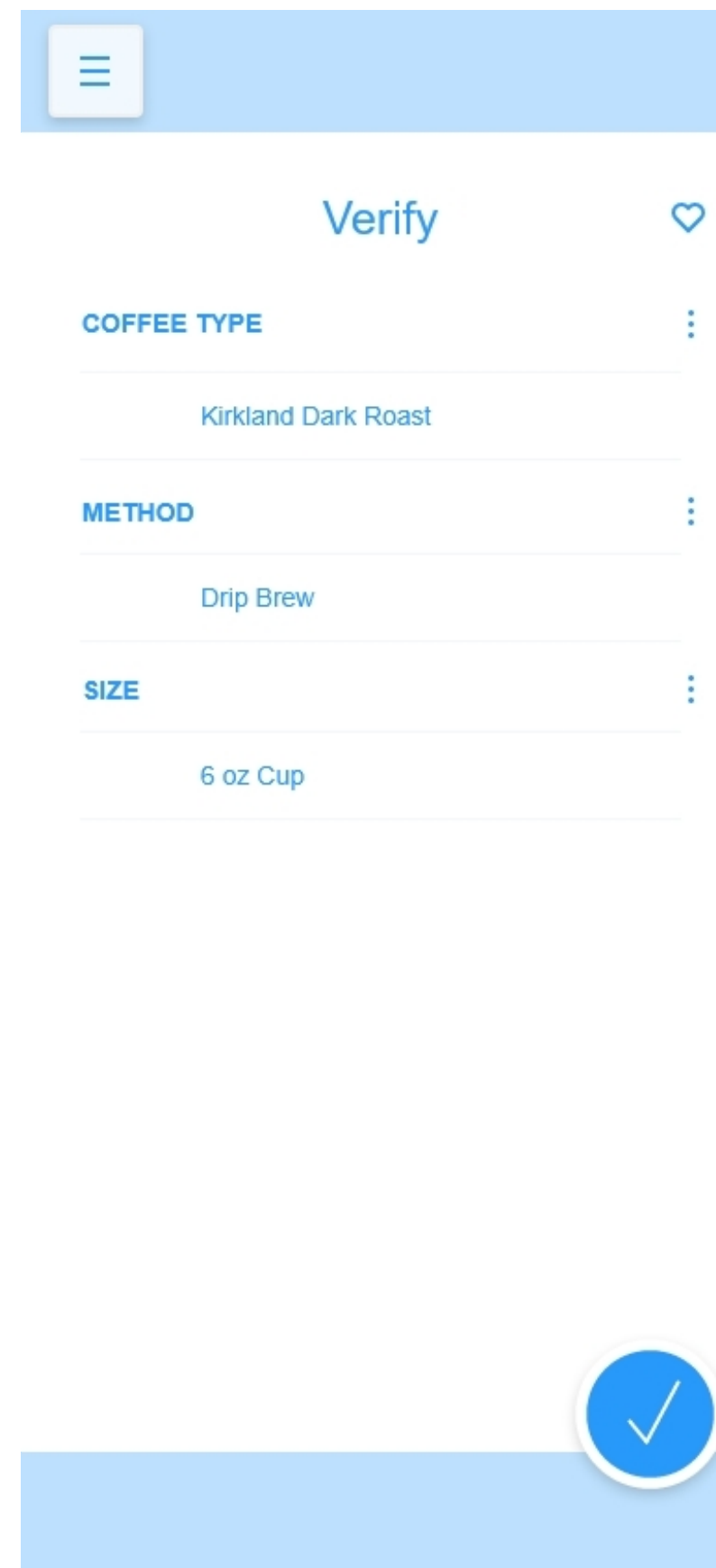
Adjustments Based on User Testing

ORIGINAL



The original screen features a blue header with a menu icon. Below the header is a 'Verify' button. The main content area contains three sections: 'COFFEE TYPE' with 'Kirkland Dark Roast', 'METHOD' with 'Drip Brew', and 'SIZE' with '6 oz Cup'. Each section has a vertical ellipsis menu icon to its right. At the bottom of the screen is a blue bar with a white circular button containing a plus sign.

UPDATE



The updated screen is identical to the original but includes a heart icon to the right of the 'Verify' button. The bottom blue bar now features a white circular button containing a checkmark.

EXPLANATION

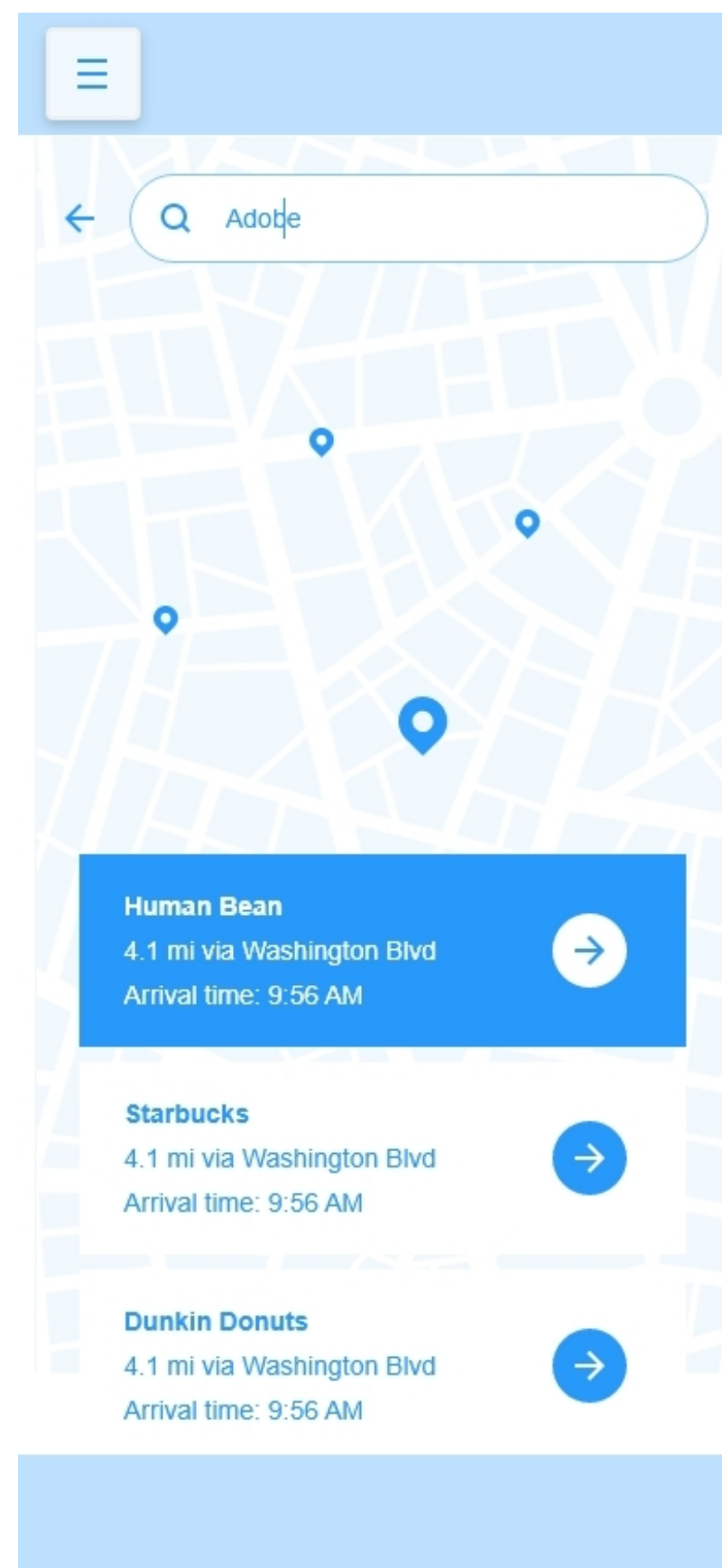
User tests indicated that adding an easy favoriting button to this screen for ease of use.

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

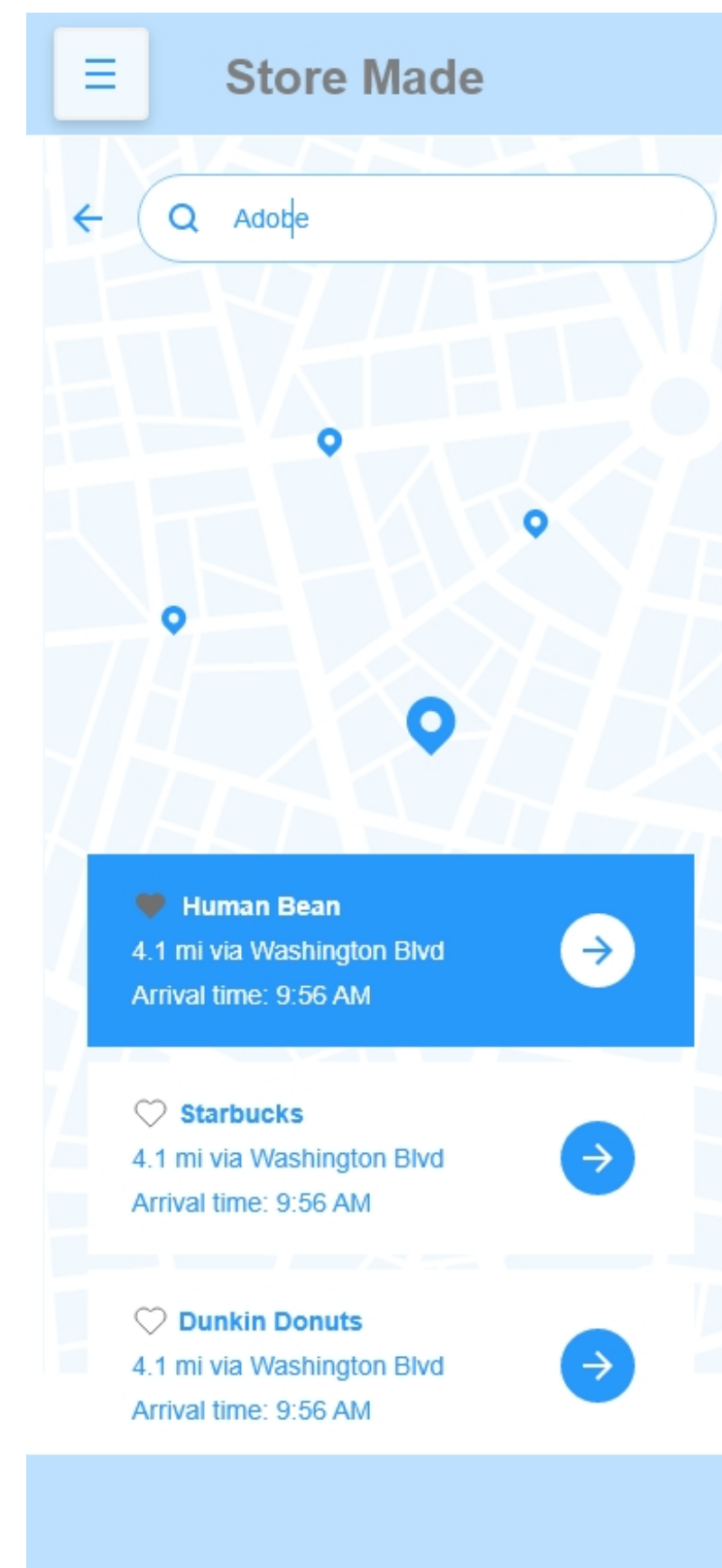


Adjustments Based on User Testing

ORIGINAL



UPDATE



EXPLANATION

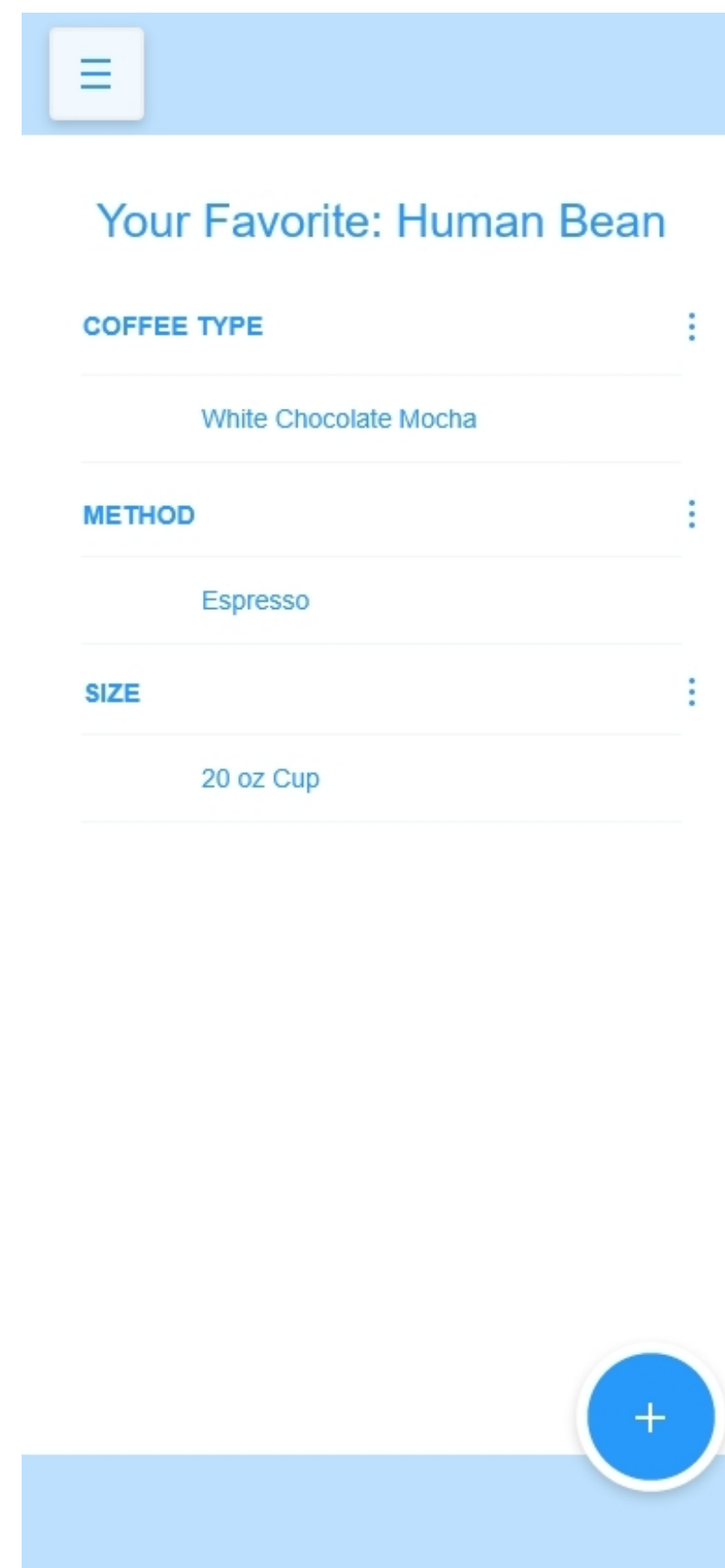
User tests indicated a need for internal navigation in the event of a selection error. This change was applied to all internal navigation pages.

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



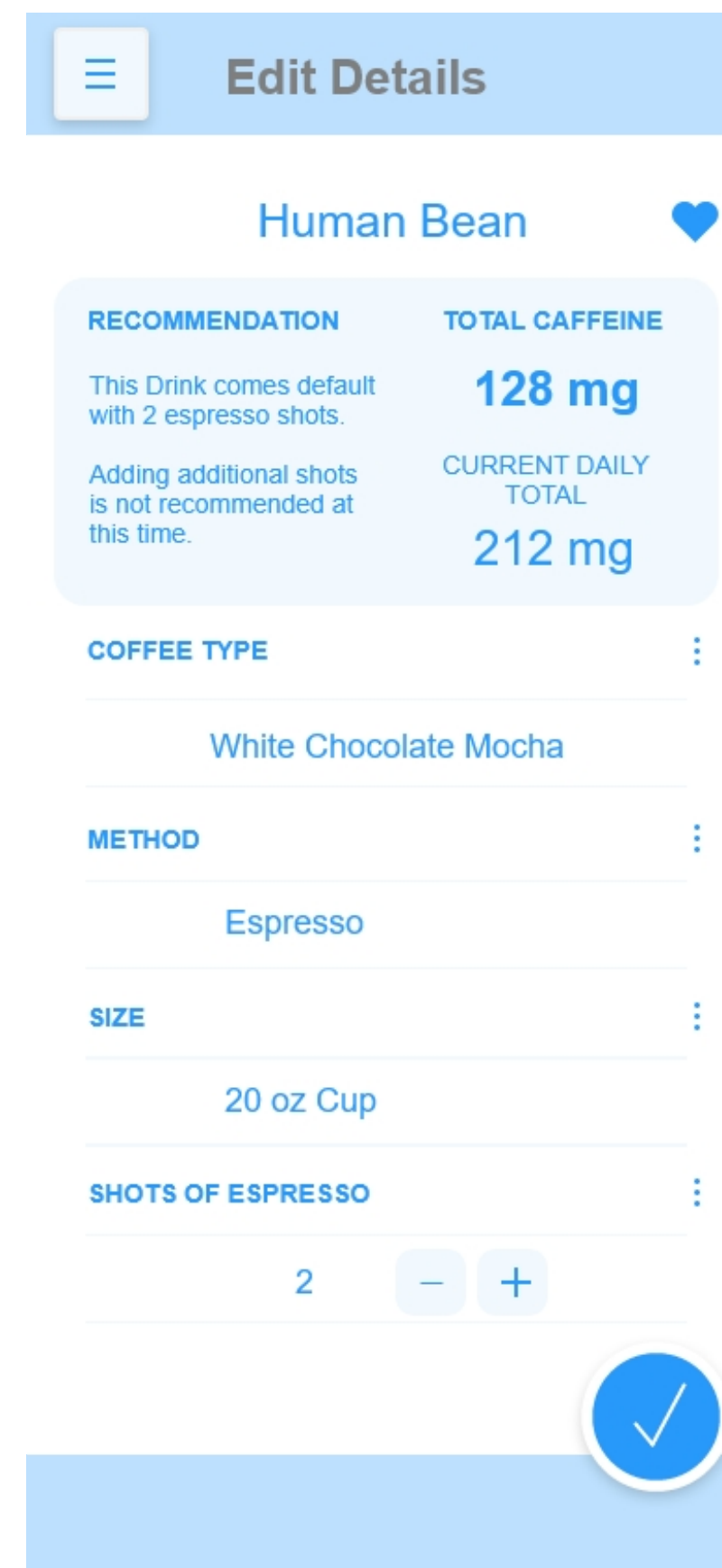
Adjustments Based on User Testing

ORIGINAL



The original form features a blue header with a menu icon. Below it, the text "Your Favorite: Human Bean" is displayed. The form is organized into sections: "COFFEE TYPE" with "White Chocolate Mocha", "METHOD" with "Espresso", and "SIZE" with "20 oz Cup". A blue button with a plus sign is located at the bottom right of the form.

UPDATE



The updated form features a blue header with a menu icon and the text "Edit Details". Below it, the text "Human Bean" is displayed next to a heart icon. The form includes a "RECOMMENDATION" section with text: "This Drink comes default with 2 espresso shots. Adding additional shots is not recommended at this time." and a "TOTAL CAFFEINE" section with "128 mg" and "CURRENT DAILY TOTAL 212 mg". The form is organized into sections: "COFFEE TYPE" with "White Chocolate Mocha", "METHOD" with "Espresso", "SIZE" with "20 oz Cup", and "SHOTS OF ESPRESSO" with "2" and minus/plus buttons. A blue button with a checkmark is located at the bottom right of the form.

EXPLANATION

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

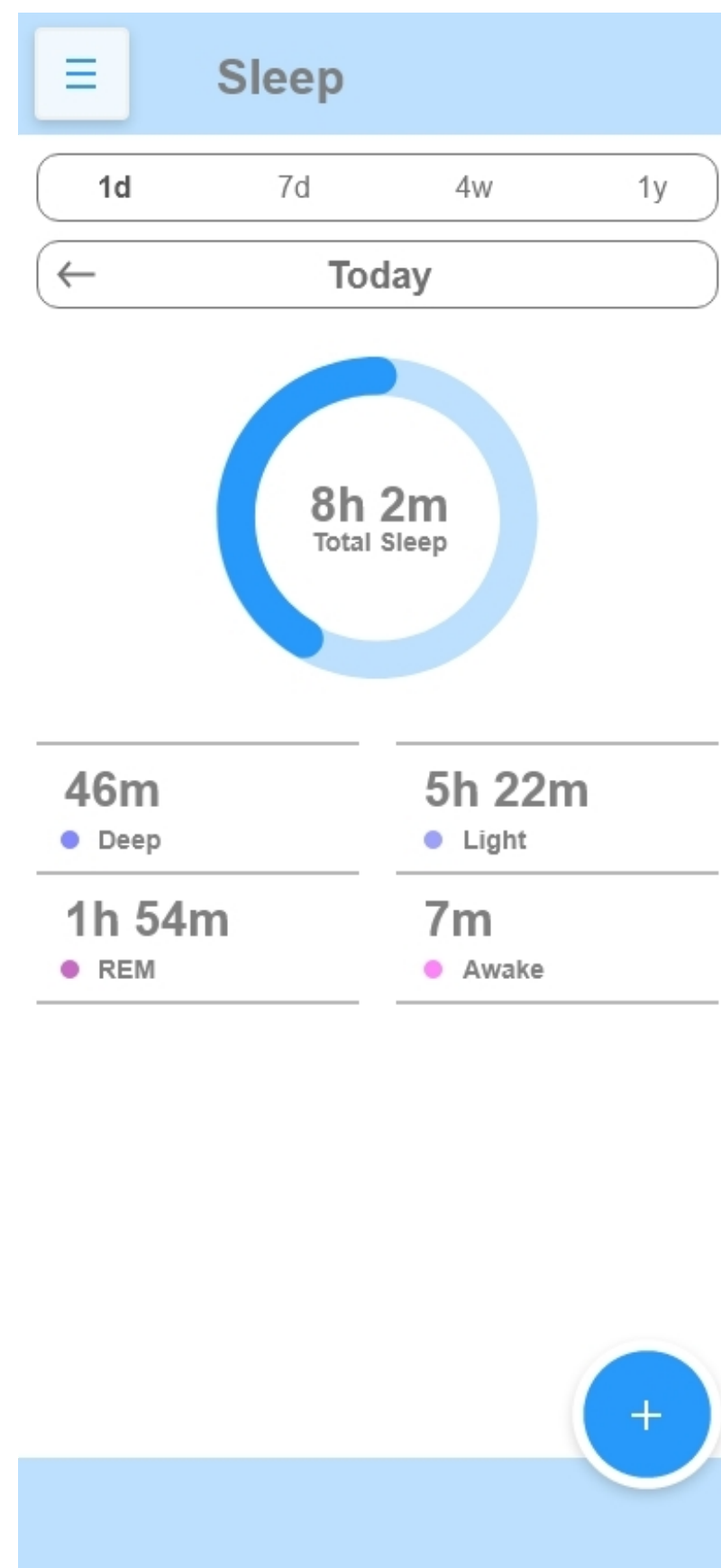
Added Recommendation and easy indication of how much caffeine this recommendation has as well as daily total.

Added section for adding or reducing number of espresso shots.

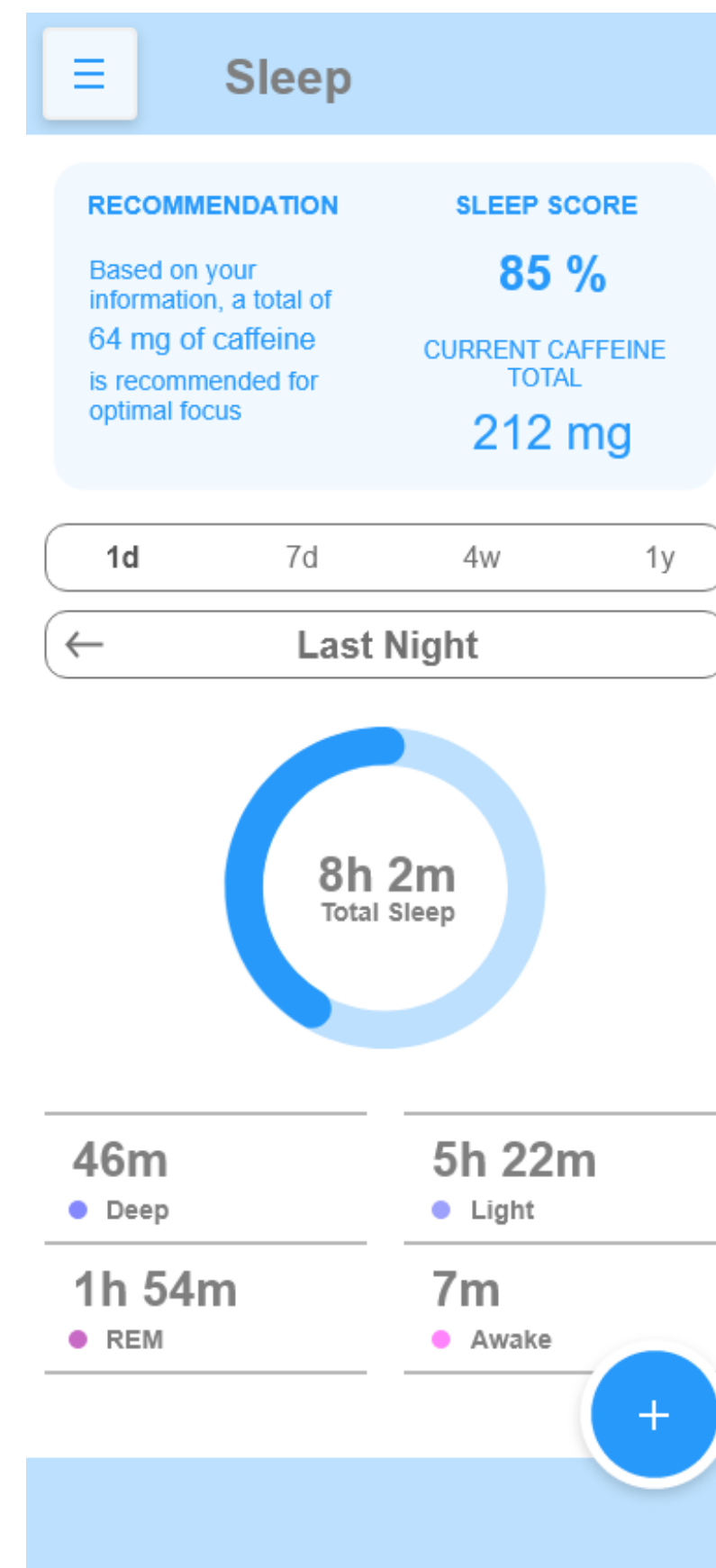


Adjustments Based on User Testing

ORIGINAL



UPDATE



EXPLANATION

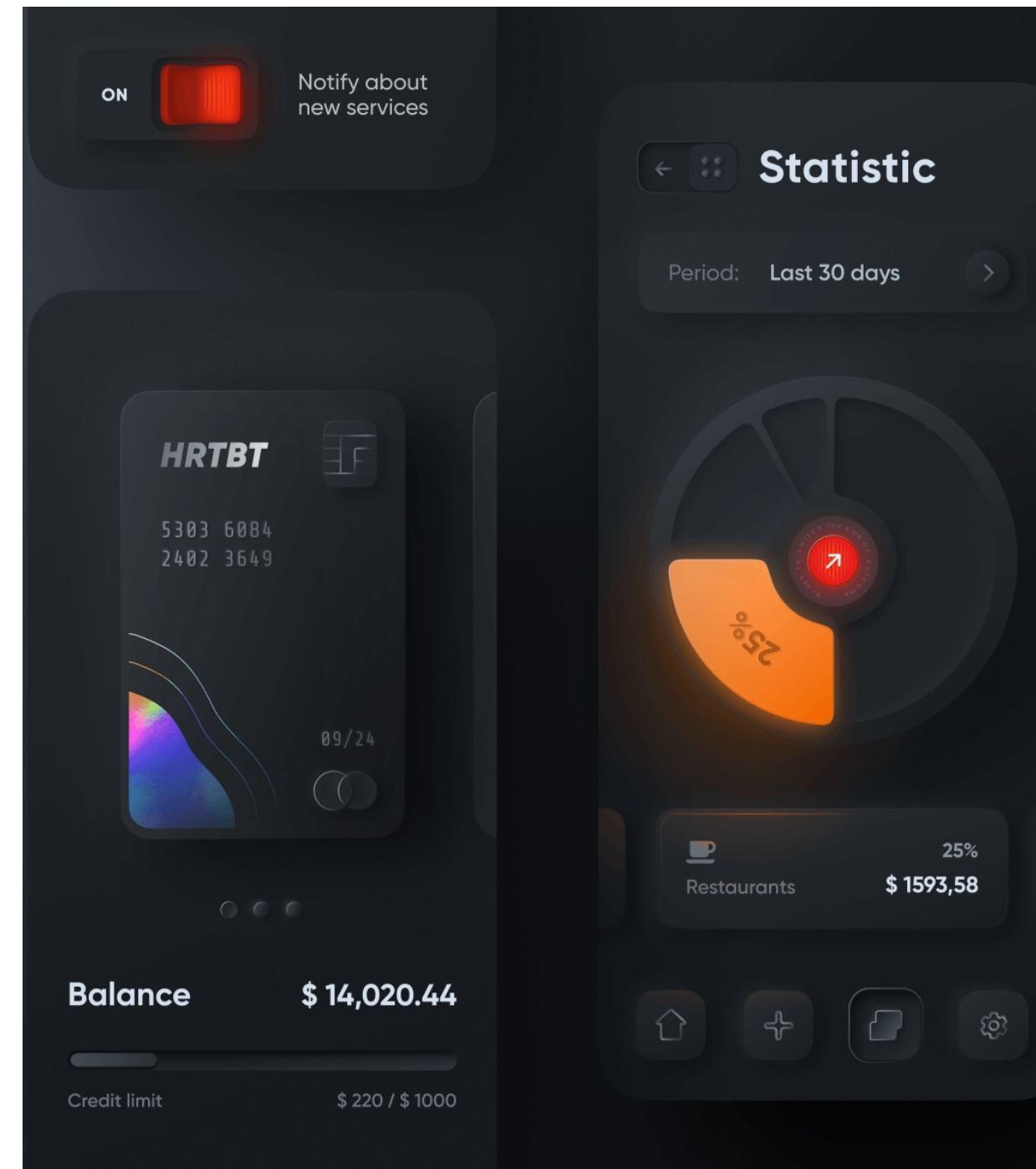
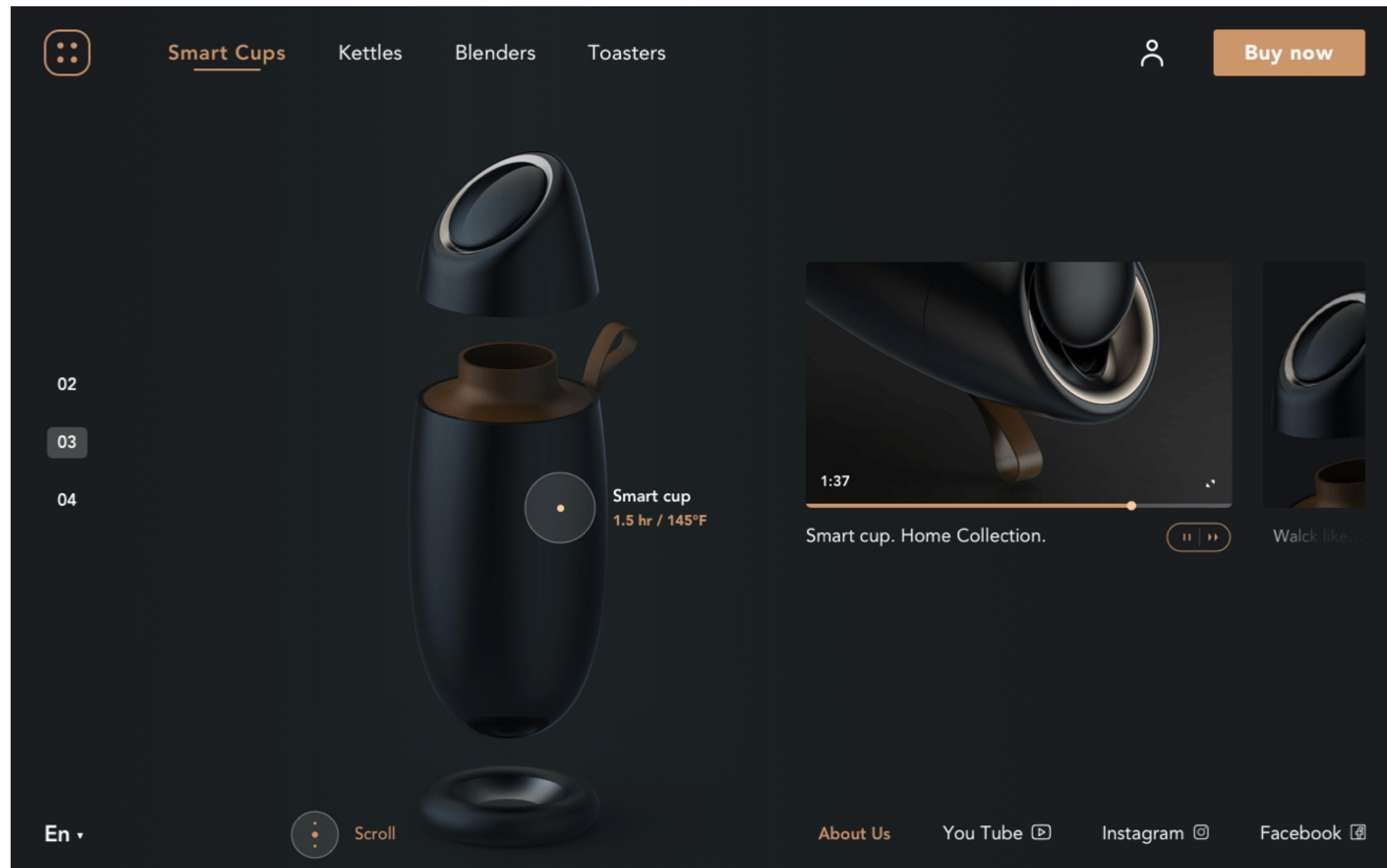
Added caffeine recommendation summary to sleep screen. This displays a sleep score, current caffeine total and a recommendation based on the two. This change was also applied to the "Stress" screen.

"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

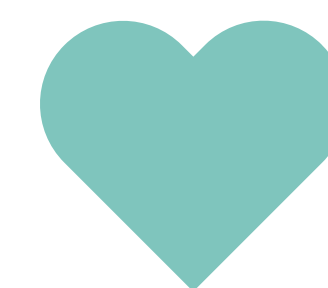
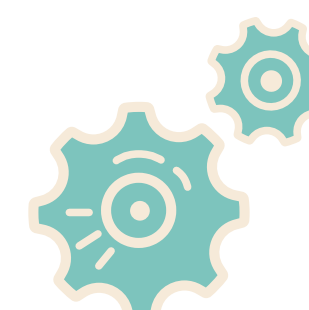
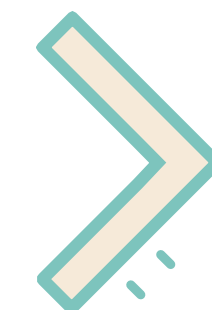
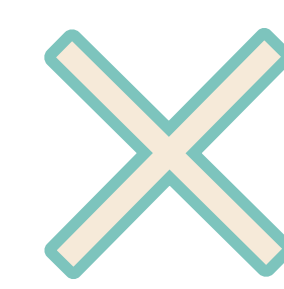
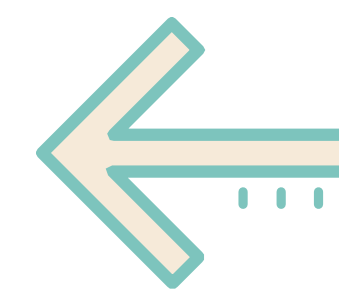
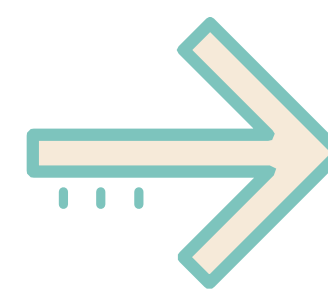
COLORS



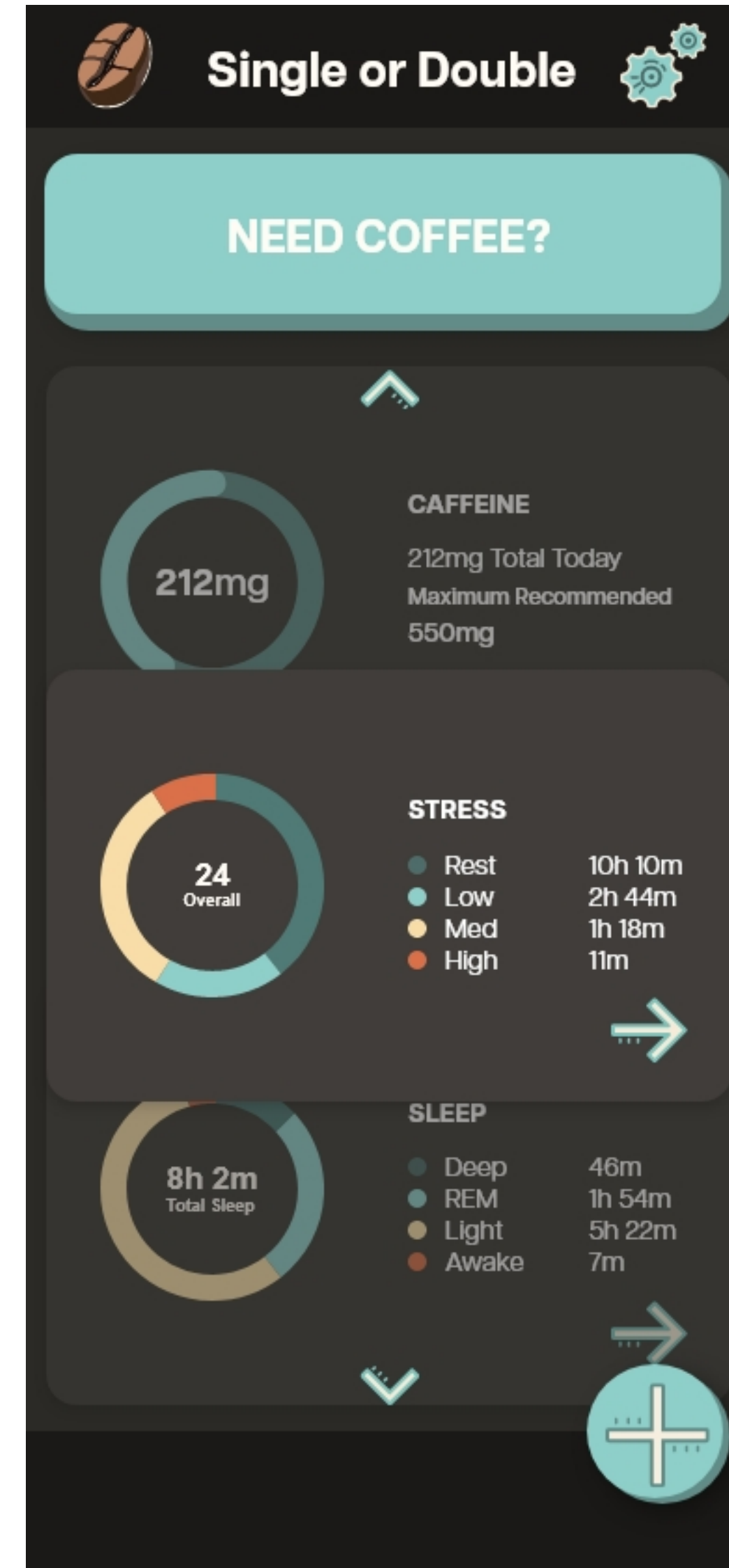
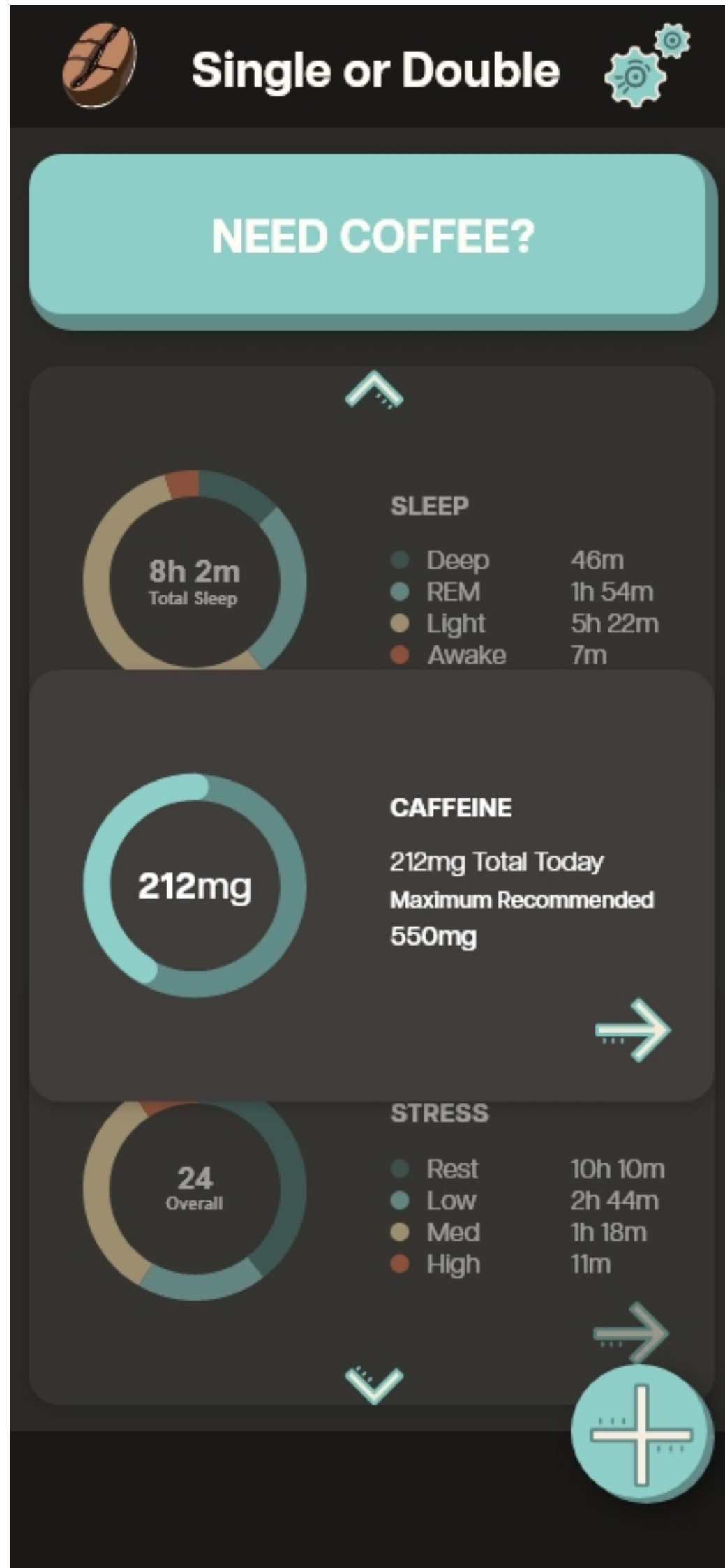
BUTTONS



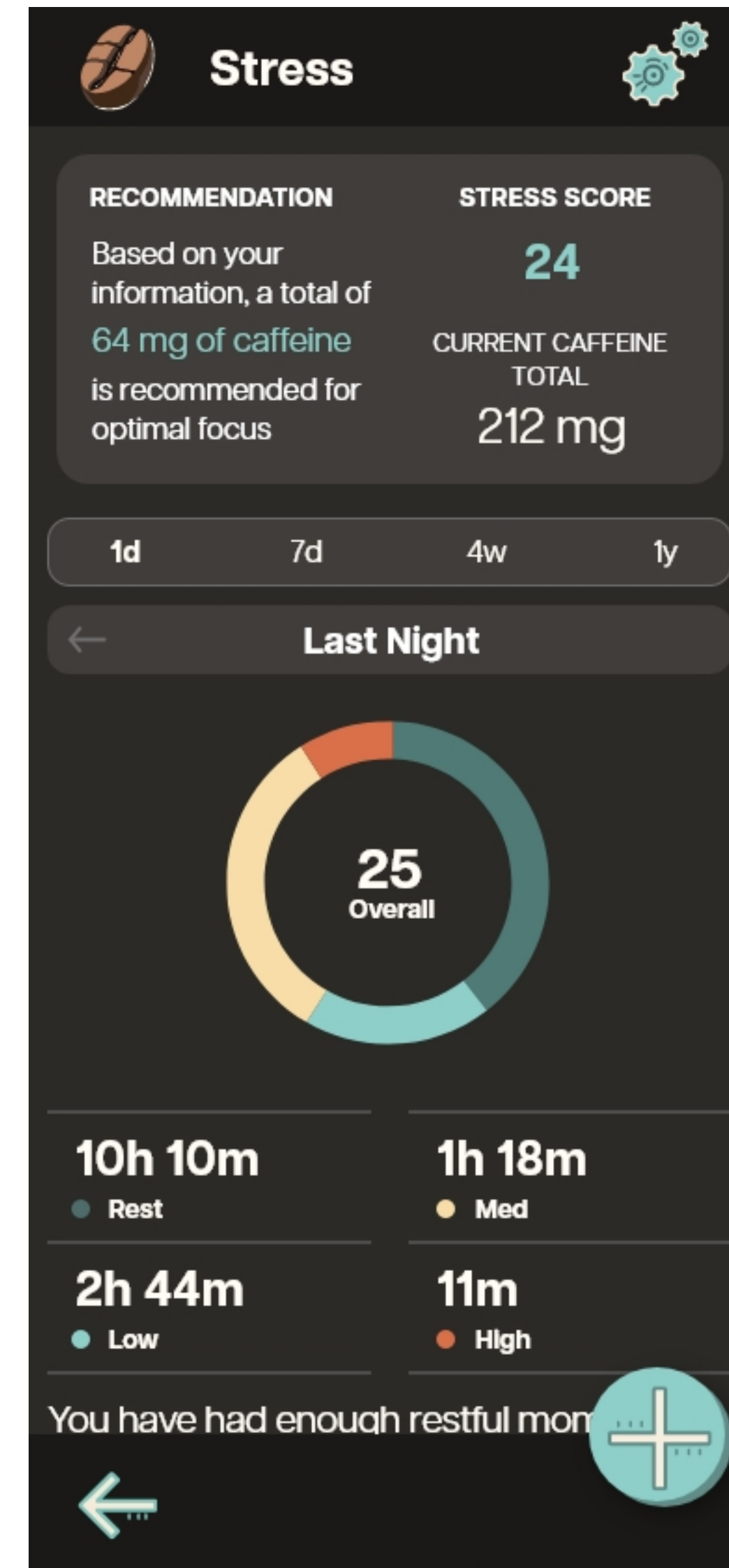
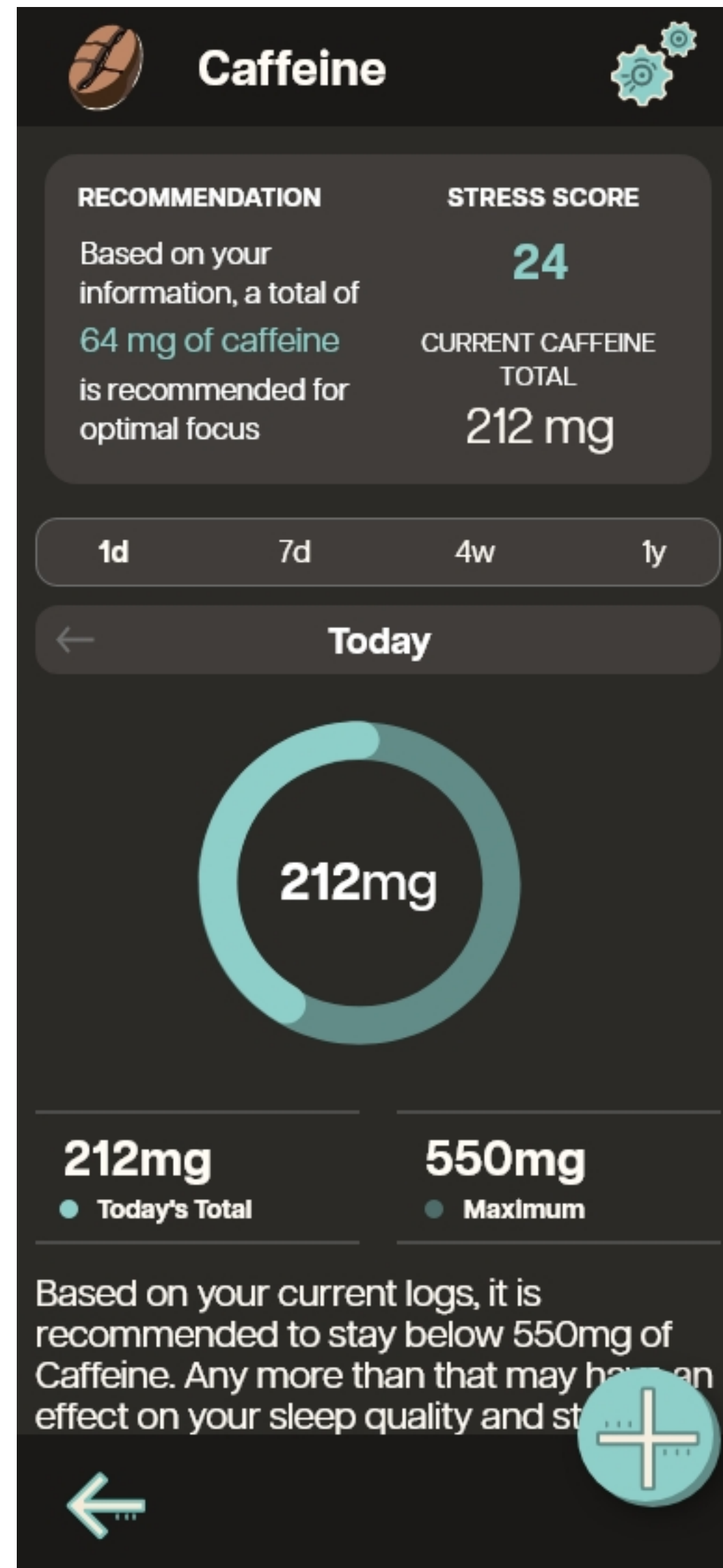
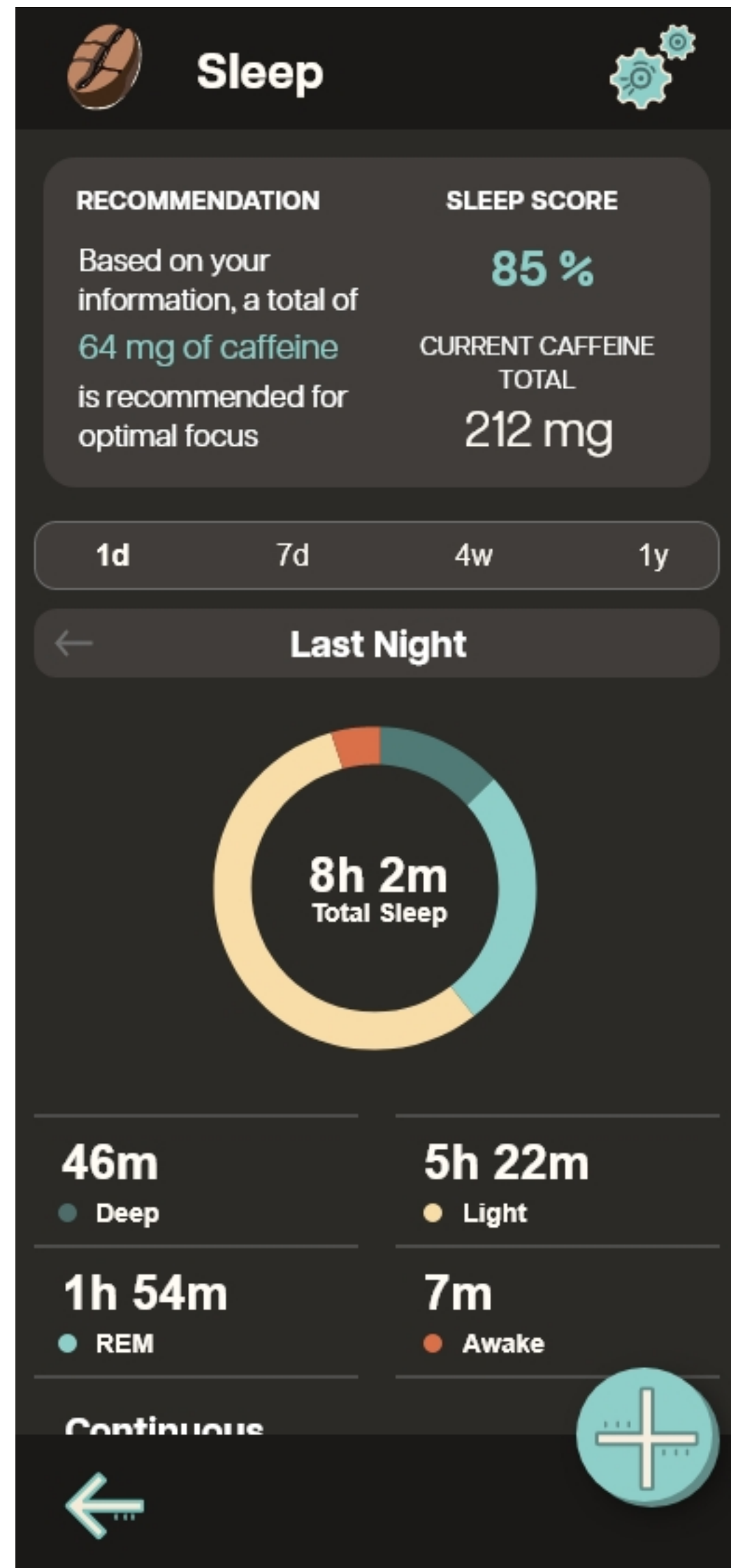
ICONS



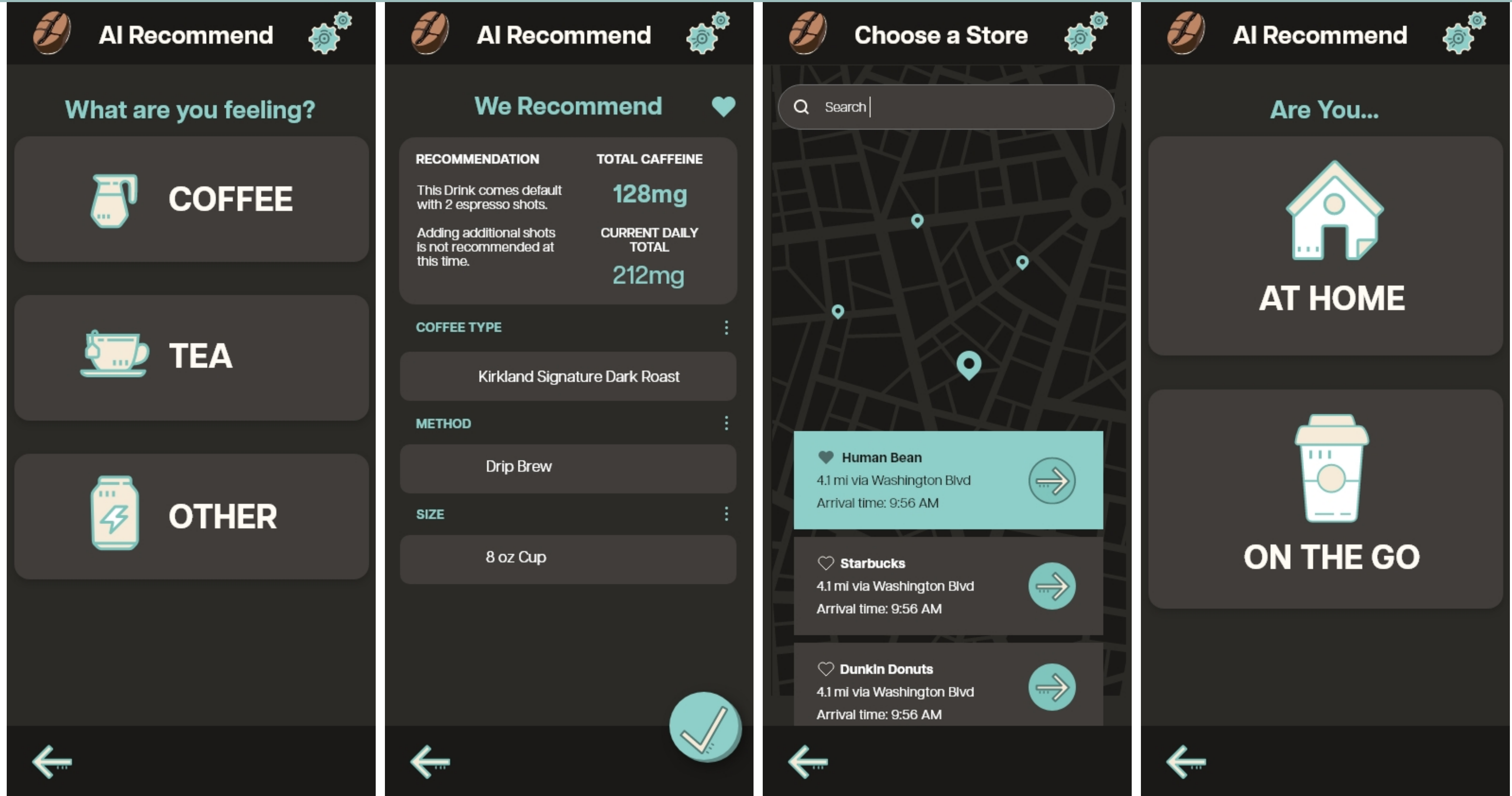
APPLYING VISUAL STYLES



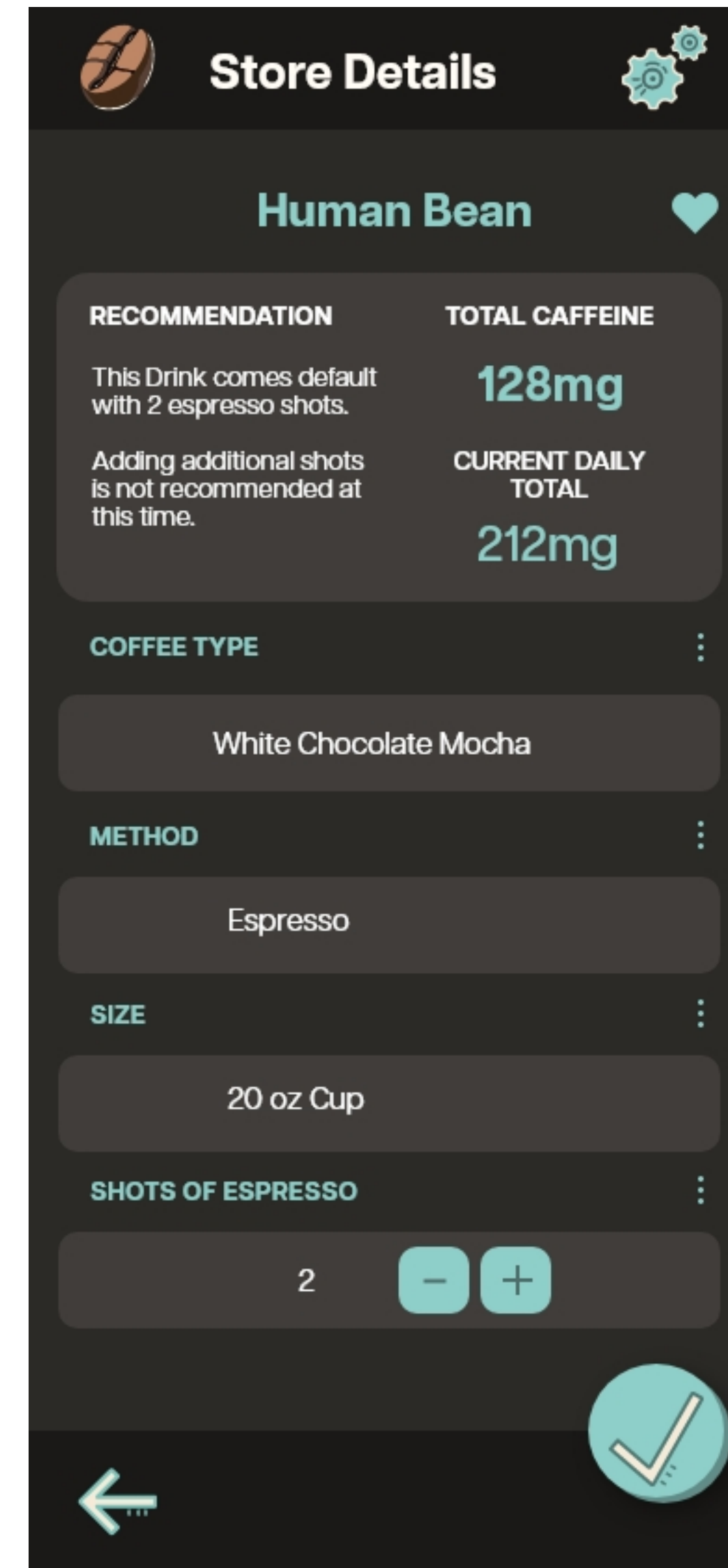
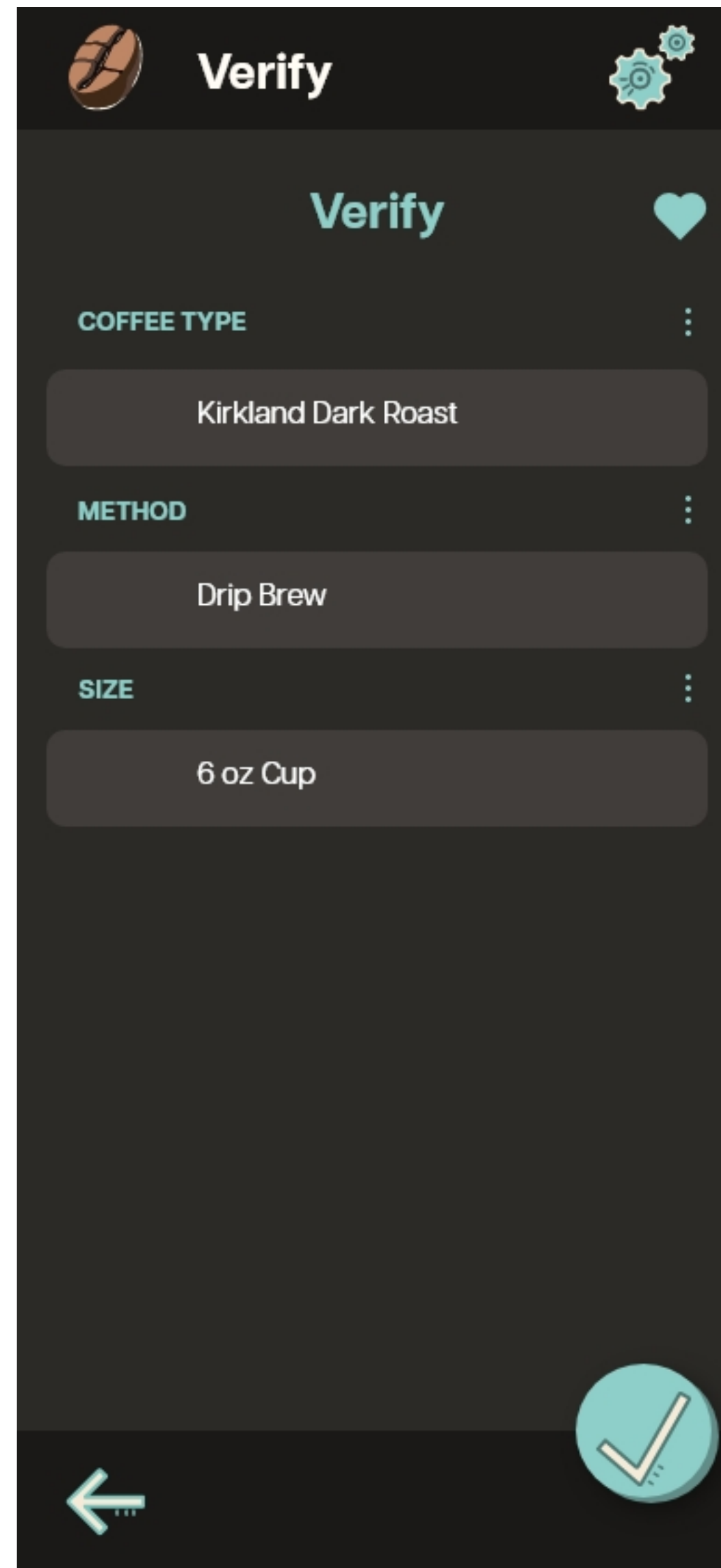
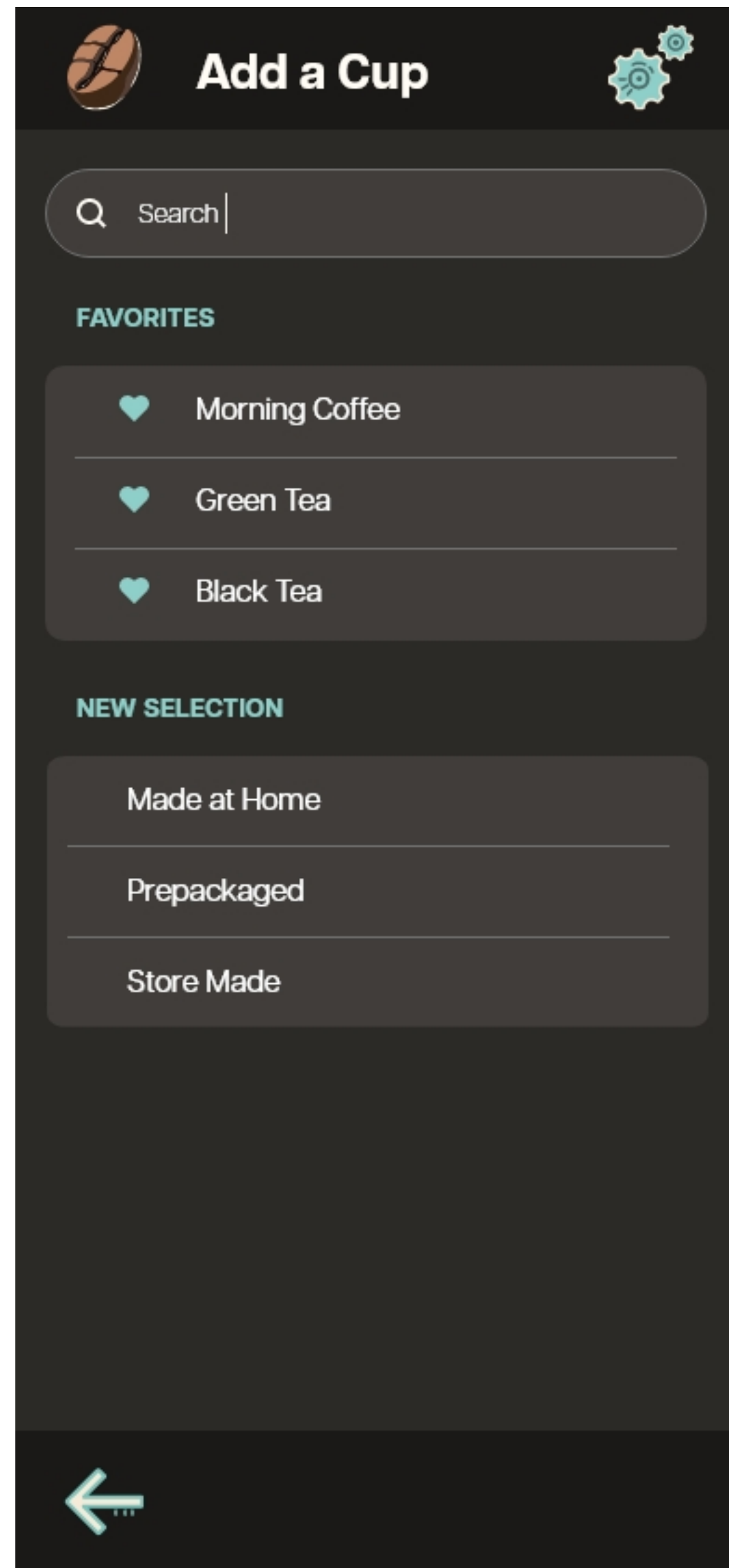
APPLYING VISUAL STYLES



APPLYING VISUAL STYLES



APPLYING VISUAL STYLES





PROTOTYPE

