

Test Card

Smart Watch Solution Effectiveness

Deadline

Team

Assigned to

Duration

STEP 1: HYPOTHESIS

We believe that

creating a sticky solution that doesn't rely on user memory will significantly reduce skin-picking behavior.

Critical:

STEP 2: TEST

To verify that, we will

develop software that detects when skin-picking behavior will occur on hardware like smartwatches and deploy it with a test group of users.

Test Cost:

Data Reliability:

STEP 3: METRIC

And measure

the frequency of skin-picking incidents reported by users over a 1-week period.

Time Required:

STEP 4: CRITERIA

We are right if

if there is at least a 30% reduction (this is the number found in existing research surrounding alarm-based interventions) in reported skin-picking incidents compared to the baseline.

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Personalized Solution Adaptation

Deadline

Team

Assigned to

Duration

STEP 1: HYPOTHESIS

We believe that

personalizing the solution to fit different skin-picking behaviors will improve user engagement and effectiveness.

Critical:

STEP 2: TEST

To verify that, we will

create several archetypes of skin-picking behavior, give personalized intervention plans based on user behavior data, and test them with diverse user groups.

Test Cost:

Data Reliability:

STEP 3: METRIC

And measure

user engagement and satisfaction rates and changes in skin-picking frequency.

Time Required:

STEP 4: CRITERIA

We are right if

personalized plans are generally perceived as satisfactory and engaging and a noticeable decrease in skin-picking behavior (we'll use 30% again) compared to non-personalized plans.

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Skin Barrier Solution

Deadline

Team

Assigned to

Duration

STEP 1: HYPOTHESIS

We believe that

Providing seamless skin barriers with adequate stickiness will prevent harm from skin-picking

Critical:

STEP 2: TEST

To verify that, we will

Provide users with several skin-boundary prototypes

Test Cost:

Data Reliability:

STEP 3: METRIC

And measure

user's self-reporting how many times they actually pick their skin

Time Required:

STEP 4: CRITERIA

We are right if

Users no longer pick their real-skin or there is a significant reduction in actual skin-picking (30% is the minimum benchmark)

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