Persona: Frequent student AI user

Stage: Awareness	Realizes AI use is frequent but hard to estimate	→ Wants to use AI more intentionally	→ Hears about AI Resource Meter study	→ Decides to participate	
Stage: Setup	Receives study email	→ Downloads Chrome extension	→ Installs and pins widget	→ Enters participant ID	→ Sets daily usage preferences
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Stage: Daily Interaction	Uses AI tools as normal	→ Widget passively tracks prompts and time	→ Resource meter gradually fills	→ Notices widget after several prompts	→ Reflects briefly on accumulated usage
Stage: Reflection	Completes daily reflection	→ Thinks about whether AI use felt intentional	→ Adjusts usage preferences (optional)		
Stage: Completion	Views end-of-day usage summary	→ Completes post-study survey	→ Reflects on awareness changes	→ Provides feedback on usefulness	

User Story Map Sticky Notes

Activities	Install tool	Configure settings	Use AI tools	Notice usage feedback
	Reflect on usage	Review daily summary	Complete study feedback	
Tasks	Download extension	Set daily goals	Send prompts	See usage updates