User Journey: Mike Larson

Preconditions: Mike Larson is lithargic and unmotived. He is hungry but he knows his fridge is empty and there won't be many places open when he gets out.

12:25am: 12:30 pm: I head home which is about a 5 minute ride. By I opened the store today the time I get there I start 11:20 am: to lose my energy again but no one has come in 11:00 am: and I don't feel great. I yet. I can; t stop thinking Midnight: My phone is ringing so head inside and my room about what might be go-I wake up grogy and a lit-I pull to the side. Our mates are drinking with ing on with my neighbor. tle hungover. I really want I get out of work late and neighbor isn't doing My phone finally rings. My our older neighbor and ask some greasy. I know I had the only food location well and he has to be me to join them. It sounds room mate tells me that McDonalds last night but that's open is McDonalds. taken to the hospital. pretty fun so I hangout or neighbors blood sugar it sounds a lot better than Looks like thats going to As I eat breakfast I with them for an hour or was way too high and he Tacobell. be my dinner tonight. wonder whats wrong. has diabetes. two. 11:25 am: 11:05 am: 12:05 am: 2:00 am: I ride up to McDonalds on my BMX I'm still in my work cloth-After eating breakfast I Our neighbor is passed out start my ride to work and bike. It's right inbetween work and on the couch and I stumble ing so I can just head home Which is super convienent. straight to McDonalds I still feel crappy. I'm also to my room and pass out. I'm Plus it's pretty cheap. I throw myself so glad I don't have to wake and then work. I walk out concerned for our neighinto a booth and kick my feet up. up before 11... the front door past our bor, I hope he is alright. neighbor who is still on I start to doze off but my food is ready and I have to grab it. I'm starvthe couch. ing so I down my food.

Post-conditions: Mike starts to think about what could have caused his neighbors health issues and begins to compair their habits. Fearful, Mike begins to reavaluate his own day to day choices.