

## Record Field Research

After each day of field research, quickly synthesize and record the information you have gathered—what you observed people seeing, doing and saying. This serves two key purposes: it ensures that important details are not forgotten and helps guide what you are looking for during additional research.

Describe setting

### 5 Observations:

What are people doing in this situation? How are people doing this? Why might they be doing it this way?

### 4 Moments that stood out:

### 3 Things that were new or surprising:

### 2 Things that felt familiar:

### 1 Way we could help our user through a digital health solution: