Develop Consistent In-home Workout Routine

A home application works cross platforms
DO YOU LIKE ME?

Have a collection of cloth for exercise…
Have yoga mat, dumbbells, ab wheel at home…
Know how to organized various types of exercises…
Understand the importance and benefit of regular exercise…

BUT

Do much less than you think you should.
OPPORTUNITY

Accept a home workout as part of weekly life and build into daily routine.

Gain knowledge about how to do it right.

Low motivation, relative high ability
BEHAVIOR CHANGE FLOW

Compliance

Forming
Exercise once a week at home.

Alternating
Decrease behaviors of bad habit, such as staying late, each unhealthy food

Reinforcing
Be clear about the schedule of exercise and stick to it.

CHANGE

Behavior
Generate personal exercise schedule.

Attitude
Recognize a new daily routine with exercise is beneficial.
SYSTEM

All around you at home

Display  Voice  Sensor
Hey, Home! Can you help me do workout at home?
Hey, Home! Can you help me do workout at home?

Sure! Let’s start.
PERSONALIZATION

A flow that help user set-up target goal and create personal exercise schedule/plan through steps.

Let me know a little more about you.
Let me know a little more about you.

PERSONALIZATION
A flow that help user set-up target goal and create personal exercise schedule/plan through steps.
TUNNELING

A flow that help user set-up target goal and create personal exercise schedule/plan through steps.

Let me know a little more about you.
TAILORING
Tailor exactly to individual’s behavior and needs.

Let me know a little more about you.

Weekly Plan
Here is how we suggest your weekly workout plan; you can make adjustment on it.

Cardio
Yoga
HIIT
Strength

YES! I’ll stick to this.
MONITERING

Use all sensors including phones, trackers, etc to estimate current behavior, so that system could give accurate and ambient motivation.

Hey! XYZ
You’ve been sitting down 12 hours today.
SOCIAL PROOF
Do what other people are doing.

1200+ people like you are exercising right now, would like to do some yoga to relax?
PRIMING EFFECT
It helps take less effort to start a home exercise.

I’ve turn down your temperature. Let me play some music for you.

Thanks!
SUGGESTION

Give suggestions on what type of workout is suitable based on the time, activities of the day.

Here’re some gestures you might want to try.
PRAISE

Praise as the exercise going motivate people to achieve more from one exercise.
SOCIAL FACILITATION

By sharing on social media, and getting comments and praises from friends and families, people also get social influence.
REWARD

Rewards keep people engaging and look for the next reward.
SIMULATION

Make the next step predictable and clear with visualization.

You’ll reach your goal next week!
SOCIAL LEARNING

Peer influence is strong.
NOW

Sleep better

Get more things done

Energetic

Share her achievement with friends
Thank You.