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…

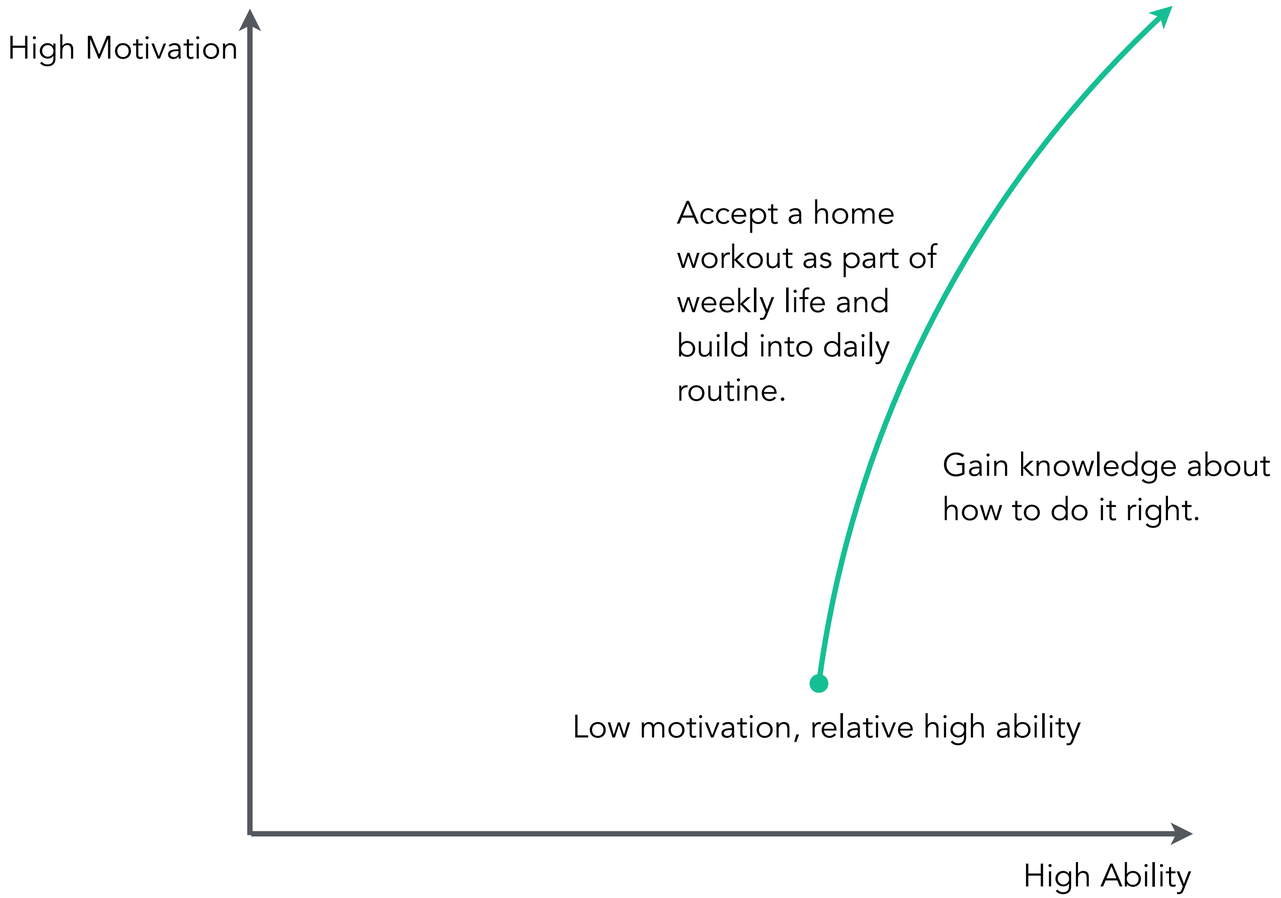
Know how to organized various types of exercises…

Understand the importance and benefit of regular exercise…

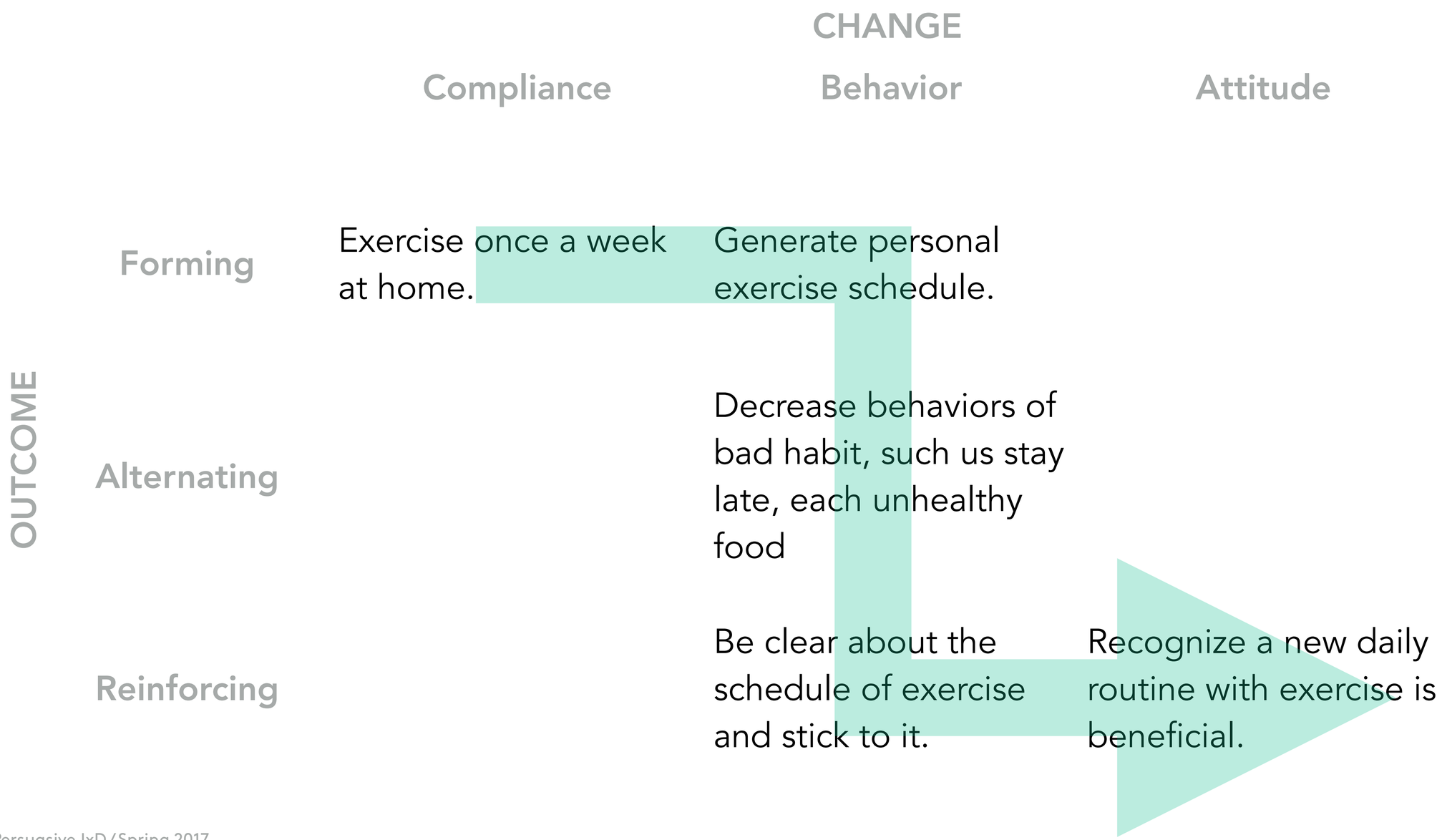
BUT

Do much less than you think you should.

OPPORTUNITY



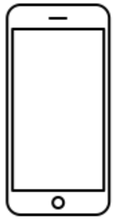
BEHAVIOR CHANGE FLOW



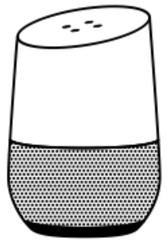
SYSTEM

All around you at home

Display

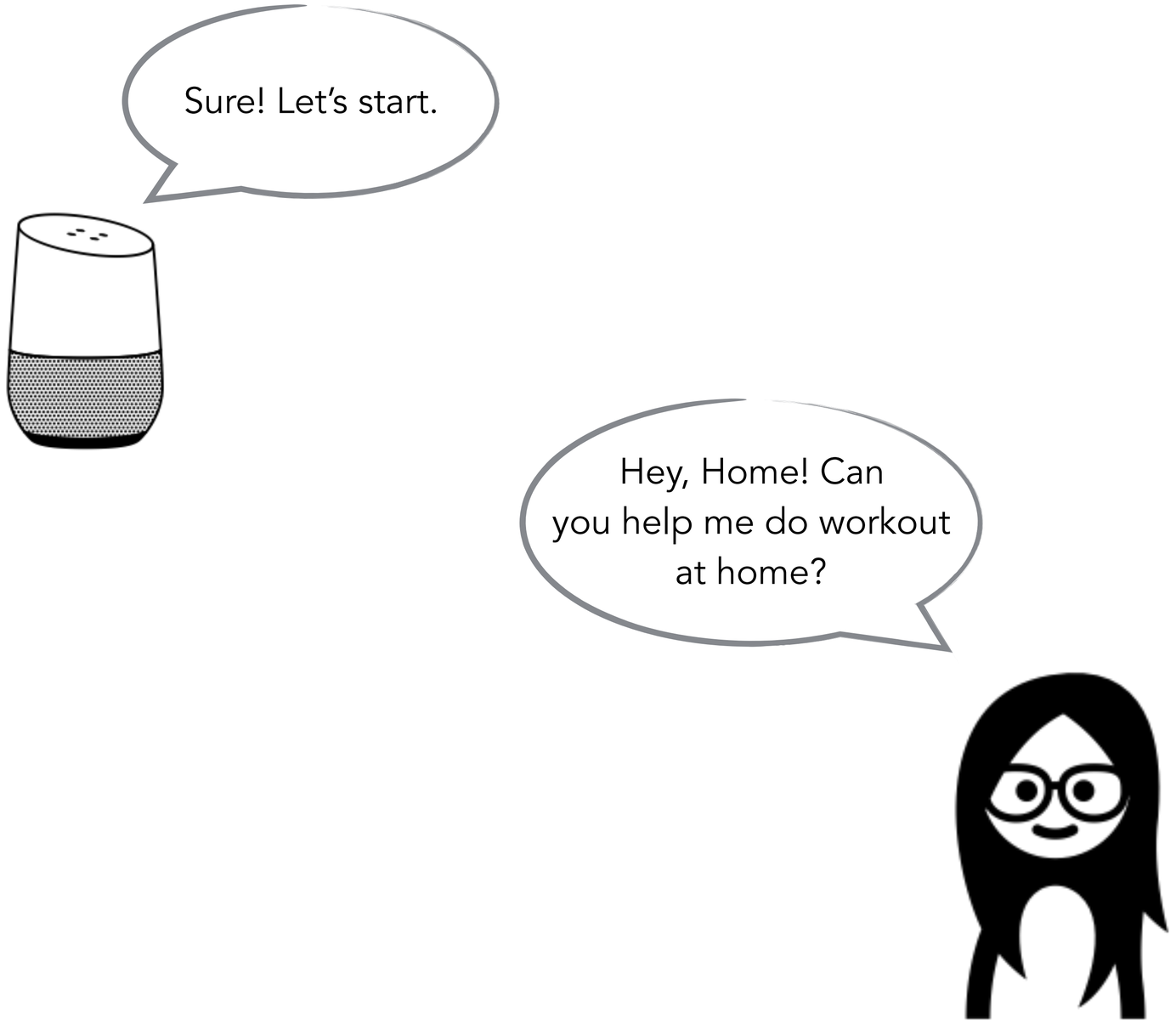


Voice



Sensor

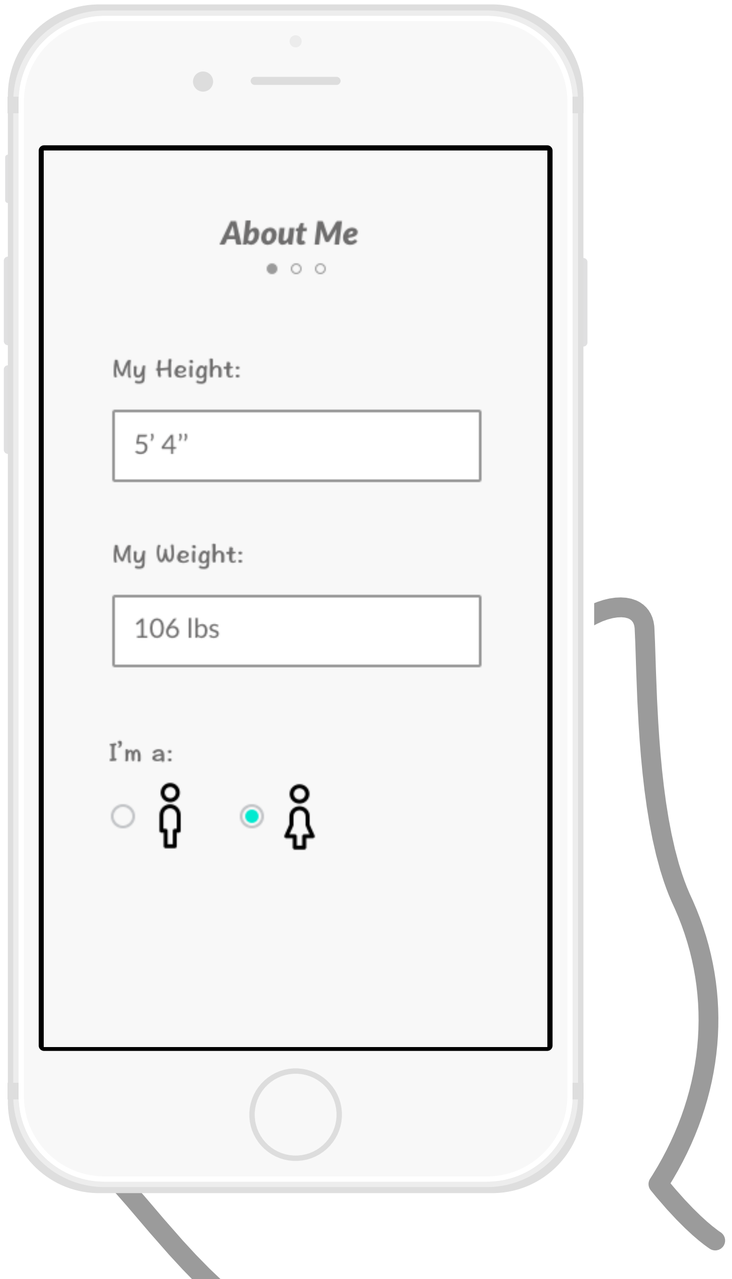
Hey, Home! Can
you help me do workout
at home?



By Alina Oleynik, Ukraine

PERSONALIZATION

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



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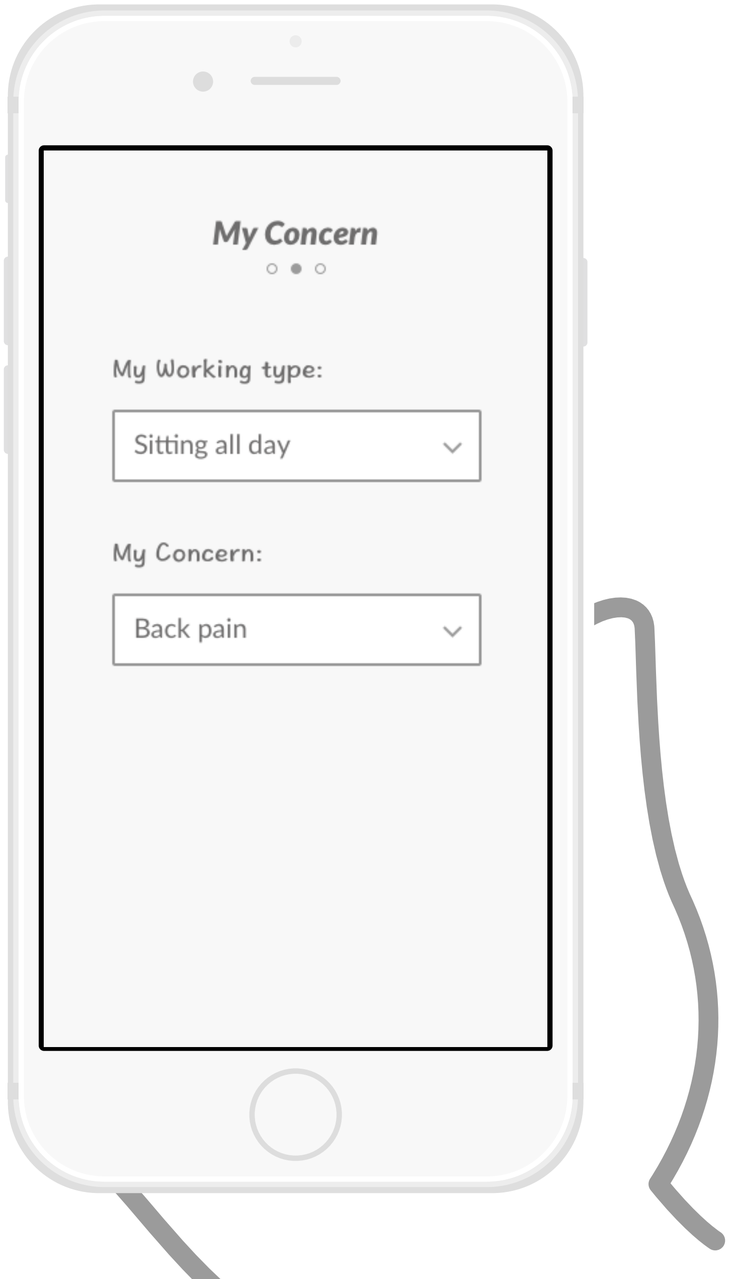
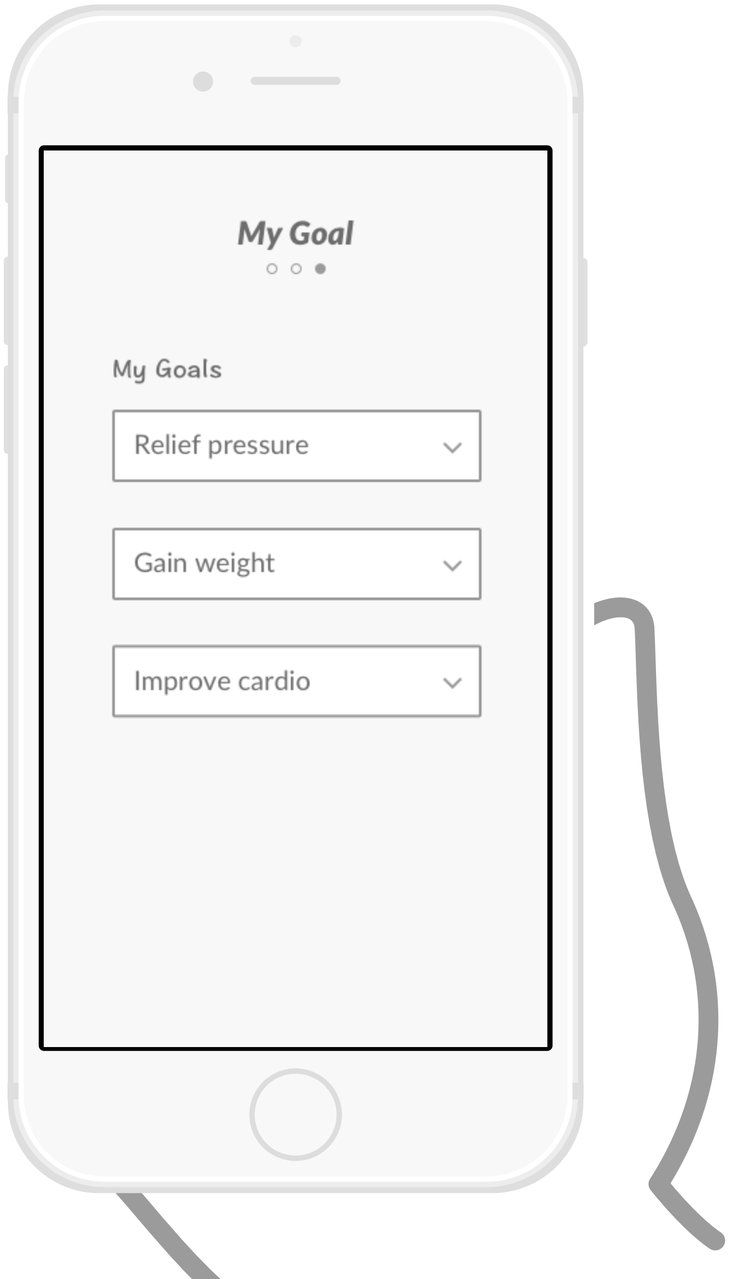


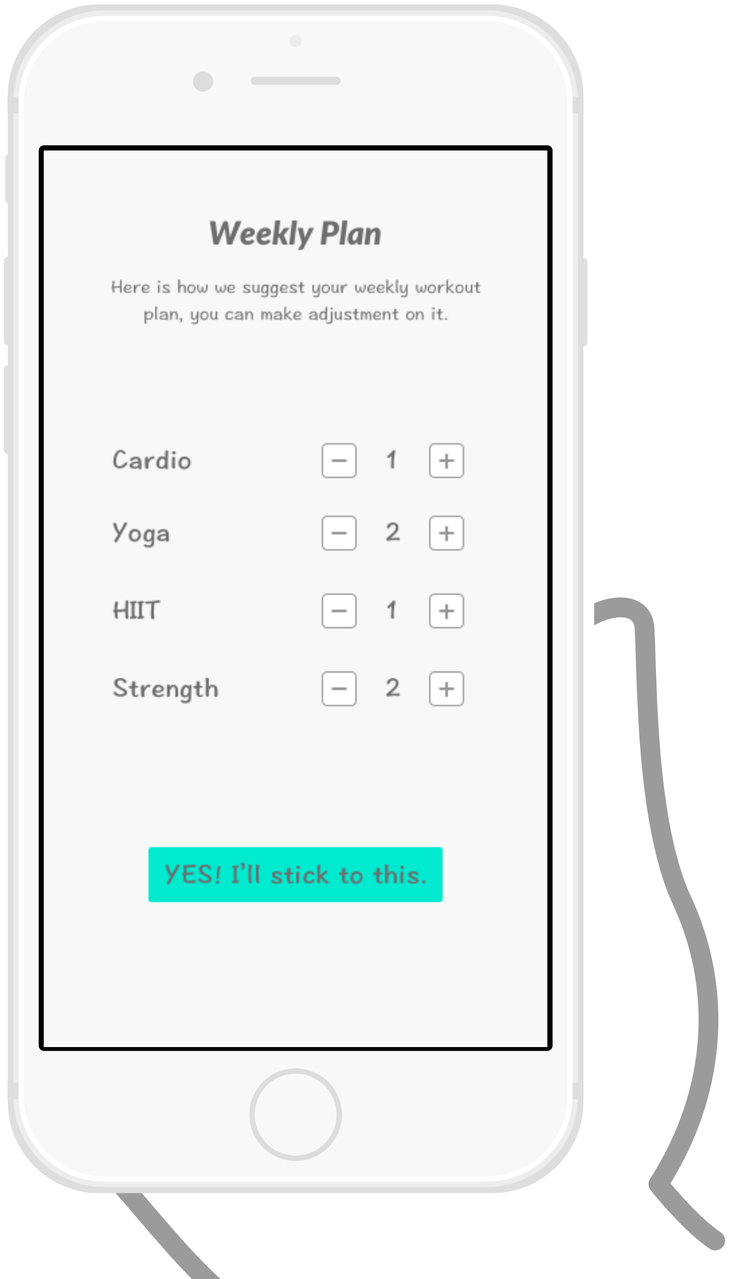
TUNNELING

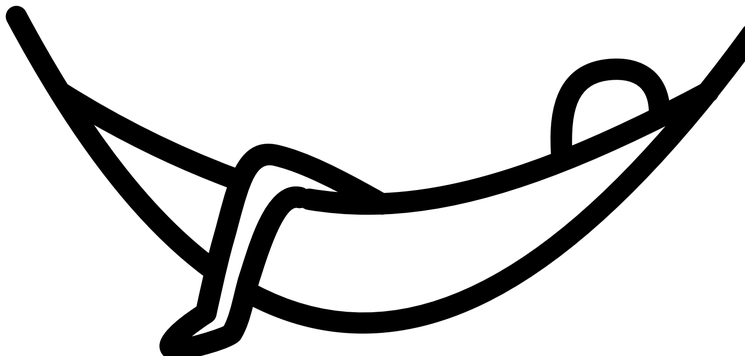
A flow that help user set-up target goal and create personal exercise schedule/ plan through steps.



TAILORING

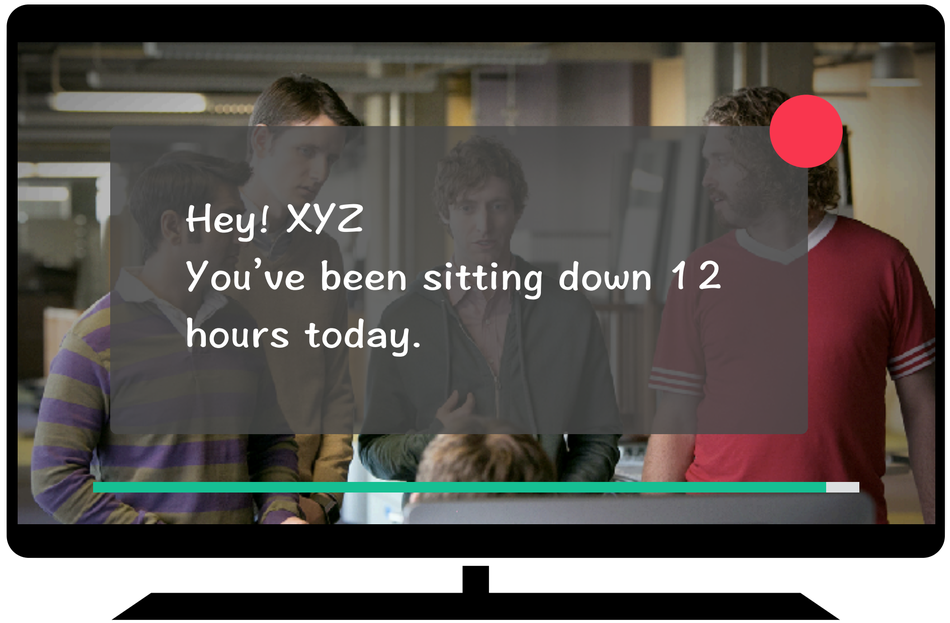
Tailor exactly to individual's behavior and needs.

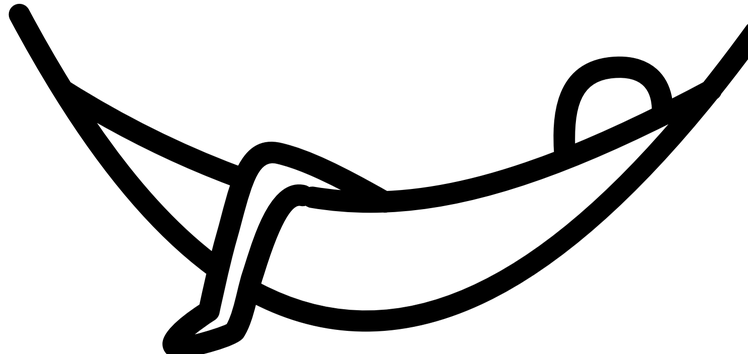




MONITERING

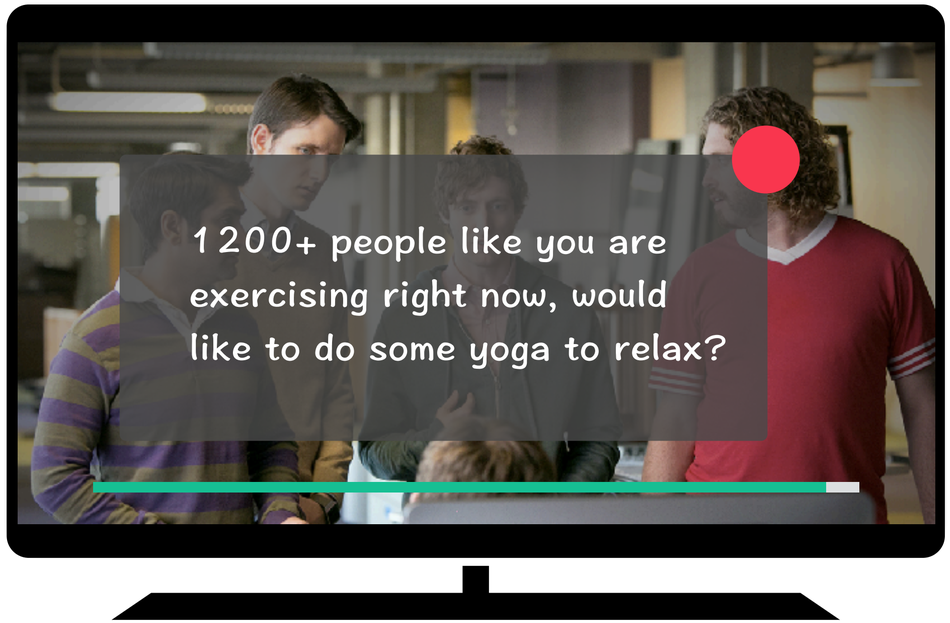
Use all sensors including phones, trackers, etc to estimate current behavior, so that system could give accurate and ambient motivation.

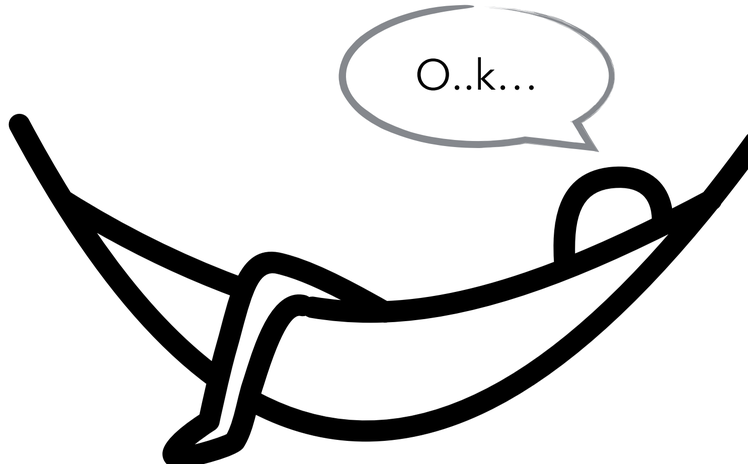




SOCIAL PROOF

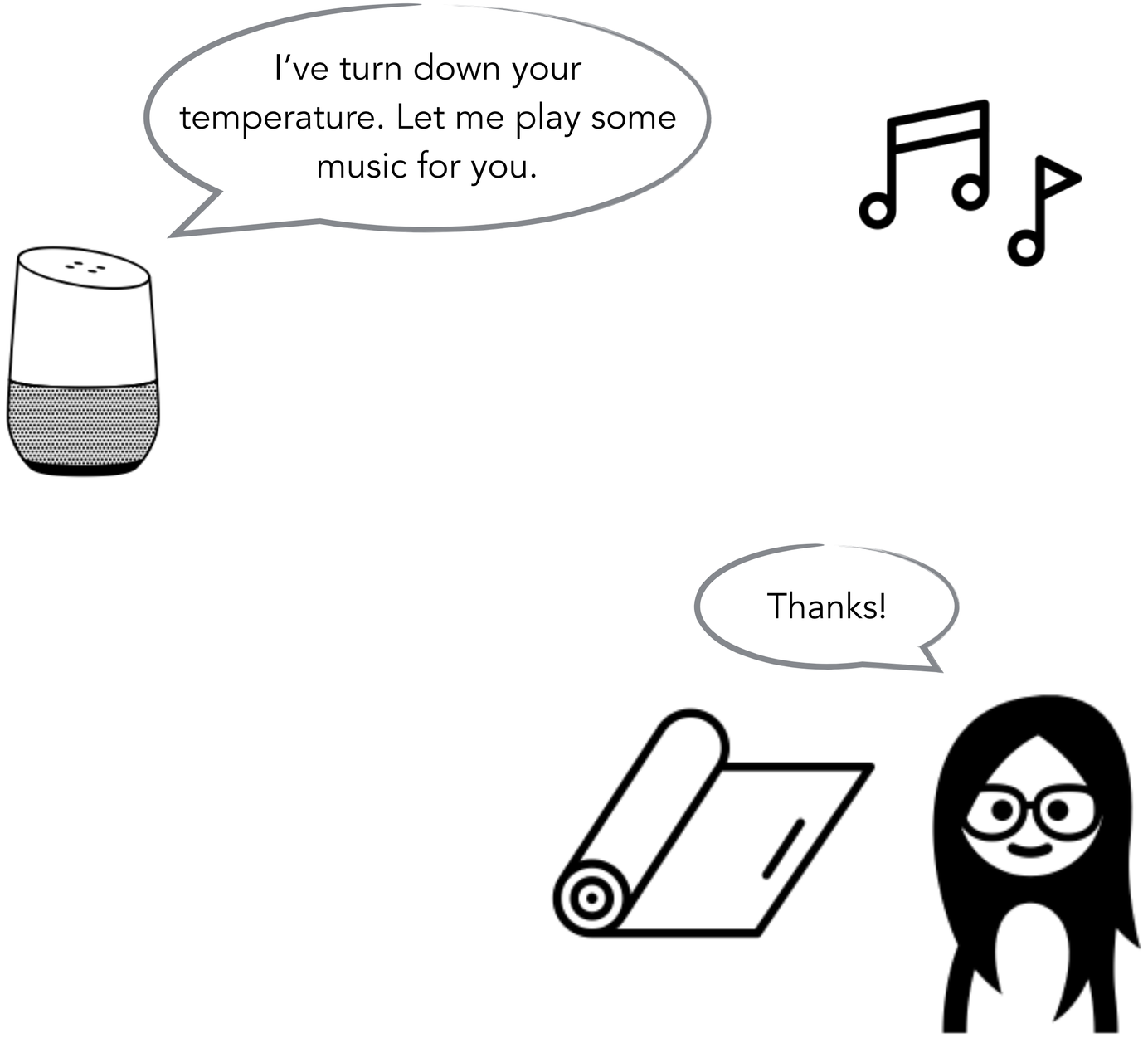
Do what other people are doing.





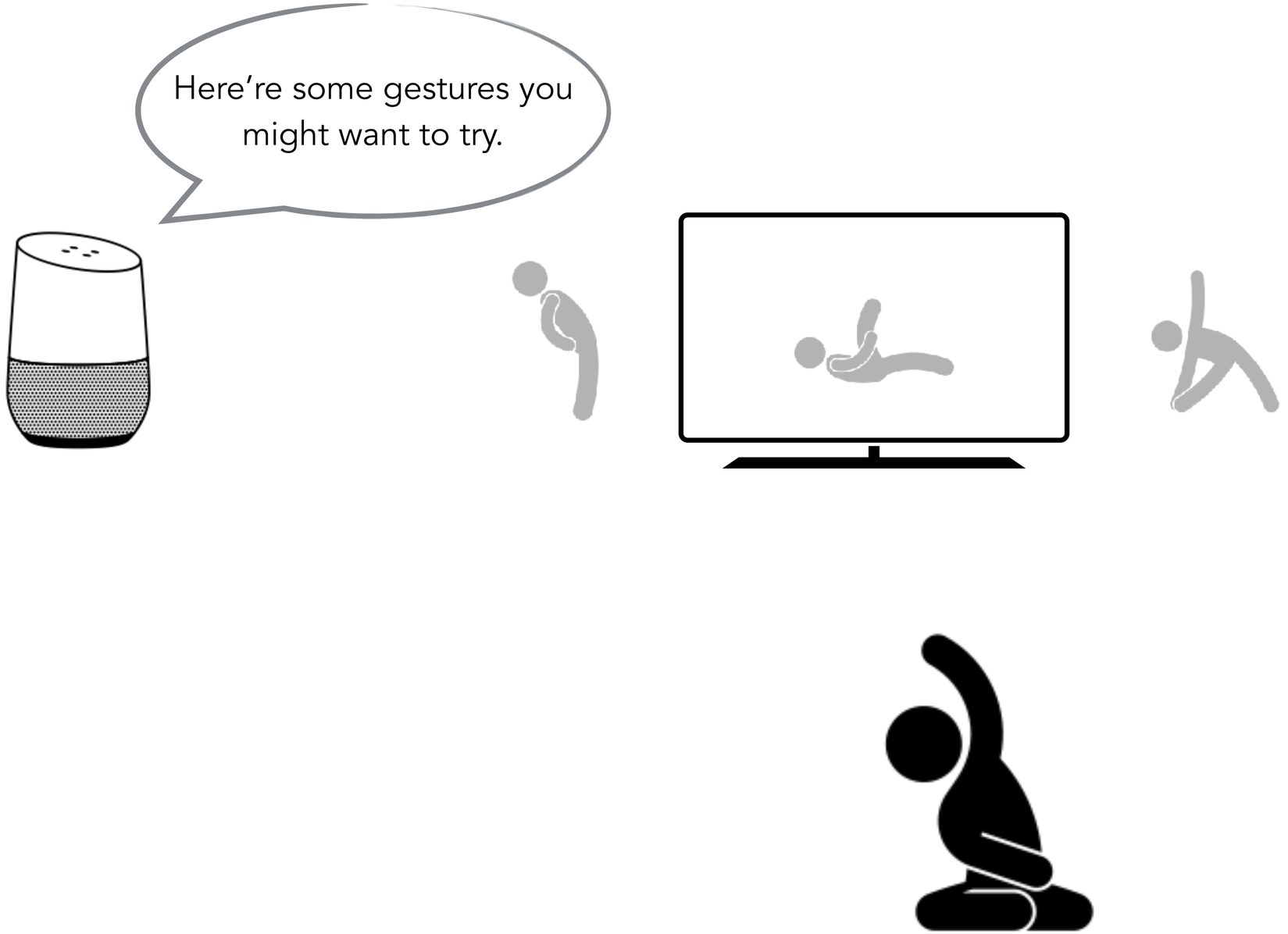
PRIMING EFFECT

It helps take less effort to start a home exercise.



SUGGESTION

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

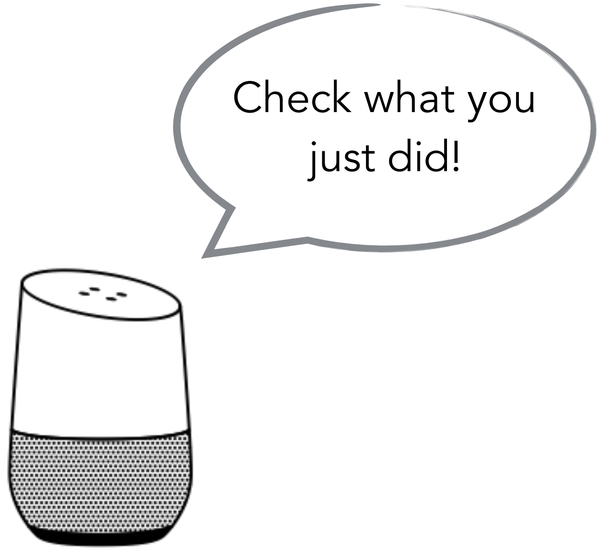


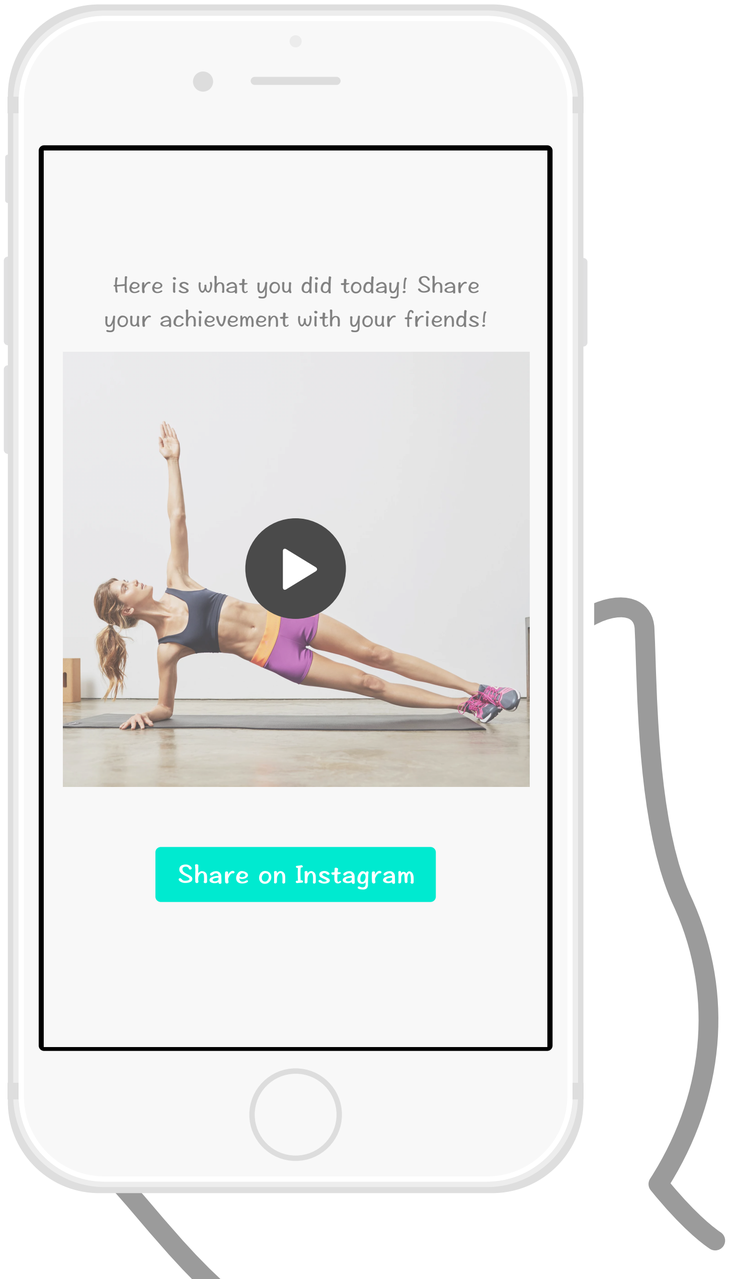
PRAISE

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

SOCIAL FACILITATION

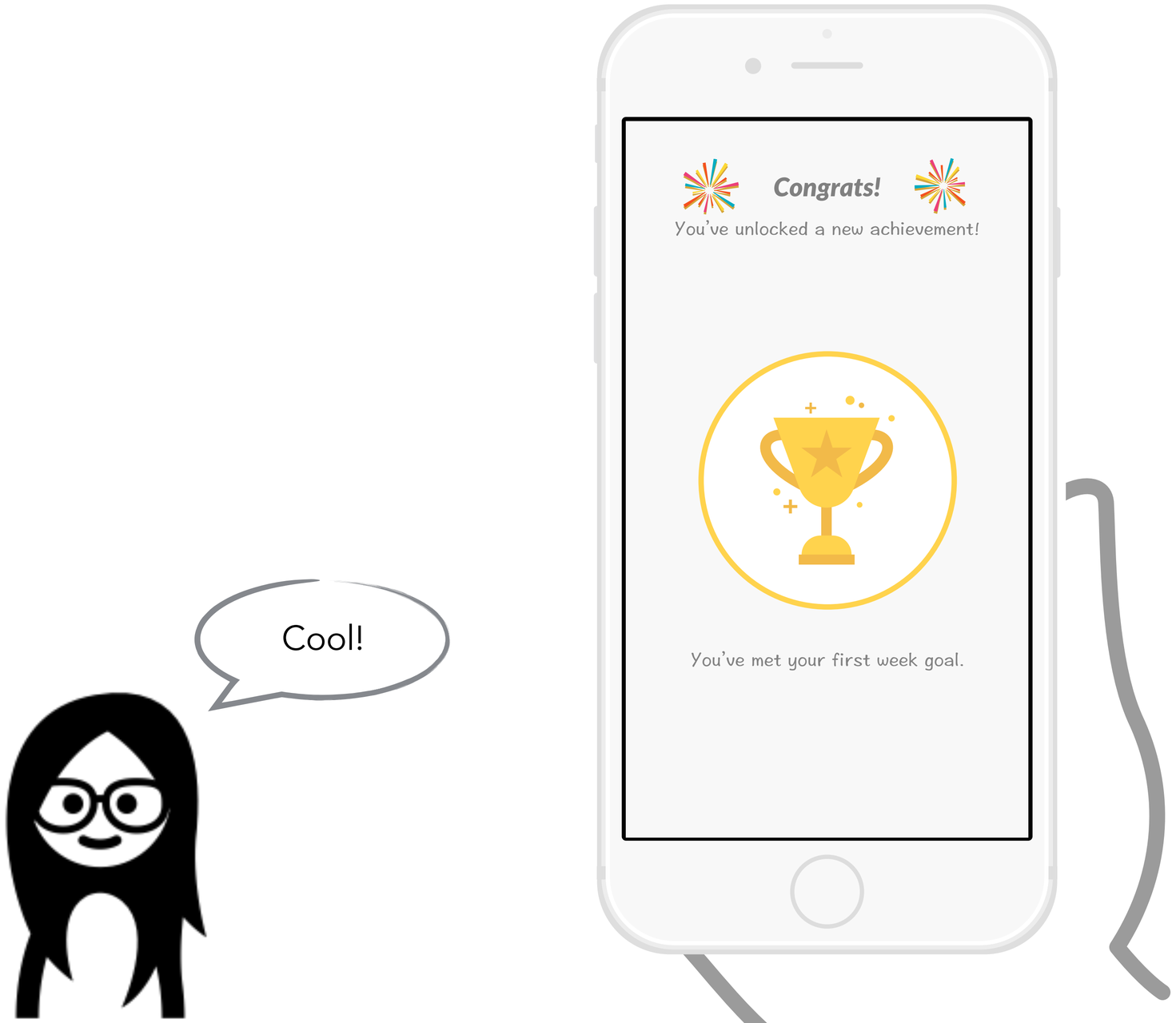
By sharing on social media, and getting comments and praises from friends and families, people also get social influence.





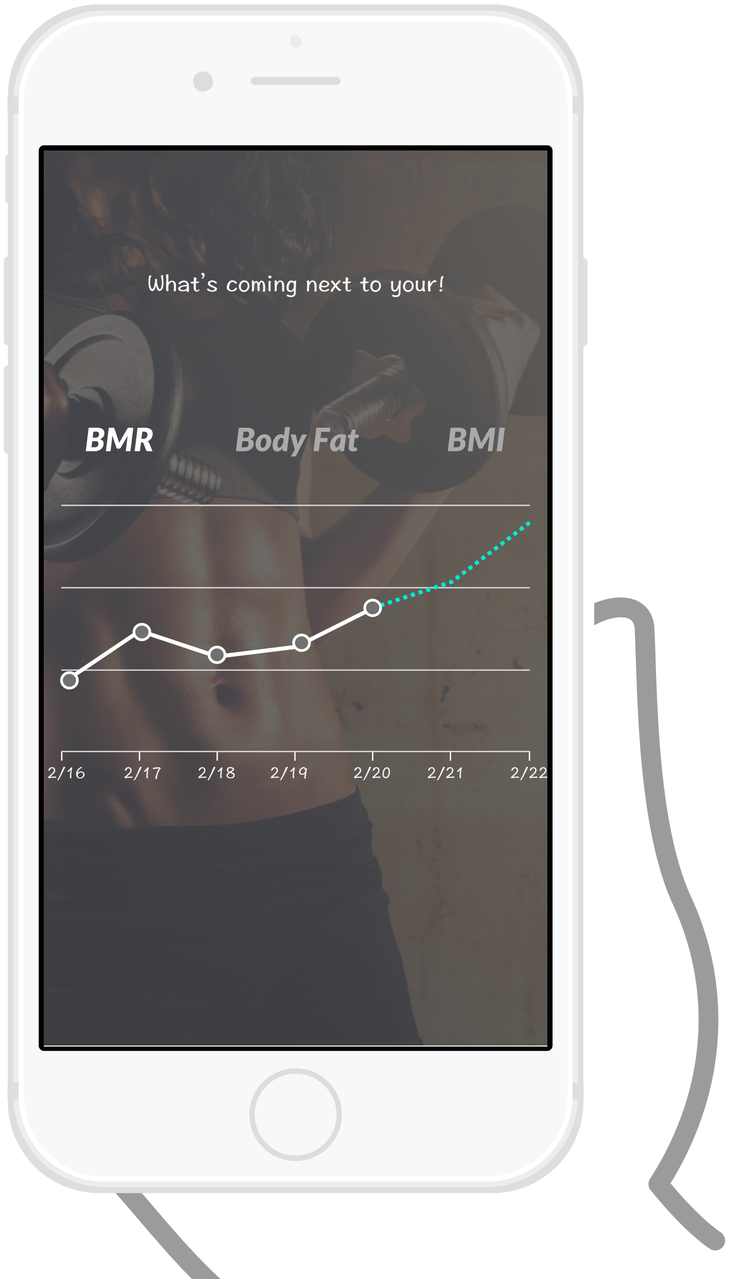
REWARD

Rewards keep people engaging and look for the next reward.



SIMULATION

Make the next step predictable and clear with visualization.

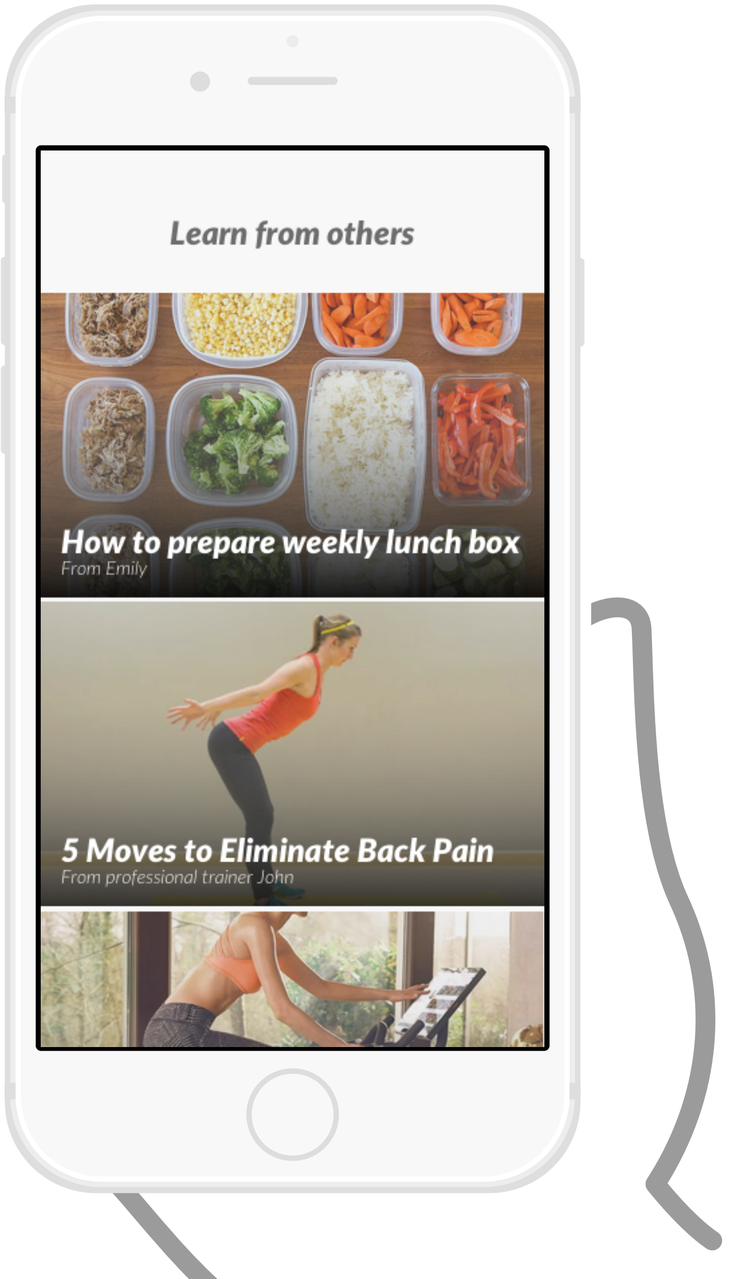


SOCIAL LEARNING

Peer influence is strong.

Other people in this community

Experts



NOW

Sleep better

Get more things done

Energetic

Share her achievement with friends

Thank You.