Flowers or a Robot Army?

Encouraging Awareness & Activity with Personal, Mobile Displays

Sunny Consolvo, Predrag Klasnja,
David W. McDonald, Daniel Avrahami,
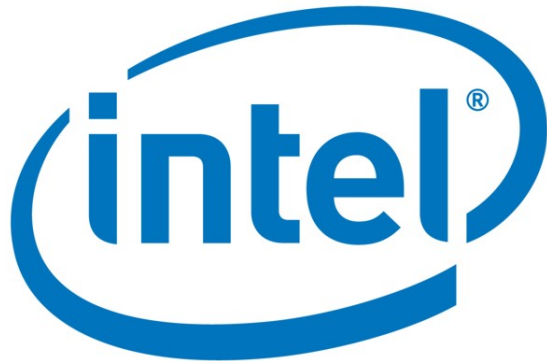Jon Froehlich , Louis LeGrand, Ryan Libby,
Keith Mosher & James A. Landay

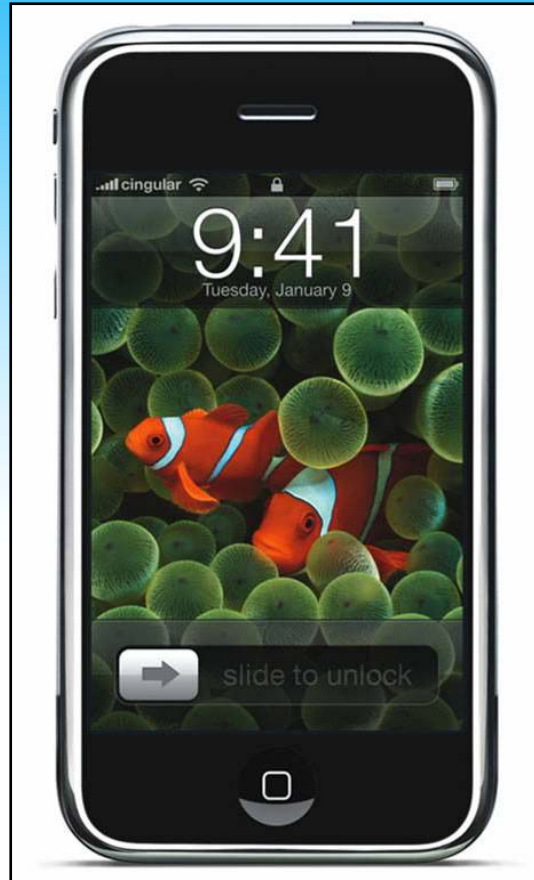Mike Pennisi

Activating Environments

The Paper

Published in 2006

Authors from:

Background
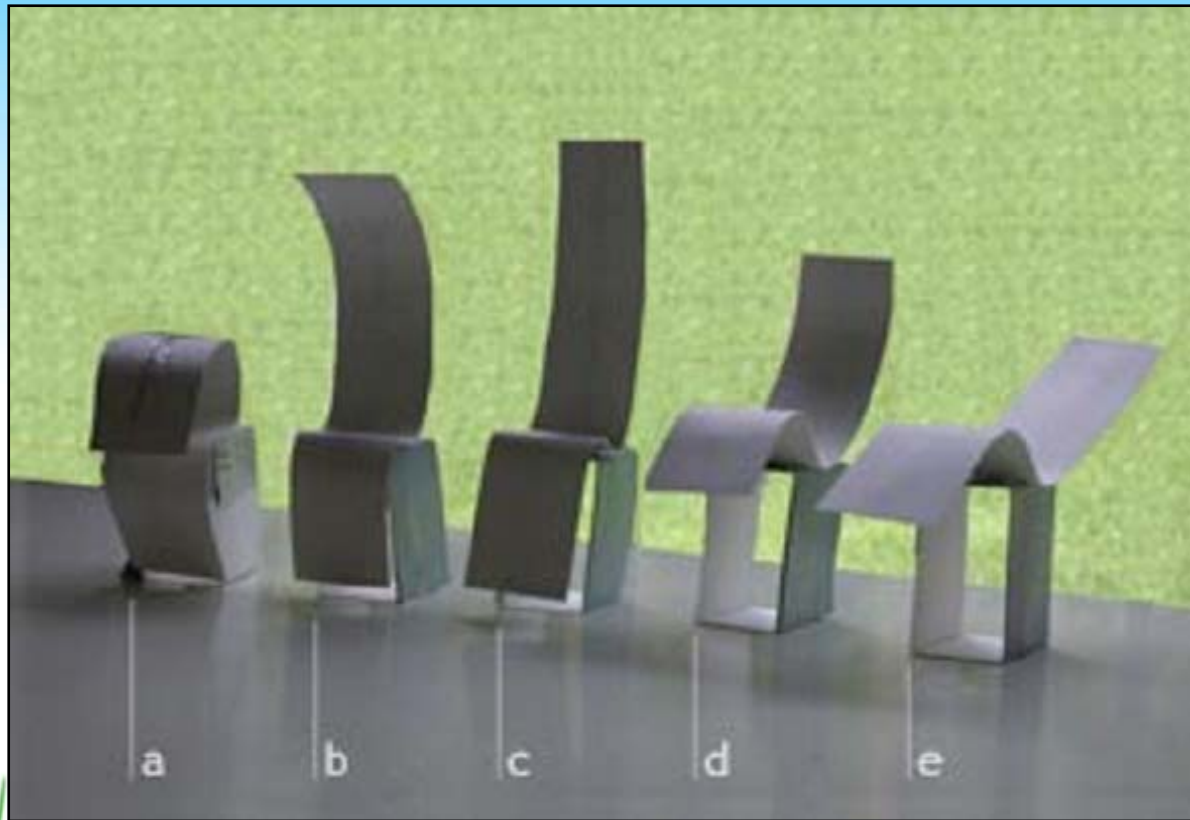
Background

Personal != Private
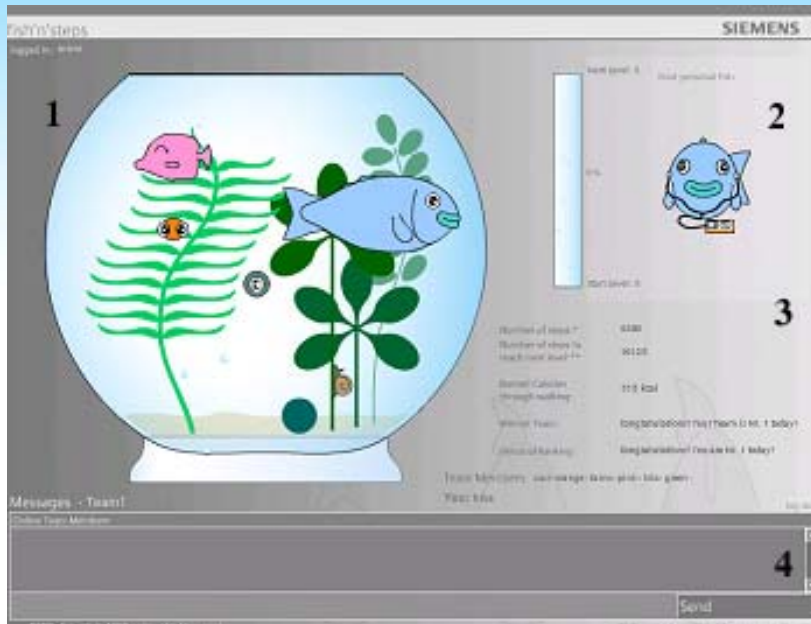
Background

"glanceable"

Related Work

Stylized Displays: "Breakaway"

Related Work

Stylized Displays: "Fish 'n' Steps"

Related Work

"Mobile phone applications that encourage self-monitoring and increase of physical activity"

Related Work

"Houston"

Related Work

"Healthy Lifestyle Coach"
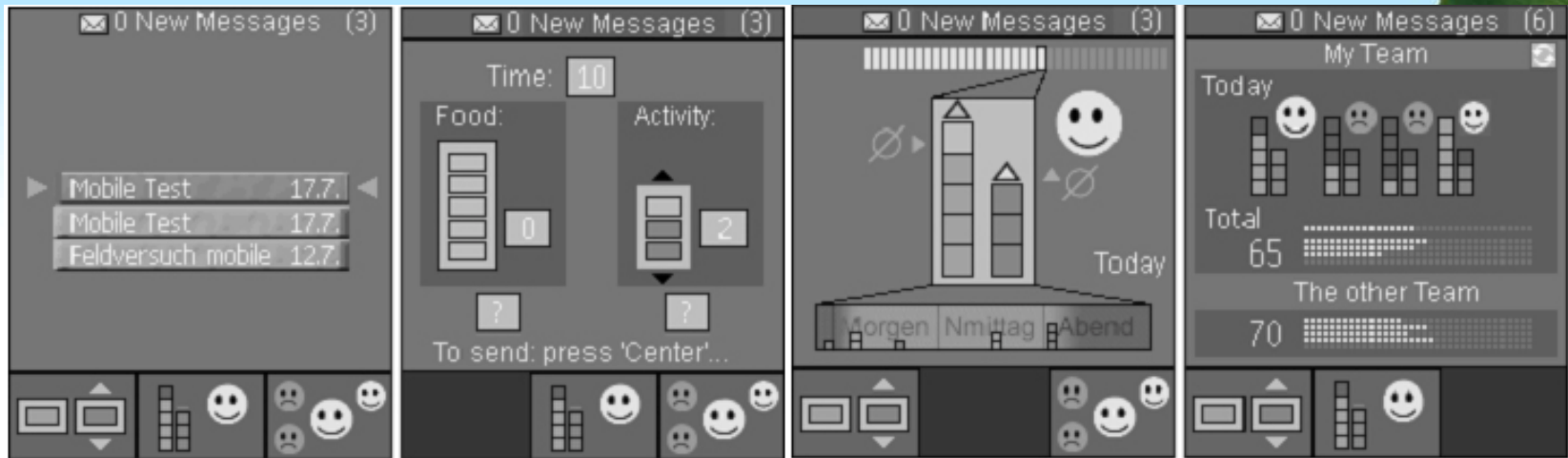
Related Work

Takeaways:

- Nice to ignore it
- Only positive reinforcement
- Simple rewards are good
- Diversify supported activity
- Self-monitoring works

The UbiFit

Glanceable Display

Fitness Device

Interactive Application
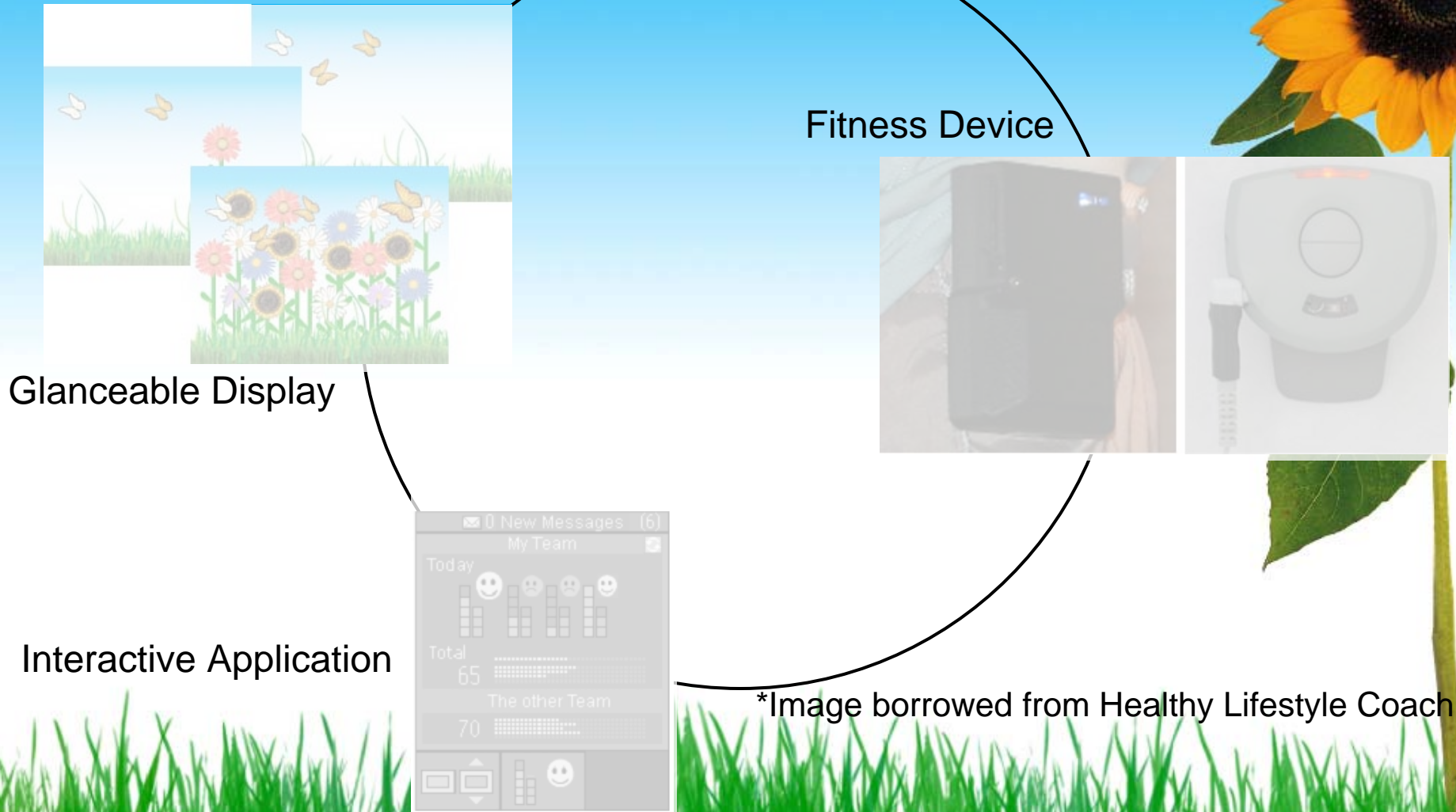
*Image borrowed from Healthy Lifestyle Coach

Design

- American College of Sports Medicine, American Heart Association
- Previous work (Houston)
- Survey
- Three-week field trial

Experiment Design

- Duration: 3 months
- Holiday Season
  - Thanksgiving
  - Christmas
  - New Year's Eve

Experiment Design

Three "conditions":
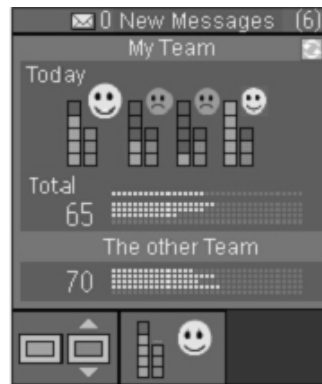
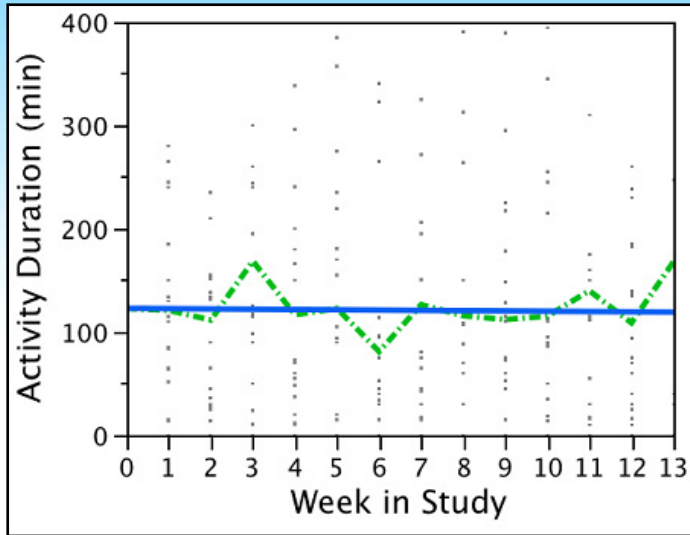Glanceable Display   Interactive Application   Fitness Device
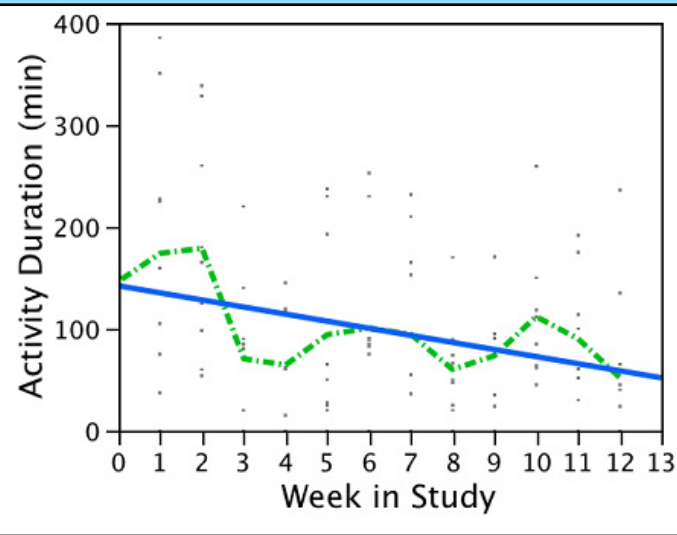
Participants

- 28 people total
- Evenly distributed across "conditions"
- All used study's phone as their primary phone
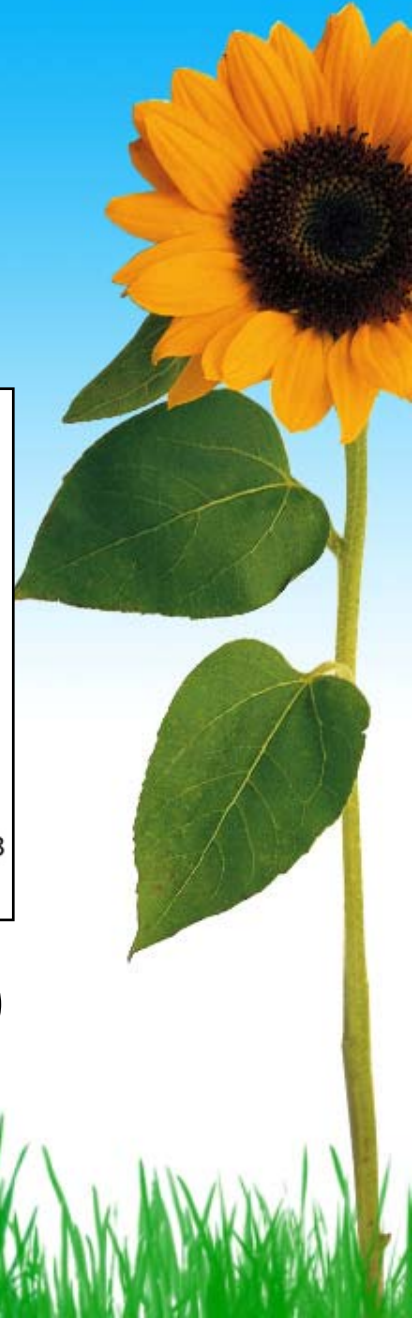
Effectiveness of Glanceable Display

(with display)   (without display)

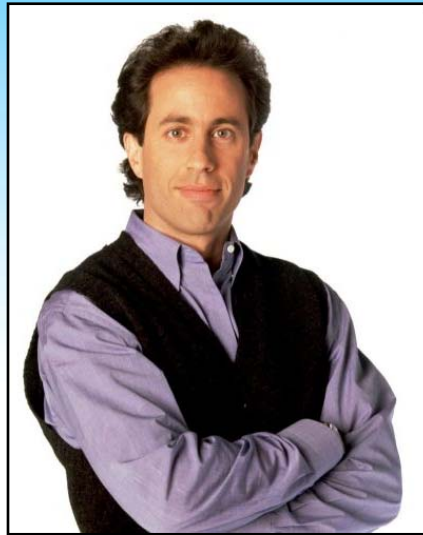# Effectiveness of Glanceable Display

"I could see my progress if I was—how much more I needed to do to get to my goal… And I could see the butterfly and think, 'I did it last week, you can do it again this time.'"

- participant F10

Effectiveness of Glanceable Display

Jerry's calendar system

Effectiveness of Glanceable Display

Effect of Glanceable Display by Holiday Week on Activity Duration
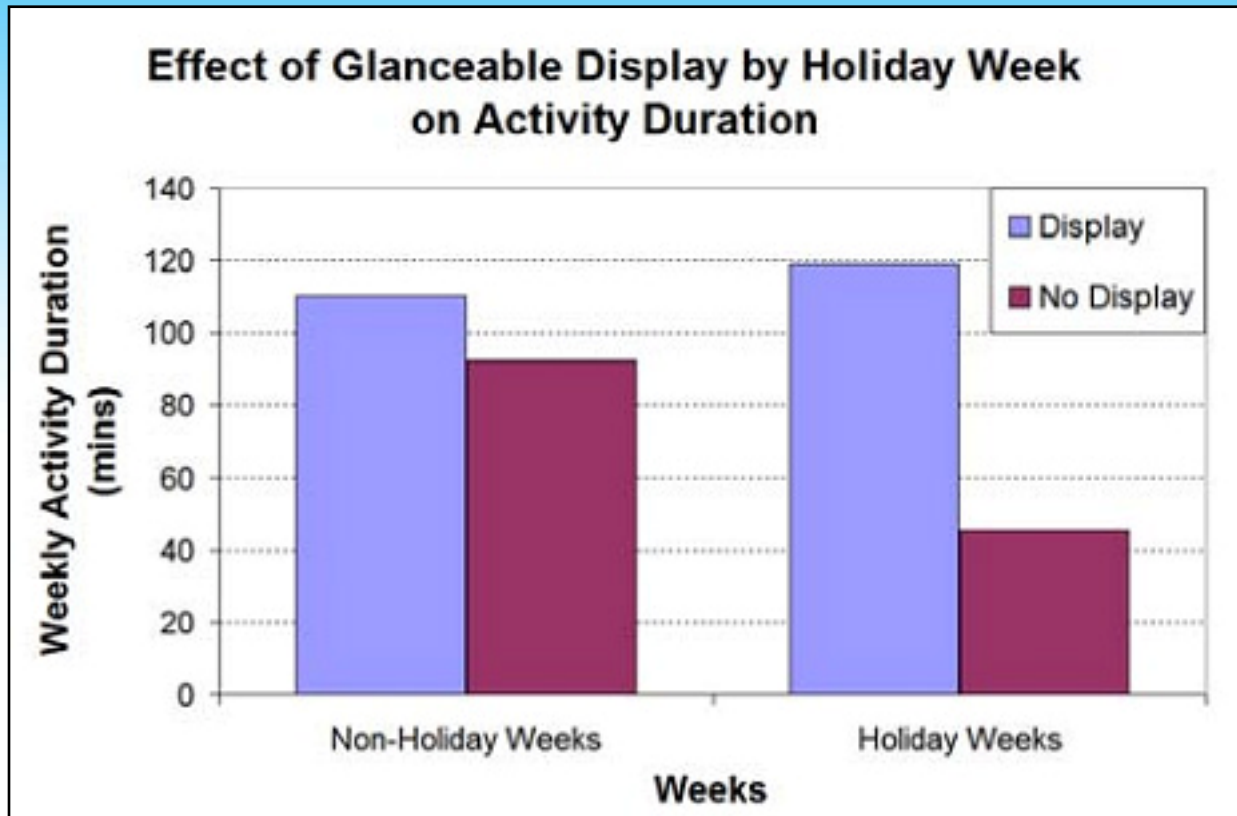
Metaphors

"Stripper theme" suggested by
survey participants
and three-week trial participants
and field study participants.

Metaphors

"…it would be nice to have a more like dudely kind of motif for it [the glanceable display]…Like a robot. If you could amass a robot army…I'd run a lot!"

- participant F7

Novelty Effect

"How do we, as ubicomp researchers, confidently know when and if we have overcome novelty in our studies of early-state, novel prototypes?"

UbiGreen

Investigating a Mobile Tool for Tracking and Supporting Green Transportation Habits

design:
use:
build:

[1] university of washington

[2] Intel Research, Seattle

[3] HCI Institute, CMU

Tawanna Dillahunt

http://www.cs.cmu.edu/~tdillahu/index_files/Research.htm

tree

polar bear