

Sitless



Keting Cen, User Researcher
Artem Minyaylov, Developer
Adrian Sham, Designer
Geoffrey Liu, Project Manager

**When you sit, your
muscles burn less fat.**

This makes it easier for fatty acids to clog your heart.

**Excess sitting results in
higher insulin production.**

**Sitting more than 8 hours
a day linked to 90%
increase risk of diabetes.**

<University Hospitals of Leicester, UK>

**We want to motivate
better sitting behavior.**

Initial Paper Prototype

Task I: Set up smart reminders

Tell us about yourself

Name

Gender M F

Age ▾

Occupation

Do you have pain in these areas?

Back Neck

Arm Wrist

What are your goals?

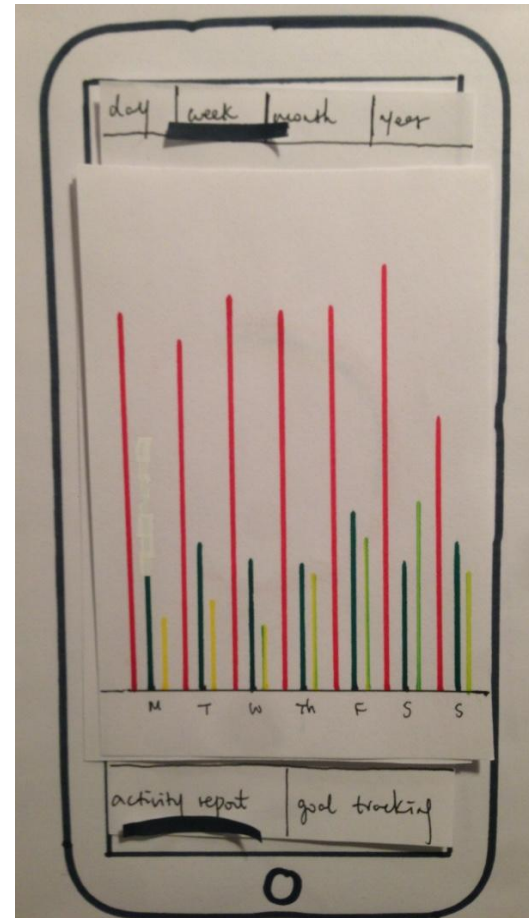
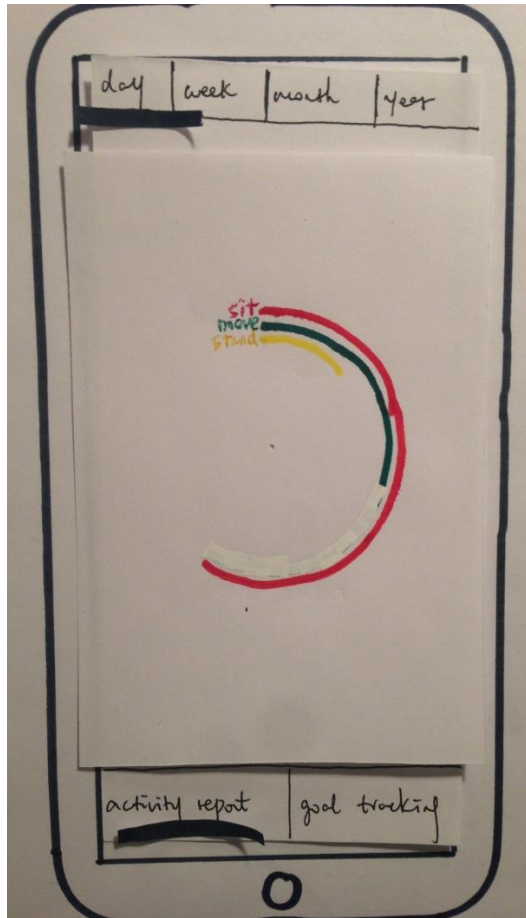
Remind me constantly

every $\frac{1}{x}$ min

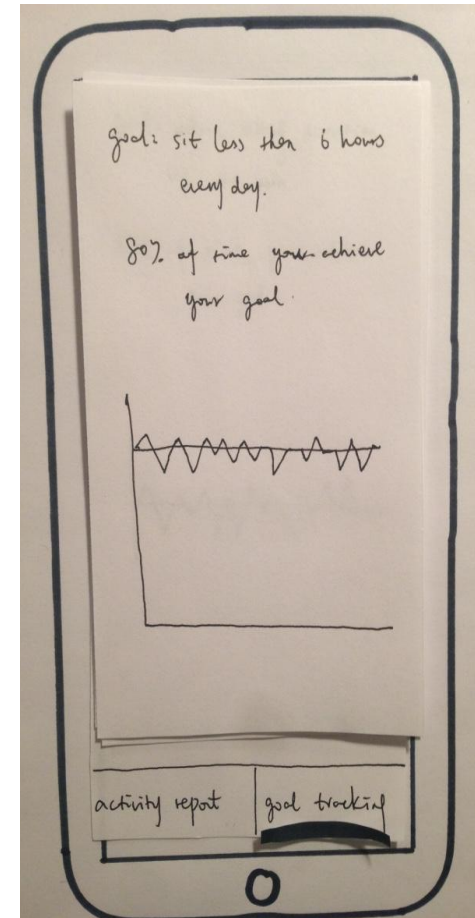
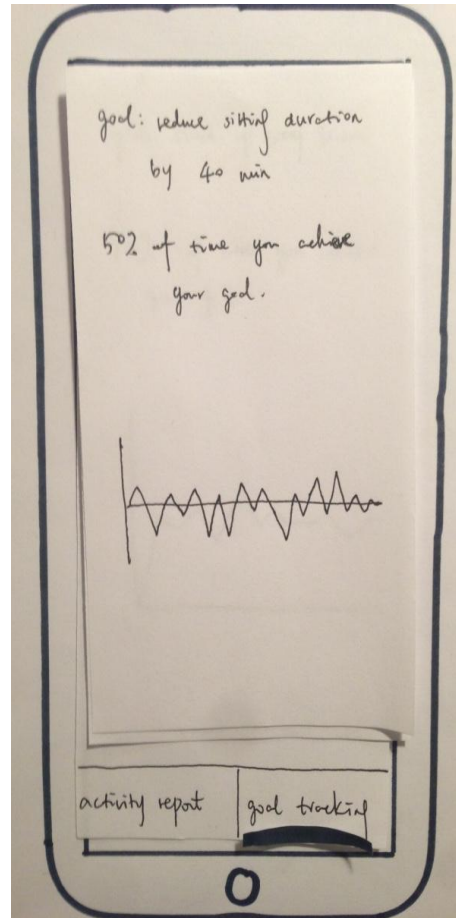
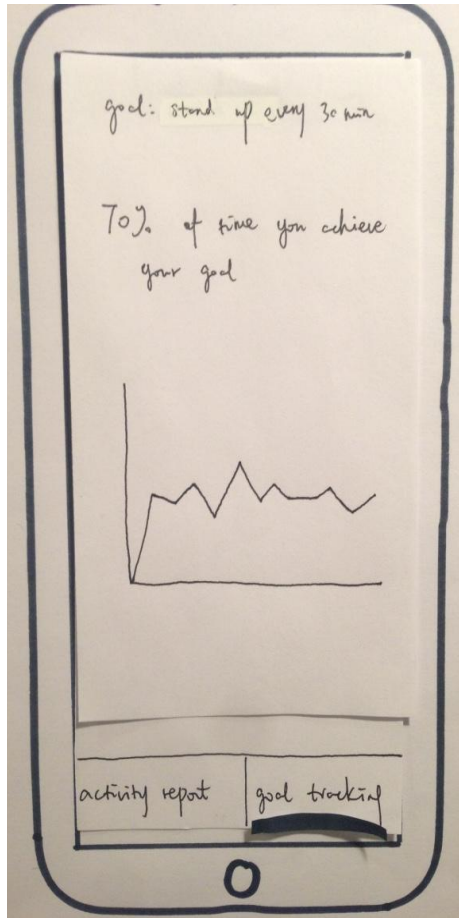
Reduce sitting duration

Keep me healthy

Task II: Track progress towards goals



Task II: Track progress towards goals



Testing Process And Results

Testing process

Participant

- Male UW student, @Odegaard
- Female UW student, @Apartment
- Male front-desk receptionist, @Office



Testing process

Method

- Offer help only when absolutely necessary
- Debrief after tests

Task

- Complete setup process with desired goals
- Navigate daily and weekly activity report
- Navigate progress report to track goals

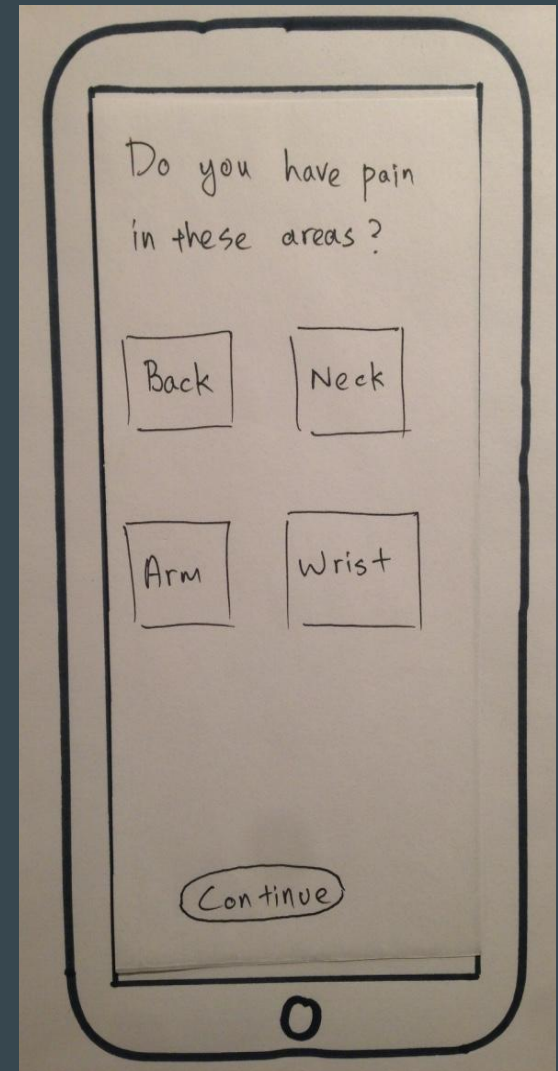
Testing result

User control and freedom

- No back button

Visibility of system status

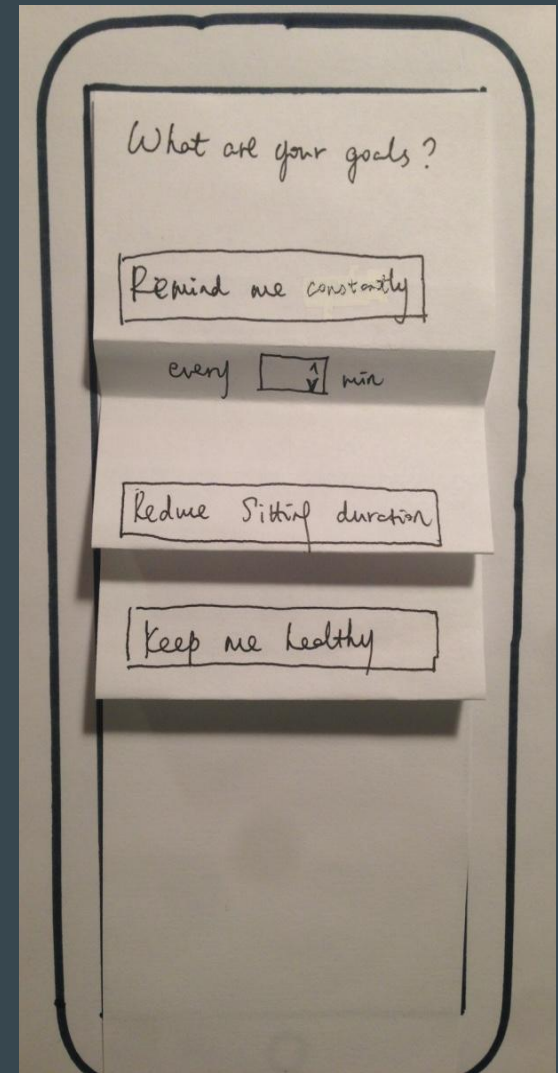
- Unclear to choose one or multiple



Testing result

Match between system and the real world

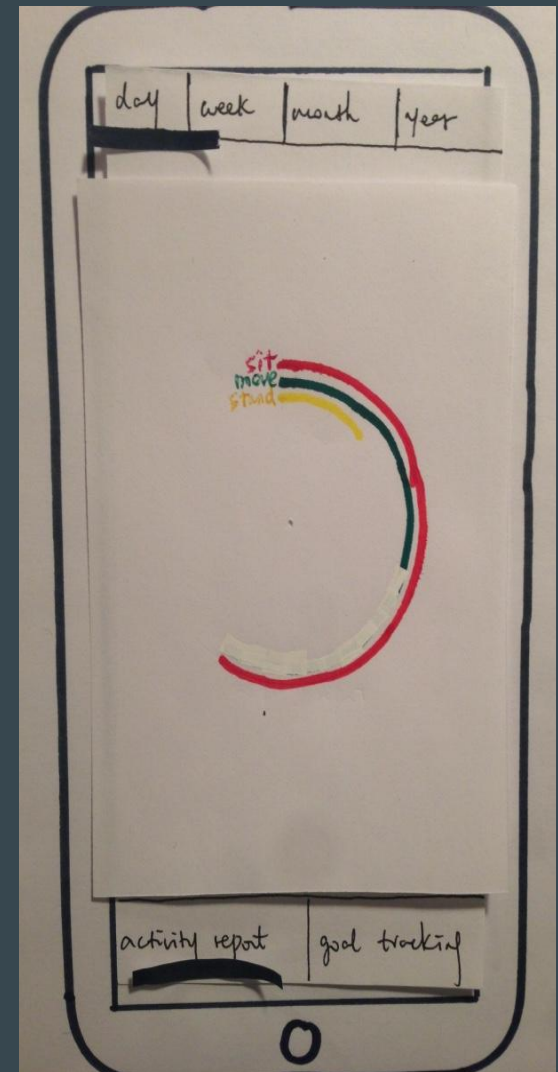
- Confusing wording for goals, e.g. “remind me” is not a goal



Testing result

Visibility of system status

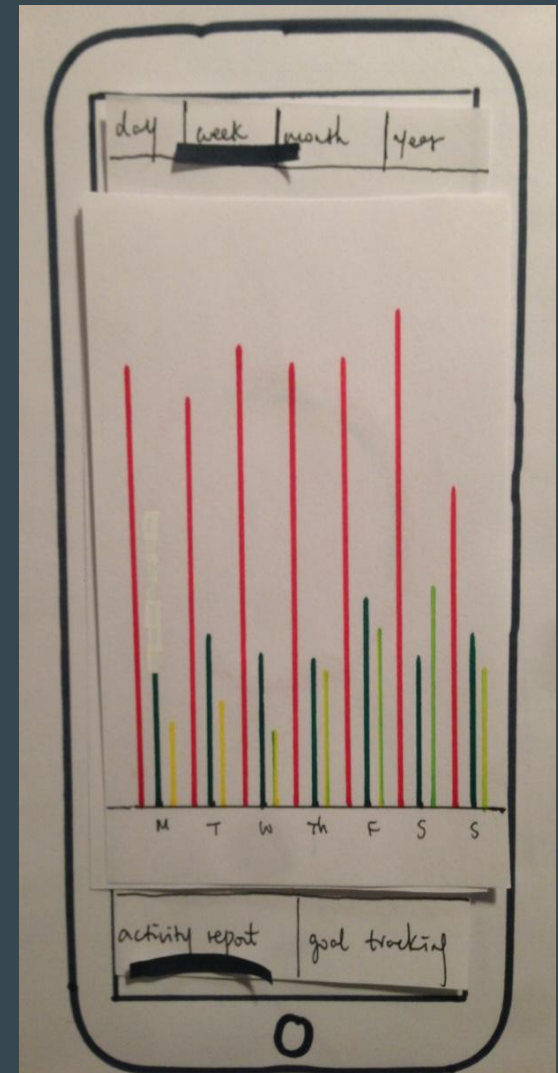
- Unclear activity duration



Testing result

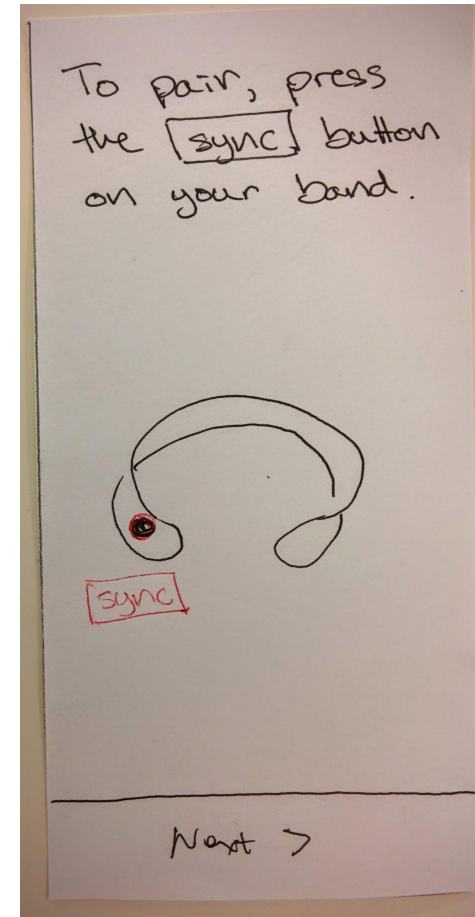
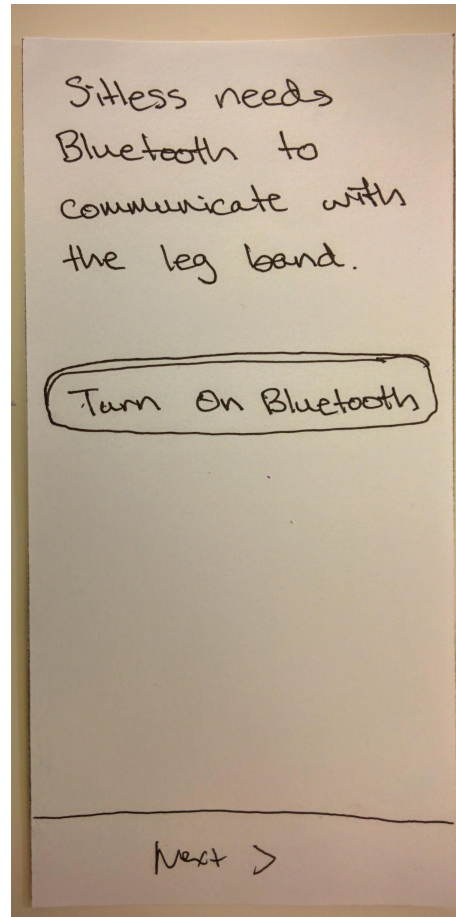
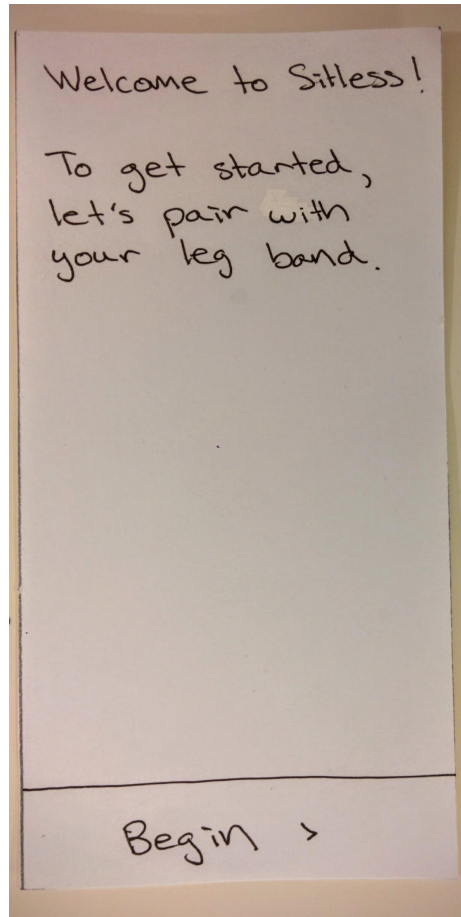
Recognition rather than recall

- Non-annotated activities



Final Paper Prototype

Pair smart band



Set up smart reminders

Google Facebook

OR

Name

Email

password

Sign Up >

Tell us about yourself

Name

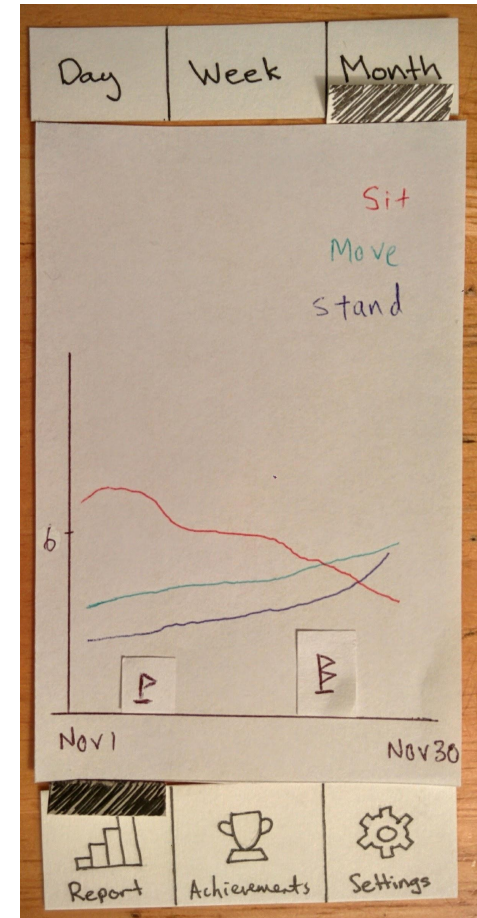
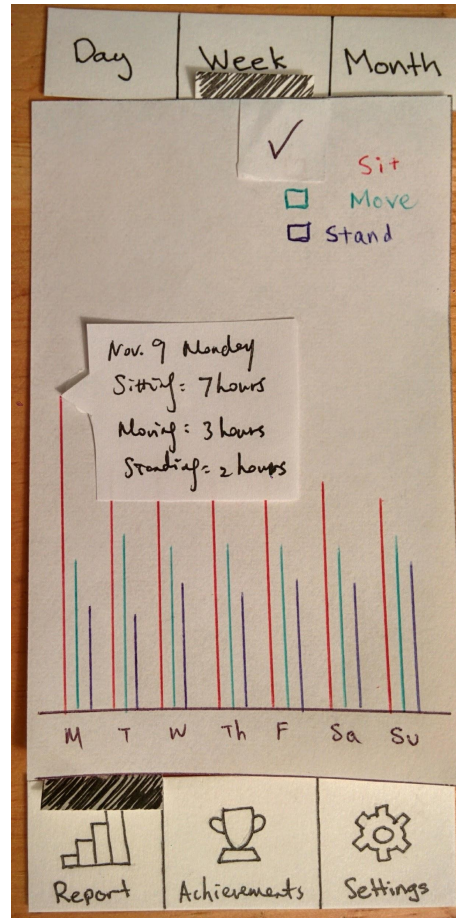
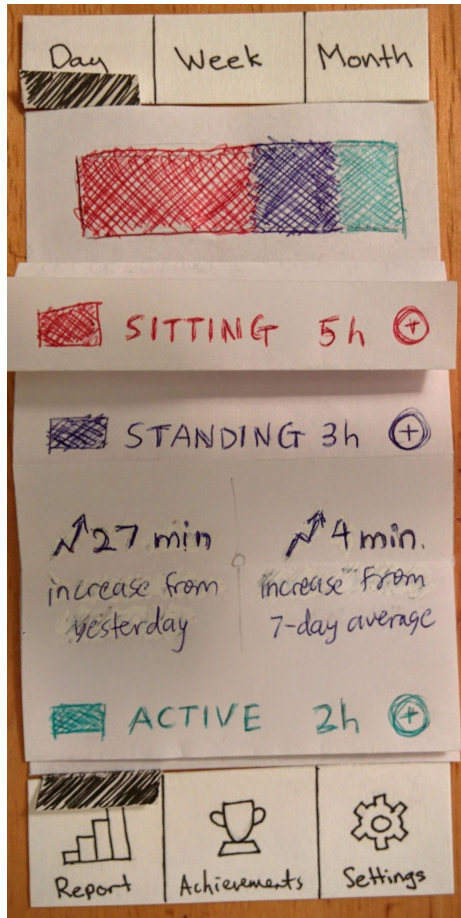
Age

Next >

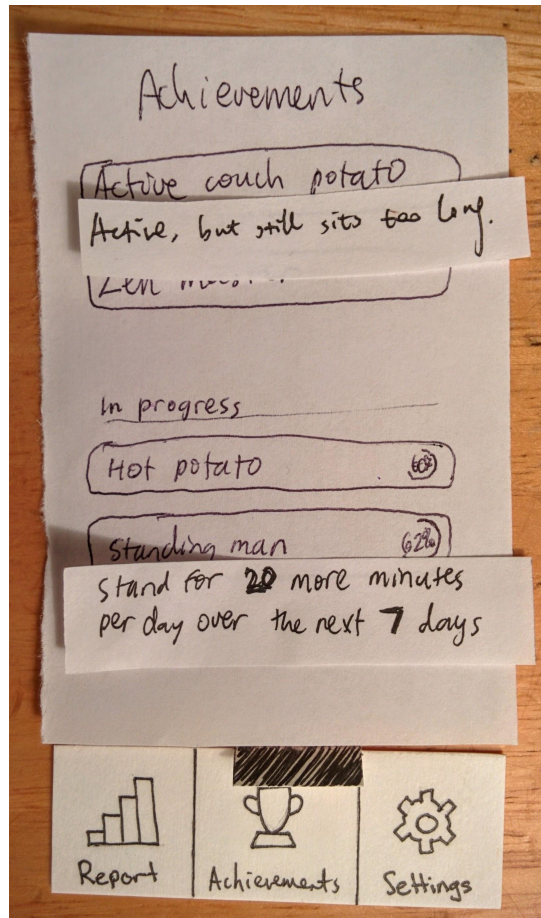
Import Calendar

< Back | skip >

Track progress



Track progress

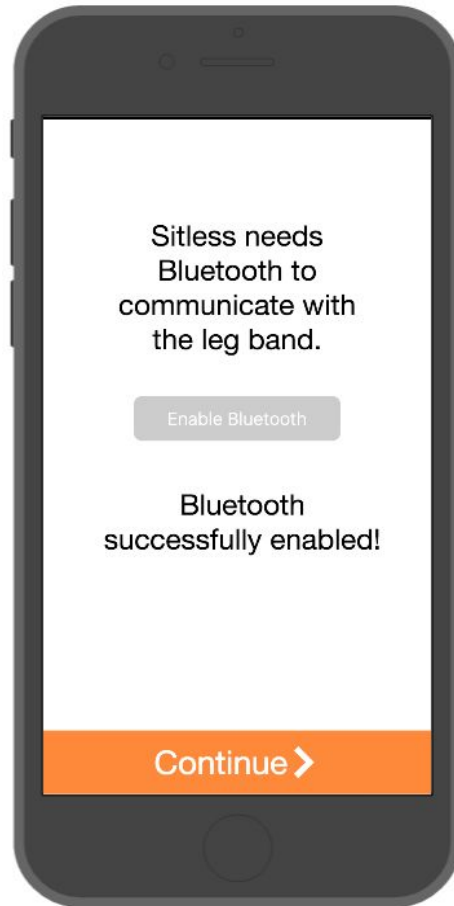


Digital Mockup

Pair smart band



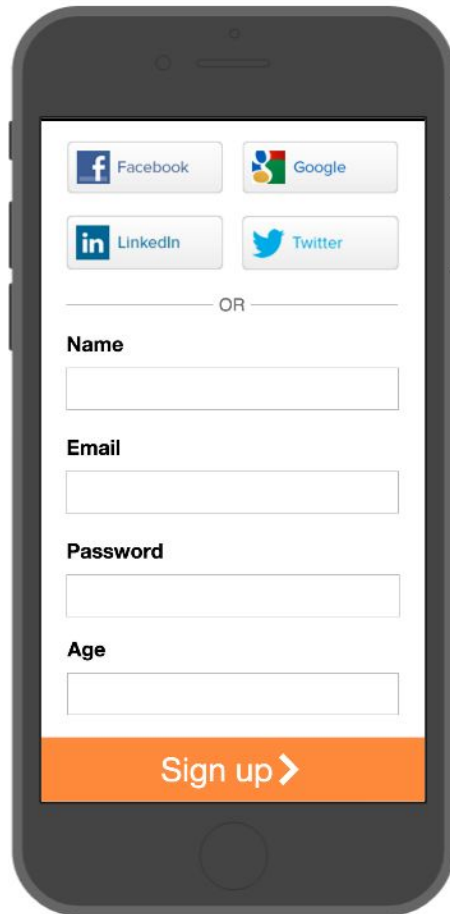
Pair smart band



Pair smart band



Set up smart reminders



A smartphone displaying a sign-up form. The form includes social media login options (Facebook, Google, LinkedIn, Twitter) and input fields for Name, Email, Password, and Age. An orange "Sign up >" button is at the bottom.

Facebook Google

LinkedIn Twitter

OR

Name

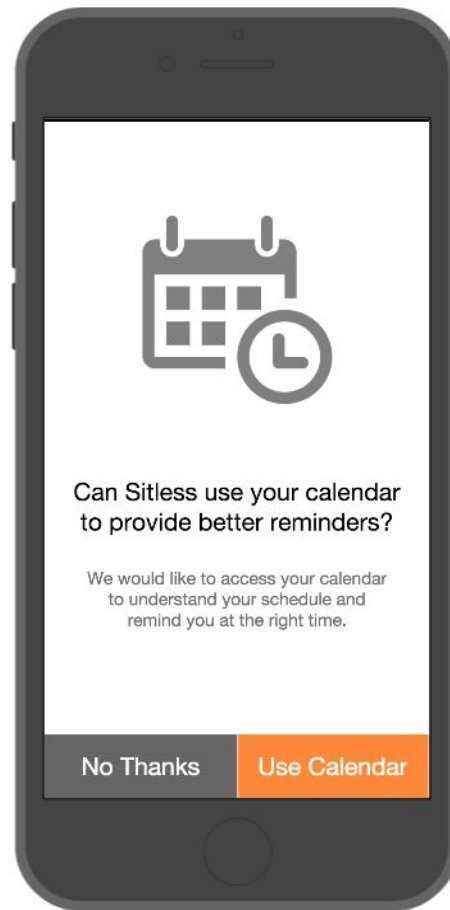
Email

Password

Age

Sign up >

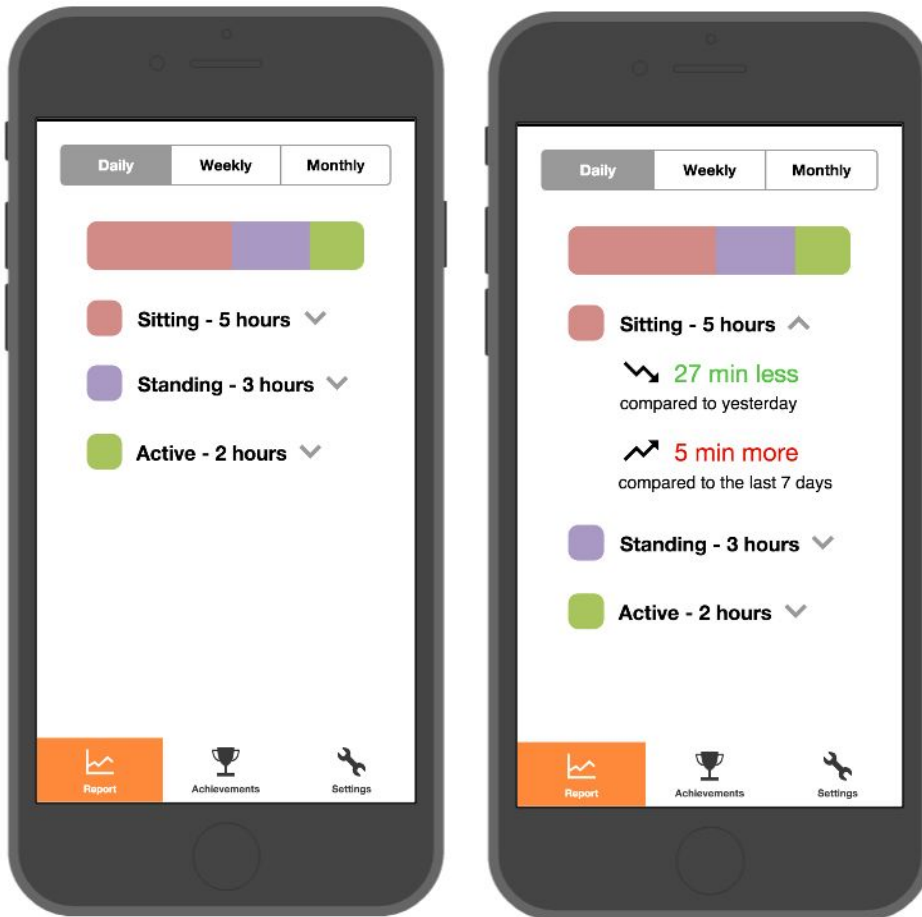
Set up smart reminders



Set up smart reminders



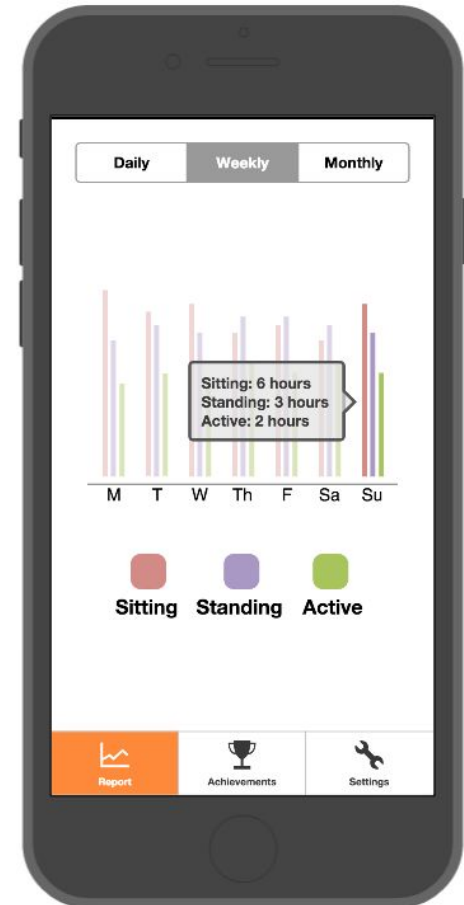
Track progress



Daily report

Track progress

Weekly report



Track progress



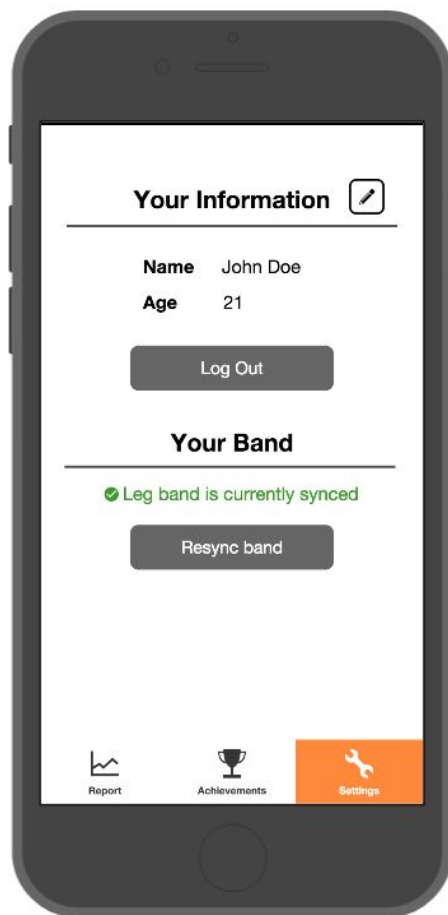
Monthly report

Track progress

Achievements



Settings



Insights

Know Your Audience

- Remove extraneous features
 - User goals
 - Social networking
 - Occupation/age
 - Body pains
- Focus on tasks
 - Smart reminders to sit less
 - Tracking progress towards healthy sitting habits

Context for User Testing

- Reinforce how the system works
- Imply undeveloped features
 - Calendar integration
 - Desktop integration
 - Leg band

Questions?