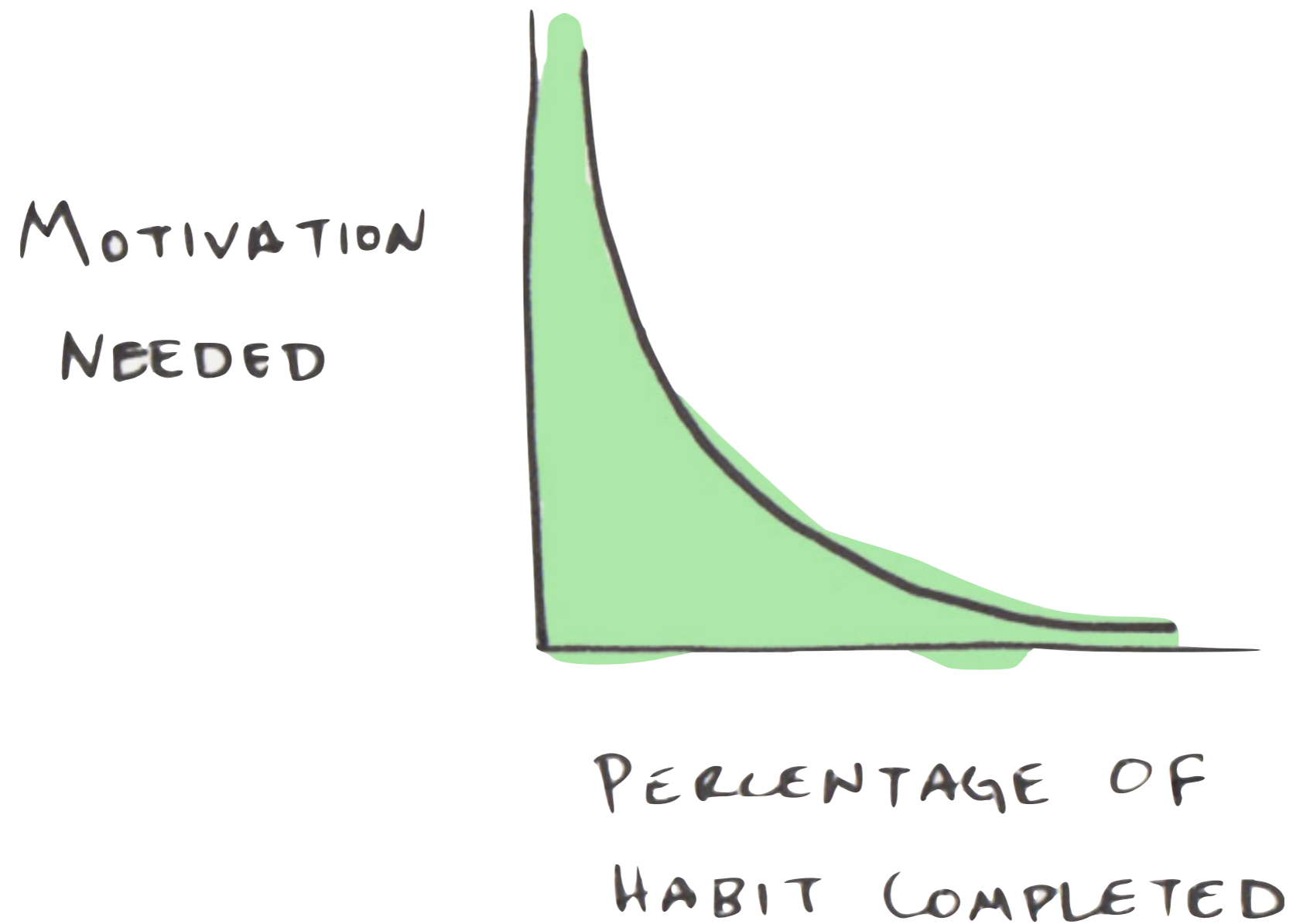


gale ✓

Timothy Lau  
Rebecca Wong  
Seth Pendergrass  
Travis Chen

# Breaking down habits



# Habits are great!

Especially when we consider students and young professionals

# The Problem?

8% of New Year's resolutions  
are kept by the end of the year.

“We suggest that professionals could consider providing habit-formation advice as a way to promote long-term behavior change among patients.”

-Royal College of General Practitioners

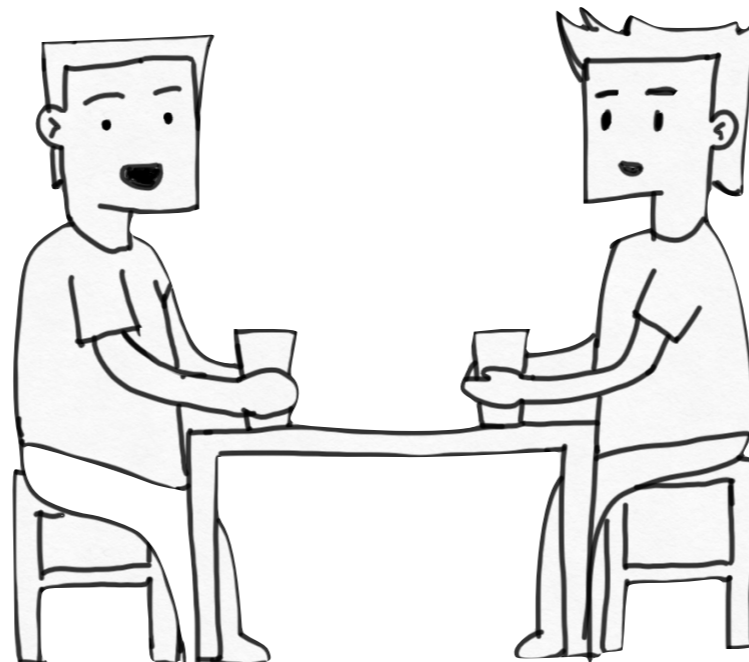
# Methods

## Contextual Inquiry

- Goal-setting exercises

## Storytelling

- Reflection on past goal success and failure



# Findings

Goals set were often **vague** or not **well-defined**

Participants were interested in **reward systems**

**Social accountability** was a reoccurring theme

People did not **think critically** about the goals they set

**Environmental factors** had influence in goal achievement



# Exploring six tasks

1. Remind people about their goals throughout the day
2. Connect them with experienced goal setters
3. Share goals with friends and track progress together
4. Record goal related information
5. Reflect on the success and failure of goals
6. Reward people for completing goals

# Design Sketch: Egg



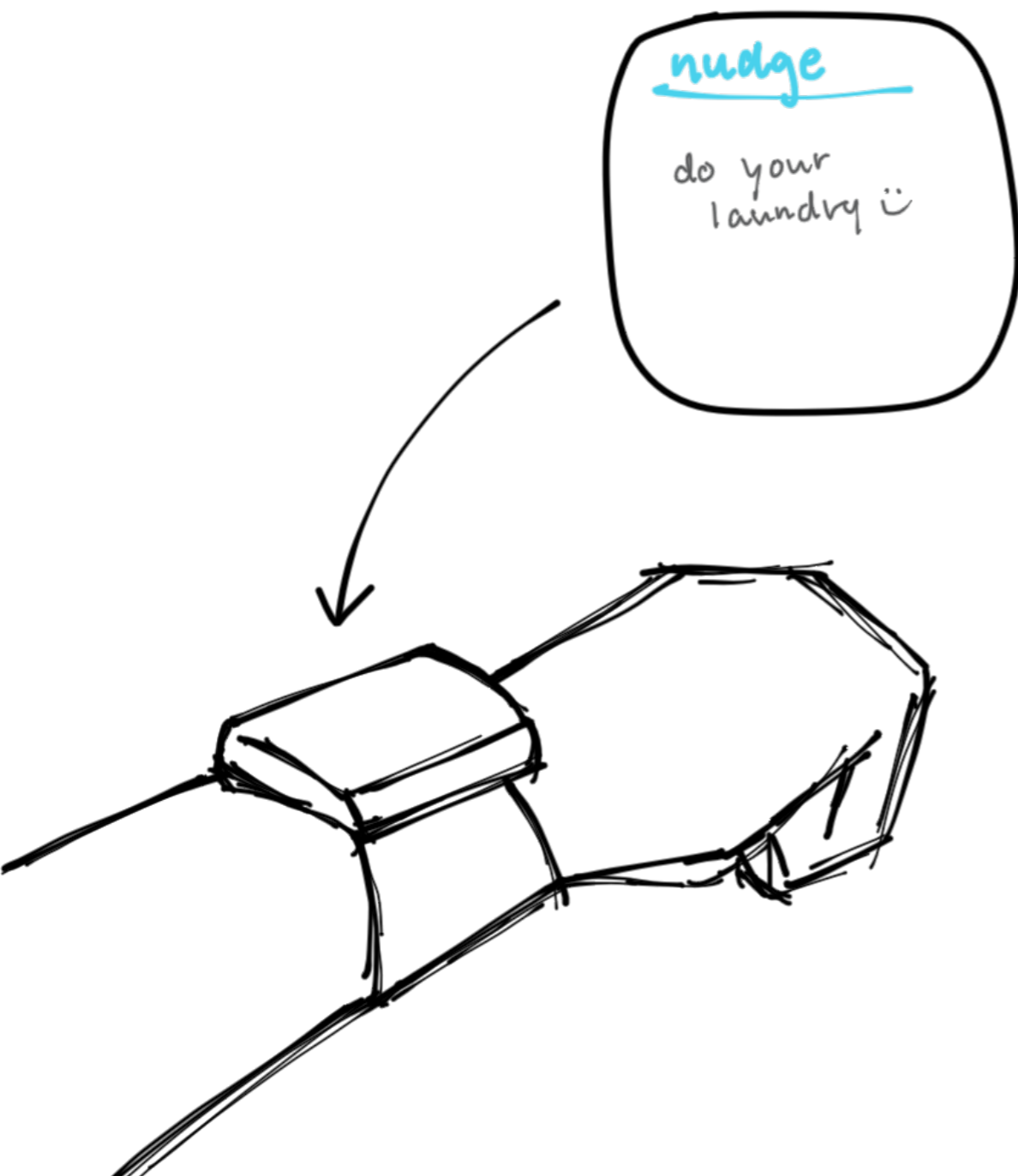
standby, color gradient  
shows task completion  
with progress LEDs

do 15 push-ups  
do weekly laundry  
- - - - -  
eat a salad ✓  
call mom. ✓

# Design Sketch: Planner

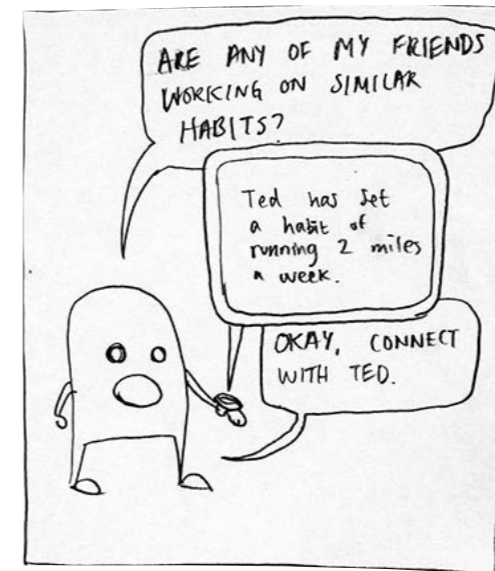
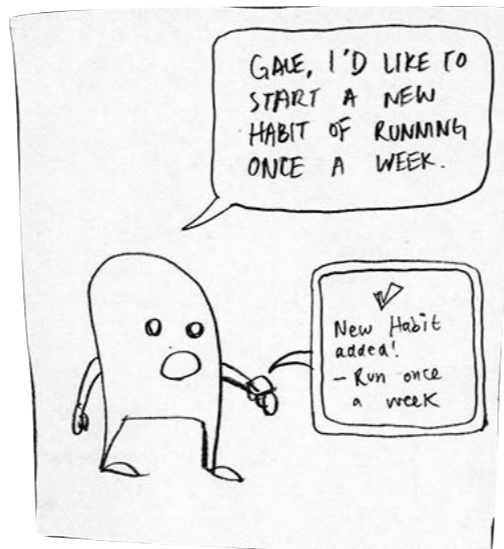


# Design Sketch: Wearable

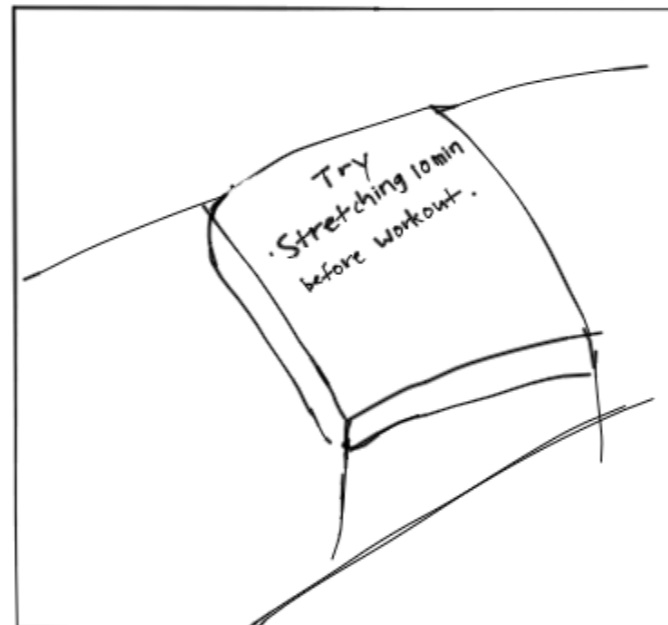
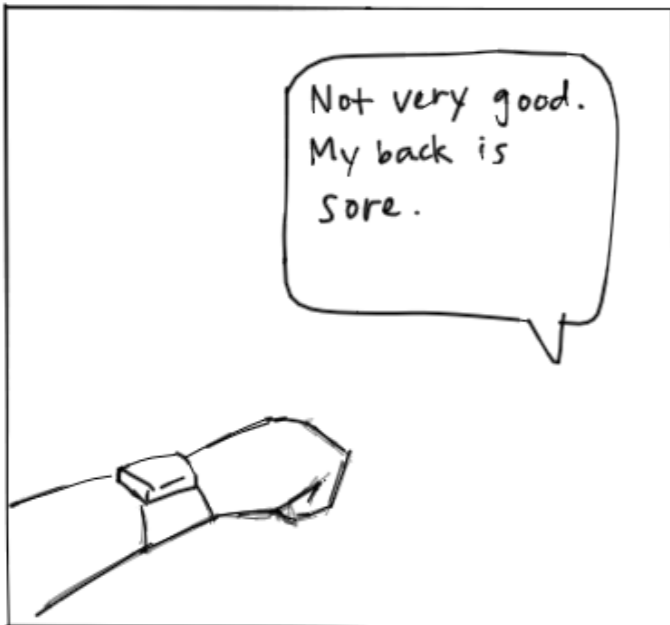
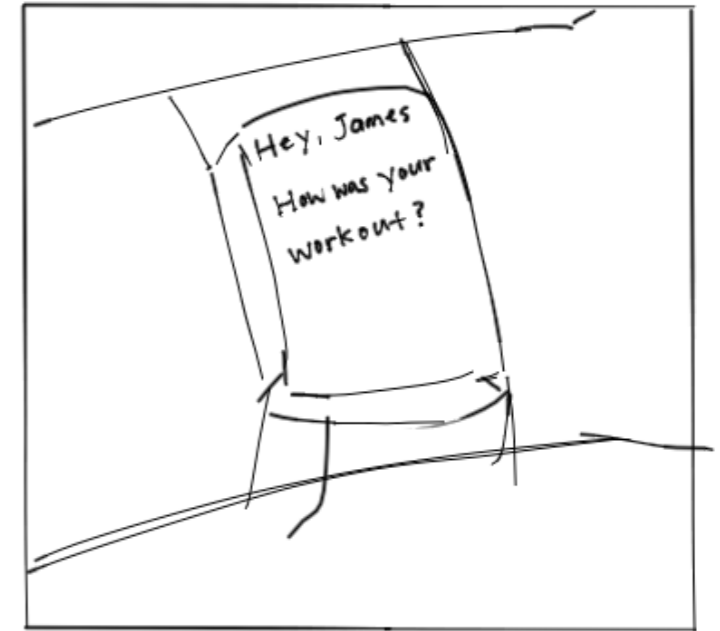
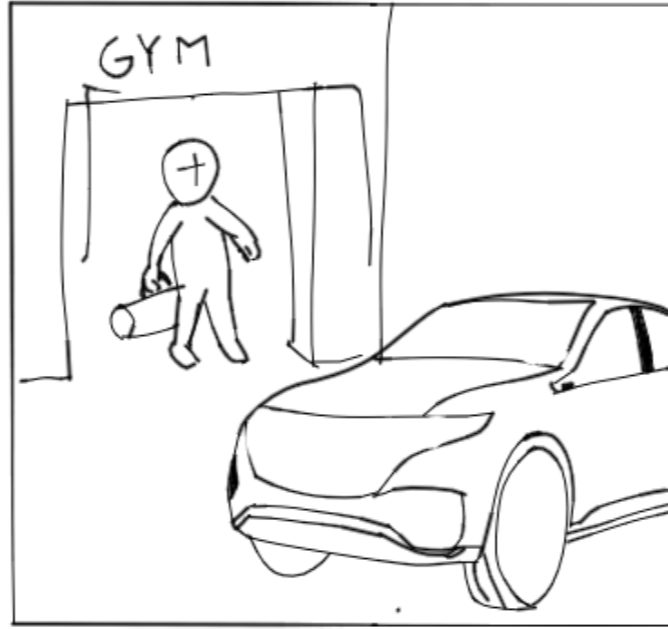
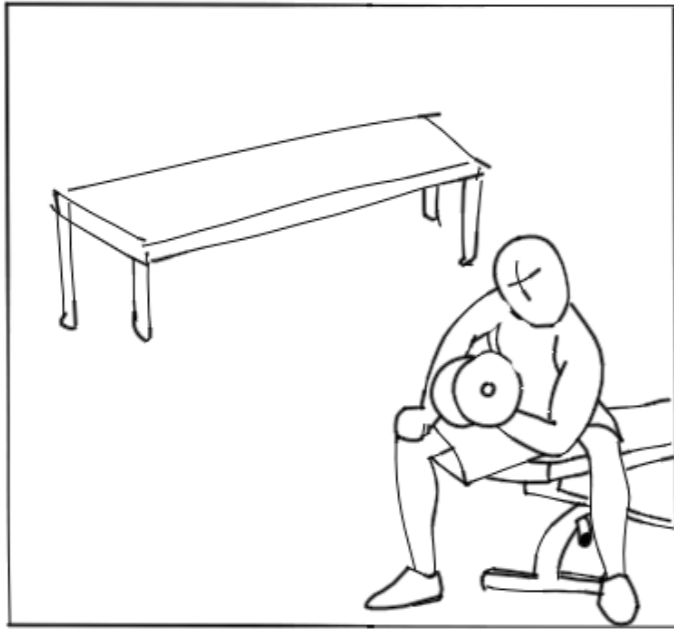


Context-aware,  
and understands when  
to nudge

# Social accountability



# Self Reflection



Gale addresses habit formation with a gentle nudge.



gale ✓