The Problem
Bad posture can have lasting negative effects on a person's life, including back and neck pain, trouble sleeping, and low self-esteem. However, because we don’t consciously think about our posture, it can be difficult to correct.

Our Solution
BackTrack is a posture tracking application that integrates with a smart watch and smart phone to help users monitor and track their posture.

Sensors that easily and unobtrusively attach to a user’s clothes

A watch band for existing smart watches which provides a squeeze as posture feedback based on sensor data

A smart watch application for users to monitor and calibrate their posture

A smart phone application for users to track and reflect on their progress

A Gentle Squeeze
Unlike other posture devices, BackTrack uses a subtle tactile squeeze to alert users of worsening posture.

Real-Time Feedback
Users can check a visualization of their posture at any time. This visual cue helps them better understand how to fix their posture.

Creating Awareness
Watch screen uses color to reflect the current posture, allowing users to keep an eye on how they’re doing.

Learning From Data
BackTrack provides analytics to help users track how they are doing and identify when and where they are struggling.

Design Process

User Research
Sketching & Storyboarding
Paper Prototyping
Video Prototyping

CSE 440 | Autumn 2017
http://courses.cs.washington.edu/courses/au17/projects/backtrack