Ashley Lindsey, Daniel Hua, Mike Stepanovic, Yuqian Sun
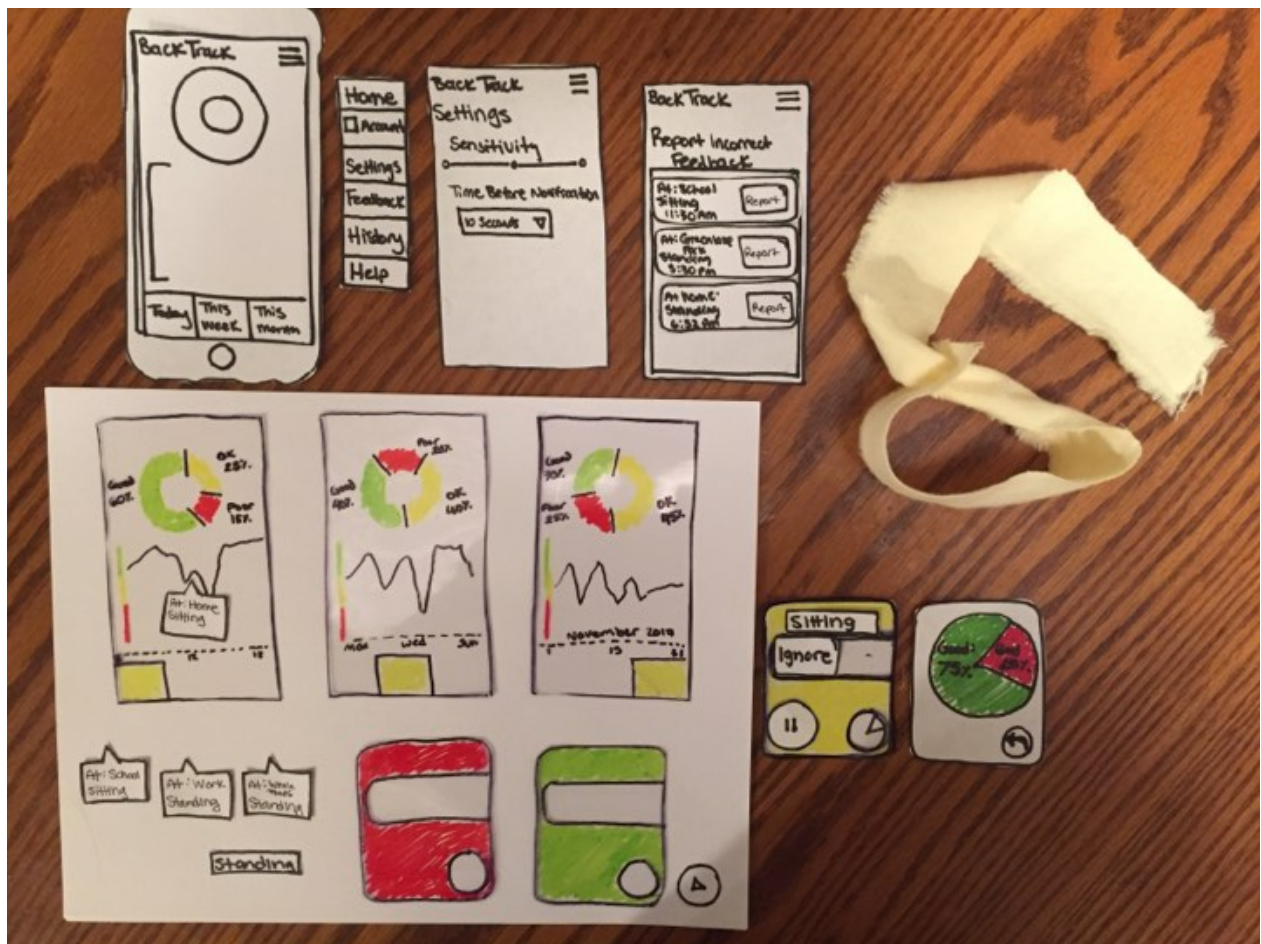CSE 440 AA

BackTrack - Paper Prototype

Overview:

Task 1: Becoming Aware of "Posture Creep"

The app notifies you by squeezing your wrist and displaying a notification of poor posture on your wrist screen, and this happens "in the moment" (i.e. after it detects 10+ seconds of continuous poor posture). To review posture, tapping the pie chart icon on the wrist screen gives a pie chart with proportions of times with good posture and times with poor posture for the day, and the companion app has more options to view time vs. posture (e.g. over a longer period to see overall posture change over time, a line graph to view posture over the course of a day, etc.).

Ashley Lindsey, Daniel Hua, Mike Stepanovic, Yuqian Sun
CSE 440 AA
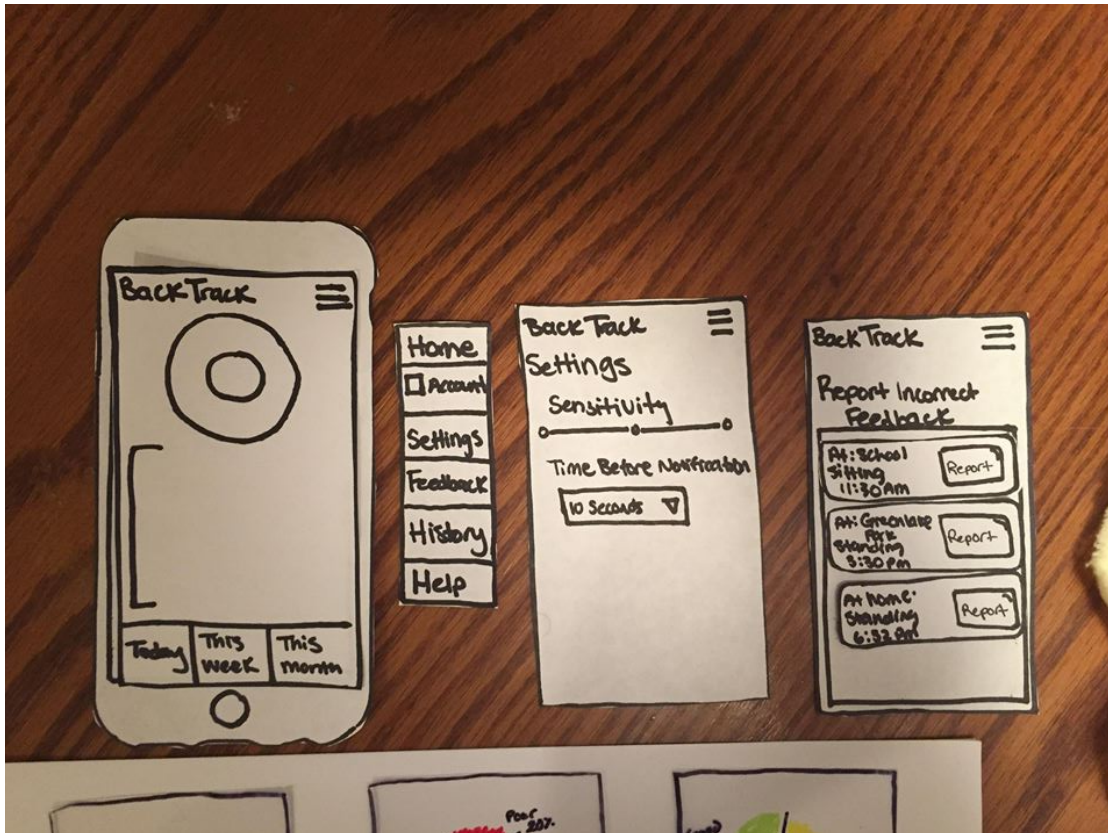
Task 2: Adapting to changing activities

The main screen has the current posture status displayed (e.g. good sitting posture, poor standing posture, etc.) for different positions. When you get a notification of poor posture, you have the option to ignore the notification using the "ignore" slider instead of correcting your posture to train the app to recognize acceptable posture in different positions. In addition, you can pause the tracking by tapping the play/pause icon.