

ActivDay

A new way to think – or not think – about fitness

Problem Statement

Many people have extended sedentary periods during the day.

Those with desk jobs or in school often go long periods of time without exercising. This is increasingly prevalent as technology allows for more automation of work and tech takes a larger share of the job market.

By getting people up and active more often throughout the day we keep them thinking about exercise.

Approach

Our app prompts users to exercise automatically. Existing apps require a conscious decision to turn on, so ActivDay eliminates one step making spontaneous activity convenient.

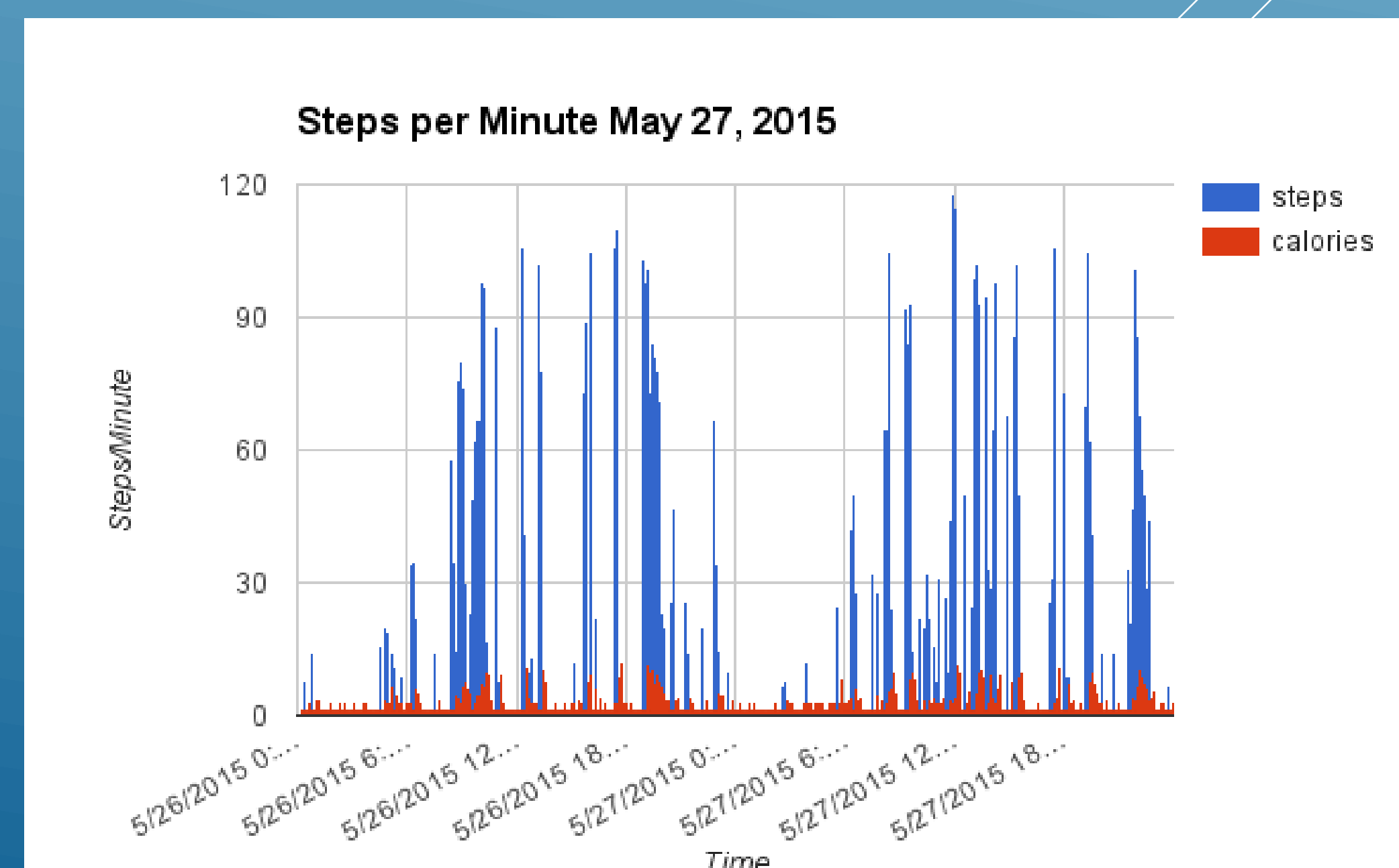
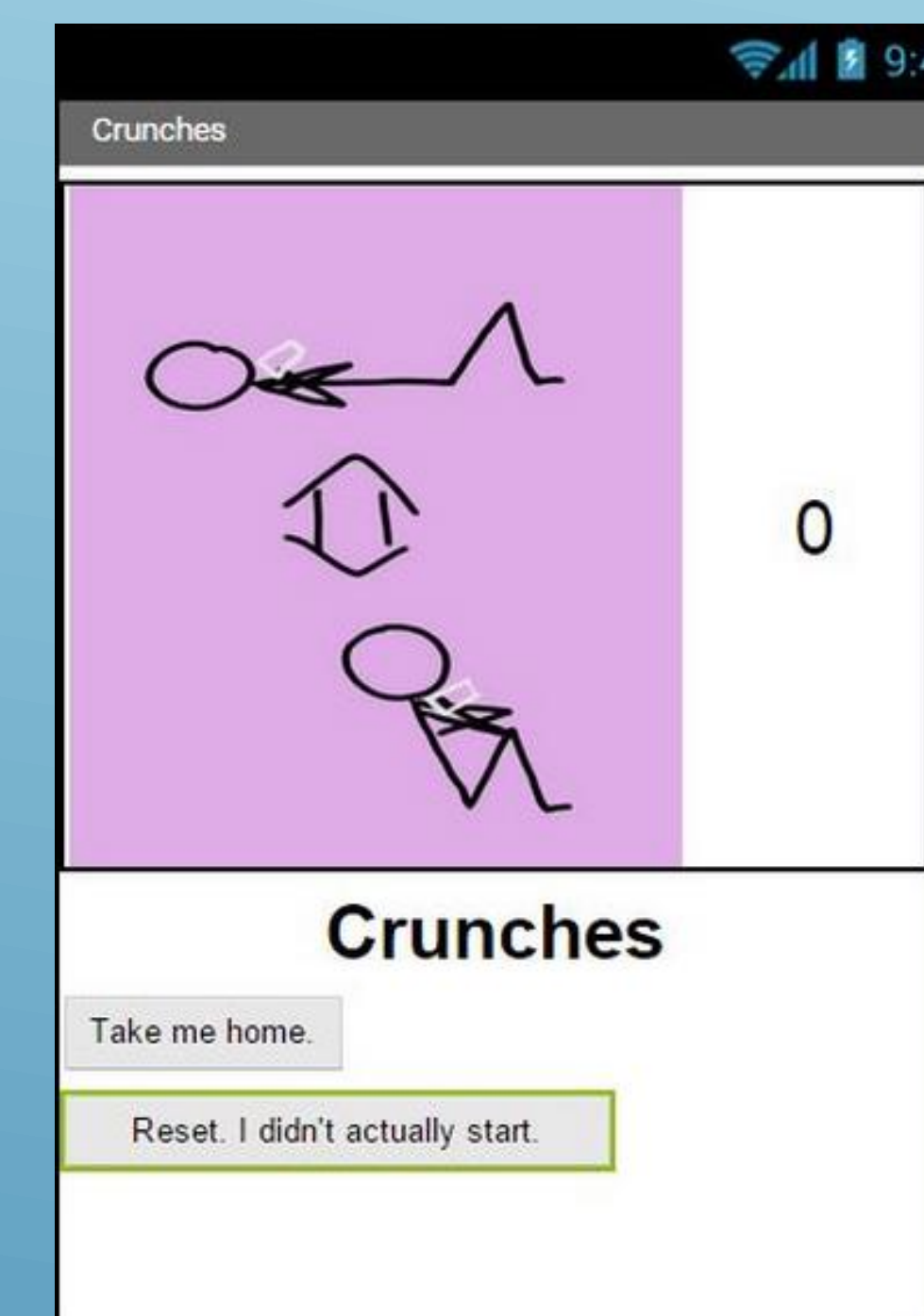
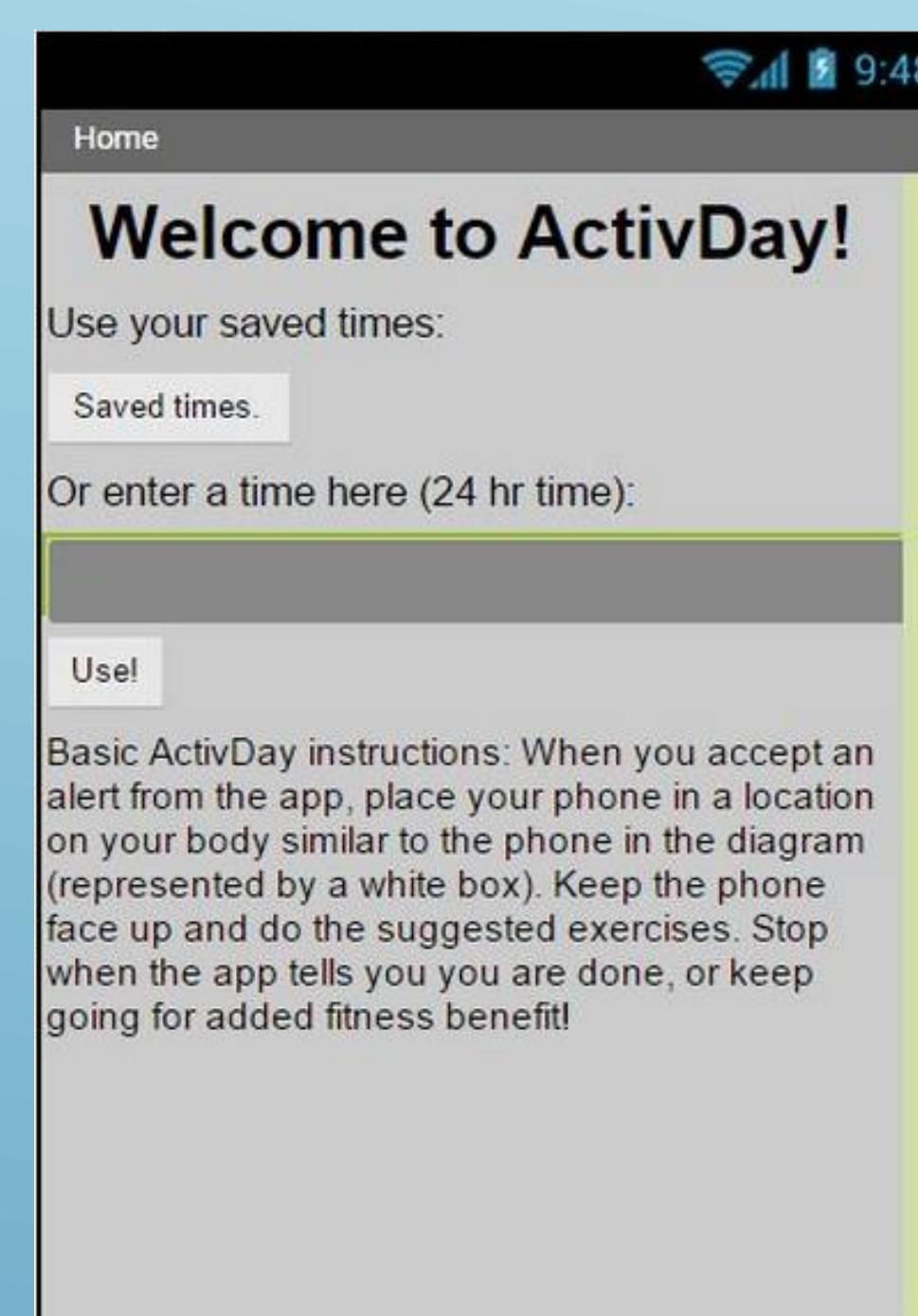
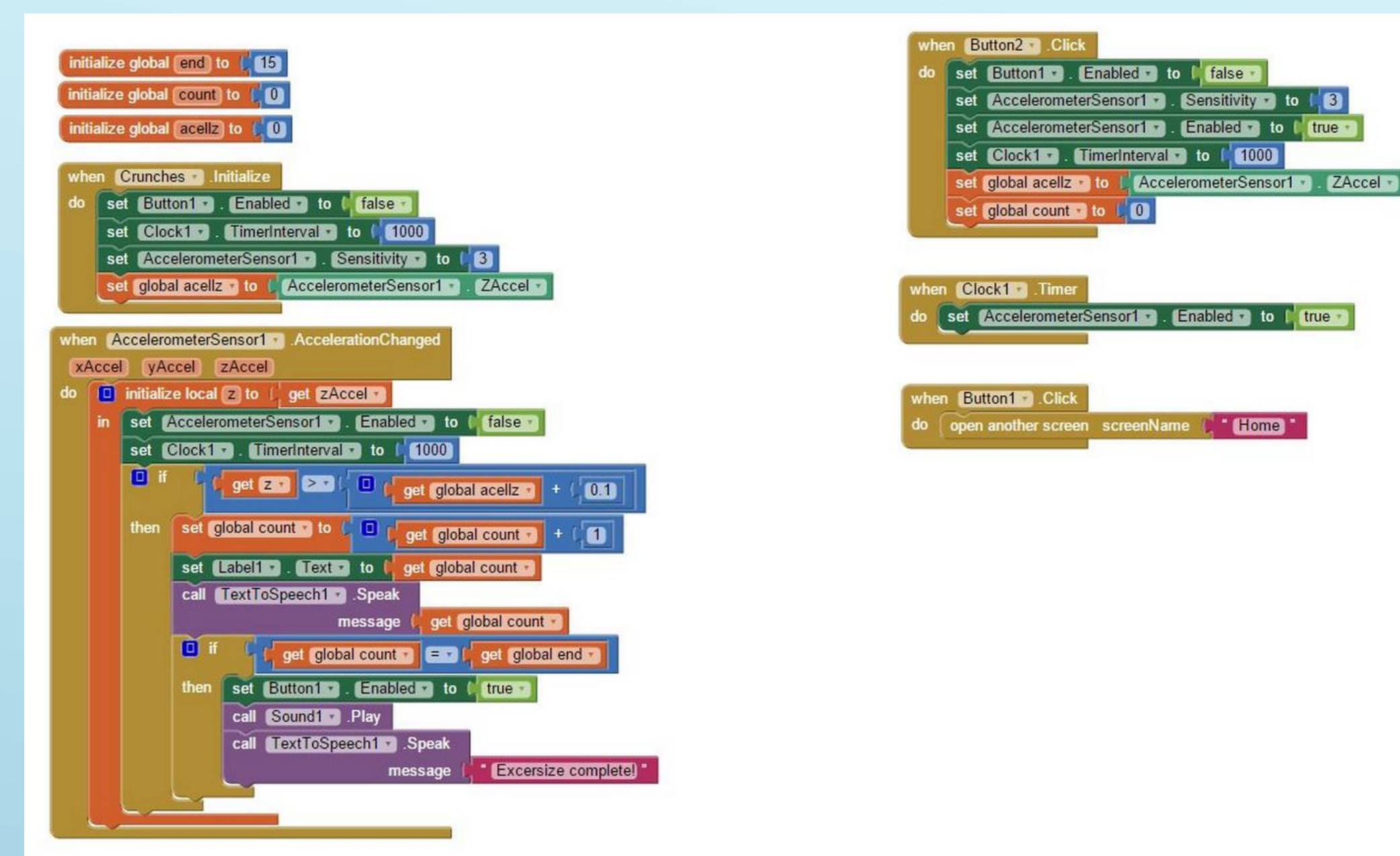
The app targets times that are typically inactive, increasing frequency of exercise. We highlighted inactive times from the user's Fitbit data and set the app to go off during those times.

2015 Paul Allen Computing Challenge

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Next Steps

- Running the app in the background
 - AppInventor does not readily support this
 - Could rewrite in Java and XML
- Personal accounts
 - Set fitness and timing preferences
- Direct connection with Fitbit
 - Officially registered partner app
 - Allows users to continually and automatically update day-by-day inactive times in app

Discussion

When building the app one of the most difficult aspects was writing the code for the accelerometer to read in data the way we wanted.

We had to make several modifications and attempts to figure out how to accurately account for movements.

We anticipated reading data to be challenging, but after some struggling with the Fitbit API access it became fairly easy.

