

Fitster

Social Fitness
Information
Visualizer



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CHI 2006 Student Design Competition

Problems Addressed



- Busy people struggle to exercise
- Motivation is difficult to maintain
- Recording and tracking are tedious and difficult

Research Methods



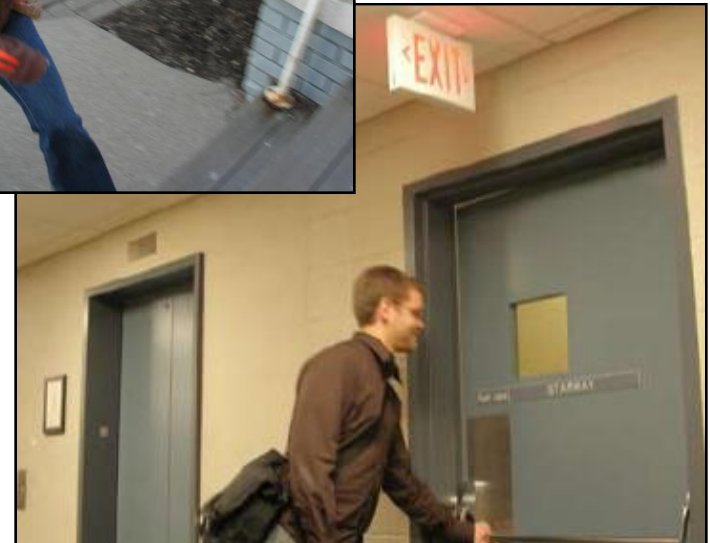
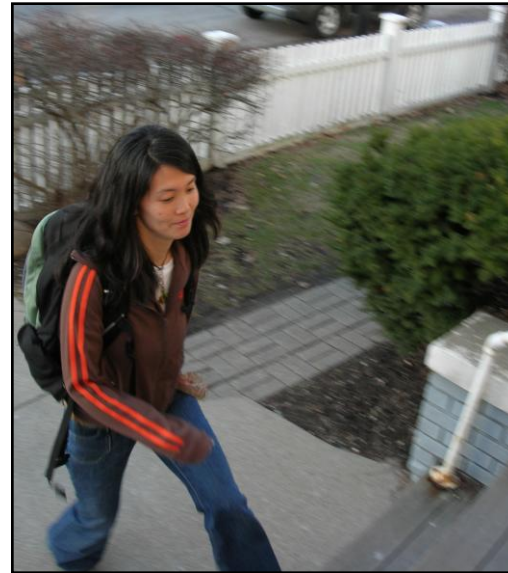
- Initial interviews
- Pedometer pilot
- Group blog entries
- Design workshop
- Exit interviews
- Paper prototyping session



Findings



- Busy people exercise informally
- People recast everyday activities as exercise
- Casual exercise is hard to track
- Comparisons with peers are difficult

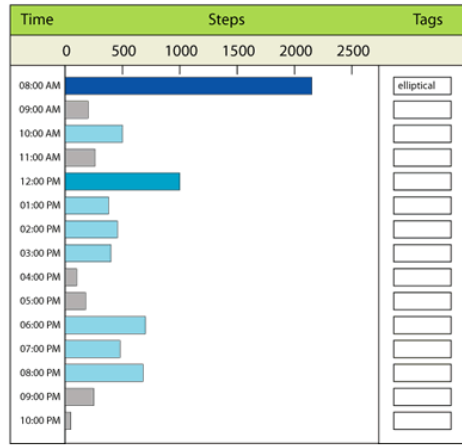
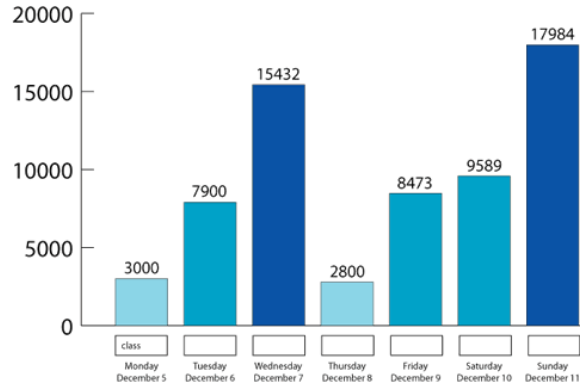


Design

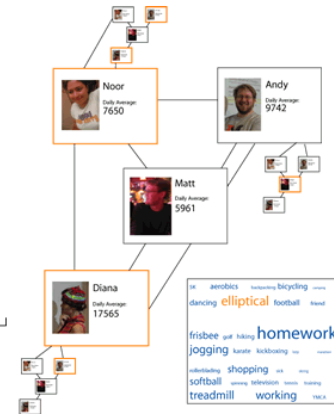


Your Dashboard

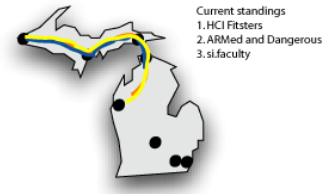
Your Recent Fitness Activity



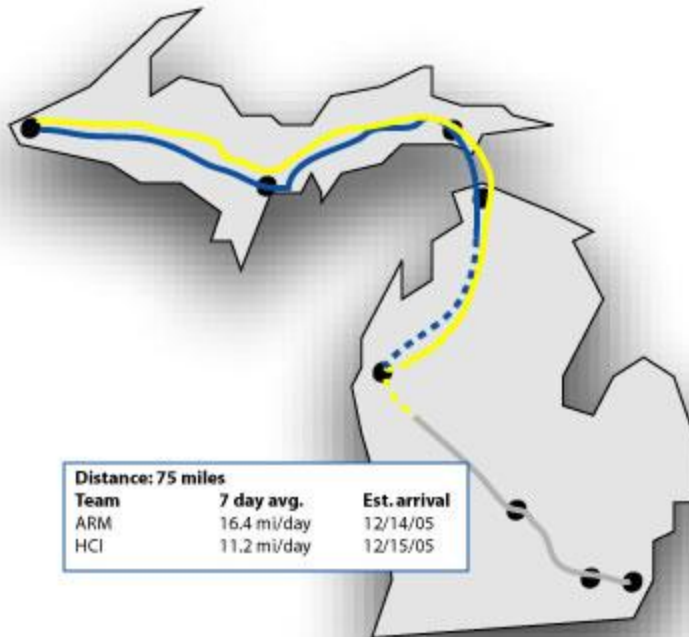
Recent Activity in Your Social Network



SI Race Across Michigan



Design



Competing groups

1. HCI Fitsters
2. si.faculty
3. Dewey Decimators
4. The librarians
5. ARMed and dangerous
6. Tailored students

Group detail

Drag one or more group(s) into box below to compare individual progress

Participant	Last week	Total
Diana	7.2 mi.	55 mi.
apete	16.2 mi.	42 mi.
Jeremiah	19.1 mi.	39 mi.
Rick	22.3 mi.	37 mi.

Your Games



SI Race across Michigan
HCI Fitsters are in first place
You contributed 24% of your team's total



The 100 mile dash
Participants: Noor, Diana, Andy
You are in 3rd place, 24.5 miles

Future Directions



- Future use with high-risk populations
- Development of live prototype
- Design iterations based on changing user needs



Thank You!

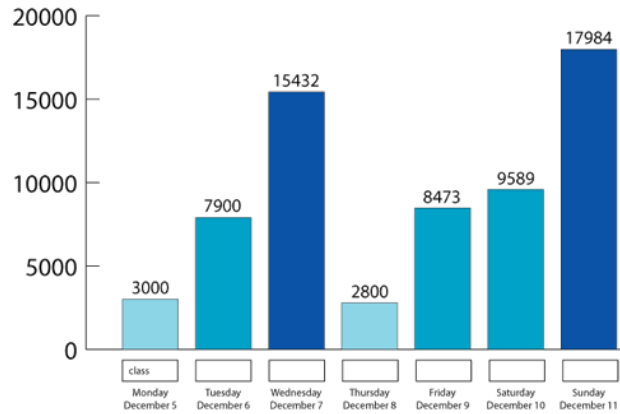


Questions?

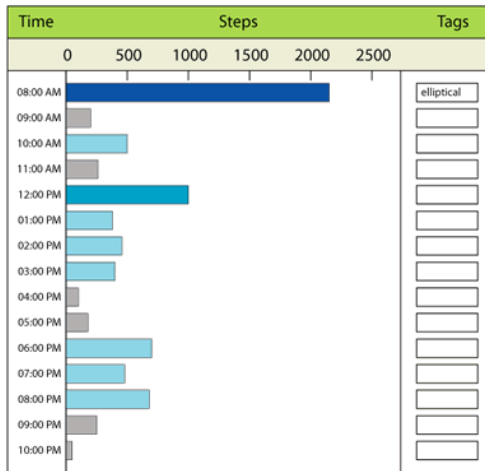
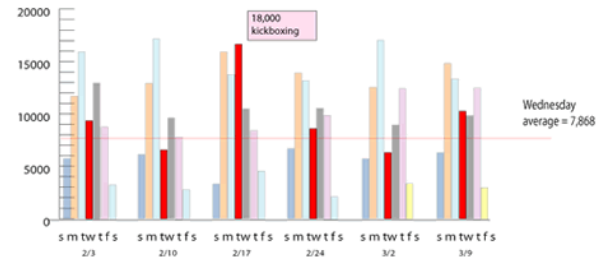
Design



Your Recent Fitness Activity



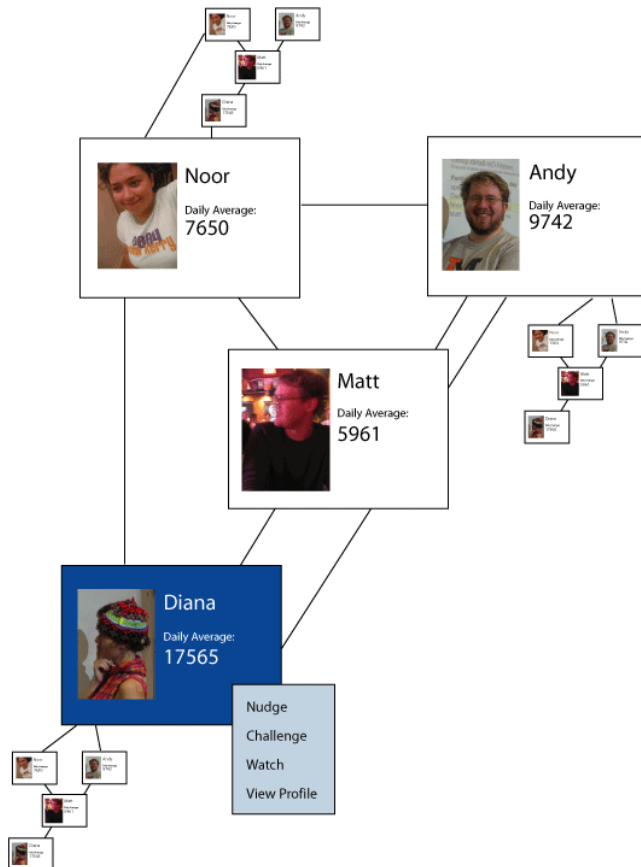
Your Fitness Activity Over Time



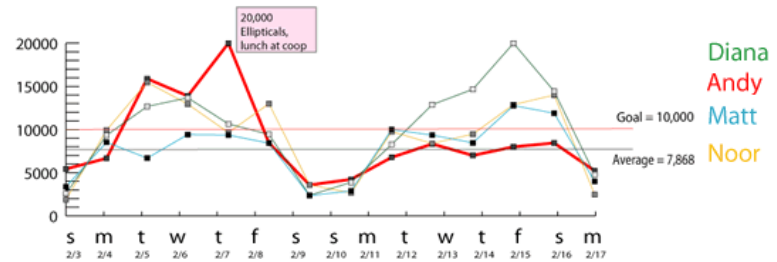
Design



Your Friends



Your Progress Compared to Your Friends



Tags in Your Social Network

