

# GamerUp



## Debriefing

Vanuit het MUMC zijn wij gevraagd om een app te ontwikkelen die gamers stimuleert om vaker op te staan en te bewegen tijdens het spelen

## Gamers

Gamers zitten op een dag gemiddeld 3 uur langer dan normaal. Daarbij verhoogt te veel zitten de kans op verschillende gezondheidsproblemen

## Objectief

- We onderschatten hoe lang we op een dag zitten met 1u en 3 kwartier.



- Monitoren, beloning, bedreiging, doelen en planningstechnieken worden gebruikt door gezondheidsapps.

- Door middel van uitdagende en haalbare challenges stimuleer je de gebruiker om de app te blijven gebruiken



- Sociale interactie in de app is belangrijk om de sociale kring van de gebruiker betrokken te houden bij zijn of haar voortgang.

## Subjectief

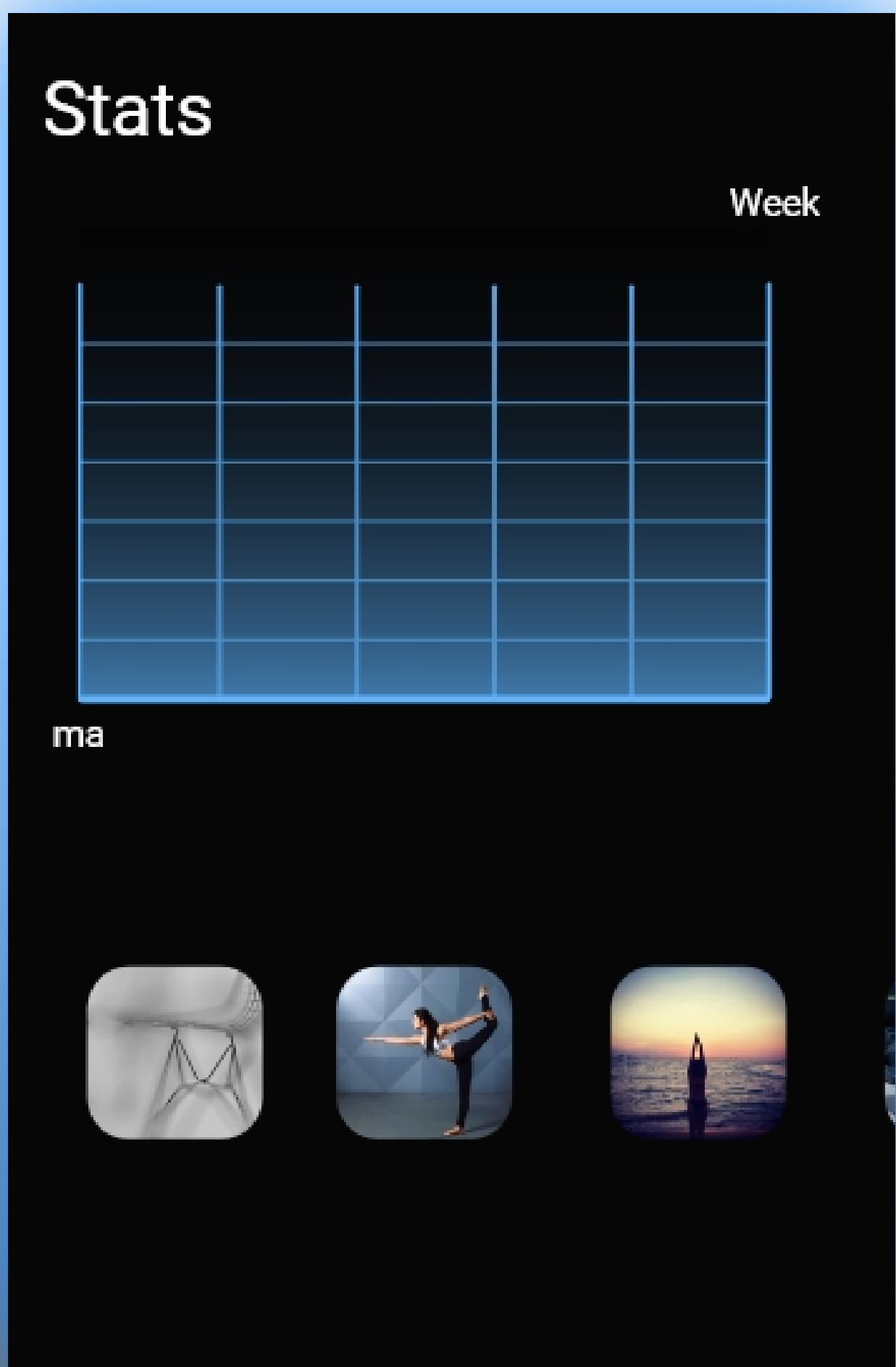
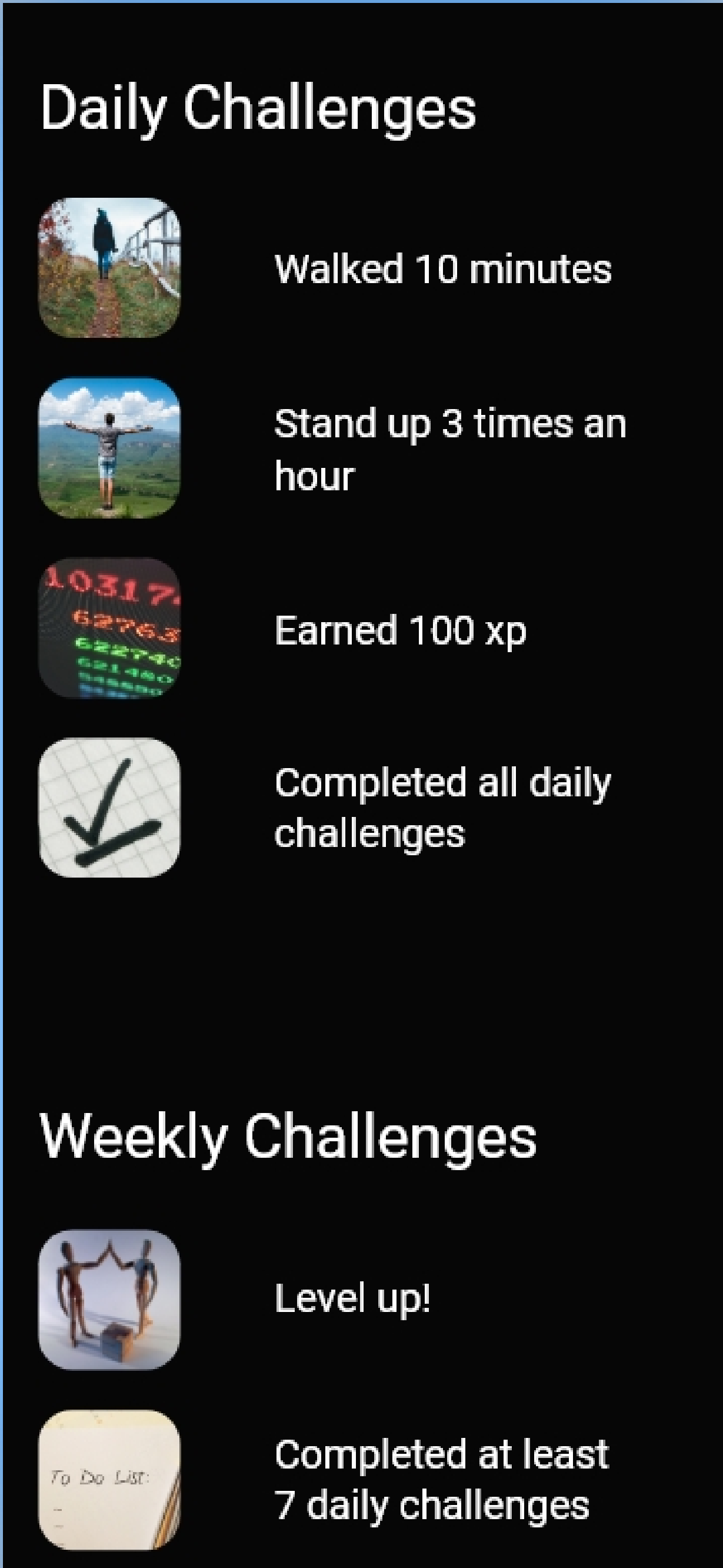
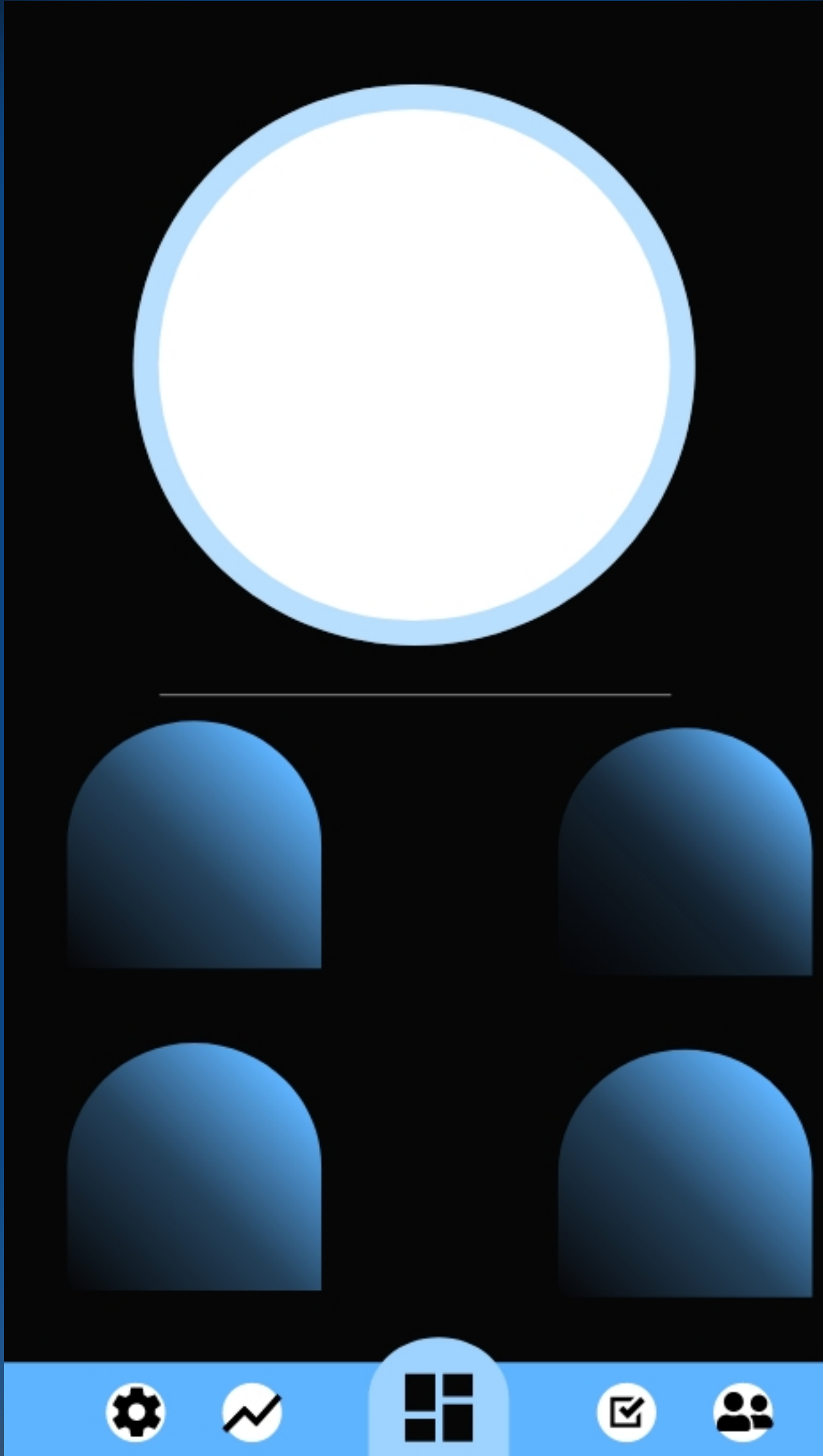
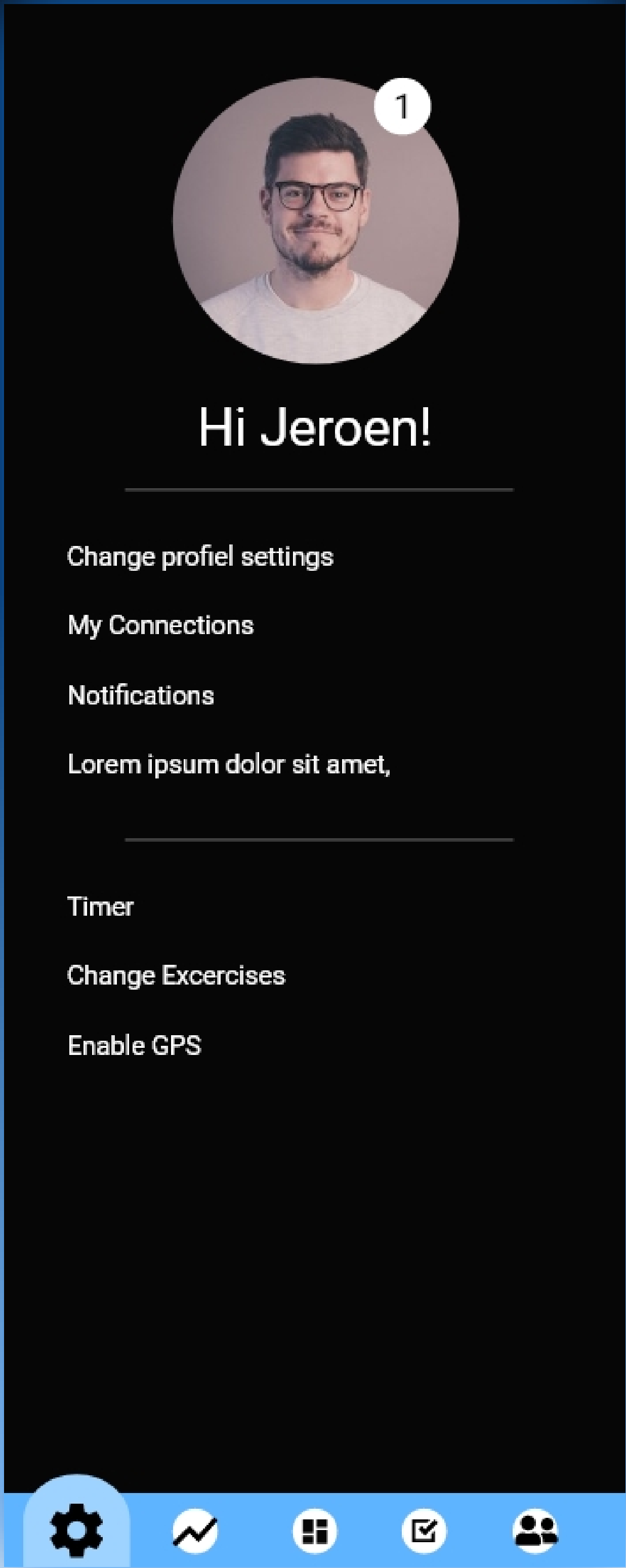
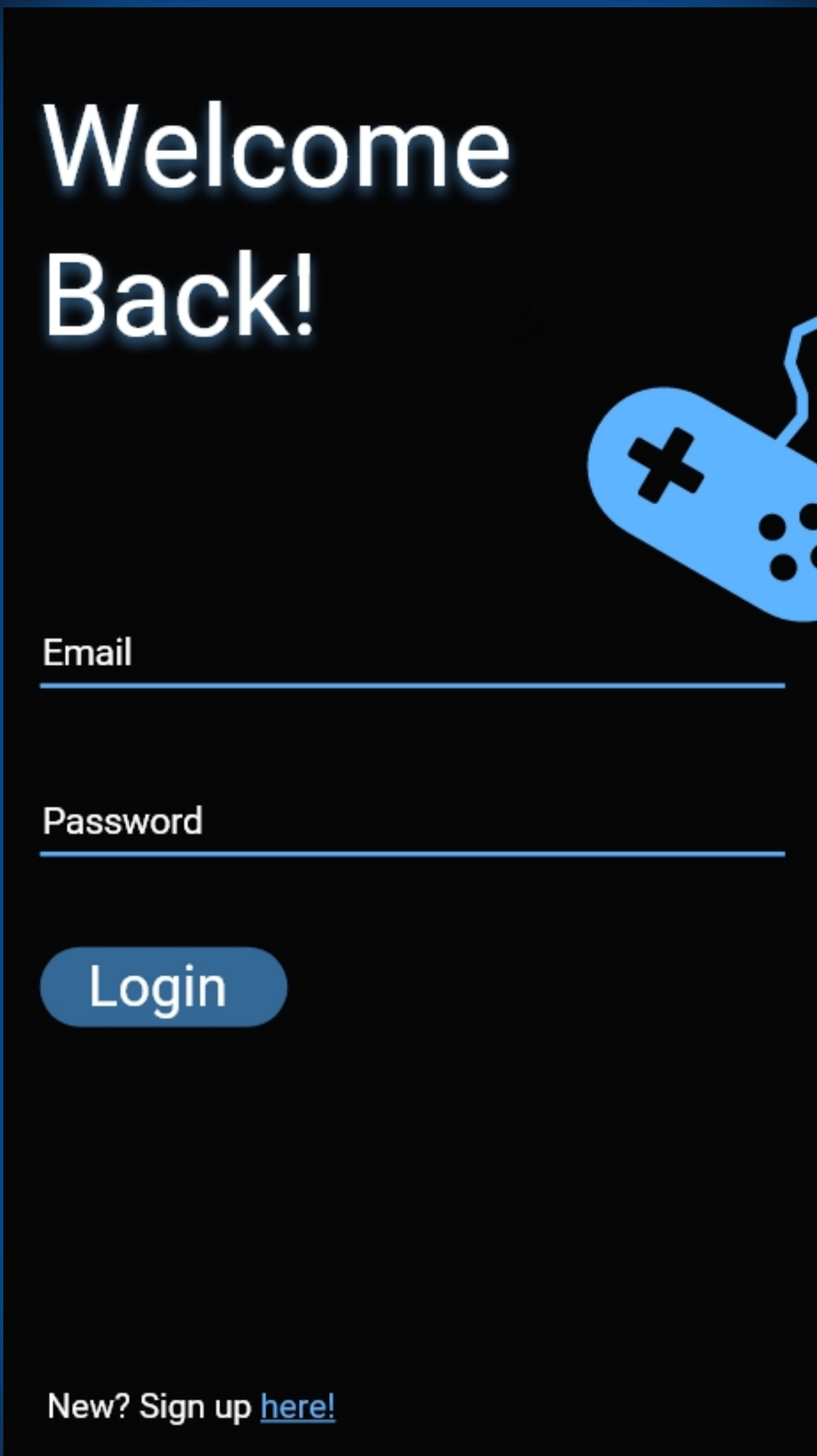
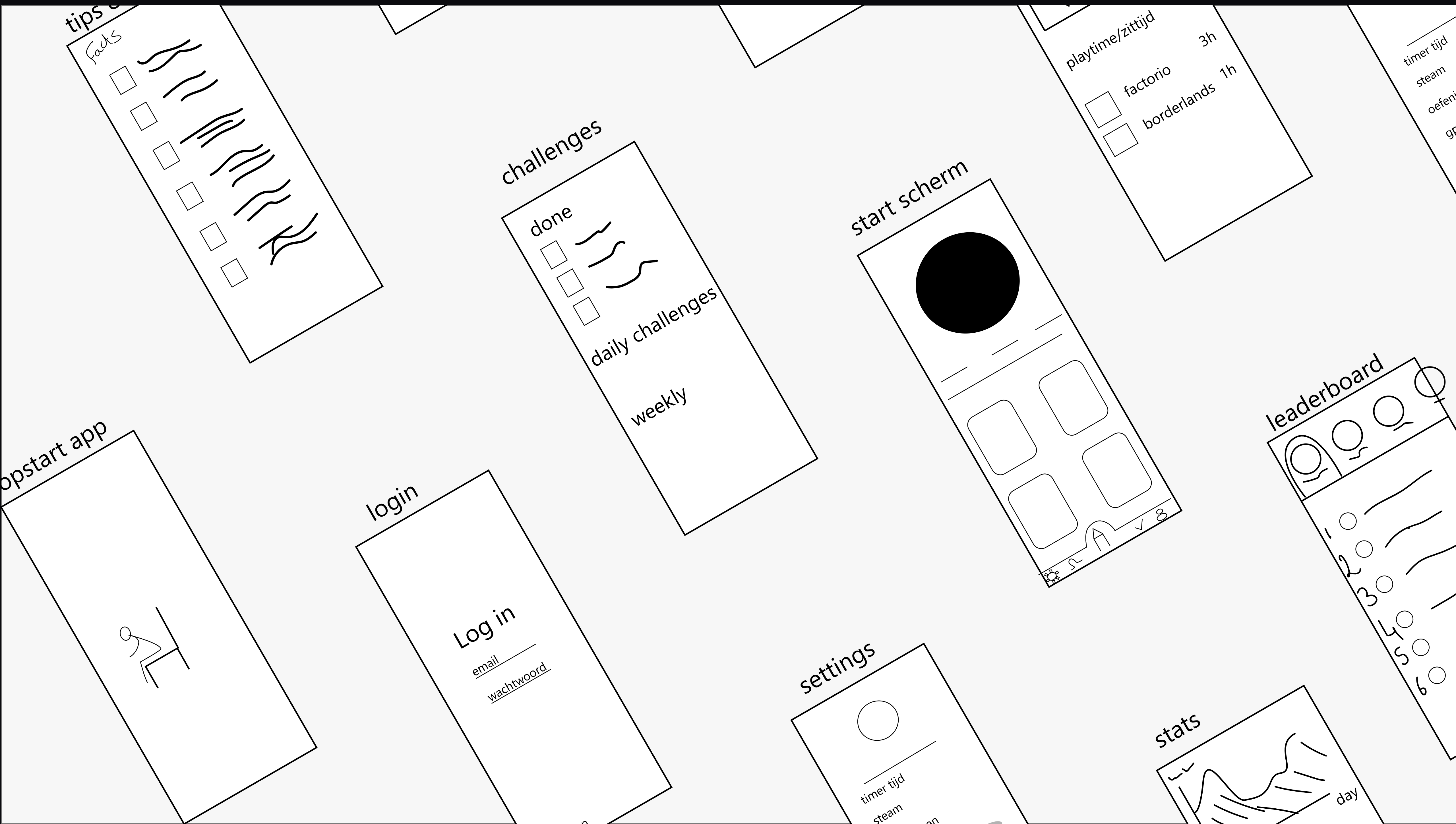


"Je hebt plezier tijdens het gamen en vergeet de tijd een beetje"

"Mijn broertje zit urenlang achter zijn playstation"

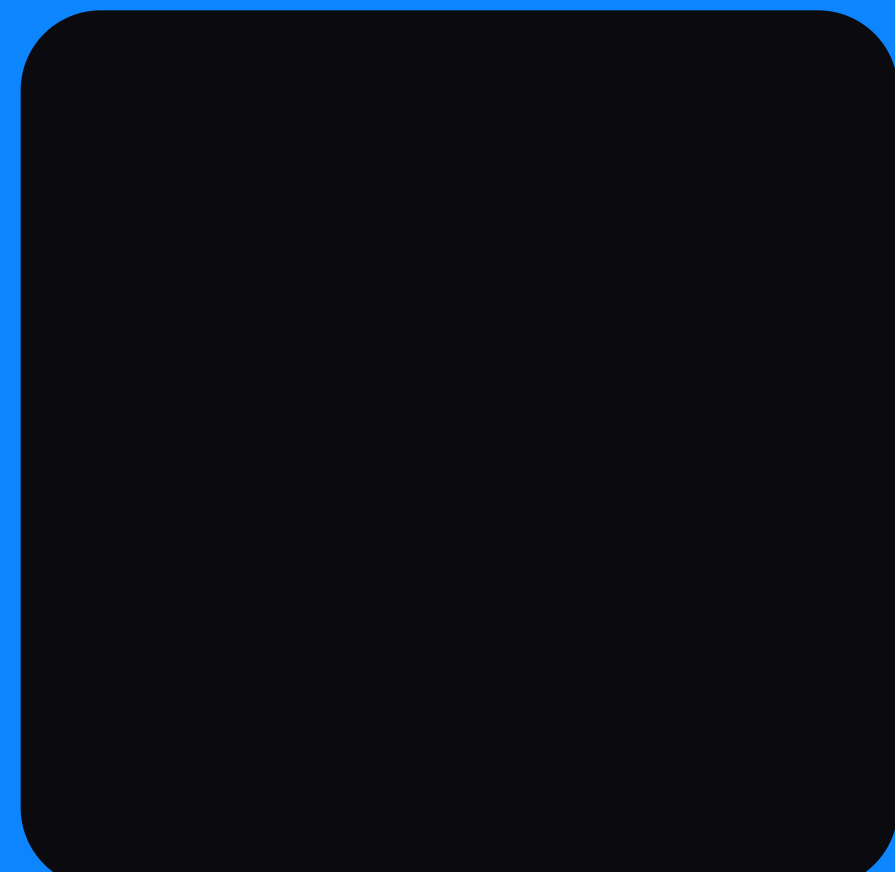


# 1. concept





## 2. Style



#0B0B0F



#4F0CE8



#0D85FF

Titels

Factoria

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y

0 1 2 3 4 5 6 7 8 9

Bodytekst

Mic 32 New  
Rounded

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

a b c d e f g h i j k l m n o p q r s t u v w x y

0 1 2 3 4 5 6 7 8 9

## 3. key features

### Achievements & challenges

De gamers kunnen in de app achievements en challenges behalen waarmee ze xp verdienen. Met die xp kunnen ze cosmetica vrijspelen.

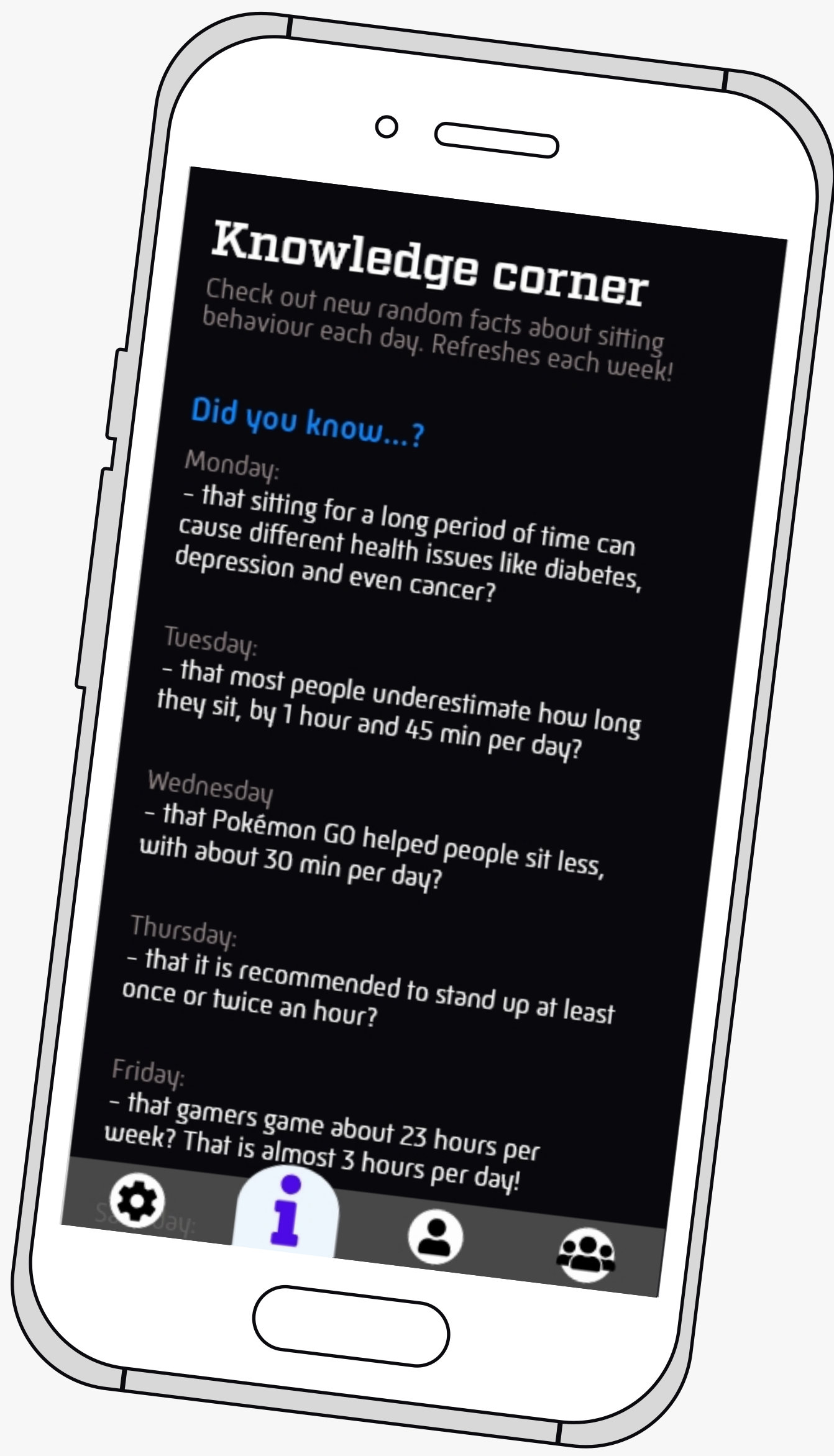


### Clans & competition

Binnen de app kunnen gamers hun eigen clan samenstellen en vrienden uitnodigen. Dit roept op om de competitie aan te gaan en meer xp te verzamelen.

### Knowledge & awareness

Met de knowledge corner zorgen we ervoor dat de gamers bewust worden van de effecten van hun zitgedrag.





# 4. Prototype

← Challenges

Every day and week new challenges. Some challenges need an active GPS or connection to one of your online platforms

Daily

Weekly

✓

Walk 1 km

+10xp

GPS

Stand up 3 times an hour

+30xp

10317

62763

62763

62763

62763

62763

Rank #5 or higher in a clan leaderboard

+20xp

Complete all daily challenges

+35xp

Hi Jeroen!

Get up Gamer

Founding Father

265

XP

8

Achievements

5

clans

Achievements

Level 2

Level 3

Level 1

Challenges

← Achievements

Check your completed achievements and claim your rewards.

Completed

In progress

Level 2

CLAIM REWARD

Stand up twice an hour

Level 3

CLAIM REWARD

Walk 30 minutes

Level 1

CLAIM REWARD

Exercise 10 minutes an hour

CLAIM REWARD

Create a clan

Level 1

CLAIM REWARD

Clans

Friends

Family

SCgroup

Statistics

+

Check your statistics from today compared to last week and add your exercises manually

Today

Week

Month

Gaming

Walking [gps]

Exercise [manual]

48%

22%

30%

29%

31%

Last week

This week

Knowledge corner

Check out new random facts about sitting behaviour each day. Refreshes each week!

Did you know...?

Monday:  
- that sitting for a long period of time can cause different health issues like diabetes, depression and even cancer?

Tuesday:  
- that most people underestimate how long they sit, by 1 hour and 45 min per day?

Wednesday:  
- that Pokémon GO helped people sit less, with about 30 min per day?

Thursday:  
- that it is recommended to stand up at least once or twice an hour?

Friday:  
- that gamers game about 23 hours per week? That is almost 3 hours per day!

Saturday:  
- ???

Sunday:  
- ???

Well done!

You've read all of the facts for today. Will I see you again tomorrow?

The chart displays three data series: Gaming (pink), Walking [gps] (blue), and Exercise [manual] (green). The x-axis represents the days of the week (sa, su, mo, tu, we). The y-axis represents the percentage of time spent on each activity. The chart shows that Gaming and Walking [gps] have decreased from last week to this week, while Exercise [manual] has increased.

Day	Gaming (%)	Walking [gps] (%)	Exercise [manual] (%)
sa	48	22	30
su	48	22	30
mo	48	22	30
tu	48	22	30
we	48	22	30

My clans

+

Here's an overview of the clans you're part of. You can even create your own clan!

Friends

Total XP: 4.535

Members: 10

Family

Total XP: 595

Members: 5

SCgroup

Total XP: 1.565

Members: 23

Owatch

Total XP: 235

Members: 2

B02Clan

Total XP: 3.025

Members: 8

Settings

Info

Profile

Friends

Settings

+

Check your settings and change them if needed

Personal

Profile settings

My clans

My connections

My achievements

My statistics

Preference

Notifications

Timer

Exercises

GPS

Delete my account

← Friends home

🛒

+

Founder: Jeroen

Leader: Annah

Members: 10

Clan XP: 4.535

"One for all, all for one!"

Recent Achievements

Level 2

Level 2

Level 1

Challenges

Koen5

585xp

Annah

650xp

Dreamer

600xp

#4

Treegirl

560xp

#5

Mimi99

555xp

#6

33tje

510xp

#7

Fl4me

430xp

#8

Clifton

360xp

#9

Jeroen [you]

265xp

Settings

Profile picture

SIGN OUT

Personal

Profile settings

My clans

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GPS

Delete my account

GamerUp