

## Platforms

## Place

## Control (Use)

## Reminders

## Ways to Recover

**Mobile**

**At Home  
(Living Room)**

Mobile  
Transportation

**Motion  
Sensor**

**Steering  
Wheel**

**Parental  
Controls**

**Simple  
Alarm**

**Hydrate**

**Get up  
and  
Stretch**

**PC**

**At Home  
(In Bed)**

**Airport**

**A  
controller**

**VR  
Headset**

Restrictors

**Be on a  
tight  
schedule**

**Eyedrops**

**Rest**

Playstation/XBOX

**At Home  
(Gaming  
Area)**

**Mouse &  
Keyboard**

**Touch  
Screen**

**Goal  
Reminder**

**Have a  
To-Do  
List**

**Exercise**

**Snack**

**Nintendo  
Switch**

A Guitar (For  
Guitar Hero &  
Band Hero)

**VR**

## Visuals

**VR**

**Gaming  
Monitor**

**Handheld  
Screens**

**Projecter**

**Flatscreen  
TV**

**CRT**

## Availability

**Age**

**Region**

**Cost**

**Performance**