

Research for Building a Free Mobile Application that helps you build Healthy Habits

- If you would like to participate,
 - You will provided a notepad and a disposable camera for the project
 - Once — Write a brief summary of the first hour of a typical day. Comment - do this typically vary much from day to day?
 - Once — Write down if you've been wanting to add a healthy activity to your morning routine. Want to try it for a week?
 - Daily — just write a quick note about how that hour went. What went wrong? What went right? Did you do the trial habit?
 - Whenever — Take pictures of anything that you think might be helpful to designers. Here is a picture of where you might want to workout or take some relaxing breathes in my apartment. Here is a picture of your laid out workout clothes. Here is a picture of your alarm clock. Here is the picture of your running shoe that got eaten by your dog before you could workout. Whatever it might be.
- \$20 Amazon Gift Card for participating. more information information about the project is available at <http://design.mindfulprogress.org>
- Email alan@mindfulprogress.org to wrap up and get your payment.
- I , _____ , am willing to allow my pictures and notes to be posted on <http://design.mindfulprogress.org> to help the design team build a better product for potential user needs.
X_____

