**Remote Work Clerk**

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The purpose of this device is to help workers to keep focused while remote working. During a long day at work, I often feel tired and my concentration goes. This could be improved by two things: taking more movement breaks and opening the window for fresh air.

This device will remind me to take breaks by monitoring movement using the motion sensor, and take the difference between now and the last movement time, and if this is more than 60 minutes, the Arduino will notify me via its led lights (I don’t want the sound to distract me in case I am giving a presentation). The movement data will be uploaded to Glitch and tracked and weekly statistics will be sent to me via email.

This device will also monitor temperature in my home office, and will notify me via lights (different colour to above) if it goes above 23 degrees. This will prompt me to open the window so I don’t get sleepy.

**Tools, Technologies and Equipment**

* Arduino Explore IoT Kit Rev2
* Temperature sensor which is included in the above kit
* ThingSpeak
* Glitch
* Javascript
* IFTTT

**Project Repository**

<https://github.com/annaballot/remote-work-clerk>