**My reading list**

1. **“Active Team” a social and gamified app-based physical activity intervention: randomized controlled trial study protocol**
2. **The first literature’s pilot study**

**A Web-Based, Social Networking Physical Activity Intervention for Insufficiently Active Adults Delivered via Facebook App: Randomized Controlled Trial.**

**3. The relationship between moderate alcohol consumption, depressive symptomatology, and C-reactive protein: the Health and Retirement Study**

**4. 潜变量增长曲线模型及其应用**

This week, I read several literatures. I would like to share some of my perceptions and gains. The first literature reminded me that we had been facing a dilemma of encouraging participants to do physical activity. The literature designed a app combined with physical activity and social network and gamified conception. I found the pilot study of the literature. It indeed improved physical activity significantly. The ideas of mini-challenges, leader board and sending and receiving virtual gifts on the physical activity app are entertaining and effective, which can be a reference for our future intervention. Through reading the third literature of my reading list, I have learned something about latent growth curve model(LGCM). However, I am still a little confused about the latent statistical method. So I found a Chinese literature introducing LGCM and its application in detail. Besides, I have learned a theory (i.e., Mindfulness-based stress reduction(MBSR)) which is similar to our cognitive behavior therapy(CBT). In brief, MBSR includes training in mindfulness meditation and yoga).