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CPSC-6820—Deliverable #0

Idea: Portable wellness tracker

Description: In our busy lives, it is easy to lose track of small but important things that contribute to our well-being—such as eating on time, staying hydrated and keeping track of our overall mental health while balancing our workloads. I propose to design a simple, privacy-friendly table-top wellness tracker that functions as an unobtrusive companion to help with this. The device is aimed to receive inputs from the user about their mood, to log and keep track of their overall mental state. It would employ intuitive colors to display the overall mood over a certain period and suggest the user to take time off things and focus on themselves. It would also receive inputs when the user has their meals and hydrates themselves. And finally, it would employ a system to communicate with the user's mobile devices and fetch essential metadata of their calendar events and show the user's workload in the form of a color-coded indicator. This is aimed to help the user keep track of their workload and parallelly, their mental well-being.

Motivation: Maintaining healthy habits pays off greatly later during our lives. It is something I personally struggle with as a graduate student working part-time and have seen people working busy jobs balance on a tightrope. Mobile applications that track users' health already exist and made a lot of progress in the past years. I propose the device as a user-friendly privacy-focused solution operating completely locally and only on essential data, specialized to do only one thing and do it well.

Goals:

- Intuitive—easy and sensible interaction elements, including icons and colors.
- Unobtrusive—low-profile device that doesn't excessively distract the user.
- Open and privacy-friendly—user data is only kept for a maximum of one month and strictly on the device. The data obtained from user's mobile devices is stripped of any sensitive details and only contains event schedules and priorities.

Challenges:

- Designing the logic to estimate the user's mental wellbeing based on historical data needs to be planned and done with care.
- Communication with the user's mobile devices is platform-dependent and an appropriate service for mobile devices needs to be developed.
- The device's power requirements need to be planned and its usage optimized well.