

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

Projecter

**Gaming
Monitor**

**Flatscreen
TV**

**Handheld
Screens**

CRT

Availability

Age

Region

Cost

Performance