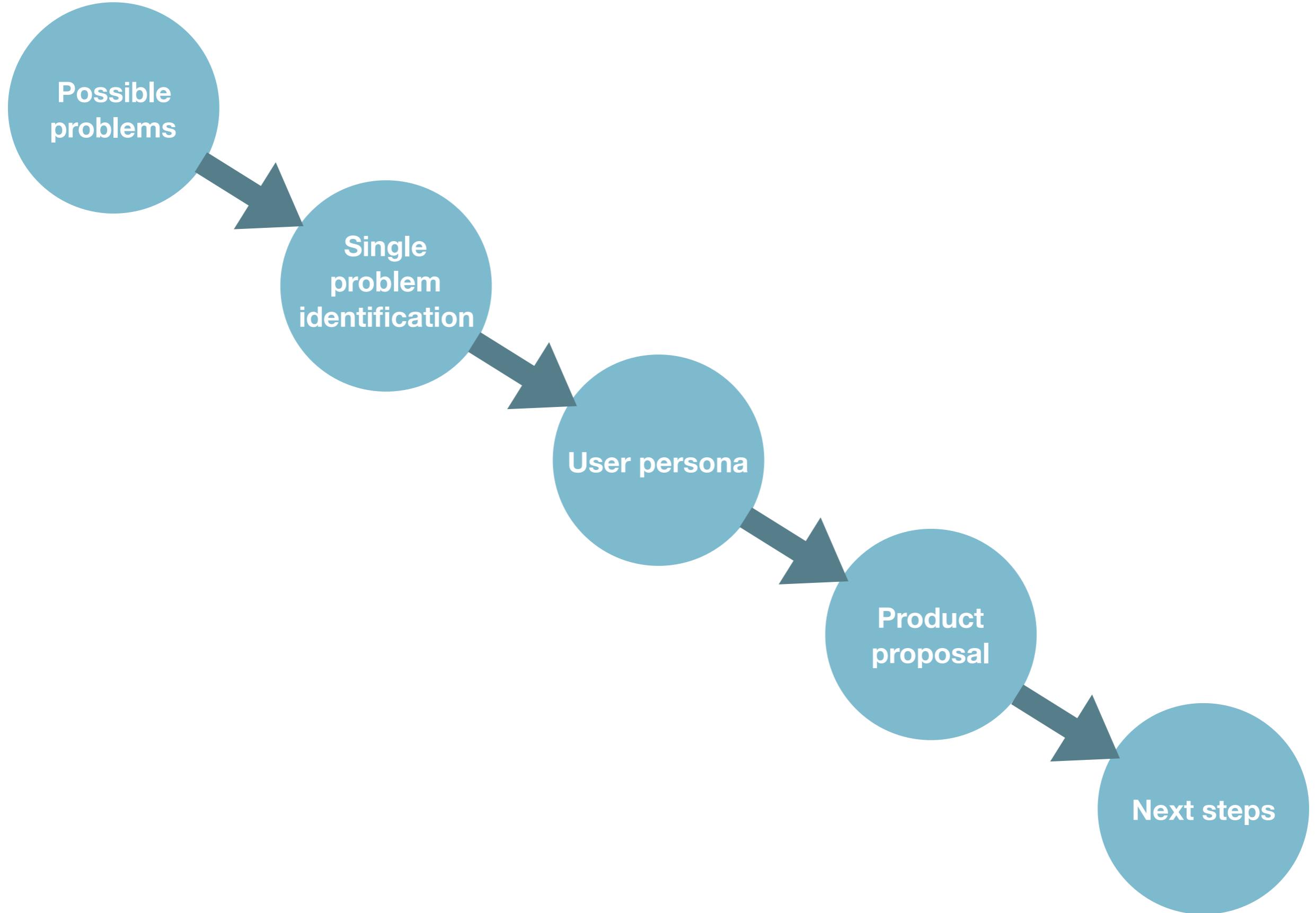


Meaningful smarts

Physical computing

Advait Tinaikar



Possible problems

What are the relevant problems that we can solve?

Food wastage

Lack of sleep

**Poor financial
management**

**Unhealthy food
habits**

**Mismanagement
of home
groceries**

Restless mind

**Lack of
exercise**

**Schedule
management**

**Social media
overload**

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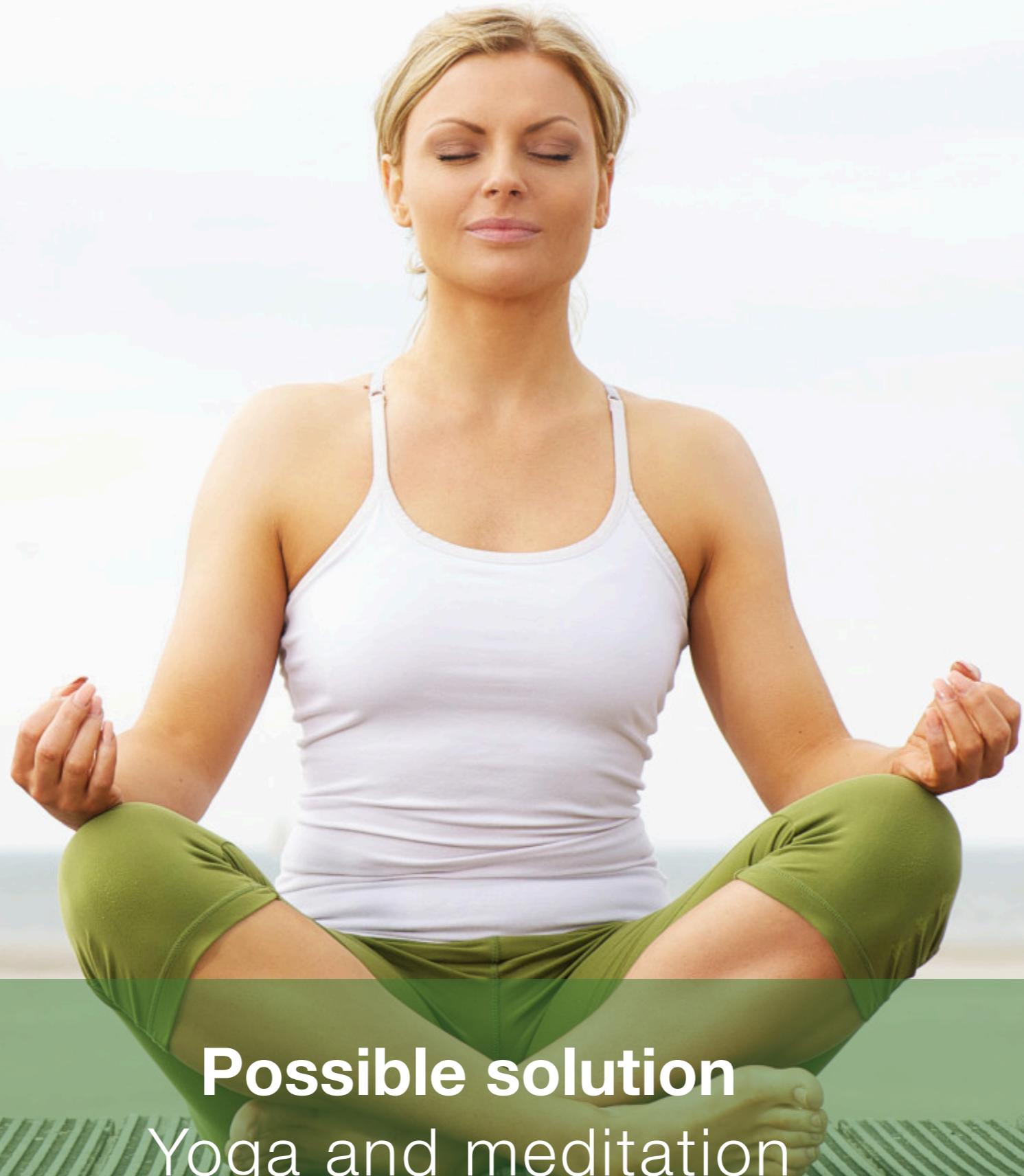
**Social media
overload**

The problem

Which of these problems do I want to focus on?



Lack of physical and mental wellness



Possible solution
Yoga and meditation

The User

Who is the person I'm building for?

Karen

Female, 27

Senior Engineer at SF startup

Lives away from parents & partner

Very busy

Used to meditate and do yoga

Can't find discipline and focus

Wants zen lifestyle

Tired of possessing many objects



The solution

What I intend to build



A mindful yoga mat

Serves as
a guide &
a reminder





Fits into schedule

Can be carried around

Integrates with existing devices

Helps bring focus and discipline

Reminds and guides gently

Guides but doesn't replace instructor

Is Zen-like



Has 2 modes: meditation and yoga

Audio & tactile interaction for meditation

Audio & visual interaction for yoga

Battery powered

Uses weight on mat to sense presence

Tracks duration and frequency of exercise

Visually indicates time of exercise session

Plays appropriate meditation music

Plays appropriate yoga guiding session

Provides soothing vibration for meditation

All features are not final but subject to prioritization

Current offerings

Who can be the inspiration and / or competition?

SmartMat

An intelligent Yoga mat that helps you take your Yoga practice to the next level.



Smart Mat

Next Steps

Where do I go from here?

USER CHALLENGES

- Slim form factor
- Weight bearing
- Doesn't require excess charging

TECHNICAL CHALLENGES

- Power source (*battery, plug-in, rechargeable battery*)
- Creating rigid structure for components
- Soothing vibration curve for meditation
- Managing possible dampness of mat

