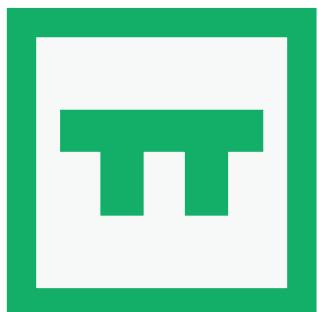
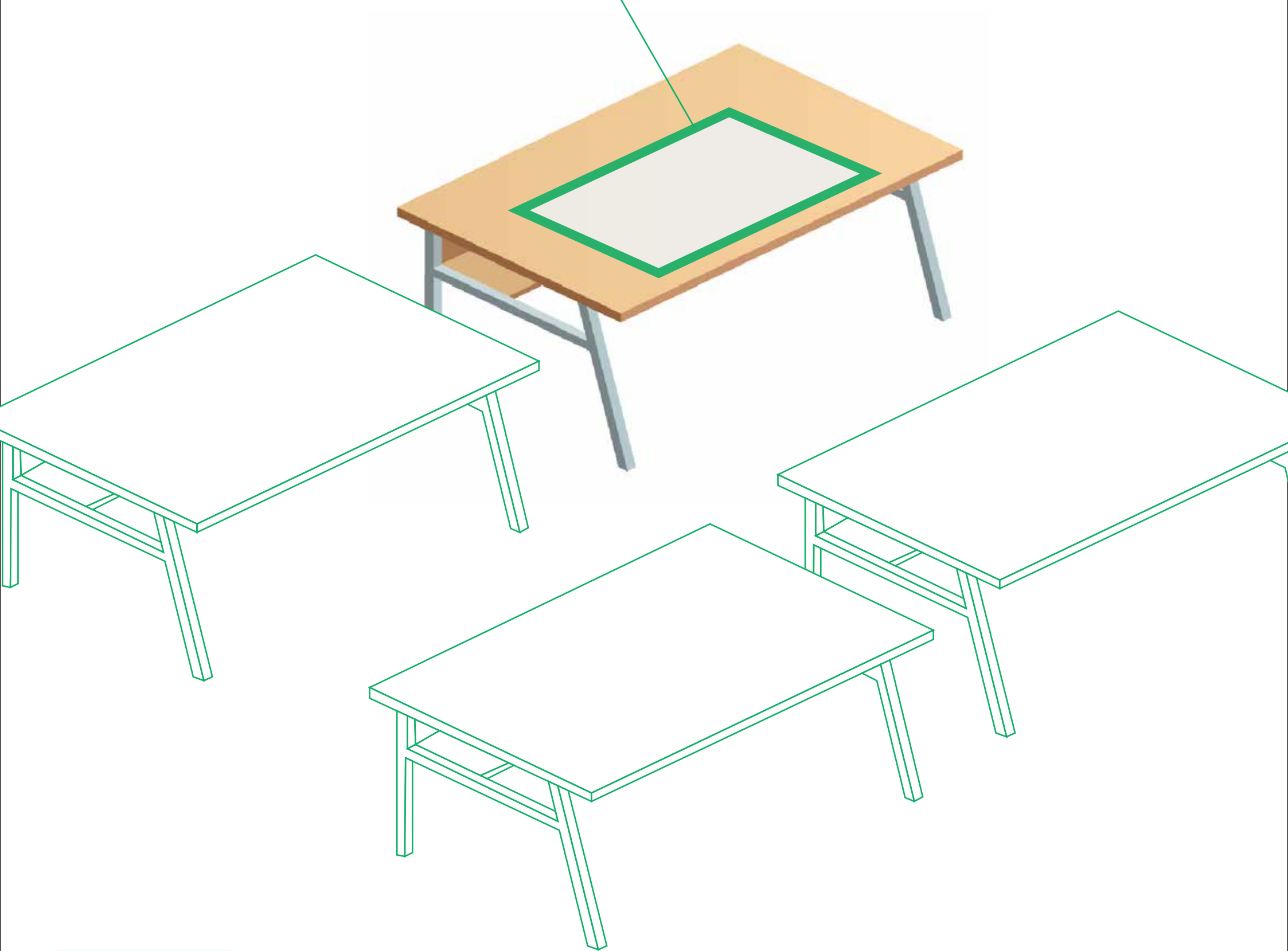


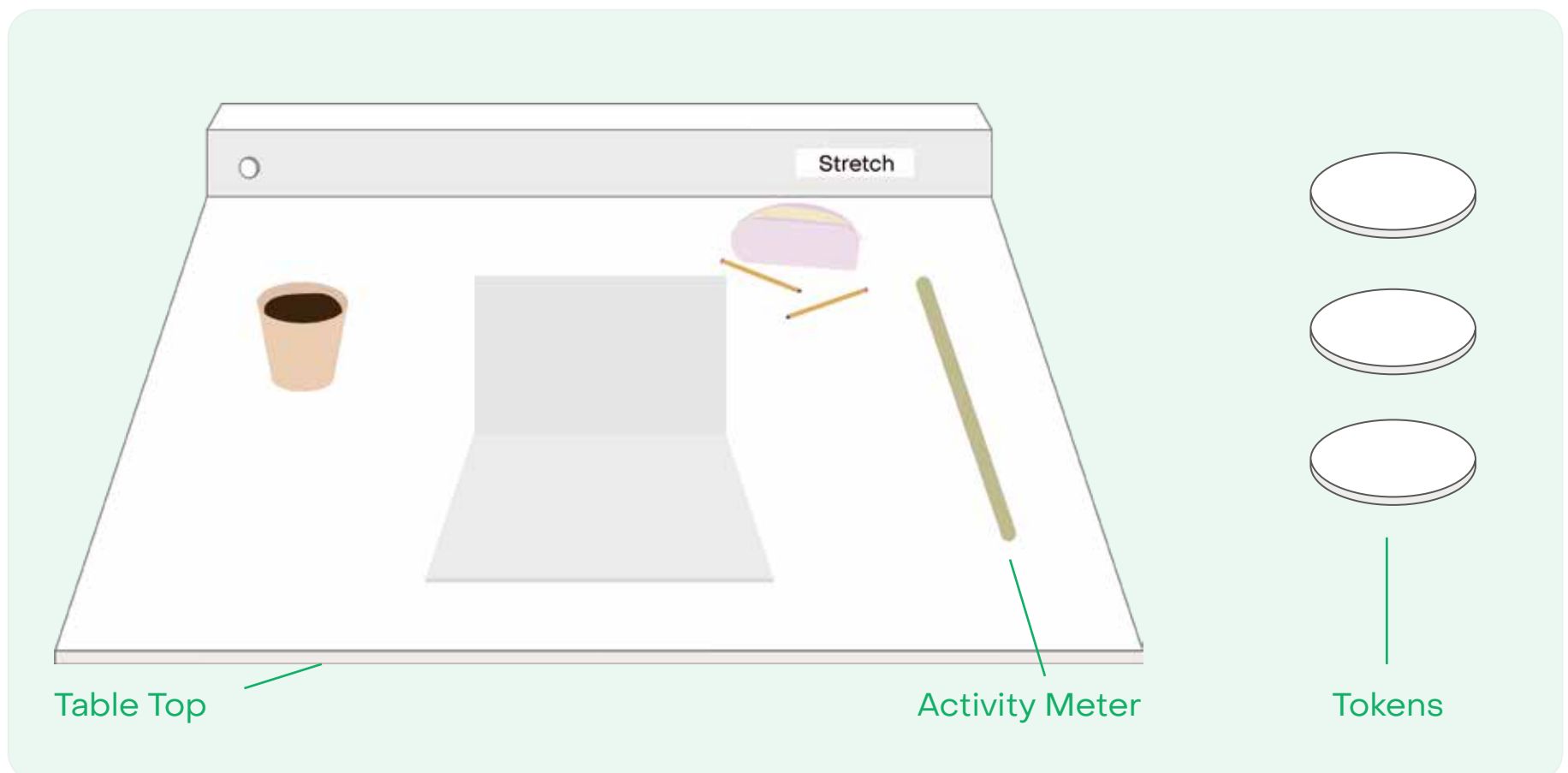
FITTABLE



An ambient, motivating study space that lets you improve your posture while you work.

FITTABLE

“An ambient, motivating study space that lets you improve your posture while you work.”



Fittable is a smart tabletop that uses an interactive token system to encourage students to stretch and take active breaks while studying. Due to the involved nature and task-intensive focus of study, university students are a particularly high-risk group for sedentary behaviour, which can have negative long-term health consequences. Fittable encourages movement through an activity meter system that detects postural shifts and contact, as well as a token system that uses ambient light to encourage the user to pick it up and take it back to the desk.

To use Fittable, users first place a small stack of tokens around their study space. The closest of these tokens then lights up when the user should take an active break, which signals to the user that they should pick it up and put it on the table or move it from one side of the table to the other. The activity meter will change according to how active the user's movement is. When the tabletop senses inactivity the bar will stop growing and the tabletop will vibrate to notify the user that they should shift their body position to participate in an active break.

TEAM HABITS

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**Interaction
Design
Exhibition
2019**