

## **Part 1:**

**Team Liaison:** Michael Doan

**Team Members:** Michael Ren and Lei Teng

**Meeting Schedule:** Mondays 1-2pm

**Group Chat/Documentation:** Communication over iMessage, and document storage over Google Docs

### **Project Description:**

A habit reinforcing application that uses proven research methods and reminders to build good habits over time. User can set up habits they want to build/reinforce on their own preference. As users finish the set-up works, the application will reminding them at the most appropriate time. Then keep cycling until the users build their habits.

## **Part 2:**

- **Personal anecdotes** (doing habit steps on your own to get results)
  - Each team member records their own daily behaviors for few days.
  - Each team member does observation on 1~2 people for several days to see if there are some new habits they build
  - Figure out some methods and try them out
  - Apply these methods on different people and do quick interviews to check the feasibility

## - Survey

- Contact business students how to effectively distribute Google form
- Generate a questionnaire which contains following points:
  - a. Personal information of the user(male/female, age, job,etc.)
  - b. User's personality type
  - c. Frequency of using cell phone App
  - d. What kind of habits user wants to build (academic, daily, eating, working, etc.)
  - e. Degree of difficulty user thinks about to build this habit
  - f. The intensity of the habit user wants to build
  - g. Time period user prefers(few weeks/a month/two months...)
  - h. User's attitude about using this kind of app to help them build/reinforce habits
  - i. ...(add more questions as they come along)

Each team member conducts this survey on 2~3 people and reports the result.

We will use data collected from the questionnaire to set up options as a 'habit menu' in the application. Users can set their habits and select their individual preferences from the 'habit menu'.

- **Interview?**
  - Pull students from different majors/years
- **Mention research (article)**
  - Dedicate an hour to research backing up habit building techniques

For our habit project, we are doing a lot more of “trial-and-error” types of research, as well as actual research itself. The first thing that we’re planning on doing is learning and researching about scientifically proven ways to build a habit. Some of us already have a prior knowledge to this field and have a good idea of how to build habits, but more research is necessary to figure out the definitive method for implementing into our app. As of now, we’ve learned that building a habit requires a great deal of repetitious actions for about a month’s worth of time (between 30-60 days depending on the person). This is our current basis for the app.

As for our research methods, we plan on doing personal anecdotes for our very first method. We are researching other effective methods to create a habit, and trying them out ourselves. Because we have so much time to do our project, and the estimated time to build a habit is around thirty days, we can try out the methods, see how they work, and then make the app based on whichever habit we build best. If multiple methods work, we’re planning on doing a “difficulty” system where we remind you more often to do habits you want to build forever, instead of casually for a habit you would like to build, but aren’t too serious about. Another thing we were planning to do along with this is observing people based on their ability to build habits using one of our researched methods. We plan on finding out how often a person completes a certain habit, and then document their improvement over the course of about thirty days. The only reason why we *may* do this is because we won’t actually know how honest other people would be during the experiment. Having inaccurate results from this would actually be detrimental towards our assignment because we would be using a method

that's ineffective of keeping retention in the users. An important part of our app is also keeping the retention because if people don't keep coming back to the app to use it, they won't be able to build a habit.

The second method we intend to use is surveying the general student population to see how they feel regarding habits and what methods they prefer the most. The questionnaire we would use would collect information on the users based on their personality type, frequency of cell phone use, what habits they want to build, degree of difficulty the users feel about building habits, etc. By collecting this information, we hope to be able to design the application in a way that it can change its methods depending on what the user wants. It would change the intensity of habit reinforcement depending on the settings users would prefer, as well as the time period they want the reminders and so forth to come in. Furthermore, data collection would include the user's attitude about how this kind of application would help them, and how they feel about it. Depending on responses, the application would change the way in which it is presented. We plan on contacting a business student to find out how they usually distribute these types of surveys - we intend to use either Google forms or the CU website.

Finally, the last thing that we might try doing is asking people about their methods of building up good habits via interview. Actual research methods might be accurate in explaining what the "best" and most effective ways of building habits are, but the merit of personal experience can't be taken for granted. Although not the most reliable method, it is a good option because we might gain good insight or ideas of methods that might have worked for other people previously. We plan on targeting

people who we have observed or know that have built up strong habits in the past.

Furthermore, interviews are more personal and give us a better idea of what type of person would be most interested in this type of application. We would get more detailed responses. Our most probably course of action for this method is probably going to be getting insight from people ahead of time before we do any extensive research, so we get a good idea of what works for people, and from there, gauge the methods that we ourselves could try out.

Overall, the three methods we plan on using will give us a good variety of answers as well as personalities to get a better idea of gauging people's' interests and opinions. The surveys elicit broad responses to understand the general population, while interviews and personal anecdotes dive into individual experiences as well as allow us to get our own opinion on how habits are formed properly. Having a combination of both researched methods, as well as personal experience from ourselves and others will be the best way of figuring out the best/combination of the best habit building methods available.