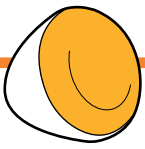
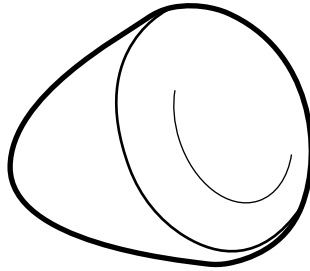

.6

TANGIBLE COACH

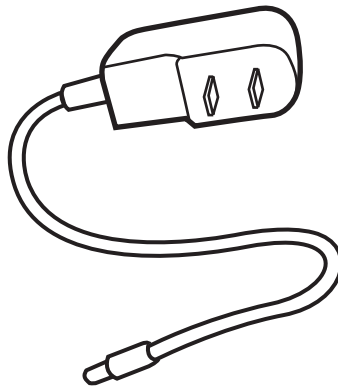


6. Tangible coach

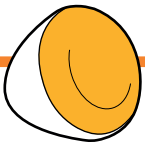
6.1 What you get



Tangible coach

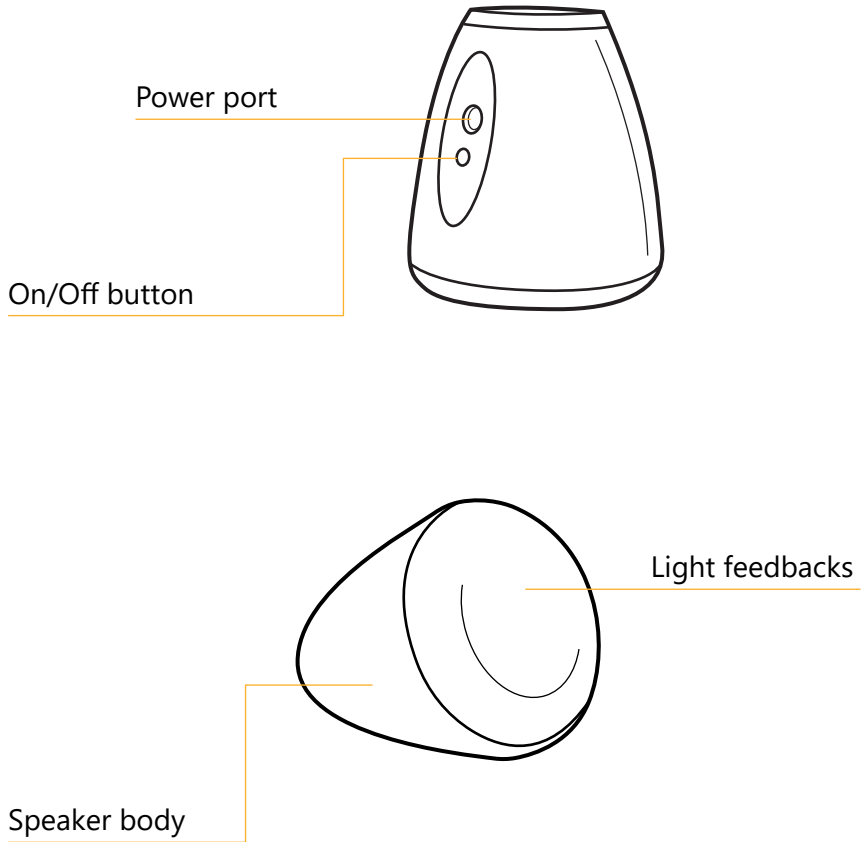


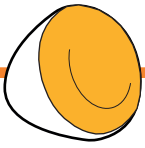
charging cable



6. Tangible coach

6.2 Product features





6. Tangible coach

6.3 Use

Modes

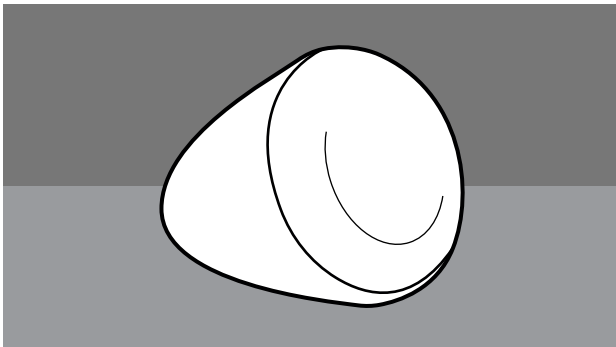
NESTORE tangible coach has two main modes:

- Sleep Mode
- Wake mode



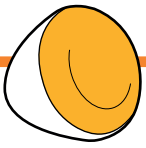
Sleep mode

the coach is sleeping and cannot hear the user nor interact with her/him.



Wake mode

the coach is waiting for the user to call NESTORE by its name in order to activate it.



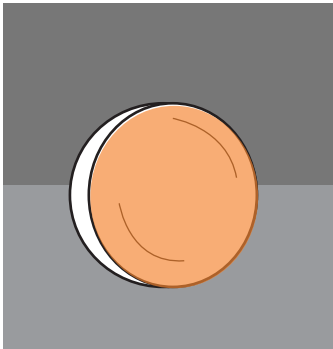
6. Tangible coach

6.3 Use

Behaviours

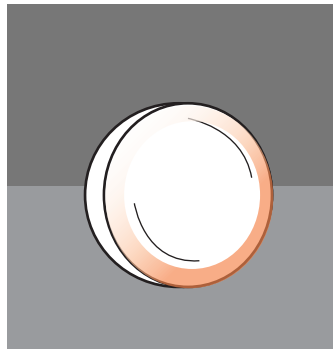
NESTORE tangible coach will interact with the user in 3 different ways:

- Listening
- Thinking
- Speaking



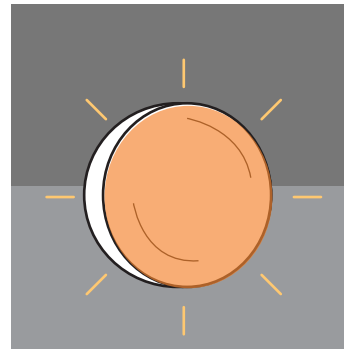
Listening

when the user should speak or ask the question. (orange full colour)



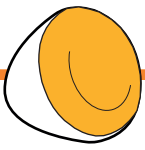
Thinking

when the coach is thinking about his answer. (orange colour turning clockwise.)



Speaking

when the coach answers the user based on the asked question. (blinking orange colour.)



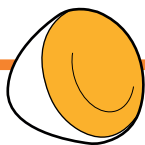
6. Tangible coach

6.3 Use

Behaviours

Examples:

- if the coach is in the listening mode and the user did not say anything, the coach will keep on listening for 10 seconds and then will let the user know that he did not hear the question of the user.
- If the coach asked a question and the user answered something else and out of the context then the coach will become confused. For example, if the coach asked "how are you" and the user answered "I went to the sea", the coach will let you know that he doesn't have an answer.
- If the user wants the coach to stop talking, the user should put it in sleep mode.
- The coach can speak 4 languages: English, Italian, Spanish and Dutch. If the user wants to switch its language, then the user should change it via the mobile app or the social platform. Then put the coach in sleep mode, wait 5 to 10 seconds and put it back into wake mode.
- When the user puts the coach to sleep mode, it is advised to leave it at least for 5-10 seconds before putting it back into wake mode (since waking up is not easy for everyone!)



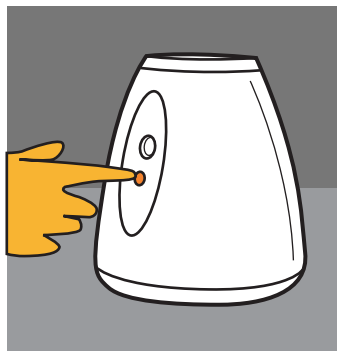
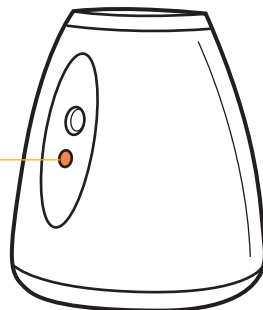
6. Tangible coach

6.3 Use

Turning On and Off

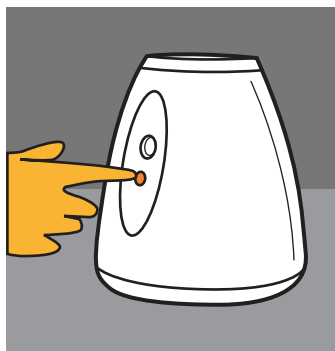
To turn on, off and reset the coach, identify the button in the back of the device.

On/Off button



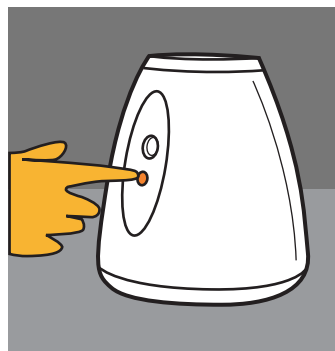
Turn on

Press the small button 1 time.



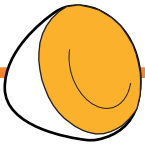
Turn off

Press the button for 20 seconds.



Reboot

Press the button for 20 seconds. Then, re-press it 1 time to turn it on.

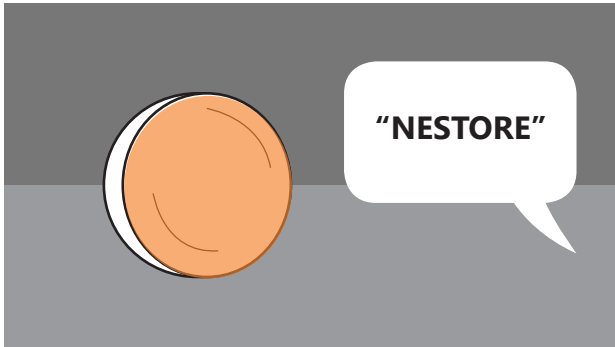


6. Tangible coach

6.3 Use

Speaking

To speak to the coach, make sure it is in wake mode.



1.

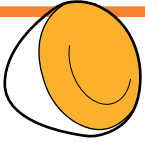
- Call it by its name "NESTORE".
The orange light turns on. The coach is waiting for you to talk.



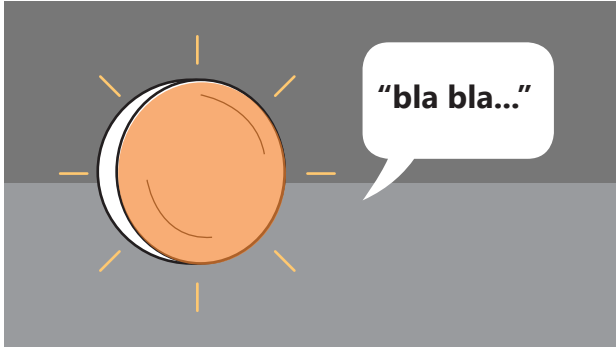
2.

- Ask something. The coach will start thinking about your question (orange colour turning clockwise).

6. Tangible coach

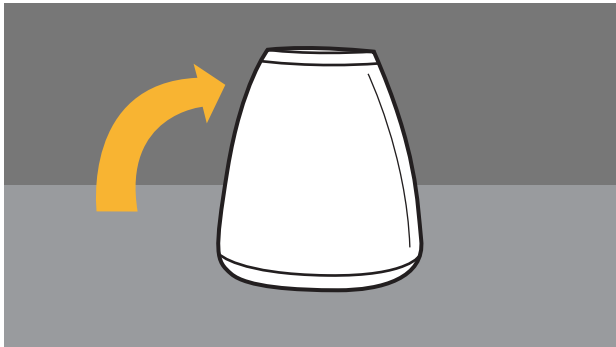


6.3 Use



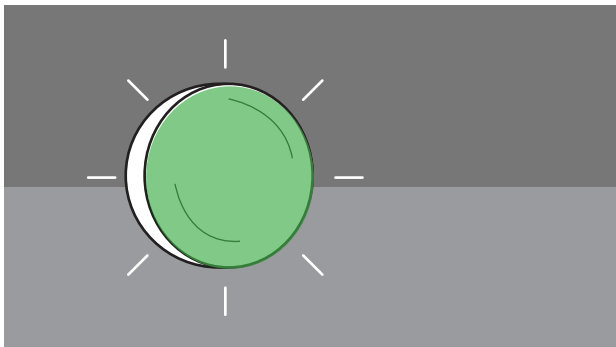
3.

- The coach replies you (blinking orange colour.)



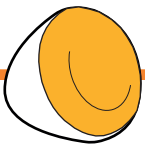
4.

- If you want the coach to stop talking, please put it in sleep mode.



5.

- At the end of the day, if you see a blinking green light it means that the coach wants to ask you a question. Please call it by its name and answer his question. The coach will ask you about your day in order to detect your feelings.



6. Tangible coach

6.3 Use

What to ask the coach

- In the morning, the user can ask the coach what activity s/he should do today.

(e.g.) What are my scheduled activities?

What should I do today?

- At the end of the day, the user can ask the coach about his/her score in the different domains (physical, nutritional, cognitive, social and emotional)

(e.g.) Can you review my score?

Can you review my score in the physical domain?

Can you review my score in the nutritional domain?

Can you review my score in the cognitive domain?

Can you review my score in the social domain?

Can you review my score in the emotional domain?

- The user can ask the coach information about the origins of the coach, the job of the coach and any information that concerns the tangible coach.

(e.g.) Hello, how are you?

Who are you?

How can you help me?

Where do you come from?

Who created you?

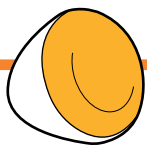
I love you

Goodbye



Note:

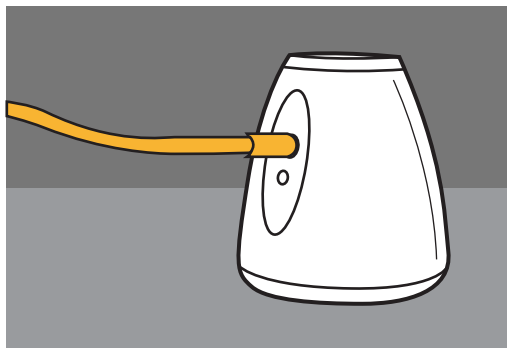
- Please do not insult the coach. Anything related to these questions, the coach will be able to answer you! Have fun talking to the coach.



6. Tangible coach

6.4 Charging

*The tangible coach should be charged on a daily basis.
Please charge your coach at night. The coach will update
himself every night at 12:00AM.
Keep the tangible coach in sleep mode while charging.*



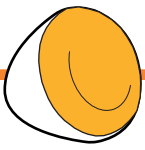
The coach can be charged with the magnetic cable included in the box



Note:

WHEN CHARGING. If the user is charging the coach, the light displaying the battery % will be blinking.

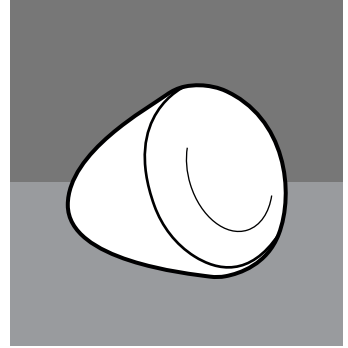
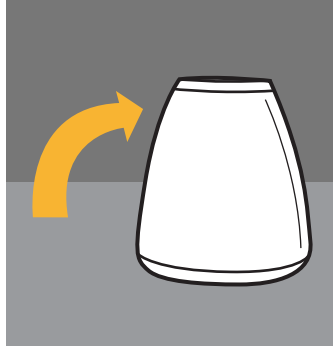
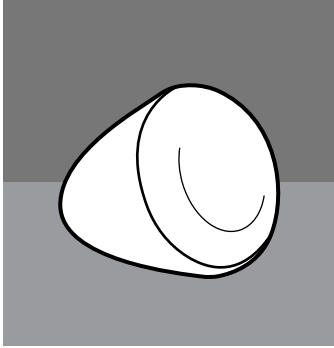
WHEN NOT CHARGING. If the coach is not charging, the light displaying the battery % will be solid.



6. Tangible coach

6.4 Charging

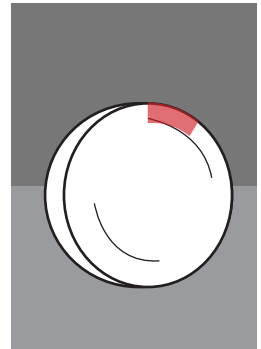
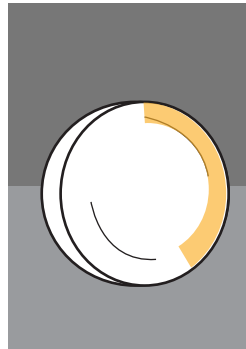
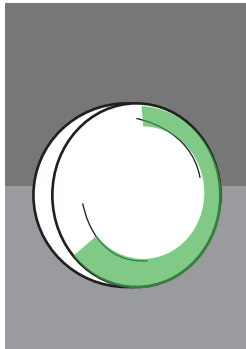
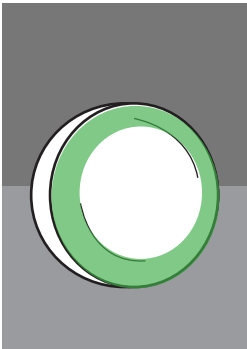
Check the battery status



1. To check the battery status, the coach should be turned on.

2. Put the coach in sleep mode...

3. ...then turn it to wake mode again. The coach lights will lit in different ways according to the charging status:



Battery 100%

If the charge is 100%, the colour displayed is green (full circle)

More than 50%

If the charge is more than 50%, the colour displayed is green (in the above image about 65%)

Between 20-50%

If the charge is between 20%, and 50% the colour displayed is yellow. (20% - 50% circle)

Less than 20%

If the charge is less than 20%, the colour displayed is red. (20% circle)