

Technology Mediated Behaviour Change on Exercise Adherence

submitted by

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for the degree of Master of Science

of the

University of Bath

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January 2017

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Summary

In this thesis numerous seminal results are proved which will decisively shape the future development of the subject.

Chapter 1

Introduction

[KCP11].

Bibliography

- [KCP11] KLASNJA P., CONSOLVO S., PRATT W.: How to evaluate technologies for health behavior change in hci research. In *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems* (2011), ACM, pp. 3063–3072.