

Tutorial

Welcome Back!

Where We Are On the Schedule

~~1. Intro – 45 minutes~~

~~Adaptation period~~

How was your experience
during the adaptation period?

2. Tutorial – 1 hour

- Details on the verbal activity reporting

3. Data Collection – 7 day (Starting tomorrow)

4. Debriefing interview – 1 hour

Data we are collecting:



Motion and GPS
data from the
smartwatch

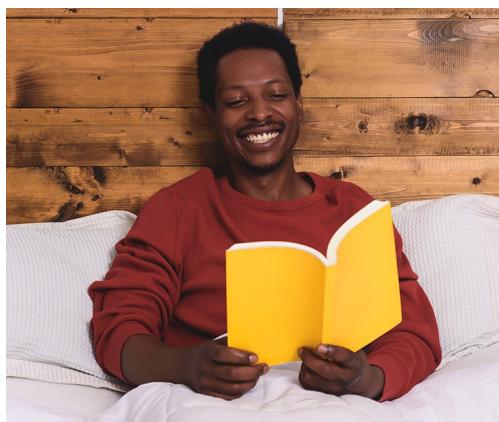
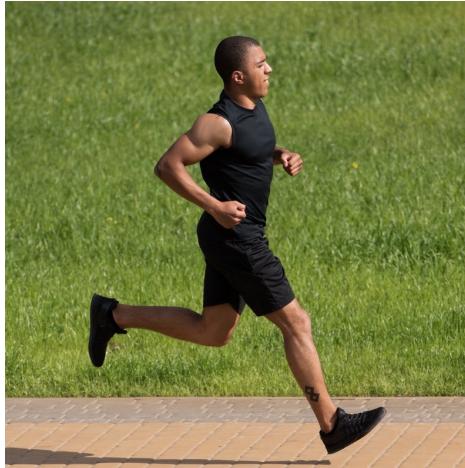
Body posture data
from the ActivPAL
motion sensor

Verbal activity
reports on the
smartwatch

Create an activity tracker that can capture the
activity that YOU are interested in.

What will you be reporting?

- A free-response description about your current or recently finished activity



How should you speak?

- Phrase freely and naturally ☺
- You may use multiple words or sentences
- Try to be detailed about your report by including the types of information described in the following slides.

How should you speak?

1. The **activity** you are doing now (or just did)

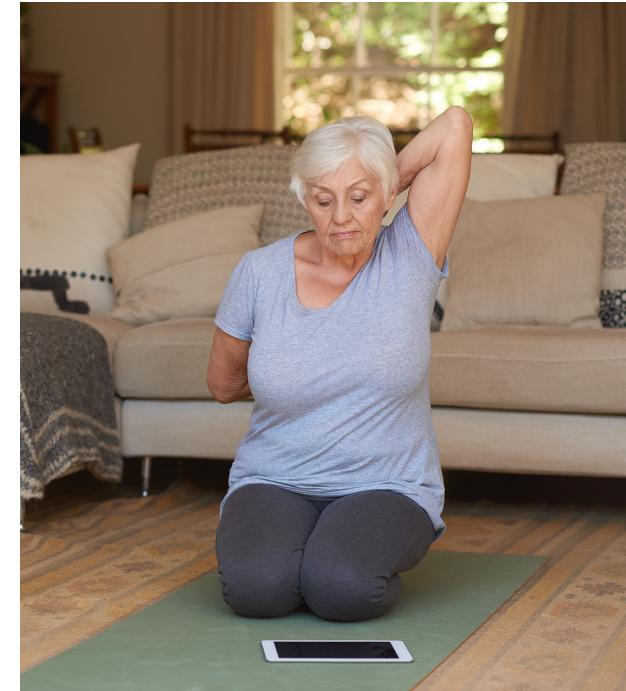
- *Examples: Walking, Reading, Knitting, Painting*



How should you speak?

2. The details of the activity (facts or numbers)

- Examples: 3 sets of 15lb. dumbbells, 20 pushups, etc.



How should you speak?

3. The time and duration of the activity



I walked
from 1pm to
2pm.

I've been
walking
since 1 pm.

I've been
walking for
about an
hour.

How should you speak?

4. Your perceived level of effort or exertion on the activity

- Examples: *strenuous, challenging, easy, burdensome...*

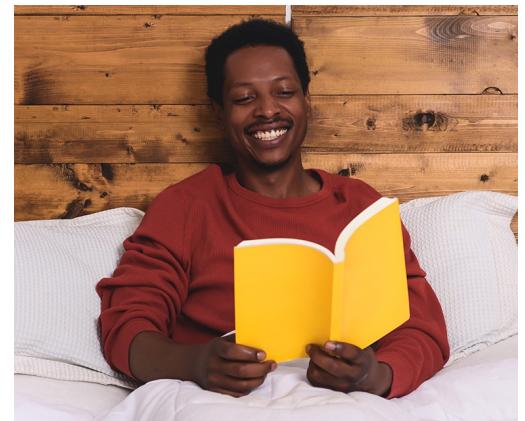
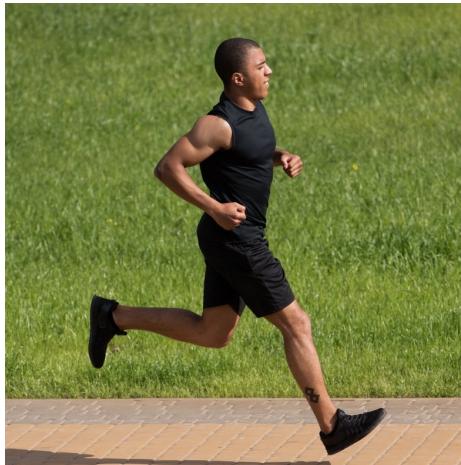


Next: Activity Reporting Examples

Any questions so far?

Types of Activities

- Today's examples:
 - Moving and Aerobic Exercises
 - Strength Exercises
 - Stretching and Balance Exercises
 - Housekeeping
 - Static Activities



Moving and Aerobic Exercises

- | Activity Details
(Moving pace) | Time/Duration | Effort/Exertion |
|---|---------------|-----------------|
| 1) I ran for 30 minutes. I'm very out of breath now. | | |
| 2) I went on a leisurely walk for half an hour since the last report. | | |



Strengthening Exercises

Activity Details (Exercise Info)	Time/Duration	Effort/Exertion
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- 1) I did 10 pushups in 2 minutes. It was kind of challenging.
- 2) I was lifting 3 sets of 10 lb. weights for the past 20 minutes. I feel strained on my muscles.



Stretching and Balance Exercises

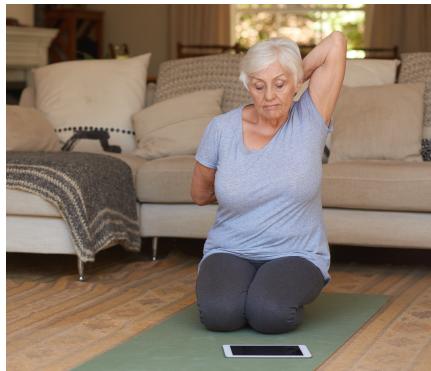
Exercise info,
Workout program

Time/duration

Effort/exertion

- 1) I stretched my quads and hamstrings
for 10 minutes. Just relaxing morning exercise.

- 2) I was practicing yoga at an intermediate level
for 30 minutes. It wasn't too challenging.



Housekeeping

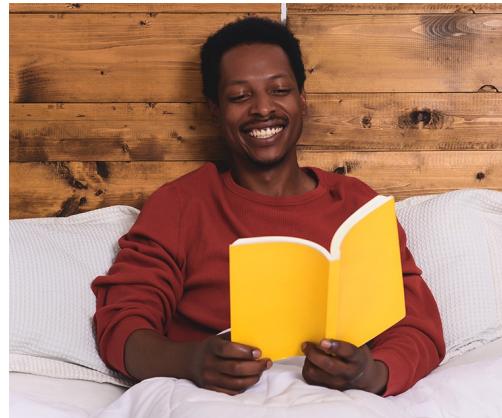
- | What you did | Time/duration | Effort/exertion |
|--|---------------|-----------------|
| 1) I was planting flowers and it took about an hour.
My back hurts now. | | |
| 2) I had a hard time vacuuming the stairs. I think it took less than 10 minutes. | | |



Activities while Sitting or Lying Down

Body position	What you did	Time/duration
---------------	--------------	---------------

- 1) "I was using my laptop for 2 hours while sitting at the table."
- 2) "I've been reading my book while lying in bed since 11AM this morning."



How will you report?

There are two ways!

Responding to Pings



Reporting Manually



How will you report? There are two ways!

- Manual recordings can be done at any time by tapping or pressing the button where it says **Record**
- Pings will occur once every hour at random minutes.
- You will only receive a ping while you are wearing the watch.
- I will send you a ping now (you may dismiss it ☺)

Safety First! While You're Occupied...



- 1) Do not try to abort your activity to answer the ping.
- 2) You can answer it or log manually when you are free.
 - *"I was washing the dishes when I received a ping."*
- 3) While driving, NEVER respond to the ping. It's dangerous.

When will you report manually?

- During your activity
- Right after you finished your activity



What About *Past* Activities?

- We encourage reporting ongoing activities or just finished activities because of the accuracy of the information.
- **You may submit reports for past activities within the last 24 hours.**
 - But please do so only when you are confident about what you did, when you did, how exhaustive you felt at that moment.

White screen buttons are paired with the adjacent body buttons



Recording Activity: Ping Scenario



The watch will buzz 3 times

Recording Activity: Ping Scenario



Recording Activity: Ping Scenario



Practice: Pings

Activity: Answer the ping as if you've just finished an activity.

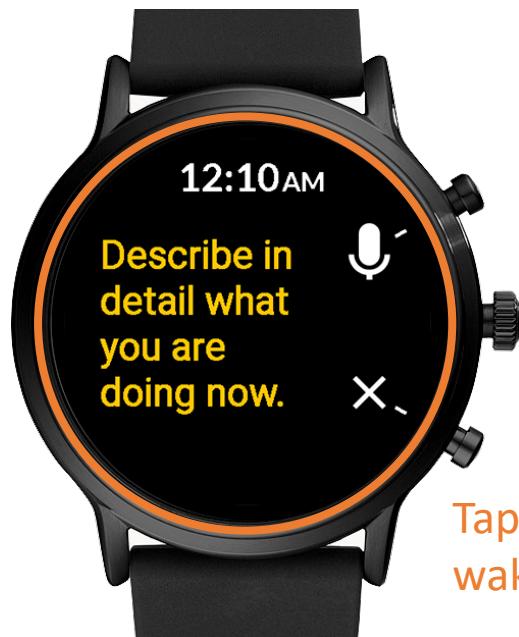
Remind: You can report at anytime



If you've done a **short-term physical activity** but did not get a ping during it, please report your activity manually.

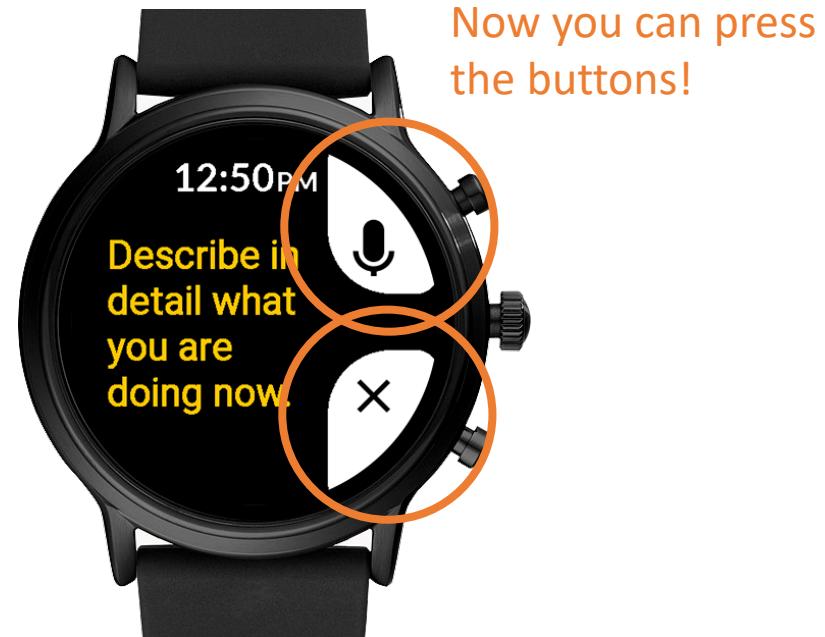
Waking Up the Screen

1. To use the screen button: Wake the screen to make the button white.
2. To use the button on the side: You don't have to wake the screen!



Tap anywhere to wake up the screen!

Sleep mode

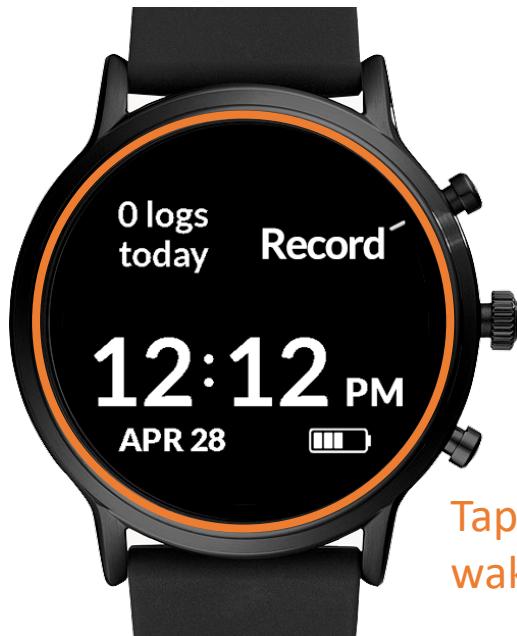


Now you can press the buttons!

Active mode

Waking Up the Screen

1. To use the screen button: Wake the screen to make the button white.
2. To use the button on the side: You don't have to wake the screen!



Sleep mode



Active mode

Practice: Manual

Activity: Record a recently finished activity.

Any Questions?

Do you feel confident recording voice activities?

Are you comfortable using the recording feature?

What's Next?

~~1. Briefing 1 – 45 minutes~~

~~Adaptation period~~

~~2. Briefing 2 – 1 hour~~

3. Data Collection – 7 day (Starting tomorrow)

4. Debriefing interview – 1 hour

During the data collection period..



Wear the smartwatch during the waking hours

Keep the ActivPal motion sensor attached to your leg

Submit verbal report as best as you can

Compensation for Gratitude

- Gift card (Amazon or Target) is provided after we get the study equipment returned
- Varying amount commensurate with participation
 - Complete two briefing calls: \$25
 - Data collection: \$10 for each day of compliance
 - You will get \$30 bonus if you win all seven days!
 - Debriefing interview: \$25

What does the ‘compliance’ mean by?

When you do both, you are cleared for the daily compliance.



Wear the smartwatch
at least 4 hours during the day



Keep the ActivPal motion
sensor attached to your leg
during the day

These are just minimum requirements for compensation!
We will be grateful for more engagement.

Study Dropout

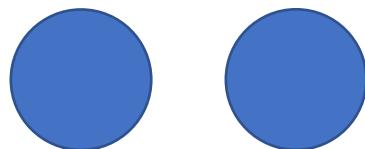
If you miss 3 days,

- ✓ We can't use your data as the amount is not sufficient.
- ✓ We will stop the data collection period and move to the debriefing interview.
- ✓ You won't get compensation for the days you completed.
- ✓ You can still get compensation for the interviews.

Please try to engage in the study for at least 5 days!

Compensation Examples

Briefing1 Briefing2



\$25



\$10 X 7 +\$30

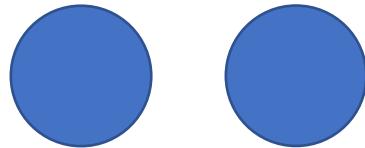
Debriefing



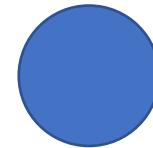
\$25

= \$150

Briefing1 Briefing2



Debriefing



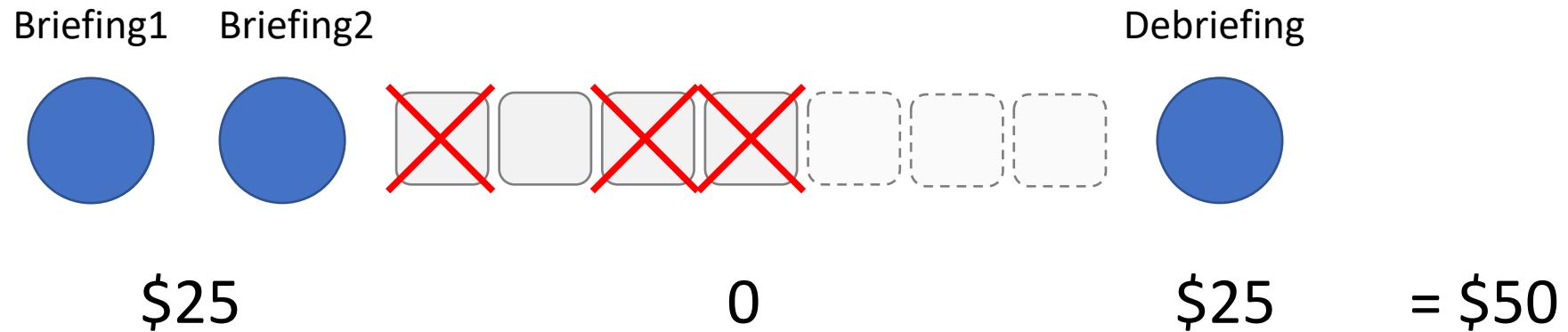
\$25

\$10 X 5

\$25

= \$100

Compensation Examples



You are all set!

Do you have any questions?

Contact the **MyMove** team
if you have any questions or concerns.