

Motivation User Test

Participant asked to drink 4 glasses of water and report that consumption back to researcher via SMS for the following consecutive 4 days.

Motivation Study A:

Require participant to fund \$10 at beginning of study and earn them back by being adherent.

Motivation Study B:

If they are adherent, researcher sends \$10 to participant.

Motivation Study C:

Require participant to select a reward they will give themselves upon successful completion of the study.

Results

Group	Participant No.	Day 1	Day 2	Day 3	Day 4	Total Cups	Potential	Adherence %
A	1	4	4	4	4	16	16	100.00%
A	2	4	4	4	4	16	16	100.00%
A	3	4	4	4	4	16	16	100.00%
B	4	4	4	2	0	10	16	62.50%
B	5	4	4	4	4	16	16	100.00%
B	6	0	4	4	3	11	16	68.75%
C	7	4	0	0	4	8	16	50.00%
C	8	0	4	4	4	12	16	75.00%
C	9	4	4	4	4	16	16	100.00%

Group Stats	Mean	Median
A	100.00%	100.00%
B	77.08%	68.75%
C	75.00%	75.00%