



Jin Nakazawa
Laboratory

ADLogger: Behavior Modification for ADL Time Management

WellComp

suke B4

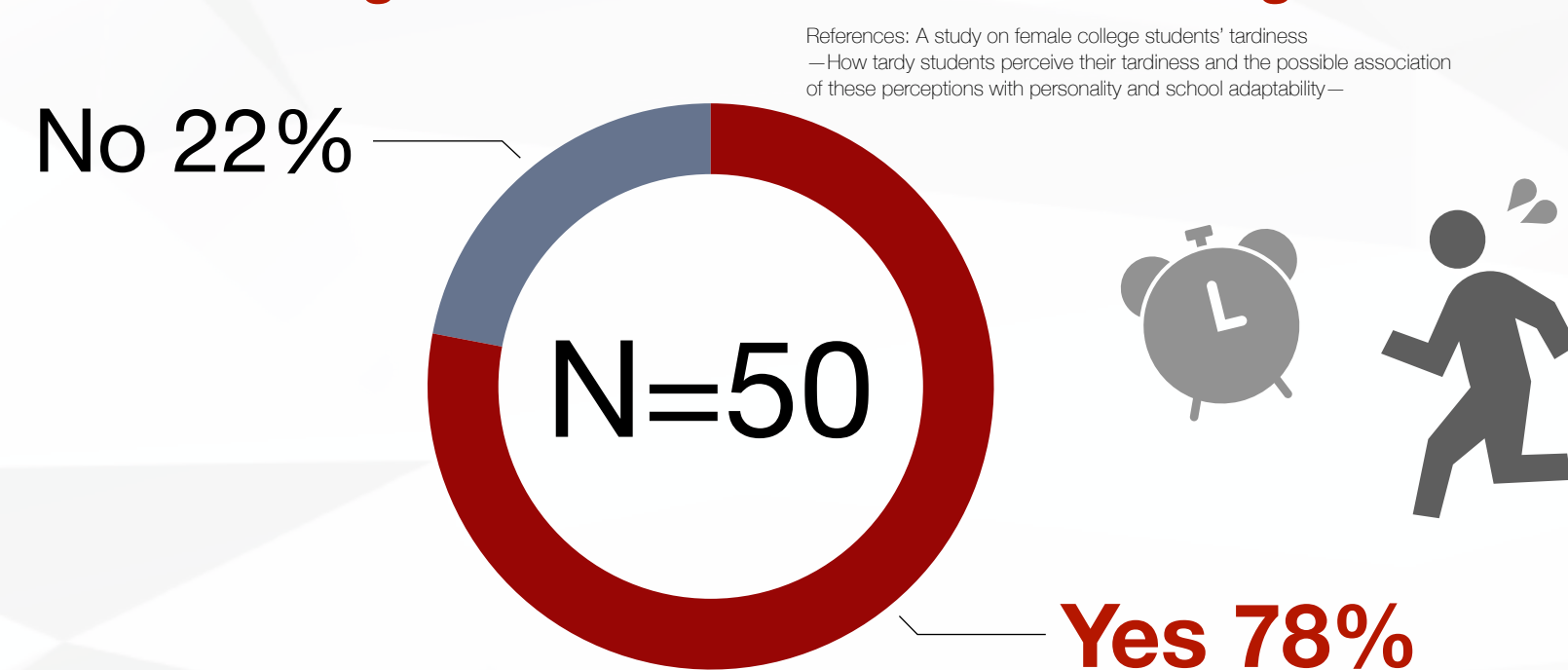
Mentor: shiba

Time management needs expect time for task and buffer correctly. “ADLogger” is the system that expect how much time you may spend to the task and define the accurate buffer according to your time log data. The research will evaluate the accuracy of subjects’ time prediction, and comparing subjects’ behavior before and after using the system.

Background

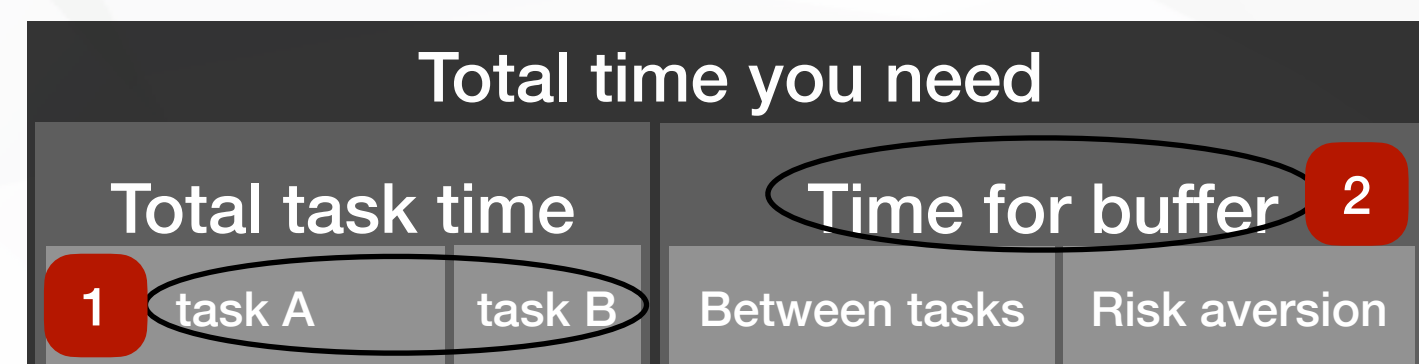
- Some people have problems with time management
- Lack of time management cause problems

Being late due to lack of time management



Problem

- Time management needs 2 factors
 - 1 Expect time for tasks correctly
 - 2 Make time for buffer
- It is difficult to manage these factors correctly



Motivation

- Improving time management through visualization

Approach

1. Definition of margin time for buffer

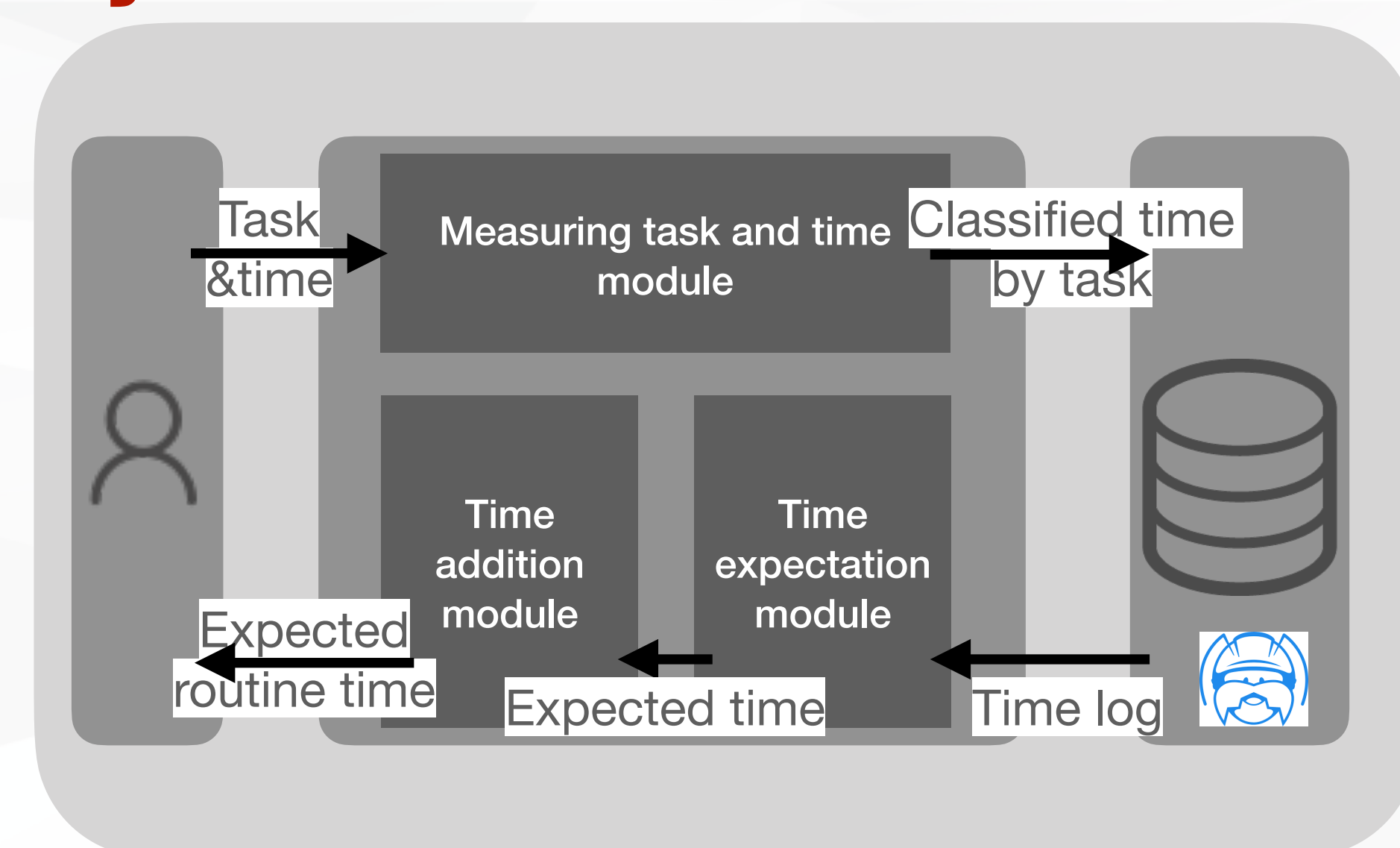
$$\sum_{i=1}^n (x_i - y_i) + a$$

n = number of tasks x = extended time y = average time a = buffer

2. Visualization using iOS app



System



Experiment & Evaluation

Experiment

- 10 subjects
- Measure time using the app
- Compare predicted time and measured time of tasks and buffer

Evaluation

- Classification using cluster analysis
- Compare how the subjects’ behavior changed because of using visualization
- Interview about the app