1) You had lots of nice ideas. Why did your team choose the posture app idea?

Because we had the right application and there is no other similar application. Nobody is actually paying attention about it.

2) What would be some main differences between your app and the similar movement apps that you?

Our is for posture and the other ones are for exercise and yoga.

3) Is the app something that you would use all the time or something you might use to train yourself, e.g. for a month?

Sometimes if you are confident that you can maintain the posture then it can be short term but you can check your back posture regularly.

4) Would the app be aimed at any particular group of people?

Mostly old people and people who work nonstop at the front of computers for a long time.

5) What else could the posture app do? (e.g. give information , give movement break reminders)

It can tell you exactly what is wrong and can have a notification system and can tell suggestions. Can take to wikipedia links for posture correction. Can verbally tell you when to take your microbreaks.

6) You mentioned red/green lights. Do you have ideas for other ways it could alert users?

Notification systems eg. buzzers and verbal feedback.

7) Who could promote the app so that more people knew about it? (e.g. GPs, schools, employers etc)

Some people who are interested eg. doctors so it can help to make their job easier.

8) what sort of research did you do to find out that time is the biggest constraint to movement?

We sent out to 200 people a google form and we got the result.