


These are the challenges that we created in Gamebus and completed during the experimenting week. We could not create the second challenge in Gamebus since we could not experiment for 4 weeks and didn't have an actual lottery. So we only did one challenge in Gamebus ourselves.



8000 steps a day  
Wandelen

**Wanneer?**

Vrijdag, 12/06 14:25

**Eigenschappen**




Stappen  
8001

**Spelers**

Rachèl Kuske

•



Glucose levels non diabetic before meal  
Bloedglucosemeting

**Wanneer?**

Vrijdag, 12/06 14:30

**Eigenschappen**



eAG mmol / l  
4.0

•



Glucose levels non diabetic 90 min after meal  
**Bloedglucosemeting**

**Wanneer?**

Vrijdag, 12/06 14:29

**Eigenschappen**



eAG mmol / l  
7,8



Drink 2 liters of water a day and no sugar  
**Drinkdagboek**

**Wanneer?**

Vrijdag, 12/06 14:31

**Eigenschappen**



Hoeveel glazen suiker drinkt u gemiddeld dagelijks?  
AV.0



Overall mood of the day  
**Registreer Emotie**

**Wanneer?**

Vrijdag, 12/06 14:32

**Eigenschappen**



Welke emotie wil je registreren?  
Opgewekt / uitgelaten



Max kcal per day male 19- 30 year old  
**Fitness**

**Wanneer?**

Vrijdag, 12/06 14:33

**Eigenschappen**



Kilo Calorieën  
2700



Max kcal per day female 19- 30 year old  
**Fitness**

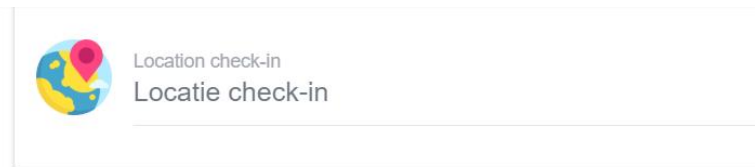
**Wanneer?**

Vrijdag, 12/06 14:33

**Eigenschappen**



Kilo Calorieën  
2000



Wanneer?

Vrijdag, 12/06 14:34

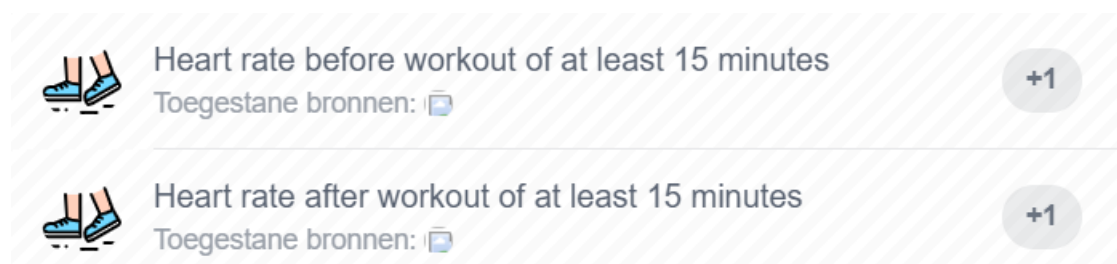
Eigenschappen



Locatie



This challenge was created to see differences in improvement from people in a city compared to people in a village or country side, this can be useful for further research. This is also useful for the user since they can see when they are the happiest and healthiest.



We could not complete this challenge ourselves since we did not have the wearables to do so. With this challenge we wanted the users to workout for at least 15 minutes a day. By checking their heart rate before and after we could see if they actually did a workout.