thinking about food intake

FACTORS INFLUENCING FOOD INTAKE

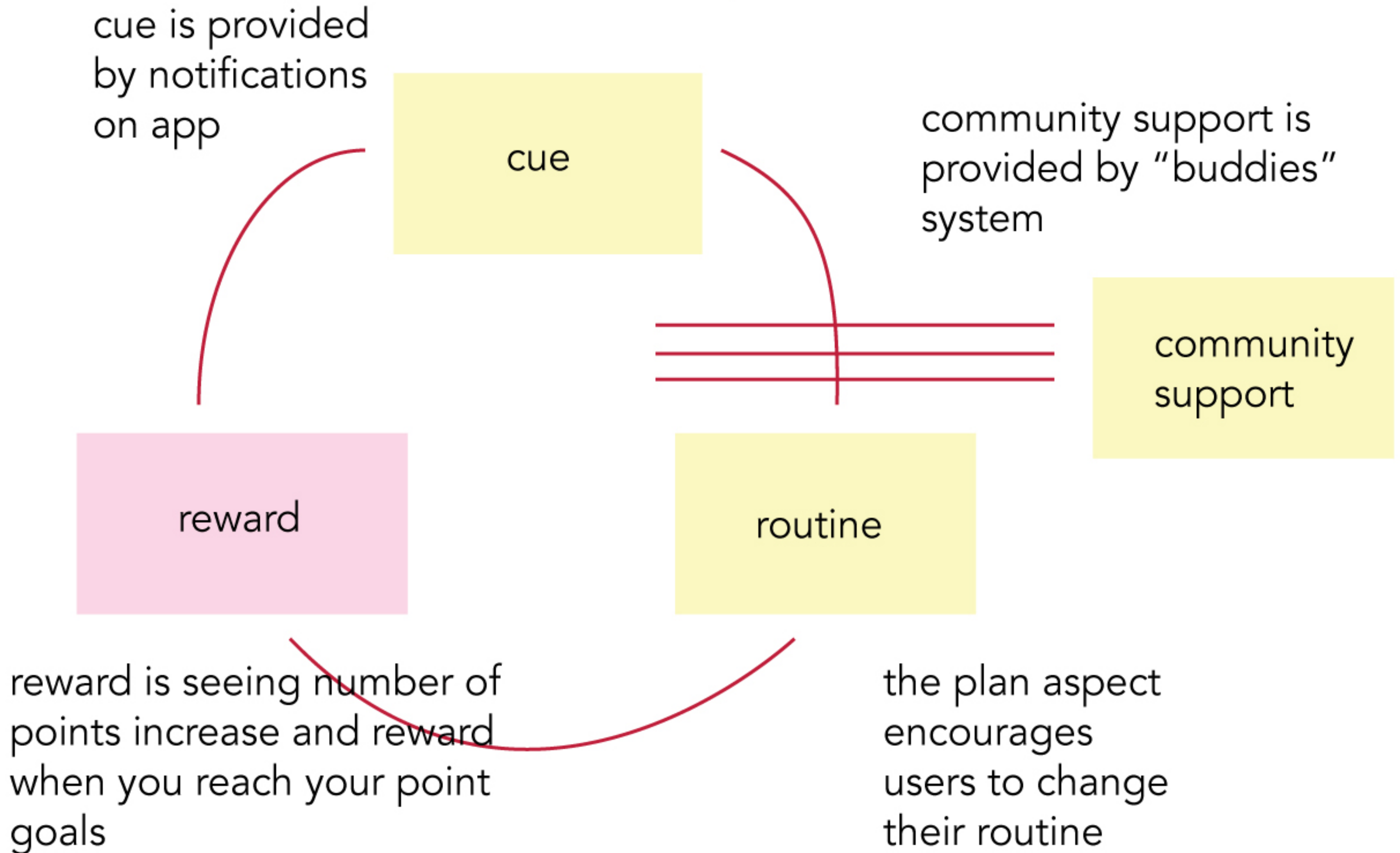EFFECTS OF THOSE FACTORS

Cultural influence

mental and phyical health

external pressures

quality of food

economics/ money for food

sleeping habits

eating alone vs. with people

how often you eat

emotional well being

exercise habits

nutrition

quantity of food
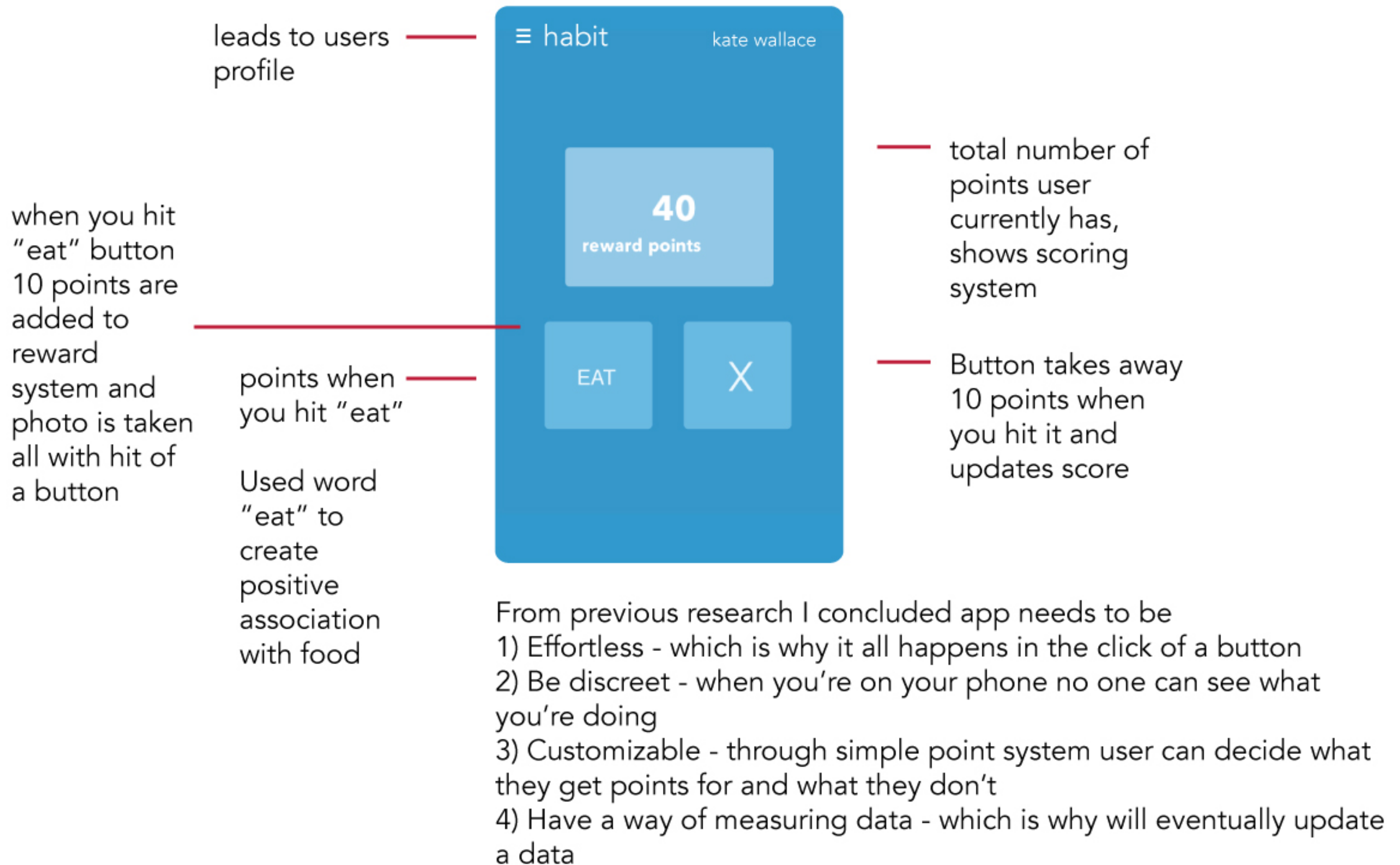
mental and phyiscal health
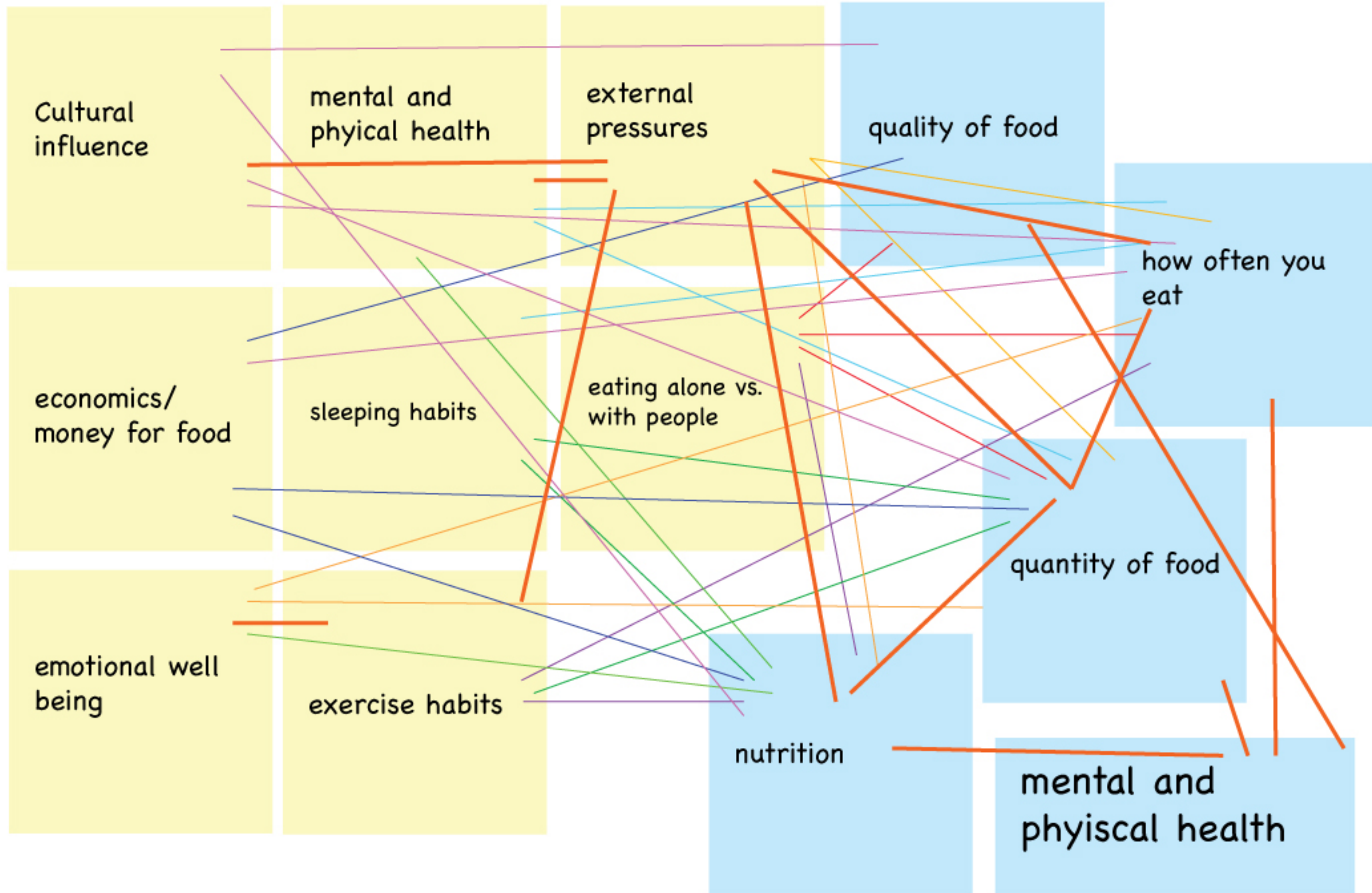
METHODS TESTED	Taking photos of food intake	Entering on phone through diet app	Writing down on paper in list format	Worksheets filled out at the end of the day
PROS AND CONS OF TESTED METHODS	Doesn't seem hard to people	A lot of work	Awkward to do in front of people	Hard to remember how you felt/what you did that day
	Hard to remember to do it everytime you eat	Can't customize	Hard to remember to do	Hard for user to gain data, has to be analyzed somehow
	When you snap photos mixes in with all your other photos	Reminders were helpful	Easy to customize	Can do alone and not in front of people
			Hard to draw data from this	Easier to remember becuase you do at same time
WHAT PROJECT MUST INCLUDE	Help people remember to record	Minimal effort required	Discreet	User is able to customize

cue is provided
by notifications
on app

cue

community support is
provided by "buddies"
system

community
support

reward

routine

reward is seeing number of
points increase and reward
when you reach your point
goals

the plan aspect
encourages
users to change
their routine

leads to users profile

when you hit "eat" button 10 points are added to reward system and photo is taken all with hit of a button

points when you hit "eat"

Used word "eat" to create positive association with food

habit

kate wallace

40
reward points

EAT

X

total number of points user currently has, shows scoring system

Button takes away 10 points when you hit it and updates score

From previous research I concluded app needs to be
1) Effortless - which is why it all happens in the click of a button
2) Be discreet - when you're on your phone no one can see what you're doing
3) Customizable - through simple point system user can decide what they get points for and what they don't
4) Have a way of measuring data - which is why will eventually update a data

getting photos to save separately, ie. not all saving over each other

getting it to take photo of food not screenshot

getting it on phone processing app? export android?

Saving to google doc

need to use epoch

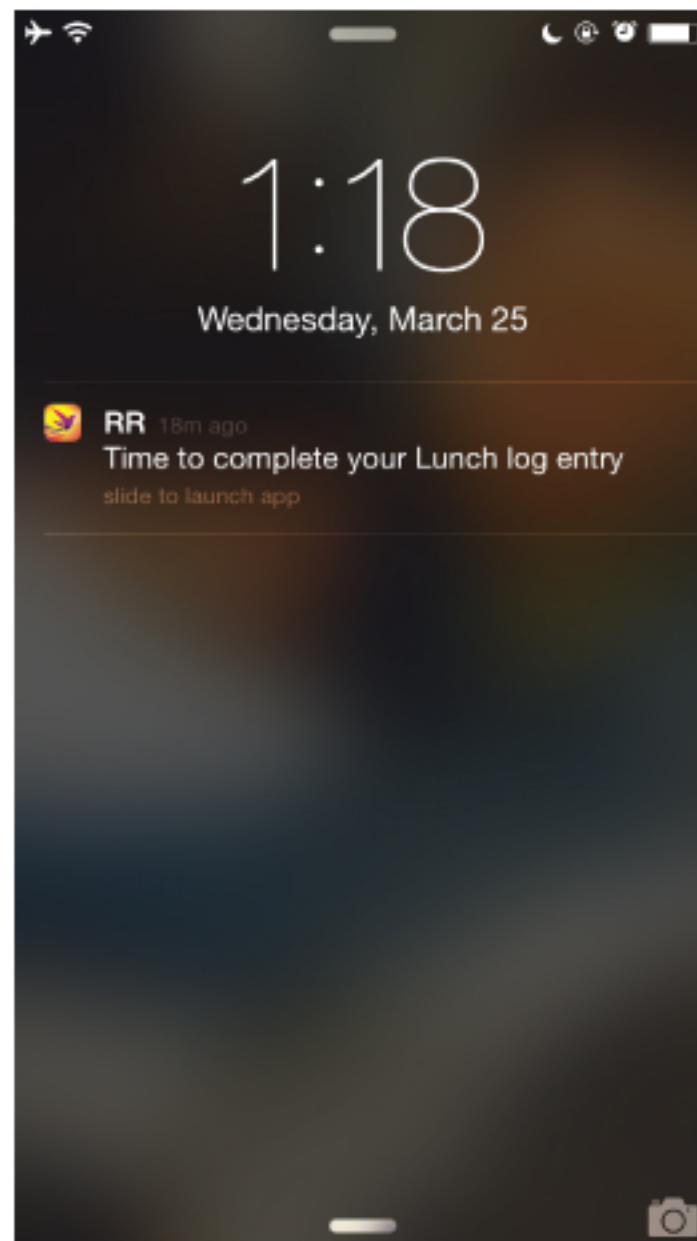fixed using library but will that work on mobile?

tried exporting for android feature but wouldn't work on my phone, problems with running on processing app on IOS

still need to work on adding this so easier to import into another processing sketch for visualization

will have to address once decided how to put on mobile device

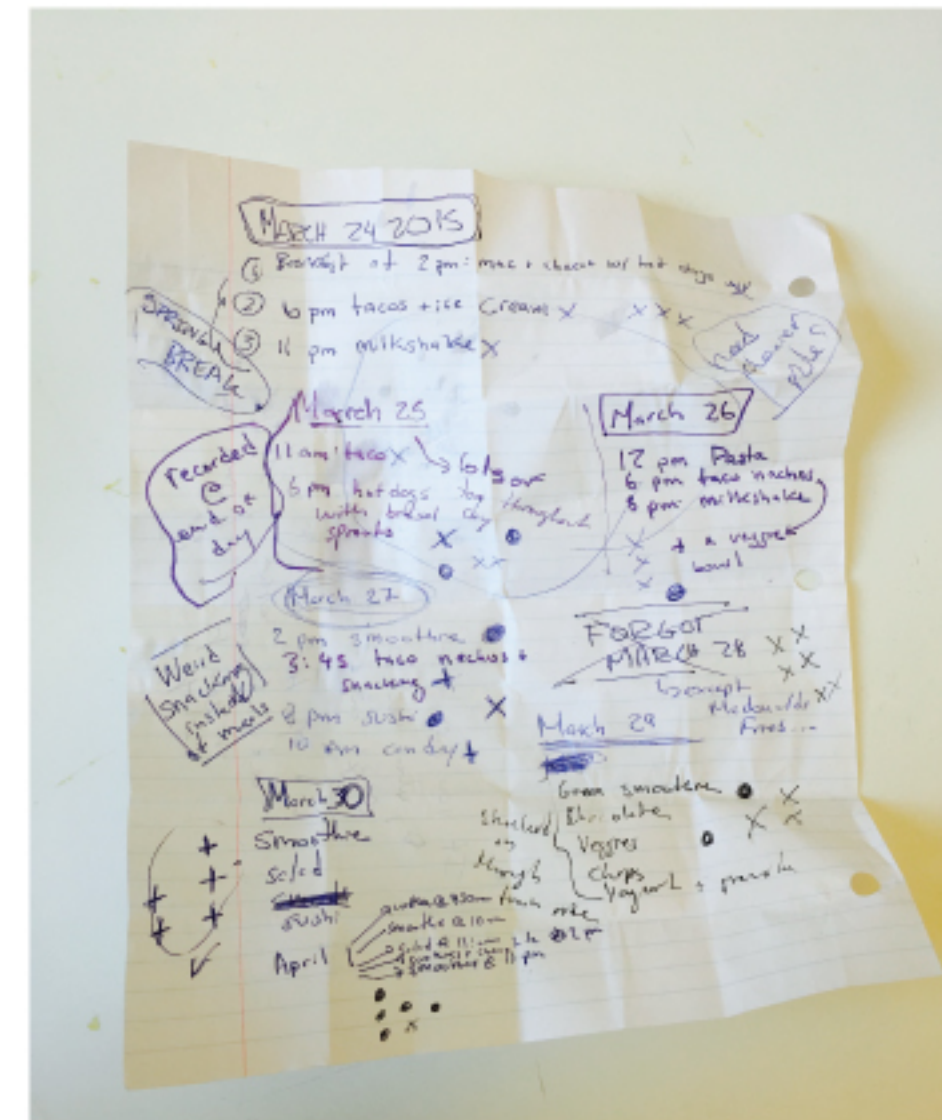using another app's reminders

taking photos

recording on paper

Records made from app, made everytime user clicks

mouseClicks ☆ 📁
File Edit View Insert Format Data Tools

fx | currentTime

	A	B
1	currentTime	mouseX
2	3/26/2015 17:38:50	10
3	3/26/2015 17:40:04	10
4	3/26/2015 17:41:10	10
5	3/26/2015 17:46:41	-10
6	3/30/2015 13:25:47	10
7	3/30/2015 13:27:26	20
8	4/1/2015 21:05:54	10
9	4/2/2015 11:47:06	10
10	4/2/2015 11:47:38	10
11	4/2/2015 11:47:46	20
12	4/2/2015 11:47:53	30
13	4/2/2015 11:48:00	40

Records I created to test methods, entered every night

Recording Points ☆ 📁
File Edit View Insert Format Data Tools

fx |

	A	B	C
1	Date	Points	
2	3/24/2015	-60	
3	3/25/2015	-10	
4	3/26/2015	-30	
5	3/27/2015	40	
6	3/28/2015	-20	
7	3/29/2015	60	
8	3/30/2015	70	
9	3/31/2015	50	
10	4/1/2015	90	
11			
12			
13			

Concluded that it is more motivating when score is changed everytime you break or follow your plan, therefore app is more effectvie than manually writing down points and adding together later.

reminders

I don't eat regularly enough

taking photos

I am more likely to take photos of food I made

or food that looks pretty

never photograph little snacks

recording on paper

writing down actual food intake is the worst

writing down point + or point - is easy

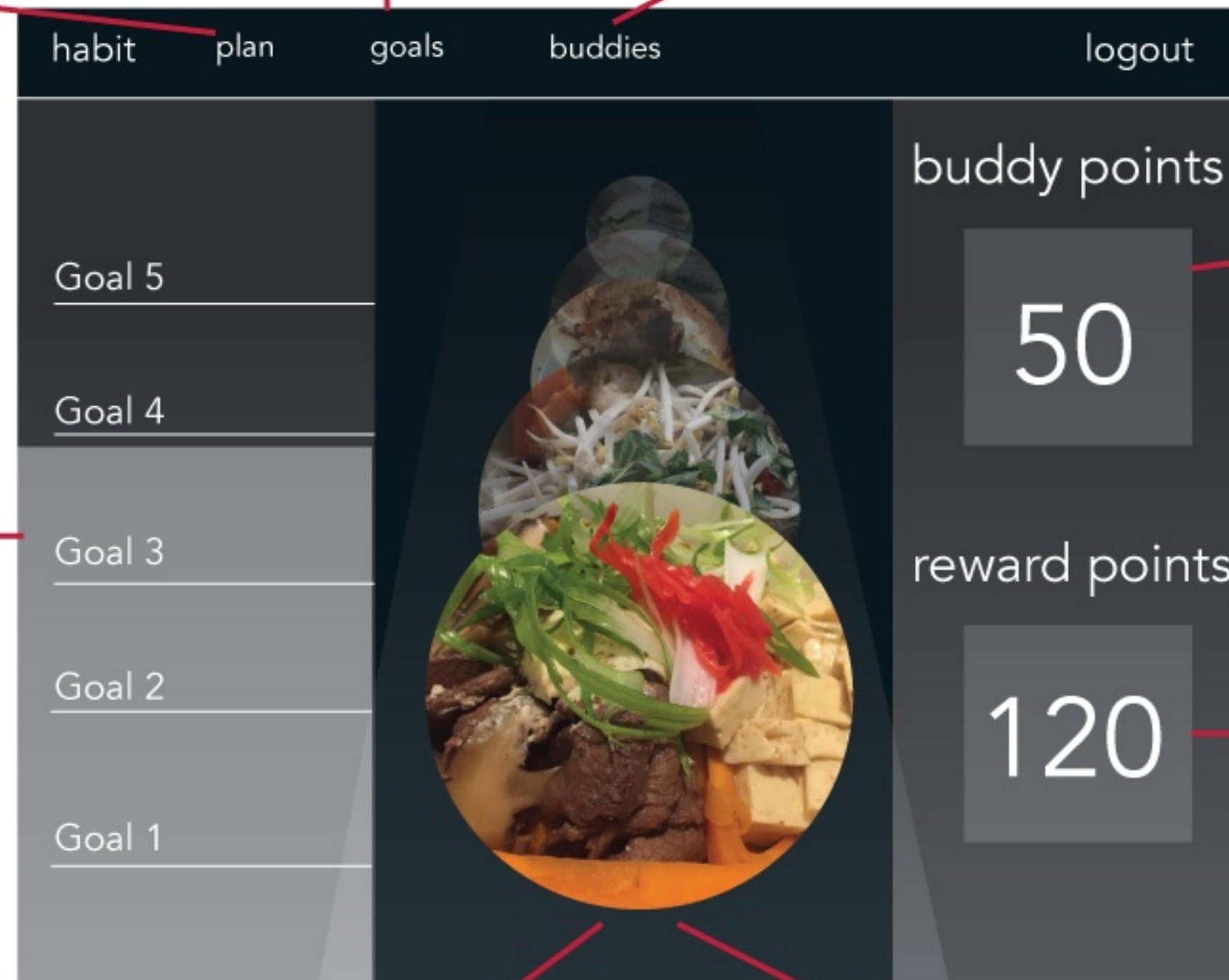**google spreadsheet**

way more effective when continuously updated

Determine your own game plan, making app fully customizable

Choose what you focus on, whether its eating healthy or eating 3 meals a day , ect.

Users can connect with friends on platform

Goals achieved and goals to be reached displayed visually to remind user all the hard work they've put in is paying off and how close they are to next reward

habit   plan   goals   buddies   logout

Goal 5

Goal 4

Goal 3

Goal 2

Goal 1

buddy points

50

reward points

120

Having a buddy system provides the support user needs to stick with program

Reward system is numbers basede because it will change focus from number on a scale to number representing other things you want, creating healthier focus

Pictures serve as easy way to record food intake

Your "buddies" can award you points based on your photos to keep you on track