Mark | Sedentary Create a Habit Offer feeature suggestions catered to the behavior UP should encourage paired with an insight or encouragement: including idle alerts, activity alerts, or reminders.

Adaptive goal setting through Course Correct TIW

through Course Correct TIV & Push On TIW

At the right opportunity offer TIW to create bursts of behavior change. UP helps the user get started through the Course Correct TIW. When on a trend of goal achievement, UP helps user achieve through the Push On TIW. Both Course Correct and Push On TIW work to help users test drive a goal. When the calibrated goal is found, reset to that goal.

Reveal My Progress

Provide encouraging miletones by celebarting positive trends instead of achievements. This could include: trending upwards on goal achievement, lowering idle times, highest goal achievement ever, furthest distance walked.

Contextualize my Moments

Help users contextualize move and sleep moments so that they can associate those moments of activity with goal achieve-

"Your daily midday walk has been helping you achieve 50% of your daily step goal.

Sleep Goal Move Goal Workouts this Week Consecutive workouts of one type	DAY 1 Move 30% Previous week avg success <30%. Add on slow track. na 1F 0 0	moment and quantify its contribution to goal percentage na 2F 0 0	DAY 3 Move 40% 3X failure trigger COURSE CORRECT TIW = avg TIW + 10 na 3F 0 0	DAY 4 Move 41% na 4F 0 0	DAY 5 Move 42% na 5F 0 0	DAY 6 Move 60% If 3 successive Course Correct TIW success, offer goal change to TIW +10 Acknowledge >2x % achievement. na 6F 0 0	DAY 7 Move 100% If Monday after >4F, then offer goal change to average goal Acknowledge turn around. na 1S 0	DAY 8 Move 100% na 2S 0 0	DAY 9 Move 100% 3X success trigger COURSE CORRECT TIW = avg TIW + 10 Achievement 3 day streak. na 3S 0 0	DAY 10 Move 101% na 4S 0 0	DAY 11 Move 102% na 5S 0 0	DAY 12 Move 105% na 6S 0 0	DAY 13 Move 120% If 3 successive Push Foward TIW or 7X success, offer goal change to last succesful goal. na 7S 0 0	DAY 14 Move 150% na 8S 0 0
	ROUTINES AND ADJUSTME	ENIS												
	ROUTINE: CREATE HABIT THROUGH IDLE ALERT	REFLECTION: CONTEXTUALIZE MOMENTS	RECOVERY ROUTINE: COURSE CORRECT TIW			ROUTINE: COURSE CORRECT GOAL ADJUST	ROUTINE: FRESH START GOAL ADJUST		ROUTINE: PUSH FORWARD TIW		REFLECTIONS		PUSH FORWARD GOAL ADJUST	
9 AM NOON	What can your UP band serve you best with? Get Moving Weight Loss Sleep Problems Habit Intelligence SUBMIT	Is this your workplace? Y N 1245-130 pm Walk around 99 Rh Is TODAY	Today i will Take 4147 Steps today. Harness that energy boost and get on your feet today! Not today 7:00 - 7:15 am Walk arouns Wasonic	Moving UP It's On! You will take 4147 Steps today. Harness that energy boost and get on your feet today! See your progress 7:00 - 7:15 am Walk around 1201 Masonic	5000 step victory Success! All that stepping has you primed for a sound snooze. See how you did No thanks CHANGE GOAL TOMORROW 12:45- 1:00 pm Mid-day walk work 99 n de teland 1	3 day streak of TIW?	You've been great at attaining your 4,500 step count all week. Mondays are a great time to set some goals. Would you like to set this as your goal for the week?" N Yes, set my move goal to 4500> 7:00 - 7:15 am Walk arouncy 201 Masonic X Change Goals	Hooray! You achieved 100% of your step goal today. You're well on your way to you' 3 day streak. Keep steppin' to 3 day streak success. Not today 12:00- 1:00 Mid-day walk at work	Today I will You averaged 5,309 steps per day at a 5% day over day increase. You're well on your way to take 6,250 steps today. Not today You did it! You just hit 3-day streak		Hooray! You've made great strides this month. This month is your most active yet with 10,576 steps. And you've upped your average by 30% with an average of 6,890 steps. Learn more>		Today I will You've been great at attaining a 6500 step count all week. With your seven day streak, it looks like you're ready for an upgrade. Would you like to set this as your new goal? N Yes, set my move goal to 6500> You did it! You just hit to you have a streak	
6 PM	Want to get energized for your work week? Your idle times over last week were 92m. Do you want to set up an idle alert for 75m to get you on your feet? N Set my 75 min idle alert > X Idle Alert	You've walked this route 3X this week and you always get a 30% boost toward your step goal when you do this. 12:45- 1:00 pm Mid-day walk at work 12:45- 1:00 pm Mid-day walk at work 13:45- 1:00 pm Mid-day walk at work 14:45- 1:00 pm Mid-day walk at work 15:50- 15:	UP now 5000 step victory! Do it again tomorrow? slide to view TODAY	You're a model of consistency. Your average idle time has gone down 10% to 60 minutes and your steps have gone up 3400. show that the	September Source 19 1791 35 - Bottom of the Add Co	You've been great at attaining your 4,500 step goal all week. Better tuned goals help you achieve more. Set your step goal to this? N Yes, set my move goal to 4500> 7:00 - 7:15 am Walk around 1201 Masonic TODAY	Move 4,500 steps TODAY		Nice turn around! Nice job! You are on your way to stepping success. You've met 100% of your step goa!! 12:00-1:00 Mid-day walk at work		Jawbone Your activity progress You've been hitting 80% of your goals this month. You've increased your average from 2000 to 6000. You've walked across Rhode Island with 49039 steps.			
MIDNIGHT	When Inactive for 75 min Start time 9 pm End time 5 pm Nice you're on your way to 30% of your move goal 12:45-1:00 pm Walk around 99 Rh Is		5000 step victory Success! All that stepping has you primed for a sound snooze. See how you did No thanks CHANCE GOAL TOMORROW Mid-day walk work 12-45-1-00 pm Mid-day walk work 13-36-1-1-10 pm Mid-day walk work	5000 step victory Success All that stepping has you primed for a sound snooze. See how you did No thanks CHANGE GOAL TOMOBROW 12.45-1-00 pm Mid-day walks: Work **Seassillow** **Seassill		Were you at Mt. Diablo open space preserve? Y N Your Mount Diablo walk has helped you boost your steps 2X greater than average" 12:45-1:00 pm Mount diablo walk	Nice turn aroundl Nice job! You are on your way to stepping success. You've met 100% of your step goal! 12:00-1:00 Mid-day walk at work		6250 step victory Success! All that stepping has you primed for a sound snooze. See how you did No thanks CHAMCE GOAL TOMORROW 12:45:-1:00 pm Mid-day walk at work Work 13:45:-1:00 pm Mid-day walk at work					