

UbiFit Garden:

Technology to encourage physical activity

UbiFit Garden explores how on-body sensing and personal displays can encourage people to incorporate physical activity into everyday life.

- Physical activities are inferred from on-body sensors with the Intel Mobile Sensing Platform (MSP)
- A mobile journal allows the individual to add activities that the MSP does not infer, as well as edit & annotate inferred activities



The MSP infers walking, running, cycling, elliptical trainer, & stair machine



The individual journals activities such as yoga, weight training, & swimming

- As the individual performs activities, a garden blooms on his/her mobile phone, providing key information at-a-glance, such as:

- if s/he is having an active or inactive week
- has incorporated variety into his/her routine
- has met his/her weekly goal, and
- has met his/her goal recently



cardio



walk



strength



goal met



flexibility



recent goal met

