

## Individual Homework #5 – Idea to Low-fidelity storyboarding

### Spread-more & Do-more

- People in offices like to sit more often than not.
- This is true even if they want to walk more.
- What if it is not up to them to decide this?
- What if something external decides when these people should walk or sit?
- Maybe this idea, be more successful if there is a team effort.
- There would be more participation and motivation if there exists a social pressure.
- Proposal: An application desktop or mobile or web based that takes a list of friends or colleagues who work in the same office, and are in the same team.
- The app would take another list of activities that the current user has to do for that day.
- The app would take these two lists and do a random miss-match. So now all the user's tasks are associated with his colleagues.
- The idea is to perform that task in the associated colleague's desk or office and that colleague would also do the same.
- In this way not only the current user is getting his dose of physical activity, every person in the list involved in the beginning, gets their dose of walking.
- In this way, as a team, people in a common place can together spend less time sitting and more time standing and walking.

### Constraints

- The algorithm to perform the matching would fairly simple, It would be efficient if the tasks distributed are far from each other, so there is considerable amount of walking.
- The people getting involved must follow the exercise, because if one person fails to do so, there would be lots of conflict and overlapping.

- The tasks usually work better if the people are working on computers, otherwise if you are using a specific hardware, it would be hard to spread it.