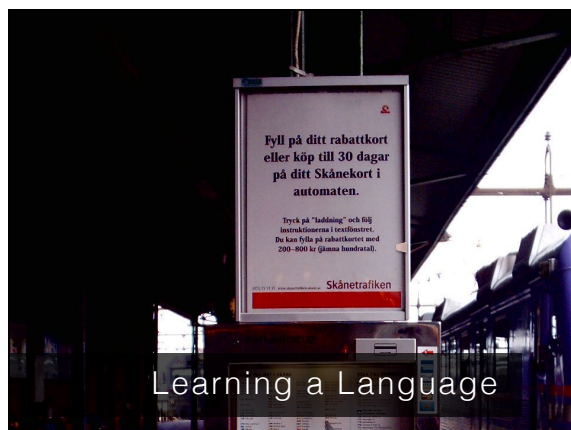
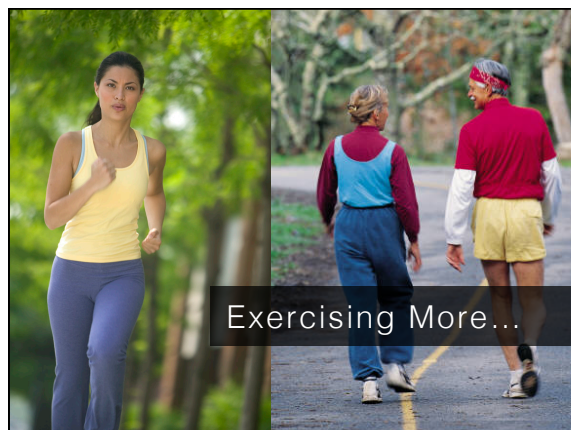
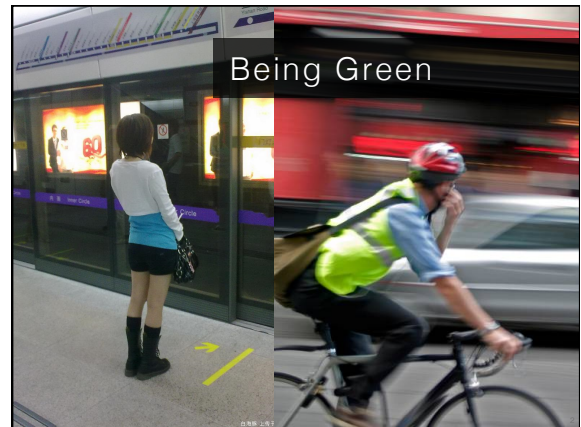
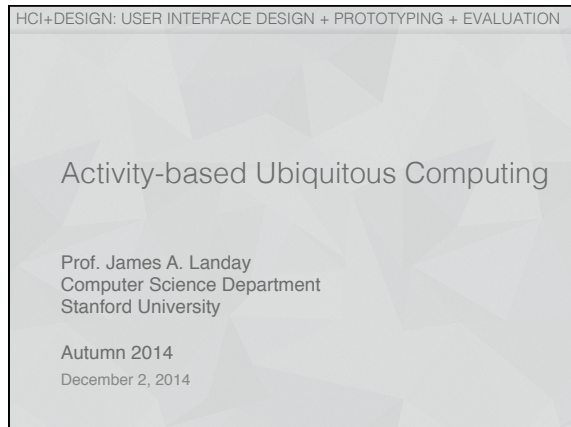
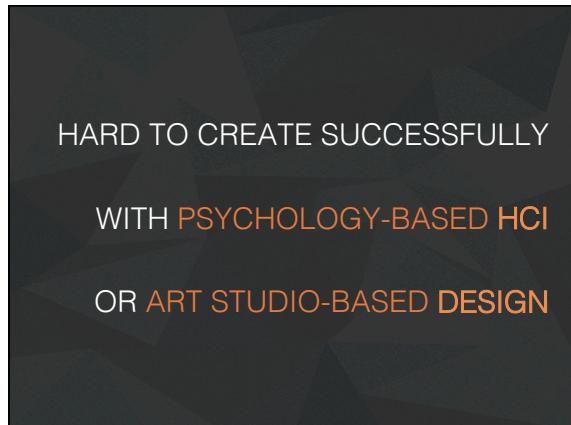


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**UBIFIT**  
 Activity-based Application

Consolvo, McDonald, Landay ...



**Problem:** obesity a global epidemic  
 have hard time fitting exercise into lives

**Solution:** ambient feedback of activity  
 uses both self-journaling & inference




**Evaluation:** 3 months w/ 28 participants  
 19 participants w/ garden maintained activity &  
 saw **no decrease** over holidays

CHI 2008, UbiComp 2008, CHI 2009

**UbiFit Lessons Learned**  
 Over 2 Years of Development & Testing

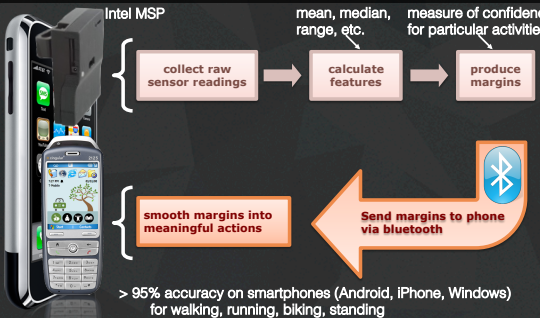
- Activity inference difficult
  - to collect data for, train, & tune
- Design → coded system = BAD!
  - hard to change & iterate
- Evaluation time consuming
  - 2 full time researchers
- Left “mass of data on the table”
  - no easy way to understand

**Activity-based UbiComp**  
 Key Challenges & New Ideas

-  Physical actions are tedious to record & manage  
 Build applications using **action inference**
-  Must study *in situ* over extended periods  
 Use **new methods & tools** to improve data collection, analysis & application prototyping
-  Natural interactions are ambiguous  
 Improve **disambiguation** using dynamic context

**Robust Action Inference:**  
 Human Actions from Motion

Choudhury, Lester, Borriello, Landay, Fogarty, Saponas...



Intel MSP

collect raw sensor readings → calculate features (mean, median, range, etc.) → produce margins (measure of confidence for particular activities)

smooth margins into meaningful actions

Send margins to phone via bluetooth

> 95% accuracy on smartphones (Android, iPhone, Windows) for walking, running, biking, standing




IEEE Pervasive Computing, 7(2), 2008



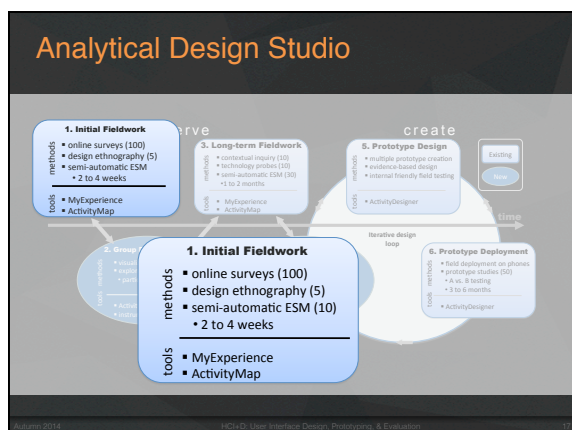
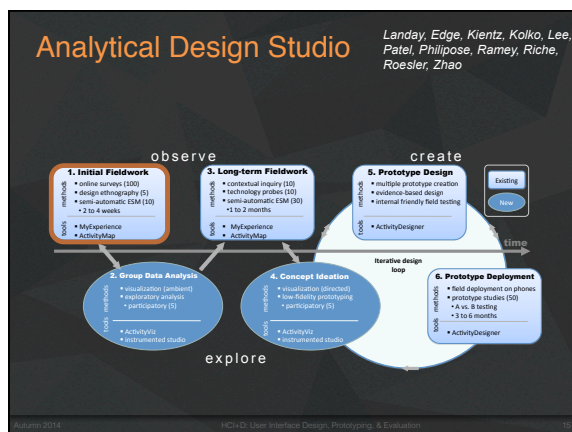
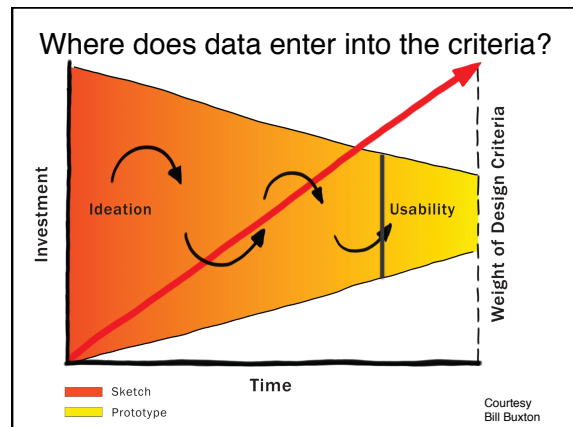
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## Activity-based UbiComp Key Challenges & New Ideas

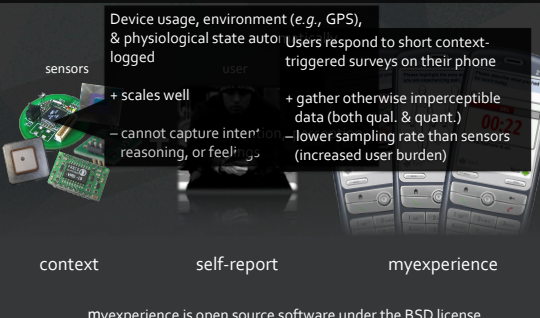
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### the myexperience tool

<http://myexperience.sourceforge.net>



Device usage, environment (e.g., GPS), & physiological state automatically logged

Users respond to short context-triggered surveys on their phone

- + scales well
- + gather otherwise imperceptible data (both qual. & quant.)
- cannot capture intent, reasoning, or feelings
- lower sampling rate than sensors (increased user burden)

context      self-report      myexperience

myexperience is open source software under the BSD license

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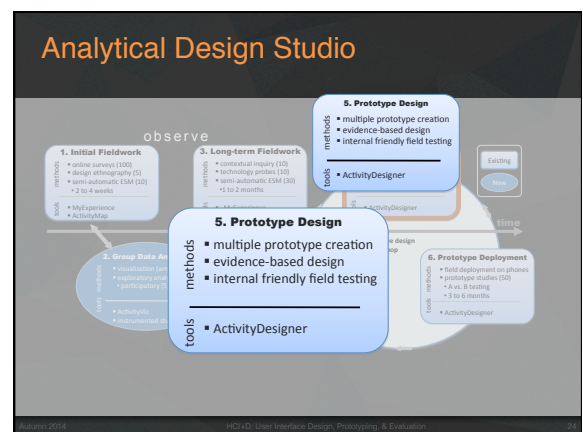
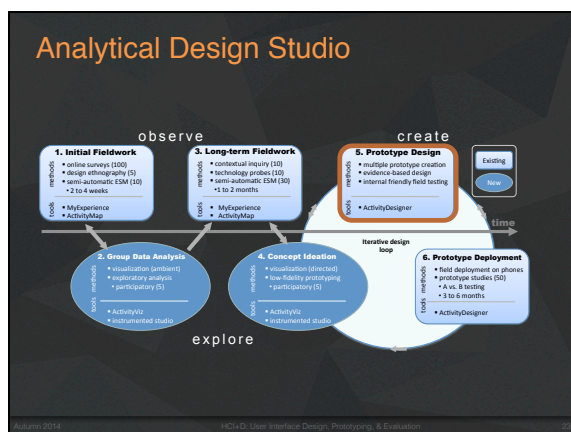
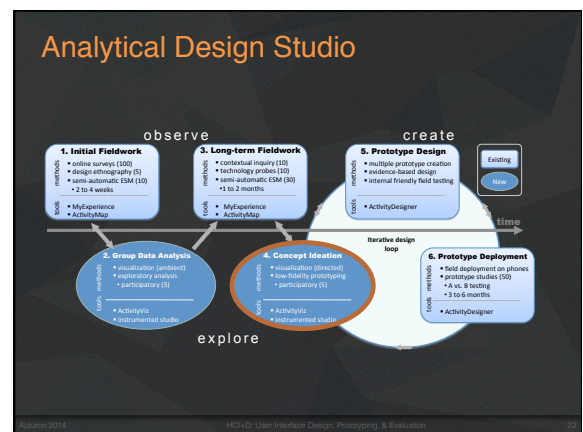
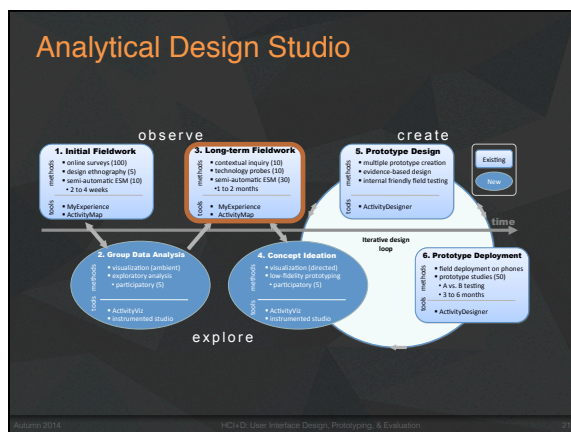
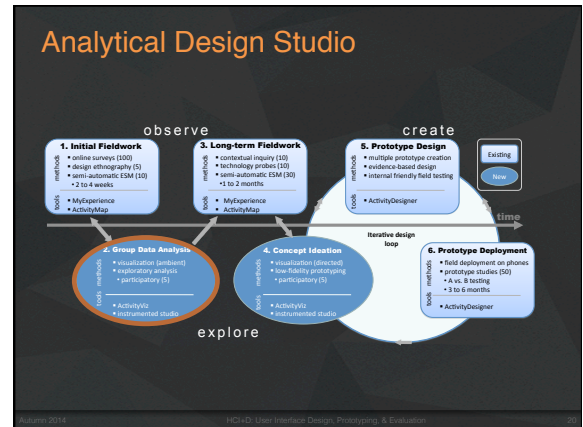
**MyExperience**  
*Context-triggered ESM Tool*

Froehlich, Chen, Landay

Example Triggers:  
Action == "Walking"  
PhoneStationary5min == true  
PlaceState == "Home"

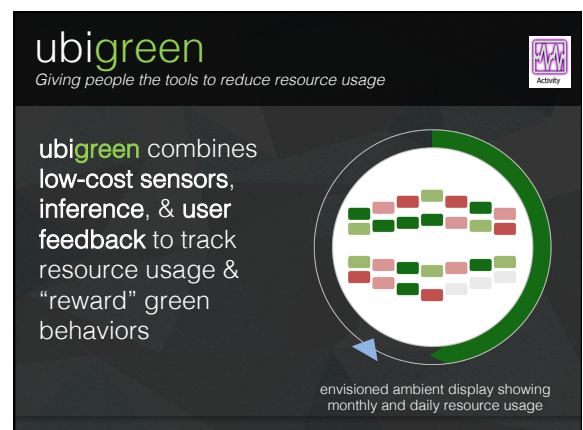
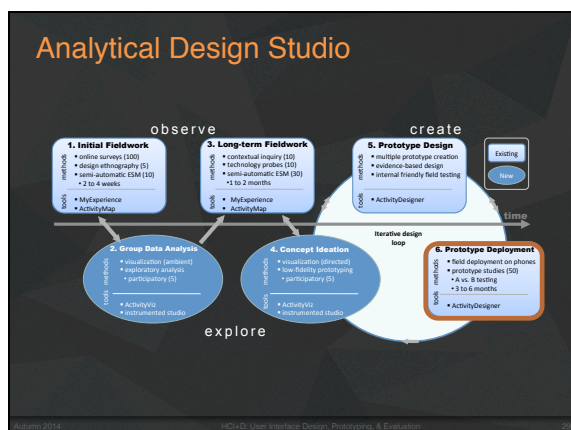
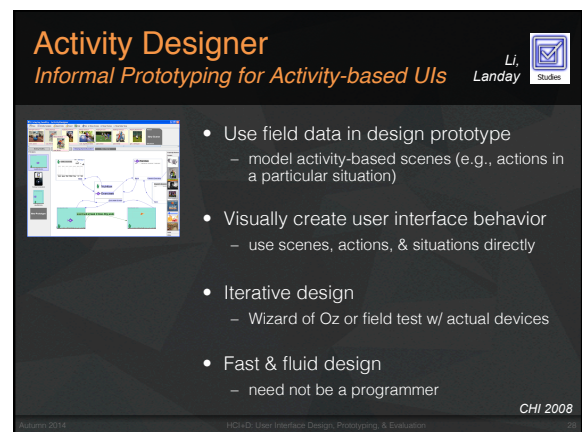
Example Actions:  
SurveyAction  
ScreenshotAction  
LogAction

MobiSys 2007





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behavior change techniques

goal-setting

information prompts  
comparison  
commitment  
incentives  
feedback

1. directs attention
2. has energizing function
3. affects persistence

Locke & Latham, *American Psychologist*, 2002

ubigreen  
TRANSPORTATION DISPLAY

Frøehlich, Dillman, Klasnja, Consolvo, Harrison, Mankoff, Landay

senses transit behavior via mobile phone

ambient imagery on phone  
rewards green transit

CHI 2009

ubigreen ESM study

ubigreen design

current ubigreen phone images

MARCH 2008 field study

RESEARCH PARTICIPANTS

ubigreen transportation display

Prototyped in 3 days  
 - 4 weeks for final system  
 - two versions - easy w/ AD

Pilot field study  
 - 12 in Seattle/Pittsburgh  
 - ran prototype for 2-4 weeks

Results  
 - many wanted to keep using  
 - saw some behavior "change"  
 - liked unfolding story



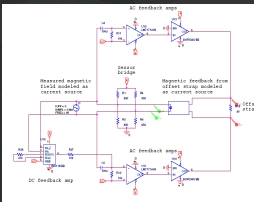
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**ubigreen**  
HOME ENERGY SENSING

senses **any appliance**  
& associated current  
used **anywhere** in  
entire home

uses 2 low-cost sensors

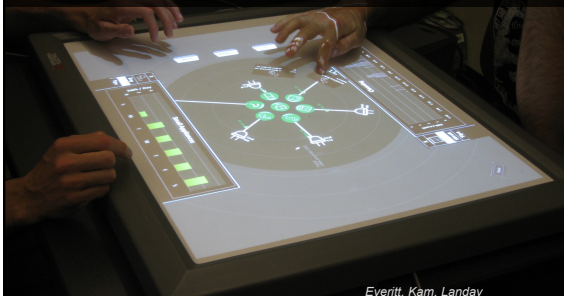
- one at a single outlet
- one attached to outside of breaker box



contact-less current sensor

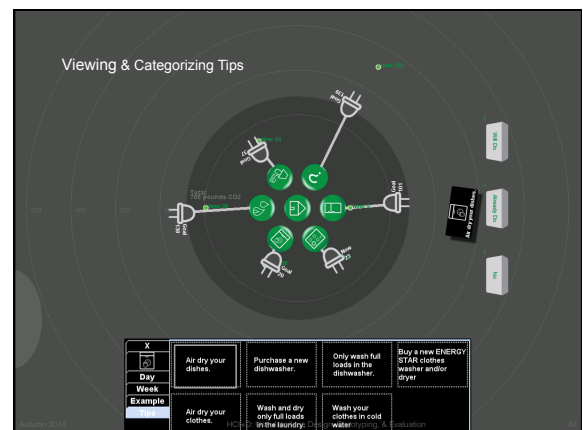
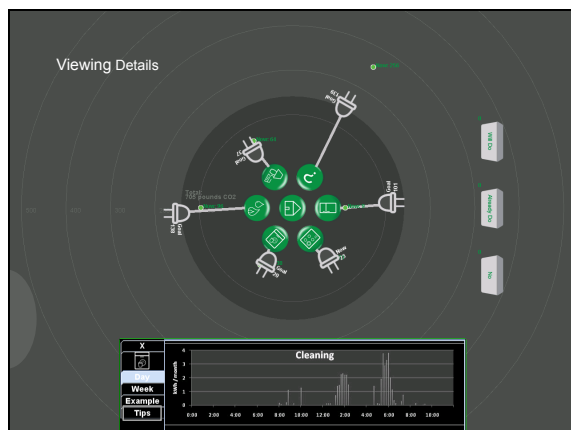
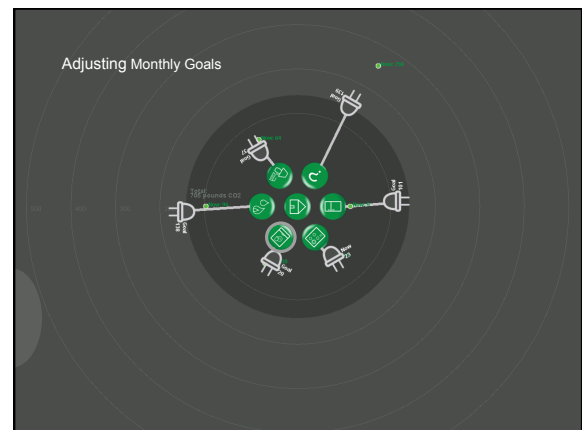
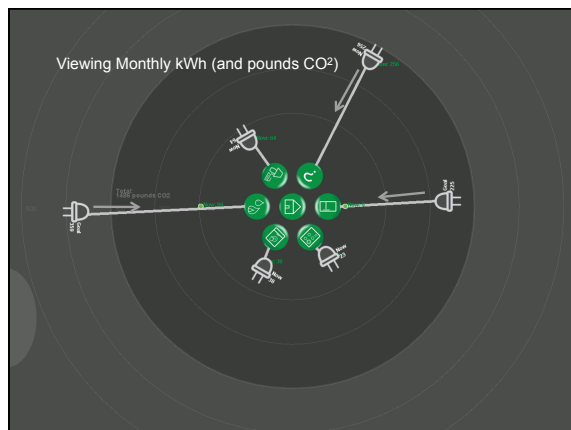
UbiComp 2008

**ubigreen**  
HOME ENERGY TABLE



Everitt, Kam, Landay  
IEEE Pervasive Vol 11 No 3, 2012

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**ubigreen**  
 HOME WATER SENSING

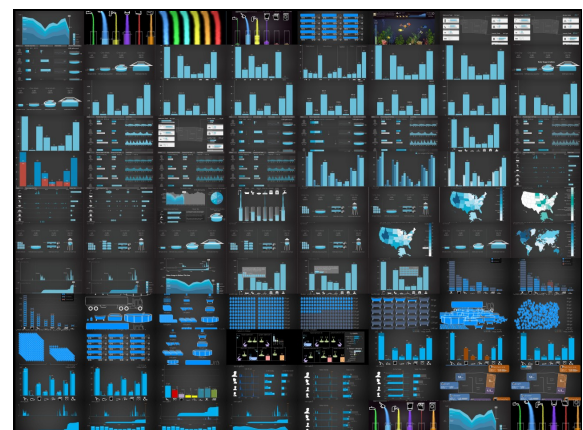
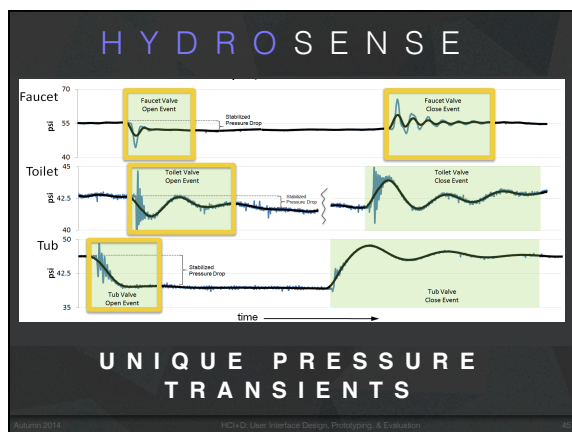
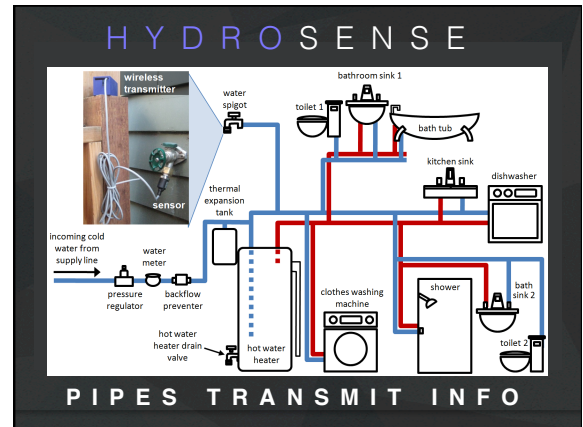
Frøehlich, Fogarty, Patel

senses **flow & fixture-level activity** (e.g., particular toilet, dishwasher) using **easy-to-install** sensors

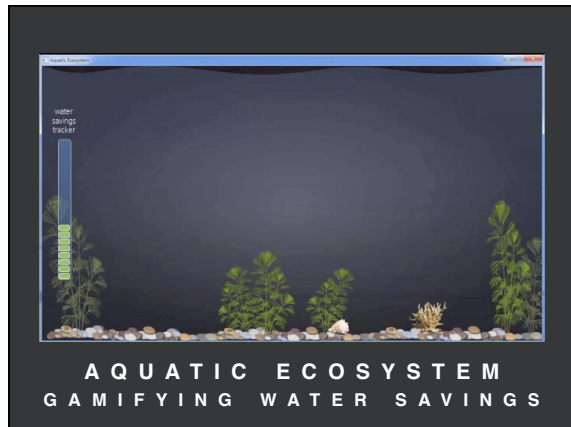
- installed at a single point



UbiComp 2009, Pervasive 2011







### Administrivia




- Midterm almost graded (Thur at latest)
- Pitch slide & poster due tonight
  - CA will give quick feedback so you can revise
  - put both on your web site
- Thur/Fri studio
  - present pitch (revise for evening)
  - demo app
- Fri Project Fair
  - 90 guests RSVPd (2/3 industry)
  - arrive 10 minutes early if pitching to line up
  - dress appropriately
- Writeup due Sat. at 6 PM

### CS 194H

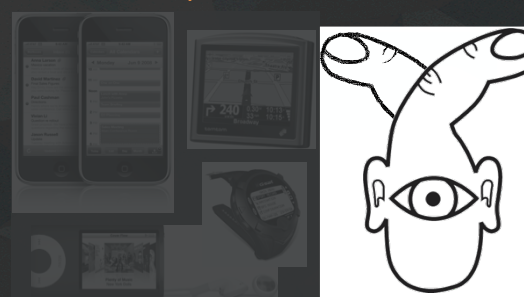
- Tue/Thur 2:15-4:05 PM
- Tue Lecture
- Thur Studio assignments & team time
- No midterm or final
- Counts for senior project (by pre-approved appeal)
- Please sign-up now if taking so we can get appropriate CA assignments

### Activity-based UbiComp

#### Key Challenges & New Ideas

-  Physical actions are tedious to record & manage  
Build applications using **action inference**
-  Must study *in situ* over extended periods  
Use **new methods & tools** to improve data collection, analysis & application prototyping
-  Natural interactions are ambiguous  
Improve **disambiguation** using dynamic context

### "How the computer sees us"



Igoe & O'Sullivan




### Buttons & Touchscreens Insufficient

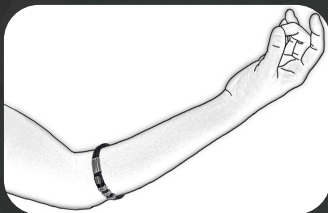
Hands Busy      Physically Active

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### Muscle-Computer UIs


*Finger Level Gestures Using EMG*

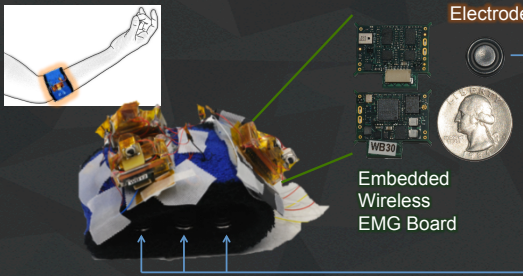
Saponas, et al 



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### Wireless EMG Armband v1.0

Saponas, et al 



CHI 2009, UIST 2009, CHI 2010

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### Real-Time Classification of Free Space & Hands Busy Gestures

Saponas, et al 



**Pinch**      **Mug**      **Bag**

*Participants achieved 85-90% accuracy*

CHI 2009, UIST 2009, CHI 2010

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## Wireless Air Guitar Hero



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