



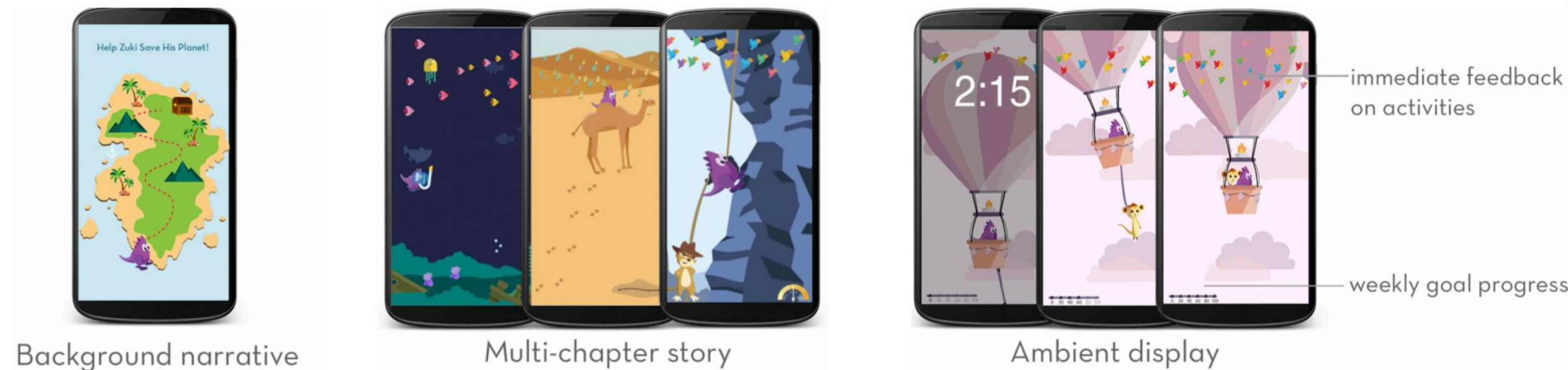
Motivation

Today's fitness technologies deliver feedback analytically (e.g., through charts & statistics). Growing evidence suggests this type of feedback does not motivate behavior, and may even fuel negative mindsets about exercise.

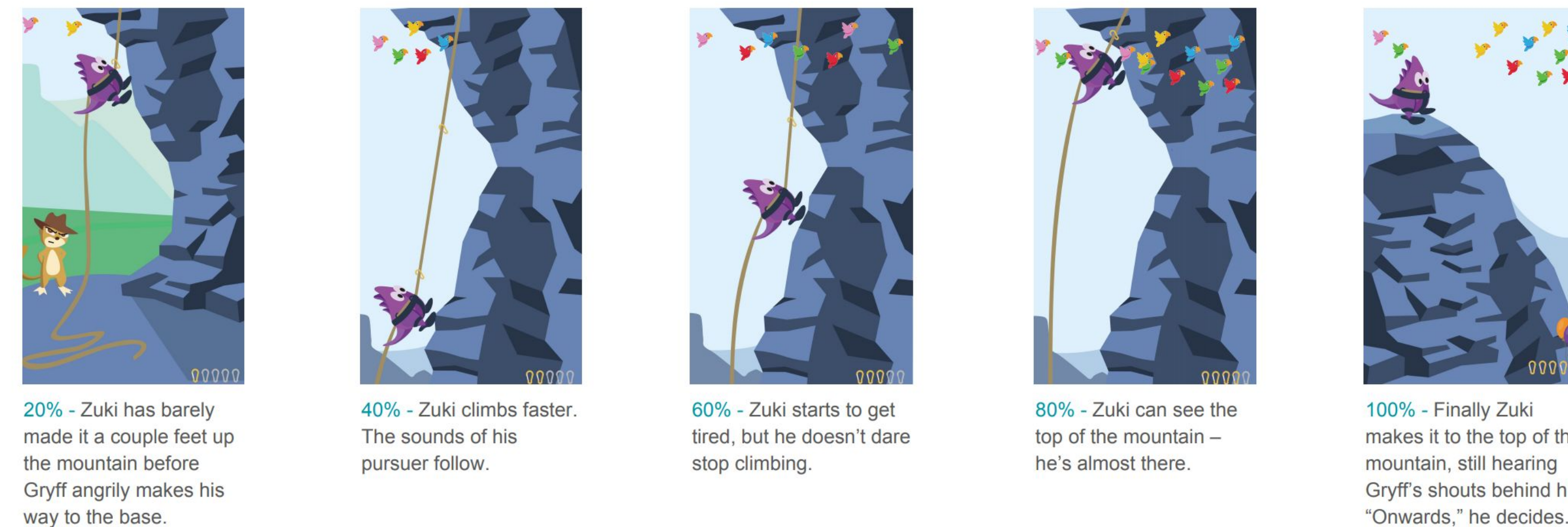
Research Question

Can multiple chapter narratives drive long-term behavior change for physical activity?

Personal data-driven narratives are **ambiently displayed** on smartphone wallpapers and lock screens



Immediate feedback on chapter progress



Development

This summer targeted preparing the app for upcoming studies that target different stories and outcomes for specific groups. App features were updated, including more secure management of user tracking data, and the project infrastructure was generalized to support future narratives.

Future Work

The next iteration will consider cultural differences and develop designs that are sensitive to the needs of diverse users.

Multi-chapter story unfolds as weekly goals are met

