

# CS 247B: Design for Behavior Change

## Team 15: Mindful Movements

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# Baseline Study Protocol

We want to study how people make movements throughout the day and help them achieve more meaningful and mindful movements if they wish. These include intentional movements of any limb or appendage, e.g. stretching.

We will conduct a week-long diary study with 8 participants from Monday Jan 23 to Friday Jan 27, asking them to log down activities related to the mindful movement behavior. We will then use the collected data to analyze what we can do to encourage the behavior change in a more generalized pool of users.

## Data To Collect

- When is the participant normally active during the weekdays?
- When and how often does the participant make a mindful movement?
- What kind of movement does the participant do?

## Data Collection Plan

1. In the pre-interview, ask the participant about their daily routine (the time of getting up and going to sleep).
2. Ask participants to log down their movements every hour throughout the day, in the format of “date and time”, “moved or did not”, and “what movement”.
3. Also send out scheduled text messages each morning, reminding participants to log their movement throughout the day: “Remember to log your movement each hour today! We hope you have a wonderful day :)”
4. Collect the participant’s logs at the end of the baseline study.
5. Sanitize data into a worksheet with fields of “participant no.”, “date and time”, “move or not”, and “what movement”.

# Additional Materials

## Introduction document (linked in the intro email)

Hi,

Thank you for agreeing to participate in our study and for having a pre-interview with us! As mentioned before, we are a group of Stanford students in the class CS 247B: Design for Behavior Change. Over the course of the next 10 weeks, we will be designing an app prototype to help cultivate a sense of holistic wellbeing in users' lives. We want to help you feel empowered and motivated to introduce more mindful movements to your daily routine! 😊

The purpose of this preliminary baseline study is to get a sense of 1) how often you incorporate mindful movements into your day, 2) when you typically engage in these movements, and 3) what types of movement you do.

To this end, we will be asking you to log down the movement you do on an hourly basis from when you wake up to when you go to bed over the weekdays (Jan 23 - Jan 27). **Please log the date and time, whether you have moved in the last hour, and what movement you did (if yes to the previous question).**

Mindful movements include intentional movements of any limb or appendage, e.g. stretching. If you are not sure if something counts as a mindful movement, please log it regardless! We encourage you to note down your movement at any point within the hour when you have time. You only need to log one entry for that specific hour.

You can use anything that's convenient for you to log them: paper, Google Sheets, Notes app, etc. Here we have provided a simple table for you to reference:

Date and time	Moved or not	If moved, what movement?

A Google Sheet template can also be found here: [📄 Mindful Movements Diary Study Template](#)

We will have a brief post-study interview at the end of the study. We are looking forward to what you want to say about the study experience! In the meantime, please don't hesitate to contact us by replying to this email if you have any questions at any point in time.

Best,

Amantina, Melody, Nadia, Rui, and Uma  
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## Introduction email template – for people who have already filled out the screener

Hi [name],

Thank you for filling out our Interest Form on Mindful Movements! Your profile fits the persona of people we want to interview.

We will be conducting a baseline diary study, which will take place this coming week from Monday, January 23rd to Friday, January 27th, in which we will ask participants to note down, each hour, your activity level. Our goal is to learn more about people's general habits and activity levels, so we can inform the kinds of features we will include in our app prototype.

**Please read the following document for more information on the study:**

 Mindful Movements: Baseline Study Introduction . If you still have any questions, please reply to this email!

Before the study starts on Monday, we would like to conduct a brief pre-study interview with you. We will ask you a few more questions about your level of mindful movements, your general weekday schedules, and answer any questions you may have about the study itself. If you have not already determined an interview time with one of our researchers, please sign up for a time slot here: [cal.com/team15](https://cal.com/team15).

Thank you so much again for your time!

Best,  
Amantina, Melody, Nadia, Rui, and Uma  
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## Closing email template – for people who have completed the baseline study and the post-interview

Hi [name],

Thank you for participating in our study!

We are grateful for your feedback, which will substantially inform our design meant to help people build better habits around mindful movements.

If you would like to stay updated with our project, please let us know.

Otherwise, we thank you again for your time and help.

Best,

Amantina, Melody, Nadia, Rui, and Uma  
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