Habit User Manual

March 2016

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# Table of Contents

1. Habit App Overview ........................................................................................................... 2
   1.1. How does Habit app work? ......................................................................................... 2
   1.2. What functionality does Habit app provide? ........................................................... 3

2. Getting Started .................................................................................................................. 4

3. Profile .................................................................................................................................. 7

4. Diet or Exercise Challenges ............................................................................................ 8
   4.1 Add Habits to Favorites ......................................................................................... 9
   4.2 Remove Habits from Favorites ............................................................................. 9
   4.3 Build My Habit / Set Reminders ......................................................................... 10
   4.4 Add My Own Habit ............................................................................................... 11
   4.5 Ask Community for Suggestions .......................................................................... 12

5. My Habits .......................................................................................................................... 13
   5.1 View/Delete Existing Reminders (Habit List) ..................................................... 13
   5.2 Check My Habit History ....................................................................................... 13

6. Check Habit Notifications .............................................................................................. 14

7. Weekly Check-In ............................................................................................................... 15

8. Linking Habit App to Fitbit and MyFitnessPal .............................................................. 18
   8.1 Creating a New Fitbit Account .............................................................................. 18
   8.2 Creating a New MyFitnessPal Account ............................................................... 19
   8.3 Integrating Your MyFitnessPal Account with Your Fitbit Account ................. 19
   8.4 Linking Habit App with Your Fitbit Account ....................................................... 21
1. Habit App Overview

Habit app is designed to help each user identify the specific habits that will make the most difference in their life and help them lose weight. Habit app uses behavioral science principles that have been shown to be highly effective for weight management to help you build those habits into your life. Habit app also provides common features such as goal setting and a social network, and it links to other apps that support diet and exercise tracking (e.g. Fitbit and MyFitnessPal). Habit operates on mobile devices with Android operating system. It is compatible with “Ice Cream Sandwich” Android version 4.0.1 and higher. The application requires connection to the Internet for some features such as daily progress reports or goal progress analysis. Habit may look and function slightly different on various phones and Android versions. However, this should not affect the main functionality of the app. Please report any issues that you experience to the research team via email at habit-app@wpi.edu.

1.1. How does Habit app work?

The Habit mobile app “habit finder” gets activated when a user wants to address a diet or exercise challenge or in the event of a lapse in daily calorie, exercise, or entry goals. Guided by a virtual counselor, users answer a series of questions. Our algorithm processes these answers, and produces a list of expert-derived habits to the users. Once a habit is selected, Habit app will help the participant build the habit by scheduling reminders at key times when the habit should be deployed.
1.2. What functionality does Habit app provide?

An overview of Habit App features is provided in Table 1.

**Table 1 - Habit functionality**

<table>
<thead>
<tr>
<th>Buttons</th>
<th>Functionality</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Profile</strong></td>
<td>1. Allow users to fill in personal information to create a profile</td>
</tr>
<tr>
<td></td>
<td>2. Allow users to set up daily and weekly goals</td>
</tr>
<tr>
<td></td>
<td>3. Allow users to respond to exercise preference questions</td>
</tr>
<tr>
<td><strong>Exercise/Diet Challenges</strong></td>
<td>1. Help users determine exercise or diet challenges they face</td>
</tr>
<tr>
<td></td>
<td>2. Provide users individualized habits</td>
</tr>
<tr>
<td></td>
<td>3. Allow users to set reminders for the habits</td>
</tr>
<tr>
<td></td>
<td>4. Allow users to access more information about most habits</td>
</tr>
<tr>
<td></td>
<td>5. Allow users to interact with the app community anonymously</td>
</tr>
<tr>
<td></td>
<td>6. Allow users to suggest new habits to the community</td>
</tr>
<tr>
<td></td>
<td>7. Allow users to retrieve habits suggested by the community</td>
</tr>
<tr>
<td><strong>My Habit</strong></td>
<td>1. Allow users to view their habit list (reminders that are currently active for the habits they are trying to build)</td>
</tr>
<tr>
<td></td>
<td>2. Allow users to view history of diet or exercise challenge sessions and corresponding habits</td>
</tr>
<tr>
<td></td>
<td>3. Allow users to view and edit their favorite habits list</td>
</tr>
<tr>
<td><strong>Weekly Check-in</strong></td>
<td>1. Allow users to update their current weight</td>
</tr>
<tr>
<td></td>
<td>2. Allow users to review their current diet or exercise challenge session habits</td>
</tr>
<tr>
<td></td>
<td>3. Allow users to set up new habit goals for next week</td>
</tr>
<tr>
<td><strong>Log in with Fitbit</strong></td>
<td>1. Allow users to log in using their Fitbit account</td>
</tr>
<tr>
<td></td>
<td>2. Provide daily diet/exercise summary data from their Fitbit account</td>
</tr>
</tbody>
</table>

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1 You need to be connected to the Internet to interact with the community and retrieve more information about habits.
2. Getting Started

You need to be invited as a Beta User to use Habit App. Please follow the steps in the email you received to download the app. If you are interested in joining the Beta User group, please visit https://arcsapps.umassmed.edu/redcap/surveys/?s=7afwKZ5tUe.

Once you successfully download and install Habit app on your phone, find and press the Habit app icon.

You will see a welcome page. Press Next to continue with the Profile Setup.
Fill in your personal information and press **Submit**. You may need to **scroll down** to see all fields in the profile.

You can edit your profile later as well by clicking on the **Profile** button on the Home Screen.

Define your goals.
Habit app will ask you 8 exercise preference questions. For each question, select the option(s) that best represent your preference and press **Next**.

You can press **Back** button to review or change your answer.

Once you complete these questions, you will be able to see the Home Screen.

When you open Habit app, you will see the Home Screen.

- **Profile** allows you to manage personal information, exercise preference, goals
- **Exercise Challenges** and **Diet Challenges** help you identify problems and find habits to help you overcome those problems.
- **My Habits** allows you to manage your reminders (a way of building habits) and your history with Habit app
- **Weekly Check-in** allows you to review your progress and set goals for next week

**Log in Fitbit** allows you to link Habit app with your Fitbit account for diet and exercising activity data sharing and monitoring.
3. Profile

Press **Profile** in the Home Screen
To edit your profile information or goals
press **Edit Goals/Profile**

You can now edit personal information and goals

Your weight history will be graphed in profile

You can press **Weight In** to enter your current weight

You can press **Edit Exercise Preferences** to update your answers to the 8 required questions
4. Diet or Exercise Challenges

Press Diet Challenges or Exercise Challenges in the Home Screen

Answer a series of related questions like the one shown here and click Next

When Habit app has enough information, it will generate a list of habits for you to consider.

Press More Info to navigate to a web page for further information

Press yellow star to add habit into your Favorites.

Press Build My Habit to go to Set Habit Reminder screen and set a reminder for the habit you decided to build.

Press Finish to save the results of this session in your History.
4.1 Add Habits to Favorites

You can add habits to a **Favorites** list so that you can access them without having to answer any questions.

Press the yellow star under the habit you want to **add** into your **Favorites**.

4.2 Remove Habits from Favorites

When you see the yellow start with a red stop sign, it means that this habit is already in your **Favorites** list.

Press the yellow start with a red stop sign button to **remove** this habit from your **Favorites** list.
4.3 Build My Habit / Set Reminders

You can customize your reminder text by clicking on the text box at the top of the screen.

Select day(s) and a specific time for Habit App to remind you about this habit.

Press **Finish** button to save reminder.

If you want to set reminders at different times in the same day(s), you will need to press **Build My Habit** again to set a new time for the reminders. This will not affect the previous reminders you set.

You can manage your reminders by pressing **My Habits** on the Home Screen.
4.4 Add My Own Habit

Habit app allows user to add new habits when the habits listed in the habit session list do not satisfy user needs. These habits are also sent to the community habit list so that they can be shared with other users who are facing similar challenges.

Press **Add My Own** located at the left bottom of the screen

Enter a habit you want to build to overcome your specific in the pop up window

Press **OK** button for saving your habit or press **Cancel** to exit and go back to the habit session list.

Once you add your own habit, you can view it at the bottom of the habit session list

Habits added by users or retrieved from the community come with blue background.
4.5 Ask Community for Suggestions

Habit allows users to retrieve community suggested habits.

Press Ask Community button located at the middle bottom of the Habit Session screen to retrieve Habits suggested by other users of the Habit app community for the same challenge.

Ask Community will turn from blue to gray if all community suggested habits are retrieved from the server.
5. My Habits

5.1 View/Delete Existing Reminders (Habit List)

Press **My Habits** button in the Home Screen to access your habit list, history of sessions and favorites.

Press **HABIT LIST** tab to view habits you are currently building.

Press **Delete Reminder** and remove habits from your habit list.

5.2 Check My Habit History

Press **HISTORY** tab to review habits for Exercise Challenges or Diet Challenges you reported in Habit App.

Press each history item see the full set of habits for the challenge you reported.
5.3 Check My Favorite Habits (Favorites)

Press **FAVORITES** tab to review your favorite habits for Exercise Challenges or Diet Challenges.

Press **Build My Habit** to get into **Set Habit Reminder Page** and set a reminder to build a habit.

6. Check Habit Notifications

Once you set up reminders for building new habits, you will start seeing notifications in your phone for these reminders.

You will also see notifications for check in based on the frequency you identified in your profile.
7. Weekly Check-In

Check-In functionality allows you to

a. update your current weight
b. assess your progress in building the habits you selected
c. make a plan for the upcoming week.

Press **Weekly Check-in** located at the bottom of home page screen to start the process

In the first screen of Check-in process, you will be asked to enter your current weight
In the second screen of Check-In process, you will assess your accomplishments during the previous week.

Press **Next** to save and move to the next screen.

In the third screen of Check-In process, you will pick the habits you want to continue working on for the upcoming week.

Press **Next** button to save data and move to the next screen.
In the forth screen of Check-In process, you decide if you want to set new goals for the upcoming week.

Select Yes and press Next to navigate to goal setting screen.

Select No and press Next to go to the next screen.

Last screen of Check-In process gives you an opportunity to find new habits to work on.

Select Yes and press Next to navigate to Home Screen and tackle new exercise or diet challenges.

Select No and press Next to finalize Check-in process and exist Habit App.
8. Linking Habit App to Fitbit and MyFitnessPal

Habit App allows you to transfer data from your Fitbit account to Habit App. Using the data in your Fitbit account, Habit can analyze your progress towards your calorie and exercise goals. This requires you to report your food intake and physical activity through your Fitbit account on a daily basis. You can also use MyFitnessPal to track your diet and exercise.

In this section, you will find information on how to create Fitbit and MyFitnessPal accounts (if you don’t have one) and how to link them to Habit App.

8.1 Creating a New Fitbit Account

If you do not have a Fitbit account, you can create one for free by visiting https://www.fitbit.com/login using your browser.

You can sign up for a Fitbit account using your Facebook or Google account. You can also create an independent Fitbit account by providing your email address and selecting a new password for your Fitbit account.

Click on the checkbox to agree to the Fitbit terms of service and privacy policy, then click CONTINUE button move to next step.
8.2 Creating a New MyFitnessPal Account

If you do not have a MyFitnessPal account and prefer to use MyFitnessPal to record daily diet and physical activity data, you can create one for free by visiting https://www.myfitnesspal.com/.

You can sign up for a MyFitnessPal account using your Facebook account or email.

8.3 Integrating Your MyFitnessPal Account with Your Fitbit Account

Habit app cannot directly retrieve data from your MyFitnessPal account. Users who prefer to use MyFitnessPal for diet and activity tracking need to link their MyFitnessPal accounts with their Fitbit accounts to allow Habit app to retrieve your data and keep track of your progress.

Step 1:
Login to your MyFitnessPal account on http://www.myfitnesspal.com/apps
Click APPS
Step 2:
Scroll down the page to find App Marketplace

Find Fitbit Tracker and click GET

Step 3:
Input your Fitbit account information and click Allow button to connect your MyFitnessPal and Fitbit accounts

Step 4:
Once authorized you will see a confirmation of successful completion
8.4 Linking Habit App with Your Fitbit Account

Press **Log in with Fitbit** located at the bottom of the home screen

**Fitbit Tracking** window will pop up

Press **Continue** to login to your Fitbit account

Press **Cancel** to exit

Provide your Fitbit account credentials to login to your Fitbit account

Press **Allow** to authorize Habit app access your profile and data on Fitbit.com.

Once authorized, Habit app will acquire your diet and physical activity data from Fitbit everyday
Habit app will provide notifications for you to review your daily summary retrieved from Fitbit

Press the notification to view Habit-Daily Summary screen

In Habit-Daily Summary screen, you can see Calorie and Exercise summary retrieved from Fitbit, your current goals and feedback regarding your progress