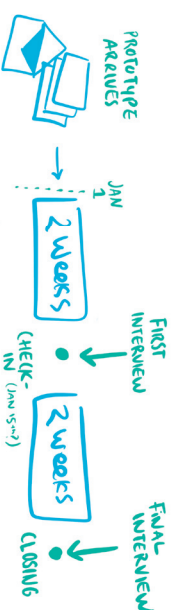


Dear

Thank you for taking the time to partake in my research! The goal of the study is to find out how self-experimentation can lead to health-behavior change. I've created this prototype to guide you through the process of trying to change a health behavior. There is no wrong way to interact with it: anything that does not work out, with the prototype or with your attempt to change your health behavior is a great learning opportunity. The prototype is there to help you, but you are not required to use all of its parts. For example, if you feel that one of the questions/sections is unnecessary for you, leave it out (and let me know why later ;)

Let's make an appointment for in two weeks to capture your experience – are you available on January 15th? In the small envelope you'll find a sheet to collect some feedback – please fill it in before our first meeting. Have fun experimenting!

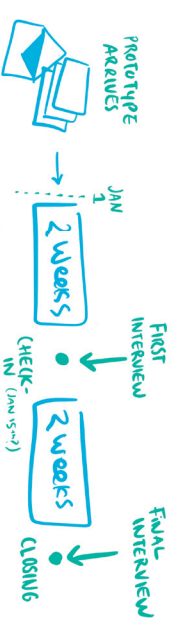


Ps. let me know when this package arrives and if you are available on January 15th for a feedback meeting ;)

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