

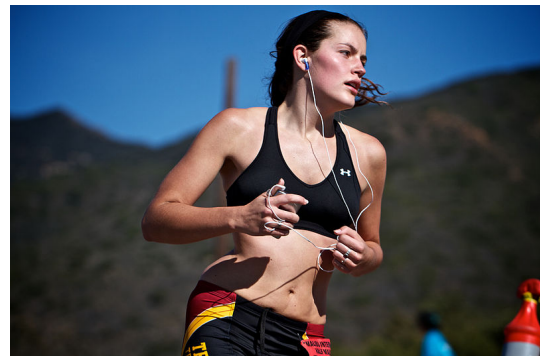


Lab/BA/SA/Group/MA: Fitness Tracking 2.0

Motivation and Informal Description

In recent months and years, fitness tracking devices have developed at a fast pace. Most of these devices are aimed at people who are not willing to work with a personal trainer but still would like to be motivated by tracking their progress more accurate than what was possible a few years ago. Of course, these fitness trackers cannot replace a personal trainer but for most users that is not necessary.

Since tracking ones fitness seems to motivate people to exercise more, these trackers can have a positive impact on our health. But do you think that counting steps and burnt calories is enough? Would it not be nice to be also get motivated during a workout without looking at a slowly increasing number? We think that the simple features included in today's offerings are just the tip of the iceberg and off-the shelf hardware can be used to track fitness in much more detail than it is done today.



The goal of this thesis is to improve fitness training by improving tracking and motivation. We already have many ideas in this area but feel free to present your own. Depending on your interest, this thesis can take one of many directions such as control theory, audio processing, motion sensing or physiological modelling. Please contact us for more details!

Requirements

Creativity and good programming skills and advantageous. The student(s) should be able to work independently on this topic!

Interested? Please contact us for more details!

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