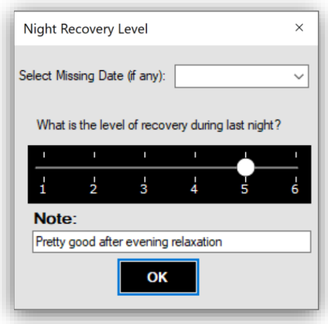
Universität Rostock

Traditio et Innovatio

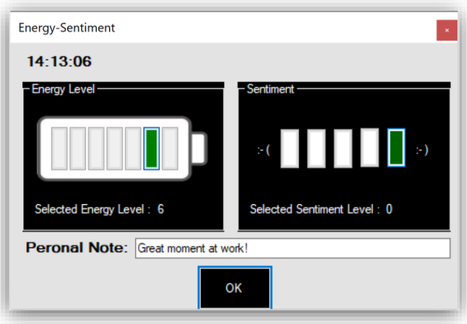
WIRTSCHAFTSINFORMATIK
UNIVERSITÄT ROSTOCK

DWLT – Desktop Work-Life Tracker

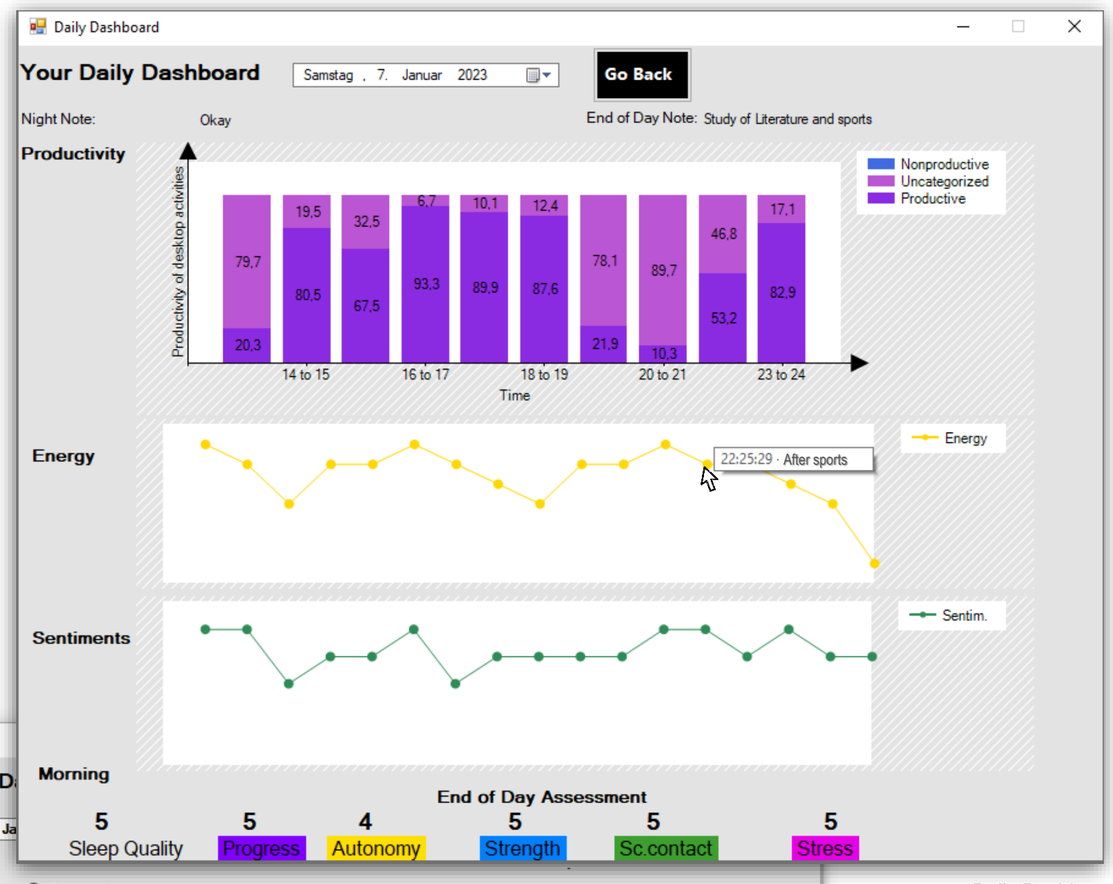
Spot patterns and trends of your productivity and well-being



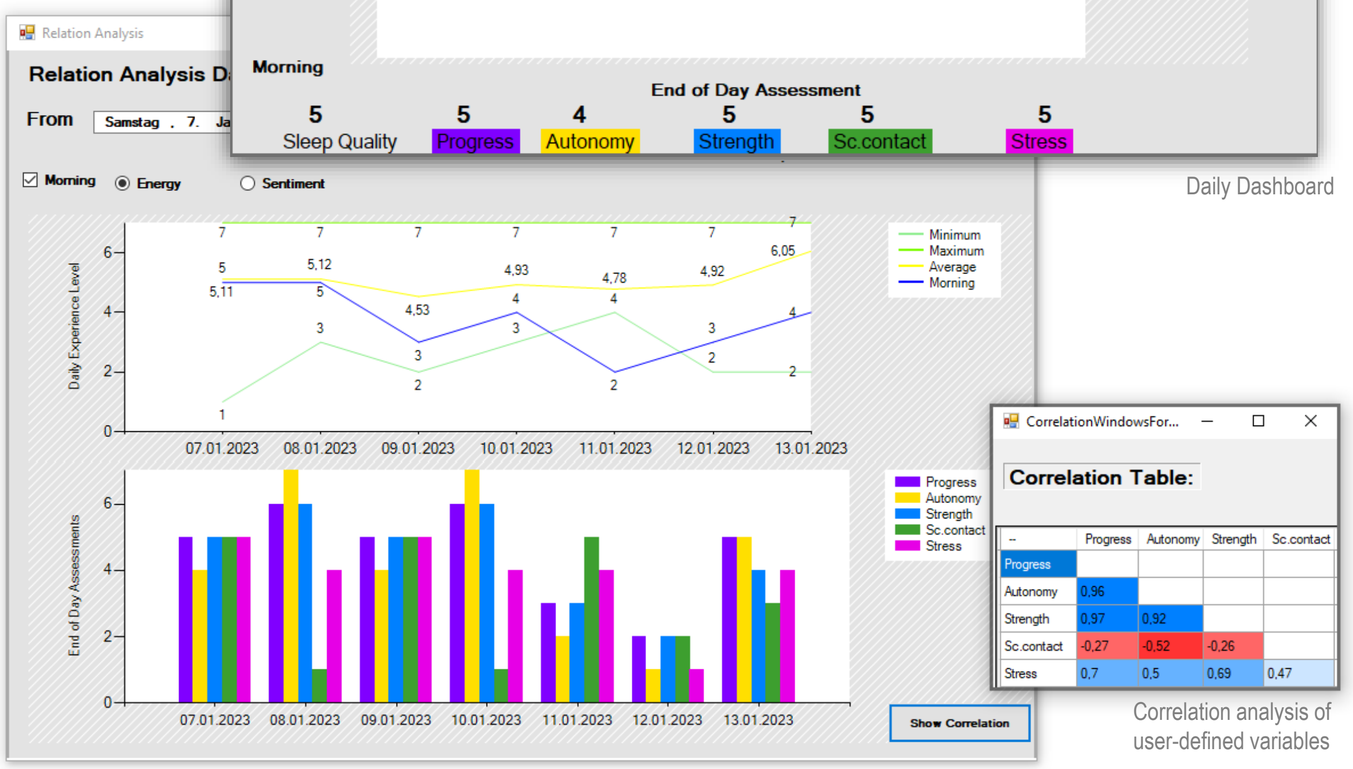
Morning assessment



Energy and sentiment assessment during day



Daily Dashboard



--	Progress	Autonomy	Strength	Sc.contact
Progress				
Autonomy	0,96			
Strength	0,97	0,92		
Sc.contact	-0,27	-0,52	-0,26	
Stress	0,7	0,5	0,69	0,47

Relation Analysis Dashboard for long-term analysis with user-defined variables at the bottom

Correlation analysis of user-defined variables

Motivation and Background

Knowledge workers spend large portions of their days (and life) with computer-based work. This often causes **high cognitive load, stress, and sedentary behavior,** leading to a long-term negative impact on health. Hence, a **balance between work productivity and well-being is sought** to foster sustainable long-term performance.

The Challenge

Many variables of work and life configuration may affect the individual balance and there is a **time delay between cause and effect**. For example, highly inspired work in the late evening may boost work performance but leads to work-related rumination afterward. This may reduce relaxation, which in turn negatively impacts sleep causing lower productivity on the next day.

The Goal

The goal is to equip the user with a **tool to spot patterns and trends in individual variables of performance and well-being**. Among them are work time, apps used, productivity, energy, sentiment, sleep quality, and custom variables (e.g., progress, autonomy, strength use, social contacts, and stress).

Solution Design

The DWLT is a locally running C#-based app providing **customizable automated tracking and self-assessments**. The user can specify the timing and/or frequency of all assessments and define custom variables to track. Based on the data, **various dashboards** for single days, weeks and more long-term relation analysis **support user's self-reflection**.

Moreover, all assessment dialogues support **personal note taking** to ease the interpretation of tracking data, e.g., what happened when peak values occurred.

Future Research

- End-user acceptance and usability of the Desktop Work-Life Tracker.
- Proximal (direct, short-term) and distal (indirect, long-term) usage outcomes.
- Generation of signals and warnings leveraging chart analysis techniques.

UNIVERSITÄT ROSTOCK – FAKULTÄT FÜR INFORMATIK UND ELEKTROTECHNIK

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