

ze:st – Human Energy Diary with Feedback

Discover what drives your energy

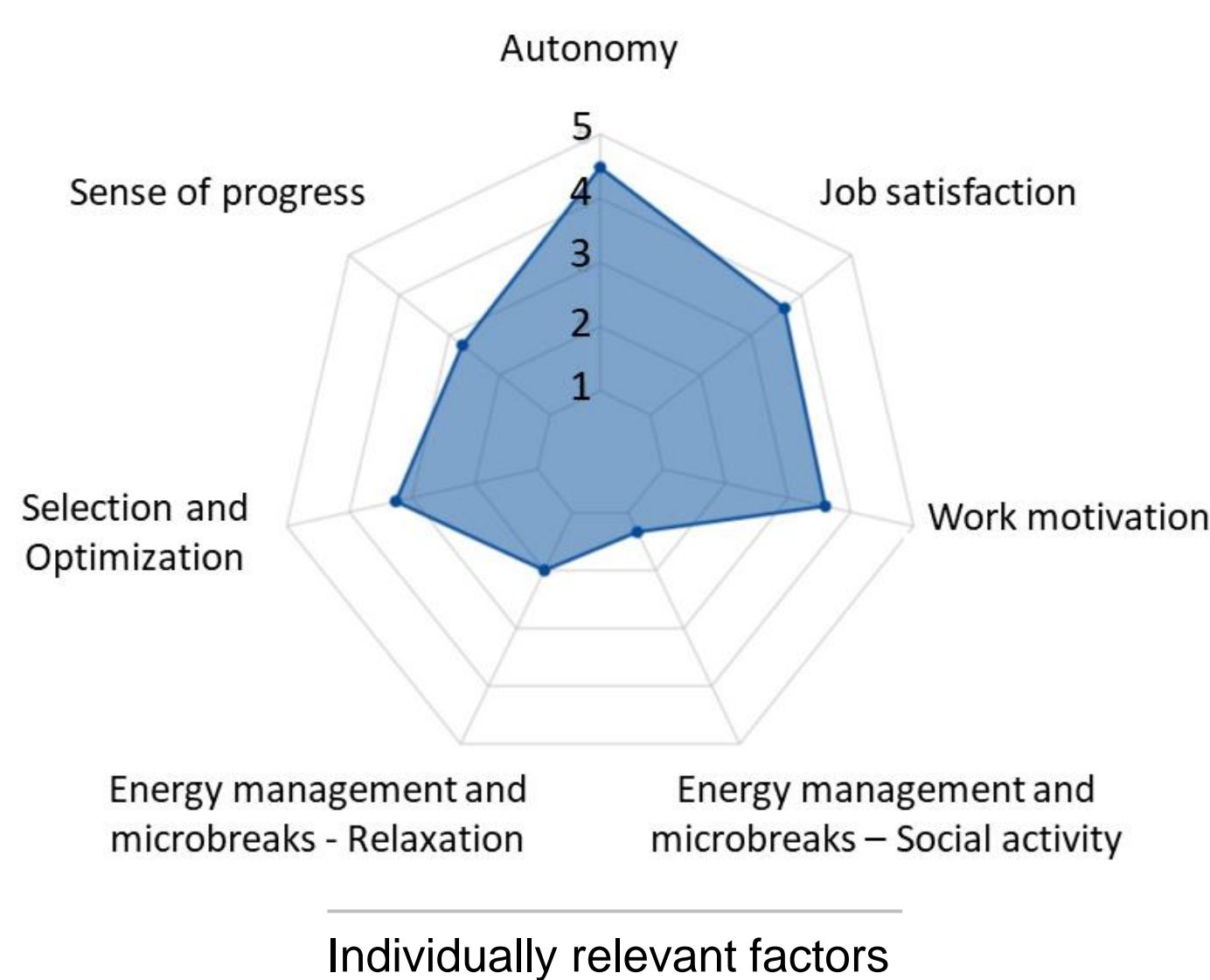
Motivation and Background

Today's professional and private life is characterized by increased complexity, flexibility, and speed. In addition, the boundaries between life domains are blurring so that **many individuals find it hard to keep pace and preserve or increase their vitality, vigor, and "drive" – or energy, for short.** For managing one's energy, individual behaviors throughout the day are a promising factor. Hence, we developed a tool called ze:st (Zappy Energy and Self-management Tracking) to **determine the impact that behaviors exert on the individual level of energetic activation.**



Key Idea

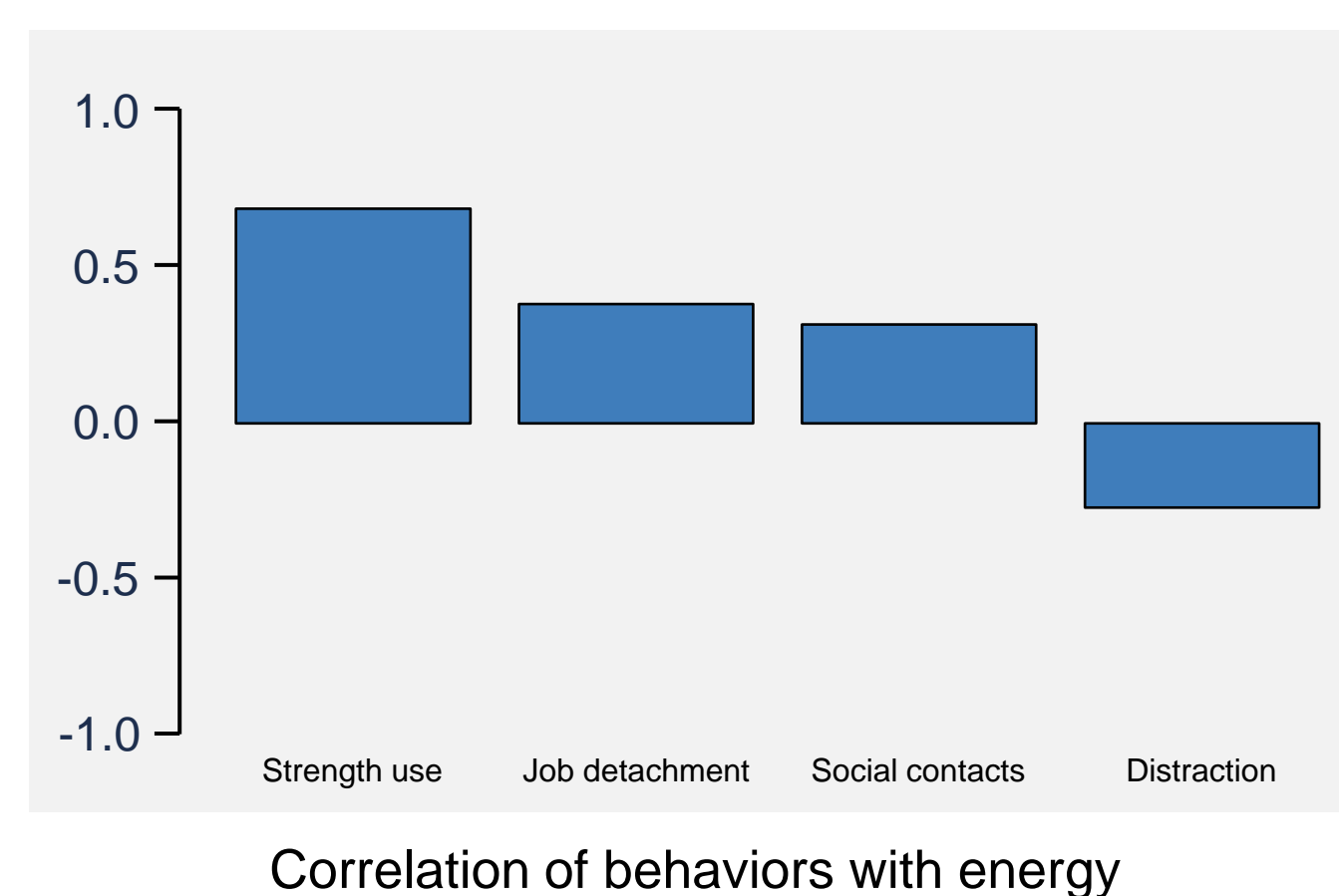
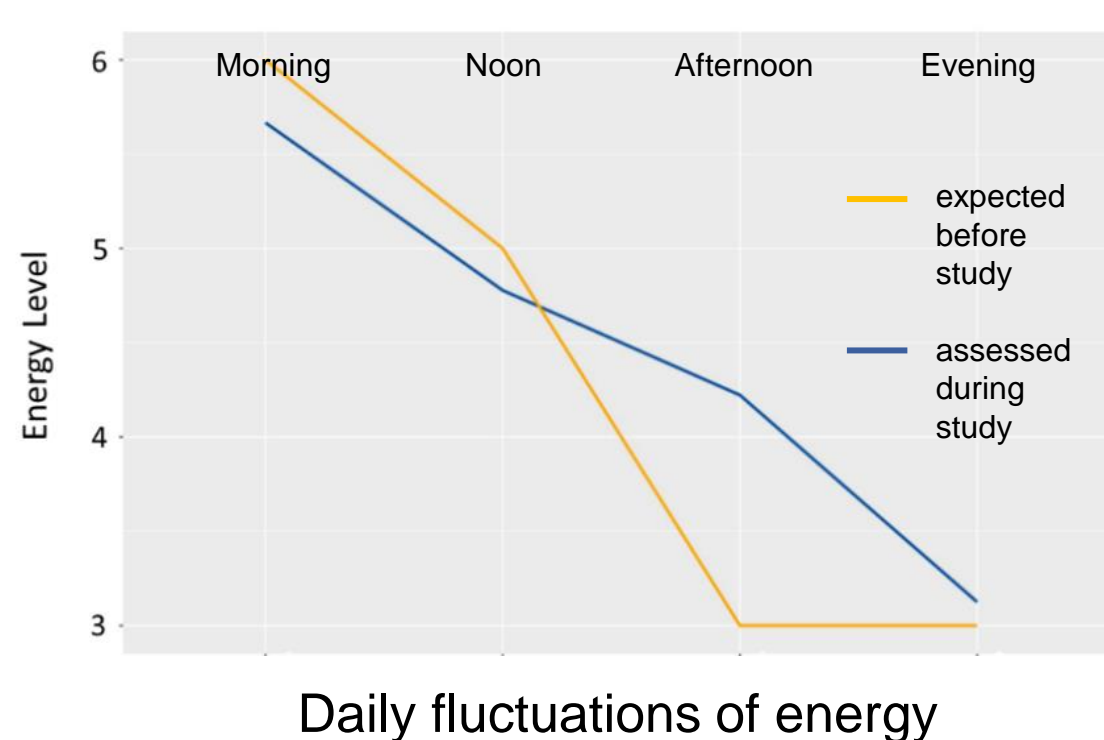
Relevant behavioral variables are recorded via self-assessment over the course of several days. After the data is recorded, an **automated correlation analysis** reveals which behaviors are associated with highly energized states and which are associated with low energy. Individuals can then reflect on the correlations and take action to modify their behavior such that the energy over the course of a day or week can be increased.



Solution Design

The main component of the solution design is a **diary study system** that sends several short surveys per day to the user. Relevant timepoints can be in the morning, at lunchtime, in the afternoon, and at the end of the day. The behaviors and the energetic state are recorded over several days. After this, the user receives a **personalized, detailed report** based on the analysis of the recorded data. The report **reveals which behavioral variables are associated with an increase or decrease of energetic activation.**

In technical terms, the system is built with *formr*, that is based on *R*, a software for statistical computing.



Evaluation

It was found that behaviors associated with an increase or decline in **energy** are **highly person-specific** which underlines the need for a personal assessment. In addition, an **increase in the level of energetic activation** was observed during tool usage and in the post assessment. Users were satisfied with the **personal feedback** and reported it to be **insightful.**

Future Research

- Reduction and personalization of the set of variables of the diary studies to reduce the effort to fill in the surveys.
- Integration with sensor data of wearable devices such as fitness trackers to include physical activity too.
- More detailed research on the outcome of the study, e.g., in terms of knowledge gain, change of attitude or behavior.