CALIFORNIA STATE SCIENCE FAIR
2017 PROJECT SUMMARY

Name(s)
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Project Number
S1004

Project Title
Sedentary Sensor

Abstract

Objectives/Goals
Sitting too long everyday increases the risk of obesity, diabetes and heart disease. I developed a sensor that monitors how long someone is sitting. The user can set a time period at which they would like to be reminded to get up and move. The sensor communicates via Bluetooth to the users cell phone.

Methods/Materials
Arduino Lilypad
Force Sensitive Resistor Sheet (Velostat)
HC - 06 Bluetooth module
Breadboard for prototyping
Wires
Aluminum Foil
Computer/phone
Seat materials, Fabric

Results
The monitor and program perform as intended.

Conclusions/Discussion
The seat will remind people to be more active and reduce sitting.

Summary Statement
My project provides a simple and interactive way to remind people to be active and reduce sitting.

Help Received
I researched, designed, built, and programmed the project myself.