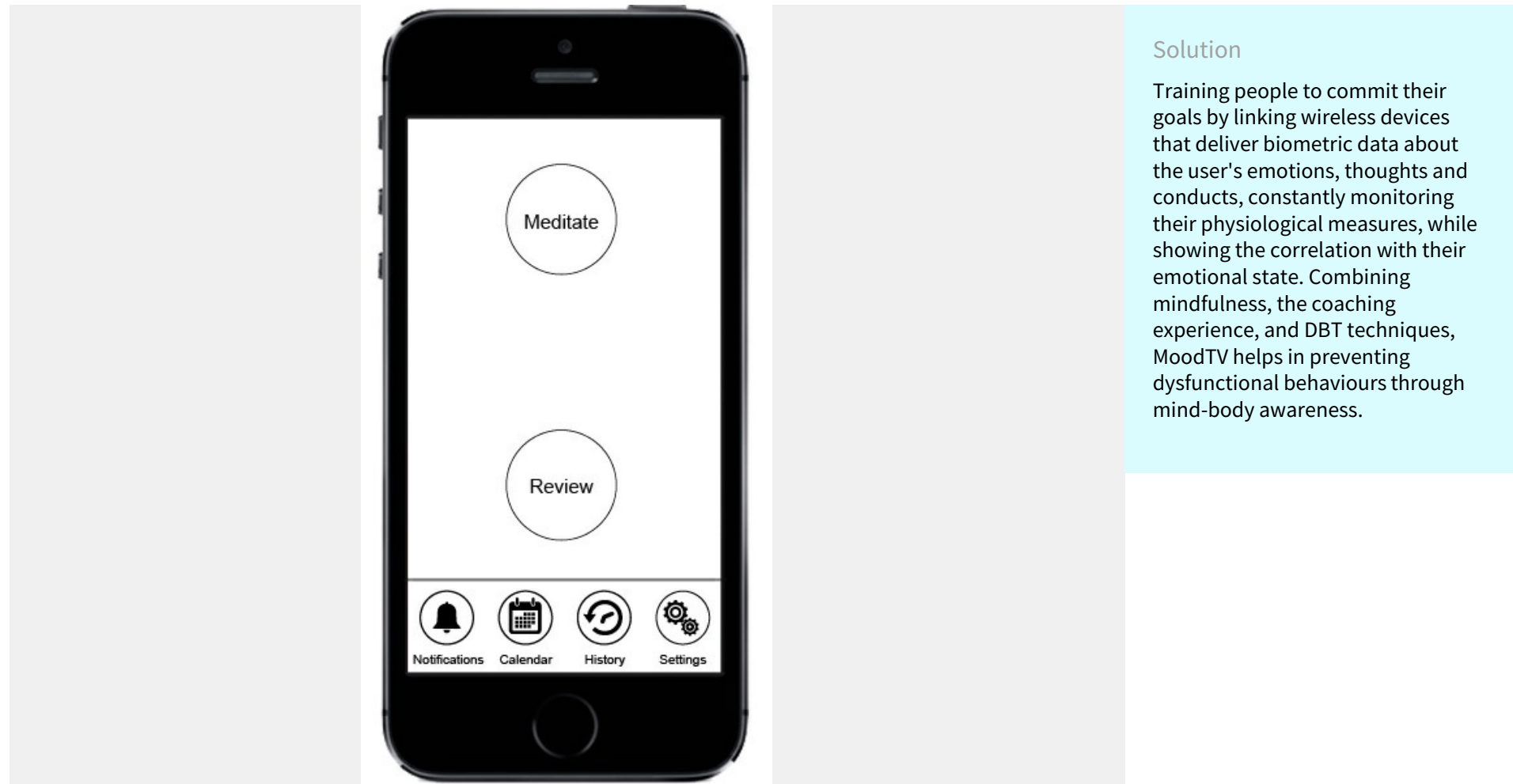


## 1/10 MoodTV -- A mindful monitoring tool for the emotionally impaired .

This is a technology-based, user specific, habit-changing tech oriented to build mind-body awareness



2/10

## **MoodTV -- A mindful monitoring tool for the emotionally impaired .**

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In summary, what is your “Made on Coboat” project idea (max. 3 sentences)?

- Design an autonomous, self-monitoring system which helps building habits through notification and motivation;
- Keep an emotional log which is easily understandable and itself an educational tool;
- Explore the development of similar projects based on a multidisciplinary approach and testing to create an open-source working toolkit, creating an objective-supported community that helps the user stay tuned with his/her goals.

3/10

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How much of your project can you realistically achieve in 100 days if you will get the chance to stay on the Coboat?

A big part of this idea is supported on a personal MA thesis finished early this year, so the research stage of this project has been completed. What is missing in our proposal is the prototyping of: 1. The programming workflow to achieve a mobile app which communicates the data of biometric wearables between the user and its customized community; 2. The market research to find the best cost/benefit ratio in a product which delivers easiness of use, portability and accurate measures.

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Will you complete this project on your own, or will you be working with a together with a team?

Cooperativeness is implicitly considered in the development of this project. A land-based team led by a wellness coach with mindfulness experience will aid in the progress of MoodTV; the team will also assist in defining the best cost/benefit electronic appliances (price, mobility, ease of use) currently in the asian market.

5/10

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Why should your project be chosen?

It is oriented towards improving not only quality of life, but reducing emotional dysregulation (anxiety, depression, suicidal tendencies) and several types of addiction, by making widely available a free set of tools which can be adapted to the personal context of any user.

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What does this project mean to you?

The opportunity to help people who suffer from emotional dysregulation by giving them the tools to support their awareness and control of uncomfortable situations, while also building on the education, comprehension and tolerance of themselves and their families and acquaintances.

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Why do you want to do this project?

I've witnessed firsthand how incredibly talented people can be overwhelmed and even defeated by their own emotional reactions; the disability of not only them but their close relatives in aiding them to succeed during this hard moments is another reason to decrease the experienced frustration on both sides.

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Have you used any third-party material? Even if you've modified it, please ensure you source the original here. See FAQ for details.

No. But I would be willing to hack a cheap biometric wearable in order to test and prototype this idea.



9/10

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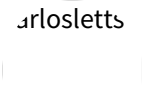
Please tell us a bit about yourself and your professional background. How do you fit into a team? What have you done before within the field of your idea?

I'm a peruvian social communicator with almost 20 years of experience in the field of audiovisual production, with a recently earned MA in Digital Media Management. A sports enthusiast (swimming, biking, sailing), film and book lover, old-fashioned music devotee (guitar and piano player), who thinks open reflection can help build stronger support and trust in a team.

10/10 **MoodTV -- A mindful monitoring tool for the emotionally impaired .**

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Creative's profile

 carlosletts