



**PEGASO**

FIT FOR FUTURE

PERSONALIZED GUIDANCE SERVICES FOR OPTIMIZING LIFESTYLE IN TEEN-AGERS THROUGH AWARENESS, MOTIVATION AND ENGAGEMENT

# Towards an Engaging Mobile Food Record for Teenagers

An ecosystem that can motivate teenagers to be healthy.

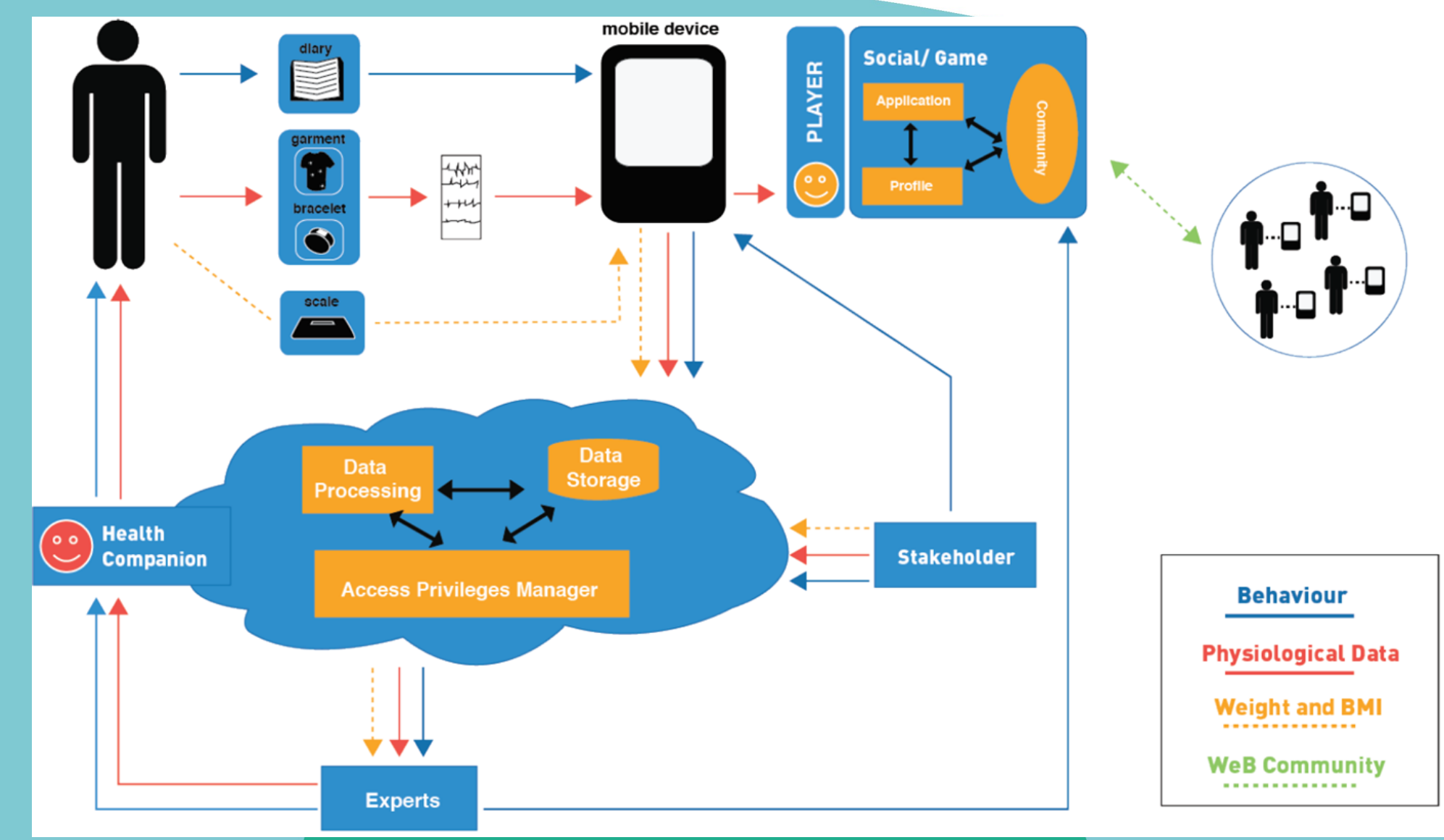
## PEGASO Mission

PEGASO aims at developing a multi-dimensional and cross-disciplinary ICT system that includes game mechanics to influence behaviours in order to fight and prevent overweight and obesity in the younger population by encouraging them to become co-producers of their wellness and take an active role in improving it by: generating self-awareness, enhancing and sustaining motivation to take care of their health, and changing behaviour towards a healthy lifestyle based on healthy diet and adequate physical activity.

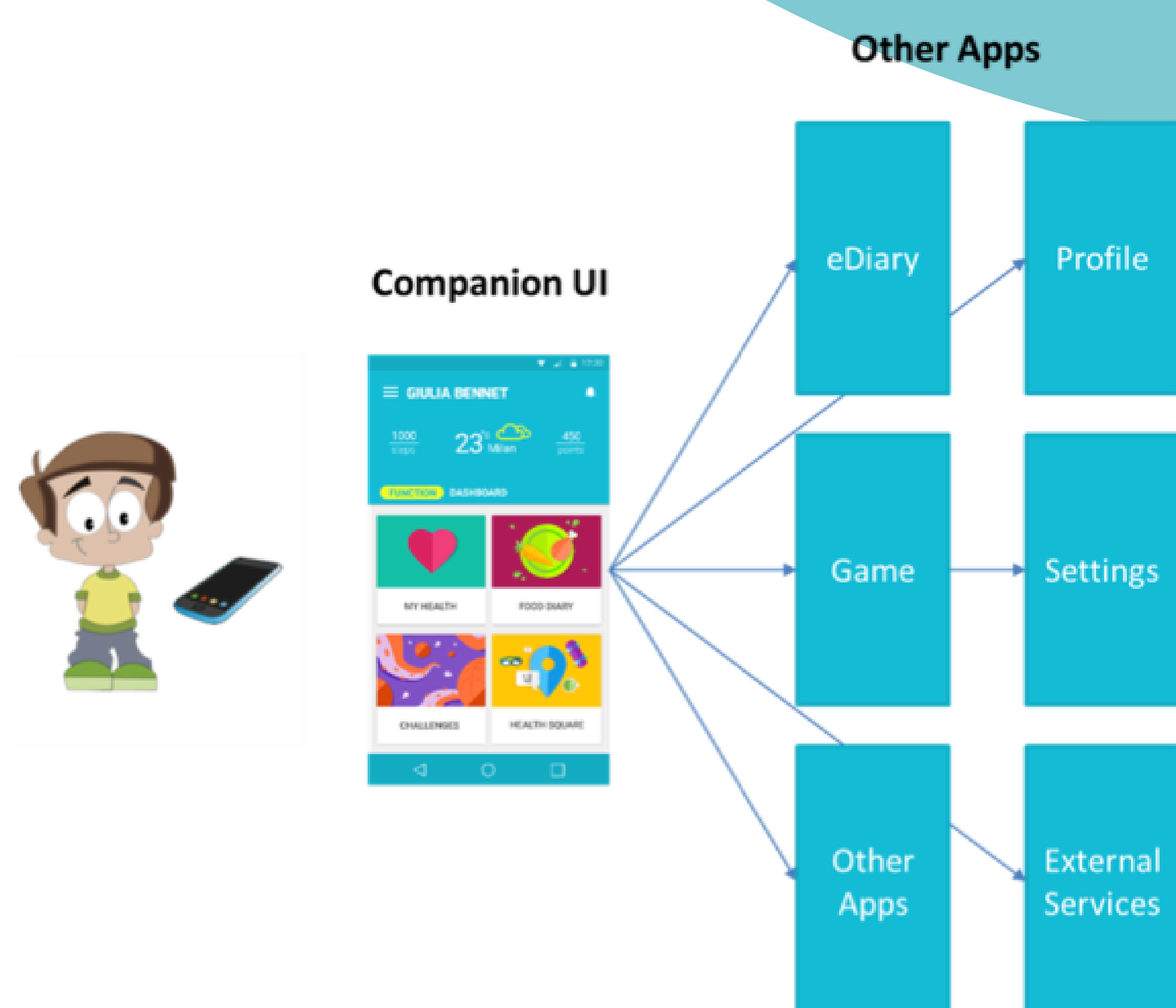


## The Mobile Persuasive System

The PEGASO system will be interfaced with the teenagers via smartphone in order to increase acceptance and will integrate a social platform as support system for personalised guidance towards healthier lifestyle management. The platform will be distributed and composed of different applications, remote access monitoring software, data processing and storage with access privileges manager modules in the cloud. The recognised behavioural trends, correlated with the risk factors, will be used by the system in order to provide opportune personalised services. The aforementioned services aim at modifying user's behaviour through serious gaming or implying the medical doctor and the family if necessary.



## PEGASO Companion



## Mobile Food Record

- Based on the **Virtual Individual Model**
- Focused on fostering **target alimentary behaviours**: increasing fruit consumption, vegetables consumption, reducing sugary drinks, avoiding breakfast skipping, reducing snacking, and fast food intake.
- Provides feedback about **Diet Quality Indexes** instead of counting calories: promotion of quality, diversity and equilibrium
- Improving **user experience** through:
  - Participatory design
  - Game mechanics
  - Hedonic elements
  - High usability and learnability
  - Incremental approach
  - Social networks

eat  
move  
play  
share

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