

# **Building Myself Back Up: Tracking and Habit Formation Post-Concussion**

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\$19.95  
IN-TOWN  
Plus Storage Fee

Rent This Van! Call 1-800-GO-U-HAUL

U-HAUL

Van?

1-800-GO-U-HAUL

AD 99902

U-HAUL

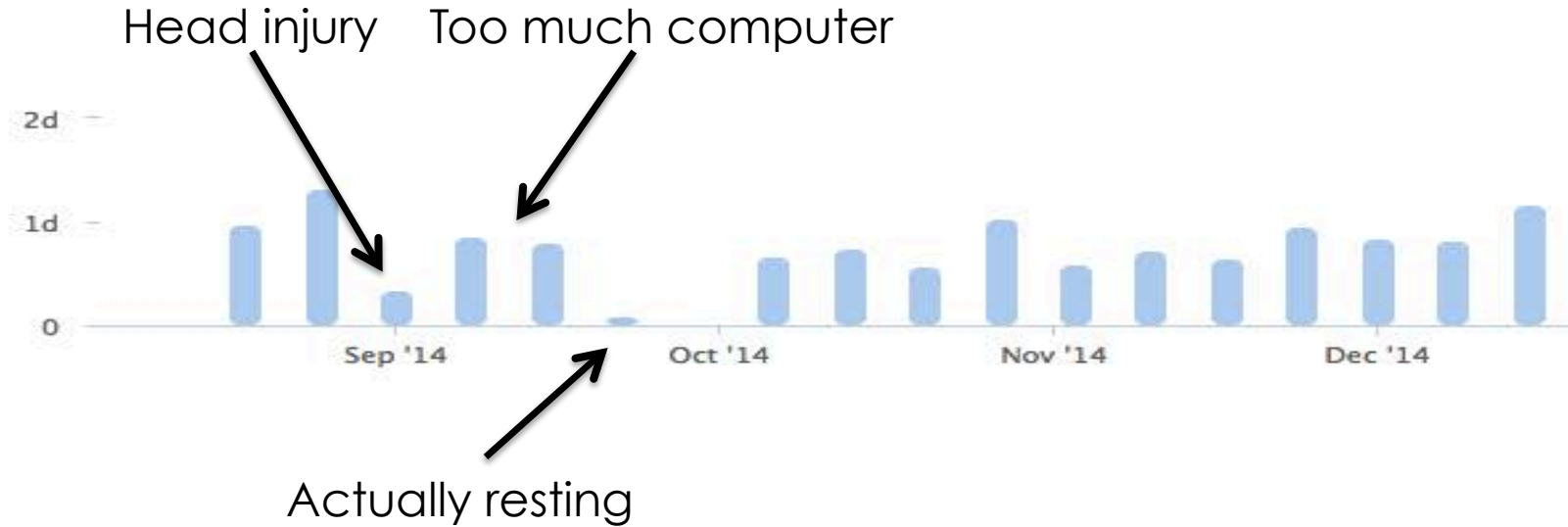
USE

Available  
SQUARE  
FOOT  
REALTY.  
212-971-1414



Tom Simpson / Flickr

# Time spent on computer each week



**HOW DO I ADULT?**

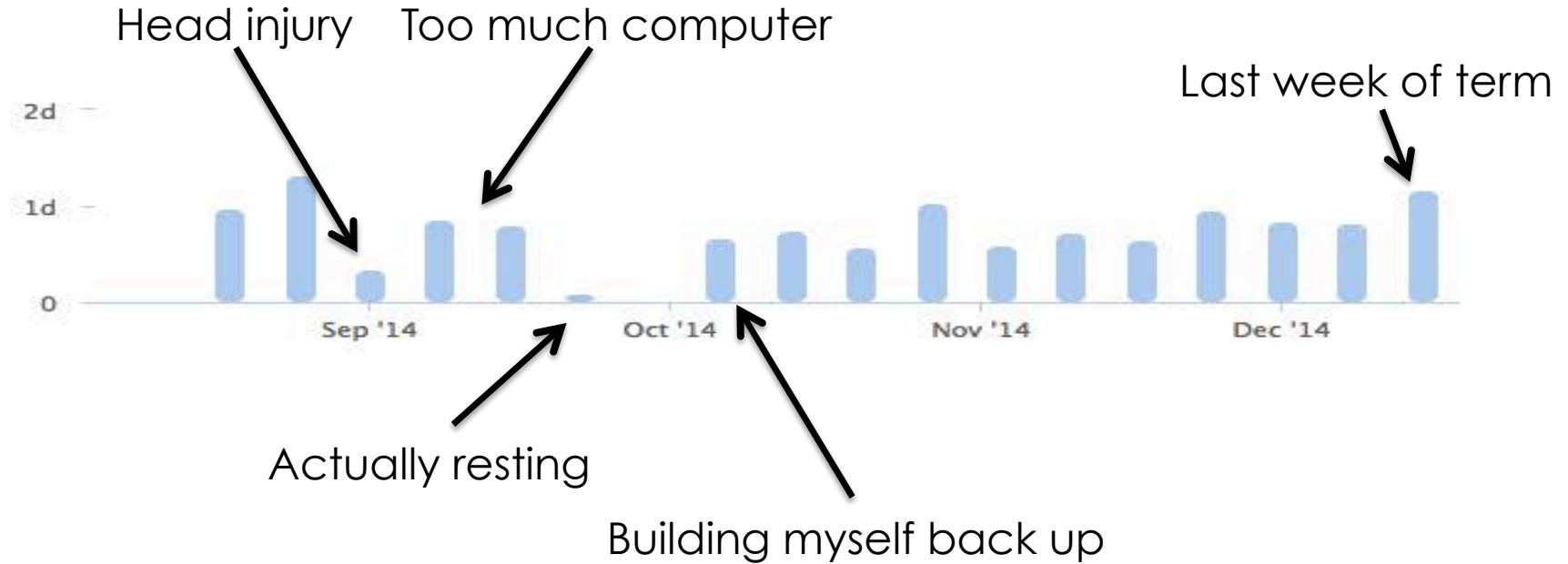


**BUILD**



**ALL THE HABITS!!!**

# Time spent on computer each week





HABITRPG





47 / 50

526 / 1,720

102 / 202



Tags Edit Hide Clear morning afternoon evening personal work

### Habits

New Habit +

Add Multiple

All Weak Strong

- Ate when I was hungry
- Reading / Listening

All Weak Strong

### Dailies

New Daily +

Add Multiple

All Due Grey

- Take pills
- Eat breakfast
- Take allergy medication
- Spent < 120 min on my phone yesterday
- Interact w/ a tier 1 friend
- Get some exercise
- Plan next day

### To-Dos

New To-Do +

Add Multiple

Active Dated Done

- Text Amelia about meeting up
- Review conductive fabric materials from Tom
  - Google
  - IEEE article
- Packing!!!
- Make sure system is not going unstable
- Hold voltage, freq constant - how does cell model behave?

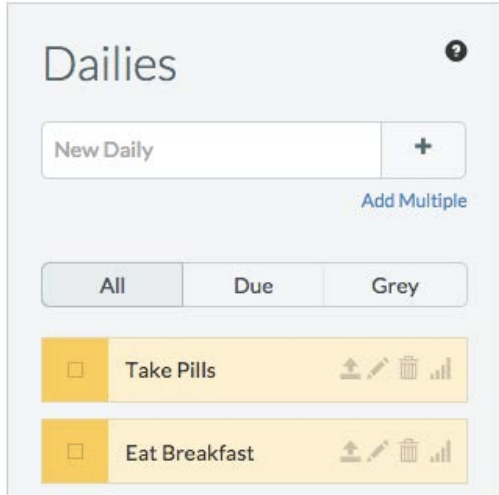
### Rewards

New Reward +

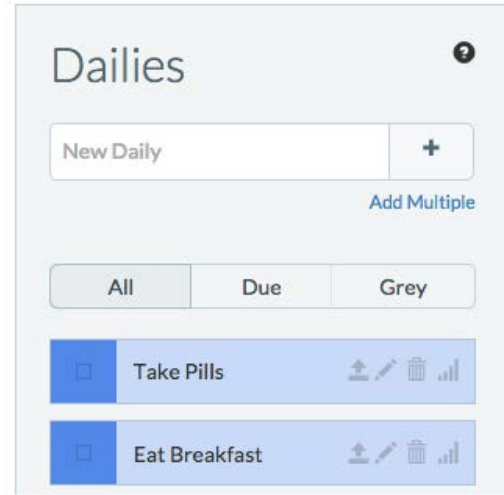
Add Multiple

All Equipment & Skills

- 40 Puzzle time
- 40 25 minutes free screen time
- 40 Tasty treat
- 40 Read for pleasure
- 100 Trip to muddy/bar
- 150 Go on an adventure!
- 25 Health Potion

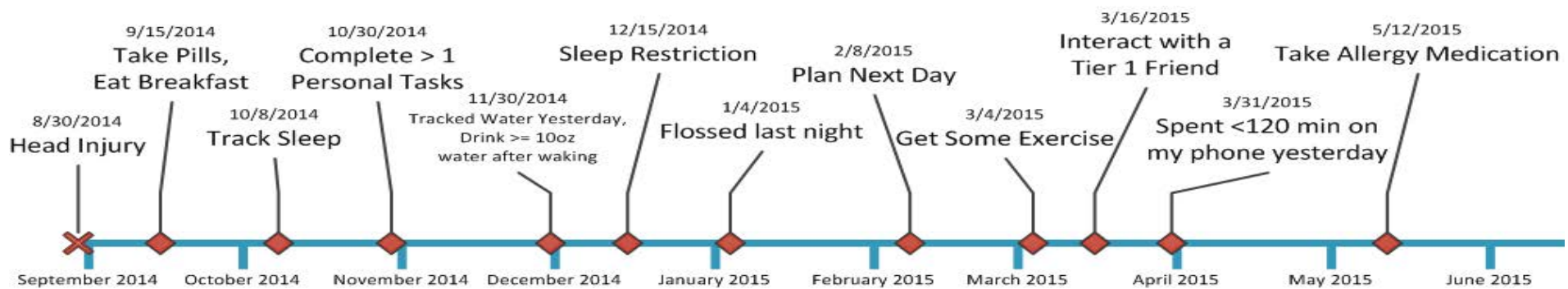


12+ days



**Rule: No new dailies  
until existing dailies  
are all blue**





**Lesson 1: This concussion  
was an inflection point**



## Night overview

DEEP SLEEP

12am

1am

2am

3am

4am

5am

6am

To bed 12:56 am

Fall asleep in 1 h 0 min





**Sleepio**

**No Alcohol Within**

**4 Hours of Bed Time**

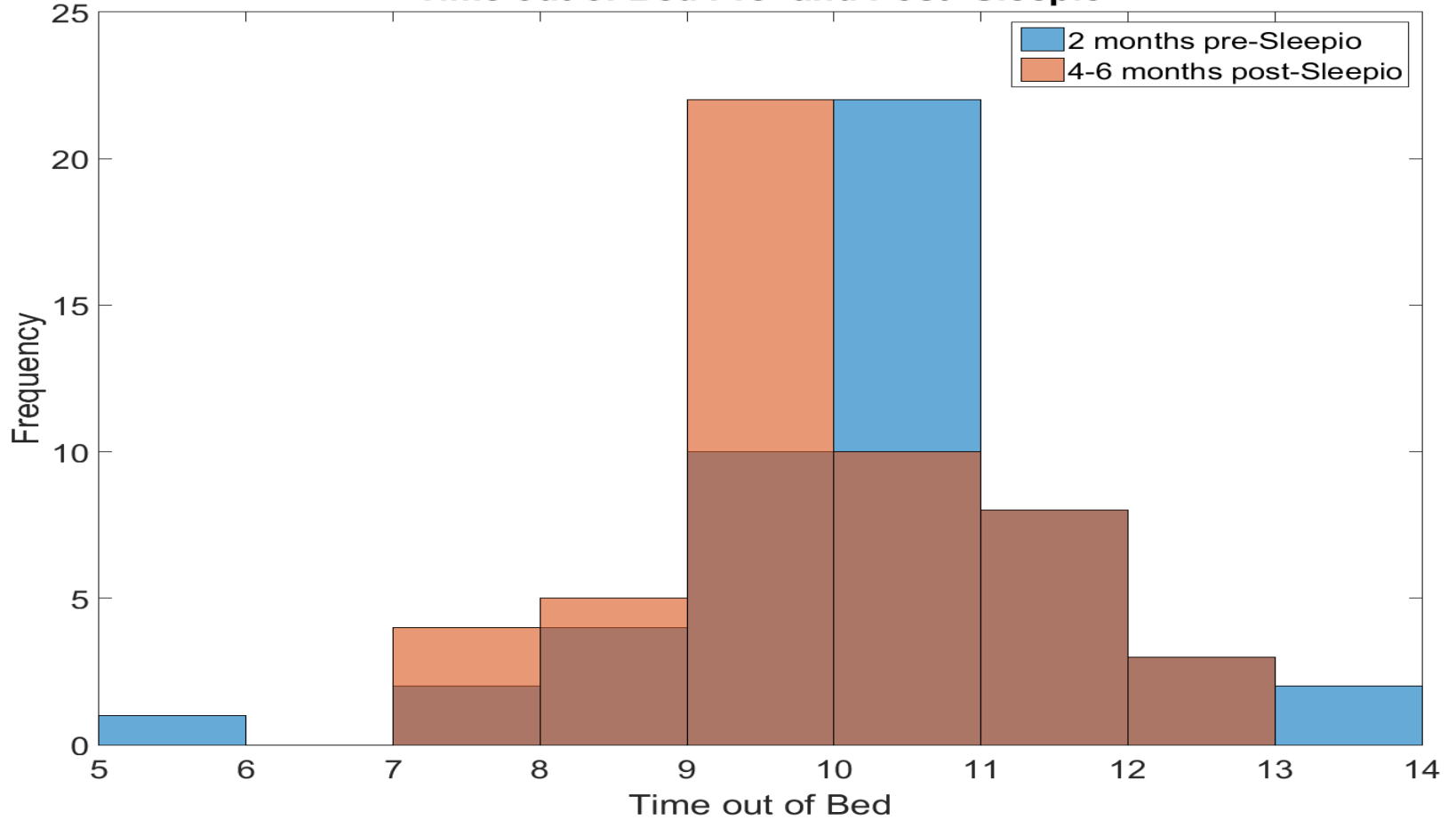
**Track Sleep**

**Sleepio**

**No Napping**

**Sleep Restriction**

**Time out of Bed Pre- and Post- Sleepio**



# **Lesson 2: Each habit is different**

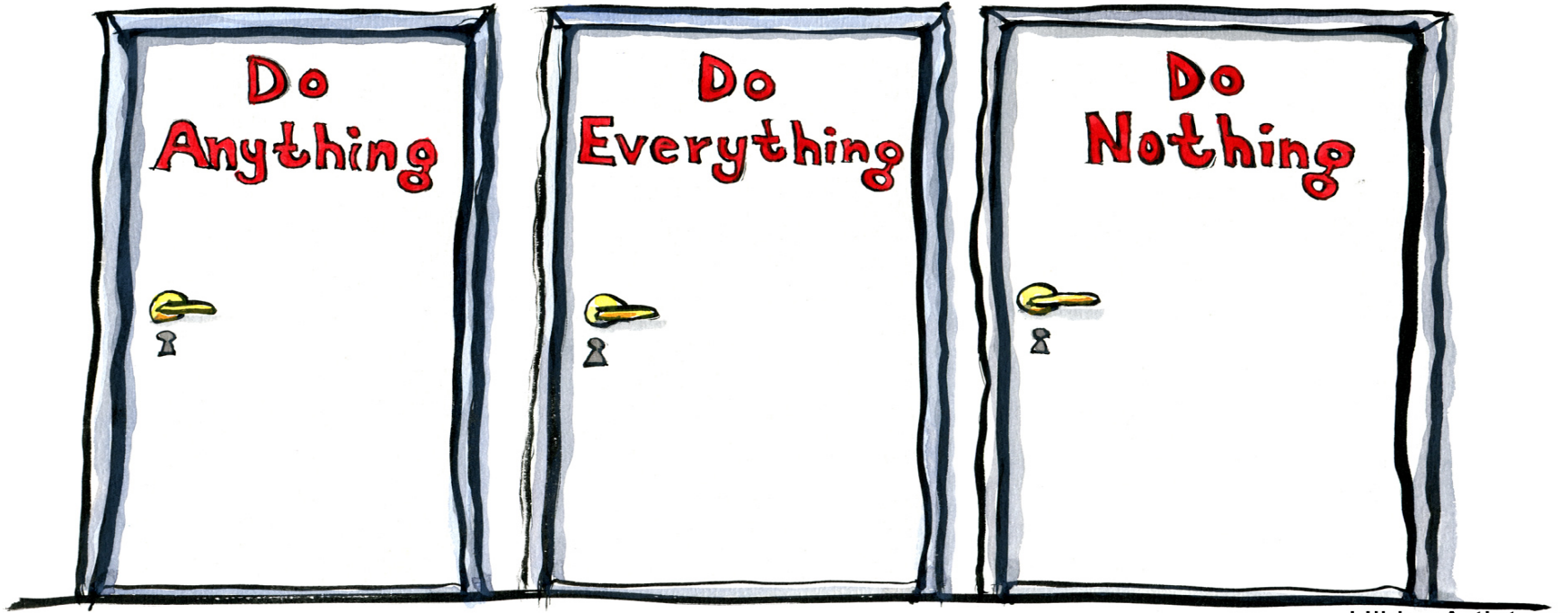


Hey Paul Studio / Flickr

**VS.**



Hiking Arist/ Flickr



# **Lesson 3: Dailies don't work for everything**





**Rule: Get > 0 active minutes  
OR ride my bike daily**

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