Posture Monitor

User Manual

Includes setup, guidelines and troubleshooting information for your Posture Monitor App

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Getting Started

If you haven't installed your application, begin by double-clicking PostureMonitorSetup.exe, and follow the on-screen instructions.

After the successful installation, it will launch the welcome screen. Click Continue.

Follow the steps to make sure your posture is neutral and the camera is positioned correctly. Click Continue.
It is important that the camera can detect your head and torso accurately. It needs to be distinct from the background. Infrared may not reflect well on some clothes (as seen in the screen below). This will adversely interfere with the monitoring. If this happens, consider changing your clothes and try again.

Follow the instructions and when you are ready, click Calibrate

You are done! The application will now passively monitor your posture every time you are in front of your computer. Just make sure the monitoring button is on and it will do the rest.
Getting to know Posture Monitor App

The menu on top of the screen will help you navigate through different screens.

The toggle button on the top right corner can be used to enable/disable active monitoring. The color is green when it’s turned on and red when it’s turned off.

Dashboard
This is the home screen for the Posture Monitor Application. You will find key performance indicators here that will show your posture status.
**Stick Figure**

The Stick Figure mimics your overall posture. It uses your calibrated position as the baseline to compare with your recent posture.

If it does not look straight then it indicates that you are not in your neutral position. This will trigger alerts that you will see on the top right corner of your screen.

⚠️ Your posture is bad; please correct it.
If you're feeling tired, take a break.

In the off-chance that you are sitting in your neutral position but the stick figure is still not straight then it’s time for you to do re-calibration. You can do this by going to ‘Calibration’ page.

**Posture Quality**

The posture quality shows your recent performance in terms of %. If you are on or above 66% then it’s Green. If it falls below 66% but it’s still on or over 33% then it’s Yellow. When it dips below 33% then your posture quality turns Red.

If your recent posture quality remains below 33%, you will see the following critical warning message instead of the previous one.

⚠️ Your posture is extremely bad! Please correct it.
If you're feeling tired, take a break.

You can change the sensitivity of this chart along with ‘bad posture warning time’ in the 'Settings' Page.

**Active Time W/O Break**
This indicator tracks how long you have been sitting in front of your computer without having taken a break. When you exceed the limit, it will show a warning message.

⚠️ You haven’t taken a break in over 3:03. Please take a break!

Similar to bad posture warning message, this will change to critical Red when it exceeds a higher threshold. You can adjust the ‘Excessive sitting warning time’, ‘Excessive sitting critical time’ and ‘minimum break length’ in the ‘Settings’ page.

**Today’s Posture**

This is a running chart that tracks your posture quality and break intervals for the day.

The line movements show the posture quality and the color of the lines depicts the excessive sitting time. If it’s Red, it means that you have exceeded your ‘Excessive sitting critical time’. If it’s Yellow, it means that you have exceeded your ‘Excessive sitting warning time’. The ideal line color should be green which would indicate that you are taking breaks per your set goals.
History
The ‘History’ screen shows your historical posture performance for up to 2 weeks. Each vertical line represents the performance in a given day.

The ‘Average Posture Quality’ chart shows the % performance similar to the chart in the ‘Dashboard’ page.

The ‘Excess Sitting Time’ chart shows the total excess hours of being active without breaks. For example, if your goal is to take a break within 1.5 hours but you sit for 2.5 hours straight, it will show up as 1 hour excess time. If you properly take breaks, it will show zero.
Calibration

The Stick figure and Posture Quality chart in the Calibration page are real-time unlike Dashboard page that shows the running average. The duration of the running average is tied to the goals that can be modified in the ‘Settings’ page.

The depth camera window shows the image captured real-time. It is a good practice to calibrate frequently and especially when you alter your workspace set-up like changing the height of your chair, moving your desk, monitor, etc.

Before you click the Calibrate button, make sure you are sitting straight and the camera can capture your head and torso distinct from the background.
Settings

The settings page lets you modify various controls.

**Posture sensitivity**: This is tied to posture quality, the higher the value the more sensitive it becomes.

**Bad posture warning time**: This helps you determine how quickly you want the application to notify you when your posture is not neutral.

**Excessive sitting warning time**: This is your goal for active time before taking a break. This will be reflected in the ‘Today's posture’ chart under ‘Dashboard’ and ‘Excess Sitting Time’ chart under ‘History’ page.
**Excessive sitting critical time:** This is similar to the previous control, except this target should be higher than the previous one. If you miss this goal, the line in the ‘Today’s posture’ chart will turn red.

**Minimum break length:** You can use this control to determine how long you want your breaks to be. If this is set to 2 minutes and you decide to return back to your chair in 1 minute then the application will not consider it as a break.

**Launch Posture Monitor on startup:** Having this option checked will launch the application every time you start your computer (recommended).

**Start minimized:** Checking this option will enable the application to passively run in the background. However the user can invoke the Posture Monitor screens by double-clicking the tray icon.

**Daily calibration reminder:** Selecting this option will remind you to perform daily calibrations.

Clicking the ‘Default Settings’ button will restore the values to original settings.

**FAQ**

This section has a lot of additional information that may help you optimize your posture and get the most value out of this application. You can also access the FAQs by visiting WWW.PostureMonitor.Org.
Troubleshooting

If the camera can't accurately detect your head and/or your body, you will see the following warning message:

⚠️ PostureMonitor is unable to detect your posture. Please follow instructions for proper detection.

If you encounter this, please go to ‘Calibration’ page, follow the instructions and perform re-calibration.

If your torso cannot be distinguished from the background, try wearing a different shirt/top or wear another layer of clothing on top of your existing one. Though rare, infrared may not reflect well on some clothes especially when the color is very dark. This may be applicable to head covering too.

If the camera can distinguish your head and body but you still get the warning message then it could be because of where you are positioning your legs. While crossing your legs are fine, resting it on the desk in front of your camera will interfere with the monitoring.
Appendix

Specifications

This application requires Intel RealSense 3D Camera VF0800 (Designed by Creative). Below are other technical and system requirements:

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