



By [John Dirks](#)

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Countless personal health and wellness applications have been developed over the past few years, and more spring up all the time. The ubiquity of devices, health-focused apps, social networks, and other digital tools all enable users to set new goals and regularly collect and track their own personal data toward achieving them.

When coupled with a good user experience, personal health apps and data can inspire positive behavioral or lifestyle changes. This article by [John Dirks](#) and fellow Blinker [Tom Satwicz](#) was published in September 2014 in UXPA Magazine.

## Your Plan

Share:   



Jonathan  
Your quit date is Jan. 15, 2014

Edit Plan

### ♥ Your Inspiration



### 👤 Your Inner Circle

- Ross Johnson
- Hannah Wilson
- Emily Shaw
- Alexandra Filson

### 🎯 Your Plan

- Gradually cut back 2 cigarettes per day
- Give up the easiest cigarettes of the day
- Only smoke from 10 a.m. to 9 p.m.
- Don't smoke during certain situations
- Practice taking "smokers' holidays"

*Practice your daily exercises!*

### 🕒 Your Quit medications

Don't forget to take your nicotine gum!

### 🚫 Be aware of your triggers

- Places - Home, restaurants, bars
- People - Spouse/partner smoking
- Activities - Eating, drinking coffee or tea
- In my body or mind - Urges, restlessness

Figure 1. WebQuit asks users to develop a plan for quitting that includes emotional inspiration and specific targets.

Read More at [UX Magazine](#).