

quantifiedself

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## Problemstellung

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Welche Möglichkeiten habe ich im Alltag Energie zu sparen um:

- Bewusst mit Ressourcen umzugehen
- Geld zu sparen
- die Umwelt zu schonen

Wie kann mir eine App dabei helfen meinen Energieverbrauch zu visualisieren, diesen zu senken, meine Erfahrungen interaktiv auszutauschen und von den Erfahrungen anderer User zu profitieren.

Eine Plattform auf welcher ich:

- meinen Stromverbrauch dokumentieren kann
- meinen Stromverbrauch visualisieren kann
- im interaktiven Austausch zu anderen Nutzern stehe
- die Auswirkungen des Stromsparens sehe

Die App sollte anwenderfreundlich und übersichtlich sein um die Motivation des Users aufrecht zu halten seinen Stromverbrauch zu dokumentieren, anderen Erfahrungen weiterzugeben und somit einen Beitrag zum Umweltschutz zu leisten und Geld zu sparen.

Login:

The screenshot shows a web browser window with the URL <http://www.stepgreen.org/users/tinschen#1319652804379>. The page title is "StepGreen - enrich your life". The browser's address bar and search bar are visible at the top.

The main content area is divided into several sections:

- Header:** "stepgreen beta enrich your life" logo and navigation links: Home, Actions, FAQ. A "Sign up or Login" section with input fields for "Login" and "Password" and a "Login" button.
- My Stats:** A teal box showing "Overall savings \$0.00" with a link "details go here" and "You Could Have Saved \$0.00".
- What can I do?:** A list of suggestions including "showering glass dishes", "appliance year", "round not at home", "magazines cans unplug", "operating save trees spring", "plastic yard", "repeatable heating", "fuel economy metal hvac hot water", "behavior", "vegetarian bottles summer", "upfront recycle purchase", "public transit cooling vehicle", "transportation recyclables fall", "food grooming paper", "residence bathing", "travel water recyclemania", and "lighting health printer paper".
- Hello, tinschen Savings:** A section showing "Last Week: 00.00lbs CO<sub>2</sub> and \$00.00" and "This Week: 00.00lb CO<sub>2</sub> and \$00.00". It also indicates "Location: trier, rlp, Germany." and "There are 4 users in your country." with buttons for "Report on Actions" and "Commit to Actions".
- Recent Discussions:** A small image of a dog and the text "As we save carbon regularly, Poly's environment will improve."
- Recent Comments on My Actions:** A box stating "No one has left any comments on your actions yet!".

## Profil:

The screenshot shows a web browser window with the URL <http://www.stepgreen.org/users/tinschen#1319652804379>. The page features the StepGreen logo and navigation menu. The main content area is divided into several sections:

- My Stats:** Overall savings: **\$0.00**. A sub-section shows "You Could Have Saved \$0.00".
- What can I do?:** A list of eco-friendly actions such as "showering glass dishes", "appliance year round", "repeatabe", "water behavior", and "residence".
- Hello, tinschen Savings:** Last Week: 00.00lbs CO<sub>2</sub> and \$00.00. This Week: 00.00lb CO<sub>2</sub> and \$00.00. Location: trier, rlp, Germany. There are 4 users in your country. Buttons for "Report on Actions" and "Commit to Actions" are present.
- Recent Comments on My Actions:** No one has left any comments on your actions yet!

On the right side, there is a "Recent Discussions" section with an image of a polar bear and the text: "As we save carbon regularly, Poly's environment will improve."

## Aktionen:

The screenshot shows the StepGreen website interface. At the top, the logo reads "stepgreen beta enrich your life." The user is logged in as "tinschen". The main content area is titled "My Stats" and shows "Overall savings \$0.00". Below this is a "Browse Actions" section with a search bar and a list of actions. The actions are sorted by rank, with the top action being "Turn off the lights when you exit the house in the morning for the day." The table below lists several actions with their respective savings and CO2 reductions.

Name	Dollar / CO2 savings	Rank	Comments / Updated
Turn off the lights when you exit the house in the morning for the day.	\$6.24/year 87.04 lbs/year	1	Feb 18 1 comment
Turn off the lights if you are leaving a room for more than 10 minutes.	\$0.32/year 4.32 lbs/year	3	
Turn off the TV if you aren't really watching it.	\$6.24/year 87.04 lbs/year	5	Jan 28 1 comment
Walk to destinations less than one mile away.	\$42.08/year 264.00 lbs/year	7	Dec 10 10 comments
Wash only full loads of clothes.	\$1.19/year 16.28 lbs/year	7	Sep 03 4 comments
Take the stairs at work.	\$5.44/year 76.16 lbs/year	9	Jan 25 7 comments

## Aktionen:

The screenshot shows the StepGreen website interface. At the top, the logo reads "stepgreen beta enrich your life." Below the logo is a navigation menu with links: Home, Report, Actions, Discuss, Account, FAQ, Extras, Developer. The main content area is divided into several sections:

- My Stats:** Overall savings \$0.00. You Could Have Saved \$0.00.
- Browse Actions:** Filtered by "Popular".
- Search Actions:** A search bar with the text "Can't find the action you are after? Create a new action!"
- Table of Actions:** A table listing various actions with their associated savings and CO2 reduction.

Name	Dollar / CO2 savings	Rank	Updated	Comments	Buttons
Walk to destinations less than one mile away.	\$42.08/year 264.00 lbs/year	7	Dec 10	10 comments	Discuss   already do this   Commit   N/A
Wash only full loads of clothes.	\$1.19/year 16.28 lbs/year	7	Sep 03	4 comments	Discuss   already do this   Commit   N/A
Take the stairs at work.	\$5.44/year 76.16 lbs/year	9	Jan 25	7 comments	Discuss   already do this   Commit   N/A
Set your home computer to automatically hibernate/sleep after a short period of inactivity.	\$44.65/year 617.08 lbs/year	10	Jan 03	4 comments	Discuss   already do this   Commit   N/A
Turn off the lights when you exit the house in the morning for the day.	\$6.24/year 87.04 lbs/year	1	Feb 18	1 comment	Discuss   already do this   Commit   N/A
Turn off the lights if you are leaving a room for more than 10 minutes.	\$0.32/year 4.32 lbs/year	3			Discuss   already do this   Commit   N/A
Turn off the TV if you aren't really watching it.	\$6.24/year 87.04 lbs/year	5	Jan 28	1 comment	Discuss   already do this   Commit   N/A

## Aktionen:

The screenshot shows the StepGreen website interface. At the top, the user's profile is visible with the name 'StepGreen - enrich your life' and a URL. Below the profile, there are navigation links for Home, Report, Actions, Discuss, Account, FAQ, Extras, and Developer. The main content area displays 'My Stats' with 'Overall savings \$0.00' and 'You Could Have Saved \$0.00'. A 'Browse Actions' section is also present.

Name	Dollar / CO2 savings	Rank	Comments Updated
Turn off the lights when you exit the house in the morning for the day.	\$6.24/year 87.04 lbs/year	1	Feb 18 1 comment
Brush teeth the old-fashioned way.	\$0.80/year 10.56 lbs/year	2	Jan 22 6 comments
Turn off the lights if you are leaving a room for more than 10 minutes.	\$0.32/year 4.32 lbs/year	3	


Name	Dollar / CO2 savings	Last report	Dollar / CO2 savings	Rank	Updated
Turn off the lights when you exit the house in the morning for the day. I have done this <input type="text"/> times since Sunday	\$6.24/year 87.04 lbs/year	Never <input type="button" value="Uncommit"/>	\$6.24/year 87.04 lbs/year	1	Feb 18 1 comment
Walk to destinations less than one mile away. I have done this <input type="text"/> times since Sunday	\$42.08/year 264.00 lbs/year	Never <input type="button" value="Uncommit"/>	\$0.32/year 4.32 lbs/year	3	
Wash only full loads of clothes. I have done this <input type="text"/> times since Sunday	\$1.19/year 16.28 lbs/year	Never <input type="button" value="Uncommit"/>	\$6.24/year 87.04 lbs/year	5	Jan 28 1 comment
Take the stairs at work. I have done this <input type="text"/> times since Sunday	\$5.44/year 76.16 lbs/year	Never <input type="button" value="Uncommit"/>	\$42.08/year 264.00 lbs/year	7	Dec 10 10 comments
Brush teeth the old-fashioned way. I have done this <input type="text"/> times since earlier today	\$0.80/year 10.56 lbs/year	Today <input type="button" value="Uncommit"/>	\$1.19/year 16.28 lbs/year	7	Sep 03 4 comments
upfront recycle purchase public transit cooling vehicle	\$5.44/year 76.16 lbs/year	<input type="button" value="Take the stairs at work."/> <input type="button" value="Commit"/> <input type="button" value="N/A"/>	\$5.44/year 76.16 lbs/year	9	Jan 25 7 comments



## Forum:

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**From:** peteMX on 12 Sep 2011 (see all comments from this user)

**Subject:** Turn off the lights and take advantage of sunlight. 

I am at office from 7-8am to 8-9pm and normally is needed the light to work. When possible I turn it off.

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**From:** emoney1107 on 25 Jan 2011 (see all comments from this user)

**Subject:** Take the stairs at work. 

I'm stupendously lazy, but I've got to change my habits if I hope to make a difference on this planet!!

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**From:** trdillah on 19 Jan 2011 (see all comments from this user)

**Subject:** Buy a device to monitor your household electricity consumption. 

You can purchase a TED device from Amazon: <http://www.amazon.com/TED-De tective-Electricity-Footprin ts-Software/dp/B000Y3JRY8>

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**From:** valthegal on 3 Jan 2011 (see all comments from this user)

**Subject:** be a vegan (no animal products) 

This would make it impossible to eat locally in Colorado, and would hugely increase my carbon footprint. There are parts of the world where this would help, but dry places with short growing seasons are not those parts of the world. It would be environmentally unconscionable in CO.

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