
Rupert the nutritionist

— Nathan Quinteiro & Jacky Casas —

13.06.2018 @ SwissText 2018, Winterthur

HumanTech

Technology for
Human Wellbeing Institute

Quick summary

- 10-11 February 2017 - Open Food Hackdays
- 15 February 2017 - Project is selected to be supported by food.opendata.ch
- May - June 2018 - Users tests
- 13 June 2018 - SwissText 2018

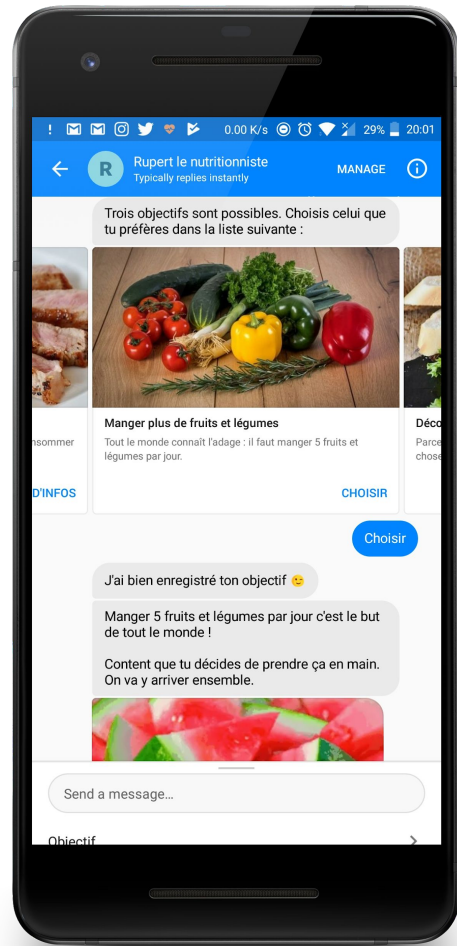
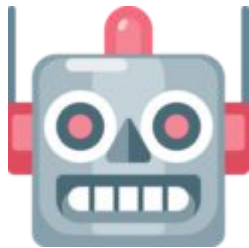
Introducing...

RUPERT

**THE
NUTRITIONIST**

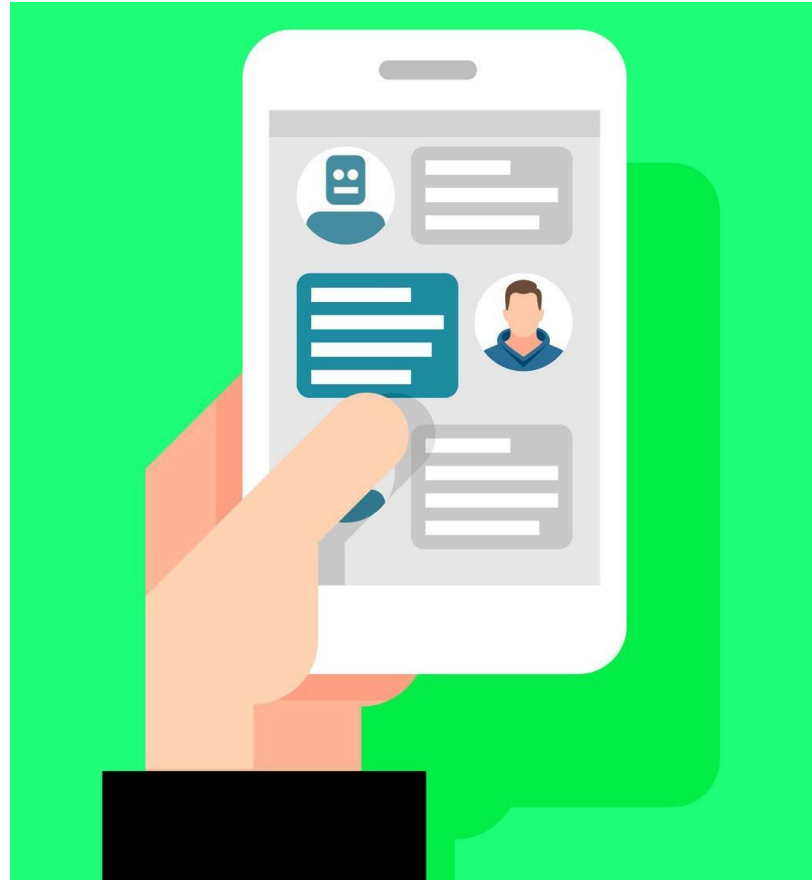
Who is Rupert?

Your companion for a healthier and more responsible lifestyle.



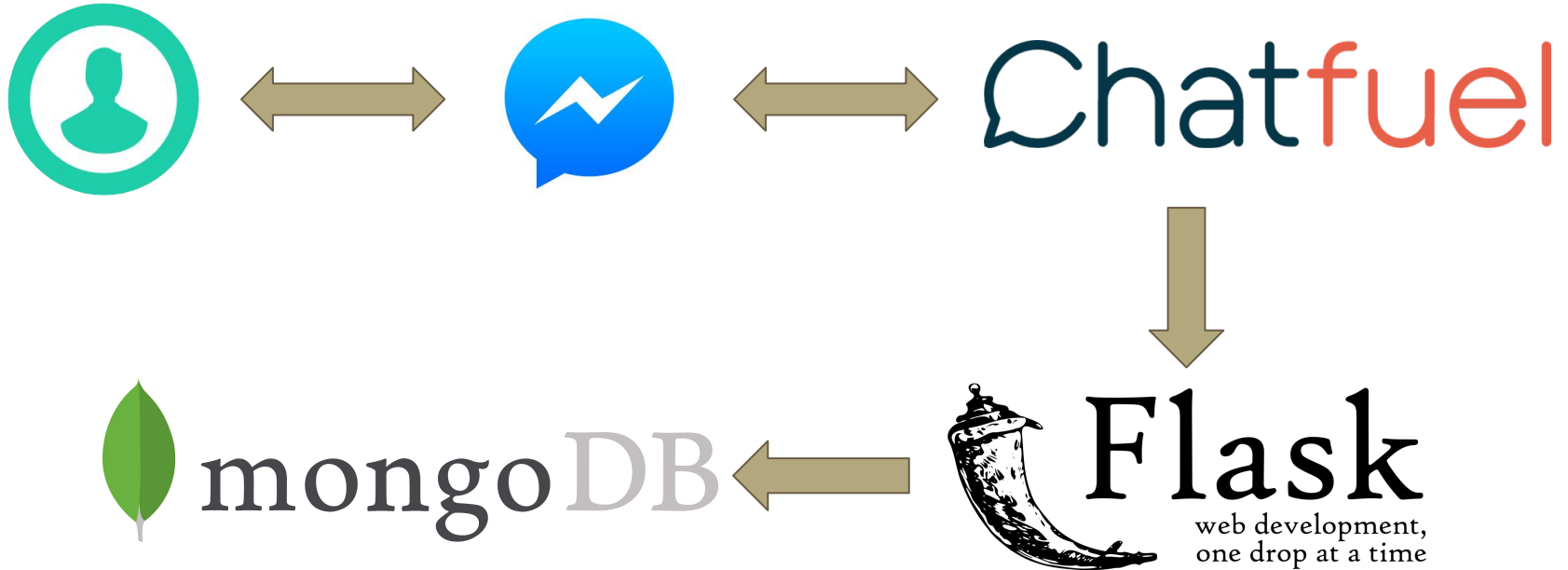
Why a chatbot ?

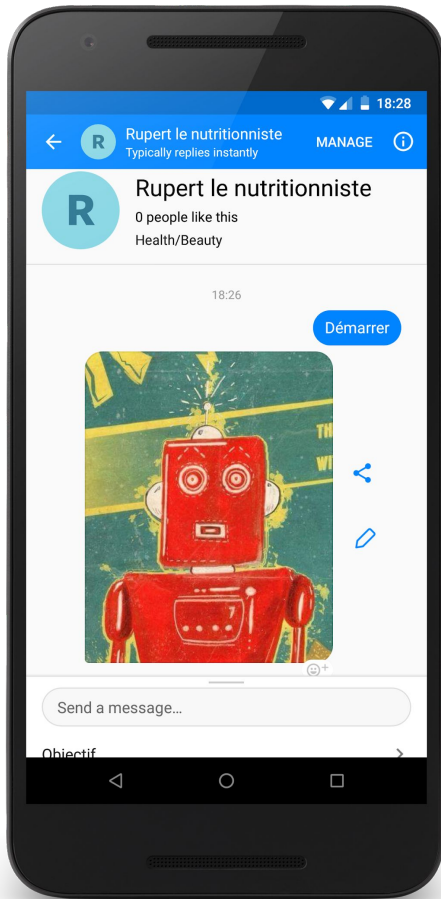
- Simple
- Friendly
- Intuitive
- Customizable
- Growing popularity



GETTY IMAGES

The architecture & the technologies





Rupert

3 main functionalities

1. Help the user to reduce his meat consumption
2. Help the user to eat 5 fruits & vegetables per day
3. Give information about food production and consumption in Switzerland

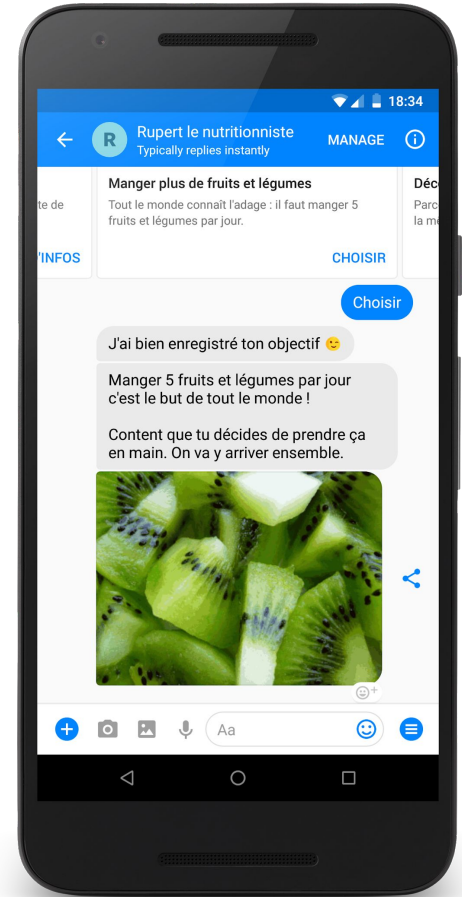
Focus on the coaching part (points 1&2)



The process

1. The user defines his goal (eg. eating less meat)
2. Rupert asks basic questions about his current consumption and goal
3. Everyday, Rupert asks the user his consumption
4. At the end of the week, Rupert sends the results
5. Go to step 1

In the meantime, the user can learn tips & statistics about his goal by talking with Rupert.



The follow-up

Rupert sends the results at the end of the week. The user can tune his goal and start a new week challenge.

Lundi 01 jan	➡	-
Mardi 02 jan	➡	🍖
Mercredi 03 jan	➡	-
Jeudi 04 jan	➡	🍖
Vendredi 05 jan	➡	🍖 🍖
Samedi 06 jan	➡	🍖 🍖 🍖
Dimanche 07 jan	➡	-

Ce que tu mangeais avant de commencer la semaine (environ) : 🍖 🍖 🍖 🍖 🍖 🍖 🍖 🍖

Objectif fixé en début de semaine : 🍖 🍖 🍖 🍖 🍖 🍖

Total de viande que tu as mangé durant cette dernière semaine : 🍖 🍖 🍖 🍖 🍖

--> **Objectif atteint !!!** 🎉 🎉 🎉 Bravo ! 🍷 🍷 🍷

Et maintenant, il va falloir choisir ! Est-ce tu as la motivation pour une semaine supplémentaire ? C'est toujours top de s'améliorer. Tu peux toutefois choisir le même objectif que la semaine qui se termine si tu est content de ce que tu as fait. A toi de voir.

[Allez c'est parti](#)

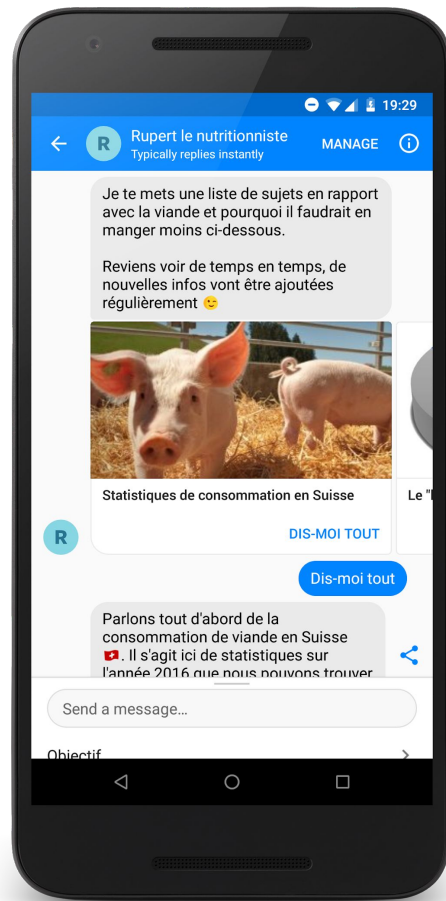
[Choisir un autre but](#)

Motivation & information

Different **informations** are available to the user, such as statistics of Swiss meat consumption, what we should eat to be sustainable, and so on.

Links to articles, web pages and more data related to the subjects.

Rupert **personality** : he's nice, he talks like a friend would, he always answer, he speaks your language (french for now)



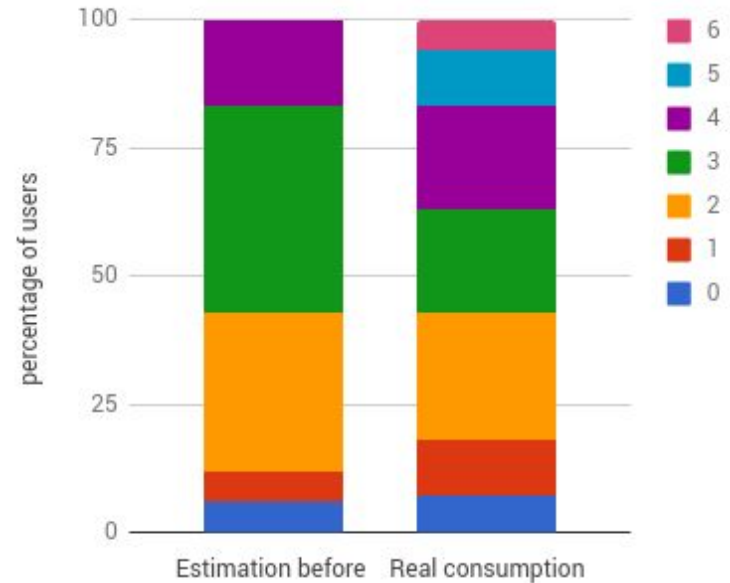
User tests



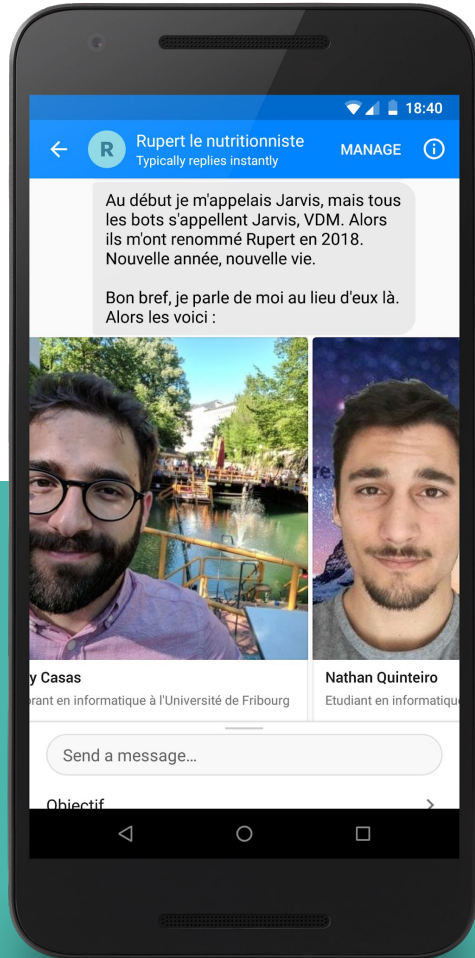
Tests

- Performed in May 2018 (4 weeks)
- 36 participants
- 65 challenges started
 - 30 meat
 - 35 fruits/vegetables

Daily fruits&vegetables consumption



Thanks !



@nathan_quint
@jackycasas_