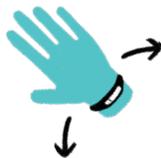
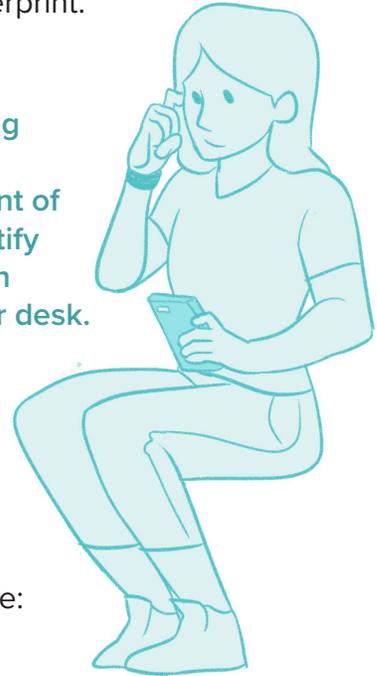


When you train Keen for your gesture, it is looking for two things: **1) the specific motion of your wrist**, and **2) the position of your wrist in relation to the vertical pull of gravity**. These two measurements create the "fingerprint" of your specific gesture. After training, Keen uses mathematical magic called Motion Fingerprint to detect your wrist position and movements and will vibrate when it senses a match to your fingerprint.

To the right is a graphic of a person training their Keen bracelet while they sit tall. This allows Keen to capture a Motion Fingerprint of an upright sitting position, so Keen will notify them when they perform their gesture with similar postures, like sitting upright at their desk.



WRIST MOTION

Keen looks for the specific motion of your wrist. Examples include:

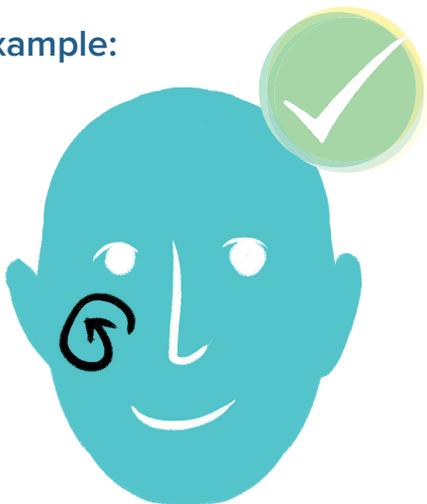
- Feeling around for skin imperfections
- The motion of biting your nails
- Looking for "the" hair to pull

When you train Keen, keep your motion gesture small and local, representing your repetitive gesture. Involve your wrist so Keen can detect your motion fingerprint. If your gesture only includes finger motion, slightly exaggerate your wrist motion. Here are good and bad examples of a skin-picker training Keen for the cheek area:

Good Example:

Motion:
specific &
repetitive
(circular)

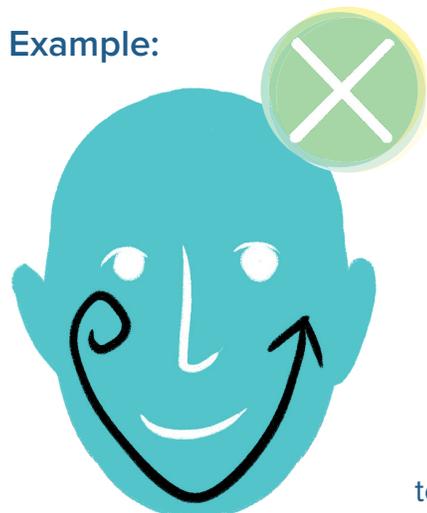
Area:
small &
localized
(right cheek)



Bad Example:

Motion:
varied
(circular,
up, down)

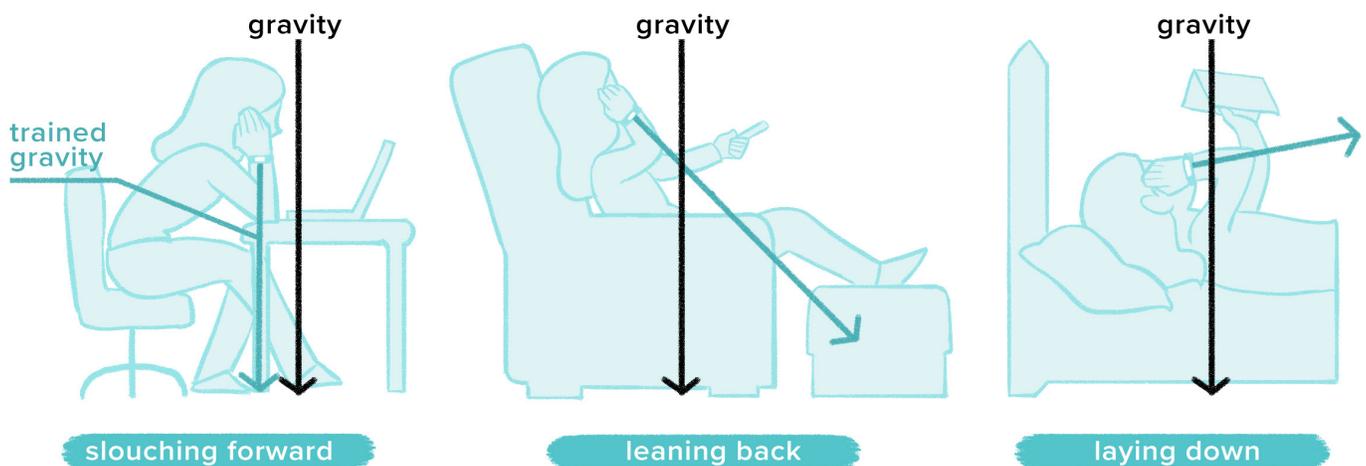
Area:
large &
all over
(right cheek
to left cheek)



A WRIST POSITION

Keen has a built-in compass that constantly allows it to know the direction of gravity. When you train Keen, it uses that compass to remember what the direction of gravity was when you performed your trained gesture. We call the recorded information “trained gravity.” When Keen’s trained gravity is at an angle parallel to gravity, Keen will know you might be ready to perform your gesture.

Because of this, your body position can affect Keen’s accuracy. If you exhibit your behavior in distinctly different body positions, we recommend training your Keen bracelet to detect your gesture in multiple positions.



Since the body position Keen was trained for is sitting up, Keen will look for your wrist to be in that corresponding angle. In the “slouching forward” graphic, we can see that the **trained gravity line** is parallel to the **gravity line**. If you perform your gesture in this position, Keen will sense a match to the motion and position and vibrate.

In the “leaning back” graphic, the trained gravity line is not parallel to gravity, but isn’t too far off, either. If you perform your gesture in this position, there’s a chance Keen won’t sense a match or vibrate simply because it’s not used to you performing your gesture in this position. Using the Keen app to widen position sensitivity should allow Keen to sense a match in this different body position.

If your body position is sending Keen’s trained gravity line in a completely different direction, an example being the “laying down” graphic, we recommend using the Keen app to “add another area” and train Keen to detect your behavior while your body is positioned at this angle in space.

TRAINING TIPS

During the 15 second in-app training period, there are subtle things you can do to help Keen get a better picture of your motion fingerprint.

- Always wear Keen with its button pointing toward your fingers
- Get comfortable in the body position you do your behavior, which could be sitting tall, slouching at your desk, or laying in bed.
- Make sure your hand is already in position for performing your gesture before you start training.
- Stick with a specific, repetitive motion.
- Involve your wrist so Keen can detect your motion fingerprint. If your gesture only includes finger motion, slightly exaggerate your wrist motion.
- Watch yourself in a mirror while you train Keen.