

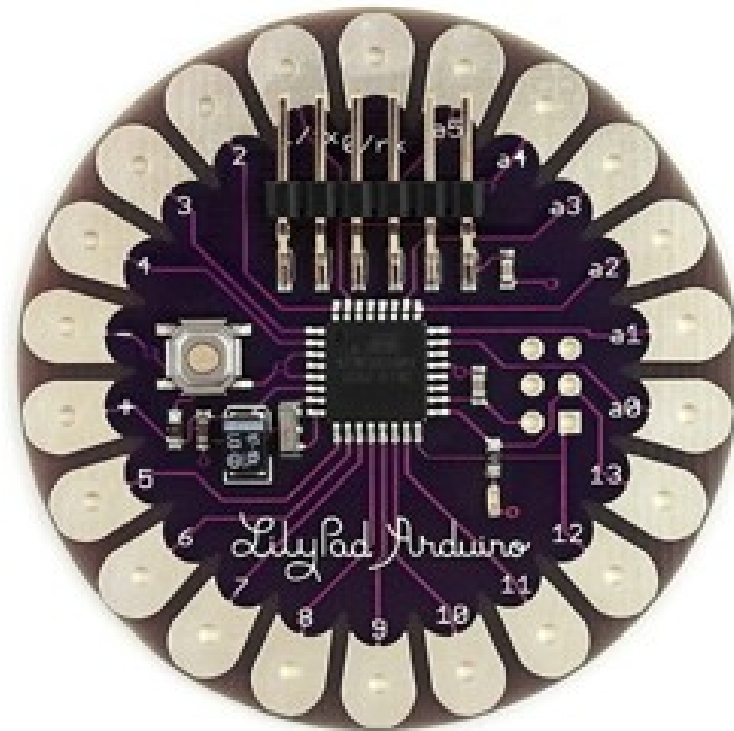
THE FITNESS GAME

THE FITNESS GAME

- **GOALS**
- **RULES**
- **FEEDBACK**
- **VOLUNTARY PARTICIPATION**

CENTRALIZED COMMS, DECENTRALIZED ACTION

AUTOMATIC TRACKING, SPONTANEOUS ACTION

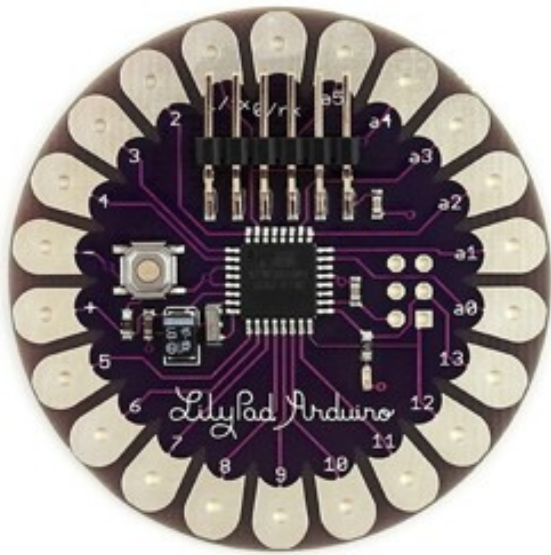


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[HTTP://ARDUINO.CC](http://arduino.cc)

RANDOMNESS IS ADDICTIVE



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(OR JOIN A CLUB)

**LEAVE
YOUR
COMPUTER**

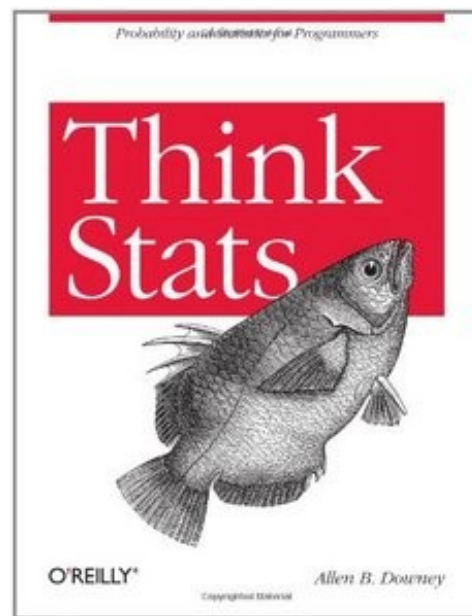
(IT WILL BE HERE WHEN YOU GET BACK)

OPENYOU.ORG

R-PROJECT.ORG



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OR



GREENTEAPRESS.COM/THINKSTATS

SEKRITLY: BEHAVIORIAL PSYCH

- **DECREASE COGNITIVE LOAD**
- **OPERANT CONDITIONING**