

GROWING DATA IDEATION WORKSHOP

Sheet 1/2

NICKNAME :

DATE :

OCCUPATION :

RESIDENCE : city town village countryside

AGE : 18-25 25-35 35-55 +55

GENDER : F M I don't want to say

What is growing to you ?

What is your definition of well-being ?

1. Tell us about yourself by filling in this information

BUILD YOUR DAY

2. Open deck 1

6 AM

5. Use a pen to add times to the timeline

3. Choose the type of day. Place the card here.

4. Build your day by placing cards from left to right. Use the space below the cards to add any extra details.

YOUR DAY IN DATA

6. Open deck 2. Have a quick look through the cards.

7. List the data generated during your day. If necessary, draw any connection with the timeline.

NICKNAME :

DATE :

YOUR GOAL

8. Look back on your day and choose one thing you want to change related to your health and well-being.

Write on post-it or place the card here.



YOU



SOMEONE

12. Pick someone to give your plant to

Write on post-it or place the card here.



Write on post-it or place the card here.



Write on post-it or place the card here.



Write on post-it or place the card here.

INPUT

9. What data is related to your goal ?

PLANT

10. Choose a type of plant

OUTPUT

11. What effects will the input have on your plant ?
Write, draw or pick one card.

Why did you pick that person ?

How do you think it is going to affect your interaction with that person ?

How is that going to help you to achieve your goal ?

13. Tell us what impact this would have.