

# Fitness Plug

Senior Project Report CPE 461/462

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#### Abstract

My parents only allowed me to play videogames or watch television for a certain number of minutes or hours per day. By limiting screen time, they encouraged me to be active and find other things to do outside of television or videogames. The Fitness Plug aims to do both by converting time exercised to entertainment time; you can only watch television or play videogames for as long as you have exercised.

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#### Introduction

#### **Stakeholders**

The primary stakeholders of this project are parents who want their children to exercise more; and people who generally prioritize videogames, television, or other forms of entertainment over being active. Provided they have the Fitness Plug, people can have unlimited screen time so long as they are active and exercising.

# Framed Insights and Opportunities

During the ideation process, I identified several necessary features for such a device. The device had to be adaptable to different types of exercise equipment, any involved devices would have to be connected to each other wirelessly, and the consumption device could be used independent of exercise. Supporting different types of exercise was important as this would not constrain the user to any one kind of exercise. In other words, by supporting a variety of sensor types, the device could identify when you were exercising and keep track of the duration, regardless of the type of exercise. The wireless component was important as this would not require you to be close to the outlet powering your entertainment system to be able to exercise. Tied with the previous feature, you can do any kind of exercise without being limited to the space itself; you could exercise outside or in a different room. Finally, the independence of the involved devices would enable a user to exercise for a period of time, and then consume entertainment, but not necessarily do the two at the same time. Effectively, the consumption device could be turned off during exercise, and store the duration of exercise (called "fitness minutes" from here forward) for use later.

#### **Project Deliverables & Outcomes**

The primary deliverable for this project is a device made of two components: a fitness device which keeps track of the time the user spends exercising, and a consumption device which spends the time exercised to power entertainment devices. Upon completing this project, I hope that this technology is explored more, and children are further encouraged to be active and exercise first, and to watch television or play videogames second.

# **Background**

In a study by Dr. Leon Straker and Dr. Juliana Zabatiero entitled "Conflicting Guidelines on Young Children's Screen Time and Use of Digital Technology Create Policy and Practice Dilemmas", screen time in children helps in "enhancing learning, promoting children's digital skill set, engaging in STEM..., ensuring productive workforce membership, enabling competition in a globalized economy, and creating competence in social interaction." However, there are also "concerns about the effects on physical, cognitive, emotional, and social health, well-being, and development [which] include poor and sustained postures; ... limitation of time for learning opportunities, shortened attention spans, and fewer contexts for verbal interactions, problem-solving, and creativity; ... addiction, depression, and access to inappropriate content and advertising" [1].

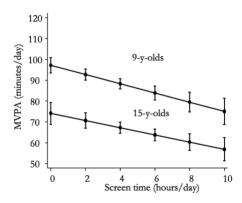


Figure 1 – Impact of screen time on moderate-to-vigorous physical activity (MVPA) [2]

In a study investigating the impact of sleep, screen time, school travel, and exercise on moderate-to-vigorous physical activity (MVPA) from 2018 published in the paper "Cross-Sectional and Prospective Associations between Sleep, Screen Time, Active School Travel, Sports/Exercise Participation and Physical Activity in Children and Adolescents", Knut Eirik Dalene and the other researchers found that "in 9- and 15-y-olds, [there were] inverse associations between screen time and MVPA, translating to 2.2 and 1.7 min/d less MVPA for each additional hour of screen time, respectively" [2]. We can see a graphical representation of these findings in Figure 1.

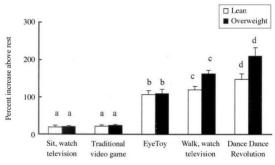


Figure 2 – Impact of activity during videogames and television on increase above rest [3]

In a study conducted by Dr. Lanningham-Foster and their team entitled "Energy Expenditure of Sedentary Screen Time Compared With Active Screen Time for Children", they found that "activity-promoting video games and treadmill television and computer use more than doubled energy expenditure, compared with the chair-based equivalents" [3]. As shown in Figure 2, even television coupled with walking on a treadmill motivated the participants in the study to increase activity.

There are inarguably negative aspects of screen time, however, screen time cannot be completely removed as technological competency is quite important in an increasingly digital world. By actively increasing physical activity during television or videogames, we can prevent the decrease in such activity generally associated with screen time. We know that television and videogames are great motivators for physical activity, as shown in the third study, so a device like the Fitness Plug would help to encourage such activities and associate them with the reward of digital entertainment.

# **Formal Project Definition**

# **Customer Requirements**

Going into this project, I had two main requirements: the devices couldn't be tethered by a wire as this would severely limit the number of exercises supported, and you had to be able to work out and gain fitness minutes without watching TV and consuming fitness minutes.

# **Engineering Requirements**

Table 1 – Engineering requirements for the Fitness Plug

Spec #	Parameter	Target	Tolerance	Compliance
1	Connectivity	Bi-directional	N/A	I
2	Range	Devices can stay connected more than 10 meters apart	Max.	A, T
3	Accuracy	Fitness minutes are stored down to the second	Min.	I
4	Safety	Relay flips in less than a second	Min.	T, I
5		Accommodates grounding pins on the plugs of devices	N/A	I, S
6	Operation	Devices should connect quickly to one another	N/A	T, I
7	Usability	New sensors must be easily adapted to by the hardware and firmware	N/A	A, S

The options for compliance stand for: analysis, testing, inspection, and similarity.

#### **End-User Personas**

As shown in the Personas section of the Appendix, this device can be used for a number of reasons. The device can be used to actively discourage screen time over studying, or it can be used as a way to decrease inactivity. Considering Quinn's use case, his use of a computer which plugs into the wall enables the device to act as a 1:1 exercise to studying converter. In Judah's use case, however, using Reddit on a phone would produce a more disparate exercise to Reddit conversion, since the phone battery would charge at a quicker rate than the energy is consumed. In both cases the device would still limit screen time and encourage exercise, despite not both resulting in the same exercise to entertainment conversion.

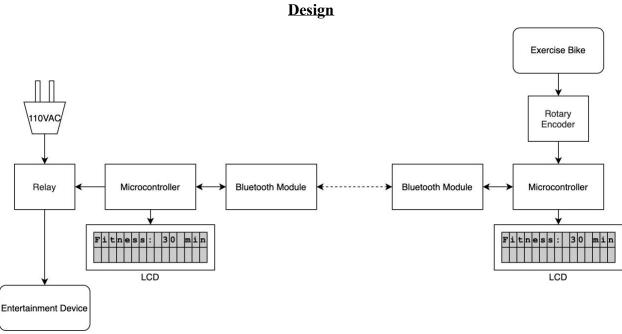


Figure 3 – Hardware overview for the Fitness Plug

At the start of the project I drew a block diagram, shown in Figure 3, roughly laying out how the Fitness Plug would work. This determined the features I needed to build into the project, and therefore what components I would have to purchase.

I knew that the devices needed to communicate wirelessly and at a relatively low range, so I would have to purchase microcontrollers that had WiFi or Bluetooth built in or buy external modules. Additionally, I knew the devices had to take up a small footprint, so devices like the Arduino Mega or MSP432 were out of the question. The Arduino Teensy would fit the size and BLE (Bluetooth Low Energy) constraint but wouldn't enable me to develop firmware in C since it uses the Arduino IDE. The ESP32-PICO-V4 development board, however, meets the size constraint, has Bluetooth and WiFi support (both in firmware and in hardware), and runs compiled C.

I was familiar with the Newhaven Displays and how to drive them so picking the LCD was somewhat straightforward. Additionally, with a limited number of pins and a lot of components connected to the ESP32, I wanted to make sure that a 4-bit mode of communication with the LCD was also supported in addition to the 8-bit mode.

Finally, I knew that I wanted to have some sort of control over the time stored on the devices, but I didn't want to buy an exercise bike. Using a Hall-effect sensor would not work since this would require mounting it along with magnets to some kind of rotating platform or crank. Whatever component I chose needed to be able to indicate rotation direction, so a quadrature encoder seemed to be a great option. I didn't need a particularly high resolution, so I was able to quickly acquire a cheap encoder from Amazon.

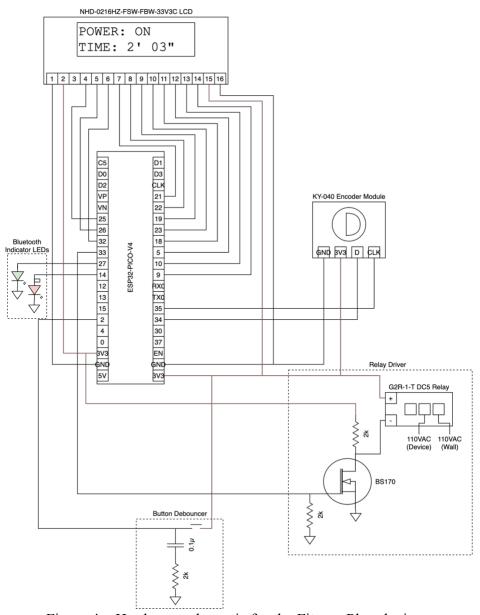


Figure 4 – Hardware schematic for the Fitness Plug devices

As shown in Figure 4, both the fitness and consumption devices support several peripherals, though only some of these are hooked up to each device, depending on what they are responsible for. The LCD shows the power state of the device, and the number of fitness minutes left in minutes and seconds. The relay driver circuit enables the ESP32 to control a relay with only 3.3V; this relay enables and disables the entertainment device (television, videogame console, phone charger, etc.). The button debouncer circuit prevents the microcontroller from picking up more than one edge when the button is pressed. Finally, the encoder controls the fitness minutes stored on the microcontroller in place of a sensor on an exercise bike or other exercise mechanism.

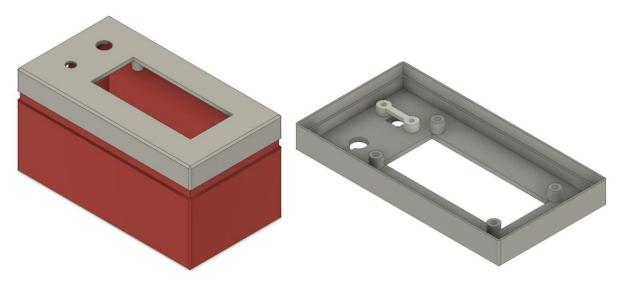


Figure 5 – Fitness Device CAD

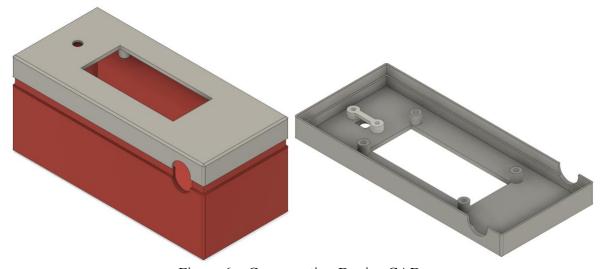


Figure 6 – Consumption Device CAD

The CAD models shown in Figures 5 and 6 were created primarily to remove visual clutter from the components, and not as part of an initial requirement for the project. Most of hardware and software development wrapped up in the first quarter, and while having breadboarded circuits for demo would enable me to quickly point at components and circuits involved, creating circuit boards and enclosures for the electronics seemed more professional. Additionally, having these boxes made it a bit easier to explain what each of the devices did, without the distraction of wires and scattered components on the breadboard.

#### **Conclusion and Future Work**

If development were to continue on this project, I would want to address a couple of outstanding issues. First, when the devices get disconnected, nothing restarts the connection sequence. Having some means of restarting the connection would make using the devices a lot easier as you would not have to worry about them becoming disconnected and consequently out of sync. Second, having mounts for Bluetooth connection lights would help to further debug any connection issues. Third, there is nothing to store the fitness minutes permanently across power cycles, so losing power on the consumption device would cause you to lose your fitness minutes. Fourth, the relay response time is not ideal; the relay flips state on the second, and not as soon as the consumption device is flipped from on to off, or off to on. As mentioned in the Engineering Requirements table (Table 1), this could be a safety hazard. Finally, having USB cables to power the microcontrollers is unideal for at least the fitness device. Having a battery for the fitness device would make it truly wireless and remove the need for a USB cable to power it. Powering the consumption device directly off of the wall plug would remove the need for two outlets to be used to power the consumption device.

#### Reflection

This project enabled me to take advantage of all of my knowledge and experience from my college career; it incorporated some circuits design and manufacturing, CAD modeling, software development and best practices, version control, and research and development. There were points in the project where I didn't think I was going to be able to get it working, but with a little bit of extra time spent, I was able to work through them.

The most notable challenge in this project was Bluetooth; I didn't know a lot about Bluetooth when this project began, and it was quite challenging to use anything other than the Bluetooth stack built into the Espressif toolchain. Throughout the whole project, it was quite apparent that they pushed for reliance on their API functions over manipulating registers to configure various communication peripherals, like Bluetooth, as everything from GPIO (General Purpose Input/Output) to the RTC (Real Time Clock) was configured via functions calls. While they had numerous examples for the Bluetooth functionality in particular, it was quite hard to determine which example I should base my code off of. It took several weeks for me to find one that was promising, and even longer to read through the code and determine if it was worth pursuing. Over spring break, one of them seemed quite appealing (the SPP Acceptor & SPP Initiator example), and I moved forward with it. Using this example over other ones enabled me to build out a networking module which could handle communications in either direction, making all of the wireless code much easier to develop.

The only other challenge I can think of was finding contiguous time in my schedule to work on the project; I found myself taking advantage of free time to make a ton of progress in anticipation of a loss of time later while working on projects in my other classes. Due to changes to my Spring Break plans, I was able to make up a lot of lost time on Bluetooth over Spring Break, eventually arriving at the solution I had at the end of the project.

# **Appendix**

# **Bill of Materials**

Table 2 – Bill of Materials for the Fitness Plug project

Material	Store	Quantity	Cost	<b>Total Cost</b>
ESP32-PICO-KIT	Digikey	2	\$10.00	\$20.00
G2R-1 DC3 (Relay)	Digikey	1	\$5.22	\$5.22
AK500/16-OE-5-0.5 (Male Plug)	Digikey	1	\$2.52	\$2.52
04530.73.01 (Female Plug)	Digikey	1	\$5.53	\$5.53
NHD-0216HZ-FSW-FBW-33V3C	Digikey	2	\$12.15	\$24.30
KY-040 (Rotary Encoder)	Amazon	1	\$6.59	\$6.59
Assorted Female Pin Headers	Amazon	1	\$14.99	\$14.99
Solderless Breadboard Jumper Wires	Amazon	2	\$10.76	\$21.52
	\$100.67			

As shown in Table 2, the total cost for this device came out to around \$100. Considering spare parts and parts I had on hand already, the development of this senior project probably came to around \$200 in total. If this device were to be marketed, I have no doubt in my mind that components could be purchased in bulk, and circuit boards could be designed removing a lot of unnecessary peripherals on the ESP32-PICO-KIT board to substantially reduce the price to something more affordable.

#### Personas



Figure 7 – Judah

Judah spends a lot of time on Reddit, but not a lot of time reading books. Since she has a lot of classes which require textbooks, her understanding of the material has departed from that of the class. Her parents and teachers want her to spend more time focusing on the material in the book, and less time on Reddit. Her parents thought that if there existed a device which limited her Reddit consumption, she would spend more time reading her textbooks.



Figure 8 - Quinn

Quinn spends most of his time studying trivia for his quiz bowl competitions. He doesn't, however, spend much time exercising. Since the trivia he does is on the tower computer which has a wall power supply, his parents saw the opportunity to reward his exercise with trivia studying. They couldn't, however, find a device that did just this, until now.



Figure 9 – Jay

Jay is quite active on Twitch, spending numerous hours per day streaming the videogames they play. However, they have neglected a lot of schoolwork, and don't spend a lot of time exercising. Since Jay's parents believe staying active is important for the brain, they decided that they needed some kind of device that would encourage exercising before videogames.

# Code main.c

```
#include <stdio.h>
#include <string.h>
#include "freertos/FreeRTOS.h"
#include "freertos/task.h"
#include "freertos/queue.h"
#include "lcd.h"
#include "relay.h"
#include "encoder.h"
#include "power.h"
#include "bluetooth.h"
#include "network.h"
#define FITNESS DEVICE
// #define CONSUMPTION DEVICE
#ifdef CONSUMPTION DEVICE
   static void IRAM ATTR flipRelay(void *args);
#endif
void bt data callback(uint8 t *data, int len);
uint32 t timePeriod = 2 * 60;
void app main(void) {
   configureLCD();
   configureRelay();
   configureEncoder();
  configurePower();
   setPowered(0);
  resetDisplay();
  writeString("Power: OFF\n");
  writeString("Time: ");
   #ifdef FITNESS DEVICE
      configureBluetooth(INITIATOR, bt data callback);
   #endif
   #ifdef CONSUMPTION DEVICE
      configureBluetooth(ACCEPTOR, bt data callback);
      xTaskCreate(flipRelay, "flipRelay", 2048, NULL, 10, NULL);
   #endif
   char data[16] = \{0\};
   int32 t count;
  int powered = 0;
  while(1) {
      setCount(0);
```

```
if (powered != isPowered()) {
         powered = isPowered();
         if (isConnected()) {
            writeConfigPacket(isPowered());
         moveCursor(8, 1);
        writeString("
                                "); /* clear screen after "Power: " */
         moveCursor(8, 1);
        sprintf(data, isPowered() ? "ON\n" : "OFF\n");
        writeString(data);
        moveCursor(7, 2);
      }
      writeString("
                           "); /* clear screen after "Time: " */
      moveCursor(7, 2);
      sprintf(data, "%2d' %02d\"", timePeriod / 60, timePeriod % 60);
      writeString(data);
      if (isConnected()) {
        count = getCount();
         if (count) {
            timePeriod += count;
            writeDeltaPacket(count);
         }
      }
      if (!isPowered()) {
         switchRelay(0);
   }
}
void bt data callback(uint8 t *data, int len) {
  Header header;
   DeltaPacket deltaPacket;
  SetPacket setPacket;
  ConfigPacket configPacket;
   stripHeader(data, len, &header);
   switch (header.flag) {
      case DELTA PACKET:
         stripPacket(data, header.len, &deltaPacket);
         timePeriod += deltaPacket.delta;
         break;
      case SET PACKET:
         stripPacket(data, header.len, &setPacket);
         timePeriod = setPacket.timePeriod;
        break;
      case CONFIG PACKET:
         stripPacket(data, header.len, &configPacket);
         setPowered(configPacket.powered);
        break;
```

```
}
static void IRAM ATTR flipRelay(void *args) {
   const TickType t xDelay = 1000 / portTICK PERIOD MS;
  while (1) {
      vTaskDelay(xDelay);
      if (isPowered()) {
         switchRelay(timePeriod);
         timePeriod = (timePeriod) ? timePeriod - 1 : timePeriod;
         if (isConnected()) {
           writeSetPacket(timePeriod);
         }
      } else {
         switchRelay(0);
   }
}
                                     gpio.h
#ifndef GPIO H
#define GPIO H
void setGPIO(gpio num t gpio num, uint32 t level);
#endif
                                     gpio.c
#include "driver/gpio.h"
#include "gpio.h"
void setGPIO(gpio num t gpio num, uint32 t level) {
   if (gpio set level(gpio num, level) != ESP OK) {
     printf("Could not set GPIO[%d]\n", gpio num);
   }
}
                                      lcd.h
#ifndef LCD H
#define LCD H
#include <stdint.h>
#define RS OUTPUT PIN 25
#define RW OUTPUT PIN 26
#define E OUTPUT PIN 32
#define DBO OUTPUT PIN 21
#define DB1 OUTPUT PIN 22
#define DB2 OUTPUT PIN 19
```

```
#define DB3 OUTPUT PIN 23
#define DB4 OUTPUT PIN 18
#define DB5 OUTPUT PIN 5
#define DB6 OUTPUT PIN 10
#define DB7 OUTPUT PIN 9
#define GPIO OUTPUT PIN SEL LCD ((1ULL << RS OUTPUT PIN) |\
                                  (1ULL << RW OUTPUT PIN) |\
                                  (1ULL << E OUTPUT PIN)
                                  (1ULL << DB0 OUTPUT PIN) |\
                                  (1ULL << DB1 OUTPUT PIN) |\
                                  (1ULL << DB2 OUTPUT PIN) |\
                                  (1ULL << DB3 OUTPUT PIN) |\
                                  (1ULL << DB4 OUTPUT PIN) |\
                                  (1ULL << DB5 OUTPUT PIN) |\
                                  (1ULL << DB6 OUTPUT PIN) |\
                                  (1ULL << DB7 OUTPUT PIN))
void configureLCD(void);
void resetDisplay(void);
void moveCursor(uint8 t column, uint8 t row);
void writeString(char *str);
#endif
                                      lcd.c
#include <stdio.h>
#include "driver/gpio.h"
#include "esp timer.h"
#include "lcd.h"
#include "gpio.h"
void delay us(uint32 t us) {
   int64 t now = esp timer get time();
   while (esp timer get time() - now < us);</pre>
/* pass db4-db8 in the lower nibble */
void writeToBus(uint8 t db) {
   setGPIO(DB0 OUTPUT PIN, (db & 0x01));
   setGPIO(DB1 OUTPUT PIN, (db & 0x02) >> 1);
   setGPIO(DB2 OUTPUT PIN, (db & 0x04) >> 2);
   setGPIO(DB3 OUTPUT PIN, (db & 0x08) >> 3);
   setGPIO(DB4 OUTPUT PIN, (db & 0x10) >> 4);
   setGPIO(DB5 OUTPUT PIN, (db & 0x20) >> 5);
  setGPIO(DB6 OUTPUT PIN, (db & 0x40) >> 6);
  setGPIO(DB7 OUTPUT PIN, (db & 0x80) >> 7);
}
void send(void) {
   setGPIO(E OUTPUT PIN, 1);
```

```
delay us(1);
  setGPIO(E OUTPUT PIN, 0);
}
void data(uint8 t data) {
  writeToBus(data);
   setGPIO(RS OUTPUT PIN, 1); /* data */
   setGPIO(RW OUTPUT PIN, 0); /* write */
  delay us(40);
  send(); /* send data */
void command(uint8 t command) {
   writeToBus(command);
   setGPIO(RS OUTPUT PIN, 0); /* instruction */
  setGPIO(RW OUTPUT PIN, 0); /* write */
  delay us(40);
  send(); /* send command */
}
void configureLCD(void) {
  gpio config t io conf;
   //disable interrupt
  io conf.intr_type = GPIO_PIN_INTR_DISABLE;
   //set as output mode
  io conf.mode = GPIO MODE OUTPUT;
   //set output pins
  io conf.pin bit mask = GPIO OUTPUT PIN SEL LCD;
  //disable pull-down mode
  io conf.pull down en = 0;
   //disable pull-down mode
   io conf.pull up en = 0;
   //configure GPIO
   gpio config(&io conf);
   /* wakeup */
   setGPIO(RS OUTPUT PIN, 0); /* instruction */
   setGPIO(RW OUTPUT PIN, 0); /* write */
   setGPIO(E OUTPUT PIN, 0);
   delay us(50000);
   command (0x30);
   delay us(5000);
   command (0x30);
   delay us(160);
   command(0x30);
   delay us(160);
   /* configure display */
   command(0x38); /* 8-bit, 2-line, 5x8 font */
   command(0x10); /* move cursor, move right */
   command(0x0C); /* display on, cursor off, blinking off */
  command(0x06); /* increment cursor, don't shift */
```

```
void resetDisplay(void) {
   /* clear and home */
   command (0x01);
   delay us(1500);
   command (0x02);
   delay us(1500);
void writeString(char *str) {
   uint32 t index = 0;
   while (str[index] != '\0') {
      if (str[index] == '\n') {
         command(0xC0); /* move down a line */
      } else {
         data(str[index]);
      index++;
   }
}
void moveCursor(uint8 t column, uint8 t row) {
   command(0x80 + (0x40*(row - 1) + (column - 1)));
                                     relay.h
#ifndef RELAY H
#define RELAY H
#include <stdint.h>
#define RELAY OUTPUT PIN 33
#define GPIO OUTPUT PIN SEL RELAY (1ULL << RELAY OUTPUT PIN)
void configureRelay(void);
void switchRelay(uint32 t state);
#endif
                                     relay.c
#include "driver/gpio.h"
#include "relay.h"
void configureRelay(void) {
   gpio_config_t io_conf;
   //disable interrupt
  io conf.intr_type = GPIO_PIN_INTR_DISABLE;
   //set as output mode
  io_conf.mode = GPIO_MODE_OUTPUT;
  //set output pins
```

```
io conf.pin bit mask = GPIO OUTPUT PIN SEL RELAY;
   //disable pull-down mode
   io conf.pull down en = 0;
   //disable pull-down mode
   io conf.pull up en = 0;
   //configure GPIO
   gpio config(&io conf);
void switchRelay(uint32 t state) {
   uint32 t level = state ? 1 : 0;
   if (gpio set level(RELAY OUTPUT PIN, level) != ESP OK) {
      printf("Couldn't set GPIO[%d]\n", RELAY OUTPUT PIN);
}
                                   encoder.h
#ifndef ENCODER H
#define ENCODER H
#include <stdint.h>
#define PIN A INPUT GPIO PIN 35 (CLK)
#define PIN B INPUT GPIO PIN 34 (D)
#define GPIO INPUT PIN SEL ENCODER ((1ULL << PIN A INPUT GPIO PIN) |\
                                     (1ULL << PIN B INPUT GPIO PIN))
void configureEncoder(void);
int32 t getCount(void);
void setCount(int32 t newCount);
#endif
                                   encoder.c
#include "encoder.h"
#include "freertos/FreeRTOS.h"
#include "freertos/task.h"
#include "freertos/queue.h"
#include "driver/gpio.h"
static int32 t count = 0;
static xQueueHandle gpio evt queue = NULL;
static void IRAM ATTR gpio isr handler(void* arg) {
    uint32 t gpio num = (uint32 t) arg;
    xQueueSendFromISR(gpio evt queue, &gpio num, NULL);
}
static void IRAM ATTR handleGPIOInterrupt(void *arg) {
   static uint32 t prevA = 0, pinA = 0, pinB = 0;
```

```
int32 t direction;
   int io num;
   while (1) {
      xQueueReceive(gpio evt queue, &io num, portMAX DELAY);
      direction = 0;
     pinA = gpio get level(PIN A INPUT GPIO PIN);
      if (pinA != prevA) { /* check if something has changed */
         pinB = gpio get level(PIN B INPUT GPIO PIN);
         if (pinB != pinA) { /* 'a' moved first, rotating clockwise */
            direction = 1;
         } else { /* 'b' moved first, rotating counter-clockwise */
            direction = -1;
     prevA = pinA;
     count = count + direction;
   }
}
void configureEncoder(void) {
   gpio config t io conf;
   //interrupt of rising edge
   io conf.intr type = GPIO INTR DISABLE;
   //bit mask of the pins, use GPIO4/5 here
   io conf.pin bit mask = GPIO INPUT PIN SEL ENCODER;
   //set as input mode
   io conf.mode = GPIO MODE INPUT;
   //disable pull-up mode
  io conf.pull up en = 0;
   //enable pull-down mode
   io conf.pull down en = 1;
   gpio config(&io conf);
   gpio set intr type (PIN A INPUT GPIO PIN, GPIO INTR NEGEDGE);
   //create a queue to handle gpio event from isr
   gpio evt queue = xQueueCreate(10, sizeof(uint32 t));
   xTaskCreate(handleGPIOInterrupt, "handleGPIOInterrupt", 2048, NULL, 10,
NULL);
   //install gpio isr service
   gpio install isr service(0);
   gpio isr handler add(PIN A INPUT GPIO PIN, gpio isr handler, (void*)
PIN A INPUT GPIO PIN);
void setCount(int32 t newCount) {
  count = newCount;
int32 t getCount(void) {
```

```
return count;
                                    power.h
#ifndef POWER H
#define POWER H
#define POWER PIN 2
#define GPIO INPUT PIN SEL POWER (1ULL << POWER PIN)</pre>
void configurePower(void);
int isPowered(void);
void setPowered(int powered);
#endif
                                    power.c
#include <stdio.h>
#include "power.h"
#include "freertos/FreeRTOS.h"
#include "freertos/task.h"
#include "freertos/queue.h"
#include "driver/qpio.h"
int powered = 0;
static xQueueHandle gpio evt queue = NULL;
static void IRAM ATTR power gpio isr handler(void* arg) {
    uint32 t gpio num = (uint32 t) arg;
    xQueueSendFromISR(gpio evt queue, &gpio num, NULL);
}
static void IRAM ATTR handlePowerGPIOInterrupt(void *arg) {
   int io num;
   while (1) {
      xQueueReceive(gpio evt queue, &io num, portMAX DELAY);
      powered ^= gpio get level(POWER PIN);
      printf(powered ? "True\n" : "False\n");
      xQueueReset(gpio evt queue);
   }
}
void configurePower(void) {
   gpio config t io conf;
   //interrupt of rising edge
   io conf.intr type = GPIO INTR DISABLE;
   //bit mask of the pins, use GPIO4/5 here
```

```
io conf.pin bit mask = GPIO INPUT PIN SEL POWER;
   //set as input mode
   io conf.mode = GPIO MODE INPUT;
   //disable pull-up mode
  io conf.pull up en = 0;
   //enable pull-down mode
   io conf.pull down en = 1;
   gpio config(&io conf);
  gpio set intr type(POWER PIN, GPIO INTR POSEDGE);
   //create a queue to handle gpio event from isr
   gpio evt queue = xQueueCreate(10, sizeof(uint32 t));
   xTaskCreate(handlePowerGPIOInterrupt, "handlePowerGPIOInterrupt", 2048,
NULL, 10, NULL);
   //install gpio isr service
   // gpio install isr service(0);
   gpio isr handler add(POWER PIN, power gpio isr handler, (void*)
POWER PIN);
}
void setPowered(int powered ) {
  powered = powered ;
int isPowered(void) {
  return powered;
                                  bluetooth.h
#ifndef BT COMMON H
#define BT COMMON H
#include "esp spp api.h"
#include "esp gap bt api.h"
#define SPP DATA LEN ESP SPP MAX MTU
#define CONNECTED PIN 27
#define CONNECTION FAILURE PIN 14
#define GPIO OUTPUT PIN SEL BT ((1ULL << CONNECTED PIN) |\
                                     (1ULL << CONNECTION FAILURE PIN))
typedef void (*spp data rcv cb t) (uint8 t *data, int len);
extern int handle;
extern spp data rcv cb t dataCallback;
typedef enum {
```

```
INITIATOR,
       ACCEPTOR
} spp t;
void configureBluetooth(spp t type, spp data rcv cb t cb);
void writeData(uint8 t *data, int len);
int isConnected(void);
void success(void);
void failure(void);
void translateGAPEvent(const char* tag, esp bt gap cb event t event);
void translateSPPEvent(const char* tag, esp spp cb event t event);
#endif
                                   bluetooth.c
#include <stdio.h>
#include "esp spp api.h"
#include "esp gap bt api.h"
#include "esp log.h"
#include "driver/gpio.h"
#include "gpio.h"
#include "bluetooth.h"
#include "spp acceptor.h"
#include "spp initiator.h"
int handle; // externally available
spp data rcv cb t dataCallback; // externally available
int connected:
void configureBluetooth(spp t type, spp data rcv cb t cb) {
       gpio config t io conf;
       //disable interrupt
       io conf.intr type = GPIO PIN_INTR_DISABLE;
       //set as output mode
       io conf.mode = GPIO MODE OUTPUT;
       //set output pins
       io conf.pin bit mask = GPIO OUTPUT PIN SEL BT;
       //disable pull-down mode
       io conf.pull down en = 0;
       //disable pull-down mode
       io conf.pull up en = 0;
       //configure GPIO
       gpio config(&io conf);
       failure();
       dataCallback = cb;
```

```
switch (type) {
          case INITIATOR:
               initSppInitiator();
               break;
         case ACCEPTOR:
               initSppAcceptor();
               break;
        }
}
void success(void) {
       connected = 1;
       setGPIO(CONNECTED PIN, 1);
       setGPIO(CONNECTION FAILURE PIN, 0);
}
void failure(void) {
       connected = 0;
       setGPIO(CONNECTED PIN, 0);
       setGPIO(CONNECTION FAILURE PIN, 1);
}
int isConnected(void) {
       return connected;
void writeData(uint8_t *data, int len) {
       if (len > SPP DATA LEN) {
               printf("Cannot write %d bytes via SPP\n", len);
               return;
       }
       if (esp spp write(handle, len, data) != ESP OK) {
               printf("esp spp write() failed.");
        }
}
void translateGAPEvent(const char* tag, esp bt gap cb event t event) {
       switch (event) {
               case ESP BT GAP DISC RES EVT:
                       ESP LOGI(tag, "ESP BT GAP DISC RES EVT");
                       break;
               case ESP BT GAP DISC STATE CHANGED EVT:
                       ESP LOGI(tag, "ESP BT GAP DISC STATE CHANGED EVT");
                       break;
               case ESP BT GAP RMT SRVCS EVT:
                       ESP LOGI(tag, "ESP BT GAP RMT SRVCS EVT");
                       break;
               case ESP_BT_GAP_RMT_SRVC_REC_EVT:
                       ESP LOGI(tag, "ESP BT GAP RMT SRVC REC EVT");
                       break:
               case ESP BT GAP AUTH CMPL EVT:
```

```
ESP LOGI(tag, "ESP BT GAP AUTH CMPL EVT");
                       break:
               case ESP BT GAP PIN REQ EVT:
                       ESP LOGI(tag, "ESP BT GAP PIN REQ EVT");
                       break;
               case ESP BT GAP CFM REQ EVT:
                       ESP LOGI(tag, "ESP BT GAP CFM REQ EVT");
                       break;
               case ESP BT GAP KEY NOTIF EVT:
                       ESP LOGI(tag, "ESP BT GAP KEY NOTIF EVT");
                       break;
                       break;
               case ESP BT GAP READ RSSI DELTA EVT:
                       ESP LOGI(tag, "ESP BT GAP READ RSSI DELTA EVT");
                       break;
               case ESP BT GAP CONFIG EIR DATA EVT:
                       ESP LOGI(tag, "ESP BT GAP CONFIG EIR DATA EVT");
                       break;
               case ESP BT GAP SET AFH CHANNELS EVT:
                       ESP LOGI(tag, "ESP BT GAP SET AFH CHANNELS EVT");
                       break;
               case ESP BT GAP READ REMOTE NAME EVT:
                       ESP LOGI(tag, "ESP BT GAP READ REMOTE NAME EVT");
                       break;
               case ESP BT GAP EVT MAX:
                       ESP LOGI(tag, "ESP BT GAP EVT MAX");
                       break;
               default:
                       break;
       }
}
void translateSPPEvent(const char* tag, esp spp cb event t event) {
        switch (event) {
               case ESP SPP INIT EVT:
                       ESP LOGI(tag, "ESP SPP INIT EVT");
                       break;
               case ESP SPP DISCOVERY COMP EVT:
                       ESP LOGI(tag, "ESP SPP DISCOVERY COMP EVT");
                       break;
               case ESP SPP OPEN EVT:
                       ESP LOGI(tag, "ESP SPP OPEN EVT");
                       break;
               case ESP SPP CLOSE EVT:
                       ESP LOGI(tag, "ESP SPP CLOSE EVT");
                       break;
               case ESP SPP START EVT:
                       ESP LOGI(tag, "ESP SPP START EVT");
                       break;
               case ESP SPP CL INIT EVT:
                       ESP LOGI(tag, "ESP SPP CL INIT EVT");
                       break:
               case ESP SPP DATA IND EVT:
```

```
ESP LOGI(tag, "ESP SPP DATA IND EVT");
                       break;
               case ESP SPP CONG EVT:
                       ESP LOGI(tag, "ESP SPP CONG EVT");
                       break;
               case ESP SPP WRITE EVT:
                       ESP LOGI(tag, "ESP SPP WRITE EVT");
               case ESP SPP SRV OPEN EVT:
                       ESP LOGI(tag, "ESP SPP SRV OPEN EVT");
               default:
                       break;
        }
}
                                 spp initiator.h
#ifndef SPP INITIATOR H
#define SPP INITIATOR H
void initSppInitiator(void);
#endif
                                  spp_initiator.c
#include <stdint.h>
#include <string.h>
#include <stdbool.h>
#include <stdio.h>
#include "nvs.h"
#include "nvs flash.h"
#include "freertos/FreeRTOS.h"
#include "freertos/task.h"
#include "esp log.h"
#include "esp bt.h"
#include "esp bt main.h"
#include "esp gap bt api.h"
#include "esp bt device.h"
#include "esp spp api.h"
#include "time.h"
#include "sys/time.h"
#include "bluetooth.h"
#define SPP TAG "SPP INITIATOR"
#define DEVICE NAME "ESP SPP INITIATOR"
#define SPP_DATA_LEN ESP_SPP_MAX_MTU
```

```
static const esp spp mode t esp spp mode = ESP SPP MODE CB;
static const esp spp sec t sec mask = ESP SPP SEC AUTHENTICATE;
static const esp spp role t role master = ESP SPP ROLE MASTER;
static esp bd addr t peer bd addr;
static uint8 t peer bdname len;
static char peer bdname[ESP BT GAP MAX BDNAME LEN + 1];
static const char remote device name[] = "ESP SPP ACCEPTOR";
static const esp bt inq mode t inq mode = ESP BT INQ MODE GENERAL INQUIRY;
static const uint8 t inq len = 30;
static const uint8 t inq num rsps = 0;
int handle; // provided by bluetooth.h
spp data rcv cb t dataCallback; // provided by bluetooth.h
static bool get name from eir(uint8 t *eir, char *bdname, uint8 t
*bdname len) {
   uint8 t *rmt bdname = NULL;
   uint8_t rmt bdname len = 0;
    if (!eir) {
       return false;
    rmt bdname = esp bt gap resolve eir data(eir,
ESP BT EIR TYPE CMPL LOCAL NAME, &rmt bdname len);
    if (!rmt bdname) {
       rmt bdname = esp bt gap resolve eir data(eir,
ESP BT EIR TYPE SHORT LOCAL NAME, &rmt bdname len);
    if (rmt bdname) {
        if (rmt bdname len > ESP BT GAP MAX BDNAME LEN) {
            rmt bdname len = ESP BT GAP MAX BDNAME LEN;
        if (bdname) {
            memcpy(bdname, rmt bdname, rmt bdname len);
            bdname[rmt bdname len] = '\0';
        if (bdname len) {
            *bdname len = rmt bdname len;
        return true;
   return false;
static void esp spp cb (esp spp cb event t event, esp spp cb param t *param) {
    switch (event) {
        case ESP SPP INIT EVT: // SPP is initiated
```

```
ESP LOGI(SPP TAG, "ESP SPP INIT EVT");
            esp bt dev set device name (DEVICE NAME);
            esp bt gap set scan mode (ESP BT CONNECTABLE,
ESP BT GENERAL DISCOVERABLE);
            esp bt gap start discovery(inq mode, inq len, inq num rsps);
            break;
        case ESP SPP OPEN EVT: // SPP client connection open
            ESP LOGI(SPP TAG, "ESP SPP OPEN EVT");
            memcpy(&handle, &param->srv open.handle, sizeof(handle));
            success();
            break;
        case ESP SPP CLOSE EVT: // SPP client connection open
            ESP LOGI(SPP TAG, "ESP SPP CLOSE EVT");
            failure();
            break;
        case ESP SPP DISCOVERY COMP EVT: // SPP discovery complete
            ESP LOGI(SPP TAG, "ESP SPP DISCOVERY COMP EVT status=%d
scn num=%d", param->disc comp.status, param->disc comp.scn num);
            if (param->disc comp.status == ESP SPP SUCCESS) {
                esp spp connect(sec mask, role master, param-
>disc_comp.scn[0], peer bd addr);
            } else {
                failure();
            break;
        case ESP SPP WRITE EVT: // SPP write operation completes (only for
ESP SPP MODE CB)
            ESP LOGI(SPP TAG, "ESP SPP WRITE EVT len=%d cong=%d", param-
>write.len, param->write.cong);
            break;
        case ESP SPP DATA IND EVT: // when SPP connection received data (only
for ESP SPP MODE CB)
            ESP LOGI(SPP TAG, "ESP SPP DATA IND EVT len=%d", param-
>data ind.len);
            dataCallback(param->data ind.data, param->data ind.len);
            // received data, store in queue
            // data = param->data ind.data
            // len = param->data ind.len
            break:
        default:
            translateSPPEvent(SPP TAG, event);
            break;
    }
static void esp bt gap cb (esp bt gap cb event t event, esp bt gap cb param t
*param) {
    switch (event) {
        case ESP BT GAP DISC RES EVT: // device discovery result event
            ESP LOGI(SPP TAG, "ESP BT GAP DISC RES EVT");
            esp log buffer hex(SPP TAG, param->disc res.bda,
ESP BD ADDR LEN);
            for (int i = 0; i < param->disc res.num prop; i++) {
```

```
if (param->disc res.prop[i].type == ESP BT GAP DEV PROP EIR
                    && get name from eir(param->disc res.prop[i].val,
peer bdname, &peer bdname len)){
                    esp log buffer char (SPP TAG, peer bdname,
peer bdname len);
                    if (strlen(remote device name) == peer bdname len
                        && strncmp(peer bdname, remote device name,
peer bdname len) == 0) {
                        memcpy(peer bd addr, param->disc res.bda,
ESP BD ADDR LEN);
                        esp spp start discovery (peer bd addr);
                        esp bt gap cancel discovery();
                }
            break;
        case ESP BT GAP DISC STATE CHANGED EVT: // discovery state changed
event
            ESP LOGI(SPP TAG, "ESP BT GAP DISC STATE CHANGED EVT");
        case ESP BT GAP AUTH CMPL EVT: // AUTH complete event
            if (param->auth cmpl.stat == ESP BT STATUS SUCCESS) {
                ESP LOGI(SPP TAG, "authentication success: %s", param-
>auth cmpl.device name);
                esp log buffer hex(SPP TAG, param->auth cmpl.bda,
ESP BD ADDR LEN);
                ESP LOGE(SPP TAG, "authentication failed, status:%d", param-
>auth cmpl.stat);
            break:
        default:
            translateGAPEvent(SPP TAG, event);
            break;
void initSppInitiator(void) {
    esp err t ret = nvs flash init();
    if (ret == ESP ERR NVS NO FREE PAGES || ret ==
ESP ERR NVS NEW VERSION FOUND) {
        ESP ERROR CHECK(nvs flash erase());
        ret = nvs flash init();
    ESP ERROR CHECK ( ret );
    ESP ERROR CHECK(esp bt controller mem release(ESP BT MODE BLE));
    esp_bt_controller_config_t bt_cfg = BT_CONTROLLER_INIT_CONFIG_DEFAULT();
    if ((ret = esp bt controller init(&bt cfg)) != ESP OK) {
        ESP LOGE(SPP TAG, "%s initialize controller failed: %s\n", func ,
esp err to name(ret));
```

```
return;
    }
    if ((ret = esp bt controller enable(ESP BT MODE BTDM)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s enable controller failed: %s\n", func ,
esp err to name(ret));
       return;
    if ((ret = esp bluedroid init()) != ESP OK) {
       ESP LOGE(SPP TAG, "%s initialize bluedroid failed: %s\n", func ,
esp_err_to name(ret));
       return;
    if ((ret = esp bluedroid enable()) != ESP OK) {
       ESP LOGE(SPP TAG, "%s enable bluedroid failed: %s\n", func ,
esp err to name(ret));
       return;
    if ((ret = esp bt gap register callback(esp bt gap cb)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s gap register failed: %s\n", func ,
esp_err_to name(ret));
       return;
    }
    if ((ret = esp spp register callback(esp spp cb)) != ESP OK) {
       ESP LOGE (SPP TAG, "%s spp register failed: %s\n", func ,
esp err to name(ret);
       return;
    if ((ret = esp spp init(esp spp mode)) != ESP OK) {
       ESP LOGE (SPP TAG, "%s spp init failed: %s\n", func ,
esp err to name(ret));
       return;
   }
}
                                spp acceptor.h
#ifndef SPP ACCEPTOR H
#define SPP ACCEPTOR H
void initSppAcceptor(void);
#endif
```

#### spp acceptor.c

```
#include <stdint.h>
#include <string.h>
#include <stdio.h>
#include "nvs.h"
#include "nvs flash.h"
#include "freertos/FreeRTOS.h"
#include "freertos/task.h"
#include "esp log.h"
#include "esp bt.h"
#include "esp bt main.h"
#include "esp gap bt api.h"
#include "esp bt device.h"
#include "esp spp api.h"
#include "time.h"
#include "sys/time.h"
#include "bluetooth.h"
#define SPP TAG "SPP ACCEPTOR"
#define SPP SERVER NAME "SPP SERVER"
#define DEVICE NAME "ESP SPP ACCEPTOR"
static const esp spp mode t esp spp mode = ESP SPP MODE CB;
static const esp_spp_sec_t sec_mask = ESP SPP SEC AUTHENTICATE;
static const esp spp role t role slave = ESP SPP ROLE SLAVE;
int handle; // provided by bluetooth.h
spp data rcv cb t dataCallback; // provided by bluetooth.h
static void esp spp cb(esp spp cb event t event, esp spp cb param t *param) {
    switch (event) {
        case ESP SPP INIT EVT: // when SPP is initiated
            ESP LOGI(SPP TAG, "ESP SPP INIT EVT");
            esp bt dev set device name (DEVICE NAME);
            esp bt gap set scan mode (ESP BT CONNECTABLE,
ESP BT GENERAL DISCOVERABLE);
            esp spp start srv(sec mask,role slave, 0, SPP SERVER NAME);
        case ESP SPP WRITE EVT: // SPP write operation completes (only for
ESP SPP MODE CB)
            ESP LOGI(SPP TAG, "ESP SPP WRITE EVT len=%d cong=%d", param-
>write.len, param->write.cong);
            break;
        case ESP SPP DATA IND EVT: // when SPP connection received data (only
for ESP SPP MODE CB)
            ESP LOGI(SPP TAG, "ESP SPP DATA IND EVT len=%d", param-
>data ind.len);
            dataCallback(param->data_ind.data, param->data_ind.len);
            // received data, store in queue
            // data = param->data ind.data
            // len = param->data ind.len
```

```
break;
        case ESP SPP SRV OPEN EVT:
            ESP LOGI(SPP TAG, "ESP SPP SRV OPEN EVT");
            memcpy(&handle, &param->srv open.handle, sizeof(handle));
            success();
            break;
        case ESP SPP CLOSE EVT:
            ESP LOGI(SPP TAG, "ESP SPP CLOSE EVT");
            failure();
            break;
        default:
            translateSPPEvent(SPP TAG, event);
}
void esp bt gap cb (esp bt gap cb event t event, esp bt gap cb param t *param)
    switch (event) {
        default:
            translateGAPEvent(SPP TAG, event);
           break;
   return;
}
void initSppAcceptor(void) {
    esp err t ret = nvs flash init();
    if (ret == ESP ERR NVS NO FREE PAGES || ret ==
ESP_ERR_NVS_NEW VERSION FOUND) {
       ESP ERROR CHECK(nvs flash erase());
        ret = nvs flash init();
    }
    ESP ERROR CHECK ( ret );
   ESP ERROR CHECK(esp bt controller_mem_release(ESP_BT_MODE_BLE));
    esp bt controller config t bt cfg = BT CONTROLLER INIT CONFIG DEFAULT();
    if ((ret = esp bt controller init(&bt cfg)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s initialize controller failed: %s\n", func ,
esp err to name(ret));
      return;
    if ((ret = esp bt controller enable(ESP BT MODE BTDM)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s enable controller failed: %s\n", func ,
esp err to name(ret));
       return;
    if ((ret = esp bluedroid init()) != ESP OK) {
        ESP LOGE(SPP TAG, "%s initialize bluedroid failed: %s\n", func ,
esp err to name(ret));
```

```
return;
   if ((ret = esp bluedroid enable()) != ESP OK) {
       ESP LOGE(SPP TAG, "%s enable bluedroid failed: %s\n", func ,
esp err to name(ret));
       return;
   if ((ret = esp bt gap register callback(esp bt gap cb)) != ESP OK) {
       ESP LOGE (SPP TAG, "%s gap register failed: %s\n", func ,
esp_err_to name(ret));
       return;
    }
    if ((ret = esp spp register callback(esp spp cb)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s spp register failed: %s\n", func ,
esp err to name(ret));
       return;
   if ((ret = esp spp init(esp spp mode)) != ESP OK) {
       ESP LOGE(SPP TAG, "%s spp init failed: %s\n", func ,
esp_err_to_name(ret));
       return;
   }
                                  network.h
#ifndef NETWORK H
#define NETWORK H
#define SET PACKET 0x01
#define DELTA PACKET 0x02
#define CONFIG PACKET 0x03
typedef struct attribute (( packed )) {
       uint32 t len;
       uint8 t flag;
} Header;
typedef struct __attribute__((__packed__)) {
       int32 t delta;
} DeltaPacket;
typedef struct __attribute__((__packed__)) {
       uint32 t timePeriod;
} SetPacket;
typedef struct attribute (( packed )) {
      int powered;
```

```
} ConfigPacket;
void writeDeltaPacket(int32 t delta);
void writeSetPacket(uint32 t timePeriod);
void writeConfigPacket(int powered);
void stripHeader(uint8 t *data, int len, Header *header);
void stripPacket(uint8_t *data, int len, void *packet);
#endif
                                   network.c
#include <string.h>
#include "bluetooth.h"
#include "network.h"
void sendPacket(Header *header, void *packet, int len) {
       uint8 t data[SPP DATA LEN] = {0};
       int offset = 0;
       memcpy(data, (uint8 t *) header, sizeof(Header));
       offset += sizeof(Header);
       memcpy(data+offset, (uint8 t *) packet, len);
       writeData(data, sizeof(Header) + len);
}
void writeDeltaPacket(int32 t delta) {
       Header header;
       header.len = sizeof(Header) + sizeof(DeltaPacket);
       header.flag = DELTA PACKET;
       DeltaPacket packet;
       packet.delta = delta;
       sendPacket(&header, &packet, sizeof(DeltaPacket));
void writeSetPacket(uint32_t timePeriod) {
       Header header;
       header.len = sizeof(Header) + sizeof(SetPacket);
       header.flag = SET PACKET;
       SetPacket packet;
       packet.timePeriod = timePeriod;
       sendPacket(&header, &packet, sizeof(SetPacket));
void writeConfigPacket(int powered) {
```

```
Header header;
header.len = sizeof(Header) + sizeof(ConfigPacket);
header.flag = CONFIG_PACKET;

ConfigPacket packet;
packet.powered = powered;

sendPacket(&header, &packet, sizeof(ConfigPacket));
}

void stripHeader(uint8_t *data, int len, Header *header) {
    memcpy(header, (Header *) data, len);
    memcpy(data, data+sizeof(Header), len-sizeof(Header));
}

void stripPacket(uint8_t *data, int len, void *packet) {
    memcpy(packet, (void *) data, len);
}
```

# **Bibliography**

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