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| **Homework: Pavlock** | **Date:** |
| **Name:** | **Period:** |

**Pavlock, the Wearable that Shocks You**

[CLICK HERE](http://youtu.be/rkUiALJuRj0) to watch the new video on the Pavlock device.

1. What is the Pavlock?
2. [CLICK HERE](https://www.indiegogo.com/projects/pavlok-the-habit-changing-device-that-shocks-you) to link to Indiegogo website. Watch the video on Pavlock there. How much money had been raised?
3. What does the Indiegogo site do?

Read [THIS DOCUMENT](https://www.dropbox.com/s/hw3xpywsbzd9ixg/Pavlok%20eBook%20--%20Habit%20Change%20Theory%20and%20Practice.pdf) called Habit Change; Theory & Practice and answer the following questions.

1. In chapter 1, what percent of our time is spent performing habits each day?
2. In chapter 2, what are the 3 steps to forming habits?
3. In chapter 6, what are the 3 “flagship applications” for Pavlock?
4. What is the name of the person described in case study B?
5. The person in study B describes himself as having severe \_\_\_\_\_\_\_\_\_\_\_\_\_?

[CLICK HERE](http://pavlok.com/) to go to the Pavlock website. Click on the Blog option, then click on the article titled The Pavlok Habit System Explained. Answer the following questions.

1. What are 3 methods that Pavlok has to verify if you’ve performed your Routine?
2. To increase the success rate of sticking to a Habit, you can add \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. What is an example of a reward?
4. What is an example of a punishment?
5. What is your opinion of the Pavlock system?
6. Would you ever consider buying it? Why or why not.