

## Timsle: An Accountability Network

### Introduction

Timsle is an accountability network to help keep you on track with your daily goals. It leverages the people that are close to you to support you with your goals, and alerts them when it looks like things may not be going well. Originally designed as a mental health support network, Timsle has evolved to become a healthy lifestyles tool. We would like to invite you to explore Timsle through this document, and try out our alpha (early development) version online, at [timsle.herokuapp.com](https://timsle.herokuapp.com) !



Figure 1: Three people playing soccer for fun.

*Our challenge was **mental health**,  
Our solution is **being well**.*

### **A full treatment plan: Healthy, Active Living**

We set out in the beginning to build a tool for people suffering from mental illness. We spent hours looking over conditions from schizophrenia and bipolar disorder, to stress and anxiety disorders. As we looked deeper and deeper, we began to find more and more trends. We found that all mental health patients have to be fully compliant with their medication, they have to strictly adhere to a sleep schedule, maintain a healthy and balanced diet and introduce a level of physical activity into their lifestyle, in order to ensure that they're treatment is as effective as possible.

All these elements have one over-arching theme. It's not just a recipe for mental health patients to stay healthy, it's something we all benefit from. Taking this into consideration, we realized that what we were setting out to build was not just a tool for people suffering from mental illness – it's a tool that we all can use to keep our health in check.

As we continue to build the Timsle platform, we're growing it into something for everyone that could use the support of people around them to help them with their goals. It might be for someone who wants to run every day, someone who needs to perform a certain action each day, or a student who is having trouble studying each day. Our commitment is to making the platform as open as possible, so that anyone, with a diagnosed illness or not, can use Timsle to help them improve their lifestyle.

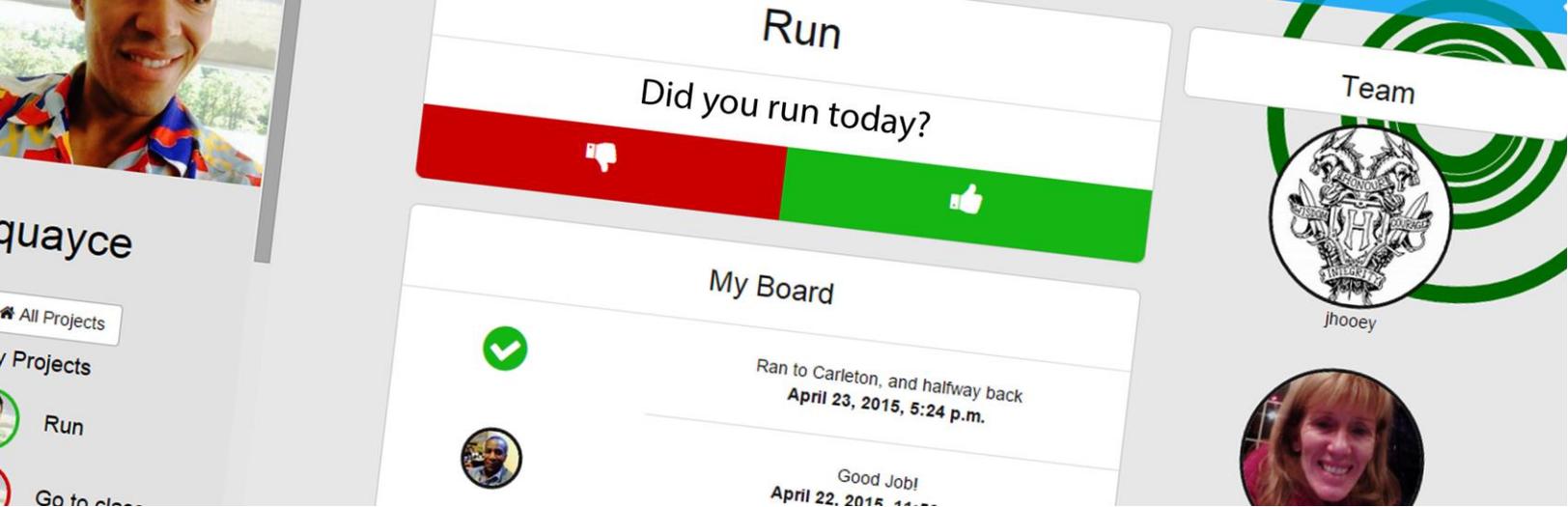


Figure 2: A screenshot of a Timsle Project Board, showing a check in and an encouragement

## How to get started

### Step 1: Create a project

Timsle is organized by projects. Projects are the tasks which you're going to commit to doing every day. Some examples of projects that our users have created are:

- Run Every Day
- Take Bipolar Medication
- Read Psychology Textbook

You'll be asked to give a reason why you want to do work on your project, or enter in a few milestones for yourself. This will help your buddies motivate you, and serve as a reminder as to why you have committed to doing your project.

### Step 2: Commit to 5 buddies

Once you've created a project, you'll be asked to commit your project to five buddies. These buddies then become your accountability network. They'll be able to see your progress, encourage you along the way, and they will receive alerts when it looks like you aren't keeping up with your goal.

*Amazing! You're ready to go!*

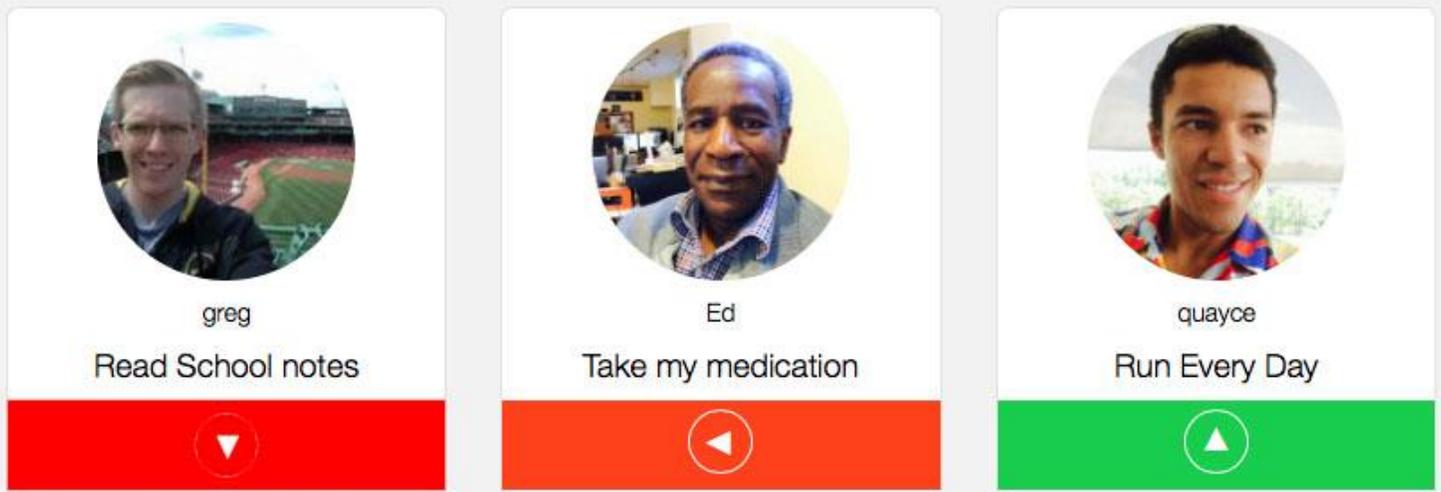


Figure 3: A screenshot of Timsle showing the different projects with red, orange and green status indicators.

## How to use Timsle

### Check in when you do a project

Every time you successfully complete your project for the day in any quantity, simply go on Timsle and check in with one click. You'll be able to enter a brief description of what you've accomplished that day. Timsle will then publish your success on your project board, and include the date and time that you checked in.

### Write encouragements to your buddies

Once your buddies commit their projects to you, you'll be able to see how they are doing. If it looks like they're slowing down, or need a little boost, you can post an encouragement on their project board to motivate them.

### Get alerted when a buddy isn't doing well

Timsle is built around an equation which is designed to decide if one of your buddies has stopped doing their project or checking in. If Timsle thinks that it's been a while since one of your buddy's check-ins, you'll receive an alert asking you to check up on your buddy.

### The status of your project

Timsle assigns your project a new status every day. If you're in good standing, and have been completing your project each day, Timsle will award you a "green status". If you haven't yet done your project that day, Timsle will give you "orange status," until you complete the project.

If you haven't completed your project in a while, Timsle will set your status to "red status" and alert your buddies to let them know that you may be having some difficulty with your project.



Figure 4: Tim Horton's Coffee

## About the name “Timsle”

*(The following is from the perspective of Quayce Thomas, the founder of Timsle.)*

Two years ago, I had an episode of acute psychosis and was diagnosed with bipolar disorder. Because of the illness, I was asked to leave school, slow down work, and visit the hospital on regular basis. This was a big change for me, and it affected my daily life.

Because of the illness, and my sudden change of activities, one of the guys on my soccer team began to notice that I was missing many of the activities that I used to participate in. He called me and told me that if I ever wanted to talk about anything, he was more than happy to sit down with me.

I didn't take him up on that offer for a long time, but then one day, during a particularly rough depressive episode, I felt like I couldn't handle it anymore, and that I needed to reach out to a friend. I called him up - he came back from work and took me to Tim Hortons.

He got me something warm to drink, and we spent hours talking about life. It was an amazing relief to have someone to talk to, that I could trust. And it was so helpful to my mood that we began to make a visit to Tim's a regular part of my treatment. It felt amazing to know that I could have somewhere to go and people to reach out to when I needed them. But they weren't only there when I needed them, they're supporting me the whole time, and that is what makes the difference.

Because I felt like Tim's was the place that I could go to, to meet with people in my support network, and the app we were building was for that same purpose, it seemed fitting to name one after the other. The app became “Tims”le, a variation of the name of the place that I knew I could always go to, when I needed to reach out to someone who cares about me.



*Figure 4: A group of university students in a support group*

## The next steps for Timsle

Since we've started building and testing Timsle, we've realized that it's an amazing tool to motivate those using it, and to keep track of their progress as they continue to practice a healthy lifestyle. Right now, Timsle is currently in the alpha testing phase – which means that it's not yet a fully-fledged product, but it has enough functionality to work on a small scale.

As Timsle gains more and more traction, it's being picked up by various departments within the university that are interested in piloting the project. The following are the first two programs that will integrate the Timsle project into their process:

### **Carleton University's Residence (Fall 2015)**

The Carleton University Residence life team is interested in piloting Timsle to help students that have identified themselves as "at-risk" students (socially, academically, or mentally) in order to help them stay on track with their goals at school, while providing residence counsellors an easy way to stay connected with their student's progress.

### **Paul Menton Center for Students with Disabilities (Fall 2015)**

Timsle is being considered by the Paul Menton Center in their "From Intention to Action" (FITA) project – an initiative designed to help students that are struggling, but do not have any diagnosed mental disorder or disability. In both scenarios, Timsle is filling a previously unmet need in a critical place.



## Conclusion

We've set out to build a big project, to help different people with all kinds of their own projects. We've been slowly growing our platform, and quickly attracting new potential partnerships with organizations in our community. We're committed to building an inclusive product, which we hope will really have a positive effect on the lifestyles of those that participate in the project.

Cheers,

**Quayce Thomas**

Founder of Timsle  
Carleton University  
Bachelors of Architecture, Year 4