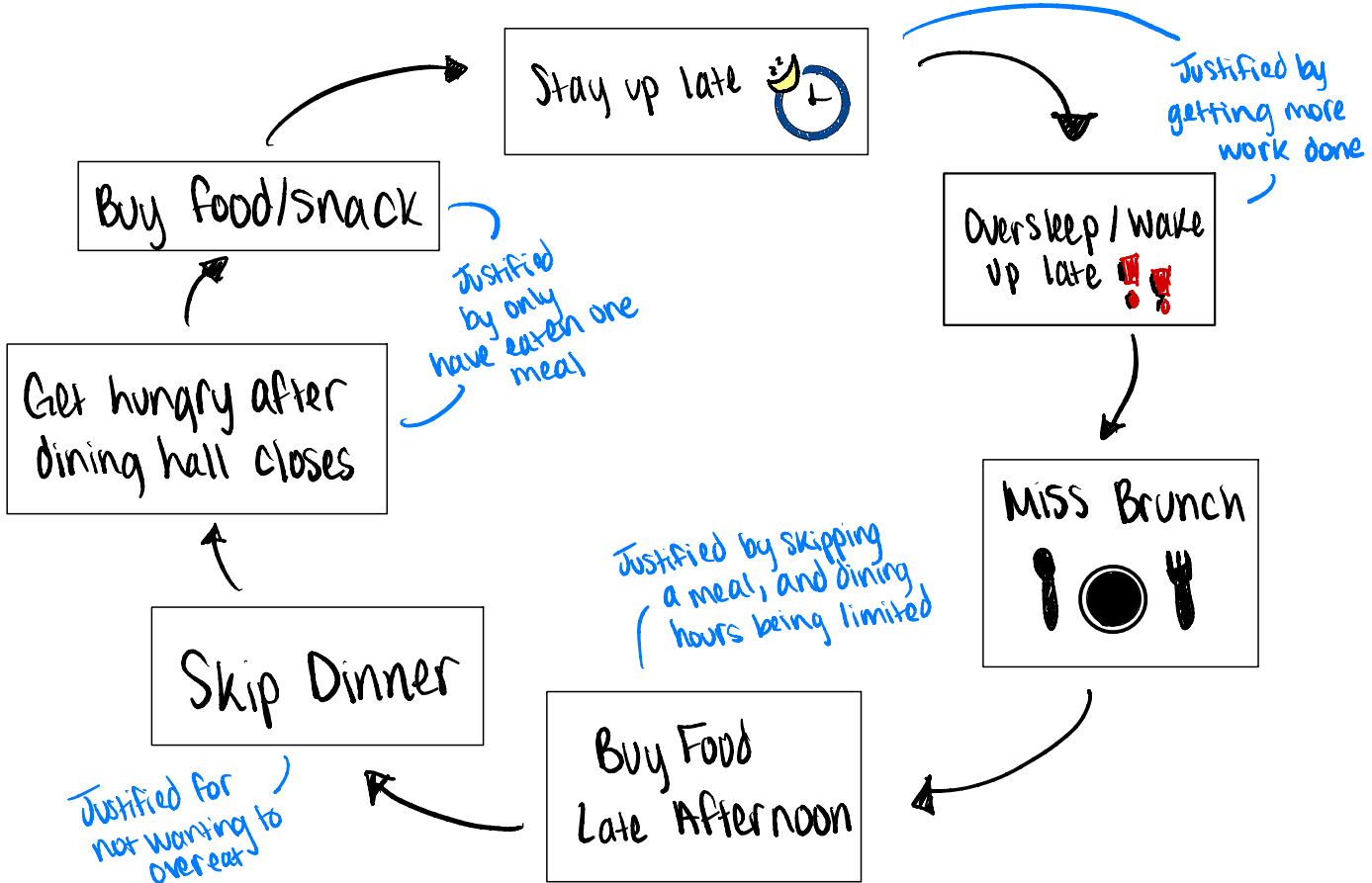


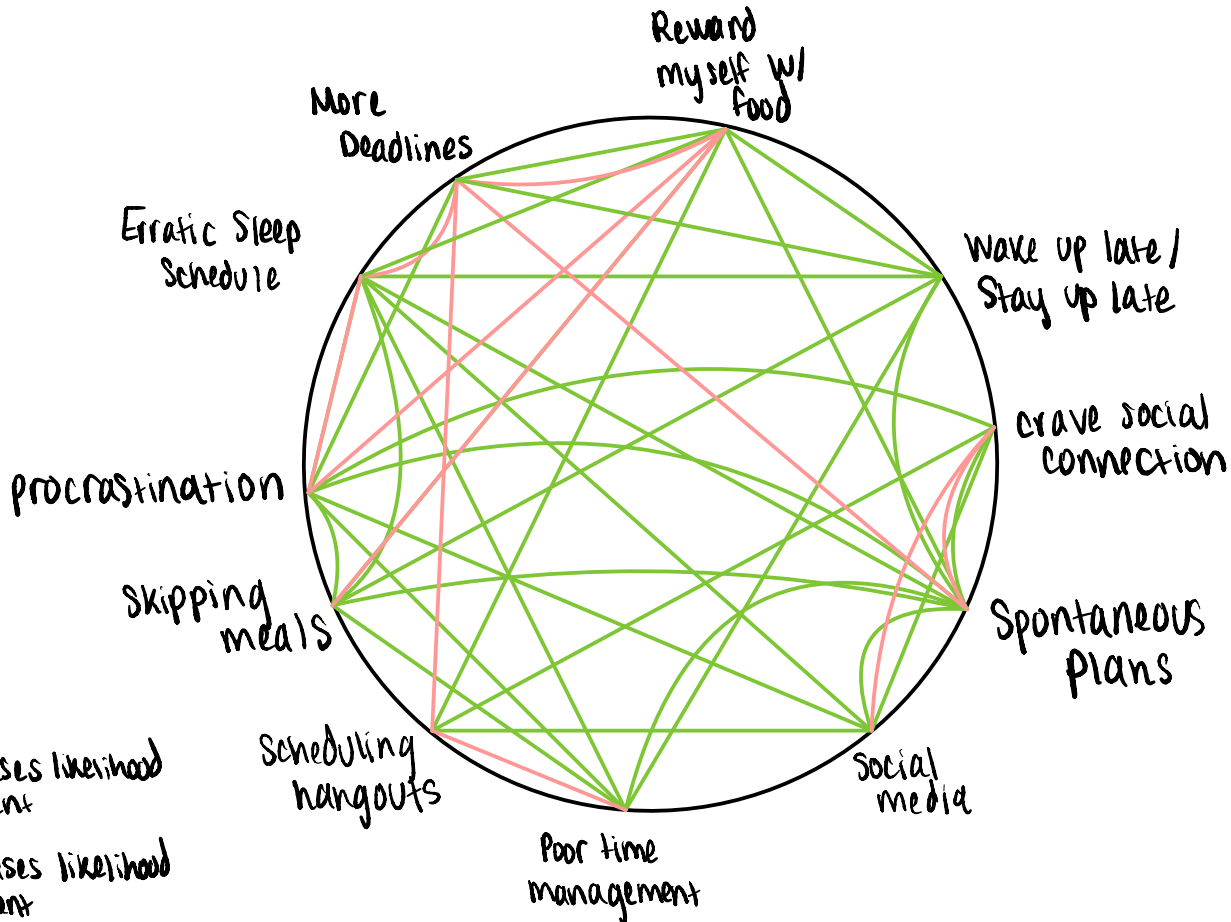
Measuring Me Feedback Loop Model

Goal: Spend less than \$25 on outside meals / sweet treats



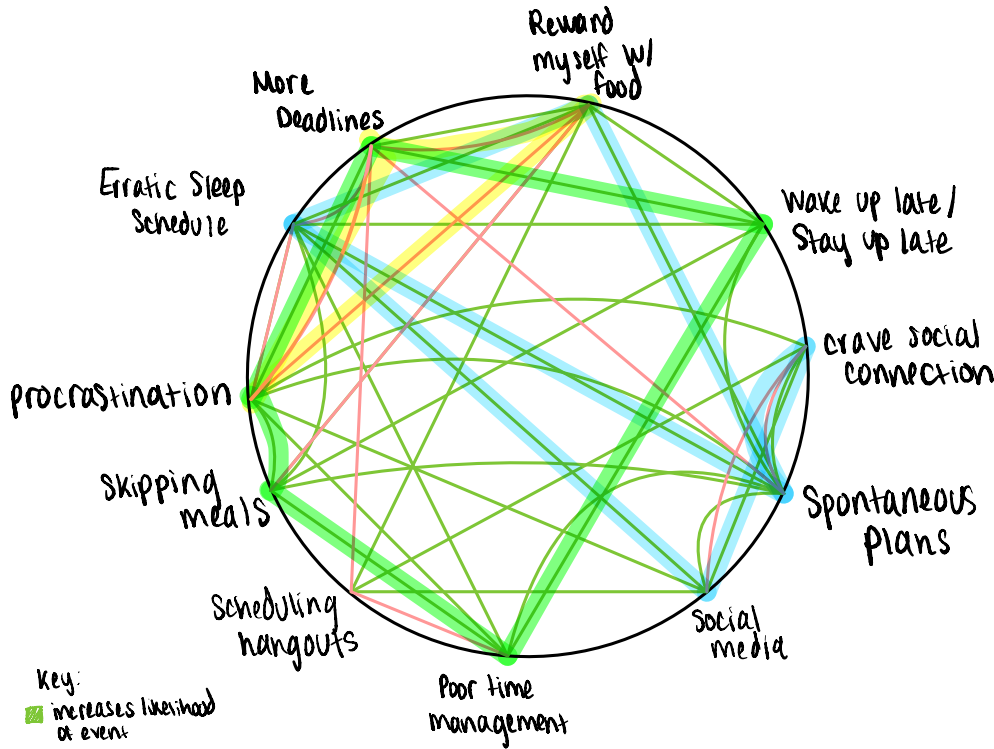
Measuring Me Connection Circle Model

Goal: Spend less than \$25 on outside meals/sweet treats



Measuring the Connection Circle Model - With Feedback Loops

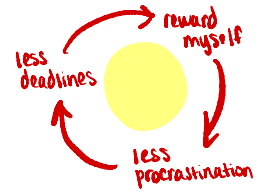
Goal: Spend less than \$25 on outside meals/sweet treats



Key:
 ■ increases likelihood of event
 ■ decreases likelihood of event

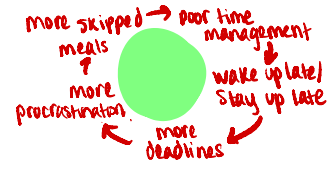
Assume lines to be two-way connections

Negative Loop:



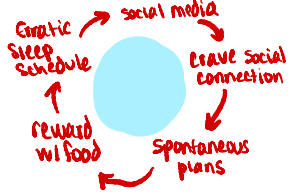
In some cases, food is a reward for meeting a deadline. So, in those cases, it leads to a loop of procrastinating less to meet more deadlines and reward myself

Positive Loop:



The more common case is that having poor time management disrupts other cycles, which positively causes a constant state of poor time management.

Positive Loop:



Social media effects can be deep. A seemingly positive of increasing spontaneous plans with friends seems good, but also directly guarantees spending money on food, since most hangouts involve food.