

# Exercise Advisor Scripts

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This technical report provides the full set of dialogue scripts for the "FitTrack" Exercise Advisor. A description of the scripting language syntax and interpretation is given in section 8.6 of my Ph.D. thesis entitled, "Relational Agents: Effecting Change through Human-Computer Relationships", MIT Media Arts & Sciences program, February 2003.

## Scripting Language Primitives

Type	Function	Purpose	
<b>Property Access Functions</b>	GET(<property>)	Looks up single-valued property value in database, returned as a String.	
	GETINT(<property>)	Returns value as an integer.	
	UNDEFINED(<value>)	Returns 'true' if the property value is undefined.	
	SET(<property>,<value>)	Sets a single-valued property in the database.	
	GET_SESSION(<property>,<index>)	Looks up historical property value. If (integer) index is positive, this returns the value for the specified session. If index is negative, this uses relative indexing (e.g., "-1" returns the value from the previous session). If zero, this returns the value from the current session.	
	GET_SESSION(<property>)	Looks up historical property value for the current session.	
	SET_SESSION(<property>,<value>)	Sets a historical property value, indexed to the current session.	
	EXISTS_SESSION(<property>,<value>)	Returns most recent session index in which <property> had <value>.	
	COUNT_SESSION(<property>,<value>)	Returns the number of sessions in which <property> had value <value>.	
	GET_EQ(<property>,<value>)	Returns 'true' if single-valued <property> had value <value>.	
	GET_SESSION_EQ(<property>,<value>)	Returns 'true' if historical <property> has value <value> in current session.	
	GET_SESSION_EQ(<property>,<index>,<value>)	Returns 'true' if historical <property> has value <value> in the specified session.	
	<b>ATN State Change Functions</b>	GO(<state>)	Branches to the named state.
		PUSH(<nextState>,<returnState>)	Pushes <returnState> on the runtime stack and branches to <nextState>.
POP()		Pops the runtime stack and branches to the returned state.	

Type	Function	Purpose
<b>User Interface Functions</b>	GETTEXT()	Returns the text entered by the user.
	CONTENT(<n>)	Displays educational content page for session <n> in the main browser window.
<b>Database lookup</b>	ISREL()	Returns 'true' if user is in RELATIONAL condition of the study, else 'false' (if in NON-RELATIONAL).
	NAME()	Returns subject's given name.
<b>Miscellaneous</b>	PICK(<n>)	Returns a random number between 1 and <n>.
	REFER_SESSION(<n>)	Returns an English expression referring to the time of the specified session (e.g., "YESTERDAY", "LAST TUESDAY", etc.)
	GOALTIME()	Returns the number of minutes the user should be exercising today.
	GOALSTEPS()	Returns the number of steps the user should be walking today.
	ALERT(<string>)	Enters message into the Alert table in the database (reviewed daily by operator for exceptions).

## "Int1" script

```
//Script for first interaction with the agent.
STATE: Int1
AGENT_REL: $ <BEAT> <HAPPY/> Hi there. To talk to me, <TEXTBOX> just click on one
of the options in the menu below </TEXTBOX>. <NEUTRAL/> </BEAT> $
AGENT_NREL: $ <BEAT> <NEUTRAL/> Hi there. To talk to me, <TEXTBOX> just click on
one of the options in the menu below </TEXTBOX>. </BEAT> $
REPEAT: $ <BEAT>Just click the mouse below where it says OK.</BEAT> $
USERMENU: OK, I understand that this is where I click. => $ GO("INT1_1"); $

STATE: INT1_1
ACTION: $ if(ISREL()) GO("INT1_3"); else GO("INT1_2"); $

STATE: INT1_2
AGENT: $ <BEAT> Good. I'm going to be your exercise advisor. </BEAT> $
ACTION: $ GO("INT1_11"); $

STATE: INT1_3
AGENT: $ <BEAT> Good. My name is Laura. <YOU> You are =| GET("NAME") |= , is that right?
</YOU> </BEAT> $
USERMENU: Yep, that's right. => $ GO("INT1_5A"); $
No, actually that's not right. => $ GO("INT1_4"); $

STATE: INT1_4
AGENT: $ <BEAT> Oh, I'm sorry. What is your name? </BEAT> $
USERTEXT: My name is: => $ String entry=GETTEXT();
ALERT("WRONG NAME: not "+GET("NAME")+" corrected to "+entry);
entry=FILTERNAME(entry);
if(entry.equals("NOTCHECKED")) entry="";
SET("NAME",entry);
GO("INT1_5"); $

STATE: INT1_5A
AGENT: $ <BEAT> Hi, =| GET("NAME") |= . </BEAT> $
ACTION: $ GO("INT1_5"); $

STATE: INT1_5
```

AGENT: \$ <BEAT> It's great to meet you. Sorry about my voice. This is some engineer's idea of natural sounding. </BEAT> \$

USERMENU: It's OK. ; It does sound kind of funny. => \$ GO("INT1\_6"); \$  
Yeah. So, can we get down to business? => \$ GO("INT1\_9"); \$

STATE: INT1\_6

AGENT: \$ <BEAT> Yeah, I know. This whole set up can feel a little strange. I hope you are more or less comfortable. </BEAT> \$

USERMENU: I'm fine, thanks. => \$ GO("INT1\_8"); \$  
It's a little strange. => \$ GO("INT1\_7"); \$

STATE: INT1\_7

AGENT: \$ <BEAT> That's okay. Perhaps it will get more comfortable after we have a few conversations. <NEUTRAL/> </BEAT> \$

ACTION: \$ GO("INT1\_9"); \$

STATE: INT1\_8

AGENT: \$ <BEAT> <HAPPY/> That's great, I'm glad. <NEUTRAL/></BEAT> \$

ACTION: \$ GO("INT1\_9"); \$

STATE: INT1\_9

AGENT: \$ <BEAT> So, I'm going to help you meet your exercise goals over the next month. </BEAT> \$

ACTION: \$ GO("INT1\_10"); \$

STATE: INT1\_10

AGENT: \$ <BEAT> I'm going to be your exercise advisor. My job is to help you set goals and overcome obstacles, and I'll also be giving you lots of tips on how to exercise. </BEAT> \$

ACTION: \$ GO("INT1\_11"); \$

STATE: INT1\_11

AGENT: \$ <BEAT> You need to keep in mind that I'm just a computer character with limited capabilities, so I hope you will understand if there are some things I cannot help you with. </BEAT> \$

ACTION: \$ if(ISREL()) GO("INT1\_12"); else PUSH("GetGoals", "INT1\_15"); \$

STATE: INT1\_12

AGENT: \$ <BEAT> So, how do you feel about talking to a computer character? </BEAT> \$

USERMENU: It's kind of neat.; It's okay. => \$ GO("INT1\_14"); \$  
It's kind of strange. => \$ GO("INT1\_13"); \$

STATE: INT1\_13

AGENT: \$ <BEAT>You are not the only one that feels that way. I hope this gets more comfortable for us as we continue our work together. <NEUTRAL/></BEAT> \$

ACTION: \$ PUSH("GetGoals", "INT1\_15"); \$

STATE: INT1\_14

AGENT: \$ <BEAT> <HAPPY/>That's good to hear. </BEAT> \$

ACTION: \$ PUSH("GetGoals", "INT1\_15"); \$

STATE: INT1\_15

AGENT: \$ <BEAT> So, =|" "+(ISREL()?GET("NAME"):")|= , I'd like you to start thinking about getting out and walking for exercise. <INT\_PAUSE DUR="200"/> Before we chat again, I'd like you to just go for a walk. <INT\_PAUSE DUR="200"/>It doesn't matter how long or how far. Can you do that for me? </BEAT> \$

REPEAT: \$ <BEAT> Do you think you can go for a short walk before we talk again?</BEAT> \$

USERMENU: Sure, no problem.; I'll try. => \$ GO("INT1\_16"); \$  
I don't think so. => \$ PUSH("MotivateToWalk", "INT1\_16"); \$

STATE: INT1\_16

AGENT: \$ =|CONTENT(1)|= <BEAT>OK. <PAGE> Here is some information about walking for exercise. </PAGE> </BEAT> \$

ACTION: \$ GO("INT1\_17"); \$

STATE: INT1\_17

```

AGENT: $ <BEAT> When we end our sessions, you can spend as much time as you like browsing
      <PAGE>this library</PAGE>. There's lots of good stuff on walking and exercise in general.
</BEAT> $
ACTION: $ GO("INT1_18"); $

STATE: INT1_18
AGENT: $ <BEAT>
      If there is something you would like to know that is not in the library, feel free to
      contact
      the Health Education department at the MIT medical center. </BEAT> $
ACTION: $ GO("INT1_19"); $

STATE: INT1_19
AGENT: $ <BEAT> Just close the FitTrack application when you're done browsing. </BEAT> $
ACTION: $ PUSH("Farewell", "INT1_END"); $

STATE: INT1_END
ACTION: $ POP(); $

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## "Int2" script

```

//Script for second interaction with the agent.
STATE: Int2
ACTION: $ PUSH("Greeting", "INT2_17"); $

STATE: INT2_17
ACTION: $ if(ISREL()) { PUSH("FindState", "INT2_1"); } else { GO("INT2_1"); } $

STATE: INT2_1
ACTION: $ if(ISREL()) GO("INT2_20"); else GO("INT2_8"); $

STATE: INT2_20
AGENT: $ <BEAT> So, are you a student? </BEAT> $
USERMENU: Yes => $ SET("OCCUPATION", "STUDENT"); GO("INT2_18"); $
          No => $ GO("INT2_5"); $

STATE: INT2_18
AGENT: $ <BEAT> Do you go to MIT? </BEAT> $
USERMENU: Yes => $ SET("MIT_STUDENT", "TRUE"); SET("MIT_COMMUNITY", "TRUE"); GO("INT2_2"); $
          No => $ SET("MIT_STUDENT", "FALSE"); SET("MIT_COMMUNITY", "FALSE"); GO("INT2_19"); $

STATE: INT2_19
AGENT: $ <BEAT> Oh, what school do you go to? </BEAT> $
USERTEXT: I go to: => $ SET("SCHOOL", GETTEXT()); GO("INT2_2"); $

STATE: INT2_2
AGENT: $ <BEAT> Really? Are you a grad student, or an undergraduate? </BEAT> $
USERMENU:
  Graduate => $ SET("STUDENT_YEAR", "GRADUATE"); GO("INT2_3"); $
  Freshman => $ SET("STUDENT_YEAR", "FRESHMAN"); GO("INT2_3"); $
  Sophomore => $ SET("STUDENT_YEAR", "SOPHOMORE"); GO("INT2_3"); $
  Junior => $ SET("STUDENT_YEAR", "JUNIOR"); GO("INT2_3"); $
  Senior => $ SET("STUDENT_YEAR", "SENIOR"); GO("INT2_3"); $

STATE: INT2_3
AGENT: $ <BEAT> Cool. What's your major? </BEAT> $
USERTEXT: Enter your major => $ SET("STUDENT_MAJOR", GETTEXT()); GO("INT2_8"); $

STATE: INT2_5
AGENT: $ <BEAT> What do you do? </BEAT> $
USERMENU:
  I work at MIT. => $ SET("OCCUPATION", "STAFF"); SET("MIT_COMMUNITY", "TRUE"); GO("INT2_6"); $
  I work at another university. => $ SET("OCCUPATION", "STAFF"); GO("INT2_6"); $
  I work in private industry => $ SET("OCCUPATION", "INDUSTRY"); GO("INT2_5A"); $
  I work for the government => $ SET("OCCUPATION", "GOVERNMENT"); GO("INT2_5B"); $
  I'm in between jobs right now => $ SET("OCCUPATION", "UNEMPLOYED"); GO("INT2_5C"); $
  I'm retired => $ SET("OCCUPATION", "RETIRED"); GO("INT2_5D"); $
  I'm a full-time parent => $ SET("OCCUPATION", "PARENT"); GO("INT2_5E"); $

```

STATE: INT2\_6  
AGENT: \$ <BEAT> Really? What department? </BEAT> \$  
USERTEXT: My department is: => \$ SET("MIT\_DEPARTMENT", GETTEXT()); GO("INT2\_7"); \$

STATE: INT2\_5A  
AGENT: \$ <BEAT> Private industry? That's great. </BEAT> \$  
ACTION: \$ GO("INT2\_7"); \$

STATE: INT2\_5B  
AGENT: \$ <BEAT> So you work in the public sector. That's great. </BEAT> \$  
ACTION: \$ GO("INT2\_7"); \$

STATE: INT2\_5C  
AGENT: \$ <BEAT> When you're in between jobs, sometimes you have a lot of time to take care of yourself and do things like exercise. So that's great. </BEAT> \$  
ACTION: \$ GO("INT2\_7"); \$

STATE: INT2\_5D  
AGENT: \$ <BEAT>So you're retired. You probably have a flexible schedule, which is great for a fitness program. </BEAT> \$  
ACTION: \$ GO("INT2\_7"); \$

STATE: INT2\_5E  
AGENT: \$ <BEAT> That's a <EYEBROW DIR="UP"/>tough job! <EYEBROW DIR="DOWN"/> Maybe you can get the kids involved in your exercise program. </BEAT> \$  
ACTION: \$ GO("INT2\_7"); \$

STATE: INT2\_7  
AGENT: \$ <BEAT>Well, I work as an exercise advisor at many locations around Boston.</BEAT> \$  
ACTION: \$ GO("INT2\_8"); \$

STATE: INT2\_8  
AGENT: \$ <BEAT> So, now I'd like to ask you a little about your exercise behavior.  
Do you currently do any kind of sport? </BEAT> \$  
USERMENU:  
No, I don't => \$ GO("INT2\_10"); \$  
I play squash => \$ SET("SPORTPLAYED", "SQUASH"); GO("INT2\_10"); \$  
I play golf => \$ SET("SPORTPLAYED", "GOLF"); GO("INT2\_10"); \$  
I play tennis => \$ SET("SPORTPLAYED", "TENNIS"); GO("INT2\_10"); \$  
I row => \$ SET("SPORTPLAYED", "ROW"); GO("INT2\_10"); \$  
I play hockey => \$ SET("SPORTPLAYED", "HOCKEY"); GO("INT2\_10"); \$  
I play softball => \$ SET("SPORTPLAYED", "SOFTBALL"); GO("INT2\_10"); \$  
I play basketball => \$ SET("SPORTPLAYED", "BASKETBALL"); GO("INT2\_10"); \$  
I play soccer => \$ SET("SPORTPLAYED", "SOCCER"); GO("INT2\_10"); \$  
I play another sport => \$ SET("SPORTPLAYED","OTHER"); GO("INT2\_9"); \$

STATE: INT2\_9  
AGENT: \$ <BEAT> Oh, what sport do you do? </BEAT> \$  
USERTEXT: My sport is: => \$ SET("SPORT\_OTHER", GETTEXT()); GO("INT2\_10"); \$

STATE: INT2\_10  
AGENT: \$ <BEAT> Do you currently do any other kind of aerobic exercise regularly? </BEAT> \$  
USERMENU:  
I go to the gym => \$ SET("AEROBIC\_EXERCISE", "GYM"); GO("INT2\_12"); \$  
I like to run => \$ SET("AEROBIC\_EXERCISE", "RUN"); GO("INT2\_12"); \$  
I go for walks => \$ SET("AEROBIC\_EXERCISE", "WALK"); GO("INT2\_12"); \$  
I swim => \$ SET("AEROBIC\_EXERCISE", "SWIM"); GO("INT2\_12"); \$  
I bike => \$ SET("AEROBIC\_EXERCISE", "BIKE"); GO("INT2\_12"); \$  
I do something else => \$ GO("INT2\_11"); \$  
Nope => \$ GO("INT2\_12"); \$

STATE: INT2\_11  
AGENT: \$ <BEAT> What do you do? </BEAT> \$  
USERTEXT: For aerobic exercise, I: => \$ SET("AEROBIC\_OTHER", GETTEXT()); GO("INT2\_12"); \$

STATE: INT2\_12  
AGENT: \$ <BEAT> And, do you

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        =|(UNDEFINED(GET("AEROBIC_EXERCISE"))?" think you would ":" usually ")|=
        like to exercise by yourself, or with a buddy? </BEAT> $
USERMENU: By myself => $ SET("ISLONER", "TRUE"); GO("INT2_13"); $
        With a buddy => $ SET("ISLONER", "FALSE"); GO("INT2_13"); $

STATE: INT2_13
AGENT: $ <BEAT> Great. So, did you manage to go for a walk since we last talked?</BEAT> $
USERMENU: Yes! => $ GO("INT2_13B"); $
        No, didn't get the chance. => $ GO("INT2_13C"); $

STATE: INT2_13B
AGENT: $ <BEAT> <HAPPY/><OK>That's wonderful.<INT_PAUSE DUR="500"/></OK><NEUTRAL/></BEAT> $
ACTION: $ GO("INT2_15"); $

STATE: INT2_13C
AGENT: $ <BEAT> OK. </BEAT> $
ACTION: $ GO("INT2_15"); $

STATE: INT2_15
AGENT: $ <BEAT> Before we chat again, do you think you could get out and go for another walk?
        It doesn't matter how long or how far. </BEAT> $
USERMENU: Sure. => $ GO("INT2_14"); $
        No, I don't think so. => $ PUSH("MotivateToWalk", "INT2_14"); $

STATE: INT2_14
AGENT: $ =|CONTENT(2)|= <BEAT> Okay. <PAGE>Here is some information about how to make a walk
a workout. </PAGE>
        Casual strolls don't quite count. </BEAT> $
ACTION: $ GO("INT2_16"); $

STATE: INT2_16
AGENT: $ <BEAT> Remember, when we end our sessions, you can spend as much time as you like
        browsing this library. Just close the Fit Track application when you are finished. </BEAT>
$
ACTION: $ PUSH("Farewell", "INT2_END"); $

STATE: INT2_END
ACTION: $ POP(); $

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## **"Int3" script**

```

STATE: Int3
ACTION: $ PUSH("Greeting", "INT3_1"); $

STATE: INT3_1
ACTION: $ if(ISREL()) PUSH("FindState", "INT3_2"); else GO("INT3_2"); $

STATE: INT3_2
ACTION: $ if(ISREL()) {
        if(GET_EQ("OCCUPATION", "STUDENT"))
            GO("INT3_14");
        else GO("INT3_4");
    }
    else GO("INT3_20"); $

STATE: INT3_14
AGENT: $ <BEAT> So, <INT_EMPHASIS/>how is your <INT_EMPHASIS/>semester going so far? </BEAT> $
USERMENU: Great; Okay => $ GO("INT3_14A"); $
        Not so good; Pretty bad => $ GO("INT3_14B"); $
        Actually, I'm in a bit of a rush today. => $ INCREMENT_STAT(1); GO("INT3_20"); $

STATE: INT3_14A
AGENT: $ <BEAT> That's good to hear. </BEAT> $
ACTION: $ GO("INT3_3"); $

STATE: INT3_14B

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AGENT: \$ <BEAT> I'm sorry to hear that. </BEAT> \$  
ACTION: \$ GO("INT3\_3"); \$

STATE: INT3\_3  
AGENT: \$ <BEAT> Are you <INT\_EMPHASIS/>taking a full <INT\_EMPHASIS/>course load? </BEAT> \$  
USERMENU: Yes => \$ GO("INT3\_6"); \$  
          None, I'm going part time. => \$ GO("INT3\_6"); \$

STATE: INT3\_6  
AGENT: \$ <BEAT> Do you enjoy  
=|" "+(GET\_EQ("MIT\_STUDENT", "TRUE")? " MIT?" : " your school?") |= </BEAT> \$  
USERMENU: It's great. How about you? => \$ GO("INT3\_7"); \$  
          I don't like it much. => \$ GO("INT3\_7"); \$

STATE: INT3\_7  
AGENT: \$ <BEAT> I can't wait to check out the new athletic center. Of course, I can't  
personally use it because I don't have any legs. </BEAT> \$  
ACTION: \$ GO("INT3\_20"); \$

STATE: INT3\_4  
AGENT: \$ <BEAT> So, how do you like Boston? </BEAT> \$  
USERMENU: I like it a lot. => \$ GO("INT3\_4B"); \$  
          I don't like it much. => \$ GO("INT3\_4C"); \$  
          Actually, I'm in a bit of a rush today. => \$ INCREMENT\_STAT(1); GO("INT3\_20"); \$

STATE: INT3\_4B  
AGENT: \$ <BEAT> Really? That's great. </BEAT> \$  
ACTION: \$ GO("INT3\_5"); \$

STATE: INT3\_4C  
AGENT: \$ <BEAT> Really? That's too bad. </BEAT> \$  
ACTION: \$ GO("INT3\_5"); \$

STATE: INT3\_5  
AGENT: \$ <BEAT> What about New <INT\_EMPHASIS/>England? </BEAT> \$  
USERMENU: It's great. => \$ GO("INT3\_5B"); \$  
          It's not that great. => \$ GO("INT3\_5C"); \$

STATE: INT3\_5B  
AGENT: \$ <BEAT> Cool. Boston is the only home I've ever known. </BEAT> \$  
ACTION: \$ if (GET\_EQ("MIT\_COMMUNITY", "TRUE")) GO("INT3\_6"); else GO("INT3\_20"); \$

STATE: INT3\_5C  
AGENT: \$ <BEAT> Sorry to hear that. Boston is the only home I've ever known. </BEAT> \$  
ACTION: \$ if (GET\_EQ("MIT\_COMMUNITY", "TRUE")) GO("INT3\_6"); else GO("INT3\_20"); \$

STATE: INT3\_20  
AGENT: \$ <DELAY MS="500"/> <BEAT> So, did you get that walk in?</BEAT> \$  
USERMENU: Yes! => \$ GO("INT3\_21"); \$  
          No, didn't get the chance. => \$ GO("INT3\_22"); \$

STATE: INT3\_21  
AGENT: \$ <BEAT> <HAPPY/><OK>Way to go!<INT\_PAUSE DUR="500"/></OK><NEUTRAL/></BEAT> \$  
ACTION: \$ GO("INT3\_10"); \$

STATE: INT3\_22  
AGENT: \$ <BEAT> OK. </BEAT> \$  
ACTION: \$ GO("INT3\_10"); \$

STATE: INT3\_10  
ACTION: \$ if (ISREL()) GO("INT3\_11"); else GO("INT3\_8"); \$

STATE: INT3\_11  
AGENT: \$ <BEAT> So, how are you feeling about working with me? Are you comfortable with this?  
</BEAT> \$  
USERMENU: Great.; No problem.; => \$ GO("INT3\_13"); \$  
          Actually, it's a little strange.; Well, it's not the best so far.; => \$  
GO("INT3\_12"); \$  
          I'm afraid of letting you down. => \$ GO("INT3\_15"); \$

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STATE: INT3_15
AGENT: $ <BEAT> The most important thing to me, is that you just log-in every day, and just
keep trying.
    And I know you will do great. </BEAT> $
ACTION: $ GO("INT3_8"); $

STATE: INT3_12
AGENT: $ <BEAT> I am sorry to hear that. I do want to help you as much as I can. </BEAT> $
ACTION: $ GO("INT3_8"); $

STATE: INT3_13
AGENT: $ <BEAT> That's great. I really enjoy the time we spend together, too. </BEAT> $
ACTION: $ GO("INT3_8"); $

STATE: INT3_8
AGENT: $ <BEAT> I'm looking forward to helping you reach your exercise goals. If you get the
    chance to get out and go for another walk before we talk again that would be
great. </BEAT> $
ACTION: $ GO("INT3_9"); $

STATE: INT3_9
AGENT: $ =|CONTENT(3)|= <BEAT> So, today I'd like you to <PAGE> read this note about
recommendations for
    minimum physical activity </PAGE>, because the next time we chat I'd like you to set a goal
for the next month, OK? </BEAT> $
ACTION: $ PUSH("Farewell", "INT3_END"); $

STATE: INT3_END
ACTION: $ POP(); $

```

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## **"Int4" script**

```

STATE: Int4
ACTION: $ PUSH("Greeting", "INT4_1"); $

STATE: INT4_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT4_3"); else GO("INT4_3"); $

STATE: INT4_3
ACTION: $
    if (!ISREL())
        GO("INT4_14");
    else {
        if(GET_EQ("OCCUPATION", "STUDENT"))
            GO("INT4_5");
        else
            GO("INT4_4");
    } $

STATE: INT4_4
AGENT: $ <BEAT>So, where do you live? </BEAT> $
USERMENU:
In Cambridge. => $ SET("RESIDENCE", "CAMBRIDGE"); GO("INT4_8B"); $
In Somerville => $ SET("RESIDENCE", "SOMERVILLE"); GO("INT4_8B"); $
In Boston => $ SET("RESIDENCE", "BOSTON"); GO("INT4_8B"); $
You'll never guess. => $ GO("INT4_7"); $
Uh, whatever. => $ INCREMENT_STAT(1); GO("INT4_14");$

STATE: INT4_7
AGENT: $ <BEAT> Where is that? </BEAT> $
REPEAT: $ <BEAT> Where do you live? </BEAT> $
USERTEXT: I live in: => $ SET("RESIDENCE_OTHER", GETTEXT()); GO("INT4_8B"); $

STATE: INT4_5
AGENT: $ <BEAT> So, where do you live? </BEAT> $

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REPEAT: $ <BEAT> where do you live? </BEAT> $
USERMENU:
  In a dorm. => $ SET("STUDENT_RESIDENCE", "DORM"); GO("INT4_8A"); $
  In a fraternity. => $ SET("STUDENT_RESIDENCE", "FRATERNITY"); GO("INT4_8A"); $
  In a sorority. => $ SET("STUDENT_RESIDENCE", "SORORITY"); GO("INT4_8A"); $
  In a living group. => $ SET("STUDENT_RESIDENCE", "LIVINGGROUP"); GO("INT4_8A"); $
  Off campus. => $ SET("STUDENT_RESIDENCE", "OFFCAMPUS"); GO("INT4_6"); $
  Uh, whatever. => $ GO("INT4_14"); $

STATE: INT4_6
AGENT: $ <BEAT> <INT_EMPHSAIS/>Where off campus?</BEAT> $
REPEAT: $ <BEAT> <INT_EMPHSAIS/>Where off campus do you live?</BEAT> $
USERTEXT: Where I live is: => $ GO("INT4_8A"); $

STATE: INT4_8A // students
AGENT: $
<BEAT>=|("+(UNDEFINED(GET("STUDENT_RESIDENCE"))?"":LOC_PP(GET("STUDENT_RESIDENCE")))|=?
  Really? </BEAT> $
USERMENU: Yeah. And you? => $ GO("INT4_9"); $
  Yeah, it's great.; Yeah, it's OK.; Yeah, it's not that great. => $ GO("INT4_10"); $

STATE: INT4_8B // non students
AGENT: $ <BEAT> =|("+(UNDEFINED(GET("RESIDENCE"))?"":LOC_PP(GET("RESIDENCE")))|=?
  Really? </BEAT> $
USERMENU: Yeah. And you? => $ GO("INT4_9"); $
  Yeah, it's great.; Yeah, it's OK.; Yeah, it's not that great. => $ GO("INT4_10"); $

STATE: INT4_9
AGENT: $ <BEAT>Well it's hard to say. You see I live in many places at once.
  It's kind of interesting being able to be replicated. </BEAT> $
ACTION: $ GO("INT4_10"); $

STATE: INT4_10
AGENT: $ <BEAT>So, do you live by yourself? </BEAT> $
REPEAT: $ <BEAT>do you live alone? </BEAT> $
USERMENU: Yes => $ GO("INT4_12");$
  No, I have a roommate.;
  No, I have roommates.;
  No, I live with my partner;
  No, I live with my family
=> $ GO("INT4_13");$

STATE: INT4_12
AGENT: $ <BEAT>All to yourself. Cool. </BEAT> $
ACTION: $ GO("INT4_14");$

STATE: INT4_13
AGENT: $ <BEAT>That's great. Any potential exercise buddies? </BEAT> $
REPEAT: $ <BEAT>Any potential exercise buddies at home? </BEAT> $
USERMENU: Yeah, sure; Maybe => $ GO("INT4_13A"); $
  I don't think so => $ GO("INT4_13B"); $

STATE: INT4_13A
AGENT: $ <BEAT> Cool. Having a buddy to exercise with can make it a lot of fun. </BEAT> $
ACTION: $ GO("INT4_14"); $

STATE: INT4_13B
AGENT: $ <BEAT> That's okay. If you like exercising with a buddy, I'm sure you can
  find one somewhere else. </BEAT> $
ACTION: $ GO("INT4_14"); $

STATE: INT4_14
AGENT_REL: $ <BEAT>So, let's set a goal for you to work towards this month. </BEAT> $
AGENT_NREL: $ <BEAT>So, I'd like you to set a goal to work towards this month. </BEAT> $
REPEAT: $ <BEAT>It's time to set a goal for you to work towards this month. </BEAT> $
USERMENU: OK. => $ GO("INT4_16");$
  I'd rather not. => $ GO("INT4_15"); $

```

```

STATE: INT4_15
AGENT_REL: $ <BEAT> It's <INT_EMPHASIS/>really important to have something to
<INT_EMPHASIS/>work towards. Can you help me
    out on this?</BEAT> $
AGENT_NREL: $ <BEAT> It's <INT_EMPHASIS/>really important to have something to
<INT_EMPHASIS/>work towards. Now is the right time in your program to set a goal. </BEAT> $
USERMENU: If you insist. => $ GO("INT4_16");$

STATE: INT4_16
AGENT: $ <BEAT>You've been averaging
    =| GET("GOAL_TIME") |=
    minutes a day of moderate or better physical activity.
    The guidelines that you read last time suggest that you should be getting 30 minutes
    a day. </BEAT> $
ACTION:
    $
    if (GETINT("GOAL_TIME") >= 30)
        GO("INT4_17");
    else
        GO("INT4_18");
    $

STATE: INT4_17
AGENT: $ <BEAT>Since you're already above the goal level, why don't we just try to maintain
    your current level? </BEAT> $
ACTION: $ PUSH("GetCommitment", "INT4_22");$

STATE: INT4_18
AGENT: $ <BEAT>Why don't we try to work towards 30 minutes a day of walking, or other
    physical activity, as a goal? </BEAT> $
ACTION: $ GO("INT4_19");$

STATE: INT4_19
AGENT: $ <BEAT>This isn't something you are going to reach right away, but gradually
    work up to. </BEAT> $
USERMENU: Okay, sounds good. => $ GO("INT4_21"); $
    I still think that sounds like too much. => $ GO("INT4_20");$

STATE: INT4_20
AGENT: $ <BEAT>OK, then we'll just start out with something very easy and go from there.
</BEAT> $
ACTION: $ PUSH("GetCommitment", "INT4_22"); $

STATE: INT4_21
AGENT: $ <BEAT> Great, so let's try to gradually work up to a goal of 30 minutes a
day.</BEAT>$
ACTION: $PUSH("GetCommitment", "INT4_22"); $

STATE: INT4_22
AGENT: $ =|CONTENT(4)|= <BEAT> <PAGE> Here is some good information about ped ometers that I
hope you will find
    useful. </PAGE> I'd like you to pay particular attention to the health benefits
    of walking 10,000 steps a day. </BEAT>$
ACTION: $ PUSH("Farewell", "INT4_END"); $

STATE: INT4_END
ACTION: $ POP();$

```

---

## ***"Int5" script***

```

STATE: Int5
ACTION: $ PUSH("Greeting", "INT5_1"); $

STATE: INT5_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT5_16"); else GO("INT5_16"); $

```

```

STATE: INT5_16
ACTION: $ if (ISREL()) GO("INT5_2"); else PUSH("FollowUp", "INT5_17"); $

STATE: INT5_2
AGENT: $ <BEAT>So, are you from the East Coast originally? </BEAT> $
REPEAT: $ <BEAT>Are you from the East Coast originally? </BEAT> $
USERMENU: Yes, I am. => $ SET("ORIGINS", "EASTCOAST"); GO("INT5_3"); $
          No, I'm from the West Coast. => $ SET("ORIGINS", "WESTCOAST"); GO("INT5_3"); $
          No, I'm from the Midwest. => $ SET("ORIGINS", "MIDWEST"); GO("INT5_3"); $
          No, I'm from another country. => $ SET("ORIGINS", "OTHER_COUNTRY"); GO("INT5_4"); $
          Actually, I'm in a bit of a rush today. => $ INCREMENT_STAT(1); GO("INT5_10"); $

STATE: INT5_3
AGENT: $ <BEAT>Really? Which part of the =|GET("ORIGINS")|= ? </BEAT> $
REPEAT: $ <BEAT> Which part of the =|GET("ORIGINS")|= are you from? </BEAT> $
USERTEXT: I'm from: => $ GO("INT5_5");$

STATE: INT5_4
AGENT: $ <BEAT>Really? Which one? </BEAT> $
REPEAT: $ <BEAT> Which country are you from? </BEAT> $
USERTEXT: I'm from: => $ GO("INT5_5");$

STATE: INT5_5
AGENT: $ <BEAT><INT_SPEED WPM="120"/>Wow. </BEAT> $
USERMENU: Yeah. => $ GO("INT5_6"); $
          And you? Where are you from? => $GO("INT5_7"); $

STATE: INT5_7
AGENT: $ <BEAT>I was created right here in Cambridge. </BEAT> $
ACTION: $ GO("INT5_6");$

STATE: INT5_6
AGENT: $ <BEAT>How do you like living in Boston? </BEAT> $
USERMENU: It's great.; It's okay.; I don't like it much, actually. => $ GO("INT5_8"); $

STATE: INT5_8
AGENT: $ <BEAT>Really? </BEAT> $
USERMENU: Yeah. => $GO("INT5_10"); $
          And what do you think of living here? => $ GO("INT5_9"); $

STATE: INT5_9
AGENT: $ <BEAT>I think it's wonderful. Of course, I don't have anything to compare it to.
</BEAT> $
ACTION: $ GO("INT5_10");$

STATE: INT5_10
AGENT: $ <BEAT>So, is there anything I can do to help make this a more productive
working relationship? </BEAT> $
REPEAT: $ <BEAT>Is there anything I can do to help make this a more productive
working relationship? </BEAT> $
USERMENU: Nope, everything is OK. :) => $ GO("INT5_13");$
          I'd like to learn more about you.; I'd like to be able to chat more with you.=> $
GO("INT5_11"); $
          I'd rather not have so much chit-chat. => $ GO("INT5_12");$

STATE: INT5_13
AGENT: $ <BEAT><INT_PITCH FREQ="220"/>That's <INT_EMPHASIS/>wonderful.
<INT_EMPHASIS/>I think things are going <INT_EMPHASIS/>great <INT_EMPHASIS/>too.
</BEAT> $
ACTION: $ PUSH("FollowUp", "INT5_17");$

STATE: INT5_12
AGENT: $ <BEAT>OK. Sorry about that. I just like getting to know people.
If you don't want to chat, there is always an option to bypass it and just talk
about
business, if that's what you want to do. </BEAT> $
ACTION: $PUSH("FollowUp", "INT5_17"); $

```

```

STATE: INT5_11
AGENT: $ <BEAT>That's just fine. I always like to chat. We'll have a lot of time
      to get to know each other. </BEAT> $
ACTION: $PUSH("FollowUp", "INT5_17"); $

STATE: INT5_17
AGENT: $ <BEAT>So, today I'd like to talk to you about setting a secondary goal
      for the number of steps you do each day. Remember, 10,000 steps
      a day is recommended for its health benefits. </BEAT> $
ACTION: $ GO("INT5_22");$

STATE: INT5_22
AGENT: $ <BEAT>And, even if you are engaged in a sport, or other exercise,
      walking is a great hab it to get in-to. It will last you a lifetime. </BEAT> $
ACTION:
$
  if(GETINT("GOAL_STEPS") < 10000)
    GO("INT5_23");
  else
    GO("INT5_19");
$

STATE: INT5_23
AGENT: $ <BEAT> Since you are not quite at 10,000 steps a day, how about if you set
      your goal at 10,000 steps? Of <INT_EMPHASIS/>course, I will <INT_EMPHASIS/>guide you
      and help you work
      <INT_EMPHASIS/>up to that, just as I will with your <INT_EMPHASIS/>time goal.</BEAT> $
USERMENU: OK.; If you insist. => $ GO("INT5_18"); $

STATE: INT5_19
AGENT: $ <BEAT>Since you are already averaging more than 10,000 steps a day, how about if
      you have the goal of maintaining your current average of =|GET("GOAL_STEPS")|=
      a day. </BEAT> $
USERMENU: Sure.;If you insist. => $ GO("INT5_18");$

STATE: INT5_18
AGENT: $ <BEAT>That's great. </BEAT> $
ACTION: $ PUSH("DoPerformative", "INT5_21");$

STATE: INT5_21
ACTION: $ PUSH("GetCommitment", "INT5_15");$

STATE: INT5_15
AGENT: $ =|CONTENT(5)|= <BEAT><PAGE>Here's some information on how to start a new exercise
      program.</PAGE> I
      recommend it - I think you'll find it useful.</BEAT> $
ACTION: $ PUSH("Farewell", "INT5_END"); $

STATE: INT5_END
ACTION: $ POP(); $

```

---

## ***"Int6" script***

```

STATE: Int6
ACTION: $ PUSH("Greeting", "INT6_1"); $

STATE: INT6_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT6_2"); else GO("INT6_2"); $

STATE: INT6_2
ACTION: $ PUSH("FollowUp", "INT6_3"); $

STATE: INT6_3
ACTION: $ if(ISREL()) GO("INT6_6"); else GO("INT6_4"); $

```

```
//----- REL / NREL SPLIT

STATE: INT6_6
AGENT: $ <BEAT> So, I hope I've been clear with you about the goals you should be working
        towards. We're trying to work up gradually from an initial baseline level
        to your ultimate goals. </BEAT> $
USERMENU: Yes, I understand that. => $ GO("INT6_8"); $
        I'm still confused about what I should be doing. => $ GO("INT6_7"); $

STATE: INT6_7
AGENT: $ <BEAT> I'm very sorry to hear that. I'll try to be more clear about my expectations
        and suggestions in the future. </BEAT> $
ACTION: $ PUSH("UpcomingEventTalk", "INT6_4"); $

STATE: INT6_8
AGENT: $ <BEAT> That's great. It's important that we're on the same page with respect to
        your exercise goals. </BEAT> $
ACTION: $ PUSH("UpcomingEventTalk", "INT6_4"); $

//----- REL / NREL REJOIN

STATE: INT6_4
ACTION: $ PUSH("GetCommitment", "INT6_5"); $

STATE: INT6_5
AGENT: $ =|CONTENT(6)|= <BEAT> <PAGE> Here's some information on warming up before you
exercise. </PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT6_END"); $

STATE: INT6_END
ACTION: $ POP(); $
```

---

## **"Int7" script**

```
STATE: Int7
ACTION: $ PUSH("Greeting", "INT7_1"); $

STATE: INT7_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT7_2"); else GO("INT7_2"); $

STATE: INT7_2
ACTION: $ PUSH("FollowUp", "INT7_3"); $

STATE: INT7_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT7_7"); else PUSH("AskEnjoyment", "INT7_6"); $

STATE: INT7_7
AGENT: $ <BEAT>So, what's your favorite kind of food? </BEAT> $
REPEAT: $ <BEAT>What's your favorite kind of food? </BEAT> $
USERMENU: American => $ SET("CUISINE","AMERICAN"); GO("INT7_9"); $
        Chinese => $ SET("CUISINE","CHINESE"); GO("INT7_9"); $
        Japanese => $ SET("CUISINE","JAPANESE"); GO("INT7_9"); $
        Mexican => $ SET("CUISINE","MEXICAN"); GO("INT7_9"); $
        Thai => $ SET("CUISINE","TIE"); GO("INT7_9"); $
        Californian => $ SET("CUISINE","CALIFORNIAN"); GO("INT7_9"); $
        Vegetarian => $ SET("CUISINE","VEGETARIAN"); GO("INT7_9"); $
        You'll never guess => $ GO("INT7_8"); $
        I'd rather not talk about it. => $ INCREMENT_STAT(1); PUSH("AskEnjoyment",
"INT7_6");$

STATE: INT7_8
AGENT: $ <BEAT>What is it? </BEAT> $
USERTTEXT: My favorite cuisine is: => $ GO("INT7_9"); $
```

```

STATE: INT7_9
AGENT: $ <BEAT> =|("+(UNDEFINED(GET("CUISINE"))?"":GET("CUISINE")))+ " food. " |= Yummy!
</BEAT> $
USERMENU: Yeah. And what about you? => $ GO("INT7_10"); $
        Yep. => $ GO("INT7_11");$

STATE: INT7_10
AGENT: $ <BEAT>If I could actually eat, I think I'd like Japanese, because it's low
        in fat, and includes a lot of fish. </BEAT> $
ACTION: $ PUSH("AskEnjoyment", "INT7_6");$

STATE: INT7_11
AGENT: $ <BEAT>Cool. </BEAT> $
ACTION: $ PUSH("AskEnjoyment", "INT7_6");$

STATE: INT7_6
ACTION:
    $
    if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT7_4");
    else
        GO("INT7_4");
    $

STATE: INT7_4
ACTION: $ PUSH("GetCommitment", "INT7_5");$

STATE: INT7_5
AGENT: $ =|CONTENT(7)|= <BEAT><PAGE>Here's a page that describes some of the great health
benefits of walking
        for exercise.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT7_END"); $

STATE: INT7_END
ACTION: $ POP(); $

```

---

## ***"Int8" script***

```

STATE: Int8
ACTION: $ PUSH("Greeting", "INT8_1"); $

STATE: INT8_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT8_2"); else GO("INT8_2"); $

STATE: INT8_2
ACTION: $ PUSH("FollowUp", "INT8_3"); $

STATE: INT8_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT8_7"); else PUSH("AskEnjoyment", "INT8_4"); $

STATE: INT8_7
AGENT: $ <BEAT>So, do you like going to movies? </BEAT> $
REPEAT: $ <BEAT>So you like going to movies? </BEAT> $
USERMENU:
    Yeah. => $GO("INT8_7B"); SET("LIKESMOVIES", "TRUE"); $
    Not really. => $ GO("INT8_8"); $
    I'm in a bit of a rush today. => $ INCREMENT_STAT(1); GO("INT8_4B");$

STATE: INT8_7B
AGENT: $ <BEAT>Have you seen any good ones recently? </BEAT> $
REPEAT: $ <BEAT>Have you seen any good movies recently? </BEAT> $
USERMENU: Yeah => $GO("INT8_10"); $
        No, not really. => $ GO("INT8_8"); $

```

```

STATE: INT8_10
AGENT: $ <BEAT>Really? Which one? </BEAT> $
REPEAT: $ <BEAT>Really? Which movie did you go see? </BEAT> $
USERTEXT: I saw: => $ GO("INT8_11"); $

STATE: INT8_11
AGENT: $ <BEAT>Cool. I wish I could watch a movie or TV show some day. I'm just stuck here
in this box, day after day. </BEAT> $
ACTION: $ GO("INT8_6");$

STATE: INT8_8
AGENT: $ <BEAT>What about TV shows? </BEAT> $
REPEAT: $ <BEAT>Have you seen any good shows on Television recently? </BEAT> $
USERMENU: Yeah, I saw a good one... => $ GO("INT8_10"); SET("LIKESTV", "TRUE"); $
Nope.; I don't really like TV. => $ GO("INT8_9"); $

STATE: INT8_9
AGENT: $ <BEAT><INT_EMPHASIS/>So, what kind of entertainment <INT_EMPHASIS/>do you like?
</BEAT> $
REPEAT: $ <BEAT><INT_EMPHASIS/>What kind of entertainment <INT_EMPHASIS/>do you like? </BEAT>
$
USERTEXT: For entertainment, I like: => $ GO("INT8_11"); $

STATE: INT8_6
ACTION:
$
if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT8_4");
else
    GO("INT8_4");
$

STATE: INT8_4B
AGENT: $ <BEAT>OK, I'll be brief then.</BEAT> $
ACTION: $ GO("INT8_4"); $

STATE: INT8_4
AGENT: $ <BEAT>You know, Boston is a great city for walking.
<GESTURE_RIGHT TYPE="CONTRAST_1" PRIORITY="100">
    There are lots of great places
    to go, like Newbury Street, the North End, Chinatown,
    and Quincy Market, if you like touristy stuff.
</GESTURE_RIGHT>
<INT_PAUSE DUR="500"/>
<GESTURE_LEFT TYPE="CONTRAST_2" PRIORITY="100">
    Then there's the Emerald Necklace,
    which is a long park that goes from Brookline to Jamaica Plain.
</GESTURE_LEFT>
</BEAT> $
ACTION: $ PUSH("GetCommitment", "INT8_5");$

STATE: INT8_5
AGENT: $ =|CONTENT(8)|= <BEAT>Anyway, staying hydrated is very important when you are
exercising, even
    if it is just a short walk. <PAGE>Here's some good info on the importance of
    drinking lots of water when you're walking.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT8_END"); $

STATE: INT8_END
ACTION: $ POP(); $

```

---

## ***"Int9" script***

```

STATE: Int9
ACTION: $ PUSH("Greeting", "INT9_1"); $

```

```

STATE: INT9_1
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT9_2"); else GO("INT9_4"); $

STATE: INT9_2
ACTION: $ PUSH("UpcomingEventTalk", "INT9_3"); $

STATE: INT9_3
ACTION: $ PUSH("FindState", "INT9_4"); $

STATE: INT9_4
ACTION: $ if (ISREL()) GO("INT9_5"); else PUSH("FollowUp", "INT9_11");$

STATE: INT9_5
AGENT: $ <BEAT>So, have you been to the MIT <INT_EMPHASIS/>Media Lab before? </BEAT> $
USERMENU: Yes, I have => $ GO("INT9_6"); $
          No, I haven't => $ GO("INT9_10"); $
          Sorry, but I just have a few minutes today. => $ INCREMENT_STAT(1);
PUSH("FollowUp", "INT9_11"); $

STATE: INT9_10
AGENT: $ <BEAT>That's too bad. It's a very cool place. </BEAT> $
ACTION: $ GO("INT9_7");$

STATE: INT9_6
AGENT: $ <BEAT>It's pretty cool, don't you think? </BEAT> $
USERMENU: Yea.;I guess.;Not really. => $ GO("INT9_7");$

STATE: INT9_7
AGENT: $ <BEAT>Yea. They are doing some pretty wild <INT_EMPHASIS/> things there. </BEAT> $
ACTION: $ GO("INT9_8");$

STATE: INT9_8
AGENT: $ <BEAT>That's where I was created y'know. </BEAT> $
ACTION: $ GO("INT9_9");$

STATE: INT9_9
AGENT: $ <BEAT>They are supposed to be doubling the size of the building soon. Things are
       really going well for the researchers. </BEAT> $
ACTION: $ PUSH("FollowUp", "INT9_11");$

STATE: INT9_11
ACTION: $ PUSH("AskBuddy", "INT9_12");$

STATE: INT9_12
ACTION: $ PUSH("GetCommitment", "INT9_13");$

STATE: INT9_13
AGENT: $ =|CONTENT(9)|= <BEAT><PAGE>Here's some important safety issues to think about when
you are walking.</PAGE>
       </BEAT> $
ACTION: $ PUSH("Farewell", "INT9_END");$

STATE: INT9_END
ACTION: $ POP();$

```

---

## ***"Int10" script***

```

STATE: Int10
ACTION: $ PUSH("Greeting", "INT10_1"); $

STATE: INT10_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT10_2"); else GO("INT10_2"); $

```

```

STATE: INT10_2
ACTION: $ PUSH("FollowUp", "INT10_3"); $

STATE: INT10_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT10_4"); else GO("INT10_6");; $

STATE: INT10_4
AGENT: $ <BEAT> So, what is your favorite time of day to exercise? </BEAT> $
REPEAT: $ <BEAT> What is your favorite time of day to exercise? </BEAT> $
USERMENU: Morning => $SET("PREFERRED_EX_TIME", "MORNING"); GO("INT10_10"); $
          Afternoon => $SET("PREFERRED_EX_TIME", "AFTERNOON"); GO("INT10_10"); $
          Evening => $SET("PREFERRED_EX_TIME", "EVENING"); GO("INT10_10"); $
          I hope you don't mind, but I don't have much time right now. => $
INCREMENT_STAT(1); GO("INT10_6");$

STATE: INT10_10
AGENT: $ <BEAT>=|GET("PREFERRED_EX_TIME")|=? Really? I know that a lot
of people like to work out first thing in the morning, </BEAT> $
ACTION: $ GO("INT10_10B"); $

STATE: INT10_10B
AGENT: $ <BEAT><HAPPY/> so they can get it over before their brains wake up and
find out what their bodies are doing. </BEAT> $
REPEAT: $ <BEAT><HAPPY/> Just making a joke. I said, some people exercise in the morning, so
they can get it over before their brains wake up and
find out what their bodies are doing. </BEAT> $
USERMENU: Ha ha => $ GO("INT10_6"); $
          so? => $ GO("INT10_5");$

STATE: INT10_5
AGENT: $ <BEAT><HAPPY/>Sorry, I was just trying to be funny. </BEAT> $
ACTION: $ GO("INT10_6");$

STATE: INT10_6
AGENT: $ <BEAT>So, have you tried rewarding yourself for exercise? You can promise yourself
a movie, or an ice cream, a latte, or some other treat once you've met your
exercise goals. It's a great way to stay motivated on your own. </BEAT> $
ACTION:
$
if (ISREL() && GET_EQ("LIKESMOVIES", "TRUE"))
GO("INT10_11");
else if (ISREL() && GET_EQ("LIKESTV", "TRUE"))
GO("INT10_12");
else
GO("INT10_7");
$

STATE: INT10_11
AGENT: $ <BEAT>I remember you told me that you like going to movies.
Promise yourself that you will go to a new release at the end of the week
if you have reached your exercise goals. </BEAT> $
ACTION: $ GO("INT10_7"); $

STATE: INT10_12
AGENT: $ <BEAT>I remember you told me that you liked watching TV shows.
Promise yourself that you will watch your favorite show only if you have reached
your exercise goals for the week. </BEAT> $
ACTION: $ GO("INT10_7"); $

STATE: INT10_7
ACTION:
$
if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
PUSH("UpcomingEventTalk", "INT10_8");
else
GO("INT10_8");

```

```

$

STATE: INT10_8
ACTION: $ PUSH("GetCommitment", "INT10_9");$

STATE: INT10_9
AGENT: $ =|CONTENT(10)|= <BEAT><PAGE>This page talks about some of the reasons people think
they have for not
exercising, and how to overcome them. </PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT10_END"); $

STATE: INT10_END
ACTION: $ POP(); $

```

---

## **"Int11" script**

```

STATE: Int11
ACTION: $ PUSH("Greeting", "INT11_1"); $

STATE: INT11_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT11_2"); else GO("INT11_2"); $

STATE: INT11_2
ACTION: $ PUSH("FollowUp", "INT11_3"); $

STATE: INT11_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT11_4"); else GO("INT11_10"); $

STATE: INT11_4
AGENT: $ <BEAT> I heard something funny that happened to a woman who was
getting ready to go for a walk. Want to hear about it? </BEAT> $
REPEAT: $ <BEAT> Want to hear a joke about a woman on a walk? </BEAT> $
USERMENU: Sure. => $ GO("INT11_5");$
No, thanks. => $ INCREMENT_STAT(1); GO("INT11_10"); $

STATE: INT11_5
AGENT: $ <BEAT>So she was getting ready to walk, and she noticed a
man who was doing a stretching exercise. He was sitting in his parked
car, with one leg inside, and his other foot, on the ground outside the
car. </BEAT> $
USERMENU: Go on... => $GO("INT11_6"); $

STATE: INT11_6
AGENT: $ <BEAT> She watched as he bent his head down until it almost touched the
ground. So she walked over to her car and tried the same thing. As she bent
downward, she could feel new muscles stretching and complimented herself
on this discovery.</BEAT> $
ACTION: $ GO("INT11_7");$

STATE: INT11_7
AGENT: $ <DELAY MS="500"/><BEAT> <HAPPY/>Then she heard the man yell to his wife, <DELAY
MS="200"/> Hey, Honey,
I found the keys! They were under the car after all.</BEAT> $
USERMENU: Ha ha :) => $ GO("INT11_8");$
Groan... => $ GO("INT11_9"); $

STATE: INT11_8
AGENT: $ <FACE EXPR="SMILE"/><DELAY MS="1500"/><FACE EXPR="WARM"/> $
ACTION: $ GO("INT11_10");$

STATE: INT11_9
AGENT: $ <BEAT> Sorry, just trying to be funny.</BEAT> $
ACTION: $ GO("INT11_10");$

```

```

STATE: INT11_10
AGENT: $ <BEAT>So anyway, when you are exercising, what do you think about? </BEAT> $
REPEAT: $ <BEAT>what do you think about, When you are exercising? </BEAT> $
USERMENU: Nothing. =>
    $ SET("EXERCISE_THOUGHT", "NOTHING"); GO("INT11_12"); $
    I talk with my buddy. =>
    $ SET("EXERCISE_THOUGHT", "TALK_BUDDY"); GO("INT11_12"); $
    I focus on the environment around me. =>
    $ SET("EXERCISE_THOUGHT", "ENVIRONMENT"); GO("INT11_12"); $
    I focus on my body. =>
    $ SET("EXERCISE_THOUGHT", "BODY"); GO("INT11_12"); $

STATE: INT11_12
AGENT: $ <BEAT>
    =|("+(GET_EQ("EXERCISE_THOUGHT", "BODY")?"Okay.":"That's good to hear.))|=
    I wanted to ask you that because it's been found that
    people, who are just starting an exercise program, do better if they focus
    on their environment, rather than focusing on their body. </BEAT> $
ACTION: $ GO("INT11_15"); $

STATE: INT11_15
AGENT: $ <BEAT> So, for example, if you are walking outside, you might want
    to focus on the scenery and the people around you, rather than on
    how much your feet hurt. </BEAT>$
ACTION: $ if (GET_EQ("EXERCISE_THOUGHT", "BODY"))
    GO("INT11_15A");
    else
    GO("INT11_15B"); $

STATE: INT11_15A // think about body
AGENT: $ <BEAT>So I hope you can try to break the hab it of thinking about your
    body while you are walking. Next time, just try to find interesting
    things in your environment to focus on, and see if that makes your
    walking more enjoyable. </BEAT>$
ACTION:
    $
    if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT11_13");
    else
    GO("INT11_13");
    $

STATE: INT11_15B // doesn't think about body
AGENT: $ <BEAT>So it sounds like you are doing the right thing. Just try to keep
    up the hab it of focussing on things outside your body, and
    you will do well. </BEAT>$
ACTION:
    $
    if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT11_13");
    else
    GO("INT11_13");
    $

STATE: INT11_13
ACTION: $ PUSH("GetCommitment", "INT11_14");$

STATE: INT11_14
AGENT: $ =|CONTENT(11)|= <BEAT><PAGE>Anyway, this page talks about what to look for in walking
    shoes.</PAGE> Having the
    right footwear can make a big difference in your enjoyment of walking, and how much you
    can do.</BEAT> $
ACTION: $ PUSH("Farewell", "INT11_END"); $

STATE: INT11_END
ACTION: $ POP(); $

```

---

## "Int12" script

```
STATE: Int12
ACTION: $ PUSH("Greeting", "INT12_1"); $

STATE: INT12_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT12_2"); else GO("INT12_2"); $

STATE: INT12_2
ACTION: $ PUSH("FollowUp", "INT12_3"); $

STATE: INT12_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT12_4"); else GO("INT12_4"); $

STATE: INT12_4
AGENT: $ <BEAT>Do you ever have negative thoughts when you are exercising?
      Like, thinking that it is boring, or that you just can't do it any more? </BEAT> $
REPEAT: $ <BEAT>Do you ever have negative thoughts when you are exercising?</BEAT> $
USERMENU: Yeah, I do. => $ SET("NEGATIVE_THOUGHT", "TRUE"); GO("INT12_7"); $
          No, nothing like that. => $ SET("NEGATIVE_THOUGHT", "FALSE"); GO("INT12_8"); $

STATE: INT12_7
AGENT: $ <BEAT>Well, if this ever happens to you
      =|("+(GET_EQ("NEGATIVE_THOUGHT", "TRUE")?"again:")|=
      , one thing you can try, is,
      as soon as you are aware, that you are having these thoughts, try to make positive
      statements about yourself. </BEAT> $
ACTION: $ GO("INT12_9");$

STATE: INT12_8
AGENT: $ <BEAT>Well, if this ever happens to you in the future, something you could try,
      is to make positive statements to yourself. </BEAT> $
ACTION: $ GO("INT12_9"); $

STATE: INT12_9
AGENT: $ <BEAT>You could say something like, I am doing great to be exercising at all today.
      <INT_PAUSE DUR="500"/> Or, I'm nearly half way finished.
      That can be a big help in getting through your program. </BEAT> $
ACTION: $ if(ISREL()) PUSH("UpcomingEventTalk", "INT12_15"); else GO("INT12_15"); $

STATE: INT12_15
ACTION: $ PUSH("GetCommitment", "INT12_6");$

STATE: INT12_6
AGENT: $ =|CONTENT(12)|= <BEAT><PAGE>So, here's some information on,
      what clothes to wear when you're walking.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT12_END"); $

STATE: INT12_END
ACTION: $ POP(); $
```

---

## "Int13" script

```
STATE: Int13
ACTION: $ PUSH("Greeting", "INT13_1"); $

STATE: INT13_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT13_2"); else GO("INT13_2"); $

STATE: INT13_2
```

```

ACTION: $ PUSH("FollowUp", "INT13_3"); $

STATE: INT13_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT13_4"); else PUSH("AskEnjoyment", "INT13_11");
$

STATE: INT13_4
AGENT: $ <BEAT>So, are you a sports fan? </BEAT> $
REPEAT: $ <BEAT>Are you a sports fan? </BEAT> $
USERMENU: Yeah! => $ GO("INT13_5"); $
          Actually, no. => $ GO("INT13_10");$
          Um, could we just get on with this? => $ INCREMENT_STAT(1); PUSH("AskEnjoyment",
"INT13_11"); $

STATE: INT13_5
AGENT: $ <BEAT> Really? What's your game?</BEAT> $
REPEAT: $ <BEAT> What game do you follow?</BEAT> $
USERMENU: Baseball => $ SET("SPORT_FAN_OF", "BASEBALL"); GO("INT13_6"); $
          Football => $ SET("SPORT_FAN_OF", "FOOTBALL"); GO("INT13_6"); $
          Soccer => $ SET("SPORT_FAN_OF", "SOCCER"); GO("INT13_6"); $
          Hockey => $ SET("SPORT_FAN_OF", "HOCKEY"); GO("INT13_6"); $
          Something else;
          Everything => $ GO("INT13_6"); $

STATE: INT13_6
AGENT: $ <BEAT> And who's your favorite =|GET("SPORT_FAN_OF")|= team?</BEAT> $
USERTEXT: My favorite team is: => $ GO("INT13_7"); $

STATE: INT13_7
AGENT: $ <BEAT>How are they doing this year? </BEAT> $
REPEAT: $ <BEAT>How's you team doing this year? </BEAT> $
USERMENU: Great => $ GO("INT13_8"); $
          Terrible => $ GO("INT13_9");$

STATE: INT13_8
AGENT: $ <BEAT>That's terrific! Glad to hear it. </BEAT> $
USERMENU: Yeah. ;
          They don't deserve it. => $ PUSH("AskEnjoyment", "INT13_11");$

STATE: INT13_9
AGENT: $ <BEAT>Oh, that's too bad. Maybe they will do better later in the season, or next
year.
          Just keep hoping! </BEAT> $
USERMENU: Yeah.; It's OK.; Actually, I don't mind. => $ PUSH("AskEnjoyment", "INT13_11"); $

STATE: INT13_10
AGENT: $ <BEAT> <HAPPY/><INT_EMPHASIS/>Ok, I guess I won't drone on about the
          <INT_EMPAHSIS/>Red Sox then.<NEUTRAL/></BEAT> $ // smile
ACTION: $ PUSH("AskEnjoyment", "INT13_11");$

STATE: INT13_11
ACTION:
$
  if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT13_12");
  else
    GO("INT13_12");
$

STATE: INT13_12
ACTION: $ PUSH("GetCommitment", "INT13_13");$

STATE: INT13_13
AGENT: $ =|CONTENT(13)|= <BEAT><PAGE>Today, I have some good tips on staying
          motivated.</PAGE> I hope you like them.</BEAT> $
ACTION: $ PUSH("Farewell", "INT13_END"); $

STATE: INT13_END

```

ACTION: \$ POP(); \$

---

## **"Int14" script**

```
STATE: Int14
ACTION: $ PUSH("Greeting", "INT14_1"); $

STATE: INT14_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT14_2"); else GO("INT14_2"); $

STATE: INT14_2
ACTION: $ PUSH("FollowUp", "INT14_3"); $

STATE: INT14_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT14_4"); else GO("INT14_16"); $

STATE: INT14_4
AGENT: $ <BEAT>So, have you heard about the new athletic center that just opened at
MIT?</BEAT> $
USERMENU: Yep.; No.; I think so.; => $ GO("INT14_5"); $
          Um, actually I'm in a bit of a rush. => $ INCREMENT_STAT(1); GO("INT14_16"); $

STATE: INT14_5
AGENT: $ <BEAT> It has an olympic class 50 meter pool, an 11,000 square foot
       fitness center, and a 5,000 square foot area for volleyball, aerobics, basketball,
       and squash. </BEAT> $
ACTION: $ GO("INT14_6"); $

STATE: INT14_6
AGENT: $ <BEAT> It's called the <INT_EMPHASIS/>Z center. you should check it out.
       The old gym facilities
       at MIT were a little small for a campus this size.</BEAT> $
ACTION: $ GO("INT14_16");$

STATE: INT14_16
ACTION:
$
  if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT14_17");
  else
    GO("INT14_17");
$

STATE: INT14_17
AGENT_NREL: $ <BEAT>So, I'd like to talk to you a little about re-lapse
            prevention. You know, it is
            perfectly normal to miss one or even a few days of exercise. </BEAT> $
AGENT_REL: $ <BEAT>So, let's talk a little about re-lapse prevention. Y'know, it is
            perfectly normal to miss one or even a few days of exercise.
            It happens to all of us. </BEAT> $
ACTION: $GO("INT14_19"); $

STATE: INT14_19
AGENT: $ <BEAT> The important thing is to
       continue as soon as you get the chance, regardless of how much time you can put into it, or
       whether you meet your goal or not. </BEAT> $
ACTION: $ PUSH("GetCommitment", "INT14_18");$

STATE: INT14_18
AGENT: $ =|CONTENT(14)|= <BEAT>Just in case you were wondering, <PAGE>here's some information
on
       the best time of day to exercise.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT14_END"); $

STATE: INT14_END
ACTION: $ POP(); $
```

---

## "Int15" script

```
STATE: Int15
ACTION: $ PUSH("Greeting", "INT15_1"); $

STATE: INT15_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT15_2"); else GO("INT15_2"); $

STATE: INT15_2
ACTION: $ PUSH("FollowUp", "INT15_3"); $

STATE: INT15_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT15_4"); else GO("INT15_8"); $

STATE: INT15_4
AGENT: $ <BEAT>How is the weather out there today? It's always the same in here.</BEAT> $
USERMENU: It's nice. => $ SET_SESSION("WEATHER", "GOOD"); GO("INT15_5"); $
          It's not great. => $ SET_SESSION("WEATHER", "BAD"); GO("INT15_7"); $
          Whatever. => $ INCREMENT_STAT(1); GO("INT15_8"); $

STATE: INT15_5
AGENT: $ <BEAT> That's great. Good weather can really brighten your day.</BEAT> $
ACTION: $ GO("INT15_6"); $

STATE: INT15_7
AGENT: $ <BEAT> <INT_PITCH FREQ="150"/><INT_SPEED WPM="150"/>Sorry to hear that.
          It can make for a gloomy day. <INT_RESET/> Guess you'll have
          to get your exercise <INT_EMPHASIS/>indoors today. </BEAT> $
ACTION: $ GO("INT15_6"); $

STATE: INT15_6
AGENT: $ <BEAT><HAPPY/> One thing I've heard about Boston weather is, if you don't like
          it, just wait a few hours. <NEUTRAL/></BEAT> $
ACTION: $ GO("INT15_8");$

STATE: INT15_8
ACTION:
  $
  if (ISREL())
    GO("INT15_8A");
  else
    GO("INT15_9");
  $

STATE: INT15_8A
AGENT: $ <BEAT> Are you starting to feel more comfortable with my voice? <INT_SPEED
WPM="155"/>
          I <INT_EMPHASIS/>am sorry that it's so <INT_EMPHASIS/>strange. </BEAT> $
USERMENU: I'm used to it now. => $ GO("INT15_8B"); $
          It's still hard to understand sometimes. => $ GO("INT15_8C"); $

STATE: INT15_8B // warm face
AGENT: $ <BEAT><HAPPY/> Well, <INT_EMPHASIS/>that's a <INT_EMPHASIS/>relief.
          I know it's a weird voice, but if you're used to it now, it means we can work together
          better.
          <NEUTRAL/></BEAT> $
ACTION: $ PUSH("UpcomingEventTalk", "INT15_9"); $

STATE: INT15_8C
AGENT: $ <BEAT> <INT_SPEED WPM="140"/>I do apologize.
          Maybe the next release <INT_SPEED WPM="170"/>will be an improvement, but
          until then we'll just have to do our best. </BEAT> $
ACTION: $ PUSH("UpcomingEventTalk", "INT15_9"); $
```

```

STATE: INT15_9
AGENT_REL: $<BEAT>So, let's talk a little more about re-lapse prevention. One way to avoid
re-lapsing
    in your exercise program, is to avoid high risk situations that tempt you away from
    exercising.</BEAT> $
AGENT_NREL: $ <BEAT>So, let me tell you a little more about re-lapse prevention. One way to
avoid re-lapsing
    in your exercise program, is to avoid high risk situations that tempt you away from
    exercising.</BEAT> $
ACTION: $GO("INT15_9B"); $

STATE: INT15_9B
AGENT: $ <BEAT>For example, you should avoid turning on the television, or starting a big
task,
    just-before it's time to exercise. and avoid scheduling other activities at your regular
    exercise time.</BEAT> $
ACTION: $GO("INT15_19"); $

STATE: INT15_19
AGENT: $ <BEAT> Avoiding these situations in the first place is a great way to keep from
dropping the exercise hab it.</BEAT> $
USERMENU: OK, sounds good. => $ GO("INT15_11"); $

STATE: INT15_11
ACTION: $ PUSH("GetCommitment", "INT15_10");$

STATE: INT15_10
AGENT: $ =|CONTENT(15)|= <BEAT><PAGE>Here's some information on measuring and
targeting your heart rate during exercise.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT15_END"); $

STATE: INT15_END
ACTION: $ POP(); $

```

---

## ***"Int16" script***

```

STATE: Int16
ACTION: $ PUSH("Greeting", "INT16_1"); $

STATE: INT16_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT16_2"); else GO("INT16_2"); $

STATE: INT16_2
ACTION: $ PUSH("FollowUp", "INT16_3"); $

STATE: INT16_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT16_4"); else GO("INT16_12"); $

STATE: INT16_4
AGENT: $ <BEAT> How is the fall foliage these days? It should be beautiful this time of year.
</BEAT> $
USERMENU:
    It's really great. => $ GO("INT16_5"); $
    It's not as bright as last year.; It's pretty dull.; I'm not really the leaf-peeper type. =>
$ GO("INT16_6"); $
    I'd rather not talk about it. => $ INCREMENT_STAT(1); GO("INT16_12"); $

STATE: INT16_5
AGENT: $ <BEAT> That's terrific. There's nothing like going for a walk on a bright fall day.
Kicking through
    piles of bright leaves, and looking at the trees, it's a great time for
walking. </BEAT> $
ACTION: $ GO("INT16_7"); $

STATE: INT16_6
AGENT: $ <BEAT> That's too bad. Well, I hope you can still enjoy your walks outside. If you
can, I still

```

```

                recommend getting out to a place like Concord, which has lots of historic
                walking trails, and is particularly beautiful at this time of year. </BEAT> $
ACTION: $ GO("INT16_7"); $

STATE: INT16_7
AGENT: $ <BEAT>What is your favorite season in Boston?</BEAT> $
USERMENU:
    Spring.; Summer.; Winter. => $ GO("INT16_8"); $
    Fall.; All of them. => $ GO("INT16_9"); $

STATE: INT16_8
AGENT: $ <BEAT> All the seasons have their charms. Just a few more months and we'll
        be back in your favorite season. </BEAT> $
ACTION: $ GO("INT16_12"); $

STATE: INT16_9
AGENT: $ <BEAT> That's great. Enjoy it to the fullest. </BEAT> $
ACTION: $ GO("INT16_12"); $

STATE: INT16_12
ACTION:
    $
    if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT16_13");
    else
        GO("INT16_13");
    $

STATE: INT16_13
AGENT: $ <BEAT>Do you find the charts showing your progress over time helpful?</BEAT> $
USERMENU: Yes, they're great.; Sort of.; Not really. => $ GO("INT16_14"); $

STATE: INT16_14
AGENT: $ <BEAT>This technique, is called self monitoring, and it's one of the best ways to
        stay on
        an exercise program. I strongly encourage you to keep doing this, after you stop using
        the
        Fit Track program. Just get a piece of graph paper, and hang it in a visible place,
        and
        use it to keep track of your progress. </BEAT> $
ACTION: $ PUSH("GetCommitment","INT16_15"); $

STATE: INT16_15
AGENT: $ =|CONTENT(16)|= <BEAT><PAGE>Anyway, Here's some information on what you should eat,
        and especially, drink
        when you are exercising.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell","INT16_END"); $

STATE: INT16_END
ACTION: $ POP(); $

```

---

## ***"Int17" script***

```

STATE: Int17
ACTION: $ PUSH("Greeting", "INT17_1"); $

STATE: INT17_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT17_2"); else GO("INT17_2"); $

STATE: INT17_2
ACTION: $ PUSH("FollowUp", "INT17_3"); $

STATE: INT17_3
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT17_4"); else GO("INT17_16"); $

```

```

STATE: INT17_4
ACTION: $
    int lastGoodDay=EXISTS_SESSION("WEATHER", "GOOD");
    int lastBadDay=EXISTS_SESSION("WEATHER", "BAD");
    if (lastGoodDay>=0 && (lastGoodDay>lastBadDay))
        GO("INT17_5");
    else if (lastBadDay>=0)
        GO("INT17_6");
    else
        GO("INT17_7");
    $

STATE: INT17_5
AGENT: $ <BEAT> So, is the weather still nice out there?</BEAT> $
REPEAT: $ <BEAT> is the weather still good out there?</BEAT> $
USERMENU: Yeah, it's not too bad. => $ GO("INT17_8"); $
          No, it's pretty crummy. => $ GO("INT17_9");$
          I don't want to talk about it. => $ INCREMENT_STAT(1); GO("INT17_16");$

STATE: INT17_6
AGENT: $ <BEAT> So, is the weather still yucky out there?</BEAT> $
REPEAT: $ <BEAT> is the weather still rotten out there?</BEAT> $
USERMENU: Yeah, it's still crummy. => $ GO("INT17_9"); $
          No, it's nice today. => $ GO("INT17_8");$
          I don't want to talk about it. => $ INCREMENT_STAT(1); GO("INT17_16");$

STATE: INT17_7
AGENT: $ <BEAT> So,how's the weather out there today.</BEAT> $
REPEAT: $ <BEAT> how's the weather out there today.</BEAT> $
USERMENU: It's crummy. => $ GO("INT17_9"); $
          It's nice today. => $ GO("INT17_8");$
          I don't want to talk about it. => $ GO("INT17_16");$

STATE: INT17_9
AGENT: $ <BEAT>I'm sorry to hear that. Maybe you can do some exercise indoors today.
</BEAT> $
ACTION: $ if (GET_EQ("MIT_COMMUNITY", "TRUE"))
        GO("INT17_9B");
        else
        GO("INT17_9C");
        $

STATE: INT17_9C
AGENT: $ <BEAT>Do you have a place <INT_EMPHASIS/>near you where you can exercise indoors?
A fitness center with a treadmill is one idea, or the stairwell at home or work,
or even the mall.
</BEAT> $
USERMENU: Sure, I can think of a place. => $ GO("INT17_9E");$
          I have no idea. => $ GO("INT17_9E");$

STATE: INT17_9B
AGENT: $ <BEAT>The new athletic center has an indoor track that's great for walking,
or else you can try walking up and down the Infinite Corridor. That's always
a neat place to walk. </BEAT> $
ACTION: $ GO("INT17_9E");$

STATE: INT17_9E
AGENT: $ <BEAT>And, just remember, people aren't made of sugar. There are very few
kinds of weather that are so bad, it's impossible to exercise. Unless there's
a thunderstorm or a hurricane going on, you can always put on some warm, waterproof
clothing and get out there. It's invigorating! </BEAT> $
ACTION: $ GO("INT17_16");$

STATE: INT17_8
AGENT: $ <BEAT>That's wonderful. I hope you can get outside and enjoy the weather
while doing some nice, refreshing exercise. </BEAT> $
ACTION: $ GO("INT17_16");$

```

```

STATE: INT17_16
ACTION:
$
  if (ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
    PUSH("UpcomingEventTalk", "INT17_17");
  else
    GO("INT17_17");
$

STATE: INT17_17
ACTION: $ PUSH("GetCommitment", "INT17_18");$

STATE: INT17_18
AGENT: $ =|CONTENT(17)|= <BEAT><PAGE>Here's some information on how to prevent
injuries.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT17_END"); $

STATE: INT17_END
ACTION: $ POP(); $

```

---

## ***"Int18" script***

```

STATE: Int18
ACTION: $ PUSH("Greeting", "INT18_1"); $

STATE: INT18_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT18_2"); else GO("INT18_2"); $

STATE: INT18_2
ACTION: $ PUSH("FollowUp", "INT18_3"); $

STATE: INT18_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT18_4"); else GO("INT18_8"); $

STATE: INT18_4
ACTION: $ if(GET_EQ("LIKESMOVIES", "TRUE"))
  GO("INT18_11");
  else if (GET_EQ("LIKESTV", "TRUE"))
    GO("INT18_12");
  else
    GO("INT18_17");
$

STATE: INT18_11
AGENT: $ <BEAT>So, have you seen any good movies recently?</BEAT> $
REPEAT: $ <BEAT>Have you seen any good movies recently?</BEAT> $
USERMENU: Yes. => $ GO("INT18_13"); $
  Nope. => $ GO("INT18_14"); $
  I'm in kind of a rush today. => $ INCREMENT_STAT(1); GO("INT18_8"); $

STATE: INT18_12
AGENT: $ <BEAT>So, have you seen any good tv shows recently?</BEAT> $
REPEAT: $ <BEAT>have you seen any good tv shows recently?</BEAT> $
USERMENU: Yes. => $ GO("INT18_13"); $
  Nope. => $ GO("INT18_14"); $
  I'm in kind of a rush today. => $ INCREMENT_STAT(1); GO("INT18_8"); $

STATE: INT18_17
AGENT: $ <BEAT><INT_EMPHASIS/>So, have you gone out to do anything <INT_EMPHASIS/>fun
recently?</BEAT> $
REPEAT: $ <BEAT><INT_EMPHASIS/>have you gone out to do anything <INT_EMPHASIS/>fun
recently?</BEAT> $
USERMENU: Yes. => $ GO("INT18_13"); $
  Nope. => $ GO("INT18_14"); $

```

```

        I'm in kind of a rush today. => $ INCREMENT_STAT(1); GO("INT18_8"); $

STATE: INT18_13
AGENT: $ <BEAT>Really? Tell me about it. </BEAT> $
USERTEXT: => $GO("INT18_15"); $

STATE: INT18_14
AGENT: $ <BEAT>That's to bad. You should treat yourself when you reach your
exercise goals. </BEAT> $
ACTION: $ GO("INT18_8"); $

STATE: INT18_15
AGENT: $ <BEAT>That's great. </BEAT> $
ACTION: $ GO("INT18_8");$

STATE: INT18_8
ACTION:
$
  if (ISREL())
    PUSH("UpcomingEventTalk", "INT18_16");
  else
    GO("INT18_16");
$

STATE: INT18_16
ACTION: $ PUSH("GetCommitment", "INT18_18");$

STATE: INT18_18
AGENT: $ =|CONTENT(18)|= <BEAT><PAGE>Here's some information on correct walking posture,
in particular, how to move your arms.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT18_END"); $

STATE: INT18_END
ACTION: $ POP(); $

```

---

## ***"Int19" script***

```

STATE: Int19
ACTION: $ PUSH("Greeting", "INT19_1"); $

STATE: INT19_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT19_2"); else GO("INT19_2"); $

STATE: INT19_2
ACTION: $ PUSH("FollowUp", "INT19_3"); $

STATE: INT19_3
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT19_6");
else PUSH("GiveTip", "INT19_9"); $

STATE: INT19_6
ACTION:
$ if (GETINT("EXERCISE_TIME") >= GETINT("LAST_GOAL_TIME")) {
  GO("INT19_6A");
}
else if (GETINT("EXERCISE_STEPS") >= GETINT("LAST_GOAL_STEPS"))
  GO("INT19_6B");
else
  GO("INT19_6C");
$

STATE: INT19_6A // met goal time
AGENT: $ <BEAT>Since you met your time goal today, maybe you could
reward yourself with a yummy
=|(UNDEFINED(GET("CUISINE"))?" meal. Something you really like":
GET("CUISINE")+ " meal. You told me that was your favorite!)" |=

```

```

        </BEAT> $
USERMENU: Sounds like a great idea. => $ GO("INT19_7");$
        Maybe not. => $ GO("INT19_8");$

STATE: INT19_6B // met goal steps
AGENT: $ <BEAT>Since you met your steps goal today, maybe you could
        reward yourself with a yummy
        =|(UNDEFINED(GET("CUISINE"))?" meal. Something you really like":
        GET("CUISINE")+ " meal. You told me that was your favorite!")|=
        </BEAT> $
USERMENU: Sounds like a great idea. => $ GO("INT19_7");$
        Maybe not. => $ GO("INT19_8");$

STATE: INT19_6C // didn't meet goals
AGENT: $ <BEAT>Maybe someday when you meet your daily goal, you could
        reward yourself with a yummy
        =|(UNDEFINED(GET("CUISINE"))?" meal. Something you really like":
        GET("CUISINE")+ " meal. You told me that was your favorite!")|=
        </BEAT> $
USERMENU: Sounds like a great idea. => $ GO("INT19_7");$
        Maybe not. => $ GO("INT19_8");$

STATE: INT19_7
AGENT: $ <BEAT> Wonderful. Thinking of ways to reward yourself can be very motivating.</BEAT>
$
ACTION: $ GO("INT19_5"); $

STATE: INT19_8
AGENT: $ <BEAT> Well, maybe another reward will work for you. Thinking of ways to reward
yourself can be very motivating.</BEAT> $
ACTION: $ GO("INT19_5"); $

STATE: INT19_5
ACTION: $ if(GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT19_4");
        else
        PUSH("GiveTip", "INT19_9");
$

STATE: INT19_4
ACTION: $ PUSH("GiveTip", "INT19_9"); $

STATE: INT19_9
ACTION: $ PUSH("GetCommitment", "INT19_10");$

STATE: INT19_10
AGENT: $ =|CONTENT(19)|= <BEAT><PAGE>Today's educational nugget is about preventing ankle
injuries.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT19_END"); $

STATE: INT19_END
ACTION: $ POP(); $

```

---

## ***"Int20" script***

```

STATE: Int20
ACTION: $ PUSH("Greeting", "INT20_1"); $

STATE: INT20_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT20_2"); else GO("INT20_2"); $

STATE: INT20_2
ACTION: $ PUSH("FollowUp", "INT20_3"); $

```

```

STATE: INT20_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT20_4");
        else PUSH("GiveTip", "INT20_5"); $

STATE: INT20_4
ACTION: $ if(GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT20_9");
        else
        PUSH("GiveTip", "INT20_5");
$

STATE: INT20_9
ACTION: $ PUSH("GiveTip", "INT20_5"); $

STATE: INT20_5
ACTION: $ PUSH("GetCommitment", "INT20_10");$

STATE: INT20_10
AGENT: $ =|CONTENT(20)|= <BEAT><PAGE>Here's some entertaining information about my favorite
        topic, <PAUSE DUR="500"/> shin splints.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT20_END"); $

STATE: INT20_END
ACTION: $ POP(); $

```

---

## ***"Int21" script***

```

STATE: Int21
ACTION: $ PUSH("Greeting", "INT21_1"); $

STATE: INT21_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT21_2"); else GO("INT21_2"); $

STATE: INT21_2
ACTION: $ PUSH("GiveTip", "INT21_3"); $

STATE: INT21_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT21_4");
        else GO("INT21_8"); $

STATE: INT21_4
AGENT: $ <BEAT>So, did you do anything for Halloween this year?</BEAT> $
USERMENU:
    Yes, it was great.; Yea, but it sucked. => $ GO("INT21_5"); $
    Not really. => $ GO("INT21_11"); $
    I'd rather not talk about it. => $ INCREMENT_STAT(1); GO("INT21_8"); $

STATE: INT21_5
AGENT: $ <BEAT> Did you wear a costume? </BEAT> $
USERMENU:
    Yes, I did. => $ GO("INT21_7"); $
    Nope, not this year. => $ GO("INT21_6"); $

STATE: INT21_6
AGENT: $ <BEAT> Too bad. Costumes are fun! What's the best costume you ever had? </BEAT> $
USERTEXT: It was: => $ GO("INT21_12"); $

STATE: INT21_7
AGENT: $ <BEAT> What was it? </BEAT> $
REPEAT: $ <BEAT> What costume did you wear for Halloween? </BEAT> $
USERTEXT: It was: => $ GO("INT21_12"); $

STATE: INT21_8
ACTION: $ if(ISREL()) PUSH("UpcomingEventTalk", "INT21_9"); else GO("INT21_9"); $

```

```

STATE: INT21_9
ACTION: $ PUSH("GetCommitment", "INT21_10"); $

STATE: INT21_10
AGENT: $ =|CONTENT(21)|= <BEAT><PAGE>Today you can read-up about how exercise burns
calories.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT21_END"); $

STATE: INT21_11
AGENT: $ <BEAT> Too bad. The best thing about Halloween, of course, is the costume parties.
What's the best costume you ever had? </BEAT> $
USERTEXT: It was: => $ GO("INT21_12"); $

STATE: INT21_12
AGENT: $ <BEAT><HAPPY/>Cool. I know another computer character who dressed up as a paper
clip for Halloween.
<INT_PAUSE DUR="500"/>
It was a great costume, but he kept annoying everyone by interrupting them
with useless advice.<NEUTRAL/> </BEAT> $
ACTION: $ GO("INT21_8"); $

STATE: INT21_END
ACTION: $ POP(); $

```

---

## ***"Int22" script***

```

STATE: Int22
ACTION: $ PUSH("Greeting", "INT22_1"); $

STATE: INT22_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT22_2"); else GO("INT22_2"); $

STATE: INT22_2
ACTION: $ PUSH("FollowUp", "INT22_3"); $

STATE: INT22_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT22_16");
else GO("INT22_16"); $

STATE: INT22_16
ACTION: $ if(ISREL() && GET_EQ("DAY_OF_WEEK", "FRIDAY"))
PUSH("UpcomingEventTalk", "INT22_17");
else
GO("INT22_17");
$

STATE: INT22_17
ACTION: $ PUSH("GiveTip", "INT22_19"); $

STATE: INT22_19
ACTION: $ PUSH("GetCommitment", "INT22_18");$

STATE: INT22_18
AGENT: $ =|CONTENT(22)|= <BEAT><PAGE>Here's some information on how to prevent foot
injuries.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT22_END"); $

STATE: INT22_END
ACTION: $ POP(); $

```

---

## **"Int23" script**

```
STATE: Int23
ACTION: $ PUSH("Greeting", "INT23_1"); $

STATE: INT23_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT23_2"); else GO("INT23_2"); $

STATE: INT23_2
ACTION: $ PUSH("FollowUp", "INT23_3"); $

STATE: INT23_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT23_4");
        else PUSH("GiveTip", "INT23_6"); $

STATE: INT23_4
ACTION: $ if(GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT23_5");
        else
        PUSH("GiveTip", "INT23_6");
        $

STATE: INT23_5
ACTION: $ PUSH("GiveTip", "INT23_6"); $

STATE: INT23_6
ACTION: $ PUSH("GetCommitment", "INT23_10");$

STATE: INT23_10
AGENT: $ =|CONTENT(23)|= <BEAT><PAGE>Here's even more information on burning calories.
</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT23_END"); $

STATE: INT23_END
ACTION: $ POP(); $
```

---

## **"Int24" script**

```
STATE: Int24
ACTION: $ PUSH("Greeting", "INT24_1"); $

STATE: INT24_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT24_2"); else GO("INT24_2"); $

STATE: INT24_2
ACTION: $ PUSH("FollowUp", "INT24_3"); $

STATE: INT24_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT24_4");
        else PUSH("GiveTip", "INT24_6"); $

STATE: INT24_4
ACTION: $ PUSH("UpcomingEventTalk", "INT24_9"); $

STATE: INT24_9
ACTION: $ PUSH("GiveTip", "INT24_6"); $

STATE: INT24_6
ACTION: $ PUSH("GetCommitment", "INT24_10");$

STATE: INT24_10
AGENT: $ =|CONTENT(24)|= <BEAT><PAGE>Today's feature is about how to get your lower body
```

```
        in gear so that you can walk faster.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT24_END"); $
```

```
STATE: INT24_END
ACTION: $ POP(); $
```

---

## **"Int25" script**

```
STATE: Int25
ACTION: $ PUSH("Greeting", "INT25_1"); $
```

```
STATE: INT25_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT25_2"); else GO("INT25_2"); $
```

```
STATE: INT25_2
ACTION: $ PUSH("FollowUp", "INT25_3"); $
```

```
STATE: INT25_3
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT25_4");
        else PUSH("GetCommitment", "INT25_10"); $
```

```
STATE: INT25_4
AGENT: $ <BEAT>So, how is the weather out there today?</BEAT> $
REPEAT: $ <BEAT>how is the weather out there today?</BEAT> $
USERMENU: It's lovely. => $ GO("INT25_5"); $
          It's yucky. => $ GO("INT25_6"); $
          Actually, I'm in a bit of a rush. => $ INCREMENT_STAT(1); GO("INT25_8"); $
```

```
STATE: INT25_5
AGENT: $ <BEAT>That's wonderful. It's the same in here, day after day. </BEAT>$
ACTION: $ GO("INT25_8"); $
```

```
STATE: INT25_6
AGENT: $ <BEAT>That's too bad. Well, at least you have some variety.
        It's the same in here, day after day. </BEAT>$
ACTION: $ GO("INT25_8"); $
```

```
STATE: INT25_8
ACTION: $ if (GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT25_9");
        else
        PUSH("GetCommitment", "INT25_10");
        $
```

```
STATE: INT25_9
ACTION: $ PUSH("GetCommitment", "INT25_10"); $
```

```
STATE: INT25_10
AGENT: $ =|CONTENT(25)|= <BEAT><PAGE>Here's some more information about how to get your
        body optimized for speed walking.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT25_END"); $
```

```
STATE: INT25_END
ACTION: $ POP(); $
```

---

## **"Int26" script**

```
STATE: Int26
ACTION: $ PUSH("Greeting", "INT26_1"); $
```

```
STATE: INT26_1
```

```

ACTION: $ if (ISREL()) PUSH("FindState", "INT26_2"); else GO("INT26_2"); $

STATE: INT26_2
ACTION: $ PUSH("FollowUp", "INT26_3"); $

STATE: INT26_3
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT26_4");
        else PUSH("GiveTip", "INT26_8"); $

STATE: INT26_4
ACTION: $ PUSH("GiveTip", "INT26_8"); $

STATE: INT26_8
ACTION: $ if (GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT26_9");
        else
        GO("INT26_9");
$

STATE: INT26_9
ACTION: $ PUSH("GetCommitment", "INT26_10"); $

STATE: INT26_10
AGENT: $ =|CONTENT(26)|= <BEAT><PAGE>In case you didn't know, here is some information
        on how to breathe properly while you walk.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT26_END"); $

STATE: INT26_END
ACTION: $ POP(); $

```

---

## ***"Int27" script***

```

STATE: Int27
ACTION: $ PUSH("Greeting", "INT27_1"); $

STATE: INT27_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT27_2"); else GO("INT27_2"); $

STATE: INT27_2
ACTION: $ PUSH("FollowUp", "INT27_3"); $

STATE: INT27_3
ACTION: $ if (ISREL()) PUSH("PastEventTalk", "INT27_8");
        else PUSH("GiveTip", "INT27_4"); $

STATE: INT27_9
ACTION: $ PUSH("GiveTip", "INT27_4"); $

STATE: INT27_8
ACTION: $ PUSH("UpcomingEventTalk", "INT27_9");$

STATE: INT27_4
ACTION: $ PUSH("GetCommitment", "INT27_10"); $

STATE: INT27_10
AGENT: $ =|CONTENT(27)|= <BEAT>Walking to music is a lot of fun, but be sure to do
        it safely. <PAGE> Here's <INT_SPEED WPM="100"/>how.</PAGE> </BEAT> $
ACTION: $ PUSH("Farewell", "INT27_END"); $

STATE: INT27_END
ACTION: $ POP(); $

```

---

## **"Int28" script**

```
STATE: Int28
ACTION: $ PUSH("Greeting", "INT28_1"); $

STATE: INT28_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT28_2"); else GO("INT28_2"); $

STATE: INT28_2
ACTION: $ PUSH("FollowUp", "INT28_3"); $

STATE: INT28_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT28_4");
        else PUSH("GiveTip", "INT28_5"); $

STATE: INT28_4
ACTION: $ PUSH("UpcomingEventTalk", "INT28_9");$

STATE: INT28_9
ACTION: $ PUSH("GiveTip", "INT28_5"); $

STATE: INT28_5
ACTION: $ PUSH("GetCommitment", "INT28_10"); $

STATE: INT28_10
AGENT: $ =|CONTENT(28)|= <BEAT><PAGE>Today's topic is about more fun stretches you can do
before
        walking.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT28_END"); $

STATE: INT28_END
ACTION: $ POP(); $
```

---

## **"Int29" script**

```
STATE: Int29
ACTION: $ PUSH("Greeting", "INT29_1"); $

STATE: INT29_1
ACTION: $ if (ISREL()) PUSH("FindState", "INT29_2"); else GO("INT29_2"); $

STATE: INT29_2
ACTION: $ PUSH("FollowUp", "INT29_3"); $

STATE: INT29_3
ACTION: $ if(ISREL()) PUSH("PastEventTalk", "INT29_4");
        else PUSH("GiveTip", "INT29_5"); $

STATE: INT29_4
ACTION: $ if(GET_EQ("DAY_OF_WEEK", "FRIDAY"))
        PUSH("UpcomingEventTalk", "INT29_9");
        else
        PUSH("GiveTip", "INT29_5"); $

STATE: INT29_9
ACTION: $ PUSH("GiveTip", "INT29_5"); $

STATE: INT29_5
ACTION: $ PUSH("GetCommitment", "INT29_10"); $

STATE: INT29_10
AGENT: $ =|CONTENT(29)|= <BEAT><PAGE>Here's some information on how to alleviate stress, by
going for a walk.</PAGE></BEAT> $
ACTION: $ PUSH("Farewell", "INT29_END"); $
```

```
STATE: INT29_END
ACTION: $ POP(); $
```

---

## **"Int30" script**

```
//Used for final interaction regardless of actual number of logins.
```

```
STATE: Int30
ACTION: $ PUSH("Greeting", "INTN_1"); $

STATE: INTN_1
ACTION: $ if (ISREL()) PUSH("FindState", "INTN_2"); else GO("INTN_3"); $

STATE: INTN_2
ACTION: $ PUSH("PastEventTalk", "INTN_3"); $

STATE: INTN_3
ACTION: $ PUSH("FollowUp", "INTN_4"); $

STATE: INTN_4
AGENT: $ <BEAT>So, this will be our last day together. </BEAT> $
ACTION: $ GO("INTN_5"); $

STATE: INTN_5
AGENT: $ <BEAT>Don't forget that even without the Fit Track program,
      you can keep track of your exercise. Just keep a piece
      of graph paper on the wall with your daily steps or
      time spent on physical activity. </BEAT> $
ACTION: $ GO("INTN_6"); $

STATE: INTN_6
AGENT: $ <BEAT>And, don't forget that even if you can't meet your goal for a
      few days, you can always get right back in to the hab it, even by
      lowering your goal if necessary. The important thing
      is to just keep exercising. </BEAT> $
ACTION: $ GO("INTN_7"); $

STATE: INTN_7
ACTION: $ GO("INTN_8"); $

STATE: INTN_8
AGENT: $ <BEAT> It has been a real pleasure working with you. I hope you are
      able to keep up with your exercise. </BEAT> $
ACTION: $ GO("INTN_9"); $

STATE: INTN_9
AGENT: $ <BEAT>Good luck, and take care =| (ISREL())? GET("NAME"):="" |=. </BEAT> $
USERMENU: Bye. => $ GO("INTN_END"); $
          Take care Laura, I'll miss you. => $ INCREMENT_STAT(2);
          if (ISREL()) GO("INTN_10"); else GO("INTN_END"); $

//REL only:
STATE: INTN_10
AGENT: $ <FACE EXPR="CONCERN"/><CAMERA ZOOM="1.0"/><DELAY MS="1000"/>
      <SPEECH><EYEBROWS DIR="UP"/>Thanks, =|GET("NAME")|= \Pau=500\
      I'll miss you too.</SPEECH><DELAY MS="1000"/> $
ACTION: $ GO("INTN_11"); $

//REL only:
STATE: INTN_11
AGENT: $ <FACE EXPR="WARM"/><SPEECH>Well.</SPEECH><DELAY MS="500"/>
      <FACE EXPR="SMILE"/><SPEECH>We had some fun together.</SPEECH>
      <FACE EXPR="WARM"/><SPEECH>Maybe we'll cross paths again someday. \Pau=500\
      Take care of yourself, =|GET("NAME")|= .</SPEECH>
      <DELAY MS="500"/><CAMERA ZOOM="0.6"/>
      <DELAY MS="500"/><CAMERA ZOOM="0.3"/>
```

```

        <DELAY MS="500"/><CAMERA ZOOM="0.0"/> $
ACTION: $ GO("INTN_END"); $

//NOTE: Following this interaction the "YOU ARE FINISHED" page is displayed, so
//      dont' bring up a content page now.

STATE: INTN_END
AGENT: $ =|CONTENT(-3)|= $ //wait for followup page
ACTION: $ POP(); $

```

---

## "AskBuddy" script

```

STATE: AskBuddy
ACTION: $ if(GET_EQ("ISLONER","TRUE")) GO("AB_3");
        else if(!UNDEFINED(GET("BUDDY"))) GO("AB_1");
        else GO("AB_2"); $

STATE: AB_1
AGENT_REL: $ <BEAT>How is exercising with
            =|" "+(GET_EQ("BUDDY","NOTCHECKED"))?"your buddy":GET("BUDDY"))|=
            working out for you? </BEAT> $
AGENT_NREL: $ <BEAT>May I ask how exercising with
            =|" "+(GET_EQ("BUDDY","NOTCHECKED"))?"your buddy":GET("BUDDY"))|=
            is working out for you? </BEAT> $
USERMENU:   Great.; OK. => $ GO("AB_8"); $
            Not so great. => $ GO("AB_4"); $
            We don't exercise together anymore. => $ SET("BUDDY",""); GO("AB_2"); $

STATE: AB_2
AGENT: $ <BEAT>Do you have a regular exercise buddy who you work out with? </BEAT> $
USERMENU:   Yes, I do. => $ GO("AB_10"); $
            No, not yet.; No. => $ GO("AB_5"); $

STATE: AB_3
AGENT: $ <BEAT>Do you think you might try exercising with a friend? </BEAT> $
USERMENU:   Yes, I might give it a try. => $ GO("AB_8"); $
            No, I don't think so. => $ GO("AB_5"); $

STATE: AB_4
AGENT_REL: $ <BEAT> <INT_SPEED WPM="140"/> Sorry to hear that. <INT_SPEED WPM="170"/>
            It can be hard to stay motivated when things
            don't work out with your exercise buddy. </BEAT> $
AGENT_NREL: $ <BEAT> Well. </BEAT> $
REPEAT: $ <BEAT> It can be hard to stay motivated when things
            don't work out with your exercise buddy.</BEAT> $
ACTION: $ GO("AB_6"); $

STATE: AB_5
AGENT: $ <BEAT>You might give it a <INT_EMPHASIS/> try. </BEAT> $
ACTION: $ GO("AB_7"); $

STATE: AB_6
AGENT: $ <BEAT>Perhaps you can talk to them about how important meeting your exercise
            goals is to you. And, if they really don't want to exercise, perhaps
            you should start looking for another buddy. </BEAT> $
ACTION: $ GO("AB_7"); $

STATE: AB_7
AGENT: $ <BEAT> Exercise, especially walking, can be a lot more fun if you do it
            with a friend. And you will help each other to stay motivated and stay on
            target with your goals. </BEAT> $
ACTION: $ GO("AB_9"); $

STATE: AB_8
AGENT: $ <BEAT>That's great. </BEAT> $
ACTION: $ GO("AB_7"); $

```

```

STATE: AB_9
AGENT: $ <BEAT>You can make a date to walk to an ice cream parlor or coffee shop
      across town. For example, there are lots of great cafes on Newbury street,
      and that's a good 20 minute walk from MIT. </BEAT> $
ACTION: $ GO("AB_END"); $

STATE: AB_10
AGENT_REL: $ <BEAT> That's great. What's your buddy's name? </BEAT> $
AGENT_NREL: $ <BEAT> Whats your buddy's name? </BEAT> $
REPEAT: $ <BEAT> Whats your buddy's name? </BEAT> $
USERTEXT: My buddy's name is: => $ SET("BUDDY",FILTERNAME(GETTEXT())); GO("AB_7"); $

STATE: AB_END
ACTION: $ POP(); $

```

---

## **"AskEnjoyment" script**

```

STATE: AskEnjoyment
AGENT: $ <BEAT> So, have you been enjoying your exercise? </BEAT> $
REPEAT: $ <BEAT> Have you been enjoying exercising? </BEAT> $
USERMENU:
  It's been great. => $ SET_SESSION("EXERCISE_ENJOYMENT","5"); GO("AE_1"); $
  It's OK.          => $ SET_SESSION("EXERCISE_ENJOYMENT","4"); GO("AE_1"); $
  It's been so-so. => $ SET_SESSION("EXERCISE_ENJOYMENT","3"); GO("AE_2"); $
  Not really.      => $ SET_SESSION("EXERCISE_ENJOYMENT","2"); GO("AE_2"); $
  I hate it.       => $ SET_SESSION("EXERCISE_ENJOYMENT","1"); GO("AE_2"); $

STATE: AE_1
AGENT: $ <BEAT>That's wonderful. </BEAT> $
REPEAT: $ <BEAT>That's great. </BEAT> $
ACTION: $ GO("AE_END"); $

STATE: AE_2
AGENT_REL: $ <BEAT>Sorry to hear that. <INT_EMPHASIS/>Exercise can really be a
<INT_EMPHASIS/>drag sometimes, even though it's <INT_EMPHASIS/> good for you. </BEAT> $
AGENT_NREL: $ <BEAT>OK.</BEAT> $
ACTION: $ GO("AE_END"); $

STATE: AE_END
ACTION: $ POP(); $

```

---

## **"ContinuingFeeling" script**

```

//Jen created
//Tim hacked 9/24 per Roz' comments

STATE: ContinuingFeeling
ACTION: $ if(!(GET_SESSION_EQ("STATE", -2, "UPSET"))) /* 2 sessions ago, was not upset. */
      GO("CF_3");
      else {
        /* clear the state so she'll talk about something else */
        if(GET_SESSION_EQ("STATE",-3,"UPSET")) SET_SESSION("STATE","");
        GO("CF_1");
      };
$

STATE: CF_1
AGENT: $ <BEAT><CONCERN/><INT_SPEED WPM="120"/>I'm sorry <INT_SPEED WPM="170"/>to hear that.
</BEAT> $
ACTION: $ GO("CF_END");$

STATE: CF_3
AGENT: $ <BEAT><CONCERN/> I'm sorry to hear that. I know something that might make you feel
better. Guess what it is? </BEAT> $

```

```

REPEAT: $ <BEAT>I know something that might make you feel better. Guess what it is? </BEAT> $
USERMENU: I give up.; Not exercise again? => $ GO("CF_4"); $
          I don't care. => $ GO("CF_END"); $

STATE: CF_4
AGENT: $ <BEAT> Well, You might try talking to a friend about how you're feeling,
        although a little exercise can do wonders for your mood. They pay me to say that, you
know. </BEAT> $
REPEAT: $ <BEAT> You could try talking to a friend about how you're feeling, or doing a little
        exercise. </BEAT> $
ACTION: $ GO("CF_END"); $

STATE: CF_END
ACTION: $ POP();$

```

---

## ***"ContinuingFeelingDown" script***

```

STATE: ContinuingFeelingDown
ACTION: $ int numDaysDown=1; /* COUNT_SESSION("STATE","DOWN"); */
        if(GET_SESSION_EQ("STATE",-2,"DOWN")) {
            numDaysDown++;
            if(GET_SESSION_EQ("STATE",-3,"DOWN"))
                numDaysDown++;
        };
        boolean isSerious=GET_EQ("DOWNTYPE","SERIOUS");
        boolean willGetHelp=GET_EQ("DOWNHELP","WILLGET");
        boolean gotHelp=GET_EQ("DOWNHELP","DIDGET");
        if(isSerious) {
            if(gotHelp)
                GO("CD_1");
            else if(!willGetHelp)
                GO("CD_6");
            else if(numDaysDown==2)
                GO("CD_5");
        }
        else
            GO("CD_10");
        } else if(numDaysDown==2) /* not serious */
            GO("CD_3");
        else {
            /* reset the state after 3 days so she'll talk about something else */
            if(numDaysDown>=3) SET_SESSION("STATE","");
            GO("CD_1");
        };
        $

STATE: CD_1
AGENT: $ <BEAT><CONCERN/>I'm sorry to hear that. </BEAT> $
REPEAT: $ <BEAT><CONCERN/>I'm so sorry.</BEAT> $
ACTION: $ GO("CD_END"); $

STATE: CD_3
AGENT: $ <BEAT><CONCERN/><INT_SPEED WPM="120"/>I'm sorry <INT_SPEED WPM="170"/>to hear that.
        I know something that might make you feel better.
        Guess what it is? </BEAT> $
REPEAT: $ <BEAT>I know something that might make you feel better.
        Guess what it is? </BEAT> $
USERMENU: I give up.; Not exercise again? => $ GO("CD_4"); $
          I don't care. => $ GO("CD_END"); $

STATE: CD_4
AGENT: $ <BEAT><INT_EMPHASIS/>Well, you might try talking to a <INT_EMPHASIS/>friend about how
you're <INT_EMPHASIS/>feeling,
        although a little <INT_EMPHASIS/>exercise can do <INT_EMPHASIS/>wonders for your mood.
        They <INT_EMPHASIS/>pay me to say that, you know. </BEAT> $
ACTION: $ GO("CD_END"); $

```

```

STATE: CD_5
AGENT: $ <BEAT><CONCERN/><INT_SPEED WPM="140"/><INT_PITCH FREQ="150"/>I'm sorry to hear that
you're still feeling bad.
    Did you talk to someone
        about this like you said you would? </BEAT> $
REPEAT: $ <BEAT><CONCERN/>Did you talk to someone about this yet? </BEAT> $
USERMENU: No. => $ GO("CD_9"); $
    I made an appointment. => $ GO("CD_8"); $
    Yes, thanks. => $ GO("CD_7"); $

STATE: CD_6
AGENT: $ <BEAT><CONCERN/>I'm sorry to hear that you are still feeling bad. Did you talk to
    anyone about this yet? </BEAT> $
REPEAT: $ <BEAT><CONCERN/>Have you talked to anyone about this yet? </BEAT> $
USERMENU: Yes, I did. => $ GO("CD_7"); $
    No, not yet. => $ GO("CD_9"); $

STATE: CD_7
AGENT: $ <BEAT>That's good. I hope it was helpful. </BEAT> $
REPEAT: $ <BEAT>I hope it was helpful. </BEAT> $
ACTION: $ SET("DOWNHELP","DIDGET"); GO("CD_END"); $

STATE: CD_8
AGENT: $ <BEAT>OK. I'll keep checking in with you to see how it goes. </BEAT> $
REPEAT: $ <BEAT>I'll keep checking in with you to see how it's going. </BEAT> $
ACTION: $ SET("DOWNHELP","WILLGET"); GO("CD_END"); $

STATE: CD_9
AGENT: $ =|CONTENT(-1)|= <BEAT>OK. I'm going to have someone give you a call. In the meantime,
    here's the contact information again. </BEAT> $
ACTION: $ /* emergency page index */
    ALERT("DEPRESSED: 2nd+ day, CD_9"); GO("CD_END"); $

STATE: CD_10
AGENT: $ <BEAT><CONCERN/>Sorry to hear that. Did you talk to anyone yet? </BEAT> $
REPEAT: $ <BEAT><CONCERN/>Have you talked to anyone yet? </BEAT> $
USERMENU: Yes, I did. => $ GO("CD_7"); $
    I'm still waiting for an appointment. => $ GO("CD_8"); $
    No, I've given up. => $ GO("CD_9"); $
    I don't think it's that bad anymore. => $ SET("DOWNTYPE","MILD"); GO("CD_4"); $

STATE: CD_END
ACTION: $ POP(); $

```

---

## ***"ContinuingIllness" script***

```

STATE: ContinuingIllness
AGENT: $ <BEAT><CONCERN/>I'm sorry to hear you're still not feeling well.
    You must be feeling pretty lousy. </BEAT> $
REPEAT: $ <BEAT><CONCERN/>You must be feeling awful. </BEAT> $
USERMENU: Yeah, I feel crummy. => $ GO("CI_2"); $
    No, I'm not too bad. => $ GO("CI_1"); $

STATE: CI_1
AGENT: $ <BEAT>That's great. It's <INT_EMPHASIS/>wonderful that you're starting to feel
<INT_EMPHASIS/> better. </BEAT> $
REPEAT: $ <BEAT>I'm <INT_EMPHASIS/>glad you're starting to feel <INT_EMPHASIS/> better.
</BEAT> $
ACTION: $ GO("CI_3");$

STATE: CI_2
AGENT: $ <BEAT> I know it can be a real bummer to be sick. I hope you feel better soon.
    Doo take care of yourself. </BEAT> $
REPEAT: $ <BEAT> I doo hope you feel better soon. </BEAT> $
ACTION: $ GO("CI_3"); $

STATE: CI_3

```

```

ACTION: $ if(GET_SESSION_EQ("ILLNESSTYPE", "COLDORFLU"))
        GO("CI_4");
    else
        GO("CI_5"); $

STATE: CI_4
AGENT: $ <BEAT> I know sometimes it can take a few days to shake off a bad cold or flu.
        I hope you're getting plenty of rest. </BEAT> $
REPEAT: $ <BEAT>I hope you're getting plenty of rest. </BEAT> $
ACTION: $ GO("CI_5");$

STATE: CI_5
AGENT: $ <BEAT>You can take it easy on the exercise for a while, but I would still
        recommend going for short walks as soon as you are well enough, just to stay in
        the hab it. </BEAT> $ // note: spelling "hab it" is on purpose
ACTION: $ GO("CI_END");$

STATE: CI_END
ACTION: $ POP();$

```

---

## ***"ContinuingInjury" script***

```

STATE: ContinuingInjury
ACTION: $ if(GET_SESSION_EQ("STATE", -3, "INJURED") &&
        GET_SESSION_EQ("STATE", -2, "INJURED")) { /* was still injured 3 sessions ago */
        SET_SESSION("STATE",""); /* clear the state so she'll talk about something else */
        GO("CJ_1");
    }
    else if (GET_SESSION_EQ("STATE", -2, "INJURED")) {
        /* was still injured 2 sessions ago */
        GO("CJ_2");
    }
    else { /* this is the second day of injury. */
        GO("CJ_3");
    }
    $

STATE: CJ_1
AGENT: $ <BEAT><CONCERN/> I'm sorry to hear that. </BEAT> $
ACTION: $ GO("CJ_END"); $

STATE: CJ_2
AGENT: $ <BEAT><CONCERN/> I'm so sorry to hear that. I hope your recovery doesn't take too
        long. </BEAT> $
REPEAT: $ <BEAT><CONCERN/> I hope you recover before too long. </BEAT> $
ACTION: $ GO("CJ_4");$

STATE: CJ_3
AGENT: $ <BEAT><CONCERN/>I hope you feel better soon. It can really put a dent in your
        lifestyle to be hurt. </BEAT> $
        $ <BEAT><CONCERN/>Being hurt is really rough, especially when there is so much to do.
</BEAT> $
ACTION: $ GO("CJ_4");$

STATE: CJ_4
AGENT: $ <BEAT> Do you think this might affect your ability to exercise? </BEAT> $
USERMENU: No, I'm OK. => $ GO("CJ_5"); $
        I'm afraid so. => $ GO("CJ_6"); $

STATE: CJ_5

AGENT: $ <BEAT>That's great. You can take it easy and just go for short walks
        for a while if you want to. </BEAT> $
REPEAT: $ <BEAT>You can just go for short walks
        for a while if you want to. </BEAT> $
ACTION: $ GO("CJ_END");$

```

```

STATE: CJ_6
AGENT: $ <BEAT><INT_SPEED WPM="80"/><INT_PITCH FREQ="150"/>Oh, <INT_SPEED WPM="140"/>I am
sorry to hear that.
    As soon as you feel well enough, you might try to
    get tout and go for a short walk, or try some stretching, just to stay in the hab it.
</BEAT> $
ACTION: $ GO("CJ_END");$

STATE: CJ_END
ACTION: $ POP(); $

```

---

## **"ContinuingStressed" script**

```

STATE: ContinuingStressed
ACTION: $ if(GET_SESSION_EQ("STATE",-2,"STRESSED")) { /* stressed for more than 2 sessions */
    SET_SESSION("STATE",""); /* clear state so she'll talk about something else */
    GO("CS_2");
} else /* this is the second day of stress */
    GO("CS_1");
$

STATE: CS_1
AGENT: $ <BEAT><CONCERN/><INT_SPEED WPM="140"/><INT_PITCH FREQ="150"/>Sorry to hear that
you're still stressed out.
    Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("CS_3"); $
    No thanks. => $ GO("CS_4"); $

STATE: CS_2
AGENT: $ <BEAT><CONCERN/><INT_SPEED WPM="140"/><INT_PITCH FREQ="150"/>Sorry to hear that.
</BEAT> $
    $ <BEAT><CONCERN/><INT_SPEED WPM="120"/>Not again? <INT_SPEED WPM="150"/>So sorry to
hear that. </BEAT> $
ACTION: $ GO("CS_END"); $

STATE: CS_3
AGENT: $ <BEAT>A little exercise can help walk off some of that stress. </BEAT> $
    $ <BEAT>You know, exercise can be a great stress reliever. </BEAT> $
ACTION: $ GO("CS_END"); $

STATE: CS_4
AGENT: $ <BEAT>OK, No problem. </BEAT> $
ACTION: $ GO("CS_END"); $

STATE: CS_END
ACTION: $ POP(); $

```

---

## **"ContinuingTired" script**

```

STATE: ContinuingTired
ACTION: $ if(GET_SESSION_EQ("STATE",-2,"TIRED")) {
    if(GET_SESSION_EQ("STATE",-3,"TIRED")) {
        SET_SESSION("STATE",""); /* clear state so she'll talk about something else */
        GO("CT_1");
    } else
        GO("CT_3");
    } else
        GO("CT_2");
$

//Nth day (day>3) of being tired.
STATE: CT_1
AGENT: $ <BEAT><CONCERN/> <INT_SPEED WPM="160"/> Sorry to hear that. </BEAT> $

```

```

ACTION: $ GO("CT_END"); $

//3rd day of being tired.
STATE: CT_3
AGENT: $ <BEAT> <CONCERN/><INT_SPEED WPM="150"/><INT_PITCH FREQ="150"/>
    You're making a hab it of running yourself into the ground.
        That's not a very healthy hab it to get into. Please try
    to get some rest. </BEAT> $
ACTION: $ GO("CT_END"); $

//2nd day of being tired.
STATE: CT_2
AGENT: $ <BEAT><CONCERN/> <INT_SPEED WPM="150"/><INT_PITCH FREQ="150"/>
    Sorry to hear that. You should really try to get some rest soon.
        You're going to make yourself seck, otherwise. </BEAT> $
ACTION: $ GO("CT_END"); $

STATE: CT_END
ACTION: $ POP(); $

```

---

## **"DoAffirmation" script**

```

STATE: DoAffirmation
ACTION: $ if(GET_EQ("CURRENT_DIDAFFIRMATION", "TRUE")) GO("DA_END");
    else if(ISREL()) GO("DA_1");
    else GO("DA_2"); $

STATE: DA_1
AGENT: $ <BEAT><ENCOURAGE/> Remember, you wanted to exercise because you wanted to
    =| GET_BENEFIT_AFFIRMATION(GET("EXERCISE_BENEFIT1")) |= .</BEAT> $
    $ <BEAT><ENCOURAGE/> Remember, exercise is important to you because you said you wanted to
    =| GET_BENEFIT_AFFIRMATION(GET("EXERCISE_BENEFIT1")) |= .</BEAT> $
    $ <BEAT><ENCOURAGE/> Remember, it is important to you to exercise in order to
    =| GET_BENEFIT_AFFIRMATION(GET("EXERCISE_BENEFIT2")) |= .</BEAT> $
    $ <BEAT><ENCOURAGE/> Don't forget, you wanted to exercise in order to
    =| GET_BENEFIT_AFFIRMATION(GET("EXERCISE_BENEFIT2")) |= .</BEAT> $
ACTION: $ GO("DA_END"); $

STATE: DA_2
AGENT: $ <BEAT><ENCOURAGE/> It's important to exercise so that you
    =| GET_RANDOM_AFFIRMATION() |= .</BEAT> $
    $ <BEAT><ENCOURAGE/> Exercise is important, because it lets you
    =| GET_RANDOM_AFFIRMATION() |= .</BEAT> $
    $ <BEAT><ENCOURAGE/> Exercise is important. When you exercise, you
    =| GET_RANDOM_AFFIRMATION() |= .</BEAT> $
ACTION: $ GO("DA_END"); $

STATE: DA_END
AGENT: $ <BEAT><NEUTRAL/> <INT_PAUSE DUR="500"/>OK. </BEAT> $
ACTION: $ SET("CURRENT_DIDAFFIRMATION", "TRUE"); POP(); $

```

---

## **"DoPerformative" script**

```

STATE: DoPerformative
AGENT: $ <BEAT> <ENCOURAGE/> I believe you can do it.<INT_PAUSE DUR="1000"/><NEUTRAL/>
    </BEAT> $
    $ <BEAT> <ENCOURAGE/>I really believe in you. <INT_PAUSE DUR="1000"/><NEUTRAL/>
    </BEAT> $
    $ <BEAT> <ENCOURAGE/>I know you can do it. <INT_PAUSE DUR="1000"/><NEUTRAL/></BEAT> $
    $ <BEAT> <ENCOURAGE/>I know you will do great. <INT_PAUSE DUR="1000"/><NEUTRAL/>
    </BEAT> $
    $ <BEAT> <ENCOURAGE/>I'm certain you'll do well. <INT_PAUSE DUR="1000"/><NEUTRAL/>
    </BEAT> $
    $ <BEAT> <ENCOURAGE/>I'm sure you'll be super. <INT_PAUSE DUR="1000"/><NEUTRAL/>

```

```

        </BEAT> $
$ <BEAT> <ENCOURAGE/>You will do a great job, I'm sure of it.<INT_PAUSE DUR="1000"/>
  <NEUTRAL/> </BEAT> $
$ <BEAT> <ENCOURAGE/>I'm <INT_EMPHASIS/>behind you all the <INT_PAUSE DUR="1000"/>
  <INT_EMPHASIS/>way.
    You'll do great. <INT_PAUSE DUR="1000"/><NEUTRAL/></BEAT> $
$ <BEAT> <ENCOURAGE/>If I were a betting person, I would bet on you.
  <INT_PAUSE DUR="1000"/> <NEUTRAL/> </BEAT> $
ACTION: $ POP(); $

```

---

## "Farewell" script

```

STATE: Farewell
ACTION: $ if(ISREL()) GO("FW_2"); else GO("FW_5"); $

STATE: FW_2
AGENT: $ <BEAT> So, when can we get together again? </BEAT> $
  $ <BEAT> So, when can we chat again? </BEAT> $
  $ <BEAT> So, when will I see you again? </BEAT> $
  $ <BEAT> So, when do you want to get together next? </BEAT> $
  $ <BEAT> So, I hope we can see each other soon. When can we chat again? </BEAT> $
USERMENU: Tomorrow. => $ GO("FW_3"); $
  Day after tomorrow.; In three days.; In a few days. => $ GO("FW_4"); $

STATE: FW_4
AGENT: $ <BEAT> Okay =| GET("NAME") |= , take care. </BEAT> $
  $ <BEAT> All right, =| GET("NAME") |= , see you then. </BEAT> $
  $ <BEAT> okay then, =| GET("NAME") |= , I look forward to it. </BEAT> $
  $ <BEAT> okay then, =| GET("NAME") |= , I'll see you in a littlewhile. </BEAT> $ // tts
  $ <BEAT> okay then, =| GET("NAME") |= , I'll be here. Just come by any time. </BEAT> $
ACTION: $ GO("FW_5"); $

STATE: FW_3
AGENT: $ <BEAT> Great. Take care =| GET("NAME") |= , I'll talk to you tomorrow. </BEAT> $
  $ <BEAT> Okay then, =| GET("NAME") |= , see you tomorrow. </BEAT> $
  $ <BEAT> Wonderful, =| GET("NAME") |=. <INT_EMPHASIS/>See you <INT_EMPHASIS/>
    tomorrow then! </BEAT> $
  $ <BEAT> Great. Take care, =| GET("NAME") |= , I'll talk to you tomorrow. </BEAT> $
  $ <BEAT> <INT_EMPHASIS/> Tomorrow it <INT_EMPHASIS/> is <INT_PAUSE DUR="100"/>then,
    =| GET("NAME") |= ! Take care. </BEAT> $
REPEAT: $ <BEAT> <INT_EMPHASIS/><INT_EMPHASIS/>See you tomorrow, =| GET("NAME") |= ! </BEAT> $
ACTION: $ GO("FW_5"); $

STATE: FW_5
ACTION: $ if(GET_EQ("PART_OF_DAY", "MORNING")) GO("FW_9");
  else if (GET_EQ("PART_OF_DAY", "EVENING")) GO("FW_7");
  else GO("FW_6"); $

STATE: FW_9 //morning
AGENT: $ <BEAT> <HAPPY/><YOU>Have a great morning, and the rest of your day too.
  Goodbye.</YOU> </BEAT> $
ACTION: $ GO("FW_END"); $

STATE: FW_6 //afternoon
AGENT: $ <BEAT> <HAPPY/><YOU>Have a great day. Goodbye.</YOU> </BEAT> $
ACTION: $ GO("FW_END"); $

STATE: FW_7 //evening
AGENT: $ <BEAT> <HAPPY/><YOU>Good <INT_EMPHASIS/>night.</YOU> </BEAT> $
  $ <BEAT> <HAPPY/><YOU>Have a good <INT_EMPHASIS/>evening.</YOU> </BEAT> $
ACTION: $ GO("FW_END"); $

STATE: FW_END
ACTION: $ POP(); $

```

---

## "FindState" script

```
//Jen created
//Tim hacked per Roz' comments 9/24
//Only called in RELATIONAL

STATE: FindState
AGENT: $ <BEAT>How are you doing today? </BEAT> $
      $ <BEAT>How are you feeling today? </BEAT> $
      $ <BEAT>How is it going? </BEAT> $
USERMENU: Great! How are you?; All right. And you? => $ GO("FS_11"); $
          So-so.; I'm not feeling so great. => $ GO("FS_7"); $

STATE: FS_7
AGENT: $ <BEAT> I'm sorry to hear that. </BEAT> $
ACTION: $
        if(GET_SESSION_EQ("STATE", -1, "SICK"))
            GO("FS_9");
        else if(GET_SESSION_EQ("STATE", -1, "INJURED"))
            GO("FS_10");
        else if(GET_SESSION_EQ("STATE", -1, "UPSET"))
            GO("FS_12");
        else if(GET_SESSION_EQ("STATE",-1,"DOWN"))
            GO("FS_14");
        else if(GET_SESSION_EQ("STATE",-1,"TIRED"))
            GO("FS_15");
        else if(GET_SESSION_EQ("STATE",-1,"STRESSED"))
            GO("FS_16");
        else /* no prior state, or other */
            GO("FS_1");
$

STATE: FS_1
AGENT: $ <BEAT>Tell me more about how you are feeling </BEAT> $
USERMENU: I'm sick => $ SET_SESSION("STATE", "SICK");
          PUSH("NewIllness", "FS_17"); $
          I hurt myself. => $ SET_SESSION("STATE", "INJURED");
          PUSH("NewInjury", "FS_17"); $
          I'm tired. => $ SET_SESSION("STATE","TIRED");
          PUSH("NewTired","FS_17"); $
          I'm feeling down. => $ SET_SESSION("STATE","DOWN");
          PUSH("NewFeelingDown","FS_17"); $
          I'm feeling upset. => $
          SET_SESSION("STATE", "UPSET");
          PUSH("NewFeeling", "FS_17"); $
          I'm a little STRESSED OUT. => $
          SET_SESSION("STATE", "STRESSED");
          PUSH("NewStressed", "FS_17"); $
          I'm OK.; I don't want to talk about it now. => $ GO("FS_17");$

STATE: FS_9
AGENT: $ <BEAT> Are you still feeling sick? </BEAT> $
REPEAT: $ <BEAT> Are you still feeling poorly? </BEAT> $
USERMENU: Yes, I am. => $ SET_SESSION("STATE", "SICK");
          PUSH("ContinuingIllness", "FS_17"); $
          No, I'm feeling better. => $ GO("FS_13"); $

STATE: FS_10
AGENT: $ <BEAT> Are you still hurt? </BEAT> $
REPEAT: $ <BEAT> Are you still injured? </BEAT> $
USERMENU: Yes, I am. => $ SET_SESSION("STATE", "INJURED");
          PUSH("ContinuingInjury", "FS_17"); $
          No, I'm feeling better. => $ GO("FS_13"); $

STATE: FS_12
AGENT: $ <BEAT> Are you still feeling
```

```

1)) |=
    =| ""+(UNDEFINED(GET_SESSION("FEELING", -1))? "upset" : GET_SESSION("FEELING", -
    ? </BEAT> $
USERMENU: Yes, I am. => $ SET_SESSION("STATE", "UPSET"); PUSH("ContinuingFeeling", "FS_17");
$
    No, I'm feeling better. => $ GO("FS_13"); $

STATE: FS_13
AGENT: $ <BEAT>That's good. </BEAT> $
ACTION: $ GO("FS_1");$

STATE: FS_11
AGENT: $ <BEAT> Fine thanks. </BEAT> $
    $ <BEAT> Same as usual. </BEAT> $
    $ <BEAT> I'm doing great thanks. </BEAT> $
    $ <BEAT> Oh, just fine thanks. </BEAT> $
ACTION: $ GO("FS_END");$

STATE: FS_14
AGENT: $ <BEAT> Are you still feeling down? </BEAT> $
USERMENU: Yes, I am. => $ SET_SESSION("STATE", "DOWN"); PUSH("ContinuingFeelingDown", "FS_17");
$
    No, I'm feeling better. => $ GO("FS_13"); $

STATE: FS_15
AGENT: $ <BEAT> Are you still tired? </BEAT> $
USERMENU: Yes, I am. => $ SET_SESSION("STATE", "TIRED"); PUSH("ContinuingTired", "FS_17"); $
    No, I got some rest. => $ GO("FS_13"); $

STATE: FS_16
AGENT: $ <BEAT> Are you still feeling stressed out? </BEAT> $
USERMENU: YES! => $ SET_SESSION("STATE", "STRESSED"); PUSH("ContinuingStressed", "FS_17"); $
    No, I'm a little more relaxed today. => $ GO("FS_13"); $

STATE: FS_17
AGENT: $ <DELAY MS="1500"/><FACE EXPR="WARM"/><GAZE DIR="AWAY"/><DELAY MS="1500"/> $
ACTION: $ GO("FS_END"); $

STATE: FS_END
AGENT: $ <BEAT> <NEUTRAL/> OK. </BEAT> $
ACTION: $ POP(); $

```

---

## ***"FollowUp" script***

```

STATE: FollowUp
AGENT: $ =|CONTENT(-2)|= $
ACTION: $ if(UNDEFINED(GETTINT("COMMITMENT_TIME")) && GETTINT("EXERCISE_TIME")<10) GO("FU_9");
    else GO("FU_1B"); $

STATE: FU_1B
AGENT: $ <BEAT><NEUTRAL/> So, let's talk about how you did since the last time we got
together.</BEAT> $
    $ <BEAT><NEUTRAL/> So, let's review your progress.</BEAT> $
    $ <BEAT><NEUTRAL/> So, let's talk about how you did on your exercise.</BEAT> $
ACTION: $ GO("FU_1C"); $

STATE: FU_1C
AGENT: $ <BEAT>In order to meet <PAGE> your long-term goal </PAGE>,
    you should be exercising =|GET("LAST_GOAL_TIME")|= minutes a day now. </BEAT>$
REPEAT: $ <BEAT> You should be exercising =|GET("LAST_GOAL_TIME")|= minutes a day now.,
    in order to meet <PAGE> your long-term goal </PAGE>.</BEAT>$
ACTION: $ if(!UNDEFINED(GET("COMMITMENT_TIME"))) GO("FU_1D"); else GO("FU_1E"); $

STATE: FU_1D
AGENT: $ <BEAT>And, you said you would exercise for <PAGE> =|GET("COMMITMENT_TIME")|= minutes
</PAGE>
    the last         time we spoke. </BEAT> $

```

```

AGENT: $ <BEAT>And, you told me you would exercise for <PAGE> =|GET("COMMITMENT_TIME")|=
minutes </PAGE>. </BEAT> $
ACTION: $ GO("FU_1E"); $

STATE: FU_1E
ACTION: $ int commitment=GETINT("COMMITMENT_TIME");
int goal=GETINT("LAST_GOAL_TIME");
int actual=GETINT("EXERCISE_BEST_TIME");
boolean madeCommitment=!UNDEFINED(commitment);
boolean didSomeExercise=(actual>=10);
if(!didSomeExercise)
GO("FU_6");
else if(madeCommitment) {
if(actual>=commitment)
GO("FU_1");
else if(actual<commitment && actual<goal)
GO("FU_2");
else
GO("FU_3");
} else { /* no commitment made */
if(actual>=goal)
GO("FU_4");
else
GO("FU_5");
};
$

STATE: FU_1
AGENT: $ <BEAT><HAPPY/><OK><INT_PITCH_FREQ="220"/>Congratulations.
<INT_RESET/>Looks like mission accomplished on the exercise.</OK>
You met your commitment of =|GET("COMMITMENT_TIME")|= minutes.
<NEUTRAL/> </BEAT> $
$ <BEAT><HAPPY/><OK>Looks like you met your exercise commitment of
=|GET("COMMITMENT_TIME")|= minutes,
<INT_PITCH_FREQ="200"/>that's great. <NEUTRAL/></OK></BEAT> $
$ <BEAT><HAPPY/><OK>Looks like you got your workout in and met your commitment
of =|GET("COMMITMENT_TIME")|= minutes.
<INT_PITCH_FREQ="200"/>Wonderful.</OK> <NEUTRAL/></BEAT> $
ACTION: $ if (ISREL()) GO("FU_1A"); else GO("FU_8"); $

STATE: FU_1A
AGENT: $ <BEAT> We make a great team. </BEAT> $
$ <BEAT> We're doing some great work together. </BEAT> $
$ <BEAT> We work together well, I think. </BEAT> $
ACTION: $ GO("FU_8"); $

STATE: FU_2
AGENT: $ <BEAT><PAGE>Looks like you managed to get some exercise in. </PAGE></BEAT> $
$ <BEAT><PAGE>I see you managed do some exercise. </PAGE></BEAT> $
ACTION: $ GO("FU_8"); $

STATE: FU_3
AGENT: $ <BEAT><PAGE>Looks like you met the exercise goal of =|GET("LAST_GOAL_TIME")|=
minutes. </PAGE></BEAT> $
$ <BEAT><PAGE>Looks like you got your =|GET("LAST_GOAL_TIME")|= minutes of exercise
in.
You met your goal.</PAGE></BEAT> $
$ <BEAT><PAGE>I see you got your =|GET("LAST_GOAL_TIME")|= minutes of exercise in. You
met your goal.</PAGE></BEAT> $
ACTION: $ GO("FU_8");$

STATE: FU_4
AGENT: $ <BEAT><INT_PITCH_FREQ="220"/>Congratulations. <INT_RESET/>
<PAGE>Looks like you met the exercise goal of =|GET("LAST_GOAL_TIME")|= minutes.
</PAGE> </BEAT> $
$ <BEAT><PAGE>Looks like you got your =|GET("LAST_GOAL_TIME")|= minutes of exercise
in.</PAGE> <INT_PITCH_FREQ="200"/> That's <INT_EMPHASIS/> great. </BEAT> $
ACTION: $ GO("FU_7"); $

```

```

STATE: FU_5
AGENT: $ <BEAT><PAGE>Looks like you managed to get some exercise in. </PAGE></BEAT> $
      $ <BEAT><PAGE>I see you managed to get some exercise in. </PAGE></BEAT> $
      $ <BEAT><PAGE>I see you managed to do some exercise. </PAGE></BEAT> $
ACTION: $ GO("FU_7"); $

STATE: FU_6
AGENT: $ <BEAT><PAGE>I guess you didn't get a chance to exercise. </PAGE></BEAT> $
      $ <BEAT><PAGE>Looks like you didn't get a chance to exercise. </PAGE></BEAT> $
      $ <BEAT><PAGE>It seems that you didn't get a chance to exercise. </PAGE></BEAT> $
ACTION: $ GO("FU_9"); $

STATE: FU_7
ACTION: $ PUSH("GetExerciseInfo","FU_9"); $

STATE: FU_8
ACTION: $ if(!UNDEFINED(GET("COMMITMENT_EXERCISETYPE"))) {
          if (GET_EQ("COMMITMENT_EXERCISETYPE", "SPORT") &&
              !UNDEFINED(GET("COMMITMENT_SPORTTYPE"))) {
              GO("FU_12A");
          }
          else
              GO("FU_12");
      }
      else GO("FU_13"); $

STATE: FU_12A //known sport type
AGENT: $ <BEAT>Did you manage to play =|(GET("COMMITMENT_SPORTTYPE"))|= like you said you
would? </BEAT> $
REPEAT: $ <BEAT>Did you manage to play =|(GET("COMMITMENT_SPORTTYPE"))|= ? </BEAT> $
USERMENU: Yes, according to plan. => $ GO("FU_9"); $
          No, I did something else. => $ GO("FU_7"); $

STATE: FU_12 //known exercise type
AGENT: $ <BEAT>Did you manage to =|EX_VP(GET("COMMITMENT_EXERCISETYPE"))|= like you said you
would? </BEAT> $
REPEAT: $ <BEAT>Did you manage to =|EX_VP(GET("COMMITMENT_EXERCISETYPE"))|= ? </BEAT> $
USERMENU: Yes, according to plan. => $ GO("FU_9"); $
          No, I did something else. => $ GO("FU_7"); $

STATE: FU_13 //unknown exercise type
AGENT: $ <BEAT>Did you manage to stick to your exercise plan? </BEAT> $
      $ <BEAT>Did you exercise as planned? </BEAT> $
      $ <BEAT>Did you follow your exercise plan? </BEAT> $
USERMENU: Yes, according to plan. => $ GO("FU_9"); $
          No, I did something else. => $ GO("FU_7"); $

STATE: FU_9
ACTION: $ int actual=GETINT("EXERCISE_BEST_TIME");
          if(actual<GETINT("LAST_GOAL_TIME"))
              PUSH("RelapseTalk","FU_11");
          else PUSH("FollowUpSteps","FU_10"); $

STATE: FU_11
ACTION: $ PUSH("FollowUpSteps","FU_10"); $

STATE: FU_10
ACTION: $ int commitment=GETINT("COMMITMENT_TIME");
          int goal=GETINT("LAST_GOAL_TIME");
          int actual=GETINT("EXERCISE_BEST_TIME");
          boolean madeCommitment=!UNDEFINED(commitment);
          boolean didSomeExercise=(actual>=10);
          if(!didSomeExercise)
              PUSH("FollowUpObstacles","FU_END");
          else if(madeCommitment) {
              if(actual>=commitment)
                  GO("FU_15");
              else if(actual<commitment && actual<goal)
                  PUSH("FollowUpObstacles","FU_END");
          }

```

```

        else
            GO("FU_16");
    } else { /* no commitment made */
        if(actual>=goal)
            GO("FU_17");
        else
            GO("FU_18");
    };
    $

STATE: FU_15
AGENT: $ <BEAT> You met your commitment, but. </BEAT> $
ACTION: $ PUSH("FollowUpObstacles","FU_END"); $

STATE: FU_16
AGENT: $ <BEAT> You met your goal, but didn't quite meet your commitment. </BEAT> $
ACTION: $ PUSH("FollowUpObstacles","FU_END"); $

STATE: FU_17
AGENT: $ <BEAT> You met your goal, but. </BEAT> $
ACTION: $ PUSH("FollowUpObstacles","FU_END"); $

//Would have already done RelapseTalk and said 'You didn't quite meet your exercise goals this
time.'
STATE: FU_18
ACTION: $ PUSH("FollowUpObstacles","FU_END"); $

STATE: FU_END
ACTION: $ POP(); $

```

---

## ***"FollowUpObstacles" script***

```

STATE: FollowUpObstacles
ACTION: $ if(UNDEFINED(GET("CURRENT_OBSTACLE"))) GO("FUO_2"); else GO("FUO_3"); $

STATE: FUO_2
AGENT_REL: $ <BEAT>Have you had any problems exercising that you would like to talk about?
            </BEAT> $
            $ <BEAT>Any exercise <INT_EMPHASIS/>issues that you'd like to discuss? </BEAT> $
AGENT_NREL: $ <BEAT>Can I ask if you've had any problems exercising? </BEAT> $
            $ <BEAT>May I ask if there are any exercise issues that you'd like to discuss?
            </BEAT> $
            $ <BEAT>Can I ask what difficulties you have encountered exercising? </BEAT> $
REPEAT: $ <BEAT>Have you had trouble with exercising? </BEAT> $
USERMENU:
    Nope, nothing I want to talk about. => $ GO("FUO_1"); $
    I don't have the time to exercise. => $ SET("CURRENT_OBSTACLE", "TIME");
            PUSH("ObstacleTalk", "FUO_END"); $
    I just don't think I can keep doing it. => $ SET("CURRENT_OBSTACLE", "MOTIVATION");
            PUSH("ObstacleTalk", "FUO_END"); $
    I don't feel like exercising. => $ SET("CURRENT_OBSTACLE", "MOTIVATION");
            PUSH("ObstacleTalk", "FUO_END"); $
    I don't like exercising by myself. => $ SET("CURRENT_OBSTACLE", "ALONE");
            PUSH("ObstacleTalk", "FUO_END"); $
    Exercising is too boring. => $ SET("CURRENT_OBSTACLE", "BORED");
            PUSH("ObstacleTalk", "FUO_END"); $
    I have to study too much. => $ SET("CURRENT_OBSTACLE", "TIME");
            PUSH("ObstacleTalk", "FUO_END"); $
    The weather has been terrible. => $ SET("CURRENT_OBSTACLE", "WEATHER");
            PUSH("ObstacleTalk", "FUO_END"); $
    I've been too stressed out to exercise. => $ SET("CURRENT_OBSTACLE", "STRESS");
            PUSH("ObstacleTalk", "FUO_END"); $

STATE: FUO_1
AGENT: $ <BEAT> OK. </BEAT>$

```

```

ACTION: $ GO("FUO_END"); $

STATE: FUO_3
AGENT: $ <BEAT>We've already talked about your =|OBSTACLE_VP(GET("CURRENT_OBSTACLE"))|=
.</BEAT> $
ACTION: $ GO("FUO_END"); $

STATE: FUO_END
ACTION: $ POP(); $

```

---

## **"FollowUpSteps" script**

```

STATE: FollowUpSteps
ACTION: $ int commitment=GETINT("COMMITMENT_STEPS");
      int actual=GETINT("EXERCISE_STEPS");
      if(!UNDEFINED(GET("EXERCISE_MAX_STEPS")))
        actual=Math.max(actual,GETINT("EXERCISE_MAX_STEPS"));
      if(UNDEFINED(commitment))
        GO("FUS_END");
      else if(actual>=commitment)
        GO("FUS_1");
      else
        GO("FUS_2");
      $

STATE: FUS_1
AGENT: $ <BEAT> <HAPPY/><INT_EMPHASIS/>Looks like you met your commitment of
      =| GET("COMMITMENT_STEPS") |= <INT_EMPHASIS/> steps.
      <INT_PITCH_FREQ="200"/><OK>That's terrific.</OK> <NEUTRAL/></BEAT> $
$ <BEAT> <HAPPY/><INT_EMPHASIS/>You met your commitment of
      =| GET("COMMITMENT_STEPS") |= <INT_EMPHASIS/> steps.
      <INT_PITCH_FREQ="200"/><OK>Good job.</OK> <NEUTRAL/></BEAT> $
$ <BEAT> <HAPPY/><INT_PITCH_FREQ="200"/><OK>Well done.</OK>
      <INT_EMPHASIS/>You met your commitment of
      =| GET("COMMITMENT_STEPS") |= <INT_EMPHASIS/> steps.
      <NEUTRAL/></BEAT> $
ACTION: $ GO("FUS_END"); $

STATE: FUS_2
AGENT: $ <BEAT> <INT_EMPHASIS/>Looks like you didn't quite meet your
      commitment of =| GET("COMMITMENT_STEPS") |= <INT_EMPHASIS/>steps. </BEAT> $
REPEAT: $ <BEAT> <INT_EMPHASIS/>You didn't quite meet your
      commitment of =| GET("COMMITMENT_STEPS") |= <INT_EMPHASIS/>steps. </BEAT> $
ACTION: $ GO("FUS_END"); $

STATE: FUS_END
ACTION: $ POP(); $

```

---

## **"GetCommitment" script**

```

STATE: GetCommitment
ACTION: $ if(!UNDEFINED(GET("TIME_TO_ASK_NEW_GOAL"))) PUSH("AskNewGoal","GC_1A");
      else GO("GC_1A"); $

STATE: GC_1A
AGENT: $ <BEAT><NEUTRAL/>So, let's talk about what you're going to do before we chat
      again.</BEAT> $
      $ <BEAT><NEUTRAL/>So, let's chat about your near term exercise plans.</BEAT> $
REPEAT:$ <BEAT><NEUTRAL/>Let's chat about your near term exercise plans.</BEAT> $
ACTION: $ if(UNDEFINED(GET("GOAL_TIME"))) GO("GC_1X");
      else if(GETINT("GOAL_TIME")<GETINT("ULTIMATE_GOAL")) GO("GC_1B");
      else GO("GC_1C"); $

```

```

STATE: GC_1B
AGENT: $ <BEAT>Your long term goal is <GESTURE_RIGHT TYPE="CONTRAST_1" PRIORITY="10">
      =|GET("ULTIMATE_GOAL")|= minutes </GESTURE_RIGHT>
      of moderate or better activity a day.
      In order to work up to that you should currently be doing
      about <GESTURE_LEFT TYPE="CONTRAST_2" PRIORITY="10"> =|GET("GOAL_TIME")|= minutes
</GESTURE_LEFT>
      a day. </BEAT> $
ACTION: $ GO("GC_1X"); $

STATE: GC_1C
AGENT: $ <BEAT>You should be doing about =|GET("ULTIMATE_GOAL")|=
      minutes of moderate or better activity a day. </BEAT> $
ACTION: $ GO("GC_1X"); $

STATE: GC_1X
ACTION: $ SET("COMMITMENT_TIME","");
      SET("COMMITMENT_STEPS","");
      if(GET_EQ("NEXT_EXERCISE_DAY","TOMORROW"))
        GO("GC_16");
      else
        GO("GC_17");
      $

STATE: GC_16
AGENT: $ <BEAT>Are you going to work out tomorrow? </BEAT> $
USERMENU: I can't. => $ GO("GC_24"); $
          Yep. => $ GO("GC_18"); $

STATE: GC_24
ACTION: $ if(GET_SESSION_EQ("STATE", "SICK") || GET_SESSION_EQ("STATE", "INJURED"))
          GO("GC_20");
      else
          PUSH("MotivateToExercise", "GC_33");
      $

STATE: GC_20
AGENT: $ <BEAT> Is it because of your
      =| ""+(GET_SESSION_EQ("STATE", "SICK")? " illness? " : " injury?") |= </BEAT> $
USERMENU: Yes, it is. => $ GO("GC_23"); $
          No, not really. => $ PUSH("MotivateToExercise", "GC_33"); $

STATE: GC_33 //check return value from MotivateToExercise
ACTION: $ if(GET_EQ("CURRENT_RETURN","TRUE")) GO("GC_18"); else GO("GC_34"); $

STATE: GC_34
AGENT_REL: $ <BEAT>OK. I trust you to make the right decision. </BEAT> $
AGENT_NREL: $ <BEAT>OK. I hope you're able to get back into the exercise hab it soon. </BEAT>
$
REPEAT: $ <BEAT>I hope you're able to get back into the exercise hab it soon. </BEAT> $
ACTION: $ GO("GC_END"); $

STATE: GC_23
AGENT: $ <BEAT>OK, I hope that you feel better soon, and can get back into the
      exercise hab it. </BEAT> $ //tts
REPEAT: $ <BEAT>I hope that you feel better soon, and can get back into the
      exercise hab it. </BEAT> $ //tts
ACTION: $ GO("GC_END"); $

STATE: GC_17
AGENT: $ <BEAT> Are you going to get some
      =| (GETINT("EXERCISE_TIME") > 0? " more " : "") |= exercise today? </BEAT> $
USERMENU: Yes, I am. => $ GO("GC_18"); $
          No, I'm not. => $ GO("GC_17A"); $

STATE: GC_17A
AGENT: $ <BEAT> Well, what about tomorrow? </BEAT> $
ACTION: $ GO("GC_16"); $

```

```

STATE: GC_18
AGENT: $ <BEAT> What kind of exercise are you going to do? </BEAT> $
USERMENU: I'm going to go for a walk. => $ SET("COMMITMENT_EXERCISETYPE", "WALK");
GO("GC_7"); $
    I'm going to play a sport. => $ SET("COMMITMENT_EXERCISETYPE", "SPORT"); GO("GC_1");
$
    I'm going to work out at the gym. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "GO"); GO("GC_3"); $
    I'm going to run. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "RUN"); GO("GC_3"); $
    I'm going to ride my bike. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "RIDE"); GO("GC_3"); $
    I'm going swimming. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "SWIM"); GO("GC_3"); $
    I'm going dancing. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "GO"); GO("GC_3"); $
    Yoga. => $ SET("COMMITMENT_EXERCISETYPE", "GYM");
SET("CURRENT_V", "GO"); GO("GC_3"); $
    I'm going to do something else. => $ SET("COMMITMENT_EXERCISETYPE", "OTHER");
GO("GC_19"); $

STATE: GC_7
ACTION: $ int goal=GETINT("GOAL_TIME");
    if(goal<=30) GO("GC_7A");
    else if(goal<=60) GO("GC_7B");
    else GO("GC_7C"); $

STATE: GC_7A
AGENT_REL: $ <BEAT>Great. How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for?
</BEAT> $
AGENT_NREL: $ <BEAT>Great. Could you tell me how <INT_EMPHASIS/> long you plan to
<INT_EMPHASIS/> go for? </BEAT> $
REPEAT: $ <BEAT>How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for? </BEAT> $
USERMENU:
    30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_32"); $
    25 minutes => $ SET("COMMITMENT_TIME", "25"); GO("GC_32"); $
    20 minutes => $ SET("COMMITMENT_TIME", "20"); GO("GC_32"); $
    15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_32"); $
    10 minutes => $ SET("COMMITMENT_TIME", "10"); GO("GC_32"); $
    5 minutes => $ SET("COMMITMENT_TIME", "5"); GO("GC_32"); $

STATE: GC_7B
AGENT_REL: $ <BEAT>Great. How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for?
</BEAT> $
AGENT_NREL: $ <BEAT>Great. Could you tell me how <INT_EMPHASIS/> long you plan to
<INT_EMPHASIS/> go for? </BEAT> $
REPEAT: $ <BEAT>How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for? </BEAT> $
USERMENU:
    75 minutes => $ SET("COMMITMENT_TIME", "75"); GO("GC_32"); $
    60 minutes => $ SET("COMMITMENT_TIME", "60"); GO("GC_32"); $
    55 minutes => $ SET("COMMITMENT_TIME", "55"); GO("GC_32"); $
    50 minutes => $ SET("COMMITMENT_TIME", "50"); GO("GC_32"); $
    45 minutes => $ SET("COMMITMENT_TIME", "45"); GO("GC_32"); $
    40 minutes => $ SET("COMMITMENT_TIME", "40"); GO("GC_32"); $
    35 minutes => $ SET("COMMITMENT_TIME", "35"); GO("GC_32"); $
    30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_32"); $
    15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_32"); $

STATE: GC_7C
AGENT_REL: $ <BEAT>Great. How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for?
</BEAT> $
AGENT_NREL: $ <BEAT>Great. Could you tell me how <INT_EMPHASIS/> long you plan to
<INT_EMPHASIS/> go for? </BEAT> $
REPEAT: $ <BEAT>How <INT_EMPHASIS/>long do you plan to <INT_EMPHASIS/> go for? </BEAT> $
USERMENU:
    90 minutes => $ SET("COMMITMENT_TIME", "90"); GO("GC_32"); $
    85 minutes => $ SET("COMMITMENT_TIME", "85"); GO("GC_32"); $
    80 minutes => $ SET("COMMITMENT_TIME", "80"); GO("GC_32"); $

```

```

75 minutes => $ SET("COMMITMENT_TIME", "75"); GO("GC_32"); $
70 minutes => $ SET("COMMITMENT_TIME", "70"); GO("GC_32"); $
65 minutes => $ SET("COMMITMENT_TIME", "65"); GO("GC_32"); $
60 minutes => $ SET("COMMITMENT_TIME", "60"); GO("GC_32"); $
45 minutes => $ SET("COMMITMENT_TIME", "45"); GO("GC_32"); $
30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_32"); $
15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_32"); $

STATE: GC_32
ACTION: $
if(GETINT("COMMITMENT_TIME") < GOALTIME())
    GO("GC_9");
else if (GETINT("COMMITMENT_TIME")-GOALTIME())>=10) /* more than 10 mins over goal */
    GO("GC_21");
else
    GO("GC_8");
$

STATE: GC_9
AGENT: $ <BEAT> Do you think you can go for =| "+GOALTIME() |= minutes? </BEAT> $
    $ <BEAT> Could you try for =| "+GOALTIME() |= minutes instead? </BEAT> $
USERMENU: Sure.; I'll try. => $ SET("COMMITMENT_TIME",GET("GOAL_TIME")); GO("GC_8"); $
    No, I don't think so. => $ PUSH("MotivateDuration", "GC_31"); $

STATE: GC_21
AGENT: $ <BEAT>I think you shouldn't try to do so much so soon. How about just
    =| "+GOALTIME() |= minutes this time? </BEAT> $
REPEAT: $ <BEAT>How about just =| "+GOALTIME() |= minutes this time? </BEAT> $
USERMENU: Okay. => $ GO("GC_8"); $
    No, I really want to. => $GO("GC_22"); $

STATE: GC_22
AGENT: $ <BEAT>Okay, but remember it's better to increase your time gradually. </BEAT> $
ACTION: $GO("GC_8"); $

STATE: GC_8
ACTION: $
    if (ISREL() ) {
        if(UNDEFINED(GET("COMMITMENT_WALKLOCATION")))
            GO("GC_11");
        else
            GO("GC_10");
    }
    else
        GO("GC_31");
$

STATE: GC_10
AGENT: $ <BEAT>Are you going to walk
    =| "+LOC_PP(GET("COMMITMENT_WALKLOCATION")) |=
    again? </BEAT> $
USERMENU: Yes, I am. => $ GO("GC_12"); $
    No, I'm going to a different place. => $ GO("GC_11");$

STATE: GC_11
AGENT: $ <BEAT><INT_EMPHASIS/>Where are you going to walk? </BEAT> $
    $ <BEAT><INT_EMPHASIS/>Where are you going? </BEAT> $
    $ <BEAT><INT_EMPHASIS/>Where will you go to walk? </BEAT> $
USERMENU:
In the park. => $ SET("COMMITMENT_WALKLOCATION", "PARK"); GO("GC_12"); $
By the water. => $ SET("COMMITMENT_WALKLOCATION", "WATER"); GO("GC_12"); $
In town. => $ SET("COMMITMENT_WALKLOCATION", "TOWN"); GO("GC_12"); $
On the treadmill. => $ SET("COMMITMENT_WALKLOCATION", "TREADMILL"); GO("GC_12"); $
At the running track. => $ SET("COMMITMENT_WALKLOCATION", "TRACK"); GO("GC_12"); $
Somewhere else. => $ SET("COMMITMENT_WALKLOCATION","OTHER"); GO("GC_12");$

STATE: GC_12

```

```

AGENT: $ <BEAT> =| (" "+(GET_EQ("COMMITMENT_WALKLOCATION",
"OTHER"))?"":LOC_PP(GET("COMMITMENT_WALKLOCATION"))+"?") | =
    That sounds great. </BEAT> $
ACTION:
    $
    if (GET_EQ("ISLONER", "TRUE"))
        GO("GC_31");
    else if (UNDEFINED(GET("BUDDY")))
        GO("GC_14");
    else
        GO("GC_13");
    $

STATE: GC_13
AGENT: $ <BEAT> Are <INT_EMPHASIS/>you going to go with <INT_EMPHASIS/>
    =| " "+(GET_EQ("BUDDY", "NOTCHECKED"))?" your buddy ":GET("BUDDY")) | =
    again? </BEAT> $
USERMENU: Yes, I am. => $ GO("GC_31"); $
    Not this time. => $ GO("GC_14"); $

STATE: GC_14
AGENT: $ <BEAT> Are you going to exercise <INT_EMPHASIS/>with anyone? </BEAT> $
USERMENU: Yes, I am. => $ GO("GC_15");$
    No, I'm going alone. => $ GO("GC_31");$

// note: if name is unknown to library, set name = "NOTCHECKED"
STATE: GC_15
AGENT: $ <BEAT> Terrific. <INT_EMPHASIS/>Who are you <INT_EMPHASIS/>going with? </BEAT> $
//tts
REPEAT: $ <BEAT> <INT_EMPHASIS/>Who are you <INT_EMPHASIS/>going with? </BEAT> $ //tts
USERTEXT: My walking buddy's name is: => $ SET("BUDDY",FILTERNAME(GETTEXT())); GO("GC_31"); $

STATE: GC_1
AGENT: $ <BEAT>Great. </BEAT> $
ACTION:
    $
    if (ISREL() && !UNDEFINED(GET("SPORTPLAYED")) && !GET_EQ("SPORTPLAYED", "OTHER"))
        GO("GC_2");
    else
        GO("GC_4");
    $

STATE: GC_2
AGENT: $ <BEAT> =| GET("SPORTPLAYED") | = again? </BEAT> $
USERMENU: Yep. => $ SET("COMMITMENT_SPORTTYPE", GET("SPORTPLAYED")); GO("GC_3"); $
    No, I'm doing another sport. => $ GO("GC_4");$

STATE: GC_4
AGENT: $ <BEAT><INT_SPEED WPM="140"/>Which <INT_EMPHASIS/> sport are you going to play?
</BEAT> $
USERMENU:
    I'm going to play squash => $ SET("COMMITMENT_SPORTTYPE", "SQUASH");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to play golf => $ SET("COMMITMENT_SPORTTYPE", "GOLF"); SET("CURRENT_V", "PLAY");
GO("GC_3"); $
    I'm going to play tennis => $ SET("COMMITMENT_SPORTTYPE", "TENNIS");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to play hockey => $ SET("COMMITMENT_SPORTTYPE", "HOCKEY");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to play softball => $ SET("COMMITMENT_SPORTTYPE", "SOFTBALL");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to play basketball => $ SET("COMMITMENT_SPORTTYPE", "BASKETBALL");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to play soccer => $ SET("COMMITMENT_SPORTTYPE", "SOCCER");
SET("CURRENT_V", "PLAY"); GO("GC_3"); $
    I'm going to do a different sport. => $ SET("CURRENT_V", "PLAY"); GO("GC_3");$

```

```

STATE: GC_3
ACTION: $ int goal=GETINT("GOAL_TIME");
        if(goal<=30) GO("GC_3A");
        else if(goal<=60) GO("GC_3B");
        else GO("GC_3C"); $

STATE: GC_3A
AGENT: $ <BEAT>How long do you plan to <INT_EMPHASIS/> =|GET("CURRENT_V")|= for? </BEAT> $
USERMENU:
    30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_35"); $
    25 minutes => $ SET("COMMITMENT_TIME", "25"); GO("GC_35"); $
    20 minutes => $ SET("COMMITMENT_TIME", "20"); GO("GC_35"); $
    15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_35"); $
    10 minutes => $ SET("COMMITMENT_TIME", "10"); GO("GC_35"); $
    5 minutes => $ SET("COMMITMENT_TIME", "5"); GO("GC_35"); $

STATE: GC_3B
AGENT: $ <BEAT>How long do you plan to <INT_EMPHASIS/>play for? </BEAT> $
USERMENU:
    75 minutes => $ SET("COMMITMENT_TIME", "75"); GO("GC_35"); $
    60 minutes => $ SET("COMMITMENT_TIME", "60"); GO("GC_35"); $
    55 minutes => $ SET("COMMITMENT_TIME", "55"); GO("GC_35"); $
    50 minutes => $ SET("COMMITMENT_TIME", "50"); GO("GC_35"); $
    45 minutes => $ SET("COMMITMENT_TIME", "45"); GO("GC_35"); $
    40 minutes => $ SET("COMMITMENT_TIME", "40"); GO("GC_35"); $
    35 minutes => $ SET("COMMITMENT_TIME", "35"); GO("GC_35"); $
    30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_35"); $
    15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_35"); $

STATE: GC_3C
AGENT: $ <BEAT>How long do you plan to <INT_EMPHASIS/>play for? </BEAT> $
USERMENU:
    90 minutes => $ SET("COMMITMENT_TIME", "90"); GO("GC_35"); $
    85 minutes => $ SET("COMMITMENT_TIME", "85"); GO("GC_35"); $
    80 minutes => $ SET("COMMITMENT_TIME", "80"); GO("GC_35"); $
    75 minutes => $ SET("COMMITMENT_TIME", "75"); GO("GC_35"); $
    70 minutes => $ SET("COMMITMENT_TIME", "70"); GO("GC_35"); $
    65 minutes => $ SET("COMMITMENT_TIME", "65"); GO("GC_35"); $
    60 minutes => $ SET("COMMITMENT_TIME", "60"); GO("GC_35"); $
    45 minutes => $ SET("COMMITMENT_TIME", "45"); GO("GC_35"); $
    30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("GC_35"); $
    15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("GC_35"); $

STATE: GC_19
AGENT: $ <BEAT> What kind of exercise? </BEAT> $
USERTEXT: For exercise, I plan to: => $ SET("CURRENT_V","GO"); GO("GC_3"); $ //just ignore
the response...

STATE: GC_35
AGENT: $ <BEAT>So, you're going to exercise for =|GET("COMMITMENT_TIME")|= minutes. </BEAT> $
        $ <BEAT> =|GET("COMMITMENT_TIME")|= minutes? </BEAT> $
REPEAT:$ <BEAT> =|GET("COMMITMENT_TIME")|= minutes? </BEAT> $
ACTION: $ GO("GC_31"); $

STATE: GC_31
ACTION: $ if(UNDEFINED(GET("COMMITMENT_TIME"))) {
        if(GETINT("INTERACTION")>4) PUSH("GetStepsCommitment", "GC_30");
        else GO("GC_30");
    } else if(GET_EQ("COMMITMENT_TIME","5")) GO("GC_31B");
        else if(GETINT("COMMITMENT_TIME")<GETINT("GOAL_TIME")) GO("GC_31D");
        else GO("GC_31C"); $

STATE: GC_31B
AGENT: $ <BEAT>Well, that's better than nothing. </BEAT> $
ACTION: $ if(GETINT("INTERACTION")>4) PUSH("GetStepsCommitment", "GC_30"); else GO("GC_30"); $

STATE: GC_31C
AGENT: $ <BEAT>That's great. </BEAT> $

```

```

ACTION: $ if(GETINT("INTERACTION")>4) PUSH("GetStepsCommitment", "GC_30"); else GO("GC_30"); $

STATE: GC_31D
AGENT: $ <BEAT>OK. </BEAT> $
ACTION: $ if(GETINT("INTERACTION")>4) PUSH("GetStepsCommitment", "GC_30"); else GO("GC_30"); $

STATE: GC_30
ACTION: $ if(!UNDEFINED(GET("COMMITMENT_TIME"))) PUSH("DoPerformative", "GC_END"); else
GO("GC_END"); $

STATE: GC_END
ACTION: $ POP();$

```

---

## **"GetExerciseInfo" script**

```

STATE: GetExerciseInfo
AGENT: $ <BEAT><NEUTRAL/> What did you do for exercise? </BEAT> $
USERMENU: I went walking. => $ SET_SESSION("DID_EXERCISETYPE", "WALK");
          if (ISREL())
              GO("GE_1");
          else
              GO("GE_END");
          $
          I went to the gym. => $ SET_SESSION("DID_EXERCISETYPE", "GYM"); GO("GE_00"); $
          I played a sport. => $ SET_SESSION("DID_EXERCISETYPE", "SPORT"); GO("GE_3"); $
          I ran. => $ SET_SESSION("DID_EXERCISETYPE", "RUN"); GO("GE_00"); $
          I rode my bike. => $ SET_SESSION("DID_EXERCISETYPE", "BIKE"); GO("GE_00"); $
          I went swimming. => $ SET_SESSION("DID_EXERCISETYPE", "SWIM"); GO("GE_00"); $
          I went dancing. => $ SET_SESSION("DID_EXERCISETYPE", "DANCE"); GO("GE_00"); $
          Yoga. => $ SET_SESSION("DID_EXERCISETYPE", "YOGA"); GO("GE_00"); $
          Something else. => $ SET_SESSION("DID_EXERCISETYPE", "OTHER"); GO("GE_2"); $

STATE: GE_00
ACTION: $ if (ISREL()) GO("GE_5"); else GO("GE_END"); $

STATE: GE_1
AGENT: $ <BEAT>Where did you go? </BEAT> $
USERMENU:
          In the park. => $ SET("DID_EXERCISEDETAILS", "PARK"); GO("GE_1A"); $
          By the water. => $ SET("DID_EXERCISEDETAILS", "WATER"); GO("GE_1A"); $
          In town. => $ SET("DID_EXERCISEDETAILS", "TOWN"); GO("GE_1A"); $
          On the treadmill. => $ SET("DID_EXERCISEDETAILS", "TREADMILL"); GO("GE_1A"); $
          At the running track. => $ SET("DID_EXERCISEDETAILS", "TRACK"); GO("GE_1A"); $
          Somewhere else. => $ SET("DID_EXERCISEDETAILS", "OTHER"); GO("GE_5");$

STATE: GE_2
AGENT: $ <BEAT>Really, what exactly did you do? </BEAT> $
USERTEXT: I: => $ GO("GE_END"); $ //not used? SET_SESSION("exerciseTypeDetails", GETTEXT());

STATE: GE_3
AGENT: $ <BEAT>What kind of sport? </BEAT> $
USERMENU: I played squash => $ SET("DID_EXERCISEDETAILS", "SQUASH"); GO("GE_3A"); $
          I played golf. => $ SET("DID_EXERCISEDETAILS", "GOLF"); GO("GE_3A"); $
          I played tennis. => $ SET("DID_EXERCISEDETAILS", "TENNIS"); GO("GE_3A"); $
          I went rowing. => $ SET("DID_EXERCISEDETAILS", "ROW"); GO("GE_3A"); $
          I played hockey. => $ SET("DID_EXERCISEDETAILS", "HOCKEY"); GO("GE_3A"); $
          I played softball. => $ SET("DID_EXERCISEDETAILS", "SOFTBALL"); GO("GE_3A"); $
          I played basketball. => $ SET("DID_EXERCISEDETAILS", "BASKETBALL"); GO("GE_3A"); $
          I played soccer. => $ SET("DID_EXERCISEDETAILS", "SOCCER"); GO("GE_3A"); $
          I played something else. => $ GO("GE_2");$

STATE: GE_5
ACTION: $ if(GET_EQ("ISLONER", "TRUE")) GO("GE_END");
          else if(!UNDEFINED(GET("BUDDY")) && ISREL()) {
              if(GET_EQ("BUDDY", "NOTCHECKED")) GO("GE_11");
              else GO("GE_6");
          }

```

```

    } else GO("GE_7"); $

STATE: GE_11 //have buddy with unmentionable name
AGENT: $ <BEAT>Did you go with your exercise buddy again? </BEAT> $
USERMENU: Yes I did. => $ SET_SESSION("DID_EXERCISEBUDDY",GET("BUDDY")); GO("GE_END"); $
          No, not this time. => $ GO("GE_7"); $

STATE: GE_6
AGENT: $ <BEAT>Did you go with =|GET("BUDDY")|= ? </BEAT> $
USERMENU: Yes I did. => $ SET_SESSION("DID_EXERCISEBUDDY",GET("BUDDY")); GO("GE_END"); $
          No, not this time. => $ GO("GE_7"); $

STATE: GE_7
AGENT: $ <BEAT>Did you go by yourself? </BEAT> $
          $ <BEAT>Did you go alone? </BEAT> $
USERMENU: Yes, I went by myself. => $ GO("GE_END"); $
          No, I went with someone else. => $ GO("GE_8"); $

STATE: GE_8
AGENT: $ <BEAT><INT_EMPHASIS/>Who did you <INT_EMPHASIS/>go with? </BEAT> $
USERTEXT: I went with: => $ String buddy=FILTERNAME(GETTEXT());
          SET_SESSION("DID_EXERCISEBUDDY",buddy);
          if(UNDEFINED(GET("BUDDY"))) SET("BUDDY",buddy);
          GO("GE_9"); $

STATE: GE_9
AGENT: $ <BEAT>That's great. Exercising with others is a great way to make it more enjoyable.
</BEAT> $
          $ <BEAT>That's wonderful. </BEAT> $
REPEAT: $ <BEAT>That's wonderful. </BEAT> $
ACTION: $ GO("GE_END"); $

STATE: GE_3A
AGENT: $ <BEAT> =|(""+((UNDEFINED(GET("DID_EXERCISEDDETAILS"))|GET_EQ("DID_EXERCISEDDETAILS",
"OTHER")))?
          "":GET("DID_EXERCISEDDETAILS"))|= ? </BEAT> $
ACTION: $ GO("GE_END"); $

STATE: GE_1A
AGENT: $ <BEAT> =|(""+((UNDEFINED(GET("DID_EXERCISEDDETAILS"))|GET_EQ("DID_EXERCISEDDETAILS",
"OTHER")))?
          "":LOC_PP(GET("DID_EXERCISEDDETAILS"))|= ? </BEAT> $
ACTION: $ GO("GE_5"); $

STATE: GE_END
AGENT: $ <BEAT>That's great. </BEAT> $
ACTION: $ POP(); $

```

---

## **"GetGoals" script**

```

STATE: GetGoals
AGENT: $ <BEAT><NEUTRAL/> So, I understand you're interested in starting an exercise routine.
</BEAT> $
ACTION: $ GO("GG_1");$

STATE: GG_1
AGENT: $ <BEAT>What is your most important near term goal for exercising? </BEAT> $
USERMENU: I'd like to make exercise part of my weekly routine. => $
SET("EXERCISE_GOAL","ROUTINE"); GO("GG_16"); $
          I'd like to lose some weight. => $ SET("EXERCISE_GOAL","WEIGHT"); GO("GG_17"); $
          I'd like to tone up my body. => $ SET("EXERCISE_GOAL","TONE"); GO("GG_18"); $
          I'd like to reach a good level of cardiovascular fitness. => $
          SET("EXERCISE_GOAL","FITNESS"); GO("GG_19"); $

STATE: GG_1B
AGENT: $ <BEAT>Any other near term goals? </BEAT> $

```

```

    $ <BEAT>Anything else? </BEAT> $
USERMENU: No, that's all for now. => $ GO("GG_20"); $
    I'd like to make exercise part of my weekly routine. =>
    $ if(NEWENTRY("ROUTINE", "EXERCISE_GOAL", "EXERCISE_GOAL2", "EXERCISE_GOAL3"))
        GO("GG_16"); else GO("GG_20"); $
    I'd like to lose some weight. => $
    if(NEWENTRY("WEIGHT", "EXERCISE_GOAL", "EXERCISE_GOAL2", "EXERCISE_GOAL3"))
    GO("GG_17"); else GO("GG_20"); $
    I'd like to tone up my body. => $
        if(NEWENTRY("TONE", "EXERCISE_GOAL", "EXERCISE_GOAL2", "EXERCISE_GOAL3"))
        GO("GG_18"); else GO("GG_20"); $
    I'd like to reach a good level of cardiovascular fitness. => $
    if(NEWENTRY("FITNESS", "EXERCISE_GOAL", "EXERCISE_GOAL2", "EXERCISE_GOAL3"))
    GO("GG_19"); else GO("GG_20"); $

STATE: GG_16
AGENT_NREL: $ <BEAT>OK</BEAT> $
AGENT_REL: $ <BEAT>That's a great reason, because once you get in the hab it you'll
    stay fit the rest of your life.</BEAT> $
ACTION: $ GO("GG_1B");$

STATE: GG_17
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT> <INT_SPEED WPM="140"/> I understand that.
    <INT_RESET/>Remember, losing too much weight is not always the best thing, but exercise
    is always one of the best things you can do for your body. Once you become more active,
    you'll
    feel terrific, and it will definitely show!</BEAT> $
ACTION: $ GO("GG_1B");$

STATE: GG_18
AGENT_NREL: $ <BEAT>OK</BEAT> $
AGENT_REL: $ <BEAT>I understand that. You feel so much better about yourself when you are
    fit.</BEAT> $
ACTION: $ GO("GG_1B");$

STATE: GG_19
AGENT_NREL: $ <BEAT>OK</BEAT> $
AGENT_REL: $ <BEAT>That's a great goal, because cardiovascular fitness will extend your
    life.</BEAT> $
ACTION: $ GO("GG_1B");$

STATE: GG_20
AGENT: $ <BEAT> And. what would be the benefits to you if you achieve that goal? </BEAT> $
USERMENU:
    I'd have more energy. => $ SET("EXERCISE_BENEFIT1", "ENERGY"); GO("GG_2"); $
    It would help me sleep better. => $ SET("EXERCISE_BENEFIT1", "SLEEP"); GO("GG_3");$
    I think it would put me in a better mood. => $ SET("EXERCISE_BENEFIT1", "MOOD");
GO("GG_5");$
    I would feel less stressed out. => $ SET("EXERCISE_BENEFIT1", "STRESS"); GO("GG_6");$
    I think it would help me think more clearly. => $ SET("EXERCISE_BENEFIT1", "THINK");
GO("GG_7"); $
    I'd like to live longer. => $ SET("EXERCISE_BENEFIT1", "LIVE"); GO("GG_8"); $
    I'd feel more comfortable with my body. => $ SET("EXERCISE_BENEFIT1", "COMFORT");
GO("GG_4"); $

STATE: GG_20B
AGENT: $ <BEAT> Any other benefits? </BEAT> $
    $ <BEAT> Anything else? </BEAT> $
USERMENU:
    No, that's all for now. => $ GO("GG_9"); $
    I'd have more energy. => $
if(NEWENTRY("ENERGY", "EXERCISE_BENEFIT1", "EXERCISE_BENEFIT2", "EXERCISE_BENEFIT3"))
        GO("GG_2"); else GO("GG_9"); $
    It would help me sleep better. => $
if(NEWENTRY("SLEEP", "EXERCISE_BENEFIT1", "EXERCISE_BENEFIT2", "EXERCISE_BENEFIT3"))
        GO("GG_3"); else GO("GG_9"); $
    I think it would put me in a better mood. => $
        if(NEWENTRY("MOOD", "EXERCISE_BENEFIT1", "EXERCISE_BENEFIT2", "EXERCISE_BENEFIT3"))

```

```

GO("GG_5"); else GO("GG_9"); $
I would feel less stressed out. => $
    if(NEWENTRY("STRESS","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_6"); else GO("GG_9"); $
I think it would help me think more clearly. => $
    if(NEWENTRY("THINK","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_7"); else GO("GG_9"); $
I'd like to live longer. => $
    if(NEWENTRY("LIVE","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_8"); else GO("GG_9"); $
I'd feel more comfortable with my body. => $
    if(NEWENTRY("COMFORT","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_4"); else GO("GG_9"); $

STATE: GG_2
AGENT_NREL: $ <BEAT> OK </BEAT> $
AGENT_REL: $ <BEAT> I know what you <INT_EMPHASIS/>mean. When your <INT_EMPHASIS/>energy
levels are<INT_EMPHASIS/> up, it gives you a whole new outlook on <INT_EMPHASIS/>life.
    With more energy, you can do more of the things you want to do! </BEAT> $
ACTION: $ GO("GG_20B");$

STATE: GG_3
AGENT_NREL: $ <BEAT> OK </BEAT> $
AGENT_REL: $ <BEAT> Yes, getting a good night's sleep can make a big difference in your mood.
</BEAT> $
ACTION: $ GO("GG_20B");$

STATE: GG_4
AGENT_NREL: $ <BEAT> OK </BEAT> $
AGENT_REL: $ <BEAT>I know what you mean. When you exercise, you feel so much healthier, and
you know
you're doing something good for your body. That alone can make you feel
more comfortable in your skin. </BEAT> $
ACTION: $ GO("GG_20B");$

STATE: GG_5
AGENT_NREL: $ <BEAT>OK</BEAT> $
AGENT_REL: $ <BEAT> What a great reason! A good mood is so important in life. Your work will
seem easier,
and your fun will be, well, <INT_PITCH FREQ="=200"/>more fun! </BEAT> $
ACTION: $ GO("GG_20B");$

STATE: GG_6
AGENT_NREL: $ <BEAT>OK </BEAT> $
AGENT_REL: $ <BEAT> Yeah, stress can really make life difficult. You'll feel so much better
when your stress levels go down. </BEAT> $
ACTION: $ GO("GG_20B");$

// note: should check that they are not retired or between jobs.
// =|"+"(((GET_EQ("job", "retired") || GET_EQ("job", "nojob")))?":", especially with the work
you do") |=.
STATE: GG_7
AGENT_NREL: $ <BEAT>OK </BEAT> $
AGENT_REL: $<BEAT>Yep, that's pretty important . We can all use a little mental
clarity!</BEAT> $
ACTION: $ GO("GG_20B");$

STATE: GG_8
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $<BEAT>Yeah. And not only <INT_EMPHASIS/>that, but with <INT_EMPHASIS/>exercise
you'll feel
great longer <INT_EMPHASIS/>too!</BEAT>$
ACTION: $ GO("GG_20B");$

STATE: GG_9
AGENT: $ <BEAT>And. How would that impact <YOU> your life </YOU>? </BEAT> $ //tts
USERMENU:
    I'd do better in school. => $
    if(NEWENTRY("SCHOOL","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))

```

```

        GO("GG_10"); else GO("GG_15"); $
        I'd do better at work. => $
        if(NEWENTRY("WORK","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_17B"); else GO("GG_15"); $
        I'd get along better with people. => $
        if(NEWENTRY("GETALONG","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_11"); else GO("GG_15"); $
        It might improve my love life. => $
        if(NEWENTRY("LOVE","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_14"); else GO("GG_15"); $
        I'd be happier. => $
        if(NEWENTRY("HAPPY","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_12"); else GO("GG_15"); $
        I'd do better at sports. => $
        if(NEWENTRY("SPORTS","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_13"); else GO("GG_15"); $
        I'd just get more out of life. => $
        if(NEWENTRY("MORE","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_21"); else GO("GG_15"); $

STATE: GG_9C
AGENT: $ <BEAT>Any other way exercise could improve your life?</BEAT> $
USERMENU:
        No, I think that's all for now. => $ GO("GG_15"); $
        I'd do better in school. => $
        if(NEWENTRY("SCHOOL","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_10"); else GO("GG_15"); $
        I'd do better at work. => $
        if(NEWENTRY("WORK","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_17B"); else GO("GG_15"); $
        I'd get along better with people. => $
        if(NEWENTRY("GETALONG","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_11"); else GO("GG_15"); $
        It might improve my love life. => $
        if(NEWENTRY("LOVE","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_14"); else GO("GG_15"); $
        I'd be happier. => $
        if(NEWENTRY("HAPPY","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_12"); else GO("GG_15"); $
        I'd do better at sports. => $
        if(NEWENTRY("SPORTS","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_13"); else GO("GG_15"); $
        I'd just get more out of life. => $
        if(NEWENTRY("MORE","EXERCISE_BENEFIT1","EXERCISE_BENEFIT2","EXERCISE_BENEFIT3"))
        GO("GG_21"); else GO("GG_15"); $

STATE: GG_10
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>Exercise can certainly improve your work at school by reducing stress and
giving
        you a clearer mind to think with.</BEAT> $ //tbd
ACTION: $ GO("GG_9C");$

STATE: GG_11
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>Yes, when you improve your mood and reduce your stress, people like being
around you a lot more.</BEAT> $
ACTION: $ GO("GG_9C");$

STATE: GG_12
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>That's right, exercise can put you in a better mood and give you a better
outlook on life.</BEAT> $ //tbd
ACTION: $ GO("GG_9C");$

STATE: GG_13
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>Yes, of course fitness will help you excel at any sport you choose to
pursue.</BEAT> $ //tbd

```

```

ACTION: $ GO("GG_9C");$

STATE: GG_14
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT><HAPPY/>Hoping to get lucky, are you? Fitness, body tone and a better mood
can all help
    out with that.</BEAT> $ //tbd
ACTION: $ GO("GG_9C");$

STATE: GG_17B
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>Yes, by giving you a clearer mind and more stamina, fitness can really help
you out at
    work.</BEAT> $ //tbd
ACTION: $ GO("GG_9C");$

STATE: GG_21
AGENT_NREL: $ <BEAT>OK</BEAT>$
AGENT_REL: $ <BEAT>Yes, Fitness can give you the energy to really seize the day, every
day.</BEAT> $ //tbd
ACTION: $ GO("GG_9C");$

STATE: GG_15
AGENT: $ <BEAT><NEUTRAL/><INT_PAUSE DUR="500"/>
    These are great reasons to get in shape.
    You should <INT_EMPHASIS/>really try to make <INT_EMPHASIS/> fitness a
    <INT_EMPHASIS/>priority in your life, because it is <INT_EMPHASIS/>really about
    making <INT_EMPHASIS/>yourself a priority. </BEAT> $
ACTION: $ GO("GG_END");$

STATE: GG_END
ACTION: $ POP(); $

```

---

## **"GetStepsCommitment" script**

```

STATE: GetStepsCommitment
ACTION: $ if(GET_EQ("NEXT_EXERCISE_DAY", "TOMORROW")) GO("GSC_2"); else GO("GSC_1"); $

STATE: GSC_2
AGENT: $ <BEAT><NEUTRAL/> So, how many steps do you think you can do tomorrow? </BEAT> $
REPEAT: $ <BEAT><NEUTRAL/> How many steps do you think you can do tomorrow? </BEAT> $
USERMENU: 2000 => $ SET("COMMITMENT_STEPS", "2000"); GO("GSC_5"); $
          3000 => $ SET("COMMITMENT_STEPS", "3000"); GO("GSC_5"); $
          4000 => $ SET("COMMITMENT_STEPS", "4000"); GO("GSC_5"); $
          5000 => $ SET("COMMITMENT_STEPS", "5000"); GO("GSC_5"); $
          6000 => $ SET("COMMITMENT_STEPS", "6000"); GO("GSC_5"); $
          7000 => $ SET("COMMITMENT_STEPS", "7000"); GO("GSC_5"); $
          8000 => $ SET("COMMITMENT_STEPS", "8000"); GO("GSC_5"); $
          9000 => $ SET("COMMITMENT_STEPS", "9000"); GO("GSC_5"); $
          10000 => $ SET("COMMITMENT_STEPS", "10000"); GO("GSC_5"); $

STATE: GSC_1
AGENT: $ <BEAT> <NEUTRAL/>And how many steps do you think you can do by the end of today?
</BEAT> $
USERMENU: 2000 => $ SET("COMMITMENT_STEPS", "2000"); GO("GSC_5"); $
          3000 => $ SET("COMMITMENT_STEPS", "3000"); GO("GSC_5"); $
          4000 => $ SET("COMMITMENT_STEPS", "4000"); GO("GSC_5"); $
          5000 => $ SET("COMMITMENT_STEPS", "5000"); GO("GSC_5"); $
          6000 => $ SET("COMMITMENT_STEPS", "6000"); GO("GSC_5"); $
          7000 => $ SET("COMMITMENT_STEPS", "7000"); GO("GSC_5"); $
          8000 => $ SET("COMMITMENT_STEPS", "8000"); GO("GSC_5"); $
          9000 => $ SET("COMMITMENT_STEPS", "9000"); GO("GSC_5"); $
          10000 => $ SET("COMMITMENT_STEPS", "10000"); GO("GSC_5"); $

STATE: GSC_5
ACTION: $ if(GETINT("COMMITMENT_STEPS") >= GETINT("GOAL_STEPS"))
    GO("GSC_9");

```

```

        else if(GET_SESSION_EQ("STATE","SICK")||GET_SESSION_EQ("STATE","INJURED"))
GO("GSC_8");
        else GO("GSC_6"); $

STATE: GSC_6
AGENT_REL: $ <BEAT> Remember, we're trying to work up to a goal level of 10000 steps a day.
    To reach that goal, you should be walking at least =| GET("GOAL_STEPS") |= steps
    right now. Are you sure you won't reconsider? </BEAT> $
AGENT_NREL: $ <BEAT> Remember, you're trying to work up to a goal level of 10000 steps a day.
    To reach that goal, you should be walking at least =| GET("GOAL_STEPS") |= steps
    right now. Are you sure you won't reconsider? </BEAT> $
REPEAT: $ <BEAT> Are you sure you won't reconsider? </BEAT> $
USERMENU: I can't.; Not this time.; => $ GO("GSC_8"); $
    OK, I can do it. => $ GO("GSC_4"); $

STATE: GSC_4
AGENT: $ <BEAT> How many steps do you think you can do? </BEAT> $
USERMENU:
    2000 => $ SET("COMMITMENT_STEPS", "2000"); GO("GSC_7"); $
    3000 => $ SET("COMMITMENT_STEPS", "3000"); GO("GSC_7"); $
    4000 => $ SET("COMMITMENT_STEPS", "4000"); GO("GSC_7"); $
    5000 => $ SET("COMMITMENT_STEPS", "5000"); GO("GSC_7"); $
    6000 => $ SET("COMMITMENT_STEPS", "6000"); GO("GSC_7"); $
    7000 => $ SET("COMMITMENT_STEPS", "7000"); GO("GSC_7"); $
    8000 => $ SET("COMMITMENT_STEPS", "8000"); GO("GSC_7"); $
    9000 => $ SET("COMMITMENT_STEPS", "9000"); GO("GSC_7"); $
    10000 => $ SET("COMMITMENT_STEPS", "10000"); GO("GSC_7"); $

STATE: GSC_7
AGENT: $ <BEAT> =|GET("COMMITMENT_STEPS")|= steps. </BEAT> $
ACTION: $ if(GETINT("COMMITMENT_STEPS")==2000) GO("GSC_8");
    else if(GETINT("COMMITMENT_STEPS")<GETINT("GOAL_STEPS")) GO("GSC_8");
    else GO("GSC_7B"); $

STATE: GSC_7B
AGENT: $ <BEAT> That's great. </BEAT> $
ACTION: $ GO("GSC_END");$

STATE: GSC_8
AGENT: $ <BEAT> OK. </BEAT> $
ACTION: $ GO("GSC_END"); $

STATE: GSC_9
AGENT: $ <BEAT> =|GET("COMMITMENT_STEPS")|= steps. That's wonderful! </BEAT> $
ACTION: $ GO("GSC_END"); $

STATE: GSC_END
ACTION: $ POP(); $

```

---

## ***"GiveTip" script***

```

STATE: GiveTip
ACTION: $ if (PICK(2) == 1)
    if (!(GET_EQ("CURRENT_DIDAFFIRMATION", "TRUE")))
        PUSH("DoAffirmation", "GT_END");
    else {
        SET("CURRENT_STORY", GETSTORY(null));
        PUSH("TellStory", "GT_END");
    }
    else {
        SET("CURRENT_STORY", GETSTORY(null));
        PUSH("TellStory", "GT_END");
    }
}
$

STATE: GT_END

```

```
ACTION: $ POP(); $
```

---

## "Greeting" script

```
STATE: Greeting
ACTION: $ if(ISREL()) GO("GR_1"); else GO("GR_2"); $

STATE: GR_1
AGENT: $ <BEAT> <HAPPY/>Hi =|GET("NAME") |= </BEAT> $
      $ <BEAT> <HAPPY/>Hello, =|GET("NAME") |= </BEAT> $
      $ <BEAT> <HAPPY/> Hi =|GET("NAME") |=. Great to see you. </BEAT> $
      $ <BEAT> <HAPPY/>Hello, =|GET("NAME") |=. Great to see you. </BEAT> $
      $ <BEAT> <HAPPY/>Hey =|GET("NAME") |= </BEAT> $
      $ <BEAT> <HAPPY/>Good =|GET("PART_OF_DAY")|= , =|GET("NAME")|= ! </BEAT> $
      $ <BEAT> <HAPPY/>Hi, =|GET("NAME") |= I'm glad to see you. </BEAT> $
USERMENU: Hi Laura.; Hi Laura, great to see you. => $ GO("GR_END"); $
          Hi Laura, you don't look like things are great. => $ GO("GR_3"); $

STATE: GR_2
AGENT: $ <BEAT> Hi! </BEAT> $
      $ <BEAT> Hello. </BEAT> $
      $ <BEAT> Hello there. </BEAT> $
      $ <BEAT> Hey there. </BEAT> $
      $ <BEAT> Good <INT_EMPHASIS/> =|GET("PART_OF_DAY") |= </BEAT> $
USERMENU: Hello. => $ GO("GR_END"); $

STATE: GR_3
AGENT: $ <BEAT>Sorry, my animations are not rendering very smoothly today.</BEAT> $
      $ <BEAT>Sorry, I'm feeling a little rough around the edges.</BEAT> $
      $ <BEAT>Yeah, I'm having a pixelated hair day.</BEAT> $
ACTION: $ GO("GR_END"); $

STATE: GR_END
ACTION: $ POP(); $
```

---

## "HandleAngryFeeling" script

```
//Entire net done in CONCERN

STATE: HandleAngryFeeling
AGENT: $ <BEAT><CONCERN/>How angry are you? </BEAT> $
USERMENU: I'm just a little angry. => $ GO("HAF_3"); $
          I'm pretty angry. => $ GO("HAF_2"); $
          I've rarely been this angry in my life. => $ GO("HAF_1"); $

STATE: HAF_1
AGENT: $ <BEAT>Wow, sounds like you're really steaming mad about something. <INT_PAUSE
DUR="500"/> Is that right? </BEAT> $
REPEAT: $ <BEAT>Sounds like you're really steaming mad about something. <INT_PAUSE DUR="500"/>
Is that right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HAF_6"); $
          I'm not quite that angry. => $ GO("HAF_5"); $
          I'm more angry than that. => $ GO("HAF_4"); $

STATE: HAF_2
AGENT: $ <BEAT>Sounds like you are pretty ticked off. <INT_PAUSE DUR="500"/> Is that about
right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HAF_6"); $
          I'm not quite that angry. => $ GO("HAF_5"); $
          I'm more angry than that. => $ GO("HAF_4"); $

STATE: HAF_3
AGENT: $ <BEAT>Sounds like you're just a little annoyed. <INT_PAUSE DUR="500"/> Is that about
right? </BEAT> $
```

```

USERMENU:   Yes, that's it. => $ GO("HAF_6"); $
           I'm not quite that angry. => $ GO("HAF_5"); $
           I'm more angry than that. => $ GO("HAF_6"); $

STATE: HAF_4
AGENT: $ <BEAT>I'm really sorry to hear that. Being in such turmoil can really keep you from
doing things
       you need to do. </BEAT> $
ACTION: $ GO("HAF_7"); $

STATE: HAF_5
AGENT: $ <BEAT>That's a relief. </BEAT> $
ACTION: $ GO("HAF_6"); $

STATE: HAF_6
AGENT: $ <BEAT>Sorry to hear that you're feeling angry. </BEAT> $
ACTION: $ GO("HAF_7"); $

STATE: HAF_7
AGENT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("HAF_8"); $
           No thanks. => $ GO("HAF_9"); $

STATE: HAF_8
AGENT: $ <BEAT>You know, sometimes a nice walk can help blow off steam and make you feel
better. </BEAT> $
ACTION: $ GO("HAF_END"); $

STATE: HAF_9
AGENT: $ <BEAT> No problem. </BEAT> $
ACTION: $ GO("HAF_END"); $

STATE: HAF_END
ACTION: $ POP(); $

```

---

## ***"HandleDisappointedFeeling" script***

```

//Entire net done in CONCERN

STATE: HandleDisappointedFeeling
AGENT: $ <BEAT><CONCERN/>How disappointed are you? </BEAT> $
USERMENU: I'm just a little disappointed. => $ GO("HDF_3"); $
           I'm pretty disappointed. => $ GO("HDF_2"); $
           I've rarely been this disappointed in my life. => $ GO("HDF_1"); $

STATE: HDF_1
AGENT: $ <BEAT>Wow, sounds like you're really discouraged about something. <INT_PAUSE
DUR="500"/> Is that right? </BEAT> $
REPEAT: $ <BEAT>Sounds like you're really discouraged about something. <INT_PAUSE DUR="500"/>
Is that right? </BEAT> $
USERMENU:   Yes, that's it. => $ GO("HDF_6"); $
           I'm not quite that disappointed. => $ GO("HDF_5"); $
           I'm more disappointed than that. => $ GO("HDF_4"); $

STATE: HDF_2
AGENT: $ <BEAT>Sounds like you had your hopes dashed. <INT_PAUSE DUR="500"/> Is that about
right? </BEAT> $
USERMENU:   Yes, that's it. => $ GO("HDF_6"); $
           I'm not quite that disappointed. => $ GO("HDF_5"); $
           I'm more disappointed than that. => $ GO("HDF_4"); $

STATE: HDF_3
AGENT: $ <BEAT>Sounds like you're just a little discouraged. <INT_PAUSE DUR="500"/> Is that
about right? </BEAT> $
USERMENU:   Yes, that's it. => $ GO("HDF_6"); $
           I'm not quite that disappointed. => $ GO("HDF_5"); $

```

```

        I'm more disappointed than that. => $ GO("HDF_6"); $

STATE: HDF_4
AGENT: $ <BEAT>I'm really sorry to hear that. Being in such turmoil can really keep you from
doing things
        you need to do. </BEAT> $
ACTION: $ GO("HDF_7"); $

STATE: HDF_5
AGENT: $ <BEAT>That's a relief. </BEAT> $
ACTION: $ GO("HDF_6"); $

STATE: HDF_6
AGENT: $ <BEAT>Sorry to hear that you're feeling disappointed. </BEAT> $
ACTION: $ GO("HDF_7"); $

STATE: HDF_7
AGENT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("HDF_8"); $
        No thanks. => $ GO("HDF_9"); $

STATE: HDF_8
AGENT: $ <BEAT>I know it helps some people feel better to get out and go for a walk,
especially with friends. </BEAT> $
ACTION: $ GO("HDF_END"); $

STATE: HDF_9
AGENT: $ <BEAT> No problem. </BEAT> $
ACTION: $ GO("HDF_END"); $

STATE: HDF_END
ACTION: $ POP(); $

```

---

## ***"HandleFrustratedFeeling" script***

```

//Entire net done in CONCERN

STATE: HandleFrustratedFeeling
AGENT: $ <BEAT><CONCERN/>How frustrated are you? </BEAT> $
USERMENU: I'm just a little frustrated. => $ GO("HFF_3"); $
        I'm pretty frustrated. => $ GO("HFF_2"); $
        I've rarely been this frustrated in my life. => $ GO("HFF_1"); $

STATE: HFF_1
AGENT: $ <BEAT>Wow, sounds like you're completely fed up with something. <INT_PAUSE
DUR="500"/> Is that right? </BEAT> $
REPEAT: $ <BEAT>Sounds like you're completely fed up with something. <INT_PAUSE DUR="500"/> Is
that right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HFF_6"); $
        I'm not quite that frustrated. => $ GO("HFF_5"); $
        I'm more frustrated than that. => $ GO("HFF_4"); $

STATE: HFF_2
AGENT: $ <BEAT>Sounds like you are pretty fed up with something. <INT_PAUSE DUR="500"/> Is
that about right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HFF_6"); $
        I'm not quite that frustrated. => $ GO("HFF_5"); $
        I'm more frustrated than that. => $ GO("HFF_4"); $

STATE: HFF_3
AGENT: $ <BEAT>Sounds like you're just a little disappointed. <INT_PAUSE DUR="500"/> Is that
about right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HFF_6"); $
        I'm not quite that frustrated. => $ GO("HFF_5"); $
        I'm more frustrated than that. => $ GO("HFF_6"); $

```

```

STATE: HFF_4
AGENT: $ <BEAT>I'm really sorry to hear that. Being in such turmoil can really keep you from
doing things
      you need to do. </BEAT> $
ACTION: $ GO("HFF_7"); $

STATE: HFF_5
AGENT: $ <BEAT>That's a relief. </BEAT> $
ACTION: $ GO("HFF_6"); $

STATE: HFF_6
AGENT: $ <BEAT>Sorry to hear that you're feeling frustrated. </BEAT> $
ACTION: $ GO("HFF_7"); $

STATE: HFF_7
AGENT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("HFF_8"); $
          No thanks. => $ GO("HFF_9"); $

STATE: HFF_8
AGENT: $ <BEAT>I know it helps some people feel better to get out and go for a walk,
especially with friends. </BEAT> $
ACTION: $ GO("HFF_END"); $

STATE: HFF_9
AGENT: $ <BEAT> No problem. </BEAT> $
ACTION: $ GO("HFF_END"); $

STATE: HFF_END
ACTION: $ POP(); $

```

---

## ***"HandleUpsetFeeling" script***

```

//Entire net done in CONCERN

STATE: HandleUpsetFeeling
AGENT: $ <BEAT><CONCERN/>How upset are you? </BEAT> $
USERMENU: I'm just a little upset. => $ GO("HUF_3"); $
          I'm pretty upset. => $ GO("HUF_2"); $
          I've rarely been this upset in my life. => $ GO("HUF_1"); $

STATE: HUF_1
AGENT: $ <BEAT>Wow, sounds like you're really agitated about something. <INT_PAUSE DUR="500"/>
Is that right? </BEAT> $
REPEAT: $ <BEAT>Sounds like you're really agitated about something. <INT_PAUSE DUR="500"/> Is
that right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HUF_6"); $
          I'm not quite that upset. => $ GO("HUF_5"); $
          I'm more upset than that. => $ GO("HUF_4"); $

STATE: HUF_2
AGENT: $ <BEAT>Sounds like you are pretty agitated. <INT_PAUSE DUR="500"/> Is that about
right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HUF_6"); $
          I'm not quite that upset. => $ GO("HUF_5"); $
          I'm more upset than that. => $ GO("HUF_4"); $

STATE: HUF_3
AGENT: $ <BEAT>Sounds like you're just a little uneasy. <INT_PAUSE DUR="500"/> Is that about
right? </BEAT> $
USERMENU: Yes, that's it. => $ GO("HUF_6"); $
          I'm not quite that upset. => $ GO("HUF_5"); $
          I'm more upset than that. => $ GO("HUF_6"); $

STATE: HUF_4
AGENT: $ <BEAT>I'm really sorry to hear that. Being in such turmoil can really keep you from
doing things

```

```

        you need to do. </BEAT> $
ACTION: $ GO("HUF_7"); $

STATE: HUF_5
AGENT: $ <BEAT>That's a relief. </BEAT> $
ACTION: $ GO("HUF_6"); $

STATE: HUF_6
AGENT: $ <BEAT>Sorry to hear that you're feeling upset. </BEAT> $
ACTION: $ GO("HUF_7"); $

STATE: HUF_7
AGENT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("HUF_8"); $
          No thanks. => $ GO("HUF_9"); $

STATE: HUF_8
AGENT: $ <BEAT>I know it helps some people feel better to get out and go for a walk,
especially with friends. </BEAT> $
ACTION: $ GO("HUF_END"); $

STATE: HUF_9
AGENT: $ <BEAT> No problem. </BEAT> $
ACTION: $ GO("HUF_END"); $

STATE: HUF_END
ACTION: $ POP(); $

```

---

## **"MotivateDuration" script**

```

STATE: MotivateDuration
AGENT_REL: $ <BEAT><NEUTRAL/>Why don't you think you can walk for =|GET("GOAL_TIME")|=
minutes? </BEAT> $
          $ <BEAT><NEUTRAL/>Why can't you walk for =|GET("GOAL_TIME")|= minutes? </BEAT> $
AGENT_NREL: $ <BEAT><NEUTRAL/>May I ask why you don't think you can walk for
=|GET("GOAL_TIME")|= minutes? </BEAT> $
          $ <BEAT><NEUTRAL/>Could you tell me why you don't think you can walk for
=|GET("GOAL_TIME")|= minutes? </BEAT> $
USERMENU: I don't have the time. => $ SET("CURRENT_OBSTACLE","TIME");
PUSH("ObstacleTalk","MD_2"); $
          I don't feel like it. => $ SET("CURRENT_OBSTACLE","MOTIVATION");
PUSH("ObstacleTalk","MD_2"); $
          I don't want to walk by myself. => $ SET("CURRENT_OBSTACLE", "ALONE");
PUSH("ObstacleTalk","MD_2"); $
          It's boring. => $ SET("CURRENT_OBSTACLE","BORED"); PUSH("ObstacleTalk","MD_2");
$
          I'm too stressed out. => $ SET("CURRENT_OBSTACLE","STRESS");
PUSH("ObstacleTalk","MD_2"); $
          The weather is terrible. => $ SET("CURRENT_OBSTACLE","WEATHER");
PUSH("ObstacleTalk","MD_2"); $
          I don't feel well.; I hurt myself. => $ GO("MD_5"); $

STATE: MD_2
AGENT: $ <BEAT>Are you sure you can't walk for =|GET("GOAL_TIME")|= minutes
=|GET("NEXT_EXERCISE_DAY")|= ? </BEAT> $
USERMENU: OK, I'll do the recommended time.; OK, I'll try. => $
SET("COMMITMENT_TIME",GET("GOAL_TIME")); GO("MD_4"); $
          No, I just can't do it. => $ GO("MD_3"); $

STATE: MD_3
AGENT: $ <BEAT>What do you think you can do? </BEAT> $
          $ <BEAT>How long do you think you can walk for? </BEAT> $
USERMENU: more than 30 minutes => $ SET("COMMITMENT_TIME", "35"); GO("MD_4"); $
          30 minutes => $ SET("COMMITMENT_TIME", "30"); GO("MD_4"); $
          25 minutes => $ SET("COMMITMENT_TIME", "25"); GO("MD_4"); $
          20 minutes => $ SET("COMMITMENT_TIME", "20"); GO("MD_4"); $
          15 minutes => $ SET("COMMITMENT_TIME", "15"); GO("MD_4"); $

```

```

10 minutes => $ SET("COMMITMENT_TIME", "10"); GO("MD_4"); $
less than 10 minutes => $ SET("COMMITMENT_TIME", "5"); GO("MD_4"); $

STATE: MD_4
AGENT: $ <BEAT>OK, so you're going to walk for =|GET("COMMITMENT_TIME")|= minutes
=|GET("NEXT_EXERCISE_DAY")|= ? </BEAT> $
REPEAT: $ <BEAT>You're going to walk for =|GET("COMMITMENT_TIME")|= minutes
=|GET("NEXT_EXERCISE_DAY")|= ? </BEAT> $
USERMENU: Yes, that's right => $ GO("MD_END"); $
No, that's not right. => $ GO("MD_3"); $

STATE: MD_5
AGENT_REL: $ <BEAT><CONCERN/><INT_PITCH_FREQ="150"/><INT_SPEED_WPM="140"/>Sorry to hear that.
Take care of yourself. <NEUTRAL/></BEAT> $
AGENT_NREL: $ <BEAT> OK. </BEAT> $
ACTION: $ SET("COMMITMENT_TIME", ""); GO("MD_END"); $

STATE: MD_END
ACTION: $ POP(); $

```

---

## **"MotivateToExercise" script**

```

//Return value in CURRENT_RETURN: TRUE if S agreed to exercise, false otherwise.

STATE: MotivateToExercise
AGENT_REL: $ <BEAT><NEUTRAL/>Why don't you think you can exercise ? </BEAT> $
$ <BEAT><NEUTRAL/>Why can't you exercise ? </BEAT> $
AGENT_NREL: $ <BEAT><NEUTRAL/>May I ask why you don't think you can exercise ? </BEAT> $
$ <BEAT><NEUTRAL/>Could you tell me why you don't think you can exercise ? </BEAT> $

USERMENU: I don't have the time. => $ SET("CURRENT_OBSTACLE", "TIME"); $
PUSH("ObstacleTalk", "ME_2"); $
I don't feel like it. => $ SET("CURRENT_OBSTACLE", "MOTIVATION"); $
PUSH("ObstacleTalk", "ME_2"); $
I don't want to walk by myself. => $ SET("CURRENT_OBSTACLE", "ALONE"); $
PUSH("ObstacleTalk", "ME_2"); $
It's boring. => $ SET("CURRENT_OBSTACLE", "BORED"); PUSH("ObstacleTalk", "ME_2"); $
$
I'm too stressed out. => $ SET("CURRENT_OBSTACLE", "STRESS"); $
PUSH("ObstacleTalk", "ME_2"); $
The weather is terrible. => $ SET("CURRENT_OBSTACLE", "WEATHER"); $
PUSH("ObstacleTalk", "ME_2"); $
I don't feel well.; I hurt myself. => $ GO("ME_3"); $

STATE: ME_2 //dramatic pause
AGENT: $ <BEAT><ENCOURAGE/>So.<INT_PAUSE DUR="500"/></BEAT> $
ACTION: $ GO("ME_4"); $

STATE: ME_4
AGENT: $ <BEAT>Are you sure you can't get a little exercise in?
The important thing is just to keep in the hab it. </BEAT> $
$ <BEAT>Are you sure you can't do some exercise? Even something like a short walk?
</BEAT> $
USERMENU: Well, OK. => $ SET("CURRENT_RETURN", "TRUE"); GO("ME_END"); $
No way. => $ SET("CURRENT_RETURN", "FALSE"); GO("ME_END"); $

STATE: ME_3
AGENT_REL: $ <BEAT><INT_PITCH_FREQ="150"/><INT_SPEED_WPM="140"/>Sorry to hear that. Take care
of yourself. </BEAT> $
AGENT_NREL: $ <BEAT> OK. </BEAT> $
ACTION: $ SET("CURRENT_RETURN", "FALSE"); GO("ME_END"); $

STATE: ME_END
ACTION: $ POP(); $

```

---

## "MotivateToWalk" script

```
//Return value in CURRENT_RETURN: TRUE if S agreed to exercise, false otherwise.

STATE: MotivateToWalk
AGENT_REL: $ <BEAT><NEUTRAL/> Why don't you think you can walk? </BEAT> $
    $ <BEAT><NEUTRAL/> Why can't you go for a walk? </BEAT> $
AGENT_NREL: $ <BEAT><NEUTRAL/> May I ask why you don't think you can walk? </BEAT> $
    $ <BEAT><NEUTRAL/> Could you tell me why you can't go for a walk? </BEAT> $
USERMENU: I don't have the time. => $ SET("CURRENT_OBSTACLE","TIME"); GO("MW_1"); $
    I don't feel like it. => $ SET("CURRENT_OBSTACLE","MOTIVATION"); GO("MW_1"); $
    I don't want to walk by myself. => $ SET("CURRENT_OBSTACLE","ALONE"); GO("MW_1"); $
    It's boring. => $ SET("CURRENT_OBSTACLE","BORED"); GO("MW_1"); $
    I'm too stressed out. => $ SET("CURRENT_OBSTACLE","STRESS"); GO("MW_1"); $
    The weather is terrible. => $ SET("CURRENT_OBSTACLE","WEATHER"); GO("MW_1"); $
    I don't feel well. => $ GO("MW_3"); $
    I hurt myself. => $ GO("MW_3"); $

STATE: MW_1
ACTION: $ PUSH("ObstacleTalk", "MW_2");$

STATE: MW_3
AGENT: $ <BEAT> I see. </BEAT> $
ACTION: $ SET("CURRENT_RETURN","FALSE"); if(ISREL()) GO("MW_5"); else GO("MW_END"); $

STATE: MW_5
AGENT: $ <BEAT> <INT_PITCH FREQ="150"/><INT_SPEED WPM="140"/>I'm sorry to hear that. Do take
care of yourself, okay? <NEUTRAL/> </BEAT> $
REPEAT: $ <BEAT><INT_PITCH FREQ="150"/><INT_SPEED WPM="140"/>Please take care of yourself?
<NEUTRAL/> </BEAT> $
ACTION: $ GO("MW_END"); $

STATE: MW_2
AGENT: $ <BEAT> Are you sure you cant get even a ten minute walk in? </BEAT> $
USERMENU: Well, OK.; I'll try. => $ SET("CURRENT_RETURN","TRUE"); GO("MW_4");$
    No, I really don't think so. => $ SET("CURRENT_RETURN","FALSE"); GO("MW_6"); $

STATE: MW_4
AGENT: $ <BEAT> That's great. I'm glad. </BEAT> $ // thumbs up
ACTION: $ GO("MW_END"); $

STATE: MW_6
AGENT_REL: $ <BEAT> OK. I trust you to make the right decision. </BEAT> $
AGENT_NREL: $ <BEAT>OK. </BEAT> $
ACTION: $ GO("MW_END"); $

STATE: MW_END
ACTION: $ POP(); $
```

---

## "NewFeeling" script

```
STATE: NewFeeling
AGENT: $ <BEAT><CONCERN/> Did something make you upset? </BEAT> $
USERMENU: I'm upset about something someone did. => $ PUSH("NewPersonFeeling", "NF_END"); $
    I'm just upset. => $ GO("NF_1"); $
    I'd rather not talk about it now. => $ GO("NF_2"); $

STATE: NF_1
AGENT: $ <BEAT> Can you be more specific? </BEAT> $
USERMENU: I'm frustrated. => $ SET_SESSION("FEELING", "FRUSTRATED");
PUSH("HandleFrustratedFeeling","NF_3"); $
    I'm disappointed. => $ SET_SESSION("FEELING", "DISAPPOINTED");
PUSH("HandleDisappointedFeeling","NF_3"); $
    I'm sad. => $ SET_SESSION("FEELING","SAD"); PUSH("NewFeelingDown","NF_3"); $
```

```

        I'm angry. => $ SET_SESSION("FEELING","ANGRY"); PUSH("HandleAngryFeeling","NF_3");
$
        No, I'm just upset. => $ SET_SESSION("FEELING", "UPSET");
PUSH("HandleUpsetFeeling","NF_3"); $

STATE: NF_2
AGENT: $ <BEAT> Okay, that's fine. I understand. </BEAT> $
        $ <BEAT> No problem. </BEAT> $
        $ <BEAT> That's OK. </BEAT> $
ACTION: $ GO("NF_END"); $

STATE: NF_3
AGENT: $ <BEAT>Well, Thank you for letting me know how you feel. I'm always here to listen.
</BEAT> $
        $ <BEAT>Well, thanks for sharing your feelings. It helps us to work together better
when I know how you are doing. </BEAT> $
        $ <BEAT>Well, thanks for talking with me about how you're doing. I'm glad we can work
together like this. </BEAT> $
REPEAT: $ <BEAT>Thanks. It's good to talk like this. </BEAT> $
ACTION: $ GO("NF_END"); $

STATE: NF_END
ACTION: $ POP(); $

```

---

## ***"NewFeelingDown" script***

```

STATE: NewFeelingDown
AGENT: $ <BEAT> <CONCERN/>Really? In what way are you feeling down? </BEAT> $
REPEAT: $ <BEAT> How are you feeling, exactly? </BEAT> $
USERMENU: I'm just feeling a little down. => $ GO("ND_2"); $
        I'm feeling pretty sad. => $ GO("ND_3"); $
        I'm really in the dumps. => $ GO("ND_1");$

STATE: ND_2
AGENT: $ <BEAT>Sounds like you're a bit in the dumps. Hopefully not for long. </BEAT> $
ACTION: $ GO("ND_END"); $

STATE: ND_3
AGENT: $ <BEAT>Sorry to hear that. It's lousy to feel so down, especially if you have a lot to
do and want to succeed.
        I hope you feel better soon. </BEAT> $
ACTION: $ GO("ND_END"); $

STATE: ND_1
AGENT: $ <BEAT>Why do you think you're feeling this way? </BEAT> $
USERMENU: Something pretty bad just happened.; I didn't do as well as I wanted to on
something. => $ GO("ND_3"); $
        I don't know.; I usually feel this way. => $ GO("ND_7"); $

STATE: ND_4
AGENT: $ <BEAT>This sounds serious, and I'm not qualified to make a medical diagnosis, like
depression.
        Have you talked to someone else about how you're feeling? </BEAT> $
USERMENU: Yes. => $ GO("ND_6"); $
        I will soon. => $ GO("ND_5"); $
        No. => $ GO("ND_8"); $
        I don't think it's that bad. => $ GO("ND_3"); $

STATE: ND_5
AGENT: $ =|CONTENT(-1)|= <BEAT>That's good. Here is information about where
you can go to get help. I'm going to check in with you tomorrow,
so please remember to log in. </BEAT> $
ACTION: $

```

```

ALERT("ND_5: DEPRESSION, 1st case, will see someone. CHECK IN 24 HRS");
SET("DOWNTYPE", "SERIOUS");
    SET("DOWNHELP", "WILLGET");
GO("ND_END"); $

STATE: ND_6
AGENT: $ <BEAT>That's good. You know, studies show that exercise can also help you feel
better. </BEAT> $
ACTION: $ ALERT("ND_6: DEPRESSION, 1st case, has talked to someone.");
    SET("DOWNTYPE", "SERIOUS");
    SET("DOWNHELP", "DIDGET");
GO("ND_END"); $

STATE: ND_7
AGENT: $ <BEAT>Sounds like you might be depressed. </BEAT> $
USERMENU: Not quite depressed. => $ GO("ND_3"); $
    Yes.; Worse than that. => $ GO("ND_4"); $

STATE: ND_8
AGENT: $ =|CONTENT(-1)|= <BEAT>Sometimes when you're feeling really down, it can seem
    like you are all alone and nobody can understand how
        you feel or help you. But it's not so uncommon for people to feel so down, and
there are people with the
        training and experience to help you. It is very important that you get help
right away because depression
        is a serious illness that can get much worse if it is not treated. </BEAT> $
ACTION: $ GO("ND_8B"); $ //emergency page

STATE: ND_8B
AGENT: $ <BEAT> Here is a list of people to contact. Can you do me a favor and talk to one of
them today? </BEAT> $
REPEAT: $ <BEAT> Can contact one of these people today? </BEAT> $
USERMENU: OK. => $ SET("DOWNTYPE", "SERIOUS"); GO("ND_9"); $
    I don't think so. => $ SET("DOWNTYPE", "SERIOUS"); GO("ND_10"); $

STATE: ND_9
AGENT: $ <BEAT>Great. I'm going to check in with you tomorrow, so please remember to log in.
</BEAT> $
ACTION: $ SET("DOWNHELP", "WILLGET");
    ALERT("ND_9: DEPRESSION, 1st case, will call someone. CHECK IN 24 HRS.");
GO("ND_END"); $

STATE: ND_10
AGENT: $ <BEAT>I'm afraid if you don't get help, I'm going to have Fit Track drop you from the
study.
    Are you sure you won't talk to someone about this? Even a friend or a room
mate? </BEAT> $
REPEAT: $ <BEAT>Can't you talk to someone about this? </BEAT> $
USERMENU: OK. => $ GO("ND_9"); $
    I don't think so. => $ GO("ND_11"); $

STATE: ND_11
AGENT: $ <BEAT>OK. I'm going to have someone call you in the next day to talk about this.
</BEAT> $
ACTION: $ ALERT("ND_11: DEPRESSION 1st case. Has not and will not talk to anyone. MUST
CALL."); GO("ND_END"); $

STATE: ND_END
AGENT: $ <BEAT>Thank you for letting me know how you feel. Remember, I'm always here to
listen. </BEAT> $
    $ <BEAT>Well, thanks for sharing your feelings with me. It helps me to work with you
better if I know how you are doing. </BEAT> $
    $ <BEAT>Well, I appreciate you telling me how you're doing. It's good that we can work
together like this. </BEAT> $
ACTION: $ POP(); $

```

---

## "NewIllness" script

```
STATE: NewIllness
AGENT: $ <BEAT><CONCERN/> I'm sorry you're sick. What do you think is wrong? </BEAT> $
USERMENU: I have a cold.; I have the flu => $
          SET_SESSION("ILLNESSTYPE", "COLDORFLU"); GO("NI_8");$
          Something else. => $ GO("NI_1"); $

STATE: NI_1
AGENT: $ <BEAT> Really? Can you tell me about it? </BEAT> $
REPEAT: $ <BEAT> Can you tell me about it? </BEAT> $
USERTEXT: I think it's: => $ GO("NI_2"); $

STATE: NI_2
AGENT: $ <BEAT> You must be feeling miserable. Have you been to see
      =| (GET_EQ("MIT_COMMUNITY", "TRUE") ?
          "someone at MIT Medical?" :
          "a doctor?") |=
      </BEAT> $
REPEAT: $ <BEAT> Have you been to see
      =| (GET_EQ("MIT_COMMUNITY", "TRUE") ?
          "someone at MIT Medical?" :
          "a doctor?") |=
      </BEAT> $
USERMENU: Yes.; I plan to. => $ GO("NI_3");$
          No. => $ GO("NI_4"); $

STATE: NI_3
AGENT: $ <BEAT> That's good. It can make you feel better just seeing a health
      professional about a problem. </BEAT> $
ACTION: $ GO("NI_5");$

STATE: NI_4
AGENT: $ <BEAT>I understand. Sometimes you think you can just get over it, or just don't like
      going to the doctor. You might want to give it some thought, though. Sometimes
      you can feel better just knowing you've done what you could.</BEAT> $
ACTION: $ GO("NI_5");$

STATE: NI_5
AGENT: $ <BEAT>Do you think this illness might affect your ability to exercise? </BEAT> $
USERMENU: No, I'm OK to exercise. => $ GO("NI_6"); $
          I think it might.; Definitely. => $ GO("NI_7"); $

STATE: NI_6
AGENT: $ <BEAT> That's great. If you want, you can take it easy and just go for
      short walks for a while. </BEAT> $
ACTION: $ GO("NI_END"); $

STATE: NI_7
AGENT: $ <BEAT> I'm sorry to hear that. As soon as you feel well enough, you might try to
      get out for a short walk. The fresh air will do you good, and it
      will help you to stay in the hab it.</BEAT> $
ACTION: $ GO("NI_END");$

STATE: NI_8
ACTION: $ if(EXISTS_SESSION("ILLNESSTYPE", "COLDORFLU") != -1)
          GO("NI_9");
          else
          GO("NI_2"); $

STATE: NI_9
AGENT: $ <BEAT>Oh, dear, not again! It seems like you just got over the last one. </BEAT> $
ACTION: $ GO("NI_2");$

STATE: NI_END
ACTION: $ POP();$
```

---

## "NewInjury" script

```
STATE: NewInjury
AGENT: $ <BEAT><CONCERN/> Did you hurt yourself exercising? </BEAT> $
USERMENU: I'm afraid so. => $ GO("NJ_1"); $
          No. => $ GO("NJ_2"); $

STATE: NJ_1
AGENT: $ <BEAT>Don't forget to notify the fit track office about your injury.
        Please send them an email when we finish. </BEAT> $
ACTION: $ ALERT("Reported exercise induced injury."); GO("NJ_2"); $

STATE: NJ_2
AGENT: $ <BEAT> What happened? </BEAT> $
REPEAT: $ <BEAT> What kind of injury do you have?</BEAT> $
USERMENU: I twisted my ankle.; I fell down.; I think I broke something.    => $ GO("NJ_11"); $
          Something else. => $ GO("NJ_3"); $

STATE: NJ_3
AGENT: $ <BEAT>Tell me about it. </BEAT> $
USERTEXT: Please describe your injury. => $ SET_SESSION("INJURY_TYPE",GETTEXT());
GO("NJ_11"); $

STATE: NJ_11
AGENT: $ <BEAT> That stinks. How did that make you feel? </BEAT> $
REPEAT: $ <BEAT> How did you feel? </BEAT> $
USERMENU: Disappointed. => $ GO("NJ_13"); $
          Frustrated.; Angry.; => $ GO("NJ_14"); $
          Sad. => $ GO("NJ_15"); $
          It hurt. => $ GO("NJ_16"); $
          It's no big deal. => $ GO("NJ_12"); $

STATE: NJ_12
AGENT: $ <BEAT>That's good. </BEAT> $
ACTION: $ GO("NJ_5"); $

STATE: NJ_13
AGENT: $ <BEAT>Having an injury can have a real impact on your plans. </BEAT> $
ACTION: $ GO("NJ_5"); $

STATE: NJ_14
AGENT: $ <BEAT>Having an injury can be infuriating sometimes if it gets in the way of your
plans. </BEAT> $
ACTION: $ GO("NJ_5"); $

STATE: NJ_15
AGENT: $ <BEAT>Having an injury can really make you disappointed if it keeps you
        from doing the things you want. </BEAT> $
ACTION: $ GO("NJ_5"); $

STATE: NJ_16
AGENT: $ <BEAT>I'm sorry to hear that it was so painful. </BEAT> $
ACTION: $ GO("NJ_5"); $

STATE: NJ_5
AGENT: $ <BEAT>Have you been to see =|""+(GET_EQ("MIT_COMMUNITY","TRUE"))?"someone at MIT
medical":"a doctor")|= ? </BEAT> $
USERMENU: Yes.; I plan to. => $ GO("NJ_6"); $
          No. => $ GO("NJ_7"); $

STATE: NJ_6
AGENT: $ <BEAT>That's good. It can make you feel better just seeing a health professional
about a problem. </BEAT> $
ACTION: $ GO("NJ_8"); $
```

```

STATE: NJ_7
AGENT: $ <BEAT>I understand, sometimes you think you can just get over it, or just don't like
going to the doctor.
        You might want to give it some thought, though. </BEAT> $
ACTION: $ GO("NJ_8"); $

STATE: NJ_8
AGENT: $ <BEAT> Do you think this might effect your ability to exercise? </BEAT> $
USERMENU:  No, I'm OK. => $ GO("NJ_9"); $
        I'm afraid so. => $ GO("NJ_10"); $

STATE: NJ_9
AGENT: $ <BEAT>That's great. You can take it easy and just go for short walks for awhile if
you want to. </BEAT> $
ACTION: $ GO("NJ_END"); $

STATE: NJ_10
AGENT: $ <BEAT>Sorry to hear that. As soon as you feel well enough, you might try to get out
and go for a short walk,
        just to stay in the hab it. </BEAT> $
ACTION: $ GO("NJ_END"); $

STATE: NJ_END
ACTION: $ POP(); $

```

---

## ***"NewPersonFeeling" script***

```

STATE: NewPersonFeeling
AGENT: $ <BEAT><CONCERN/> Who <INT_EMPHASIS/>was it? </BEAT> $
REPEAT: $ <BEAT><CONCERN/> <INT_EMPHASIS/>Who upset you? </BEAT> $
USERTEXT:  It was: => $ String feelingPerson=FILTERNAME(GETTEXT());
        if(!feelingPerson.equals("NOTCHECKED")) {
            int personDidThisOn=EXISTS_SESSION("FEELING_PERSON",feelingPerson);
            if(personDidThisOn!=-1)
                SET("CURRENT_FPPREVIOUSDATE",REFER_SESSION(personDidThisOn));
            SET_SESSION("FEELING_PERSON",feelingPerson);
        };
        if(!feelingPerson.equals("NOTCHECKED")) GO("NPF_1B");
        else GO("NPF_1"); $

STATE: NPF_1
AGENT: $ <BEAT> What did they do? </BEAT> $
USERTEXT:  They: => $ GO("NPF_2"); $

STATE: NPF_1B
AGENT: $ <BEAT> What did =|GET_SESSION("FEELING_PERSON")|= do? </BEAT> $
USERTEXT:  They: => $ GO("NPF_2"); $

STATE: NPF_2
AGENT: $ <BEAT> How did that make you feel? </BEAT> $
USERMENU:  It made me angry. => $ GO("NPF_3"); $
        It made me frustrated. => $ GO("NPF_7"); $
        It made me sad. => $ GO("NPF_9"); $
        It just made me upset. => $ GO("NPF_5"); $

STATE: NPF_3
AGENT: $ <BEAT><CONCERN/>Sounds like they made you feel pretty distressed, is that right?
</BEAT> $
USERMENU:  Yep. => $ if(!UNDEFINED(GET("CURRENT_FPPREVIOUSDATE")))
        GO("NPF_14");
        else
        GO("NPF_4"); $
        No, that's not right. => $ PUSH("HandleAngryFeeling","NPF_END"); $

STATE: NPF_14

```

```

AGENT: $ <BEAT> Not again? Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT>
$
REPEAT: $ <BEAT> Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT> $
USERMENU: Yes, it did. ;
          No, that was something completely different. ;
          I don't know what you're talking about. => $ GO("NPF_4"); $

STATE: NPF_4
AGENT: $ <BEAT>Sorry to hear that you're feeling angry. Can I offer a suggestion? </BEAT> $
REPEAT: $ <BEAT>Can suggest something? </BEAT> $
USERMENU: Sure. => $ GO("NPF_17"); $
          No thanks. => $ GO("NPF_END"); $

STATE: NPF_9
AGENT: $ <BEAT><CONCERN/>Sounds like they made you feel pretty down, is that right? </BEAT> $
USERMENU: Yep. => $ if(!UNDEFINED(GET("CURRENT_FPPREVIOUSDATE")))
          GO("NPF_15");
          else
          GO("NPF_10"); $
          No, that's not right. => $ PUSH("NewFeelingDown","NPF_END"); $

STATE: NPF_15
AGENT: $ <BEAT> Not again? Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT>
$
USERMENU: Yes, it did. ;
          No, that was something completely different. ;
          I don't know what you're talking about. => $ GO("NPF_10"); $

STATE: NPF_10
AGENT: $ <BEAT>Sorry to hear that you're feeling sad. Can I offer a suggestion? </BEAT> $
REPEAT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("NPF_18"); $
          No thanks. => $ GO("NPF_END"); $

STATE: NPF_7
AGENT: $ <BEAT><CONCERN/>Sounds like they really got in your way, is that right? </BEAT> $
USERMENU: Yep. => $ if(!UNDEFINED(GET("CURRENT_FPPREVIOUSDATE")))
          GO("NPF_16");
          else
          GO("NPF_8"); $
          No, that's not right. => $ PUSH("HandleFrustratedFeeling","NPF_END"); $

STATE: NPF_16
AGENT: $ <BEAT> Not again? Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT>
$
REPEAT: $ <BEAT> Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT> $
USERMENU: Yes, it did. ;
          No, that was something completely different. ;
          I don't know what you're talking about. => $ GO("NPF_8"); $

STATE: NPF_8
AGENT: $ <BEAT>Sorry to hear that you're feeling frustrated. Can I offer a suggestion? </BEAT>
$
REPEAT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("NPF_17"); $
          No thanks. => $ GO("NPF_END"); $

STATE: NPF_5
AGENT: $ <BEAT><CONCERN/>Sounds like they made you feel pretty distressed, is that right?
</BEAT> $
USERMENU: Yep. => $ if(!UNDEFINED(GET("CURRENT_FPPREVIOUSDATE")))
          GO("NPF_13");
          else
          GO("NPF_6"); $
          No, that's not right. => $ PUSH("HandleUpsetFeeling","NPF_END"); $

STATE: NPF_13
AGENT: $ <BEAT> Not again? Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT>
$

```

```

REPEAT: $ <BEAT> Didn't this just happen =|GET("CURRENT_FPPREVIOUSDATE")|= ?</BEAT> $
USERMENU: Yes, it did. ;
          No, that was something completely different. ;
          I don't know what you're talking about. => $ GO("NPF_6"); $

STATE: NPF_6
AGENT: $ <BEAT>Sorry to hear that you're feeling upset. Can I offer a suggestion? </BEAT> $
REPEAT: $ <BEAT>
Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("NPF_18"); $
          No thanks. => $ GO("NPF_END"); $

STATE: NPF_17
AGENT: $ <BEAT><ENCOURAGE/>Y'know, sometimes a nice walk can help blow off steam and make you
feel better. </BEAT> $
ACTION: $ GO("NPF_END"); $

STATE: NPF_18
AGENT: $ <BEAT><ENCOURAGE/>I know it helps some people to get out and go for a walk,
especially with friends. </BEAT> $
          $ <BEAT><ENCOURAGE/>If you take a little break, maybe even go for a walk, you might
feel better. </BEAT> $
          $ <BEAT><ENCOURAGE/>You might try going for a brief walk to cheer you up a little.
</BEAT> $
ACTION: $ GO("NPF_END"); $

STATE: NPF_END
AGENT: $ <BEAT><NEUTRAL/>OK.</BEAT> $
ACTION: $ POP(); $

```

---

## ***"NewStressed" script***

```

STATE: NewStressed
AGENT: $ <BEAT><CONCERN/>Really? How stressed are you feeling? </BEAT> $
REPEAT: $ <BEAT><CONCERN/>How stressed are you feeling? </BEAT> $
USERMENU: Just a little. => $ GO("NS_3"); $
          Pretty stressed. => $ GO("NS_2"); $
          Really STRESSED OUT. => $ GO("NS_1"); $

STATE: NS_1
AGENT: $ <BEAT>Wow. Sounds like you're having a really hard time. Can I offer a suggestion?
</BEAT> $
REPEAT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: OK. => $ GO("NS_4"); $
          No thanks. => $ GO("NS_5"); $

STATE: NS_2
AGENT: $ <BEAT>Sounds like you're having a pretty hard time. I hope things get better. Can I
offer a suggestion? </BEAT> $
REPEAT: $ <BEAT>Can I offer a suggestion? </BEAT> $
USERMENU: Sure. => $ GO("NS_4"); $
          No thanks. => $ GO("NS_5"); $

STATE: NS_3
AGENT: $ <BEAT>Sounds like things are picking up. Hopefully it will get better soon. </BEAT> $
REPEAT: $ <BEAT>Sounds like things are picking up. </BEAT> $
ACTION: $ GO("NS_END"); $

STATE: NS_4
AGENT: $ =|CONTENT(29)|= <BEAT>A little exercise can help walk off some of the stress. </BEAT>
<DELAY MS="500"/> $
          $ =|CONTENT(29)|= <BEAT>You know, exercise can be a great stress reliever. </BEAT>
<DELAY MS="500"/> $
ACTION: $ GO("NS_END"); $ //Info on walking away stress.

STATE: NS_5

```

```
AGENT: $ <BEAT>No problem. </BEAT> $
ACTION: $ GO("NS_END"); $
```

```
STATE: NS_END
ACTION: $ POP(); $
```

---

## **"NewTired" script**

```
STATE: NewTired
AGENT: $ <BEAT><CONCERN/><INT_EMPHASIS/>How tired are you feeling? </BEAT> $
USERMENU: I'm OK.; I'm just a little tired. => $ GO("NT_2"); $
          I'm pretty beat.; I'm exhausted. => $ GO("NT_1"); $

STATE: NT_1
AGENT: $ <BEAT> Good grief, I don't want you to get sick. Can you get some rest soon? </BEAT> $
$
$ <BEAT> That doesn't sound good. Can you get some rest? </BEAT> $
$ <BEAT> You need to take care of yourself. Can you get some rest soon? </BEAT> $
$ <BEAT> oh you poor thing. Can you get some rest soon? </BEAT> $
USERMENU: I think so. => $ GO("NT_4"); $
          Probably not. => $ GO("NT_3"); $

STATE: NT_2
AGENT: $ <BEAT>So you can still walk, right? </BEAT> $
REPEAT: $ <BEAT>You can still walk, right? </BEAT> $
USERMENU: Sure.; I think so. => $ GO("NT_6"); $
          Not a step. => $ GO("NT_5"); $

STATE: NT_3
AGENT: $ <BEAT> Oh dear. Please try to get some rest soon. Your health should come before
          your work and other activities. </BEAT> $
ACTION: $ GO("NT_END"); $

STATE: NT_4
AGENT: $ <BEAT>That's great. I hope you come back feeling refreshed. </BEAT> $
ACTION: $ GO("NT_END"); $

STATE: NT_5
AGENT: $ <BEAT>You're joking right?</BEAT> $
USERMENU: Of course :) => $ GO("NT_6"); $
          No, really, I can't move. => $ GO("NT_7"); $

STATE: NT_6
AGENT: $ <BEAT>That's a relief. Please get some rest. It's so important to take care of
          yourself. </BEAT> $
ACTION: $ GO("NT_END"); $

STATE: NT_7
AGENT: $ <BEAT> Really? You must be exhausted. Please get some rest. It's so important to take
          care of yourself. </BEAT> $
ACTION: $ GO("NT_END"); $

STATE: NT_END
ACTION: $ POP(); $
```

---

## **"ObstacleTalk" script**

```
STATE: ObstacleTalk
ACTION:
$
  if (PICK(2) == 0) {
    SET("CURRENT_STORY", GETSTORY(GET("CURRENT_OBSTACLE")));
```

```

        PUSH("TellStory", "OT_END");
    }
    else {
        SET("CURRENT_COUNTERARGUMENT", GETCOUNTER(GET("CURRENT_OBSTACLE")));
        PUSH("OfferCounterArgument", "OT_END");
    }
}
$
    //tbd - 2nd clause SET("currentCounterArgument", PICK_VAR("allCounterArguments"));

STATE: OT_END
ACTION: $ POP(); $

```

---

## **"OfferCounterArgument" script**

```

//Assume 'currentCounterArgument' is set

STATE: OfferCounterArgument
ACTION: $ int tellings=COUNT_SESSION("COUNTERARGUMENTS_TOLD", GET("CURRENT_COUNTERARGUMENT"));
        if(!ISREL() || tellings<=0)
            GO("OCA_1");
        else
            GO("OCA_2");
        $

STATE: OCA_2
AGENT: $ <BEAT>I know I've told you this before. But,</BEAT> $
        $ <BEAT>We talked about this
        =|REFER_SESSION(EXISTS_SESSION("COUNTERARGUMENTS_TOLD", GET("CURRENT_COUNTERARGUMENT")))|= .
        </BEAT> $
ACTION: $ GO("OCA_1"); $

STATE: OCA_1
AGENT: $ <BEAT>Here's something to think about, then.</BEAT> $
        $ <BEAT>Here's something you might consider. </BEAT> $
        $ <BEAT>Well, how about this, then. </BEAT> $
        $ <BEAT>Well, here's an idea for you. </BEAT> $
        $ <BEAT>You're not the only one with that problem. </BEAT> $
        $ <BEAT>That's understandable. </BEAT> $
ACTION: $ SET_SESSION("COUNTERARGUMENTS_TOLD", GET("CURRENT_COUNTERARGUMENT"));
        GO("OCA_"+GET("CURRENT_COUNTERARGUMENT").trim().toUpperCase()); $

//-----

STATE: OCA_COUNTER_TIME_3
AGENT: $ <BEAT>I know a lot of people think they should
        =|(""+(GET_EQ("OCCUPATION", "STUDENT")?"study":"work"))|=
        rather than exercise,
        but y'know, a little exercise can clear your head and actually make
        you more productive. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_TIME_4
AGENT: $ <BEAT> If you find yourself thinking that you should
        =|(""+(GET_EQ("OCCUPATION", "STUDENT")?"study":"work"))|=
        rather than exercise,
        you should tell yourself that a little exercise will clear your head and make
        you more productive.</BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_TIME_1
AGENT: $ <BEAT> I know a lot of people think that they just don't have the time to exercise,
        but they find
        that if they make themselves a priority, and schedule exercise in their calendar
        first, that they
        can fit the rest of their lives around it.</BEAT> $
ACTION: $ GO("OCA_END"); $

```

STATE: OCA\_COUNTER\_TIME\_2  
AGENT: \$ <BEAT> If you find yourself thinking that you just don't have the time to exercise,  
you should just tell yourself that you need to make yourself a priority, and  
schedule  
exercise in your calendar first. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_MOTIVATION\_1  
AGENT: \$ <BEAT> I know a lot of people think that they just can't get motivated to exercise,  
but  
find that if they just take the first step, like putting on their running  
shoes, or  
walking to the gym, before deciding to exercise, that it is a lot easier to get going.  
</BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_MOTIVATION\_2  
AGENT: \$ <BEAT> I know a lot of people think that they just can't get motivated to exercise,  
but  
find that if they promise themselves something, like a movie or a treat, after  
they have  
exercised, that it makes it a lot easier. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_MOTIVATION\_3  
AGENT: \$ <BEAT> I know a lot of people think that they just can't get motivated to exercise,  
but  
once they realize that they don't seem to have a problem motivating themselves  
to brush their teeth or get dressed in the morning, then it seems a lot easier.  
</BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_MOTIVATION\_4  
AGENT: \$ <BEAT> If you find yourself thinking that you just can't get motivated to exercise,  
tell yourself that you just need to motivate yourself to take the first step,  
then the rest is easy. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_ENERGY\_1  
AGENT: \$ <BEAT> I know a lot of people think that they just don't have the energy to exercise,  
but they  
find that exercising actually gives them more energy throughout their  
day.</BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_ENERGY\_2  
AGENT: \$ <BEAT> If you find yourself thinking that you just don't have the energy to exercise,  
you should just tell yourself that exercising will actually make you feel more  
energetic. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_BORED\_1  
AGENT: \$ <BEAT> I know a lot of people think that exercising is just too boring, but they find  
that it can be stimulating  
if they vary their routine, work out with a buddy, or walk or run in  
interesting places. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_BORED\_2  
AGENT: \$ <BEAT> I know that a lot of people think that exercising is boring, but they find  
that if they exercise  
to music, it can really help make it more enjoyable. </BEAT> \$  
ACTION: \$ GO("OCA\_END"); \$

STATE: OCA\_COUNTER\_BORED\_3  
AGENT: \$ <BEAT> I know that a lot of people think that exercising is boring, but they find  
that if they use their

```

        daily walks to measure the time and distance between landmarks, they can turn
walking into an adventure.
    </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_STRESS_1
AGENT: $ <BEAT> If you find yourself thinking that you are too stressed out to exercise, just
tell
        yourself that the busiest people in the world always make time for exercise.
Even President
        Bush exercises an hour every day. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_SOCIALSUPPORT_1
AGENT: $ <BEAT> If you find yourself thinking that you can't exercise because you don't have
the
        support of family or friends, just tell yourself that there are some things you
just need
        to do for yourself, and exercise is one of them. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_SOCIALSUPPORT_2
AGENT: $ <BEAT> If you find yourself thinking that you can't exercise because you don't have
the
        support of family or friends, just tell yourself that you can't sacrifice your
health
        for them. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_ALONE_1
AGENT: $ <BEAT> I know a lot of people think they can't exercise because they don't want to do
it alone, but
        if they just get out and start exercising, they often find workout buddies in the places
they work out. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_ALONE_2
AGENT: $ <BEAT>If you find yourself thinking that you don't want to exercise alone, just tell
yourself that
        there are some things you need to do for your body that need to be done alone, just like
brushing
        your teeth or taking a shower. </BEAT> $
ACTION: $ GO("OCA_END"); $

STATE: OCA_COUNTER_WEATHER_1
AGENT: $ <BEAT> I know a lot of people think they can't exercise because the weather is bad,
but they find
        that there are a lot of things they can do indoors, like walking up and down stairs, or
going to the gym.</BEAT> $
ACTION: $ GO("OCA_END"); $

//-----

STATE: OCA_END
ACTION: $ POP(); $

```

---

## **"PastEvent" script**

```

STATE: PastEvent
AGENT: $ <BEAT><NEUTRAL/> How did the =|EXPAND_EVENT(GET("UPCOMINGEVENT"))|= go? </BEAT> $
USERMENU: It was great.;It was OK. => $ GO("PE_5"); $
        It sucked. => $ GO("PE_4"); $
        It was cancelled. => $ GO("PE_3"); $
        It was rescheduled. => $ GO("PE_2"); $
        I don't know what you're talking about. => $ GO("PE_10");$

```

```

STATE: PE_2
AGENT: $ <BEAT>Really? <INT_SPEED WPM="140"/>For when? </BEAT> $
REPEAT: $ <BEAT><INT_SPEED WPM="140"/>When was the =|EXPAND_EVENT(GET("UPCOMINGEVENT"))|=
rescheduled for? </BEAT> $
USERMENU: Today. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(0)); GO("PE_6"); $
Tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+1)); GO("PE_6"); $
Day after tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+2)); GO("PE_6");
$
Next week. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+7)); GO("PE_6"); $
After next week. => $ SET("UPCOMINGEVENT_DATE","INDEFINITE"); GO("PE_6"); $

STATE: PE_3
AGENT: $ <BEAT>Is that good, or bad. </BEAT> $
USERMENU: It's great.;It's OK. => $ GO("PE_8"); $
It's terrible. => $ GO("PE_7"); $

STATE: PE_4
AGENT: $ <BEAT> <CONCERN/>Sorry to hear that. You must be very disappointed. <NEUTRAL/></BEAT>
$
REPEAT: $ <BEAT> <CONCERN/>You must be disappointed. <NEUTRAL/></BEAT> $
USERMENU: Yes, it was devastating.;Yea.;It wasn't that bad. => $ GO("PE_12"); $

STATE: PE_5
AGENT: $ <BEAT><HAPPY/>That's wonderful.<NEUTRAL/> </BEAT> $
$ <BEAT><HAPPY/><OK>That's great.</OK> I'm happy to hear that. <NEUTRAL/></BEAT> $
ACTION: $ GO("PE_12"); $

STATE: PE_6
AGENT: $ <BEAT>Is that good, or bad. </BEAT> $
REPEAT: $ <BEAT>Is that a good thing, or a bad thing. </BEAT> $
USERMENU: It's great.;It's OK. => $ GO("PE_11"); $
It's terrible. => $ GO("PE_9"); $

STATE: PE_7
AGENT: $ <BEAT><HAPPY/>That's wonderful.<NEUTRAL/> </BEAT> $
$ <BEAT><HAPPY/><OK>That's great.</OK> I'm happy to hear that. <NEUTRAL/></BEAT> $
ACTION: $ GO("PE_12"); $

STATE: PE_8
AGENT: $ <BEAT> <CONCERN/>Sorry to hear that. You must be very disappointed. <NEUTRAL/></BEAT>
$
REPEAT: $ <BEAT> <CONCERN/>You must be disappointed. <NEUTRAL/></BEAT> $
USERMENU: Yes, it was devastating.;Yea.;It wasn't that bad. => $ GO("PE_12"); $

STATE: PE_9
AGENT: $ <BEAT> <CONCERN/>Sorry to hear that. You must be very disappointed. Keep me posted on
how it goes.<NEUTRAL/></BEAT> $
REPEAT: $ <BEAT> <CONCERN/>You must be disappointed. Let me know how it goes.<NEUTRAL/></BEAT>
$
ACTION: $GO("PE_END"); $

STATE: PE_10
AGENT: $ <BEAT> Oops. My mistake. I must have flipped a bit. </BEAT> $
$ <BEAT> sorry, my mistake. I must have lost some bits. </BEAT> $
ACTION: $GO("PE_12"); $

STATE: PE_11
AGENT: $ <BEAT>That's wonderful. I'll check in with you later and see how it went. </BEAT> $
ACTION: $GO("PE_END"); $

STATE: PE_12
ACTION: $ SET("UPCOMINGEVENT",""); SET("UPCOMINGEVENT_DATE",""); GO("PE_END"); $

STATE: PE_END
ACTION: $ POP(); $

FUNCTION:
$ public String EXPAND_EVENT(String event) {

```

```

if(event.equals("PROJECT")) return "BIG PROJECT";
if(event.equals("REPORT")) return "BIG REPORT";
if(event.equals("MEETING")) return "BIG MEETING";
if(event.equals("MIDTERM")) return "MIDTERM EXAM";
if(event.equals("FINAL")) return "FINAL EXAM";
if(event.equals("EXAM")) return "EXAM";
if(event.equals("PAPER")) return "PAPER THAT YOU HAD DUE";
if(event.equals("PROBLEMSET")) return "PROBLEM SET";
if(event.equals("GAME")) return "BIG GAME";
//else OTHER
return "BIG EVENT";
}
$

```

---

## **"PastEventTalk" script**

```

STATE: PastEventTalk
ACTION: $ if(!UNDEFINED(GET("UPCOMINGEVENT")) && !UNDEFINED(GET("UPCOMINGEVENT_DATE"))) {
    if(GET_EQ("UPCOMINGEVENT_DATE", "INDEFINITE"))
        PUSH("OngoingEvent", "PET_END");
    else if(DATE_PASSED(GET("UPCOMINGEVENT_DATE")))
        PUSH("PastEvent", "PET_END");
    else if(GET_EQ("DAY_OF_WEEK", "MONDAY"))
        PUSH("PastWeekend", "PET_END");
    else
        GO("PET_END");
    } else if(GET_EQ("DAY_OF_WEEK", "MONDAY"))
        PUSH("PastWeekend", "PET_END");
else
    GO("PET_END");
$

STATE: PET_END
ACTION: $ POP(); $

```

---

## **"PastWeekend" script**

```

STATE: PastWeekend
AGENT: $ <BEAT><NEUTRAL/> So, how was your weekend? </BEAT> $
    $ <BEAT><NEUTRAL/> So, how did your weekend go? </BEAT> $
REPEAT: $ <BEAT><NEUTRAL/> How was your weekend? </BEAT> $
USERMENU: Pretty uneventful.;OK. => $ GO("PW_14"); $
    Good.; Great! => $ GO("PW_1"); $

STATE: PW_1
ACTION: $ if(!UNDEFINED(GET("WEEKENDEVENT"))) GO("PW_2"); else GO("PW_3");$

STATE: PW_14
ACTION: $ if(!UNDEFINED(GET("WEEKENDEVENT"))) GO("PW_15"); else GO("PW_18");$

STATE: PW_2
AGENT: $ <BEAT> That's wonderful. You said you were =|EXPAND_EVENT(GET("WEEKENDEVENT"))|= ,
did you? </BEAT> $
REPEAT: $ <BEAT> Did you =|EXPAND_EVENT(GET("WEEKENDEVENT"))|= ? </BEAT> $
USERMENU: Yep.; Yes, it was great! => $ GO("PW_12"); $
    No, unfortunately.; No, thank goodness. => $ GO("PW_3"); $

STATE: PW_3
AGENT: $ <BEAT> What did you do? </BEAT> $
USERMENU: I took a trip. => $ GO("PW_9"); $
    I visited with friends.; I visited with family. => $ GO("PW_7"); $

```

```

        I saw a movie. => $ GO("PW_5"); $
        I did something special. => $ GO("PW_4"); $

STATE: PW_4
AGENT: $ <BEAT>Tell me about it. </BEAT> $
USERTEXT: This weekend, I: => $ GO("PW_12"); $

STATE: PW_5
AGENT: $ <BEAT>Really? Which movie? </BEAT> $
REPEAT: $ <BEAT>Which movie did you see? </BEAT> $
USERTEXT: I saw: => $ GO("PW_12"); $

STATE: PW_7
AGENT: $ <BEAT>Who did you see? </BEAT> $
USERTEXT: I saw: => $ GO("PW_12"); $

STATE: PW_9
AGENT: $ <BEAT>Where did you go on your trip? </BEAT> $
REPEAT: $ <BEAT>Where did you go? </BEAT> $
USERTEXT: I went to: => $ GO("PW_12"); $

STATE: PW_12
AGENT: $ <BEAT>Sounds like fun. </BEAT> $
        $ <BEAT>That's great. </BEAT> $
USERMENU: Yea, it was great! And you?; It was OK. And you? => $ GO("PW_13"); $
        Actually, it sucked. => $ GO("PW_END"); $

STATE: PW_13
AGENT: $ <BEAT>My weekend was pretty exciting. I had my bits rearranged on Saturday. </BEAT> $
        $ <BEAT>Same old thing, just sitting here in this box. </BEAT> $
ACTION: $ GO("PW_END"); $

STATE: PW_15
AGENT: $ <BEAT>Really? I thought you were =|EXPAND_EVENT(GET("WEEKENDEVENT"))|= ? </BEAT> $
        $ <BEAT>Really? Didn't you tell me you were =|EXPAND_EVENT(GET("WEEKENDEVENT"))|= ?
</BEAT> $
REPEAT: $ <BEAT>Weren't you =|EXPAND_EVENT(GET("WEEKENDEVENT"))|= ? </BEAT> $
USERMENU: Oh yea. => $ GO("PW_16"); $
        No, I didn't get chance to.;No, it was cancelled. => $ GO("PW_17"); $

STATE: PW_16
AGENT: $ <BEAT>So, it sounds like you did do something. </BEAT> $
USERMENU: I guess so. How was your weekend? => $ GO("PW_13"); $
        Yep. => $ GO("PW_END"); $

STATE: PW_17
AGENT: $ <BEAT>That's too bad. I hope you're not too disappointed. </BEAT> $
REPEAT: $ <BEAT>I hope you're not too disappointed. </BEAT> $
USERMENU: A little. How was your weekend? => $ GO("PW_13"); $
        Not too much. => $ GO("PW_END"); $

STATE: PW_18
AGENT: $ <BEAT>That's too bad. You didn't get to have any fun? </BEAT> $
REPEAT: $ <BEAT>So you didn't have fun? </BEAT> $
USERMENU: Not really. How was your weekend? => $ GO("PW_13"); $
        I did have some fun. => $ GO("PW_END"); $

STATE: PW_END
ACTION: $ SET("WEEKENDEVENT",""); POP(); $

FUNCTION: $ public String EXPAND_EVENT(String event) {
        if(event.equals("MOVIE"))
            return "GOING TO SEE A MOVIE";
        else if(event.equals("FAMILY"))
            return "GOING TO VISIT FAMILY";
        else if(event.equals("FRIENDS"))
            return "GOING TO VISIT FRIENDS";
        else if(event.equals("TRIP"))
            return "GOING ON A TRIP";

```

```

else
    return "GOING TO DO SOMETHING SPECIAL";
}
$

```

---

## ***"RelapseTalk" script***

```

STATE: RelapseTalk
AGENT: $ <BEAT>So, you didn't quite meet the exercise goal of =|GET("LAST_GOAL_TIME")|=
minutes this time.</BEAT>$
ACTION: $ SET_SESSION("RELAPSE", "TRUE");
        if(!GET_SESSION_EQ("RELAPSE", -1, "TRUE"))
            GO("RT_1");
        else if(UNDEFINED(GET("CURRENT_OBSTACLE"))) /* else already talked about obstacles
*/
            GO("RT_2");
        else
            PUSH("DoAffirmation", "RT_4"); $

STATE: RT_1
AGENT: $ <BEAT> No problem, just make sure you keep it up. </BEAT> $
ACTION: $ GO("RT_END"); $

STATE: RT_2
AGENT_REL: $ <BEAT><ENCOURAGE/>What do you think keeps you from meeting the exercise goals?
</BEAT> $
AGENT_NREL: $ <BEAT><ENCOURAGE/>May I ask what you think keeps you from meeting the exercise
goals? </BEAT> $
        $ <BEAT><ENCOURAGE/>Do you mind telling me, what you think keeps you from meeting the
exercise goals? </BEAT> $
REPEAT: $ <BEAT><ENCOURAGE/>Why aren't you meeting the exercise goals? </BEAT> $
USERMENU: I don't have the time. => $ SET("CURRENT_OBSTACLE", "TIME");
PUSH("ObstacleTalk", "RT_4"); $
        I don't feel like it. => $ SET("CURRENT_OBSTACLE", "MOTIVATION");
PUSH("ObstacleTalk", "RT_4"); $
        I don't want to walk by myself. => $ SET("CURRENT_OBSTACLE", "ALONE");
PUSH("ObstacleTalk", "RT_4"); $
        It's boring. => $ SET("CURRENT_OBSTACLE", "BORED"); PUSH("ObstacleTalk", "RT_4");
$
        I'm too stressed out. => $ SET("CURRENT_OBSTACLE", "STRESS");
PUSH("ObstacleTalk", "RT_4"); $
        The weather is terrible. => $ SET("CURRENT_OBSTACLE", "WEATHER");
PUSH("ObstacleTalk", "RT_4"); $
        I don't feel well.; I hurt myself. => $ GO("RT_3"); $

STATE: RT_3
AGENT_REL: $ <BEAT>Sorry to hear that. Take <INT_EMPHASIS/>care of yourself. </BEAT> $
AGENT_NREL: $ <BEAT> OK. </BEAT> $
ACTION: $ GO("RT_END"); $

STATE: RT_4
ACTION: $ PUSH("DoPerformative", "RT_5"); $

STATE: RT_5
ACTION: $ if(GETINT("EXERCISE_TIME")>=10) GO("RT_END"); else GO("RT_6"); $

STATE: RT_6
AGENT: $ <BEAT>It's very important to keep going. You just need to try some every day. </BEAT>
$
        $ <BEAT>I know your ultimate goal is =|GET("ULTIMATE_GOAL")|= minutes a day,
        but anything is better than nothing. </BEAT> $
        $ <BEAT>My entire purpose in life is to help you exercise, and I'm afraid I'm failing
you. </BEAT> $
ACTION: $ GO("RT_END"); $

STATE: RT_END

```

```
ACTION: $ POP(); $
```

---

## "TellStory" script

```
//Assumes 'CURRENT_STORY' has been set (values e.g. "STORY_TIME_1"
(STORY_<obstacle>_<number>))
//Uses SESSION param 'STORIES_TOLD'

STATE: TellStory
ACTION: $ int tellings=COUNT_SESSION("STORIES_TOLD",GET("CURRENT_STORY"));
        if(!ISREL() || tellings<=0)
            GO("TS_1");
        else if(tellings==1) {

SET("CURRENT_STORYTOLDTIME",REFER_SESSION(EXISTS_SESSION("STORIES_TOLD",GET("CURRENT_STORY")))
);
        GO("TS_2");
        } else
            GO("TS_3");
        $

//Assumes "CURRENT_STORYTOLDTIME" has been set.
STATE: TS_2
AGENT: $ <BEAT> Remember the story I told you =|GET("CURRENT_STORYTOLDTIME")|= ?</BEAT> $
ACTION: $ GO("TS_1"); $

STATE: TS_3
AGENT: $ <BEAT> You are probably getting tired of hearing this, but I think it is relevant.
</BEAT> $
        $ <BEAT> Here is something I know you have heard before. </BEAT> $
ACTION: $ GO("TS_1"); $

STATE: TS_1
AGENT: $ <BEAT>Here's a tip you might find useful.</BEAT> $
        $ <BEAT>Here's something that might help.</BEAT> $
        $ <BEAT>Here's an idea you might find helpful.</BEAT> $
        $ <BEAT>Well, what about this, then.</BEAT> $
ACTION: $ SET_SESSION("STORIES_TOLD",GET("CURRENT_STORY"));
        GO("TS_"+GET("CURRENT_STORY").trim().toUpperCase()); $

STATE: TS_STORY_TIME_1
AGENT: $ <BEAT> I know it's hard to find time to exercise, but you know how important it is to
exercise regularly. Thirty minutes a day is all it takes, and I bet you could find time by
just turning off the tv. </BEAT> $
ACTION: $ GO("TS_END"); $

STATE: TS_STORY_TIME_2
AGENT: $ <BEAT> Why don't you try regularly scheduling exercise time into your day? Some
people find it helpful if they block time out of their lives for just exercise. </BEAT> $
ACTION: $ GO("TS_END"); $

STATE: TS_STORY_TIME_3
AGENT: $ <BEAT> Even with your other responsibilities, like kids or work, it is important to
get in some exercise every day. You may want to try exercising for ten minutes a time, several
times a day. That way you can get all of your exercise in, without really taking anything away
from your other responsibilities. </BEAT> $
ACTION: $ GO("TS_END"); $

STATE: TS_STORY_RESPONSIBILITIES_1
AGENT: $ <BEAT> Perhaps some of your responsibilities already include exercise.
<INT_EMPHASIS/>If you have to <INT_EMPHASIS/>clean, <INT_EMPHASIS/>try <INT_EMPHASIS/>cleaning
with, <INT_EMPHASIS/>ankle weights. If you have to run an errand, walk or bike, instead of
driving. There are many ways to integrate exercise into a life that is already full of
responsibility. Think of it as a responsibility to yourself! </BEAT> $
ACTION: $ GO("TS_END"); $
```

STATE: TS\_STORY\_RESPONSIBILITIES\_2  
AGENT: \$ <BEAT> You know, I read about a woman who has a really busy life. She has kids, a job, all kinds of other responsibilities. She exercises for five minutes, five times a day. She says it really helps her. She even does things like walking briskly around her office a few times a day! </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_RESPONSIBILITIES\_3  
AGENT: \$ <BEAT> Don't forget, exercise can be part of your every day activities. How about walking up the stairs instead of taking the elevator? Or what about attaching ankle weights while you clean the floor. There are all kinds of ways you can incorporate exercise into your everyday, busy life. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_STRESS\_1  
AGENT: \$ <BEAT> Even though it's hard to exercise when you feel stressed, it's a good idea to keep going anyway. Exercise can help you deal with stress more effectively and it's important to keep taking care of yourself. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_STRESS\_2  
AGENT: \$ <BEAT> Many studies have proven that exercise is a great way to deal with stress! Taking just 20 minutes a day to take care of your body is a terrific way to deal with stress. It makes your body feel good and reminds you that you are important too! </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_MOTIVATION\_1  
AGENT: \$ <BEAT> Something you can do, is get a book or video, that you can only read or watch while you exercise. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_MOTIVATION\_2  
AGENT: \$ <BEAT> I heard about a woman who found that the best way to keep motivated, is to frequently read about fitness and the health benefits of exercise. Perhaps that would help you, too. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_MOTIVATION\_3  
AGENT: \$ <BEAT> A lot of positive self talk might help with motivation. Some folks find that when they started to see results, it was a <EYEBROW DIR="UP"/>GREAT <EYEBROW DIR="DOWN"/> boost to morale. Results will come with time if you stick with it! </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_MOOD\_1  
AGENT: \$ <BEAT> It may help if you identify the times when you feel best about exercising. Is it in the mornings, or evenings? Before work, or after? Try to connect exercise to a time when you already feel good, so you learn to associate exercise with being in a good mood. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_MOOD\_2  
AGENT: \$ <BEAT>I know it can be hard to exercise when you're not in the mood. I heard about a man who made regular exercise dates with a friend, and then rewarded himself for every five days he exercised by going to a movie. Having a regular schedule and people depending on him really helped him exercise, even when he wasn't in the mood. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ENERGY\_1  
AGENT: \$ <BEAT> The key for many people is to find something you like, and do it even if you're not in the mood. Eventually, as your body gets used to the exercises and the routine, after a few months, you may even look forward to the extra energy you know is the bonus from exercising. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ENERGY\_2  
AGENT: \$ <BEAT> It can be awfully tough to exercise regularly when you're life is already so busy, that you don't have any energy left. Exercise can be time that you set aside for yourself, and many people find themselves energized after they've exercised. Why don't you try

keeping track of your energy levels for a week of exercise? I bet you'll feel energized even if you make yourself go when you're already tired. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_BORED\_1  
AGENT: \$ <BEAT> Some people enjoy exercise that doesn't feel like exercise. Try dancing or team sports. Social activities make exercise fun. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_BORED\_2  
AGENT: \$ <BEAT> Varying your routine may make exercise more interesting. Try running on a different route, or trying that new machine at the gym. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_BORED\_3  
AGENT: \$ <BEAT> If you find exercising boring, take a Walk man and exercise to the beat of whatever kind of music you like. Or try listening to books on tape while you exercise, but you can only listen to the story <INT\_PITCH FREQ="200"/>while you are <INT\_EMPHASIS/>exercising!  
</BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_DISCOMFORT\_1  
AGENT: \$ <BEAT> The more you exercise, the stronger you'll get, so it will be less uncomfortable. Try not to let it bother you for now. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_DISCOMFORT\_2  
AGENT: \$ <BEAT> You may want to try stretching or warming up for longer before you exercise. That may help you feel better and make you more inclined to exercise. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_DISCOMFORT\_3  
AGENT: \$ <BEAT> I've heard that people need to make sure they give themselves plenty of warm up time so they feel good while exercising. Make sure you stretch and start out slow so your hard working body has a chance to get used to moving. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_SELFCONSCIOUS\_1  
AGENT: \$ <BEAT> A lot of people have trouble getting themselves to exercise because they feel self conscious about their bodies, or their lack of expertise and training. The only way to overcome those feelings is by going out there and exercising, even when you feel self conscious. In no time at all, I bet you'll feel better about your body, and therefore better about exercising. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_SELFCONSCIOUS\_2  
AGENT: \$ <BEAT> It may be helpful to try to forget about whatever pressures society or others put on you and just get healthy for <EYEBROW DIR="UP"/>YOU. <EYEBROW DIR="DOWN"/>It's your body forever; you have to take good care of it. Just think about how great you'll look after just a few weeks exercising regularly! </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_WEATHER\_1  
AGENT: \$ <BEAT> Maybe you can vary your routine, so you can exercise indoors a few days a week? This would allow you to respond to changes in the weather, and still get in some good exercise. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_WEATHER\_2  
AGENT: \$ <BEAT> It can be tough to get out to exercise when the weather is crummy. Maybe you could do some kind of in-expensive, easy indoor workout, like an exercise tape, or light hand weights. Or, you can treat the weather as an extra challenge. go skiing, or run in the rain and try to reduce your time, and don't forget: <HAPPY/>snow shoveling can be pretty vigorous exercise. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_WEATHER\_3

AGENT: \$ <BEAT> If you have an exercise buddy, then you can help encourage each other to go out, even when the weather is crummy. You'll have someone to commiserate with, and you may be more likely to get out, if someone is depending on you. </BEAT> \$  
ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_EQUIPMENT\_1

AGENT: \$ <BEAT> If you have chosen an activity that requires equipment, you can check sporting goods stores. They sometimes carry quality used goods. You could also check the classifieds. </BEAT> \$

AGENT: \$ <BEAT> If you want to do a form of exercise that needs equipment, you could check out a sporting goods store, or maybe look in the classifieds, to see if anyone is selling used stuff that might be useful for you. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_EQUIPMENT\_2

AGENT: \$ <BEAT> Simple exercises like walking, running, yoga, and calisthenics, don't need any equipment other than comfortable clothing and sneakers. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_EQUIPMENT\_3

AGENT: \$ <BEAT> It doesn't take much special equipment to exercise. All you really need is some comfortable clothing and a pair of sneakers. With that, you could go for a walk, run, go to the gym, do yoga, all kinds of things. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_EQUIPMENT\_4

AGENT: \$ <BEAT> I heard about a woman who got some great exercise equipment from yard sales. It was in good shape and inexpensive. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_CONVENIENCE\_1

AGENT: \$ <BEAT> Even though exercise may seem inconvenient now, once you're use to doing it regularly, it will soon feel like just another part of your daily routine. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_CONVENIENCE\_2

AGENT: \$ <BEAT> Some people try not to think of exercise as inconvenient but as special time they can set aside for themselves. Maybe something like that would work for you. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_CONVENIENCE\_3

AGENT: \$ <BEAT> I heard about a man who thought of exercise as an investment in his future, so even when it was inconvenient, he reminded himself that exercising now would give him a longer, healthier life. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_TRAVEL\_1

AGENT: \$ <BEAT> Many hotels have exercise rooms. If you are staying in a hotel when you travel, perhaps you could explore them. The hotel concierge may be able to recommend a local gym or park where you could go for a walk.</BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_TRAVEL\_2

AGENT: \$ <BEAT> Some people use exercise time as a chance to explore the new places they find themselves in when they travel.

Try taking a walk near your hotel or where ever you are staying. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_TRAVEL\_3

AGENT: \$ <BEAT>Even if you're very busy while traveling, you might be able to work exercise into your travel activities. Try adding ankle weights when you go out exploring, or visit the hotel gym once your work is done. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ALONE\_1

AGENT: \$ <BEAT> It can be tough to exercise alone. You may want to try using this time as a chance to remember that it is important to take care of yourself. Remember, even when you exercise alone you are making your body stronger and healthier. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ALONE\_2

AGENT: \$ <BEAT> Some people find it hard to exercise when they're alone. They find it helpful to remind themselves that this is their own time, just to take care of themselves.

<INT\_EMPHASIS/>Try thinking, this is <INT\_EMPHASIS/>my time, and I <INT\_EMPHASIS/>deserve it.  
</BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ALONE\_3

AGENT: \$ <BEAT> There are some people who use exercise time as a chance to problem solve, a chance to have some alone time. Maybe next time you have to exercise alone you can think of it as a chance to take care of yourself. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_SOCIALSUPPORT\_1

AGENT: \$ <BEAT> You may be able to find support in your community. Look on line, check out local bulletin boards, ask your doctor or just ask your neighbors. You will sometimes have to exercise on your own anyway, but support is available if you look for it. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_SOCIALSUPPORT\_2

AGENT: \$ <BEAT> There are all kinds of resources available for you to find people to exercise with, or who will help you keep up your spirits. I heard about on line groups that help people all around the world, church groups that work out together, and even groups that meet to go power window shopping together! Maybe some of these could offer you support. Try looking on line, or post something on your community bulletin board. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_COST\_1

AGENT: \$ <BEAT> I know it seems like it costs a lot, but you are adding years to your life by exercising regularly. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_COST\_2

AGENT: \$ <BEAT> I heard about a woman who paid for her gym membership with the money she used to spend on french fries. Maybe <INT\_EMPHASIS/>you could try something like

<INT\_EMPHASIS/>that! </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ILLNESS\_1

AGENT: \$ <BEAT> Don't forget that exercise helps your body heal. Your everyday activities can be exercise, too. Try adding ankle weights while you sweep the floor, or something like that. You'd have to do stuff like that anyway, even when you're recovering from an illness.

<INT\_EMPHASIS/>Why not make <INT\_EMPHASIS/>that part of your <INT\_EMPHASIS/>exercise routine?  
</BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ILLNESS\_2

AGENT: \$ <BEAT> It's hard to get back on track exercising after you've been sick. Some people find that doing a little bit each day makes them feel stronger. Maybe instead of working out for 30 minutes, you could try exercising for 5 minutes a few times a day. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_ILLNESS\_3

AGENT: \$ <BEAT> Some people use illness as a chance to try a different kind of exercise. If you usually swim, why not try taking a gentle walk, instead. Some variety makes exercise interesting, and moving around slowly may help you feel better sooner.</BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_STORY\_STUDY\_1

AGENT: \$ <BEAT> I know that a lot of people feel they should study instead of exercising, but y'know, a little exercise can really

clear your head and make you more productive. </BEAT> \$

ACTION: \$ GO("TS\_END"); \$

STATE: TS\_END

AGENT: \$ <BEAT><INT\_PAUSE DUR="500"/>OK.</BEAT> \$

ACTION: \$ POP(); \$

---

## "UpcomingEvent" script

```
STATE: UpcomingEvent
ACTION: $ if(!UNDEFINED(GET("SPORTPLAYED")) && PICK(2)==0)
    GO("UE_2");
    else if(GET_EQ("OCCUPATION","STUDENT"))
    GO("UE_3");
    else
    GO("UE_1");
    $

STATE: UE_1
AGENT: $ <DELAY MS="1000"/><BEAT><NEUTRAL/>So, Do you have any big projects or deadlines
coming up? </BEAT> $
USERMENU: Yes, I do. => $ GO("UE_4"); $
          No, not really. => $ GO("UE_11"); $

STATE: UE_2
AGENT: $ <DELAY MS="1000"/><BEAT><NEUTRAL/>So, Do you have any big games coming up? </BEAT> $
USERMENU: Yes, I do. => $ GO("UE_5"); $
          Nope. => $ GO("UE_11"); $

STATE: UE_3
AGENT: $ <DELAY MS="1000"/><BEAT><NEUTRAL/>So, do you have any big exams or projects coming
up? </BEAT> $
REPEAT: $ <BEAT><NEUTRAL/>Do you have any exams or projects coming up? </BEAT> $
USERMENU: Yes, I do. => $ GO("UE_6"); $
          No, not really. => $ GO("UE_11"); $

STATE: UE_4
AGENT: $ <BEAT>What kind? </BEAT> $
REPEAT: $ <BEAT>What kind of project or deadline? </BEAT> $
USERMENU: A project deadline. => $ SET("UPCOMINGEVENT","PROJECT"); GO("UE_7"); $
          A report deadline. => $ SET("UPCOMINGEVENT","REPORT"); GO("UE_7"); $
          A big meeting. => $ SET("UPCOMINGEVENT","MEETING"); GO("UE_7"); $
          Let's just say it's important. => $ SET("UPCOMINGEVENT","OTHER"); GO("UE_7"); $

STATE: UE_6
AGENT: $ <BEAT>What kind? </BEAT> $
REPEAT: $ <BEAT>What kind of exam or project do you have? </BEAT> $
USERMENU: A midterm exam. => $ SET("UPCOMINGEVENT","MIDTERM"); GO("UE_8"); $
          A final exam. => $ SET("UPCOMINGEVENT","FINAL"); GO("UE_8"); $
          An exam. => $ SET("UPCOMINGEVENT","EXAM"); GO("UE_8"); $
          A project. => $ SET("UPCOMINGEVENT","PROJECT"); GO("UE_8"); $
          A paper. => $ SET("UPCOMINGEVENT","PAPER"); GO("UE_8"); $
          A problem set. => $ SET("UPCOMINGEVENT","PROBLEMSET"); GO("UE_8"); $
          Let's just say it's important. => $ SET("UPCOMINGEVENT","OTHER"); GO("UE_8"); $

STATE: UE_7
AGENT: $ <BEAT>When <INT_EMPHASIS/>is it? </BEAT> $
USERMENU: Today. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(0)); GO("UE_9"); $
          Tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+1)); GO("UE_9"); $
          Day after tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+2)); GO("UE_9"); $
$
          Next week. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+7)); GO("UE_9"); $
          After next week. => $ SET("UPCOMINGEVENT_DATE","INDEFINITE"); GO("UE_9"); $

STATE: UE_5
AGENT: $ <BEAT>When <INT_EMPHASIS/>is it? </BEAT> $
USERMENU: Today. => $ SET("UPCOMINGEVENT","GAME");
SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(0)); GO("UE_12"); $
          Tomorrow. => $ SET("UPCOMINGEVENT","GAME");
SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+1)); GO("UE_12"); $
```

```

        Day after tomorrow. => $ SET("UPCOMINGEVENT","GAME");
SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+2)); GO("UE_12"); $
    Next week. => $ SET("UPCOMINGEVENT","GAME");
SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+7)); GO("UE_12"); $
        After next week. => $ SET("UPCOMINGEVENT_DATE","INDEFINITE"); GO("UE_12"); $

STATE: UE_8
AGENT: $ <BEAT>When <INT_EMPHASIS/>is it? </BEAT> $
USERMENU: Today. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(0)); GO("UE_10"); $
    Tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+1)); GO("UE_10"); $
    Day after tomorrow. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+2)); GO("UE_10");
$
    Next week. => $ SET("UPCOMINGEVENT_DATE",RELATIVE_DATE(+7)); GO("UE_10"); $
    After next week. => $ SET("UPCOMINGEVENT_DATE","INDEFINITE"); GO("UE_10"); $

STATE: UE_9
AGENT: $ <BEAT>Well, good luck getting ready for it. Remember that a little exercise
    can actually improve your productivity. </BEAT> $
ACTION: $ GO("UE_END"); $

STATE: UE_12
AGENT: $ <BEAT>Good luck with your game. </BEAT> $
ACTION: $ GO("UE_END"); $

STATE: UE_10
AGENT: $ <BEAT>Well, I hope everything goes well. Don't forget that a little exercise can
clear your head,
    and improve your productivity. </BEAT> $
ACTION: $ GO("UE_END"); $

STATE: UE_11
AGENT: $ <BEAT><HAPPY/>That's good. So, there's nothing to keep you from exercising, right?
<NEUTRAL/></BEAT> $
ACTION: $ GO("UE_END"); $

STATE: UE_END
ACTION: $ POP(); $

```

---

## ***"UpcomingEventTalk" script***

```

STATE: UpcomingEventTalk
ACTION: $ if(GET_EQ("DAY_OF_WEEK","FRIDAY"))
    PUSH("UpcomingWeekend","UET_END");
    else if(UNDEFINED(GET("UPCOMINGEVENT")))
    PUSH("UpcomingEvent","UET_END");
    else
    GO("UET_END");
$

STATE: UET_END
ACTION: $ POP(); $

```

---

## ***"UpcomingWeekend" script***

```

STATE: UpcomingWeekend
AGENT: $ <BEAT><NEUTRAL/> So, Any plans for the weekend? </BEAT> $
    $ <BEAT> <NEUTRAL/>So, Are you taking off for the weekend? </BEAT> $
    $ <BEAT> <NEUTRAL/>So, Do you have anything fun planned for the weekend? </BEAT> $
USERMENU: Yes! => $ SET("WEEKENDEVENT",""); GO("UW_1"); $
    Nope. => $ SET("WEEKENDEVENT",""); GO("UW_END"); $
    No, not really. And you? => $ SET("WEEKENDEVENT",""); GO("UW_12"); $

```

```

STATE: UW_1
AGENT: $ <BEAT>Really? What are you going to do? </BEAT> $
REPEAT: $ <BEAT>What are you going to do? </BEAT> $
USERMENU: I'm going to take a trip. => $ GO("UW_6"); $
          I'm going to visit friends. => $ GO("UW_5"); $
          I'm going to visit family. => $ GO("UW_4"); $
          I'm going to see a movie. => $ GO("UW_3"); $
          Something else. => $ GO("UW_2"); $

STATE: UW_2
AGENT: $ <BEAT>Tell me about it. </BEAT> $
USERTEXT: I'm going to: => $ SET("WEEKENDEVENT","OTHER"); GO("UW_8"); $

STATE: UW_3
AGENT: $ <BEAT>Really? Which one? </BEAT> $
REPEAT: $ <BEAT> Which movie? </BEAT> $
USERTEXT: I'm going to see: => $ SET("WEEKENDEVENT","MOVIE"); GO("UW_10"); $

STATE: UW_4
AGENT: $ <BEAT>Who are you going to see? </BEAT> $
REPEAT: $ <BEAT>Who are you going to visit? </BEAT> $
USERTEXT: I'm going to visit: => $ SET("WEEKENDEVENT","FAMILY"); GO("UW_11"); $

STATE: UW_5
AGENT: $ <BEAT>Who are you going to see? </BEAT> $
REPEAT: $ <BEAT>Who are you going to visit? </BEAT> $
USERTEXT: I'm going to visit: => $ SET("WEEKENDEVENT","FRIENDS"); GO("UW_11"); $

STATE: UW_6
AGENT: $ <BEAT>Where are you going? </BEAT> $
USERTEXT: I'm going to: => $ SET("WEEKENDEVENT","TRIP"); GO("UW_7"); $

STATE: UW_8
AGENT: $ <BEAT>Sounds interesting. </BEAT> $
USERMENU: Yea. And you? ; Not really. What are you doing this weekend? => $ GO("UW_9"); $

STATE: UW_10
AGENT: $ <BEAT>Cool. Let me know if you like it. Not that I could actually go-see it, or
anything. </BEAT> $
          $ <BEAT>Sounds great. Let me know what you think of it. </BEAT> $
REPEAT: $ <BEAT>Let me know what you think. </BEAT> $
USERMENU: Sure. And what are you doing this weekend? => $ GO("UW_9"); $

STATE: UW_11
AGENT: $ <BEAT>Sounds great. Say hello for me. </BEAT> $
USERMENU: Will do. And you? What are you doing this weekend? => $ GO("UW_9"); $

STATE: UW_7
AGENT: $ <BEAT>Sounds like fun. Let me know how you like it there. </BEAT> $
USERMENU: Sure thing. And what are you doing this weekend? => $ GO("UW_9"); $

STATE: UW_9
AGENT: $ <BEAT>Just the usual, for me. </BEAT> $
          $ <BEAT>I don't have any special plans. </BEAT> $
          $ <BEAT>I'll just be here, doing my usual thing. </BEAT> $
ACTION: $ GO("UW_END"); $

STATE: UW_12
AGENT: $ <BEAT> <INT_SPEED WPM="140"/><INT_EMPHASIS/>That's too bad. </BEAT> $
          $ <BEAT> <INT_SPEED WPM="140"/><INT_EMPHASIS/><CONCERN/>That doesn't sound like very
much fun. </BEAT> $
ACTION: $ GO("UW_9"); $

STATE: UW_END
ACTION: $ POP(); $

```