Craving Checkpoint: An Interactive Fridge Lock for Mindful Eating

Xiaoman Yang
Dept. of Design Technology
Cornell University
Ithaca, New York, USA
xy498@cornell.edu

Jinyue Wang
Dept. of Design Technology
Cornell University
Ithaca, New York, USA
jw2796@cornell.edu

Zijie Zhou
Dept. of Design Technology
Cornell University
Ithaca, New York, USA
zz858@cornell.edu

Ziang Liu
Dept. of Computer Science
Cornell University
Ithaca, New York, USA
zl873@cornell.edu

Figure 1: CRAVING CHECKPOINT intercepts routine cravings with a prompt for reflection, followed by LLM-driven healthy suggestions, transforming food access as a co-authored ritual.

Abstract

Traditional dietary interventions often rely on restriction, tracking, or delayed reflection, which can limit their ability to foster lasting change. We present CRAVING CHECKPOINT, a Large Language Object (LLO) in the form of an interactive fridge lock designed as a Just-In-Time Adaptive Intervention that supports mindful eating through embodied and emotionally expressive interaction. The system engages users at the moment of food access, prompting self-reflection through mood and hunger input and offering real-time feedback through an anthropomorphic voice and synesthetic lighting. A large language model personalizes suggestions based on user state and behavioral patterns, gently guiding healthier choices without enforcing control. By transforming food access into a shared ritual between human and machine, CRAVING CHECKPOINT explores how creative AI can support sustainable behavior change through timely, affective, and co-authored interventions.

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1 Introduction

Unhealthy eating remains a pressing public health concern. Over 40% of U.S. adults are classified as obese [13], contributing to elevated risks for diabetes, cardiovascular disease, and other chronic conditions [41]. While popular interventions such as weight-management apps [15], structured meal plans [50], and commercial programs [27] can produce short-term weight loss, they often fail to sustain long-term behavior change. A meta-analysis found that most participants regained their lost weight within five years [1, 26]. One key limitation is that these approaches overlook the moment when habitual urges, such as opening the fridge "just to look", bypass conscious intention and trigger automatic behavior.

Supporting behavior change at the moment these urges arise, rather than before or after, is critical for disrupting automatic routines. Behavioral research suggests that brief cognitive pauses can help align impulsive actions with long-term goals [20, 44]. Techniques like health goal priming [35], mindfulness prompts [42], and acceptance-based strategies [3] have been shown to gently interrupt habitual behavior without demanding significant effort or self-control.

To meet users in these small but pivotal moments, we draw on two complementary ideas. Just-In-Time Adaptive Interventions (JITAIs) [31] provide the scaffolding for delivering support at exactly the right time—when someone is most likely to fall into an automatic pattern or act on impulse. They've been used across domains like smoking cessation [52] and emotion regulation [48], where timing is key. Large Language Objects (LLOs) [10], by contrast, focus on the form that support takes. By embedding language models into physical artifacts, LLOs transform everyday objects into interactive systems that can sense, respond, and express [8]. They offer a more situated and expressive form of engagement than screen-based apps, allowing interventions to feel less like interruptions and more like part of the surrounding environment. By combining these two frameworks, we create interventions that are both well-timed and gently integrated into the user's environment, offering support that feels less like correction and more like presence.

We introduce CRAVING CHECKPOINT, an interactive fridge lock that brings these two frameworks together to support mindful eating in everyday contexts. When the user reaches for the fridge, CRAVING CHECKPOINT gently interrupts the routine with a short prompt for mood and hunger reflection. Based on this input and prior interactions, a large language model generates personalized, context-aware feedback, delivered through anthropomorphic voice and synesthetic lighting. Rather than enforcing control, the system introduces a moment of pause that preserves user agency while reshaping habitual patterns. To sustain engagement over time, CRAVING CHECKPOINT tracks consistency and occasionally responds with playful encouragement or rewards inspired by game design [5].

In reframing food access as a co-authored ritual, CRAVING CHECKPOINT explores how embodied language models might move beyond screens and commands into the fabric of daily life. In doing so, it meets users in the moment of the urge, supporting mindful decision-making right when it matters most, and laying the groundwork for lasting behavioral change over time, offering a vision of AI not as enforcers or assistants, but as a quiet partner in the everyday rhythms of being human.

2 Related Work

Recent research in HCI and creative AI has explored how intelligent systems can shape not just tasks but habits, rituals, and moods [28, 37]. As large language models become embedded in physical interfaces, their role is shifting from passive tools to active participants in everyday decision-making. This shift is especially relevant in health behavior change, where effective interventions must align with emotional states, contextual cues, and timing. In parallel, design research has begun to reimagine AI not as a distant assistant but as a presence that engages softly within ordinary routines [23, 25]. These converging directions suggest new possibilities for emotionally responsive systems that support meaningful, long-term change through grounded and symbiotic interaction.

2.1 Shaping Healthy Behavior Through Intervention

Digital approaches to dietary support have long focused on retrospective tracking and self-monitoring. Tools like MyFitnessPal [29] and Noom [32] encourage users to log meals, track calorie intake, and reflect on progress over time. While these systems raise awareness, they may fall short of sustaining long-term engagement [19], potentially due to their reliance on delayed feedback, rigid structures, and high cognitive burden. Recent alternatives have begun to explore more emotionally attuned and context-sensitive formats. Eat4Thought, for instance, enables users to journal meals through

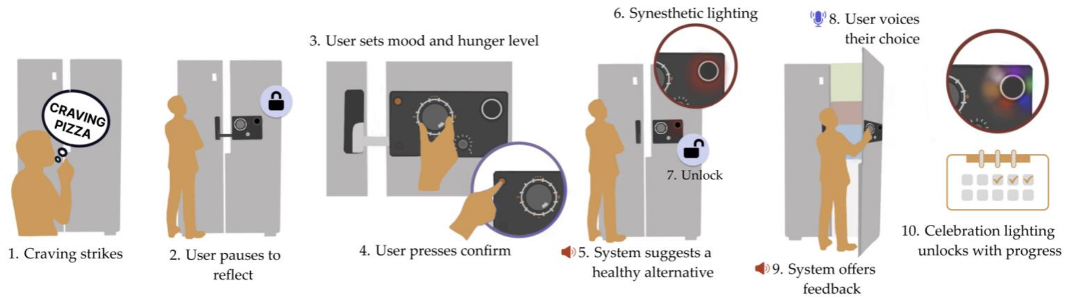

Figure 2: **Storyboard**: illustrating the user interaction flow, from *craving* to *choice*.

mood and sensory reflections rather than nutritional metrics alone [54], promoting self-awareness but offering limited support in the moment when decisions are made. Other systems incorporate food preferences, health conditions, and contextual cues to generate personalized recommendations [55, 12], representing a shift toward more sustainable, value-aligned interventions.

Building on this trajectory, just-in-time adaptive interventions (JITAIs) [30] offer a framework for delivering support precisely when users are most susceptible to automatic or impulsive behaviors. Rather than relying on static schedules or retrospective prompts, JITAIs use context-aware triggers, such as time, location, or affective state, to deliver timely, personalized nudges. This approach has shown success in promoting healthier behaviors across domains like physical activity, stress management, and substance use [30, 18]. Recent findings suggest that people often eat nearly all the food they serve themselves, with little influence from self-control or emotional state [49]. This indicates that interventions should occur before eating begins, during the "about-to-eat" moment [36], when reflection and regulation are still possible. Our work extends JITAIs principles into the physical setting of food access, combining momentary intervention with embodied, emotionally resonant language feedback to gently disrupt habitual patterns and support mindful decision-making.

2.2 Embodied and Expressive Large Language Models

The role of large language models is expanding beyond text-based chat interfaces toward more affective and situated forms of interaction. Recent systems have explored embedding LLMs into physical artifacts that communicate through voice [8], gesture [56], or light [51], enabling more expressive and emotionally attuned exchanges. These developments reflect a growing interest in designing AI not just as tools for information retrieval, but as collaborators in everyday practices, offering context-sensitive support, co-authorship, and anthropomorphic presence in the flow of daily life.

At the same time, HCI research has explored how embodied interfaces shape cognition and behavior through ambient cues. Systems that use color, light, or sound to signal mood, intention, or state have been shown to influence perception and prompt reflection [45]. Prior work on synesthetic feedback [53], expressive IoT [4], and mood-responsive environments [24] demonstrates how nonverbal, sensory modalities can be leveraged to create emotionally supportive experiences. These directions align with broader trends in HCI design and embodied AI, where systems are designed not just for task completion but for emotional attunement and daily integration.

Together, these threads point to a growing design space for physically grounded, emotionally aware AI systems that participate in everyday routines not only through words but through presence, timing, and sensing. Our work draws from this space to examine how language models, when embodied and affectively expressive, can participate in shaping habits and supporting behavior change through subtle, situated interactions.

3 Craving Checkpoint

CRAVING CHECKPOINT turns the act of opening the fridge into a moment of mindful reflection. Instead of imposing control, it introduces a brief interaction where users report their mood and hunger before receiving personalized food suggestions from a large language model. These suggestions are reinforced through synesthetic lighting and voice feedback. By embedding self-awareness into a familiar routine, the system helps shift eating decisions from impulse to intention, gradually supporting healthier habits through repeated, low-effort engagement.

3.1 Self-Reflection through Mood and Hunger

To initiate each interaction, CRAVING CHECKPOINT prompts users to report two aspects of their internal state: mood and hunger. These inputs serve not only as parameters for personalization but as lightweight interventions that encourage self-awareness before eating.

Mood is selected using a rotary encoder from a curated set of terms drawn from the circumplex model of affect [40]: bored, calm, relaxed, content, happy, excited, alert, tense, angry, distressed, sad, and depressed, covering both arousal and valence dimensions. This labeling step draws on affect regulation research showing that identifying one's emotional state can reduce impulsive behavior by interrupting automaticity [47]. By explicitly surfacing the emotional drivers that often underlie unplanned eating, the system invites users to pause and assess whether the impulse is driven by mood rather than physiological need.

Next, users report hunger on a discrete 1-10 scale via a second encoder. This numeric measure is based on validated visual analogue scales commonly used in satiety research [14]. Unlike binary or coarse categories, the ten-point scale supports nuanced self-awareness, encouraging users to differentiate mild desire from true hunger.

3.2 Synesthetic Lighting Feedback

CRAVING CHECKPOINT uses lighting not merely for decoration but as a meaningful channel for emotional and contextual feedback. While synesthesia [38], where stimulation in one sense involuntarily triggers another, is uncommon in the population, research shows that even non-synesthetes exhibit consensual mappings between color and taste: red and pink are often linked to sweetness, green to sourness, and white to salty [11, 46]. These associations, even among non-synesthetes, allow light to communicate affect and flavor in a subtle, intuitive way.

The large language model selects both hue and animation dynamics based on the user's reported mood and the recommended food type. Color serves as a semantic anchor for taste, while temporal properties, such as pulsation speed and fade duration, modulate arousal and attention [22]. Faster pulses can convey urgency or excitement, while slower fades support calm and reflection [16, 6].

Together, these elements form a multisensory interaction that aligns color, sound, and suggestion. By embedding these cues into the everyday routine of opening the fridge, the system offers affective guidance that supports awareness and decision-making with minimal cognitive effort.

3.3 LLM-Powered Interaction

At the core of CRAVING CHECKPOINT is a real-time decision support pipeline powered by GPT-4o [34], accessed via the OpenAI Python API [33]. The system generates personalized food suggestions, lighting cues, and motivational responses based on structured user input collected at the moment of interaction.

Prompt Structure Each interaction captures four inputs: the user's selected mood, hunger level, time of day (categorized as breakfast, lunch, dinner, or snack), and the number of fridge accesses so far that day. These values are packaged into a structured prompt and sent to GPT-4o for processing. The prompt instructs the model to generate three outputs: a food suggestion appropriate to the user's current state, a corresponding LED color, and a light animation tempo. The prompt includes three in-context examples that demonstrate mappings between moods and light patterns, appropriate suggestions across different contexts, and formatting constraints to ensure structured output.

To ground the model's suggestions in reality, the prompt also includes a list of available ingredients inside the fridge provided by the user. This constraint limits the model's suggestions to foods the user actually has, while enabling simple recipe generation when possible. For example, a user might receive a suggestion like "fruit and yogurt parfait" if both components are on hand. The food suggestion is passed to Google Text-to-Speech [17] for voice delivery, while the RGB and animation frequency values are sent to the LED controller to update ambient light in real time.

History-Based Encouragement Following suggestion delivery, the system uses onboard speech recognition to capture the user's verbal response. If the user declines, a second prompt is sent to GPT-4o to generate an encouraging follow-up. This prompt includes a summary of the user's recent interaction history, retrieved from a local SQLite [21] database. By referencing past decisions and successful choices, the model tailors motivational feedback to the individual, maintaining a supportive tone without exerting pressure.

Figure 3: **Left**: physical interface components. **Top right**: light colors evoke taste via synesthetic associations. **Bottom right**: light animations reflect mood and celebrate progress.

3.4 Gamification for Sustained Engagement

Craving Checkpoint incorporates lightweight gamification strategies to sustain user engagement and reinforce healthy decision-making through positive feedback rather than control. Prior research shows that gamified features, such as progress tracking [2], surprise rewards [7] can significantly increase motivation and long-term adherence in behavior-change interventions [9].

Progress Feedback The system tracks each accepted suggestion and verbally reports the number of healthy choices made in the past week. Simple, cumulative feedback has been shown to enhance users' sense of progress and increase adherence in behavior-change interventions [43].

Milestone Events To introduce surprise and delight, the system also includes a celebration event. After at least three consecutive healthy choices, a randomized trigger may activate, limited to once per week and guaranteed at least once per month. When triggered, it plays one of ten celebratory LED light sequences and delivers a congratulatory message generated by GPT-4o.

3.5 Hardware Implementation

Craving Checkpoint is built using affordable and widely available components. A Raspberry Pi 5 [39] serves as the central controller, managing all inputs, outputs, and API calls. Users interact with the system through three KY-040 rotary encoders, two for selecting mood and hunger level, and one for confirming their input. A USB microphone is used to capture spoken responses after the suggestion is delivered. A WS2812b LED strip provides full-color lighting feedback, with the Raspberry Pi controlling color and animation speed based on the output from the language model. An SG-90 micro servo acts as a soft-lock on the fridge door. All physical components are housed in a 3D-printed PLA enclosure.

4 Evaluation

We conducted a pilot study with three participants (aged 22–30; two female, one male) from our university community to explore the system's experiential qualities and perceived effects. Each participant used Craving Checkpoint throughout a single day as part of their normal routine. The goal was not to measure quantitative outcomes, but to assess how the system influenced decision-making moments and shaped user perceptions during everyday use. This small sample size reflects the exploratory nature of the pilot, which aimed to gather early feedback on the interaction flow and inform future design iterations.

4.1 Interrupting Habitual Behavior

Participants reported that the system effectively reduced instances of opening the fridge out of habit or boredom. This behavior, often automatic and disconnected from physiological hunger, was disrupted by the need to interact with the system before accessing food. The presence of the physical device introduced a brief but salient moment of reflection. Participants described this interaction as a "checkpoint" that created cognitive distance between the initial urge and the subsequent decision, particularly during emotionally neutral or bored states.

4.2 AI as Reflective Companion

Participants described the AI's voice-based suggestions as prompting moments of reflection about their actual needs and available options. By surfacing food ideas in real time, the system encouraged users to mentally review the contents of their fridge and consider whether they were truly hungry or simply seeking distraction. Even when the suggested foods were not on hand, participants noted that the recommendations often introduced new ideas, sparking curiosity and influencing future grocery decisions.

Beyond immediate choices, the system offered relief from decision fatigue. When unsure of what to eat, participants found the interaction both helpful and enjoyable, transforming an otherwise frustrating moment into one of lightness and discovery. This affective quality stood in contrast to traditional, control-based interventions. Rather than enforcing behavior, the AI acted as a gentle companion embedded in daily life, providing contextually relevant prompts that felt supportive rather than prescriptive. This collaborative tone aligned with the broader vision of AI systems as emotionally attuned partners in everyday routines.

4.3 Suggested Improvements

Participants identified several areas for refinement. One recurring concern was the system's interference during meal preparation, particularly when multiple fridge accesses were needed to gather ingredients. In such contexts, the locking mechanism disrupted the natural flow of cooking, suggesting the need for more adaptive logic that distinguishes between habitual snacking and intentional meal-related behavior.

Additionally, participants expressed a desire for greater cultural and dietary inclusivity in the food suggestions. The current recommendation set, while generally well-received, did not always align with individual culinary preferences or backgrounds. This highlights the importance of expanding the system's food knowledge base and personalization capabilities to better serve diverse users and eating habits.

5 Conclusion and Future Work

CRAVING CHECKPOINT reimagines the act of opening the fridge as a moment of reflection and co-authorship between human and machine. By combining self-reported mood and hunger with real-time suggestions from a large language model, the system transforms an everyday gesture into a site for situated decision-making, affective feedback, and habit shaping. Through this small ritual, it gestures toward a future in which intelligent systems do not direct behavior from a distance, but participate quietly and creatively in the rhythms of daily life. In doing so, it offers one possible answer to the broader question of what it means to design AI that supports, not overrides, human behavior.

Our preliminary pilot indicates that the system can prompt users to pause, reflect, and reconsider their actions in the moment. However, several limitations remain. The current study was intentionally brief and exploratory, with participants using the system over a single day. While this revealed key experiential insights, it leaves open questions about long-term engagement, habit formation, and adaptation over time. Future work will involve longitudinal deployments to examine sustained use, behavior change, and potential user fatigue.

The system also lacks situational awareness. At present, each fridge interaction is treated uniformly, whether the user is preparing a meal or browsing impulsively. A more context-sensitive approach, such as recognizing patterns of cooking, snacking, or grocery restocking, could help reduce unnecessary friction and support more nuanced interactions.

Finally, personalization remains an open challenge. While users found the AI suggestions engaging, several noted gaps in cultural relevance and dietary fit. Expanding the food knowledge base, incorporating user profiles, and learning from past preferences will be critical for increasing the inclusivity and resonance of future recommendations.

In sum, CRAVING CHECKPOINT is an early exploration of how creative, embodied AI might support self-regulation and mindful behavior through co-constructed micro-interventions. It invites further reflection on how we might design AI companions that are not only smart and efficient, but emotionally attuned, culturally aware, and deeply integrated into the evolving choreography of human life.

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