



## [Mod] Get Up and Move v1 - PIR and Speaker Arduino Uno Case Mod



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### Summary

Uses Kazik's case design to mount a PIR sensor and speaker that help remind you to stand up and move every more often.

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Tags: [arduino](#) [arduinocase](#) [arduinouno](#) [mod](#) [pir](#) [uno](#)

Uses [Kazik's Arduino Uno case design](#) to mount a PIR sensor and speaker that help remind you to stand up and move every more often.

Not exactly what I needed since it only detected movement and not stationary vs away, but I thought I might as well post it ;)

Parts:

- 20mm 3m screw and washer
- [Adafruit Mini Metal Speaker](#)
- RadioShack 12A14 PIR Sensor Module (~36x~26mm front)

I included some test code because why not

# This remix is based on



## Arduino Uno Case

by Kazik

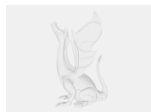
## Model files



### pir-and-speaker-mount.3mf

☐ Print with supports underneath the whole thing.

## Other files



### get\_up\_pir\_test.ino

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