



## [Mod] Get Up and Move v2 - Ping Sensor and Speaker Arduino Uno Case Mod



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### Summary

A case mod that mounts an ultrasonic ping sensor and speaker to the top so that you can remind yourself to stand up.

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Tags: [arduino](#) [arduinocase](#) [arduinouno](#) [mod](#) [ultrasonic](#)  
[ultrasonicsensor](#)

My second attempt at making a compact/intuitive/circuit-less design to tell me to get out of my chair every so often. This one worked out a lot better.

Supplies:

- 20mm 3m screw and washer
- [Adafruit Mini Metal Speaker](#)
- [HC-SR04 Ultrasonic Distance Sensor](#)

I've included a sample Arduino sketch for the whole "Get Up" project thing. Hopefully, it's good enough to get you started. Please message me if you've got any questions.

Don't forget to print the model with supports underneath it!

## This remix is based on



### Arduino Uno Case

by Kazik

## Model files



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

☐ Don't forget to print with supports!

## Other files



### get\_up\_hcsr04\_speaker.ino

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