

kelly caseu interproject report

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Submission date: 03-May-2022 11:33PM (UTC+0100)

Submission ID: 178314265

File name: 31343_Kelly_Casey_kelly_caseu_interproject_report_409451_150223722.docx (1.43M)

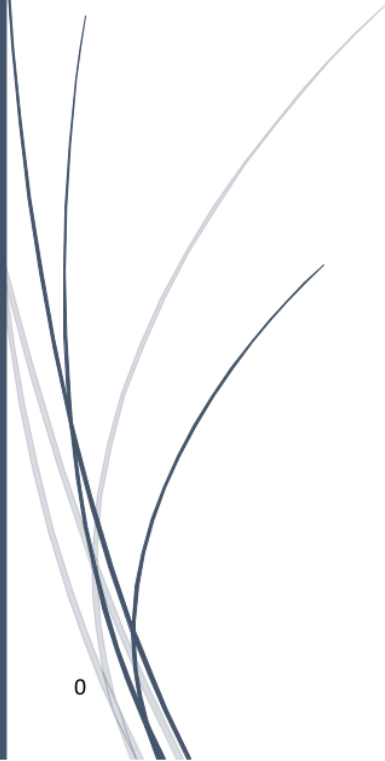
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4/18/2022

Report on Health and well- being project



Kelly Casey (2106451)
Integrating Project – ACHA4008

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Introduction

Throughout the last couple of years, especially during Covid-19 and lockdown everyone's health and wellbeing has become a concern around the country.

Students in small groups have been tasked with developing a prototype app or website focusing on health and wellbeing to help tackle the ongoing concern.

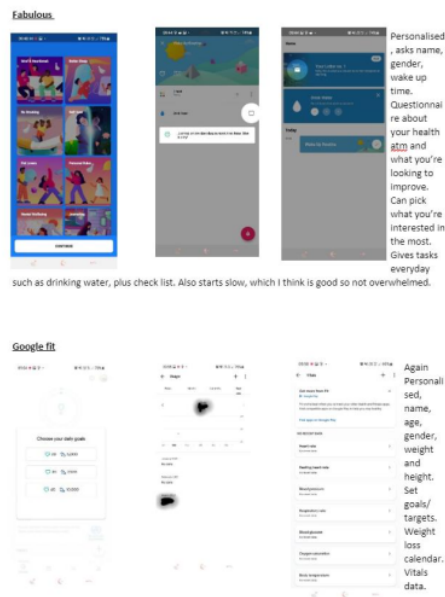
All members of the group will each have responsibility as leader for one section of the task with help from the rest of the team.

It is suggested the students start by researching popular apps and websites for inspiration which is exactly what two members of the group (Kelly and Nathan) started with.

Unfortunately, three of the group members did not end up participating which led to Kelly and Natan taking over all the tasks themselves. They decided to do a prototype for an app called “N&K Health and Fitness” which would then be able to be used on most platforms.

Research

Kelly and Nathan decided to start by downloading many of health and fitness apps and writing up what the apps include, what they think is good about the apps and what they thought was bad with the apps. They then shared their findings with each other.



[1] [2]

After sharing their findings with each other Kelly and Nathan decided that they wanted something simple to use as they found it was easy to lose interest in the long winded more complicated apps. They also wanted their app to focus on health whether its to lose weight, gain weight or to maintain. So, the focus isn't just on losing weight which they found many of the apps to focus on.

App solutions

Calorie/nutrition counter – with barcode scanner

Step counter

Nutra Check

- Nutra check is a calorie counting app that lets you count your daily calories, water intake and also any other nutritional value a item holds such as proteins. It also has a very handy barcode scanner than shows all nutritional value instantly. I believe calorie counting is a necessity for our app.

Step counter

Apple Health app

- Apple's health app is integrated to every purchase of an iPhone. An extremely handy tool that lets you track your daily step count. I believe this could be an important part of our app as people on androids or google phones would not have this feature.

Exercise list & Videos of exercises being performed

Nike training club

- Nike training club is an app that allows users at any fitness level to access a range of exercise videos. I believe having a professional instructor show the user how to perform these exercises is very important – to avoid things such as injuries.

NHS Fitness

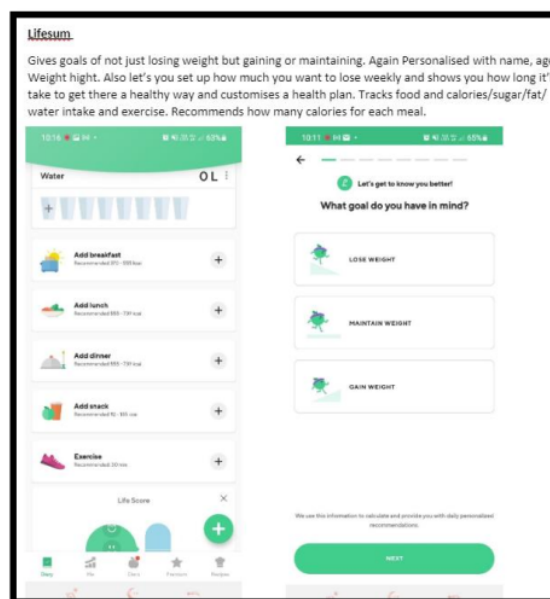
- NHS fitness provides a similar service to Nike training club but this service is completely free to anybody living in the UK.

Online fitness classes

Dig me fitness

- Dig me fitness is an online service app that allows people to view online classes performed by professional fitness instructors. Though this idea isn't as strong as the previous ones, I believe it should still be considered.

One of the best apps Kelly and Nathan decided to get most inspiration from was one Kelly found called “lifesum”, they found it most user friendly and thought it fit what they wanted from their app the most. [3]



They decided they wanted their app to include:

A step counter, so users will be able track how many steps the user is taking each day. Also giving an advisory weekly step count which takes into consideration the users age and personal preference within their weight, whether they would like to gain weight, lose weight or to maintain their weight

A food diary. One of the best things Kelly and Nathan found on the apps was the ability to keep a food diary with a barcode scanner which makes it so easy to track all the food and drink the user takes throughout the day and giving them all the nutrient value of it all.

Healthy recipes. From personal experience from Kelly and conversations had with many other people whether they are students, parents, in a relationship or single one of the most frustrating points of trying to stay healthy is finding things to cook every day. People just don't have time and the patience to trawl through recipe books and the internet to find what to cook so Kelly and Nathan thought If they had a part of the app which was dedicated to healthy recipes which would refresh regularly would be extremely helpful.

Fitness videos. Kelly and Nathan also thought having a section for fitness exercises and a variety of different exercise videos which again would refresh regularly would also be very helpful.

Most importantly they wanted to make sure the app has a personalised experience for each individual wishing to use it by providing a goals section will have the users Name, Age, Gender, Weight, Height and then weight goal which they will be able to adjust at any point in their health journey.

Action plan

Firstly, Kelly and Nathan talked about what tasks need to be completed and then decided which of them each other will do by creating a simple PID chart using a template from thedigitalprojectmanager.com slightly edited for this problem [4]

Kelly created this simple PID whilst Nathan created a time keeping Gannt chart.

Project Initiation Document

Client: UWTSD

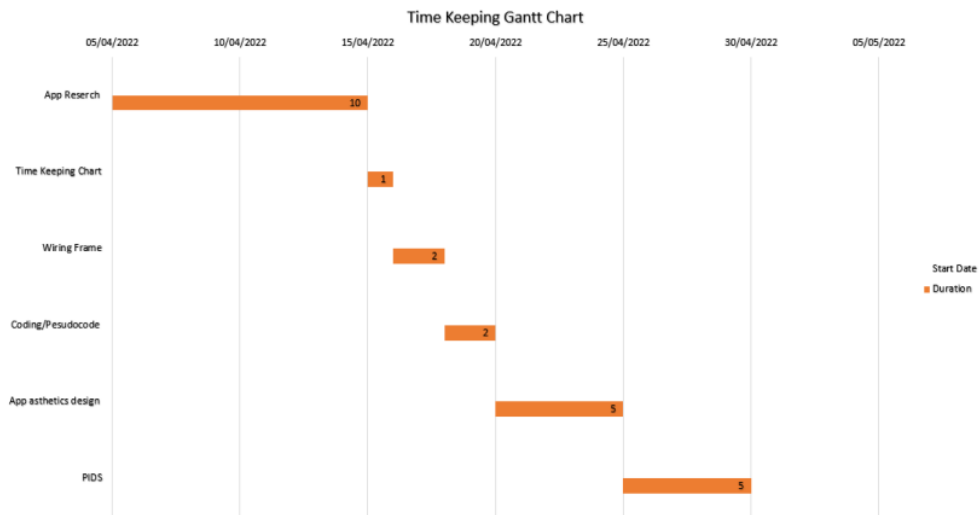
project name: N&K Health and Fitness

Client lead: David Williams.

Deadline: 03/05/2022

Project Manager: Kelly Casey & Nathan Evans

What's the problem	Why is the client pursuing it
Creating a health and fitness app	For an assignment to provide health and fitness to students.
What will help the problem succeed?	What problems can occur?
Clear goals and plan Realistic deadlines and schedules Competent team Careful planning Proactive issue resolution Commitment	Insufficient planning Team members not showing up Insufficient resources Unclear objectives Lack of support
Timeline	How will we collaborate work
7 weeks	get everyone on the same page. Be a team player Work together Trust each other Encourage each other.



What went wrong

Unfortunately, 3 out of 5 team members didn't turn up or contribute to any of the work which was highlighted as problem which could occur in the PID chart. We overcome that by the last two members working Kelly and Nathan supporting and encouraging each other to get as much work done as possible between them. They provided each other with clear objectives and managed to get most of the work done together.

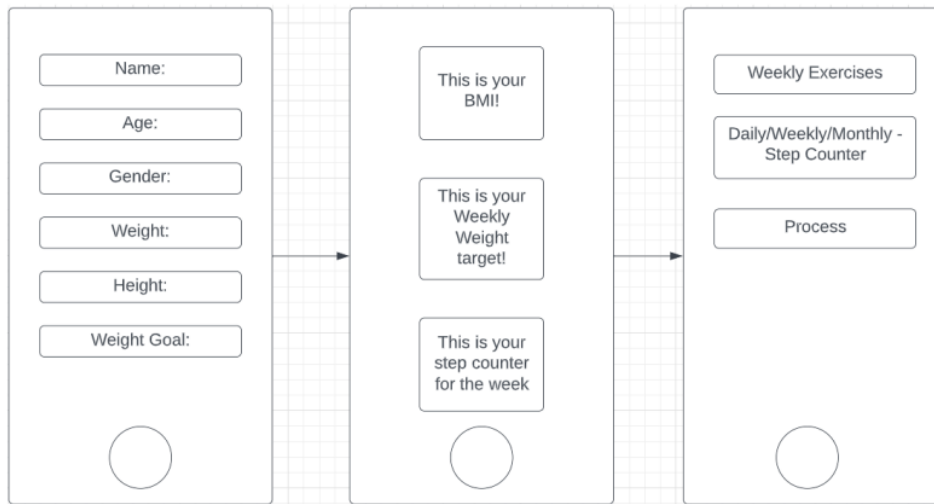
what needs to be done

- App research – Kelly and Nathan
- Time keeping chart – Nathan
- Wire framing – Nathan
- Coding – Kelly
- Aesthetic design – Kelly
- PIDS – Kelly and Nathan
- Videos/ recipe ideas – Kelly and Nathan

The solution

Wire framing

Nathan started on the wireframing which is a two-dimensional illustration of the interface. Showing how parts of the app would look. Including the goals section, plus step counter and exercises



Code

Whilst Nathan created the wire framing Kelly then got on with writing some code using Python to calculate the BMI of the user. She did this by allowing the user to input information about themselves and then creating code that calculates their BMI, she then continued the code by asking the user how much weight they would like to lose and asking if they would like to lose one or two pounds a week (it is recommend a healthy weight loss amount is no more than two pounds per week) and letting them know how long it will then take them to lose their desired amount.

(code)

```
firstName =input("please enter your name:")
print("hello "+ firstName)
print("please enter your age:")
myNumber1 = int(input())
print("please enter your height in inches:")
myNumber2 = float(input())
print("please enter your weight in pounds:")
myNumber3 = float(input())
total = myNumber3/myNumber2/myNumber2*703

print("your bmi is", total)

print("how many pounds are you looking to lose:")
```

```

WeightLose = float(input())
print("would you like to lose 1lb or 2lb a week?:")
myNumber4 = float(input())
total2= WeightLose/myNumber4

print("it will take you", total2,"weeks")
print("YOU'VE GOT THIS!:)")

```

here we tested if the code worked which it did !

(code solution)

```

C:\Users\Jack\Desktop\projectintergrating\MyProject\Scripts
please enter your name:karen
hello karen
please enter your age:
40
please enter your height in inches:
68
please enter your weight in pounds:
224
your bmi is 36.15059687786961
how many pounds are you looking to lose:
28
would you like to lose 1lb or 2lb a week?:
2
it will take you 14.0 weeks
YOU'VE GOT THIS!:)

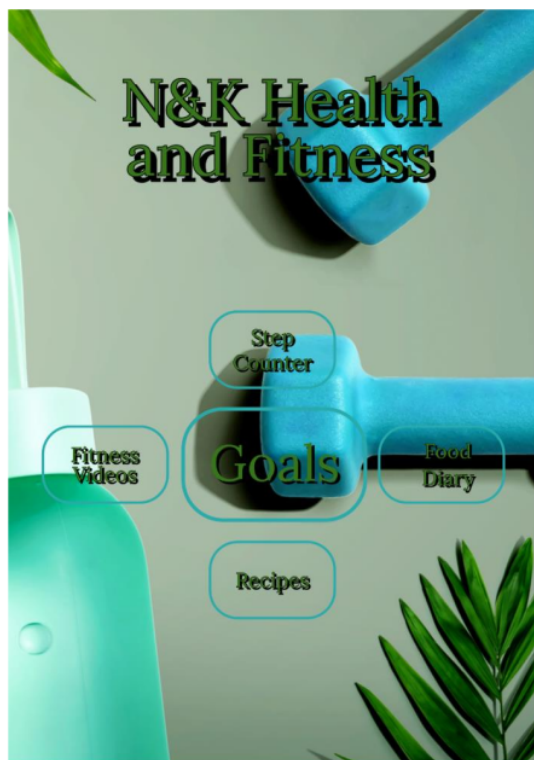
Process finished with exit code 0

```

Aesthetic design front page

Kelly and Nathan discussed between them how they would like the front page of their app to look. They decided they wanted it to look clean, aesthetically pleasing and simple

Kelly then got to work creating a picture of how she thought it should look, she then sent it to Nathan for his approval. Which was given straight away.



Videos and recipe ideas

recipes

Kelly and Nathan took some time to do some more research on what kind of recipes they would like to add. They decided they would like easy and healthy recipes that a variety of people would enjoy including vegetarian and cultural options. They spent more time looking at recipes and making a list of some that they would like to add.

Healthy recipes for N&K health and fitness app

Chicken satay salad

<https://www.bbcgoodfood.com/recipes/chicken-satay-salad> [1]

cheesy ham and leek bake

<https://www.nhs.uk/healthier-families/recipes/cheesy-ham-and-leek-bake/> [2]

Roasted black bean burgers

<https://www.jamieoliver.com/recipes/vegetable-recipes/roasted-black-bean-burgers/> [3]

Epic vegan lasagne

<https://www.jamieoliver.com/recipes/pasta-recipes/epic-veg-lasagne/> [4]

Punjabi chicken masala recipe

<https://realfood.tesco.com/recipes/punjabi-chicken-masala.html> [5]

Quick chicken tacos recipe

<https://realfood.tesco.com/recipes/quick-chicken-tacos.html> [6]

chicken and spinach skillet pasta with lemon and pearsan

<https://www.eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-pear-sauce/> [7]

individual fish pies

https://www.waitrose.com/content/waitrose/en/home/recipes/recipe_directory/individual-fish-pies.html [8]

apple sauce blueberry muffin

<https://www.sainsburymagazine.co.uk/recipes/baking/apple-sauce-blueberry-muffins> [9]

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- [3] j. oliver, "jamieoliver.com," [Online]. Available: <https://www.jamieoliver.com/recipes/vegetable-recipes/roasted-black-bean-burgers/>. [Accessed 1 5 2022].
- [4] j. oliver, "jamieoliver.com," [Online]. Available: <https://www.jamieoliver.com/recipes/pasta-recipes/epic-veg-lasagne/>. [Accessed 01 05 2022].
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- [9] d. sharma, "sainsburymagazine," [Online]. Available: <https://www.sainsburymagazine.co.uk/recipes/baking/apple-sauce-blueberry-muffins>. [Accessed 1 05 2022].

Fitness videos

Lastly Kelly and Nathan did some more research into fitness videos. Having a look on Youtube and the NHS website. They created a list of some of the best videos they liked, different length videos, warm up, family, beginners, and dance. Ideally if the app was up and running, we would have someone that would refresh the videos everyday as well the recipes to give users plenty of variety.

Fitness videos for N&K health and fitness app

30 minute fat burning home workout for beginners

https://www.youtube.com/watch?v=gC_L9gAHVJ8 [1]

15- minute beginners at home cardi workout – class FitSugar [2]

<https://www.youtube.com/watch?v=VthYQpPQ0t8>

32 minute home cardi Workout with No Equipment – calorie blasting cardio training

https://www.youtube.com/watch?v=qWY_a0B45Y [3]

Have a blast with this family fun cardio workout

<https://www.youtube.com/watch?v=5f4cQ05ow> [4]

wake- up workout (45 minutes)

<https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/> [5]

La Bomba dance workout (45 minutes)

<https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/> [6]

15 min beginner cardio workout#

<https://www.youtube.com/watch?v=VWj8ZxCmYk> [7]

Basic warm up

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-warm-up/> [8]

Bibliography

- [1] b. project, "30 min fat burning at home," youtube, 2019.
- [2] p. fitness, "15 mins beginners cardio work out," youtube , 2016.
- [3] fitnessblender, "32 min home cardio workout," youtube, 2015.
- [4] p. fitness, "family fun cardio workout," youtube, 2019.
- [5] NHS, "wake up workout," nhs.uk, 2020.
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- [8] NHS, "warm up," NHS, 2020.

Outcome

Overall, the outcome of the solution is a success as in what Kelly and Nathan put out to achieve, they managed to achieve. Whatever work they both put in was a success and was found they worked very well together overall. However, with it being such a large project and having lost 3 out of 5 team members there could have been a lot more work and details put into the project.

A couple things they would do differently next time is that they would look into having a better team so the project can be done in more detail and as Kelly and Nathan was waiting for input from the rest of the team some of the stuff was done much later than they would of liked and next time I believe they would just get into straight away and then if people aren't getting involved to carry on without them and then if they turn up with things later then to simple add their ideas in.

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kelly caseu interproject report

GRADEMARK REPORT

FINAL GRADE

64/100

GENERAL COMMENTS

Instructor

Kelly Casey
1 engagement with literature
comment available

limited sources (4) do not solely rely on
websites, rather use a combination that
includes books and journals 15

2 Knowledge and Understanding
comment available

research rather limited in the written
report (compared to the discussion given
in presentation). 40

Areas investigated are relevant and
justified well

3. Cognitive and Intellectual skills
comment available

very good planning, design and
implementation sections with all areas
discussed 30

4. Practical Application Skills
comment available

0

5. Transferable Skills for life and Professional practice
comment available

Tone is a bit informal in places
generally well structured 15
avoid first person narrative

Total: 52

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