



ASSIGNMENT 2: PRACTICAL & PROFESSIONAL DEVELOPMENT

Module: Changemakers: Creativity and Value
Creation

Course: Apprenticeship in Computing (Software Engineering) BSc

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Table of Contents

Introduction	2
Task 1: Practical Development / implementation	3
Q1 – Initial Feedback	3
Summary of feedback	3
Q2 – Implementation.....	6
Task 2: Enterprise & Innovation.....	13
T2- Enterprise	13
Tech Start up Name	13
The Logo	13
Business Type (Legal Classification).....	15
Business Strategy	15
Funding Initiatives	16
PEST Analysis	17
Task 3: Project Reflection.....	20
Practical Feedback.....	20
Project Progress Diary	22
Skills.....	23
Positive Social Impact.....	23
Conclusion.....	24
References.....	25
Appendix A – CPD Evidence.....	27
Appendix B – Weekly Project Progress Forms.....	29

Introduction

This report documents the development of Trackogram, a mobile health and wellbeing application designed to combine physical health tracking and mental wellbeing support within a single platform. The project was developed using Android Studio and aimed to provide users with a central location for monitoring different aspects of their wellbeing, including activity, hydration, mood and personal reflection.

The report outlines the practical implementation of the application, including user feedback, development activities, testing and troubleshooting. It also explores the enterprise aspects of the project through the creation of a potential technology start-up, business strategy and PEST analysis. Finally, the report reflects on project outcomes, skills developed and the application's potential social impact.

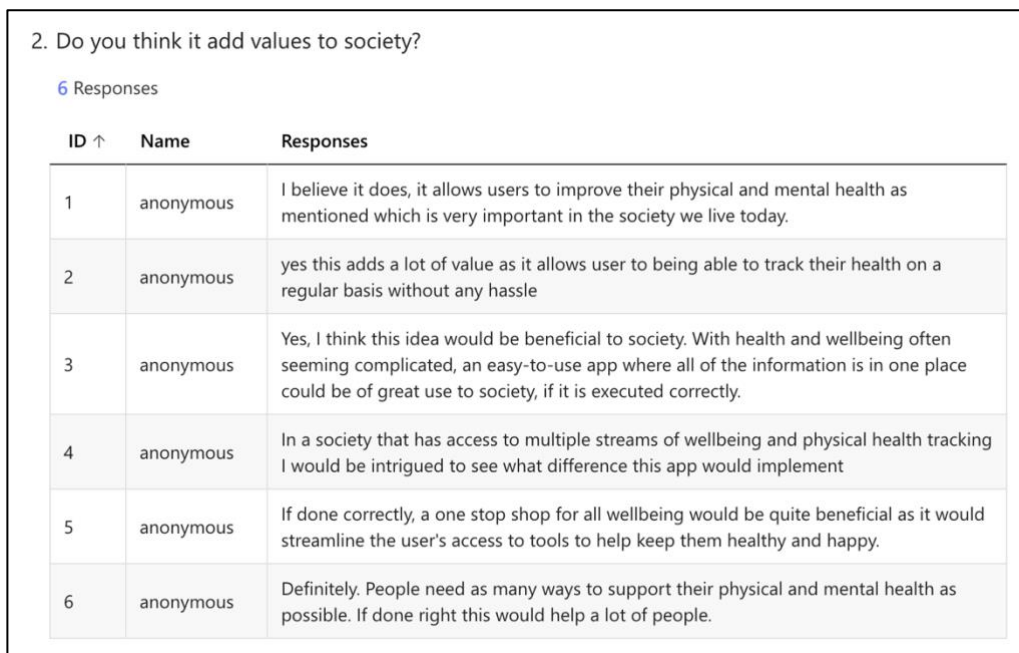
Task 1: Practical Development / implementation

Q1 – Initial Feedback

To support the development of Trackogram, initial feedback was gathered using a Microsoft Forms questionnaire completed by six anonymous participants. The questionnaire focused on the project idea, proposed features and whether the application should be separated into physical and mental wellbeing sections. The purpose was to identify improvements before development.

Summary of feedback

Overall, the feedback was positive, with all six participants stating that the application idea was useful and had the potential to improve physical and mental wellbeing (Figure 1).



2. Do you think it add values to society?

6 Responses

ID ↑	Name	Responses
1	anonymous	I believe it does, it allows users to improve their physical and mental health as mentioned which is very important in the society we live today.
2	anonymous	yes this adds a lot of value as it allows user to being able to track their health on a regular basis without any hassle
3	anonymous	Yes, I think this idea would be beneficial to society. With health and wellbeing often seeming complicated, an easy-to-use app where all of the information is in one place could be of great use to society, if it is executed correctly.
4	anonymous	In a society that has access to multiple streams of wellbeing and physical health tracking I would be intrigued to see what difference this app would implement
5	anonymous	If done correctly, a one stop shop for all wellbeing would be quite beneficial as it would streamline the user's access to tools to help keep them healthy and happy.
6	anonymous	Definitely. People need as many ways to support their physical and mental health as possible. If done right this would help a lot of people.

Figure 1. Anonymised responses from six participants to the question “Do you think Trackogram adds value to society?” collected through a Microsoft Forms questionnaire.

Four participants specifically mentioned the benefit of combining health tracking and journalling into a single application, suggesting that users value accessing different aspects of wellbeing without switching between applications.

However, three participants compared the proposed application to existing solutions such as MyFitnessPal, Strava, Samsung Health and Apple Fitness. This suggests that the original project description did not clearly explain how Trackogram would differ from existing health applications. This was supported by one participant stating that the mental wellbeing section had not been described in enough detail, suggesting that this area of the application needed further explanation.

Additional suggestions included streak systems, reminders, device integrations and links to professional support services (Figure 2).

3. Are there any additional features that you would add if you were designing the app?

6 Responses

ID ↑	Name	Responses
1	anonymous	Depending on the project aims, maybe somewhere where the users can save meals that they have made that they enjoyed along with its macros.
2	anonymous	adding a streak feature for every time the user hits a health goal like a step goal they get a notification to say congrats
3	anonymous	You could include some feature where users can choose to share their photos/ accomplishments with their friends to make the app more engaging.
4	anonymous	Allowing for apple health data to be implemented or other tracking devices apple watch, oura ring, etc may be worth adding recovery and stress tracking to the app as this is something existing devices/platforms don't do very well at the moment
5	anonymous	I would want the mental wellbeing section to contain a way to surface and contact therapists/councillors/mental health experts to allow the user to bridge the gap to real life support if they need it
6	anonymous	Integrations with third parties would be key. Garmin/Apple/Samsung Galaxy Watch/etc. Perhaps a link to NHS health data. Meal planners like MyFitnessPal. Dynamic reminders to exercise or meditate or log meals. Perhaps a 'gamified' experience to get people 'addicted' to their own health. Put in guardrails for unhealthy behaviour like undereating, sharing relevant resources when needed

Figure 2. Anonymised responses from six participants to the question “Are there any additional features that you would add if you were designing the app?” collected through a Microsoft Forms questionnaire.

Whilst this demonstrated interest in the project idea, it also suggested that the original project scope may not have been communicated clearly, as several suggestions extended beyond the planned functionality.

None of the participants identified any existing features as unnecessary, suggesting that the proposed functionality was useful. In addition, five participants supported separating physical and mental wellbeing into different sections (Figure 3), indicating that users preferred information to be displayed in a clearer and more organised way.

5. Do you think it would be useful to split the app as designed to have the two sections? Is there another way you would split the different parts of the app?

6 Responses

ID ↑	Name	Responses
1	anonymous	There could potential be different pages for difference things, e.g. one for exercise and steps, one for sleep and one for calories.
2	anonymous	splitting the app into two sides is useful as users wouldn't want to download multiple apps, in the future you could perform data analytics to see if the wellbeing is affected by health and maybe give the user further information
3	anonymous	Yes I think this is a sensible decision as have everything in one place, on one page for example, would be too much information. Splitting the app into 2 sections for physical and mental health is a solid solution to this problem.
4	anonymous	Yes, it's useful as the user will clearly know where to go for each section depending on the focus of that day
5	anonymous	I would probably have a physical and mental section, those seem like good enough categories to house the premise. Perhaps have additional sub sections within those sections (exercise, calories, etc.)
6	anonymous	Splitting the app into different sections would benefit the user experience when it comes to detailed information and section specific logging. I do think an overall summary combining all sections into a single page would also be good.

Figure 3. Anonymised responses from six participants to the question “Do you think it would be useful to split the app as designed to have the two sections?” collected through a Microsoft Forms questionnaire.

As a result of this feedback, the project aims and planned functionality would be explained more clearly in future, particularly the mental wellbeing features. The decision to separate physical and mental wellbeing would be retained, as most participants felt this would improve navigation and reduce information overload. An overall dashboard would also be considered, as one participant suggested this would allow information from both sections to be viewed in one place. Links to wellbeing support services would also be considered for future development.

Q2 – Implementation

Following the initial implementation completed in the previous assignment, the Trackogram application was further developed to create a more complete user experience. The initial implementation focused on the Physical and Mental Wellbeing toggle functionality, dynamic date display and a basic dashboard layout. During this stage of development, an Overview dashboard was introduced to display key physical and mental wellbeing information in a single location. Existing dashboard cards were updated to display additional wellbeing information, including mood, activity, hydration, sleep, journal entries and pinned notes.

The user interface was also refined to improve consistency and make the application feel more complete. This included redesigning dashboard layouts, adding a notification button and implementing light and dark themes using Android resource files (Figure 4). These themes allow the application to adapt to different viewing modes whilst maintaining readability and visual consistency.

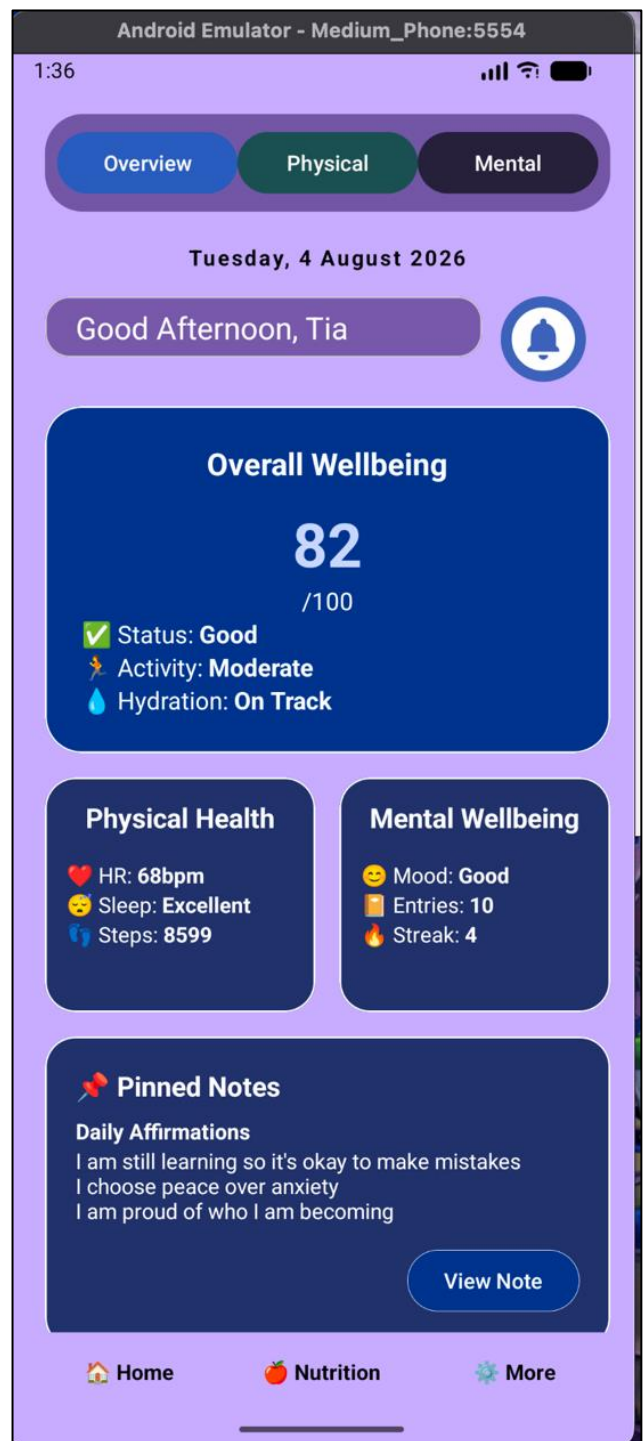


Figure 4. Overview dashboard showing the implemented light and dark themes, dynamic greetings and automatic date updates.

Layout Validation was used within Android Studio to test the application across different device sizes. Testing highlighted that the original layout did not make effective use of additional screen space on larger devices (Figure 5).

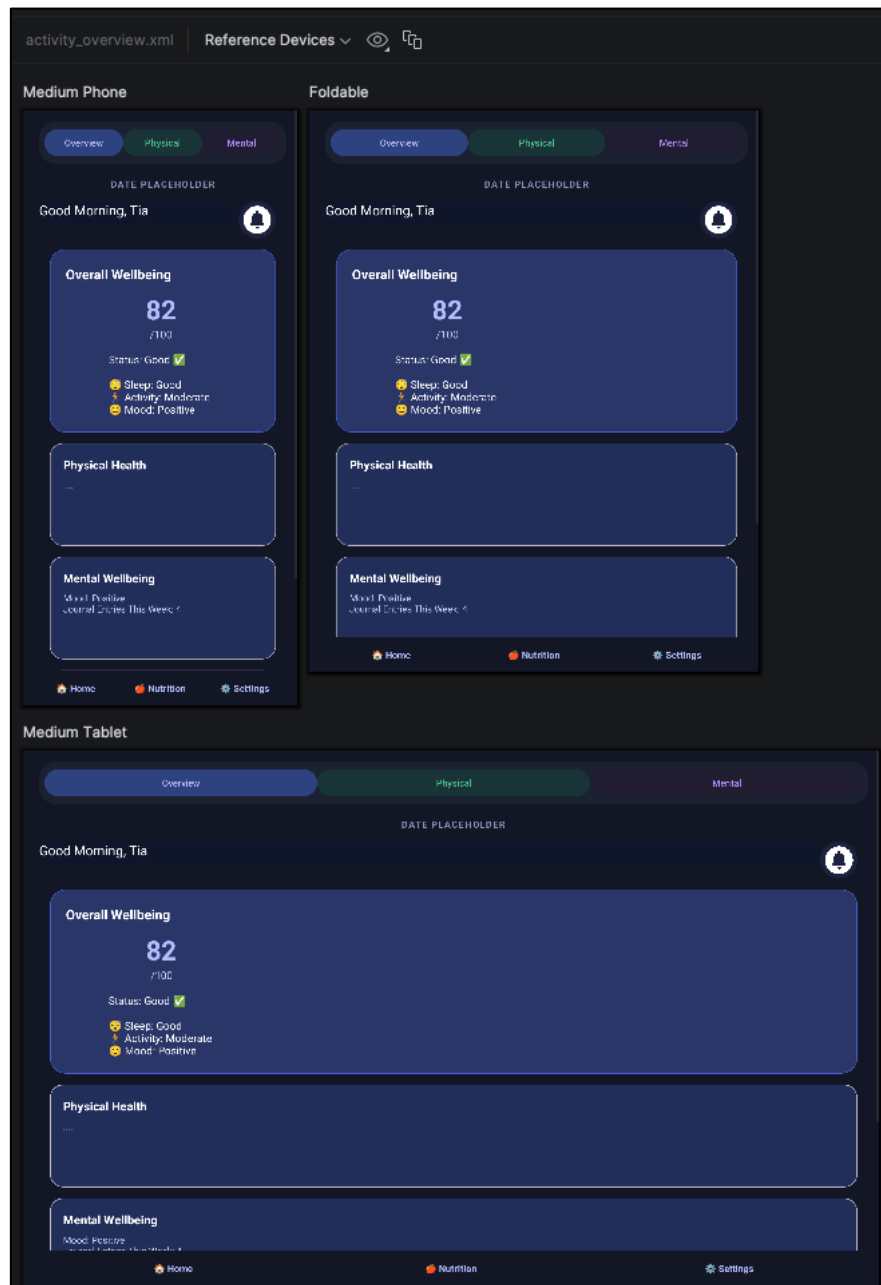


Figure 5. Layout Validation testing of the Trackogram overview dashboard across phone, foldable and tablet screen sizes within Android Studio.

As a result, the Physical Health and Mental Wellbeing sections were positioned side by side, improving space utilisation and creating a more balanced layout on foldable devices and tablets (Figure 6).

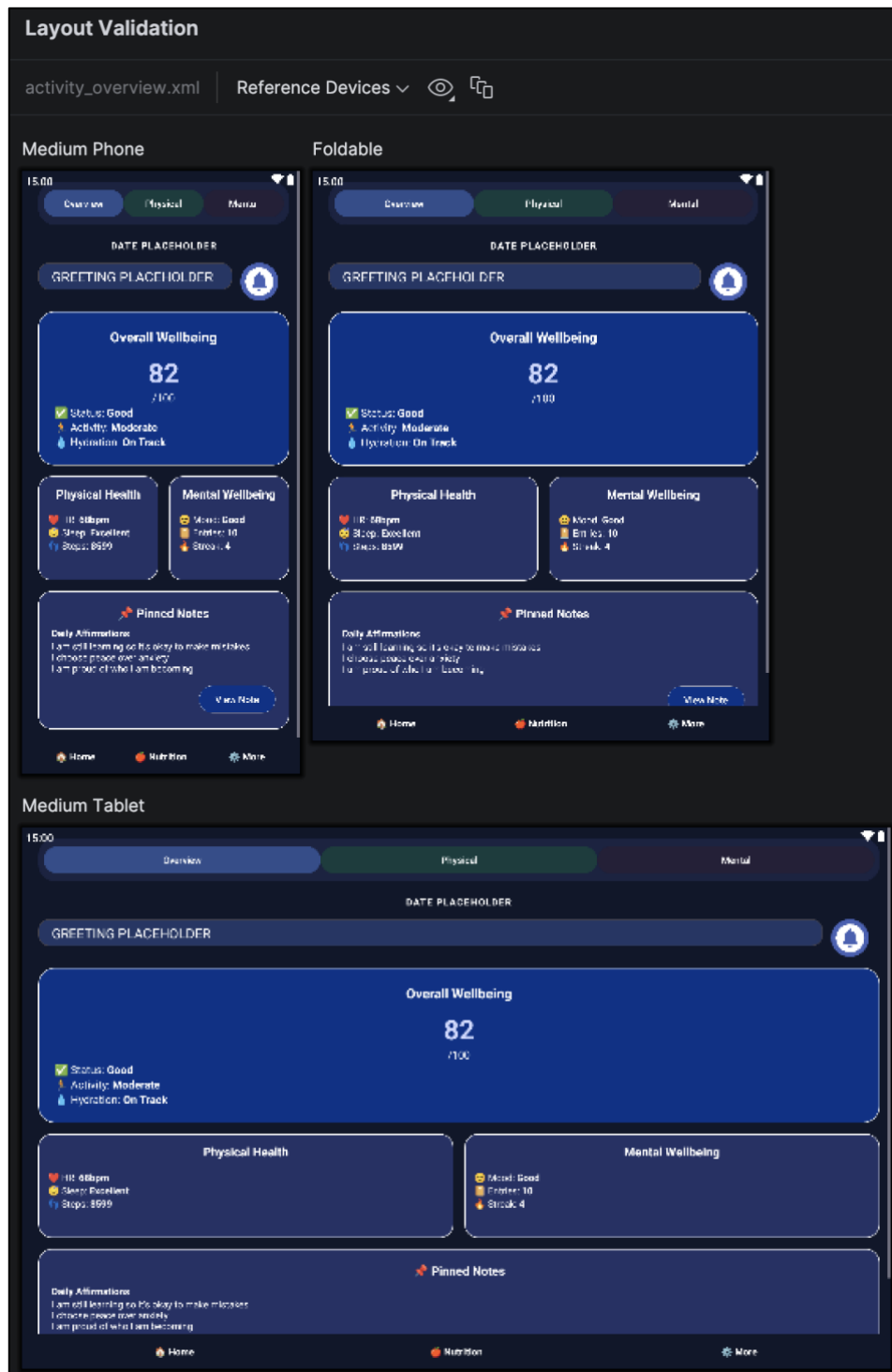


Figure 6. Layout Validation showing the Trackogram overview dashboard across phone, foldable and tablet device sizes after changes were made to improve the layout on larger devices.

One of the biggest challenges encountered during development was implementing light and dark mode functionality. Changes made to theme and colour resources resulted in application launch errors (Figure 7, Figure 8).

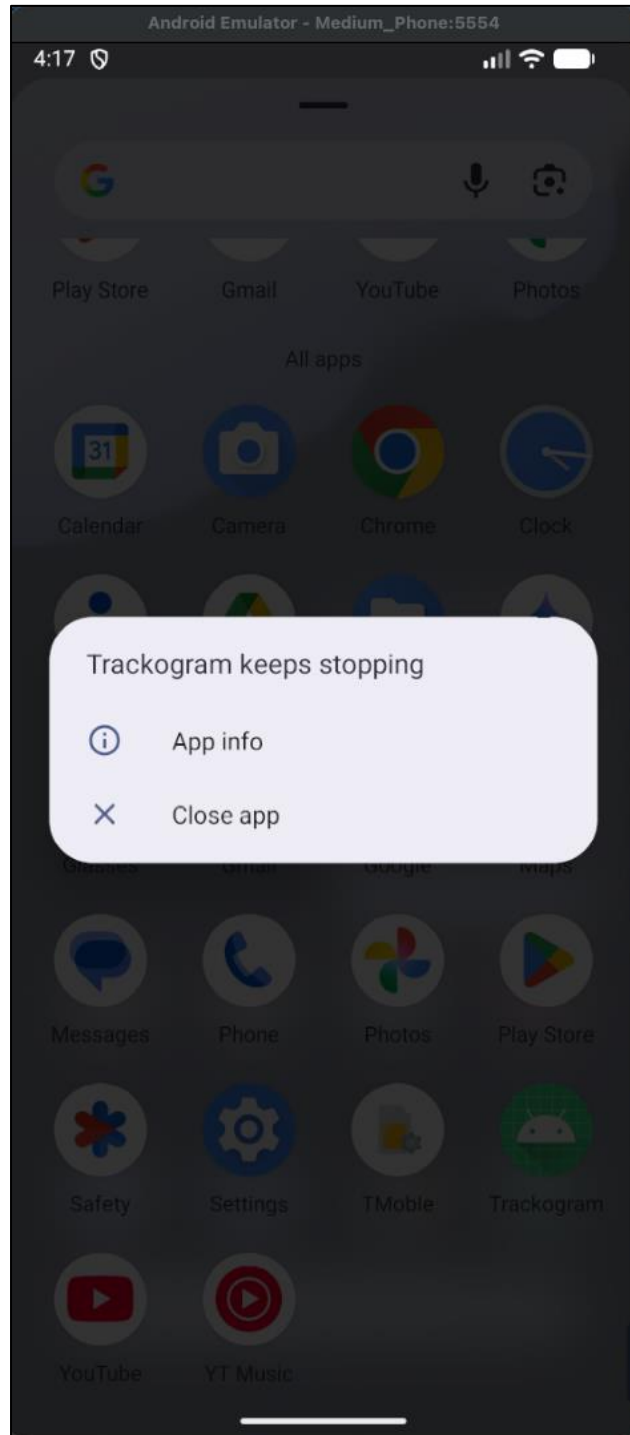


Figure 7. Trackogram application launch error encountered during the implementation of light and dark mode functionality.

```

Logcat
Medium Phone (emulator-5554) Android 17, API 37.0 package:com.example.trackogram

2026-07-31 16:17:26.016 6879-6879 ApplicationLoaders com.example.trackogram
2026-07-31 16:17:26.022 6879-6879 nativeLoader com.example.trackogram
2026-07-31 16:17:26.022 6879-6879 GraphicsEnvironment com.example.trackogram
2026-07-31 16:17:26.022 6879-6879 GraphicsEnvironment com.example.trackogram
2026-07-31 16:17:26.022 6879-6879 GraphicsEnvironment com.example.trackogram
2026-07-31 16:17:26.023 6879-6879 GraphicsEnvironment com.example.trackogram
2026-07-31 16:17:26.044 6879-6894 DisplayManager com.example.trackogram
2026-07-31 16:17:26.050 6879-6879 TransactionExecutor com.example.trackogram

2026-07-31 16:17:26.050 6879-6879 AndroidRuntime com.example.trackogram
2026-07-31 16:17:26.052 6879-6879 AndroidRuntime com.example.trackogram

2026-07-31 16:17:26.058 6879-6879 Process com.example.trackogram
2026-07-31 16:17:26.430 648-894 WindowDrga...Controller system_server

FATAL EXCEPTION: main
Process: com.example.trackogram, PID: 6879
java.lang.RuntimeException: Unable to instantiate activity ComponentInfo{com.example.trackogram/com.example.trackogram.MainActivity}: java.lang.ClassNotFoundException: Didn't find class 'com.example.trackogram.MainActivity' on path: DexPathList{native library [/data/app/.../lib-x86_64.so]:dex file [/data/app/.../resources.apex]}
    at android.app.ActivityThread.performLaunchActivity(ActivityThread.java:4482)
    at android.app.ActivityThread.handleLaunchActivity(ActivityThread.java:4781)
    at android.app.servertransaction.TransactionExecutor.executeLifecycleItem(TransactionExecutor.java:133)
    at android.app.servertransaction.TransactionExecutor.execute(TransactionExecutor.java:103)
    at android.app.ActivityThread$H.handleMessage(ActivityThread.java:5032)
    at android.os.Handler.dispatchMessage(Handler.java:152)
    at android.os.Handler.dispatchMessage(Handler.java:125)
    at android.os.Looper.loopOnce(Looper.java:226)
    at android.os.Looper.loop(Looper.java:127)
    at android.app.ActivityThread.main(ActivityThread.java:9533)
    at com.android.internal.os.RuntimeInit$MethodAndArgsCaller.run(RuntimeInit.java:576)
    at com.android.internal.os.ZygoteInit.main(ZygoteInit.java:939)
Caused by: java.lang.ClassNotFoundException: Didn't find class 'com.example.trackogram.MainActivity' on path: DexPathList{native library [/data/app/.../lib-x86_64.so]:dex file [/data/app/.../resources.apex]}
    at dalvik.system.BaseDexClassLoader.findClass(BaseDexClassLoader.java:259)
    at java.lang.ClassLoader.loadClass(ClassLoader.java:644)
    at java.lang.ClassLoader.loadClass(ClassLoader.java:588)
    at android.app.AppComponentFactory.instantiateActivity(AppComponentFactory.java:99)
    at androidx.core.app.CoreComponentFactory.instantiateActivity(CoreComponentFactory.java:46)
    at android.app.Instrumentation.newActivity(Instrumentation.java:1468)
    at android.app.ActivityThread.performLaunchActivity(ActivityThread.java:4471)
    .. 14 more
    Sending signal. PID: 6879 SIG: 9
    Attempting to externally change a non-organized container: Task{c525ebd #78 type=standard A=10231:com.example.trackogram
  
```

Figure 8. Android Studio Logcat output showing the cause of the application launch error encountered during development.

Investigation identified missing resources and theme configuration issues which prevented the application from running correctly. After these issues were corrected, the application was able to launch successfully again (Figure 9). This provided valuable experience of troubleshooting Android Studio projects and managing application resources.

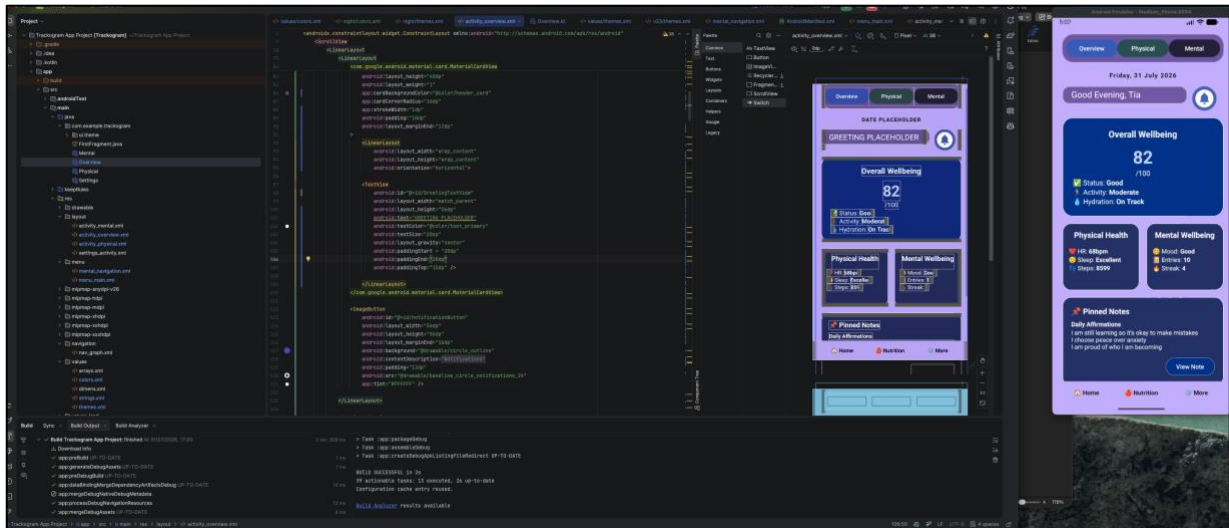


Figure 9. Successful launch of Trackogram within Android Studio following the resolution of resource and theme configuration issues.

As seen in Figure 4, additional functionality was implemented through time-based greetings and better automatic date updates. Furthermore, testing using the Android emulator was carried out throughout development to ensure the application functioned correctly and displayed consistently across different themes and devices. These improvements expanded the original implementation and brought the application closer to the intended vision for Trackogram.

Task 2: Enterprise & Innovation

T2- Enterprise

Tech Start up Name

Trackogram Ltd is the proposed tech start-up name. The name was chosen because it reflects the application's focus on tracking health and wellbeing whilst supporting personal reflection and journalling. It is short, memorable and suitable as both a product and company name.

The Logo

The initial logo design was based on personal preference and ideas that felt representative of Trackogram (Figure 10). However, after reviewing the design, it became clear that the logo did not clearly communicate the application's purpose or create a strong visual identity.

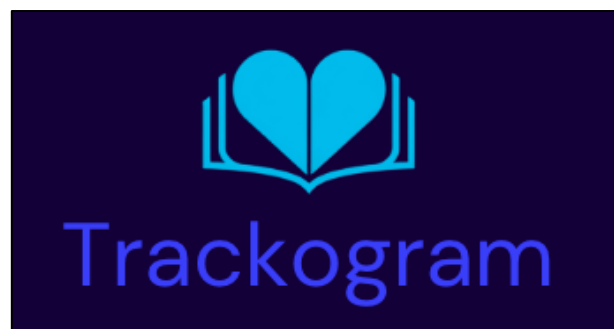


Figure 10. Initial Trackogram logo design based on personal preference and early project ideas.

Research into logo design principles highlighted the importance of simple and recognisable symbols to communicate a brand's purpose [1]. The logo was therefore redesigned to better represent the application's key features and align with the existing colour scheme (Figure 11).

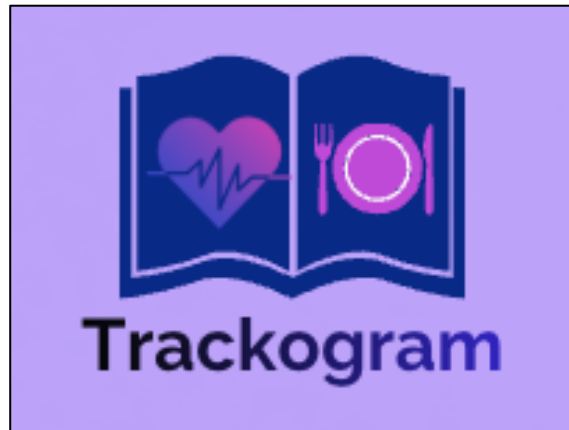


Figure 11. Second iteration of the Trackogram logo following research into logo design principles and application branding.

Further evaluation showed that some details within the revised design would become difficult to distinguish when displayed at smaller sizes, such as within app store listings. As a result, the logo was simplified to improve scalability whilst maintaining its core meaning [1][2].

The final logo combines symbols representing physical and mental wellbeing (Figure 12). The journal reflects journalling, whilst the heart and heartbeat line represent health tracking. Together, they communicate the application's focus on wellbeing within a single platform



Figure 12. Final iteration of the Trackogram logo combining symbols representing physical and mental wellbeing, including a journal, heart and heartbeat line.

The blue and purple colour palette was selected to create a consistent visual identity with Trackogram. Blue is commonly associated with the fitness industry [3] and is often linked with positive and calm emotions [4]. Purple was chosen because it is associated with reflection and emotional depth, aligning with the application's focus on wellbeing and self-development [5]. The combination helps reinforce the health and wellbeing theme whilst creating a recognisable brand identity.

Business Type (Legal Classification)

A Limited Company (Ltd) was selected as the legal classification for the business. This was chosen over operating as a sole trader because it gives the business a separate legal identity and improves credibility. This reduces personal financial risk through limited liability whilst providing a stronger foundation for future growth and investment opportunities [6][7].

Business Strategy

Mission Statement

The mission of Trackogram is to help users better understand and improve their physical and mental wellbeing by combining health tracking and personal reflection within a single mobile application.

Objectives

1. To develop Trackogram as a platform that enables users to track both physical and mental wellbeing in one place.
2. To provide an accessible platform for monitoring overall wellbeing.
3. To reduce environmental impact through Trackogram's digital alternative to paper-based wellbeing tracking and journalling.
4. To use user feedback to improve Trackogram and introduce new features.
5. To generate income through Trackogram premium features to support future development and growth.

Values

- **Accessibility** – Creating an app that is easy to use and understand.
- **Innovation** – Using feedback to improve the app and add new features.

- **Reliability** – Providing a consistent and dependable user experience.
- **Wellbeing** – Keeping users' wellbeing central to development decisions.

Funding Initiatives

Potential funding for Trackogram could come from several sources as the business develops. Initially, personal investment would be the most realistic option, helping to cover costs such as development tools, app store fees, testing devices and marketing. A Start Up Loan UK could also provide between £500 and £25,000 to support early development [8]. However, the loan would need to be repaid even if the business failed, so the risks would need careful consideration [8]. The scheme also offers mentoring, which could help guide future business decisions [8].

As Trackogram grows, Innovate UK funding could be explored to support further development of the application and the introduction of new features [9]. However, this would be more realistic once the application had attracted users and shown potential for future growth [9].

Crowdfunding could also raise funds whilst increasing awareness of the application [10]. However, success would depend on attracting enough interest and clearly communicating the benefits of the platform. If Trackogram continued to grow, angel investors could provide additional funding and advice in exchange for a share of the business [11]. While this could help the company expand, it would also mean giving up some ownership [11].

PEST Analysis

Microsoft Copilot was used to help create an initial PEST analysis [12]. Additional research was then carried out to ensure the analysis reflected the opportunities and challenges associated with Trackogram.

Factor	How this affects Trackogram
Political & Legal	Trackogram would need to comply with the Data Protection Act (2018) and UK GDPR because users would be storing personal health, wellbeing and journalling information within the application. As health data is classified as a special category of personal data under UK GDPR, additional safeguards are required when collecting, processing and storing this information [13]. Research into mobile health applications has highlighted concerns around privacy and data security [14]. As Trackogram would store personal health, wellbeing and journalling information, users would need confidence that their data was being stored securely and handled responsibly. As a result, appropriate security measures would need to be in place to protect user accounts and personal data from unauthorised access. Intellectual Property (IP) would also need to be considered, with copyright protecting the application source code and content, whilst trademarks could be used to protect the Trackogram name and logo. If future versions of the application were expanded to provide medical advice or diagnostic features, additional MHRA regulations may apply [15].
Economic & Competition	The development of Trackogram would require resources such as Android Studio, testing devices, cloud storage services and health API integrations. These would create both development and ongoing maintenance costs. Potential funding opportunities include Start Up

	Loans UK, Innovate UK funding, crowdfunding and angel investors [8][9][10][11]. There is also competition from health applications such as Fitbit, Garmin Connect and MyFitnessPal, as well as journalling applications such as Daylio. However, many existing platforms focus on either health tracking or journalling separately. Trackogram aims to combine both functions within a single application, which could help it stand out from existing solutions.
Social & Customers	Trackogram is aimed at adults who want to improve both their physical and mental wellbeing through digital technology. This includes people who already use health tracking applications, wearable devices and wellbeing platforms. As smartphone ownership is widespread across the UK, there is a large potential user base, particularly amongst younger and middle-aged adults who regularly use health and fitness applications. As Trackogram would operate using a freemium model, the core features would be available to all users regardless of income. Premium features could then be offered to users who wanted access to additional functionality. Feedback collected during development showed that users liked the idea of having wellbeing tracking and personal reflection available within a single application. Existing competitors such as Fitbit, Garmin Connect, MyFitnessPal and Daylio demonstrate that there is already strong demand for digital health and wellbeing applications. Fitbit reported over 28 million active users worldwide and more than 116 million devices purchased, whilst MyFitnessPal states that its platform is used by over 280 million people [16][17]. These figures suggest there is already strong interest in applications that help users monitor and improve their wellbeing. However, many existing platforms focus on either health tracking or journalling separately. Trackogram aims to combine both functions within a single platform, helping users gain a more complete view of their overall wellbeing.

Technology	Development of the Trackogram prototype would require Android Studio, Java/Kotlin, XML layouts, GitHub for version control and testing devices to ensure the application functions correctly across different Android devices. Garmin and MyFitnessPal integration would also be required to allow health, wellbeing and nutrition data to be imported into the application. To distribute the application, a Google Play Developer account would be required so that the application could be published through the Google Play Store. Cloud storage and database services would also be needed to securely store user information and journal entries. Marketing and promotion could be supported through social media platforms, a dedicated website and app store listings. Future development could include AI-generated wellbeing insights, improved data visualisation tools and additional integrations with wearable devices such as Garmin smartwatches. These features could help improve the user experience by providing more personalised feedback and a clearer understanding of wellbeing data. Existing platforms such as Garmin Connect demonstrate how wearable technology can improve the user experience through the collection and analysis of health and fitness data [18].
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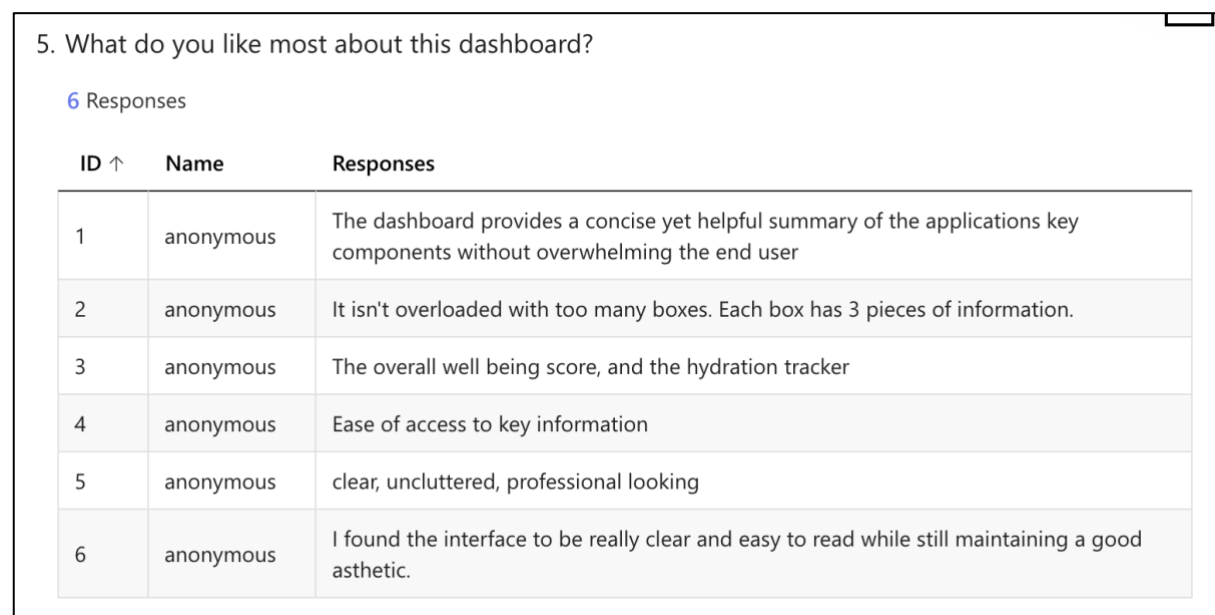
Figure 13. PEST analysis identifying the political, economic, social and technological factors that may affect Trackogram.

Task 3: Project Reflection

Practical Feedback

Feedback on the Trackogram implementation was collected using a Microsoft Forms questionnaire completed by six participants. Participants were shown screenshots of the dashboard and asked to provide feedback on the layout, information displayed, colour scheme and overall user experience.

Overall, the feedback was positive, with participants describing the dashboard as clear, easy to navigate and not overloaded with information (Figure 14). Several participants highlighted the overall wellbeing score and hydration tracking as useful features. This suggests the dashboard was successful in presenting information clearly and in an organised way.



5. What do you like most about this dashboard?

6 Responses

ID ↑	Name	Responses
1	anonymous	The dashboard provides a concise yet helpful summary of the applications key components without overwhelming the end user
2	anonymous	It isn't overloaded with too many boxes. Each box has 3 pieces of information.
3	anonymous	The overall well being score, and the hydration tracker
4	anonymous	Ease of access to key information
5	anonymous	clear, uncluttered, professional looking
6	anonymous	I found the interface to be really clear and easy to read while still maintaining a good aesthetic.

Figure 14. Anonymised responses from six participants to the question “What do you like most about this dashboard?” collected through a Microsoft Forms questionnaire.

Many participants preferred the dark mode theme, whilst others suggested improvements to the light mode colour scheme (Figure 15, Figure 16).

8. Which display mode do you prefer (Light Mode, Dark Mode, or No Preference)? Please explain why

6 Responses

ID ↑	Name	Responses
1	anonymous	I personally prefer the dark mode. I tend to use dark mode on my device as I find it easier on the eye, although in this instance, both colour schemes seem reasonable for me as a user.
2	anonymous	Dark mode, for me as detailed above.
3	anonymous	Dark Mode, Got sensitive eyes. Although the light mode does allow the information to stand out and be more easily read
4	anonymous	dark, its easier on the eyes
5	anonymous	Dark mode
6	anonymous	Dark mode was easier in the eyes and I think worked better with the colour pallet

Figure 15. Anonymised responses from six participants to the question “Which display mode do you prefer (Light Mode, Dark Mode, or No Preference)? Please explain why.” collected through a Microsoft Forms questionnaire.

6. Are there any colours or visual elements you would change?

6 Responses

ID ↑	Name	Responses
1	anonymous	Potentially, the fact that the user status is 'Good' (in the images I've been provided) should be more prevalent. That could make the 'Overall Wellbeing' box colouring reflect that status, which might be helpful at a glance.
2	anonymous	For me, dark mode is spot on. Light mode I find a little too feminine. I wonder if the boxes should change contrast also. I gather some people struggle with white text on dark background.
3	anonymous	The pink
4	anonymous	Not in any major way no
5	anonymous	I'm not sure about the background colour in light mode, it doesn't feel quite right but I can't explain exactly why. A little childish maybe?
6	anonymous	No

Figure 16. Anonymised responses from six participants to the question “Are there any colours or visual elements you would change?” collected through a Microsoft Forms questionnaire.

Additional suggestions included goal tracking, calorie information and the ability to view progress over time. As a result, future development would focus on refining the light mode design and introducing additional tracking features.

Project Progress Diary

Throughout the development of Trackogram, weekly progress sheets were completed to record progress, monitor completed tasks and identify priorities for the following week. This helped keep development organised and highlighted areas that required additional work.

Overall, progress was made towards the development of Trackogram and a substantial amount of functionality was implemented. However, not all of the original objectives were achieved within the project timeframe. During development, additional features such as light and dark mode were introduced despite not forming part of the original objectives. Whilst these additions improved the application, they also increased the amount of development, testing and troubleshooting required, reducing the time available for other planned features.

Several technical issues, including application launch errors and missing resource files, required additional time to resolve. Although these issues slowed progress, they helped develop troubleshooting skills and highlighted the importance of testing changes incrementally.

If the project were undertaken again, more contingency time would be included within the project plan, and testing would be carried out throughout development rather than towards the end. Although accessibility was considered during implementation, not all colour combinations fully met WCAG accessibility requirements. Future development would therefore focus on improving contrast and readability across both themes.

Skills

Developing Trackogram helped build both technical and professional skills.

Technical skills were developed in Android Studio, XML layout design, Java programming, light and dark mode implementation, resource management and testing across different device sizes. Experience was also gained in collecting and analysing user feedback through Microsoft Forms to identify improvements.

Professional skills such as project and time management were developed through planning development activities and resolving technical issues. These skills will be valuable in future software projects by supporting more effective development, testing and project planning.

Positive Social Impact

Trackogram has the potential to make a positive contribution by encouraging users to monitor both their physical and mental wellbeing within a single application. By combining health tracking and journalling, the application could help users identify habits that affect their wellbeing and encourage healthier lifestyle choices.

The knowledge and skills developed throughout this module could also benefit future projects. Experience gained in Android development, user-centred design and accessibility could be used to create more accessible applications that better meet user needs.

Conclusion

Overall, the development of Trackogram provided valuable experience in both software development and project management. Feedback collected throughout the project helped shape several design decisions and highlighted areas where further improvements could be made.

A substantial amount of functionality was implemented, including separate physical and mental wellbeing dashboards, an overview dashboard, dynamic features and light and dark mode support. Although not all of the original objectives were achieved within the project timeframe, the implementation demonstrated that the overall concept was feasible and provided a strong foundation for future development.

The project also highlighted the importance of planning, time management, testing and adapting when challenges were encountered. Future development would focus on improving accessibility, implementing additional tracking features and integrating real health data to create a more complete wellbeing application.

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Appendix A – CPD Evidence

Evidence of CPD activity undertaken through a Udemy Android application development course to support the development of Trackogram. The screenshots demonstrate coding exercises completed and Android development concepts explored during the project.

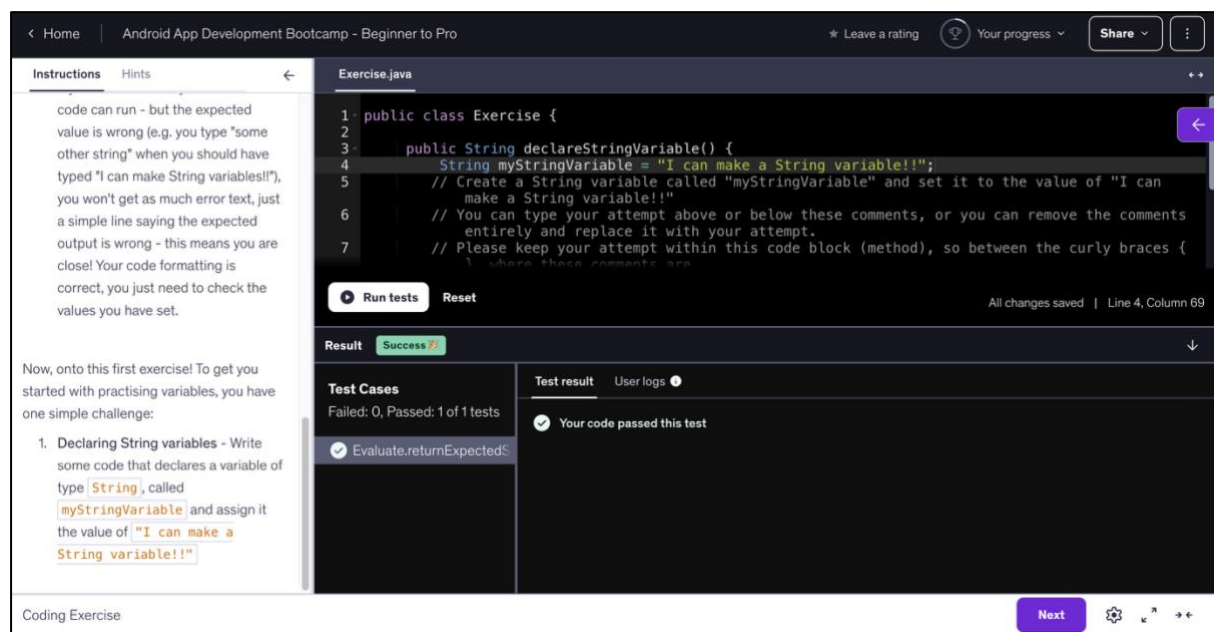


Figure 17. Evidence of engagement with an Android application development course through completion of a string coding exercise within Udemy.

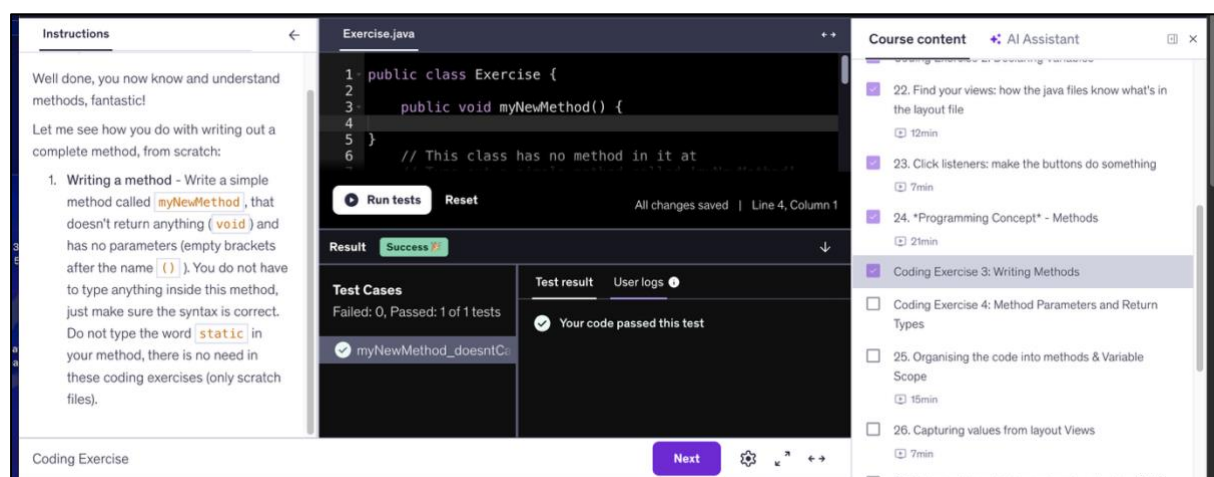


Figure 18. Evidence of engagement with a Udemy Android application development course through completion of a method creation coding exercise.

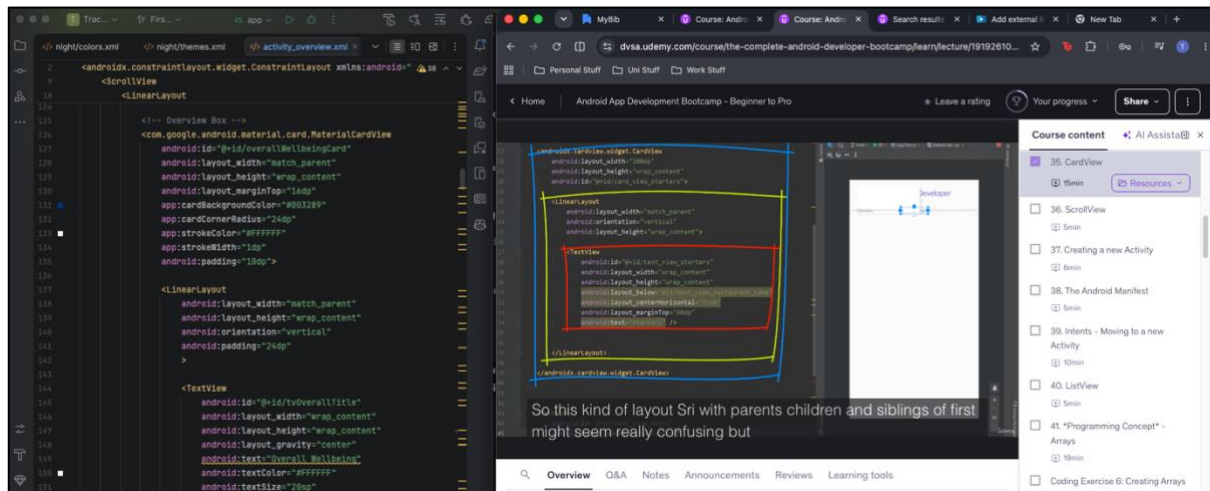


Figure 19. Evidence of engagement with a Udemy Android application development course whilst reviewing Android layout design concepts.

Appendix B – Weekly Project Progress Forms

Name: Tia Willock (2514120)

Programme: Apprenticeship in Computing (Software Engineering) BSc

Project Aim:

To design and develop a mobile application that enables health-conscious users to access their health data in one place, helping them achieve their health goals.

Project Objectives:

- Research at least three health technologies, health data sources and existing health applications to support the design and development of the app.
- Develop a mobile application that allows users to create journal entries and view nutritional and health information from a single interface.
- Create at least three dashboard visualisations to display health and wellbeing information within the application.
- Test the application using a minimum of five test cases and collect feedback from at least two users to identify and resolve any issues.
- Evaluate the completed application against the project aim and identify at least three recommendations for future improvements.

Date: 07/07/2026

Progress:

- Created a Microsoft Forms questionnaire to gather initial feedback on the Trackogram project idea, proposed features and early design work.
- Developed questions focusing on the overall concept, wellbeing features and user preferences.
- Shared the questionnaire with participants and began collecting responses.
- Received initial feedback shortly after distribution and started reviewing participant responses.

Actions:

1. Analyse the feedback collected from participants.
2. Identify common themes and suggested improvements.
3. Consider changes to the Trackogram concept based on the feedback received.

Next review date: 14/07/2026

Date: 12/07/2026

Progress:

- Reviewed responses collected from the initial Microsoft Forms questionnaire.
- Reviewed the feedback received and noted common suggestions and areas where improvements could be made.
- Considered changes to the structure and features of Trackogram to better meet user needs.
- Began researching existing health and wellbeing applications to compare functionality and design approaches.

Actions:

1. Continue refining the application concept based on feedback.
2. Research similar applications and look at ideas that could be applied to Trackogram.
3. Begin developing ideas for branding and business planning.

Next review date: 14/07/2026

Date: 14/07/2026

Progress:

- Began planning how Trackogram could be presented as a technology start-up.
- Researched different business structures to work out which option would be most suitable for Trackogram.
- Started generating ideas for a company name and considered how the branding should reflect the purpose of the application.
- Researched logo design principles and colour choices to support logo development.
- Began researching PEST analysis and how political, economic, social and technological factors could affect the future development of Trackogram.
- Started creating a business strategy, including potential funding opportunities and future development ideas.

Actions:

1. Finalise the Trackogram company name and logo design.
2. Continue researching PEST analysis and funding opportunities.
3. Begin documenting the reasons behind business and branding decisions.

Next review date: 21/07/2026

Date: 19/07/2026

Progress:

- Continued work on the enterprise and business planning sections of the assignment.
- Refined company name ideas and continued logo development.
- Researched colour psychology and branding principles to support design decisions.

- Continued working on the PEST analysis and researching possible funding opportunities.
- Reviewed the Trackogram interface and made changes to the layout to improve the presentation of information.
- Began implementing light and dark mode themes within Android Studio to improve accessibility and allow users to choose their preferred display mode.
- Continued independent learning through Udemy Android application development course to support the development of Trackogram.

Actions:

1. Continue developing the logo design and overall branding for Trackogram.
2. Continue implementing and testing light and dark mode functionality.
3. Continue working through the Android development course and apply learning to the project.

Next review date: 21/07/2026

Date: 21/07/2026

Progress:

- Started planning a second Microsoft Forms questionnaire to gather feedback on the implemented Trackogram prototype.
- Considered what questions would provide the most useful feedback on the dashboard design, navigation, colour schemes and overall user experience.
- Reflected on the knowledge and skills developed throughout the project, including Android Studio development, user interface design and user testing.

- Started looking at the positive social impact Trackogram could have on physical health, mental wellbeing and personal reflection.

Actions:

1. Create and distribute the implementation feedback questionnaire.
2. Complete the reflection on skills developed throughout the project.
3. Continue researching and documenting the positive social impact of Trackogram.

Next review date: 28/07/2026

Date: 28/07/2026

Progress:

- Completed the initial implementation of the light and dark mode themes.
- Continued improving the dashboard layout and reviewing the presentation of health and wellbeing information.
- Created and distributed the implementation feedback questionnaire to gather opinions on the completed prototype.
- Received and reviewed participant feedback, noting both positive comments and suggestions for future improvements.

Actions:

1. Add the final implementation findings and feedback received to the report.
2. Continue completing the remaining sections of the assignment.
3. Finalise figure legends, references and supporting appendices.

Next review date: 31/07/2026