

Assignment

by Nathan Evans

Submission date: 03-May-2022 10:27PM (UTC+0100)

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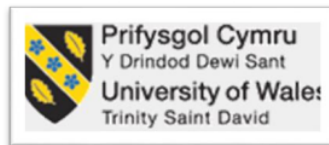
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Word count: 1273

Character count: 6841

Health and Wellbeing Project

Evidence Provided



Nathan Evans

Software Engineering /Integrating project

Submitted to:

UWTSD – Waterfront Campus

03/05/2022

Note: Only 2 members participated in the making of the prototype application. – Nathan Evans – Kelly Casey

Health and wellbeing report & the links with the Covid 19 pandemic

Introduce and explain the overall problem to be solved.

- Current health and fitness issues that have been ongoing for years
- Links with lack of fitness and the lockdown:
- People being forced to stay inside for months
- Gyms closed
- Mental health

In this project, the students aim to produce a prototype app that focus on the health and wellbeing of it's users. Providing a range of tasks and tips daily. For example some core features include – step counter, calorie counter, daily fitness videos, workout routines etc.

Over the course of the past decade, information related to health and fitness, has become increasingly accessible with the general population - and even a lifestyle for many. From casual gym goers to the fanatics of the community.

Though becoming more accessible over the past few years, the Covid-19 global pandemic was a frustrating period for people who chase a healthy lifestyle as the Pandemic closed all gyms across the country for a very large amount of time and also limiting the amount of time people were aloud to spend outdoors.

The brief requests students to design and implement a prototype app that will allow people to access health and fitness information on demand, thus attempting to tackle the current health concern.

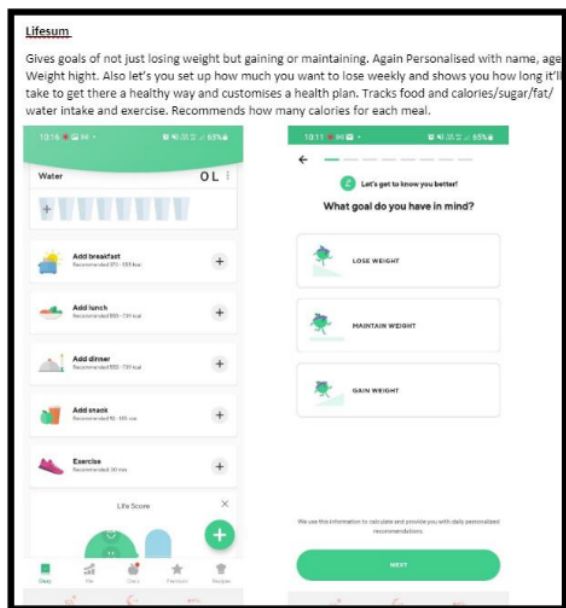
The brief then goes onto encourage the students to research popular health apps for inspiration, and then implementing the important features into their own prototype.

Conduct research into the tools and techniques that you will use to solve the challenges of the problem. *This section especially should be sourced. You should have more detail on the section that you were the leader for, and an overview of the other sections.*

- Talk about the apps researched in the app solutions document
- Step counter
- Calorie counter
- Daily fitness exercises / with videos
- Online fitness classes

Throughout the course of the student led research; the students were tasked to develop their current knowledge of today's online fitness facilities and information. To begin, all students were asked to conduct their own research on the most popular apps related to the issues being studied. After the first research phase which included reading about the various features the apps had to offer, testing them manually, the group then formatted their research into a word document with their personal opinions on the researched features.

Kelly, another group member contributed an idea by [1] life sum



Lifesum was one of Kelly's main suggestions as inspiration for the groups app. After a brief overview it would suggest that Lifesum is an app that "gives goals of not just losing weight but gaining and maintaining". The group decided that this was a very important feature too add to the app. Concluding that when people think about health and fitness, they often default to losing weight; Keeping on top of your current fitness and gaining weight is as equally important.

The students noted Kelly's ideas and moved onto Nathans to incorporate the ideas of each member. Nathan's suggestions consisted of, step counters by NUTRA CHECK [2] and also the step counter integrated with every apple phone[3]. Then, the next two ideas to help tackle the overall problem were, Exercise videos preformed by Nike fitness and also NHS fitness [4][5]– preformed by professionals and also online fitness classes [6].

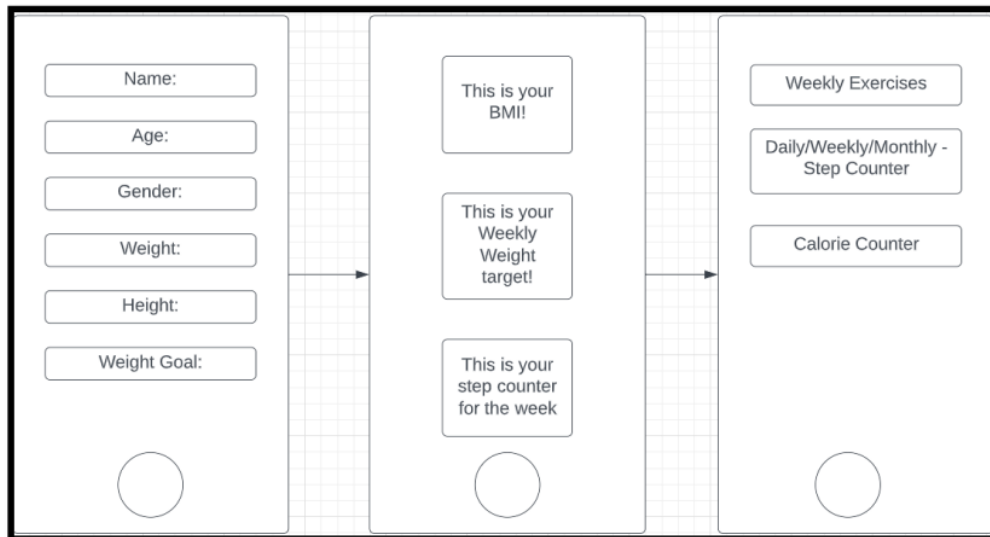
All of the group members came to the conclusion that that a step counter and a calorie counter are essential features to the application. The group felt they are required features.

As referenced before, another feature that the group had researched was daily exercise videos preformed by professionals. These were to be uploaded daily to engage the users into revisiting the app on a day-to-day basis. It was discussed that daily user interaction would be a crucial element of a successful app.

- **Illustrate a plan of how you intend to solve the problem** *(again, more detail on the section you led with an overview of the other sections). You should develop a plan with respect to the literature you have read. You need to include a plan of how you will allocate your time in completion of the project.*

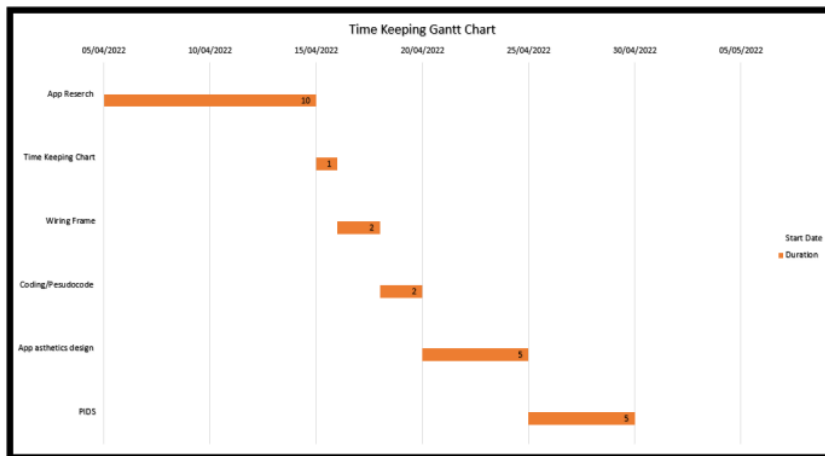
Once the group felt that the initial research phase had been completed, they then went on to implement a plan for the app. This consisted of a variety of tasks that each member had to undertake – each role was predetermined at the start of the assignment.

Nathan's tasks were to create a prototype wiring frame, Gantt chart and also a PID.



The group decided that a brief wiring frame was essential for the task as it provides a clear example of the core process the app would perform. Beginning with the home page, which asks the user to enter basic details about the individual – more importantly it asks about the, gender, weight, height and weight goal which are the key components moving forward. On the second image, the wiring frame shows a: BMI, Weekly weight target and a step target for the week. It was felt that these features would keep the user engaged while encouraging regular use of the application. The third image shows: weekly exercises, daily weekly and monthly step counter and a calorie counter. The wiring frame depicts all of the components that were pre-determined by the group.

Alongside implementation, the group decided that time keeping was crucial.



After brief discussion, it was determined that a Gantt chart would be a suitable method to keep track of the tasks that the group had completed. The Gantt chart shows when the task was started and then finishing with duration of the task.

```

1 #Pseudocode -> Input (Please enter your name)
2 print("Hello " + firstName)
3 print("Please enter your age")
4 nickname = int(input())
5 print("Please enter your weight in pounds")
6 nickname = float(input())
7 print("Please enter your weight in pounds")
8 nickname = float(input())
9 total = nickname/nickname2/nickname2*100
10
11 print("Your BMI is: ", total)

```

Kelly was assigned to complete a range of different tasks. One was to provide the code to calculate the BIM of the user. This required Kelly to programme the code in python[7]. The code was tested, and quality checked to prove functionality.

Project Initiation Document

Client: UWTSO project name: N&K Health and Fitness

Client lead: David Williams. Deadline: 03/05/2022

Project Manager: Kelly Casey & Nathan Evans

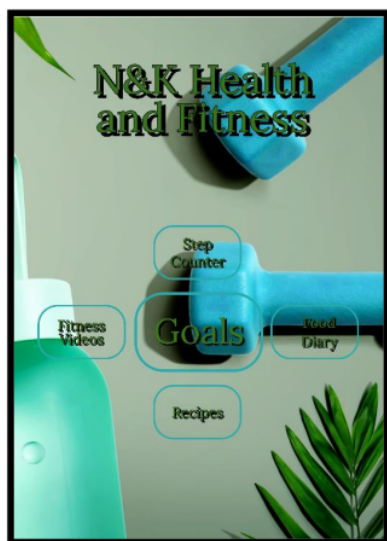
What's the problem	Why is the client pursuing it
Creating a health and fitness app	For an assignment to provide health and fitness to students.
What will help the problem succeed?	What problems can occur?
Clear goals and plan	Insufficient planning
Realistic deadlines and schedules	Team members not showing up
Competent team	Insufficient resources
Careful planning	Unclear objectives
Proactive issue resolution	Lack of support
Commitment	

3

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.

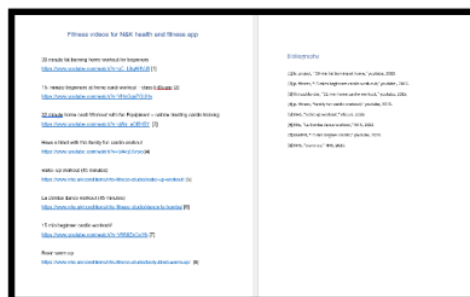
A PID was also a crucial part of time management for the task in hand. Along with the Gantt chart, both examples show how the students managed their time and also shows what the main problems the students predicted.

Kelly was also assigned to app aesthetics which required her to provide a prototype of the application home screen.



This was an important part of the process as it depicts how the final application was going to look- though being a prototype, the group decided that we needed further progression on the application aesthetics.

The group also made a joint effort to provide links and references to current fitness videos produced by professionals. This is a massive indicator to what the group should focus on implementing into their application.



Overall, the group decided that every stage of the design of the application was a massive success. Providing key pieces of information to the public about health and fitness while targeting the key problem in hand being the lack of public health and fitness that has been linked with covid 19. The group predetermined all of the key features that were needed to progress the application.

Bibliography

[1]"Lifesum Health App – Get Healthy & Lose Weight - Lifesum", *Lifesum.com*, 2022. [Online]. Available: <https://lifesum.com/>. [Accessed: 03- May- 2022].

[2]"Nutracheck - Keeping track of your diet", *Nutracheck.co.uk*, 2022. [Online]. Available: <https://www.nutracheck.co.uk/Home>. [Accessed: 03- May- 2022].

[3]"iOS - Health", *Apple (United Kingdom)*, 2022. [Online]. Available: <https://www.apple.com/uk/ios/health/>. [Accessed: 03- May- 2022].

[4]2022. [Online]. Available: <https://www.nike.com/gb/htc-app>. [Accessed: 03- May- 2022].

[5]"Fitness Studio exercise videos", *nhs.uk*, 2022. [Online]. Available: <https://www.nhs.uk/conditions/nhs-fitness-studio/>. [Accessed: 03- May- 2022].

[6]"Digme at Home", *Digme Fitness*, 2022. [Online]. Available: https://www.digmefitness.com/digme-at-home/?awc=22471_1647858752_b97e517538cc17422b44c6e8c576e97d. [Accessed: 03- May- 2022].

[7]"PyCharm: the Python IDE for Professional Developers by JetBrains", *JetBrains*, 2022. [Online]. Available: <https://www.jetbrains.com/pycharm/>. [Accessed: 03- May- 2022].

Assignment

GRADEMARK REPORT

FINAL GRADE

60/100

GENERAL COMMENTS

Instructor

Nathan evans

1 engagement with literature
comment available

7 refecerences cited within the body - try
to use a larger range of source types in
future submissions (you have rellied
solely on websites) 15

2 Knowledge and Understanding
comment available

written element addresses the problem
and research is well incorporated but the
report need expanding in each section 40

3. Cognitive and Intellectual skills
comment available

very good discussion on how the app
should be assembled with planning
information and sound design shown
throughout 30

4. Practical Application Skills
comment available

0

5. Transferable Skills for life and Professional pract
comment available

Try to avoid cuting and pasting elements
of the brief into your final submission as
this causes issues when looking at
simiarity and pushes the word count up.
No clear conclusion 15

minor grammatical errors and spelling mistakes throughout

Total:

46

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