

Integrating Project Report - Ruben Bhatia

by Ruben Bhatia

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Foundation Integrating Project Report

Report by Ruben Bhatia

I declare that this report is the product of my own work and is not being submitted for any other degree.

Ruben Bhatia

Introduction

Health is 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.' [1] This report aims to inform the reader on why health and well-being is required, as well as how we can improve the health of people through the use of applications. The task at hand is to design an application which improves the user's health and well-being. This report will cover various sections, all relating to sections of the app's development. These include initial research, planning (including time management), a description of the app and its features and a final assessment of the project (including its positives and negatives).

Research

Research which aims to cover a wide range of necessities for the project has been conducted, such as research into project management.

Life Cycle

Research into the general life cycle of a project has been undertaken. A life cycle is important as it 'provides a standardized framework that defines activities.' [2] A project life cycle is usually as follows:

1. Planning and Selection (identifying what should be included in the project, why it should be used and how the feature can be implemented into the project).
2. Analysis (identifying which features can and cannot be implemented into the project, why this is so and establishing the purpose of features and the project as a whole).
3. Systems Design (designing how the system/project works as well as defining the user-end requirements).
4. Development and Implementation (creating working prototypes/finalizing the project based off previously established specifications, testing the system and implementing bug fixes as a result of testing).

By looking at how the life cycle of a project is used beneficially to aid it, the chances of project failure go down as the developer would know how to systematically create and design a project. This level of order provides a good outline for how the project should and would be worked on.

The life cycle of the development of the app has also been made by the developer.
This life cycle adheres to the research shown above:

Life Cycle	Feature	Justification
Planning and Selection	• Sleep tracker • Macro calculator • Meditation timer • Local Fitness Events • Diet Planner • Social media • Statistics page • Fitness guide • Notes/diary section • External information section • Randomised Tips • Day Rating	• Allows user to successfully track and manage sleep. • Macro calculator implementation allows for user to tailor their food consumption to their diet. • Meditation timer allows for mindfulness. Meditation boosts well-being. • Local fitness events build communities and encourages physical health • Diet planner allows users to choose and visualise their diet and dietary requirements. It also synergises with the macro calculator. It can be tailored to personal requirements (weight loss/gain, muscle gain, correct nutrients for balanced diet etc) • Social media aspect allows for greater communication and creates discussion. It should have a messenger/group messaging feature, groups tailored to lifestyle such as groups about sharing nutritional/fitness/mindfulness knowledge • Personal and anonymous statistics page allows user to visualise their own usage of the app as well as friends or other anonymous user's usage/statistics. It should include information such as average daily calorie intake, average sleep/night, average time spent exercising etc. • Fitness guide enables light guidance for the user's physical fitness. Should include ways to build specific muscle groups with examples, fat loss, ways to increase stamina. It is also potentially synonymous with the diet planner aspect as well as the macro calculator. • Notes section allows for note-taking or journaling which boosts well-being and mindfulness. • External information section acts as a further beneficial reading list. It will include links to NHS/other credible sources on health/wellbeing. • Randomised tips provides new and general information beneficial to the user. They should be sourced from

		government/government sponsored websites. Day rating allows the user to rate the previous day on a scale of 1-5 (1=Very bad, 5=Very good) which can be tracked over time.
Analysis	- Macro calculator cannot be implemented - Fitness guide cannot be implemented - Remaining features are possible to implement based on all project restrictions (see planning and selection)	- A macro calculator would require extensive research into nutrition. This would require time that the project cannot afford to spend. Links to viable macro calculators can be included in the external information section. - A fitness guide requires extensive research into biology as well as athleticism. This would require time that the project cannot afford to spend. Links to viable fitness guides can be included in the external information section. Suggestions for general physical activities (walking, running, cycling etc) can be implemented.
Systems Design	- The user requirements would be a functioning smartphone - Home page separates trackers/planners/timers, all social features and a miscellaneous section (includes notes and external information section) - Banner at the top or bottom of the home screen which displays randomised tips	- Without a smartphone the app cannot function. - Separate sections allows for a tidy display which isn't filled with text and icons. It also increases the functionality of the app as separating sections based on their relevance to one another creates streamlining. - The tip display banner adds extra information for the user to read if they wish.
Development	See images in 'Design'	

Risk Management

Risk management is another necessity when it comes to project work. Without an identification of risks within the project, features of the project may be overlooked which could cause the downfall of the project. Risk management is 'a process that allows individual risk and overall risk to be understood and managed proactively.' [3]

There are also 4 stages in risk management. These are as follows:

1. Identify Risk (identify what the risk is in its entirety).
2. Assess Risk (assessing how the risk can influence the project negatively).
3. Control Risk (nullifying the risk's impact on the project or eliminating it entirely).
4. Control Review (assessing whether the control measures are sufficient to counteract the risk).

By using risk management, the chances of project failure go down even further. This is because it provides the developer with a means to categorize and visualize risks

inherent to the project, allowing for the set up of measures which can be taken to combat the risk.

A table of risk management has also been made by the developer. The following table adheres to the risk management information shown above:

Risk	Description	Likelihood of Risk (1-5)	Impact of Risk (1-5)	Risk score (Likelihood + Impact)	Control Measure	Risk Contingency
Time	Not having enough time to complete the project in its entirety.	1	5	6	Plan time effectively by using available methods (gantt chart etc) and allocate specific sections to developers.	Present the work even though it may be incomplete. Acknowledge the failure in management and explain time restrictions.
Team Absence	Having one or more members of the development team being absent.	2	4	6	Communication between the development team must be clear and consistent.	Present team members must do what they can to the best of their ability and then begin work on the sections of absent team members.
Motivation	Having one or more members of the development team are unmotivated to work.	2	5	7	Communication between the development team must be clear and consistent. All opinions must be discussed and listened to in a fair manner.	Work will be completed although the standard of work will be lower than work created by a motivated development team.
Priority Changes	The objective of the project being shifted.	1	1	2	The project requirements are already set and are not to be changed, therefore making priority changes near impossible.	Take into account previously completed work and move onto the next goal.
Lack of Commitment	One or more members on the	3	4	7	Communication between the development team must be	Work will be completed although it will have a

	development team are not committed to the project.				clear and consistent. Discussions on why there is lack of commitment should be held if possible.	potentially lower quality. Present and committed team members are to continue to the best of their ability.
Poor Documentation	Work in progress or completed work is not organised in a clear and concise manner.	2	3	5	A standard of work must be demonstrated before work begins. Organisation of work should be allocated to a developer.	Work will be completed but disorganised. The project will not be streamlined but will still exist.

Plan & Time Allocation

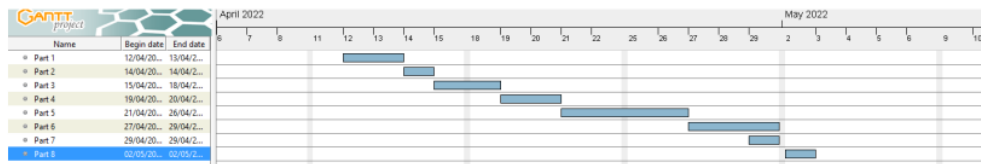
As the developer has been unable to communicate with the rest of their team, they are undertaking the project on their own. The plan represents all tasks which are required to be completed, as well as the timeframe allocated to each task which enables the developer to visualize their time constraint.

Plan of Action

1. Part one of the plan is to outline the requirements of the task. Although it will not take long, digesting what is required requires thought and time. This allows for the creation of ideas and how they will be implemented.
2. Part two of the plan is to decide on how much time should be spent on the project, splitting up its sections into hours, days, or weeks.
3. Part three of the plan is to create and analyse a life cycle of the project. This is done as it provides order to the project.
4. Part four of the plan is to analyse and assess all inherent risks of the project. This is done to nullify the negative effects of the risks or to eliminate the risks entirely.
5. Part five of the plan is to brainstorm the features of the app and eliminate ideas which do not adhere to the project task. This will require analysis of the risks previously identified and how they tie in with each feature.
6. Part six of the plan is to design prototypes and test the project's functionality. This will show the developer what can be improved, removed, added, or fixed.
7. Part seven of the plan is to finalize the project. This will entail final fixes and testing. At this point, the project will be near completion or completed.
8. Part eight of the plan is to demonstrate the project. All work will be completed at this point.

Time Allocation

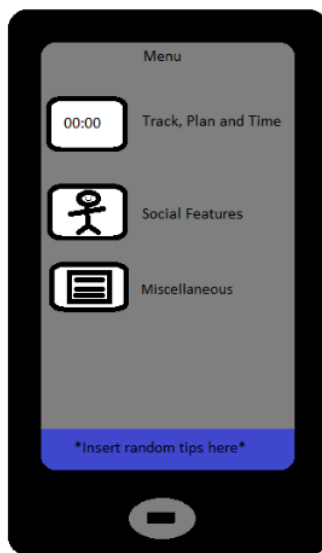
The developer has made a gantt chart to represent the time to be spent on each part of the Plan of Action.



This gantt chart allows the developer to see how much time they have to complete each part of the project before it is the due date. Parts 6 and 7 have necessary overlap as both parts have similar objectives and so are inclusive.

Design

The application is designed for phone use only, and so its interface must adhere to the restrictions of a smartphone. Here is a prototype of how the application will look when used on a smartphone:



The simpler the design of the app, the easier it is to use and the easier it is to make. Therefore, a simple design was chosen for the app which is non-intrusive and streamlined. This increases accessibility for older and younger people which gives the app more users. Its simplicity also allows for the developer to create the app, even though there is a time constraint. The app is divided into sections to prevent clutter on the screen as well as to provide organisation. There are picture icons and words to explain each part of the app very briefly and concisely.

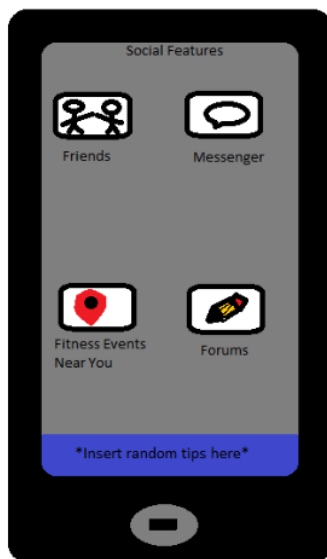
Project Overview & Conclusion

The success of each stage of the project will be assessed after said stage is completed. After the completion of a stage these questions will be asked:

- Has its completion adhered to the timeframe?
- Does the final product adhere to the project requirements?
- Has anything been overlooked?
- Does anything require improvements?
- What changes can be made?

By using this list of questions, the developer can match the product to this and adjust work accordingly. As the developer is also producing the app on their own, they can also use their own standard of work as a guide as to whether the final product is sufficient.

Here is an example of the final product:



The negatives of the project would most likely be the lack of color to the app (even though it was made to be simple) and more images could have also been used. In addition to this, the work produced could have been higher quality than in its current state due to the lack of teamwork.

Overall, this project is a success. The final product adheres to most, if not all the requirements and it has been completed in the set time.

Bibliography

- [1] WHO, "Health and Well-Being," [Online]. Available: <https://www.who.int/data/gho/data/major-themes/health-and-well-being>. [Accessed 30 April 2022].
- [2] Synopsys, "Software Development Life Cycle (SDLC)," [Online]. Available: <https://www.synopsys.com/glossary/what-is-sdlc.html>. [Accessed 30 April 2022].
- [3] APM, "What is risk management?," [Online]. Available: <https://www.apm.org.uk/resources/what-is-project-management/what-is-risk-management/>. [Accessed 30 April 2022].

Integrating Project Report - Ruben Bhatia

GRADEMARK REPORT

FINAL GRADE

58/100

GENERAL COMMENTS

Instructor

Ruben Bhatia

1 engagement with literature
comment available

limited sources (3), in future assignments
use wider range of referencing sources 15

2 Knowledge and Understanding
comment available

research could be expanded in many
areas to give a better overview of how the
knowledge gained can be related back to
the project at hand 40

3. Cognitive and Intellectual skills
comment available

good discussion of risk and the lifecycle 30

4. Practical Application Skills
comment available

0

5. Transferable Skills for life and Professional pract
comment available

layout good - some americanisms (not
penalised) spelling punctuation and
grammar generally good 15

Total: 52

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