

Assignment 1: Innovation and Project Management

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Course: Changemakers: Creativity and
Value Creation

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Q1: Ideation and Innovation

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Subsection 1. Innovation is everywhere

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Subsection 1. Innovation is everywhere

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Innovation is for everyone

Cambridge Dictionary defines innovation as “a new idea or method” or “the use of new ideas and methods” [1]. Innovation is no longer seen as something only experts can achieve, as anyone with an idea can innovate [2].

In *A Whole New Mind*, Daniel Pink explains how society has changed and why innovation is important today [2]. He argues that success is no longer based only on analytical "left-brain" skills, but also on creativity, empathy and seeing the bigger picture [3][4]. As routine work becomes automated or outsourced, people who can think creatively and solve problems are becoming more valuable [2][3]. Pink describes this as a move into a "high concept and high touch" age, where innovation also needs emotional appeal [2][5].

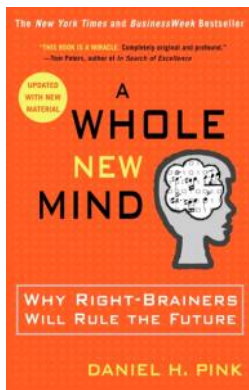


Fig 1. Image of book cover for ‘A Whole New Mind’.

Subsection 2. The Onward March of Technology

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The 4th Industrial Revolution

Klaus Schwab explains that there have been four major industrial revolutions throughout history, and that we are currently in the fourth stage [2].

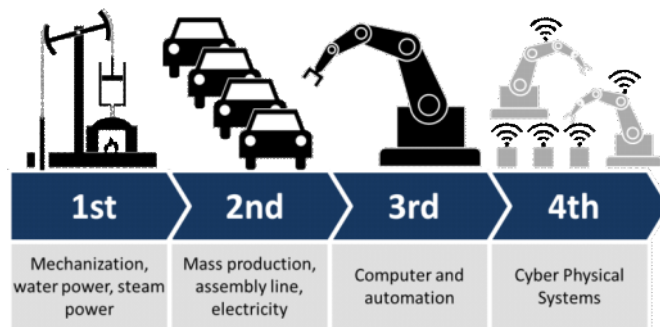


Fig 2. Visualisation of the Industrial Revolutions.

The first revolution introduced machines and factories, the second brought electricity, and the third focused on digital technology [6]. The fourth revolution is happening now and is driven by technologies such as artificial intelligence. These technologies are changing how people live and work by blurring the line between the physical and digital worlds [2]. Although this creates many opportunities, Schwab also highlights concerns around inequality, security and identity [6]. This shows that innovation is not always entirely positive, as new technologies can create challenges as well as benefits. Therefore, it is important to consider the wider impact that innovation may have on society.

Subsection 3. Creativity and You

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We need a bigger definition of creativity

Many people think creativity only means being artistic, such as drawing, dancing or writing songs. As a result, some people believe they are not creative. However, a video by John Spencer explains that creativity is much broader than this traditional view [7].

Creativity can be shown through problem-solving, improving processes, developing new ideas or helping others work more effectively. Spencer argues that creativity is not something people are simply born with, but a skill that can be developed over time [7]. Understanding this can help people become more innovative.



Fig 3. Illustration showing the difference between logical and creative thinking, represented by the left and right sides of the brain. Adapted from LisaAlisa_ill.

Q2: Ideation

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Project Ideas

- **DVSA Waiting Times Dashboard** – This project would improve access to driving test waiting time information by displaying the data in a clearer and more accessible format. Users would be able to compare waiting times between different test centres and make more informed decisions when booking tests. However, it was not selected because obtaining reliable DVSA data could be difficult, which may limit the functionality and overall usefulness of the final application.
- **Driving Theory Learning Game** – This project would make learning driving theory more engaging through quizzes, interactive activities and gamified learning features. The aim would be to help learners improve their knowledge while making revision more enjoyable. However, it was not selected because upon researching, there are already many similar applications available, making it more difficult to create a solution that offers a clear advantage over existing alternatives.
- **Health and Wellbeing Journal App** – This project would combine health tracking and journalling to help users better understand their wellbeing. Users would be able to track areas such as nutrition, activity levels and personal reflections within a single application. It was selected because it addresses both physical and mental wellbeing and has the potential to benefit a wider range of users than the other proposed ideas.

Chosen Idea

Trackogram – An integrated Health Tracking and Journalling Application

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.

Objectives:

The objectives below were developed using the SMART framework to ensure that progress can be measured and evaluated throughout the project.

- 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.

Description of the project

The proposed project is to develop an app-based health and wellbeing application that

combines health tracking and journalling in a single platform. Many existing applications focus on either health data or personal reflections, making it difficult for users to understand how their physical and mental wellbeing influence each other. The application will combine nutritional data, health data and journal entries through visual dashboards, helping users identify trends and gain a more complete view of their wellbeing. This project is achievable using existing mobile development technologies and health integration platforms while addressing a genuine need within the health and wellbeing sector.

Why this idea was chosen?

The project idea was selected due to its relevance to current health and wellbeing challenges, as well as its potential to create greater value than the other proposed ideas. Mental health has become an increasing concern in recent years [8], and obesity rates have continued to rise in many countries, particularly among children and young adults [9]. By combining nutritional data, health metrics and personal journal entries in a single application, users can access all their wellbeing information in one place, gain a more complete view of their wellbeing, and better understand how their physical and mental health influence each other. Compared to the other proposed ideas, Trackogram has the potential to benefit a wider range of users by addressing both physical and mental wellbeing rather than focusing on a more specific problem area.

Q3: Research

Wednesday, 17 June 2026 13:00

The sources below will be used throughout the project to support the research, design and development of Trackogram. They include learning resources, technical documentation and examples of existing health applications.

Research Source	Why it's Useful	Link
Android Development Course (Udemy)	Provides guidance on Android application development and mobile app features.	Android Developer Bootcamp
Garmin Developer Documentation	Provides technical information for Garmin data integration.	Garmin Developer Documentation
MyFitnessPal Premium	Provides insight into nutrition tracking features and user functionality used in existing health applications.	MyFitnessPal Premium Features
Research Paper on a Similar Health App	Provides insight into the design and development of a similar health application.	Health App Research Paper
Health Data Integration Platforms	Explains how health data is shared between applications and wearable devices.	Apple Health & Android Health Connect

Fig 4. Sources selected to support the research and development of Trackogram.

Q1 - Project Scope

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The project scope

The scope of this project is to research, design, develop and evaluate Trackogram, a mobile health and wellbeing application. This includes integrating health data from Garmin and Health Connect, developing journalling and health tracking features, creating dashboards and visualisations, and testing the application with users. The completed application will be evaluated and recommendations for future improvements will be identified.

Proposed solution

The proposed solution is to develop a mobile application that combines health tracking and personal journalling within a single platform. Research into existing health and wellbeing applications identified that many solutions focus on specific areas such as nutrition tracking or fitness monitoring [10], often requiring users to switch between multiple applications to gain a complete view of their wellbeing. By bringing these features together, Trackogram aims to provide a more holistic approach that supports both physical and mental wellbeing. The inclusion of dashboards, visualisations and journalling features was informed by research into existing applications and health technologies, which highlighted the importance of tracking behaviours and reflecting on personal experiences to support long-term wellbeing.

Development Technologies to be used

- Android Studio
- Kotlin
- Garmin Developer API
- Android Health Connect
- GitHub
- PowerPoint

Research Resources to be used

- Android Development Course (Udemy)
- Garmin Developer Documentation
- MyFitnessPal Premium Features
- Research Paper on a Similar Health App
- Health Data Integration Platforms

Project timeline and Task Schedule

Week	Task
1	Research technologies, health data sources and existing applications
2	Define requirements and design application screens
3	Set up development environment and application structure
4	Develop journalling functionality
5	Integrate Garmin and Health Connect data
6	Create dashboards and visualisations

7	Test application functionality and resolve issues
8	Collect user feedback and implement improvements
9	Evaluate the application and complete documentation

Fig 5. Project timeline and task schedule showing the planned stages of development for Trackogram from research through to evaluation.

Q2 - Gantt Chart

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The Gantt chart shown in Figure 6, was created to organise the project into a series of manageable stages and provide a clear timeline for completion. As shown in the chart, the project begins with research and planning activities before progressing through design, development, testing and evaluation. Breaking the project into smaller tasks makes it easier to manage and helps ensure that each stage is completed before the next begins [11]. Particular emphasis is placed on the development phase, as implementing features such as journalling, Garmin integration, Health Connect integration and dashboard visualisations is expected to require the greatest amount of time and effort. The Gantt chart also provides a clear overview of project progress and makes it easier to identify any tasks that may delay later stages of development [11]. The Gantt chart differs slightly from the original project timeline, as creating the chart highlighted that some tasks would require more time than initially anticipated.

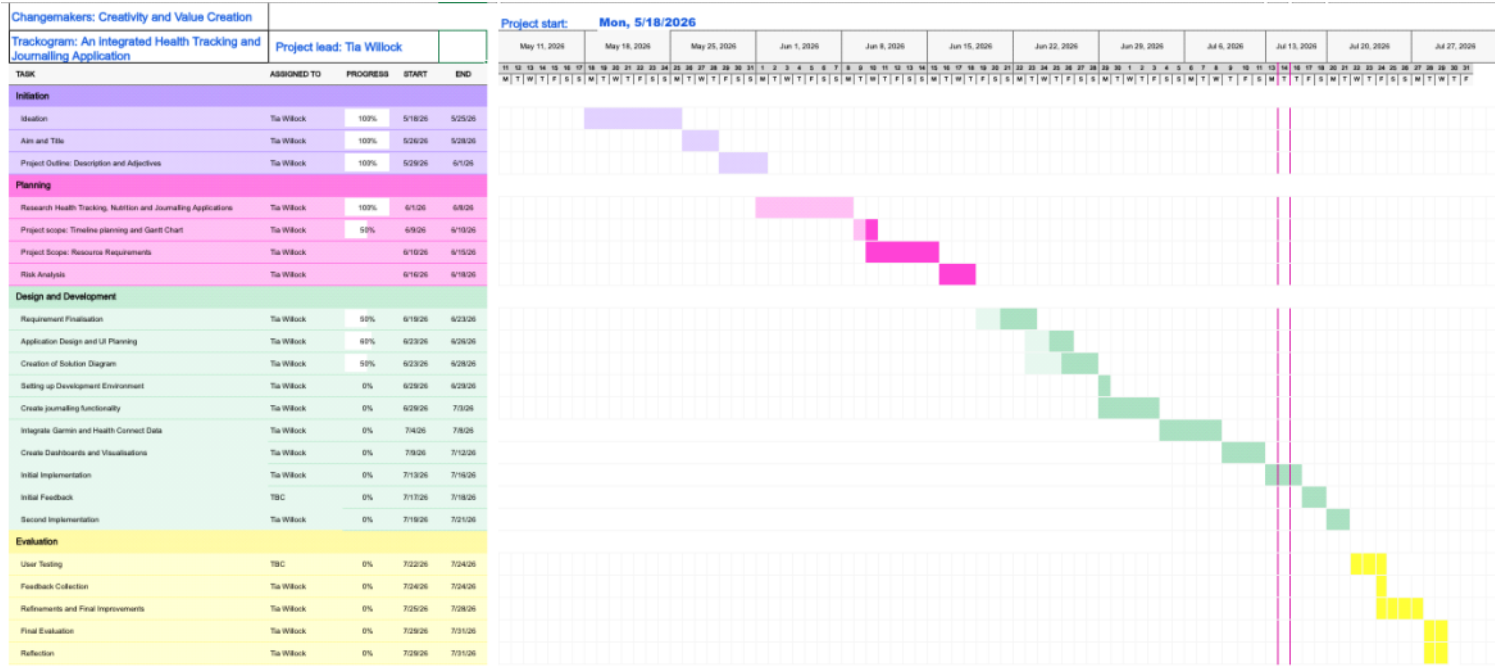


Fig 6. Gantt chart showing the planned timeline and key stages of the Trackogram project, from research and planning through to development, testing and evaluation.

Q3 - Risk Assessment

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The risk assessment shown below in Figure 7, shows that data integration, project scope and time management are the areas most likely to affect the success of the project. Planning, testing and regular monitoring throughout development should help reduce the likelihood of these issues occurring and minimise their impact if they arise.

Risk no.	Risks	Impact	Contingencies
1.	Loss of project files or code	High	All code, documentation and design files will be backed up regularly using GitHub, OneDrive and iCloud. This should reduce the chances of losing work due to accidental deletion, file corruption or hardware failure.
2.	Difficulty integrating Garmin or Health Connect data	High	The Garmin and Health Connect APIs will be researched and tested throughout development rather than being left until the end. If integration becomes more difficult than expected, sample health data can be used to demonstrate how the feature would work.
3.	Time management	High	A Gantt chart will be used to track progress and keep the project organised. Core features such as journalling, health data tracking and dashboards will be prioritised first, while less important features can be removed if time becomes limited.
4.	Project becoming too large/ adding too many features	Medium	There is a risk of trying to add too many features and making the project larger than originally planned. To avoid this, development will stay focused on the agreed aims and objectives. If time becomes limited, the project scope may be reduced to focus on a single health platform rather than supporting Garmin, Google Health Connect and Apple Health. This would allow more time to focus on the core functionality, while additional platform support could be added in future versions if required.
5.	Limited mobile app development experience	Medium	Some tasks may take longer than planned due to learning new technologies such as Kotlin, Health Connect and API integration. Tutorials, documentation and examples will be used throughout development, and larger tasks will be broken down into smaller, more manageable stages.
6.	Bugs or functionality not working as expected	High	Features will be tested regularly throughout development instead of waiting until the end of the project. This should help identify and resolve issues earlier, reducing the likelihood of major problems during testing.
7.	Not receiving enough user feedback	Medium	Potential testers will be identified before the testing phase begins to ensure feedback can be collected in time. Any feedback received will be used to improve the application before the final evaluation.
8.	Privacy and sensitive health data concerns	High	As Trackogram will handle health and wellbeing information, only the data needed for the project will be collected. Health tracking, journalling and image upload features will be designed with privacy in mind to help reduce potential concerns.

Fig 7. Risk assessment showing the main risks associated with Trackogram and the planned actions to reduce their impact.

Q1 - Development Method

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The chosen methodology

A hybrid methodology has been selected for this project, combining Design Thinking, Scrum and Kanban while following the overall stages of the Software Development Life Cycle (SDLC).

What is the methodology?

A hybrid methodology combines different approaches rather than relying on a single methodology. Design Thinking focuses on understanding users and designing solutions around their needs [12]. Scrum is an Agile framework that breaks development work into smaller stages known as sprints, making projects easier to manage [13]. Kanban uses visual boards to organise tasks and track progress throughout development. The SDLC provides a structured framework by dividing a project into stages such as planning, design, development, testing and evaluation [14].

Why is it suitable for the project?

Kanban was initially considered as the primary methodology due to its familiarity as a task management and project tracking approach. However, after reviewing the methodologies covered during the module, it became clear that using Kanban on its own would mainly help with task management and would not provide as much support for understanding user needs or managing development in smaller stages.

A hybrid approach was therefore chosen because each methodology supports a different part of the project. Design Thinking is particularly suitable because Trackogram is intended to help users improve their health and wellbeing, meaning it is important to understand what users actually need from the application before development begins [12]. Scrum is suitable because it allows features such as journalling, health tracking, image uploads and dashboards to be developed in smaller stages rather than trying to build everything at once [13]. Kanban will then be used to keep track of tasks and provide an overview of progress throughout the project. By combining these methodologies, the project can benefit from both a user-centred design approach and a structured development process while maintaining clear visibility of project progress. This should help ensure that Trackogram remains organised and realistic to complete within the available timeframe.

How will it be applied?

The project will begin by identifying potential user needs and defining the main requirements for Trackogram using Design Thinking principles. This should help ensure that the features included are based on user needs rather than assumptions. Once the requirements have been identified, development work will be organised into Scrum sprints. Each sprint will focus on a specific area of the application, such as journalling, image uploads, health data integration or dashboard visualisations. This approach should make the development process easier to manage because features can be developed, tested and improved in smaller sections.

Kanban boards will be used throughout the project to track tasks and monitor progress. This is already a familiar way of working due to workplace experience and will help provide a clear overview of completed active and upcoming tasks. The overall project will follow the SDLC stages of planning, design, development, testing and evaluation. This will help provide structure throughout the project, from the initial idea through to the final evaluation and reflection.

Q2 - Design Work

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Design Work 1 – Requirements

Requirement ID	Requirement
FR1	Users shall be able to create journal entries.
FR2	Users shall be able to upload images alongside journal entries.
FR3	Users shall be able to view health data from Garmin devices.
FR4	Users shall be able to view health data through Health Connect.
FR5	Users shall be able to access dashboard visualisations of health information.
NFR1	The application should allow a consistent navigation structure across all screens
NFR2	User data should be accessible to authenticated users

Fig 8. Requirement specification table showing the functional and non-functional requirements identified during the planning stage to define what Trackogram needs to do and what features need to be included.

The requirements specification was created to identify the features that Trackogram needs to provide and to help define the scope of the project before development begins. The functional requirements focus on the main features of the application, including journal creation, image uploads, Garmin integration, Health Connect integration and dashboard visualisations of health data. Non-functional requirements were also included to ensure the application is easy to use and stores user data securely. Creating the requirements specification at an early stage helped identify the functionality that needed to be included in the design and influenced the development of the wireframes. This reduced the risk of important functionality being overlooked during development and provided a clear set of objectives for the design process. It also provides a clear set of criteria that can be used during testing and evaluation to determine whether the final application meets its intended objectives. This is important because well-defined requirements should be clear, testable and traceable throughout development and validation [15].

Design Work 2 – Wireframes

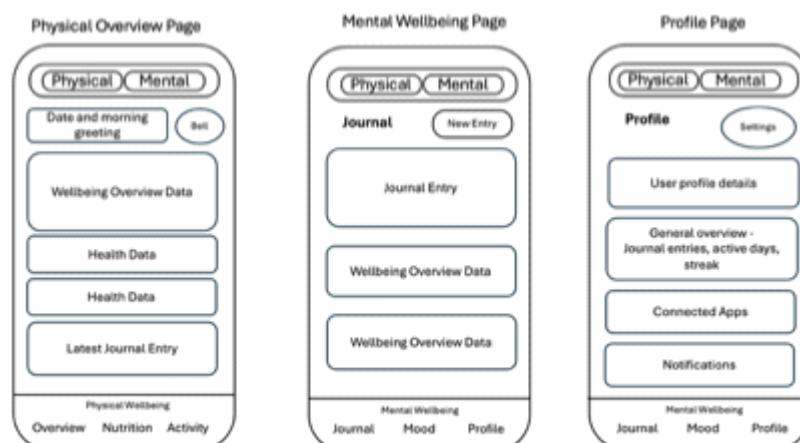


Fig 9. Initial low-fidelity wireframes illustrating the key screens of the Trackogram application. The designs

show the proposed layout, navigation and main features for physical wellbeing tracking, mental wellbeing journalling and profile management.

Wireframes were chosen because they provide a simple way to plan the layout and navigation of the application before development begins [16]. This makes it easier to identify potential usability or layout issues early and helps ensure that key features are organised in a logical way.

Before starting development, a set of wireframes were created in Microsoft PowerPoint to plan how Trackogram would look and function. The wireframes include the Physical Overview page, Mental Wellbeing page and Profile page, which represent some of the main areas of the application. Creating these wireframes helped identify where important features such as health tracking, journal entries and user profile information should be placed. It also made it easier to understand how users would navigate through the application before any development work began. This was particularly useful because it highlighted potential layout and navigation issues at an early stage, allowing changes to be made before development started rather than later in the project. As a result, the wireframes helped ensure that the application structure remained organised and aligned with the project objectives.

Q3 - Initial Practical Implementation

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The Initial practical implementation started with setting up a GitHub repository, as seen in Figure 10 below, and then creating a remote project for Android Studio to begin developing the Trackogram prototype.

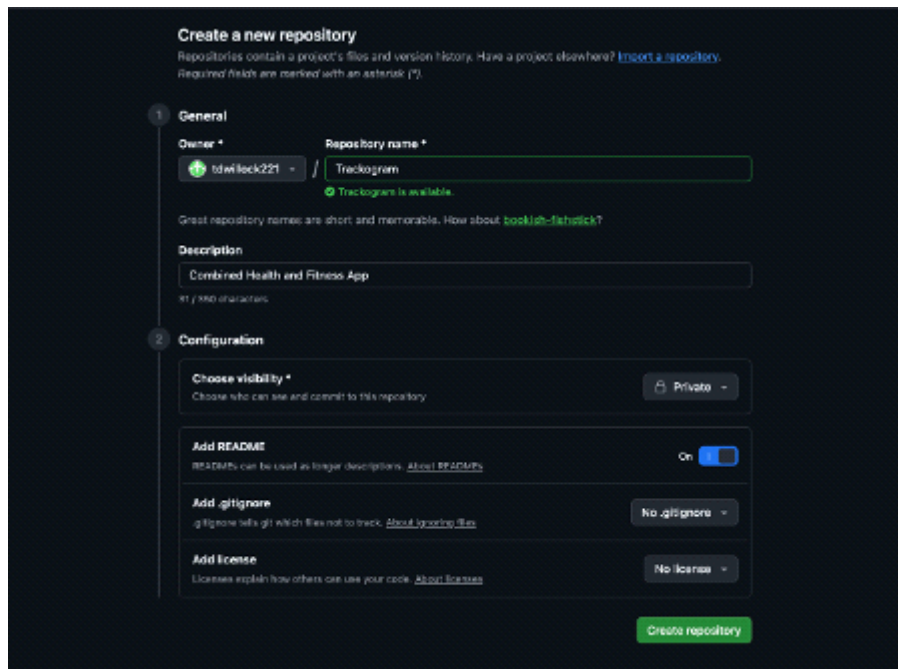


Fig 10. Initial setup of the Trackogram GitHub repository, which was used to store project files and track changes throughout development.

Development started with setting up the Android Studio environment (which can be seen in Figure 11) and creating the basic project structure. XML layouts were then used to create the application screens based on the previously developed wireframes, allowing the layout and navigation of the application to be implemented.

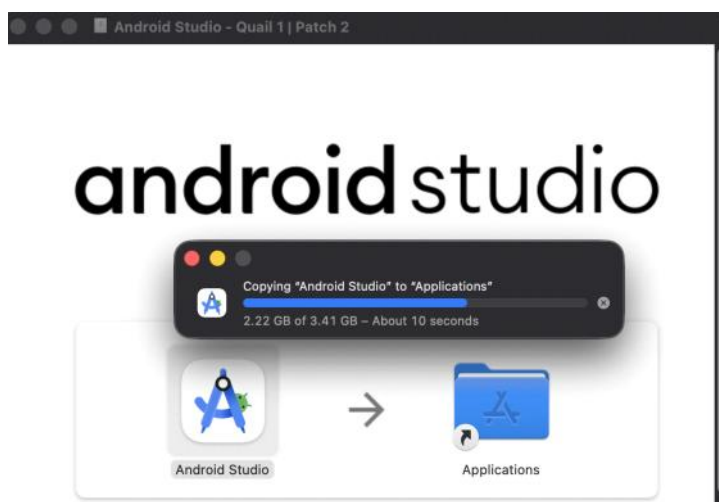


Fig 11. Setup of the Android Studio development environment used to build and test the Trackogram prototype.

Java was used to add functionality to the prototype. This included a dynamic date

feature which automatically updates whenever the application is opened, and a Physical/Mental wellbeing toggle which changes colour depending on the selected view.

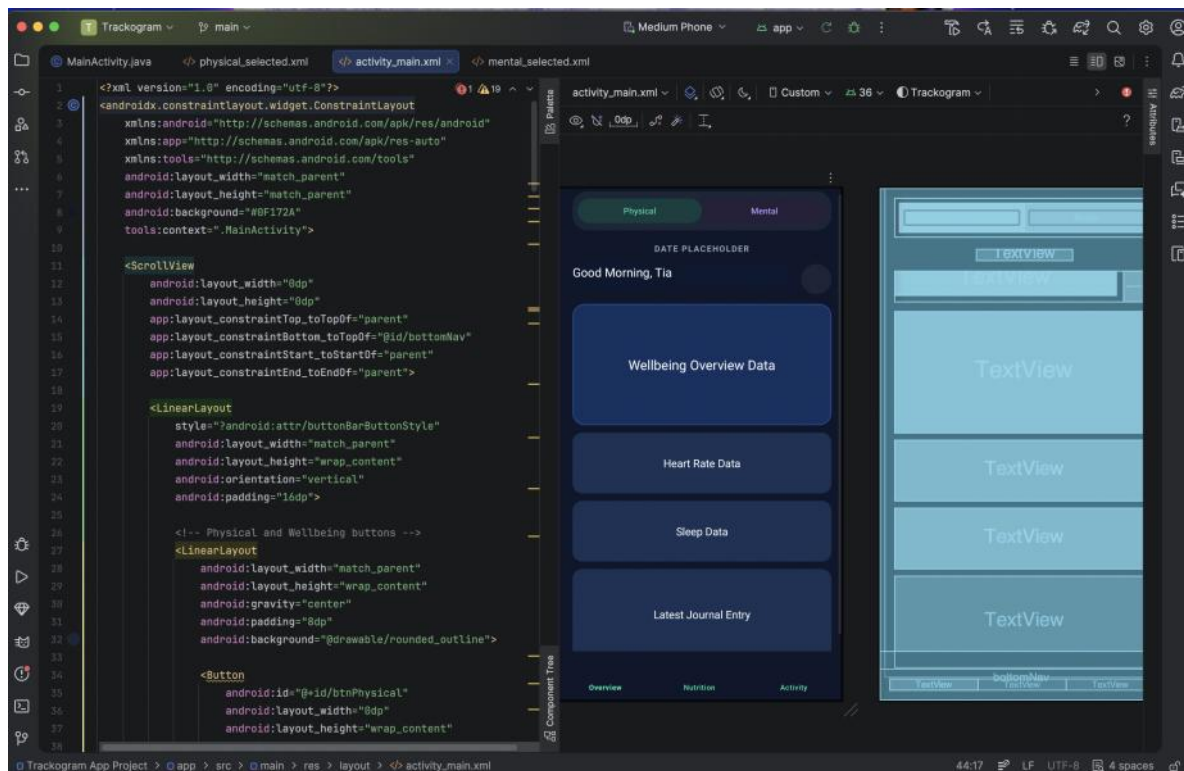


Fig 12. Creation of the Trackogram user interface within Android Studio, based on the wireframes produced during the design phase.

These features were chosen because they helped make the prototype more interactive and closer to how the final application is intended to function. The prototype was tested using the Android emulator, which can be seen in figure 13 and 14, to ensure that the user interface displayed correctly and that the implemented features worked as expected.

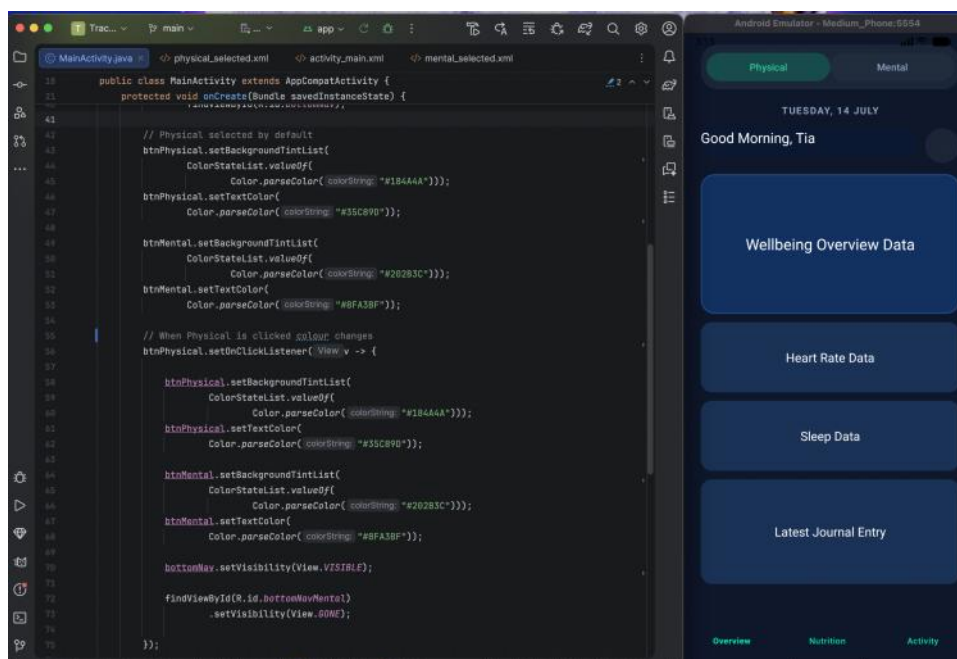


Fig 13. Mental Wellbeing view of the Trackogram prototype displayed within the Android emulator following implementation of the toggle functionality.

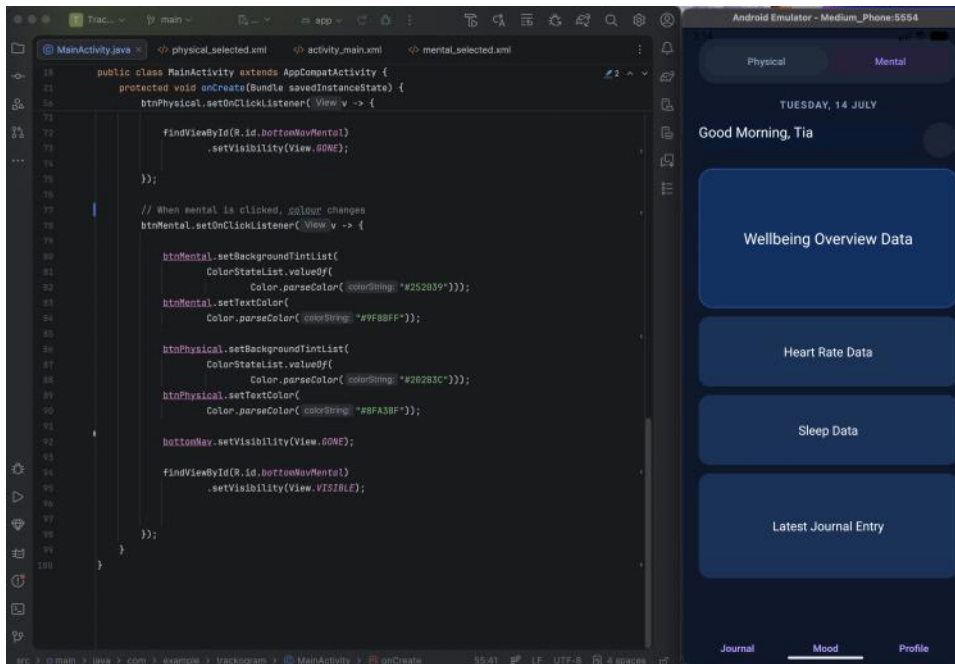


Fig 14. Physical Wellbeing view of the Trackogram prototype displayed within the Android emulator following implementation of the toggle functionality.

GitHub was also used to store and back up project files throughout development, which can be seen in figure 15 below.

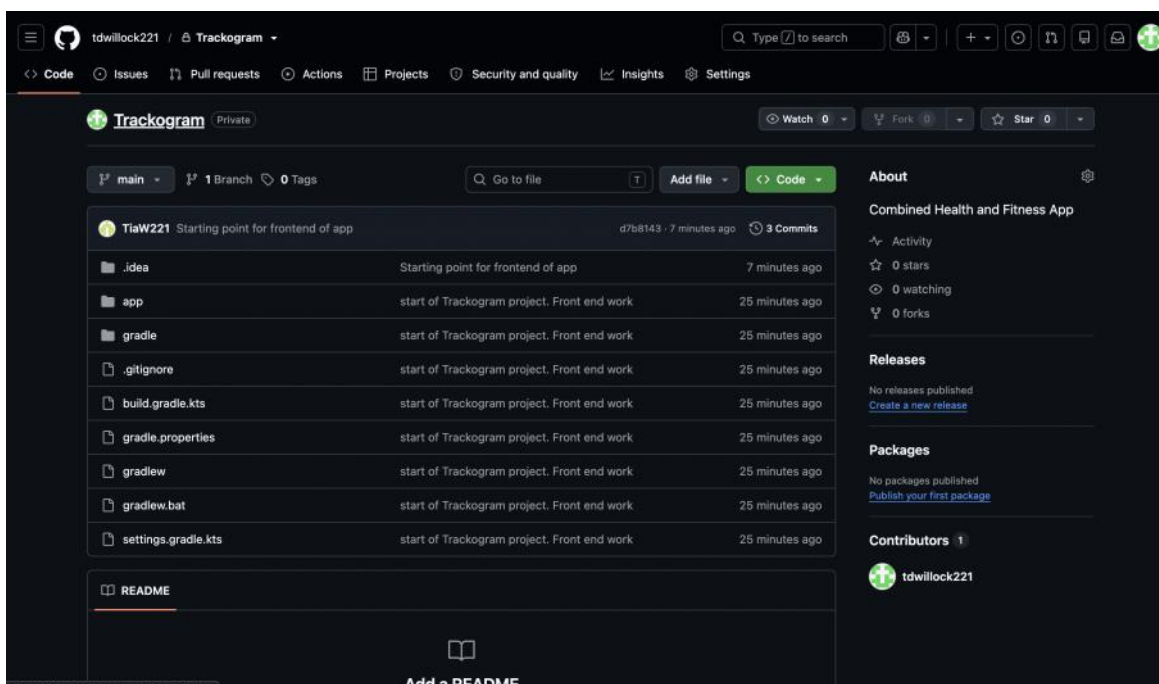


Fig 15. Trackogram GitHub repository used to store project files and back up changes throughout development.

The initial implementation phase also provided an opportunity to apply knowledge gained from research and online learning resources in a practical environment. Developing the prototype improved understanding of Android Studio, XML layout design and Java programming, while also highlighting the challenges involved in translating design concepts into functional software. Although the prototype currently focuses on the user interface and basic functionality, it provides a foundation for future development, including health data integration, dashboard

visualisations and journalling features. This approach allows individual features to be tested and refined before additional functionality is introduced.

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Appendices

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Evidence of Project Management Tool

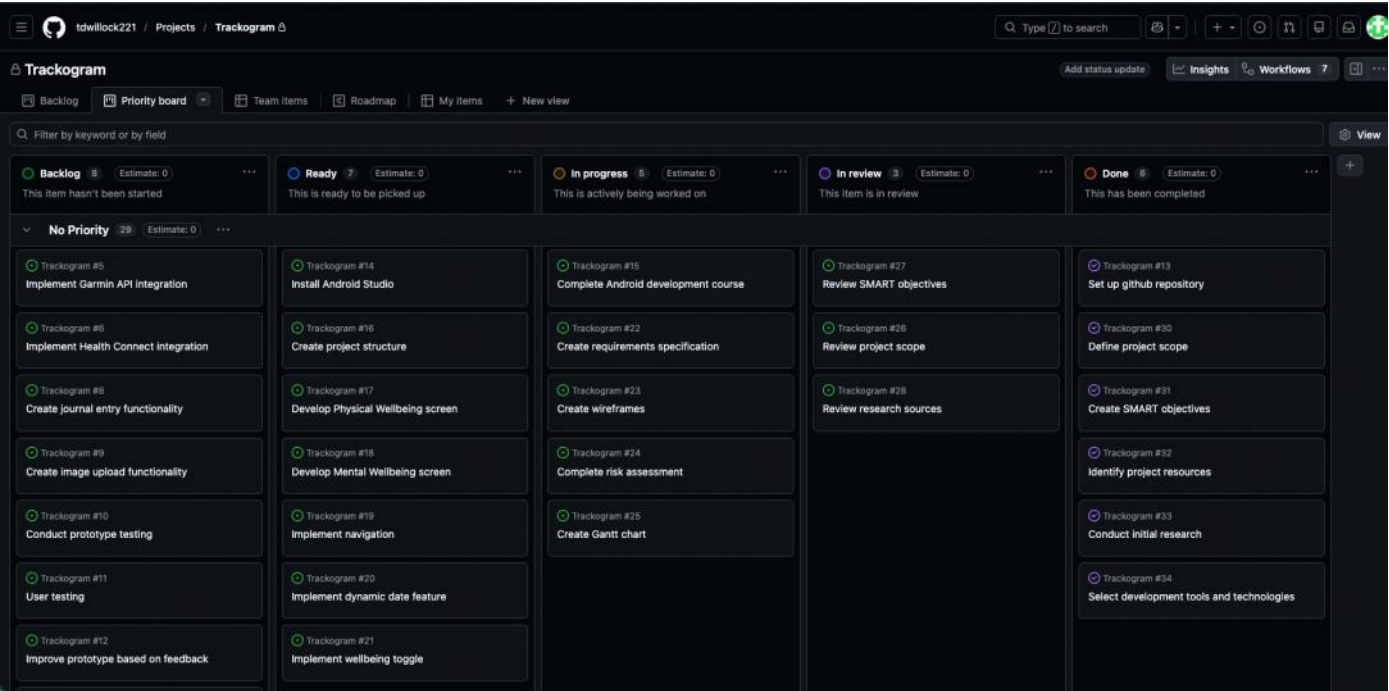


Fig 16. GitHub Projects Kanban board used to manage and track Trackogram development tasks throughout the project lifecycle.

CPD Evidence of Engagement

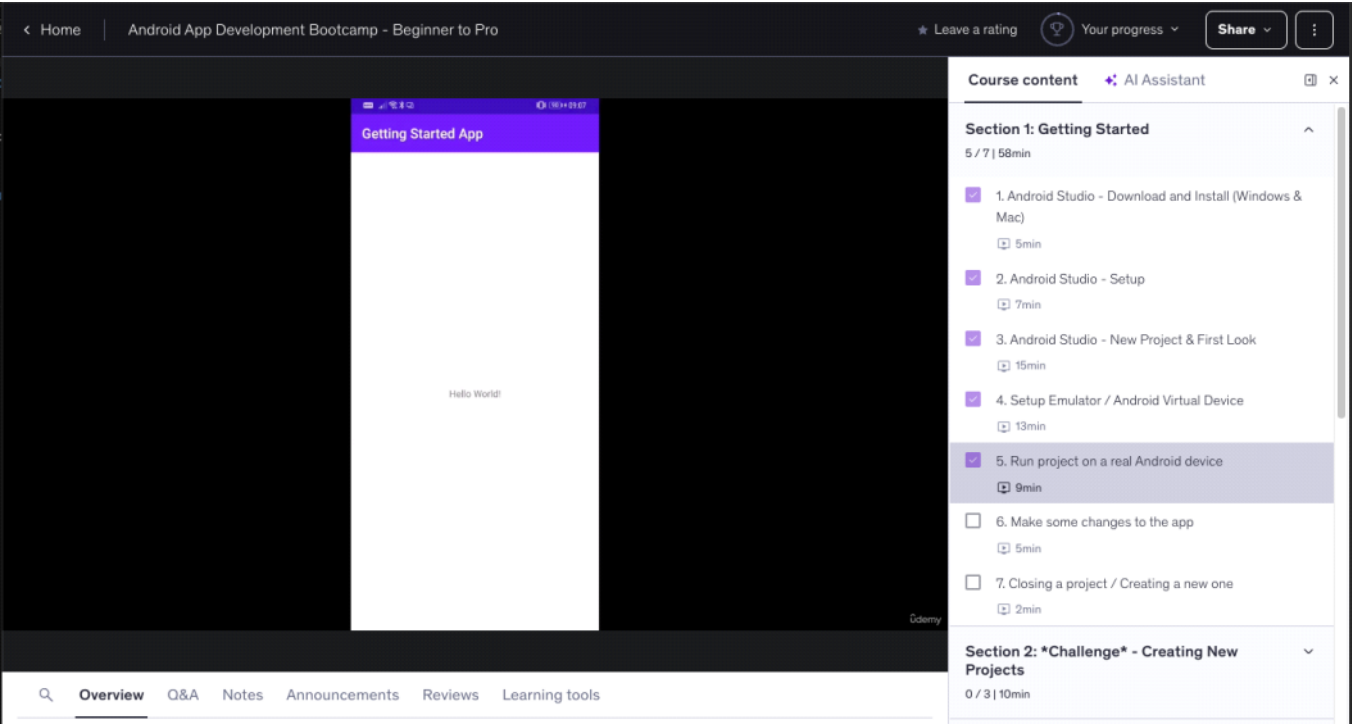


Fig 17. Udemy Android development course used to support learning and development during the implementation of the Trackogram prototype.

