Spring 2021 Capstone Project

Health-Wellness App for AU Students

An app around student well-being

Concept:

Develop a dynamic health/wellness app for AU students.

The student wellness app would be tailored to the AU student body and:

- support positive behavior change by collecting data,
- share educational tidbits appropriate for the individual at given times,
- give the user insight to various similar groups of people connected to AU,
- provide motivation/connection,

- connect the user to exercise and social opportunities,
- include an option for the user to track data themselves,
- possibly provide appropriate discounts for local healthy food and exercise options.

Development:

We need someone to develop the interface and app for a mobile phone app.