Visual Concepts For a Wellness App and Brainstorming

Concept

Develop a dynamic health/wellness app for AU students. This student wellness app will be tailored to the AU student body and:

- support positive behavior change while collecting data,
- share educational tidbits appropriate for the individual at given times,
- give the user insight to groups of people connected to AU,
- provide motivation/connection,
- connect the user to exercise, support, and social opportunities,
- include an option for the user to track data themselves,
- possibly provide appropriate discounts for local healthy food and exercise options.

Professionals to Create Together

- Nutrition Education Professionals/Fellows

- Computer Design/Application Development Professionals/Fellows

- Business Professionals/Fellows

Team Development

Content Development:
Nutrition Education professors, Trina Ulrich & Jessica Yamamoto, create content, interspersed with behavioral psychology principles, while developing the overall concept.

App Development:
Develop the interface and app for a mobile phone app while communicating with the team about the overall concept.

Business Development:
Lead the financial aspects of app development and upkeep, including possible financial support through local businesses and/or grants and awards.

Application Objectives

- Students will become more aware of their overall wellness as defined by several key areas of interest, including sleep quality and quantity, physical fitness, social and emotional wellness, and occupational wellness (etc)
- Students will learn the steps necessary (with the help of daily reminders) to reach the next level of wellness in each designated category.
- Students will gain a sense of Eagle unity through the joint (yet potentially competitive, if interested) pursuit of wellness via challenges presented in the application
- students will learn of services offered to support their wellbeing at American University

Design Starting Points:

Baseline Questionnaire

- plotting individuals on the Wheel of Wellness (Sleep, Physical Activity, Occupational Health, Fruit & Veggie Consumption, Social Health, Emotional Health, and Hydration)
- Verify over the age of 18, AU student, residing in US

Wheel of Wellness

a. Sleep
   i. Truth (1 pt if answer a challenge correctly) OR
   ii. Dare (user must do something and track it for 3 days - *this requires design of checking back with user to hold them accountable; user earns 1 pt for each day of new behavior practiced)

- ## Questions (1 point each)
   - after wheel of wellness is spun,
   - 5 -10 questions are populated (start w 5 per user; user has option to increase to 10 per day if they wish after they "level up" which happens after they attain 100 points
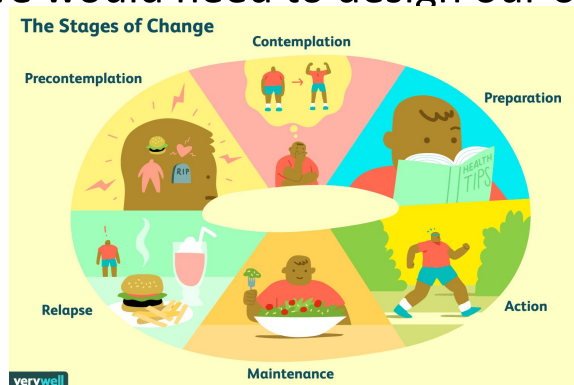
(*Provide links to AU services within. Include: AU Counseling, etc.)

Baseline Questionnaire

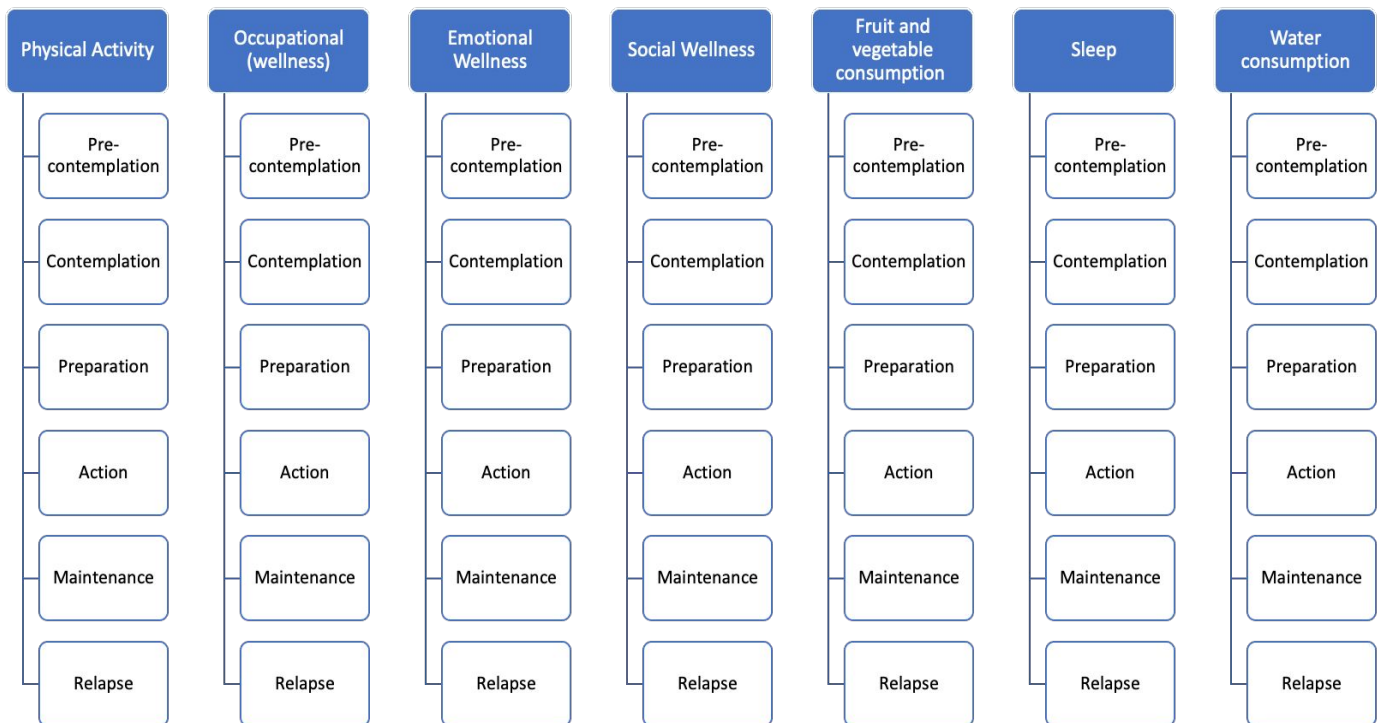will help each user initially plot themselves on the Wheel of Wellness

Questions:

Possibly consider having a version of the following graphic for each category, with imagery relevant to the topic at hand (Note: this image is taken from google- we would need to design our own. :))

Once a user clicks on the picture that they feel is appropriate, they can get a text pop-up verification, more fully explaining the selected stage of change and then be prompted to proceed, or go back and select a different stage that best describes their current status
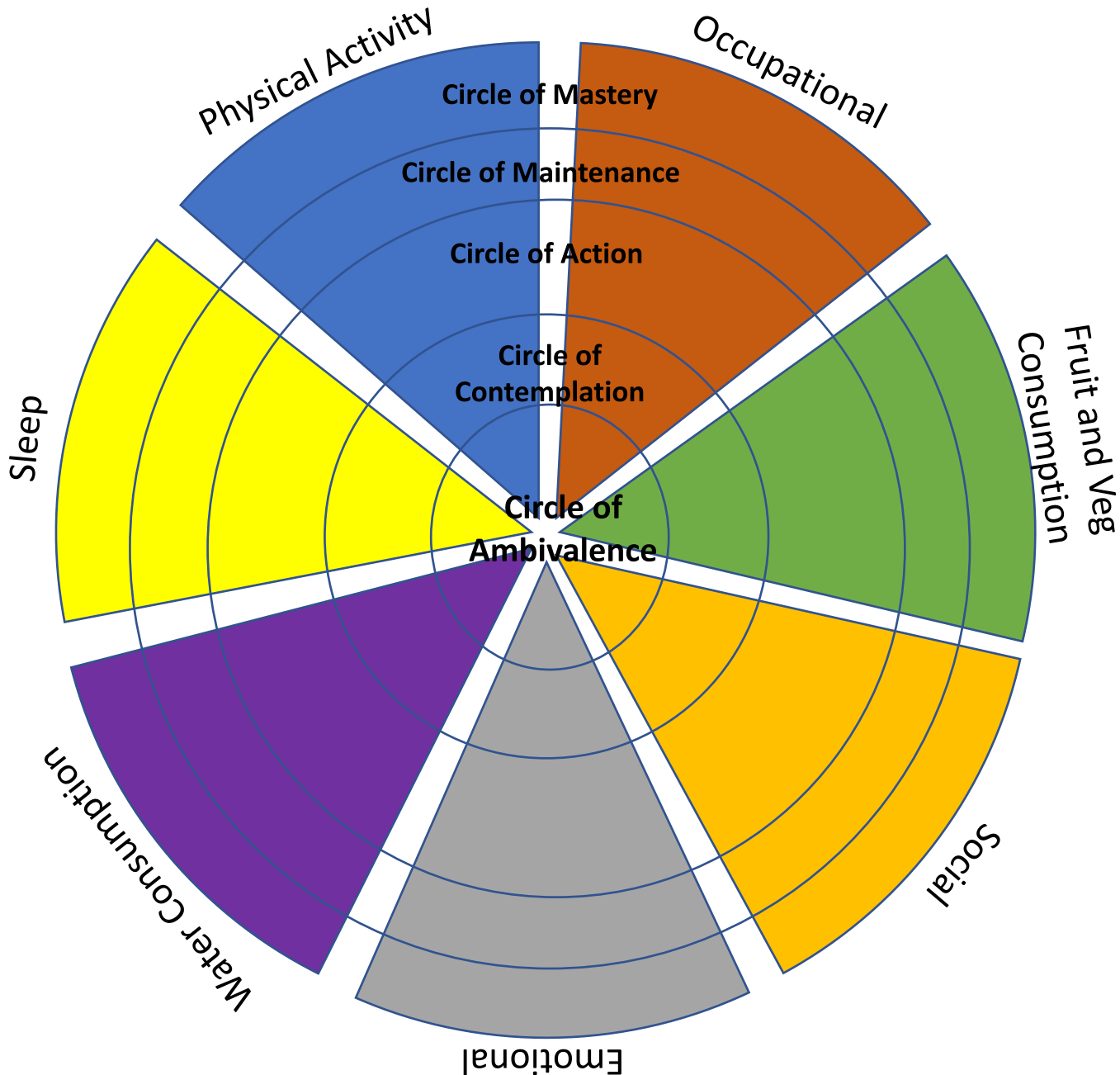
Baseline Questionnaire Possible Outcomes

Physical Activity	Occupational (wellness)	Emotional Wellness	Social Wellness	Fruit and vegetable consumption	Sleep	Water consumption
Pre-contemplation	Pre-contemplation	Pre-contemplation	Pre-contemplation	Pre-contemplation	Pre-contemplation	Pre-contemplation
Contemplation	Contemplation	Contemplation	Contemplation	Contemplation	Contemplation	Contemplation
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
Action	Action	Action	Action	Action	Action	Action
Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance
Relapse	Relapse	Relapse	Relapse	Relapse	Relapse	Relapse

We will need to come up with a database of facts, challenges, questions for each of the white boxes above. Each white box, will require a different set of informational tid bits and questions. Depending on which white box (i.e. which stage of change) that the students falls under, the following game will focus on this particular stage of change in each category.

How are you doing?
Your Wheel of Wellness

Physical Activity

Occupational

Fruit and Veg Consumption

Social

Emotional

Water Consumption

Sleep

Circle of Mastery

Circle of Maintenance

Circle of Action

Circle of Contemplation

Circle of Ambivalence

✳ Note* Each piece of the pie represents a different area of wellness, and each circle (from the inside out) represents one's level of mastery for each area of wellness.

Spin the Wheel of Wellness For your Daily Challenge

- Wild Card
- Sleep Challenge
- Social Challenge
- Water Challenge
- Physical Challenge
- Fruit and Veggie Challenge
- Wild Card
- Social Challenge
- Physical Challenge
- Occupational Challenge
- Water Challenge
- Fruit and Veggie Challenge

Sleep - Example for Truth:

- User spins wheel and lands on sleep
- User chooses truth
- User is asked 5 questions:
    - (1) How many hours of sleep did you get last night? (1 point)
    - (2) On average over the past 7 nights, how many hours of sleep did you get per night? (1 point)
    - * tidbit of information shared: Did you know, optimal bodily functions occur when we sleep 7-8 hours per night? (even down to the cellular level for strong immune systems!)
    - (3) What hormone decreases in our bodies when we get 7- 8 hours of sleep per night? multiple choice with cortisol as the answer(1 point if correct)
    - *tidbit of info shared about cortisol and chronic stress vs. cortisol and sudden stress
    - (4) Choose what is beneficial to improve our sleep: turning off screens 1 hours before sleeping, exercising right before it's time to sleep, etc.
    - *tidbit of info: share how exercise earlier in the day correlates with improved sleep compared to no exercise (and also compared to exercising before bedtime)

Example for Dare

- User spins wheel and lands on sleep
- User chooses dare
- (1) We dare you to sleep 7-8 hours per night for the next 3 nights. You will receive a follow-up question once per day for the following 3 days to help hold you accountable. Each day these follow-up questions are answered, you will receive 1 point.
- How do you think you will feel after doing this for 3 days? Different? More robust?
- "Did you know that when we change our behavior in small increments , the chance of holding on to the new healthy behavior over time increases? Let's try it out!
- Each day the user receives a pop up on the app asking how many hours they slept the previous night. (1 point for each time the user answers)
- The average hours slept will be plotted on the Wheel of Wellness (and compared to the plot from their baseline questionaire)

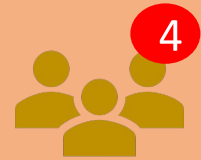# Wheel of Wellness Game
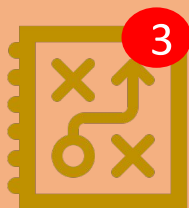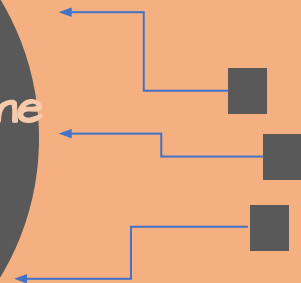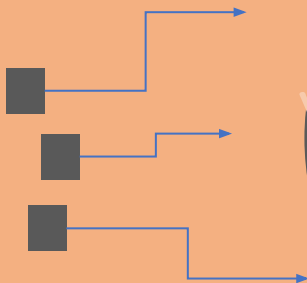
You have daily questions to answer!

Take a spin at the Wheel of Wellness

Double check your Wellness wheel

Leadership board

Community wall/badges

App Developer Questions

Click [HERE](#) for Google Doc with Questions