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PROJECT PROPOSAL 2 SUMMARY (26th SEPTEMBER – 9th OCTOBER)

Over the last two weeks, we made modifications on our project based on the feedback we received from our target market survey. We improved the font size, Color as well as implemented features to fit the age group.

Particularly in the last two weeks I worked on design, development of the created prototype as well as research on backend development portion of the application.

Date	Number of Hours	Description of Work Done
26th September 2025	3.5 hours	- Scrum Meeting - Re-design of User interface to fit our user experience research - Implementation of new design screens with updated font size, color change and features change - Research on typescript and react native and how to implement backend into project
27th September 2025	3.5 hours	- Continued the Ui re-design with Figma. Worked on the Home screen redesign - Implemented the activities screen in React native using functional components and Typescript. - Worked on responsiveness using Linear Gradient. - Worked on game card with color coded sidebars and completion indicators. - Used react hooks (useState) to manage activities, games, points and modal states.

28th September 2025	1 hour	- Added dynamic state management for activities, points and completion tracking using usestate.
29th September 2025	4.5 hours	- Worked on navigation props to open different screens based on user actions. - Added Touchable Opacity elements to make activity and game card interactive. - Research on how to implement Dynamic Alerts using Alert.alert() to provide real time feedback. Implemented it after research
2nd October 2025	35 minutes	- Created all helper functions for Activities page such as handleActivityPress(), handleActivityComplete()
3rd October 2025	1.5 hours	- Started implemented of MainScreen landing page - Implemented role logic(showAsEmployer, showAsProvider) to control which cards to render
4th September 2025	3.5 hours	- Continued Backend research on how to use Docker and Postgresql - Implemented Breathing phases each with configurable durations for BreathingScreen. - Included Animated guide and cycle counter - Implemented Linear Gradient backdrop with high contrast phase colors for clear visual state. - Large centered headings and instructions
6th September 2025	1 hour	- Research on how to implement authentication api - Research on how to use Node JS and api controller
7th September 2025	3 hours	- Continued research on Node Js - Finished up the Activities Screen - Started research on how to implement Ai in our Health Companion Project

Description

On the frontend, I worked extensively on developing major app screens specifically the Activities Screen, Breathing Screen, and Main Screen, while initiating work on the Schedule Check feature. For the Activities Screen, I implemented dynamic content rendering using React Native functional components and TypeScript, introduced game cards with color-coded sidebars and completion indicators, and developed full state management using useState for activities, points, and completion tracking. I also added navigation logic to handle screen transitions through TouchableOpacity components, and integrated real-time feedback alerts using Alert.alert().

For the Main Screen, I implemented the layout and role-based display logic (showAsEmployer, showAsProvider) to dynamically control which feature cards are shown to users. The interface was enhanced using LinearGradient backgrounds to ensure responsiveness and visual appeal.

Additionally, I developed the Breathing Screen, incorporating an animated breathing guide, phase transitions (inhale, hold, exhale, pause), a cycle counter, and adaptive visuals to help users follow guided breathing exercises.

On the backend and research side, I began exploring Node.js and API authentication methods, along with Docker and PostgreSQL setup for future data persistence and user management. I also initiated research on AI integration to enhance the personalization and adaptability of the app's health monitoring and activity recommendations.

Repository Check-in

I worked with the Main branch mainly. I also worked with other branches but those where for testing and I merged the final ones into the Main branch.

- Created test branches such as first, test, aak08, akt (But only Main branch is important)
- Deleted irrelevant ones after testing

- Pushed first commit to test branches aak08 and first

- Merged first branch with the main branch

- Pushed all relevant files and folders for project

- Pushed ActivitiesScreen to github (Main)

- Pushed Ui Design Documentation to Implementation folder