

Team Crusher A1

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High Level Idea

Our group's habit/goal tracking app will allow users to record and continuously complete their desired targets while also giving them a visual representation of their progress. The application will allow users to target both good and bad habits in order to encourage continuous self-improvement.

Project background & business need/opportunity

We believe that everyone has the potential to become a better version of themselves by reflecting on their good and bad habits and using them as a stepping stone to work toward an improved lifestyle through the use of our web application.

As many people know from experience, setting goals and sticking to them is a difficult task to maintain. At the beginning of every year, resolutions and promises are made to improve ourselves in aspects like physical health, mental exercise and behaviour. However, reverting back to our old ways a few weeks later is often the case. The simple fact is people want to improve their habits, big or small, as they can lead to physical, mental, and spiritual benefits. Team Crusher's habit/goal tracking app is designed to be the support system many people need in order to stick with their goals and incorporate new adjustments into their life.

The application will feature a simple, easy-to-use interface that allows the user to input their goals/habits and set timelines for any subgoals they may have. By creating a visual representation of how far someone has come since they started, it encourages them to stay on track as well as hold them accountable for any slip-ups they may have.

Reason

Most people want to erase bad habits within themselves and replace them with good habits. However, changing habits can be a difficult journey. Motivation to continue on with a task is more easily attained when the progress already made can be seen. This habit tracker will provide that level of motivation by illustrating the progress the user has made.

Impact

We want to create a better world for our users and help them stay motivated through their journey, and hopefully this motivation will transfer into their everyday lives. We want this app to be largely impacting the users life and to those around them as their energy and motivation greatly improves. By helping users improve their lifestyles and habits in small ways through this app, we can guide them in the right direction for major lifestyle changes. Our goal is to push positive change to our users and better their everyday lives.

Who

The main target of this app will be personal use to keep the scope more specific. The general public will get more out of this as these are the people that struggle with setting reasonable goals and maintaining that motivation to continue to improve or change their habits. This app will allow the user to stay motivated and remind them of their goals as well as their previous habits so they can realize where they started and how far they have gone. This could be for anyone wanting to change any type of habit or wanting to reach a certain goal by a reasonable date.

What (constraints)

1-Project deadline: One of our constraints will be a combination of resources and time as this project has a deadline of being the end of term.

2- Technology tools and resources: Since we are learning the required material as we go, this puts added pressure on backend processes as our lack of knowledge of certain tools that will be taught in later lectures/labs could result in a time crunch if problems occur between the front end and back end. Since we are not yet familiar with all of the tools that we will use to create the application, some of our plans may be significantly affected later in the project.

3- Marketing and client research: Another constraint is access to customers. Although our customers are actually somewhat easy to find, getting access to them may be difficult given the lack of people we are able to come in contact with given current Covid-19 restrictions.