

EECS 2311

Project: Wellness App

ITR 3: Planning Doc with changes

Team 1

Team Members:

Oluwagbeminiyi Adewumi
Abdullah Bajwa
Ammar Faisal
Harnaindeep Kaur
Manjot Kaur
Jakub Przystupa

Contents

1. Major Planning Changes
2. Vision Statement
3. Big User Stories
4. Detailed User Stories (updated)
5. Planning Map
6. Developer Stories
7. UML Diagram
8. Client Video Links

Major Planning Changes

1. Seeing the application till now the client requested some feature replacements. The client requested to add a new feature known as time capsule which works like a resolution. The client wanted to set an aim for a particular amount of time and work on it and open the time capsule when it is done. So, keeping the request in mind we replaced it with goal setting as the feature is quite like it with little changes.
2. The client also requested for a mind relaxing game, so we came up with a bubble burst game together which is quite relaxing. We replaced the user story: color coded emotions, as it did not have a significant functionality with a relaxing game.

Vision Statement

Wellness App- EUNOIA HUB

Eunoia Hub is a wellness and mental health app created by students, for students. Our mission is to provide a simple, effective tool that seamlessly fits into students' demanding lives, empowering them to set and achieve personal wellness goals, develop healthier habits, and enhance their mental well-being.

Since students frequently have little time between sessions, we made the program conveniently and readily available as a web application on laptops, iPads, and other devices, guaranteeing ease and wide accessibility. Our app provides a comprehensive suite of tools to help students monitor their emotional health and well-being. These include a daily journal, habit tracker, goal setting features, and personalized recommendations. The application also provides a variety of local mental health resources that are suited to the requirements of students, educational materials, and an AI chatbot for assistance.

Tailored for students who juggle academic pressures with personal life, Eunoia Hub enables users to track their emotions, establish healthy habits, and reflect on their progress with minimal effort. With little effort, users can record their everyday events, keep tabs on their state of mind, and assess how they're doing towards individual objectives. The application contains inspirational quotations, affirmations, and interactive activities to maintain young people interested and inspired.

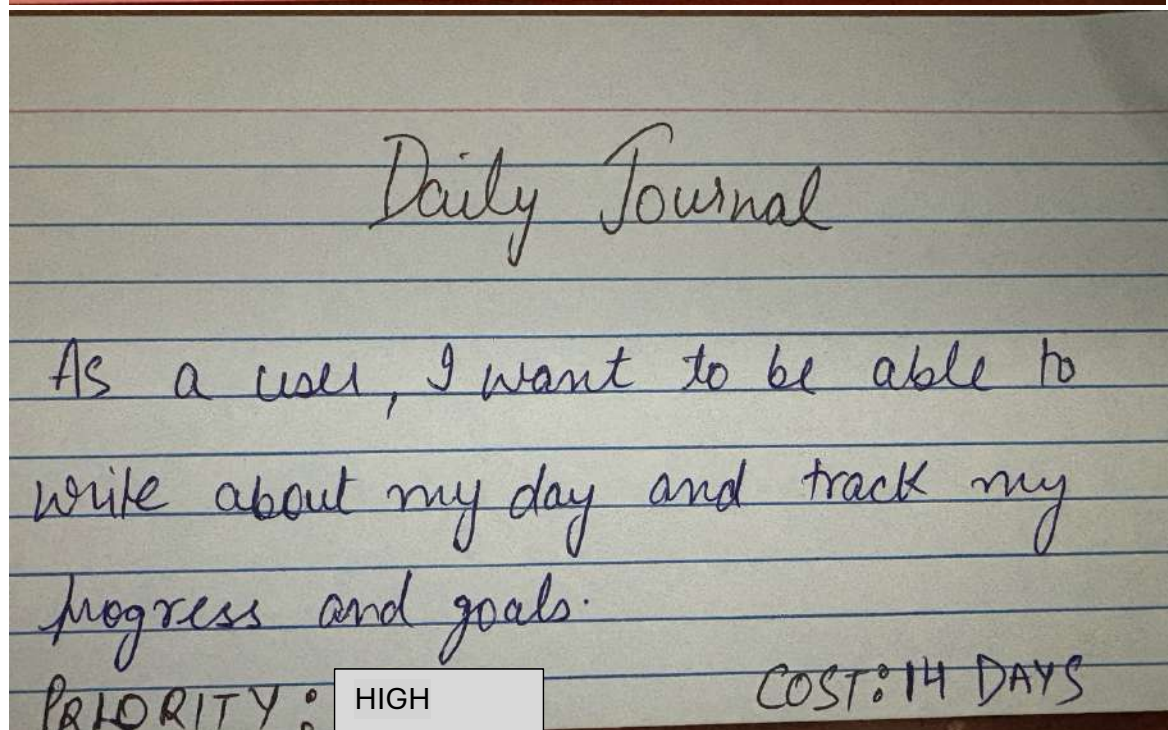
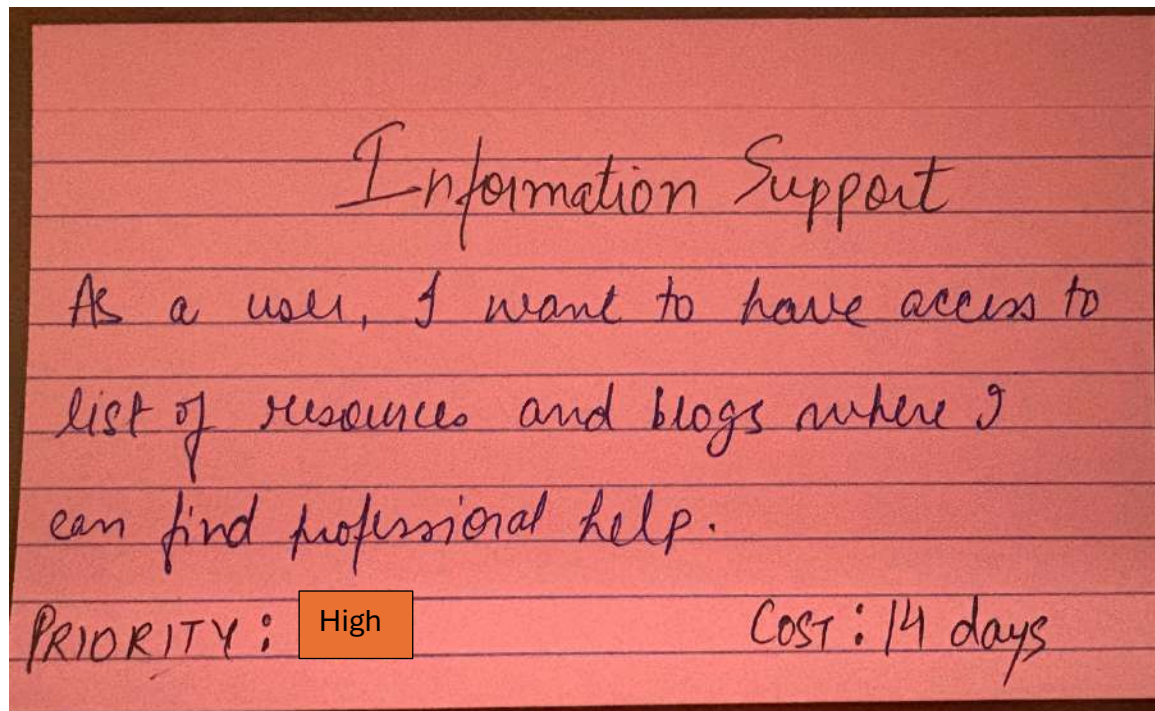
A database of local student support services, blog entries, and instructional materials are all accessible through Eunoia, which also acts as a reference centre. According to the user's demands, the AI chatbot will provide prompt, individualized assistance by responding to inquiries and offering advice.

The app's built-in questionnaire helps personalize the experience based on individual needs, while constant updates to the user profile ensure that content remains relevant and useful. In order to keep suggestions and material current, the user profile will be updated constantly in response to engagements. Users will be made aware of the app's limits and encouraged to seek professional assistance when needed thanks to a disclaimer page.

The success of Eunoia Hub will be measured by increased student engagement, improved mental wellness, and greater overall satisfaction with the app's ease of use and customization. Lower stress levels as indicated by students and higher attainment of individual wellness objectives will also be used as indicators of success.

By keeping the app affordable, responsive, and specifically designed for the unique needs of students, Eunoia Hub will continue to evolve based on real user feedback, ensuring that it remains a relevant and invaluable resource for student well-being.

Big User Stories



PERSONALIZED WELLNESS EXPERIENCE

As a user, I want to have a catered experience to reflect my needs and change dynamically.

PRIORITY: HIGH

COST: 14 days.

Detailed User Stories

- Daily Journal (ITR 3)

USER ACHIEVEMENTS

User can feel rewarded for achieving goals for the day, so that they can be reminded of how close they are to getting control of their mental health. Users will be rewarded with badges.

PRIORITY: MEDIUM

COST: 3 days

DAILY EXERCISES

Allows to log user's daily emotions and activities in a journal so that users can reflect on their day and track progress over time.

PRIORITY: HIGH

COST: 3 days

STREAKS

User can be benefitted from a motivator to build their habits, maintaining motivation & momentum. This type of feature is seen successful in various apps like Snapchat.

PRIORITY: LOW

COST: 2 days

BUBBLE GAME

A relaxing game that allows users to unwind by popping colorful bubbles providing a simple yet satisfying way to reduce stress & enhance mindfulness.

PRIORITY: Low

COST: 2 days

HABIT TRACKER

Users can keep track of their habits throughout a desired period of time.

Users can log habits like how successful they got in controlling their anger etc. or log water intake, calories etc.

PRIORITY: MEDIUM

COST: 2 days

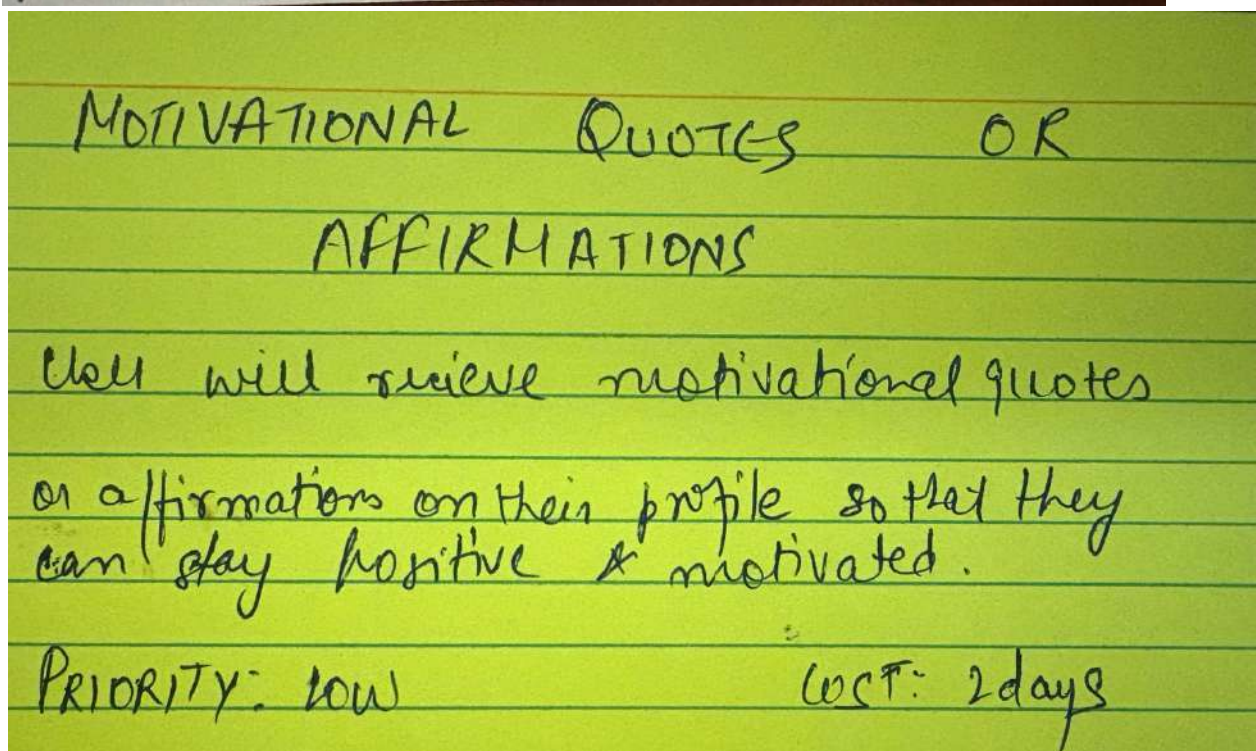
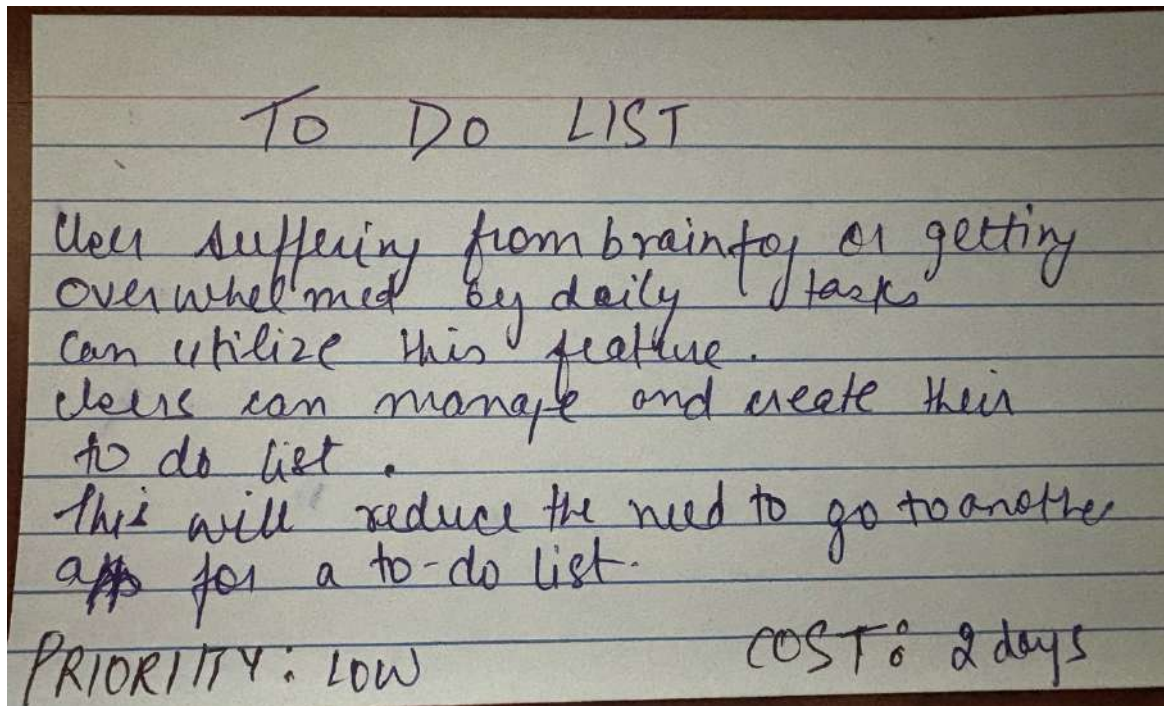
MESSAGE IN A BOTTLE

This allows users to create customized messages or reminders & put it in a bottle which will wash ashore and be available to read after 30 days; giving them opportunity to reflect on any progress that they have made.

COST: MEDIUM

PRIORITY: 2 days

- Personalized Wellness Experience (ITR 1)



DAILY QUESTIONS

User can check in daily and fill the daily questionnaire.

It will reflect on user's daily mental health. Using these questions mood recaps will be given.

How will recaps be given?

PRIORITY: MEDIUM

COST: 2 days.

USER PROFILE

User can set up their goals, concerns or habits for habit tracker.

PRIORITY: HIGH

COST: 3 days

AI CHATBOT

User can interact with an AI chatbot so that they can get immediate answers to questions regarding mental health & receive recommendations.

PRIORITY: MEDIUM

COST: 3 days.

SIGN-UP QUESTIONNAIRE

User will be given a bunch of questions on sign up so that the app can provide a personalized analysis & give suggestions based on user answers.

PRIORITY: HIGH

COST: 3 days.

- Information and Support (ITR 2)

HELP NEAR YOU

A user can get information about professional health or resources in their area with provided postal code.

PRIORITY: HIGH

COST: 2days.

USER TICKETS

Users can raise their concerns or issues with their profiles to developers by generating tickets.

PRIORITY: MEDIUM

COST: 2days

BLOG POSTS

As a user, people can interact with community of other users & can feel that they belong & can relate to people with similar circumstances.

PRIORITY: MEDIUM

COST: 7 days.

RESOURCES

Users can get links to podcasts, books or videos that can be helpful

in their journey.

Question: Copyright?

PRIORITY: ^{Low} 2 days

COST: 2 days.

MOOD RECAP

Mood Recaps are mood trackers that will give you an overview & reflection of how user's mood has been over a period of time and how much progress is made.

PRIORITY: MEDIUM

COST: 2 days.

VISION BOARD

Vision Boards are great ~~new~~ and new way to visualize goals or tasks.

Users can develop their own vision board.

PRIORITY: MEDIUM

COST: 2 days

Planning Map

1. Daily Journal (ITR-3)

- a. Daily Exercises - **Manjot Kaur**
- b. User Achievements - **Abdullah Bajwa**
- c. Bubble Game - **Harnaindeep Kaur**
- d. Streaks - **Ammar Faisal**
- e. Habit Tracker - **Oluwagbeminiyi Adewumi**
- f. Message in Bottle - **Jakub Przystupa**

2. Personalized Wellness Experience (ITR-1)

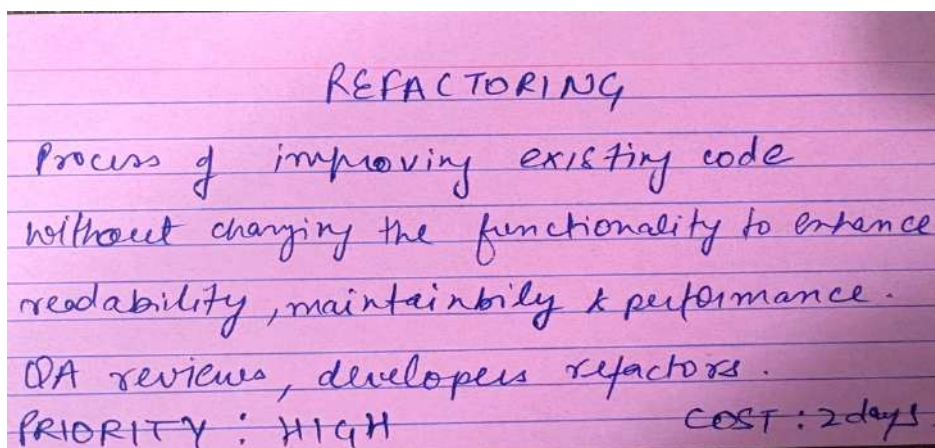
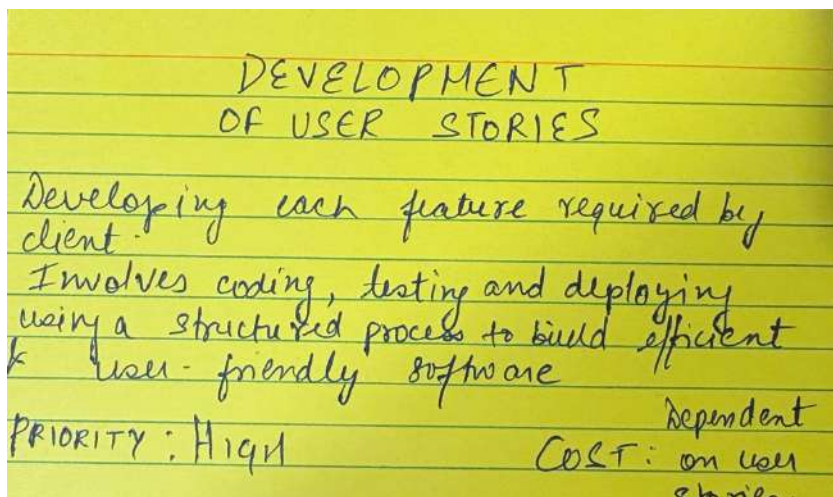
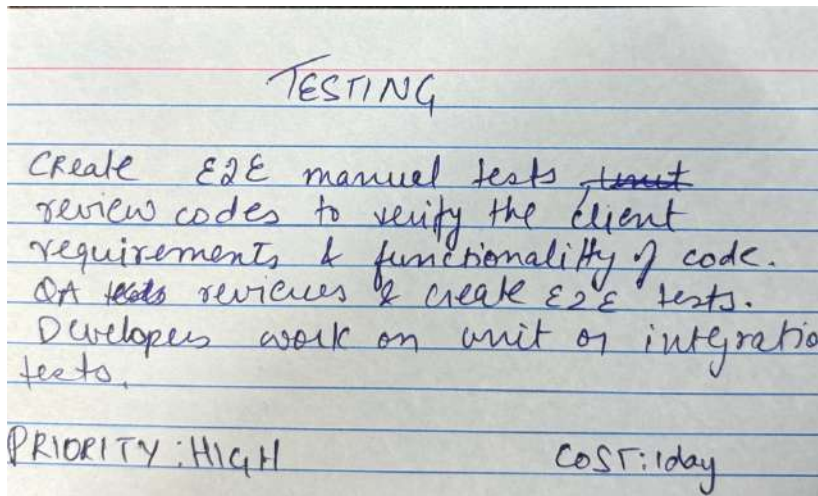
- a. Sign-up questionnaire – **Oluwagbeminiyi Adewumi**
- b. User profile - **Abdullah Bajwa**
- c. To-do list - **Harnaindeep Kaur**
- d. Motivational quotes and affirmations - **Jakub Przystupa**
- e. AI Chatbot - **Ammar Faisal**
- f. Mindful check-in (Daily questionnaire) - **Manjot Kaur**

3. Information and Support (ITR-2)

- a. Mood Recap - **Ammar Faisal**
- b. Blog Posts - **Jakub Przystupa**
- c. Resources (links to podcasts, books, videos) - **Oluwagbeminiyi Adewumi**
- d. Professional help in area - **Manjot Kaur**
- e. User Tickets - **Harnaindeep Kaur**
- f. Vision Board - **Abdullah Bajwa**

Developer Stories

Developer stories include development of stories, testing and refactoring.



- Developer Stories mapped to developers:

1. Development of stories and refactoring stories for code smells:

Daily Exercises - **Manjot Kaur**

User Achievements - **Abdullah Bajwa**

Bubble Game - **Harnaindeep Kaur**

Streaks - **Ammar Faisal**

Habit Tracker - **Oluwagbeminiyi Adewumi**

Message in Bottle - **Jakub Przystupa**

2. Testing / Reviewing

ITR 1	ITR 2	QA reviewing the class	Cost
AI Chatbot	Vision Board	Manjot Kaur	1 day
Sign-up questionnaire	Blog Posts	Harnaindeep Kaur	1 day
Mindful check-	Mood Recap	Abdullah Bajwa	1 day
User profile	Professional help in area	Ammar Faisal	1 day
To-do list	Resources	Jakub Przystupa	1 day
Motivational quotes/ affirmations	User Tickets	Oluwagbeminiyi Adewumi	1 day

Client Video

Video 1: <https://youtu.be/logKpyf0oOA>

Video 2: <https://youtu.be/mVlTFw7SSHM>

UML Diagram

(Zoom in to view)

