Life Management 2.0

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# ABSTRACT

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People lack a sense of fulfillment and purpose in their life and we want to guide them to a more active, and healthy lifestyle. The trend nowadays is watching Netflix, playing video games, looking at your Twitter feed or simply being a coach potato. Our approach will try to get users to become more active through engaging them in activities that bring out the emotions of joy, passion and contribution. To accomplish this, we have developed a mobile app for iOS and Android which tracks when a user has engaged an activity they have selected. In order to improve the app for our users, beta tests were conducted to gain feedback on the positives and negatives of the current version. Finally, we discuss what features should be added for upcoming versions.

## Author Keywords

Life management; activity planner; app; emotions;

# INTRODUCTION

The first version of Life Management is a web based app. The decision to not extend the web app with new key features for version 2.0 and transition to mobile environment was because of the huge popularity of mobile usage. In 2015, 68% of U.S. adults own a smartphone which was in increase of about 100% from 35% in 2011[1].

Apps that help manage people life is already an existing idea which can be found in the app or Google store. The key feature that makes our app different from other existing life managing apps is giving the users the ability to consult with a life coach to achieve the goals they desire in life. It has been proven that people tend to carry out their goals when they are being encourage and pushed by a trainer than when they try to accomplish it on their own.

To solve the problem, research was done in making user interface screens that are captivating, artistic and provide useful information in the space provided by the screen. Also, version 1.0 was extensively tested to point out the positives which can be carried over to version 2.0 and the negatives which can be omitted. The solution is reported with clear details, we cover the feedback gained from user acceptance testing, and the future direction of Life Management.

# Background

There has been multiple app implementation for people seeking a way to properly manage or balance their free time. These apps are available to download on the Apple or Android app store. Productivity – Day Planner, Balance Your Life: Wheel of Life, Trello and Productive - Habit Tracker are a few of the popular apps people tend to use for balancing their life style.

Productivity – Day Planner currently is the most popular life managing app on the Apple app store. The main focus of this app is to create the results “You want in any area of your life or business” [2]. Some of the app’s key features are smart goal setting process ensures you focus on your most important goals, personal journal to record your daily experiences, thoughts and insights and be able to use the app even when there is no network connection.

Another popular life managing app is Trello. Although Trello is essentially for project management in a work environment it has also been used by users as a daily life management app. Some of the app’s key features are the ability to assign task to yourself and coworkers, upload photos and videos, attach files and work offline and boards will sync when a connection is reestablished.

Agile is software development methodology which encourages frequent inspection, adaptation, self-organization and accountability [3]. These set of skills are used to allow rapid delivery of working software for companies who desire it. Scrum is a subset of Agile development which uses cycles or more commonly known as “Sprints”. A sprint usually consists of two weeks but can range from a week up to a month. During a sprint, the developers have to complete the tasks they selected.

Taking the concept of sprints, combining them with key features of the previous apps mentioned and adding our innovative ideas led to the design of Life Management 2.0. To improve our current design, machine learning algorithms can be added to help suggest users which activities they would like to implement during a cycle.

# Proposed Solution

Life Management 2.0 helps users engage in different activities that bring out three specific emotions. The emotions are joy, passion and contribution. In future versions, there is a possibility that more emotions are added to add variety to the app. Once a user registers they are directed to an activity selection screen. The first screen is an activity selector for the emotion, joy. The user is presented with different activities, from there the user selects two activities that bring them joy. The process is repeated for passion and contribution.

Once the six activities are selected they must select the duration of the sprint. Our app takes the concept of Scrum’s sprint by allowing the user to select 1, 2, or 3 weeks duration. The user must also set a target goal score for each activity selected. A target goal score depends on the selection of the sprint duration and represents how many days a user wants to engage in the activity during the duration of the sprint. For example, a user selects two weeks for sprint duration. So, each of his/her activities must have a target score that ranges from 1 to 14 days. If the user does not reach the target score at the end the sprint they did not successfully completed the sprint.



**Figure 1. Example of a valid input for the six activities selected based on the selection of two weeks for the sprint duration.**

Once the submission of the target goals and duration of the sprint is successful the user is taken to the activity progress dashboard. The dashboard is the heart of the application and where the user can see how he/she is performing during the current sprint. On the dashboard, the activities selected are displayed and their corresponding target goal and current or actual score. To keep track of when the activity was completed for that particular day, the user must select the day the activity was completed. The day selected then turns green. The percentage of actual over target score is displayed for each activity. To make the app visually appealing two circular progress bars are displayed on the bottom portion of the dashboard. Getting these two progress bars to reach 100% is the number one priority but it must be truthfully or the user is lying to themselves. One progress bar displays the overall completion of the activities displayed on the screen while the other shows the overall completion of all six activities selected.



**Figure 2. Example of a user dashboard displaying the key properties to guide the user on how successful the current sprint is coming along.**

## In order to help users, achieve their target goals the app supports life coaches who encourage and give users tips on how to achieve their goals. The feature that would accomplish this is “Share progress” which a user can send a coach their dashboard so he/she can provide constructive criticism and tips of their current progress. This feature was not implemented in version 2.0 because this was the team’s first app creation and time was limited.

# Setup

Our app uses the Model-View-Controller design pattern. The controller access data from Google Firebase which is a NOSQL Database System. Firebase supports cloud storage and synchronizes data across web, Android and iOS apps for cross platform usage. The logic side and gesture recognition of our app was implemented with Swift programming language. Some of the user interface screens were designed with XCode UI Builder and Sketch.

# Acceptance Testing Results

The three considerations for our accepting test was based on goals, setup and execution. These are three out four considerations to taken into account when performing mobile app User Acceptance Testing [4]. Our survey consisted of 4 questions and the response was to pick a number from 1 to 3. 1 signifies bad, 2 good and 3 excellent.

The most important question on the evaluation sheet was “Was the sprint information displayed in a neat and readable format?”. The reason behind this question was the need for feedback on how the most important information a user needs to see is presented to them. 30% choose 1 and 20 % choose 2. Based on this feedback it was clear the user interface of the dashboard needed to be refined.

The results for “Did the app perform correctly without any errors?” and “Was it easy to navigate to other features?” was overwhelmingly positive. The side menu was not refined due to the success of beta testing. Another element to address was the screens visuals because the question “Were the screens visually appealing?” did not get too many 3s. Only 40% of the beta testers gave a 3 for the visuals of the screens. With this in mind, the screens needed to be modified for UI purposes.

# Future Work

We believe there are other features that should be added in future versions of Life Management. The most important feature which can lead to the success or failure of Life Management is the way someone is approved as a life coach in our app. There must be certain requirements and skills needed to be a certified life coach which an admin needs to take into consideration before allowing him/her to register on our app. Before the activity selection process there should be a questionnaire which then provides recommendation of which activities the user might enjoy. This suggestion was brought to light by a beta tester during the acceptance testing.

The implementation of the screens a coach will view needs to be addressed as top priority for version 3.0. Other additions are making a user more flexible to changes such as modifying a user date of birth, first name, etc. and the ability to reset password if forgotten.

## Conclusion

Life managing apps already exist in the app store but what makes our app ground breaking is the ability for a user to interact with a life coach for helpful tips. The idea of our app was developed through the extensive study of other mobile apps in the market, version 1.0 implementation, and how Scrum’s principles can correlate to daily life management outside of a working environment.



Table 1.Study from Bureau of Labor Statistics reports an average of 156 minutes are spent watching television on a weekday.

Our goal in the end is to tackle the amount of time spent wasted in front of a television, on social media, or playing video games. In a study by Bureau of Labor, television is a major contributor to leisure time wasted instead of being productive [5]. We hope with our app we can get people to go outdoors or engaging in productive activities when they are in their home.

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