

# Project Charter

## Destress yo' self

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### Problem Statement:

Everyone faces a very stressful workload and needs a quick and practical way to manage their busy, sometimes hectic, lives. We will provide a smart calendar that helps them recognize and manage the chaos of life. The calendar will integrate with the user's existing calendars, determine which events are stressful, provide these details to the user, and recommend ways the user can de-stress their life. For example, if meetings stress a particular user, and on Tuesday, they have a day full of meetings but there are none on Wednesday. The app will suggest the user to move one of the meetings to the next day, if possible, and it will pick the meeting with the least number of people included. If moving a stressful event is not possible, it will instead suggest adding a de-stressing activity to the user's calendar.

### Objectives

- Create an interface where the user can rate which aspects of their life stress them and de-stress them
- Have the calendar offer to reschedule events if the user has too many stressful things in a day
- Be able to access a user's calendar (ex. Google Calendar)
- Offer options to make their more stressful days less stressful
  - Reschedule de-stressers on stressful days
  - Provide games that de-stress

### Stakeholders

1. Users
  - a. Students can use this app to help schedule classes, projects, meetings, and any other curricular and extracurricular activities.
  - b. Parents can use this app to coordinate their schedule with their kids events.
  - c. Businesses and Employees: schedule shifts, meetings, other stuff like that
2. Overseers
  - a. Project Coordinator
  - b. Professor Suresh Jagannathan
3. Influencers
  - a. Outlook

- b. Google Calendar
- 4. Dev Teams
  - a. Guna Kondapaneni, Lisa Campbell, Matthew Pace, Brian Kaetzel, Joseph Khawly
  - b. The team that tests our product

## Deliverables

- A panic button that you press when you are stressed
- A view which allows the user to import their calendar from an external service
- The Calendar, which will get data from the user and they can link existing calendar events
  - Color coding corresponding to the weight of how stressful an activity has been rated.
  - Popup which suggests a better schedule.
  - Ability to manage source calendars directly from the app
- A form that will get information from the user on how stressful certain events are
- A view which contains mini-games and activity suggestions for the Users
- Platforms: Digital Ocean or Heroku
- Stack: ReactJS for the front-end and Java (Spring framework) for the backend