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Term Project Proposal

It is very common for college students to overlook their overall well being or to compromise on certain aspects of a healthy lifestyle amidst their busy schedule of extracurriculars and academics. Our application is designed to be a comprehensive health and wellness platform specifically geared towards college students. It aims to provide solutions for 4 major wellness-related needs—nutrition, fitness, mental health, and time management.

The primary audience for this application is college students who are looking for a condensed set of tips and information regarding how to take care of themselves physically, mentally, and academically. It also enables these students to instill an effective method to help them maintain a healthy lifestyle with the resources available to them.

While there are many applications which address specific aspects of wellness, such as mindfulness apps, online calendars, nutrition apps, and fitness trackers, our application stands out due to its well-rounded nature and its specification towards college students. This application plans to provide a clear and concise overview of the necessary information and resources available to college students in particular; for example, it will not only include information about nutrition overall and how to create a well-balanced meal plan, but it will provide tips according to the restrictions a college student has when it comes to meal prep (location, limited supplies, etc.) and allow students to generate recipes as per their diet and available resources. As college students ourselves, the inspiration for this application comes from our own understanding of the

demand for a product which will consolidate all of this guidance on establishing a healthy lifestyle.

This application will have 5 major features. Firstly, it will include a nutrition guide which will include details about nutrition and creating well-balanced meals, as well as a healthy recipe generator (using an API) which will provide recipes according to diet and resources available. It will also include a fitness guide which will provide college fitness tips and a workout generator (using an API). A mental health page will also be provided to convey wellness tips about mindfulness techniques, as well as to detail mental-health-related resources typically available to college students. Furthermore, An academic wellness page will be included to discuss study tips and time management. Lastly, a page with a weekly log which will allow users to login and keep track of any wellness related habits they sustain throughout the week. This page will allow students to visualize their progress and strive to improve/maintain their healthy wellness habits.

Our primary areas of focus for this project will be HTML, CSS, and graphics for page layout and design (Area 1), as well as Javascript intractability (Area 2). Ghea will be working on frontend (HTML/CSS), Nidhi will be working on API Integration, and Yuqing will be working on Javascript for user interaction. While we will focus on our specified areas individually, as a group, we will be working together collaboratively to help each other in any way possible. We will also be working together on research and for any presentation materials, we will each contribute to sections according to the work we completed. Resources we are planning on using include <https://spoonacular.com/food-api/docs>(nutrition API), <https://api-ninjas.com/api/exercises> (exercise API), and <https://www.healthline.com/> (healthcare research).

Information Architecture:

