# **1. Plan of approach**

## 

## **1.1 Project Overview**

Of all sectors in the Netherlands,employees in IT spend most of their time sitting down. Sitting too long on one day is also known as sedentary behaviour that can lead to health damage. In view of this work-related sedentary behaviour, it could be considered as an occupational hazard. The extra costs of this absenteeism due to sitting too long is estimated at about 370 million euros per year in the Netherlands alone.

To help solve this issue and prevent this occupational hazard an application can be build to encourage employees to be more active by making it fun and enjoyable to so,

We will introduce challenges, daily objectives and health tips so employees can also learn how they can improve their overall health and increase social interactions.

The cost of this application will be kept at minimum, all that you need is a modern mobile device and fitbit application.

The challenges will not only be fixed ones, we will also have the option of free mode challenges that employees can decide for themselves for example I can create a push up challenge or a table tennis, set the punishment for the loser then send it to anyone I’d like to challenge.

## 

## 

## **1.2 Project Objective**

Develop a permanent solution for reducing the sitting time of employees by introducing different social, competitive and educational activities.

The requirements that the client specified are behavioural and technical

#### Behavioral

* A social element
* Competitiveness
* Be educational

#### Technical

* Security
* Scalability (AWS-ready)

## **1.3 Working agreement**

* Meetings are held 3 amount of times a week
* Communication is conducted via MS Teams
* Time spent on the project will be stored in individual timesheets
* If there are any complications or disagreements, the whole team must come together and address the matter
* Attendance is key for completing the project successfully, therefore if a team member cannot attend a meeting, they needs to inform the group before said meeting
* Strikes may be given depending on a situation (e.g being constantly late, skipping meetings etc.), a decision must be reached by the whole group when deciding what the punishment will be

## **1.4 Competencies**

#### Project competencies

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Analysis** | **Advise** | **Design** | **Realisation** | **Manage & Control** |
| 5% | 5% | 20% | 20% | 10% |

#### **Analysis**

Because of the minimal requirements specified by the client we've put Analysis at 5%.

#### **Advise**

Since the client has minimal technical requirements for the system, we'll use open-source libraries and software (except probably Heroku). We'd like to use a combination of a Vue.js based web platform and Fitbit app.

#### **Design**

Designing a proper solution is a vital part of the project. We're striving for a solution that the client is happy with and would happily offer it to their clients.

#### **Realisation**

We've concluded that realisation is a vital part of the solution. Even though we'll work with systems that we have previous experience with and the addition of NFC to the solution will make sure that we have some novelty during development.

#### **Manage & control**

One of the requirements stated by the client is the ability for the app to easily be transferred to Heroku.

#### Personal competencies

|  |  |  |
| --- | --- | --- |
| **User Experience** | **Design** | **Realisation** |
| 1. Giovani 2. Wim 3. Bjarne 4. Yang | **10%** | **10%** |
| **Infrastructure realisation** |  |  |
| 1. Babier 2. Ivo | **5%** | **15%** |

#### 

### User Experience

In order to reach our goal for the user experience portion of the project, we plan to research the fundamentals of UI/UX. So that we will be able to apply it to our projection order to allow the users to get the most out of our project. In order to reach the overall goal of the project, which is to get employees to sit less during the day, we need to get them inspired by the application. 10% of the competency will go into the design of the UI. Our design will follow the basics of UX. The other 10% will go towards the realisation of the UI/UX design. The realisation should follow our design and research in a product that will get the employees motivated. We will also be testing/questioning a small audience to see how they react to the interface in order to make sure that it is easy to use, and clear what components that the user can interact with. If our results are positive then we will have made a proper User Experience for our application.

### Infrastructure realisation

The client had specified that they would like the final product to be scalable.

We’re going to achieve that with Docker. Creating suitable containers that are ready for use by the client is our goal and that's why we’ll focus on design and realisation. For us Docker and Heroku are completely new and we’d definitely love to gain some extra knowledge in automating development processes. We’ll consult with the client throughout the creation process in order to better fit the created containers to their own system.

Working with software such as Docker most likely, if not for certain, will come up again in our careers so this will serve as a vital part in our education.

## 

## **1.5 Deliverables**

|  |  |  |
| --- | --- | --- |
| Sprint | Deliverable | Deadline |
| Sprint 1 | Achieve a Minimum viable product (MVP) | 02/06/2020 |
| Sprint 2 | Implement could and should requirement | 15/06/2020 |
| Sprint 3 | Improving Product (Final Touches) | 29/06/2020 |

## 