

P1: Team Contract + Project Definition

Congratulations! You have a team. Now let's make it official.

Make a copy of this document (File -> Make a copy...), complete it, and submit it via Canvas.

Team Name

This name does not necessarily have to have anything to do with your project. But team names are awesome. Unless your name is "Team Awesome." We've already claimed that name, so choose a different one.

Team Name: WellTrend

Meeting Time

Commit to one time that all team members will be available to meet every week (at least a 1 hour block, but 2 is ideal). When is that block of time? You will be able to use studio time for a lot of your team work, but figure out when this additional time is now.

Meeting Time: Tuesdays, 6:30 PM - 7:30 PM

Design Theme

Which design theme is your team focusing on? You can find a list of all the design themes here: https://docs.google.com/presentation/d/14Owybsn9WX8oa7ISn0qvD2fIR4NA6rGBn4TXpgLC2OY/edit#slide=id.gbc7e5bb349_0_103

Pick a theme and then come up with your own project idea that relates to that theme. We have selected these themes because (1) we know that these are exciting challenges in information science (2) there are existing students/researchers at CU working on this which means there could be connections for future work/research if your project is successful.

Design Theme:

Improving mental wellness for college students using data.

Write 1 paragraph about why this theme is interesting to your group and the particular facets of the theme that your team will address:

We aim to bridge the gap between daily habits and their impact on mental well being by offering a tracking system. Users can log various aspects of their day to day lives, including mood, stress levels, sleep patterns, physical activity, and dietary habits. By analysis of this data, we can identify correlations and patterns, and provide users with actionable feedback and personalized recommendations. We can empower individuals to make informed decisions about their lifestyle choices, highlighting the profound influence of everyday activities on their emotional and psychological state. This can also serve as a preemptive tool, alerting users to potential stressors and suggesting coping mechanisms before they escalate. By fostering a deeper understanding of the relationship between daily routines and mental health, making it an invaluable resource for those seeking to enhance their quality of life through self-awareness and data driven insights.

Project Description

The following questions will help you begin this project.

What will you title this project?

WellTrend

Write a “How Might Question” that describes your project domain, heuristics, and unit of analysis:

How might we help people gain a deeper understanding of how their habits affect their wellness?

Make a numbered list of *at least 5* stakeholders that contribute to the problem you are studying or are critical to the success of your design. Order the list based on importance (1 being most important, 5 being least). With each stakeholder, include one sentence describing this group and what their stake is in the project.

1. Stakeholder: Users. People who want to improve their wellness, Stressed out college students
2. Stakeholder: Mental health professionals
3. Stakeholder: Mental health institutions

4. Stakeholder: Designers
5. Stakeholder: Sponsors

Background/Secondary Research

Make a list of **related technologies** that have been made to address a similar challenge. You should list as many related technologies as you do team members (e.g. three team members, three related technologies). For each related technology, write one sentence about how it is related. Then, write 1 paragraph about what you find to be similar and different between these examples.

Day One - A journaling-based app that holds all documents in one place. This platform allows for the customization of journals through a variety of design options but does not focus specifically on mental health and finding trends between entries, although commonly used for it.

MindFit - This experience-based platform allows for a transformative journey toward mental wellness, combining evidence-based physical activities, mindfulness exercises, and goal-tracking, providing app users with a personalized approach to mental health that exercises into their daily lives.

Reflectly - A mood tracking, journal based app that generates personalized prompts for the user to respond to. While similar in the way it tracks the user's mood, it doesn't offer support or preemptive suggestions.

Moods - A simple mood tracking app that collects present mood attributes that are preselected on the app and a quick note to create trends with one another. Doesn't allow for the open endedness that the majority of journaling apps allow, yet focuses primarily on mental health.

Calm - A widely popular mental health app that allows for meditation practice and similar activities. A journaling feature recently added allows for users to document their day to look back on.

Between these platforms, the majority of their similarities lie in their journaling ability. All of these apps allow users to put in open-ended input, a feature that will highlight our design. While this is true, how these apps operate contrasts with one another in their intended use. For example, reflect simply allows users to put their input with no outside support or suggestions, looking simply to store users' information for them to retrieve at a later date. Moods, for example, provide prompts specifically related to the user and their previous responses,

providing trends for users to view. In some cases, the platform wasn't intended for mental health at all, and for more of a general journaling platform, like how Day One operates. The ideal solution to a journaling platform would allow the user to choose whether they'd like their responses to be to a specific prompt, open-ended, or from preselected attributes. Users should have the ability to combine all of these options if they choose, providing the best insight from their entries in creating trends.

Pledge

By submitting this assignment you are agreeing that you have reviewed this document:

https://docs.google.com/document/d/1fFOde0tc11xWd2Et-6VGyX6ZVvSSCfNpDT7Nt_Wgyl/edit

This document outlines strategies for team coordination and also what you should do if/when your team has conflicts. At the end of the course project, each team member will have a chance to evaluate the contribution of their peers and these evaluations will weigh heavily into your final grade. If there is strong evidence that a team member is non-responsive, not participating, or experiencing other issues that restrict their participation, the instructors reserve the right to change the team composition or to ask such students to complete the project independently. This decision will be made based on contribution statements in each assignment as well as attendance records (e.g. a student who is not attending lectures is likely unable to meaningfully contribute to the course projects).