

Self Care App

Group 5
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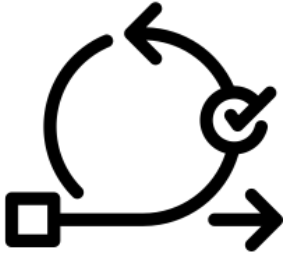
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Problem

Self care app

- **Allows user to record daily stats for:**
 - **Mood**
 - **Short diary entry**
 - **Sleep quantity**
 - **Sleep quality**
 - **Water consumption**
 - **Steps**
- **Data to be displayed visually:**
 - **Calendar for all data**

Approach



Agile



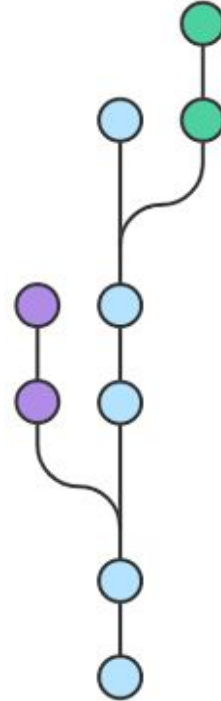
Slack



Regular Meetings



Miro Boards



- Git branches
- Pull requests
- Code review

Coding

app.py
runs the
app

models.py
creates the db
table structure
using classes

create.py
populates
the db
tables

forms.py
FlaskForms
for the web
app

views.py
routes to
generate the
webpages

weather.py using
weather API to
dynamically
generate homepage
background image

HTML
templates for
each web page
(using
Jinja/Flask)

CSS for
styling

JavaScript
for
calendar

testing.py
for tests

- Python as base for everything:
 - Creates SQL Database
 - Fills database with data
 - Runs queries to get data
 - Adding data
 - Register/ Log In/ Log Out
 - See table of data (query joining many tables and displaying result)
- Emoji calendar:
 - Takes data from SQL Database
 - Serialises as JSON
 - Formats the output in visual calendar style
- Weather API for background image

Testing

- We were thinking about testing from the start
- With hindsight, testing driven development (TDD) would have been a good approach
- Wrote extensive pseudocode before we started so we knew what our functions would be and tried to test these as much as possible
- Tests for Weather API, calendar, queries, database connection

[Demo]

Features

- Register / Log In / Log Out
- Dynamically generated homepage background image (weather API)
- Tracking form to record as much or as little data as you like
- My Daily Records to see all your previous entries
- Calendar to visualise all previous entries for each category

Future Extensions

- Targets for steps, water etc
- More visualisations - graphs
- Implement more APIs - location, quotes, videos
- A virtual pet that you keep alive by performing acts of self care

Thank you for listening!
Any questions?