

Healthy body, Happy life

Spreading Awareness for Healthier Life

Presented by Joseph.D.Chamdani

10K



Issue & SDG

I chose SDG 3 (Health and well being) because I am concerned that most people around the world don't exercise enough, which can increase your risk of getting diseases as well as ruin your mental health. In addition, people do not eat healthy food. Healthy food can help prevent diseases such as diabetes by making your body healthier.

Mission

What is the mission?

I have been given the option to tackle any Global issue of my choice by creating a product that is able to reduce the problem. Health is the issue that I've chosen and an informative application is what I've decided to create.



Planning Stage

The first thing I must do is conduct research on the global issue that I've chosen which is Health. The research that I gathered must be in the form of qualitative data and quantitative data. who.int provided me with quantitative data on the current effects and people that have health problems.

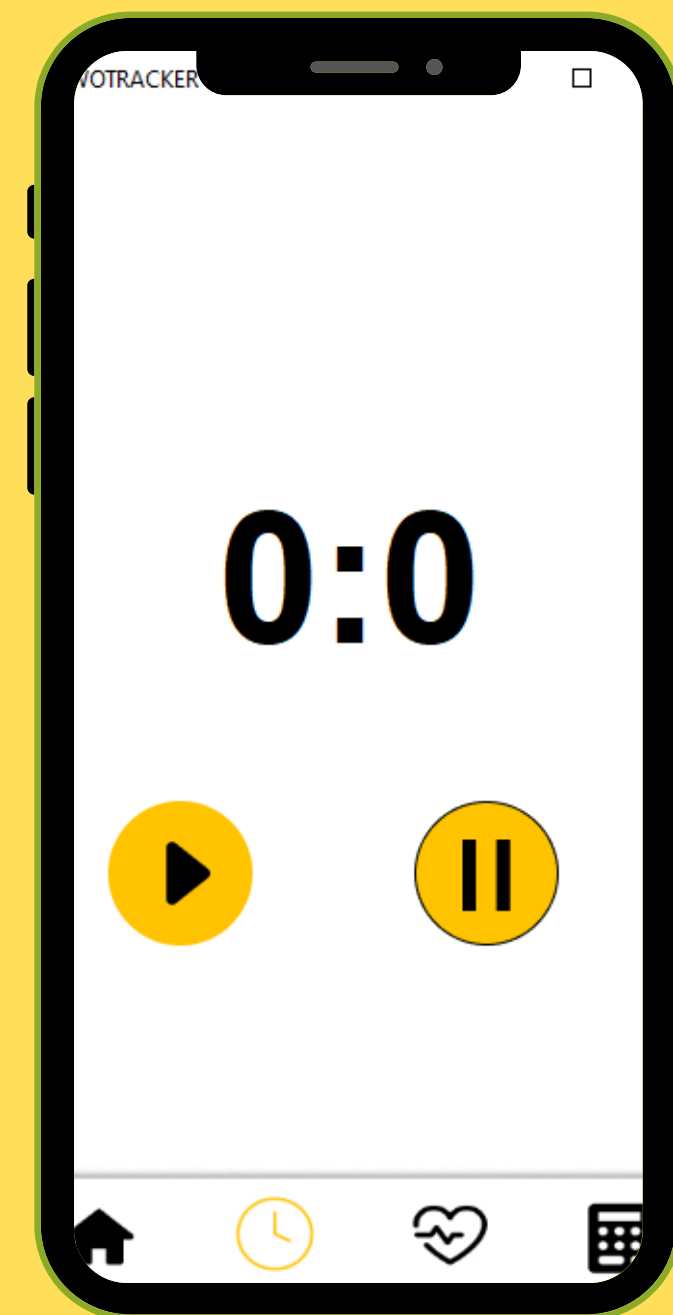
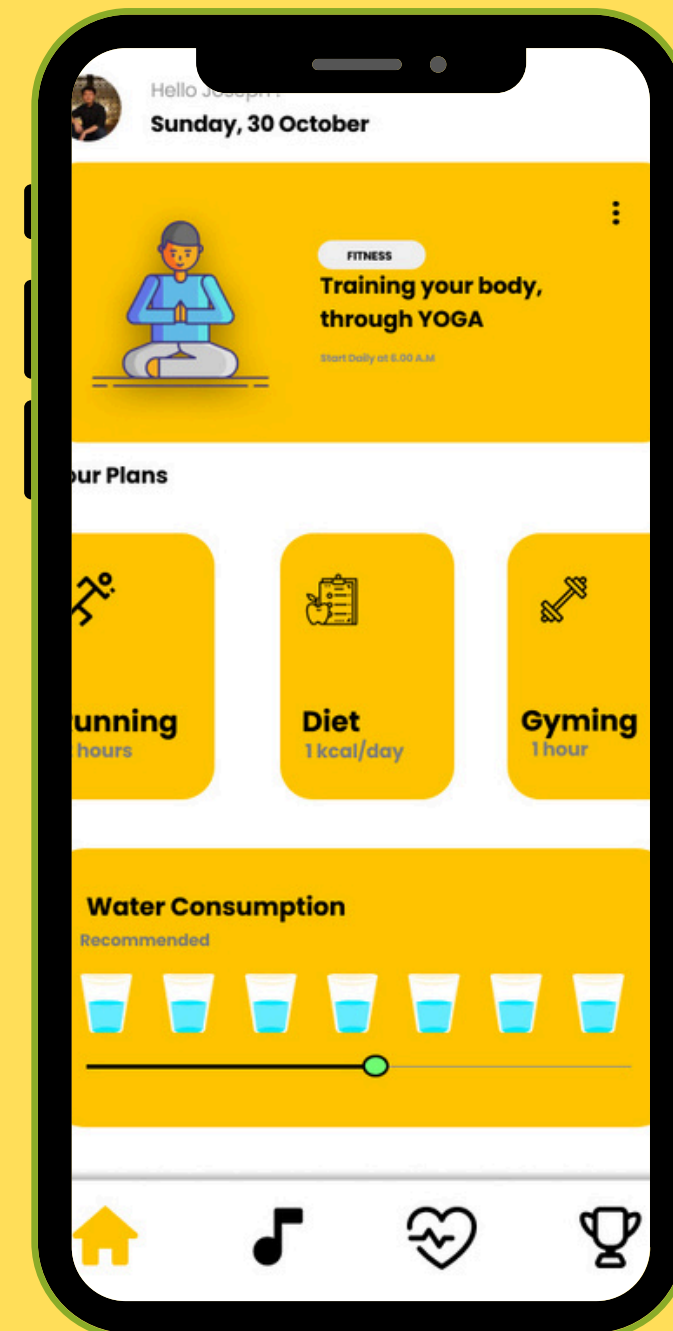
My Mentor and my coach provided me with qualitative data on the causes and possible solutions for having a healthier life.



DO STAGE

Layout mapping:


The requirements for the application are input/output statements, decision statements, looping statements, and related images. I designed a logo and a name (WOTRACKER) for the app. I decided to make 5 pages (home page, calorie calculator page, stopwatch-page, music-player page and reference page). The data will be in the home page, the I/O and decision statements will be in the calculation page, and the looping statements will be in the media-payer page & the music player page



REVIEW STAGE

A member of an online global citizenship forum posted a feedback about my project and Rasya (The name of the person) from Jogjakarta said that I was already on the right track and that she agreed with the direction I was taking.


Joseph Davis Chamdani
New Member



Posts: 3

Nov 2, 2022 at 9:48am

Quote




Greetings everyone! Stay healthy! 😊

Hello, my name is Joseph from HighScope Indonesia, and I'm doing a project about Health & Well Being. We will be creating an app (Fitness Tracking app). This app will assist people in being more productive, and because it is digital, it can be used anywhere and anytime.

Specifically, we are concerned about the health of people worldwide, especially those in their 20's and 50s. The risk of developing diabetes increases with age. "The CDC report that 4.0 percent of people aged 18 to 44 are living with diabetes, 17 percent of those aged 45 to 64, and 25.2 percent of those aged over 65." Data from medicalnewstoday.com


We'd appreciate your feedback on our project, so we can fix any problems that arise.

Section of the projects that need feedback:
-Are people going to be able to be more productive and healthier with this app




Last Edit: Nov 25, 2022 at 9:59am by Joseph Davis Chamdani

Rasya Putri Marfianto
Guest




Nov 25, 2022 at 10:32am Joseph Davis Chamdani likes this

Quote



As someone who consumes a high amount of sugar on a daily basis, a health management app would be really helpful. The idea of using technology to track progress within healthcare settings like your specifically designed project will definitely improve the lives of people to manage their health, particularly when it comes to blood sugar, effectively and easily through their phones.


Joseph Davis Chamdani
New Member



Posts: 3

Nov 25, 2022 at 11:01am

Quote



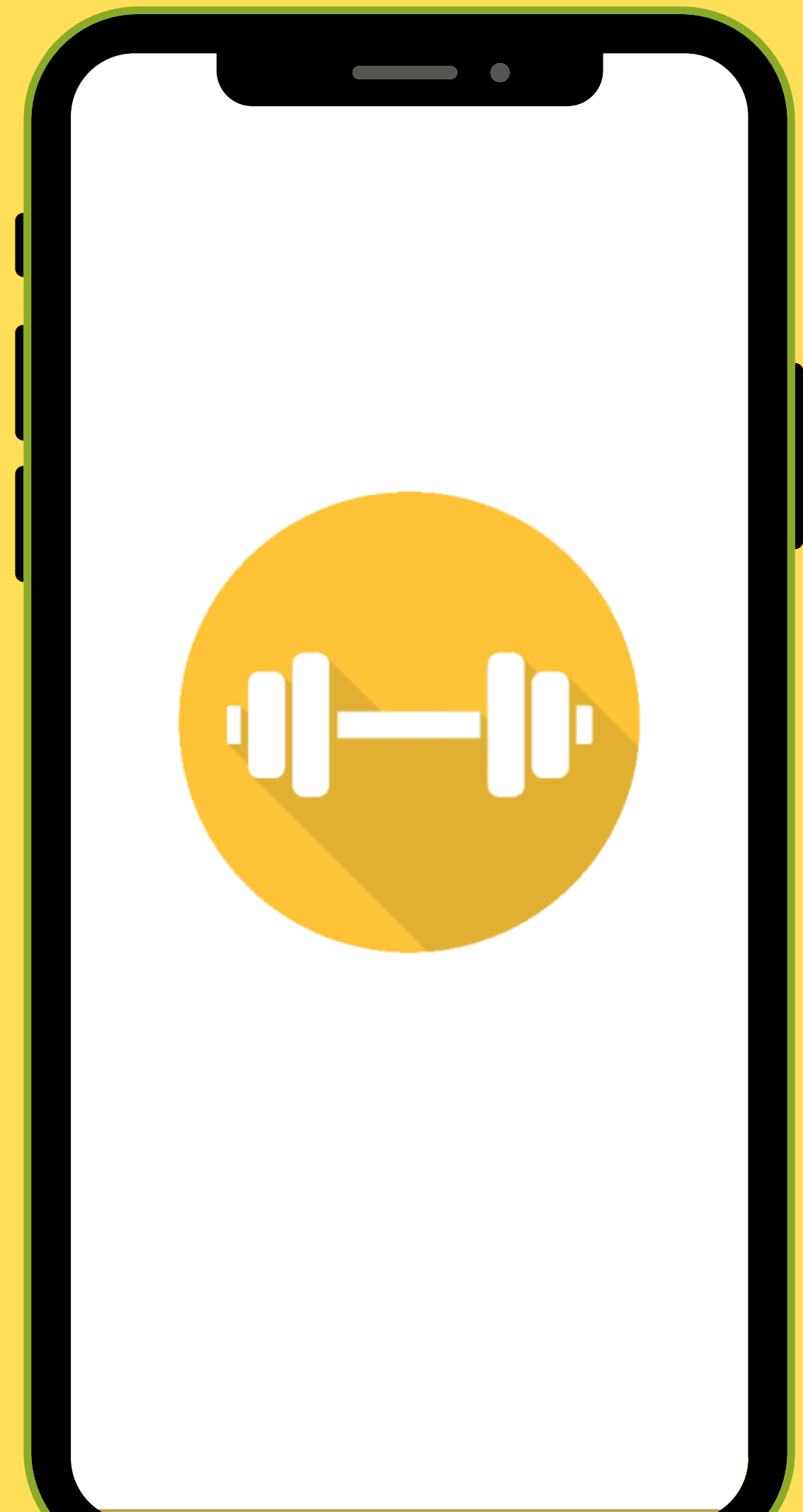
Nov 25, 2022 at 10:32am Rasya Putri Marfianto said:

As someone who consumes a high amount of sugar on a daily basis, a health management app would be really helpful. The idea of using technology to track progress within healthcare settings like your specifically designed project will definitely improve the lives of people to manage their health, particularly when it comes to blood sugar, effectively and easily through their phones.

Thank you for the feedback!

Solution

The solution I have in mind is to develop an app that people can share to gain knowledge and track their workout and calorie intake progress.





Thank You!!