

1. Use your map to write scenarios and user stories

- a. Sarah is a freshman biology student trying to find a better balance between college life and her personal health. The transition into college has made finding time to prioritize her own health particularly difficult, as she finds she is constantly busy. As a result, she has become stressed out and has a hard time organizing her schedule to prioritize her health.

She finds out about our Health App through college resources, and begins using it. Sarah enters in information about her college schedule, struggles with organization and mental health, and other issues she has had. The Health App's AI companion provides her with a personalized schedule, with steps to gradually incorporate exercise and healthy habits as she adjusts to her new life in college. It also directs her to mental health resources on campus and better ways to study effectively.

As a result, Sarah has been able to better balance her school life and personal health, and has been able to seek a counselor on campus thanks to the app.

- i. Before using the app, Sarah described her user story as such: "As a college freshman, I need a way to improve my balance between college and personal/emotional health"

- b. Jake is a college athlete looking to track his nutrition and make better workout plans for himself. Lately, he has been overwhelmed by the fact that he has to juggle multiple apps to keep track of every aspect of his routine. He learns about the Health App through his fellow athletes who have been trying to improve their own routines.

Jake enters his current workout plan and diets into the Health App and asks for a complete list of ways he can improve his routine. The app's AI companion returns a list of different areas he can improve, including an improved diet, a list of new workouts with a plan for gradually increasing the intensity, cardio workouts to supplement his normal workout routine, and stretches to help him stay flexible.

Since using the app, Jake has been able to increase the intensity of his workout routine and maintain a healthy diet while also implementing additional advice that the app has given him.

- i. Before using the app, Jake described his user story as such: "As an athlete, I need an all-in-one place to keep improving my workout routine and diet, and also fill in any blind spots in my routine."

2. From your scenario and user stories develop your features

- a. Schedule management

- i. When the user enters their information, they can receive advice on how to manage their time as well as a personalized schedule to help them on their health journey.

- b. Diet tracker

- i. The user can enter what they have been eating, and the app can return nutritional information on each food item as well as suggestions for ways to eat healthier.
- c. Workout schedule
 - i. The app can take in information on the user's current workout schedule and create a personalized workout plan. If the user is starting out, it may recommend very light workouts, whereas more athletic users may be recommended more intense workouts.
- d. Health Suggestions
 - i. If the user has forgotten a specific area of their health, the app can recommend that they focus more on it. For example, a weightlifter who forgets to do cardio can get recommendations to do more cardio.