Literature Review

Jourvie

Jourvie is an app released in 2015 by a company called Jourvie. The goal of the app is to help people suffering from eating disorder by supporting then and making it easier to deal with. Jourvie allows people to keep track of what they are eating by having a food diary and be able to export the information so it can be used to show your doctor. The categories Jourvie has in its food diary is one of its strongest features because it is related to not only food, but certain symptoms people could be feeling when they have an eating disorder. Jourvie offers coping strategies and motivational pictures and quotes to help people. The app has a “Help in my area” feature which as the name says, it shows where you can get help near you, but this feature is currently only available in Germany and the app sets reminders to make sure you don’t miss filling out your food diary. Jourvie currently has over 10,000 downloads and has a rating of 4.1 from 200 users on the Google Play store. This app is a very close interpretation of the app we want to build. This app’s food diary and being able to use the information to show your doctor make it a great example for us.

Nourishly – nutrition and diet

Nourishly is an app released in 2018 by a company called Recovery Record. This app allows people to link up with their doctor, dietitian, psychiatrist or whoever may be looking after your diet and show them your progress throughout the day. Nourishly can give advice on specialized meal plans and has categories you can choose from that are conditions that can relate to you such as an eating disorder, diabetes or sports nutrition to help with your meals. Nourishly offers a food diary with a bunch of fields to fill out such as the mood you are in or where you ate and what you ate. Nourishly can track how you are feeling, your exercising and your thoughts too. You can plan your meals ahead of time, you can track the medication you take, and you can set goals to do. Nourishly has over 1000 downloads with rating of 4.7 from 30 users on Google Play store. This app has a great food diary and mood tracker for a person.

Methodology

As we have decided to make a mobile application, we have decided to use the Agile methodology. Apps need to be able to have quick updates as trends and user demands come and go fast and Agile allows us to be able to do this with Sprints which goes through a cycle of tasks that are repeated. These tasks are planning, designing, building, testing, reviewing and then finally launching. (Bhupinder, 2018) These sprints can go from 1 week to 4 weeks depending on the component getting added. Usually a Sprint adds a new component to the app, and this could be known as an incremental update. As we use Sprints, it becomes easier for us to change our plan as we keep going back to it and reviewing our plan constantly.

Agile has multiple benefits when it comes to mobile app development. As features can be handed to a single team or person it becomes easier and faster to develop our app as everyone has a good idea of what they should be doing. Unlike other methodologies, Agile has constant testing involved, this allows our app to have a better quality when the final version is released with less bugs. As we work on small components first to build the app up, we will identify issues early on and this makes it easier to respond to it. (App Partner, 2017) Once our app is released we can still use Agile to keep creating features and make sure we are up to date with current trends and user demands. (Bhupinder, 2018)