

1. User Discovery

Interview 1

Name: Maham Aslam

Role: Physician in Endocrinology Training – St. Luke’s University Hospital

Date: 04/27/2025 | **Format:** In-person

Link: <https://otter.ai/u/8fMbtMcQryIom9LMFOqXrY4yPo8>

Key Problems Identified:

- Habit apps are cluttered and hard to navigate
- Frequent and annoying notifications
- Apps become boring and repetitive

User Needs:

- Simple, visual, and colorful UI
- Limited reminders (2–3/day)
- Rewards and badges
- Weekly goal preference
- Private habit tracking

Goals:

- Track water, sleep, self-care
- Consistency via positivity
- Mental and physical wellness

Interview 2

Name: Nasir Hameed

Role: Assistant Professor of Internal Medicine

Date: 04/27/2025 | **Format:** In-person

Link: <https://otter.ai/u/todjjpuf0GoZkfwKadg-16a2rMs>

Key Problems Identified:

- Culturally irrelevant food tracking
- Manual data entry not practical
- Long-term goals feel discouraging

User Needs:

- Simple interface
- Daily short-term goals
- Manual logging at preferred times
- Culture-sensitive features
- Optional social sharing

Goals:

- Maintain gym routine
- Encourage healthy eating
- Stay consistent via motivation

Interview 3

Name: Sidra Awan

Role: MBBS Student

Date: 04/28/2025 | **Format:** Online

Link: <https://otter.ai/u/i24KQqA3ayf3PYqNobUsxTELhqU>

Key Problems Identified:

- Inconsistency and distractions
- Annoyance due to over-notifications

User Needs:

- Dark mode and simple UI
- Visual progress (charts/streaks)
- Limited meaningful reminders
- Privacy control options

Goals:

- Stay consistent in study/workouts
- Track progress stress-free
- Motivation through visualization

Interview 4

Name: Ammar Awan

Role: Finance Student (Senior Year)

Date: 04/28/2025 | **Format:** Online

Link: <https://otter.ai/u/1b5bd92e-9e43-4ff7-9775-efac224d3ab8>

Key Problems Identified:

- Expensive subscription models
- Sleep tracker inaccuracies
- Overwhelming notifications

User Needs:

- Reasonable pricing
- Easy interface with smart features
- Visual and simple progress display
- Fewer, smarter notifications

Goals:

- Track sleep, gym, and study habits
- Receive friendly, humanized progress reports

Interview 5

Name: Costa Frousios

Role: Dentist – 29 years

Interview Period: 04/24/2025 – 04/28/2025

Habits to Track:

- Morning workouts, hygiene routines, patient reports

Tracking Method:

- Paper planner and phone calendar

Preferences:

- Timed reminders (before/after work)
- Visuals: Charts and daily summaries
- Must-have: Separate professional vs. personal goals

Interview 6

Name: Ali Ahmed

Role: College Student – 21 years

Habits to Track:

- Study, assignments, gym, reduce phone use

Tracking Method:

- Alarms and Google Keep

Preferences:

- Alerts before class
- Motivated by streaks/badges
- Must-have: Quick setup, student templates

Interview 7

Name: Linda Chris

Role: Doctor – 37 years

Habits to Track:

- Water intake, shift routine, family time, yoga

Tracking Method:

- Memory-based (often forgets)

Preferences:

- Reminders for hydration and breaks
- Weekly summaries
- Must-have: Calm interface with self-care focus

Interview 8

Name: Eman Sultan

Role: Engineer – 43 years

Habits to Track:

- Reading, walking, reducing screen time

Tracking Method:

- Custom spreadsheet

Preferences:

- Subtle notifications
- Bar charts, weekly comparison
- Must-have: Sync/export to Google Calendar

Interview 9

Name: Felix Jon

Role: Teacher – 52 years

Habits to Track:

- Lecture prep, grading, walking

Tracking Method:

- Paper journal and wall calendar

Preferences:

- Evening reminders
- Monthly summaries
- Must-have: Clean layout, large fonts

Interview 10

Name: Ramzi Morad

Role: Broker – 47 years

Habits to Track:

- Client follow-ups, workouts, caffeine-free days

Tracking Method:

- Notes app and voice memos

Preferences:

- Morning/midday reminders
- Dashboard-style summary
- Must-have: Drag-and-drop planner, goal prioritization

2. Requirements

Stakeholder Requirements

- Intuitive, colorful UI
- Daily/weekly goal setting
- Limit notifications to 2–3/day
- Reward system (badges, cheers)
- Dark mode
- Privacy-first: no forced syncing
- Optional group sharing
- Cultural relevance (e.g., food tracking)
- Affordable pricing

Functional Requirements

- Add/edit/delete habits
- Set custom goals
- Simple manual logging
- Visual feedback (charts, streaks)
- Reward and feedback system
- Syncing/sharing as optional
- AI assistant suggestions (future scope)

Architecture Requirements

- Mobile-first design
- Lightweight interface
- Adjustable push notifications
- Local storage with optional cloud
- Responsive UI with dark mode support

3. Development Approach

Kanban Methodology

- No formal sprints
- Tasks tracked in: **To-Do, In Progress, Done**
- Planning Phase completed
- Future tasks tracked via GitHub Kanban Board

Board Link: <https://github.com/users/asfandyarashraff/projects/1/views/1>

4. Sprint Structure and Task Progress

Scrum Methodology

- 2-week sprints
- Sprint Backlog + Sprint Burndown Chart
- Scrum Ceremonies:
 - Sprint Planning
 - Daily Standups
 - Sprint Review
 - Sprint Retrospective

Sprint Breakdown

Sprint 0 – Planning Phase

- Conduct interviews
- Create product backlog
- Design wireframes

Sprint 1 – Development Phase

- Habit creation/edit/delete
- Daily/weekly goal setting
- Reminder system

Sprint 2 – Feature Development

- Charts/streaks

- Badges/rewards
- Privacy and local storage








Sprint 3 – Testing Phase

- Optional group sharing
- User testing + revisions

Team Roles

- **Asfandyar** – UI/UX Designer
- **Andrew** – Backend Developer
- **Mohammed** – Frontend Developer
- **Shiwlee** – QA Tester

Reference to Wish List Items

-  Habit Tracking
-  Weekly/Daily Goals
-  Notifications
-  Visual Progress
-  Encouragement System
-  Privacy Settings
-  Group Sharing Option

Board: <https://github.com/users/asfandyarashraff/projects/1/views/1>