

Criterion A: Planning

<Description of the scenario>

Currently, unbalanced habits in human daily life are seen as a concerning issue as they could further impact not only people's physical health but also their mental illness as well according to the article published by Methodist. The improvement in daily routines and habits could improve one's engagement in life, therefore, managing elements impacting the well-being of people such as sleeping time, exercises, and medications would be an important issue to approach.

The client for this project is my parents, and the product is designed for my family's daily use. They have been chosen because since the client is my parents, I thought the consultation with the client would be more convenient, which could help further improvement in the product and feedback from the client.

The issue the client had was the health care issues our family was handling which specifically refers to unbalanced sleeping habits, eating habits, exercises, and medication management. They discussed that a healthcare app for an IOS device would improve the situation as our family could approach the issue daily, leading to a faster improvement in our family's habits and fitness.

<Rationale>

To approach the client's challenge, I would propose a product that enables advising the user on their daily habits so that they would be able to know which part of their daily routines should be improved to get fit. Specifically, the app reflects the user input on data including weight, and sleep time with a chart, and also shows their walking steps by linking the health kit to the software. The software would sort and display exercises appropriate to the user's condition on whether they exercise enough. The sorted exercise would also be sent to the user by phone notification. Moreover, the product allows the user to log in to the system for advanced privacies.

To create the software, I would need user interface programming, which I would use Swift UI from Apple as they allow previews in IOS devices. I also need a database management system to record, manage, and save users' data. Swift would be an essential software as this would analyze the sleeping time, weight, and exercise time which determines whether the user is healthy or not. Moreover, as the software would be a mobile application of individual devices the privacies would be secured. Core Data would be a suitable database for these objectives as they can be controlled through Xcode and also for creating the login system, and graphical user interface by their multiple operating systems.

The success criteria for the finished product ensure the mobility of the software and whether the software fulfills the client's needs.

<Success Criteria>

1. The user can successfully log in to the software
2. Weight can be recorded and displayed
3. Sleeping time can be recorded and displayed
4. Exercise-burned calories can be calculated and displayed
5. The system can fetch the user's health kit data and display
6. The software reminds the user of any medications each day with a constant notification and the user can customize
7. The user could allow or disable notifications

Word Count: 436 Words

