

ENSE 405

PROJECT REPORT-OUT

&

LESSON LEARNED

APRIL 14TH, 2021.

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(ENSE 405 LECTURER)



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1. BUSINESS NEED/Opportunity

From research, it can be concluded that there are many people with health issues, including terminal cases who do not have a proper platform that affords them the ability to have a tailored diet plan that syncs with their medications for their respective health conditions.

This project will address the need for the community to have a well-organized diet plan that is tailored for specific health issues, and also correlates to specific medications which will aid in bettering the health of patients and speed up the recovery and well-being of the people in the community. All done and organized by certified dieticians.

It will also address the mental health part of the community as it aims to eliminate the stigma most people have, as a result of their terminal health cases, by providing access to certified therapists, and also chat rooms for similar situations.

For this MVP, this project aims to be a tool for knowledge dissemination in the community, that patients can apply while navigating through healthy dieting and maintaining mental wellness

2. Reflections on Project Planning

2.1 United Nations Sustainable Development Goals (SDGs) selected

This project supports the **UN SDG Goal 3: Good Health and Well-being**.

This goal aims at ensuring healthy living and promoting good overall well-being for everyone, at all ages.

I chose this goal because, in order to have a sustainable future, you need the people. If the people are not available, then there is no future. This is why ensuring the good health and well-being of the people is key to ensuring a sustainable future. Also, narrowing down to the sub-goals, I selected the goal targets 3.4 and 3.8, which aim at promoting mental health and well-being, and access to quality essential healthcare services, respectively.

2.2 Key findings from community research and understanding

The available diet planning applications that are available on the market are mainly applications for weight gain and weight loss. Based on my research, there is currently no application that provides people the knowledge of diet planning based on their health condition or offers a community of dieticians and therapists who shares knowledge on healthy dieting and mental well-being.



2.3 Selected north star and carryover customers

At the start of this project, I had thought that the north star customers were the patients who needed information on healthy living. It then occurred to me that for there to be an educational platform, there has got to be the experts providing the knowledge. This is why the experts(dieticians and therapists) became the north star customers, as they are the ones who determine what happens on the application. That being stated, the carryover customers then had to be the patients, who will be receiving this information. These customers are important, as they are the main players in this selected community.

2.4 Drafting an emerging picture

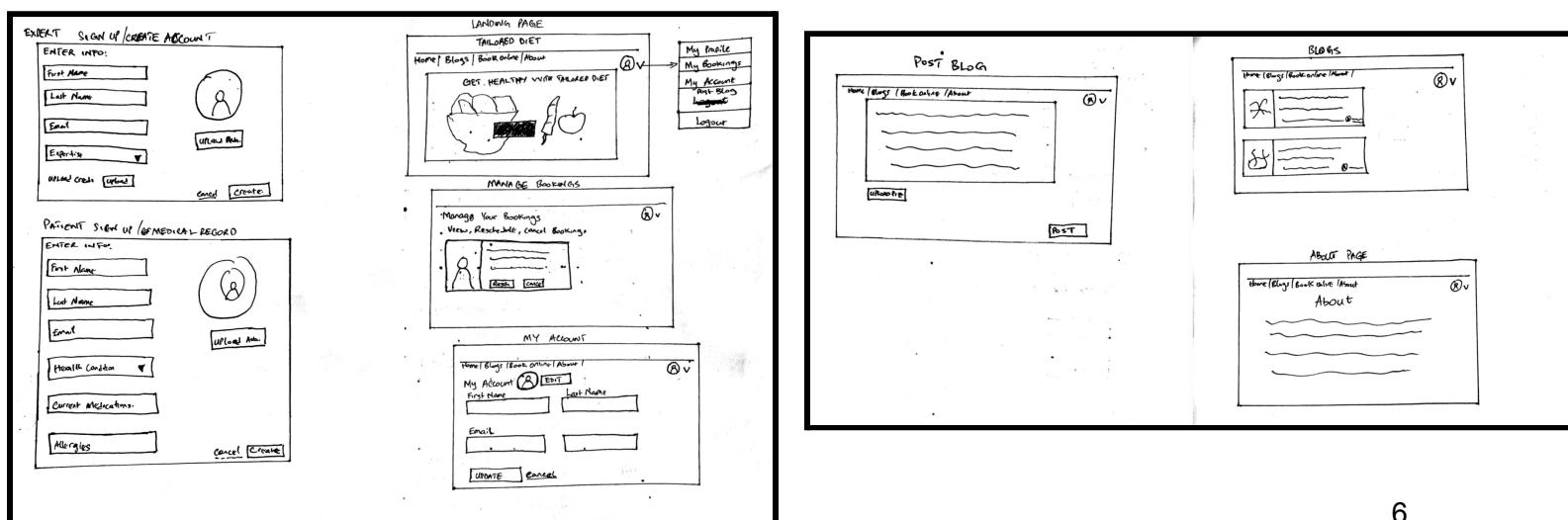
The technology inventory has done an okay job in creating platforms that match up to a certain degree in comparison to the community orientation. It just does not cater to people with identified health conditions. That is a major difference and that is what has been left out.

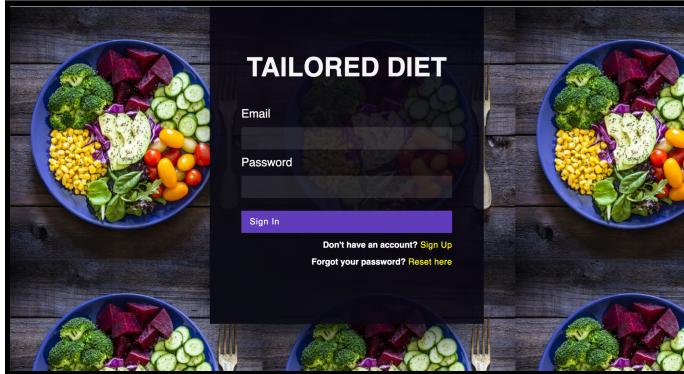
The gaps present are between maintaining good health for people without health conditions and people already battling health conditions, who also need these plans for a speedy recovery. The big gap is also between trying to be profitable and trying to move the community forward.

2.5. Initial and the evolution of your technology stack selection, drafted prototypes, and initial Minimum Viable Products (MVPs)

The initial idea for this project was to develop a website that will cater to both the patients and dieticians. This project was to provide generated diet plans for patients, based on their medical form, with the help of dietitians, and also a platform that provides scheduling. I did not put into consideration the period I had for the project. Realizing this helped me better break down the MVP to the least, and focus mainly on just one player. Considering the fact that I had already been exposed to PWAs, I decided to restrategeze and develop a progressive web application, with the use of Google Firebase and React Js. Breaking down the MVP as suggested by Dr. Tim Macaig, I decided to start with developing a platform that affords health experts the opportunity to upload knowledgeable blog contents for patients to read and gain some knowledge.

Below are photos of the initial design and plan of the application and then what I developed based on this MVP





Tailored Diet Home Blogs About Profile

Blogs

Zone Dieting
Posted by Samuel Iregbu on Mon Apr 12 2021



Hello, this is a blog content of zone dieting

Tailored Diet User Home Post Blog Profile

Post a Blog

Your topic...

Write your blog post here...

CHOOSE FILE No file chosen

POST BLOG

Tailored Diet Home Blogs About Profile

My Account

View your personal info below.

S

Name:

Contact Email:

3. Reflections on Project Results

3.1 How I felt about this project (likes/dislikes)

I found this project very interesting, and enlightening, as it exposed me to the right process when developing technology for advancing society, and also the right process in the industry. In hindsight, it prepares one for what is to come, as we gradually move into the job market. It shows you the step-by-step process of developing technology, from initializing, planning,



designing, and stating MVPs based on resources available. I disliked the timing of this project, as it was done in a semester filled with projects, including the capstone project.

3.2. What went well during the project?

What went well during this project is the learning experience; understanding project initialization and planning. The content of the class was put into big use. What also went on was that I was able to identify what is feasible in a short period of time, and what can be carried over into future MVPs.

3.3 What did not go well during the project?

What did not go well was the pressure I was feeling, to overdeliver on features, because I was also working on the capstone. I was able to overcome this feeling. I also was not able to implement the scheduling feature on the application, as a result of time constraints.

3.3. Software design activities and findings

The design of this project is linked to the course topic, Content and Dis/Information Design & Strategy, which talks about the content of digital habitats, where we discover that for you to have a good design, your content has to be findable, discoverable, accessible, understandable, useful, usable, and meaningful. All of these were put into consideration while developing this project. The types of activities that I engage in were that of researching and organizing my results from researching; writing and



typography; I filmed vlogs and a commercial for the project; I got involved in coding; labeling. These activities were the route I took while developing.

3.4. What would I do the same for future projects?

Things I will do the same In future projects will be to implement the same procedures I used in this class in respect to initialization and planning before diving into execution, to help understand the community I will be developing for and also design it specific to the community of people.

3.5. What would I do differently on future projects?

Things I will do differently for future projects will be to research better and more on the community and technology inventory, so I get a better view of the community. I will also be sure to spend quality time on feature breakdowns, so I know how feasible each MVP can be.

3.6. Opportunities and design ideas for future work

The future opportunities and ideas that I would like to work on for the future are:

- I plan on implementing a scheduling system that allows patients to book appointments with dieticians or therapists.
- I want to implement a filter feature that will help filter blogs by the patients' health condition and their medications, based on the information they will give while filling the medical form.

- I also plan on implementing a system that will generate diet plans for patients based on the information they provide on their medical forms.
- Multiple user pools that will handle each set of users; both the patients and the health experts
- Virtual rooms for people with the same health conditions, where they can interact with each other, and help give them a sense of togetherness, knowing they are not alone.