

Assignment Name: MindfulMotion

Problem Statement: People who are trying to improve their personal health need an easier, more efficient way to keep track of their progress because there are too many apps focusing on different things.

Group Name: Codebreakers

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The Four W's

- **Who is experiencing the problem?**
 - People who want to improve their personal health in multiple ways. This includes mental health, diet, and overall fitness.
 - People of all ages starting from teenage to old age are affected by health related issues such as heart attack , diabetes and many more life threatening issues.
- **What is the problem?**
 - There are too many apps trying to help people improve their health, whether that is to improve their mental health or their physical health, and it is difficult for people to keep track of these.
 - People these days prefer fast food because it saves their time whether it is going to college or to their jobs. What they don't understand is how it creates an inverse effect on their physical health.
- **Where does the problem present itself?**
 - The problem presents itself worldwide, since these apps are stored on a person's mobile device.
 - Problems may arise with people who like to keep track of their diet and go to the gym regularly.
 - The problem is shown where people eat too much and don't exercise.
- **Why does it matter?**
 - Having too many apps takes up data and storage space.
 - It is hard to balance or keep track of one's personal health if it is stored in various places.
 - Rather than having multiple apps, storing them within the same app increases your organization.
 - Apps will ask for different permissions and track your data. With only one app, you increase your phone's security from harmful software.