Topic: Health in the workplace	*Author:* André A. Clavell Álvarez	*Date:* August 29th, 2022

Problem Background:

- The pandemic forced most people to work from home and most are forced to desk jobs consequently.
- According to a report by SHRM remote employees are working longer than before, a survey puts nearly 70% of professionals who transitioned to remote work because of the pandemic now work on the weekends and some reported working more than 40 hours a week.
- These extended work hours lead to burnout, neglect for exercise and bad eating habits.

Target:

- Users have an application to help them develop better habits and attempt to alleviate burnout by visually being able to schedule ahead and involve some type of exercise during the week.

Causes:

1. **Problem:** People are disregarding the health issues with living a sedentary lifestyle due to extended workhours.

    a. Why?   People could be lacking education on the topic.

    b. Why?   Their lifestyles changed abruptly due to the pandemic.

    c. Why?   Companies take advantage of their employees with more work hours.

    d. Why?   Companies consider that most of the interruptions employees would encounter are now obsolete.

    e. Why?   Employees are forced to work from home.

Countermeasures:

1. Remind the users to take a break after a set amount of time worked.
2. Let the users create their own schedule to organize their workday enough to fit in time for self-care.
3. Give the user recommendations to stand up every now and then, stretch, do hand exercises etc.
4. Provide the user with examples of different quick exercises to do while seated as well as while standing.
5. Provide the user information on the risks of neglecting the balance of health and work.

Check/Evaluate:

- The root cause was the lack of organization and awareness of health risks, if all goes well users will be more mindful of their health and scheduling, eliminating the root cause.
- Success will be determined by the number of active users and the amount goals completed from the schedules.
- Failure will be based on if the goals set by users are not being met during their schedules or the lack of interaction with the app.

Act/Standardize:

- User feedback will be taken into consideration and implemented, if possible, to maintain continuous success and by maintaining a close connection to the feedback from the users it will reach a wider audience.
- On the completion of the project, we will have acquired and improved in our programming language and framework knowledge and skills, as well as having experience in planning, developing, and releasing a product for public use.