Sprint Report 3

**Breathe 555 with Dr. Row  
Community Partner:** Dr. Rowena Pingul-Ravano  
26 June 2024

**Gabi Augustin, Abigail Amonett  
Faculty Advisor:** Professor Poepping

## Relevant Links

[Jira Project Plan](https://gaugusts.atlassian.net/jira/software/projects/SCRUM/boards/1?sprintStarted=true&atlOrigin=eyJpIjoiZGY4NTdhMDBlN2VhNDJjMjlhZDQ4NmM2MzFhMmY2YTUiLCJwIjoiaiJ9)

[Community Partner Meeting Notes](https://drive.google.com/drive/folders/1vfB9U8VE_dW7Js8sXF1v5_TIFpPqaGsm?usp=drive_link)

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## Accomplishments Since Start of Sprint

| **Task** | **Status** | **Description** | **Team Member** | **Hours** |
| --- | --- | --- | --- | --- |
| Scaffolding | Completed | Scaffold React Native web app structure | Abby | 2 |
| Wireframing 1.0 | Completed | Creation of high fidelity wireframe / low fidelity prototype in Figma | Gabi | 2 |
| Community Partner Meeting - Wireframe Feedback | Completed | Receive wireframe feedback from Prof. Poepping and Dr. Row. Weekly community partner update / communication meeting. !! Schedule time to record audio & videos in advance this meeting | Abby, Gabi | 1, 1 |
| Wireframing 1.1 | Completed | Revise high fidelity wireframe based on feedback from Prof. Poepping and Dr. Row | Gabi | 2 |
| Navigation | Completed | Add navigation and dropdown menu feature to React Native web app | Abby | 2 |
| Research Digital Animation | Completed | Research and practice developing the animated visuals to use in digital session | Abby, Gabi | 1, 1 |
| Digital Breathing Animation | Completed | Create and configure main Breathing Animation within app | Gabi | 2 |
| Record Test Audio | Completed | Record testing Audio with timing to sync with 555 Method and Digital Breathing Animations | Abby, Gabi | .5 |
| Prototype 1.0 | In progress | Combine audio with animation and structure in React Native App | Abby | 2 |

## Blocks & Problems

1. **We have encountered a significant amount of development work, which may prevent us from doing the skill-building needed to meet Dr. Row's desires for with a 'lotus' style breathing animation. This was a new ideation in the design process, and neither of us have experience with complex digital animation. We will expand to include the lotus animation if time permits, but for now, we are staying within our scoped plan.**

#### Mitigation Strategy:

* **Action Taken:** We have communicated with Dr. Row about our current constraints and have informed her of our decision to use the circular expanding animation. She understands our situation and agrees with the approach, given our current time limitations.
* **Goal:** We will complete the circular expanding animation for the deliverable as planned and will only incorporate the lotus style if we have extra time. This allows us to stay focused and ensure we deliver a functional and visually appealing breathing aid within our scope.

#### Project Slippage

* **Current Status:** There has been slight slippage in our project plan due to the increased development workload, but we had built that into our sprint reports, with an artificially accelerated schedule. We are adjusting our scope accordingly and have aligned with Dr. Row on the changes. We will continue to work diligently and may include the lotus style breathing animation if the development workload allows for it.

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## Goals & Targets for the Next Sprint

| **Task** | **Status** | **Description** | **Team Member** | **Hours (est)** |
| --- | --- | --- | --- | --- |
| Prototype 1.0 | In progress | Combine audio with animation and structure in React Native App | Abby | 2 |
| Community Partner Feedback on Prototype 1.0 | Not started | Receive prototype feedback from Prof. Poepping and Dr. Row. Weekly community partner update / communication meeting. | Abby, Gabi | 1, 1 |
| Media Features | Not started | Pause / play / reset for animation and audio | Abby | 2 |
| Mute Features | Not started | Mute button, hide other audio functionality on click | Gabi | 2 |
| Record Audio | Not started | Record audio for the guided meditations with Dr. Row | Abby, Gabi, Dr. Row | 2, 2 |
| Prototype 1.1 | Not started | Revise prototype based on Dr. Row’s feedback | Abby, Gabi | 1, 1 |
| App 1.0 | Not started | Revise prototype based on Dr. Row’s feedback | Abby, Gabi | 1, 1 |
| User Testing 1 | Not started | Revise prototype based on Dr. Row’s feedback | Gabi | 1, 1 |
| User Testing 2 | Not started | Revise prototype based on Dr. Row’s feedback | Gabi | 1, 1 |
| App 1.1 | Not started | Refine Animation | Gabi | 2 |
| App 1.2 | Not started | Refine control features and user interaction points | Abby | 2 |
| App 1.3 | Not started | Refine tutorial page | Abby | 0.5 |
| Internal testing | Not started | Final testing to see if anything needs changing before developing the app 2.0 | Abby, Gabi | 0.5, 0.5 |

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## Community Partner Relationship

### **Brief Description of Interactions**

**Date:** Friday, 06/21/24  
**Meeting with Community Partner:** Dr. Rowena Pingul-Ravano

**Summary:**

In the meeting, we provided a progress update, acknowledging current delays and emphasizing the need for consistent feedback to avoid further setbacks. We reviewed the project schedule with Dr. Row, shared our progress, and discussed the wireframes. Key action items included creating a Google Drive for finalized documents, sharing data on CP at ShadySide FHC, and ultimately obtaining a signature on the Revised Proposal. We also requested Dr. Row to review the Revised Proposal, provide copy-text for the 555 Technique and her 'About me' information, and schedule hours for recording testing audio.

**Date:** Friday, 06/21/24  
**Meeting with Community Partner:** Dr. Rowena Pingul-Ravano

**Summary:**

In the meeting, we discussed the key emotions for the design, focusing on calm, peaceful, and warm imagery, and confirmed that the color scheme would follow the GLOW book, incorporating earth tones and purples/lavender. We highlighted the importance of using the lotus/woman logo and planned to connect with the designer for asset creation, as we want to meet her vision, especially because we are representing her personally, not just the organization. Progress updates were shared, and we reiterated our thanks for Dr. Row's feedback. We discussed scaffolding and designing the application, mid-fi wireframes, and animations. Action items included scheduling the final audio and video recordings, with audio on Friday at 6PM and video on July 8th..

### **Relationship Quality Rating**

**Rating:** Good  
**Comments:** Our interactions with Dr. Pingul-Ravano have been positive both professionally and conversationally. Despite some delays, she has been helpful and insightful in providing feedback and goals. We are confident we can catch up and continue delivering quality work.