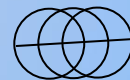


Elephant: A Wellness Trunk

Demo 2



Medhashree Adhikari, Hyeyun Jung, Gabby Pruneda Turcios, Candice Lu

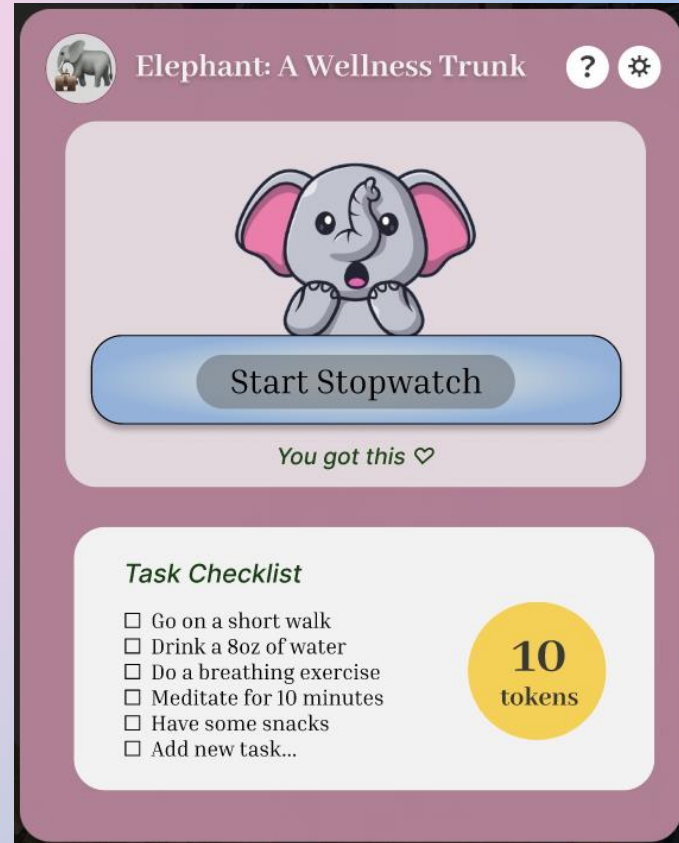


Introduction

Meet Sam, a typical, burnt out Grinnellian - they've been working for hours in front of a computer, maybe been **procrastinating** and then cramming against deadlines—all while striving to stay "productive". This “grind” culture, especially infamous at Grinnell, is normalized, but it's taking a toll on our mental and physical well-being, and we can attest.



Meet Elephant: A Wellness Trunk, a user-friendly app designed to integrate wellness into your busy work routine—seamlessly and thoughtfully.



What is Elephant?

MacOS widget that incorporates:

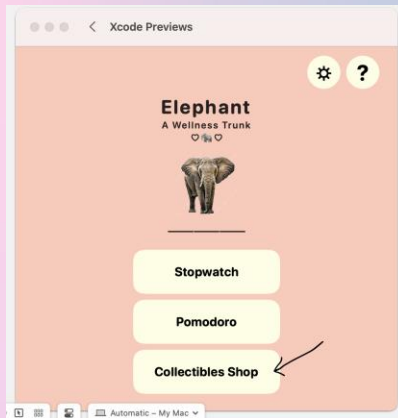
- Wellness to-do list
- Pomodoro timer/stopwatch
- Token reward system

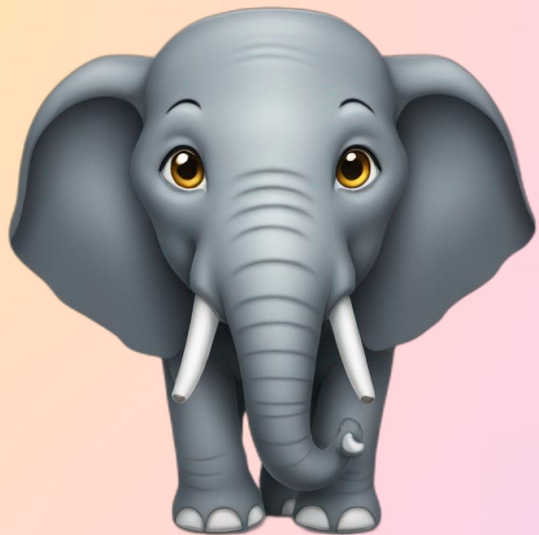
Goals:

- Incorporate wellness habits into working routines
- Gamified mechanisms to incentivize users

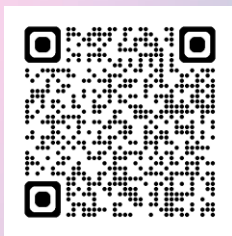
Two components:

- Main app: settings, token store, user manual
- Widget: to-do list view, timer view with customizable avatar





*Let's see how this gets done
with a quick demo...*



*prototype:
<https://tinyurl.com/elephant-app25>*

Progress

Xcode Challenges

- ❖ Issues in accessing files recently added and pushed (.xcodeproj file)

Feature Development

- ❖ Widget creation
- ❖ Widget User Interface
- ❖ Updated App User Interface
- ❖ Checklist bone structure

Data Management & Storage

- ❖ Learning firebase & PostgreSQL
- ❖ Delayed due to stock image purchase

Code Sample

<https://github.com/junghyey/grinnell-elephant/blob/main/ElephantMacApp/ManualView.swift>

AI Experiment

Support

- ❖ Supplemental, minimal questions
- ❖ Language has minimal resources

Hinder

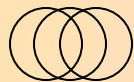
- ❖ Start code
- ❖ Over-reliance

Ethics

- ❖ Environmental damage
- ❖ Developer ethics

ai experiment

```
113 // Frame 2 - Checklist(s) & Token(s)
114 // ChatGPT utilized from line 120-132 to help clean up format
115 RoundedRectangle(cornerRadius: 20)
116   .fill(DefaultColors.main_color_1)
117   .overlay(
118     HStack{
119       // TODO: probably make checklist scrollable (this tiny vstack = scroll)
120       VStack (alignment: .leading) {
121         Text("Checklist")
122           .font(.title)
123           .foregroundColor(.black)
124
125         // TODO: replace with chosen list
126         Text("[ ] task 1, \n[ ] task 2, \n[ ] task 3")
127           .frame(alignment: .leading)
128           .multilineTextAlignment(.leading)
129       } // checklist title and list
130       .padding(.leading, 20)
131       .padding(.vertical, 12)
132       .frame(maxWidth: .infinity, alignment: .leading)
133
134       // Token
135       Circle()
136         .fill(Color.orange)
137         .frame(width: 70, height: 70, alignment: .trailing)
138         .overlay(
139           Text("\n(entry.configuration.tokens)")
140             .font(.caption)
141             .foregroundColor(.black)
142             .multilineTextAlignment(.center)
143         )
144     } // side by side token & checklist
145     .padding(.trailing, 20)
146   } // second frame - outer
147
```

Thank you!
Questions?



Team Elephant: Medhashree Adhikari, Hyeyun Jung, Candice Lu, Gabby Pruneda Turcios

