Project Document

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What is the concept/ what are you building? Think exactly about what needs to be built.
The concept is a website focussed on promoting a wellbeing app.

The app is designed to help all those who spend too much time on their screens: be that working-from-homers, gamers, writers, social media aficionados, or whomever else. It helps users avoid the effects of eye strain from screen overuse: an aesthetic and ambient timer function will remind users to look away from their screens at regular interv*als.* It will also include a music feature, utilising an API, that will allow the user to choose an calming sound track to play in the background.

The website will be a React App with multiple screens: a welcome page, an about page, an app demo page (showcasing the timer function and music feature) and a help page with FAQs.

If we have time, we will add more demo app functionality to help users alleviate carpal tunnel from over-typing and neck pain from leaning over a desk. Users will then be able to select their own preferences from the demo app based upon the symptoms they have, and the timer will also remind them to mobilise/stretch their wrists and/or necks as based on their preferences.

We will need to build the basic layout pages of the site, navigation routes, the timer function, music API, add appropriate styling, and write the site content.

Who will this help? Who's your target audience?
The target audience is people who spend too much time on their screens, such as those who work from home and mainly use a computer for their role. The website will advertise an app that they can purchase to help promote good computer working habits, namely looking away from the screen and stretching on a regular basis via a timer prompt, and listening to a calming background sound track. The website will allow them to test out these features for themselves before committing to purchasing the full app.

How will you be working? What tools will help with that?
To accommodate different working patterns, we will be using a combination of group meetings, solo programming and pair/group programming to complete this project.

We are employing a number of tools to help us work collaboratively while working remotely:

For the purpose of this homework:

- Slack - for quick messages and updates
- Jira - for issue assignment and tracking
- GitHub - for code storage, version control and collaborative programming
- Figma - for working collaboratively on wireframes
- Zoom/Discord - for video calls, to make plans and help solve blockers by sharing code via screen share
- Google docs - for collaboratively working on project documentation and homework. Also for adding useful hints and tips for everyone to see as we work through the project.
- VSCode/other IDE - for coding
- React - as the frontend framework
- Node.js and npm package - for executing our web app

For further development:

- JavaScript testing framework e.g. Jest - TBD
- Bootstrap CSS framework

How are you going to organise the workload? Who does what and when?
We have established the individual programming strengths of the group and what each of us would like to improve on over the course of the project. This will help to guide the assignment of work, so ideally every group member is able to work on an aspect of the project they want to. We have agreed that the project can be broadly split into three large sections of work, for which two team members will be assigned:

1) **Demo app** - eye with timer feature
2) **Music selection** - music API to allow user to select background music while using the site
3) **Welcome page, about page, FAQ page** - main website components, react routing, styling (CSS + Bootstrap)

We have decided to split the work this way as the three sections can be coded in a reasonably separate way, so as to avoid merge conflicts and code dependencies with other team members as best we can. By alleviating blockers and dependencies where possible, we aim to make the most efficient use of the project timeframe available. Splitting the work this way also means we can have two people working on each section, so everyone is supported and no one is working alone.

We plan to work in weekly sprints on Jira, so each week we will meet to discuss the code to be completed in the next sprint and work through creating and assigning tickets. Depending on schedules and work due for the coming week, tickets will be assigned to one or more group members as appropriate. For pair/group programming, the relevant group members will organise the timings of their own programming sessions.

All code changes will be submitted on GitHub as a PR request and must be approved by at least one reviewer (who didn't work on the code) before merging into the main branch. In the event of merge conflicts, we will aim to work through these with at least one other team member.

What are the main features of your project?
We hope to achieve the features described below with our React App. Some features may only be implemented if time permits, and we recognise that we may encounter unexpected blockers during the project that mean some features won't be realised. We have therefore specified some features as "stretch" features, which means we hope to add them but they will be dropped if time becomes tight.

Features

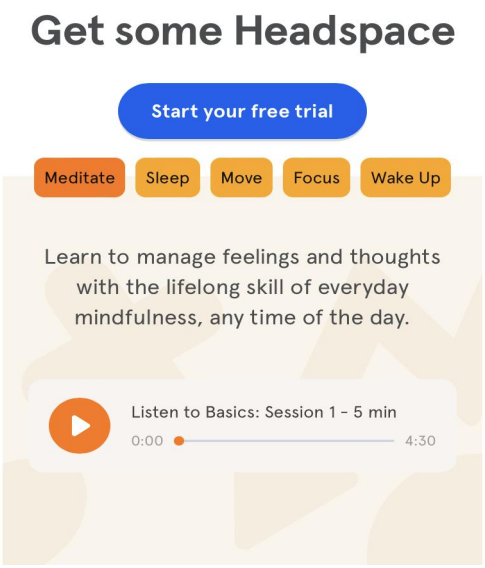
- Welcome page with:
    - Menu/sidebar linking to other pages on the site
    - Introductory text for the app
    - Separate button navigation to the Demo page and About page
- About page:
    - A tile arrangement, with each tile detailing a subject area and displaying a picture
    - Links from each tile to a separate article page [stretch]
- Demo page - featuring a carousel where the user can test out different app features:
    - Timer to remind user to look away from the screen
    - Feature to allow the user to select a calming background sound track (music accessed via an API)
    - Timer to remind user to take a break and suggest wrist stretches [stretch]
    - Timer to remind user to take a break and suggest neck stretches [stretch]
- FAQ page:
    - Text answers to common questions about the app
    - Text detailing who to contact in case of technical issues
- Backend - implementation of some JS testing using a framework such as Jest

Styling

- Relaxed colour palette - calming to look at (we may use https://colorhunt.co/ to find colour palettes) - perhaps light greens & blues to stay gender neutral & give a 'healthy' association

#C8E4B2; #9ED2BE; #7EAA92; FFD9B7

- Simple, clear layout - taking inspiration from apps such as Headspace:



UX Design:
Link for basic prototype of wireframes:

https://www.figma.com/proto/JwcuA3Gl0qgk1oZ3UllZha/Wellness-Website?type=design&node-id=11-45&t=goUoK942qCmicNEz-1&scaling=min-zoom&page-id=0%3A1&starting-point-node-id=1%3A2&mode=design

User Story:
As a professional working from home, I want to optimally set up my workspace and monitor my screen time so that I can stay healthy and minimise eye, joint and muscle problems arising from prolonged screen time.

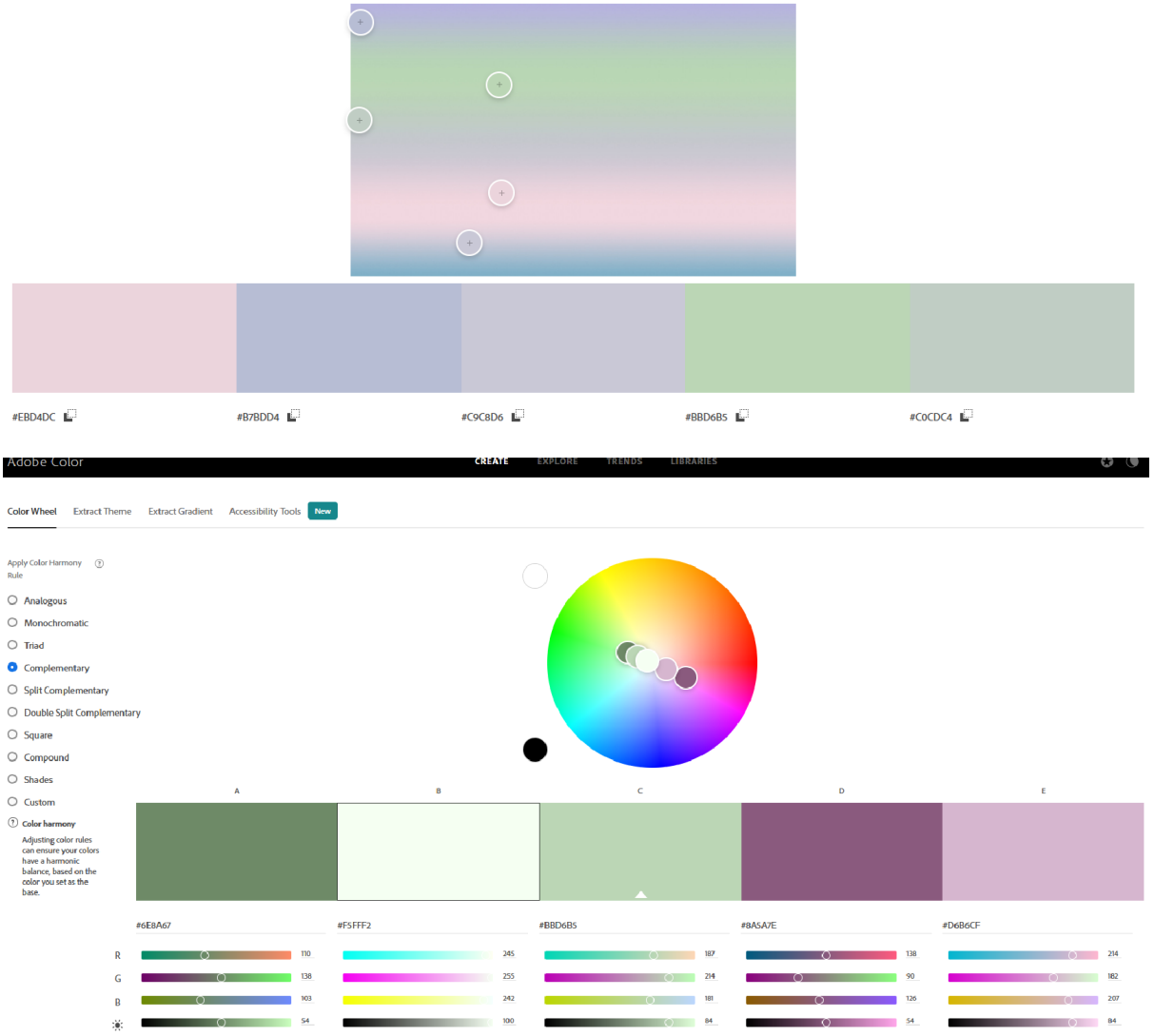
Problem Statement:
Ruth is a junior developer who needs an interactive app to monitor her screen time and working setup because she gets engrossed and forgets to take screen breaks.

If / Then statement:
If Ruth signs up for a wellness website with a customisable app, then she can easily maintain good, healthy working habits at home.

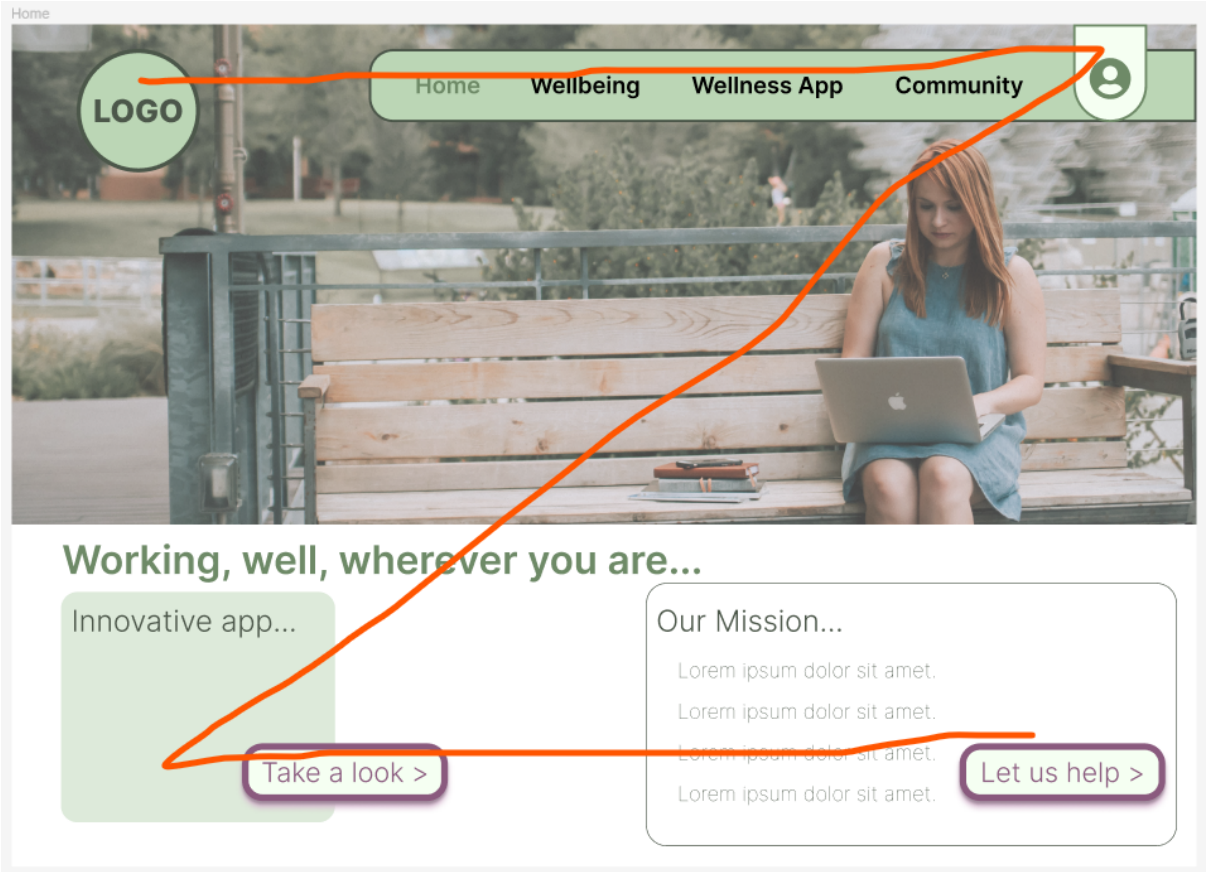
Goal Statement:
Our wellness website and app will let people who work from home develop awareness of good working practices which will improve wellbeing, lower absenteeism and promote productivity by offering advice and methods to set up and maintain healthy work habits. We will measure the effectiveness of our site and app by monitoring the number of subscribers and app downloads.

Edge case users:
Although this may not be possible in the time permitted, ultimately, all web content should be screen reader compatible. Also future features may consider allowing plugins for tinted screens that may be suitable for people with visual differences such as dyslexia. Also app features like the eye timer may also evolve to include a small in screen visual queue before timer / settings are activated, this would allow people with auditory impairments to also benefit from many of the app features.

Design:
Colour Palettes:



Complementary palette. Greens as base with complementary pink / purple for calls to action buttons.
Green was chosen as a base colour due to a cross culture study indicating that people found green to be a colour representing contentment. (1)
Slide layouts generally follow widely used design patterns such as grid patterns in the case of the wellbeing slide, which uses thumbnails in a grid to link to longer articles.
The home slide is a landing page with minimal information, featuring a hero image and key features are laid out in a “z” pattern to allow for easy scanning of the key features.



Consideration has been given to highlight “calls to action” and to use colour to indicate where items are selected in order to aid easy navigation.

The Community page may benefit from additional simplification and possible splitting its information into one or more subpages in future iterations of the site. Also the in depth article page, only mocked up, might benefit from improved layout, possibly following an “F” shaped design pattern.

1) *https://www.webmd.com/mental-health/what-is-color-psychology*