

Cameron Wilson

ENSE 405

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Topics addressed in the Eating Habit Analyzer from ENSE 405

In ENSE 405 class content two main ideas are covered within my project. The first and most forefront is information management. The tool I have created for tracking calorie consumption, exercise, and a mental health survey boils down to data management moving into information management. This does not go into knowledge management as nothing within the application facilitates the move from personal information to knowledge such as tagging the information, having resources to learn what the information means etc. This could be covered in a future iteration however it was left out based on the north star customers, TOPS members, having access to information that can help take their personal information and turn it into knowledge about themselves.

The second concept that this project looked at was gamification. Gamification can be a powerful tool when creating these applications, but it can also have negative consequences. Something I discovered during research was concerns over MyFitnessPal gamifying calorie consumption leading to disordered eating patterns. This is something TOPS wants to avoid as an organization, and the application created also wishes to avoid. There are plans for gamification in the future of this project, where a 'goldilocks zone' will be implemented for calorie consumption that affords the users a safe zone of eating to get the positive feedback from gamification. There is also planning to implement a score system that will give users a daily score based on what they have tracked after completing the mental health survey. This will be done to stress the importance of not only physical well being, but mental well being as well.