



November 14, 2023

David Kim





3 GOOD HEALTH AND WELL-BEING

Ensuring healthy lives and promoting well-being at all ages is essential to

sustainable development



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



Key Feedback:

- Exercise Instructions: Users requested clearer guidance on exercise frequency.
- Timer Duration: Suggestion to reduce the timer to 15 seconds for convenience.
- Exercise Progression: Recommendation for exercises to proceed automatically to maintain flow.



- > Spring Cycle: Nov 6, 2023 Nov 17, 2023
- Continue to using Dev board in GitHub to track tasks and progress

Key Accomplishments:

- → MVP 1 completed: 🗸
 - Enhanced CSS design for improved user interface.
 - Integrated bell/alarm sound for exercise timer functionality.
- → MVP 2 started 🗸

Successful implementation of POST and GET requests with the database.





Project Issues



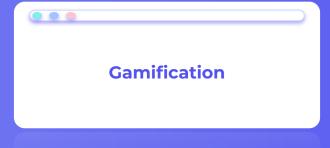


Project Changes

•

- The forum design has changed to include a **Your Post** section for user convenience, in addition to the main posting and recent posts areas.





- Eye relaxation animations
 - Engaging, interactive features
 - Encourages consistent use



•

DEMO



Planned for Next Week

MODIFY FORUM PAGE:

• Finalize front-end design

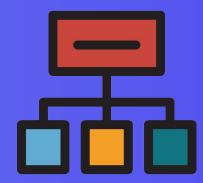
CATEGORIZING:

- Organize posts by categories: supplements, foods, exercises, etc.
- Implement content management strategies

CONDUCT MVP 2 TESTING:

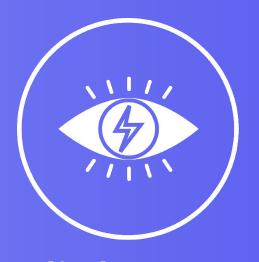
- Expand user testing pool
- Collect and evaluate user feedback











BlinkBoost