Aim and Background

Technology has become a part of people’s life day to day. People have more works and less time to relax meanwhile, their health is under control. According to less time to take care of health, developers aim to create health applications to support people daily life by recording their behavior such as exercising, eating and relaxing. On the other hand, there is several health applications have been published to a public with the same features by collecting data of user’s behavior or activity to summarize into graph. Obviously, methodology to collect data is sensitively and complexity. There are some people stumbles upon these tools after they start to collect data shortly. They figure it out and switch to another application which on their expectation to be easier to use. For example, people have compared tools between health application and Google spread sheet. It seems to be simplify to use Google spread sheet to record an actual data but then when people need to record their activities which will take times then they will lost their chance to collect data and stop improving their health. This becomes a main problem to identify personal behavior information. According to user behavior with health application, it has been explored the idea to create the health application which will be interacted with a smart watch to motivate people by using a strategies of social health awareness. This project will focus on social sharing health information to friend list. Users aim to invite friend to complete health activities challenge such as walking a hundred steps within one day or eating good foods by taking a photo and post to friend list invitation to challenge to another person. Moreover, the main parameter is a number of calorie burning. The application will use this data to analyze how often people interact with their health activity, at the end of a stage the data will convert into a score to show every day ranking. Lastly, the application aim to use a strategy of system driven to motivate people of collecting data and support them to answer themselves about health questions and also keep people use an application longer by using social sharing and game strategy to make an application to be more simple to use.

Approach and Methodology

Environment

Flow Chart

Week 1-Week4

Week5- Week13

Week14

Risk Assessment

Effective Written Communication