TCU Computer Science

Motivate Me App
Glossary

Version <2.0>

Revision History

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Glossary

1. Introduction

1.1 Purpose

The purpose of this Glossary is to define all relevant terms and concepts used throughout the MotivateMe app project documentation. It ensures a shared understanding across team members, stakeholders, and developers.

1.2 Scope

This Glossary applies to all components and documents associated with the MotivateMe app project. It supports the understanding of the system for developers, testers, and users by clarifying terminology related to features, use cases, and UI/UX design.

1.3 Overview

This document defines terms used across the MotivateMe app project. It functions as both a data dictionary and a conceptual guide for interpreting system behavior.

2. Definitions

2.1 SMART Goals

SMART goals are goals that are **Specific (S)**, **Measurable (M)**, **Achievable (A)**, **Relevant (R)**, and **Time-bound (T)**. These structured goals guide the user's journey toward personal health improvement and are the core of the MotivateMe app experience. Each component ensures that the goals are clearly defined and trackable.

    a. **Specific (S):** The goal should be clearly defined and unambiguous. A specific goal focuses on one outcome and answers the questions: What do I want to accomplish? Why is this goal important? Who is involved? For example, "I want to walk 30 minutes a day" is more specific than "I want to exercise more."

    b. **Measurable (M):** Progress toward the goal should be quantifiable. This helps users stay motivated and recognize when the goal has been achieved. Measurement can involve numbers (e.g., steps, weight, time), check-ins, or habit tracking.

    c. **Achievable (A):** The goal should be realistic and attainable given the user's current resources and constraints. This ensures that users remain encouraged and do not feel overwhelmed. For instance, setting a goal to drink 8 cups of water daily is achievable for most users.

    d. **Relevant (R):** The goal should matter to the user and align with their personal health values and needs. Relevance ensures the goal supports long-term wellness rather than being a temporary or irrelevant change.

    e. **Time-bound (T):** The goal must have a deadline or time frame, such as daily, weekly, or monthly. This creates a sense of urgency and helps structure the user's commitment to the goal, such as completing a habit for 21 days straight.

2.2 Biometrics

This refers to the height, weight, BMI, blood pressure, blood sugars. etc. This data is used as a reference and is updatable by the user if their metrics improve.

2.3 Patient

This is any person that inputs a goal into the app. Patients will most often be adults looking to make a healthy change in their life.

2.4 Pop-ups

Interactive push notifications that appear on the user's device requiring an action to dismiss. These are used for motivation and reminders.

2.5 Daily Journal Entry

A written or prompted reflection the user completes to track mood, progress, setbacks, or any health-related notes.

2.6 Goal Progress

The user's advancement toward achieving a goal, which can be visualized through progress bars.

2.7 Chronic Conditions

Long-term health conditions such as diabetes, hypertension, or asthma that users may track in relation to their lifestyle changes.

2.8 Motivational Messages

Encouraging content or health tips delivered to users to help them stay on track with their goals.

2.9 Chronic Condition Log

Any biometric log in the Calendar related to the Patient's Chronic Condition. For example, blood pressure or blood sugar