# Project 3: Milestone 1

Plan:

I will continue working on the "Coping by 3" mobile app I created for the Android platform. Currently, the application asks the user to select "coping interests", and then displays three coping mechanisms based on the interests for the user to complete.

New Elements:

For the purposes of this project, I will add an element to the first activity where the user can rate the intensity of their negative feeling (for example, how angry is the user on a scale from 0 to 5). When the user completes their selected coping mechanisms in the second activity, the user will be prompted once again to rate the intensity of their feelings. This data will be sent to a spreadsheet that will contain pre and post intensity of feelings.

I will also make the coping mechanisms into an animation, with each coping skill lasting a minute (I will add a countdown clock for each coping mechanism presented on the screen).
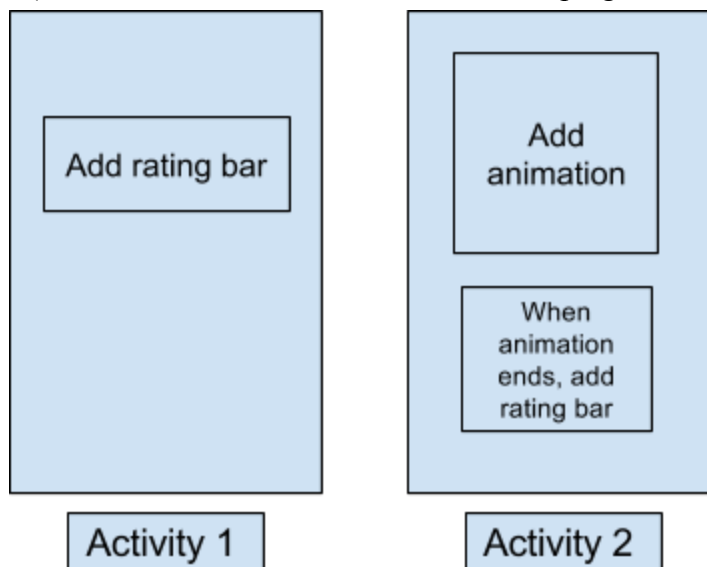
Purpose of App:

The purpose of this application will be for a therapist to help track client symptoms while providing the client with tangible coping skills.

Resources:
- ★ Send data to Google spreadsheet:
  http://codesmith.in/post-data-google-drive-sheet-through-mobile-app/
- ★ Create animation:
  https://developer.android.com/guide/topics/graphics/drawable-animation.html