

iHealth Application

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Overview

iHealth App helps Workers who's need motivation to have a good lifestyle by using a competition between friends that have the same interests.

Problem Statement

Support people who want to control their lifestyle

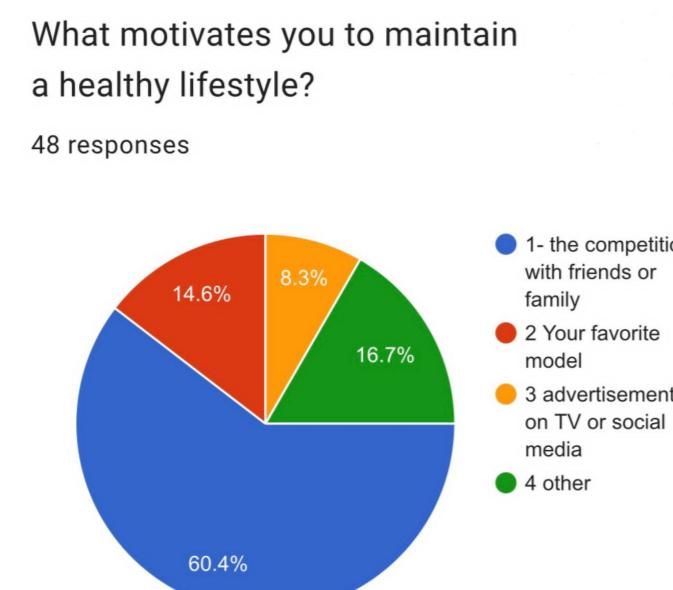
Proposed Solution

The iHealth app was created to help organize your life style by take and share photos with your friends in a community you chooses and make it easy to access the other photos in a central and secure place.

Also, you can track the community members points to make a competitive environment.

Introduction

Through our research we find that lots of people want to control their lifestyle because they can't stick to a healthy one for long time . Also, based on the our survey we asked one question (what motivates you to maintain a healthy lifestyle?) , we find that 60.4% the competition between friends or family helps them to maintain a healthy lifestyle. Moreover , we have interviewed a group of people and asked them the same question Most of them say the competition between friends or family keeps them going. Some of them say If there is no one to compete with , I'll look for a group that excites me and compete with, and they are ready to pay for that.



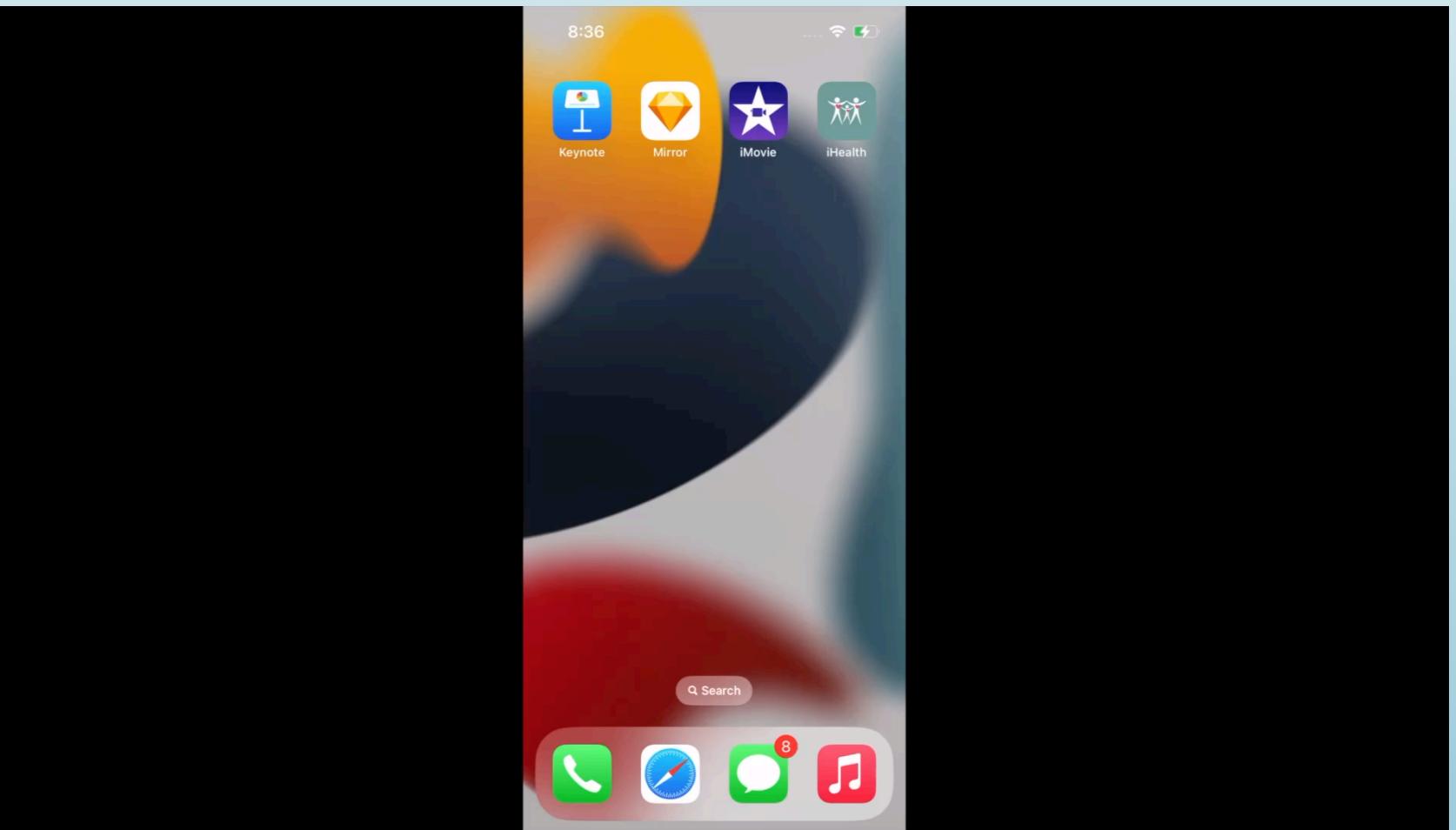
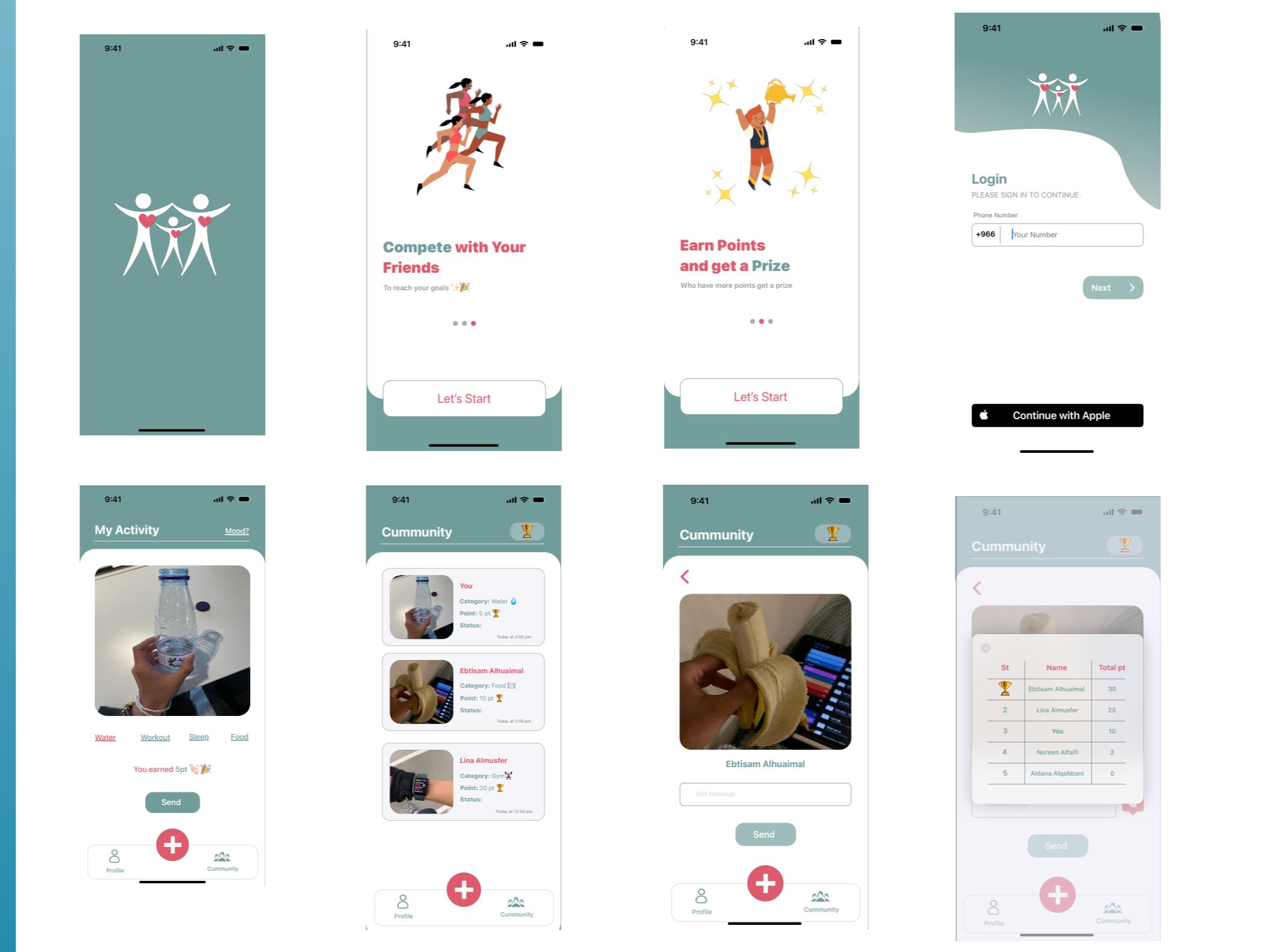
User Stories

The first time we met the members of the group and talked to each other, we were surprised that each of us has the same interest, which is a love of sports and a commitment to a healthy lifestyle. And when we talked more about this subject, we all agreed on a problem that confronts us in adhering to a healthy lifestyle, which is the stage of "losing enthusiasm and passion in completing a healthy lifestyle."

Therefore, we decided to interview several people of different ages and asked them, "What motivates you to maintain your healthy lifestyle?" The majority said that starting and leading a healthy lifestyle with friends is what motivates them a lot.

After we discussed this problem more and searched for it, we decided to find a solution that helps solve this problem, and my team members will mention the solution we reached

Results



The App

GitHub: https://github.com/danahaag/iHealth_Application

Conclusion

Communication

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