

WFH Wellbeing Team 1  
Deliverable 0  
Weekly Scrum Report

What is the project focus/overall goal?

To determine how working from home affects mental and physical health over a period of 6 months.

Why is this project important?

Now that many companies are returning back to in-person work style, this project allows us to evaluate one's health when working from home and if it's a viable option in the future.

What type of data will you collect or be analyzing?

- Data collected from a Garmin watch that provided information about the wearer's current location, musculoskeletal discomfort, and number of breaks.
- Photos of the study participants were taken to see their workspace ergonomics.
- Weekly surveys E-work and Flourishing scale

What are potential limitations of the project?

- The sample size for this study isn't large enough.
- 6 months is not long enough to make reliable conclusions.
- The amount of sleep a participant got should have also been included in the study since sleep could affect other data (e.g. getting little sleep could affect mental health).

What are your next steps? Divide tasks amongst the team

We can split the work by having two people analyze the 6 month data folder and the other two can analyze the 3 month data folder. Our first goal when analyzing the data is to disprove/prove the five hypotheses given, then we'll answer the questions given to us in step 3. Each team member would analyze the data in different perspectives, so we can see which feature contributes the most while making conclusions.