WFH Wellbeing Study
Client Kickoff Scrum Report
Team 1

What is the project focus/overall goal?

The focus of this 6-month study is assessing the physical, cognitive, and mental effects of a remote work environment, on workers' well-being.

What type of data will you collect or be collecting?

Three months of data from a fitness watch containing current location, musculoskeletal discomfort, and number of breaks from three times throughout the day.

What are potential limitations of the project?

- Data is self reported, which could lead to bias
- The project is only over 6-months, which might not show some longer term effects
- Every person will likely have different circumstances, which can vary the results (things like their prior health condition, home situation, work position, etc.)

Why is this project important?

With the COVID-19 pandemic, working from home has become a reality that many workers have had to adapt to. Nowadays we have the largest number of individuals working from home than ever before, and it is of much importance to do research on how these recently imposed working arrangements affect the wellbeing of workers. In order to implement changes that promote employees' mental and physical health while working from home, employers must base their decisions on the best available data obtained from this project.

What are your team's next steps?

Now that we've had our client kickoff meeting with introductions and established expectations for the project, the team will perform a preliminary analysis of the data collected in the last 3 and 6 months. First, we must look at the hypotheses and predictions, and identify the key questions being asked in the study. Each member of the team will pre-process a batch of data and aim to answer one question from the questions listed in the project description. We will keep track of process and progress by assigning tasks and action items in the Trello board. The data to be analyzed is taken from the Garmin watches as well as surveys of the participants, and we will be looking at key points such as stress levels, breaks, movement, and locations. A PR with the report will be submitted as Deliverable 1.