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**Team 52: Jaromir Latal & Lambros Zannettos**

**Client: The Mind Manifesto**

**(Imran Ahmad, Terry Hall)**

**Supervisor: Dr. Yun Fu**

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# **2. Abstract**

The application we were asked to develop is meant to provide people escape from every day’s routine by providing them with multiple guided and unguided meditation courses (or “interventions”, as defined by client). The target user of this application is a busy person, who is likely to be overwhelmed and stressed; thus this application will allow him to slow down and relax. The application should be simple to use, including the UI and the user should be able to see how much time he has left and be able to jump to any place he wants. Another possible functionality is to provide user reminders / notifications that he has broken his meditation streak and should start over.

# **3. Context**

## **3. 1. Background to project and clients**

The Mind Manifesto (MM) is a set of toolboxes to help people improve their well-being and counter the negative effects of anxiety and stress in today’s hectic environment. The toolboxes are meditation tracks focused on certain areas of our lives, such as work, health or relationships – areas which have the greatest influence upon us.

Our clients, Imran Ahmad and Terry Hall, have asked us to create the mobile version of The Mind Manifesto, so that the interventions are available offline and on-the-go.

## **3. 2. Problem being solved**

Maybe add this here / expand 3.1.?

# **4. Team Roles and Skills**

## **4.1. Jaromir Latal**

* Team Role: Team Leader / Project Manager, Lead Interviewer for Requirements, Lead Tester
* Key Skills:
* Prior Project Experience
* Communication & Teamwork:

## **4.2. Lambros Zannettos**

* Team Role: Team Leader / Project Manager, Lead Interviewer for Requirements, Lead Tester
* Key Skills:
* Prior Project Experience
* Communication & Teamwork: