The Mental Health App

Daniel Bornemann (dbornemann2018@my.fit.edu)
Joshua Breininger (jbreininger2018@my.fit.edu)
Phi Duong (pduong2018@my.fit.edu)

Team

- Daniel Bornemann (dbornemann2018@my.fit.edu)

- Joshua Breininger (jbreininger2018@my.fit.edu)

- Phi Duong (pduong2018@my.fit.edu)

- Faculty Advisor:
    - Dr. Bernhard (pbernhar@fit.edu)

Clients

- Target demographic:
    - College age young adults, mostly being us and our own demographic

- Calvin Schwartz (external client)
- Maya Lindseth (external client)

Goal and Motivation

The goal is to make an app that will help motivate the user to live a healthier lifestyle

- The app should be easy to input health information
- The app should be easy to see the user's overall health over a few days/weeks/months
- The app should remind and motivate the user to stay healthy

Approach

- Can log mood, daily eaten food groups, and whether or not a person exercised
    - Uses this information to observe trends in mood, diet, and exercise
- Logged information would be accessible through visual aids with graphs, which can be modified in terms of period of time as well as being able to be overlaid on each other to show any immediate trends between mood and diet/exercise.
- A "game" is made to incentivize usage, where an adventurer named by the user undergoes some kind of daily scenario, logging it when you do. Pixel art is provided to represent these scenarios in a basic way. After a certain amount of time the larger location that character is in changes, for example from a fantasy forest area to a snowy area. The theme of the app changes depending on the area the character is in to completely visualize a sense of progression and create the idea that a character is "sharing" an adventure with you as you also share your daily life.

Novel Features

- No novel features, but we are compiling features that various other health apps use
- Most other apps do not use a game to incentivize daily usage
- Other apps also do not include both a daily mood tracker with food/exercise logging

Technical Challenges

- We are new to Java
- We have never created an app before or used a testing environment
- Optimizing the logged data is necessary for an effective app

Milestone 1

- Provide small ("hello world") demo(s) to evaluate Android Studio and the Android Emulator provided by Android
- Resolve technical challenges by familiarizing ourselves with introductory Java and Android development and obtaining reference resources. Resolve testing environment challenge by installing and testing Android Studio and its emulator. We also will communicate with the advisor to create a plan on how to manage the database for the logs
- Compare and select collaboration tools for software development, documents/presentations, communication, task calendar
- Create a Requirement Document
- Create a Design Document
- Create a Test Plan

Milestone 2

- Implement, test, and demo a basic Android UI.
- Implement, test, and demo an interactive pop up with an input field.
- Implement, test, and demo saving inputted information into an in app database.
- Implement, test, and demo an in app database structured around a calendar.
- Implement, test, and demo retrieving information from the database.

Milestone 3

- Implement, test, and demo the full UI with temporary functionless buttons for not completed functionality.
- Implement, test, and demo the exercise, mood and diet pop ups and saving of that information to correct places.
- Implement, test, and demo a line graph of inputted mood over a default period of time.
- Implement, test, and demo a bar graph of inputted diet over a default period of time.
- Implement, test, and demo a bar graph of inputted exercise over a default period of time.
- Implement, test, and demo a graph pop up that can combine the above 3 features into one large overlaid graph.

Questions?