Kelcie Feeney
IMD351
11/1/2015

Progress Report #2

In the last sprint I was in the planning stage of the project. I contacted an SME and I plan on continuing in the same direction with this project. I will continue to focus on making Mindfulness coping tools and techniques, along with the cognitive and dialect behavior worksheets, available in one location for public use. I will be adding features to make my site more desirable and competitive.

What has already been completed as of 11/1

- Contacted Laura Grant at Seattle Community Psychiatric Clinic.
    - On 10/21 I spoke with Laura Grant, A licensed therapist that works at Community Psychiatric Clinic. I introduced her to my project. We discussed the needs of the demographic and potential features that my project could offer. Ms. Grant gave me a list of mindfulness techniques that are often suggested for patients dealing with panic and phobia disorders. I also received CBT and DBT worksheets that I will be converting into an interactive form for my website.
- Created use case diagram and user stories.
- Improved personas based on my group's critique.
- Decided to add more features to the site after speaking with SME and completing a competitive analysis to determine what will set my project apart from websites currently available to the public.
- Started testing small interactive forms using JavaScript. I will be using interactive forms on my project website to digitize the CBT and DBT worksheets.

Sprint 10/18-11/1

ID	Pri	Task	Type	Est.	Actual.	Complete
1a	3	Create Logo comps.	Design	180	120	YES
2a	4	Wireframe web layout	Design	120	30	NO*
3a	1	Contact outreach programs	Research	120	140	YES
4a	5	Gather possible media items for website	Research	60	120	NO*
5a	6	Create Navigation	HTML/CSS	180	0	NO*
6a	2	Collect CBT and DBT worksheets	Research	45	15	YES

* Items not completed will be added to the next sprint

Future Plans

During this sprint I will be creating wireframes of the website for both mobile and monitor view, I want the site to be responsive. I will also be picking out a color pallete, fonts, and images that are royalty free to set the tone of the website. I will continue making a logo for the website. In this coming sprint I will focus on validating this project. I will finish allocating resources to use on the website. This week in IMD351 we will be learning about MySQL. I will be wire-framing with MySQL in mind. I am aiming to have the page navigation coded by the end of this sprint.

Concerns

I am concerned about the quality of audio and video content I will be able to provide on this website. I was unaware at the start of my project that I would have to create my own. I originally wanted to use guided meditation audio from UC Berkely. And a You-tube playlist of meditation videos. I have sent an email to Berkley's Mindful Awareness Research Center. I am hoping that they will allow me to use their audio on my webpage, if not then I will find another way.

Reflections

After reflecting this last sprint I realize that I was NOT done researching my project. I was not aware of the problems I would have attaining the media for this project. Items 2a, 4a, and 5a will be moved to the next sprint.

Sprint beginning 11/1/2015

ID	Pri	Task	Type	Est.	Actual.	Complete
1b	6	Refine Logo comps.	Design	120		
2a*	3	Wireframe web layout	Design	90		
4a*	2	Secure Media for Use on Website	Research	120		
7a	1	Project Validation 1-3 pages	Research	60		
5a*	4	Create Navigation	design/code	180		
6b	5	Digitize Mindfulness Worksheets	design/code	180		

* Items added from the last sprint