# CS 3337 Software Engineering Product Proposal

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Situation 1 (Bryam Ochoa)

With an ever-increasing focus on mental health in the modern world, it is crucial for individuals to have access to a comprehensive mental health app/website.

- personalized resources
- guided meditation
- supportive community
- empowering users to regain control
- reduce stress
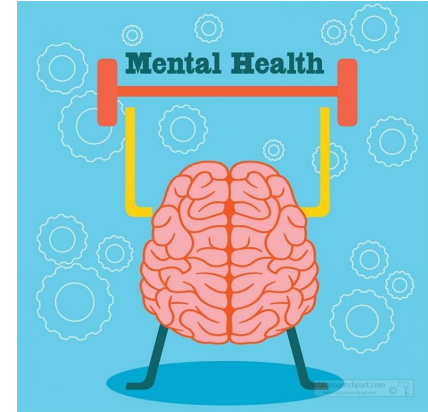
People sometimes need help getting started and getting support in their mental health journey. Our app hopes to be that support.

Option 1: A Mobile App

Jay Chow

A mobile app that allows you to track your mood, to journal, to set up reminders for medications, and to meditation and mental wellness exercises

Pros

- Mood tracking allows people to be aware of their mood states instead of ignoring them
- Journaling allows people to record the progress they make
- Reminder helps patients to take medication on time for mental health reasons
- Exercise guide offers help to people who need to relax and maintain a healthy mental state

Cons

- Requires users to mood log and journal on their own
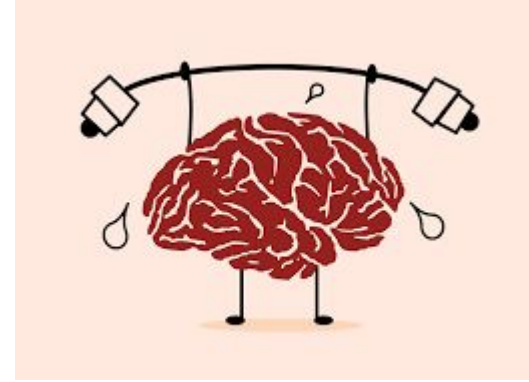
Option 2: Tommy Works

Website where you can chat about mental health and share motivation with others and a licensed therapist.

Pro:
- You can talk about personal things with others and seek help on specific needs.
- Provides a safe space for users to discuss sensitive topics without fear of judgment or stigma.
- A Community Support that offers a sense of belonging and support through interactions with others who may be experiencing similar struggles.
- A Diverse perspectives that allows users to gain insights and advice from people with various backgrounds and experiences.
- Additionally, it is convenient to have access to a therapist

Con:
- Requires others to share proper motivation so it would require some moderation.
- A licensed therapist would not be free.
- The limited therapist availability due to the demand for licensed therapists, there may be wait times or limited availability for one-on-one sessions
- The users may have concerns about the security and confidentiality of their personal information shared on our platform

Proposal 1 (Emily Perez)

Product name: Mindful Life Companion
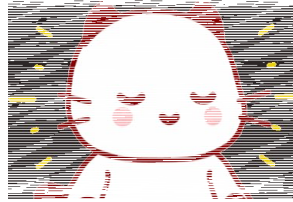
Platform: Our product will be a mobile app -Available for users on Android and iOS, providing convenient usability across different devices.

Database Content: User profiles, Settings for medication reminders, Journaling content written by the user, meditation/mental health exercises.

System Integrations: API to provide meditation and mental wellness exercises.

Situation 2 (Giovanni Chumpitazi)

You are passionate about staying fit and healthy, but finding like-minded individuals to share your journey with has always been a challenge.

- locating nearby fitness classes or local hiking trails
- finding and sharing healthy recipes and meal options
- maintaining a journal of your fitness activities
- connecting with neighbors who share your wellness goals

   The lack of an accessible and centralized platform makes it difficult for individuals to discover and engage in activities that promote both personal fitness and community engagement.

Option 1: Mobile App (Andy Liang)

A mobile app that enables users to locate nearby locations where they can exercise, find and upload healthy recipes and meal options, log and share fitness activity, and connect them with other community members.

Benefits

- Access to device features such as camera, GPS,

  accelerometer and notifications

- Allows for more more user engagement because of mechanisms such as

  push notifications, picture uploads, and route tracking during runs

- Mobile apps generally have a more simple and intuitive UI with improved performance and speed

Drawbacks

- Different platforms such as IOS and Android can increase development time

- More difficult to update and distribute as users will have different versions from the app store unless they consistently keep their app up to

  date
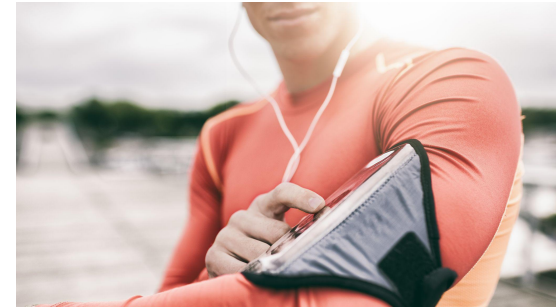
Option 2: Luis Sanchez

Mobile app community group chat that requires you to fill a survey on startup to match you with nearby communities and their group chats
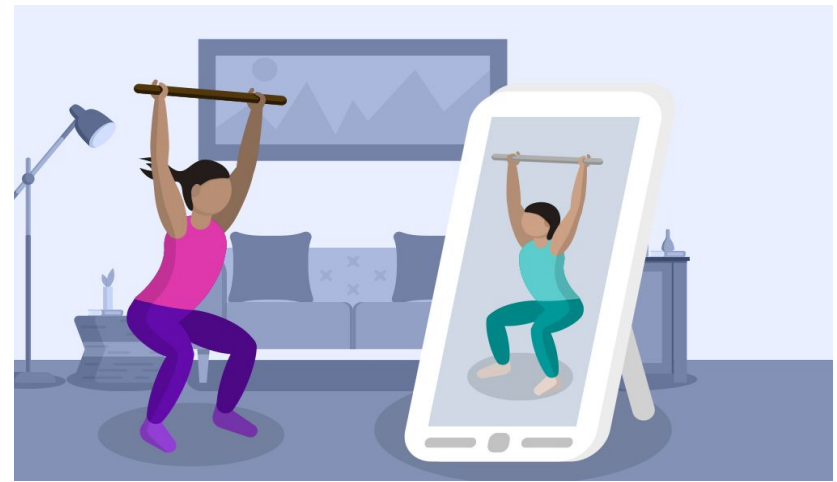
Pro:
- Users can connect with nearby communities, fostering support and belonging.
- Promotes local networking and real-life connections.
- Personalized matching enhances user satisfaction and meaningful interactions.
- Offers advice, encouragement, and motivation within a supportive community.

Con:
- Requires active engagement for effectiveness, with low activity diminishing the sense of community.
- Inaccurate survey responses may lead to mismatches and user dissatisfaction.
- Risk of excluding certain demographics or interests, limiting diversity and inclusivity.
- Functionality is reliant on stable internet access, posing challenges in areas with poor connectivity.

Proposal 2: Recipe & Fitness App (Anthony Chieng)

Between option 1 & 2, we decided on option 1 because the app would be a lot more easier and flexible than a group chat because of the specific functions that allow the user to share recipes and their fitness activities.

Product name: The Growling Lion

Platform: Mobile

Database Content:

User profile, uploaded and premade recipes, shared exercise posts, comments, and upvote counter.

System Integrations:

API to obtain recipes and nutrition of food options, API to obtain map, addresses, and locations.