This document contains the main objectives for the final project. It is a useful tool to track project progress in context of the main deliverables outlined for the project, and should be used to identify corresponding tasks as outlined in the weekly project updates. The table below shows the list of main project objectives, along with a brief description of each task and a check box to indicate its current status. This will be actively updated during the project’s lifetime.

| Reference | Objective | Description | Completed |
| --- | --- | --- | --- |
| Phase 1 | Research |  |  |
| 1.1.a | Research SwiftUI | Investigate the capabilities of using SwiftUI as a tool for iOS development. |  |
| 1.1.b | Create Simple SwiftUI Demo | Make a very basic program using SwiftUI to verify it is a viable method for development. |  |
| 1.2 | Audio Framework Research | Look into existing audio frameworks for iOS development - JUCE and AudioKit are good starting points. |  |
| 1.3.a | Existing App Research | Continue research from the initial project report to look into more apps for relaxation and mental health. |  |
| 1.3.b | Create App Comparison Document | Make a small document that outlines the key features from existing apps and why they are so appealing/successful. A simple compare and contrast approach will suffice. |  |
| Phase 2 | Design |  |  |
| 2.1 | Create Marketing Report | Create a short document to outline the project in context to the problem it is trying to address. |  |
| 2.2 | Create User Stories | Create user stories to provide an informal and general explanation of the product from the end user’s perspective. |  |
| 2.3 | Write Software Specification | Design a Software Requirements Specification (SRS) document describing the product and its features/requirements. |  |
| 2.4 | Design Paper Prototype | Create a paper prototype of the product to get an idea of how it might come to live when developing. Areas to focus on - audio content, main interactive features, transitions, and general interface/overall experience. |  |
| Phase 3 | Development |  |  |
| 3.1 | Create Skeleton Version of App | Create the basic structure of the app in terms of its overall functionality. |  |
| 3.2.1 | Add Main Features to App | Add the main features of the app’s functionality to the skeleton version of the app designed previously. To be expanded on at a later date. |  |
| 3.2.2 | Finalise Transitions and General Interface | Improve the overall user experience with the app. |  |
| Phase 4 | Review |  |  |
| 4.1 | Conduct User Feedback Experiment | Create a series of questions and ratings for the user to answer after a short experience with the app. |  |
| 4.2 | Consolidate User Feedback | Using the feedback from above, produce figures and statistics from the experiment conducted in order to provide insight on the app and its effectiveness. |  |
| 4.3.1 | Evaluate App Effectiveness | Using results from the feedback experiment, create a conclusive summary outlining how successful the app has been, highlighting both its strengths and areas for improvement. Additional work can be made to the app if there are any significant recommendations. |  |
| 4.3.2 | Research New Technologies | Perform brief research into any new releases for technological solutions for mental health and well-being during the course of the project. |  |
| 4.4 | Evaluate Project Usefulness | Looking at the app in context of what it has attempted to achieve, create a document to discuss the project in its entirety, re-addressing the answers to the problem defined at the beginning of the project with this new evidence to make a more informed response in how successful modern technology is able to address the current crisis in mental health. |  |
| Phase R | Report & Project Management |  |  |
| R.1.1 | Create Document for Final Project Report | Make the main document for the final project report using the initial report as a template. |  |
| R.1.2 | Create Project Management System | Design a project management system (containing a detailed Gantt chart, list of project objectives, progress tracker, and document tracking system) to maintain control of project progress. Adapt as necessary. |  |
| R.2 | Make Adjustments from Feedback | Improve the current template using the feedback provided from the initial project report. |  |
| R.3.1 | Write Background Reading & Project Context | A full account of relevant research which helps to set the project context and significance, inspired by the Venn diagram produced in the introduction. |  |
| R.3.2 | Write Design Stage | Explain in detail the approach taken for designing the product, using the research and significance for the product as outlined in the project context section. |  |
| R.3.3 | Write Development Stage | Methodically outline the entire development for the app, explaining how it used the design choices for creating the product. Reflect on the process of development and highlight what went well and what could have been improved. |  |
| R.3.4 | Write Review Stage | Write about the methods used for obtaining user feedback, and also what that data suggests about the app and its ability to successfully confirm that technology can be a solution to the current mental health crisis. |  |
| R.4.1 | Write Project Management Section | Outline the key protocols and systems used to track project progress and how it changed over time. |  |
| R.4.2 | Write Risk Assessment | State the potential risks involved with the project and also what action was taken to prevent or otherwise minimise these risks. |  |
| R.5.1 | Write Conclusion | Provide a succinct overview of the entirety of the project, describing what the project aimed to do, the approach taken, and any conclusions derived from the project in answering the initial problem it was designed to address. |  |
| R.5.2 | Write Further Work Section | Outline what further action should be taken to continue the progress made by the project, and why it might be useful to develop in the future. |  |
| R.6 | Write References | Produce appropriate and consistent IEEE referencing, checking that all links work and are appropriately sourced. |  |
| R.7 | Write Statement of Ethics | Create a brief statement commenting on any ethical considerations made for the project. |  |
| R.8 | Write Abstract | Create a short overview of the entire report contents on a separate page. |  |
| R.9.1 | Add Final Touches | Write acknowledgements, double check reference and figure numbers, and verify sources are appropriate and correct. |  |
| R.9.2 | Proofread | Review and read the entire paper, checking that it has been designed as intended. |  |
| R.10 | Presentation Preparation | Prepare and rehearse the presentation for the project. |  |