



## Project Status report

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Community (UN SD goal):	#3 Good Health and Well Being
MVP #	2
Sprint cycle dates:	Nov 2, 2021 - Nov 16, 2021

Project Name	Cope
Blurb	Cope is an Apple Watch mini-app that provides coping techniques for people with anxiety disorders. The main focus is on using technology to overcome panic attacks with breathing exercises and cognitive behavioural therapy (mantras) to reshape the sufferer's thought patterns. This will improve the health and well-being of users to aid UN Sustainability Goal #3.
For Week Ending	Nov 16, 2021
Project Status	Green
Status Description	MVP 2 had some challenges with using the timer functionality in IOS but overall the sprint went well and all Github project board tasks were completed on time.

### Activities—During the past sprint cycle

- Navigate between either Mantras (previously CBT) or Breathe mini app
- Breathe mini app functionality
- Revamp documentation
- Testing completed

### Project Issues

- IOS timer functionality was difficult to figure out
- Lack of documentation

### Project Changes

- CBT renamed to 'Mantras'

### Activities—Planned for Next Week

- User preferences using persistent data

### Reflection

Do you feel "on track"?

Yes - there were some difficulties with the new OS and with the timer functionality but overall things went well.

What progress do you particularly feel good (great) about?

Completing the entire breathe mini app with the circle fill as demonstrated in the hi-fis was a success.

What barriers (if any) do you feel is/are a current impediment to success?



Lack of documentation and relevant examples makes it difficult to implement things quickly but with trial and error things are moving forward.

What help (if any) do you require to move positively forward?

No help required - just more hours spent developing.

What questions or concerns do you have (if any)?

The watch face complication will prove difficult as just getting the icon complication to function was very difficult. Using persistent data to control user preferences may be hard to implement as well.