

## Project Status report

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Community (UN SD goal):	#3 Good Health and Well Being
MVP #	3
Sprint cycle dates:	Nov 16, 2021 - Dec 6, 2021

<b>Project Name</b>	Cope
<b>Blurb</b>	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.
<b>For Week Ending</b>	Dec 6, 2021
<b>Project Status</b>	Green
<b>Status Description</b>	MVP 3 went quite well - settings were implemented with persistent data and all Github project board tasks were completed on time.

### Activities—During the past sprint cycle

- Settings page added with navigation added to launch page
- Persistent data storage implemented to save settings
- Revamp documentation
- Testing completed

### Project Issues

- Initial implementation of persistent data

### Project Changes

- Push notifications moved to future MVP

### Activities—Planned for Next Week (Future MVPs)

- Push notifications and settings
- Large complication with Mantras on watch face
- Initial tutorial
- Community contributions

### Reflection

Do you feel "on track"?

Yes - the final sprint went well. The main focus was to implement the settings page so the user could choose their individual preferences and save them. Once the persistent data was implemented this went smoothly.

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



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Implementing the persistent data to work with app storage in order to save user preferences.

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

There were a few additional functionalities that I think would have been added to this app if it was a two person project but overall I think it was a success.

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

No help required.

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

No concerns at this time - things went pretty well.