



## Project Status report

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Community (UN SD goal):	#3 Good Health and Well Being
MVP #	1
Sprint cycle dates:	Oct 19, 2021 - Nov 2, 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 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 2, 2021
Project Status	Green
Status Description	It took a lot of work over the past 2 weeks to stay in the Green status and complete MVP 1 but everything as outlined in Github is done and on track. A refactor is necessary in order to clean up the code but the implementation functions as expected.

### Activities—During the past sprint cycle

- Set up XCode project for WatchOS development
- Create base application and set up testing on Apple Watch
- Add the basic complication to the watch face
- Launch the application from the watch face
- View coping techniques (in the CBT mini-app)
- Switch CBT cues upon completion (in the CBT mini-app)
- Testing completed

### Project Issues

- XCode has git configured and caused issues with Github version control
- WatchOS 8 release in September means very little relevant examples / tutorials
- Documentation examples are not great

### Project Changes

- Refactor needed to reflect initial architecture design

### Activities—Planned for Next Week

- Breathe mini-app
- Select either coping technique



## Reflection

Do you feel "on track"?

Yes - after a lot of trial and error in learning a new language and operating system I finally got the functionality that I was planning for in the prototypes.

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

All progress because it's so new. Having the complication function properly. Getting the icon to display properly on the complication was one of the largest challenges.

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.

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