

Project Y

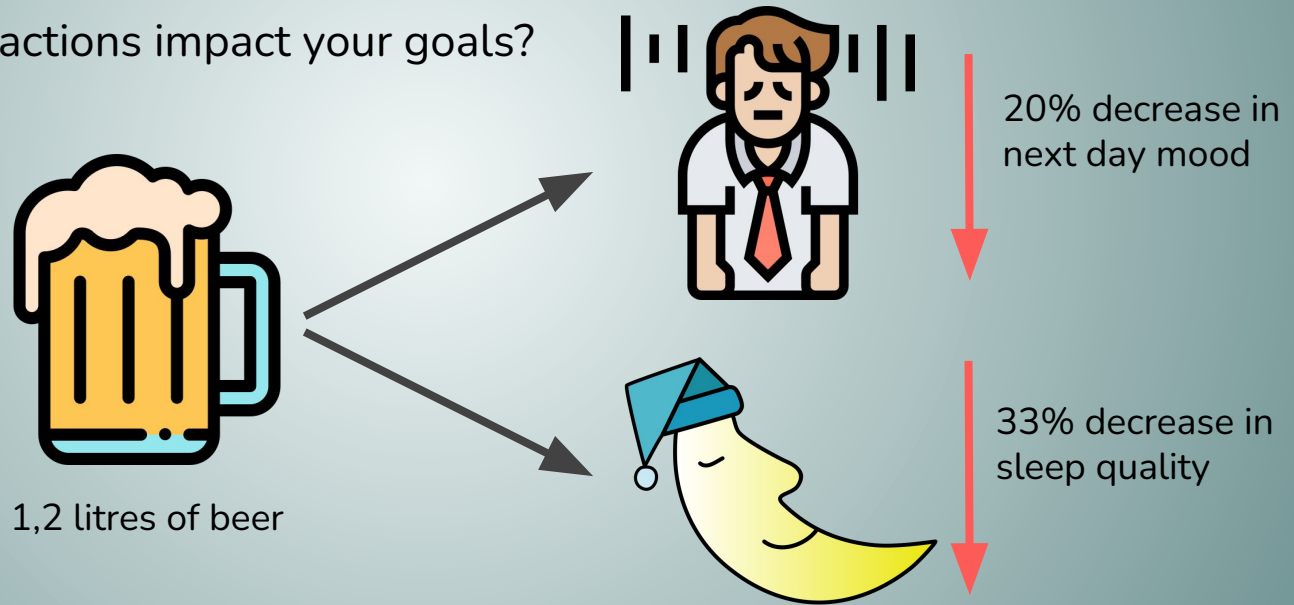
Data Ecosystems Lab 23/24

by Elias, Martin, Silyu, Van



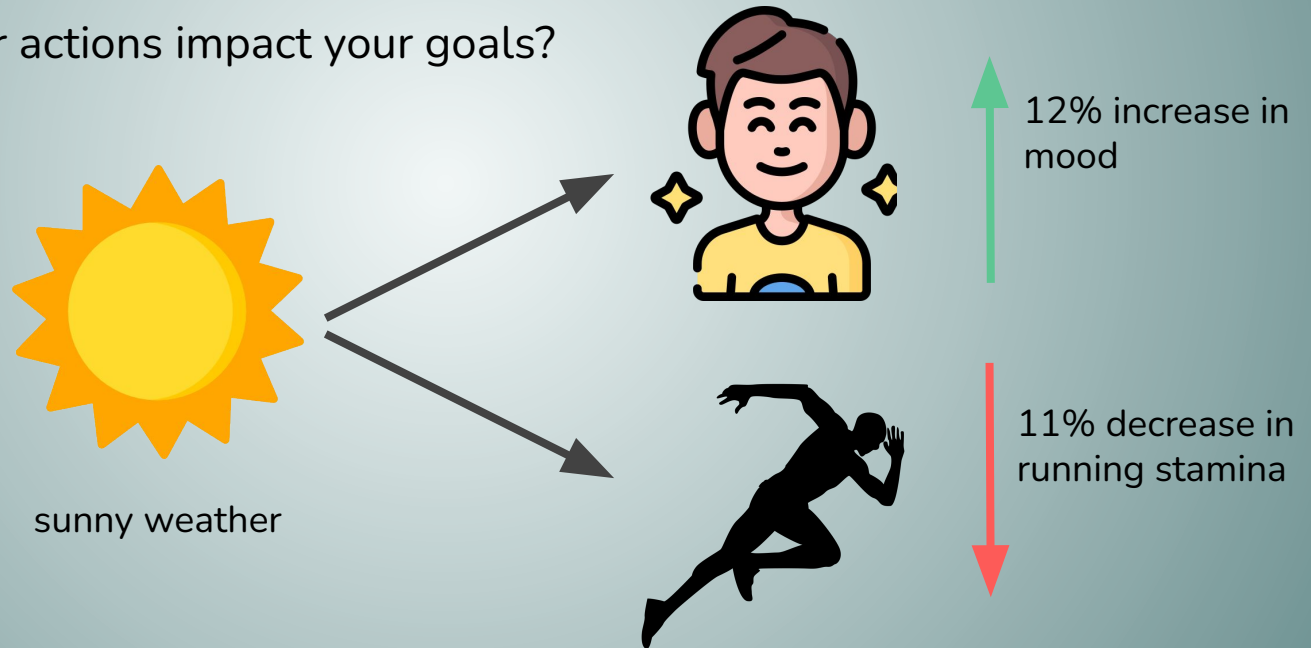
Idea

How do your actions impact your goals?



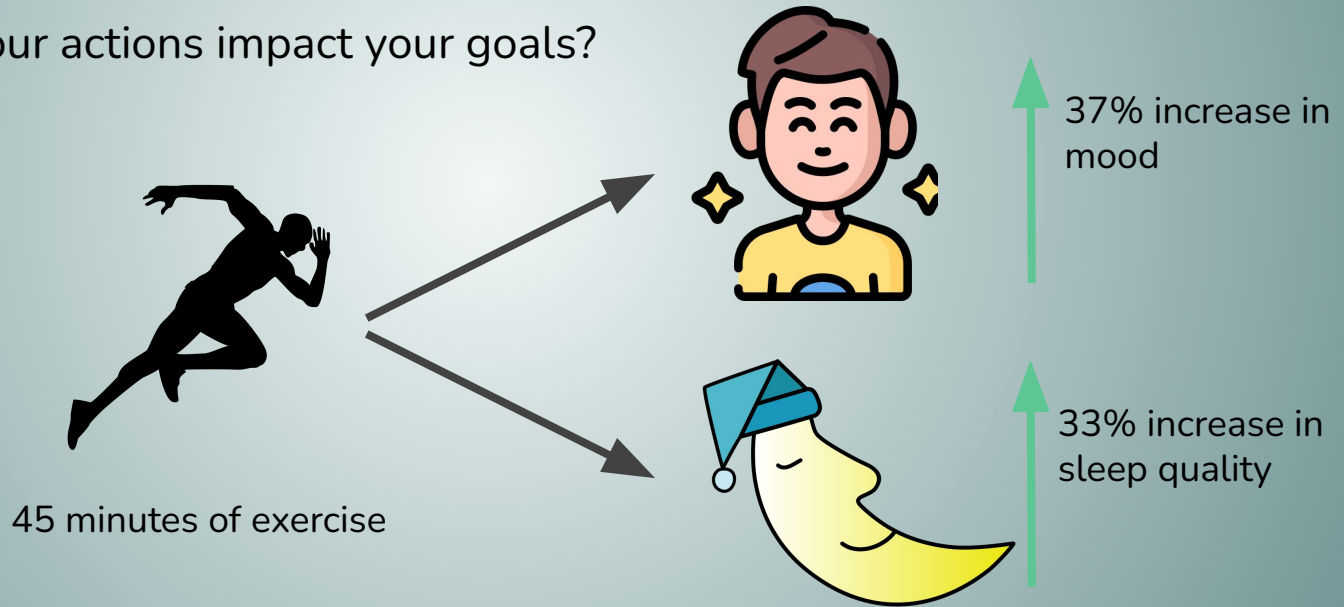
Idea

How do your actions impact your goals?



Idea

How do your actions impact your goals?





Features

- Find correlations between your actions and results for a healthier lifestyle
- Choose which actions to analyze, automatically or manually
- Different levels of engagement
- Get suggestions on how to better achieve your goals
- Share your collected data with your doctor to optimize treatment

Sleep potential



Measure sleep stages
(REM) and times



Influences



Relation to
fitness



Suggestions to
improve sleep

Mood potential



Mood tracking
through sensor



Impact of screen
time on mood



Suggest activities to
improve mood

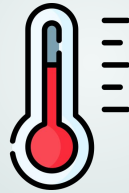
Sports potential



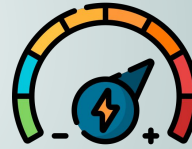
Heart Rate
Tracking



Oxygen
Saturation
Tracking



Temperature
Tracking



Intensity
Tracking



Feedback &
Advice



Sports potential

- “Monday seems to be very stressful for you, why not do some sports?”
- “I think you may need to do less intensive sports to maintain a more normal heart rate.”
- “Your oxygen saturation goes down extremely fast, you should take a break after some time.”
- “It’s freezing outside, please make sure you warm up well.”

General Health potential



How does the every day routine impact your health, mood, (productivity)

→ Find out your best daily routine

General Health

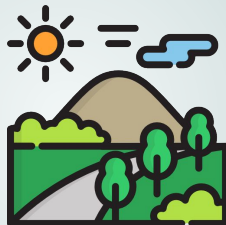
When, How long, Which combination of activities



Sleep
intervals



Study
sessions



Outdoors

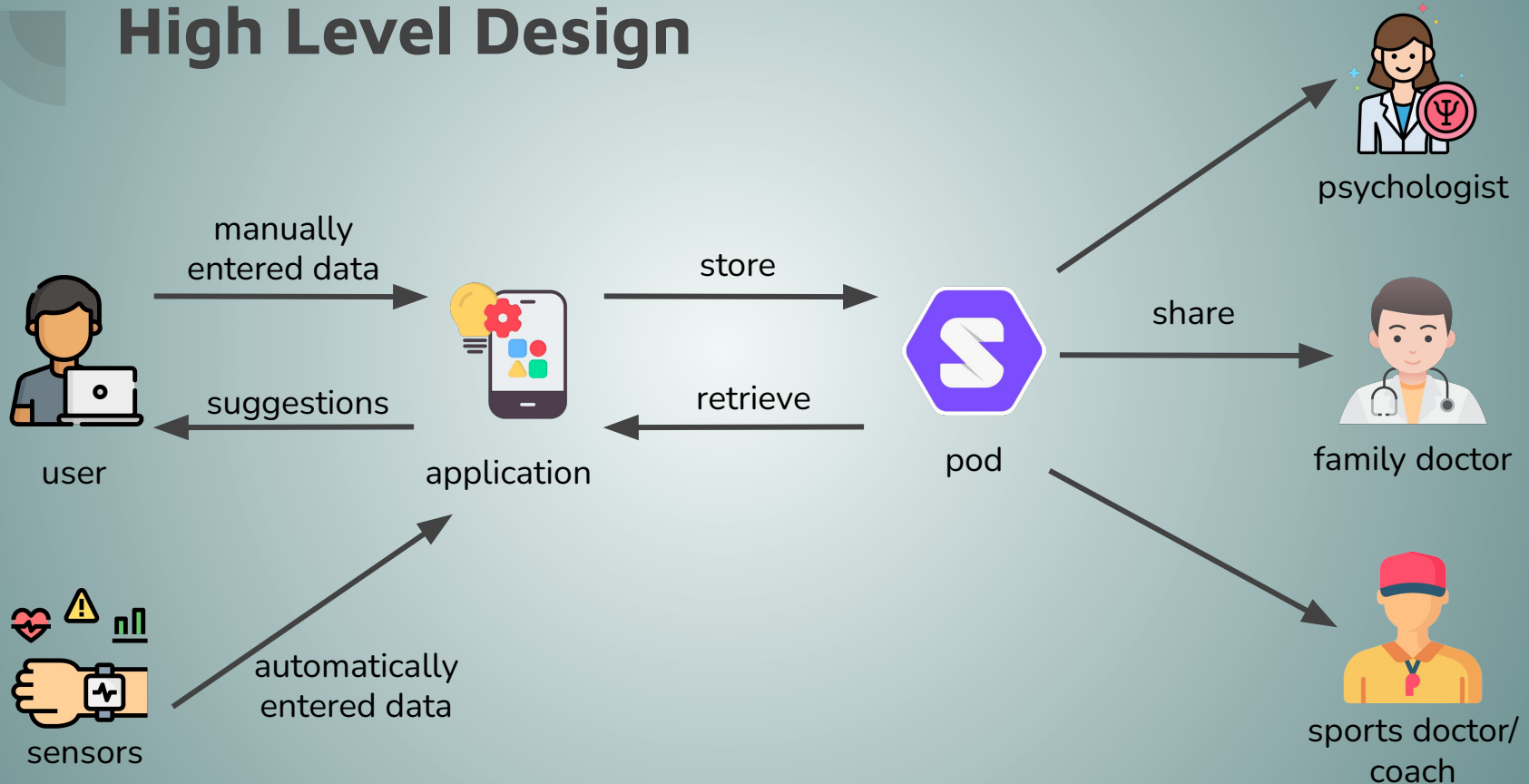


Num. of
Meals



Sport
sessions

High Level Design





Roles & Responsibilities

Elias

- Sleep
- Scrum Master/System architect
- Solid/Server Administration

Silyu

- Sports
- Git master
- Front End

Martin

- Mood
- Marketing/Presentation
- Design/UI

Van

- General Health
- Emotibit/Sensors
- Wiki master