



GRIFFITH COLLEGE LIMERICK

Bachelor Degree in Computing Science (Honours)

Wellbeing & Mindfulness Android Mobile Application

Project Initial Specification

The form, fully completed, must be returned to:

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Limerick

PROJECT TITLE:	Wellbeing & Mindfulness Android Mobile Application
STUDENT NAME & ID:	
NAME OF DEPARTMENT:	Engineering, IT & Computing
PROGRAMME	Bachelor Degree in Computing Science (Honours)

Initial Specification:

Project Description:

The proposed for development Android mobile application will be a free tool for users to help building self-awareness for practicing a healthy lifestyle and general wellbeing. It will present users with everyday challenges, according to their input and personal goals, while interacting with other users if wish to do so.

The application will intelligently select challenges, according to user's goals and the daily input on the user's mood and energy levels. Some challenges will have the option to activate in a recurring mode: daily, x times per week, fortnightly, monthly. A daily challenge that is accomplished for 30 days in a row will no longer count points.

The application is also intended as a platform to connect users struggling with mental health issues with a volunteering organisation in the field.

Key Features:

- Good interface design
- Intuitive and easy navigation
- Progress control and graphical presentation of data from connected Smartwatch
- Robust, responsive, and engaging application with:
 - Privacy control
 - Security of sensitive personal information

Functionalities:

General public interface:

- Online Registration, creation of user profile and input of goals / Login.
- **Main screen:** launch challenge of the day. Show recurrent challenges and extra challenges.
- **Challenge screen:** Brief information, video tutorial (for specific challenges), total points the challenge is worth, track of progress (for specific challenges only), provision of Google Maps (for specific challenges only), *Challenge a Friend* option, *Add photo* option, *Mark as complete* option.
- **Dashboard:** user's accumulated points, user's progression graphs, historical challenges.

- *Daily mood tracking interface*: notification asking for the user's input on their mood and energy levels throughout the day.
- *Chat channel for mental health support interface*: input name, age (optional). Chat interface with provision of textbox to write message, *Send* button and *Finish chat* button.
- *Donation interface*: integrated payment system to allow users make donations to a *Mental Health Support* organisation.

Mental Health Support organisation interface:

- Offline Registration of Organisation's Volunteers to prevent online impersonation.
- Online Login.
- *Main screen*: display list of users in the queue for chat. When selecting the user's name the chat interface will open.
- Chat interface: displays textbox to reply to a user's sent message, with *Send* button, *Home* button and *Finish chat* button.
- Dashboard: historical data and statistics.
- Donation interface: information on donations made, donor name (if anonymous not chosen), value (€), date the donation was made.

Technical and Non-Technical Resources Required:

Hardware:

- Laptop
- Android mobile phone
- Smartwatch compatible with Android OS
- Printer

Operating System:

- Windows 10
- Android OS

Software:

- Android Studio version 4.0.2
- Google Firebase
- HTML5, XML, Java, JavaScript
- 3rd party Digital Wallet
- Smartwatch API

Tools, equipment, and other sources:

- Internet
- Microsoft Office 365 (Word, Excel, and PowerPoint)
- Android Emulator
- Graph generator
- Google Forms
- Udemy.com
- Integration with Google Maps
- Instagram connection to share challenges
- YouTube for guided videos

People involved in the Project:

- Project Supervisor – Sonia Zheleva
- *Spectrum Life*, based at Dell Technologies

Student:

Date:

Supervisor:

Date: