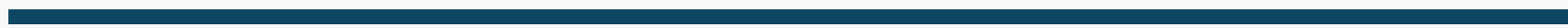


# *MotivateMe*

Drake Do, JC Gurdian, Carolina Heredia, Kien Pham,  
Jailyn Ruffin, & Mary Beth Walsh



# Agenda

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- Meet the team
  - Background & Project Goal
  - Project Overview
  - Demo
  - Lessons Learned
  - Acknowledgements
-

# Clients



**Dr. Christina Robinson**

Pediatrician & Professor



**Rumaila Hussain**

Medical Student



**Kavita Patel**

Medical Student



**Joice Song**

Medical Student



**Fatema Jafferji**

Medical Student



# Team Members



**Carolina Heredia**  
Front End Engineer



**Mary Beth Walsh**  
Product Manager



**Jailyn Ruffin**  
Front End Engineer



**Drake Do**  
Full Stack & DevOps Engineer



**JC Gurdian**  
Front End Engineer



**Kien Pham**  
Back End Engineer

# Background

- UNT HSC collaboration
- Focus on obesity disparities
- Support for underserved communities
- Accessible family health app using notification reminders



# Background – SMART Goals

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## **Specific**

SMART goals are clear, focused, and outcome-driven, avoiding vague objectives



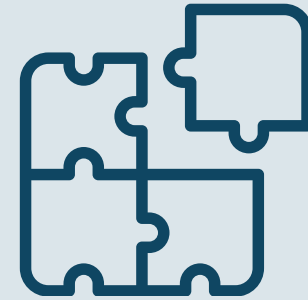
## **Achievable**

Achievable goals are realistic and within your capabilities, balancing challenge with success.



## **Measurable**

Measurable goals include clear criteria to track progress and assess success



## **Relevant**

Relevant goals align with your health objectives and values, supporting your overall well-being



## **Time-bound**

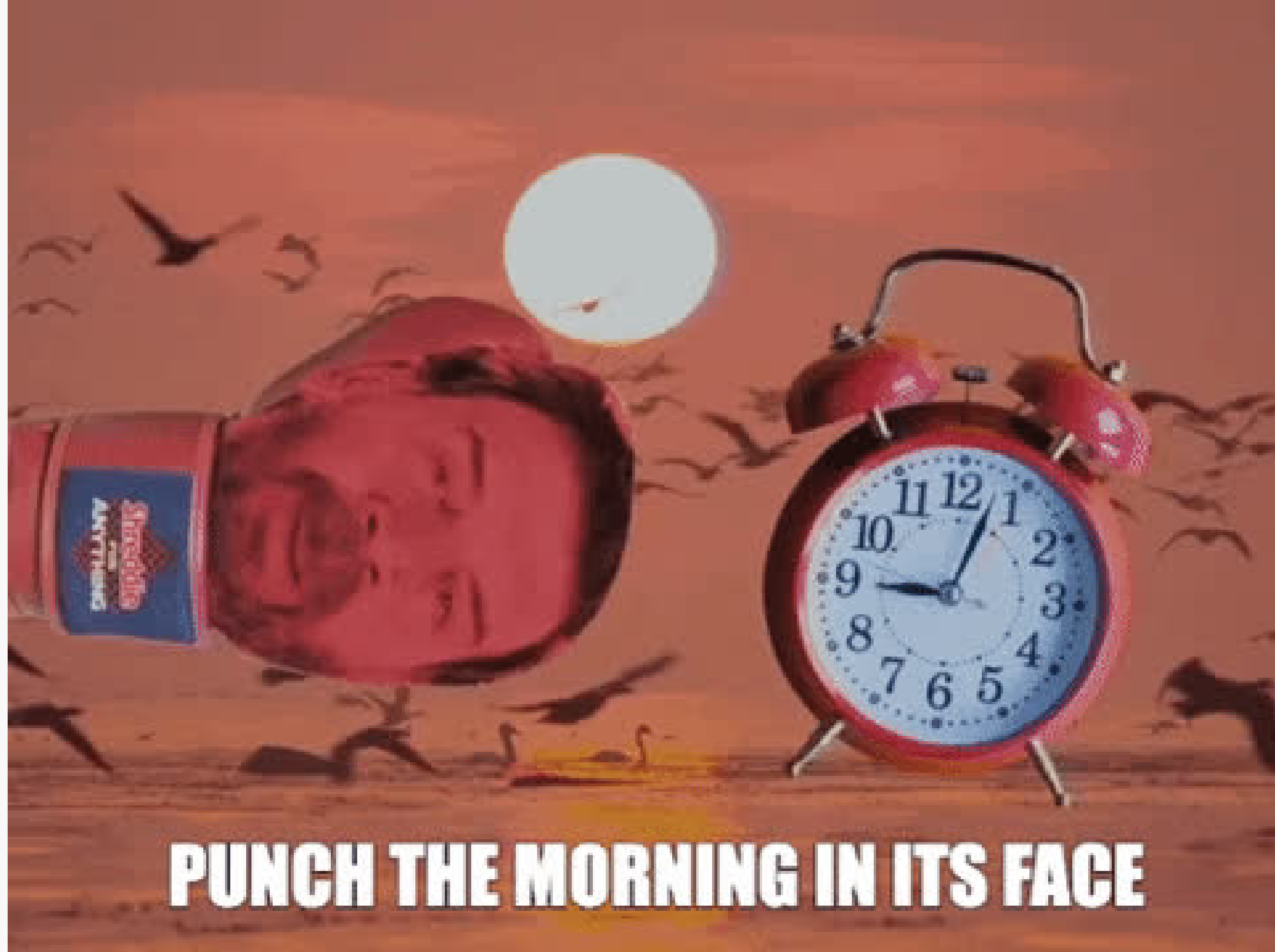
Time-bound goals have a clear deadline, creating urgency and keeping you focused on progress

# *Project Goals*

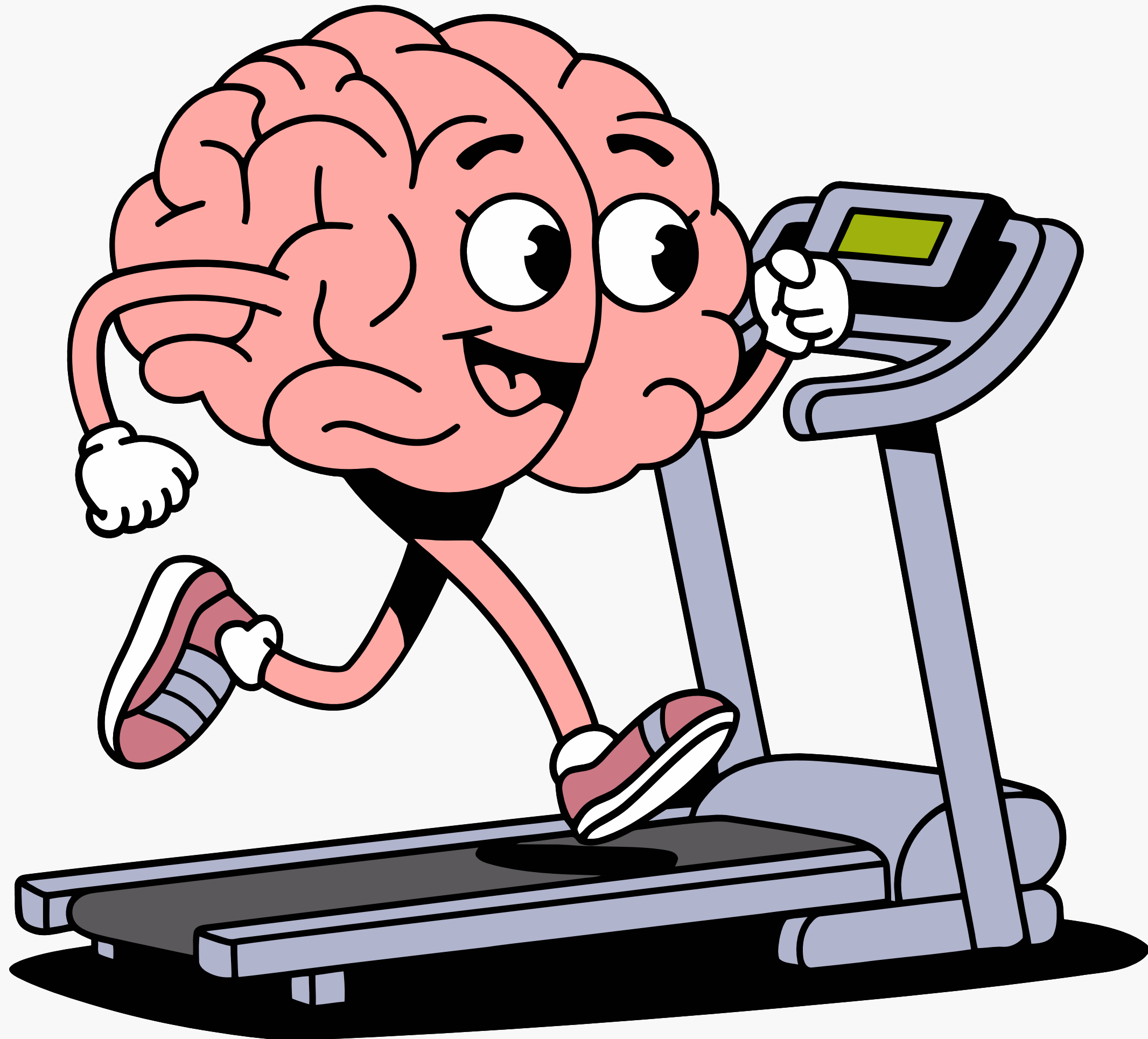
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- Promote healthy decision-making and behavior
- Support chronic illness treatment and tracking
- Lower healthcare costs through prevention
- Improve health education and access with personalized messaging





**PUNCH THE MORNING IN ITS FACE**



# Project Solution

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## 1 Goals

The 'New Goal' screen features a blue header with a hamburger menu icon on the left and a user profile icon on the right. Below the header, there are three main sections: 1. 'Your Goal name' with a text input field containing the placeholder 'Enter your goal title'. 2. 'Goal Description' with another text input field containing the placeholder 'Enter your goal title'. 3. 'Select Your Category' with a list of radio button options: 'sleep', 'diet', 'smoking', 'exercise', 'stress', and 'other'. At the bottom, there is a partially visible section for 'Select Your Frequency'.

## 2 Journal

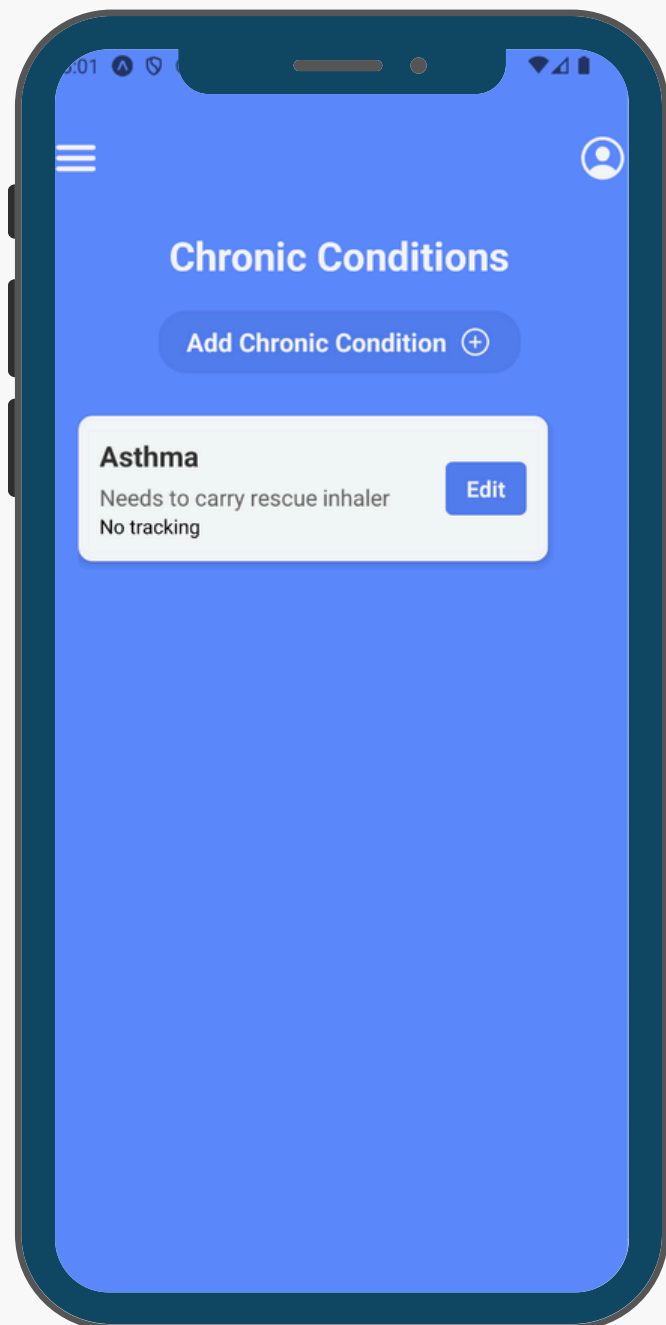
The 'Journal' screen has a blue header with a hamburger menu icon on the left and a user profile icon on the right. The main content area contains: 1. A motivational prompt: 'Take a moment to reflect. Write about today, your goals, or anything on your mind!'. 2. A text input field for 'Enter a title for your journal'. 3. A large text area for 'Write your journal entry here...' with a character count '0/700' on the right. 4. A mood selector featuring a yellow neutral face emoji and the word 'Neutral' next to a horizontal slider. 5. An 'ENTER' button at the bottom.

## 3 Biometrics

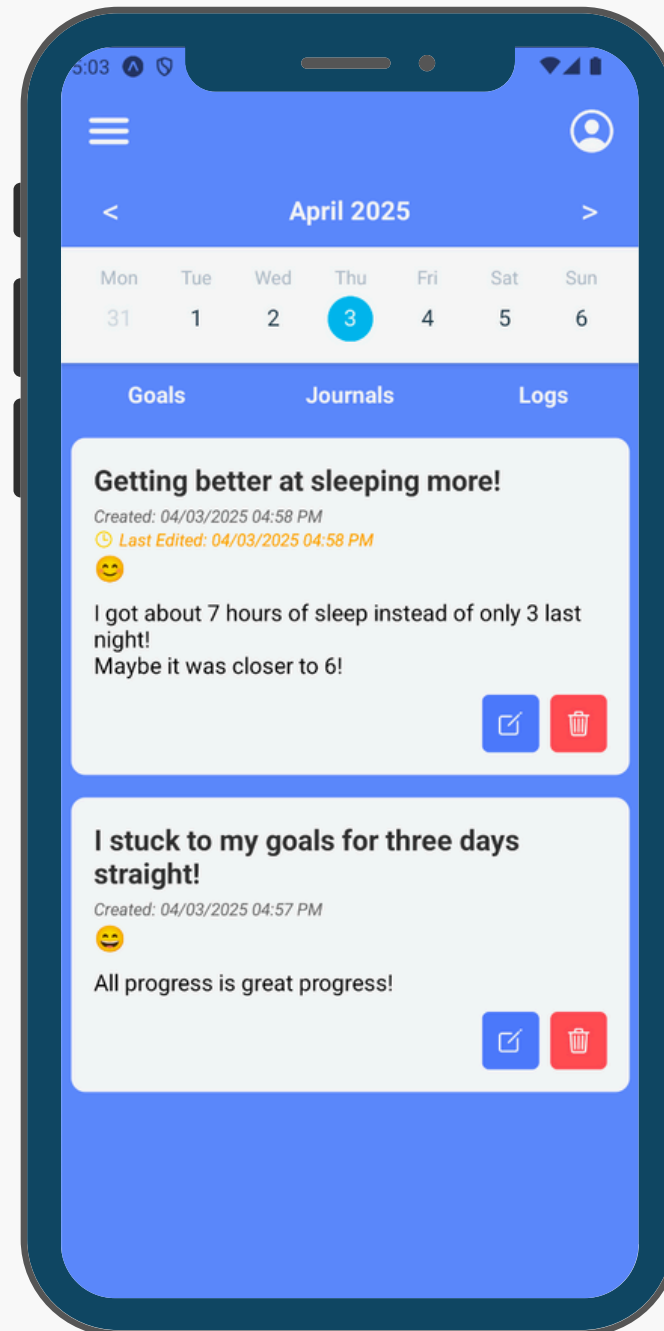
The 'Biometrics' screen features a blue header with a hamburger menu icon on the left and a user profile icon on the right. The screen displays a list of biometric data points, each in a white card with a blue header and a light blue background: 1. 'AGE' with a calendar icon and the value '34'. 2. 'GENDER' with a female symbol icon and the value 'Male'. 3. 'RACE' with a person icon and the value 'Asian'. 4. 'HEIGHT' with a height measurement icon and the value '5 ft 9 in'. 5. 'WEIGHT' with a heart icon and the value '179'. 6. 'BMI' with a dumbbell icon and the value '26.43'. 7. 'ALCOHOLUSE' with a glass icon and the value 'YES'. A partially visible 'ALCOHOLDETAILS' section is at the bottom.

# Project Solution

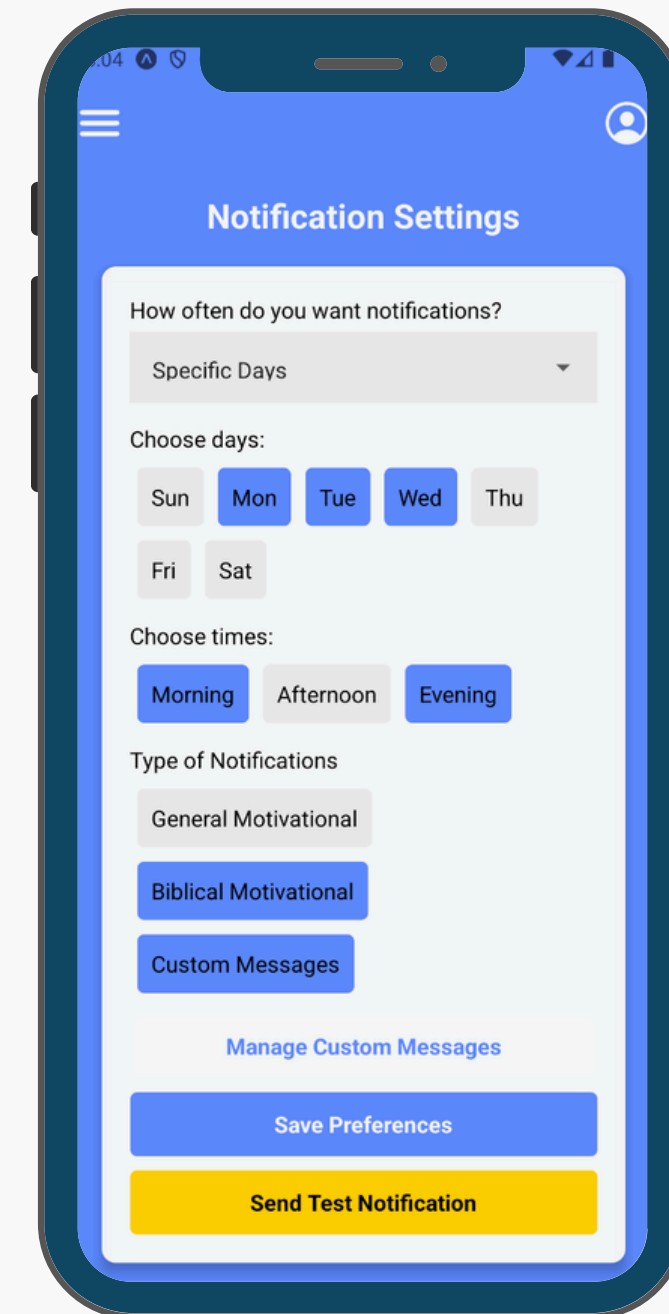
## 4 Chronic Conditions



## 5 Calendar



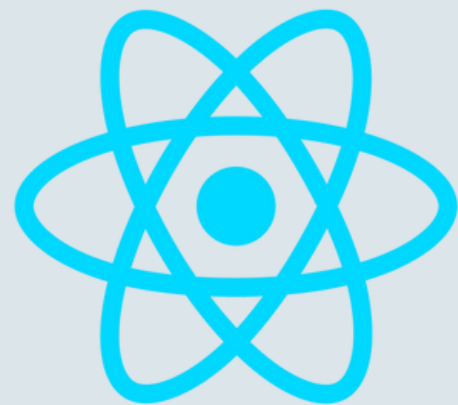
## 6 Notifications



# Tech Stack

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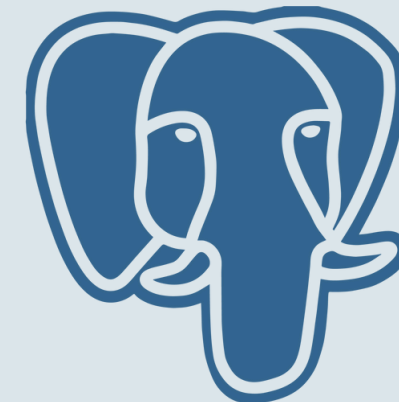
## Mobile App



## Server



## Database



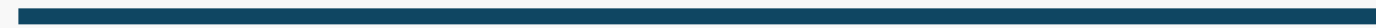
PostgreSQL



**Railway**

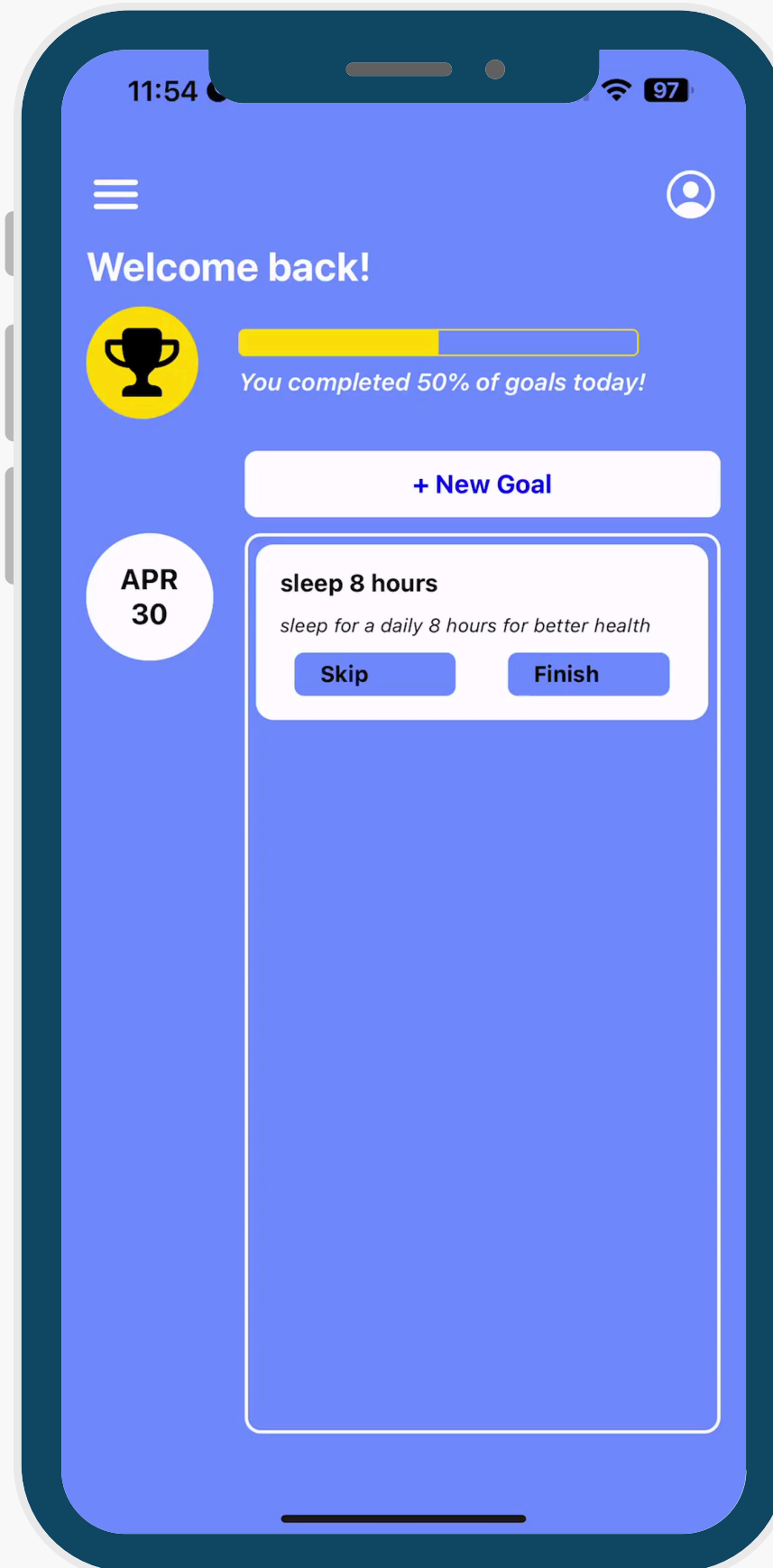


*Demo*



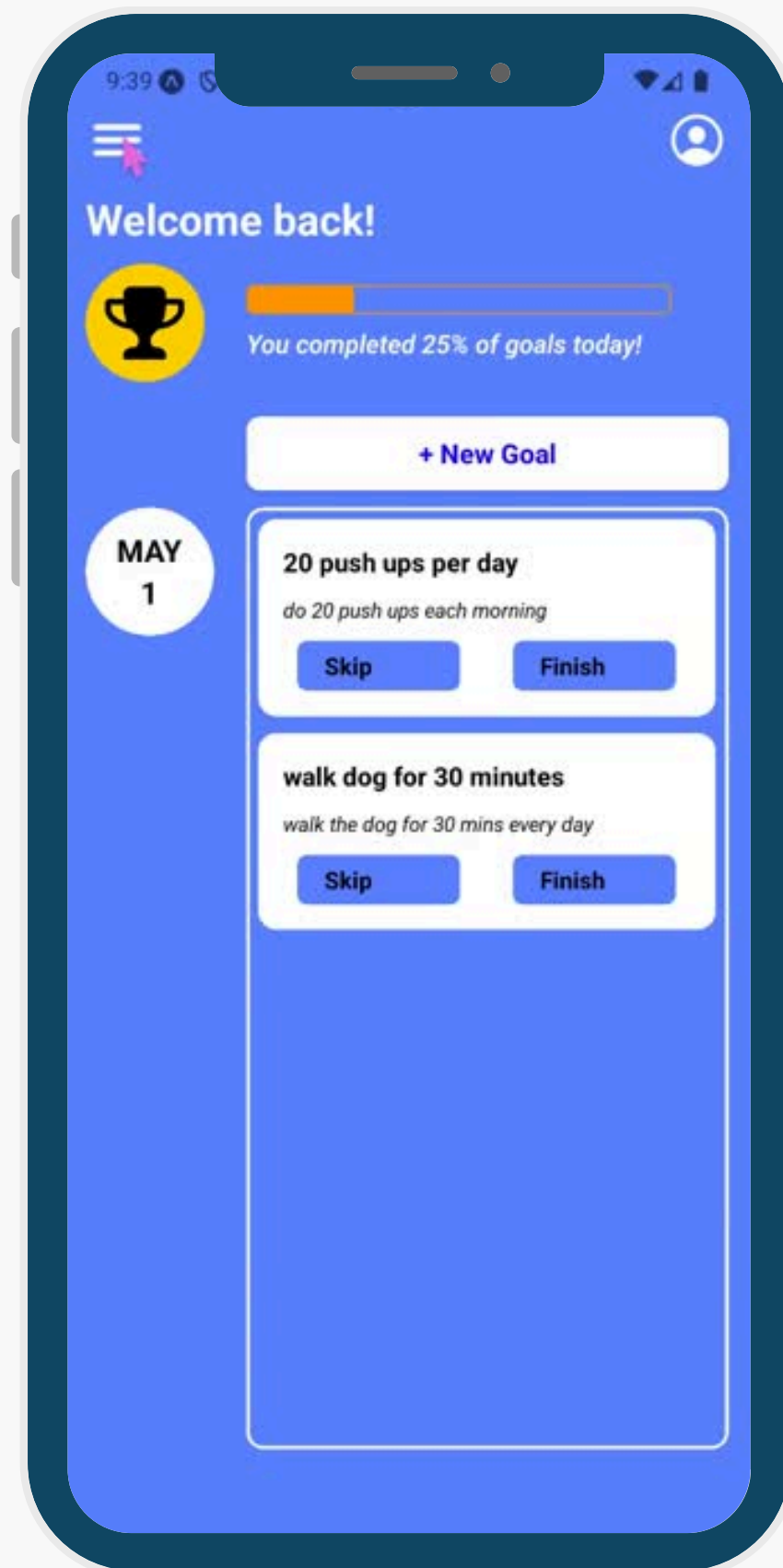
# Goals

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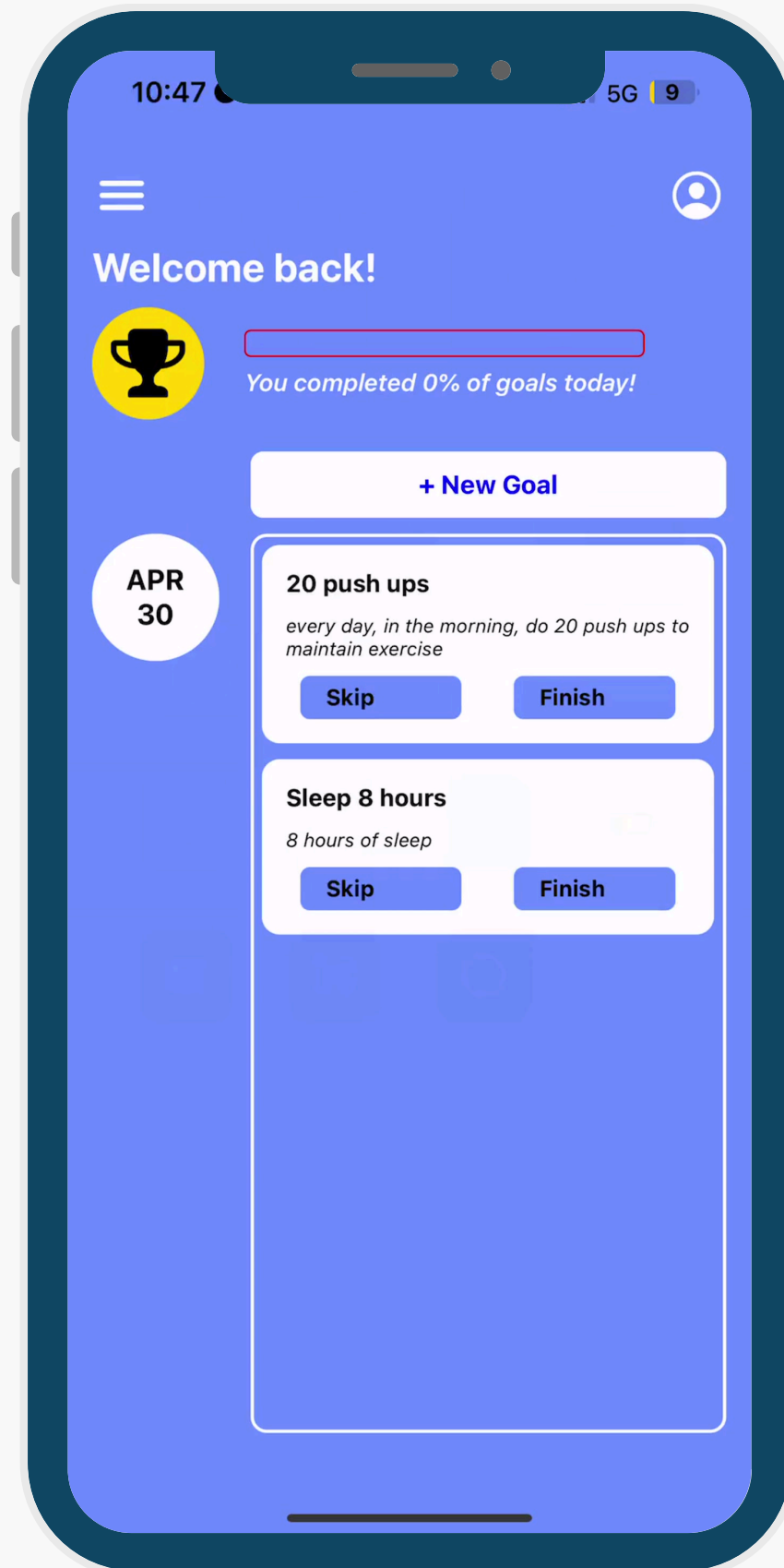
# Journals

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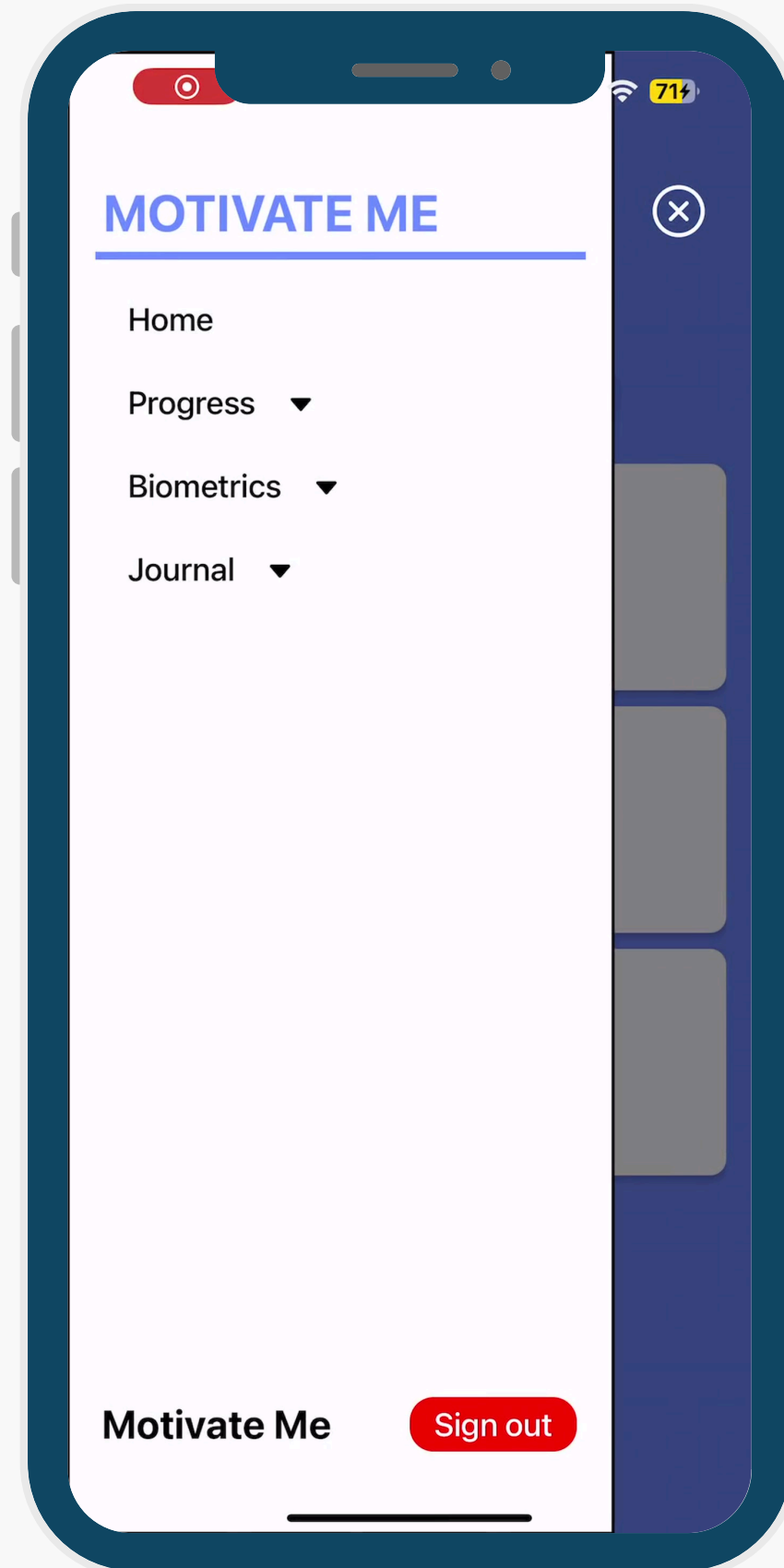
# Biometrics

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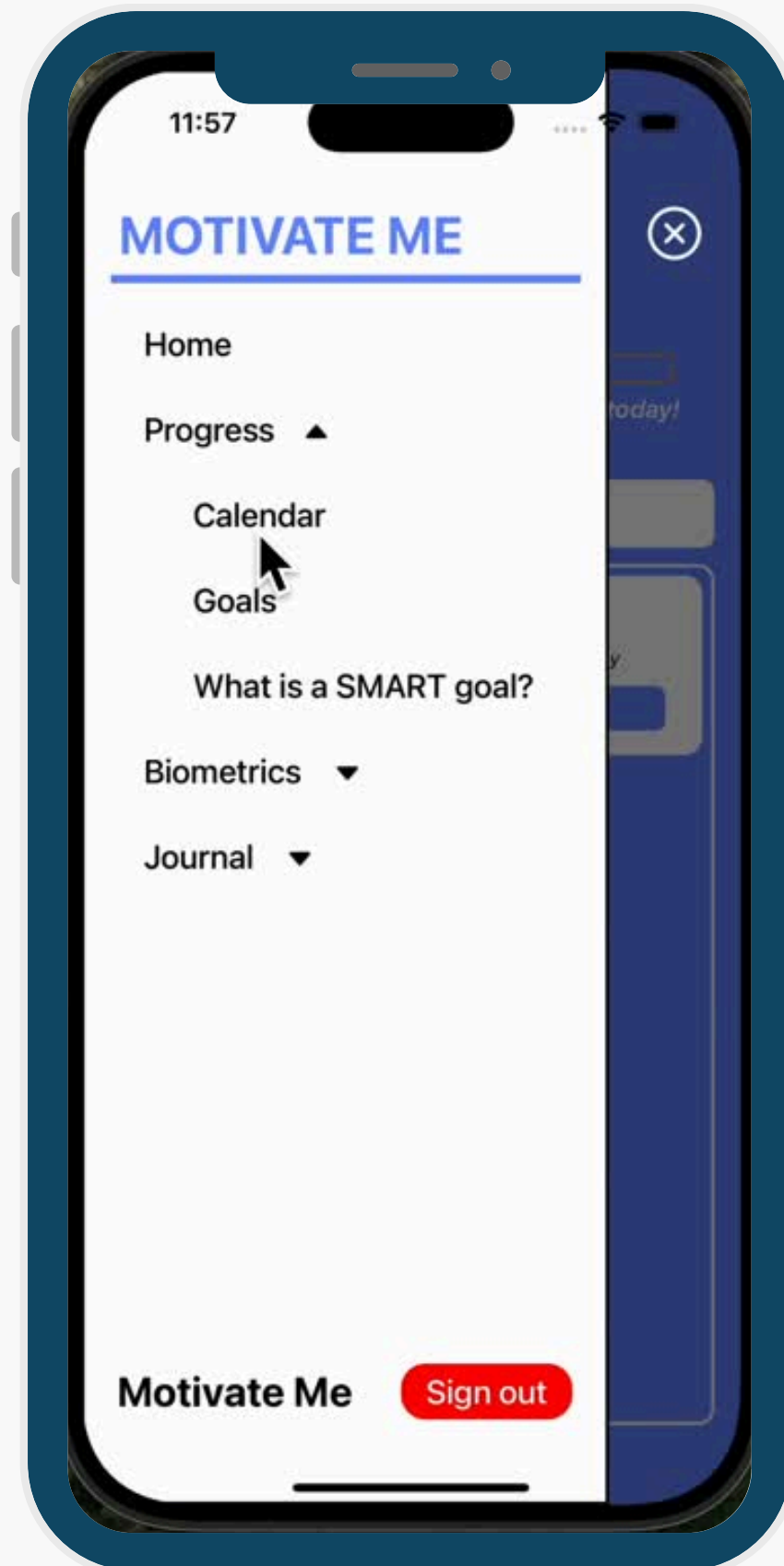


# Chronic Conditions

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# Calendar



# Challenges & Lessons Learned



## iOS & Android Compatibility

Using React Native made it efficient to learn how to create an application but making sure packages and updates were on par.

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## Deployment

Implementing the application had two different processes for iOS and Android that varied in expenses, review time, and restrictions. We also had trouble getting our DUNS number approved

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## Team Growth & Collaboration

We started this project without knowing each other and learned the importance of team bonding. Built trust through regular check-ins and shared goals.

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## *Current Status*

- Submitted to Apple App Store and Google Play
- Final testing complete; project handed off
- No longer in active development

## *Future*

- Add visual motivation tools for progress tracking
- Include more health education resources
- Integrate detailed graphs and progress reports
- Personalize features for long-term engagement

# *Student Research Symposium*





# *Acknowledgements*





*Questions?*

