



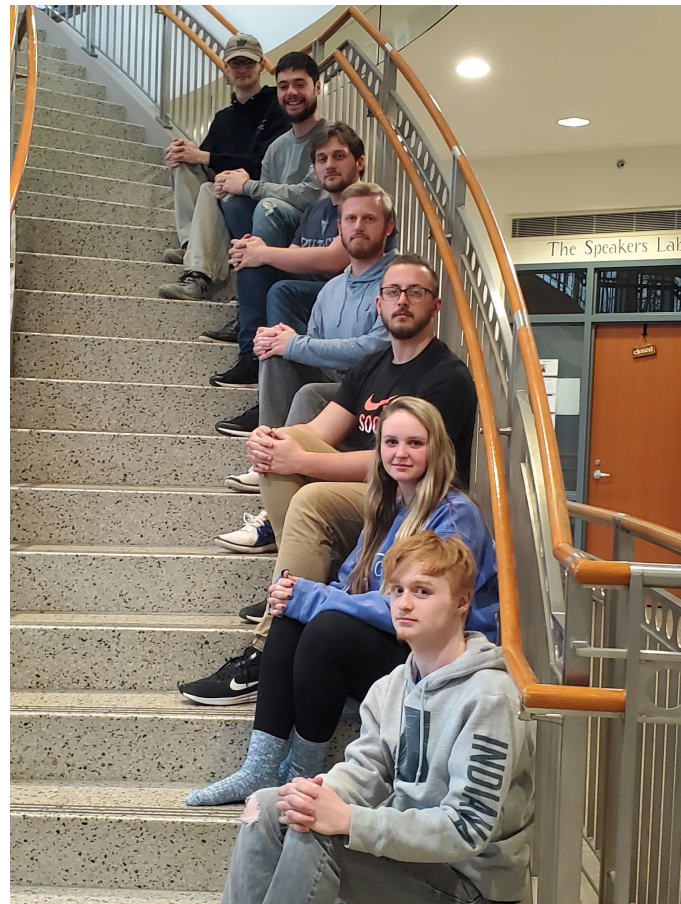
BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

Healthy Horizons

FINAL PRESENTATION

Meet the Team

David Purdum	Team Leader, Lead Developer
Travis Miller	Front End Developer
Davis Botta	Front End Developer
Kenny Burton	Front End Developer
Catherine Bain	Back End Developer, Database
Ryan Graham	Back End Developer, Database
Nick Ruddell	Client Liaison, Webmaster



Background of Client

- Promotes healthy living with comprehensive and confidential wellness package
- Provides information about health education programs around campus
- Available for all Butler staff/faculty
- Conducted through the College of Pharmacy and Health Sciences
- Founded in 2004 and has been growing ever since.



Original Goals from the Client

Client's Goal: Create a web based form to allow for an easier experience tracking points compared to the paper form


Our Goals:

- Design a user friendly template for a web-based tracking form
- Create a back-end database to store information
- Host the website
- Functionally working website for new users by end of semester
- Incorporate Auth0 into login

Previous Front End Development

Point Submission

[About](#) [Points](#) [Prize List](#)



Point Submission for Fall 2019

In the boxes below, please enter the number of times you have completed each task this semester. You can come back to this page and update your point totals.

The submit button will calculate your points and let you pick out the prizes you are eligible for. Then you will do a final submission that will send your points and prize selections to Healthy Horizons.

Earn 1 Point Each

Enter the number of the times each task was completed.

<input type="text" value="14"/>	Participate in Center for Faith and Vocation guided meditation class
<input type="text" value="7"/>	Eat 5 servings of fruits/vegetables in one day
<input type="text" value="0"/>	Avoid all sugar-sweetened beverages for one day
<input type="text" value="6"/>	Participate in an HRC fitness class

Total Earned Points: 27

You have 123 points left until silver status.

Input in your completed tasks

Earn 25 Points Each

Enter the number of the times each task was completed.

<input type="text" value="2"/>	Attend a Healthy Horizons lunch and learn
<input type="text" value="2"/>	Read an entire novel for stress relief
<input type="text" value="2"/>	Register for Healthier BU Blog

Earn 50 Points Each

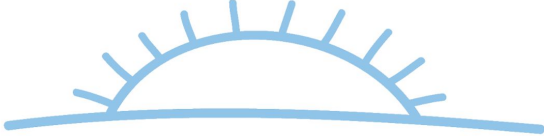
Enter the number of the times each task was completed.

<input type="text" value="1"/>	Complete annual wellness consult with Healthy Horizons
<input type="text" value="1"/>	Complete annual physical with your Primary Care Provider

Previous Point Submission page

Prize Page

About Points Prize List



List of Potential Prizes

A healthy lifestyle isn't the only benefit of the Healthy Horizons initiative—there are also many prizes you can earn based on the amount of points you earn throughout the semester! Below are the potential prizes you can win organized by the point levels:

Silver (150 Points)

- Fingerless Gloves
- Pill Dispenser
- Magnetic Clip
- First Aid Kit
- Cloth Grocery Bag
- Water Bottle

Gold (250 Points)

Price Selection Page

About Points Prize List

☐ Magnetic Clip

☐ First Aid Kit

☐ Cloth Grocery Bag

☐ Water Bottle

Gold (250 Points)

☐ Camp/Car LED Lantern

☐ Reusable Utensils & Bag

☐ Zen Coloring Book & Pencils

☐ Dri-Mesh Shirt

☐ Lined Thermos

Contact Info

Please fill out this contact information so we know who has submitted their points! We will use your email if for some reason we need to contact you.

First Name

Last Name

Butler Email

NEW Front End Development


- Weekly submission format
- Can edit each week individually
- Intuitive for the user

The screenshot displays a web application interface for a weekly challenge submission. At the top, a blue navigation bar contains links for 'About', 'Calendar', 'Prize List', and 'Admin'. The main content area is divided into two panels. The left panel, highlighted with a purple border, lists 14 challenges with their respective point values: 1 (50 points), 2 (60 points), 3 (59 points), 4 (0 points), 5 (0 points), 6 (0 points), 7 (0 points), 8 (0 points), 9 (0 points), 10 (0 points), 11 (0 points), 12 (0 points), 13 (0 points), and 14 (0 points). The right panel, also highlighted with a purple border, shows the 'Week 2' submission form, which is worth 60 points. It contains a list of 14 challenges, each with a progress bar and a checkbox. The challenges are: 1. Walk to the CUES farm for a visit during farm stand hours (0/50 points), 2. Participate in Center for Faith and Vocation guided meditation class (0/59 points), 3. Eat 5 servings of fruits/vegetables in one day (0/59 points), 4. Avoid all sugar-sweetened beverages for one day (0/59 points), 5. Participate in an HRC fitness class (many free options for staff/faculty) (0/59 points), 6. Pack a healthy lunch from home (0/59 points), 7. Park far away from work/store and walk (0/59 points), 8. Sleep 7 1/2 hours or more in one night (0/59 points), 9. Use the restroom on different floor or building from your office (0/59 points), 10. Find and use a Health & Wellness App or Podcast daily/weekly (checked, 59 points), 11. Increase your weekly step count average by 1000 steps (checked, 59 points), 12. Obtain 150 minutes of exercise in one week (unchecked, 0 points), 13. Take prescribed medications for an entire week (unchecked, 0 points), 14. Attend a Healthy Horizons lunch and learn (checked, 59 points), and 15. Read an entire novel for stress relief (checked, 59 points). At the bottom of the right panel, there are two buttons: 'Submit' and 'Discard'.

Challenge	Points
1. Walk to the CUES farm for a visit during farm stand hours	50 points
2. Participate in Center for Faith and Vocation guided meditation class	59 points
3. Eat 5 servings of fruits/vegetables in one day	59 points
4. Avoid all sugar-sweetened beverages for one day	59 points
5. Participate in an HRC fitness class (many free options for staff/faculty)	59 points
6. Pack a healthy lunch from home	59 points
7. Park far away from work/store and walk	59 points
8. Sleep 7 1/2 hours or more in one night	59 points
9. Use the restroom on different floor or building from your office	59 points
10. Find and use a Health & Wellness App or Podcast daily/weekly	59 points
11. Increase your weekly step count average by 1000 steps	59 points
12. Obtain 150 minutes of exercise in one week	0 points
13. Take prescribed medications for an entire week	0 points
14. Attend a Healthy Horizons lunch and learn	59 points
15. Read an entire novel for stress relief	59 points

Previous Website Style

[About](#)[Points](#)[Prize List](#)



Point Submission for Fall 2019

In the boxes below, please enter the number of times you have completed each task this semester. You can come back to this page and update your point totals.

The submit button will calculate your points and let you pick out the prizes you are eligible for. Then you will do a final submission that will send your points and prize selections to Healthy Horizons.

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Earn 25 Points Each

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<input type="text" value="2"/>	Attend a Healthy Horizons lunch and learn
<input type="text" value="2"/>	Read an entire novel for stress relief
<input type="text" value="2"/>	Register for Healthier BU Blog

Earn 50 Points Each

Enter the number of the times each task was completed.

<input type="text" value="1"/>	Complete annual wellness consult with Healthy Horizons
<input type="text" value="1"/>	Complete annual physical with your Primary Care Provider

NEW Website Style

AboutCalendarPrize ListAdmin

132 points

248 points

336 points

417 points

50 points

614 points

775 points

837 points

95 points

100 points

110 points

120 points

130 points

140 points

You have 86 points left until platinum tier!

264points

Spring 2020

Select Prizes

AboutCalendarPrize ListAdmin

150 points

260 points

359 points

40 points

50 points

60 points

70 points

80 points

90 points

100 points

110 points

120 points

130 points

140 points

Week 260 pts

0Walk to the CUES farm for a visit during farm stand hours

0Participate in Center for Faith and Vocation guided meditation class

0Eat 5 servings of fruits/vegetables in one day

0Avoid all sugar-sweetened beverages for one day

0Participate in an HRC fitness class (many free options for staff/faculty)

0Pack a healthy lunch from home

0Park far away from work/store and walk

0Sleep 7 ½ hours or more in one night

0Use the restroom on different floor or building from your office

☒Find and use a Health & Wellness App or Podcast daily/weekly

☒Increase your weekly step count average by 1000 steps

☐Obtain 150 minutes of exercise in one week

☐Take prescribed medications for an entire week

☒Attend a Healthy Horizons lunch and learn

☒Read an entire novel for stress relief

Submit

Discard

Backend Development - Functionality

- Key Features Added
 - Dynamic Task List
 - Dynamic Prize List

The screenshot displays a web application interface with a blue header bar containing navigation links: "About", "Calendar", "Prize List", and "Admin".

On the left, a vertical list of 14 items is shown, each with a number and a point value:

Item Number	Points
1	50 points
2	60 points
3	59 points
4	0 points
5	0 points
6	0 points
7	0 points
8	0 points
9	0 points
10	0 points
11	0 points
12	0 points
13	0 points
14	0 points

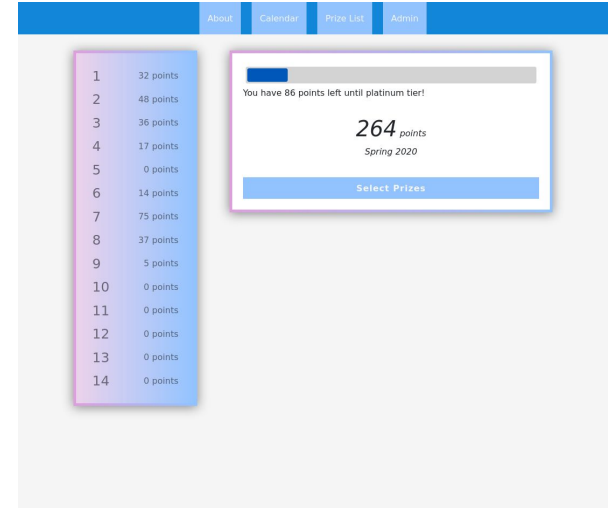
On the right, a form titled "Week 2" is displayed, showing a total of "60 pts". The form contains a list of tasks, each with a progress bar and a checkbox:

Task	Progress	Completion
Walk to the CUES farm for a visit during farm stand hours	0	<input type="checkbox"/>
Participate in Center for Faith and Vocation guided meditation class	0	<input type="checkbox"/>
Eat 5 servings of fruits/vegetables in one day	0	<input type="checkbox"/>
Avoid all sugar-sweetened beverages for one day	0	<input type="checkbox"/>
Participate in an HRC fitness class (many free options for staff/faculty)	0	<input type="checkbox"/>
Pack a healthy lunch from home	0	<input type="checkbox"/>
Park far away from work/store and walk	0	<input type="checkbox"/>
Sleep 7 ½ hours or more in one night	0	<input type="checkbox"/>
Use the restroom on different floor or building from your office	0	<input type="checkbox"/>
Find and use a Health & Wellness App or Podcast daily/weekly	100%	<input checked="" type="checkbox"/>
Increase your weekly step count average by 1000 steps	100%	<input checked="" type="checkbox"/>
Obtain 150 minutes of exercise in one week	0	<input type="checkbox"/>
Take prescribed medications for an entire week	0	<input type="checkbox"/>
Attend a Healthy Horizons lunch and learn	100%	<input checked="" type="checkbox"/>
Read an entire novel for stress relief	100%	<input checked="" type="checkbox"/>

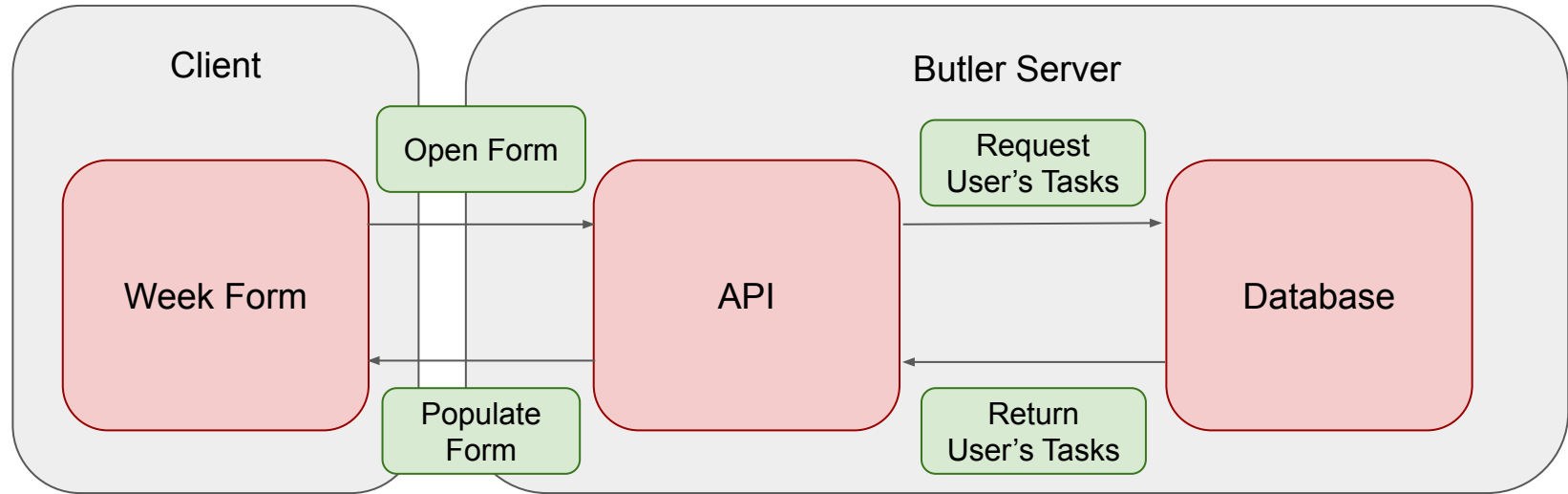
At the bottom of the form, there are two buttons: "Submit" and "Discard".

Backend Development - Functionality Continued

- Database is called to populate the form for the selected week
- Dynamically change based on user input
 - Weekly Point Values
 - Total Point Value
- Send data to the database when user hits 'Submit'

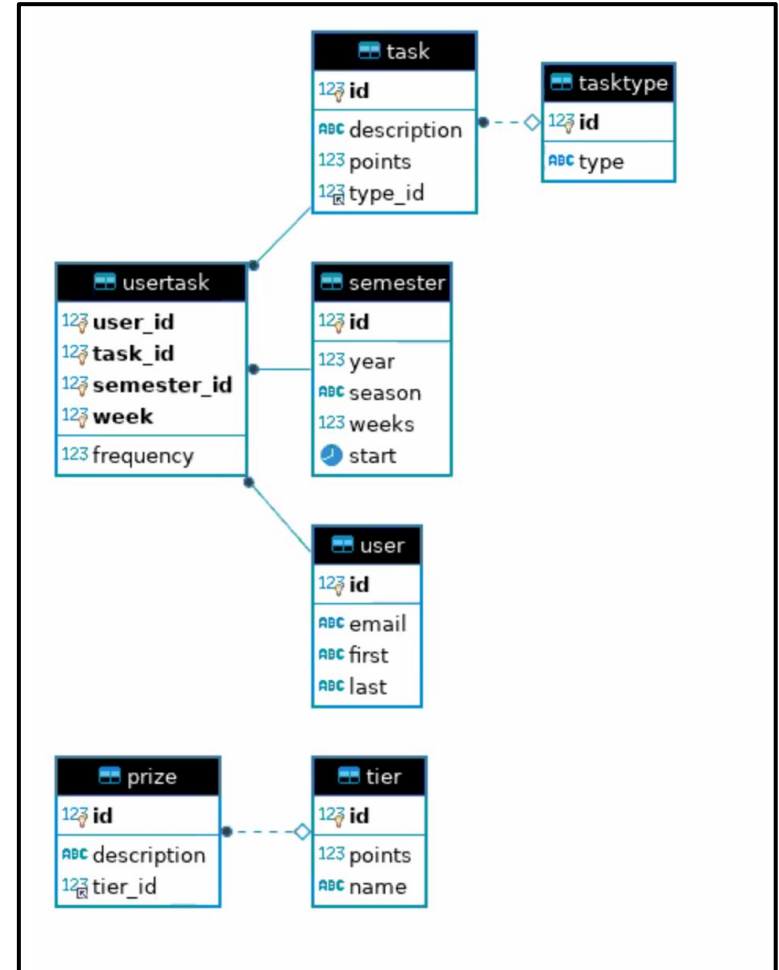


Backend Development - Functionality Continued



NEW Database Schema

- Organization of the data for the new calendar format
- Set up the database for the use of Auth0



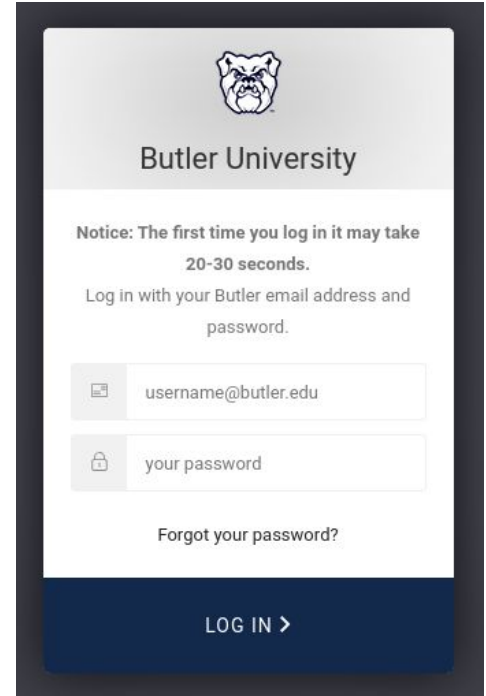
Admin Webpage

- Administrator can see all users
- Replaces the submission process

					About	Calendar	Prize List	Admin
					Name	Email	Points	Prizes
1	Earl Gill	earlfgilliv@gmail.com	264	Silver Gold	Pill Dispenser Reusable Utensils & Bag			
2	Dave Purdum	dpurdum@butler.edu	352	Silver Gold Platinum	Pill Dispenser Zen Coloring Book Bluetooth Earbuds			
3	Alex Kuhn	aekuhn2@butler.edu	45					
4	Ryan Graham	superyan45@aol.com	169	Silver	Fingerless Gloves			
5	Nick Ruddell	nickruddell@comcast.com	22					

Goals for Next Semester

- Integrate log in with Butler credentials (Auth0)
- Expand features of the Admin page
- Even better user experience/interface
- Experiment with new features of the program
 - Special one-time challenges



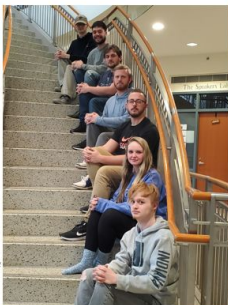
The image shows a mockup of a login interface for Butler University. At the top, there is a grey header with the Butler University bulldog logo and the text "Butler University". Below the header, a notice states: "Notice: The first time you log in it may take 20-30 seconds." followed by "Log in with your Butler email address and password." There are two input fields: the first is labeled "username@butler.edu" with an email icon, and the second is labeled "your password" with a lock icon. Below the password field is a link that says "Forgot your password?". At the bottom, there is a dark blue button with the text "LOG IN >".

Thank You!

- **Dr. Panos Linos**; Faculty Mentor
- **Nate Partenheimer**; Sr. Systems Analyst IT Butler University
- **Dr. Alison Walton**; Healthy Horizons Client Contact
- **Anna Gerlach**; Healthy Horizons Program Coordinator
- **Prof. Lucchi-Riester**; BU Spanish Professor, SP-322
 - SP-322 Students:
 - Gabriella Arnold
 - Chad Hansen
 - Megan Leaman
 - Matt Morris



Team Introduction

David Purdum – *Team Leader*

Davis Botta – *Front End Team*

Kenny Burton – *Front End Team*

Travis Miller – *Front End Team*

Ryan Graham – *Back End Team*

Catherine Bain – *Back End Team*

Nick Ruddell – *Webmaster, Client Liaison*

Client Background and Information



The Healthy Horizons program starts in 2004 with the purpose of promoting healthy living by providing a comprehensive and confidential wellness package to Butler University faculty and staff. The program assists employees with improving their health, provides ongoing information and health education programs, and helps identify health risks and ways to reduce those risks.

In the past, Healthy Horizons has used a paper form to track participant's points.

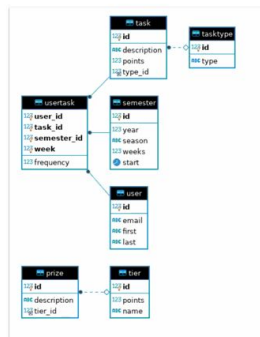
[illegible]

Results



The front-end team developed a wireframe for the online point tracking form. The user can select the week and enter the tasks they completed and see their progress towards rewards. There is a submit and a discard button that allows the user to submit their total points for each week. The discard button allows the user to discard any recent changes that you don't want to submit. The front end team learned HTML, CSS, and EJS. EJS, a template language, was used for the navigation page while CSS and HTML were used for the other elements of the page. In addition, the front end group finalized the prize page where users can see the prizes they are working towards earning in an attempt to incentivize participation.

Database



The back end of the team created a web server that reacts to the HTTP requests from the client. They created an SQL database to store information required for the user interface such as the user, the tasks they have completed, the total number of points they have so far that semester, and the different prizes. The database is now implemented on the Butler server.

Objectives

- Create a weekly user interface to track points easier throughout the semester.
- Incorporate Auth0 to allow Butler employees to login using their Butler credentials.
- Create and Host a working Website

Challenges

- Front End Team:
 - Starting over in the middle of the semester
 - Managing the dynamics of multi-page website
- Back End Team:
 - Hosting Auth0
 - Received the correct Auth0 Tutorial mid-way through semester

Conclusion/Reflection

This team was really excited to continue working on this project from last semester; we were passionate about the mission of Healthy Horizons and ready for the challenges of learning. We were able to create multiple products, each of which played to the team member's strengths while still learning something new. Overall, the semester was a major success and we hope that the Healthy Horizons project continues to evolve with future EPICS groups.

Acknowledgements

- **Dr. Panos Linos**; Faculty Mentor
- **Nate Partenheimer**; Sr. Systems Analyst IT Butler University
- **Dr. Alison Walton**; Healthy Horizons Client Contact
- **Anna Gerlach**; Healthy Horizons Program Coordinator



Previous Healthy Horizons Teams

Spring 2019:

David Purdum
Walker Demel
Cal Ormanovich
David Emmerling
Abby Craig
Sam Badovinac



Fall 2019:

David Purdum
Catherine Bain
Nick Ruddell
Alex Kuhn
Dalton Morzos
Earl Gil IV

