BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

Healthy Horizons

Sprint 3 Presentation

About Healthy Horizons:

The Healthy Horizons program started 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. Healthy Horizons has a healthy living rewards program for Butler faculty. Participants of this rewards program accumulate points for making healthy life choices. Points are currently tracked and submitted via paper, and we are working on developing a web application to make this program run much more efficiently and hopefully attract more users.

Introduction - Roles

➔ Team Leader:
   ◆ Dave Purdum
➔ Front End Team:
   ◆ Travis Miller
   ◆ Kenny Burton
   ◆ Davis Botta
➔ Back End Team:
   ◆ Catherine Bain
   ◆ Ryan Graham
➔ Webmaster and Statistics Team:
   ◆ Nick Ruddell
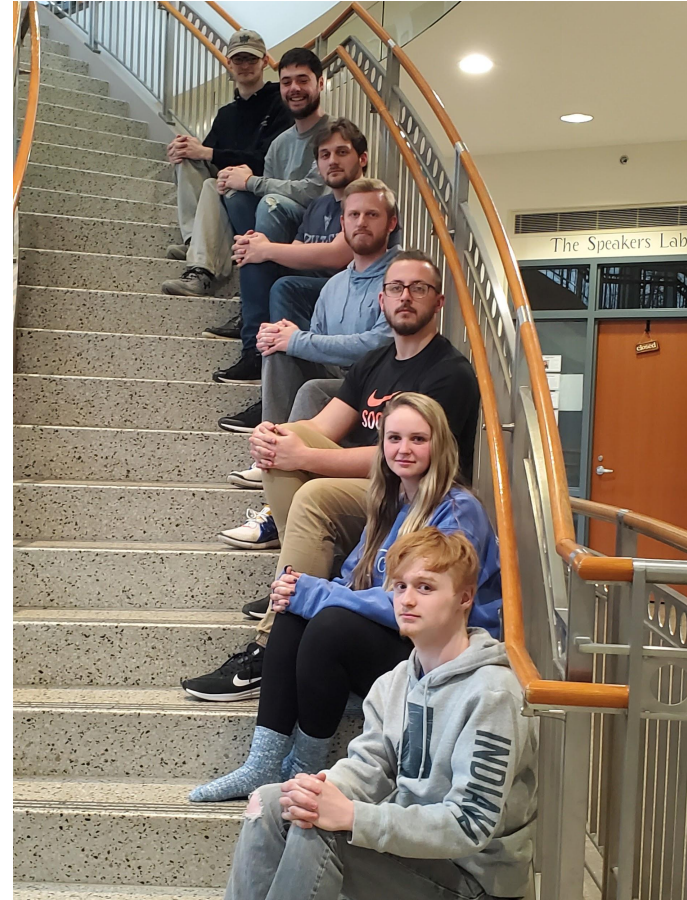
Sprint 3 Goals

- Auth0
- Rewrite all CSS
- Update database to include a week number for user task.
- Add foreign key constraints to columns in database.
- Update the mobile CSS experience
- Design an administrative page
- Create a working calendar interface

Functions that need to be written:

- GET /api/tiers
- GET /api/task_points
- GET /api/user_tasks/:user_id/:week_num
- POST /api/ user_tasks/:user_id/:week_num

Database
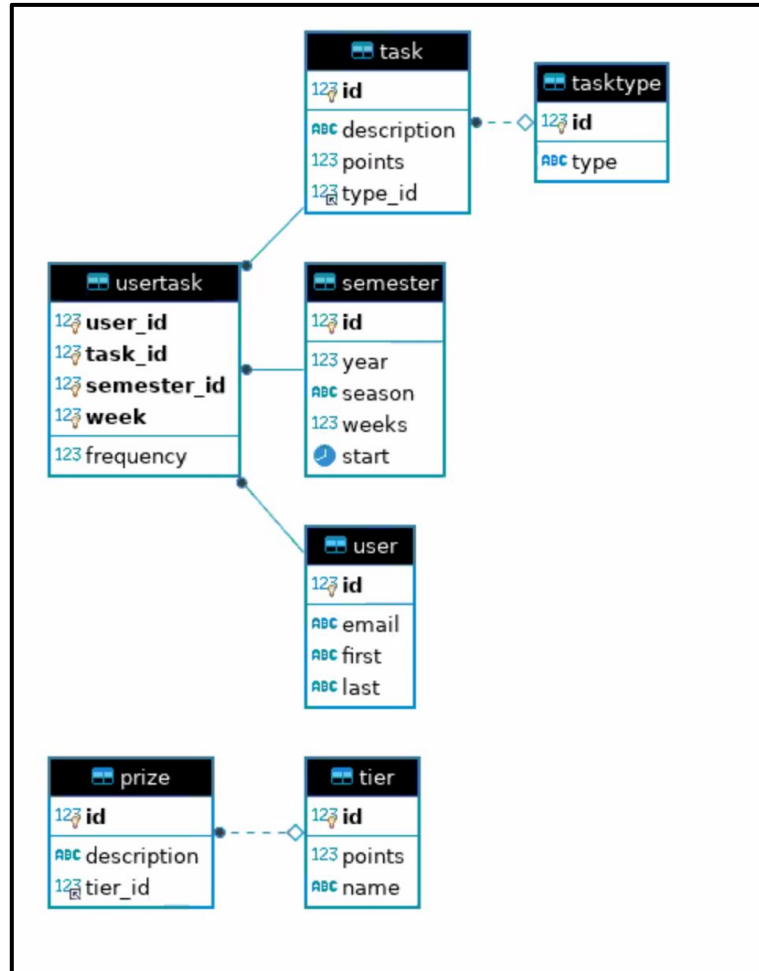
New Interface

Accomplishments:
- Brand new design
- Each week is updated individually
- Total number of points for each week available
- Friendly User Interface

1	**27 points**
2	27 points
3	21 points
4	17 points
5	0 points
6	14 points
7	75 points
8	37 points
9	0 points
10	0 points
11	0 points
12	0 points
13	0 points
14	0 points

Week 2   27 pts

5	Use walking and jogging routes around campus
5	Walk to the CUES farm for a visit during farm stand hours
7	Participate in Center for Faith and Vocation guided meditation class
0	Eat 5 servings of fruits/vegetables in one day
5	Avoid all sugar-sweetened beverages for one day
0	Participate in an HRC fitness class (many free options for staff/faculty)
0	Pack a healthy lunch from home
0	Park far away from work/store and walk
0	Sleep 7 ½ hours or more in one night
0	Use 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**

Demo

Completed Sprint 3 Goals

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Next Steps

- Integrate Auth0

- Prize submission

- Administrative Page