

Finalized Scope

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INFM480: Capstone Project for IT & Informatics

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Capstone Project Scope

Project Title: Personal Health Coach Platform

Project Scope

The scope of this capstone project is to design and evaluate a conceptual digital health platform that integrates personal health data and provides personalized health insights using AI-assisted recommendations.

The project will focus on the research, design, and prototype development of a system that aggregates various personal health indicators including wearable device data, nutrition tracking, sleep metrics, and bloodwork results into a unified platform. The system will analyze these data inputs to generate recommendations, detect health trends, and provide users with personalized wellness guidance.

The project will include the following components:

1. User Needs Research

A survey-based research study will be conducted to understand:

- User barriers to traditional health coaching services
- Interest in AI-assisted health recommendations
- Trust and privacy concerns related to digital health platforms
- Desired features for a personal health management system

2. Data Analysis

Survey data will be analyzed using descriptive statistics and basic correlations to identify patterns in user preferences, adoption willingness, and perceived value of integrated health platforms.

3. System Architecture Design

A conceptual architecture for the Personal Health Coach Platform will be developed. This design will outline the system's major components, including:

- Data input sources (wearables, nutrition tracking, medical records)
- Data processing and analytics layers
- AI-assisted recommendation module
- User interface and visualization components

4. Prototype and Interface Design

Low-fidelity wireframes and interface mockups will be created to demonstrate how users would interact with the platform, including:

- Dashboard views
- Health trend visualizations
- Personalized recommendations
- Alert notifications

5. Evaluation and Documentation

The project will conclude with a final report summarizing:

- Research findings
- System design
- Prototype evaluation
- Potential real-world applications and limitations