



2020: My Mood Buddy

My Mood Buddy is a mobile application that aims to support young Scots with mental health issues manage their health and wellbeing. The app links users with a 'Mood Buddy' to help support them in managing their mental health. This companion can use the app to perform daily checks, while users can use it to keep a secure journal, personalise their content to reflect their likes, dislikes and overall mood and allows them to contact their 'Mood Buddy' when they need their support.

2019: Shake it up

'Shake It Up' was an app that allowed pupils to pre-order their school lunch using a mobile phone. The Shake It Up app would be linked with Marr Colleges ordering system and pupil's Young Scot Cards - allowing young people to earn points and prizes for selecting healthy meals at lunchtime. The app would also link in with the school's house system allowing pupils to win points for their house team. Shake it Up hoped their idea would encourage other pupils to make healthier choices.

2018: FakeAway

FakeAway was a healthy lifestyle app and social enterprise aiming to educate and promote the importance of healthy eating to young people. Customers could easily access and cook healthy alternatives to their favourite takeaways, from the comfort of their own home. The app aimed to provide a weekly shopping list, tailored to the user's personal budget and dietary requirements. The recipes were video aided and easy to make. The team's tagline was "FakeAway makes it easy and enjoyable to remain healthy and will help tackle the obesity epidemic in the UK. We are here to encourage our customers to eat healthy and feel good."

2017: Empower Fitness

A unique primary school app 'Health Buzz' that promotes healthy living and fitness that would target all primary 7. Along with targeting the P7 pupils the team wanted to sustain and continue the use of the app into their homes, meaning families would have the opportunity to contribute and get involved. The app sought to address three main factors of health, fitness and well-being. Allowing users in school and at home to create informal leagues where they compete with classmates or family to achieve health and fitness goals. All data was to be entered manually and results would be presented through an Olympic Medal system.