

## **Scope of Work x Cleveland County**

**Project Name:** Cleveland County Wellness

**Prepared For:** Cleveland County

**Prepared By:** [bfac.com](http://bfac.com) / Heather McMullan & Jean Rizk

**Project Cost:** Year 1: 5,999.00 Year 2 and beyond: 1,999.00 per year

### **Project Overview**

bfac.com will design, develop, and deploy a custom mobile application for Cleveland County.

### **Key Features**

The program is a 90-day wellness challenge with a goal of 180 points per participant. Points will be earned through a variety of healthy habits across the following categories:

#### **1 - PHYSICAL ACTIVITY**

- Gym workout (30+ minutes)
- Walking at lunch
- Running or jogging
- Cycling (indoor or outdoor)
- Strength training
- 10,000 steps in a day
- 10 flights of stairs
- Stretching or mobility work (10–15 min)
- Fitness classes: Yoga, Zumba, Cardio Kickboxing, Tai Chi, Soul Dancing
- Recreational sports (basketball, pickleball, tennis, etc.)
- Swimming
- Hiking — Saxon Park (1+ mile loop) or Ruby Grant Park (1.25 mile loop)

#### **2 - PREVENTATIVE HEALTH**

- Wellness check at Classen (free)
- InBody scan (encouraged at start and end of program)
- Blood pressure or pulse check
- Annual physical or doctor visit
- Dental check-up
- Vision exam
- Blood drive participation

### **3 - MENTAL & EMOTIONAL WELLNESS**

- Meditation (5–10+ minutes)
- Deep breathing exercises
- Journaling
- Daily gratitude list (3 things)
- Reading (non-work related)
- Attending a counseling or therapy session
- Listening to a wellness or personal growth podcast

### **4 - NUTRITION & HEALTHY HABITS**

- Attend a healthy cooking class
- Cook a healthy meal at home
- Meal prep for the week
- Pack a healthy lunch (must include fruit, vegetable, and protein)
- Try a new healthy recipe

### **5 - SOCIAL & COMMUNITY WELLNESS**

- Participate in a group fitness class
- Join a walking group
- Attend a wellness event
- Volunteer (1+ hour of community service)
- Attend a hosted hike or outdoor meetup

### **6 - WORKPLACE WELLNESS**

- Take the stairs instead of the elevator
- Stretch break during the workday

### **7 - OUTDOOR & RECREATIONAL WELLNESS**

- Walk a trail
- Visit a park
- Gardening or yard work
- Outdoor yoga
- Kayaking, paddleboarding, or fishing
- Play outside with pets
- Weekend hike (weather dependent)

## 8 - BONUS / HIGH-IMPACT ACTIVITIES

- Complete both beginning and ending wellness check + InBody scan
- Blood drive participation
- Attend multiple classes in one week
- Consistency streak (5+ active days in a row)
- Host or organize a wellness activity

One key feature is a photo submission option so participants can verify completed activities (review and approve points on the back end).

### Deliverables

1. **Mobile App Design & Development** – UI/UX design, coding, and configuration for iOS and Android.
2. **Backend & Database Setup** – Secure storage of user data, payment details, and rewards tracking.
3. **Testing & Quality Assurance** – Comprehensive testing to ensure stability, usability, and performance.
4. **App Store Deployment** – Submission to Apple App Store and Google Play Store.

### Timeline

The project will be completed within **2 to 3 months** from the date of signed agreement and receipt of all required assets (logos, brand guidelines, content, etc.) based on the following phases.

### Cost

The total cost for the initial app build in year one is \$5,999.00. Year two and beyond is \$1,999.00 per year to maintain.

- Includes design, development, testing, and launch.
- Any additional features, changes, or post-launch updates will be billed separately at agreed-upon rates.

### Client Responsibilities

- Provide branding materials (logo, color palette, etc.).
- Supply all necessary content (text, images, legal documents).
- Approve designs and key milestones in a timely manner.

## Next Steps

To begin development, Old West must:

1. Approve this Scope of Work.
2. Sign the development agreement.
3. Submit an initial deposit as outlined in the contract.

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