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Synopsis on

**“Seikatsu** :**Personal Growth Tracker AI-Powered Self-Improvement App**”

**BACHELOR OF ENGINEERING**

**in**

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## Seikatsu: Personal Growth Tracker AI-Powered Self-Improvement App

## INTRODUCTION

Traditional self-improvement relies heavily on personal motivation and subjective tracking methods, making it difficult to measure tangible progress. People often lose motivation due to a lack of real-time insights, leading to inconsistencies in their personal development journey. The Personal Growth Tracker seeks to address these challenges by offering an AI-driven application that analyses behavioural patterns, provides graphical progress indicators, and offers actionable suggestions for better behaviour and productivity. Unlike conventional journaling or tracking apps, this project introduces a comprehensive self-improvement tool tailored to each user’s needs.

## PROBLEM STATEMENT

Self-improvement is a dynamic process that requires ongoing monitoring and adaptation. However, current methods often fail to provide real-time, personalized feedback. Users lack structured ways to track their progress, leading to reduced motivation and ineffective habit formation. This project introduces an AI-powered application that will analyze users' daily inputs, detect behavioural trends, and offer practical recommendations based on their lifestyle. By leveraging AI and data visualization, the Personal Growth Tracker ensures that users receive meaningful insights that drive long-term improvement.

* Users face difficulty in tracking progress effectively over time.
* Conventional methods lack AI-driven insights for self-improvement.
* This app aims to provide intelligent feedback and structured tracking.

## SCOPE

The scope of the Personal Growth Tracker extends beyond conventional habit-tracking applications by incorporating AI-driven insights for long-term behavioral analysis. The project aims to facilitate self-improvement through structured tracking, real-time feedback, and graphical representations of progress. Users will have the ability to log daily activities, analyze patterns, and receive intelligent recommendations to optimize their habits. Additionally, the application will integrate third-party services like Google Fit for enhanced tracking. However, it is important to note that the effectiveness of AI-generated insights depends on consistent user input, and this application is not a replacement for professional psychological or medical advice. Moreover, the project will focus solely on React Native for frontend development. The app will use AI to provide personalized suggestions based on user input. It will integrate with external services for enhanced tracking. FastAPI (Python) will be used for the backend.

## PURPOSE

Many existing habit-tracking applications lack the capability to offer personalized AI-driven insights that cater to an individual’s growth trajectory. The Personal Growth Tracker stands out by integrating artificial intelligence to analyze user behavior, recognize trends, and provide customized recommendations. By leveraging advanced machine learning models, the app will encourage users to maintain consistency in their self-improvement journey. Unlike traditional methods that rely solely on manual tracking, this AI-powered system ensures continuous engagement through gamification elements, visual progress tracking, and interactive goal-setting features.

## TECHNOLOGIES TO BE USED

Frontend: React Native

Backend: FastAPI (Python)

Databases: Firebase for real-time data storage MongoDB for long-term AI-driven behavioural analysis

AI and NLP Models: Groq API for fast and efficient AI processing OpenAI API or Hugging Face models for natural language processing

Third-Party Integrations: Google Fit and Apple Health for activity tracking

## EXPECTED OUTCOMES

The implementation of the Personal Growth Tracker is expected to bring a structured and AI driven approach to self-improvement. By providing detailed graphical representations of progress and AI-generated insights, users will be able to identify strengths and weaknesses in their personal development journey. The application will enable users to maintain consistency through intelligent activity-tracking, resulting in improved productivity, motivation, and long-term behavioural change. Furthermore, with a user-friendly and interactive interface, the app will ensure that self-improvement becomes an engaging and rewarding experience.

* The app will offer AI-generated insights based on daily user activity.
* Graphical representations will help users visualize their progress effectively.
* Gamification elements will enhance user engagement and motivation

## REFERENCES

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