

# LUMI WELLNESS APP

Simple Steps to Stay Healthy & Productive

# MAIN GOAL OF THE PROJECT

The goal of the project is to design and develop a mobile and web application that helps individuals overcome addictions (e.g., smoking, alcohol, social media), while also improving wellness, reducing stress, and boosting productivity through personalized AI-driven tracking, reminders, and support systems.

# MAIN DELIVERABLES OF THE PROJECT



A cross-platform application (mobile + web) built with Firebase backend.



Core features:

- Secure user authentication.
- Addiction and habit tracking with streaks.
- Personalized reminders & motivational notifications.
- AI-based recommendations and relapse risk prediction.
- Wellness and productivity dashboard with analytics.



Documentation: project report, user manual, technical documentation.



Demo video & presentation for final defense.

# VALUE OF THE PROJECT



Helps users fight harmful addictions (health benefit).

Improves productivity and time management.

Reduces stress through wellness guidance.

Provides personalized AI support, which is more engaging than generic apps.

# PROJECT ACCEPTANCE CRITERIA

The project will be considered successful if:

- ✓ The app runs on both mobile and web platforms without critical bugs.
- ✓ Users can register, log in, and track their progress reliably.
- ✓ Notifications and reminders work consistently.
- ✓ AI features provide useful and personalized suggestions.
- ✓ At least 10–15 test users confirm the app is easy to use and helpful.
- ✓ The project is delivered on time within one semester and presented with documentation.

# PROJECT STAKEHOLDERS

Project Team



3 students: frontend, backend, UX/design

Supervisor/Instructor



project evaluator

End Users



people with addictions, students, employees

Testers/Pilot Users



classmates, volunteers

Potential future



mental health organizations, wellness coaches

partners

# PROJECT REQUIREMENTS AND TARGET AUDIENCE

## Requirements:

- ✓ Cross-platform app (web + mobile).
- ✓ Firebase backend (Auth, Firestore, Cloud Messaging, Analytics).
- ✓ AI module for personalization.
- ✓ User-friendly UI/UX.
- ✓ Secure data storage & privacy.

## Written for:

- ✓ Developers (project team)
- ✓ Instructor
- ✓ End users

# PROJECT CONSTRAINTS

Time → must be completed within 1 semester (16 weeks).

Team size → only 3 students.

Resources → limited to free Firebase tier and open-source tools.

Scope → cannot cover all possible addictions (need to focus on 1–2).

# CONTINUOUS IMPROVEMENT ACTIVITIES

Agile development  
(sprints) → weekly  
progress checks.

Iterative updates  
→ improve based  
on feedback.

Feedback loops →  
test with small user  
groups.

Regular meetings →  
ensure all team  
members are aligned.

# PROJECT MILESTONES AND DATES

Week 1-2:



Project planning, research, role distribution.

Week 3-4:



UX/UI design in Figma, Firebase setup.

Week 5-10:



Core development

Week 11-13:



Testing with pilot users, feedback, improvements.

Week 14-15:



Final polishing, documentation, demo preparation.

Week 16:



Final presentation and defense.

**"Taking care of your health  
Today ensures a stronger,  
happier tomorrow."**

**THANK YOU FOR YOUR  
ATTENTION!**