

EECS 2311

Project: Wellness App

Team 1

Team Members:

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Vision Statement

Wellness App

Our wellness app, Eunoia Hub, is an application for well-being and mental health created for and by students. Our objective is to provide a tool that easily integrates within students' hectic schedules so they can attain their own personal wellness objectives, develop healthier behaviours, and enhance their mental health with little effort. Since students frequently have little time between sessions, we made the program conveniently and readily available as a web application on laptops, iPads, and other devices, guaranteeing ease and wide accessibility.

With tools including a daily journal, habit tracker, goal setting, and tailored suggestions, Eunoia offers students an extensive tool to monitor their everyday feelings, routines, and development. The application also provides a variety of local mental health resources that are suited to the requirements of students, educational materials, and an AI chatbot for assistance.

The approach is mainly intended for students that wish to balance overall personal and academic obligations while improving their state of mind. With little effort, users can record their everyday events, keep tabs on their state of mind, and assess how they're doing towards individual objectives. The application contains inspirational quotations, affirmations, and interactive activities to maintain young people interested and inspired.

A database of local student support services, blog entries, and instructional materials are all accessible through Eunoia, which also acts as a reference centre. According to the user's demands, the AI chatbot will provide prompt, individualized assistance by responding to inquiries and offering advice.

The application offers a sign-up questionnaire to collect information on how users deal with certain situations in order to provide a tailored experience. In order to keep suggestions and material current, the user profile will be updated constantly in response to engagements. By turning on alerts and reminders or choosing a simpler design, users may personalize their experience. Users will be made aware of the app's limits and encouraged to seek professional assistance when needed thanks to a disclaimer page.

The work will be deemed successful when users express greater contentment about the app's accessibility and customisation, enhanced engagement using its functions, and better mental wellness. Lower stress levels as indicated by students and higher attainment of individual wellness objectives will also be used as indicators of success. Making this software in-house guarantees that it will continue to be affordable, responsive to user input, and genuinely created for students, by students.

Big User Stories

Information Support

As a user, I want to have access to list of resources and blogs where I can find professional help.

PRIORITY: LOW

COST: 14 days

Daily Journal

As a user, I want to be able to write about my day and track my progress and goals.

PRIORITY: MEDIUM

COST: 14 DAYS

PERSONALIZED WELLNESS EXPERIENCE

As a user, I want to have a catered experience to reflect my needs and change dynamically.

PRIORITY: High

COST: 14 days

Detailed User Stories

TO DO LIST

User suffering from brain fog or getting overwhelmed by daily tasks can utilize this feature.

Users can manage and create their to do list.

This will reduce the need to go to another app for a to-do list.

PRIORITY: LOW

COST: 2 days

DAILY EXERCISES

Allows to log user's daily emotions and activities in a journal so that users can reflect on their day and track progress over time.

PRIORITY: HIGH

COST: 3 days

USER ACHIEVEMENTS

You can feel rewarded for achieving goals for the day, so that they can be reminded of how close they are to getting control of their mental health. Users will be rewarded with badges.

PRIORITY: MEDIUM

COST: 3 days

STREAKS

User can be benefitted from a motivator to build their habits, maintaining motivation & momentum. This type of feature is seen successful in various apps like Snapchat.

PRIORITY: LOW

COST: 2 days

HABIT TRACKER

User can keep track of their habits throughout a desired period of time.

User can log habits like how successful they got in controlling their anger etc. Or log water intake, calories etc.

PRIORITY: MEDIUM

COST: 2 days

GOAL SETTING

User can set their goals & check off lists like drinking water, exercising. This will build consistency and provide feeling of accomplishment.

PRIORITY: MEDIUM

COST: 2 days

COLOR CODED (EMOTIONS)

User profile can be assigned a color as per their mental state or emotions, so that user can visually map emotional states over time, helping them identify their triggers or patterns & trends in their moods.

PRIORITY: MEDIUM

COST: 2 days.

MOTIVATIONAL QUOTES OR AFFIRMATIONS

User will receive motivational quotes or affirmations on their profile so that they can stay positive & motivated.

PRIORITY: LOW

COST: 2 days

USER PROFILE

User can set up their goals, concerns or habits for habit tracker.

PRIORITY: HIGH

COST: 3 days

AI CHATBOT

You can interact with an AI chatbot so that they can get immediate answers to questions regarding mental health & receive recommendations.

PRIORITY: MEDIUM

COST: 3 days.

HELP NEAR YOU

A user can get information about professional health or resources in their area with provided postal code.

PRIORITY: HIGH

COST: 2 days

USER TICKETS

Users can raise their concerns or issues with their profiles to developers by generating tickets.

PRIORITY: MEDIUM

COST: 2 days

BLOG POSTS

As a user, people can interact with community of other users & can feel that they belong & can relate to people with similar circumstances.

PRIORITY: MEDIUM

COST: 2 days.

RESOURCES

Users can get links to podcasts, books or videos that can be helpful in their journey.

Question: Copyright?

PRIORITY: ~~2 days~~
LOW

COST: 2 days.

SIGN - UP QUESTIONNAIRE

User will be given a bunch of questions on sign up so that the app can provide a personalized analysis & give suggestions based on user answers.

PRIORITY: HIGH

COST: 3 days.

MOOD RECAP

Mood Recaps are mood trackers that will give you a overview & reflection of how user's mood has been over a period of time and how much progress is made.

PRIORITY: MEDIUM

COST: 2 days.

DAILY QUESTIONS

User can check in daily and fill the daily questionnaire.

It will reflect on user's daily mental health. Using these questions mood recaps will be given

PRIORITY: MEDIUM

COST: 2 days.

Planning Map

1. Daily Journal

- a. Daily Exercises
- b. User Achievements
- c. To-do list
- d. Streaks
- e. Habit Tracker
- f. Goal Setting

2. Personalized Wellness Experience (ITR-1)

- a. Sign-up questionnaire – [Harnaindeep Kaur / Oluwagbeminiyi Adewumi](#)
- b. User profile - [Abdullah Bajwa / Jakub Przystupa](#)
- c. Color coded (emotions) - [Oluwagbeminiyi Adewumi / Harnaindeep Kaur](#)
- d. Motivational quotes and affirmations - [Jakub Przystupa / Abdullah Bajwa](#)
- e. AI Chatbot - [Ammar Faisal](#)
- f. Mindful check-in (Daily questionnaire) - [Manjot Kaur](#)

3. Information and Support

- a. Mood Recap
- b. Blog Posts
- c. Resources (links to podcasts, books, videos)
- d. Professional help in area
- e. User Tickets