

# EECS 2311

## Project: Wellness App

### Team 1

### Team Members:

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## Vision Statement

### Wellness App- EUNOIA HUB

Eunoia Hub is a wellness and mental health app created by students, for students. Our mission is to provide a simple, effective tool that seamlessly fits into students' demanding lives, empowering them to set and achieve personal wellness goals, develop healthier habits, and enhance their mental well-being.

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. Our app provides a comprehensive suite of tools to help students monitor their emotional health and well-being. These include a daily journal, habit tracker, goal setting features, and personalized recommendations. 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.

Tailored for students who juggle academic pressures with personal life, Eunoia Hub enables users to track their emotions, establish healthy habits, and reflect on their progress with minimal effort. 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.

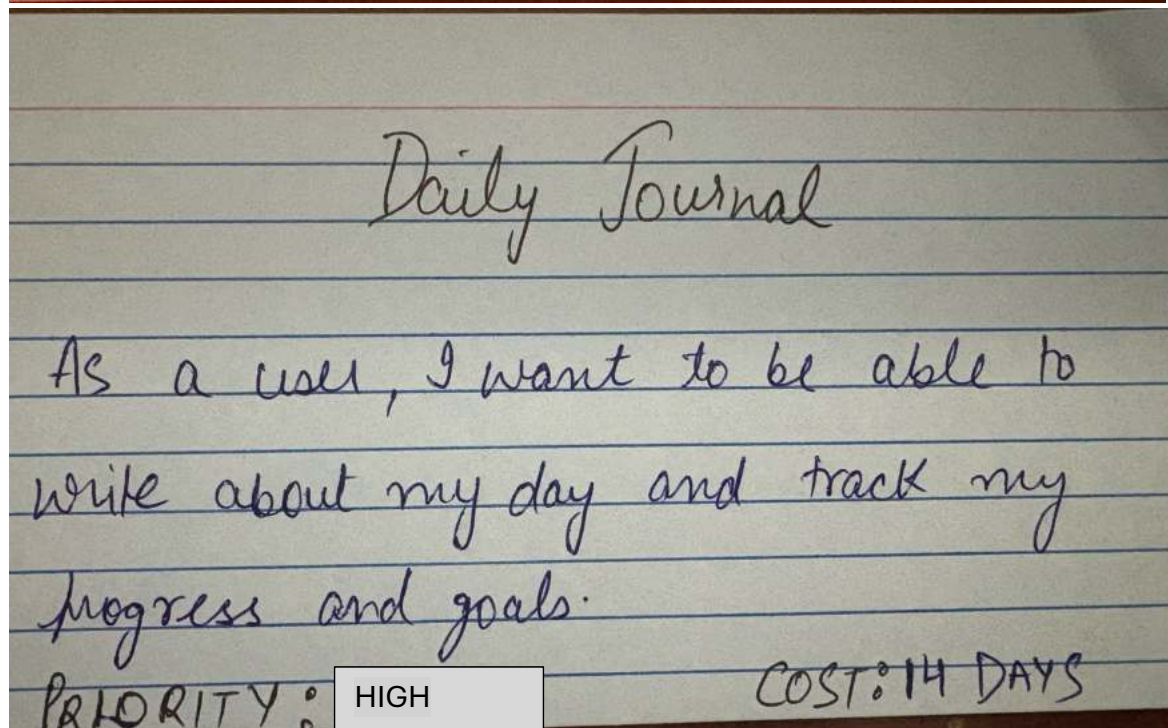
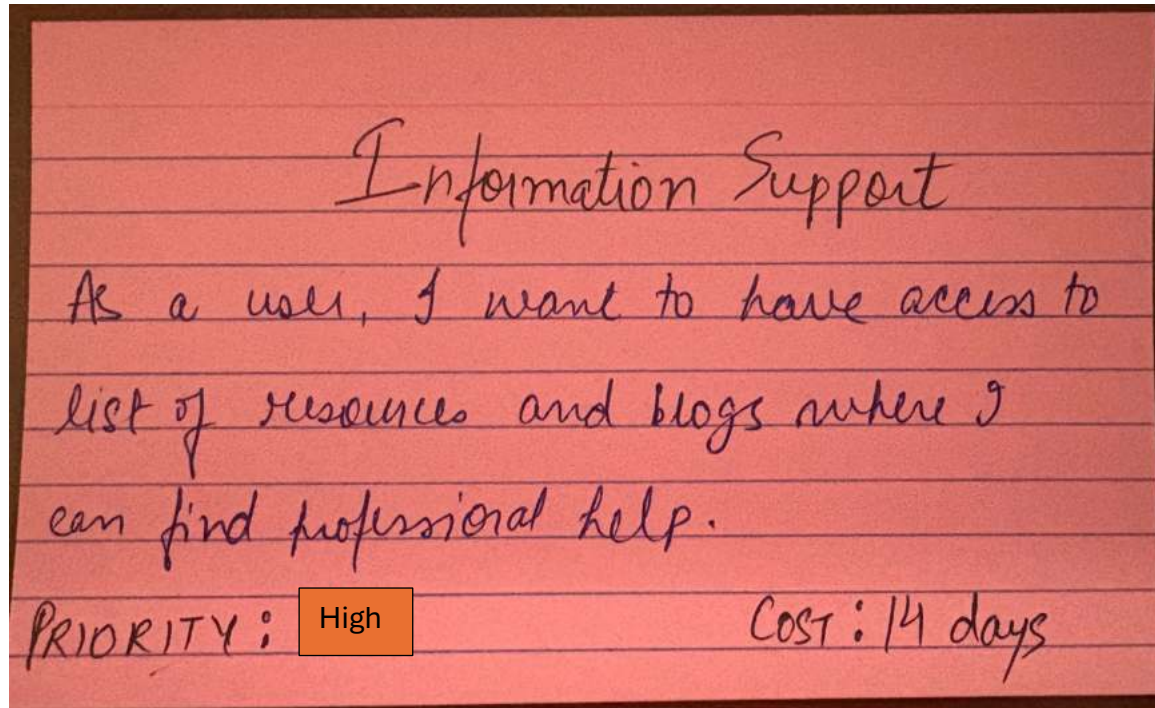
A database of local student support services, blog entries, and instructional materials are all accessible through Eunoia, which also acts as a reference centre. According to the user's demands, the AI chatbot will provide prompt, individualized assistance by responding to inquiries and offering advice.

The app's built-in questionnaire helps personalize the experience based on individual needs, while constant updates to the user profile ensure that content remains relevant and useful. In order to keep suggestions and material current, the user profile will be updated constantly in response to engagements. Users will be made aware of the app's limits and encouraged to seek professional assistance when needed thanks to a disclaimer page.

The success of Eunoia Hub will be measured by increased student engagement, improved mental wellness, and greater overall satisfaction with the app's ease of use and customization. Lower stress levels as indicated by students and higher attainment of individual wellness objectives will also be used as indicators of success.

By keeping the app affordable, responsive, and specifically designed for the unique needs of students, Eunoia Hub will continue to evolve based on real user feedback, ensuring that it remains a relevant and invaluable resource for student well-being.

## Big User Stories



# 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

- Daily Journal

### TO DO LIST

User suffering from brainfog 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

User 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

- Personalized Wellness Experience (ITR 1)

## 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



## 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.

How will recaps be given?

PRIORITY: MEDIUM

COST: 2 days.

## USER PROFILE

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

PRIORITY: HIGH

COST: 3 days

## AI CHATBOT

User 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.

## 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.



- Information and Support

## HELP NEAR YOU

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

PRIORITY: HIGH

COST: 2days.

## USER TICKETS

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

PRIORITY: MEDIUM

COST: 2days



## 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: 7 days.

## RESOURCES

Users can get links to podcasts, books or videos that can be helpful

in their journey.

Question: Copyright?

PRIORITY: <sup>Low</sup> 2 days

COST: 2 days.

## MOOD RECAP

Mood Recaps are mood trackers that will give you an 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.

# Planning Map

## 1. Daily Journal (ITR-3)

- 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 – [Oluwagbeminiyi Adewumi](#)
- b. User profile - [Abdullah Bajwa / Jakub Przystupa](#)
- c. Color coded (emotions) - [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 (ITR-2)

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

### Planning Changes:

- A name is assigned to our wellness app- EUNOIA HUB.
- We figured the question of how the recaps will be given? So we will record the answers of daily questions in our database and give the recaps in form of graph which is part of other ITR.



