

## **Problem**

If you want to live well, you need to take care of yourself. In today's busy world - work, school, family, etc, it's difficult to find time to check in with yourself.

Our solution is a quick daily check in app that helps a person build a visual artifact of their feelings over the course of their life.

## **Target Users**

Generally, those interested in self-care, wellness, self-awareness.

## **General Description**

Users are asked how they are feeling every single day and they can choose one out of five options. Each option has a certain color associated with it. We will automatically generate a weekly/monthly calendar that will be color coded with how people felt that week.

*"How do you feel today?"*

1. Great!
2. Good
3. Neutral
4. Bad
5. Terrible

## **CRUD Features**

- Create: User creates an entry for each day: to describe the rating of the day. If the user does not enter anything, we auto generate a blank entry for that day.
- Read: User can see their entry: a monthly/yearly report
- Update: User can update their entry: change their daily rating
- Delete: User can delete their entry if they don't want to share; user can leave it blank if nothing is worth rating

## **Basic Features**

- Daily Prompt
- Automatic updating date
- Output a monthly/weekly report
- Color display

## **Backlog (potential future features to add)**

- User login features
- Users choose the colors
- Should users input a keymood mood
- Adding comments to daily entries
- Pet - The pet's mood will be determined by the user's mood
- Meme/song suggestions following a bad week
- Make it social - share it with other people