

Mood Tracker - Reflect

Motivation: Why are we trying to solve this problem?

In a nutshell: Importance of self-care.

We believe that a healthy mind is your superpower. It gives you the strength to recognize the value in the small things, move mountains, and unlock your fullest potential. Understanding the big picture of one's mental health requires consistent and daily tracking.

Tracking gives you the chance to see where you are, how far you've come, and the path forward toward greater heights. Widening the scope of analyzing your day to day emotions to weeks, months, or even years can give you perspective on your growth and inform you on what leads to both the good times and the bad times.

Problem: What are we trying to solve?

In a nutshell: Journaling can take a lot of time.

Journaling is a common tool for self-reflection and mental health tracking. However, in today's busy world - work, school, family, etc, it's difficult to find time to journal consistently. Based on Habitbetter's [research and survey data](#), only about 8 percent of the population can keep up with their journal or diary. We want to create a tool to make mental health tracking as quick, simple, and efficient as possible.

Other applications that do similar things also tend to be connected to the cloud, leaving the user's personal data vulnerable to people who might try to break through and exploit them. We want our tool to enable the users to look into and edit their past thoughts and feelings while being insulated from the dangers of storing personal information in a place that might not be safe.

Solution: How?

Our solution is a quick daily check-in app that helps a person build a visual artifact of their feelings over time, thereby promoting wellness and helping the users see the upward trends in their mental well-being. With the addition of having colors that represent the users feelings, as well as using those colors to generate graphics for the user, we can make a positive feedback loop where we incentivise the user to keep up with daily logging. The ease of inputting only a single data point brings the barrier to entry down to a level that almost anyone can pass, and makes it so that the positives outweigh the negatives for people looking to engage with themselves

By creating a tool that is not only easy to use but encourages consistent use over time, we can reach a wider audience of people who might not have experience engaging with and maintaining their mental health and give an efficient, visually pleasing way for those who have already begun their wellness journey as a supplement whatever they may be doing.

Also, by storing our data local first rather than in the cloud, the user gets the benefit of being able to see and change their past entries while also being protected from people who might want to steal their data and bring them harm.

Features

- Daily check-in prompt with a predefined color label corresponding to the user's mood
- Collection of check-in to reflect user's mood (backend data storage)
- Visualization of mood from previous days
- Monthly/weekly report of mood
 - color calendar
 - stats
- Automatically updating date
- Crossfade background color based on the entry

Strech Goals

- Colors/Theme
- Colorblind Mode
- Report size
- Statistics page (line graph)
- No red triangle
- User Guide

User stories

1. I am a student with a full time job. I am trying to journal everyday. But I never have time because I am always at work or school which makes me feel disappointed.
2. I am a working parent balancing two jobs to make ends meet. I am feeling stressed and overwhelmed, but it's difficult to find the time to write my thoughts down.
3. I am working in a company. I am trying to record my daily feelings, but buying an extra journaling book seems cumbersome given the amount of files I already have to deal with, which makes me feel disorganized.
4. I am an elder who lives on my own. I am trying to find a way to record my daily mood and status. But complex operations cannot be completed by myself because they are hard for me which makes me feel overwhelmed.
5. I am a graduate student studying to achieve my master's degree. I am already journaling and keeping track of my mental health, but just writing my thoughts down on a piece of paper is starting to get a little bland, which makes me feel bored and unmotivated

Additional Info

Competitor App Analysis

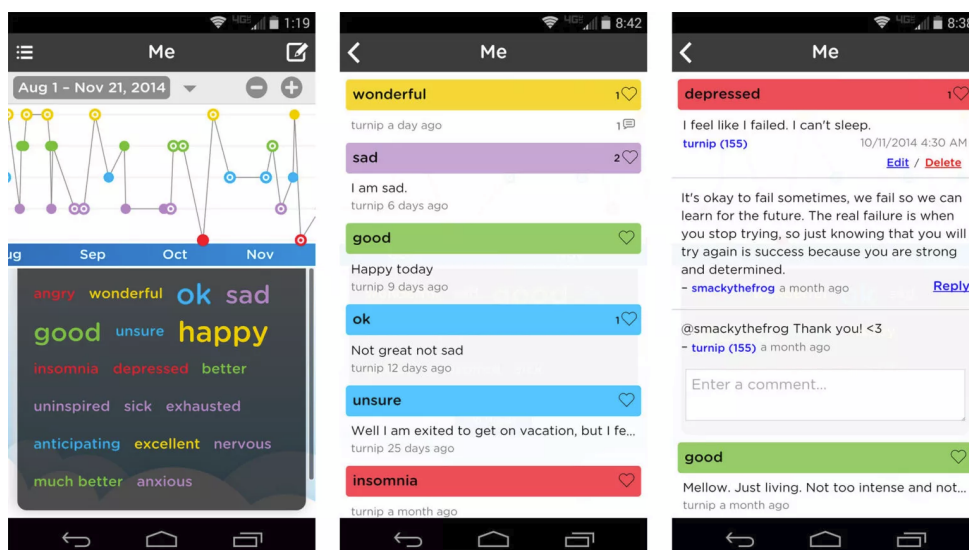
[10 best mood tracker apps for Android - Android Authority](#)

Moodtrack:

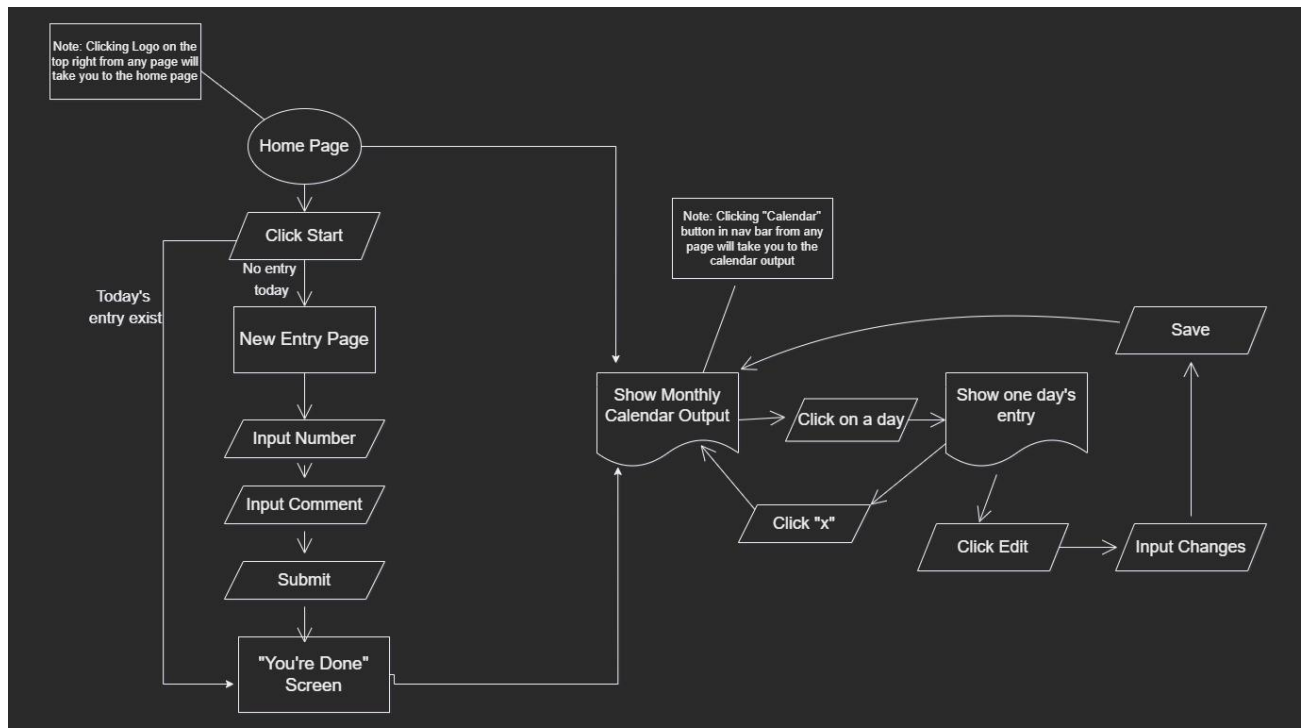
- Description:
 - Users can keep track of their mood multiple times a day. The user has the ability to edit, reply, like and delete the check-in. Different colors correspond to different moods, for example, red stands for depressing. The user can also edit comments to note their specific thoughts.
 - Moodtrack combines a mood tracker with a short-journal taker.
- Problem, Motivation, Solution:
 - Moodtrack additionally contributes to journal habit for those people who prefer to use short diaries to track mood.
- Features:
 - Moodtrack has some unique features, such as word cloud, line graph visualization, short comments input, online interaction with other users, online data synchronization
 - Reflect has some unique features, such as color reflection...

Accessibility

- Color support

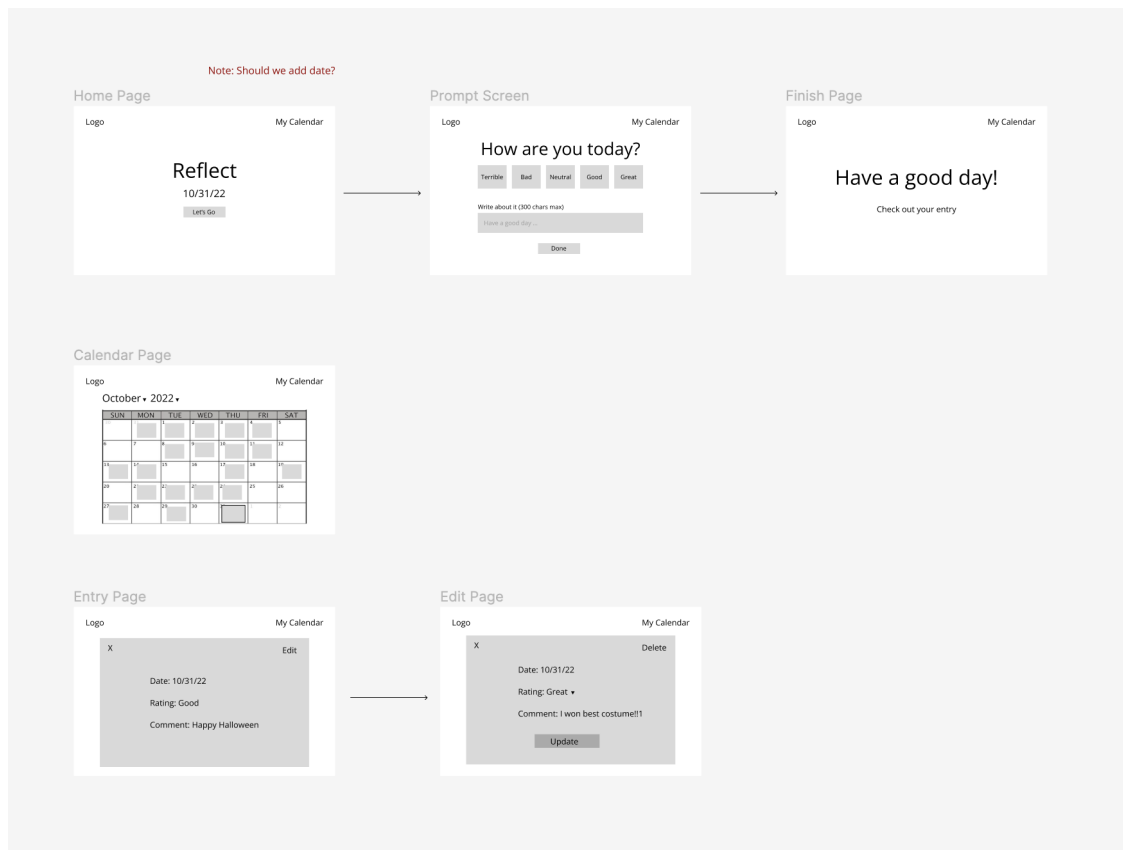


System Diagrams

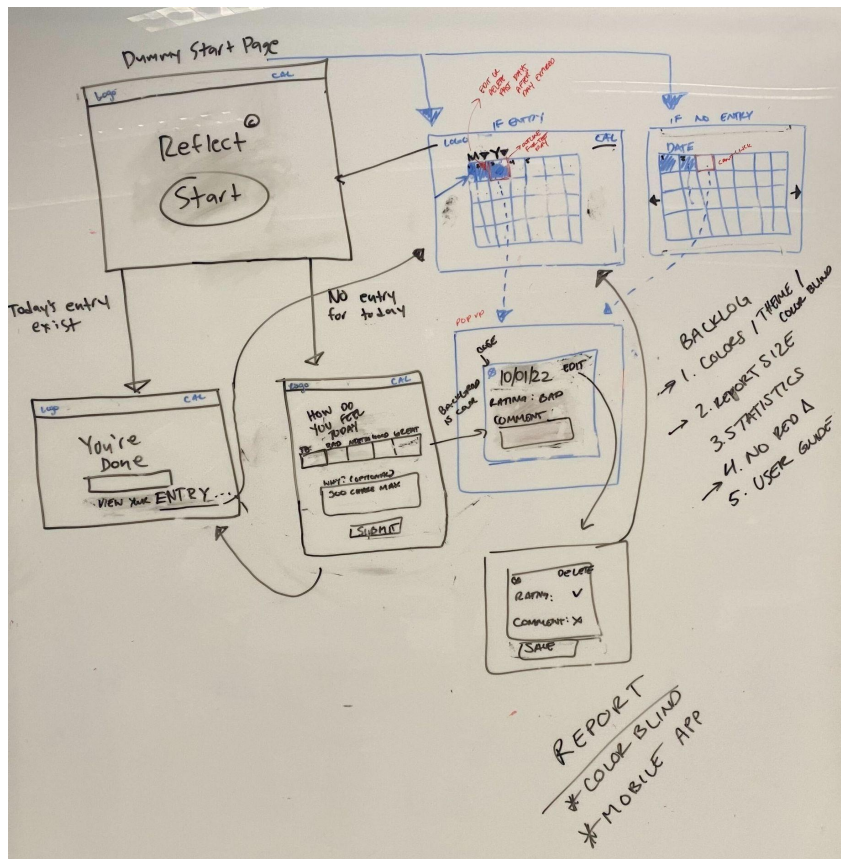


Wireframe

[Figma page for Wireframe:](#)



Initial Sketch:



Risks

- The user can be over-depressed if too much data inputs are negative (more health problems)
- Color visual effect (eg. color combination to reduce eye strain: pale yellow-greens)
- Electronic radiation

Rabbit Holes

- We could spend too much time trying to make the design fit on multiple screens e.g. phone screen, desktop screen, iPad screen, etc.
- We could get too caught up in the frontend design aspects that we neglect the backend functionality and output a buggy/non-functioning app

Assignments

Design/Front-End

- Shantelle Serafin
- Gunwoo Kim
- Hung-I Huang
- Raymond Umbas

Back-End

- Jerry Wang
- Tianyu Chen
- Xiangyi Lin
- Hung-I Huang
- Raymond Umbas
- Chun Hang Chan

QA

- Gunwoo Kim
- Max Chen