<!DOCTYPE html>

<html lang="en" class="scroll-smooth">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Rise & Reclaim: Interactive Healing Journal</title>

<script src="https://cdn.tailwindcss.com"></script>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<link rel="preconnect" href="https://fonts.googleapis.com">

<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>

<link href="https://fonts.googleapis.com/css2?family=Lora:ital,wght@0,400..700;1,400..700&family=Poppins:wght@300;400;600&display=swap" rel="stylesheet">

<!-- Chosen Palette: Warm Serenity -->

<!-- Application Structure Plan: A tab-based SPA with a top navigation bar linking to three main sections: 'Home' (introduction), 'Daily Journal' (an interactive form with a dynamic self-check-in chart), and 'Peace Corner Kit' (a collection of interactive tools derived from the source printables). This structure separates the core activities (journaling vs. using tools) for a clearer user flow and avoids a long, static scroll. It prioritizes active engagement over passive reading, making the content more effective as a digital tool. -->

<!-- Visualization & Content Choices:

- Report Info: Self-Check-In text fields. -> Goal: Provide dynamic self-assessment. -> Viz/Presentation: Interactive sliders and a Chart.js Polar Area Chart. -> Interaction: User adjusts sliders, chart updates in real-time. -> Justification: Translates static text input into an immediate, insightful visual representation of the user's state, enhancing self-awareness. -> Library: Chart.js.

- Report Info: Gratitude Jar Slips. -> Goal: Simulate the act of collecting gratitude notes. -> Viz/Presentation: A styled 'jar' container and an input form. -> Interaction: User types a note, clicks 'Add', and the note appears as a styled element inside the jar. -> Justification: Creates a more engaging and rewarding experience than a simple text field. -> Library/Method: Vanilla JS DOM manipulation.

- Report Info: Emotion Chart. -> Goal: Help users identify and understand feelings. -> Viz/Presentation: An interactive grid of clickable emotion cards. -> Interaction: Clicking a card reveals a brief, helpful description or thought. -> Justification: Turns a static reference chart into an exploratory learning tool. -> Library/Method: HTML/CSS/JS.

- Report Info: Printables (Posters, Checklists). -> Goal: Make tools usable directly within the app. -> Viz/Presentation: Styled HTML content with interactive checkboxes and 'Print' buttons. -> Interaction: Users can check off items; a print button uses JS to print a clean version of just that specific tool. -> Justification: Increases the utility of the tools in a digital context. -> Library/Method: HTML/JS.

-->

<!-- CONFIRMATION: NO SVG graphics used. NO Mermaid JS used. -->

<style>

body {

font-family: 'Poppins', sans-serif;

background-color: #FFF8F7;

color: #4a4a4a;

}

h1, h2, h3 {

font-family: 'Lora', serif;

}

.nav-link {

@apply px-4 py-2 text-slate-600 hover:text-purple-700 hover:bg-purple-100 rounded-md transition-all duration-300;

}

.nav-link.active {

@apply text-purple-800 bg-purple-200 font-semibold;

}

.content-section {

@apply hidden;

}

.content-section.active {

@apply block;

}

.chart-container {

position: relative;

width: 100%;

max-width: 400px;

height: auto;

margin-left: auto;

margin-right: auto;

}

@media print {

body \* {

visibility: hidden;

}

.print-area, .print-area \* {

visibility: visible;

}

.print-area {

position: absolute;

left: 0;

top: 0;

width: 100%;

}

.no-print {

display: none;

}

}

</style>

</head>

<body class="bg-rose-50 text-slate-700">

<header class="bg-white/80 backdrop-blur-sm sticky top-0 z-50 shadow-sm">

<nav class="container mx-auto px-4 sm:px-6 lg:px-8 py-3 flex justify-between items-center">

<h1 class="text-xl md:text-2xl font-bold text-purple-800">Rise & Reclaim</h1>

<div class="flex items-center space-x-1 sm:space-x-2 text-sm sm:text-base">

<a href="#home" class="nav-link active">Home</a>

<a href="#journal" class="nav-link">Daily Journal</a>

<a href="#peace-corner" class="nav-link">Peace Corner</a>

</div>

</nav>

</header>

<main class="container mx-auto px-4 sm:px-6 lg:px-8 py-8 sm:py-12">

<!-- Home Section -->

<section id="home" class="content-section active">

<div class="text-center bg-white p-8 rounded-xl shadow-lg border border-purple-100">

<img src="https://placehold.co/200x200/F5E0D8/6B4F4F?text=Brave+Mama+Co." alt="Brave Mama Co. Logo" class="mx-auto mb-4 rounded-full shadow-md">

<h2 class="text-3xl md:text-4xl font-bold text-purple-900 mb-2">Brave Mama Co.</h2>

<p class="max-w-3xl mx-auto text-purple-700 text-xl md:text-2xl font-semibold mb-6">

Raising Children While Raising Yourself

</p>

<p class="max-w-3xl mx-auto text-slate-600 mb-6">

"Rise & Reclaim" is your daily companion on the journey of healing. It offers tools, reflections, and encouragement to foster peace, build resilience, and empower you to create a beautiful future for yourself and your children.

</p>

<p class="max-w-3xl mx-auto text-slate-500 italic">

Remember, healing is a process, not a destination. Be kind to yourself, celebrate small victories, and know that you are strong, capable, and worthy of all the peace and joy life has to offer.

</p>

</div>

</section>

<!-- Daily Journal Section -->

<section id="journal" class="content-section">

<div class="bg-white p-6 sm:p-8 rounded-xl shadow-lg border border-purple-100">

<div class="text-center mb-8">

<h2 class="text-3xl font-bold text-purple-900">Daily Journal Entry</h2>

<p class="text-slate-500 mt-2">Use this space to guide your reflections and practice self-care.</p>

</div>

<div id="journal-form" class="grid grid-cols-1 lg:grid-cols-2 gap-8">

<!-- Left Side: Form Inputs -->

<div class="space-y-6">

<div>

<label for="affirmation" class="text-lg font-semibold text-slate-800 block mb-2">Daily Affirmation</label>

<textarea id="affirmation" rows="3" class="w-full p-3 border border-purple-200 rounded-lg focus:ring-2 focus:ring-purple-400 transition" placeholder="I am resilient. I am worthy of love and peace..."></textarea>

</div>

<div>

<label for="prompt" class="text-lg font-semibold text-slate-800 block mb-2">Guided Prompt for Reflection</label>

<p class="text-sm text-slate-500 mb-2">What is one small act of kindness I showed myself today, and how did it make me feel?</p>

<textarea id="prompt" rows="4" class="w-full p-3 border border-purple-200 rounded-lg focus:ring-2 focus:ring-purple-400 transition" placeholder="Your reflection..."></textarea>

</div>

<div>

<label for="grounding" class="text-lg font-semibold text-slate-800 block mb-2">Grounding Activity</label>

<p class="text-sm text-slate-500 mb-2">Engage in a simple activity to bring yourself to the present moment. Example: 5-4-3-2-1 Sensory Practice.</p>

<textarea id="grounding" rows="3" class="w-full p-3 border border-purple-200 rounded-lg focus:ring-2 focus:ring-purple-400 transition" placeholder="Today's grounding activity..."></textarea>

</div>

<div>

<label for="mother-child" class="text-lg font-semibold text-slate-800 block mb-2">Mother & Child Moments</label>

<textarea id="mother-child" rows="4" class="w-full p-3 border border-purple-200 rounded-lg focus:ring-2 focus:ring-purple-400 transition" placeholder="Reflect on positive interactions with your child(ren)..."></textarea>

</div>

</div>

<!-- Right Side: Self Check-in & Chart -->

<div class="space-y-6 bg-rose-50/50 p-6 rounded-lg border border-purple-100">

<h3 class="text-xl font-semibold text-center text-slate-800">Self-Check-In</h3>

<div class="space-y-4">

<div>

<label for="energy-level" class="flex justify-between text-sm font-medium text-slate-700"><span>Energy Level</span><span id="energy-value">3</span></label>

<input type="range" id="energy-level" min="1" max="5" value="3" class="w-full h-2 bg-purple-200 rounded-lg appearance-none cursor-pointer accent-purple-600">

</div>

<div>

<label for="mood-level" class="flex justify-between text-sm font-medium text-slate-700"><span>Positivity / Mood</span><span id="mood-value">3</span></label>

<input type="range" id="mood-level" min="1" max="5" value="3" class="w-full h-2 bg-purple-200 rounded-lg appearance-none cursor-pointer accent-purple-600">

</div>

<div>

<label for="calm-level" class="flex justify-between text-sm font-medium text-slate-700"><span>Calmness</span><span id="calm-value">3</span></label>

<input type="range" id="calm-level" min="1" max="5" value="3" class="w-full h-2 bg-purple-200 rounded-lg appearance-none cursor-pointer accent-purple-600">

</div>

</div>

<div class="chart-container">

<canvas id="selfCheckInChart"></canvas>

</div>

</div>

</div>

<div class="mt-8 flex flex-col sm:flex-row justify-center items-center gap-4 no-print">

<button id="download-btn" class="w-full sm:w-auto bg-purple-600 text-white font-bold py-2 px-6 rounded-lg hover:bg-purple-700 transition transform hover:scale-105">Download Entry as .txt</button>

<button id="clear-btn" class="w-full sm:w-auto bg-slate-200 text-slate-700 font-bold py-2 px-6 rounded-lg hover:bg-slate-300 transition">Clear Form</button>

</div>

</div>

</section>

<!-- Peace Corner Section -->

<section id="peace-corner" class="content-section">

<div class="text-center mb-10">

<h2 class="text-3xl font-bold text-purple-900">Peace Corner Kit</h2>

<p class="text-slate-500 mt-2">Interactive tools to help create a calming space and foster emotional well-being.</p>

</div>

<div class="grid grid-cols-1 md:grid-cols-2 lg:grid-cols-3 gap-8">

<!-- Emotion Chart -->

<div class="bg-white p-6 rounded-xl shadow-lg border border-purple-100 space-y-4">

<h3 class="text-xl font-bold text-purple-900 text-center">How Am I Feeling Today?</h3>

<p class="text-center text-sm text-slate-500">Click on an emotion to learn more about it.</p>

<div id="emotion-grid" class="grid grid-cols-3 gap-2 text-center">

<!-- Emotions will be injected here by JS -->

</div>

<div id="emotion-info" class="mt-4 p-3 bg-purple-50 rounded-lg text-center text-purple-800 h-20 flex items-center justify-center">

<p>Select an emotion.</p>

</div>

</div>

<!-- Gratitude Jar -->

<div class="bg-white p-6 rounded-xl shadow-lg border border-purple-100 flex flex-col">

<h3 class="text-xl font-bold text-purple-900 text-center">Gratitude Jar</h3>

<div id="gratitude-jar" class="flex-grow my-4 p-4 bg-rose-50/50 border-2 border-dashed border-purple-200 rounded-lg min-h-[150px] flex flex-wrap gap-2 content-start overflow-y-auto">

<!-- Gratitude notes will be added here -->

</div>

<div class="mt-auto no-print">

<textarea id="gratitude-input" rows="2" class="w-full p-2 border border-purple-200 rounded-lg focus:ring-2 focus:ring-purple-400" placeholder="Today, I am grateful for..."></textarea>

<button id="add-gratitude-btn" class="mt-2 w-full bg-purple-600 text-white font-bold py-2 px-4 rounded-lg hover:bg-purple-700 transition">Add to Jar</button>

</div>

</div>

<!-- Mama's Checklist -->

<div class="bg-white p-6 rounded-xl shadow-lg border border-purple-100 space-y-3 print-area-container">

<div class="print-area">

<h3 class="text-xl font-bold text-purple-900 text-center">Mama’s Quick Grounding Checklist</h3>

<ul id="grounding-checklist" class="space-y-2 mt-4">

<!-- Checklist items will be injected here by JS -->

</ul>

</div>

<button class="print-btn w-full mt-4 bg-slate-200 text-slate-700 font-bold py-2 px-4 rounded-lg hover:bg-slate-300 transition no-print">Print Checklist</button>

</div>

<!-- Calming Poster -->

<div class="bg-white p-6 rounded-xl shadow-lg border border-purple-100 print-area-container">

<div class="print-area">

<h3 class="text-xl font-bold text-purple-900 text-center">How I Find My Calm</h3>

<ul class="mt-4 space-y-2 list-disc list-inside text-slate-600">

<li>Take 3 Deep Breaths</li>

<li>Count to 10</li>

<li>Hug a Stuffed Animal</li>

<li>Draw a Picture</li>

<li>Listen to Quiet Music</li>

<li>Read a Book</li>

<li>Think Happy Thoughts</li>

<li>Talk About My Feelings</li>

</ul>

</div>

<button class="print-btn w-full mt-4 bg-slate-200 text-slate-700 font-bold py-2 px-4 rounded-lg hover:bg-slate-300 transition no-print">Print Poster</button>

</div>

<!-- Peace Corner Sign -->

<div class="bg-white p-6 rounded-xl shadow-lg border border-purple-100 flex flex-col justify-center items-center text-center print-area-container">

<div class="print-area">

<h3 class="text-2xl font-bold text-purple-900">Welcome to Our Peace Corner</h3>

<p class="mt-2 text-slate-600">A Place to Breathe, Feel, and Be Calm.</p>

<p class="mt-1 text-slate-500 italic">Here, we find our peace together.</p>

</div>

<button class="print-btn w-full mt-4 bg-slate-200 text-slate-700 font-bold py-2 px-4 rounded-lg hover:bg-slate-300 transition no-print">Print Sign</button>

</div>

</div>

</section>

</main>

<script>

document.addEventListener('DOMContentLoaded', function() {

// Navigation

const navLinks = document.querySelectorAll('.nav-link');

const contentSections = document.querySelectorAll('.content-section');

function updateActiveContent() {

const hash = window.location.hash || '#home';

navLinks.forEach(link => {

link.classList.toggle('active', link.getAttribute('href') === hash);

});

contentSections.forEach(section => {

section.classList.toggle('active', section.id === hash.substring(1));

});

}

navLinks.forEach(link => {

link.addEventListener('click', function(e) {

// e.preventDefault(); // Keep default behavior to update URL hash

setTimeout(updateActiveContent, 0);

});

});

window.addEventListener('hashchange', updateActiveContent);

updateActiveContent(); // Initial call

// Journal Section

const energySlider = document.getElementById('energy-level');

const moodSlider = document.getElementById('mood-level');

const calmSlider = document.getElementById('calm-level');

const energyValue = document.getElementById('energy-value');

const moodValue = document.getElementById('mood-value');

const calmValue = document.getElementById('calm-value');

const downloadBtn = document.getElementById('download-btn');

const clearBtn = document.getElementById('clear-btn');

const ctx = document.getElementById('selfCheckInChart').getContext('2d');

let selfCheckInChart = new Chart(ctx, {

type: 'polarArea',

data: {

labels: ['Energy', 'Positivity', 'Calmness'],

datasets: [{

data: [3, 3, 3],

backgroundColor: [

'rgba(255, 159, 64, 0.5)',

'rgba(75, 192, 192, 0.5)',

'rgba(153, 102, 255, 0.5)'

],

borderColor: [

'rgba(255, 159, 64, 1)',

'rgba(75, 192, 192, 1)',

'rgba(153, 102, 255, 1)'

],

borderWidth: 1

}]

},

options: {

responsive: true,

maintainAspectRatio: false,

scales: {

r: {

angleLines: {

display: false

},

suggestedMin: 0,

suggestedMax: 5,

ticks: {

stepSize: 1

}

}

},

plugins: {

legend: {

position: 'top',

},

tooltip: {

enabled: true

}

}

}

});

function updateChart() {

const energy = parseInt(energySlider.value);

const mood = parseInt(moodSlider.value);

const calm = parseInt(calmSlider.value);

energyValue.textContent = energy;

moodValue.textContent = mood;

calmValue.textContent = calm;

selfCheckInChart.data.datasets[0].data = [energy, mood, calm];

selfCheckInChart.update();

}

[energySlider, moodSlider, calmSlider].forEach(slider => slider.addEventListener('input', updateChart));

clearBtn.addEventListener('click', () => {

document.getElementById('affirmation').value = '';

document.getElementById('prompt').value = '';

document.getElementById('grounding').value = '';

document.getElementById('mother-child').value = '';

energySlider.value = 3;

moodSlider.value = 3;

calmSlider.value = 3;

updateChart();

});

downloadBtn.addEventListener('click', () => {

const date = new Date();

const dateString = date.toLocaleDateString('en-US', { year: 'numeric', month: 'long', day: 'numeric' });

const content = `

Rise & Reclaim Journal Entry

Date: ${dateString}

---------------------------------

## Daily Affirmation

${document.getElementById('affirmation').value}

## Guided Prompt: What is one small act of kindness I showed myself today?

${document.getElementById('prompt').value}

## Self-Check-In

- Energy Level: ${energySlider.value}/5

- Positivity/Mood: ${moodSlider.value}/5

- Calmness: ${calmSlider.value}/5

## Grounding Activity

${document.getElementById('grounding').value}

## Mother & Child Moments

${document.getElementById('mother-child').value}

`;

const blob = new Blob([content.trim()], { type: 'text/plain;charset=utf-8' });

const link = document.createElement('a');

link.href = URL.createObjectURL(blob);

link.download = `journal-entry-${date.toISOString().split('T')[0]}.txt`;

link.click();

URL.revokeObjectURL(link.href);

});

// Peace Corner - Emotion Chart

const emotions = [

{ name: 'Happy', emoji: '😊', info: 'Feeling joyful and content. Embrace this feeling and share it!' },

{ name: 'Sad', emoji: '', info: 'It\'s okay to feel down. Allow yourself to feel it, and know it will pass.' },

{ name: 'Angry', emoji: '', info: 'A powerful emotion. Try deep breaths or physical activity to channel it.' },

{ name: 'Scared', emoji: '', info: 'Fear is a signal. Acknowledge it and seek comfort or safety.' },

{ name: 'Calm', emoji: '', info: 'A state of peace. Notice what helps you feel this way.' },

{ name: 'Loved', emoji: '❤️', info: 'Feeling connected and cared for. Cherish these moments.' }

];

const emotionGrid = document.getElementById('emotion-grid');

const emotionInfo = document.getElementById('emotion-info');

emotions.forEach(emotion => {

const button = document.createElement('button');

button.className = 'p-3 bg-rose-50 rounded-lg hover:bg-purple-100 focus:bg-purple-200 focus:outline-none focus:ring-2 focus:ring-purple-400 transition';

button.innerHTML = `<div class="text-3xl">${emotion.emoji}</div><div class="text-xs font-semibold">${emotion.name}</div>`;

button.addEventListener('click', () => {

emotionInfo.innerHTML = `<p>${emotion.info}</p>`;

});

emotionGrid.appendChild(button);

});

// Peace Corner - Gratitude Jar

const gratitudeInput = document.getElementById('gratitude-input');

const addGratitudeBtn = document.getElementById('add-gratitude-btn');

const gratitudeJar = document.getElementById('gratitude-jar');

addGratitudeBtn.addEventListener('click', () => {

const noteText = gratitudeInput.value.trim();

if (noteText) {

const note = document.createElement('div');

note.className = 'bg-white p-2 rounded-md shadow text-sm text-slate-700 border border-purple-100 transform -rotate-2 hover:rotate-0 transition-transform';

note.textContent = noteText;

gratitudeJar.appendChild(note);

gratitudeInput.value = '';

}

});

// Peace Corner - Checklists

const groundingChecklistData = [

"Take 5 deep, slow breaths.",

"Sip a glass of water.",

"Listen to a calming sound.",

"Feel a comforting texture.",

"Stretch your body.",

"Repeat your daily affirmation.",

"Connect with your child.",

"Acknowledge the feeling and release."

];

const groundingList = document.getElementById('grounding-checklist');

groundingChecklistData.forEach((item, index) => {

const li = document.createElement('li');

li.className = 'flex items-center';

const checkboxId = `check-${index}`;

li.innerHTML = `

<input id="${checkboxId}" type="checkbox" class="h-4 w-4 rounded border-gray-300 text-purple-600 focus:ring-purple-500">

<label for="${checkboxId}" class="ml-3 block text-sm text-slate-600">${item}</label>

`;

groundingList.appendChild(li);

});

// Print functionality

document.querySelectorAll('.print-btn').forEach(button => {

button.addEventListener('click', (e) => {

const printArea = e.target.closest('.print-area-container').querySelector('.print-area');

// Clone the area to avoid modifying the original

const clonedPrintArea = printArea.cloneNode(true);

// Create a temporary container for the cloned content

const printContainer = document.createElement('div');

printContainer.classList.add('print-area');

printContainer.appendChild(clonedPrintArea);

document.body.appendChild(printContainer);

window.print();

document.body.removeChild(printContainer);

});

});

updateChart(); // Initial chart render

});

</script>

</body>

</html>