

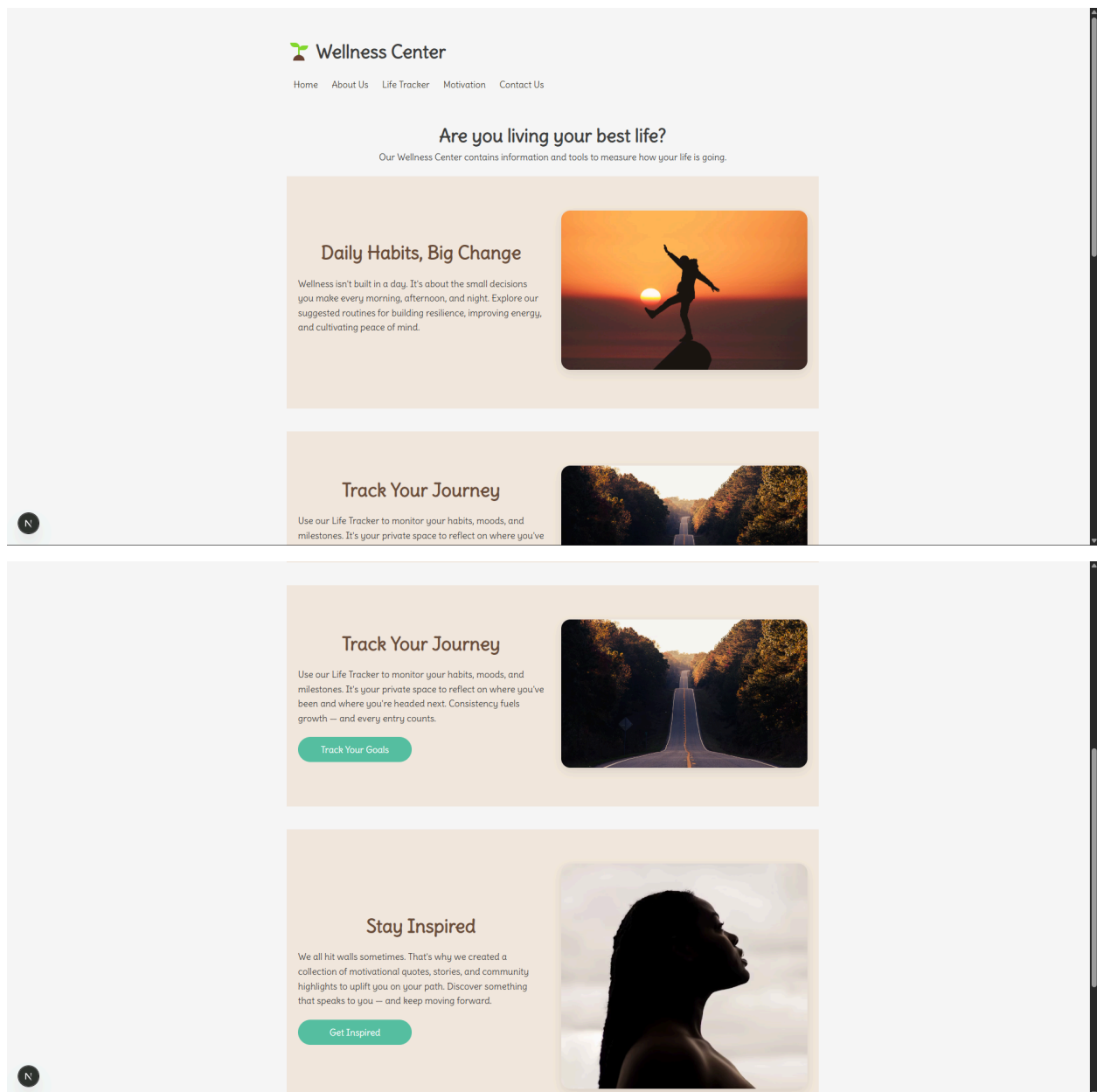


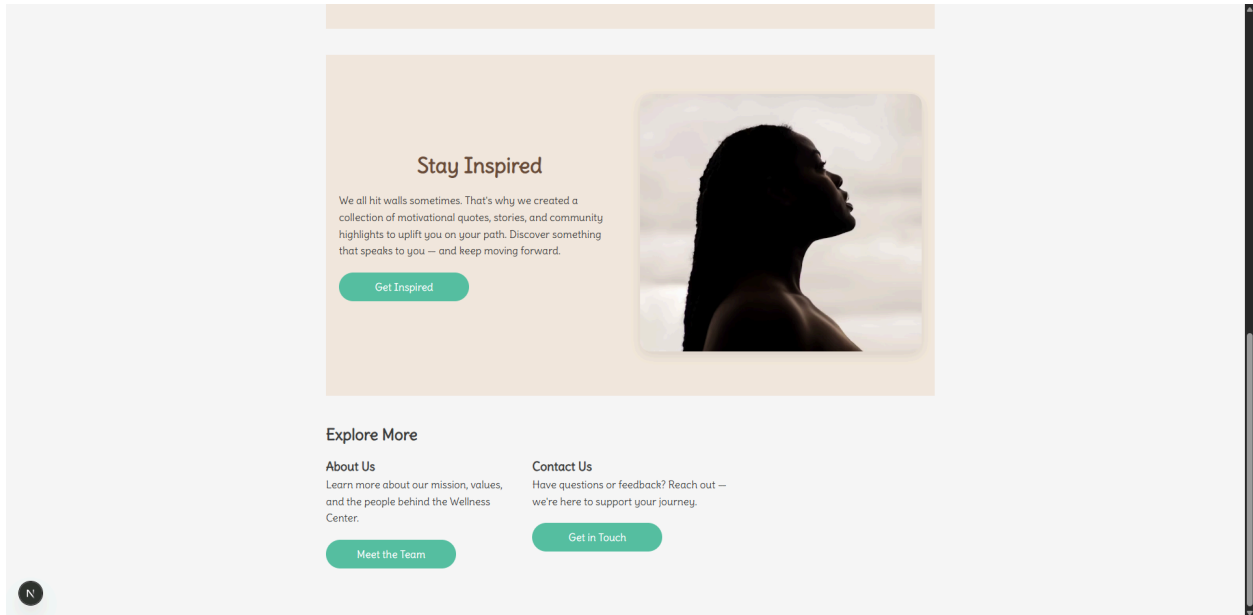
Brendan Dindial, Isaac Daoust, Mikayla Remolacio, Dhruvanshi Patel

<https://github.com/BrendanDindialSecE/WellnessCenter> ← Github Link

## Isaac: Homepage

Files Created: (page.jsx/page.css)

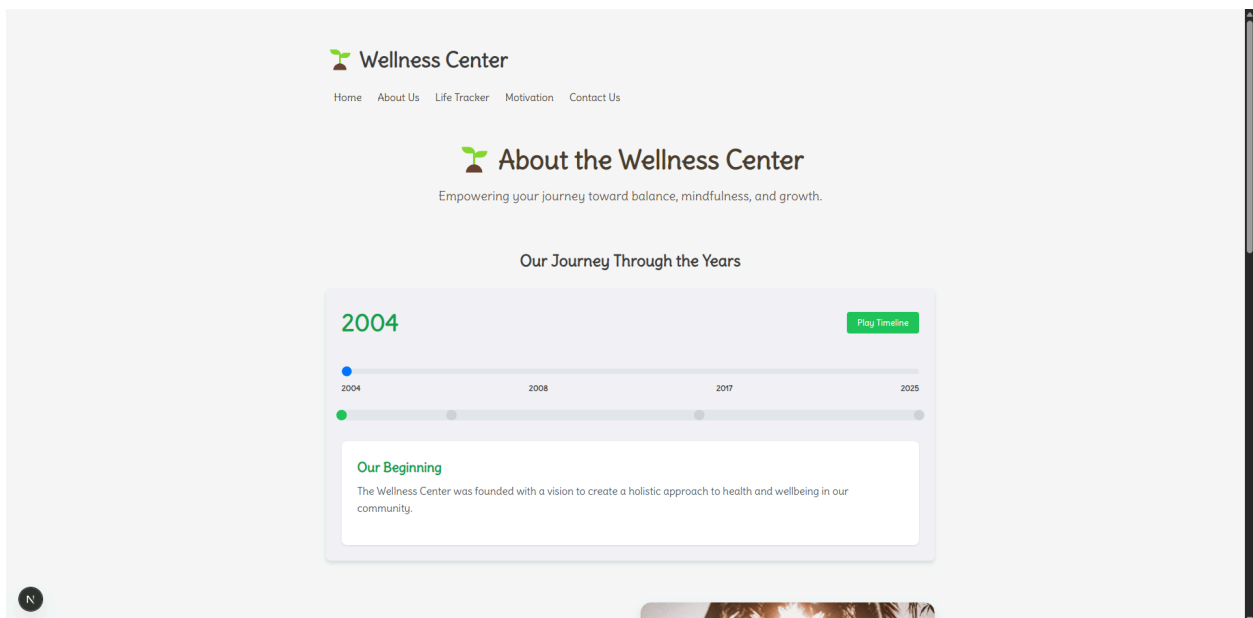




## Isaac: About Us Page

Files/Folders Created: (/about/page.jsx/page.css)

(/components/TimelineSlider.jsx/TimelineSlider.module.css)



## Our Mission

At the Wellness Center, we believe well-being is a lifelong journey — not a quick fix. Our mission is to equip you with practical tools and daily encouragement that help you thrive physically, mentally, and emotionally.



## Why We Exist

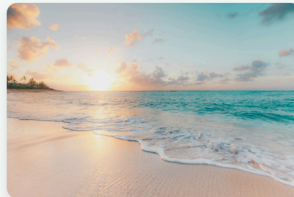
Whether you're seeking motivation, healthier routines, or a space to reflect on your progress, we're here to support you. Wellness isn't one-size-fits-all — and we're dedicated to helping you find your own rhythm.



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## What You'll Find Here

- 📅 A Life Tracker to help monitor your habits and goals
- 🧘 Tools for self-care, mindfulness, and personal growth
- 🗣 Community stories and quotes to keep you inspired




💛 We're excited to be part of your journey. Welcome to the Wellness Center.

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# Brendan: Life Tracker Page

Files/Folders Created: (/life-tracker/page.jsx)

(/components/LifeTracker/AddTaskForm.jsx, GoalCard.jsx, ProgressBar.jsx)(global.css)

 Wellness Center


[Home](#) [About Us](#) [Life Tracker](#) [Motivation](#) [Contact Us](#)

 Goal Progress Tracker

Track your wellness goals, set intentions, and reflect.

### Why Set Life Goals?

Setting goals gives your life direction, boosts motivation, and helps you track growth over time. Whether it's health, career, or personal happiness — progress is powerful. Reflect on where you are, define where you want to be, and take small, meaningful steps every day.



0% completed

Drink 2L of water

Start Goal

Stay hydrated throughout the day.

Start Date:

End Date:

Share your thoughts or challenges...

Exercise 30 Mins!

Start Goal

Exercise or take a walk.

Start Date:

End Date:

Share your thoughts or challenges...

Journal 10 mins!

Start Goal

Write down your thoughts or reflections.

Start Date:

End Date:

Share your thoughts or challenges...

#### Add a Personal Goal

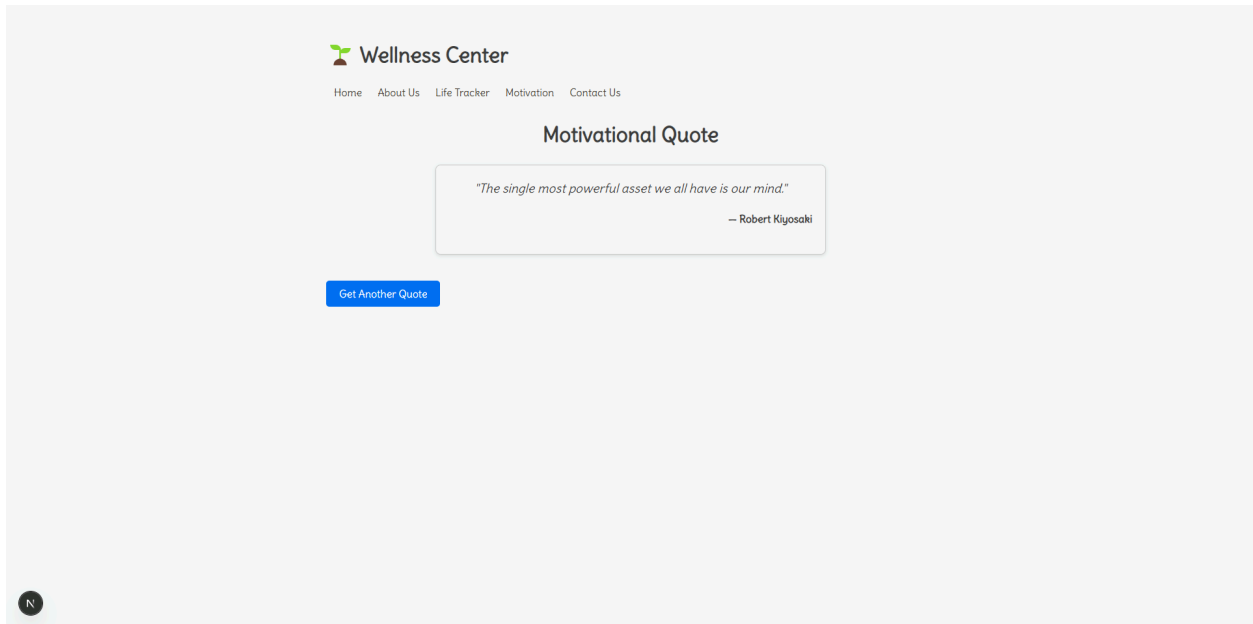
Goal Title

Description (optional)

Add Goal

## Mikayla: Motivation Page

Files/Folders Created: (/quotes/page.jsx) (/api\motivation/route.js)



## Dhruvanshi: Contact Page

Files/Folders Created: (/contact/page.jsx/contact.css)

