Web Application Development Project: Psychological Well-being Tracker
Nikolay Fedotov 16.04.2024 Course: Java and Web Development

Aim of the Work:
Creation of a Psychological Well-being Tracker, which monitors their psychological health. The functionality involves tracking mood (Several pre-set values to choose from), journal entries (describing the day), and daily goals to promote self-awareness and personal growth.

Ideas:
Minimally: motivational quotes, daily mood tracking, daily journal entries, daily goal setting, and visualization of data on a calendar. Ideally retrospective analysis of positives and negatives throughout the day.
Maximally (harder to implement): user accounts and adding data to the days in the past, with subsequent review of data logged in the past. Analysis of data stored in the database with weekly notifications of the past week's summary.

Concept and target group:
Providing users with a tool to track their mental health and well-being, providing users with their mood review and how it affects goal fulfillment. The application would provide the most benefit to those suffering from mood-altering ailments that take medicine and require to document their mood changes in order to asses efficacy of the treatment. By tracking daily mood, journaling their life, and setting goals (up to 4), one would be able to able to gain a better insight into their own life and their performance. The tool is mostly oriented to people who want to track their health/mental state.

Plan and Application:
The Web application with mood tracking, journal entry input, and goal setting would have the functionality of logging data every day and being able to save it in the database, as well as return to it (by switching days). In this case, for instance, people taking antidepressants or recovering from psychological stress, can track if the medicine is helping them or not.

Methodology/Tool:
Front-end: HTML, CSS (vanilla), and JavaScript (button functionality).
Back-end: Node.js (server-side) with Express.js framework, SQL database, MongoDB, and Mongoose (store user data).
API: Stoic Quotes API for fetching quotes to display in the front end.
Tools: Microsoft Visual Studio Code, Git, Gmail and GitHub.