

Orbit: Personal Well-being Web Application

Project Team

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Orbit: Personal Wellbeing Web Application

0.1 Project Title and Type

Project Title: Orbit – Personal Wellbeing Web Application

Type: Web Application

0.2 Problem Statement

Many people today find it hard to balance their mental health, productivity, and personal growth because of their busy lives. They often struggle with keeping track of daily tasks, building good habits, staying positive, and managing stress through activities like meditation. While there are many apps available, most focus only on specific areas—like to-do lists or meditation—but fail to bring everything together in one place. This can make users switch between different apps, which feels disconnected and inconvenient. People need a single platform where they can manage their tasks, reflect on their thoughts, track their habits, and take care of their mental wellbeing. Such a platform should not only offer useful tools but also be easy and enjoyable to use. The goal is to create a well-rounded experience that supports mental clarity, reduces stress, and boosts overall productivity—all within a simple and friendly web application.

0.3 Solution and Scope

The scope of Orbit is to create a web application that combines productivity and mental wellness features in one platform. Initially, the app will focus on essential features like a to-do list, journaling, habit tracking, mood tracking, meditation exercises, and a monthly overview with visual insights. The app will provide a smooth and user-friendly experience, making it easy for users to manage their tasks, track their habits and moods, and practice mindfulness. The project will cover front-end and back-end development, including user authentication and data storage. Future expansions could include advanced features like personalized recommendations and AI-driven insights, but the primary goal is to deliver a functional and reliable app that supports everyday mental health and productivity needs.

0.4 Features of Orbit

1. **To-Do List** – Helps users organize daily tasks with options to set priorities and deadlines.
2. **Journal Your Thoughts** – A digital diary for self-reflection, note-keeping, and expressing thoughts.
3. **Meditation Exercises** – Offers guided sessions like relaxation, stress relief, and mindfulness practices.
4. **Habit Tracker** – Tracks habits such as no junk food, reading, exercise, and drinking water.
5. **Mood Tracker** – Allows users to log moods like happy, sad, stressed, and analyze emotional patterns.
6. **Monthly Overview** – Provides a calendar, graphs, and statistics to visualize productivity and well-being.

0.5 Project Plan

Modular Breakdown and Iterations

Iteration	Modules	Features Implemented
Iteration 1 (Week 1-2)	User Authentication	Registration, Login, and Guest Access
Iteration 2 (Week 3-4)	Core Features	To-Do List, Journal, Habit Tracker, Meditation Exercises
Iteration 3 (Week 5-6)	Advanced Features	Mood Tracker, Monthly Overview, Goal Tracker with Database Integration

Table 1: Project Iterations and Features for Orbit

Deliverables and User Stories

- **To-Do List:**
 - As a *user*, I want to *add, edit, and delete tasks* so that I can *organize my daily activities efficiently*.
 - As a *user*, I want to *categorize tasks* so that I can *separate work, personal, and wellness tasks*.
- **Journal Your Thoughts:**

- As a *user*, I want to *write and save journal entries* so that I can *reflect on my thoughts and emotions*.
- As a *user*, I want to *view past journal entries* so that I can *track my personal growth over time*.
- **Meditation Exercises:**
 - As a *user*, I want to *access guided meditation sessions* so that I can *reduce stress and improve mindfulness*.
 - As a *user*, I want to *choose from categories like relaxation and stress relief* so that I can *select meditation based on my needs*.
- **Habit Tracker:**
 - As a *user*, I want to *add and track daily habits* so that I can *maintain a healthy lifestyle*.
 - As a *user*, I want to *receive reminders for habits* so that I can *stay consistent with my routine*.
- **Mood Tracker:**
 - As a *user*, I want to *log my mood daily* so that I can *analyze my emotional patterns*.
 - As a *user*, I want to *view mood trends through graphs* so that I can *understand my mental health better*.
- **Monthly Overview:**
 - As a *user*, I want to *see my monthly progress* so that I can *evaluate my productivity and wellbeing*.
 - As a *user*, I want to *view statistics of my tasks, habits, and moods* so that I can *set new goals for improvement*.

0.6 Team Roles and Responsibilities

Team Member	Roles
Dania Waseem	Project Lead, Developer
Munaza Tariq	UI/UX Designer, Requirement Engineer, Tester

Table 2: Team Members and Roles

0.7 Prototype Screens

The following are the main UI screens designed using Canva:

- **Login/Signup Page** – Provides user authentication options.
- **Home Page** – Displays options for to-do list, journal, meditation, habit tracker, mood tracker, and monthly overview.
- **To-Do List Page** – Allows users to manage tasks and set priorities.
- **Journal Your Thoughts Page** – A digital diary for self-reflection.
- **Meditation Page** – Shows guided meditation sessions and progress.
- **Habit Tracker Page** – Monitor and visualize daily habits.
- **Mood Tracker Page** – Track emotional patterns and moods.
- **Monthly Overview Page** – Includes a calendar, graphs, and productivity insights.

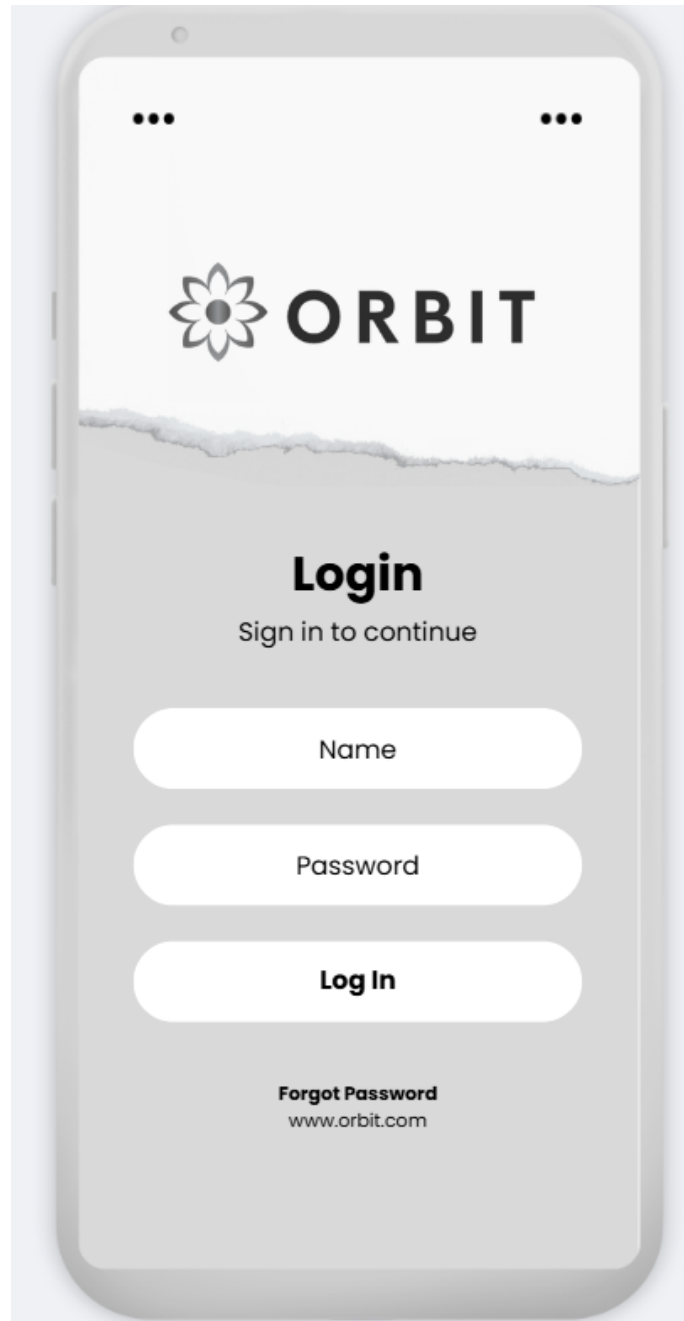


Figure 1: Login/Signup Page



Figure 2: Home Page



Figure 3: Mood Tracker Page

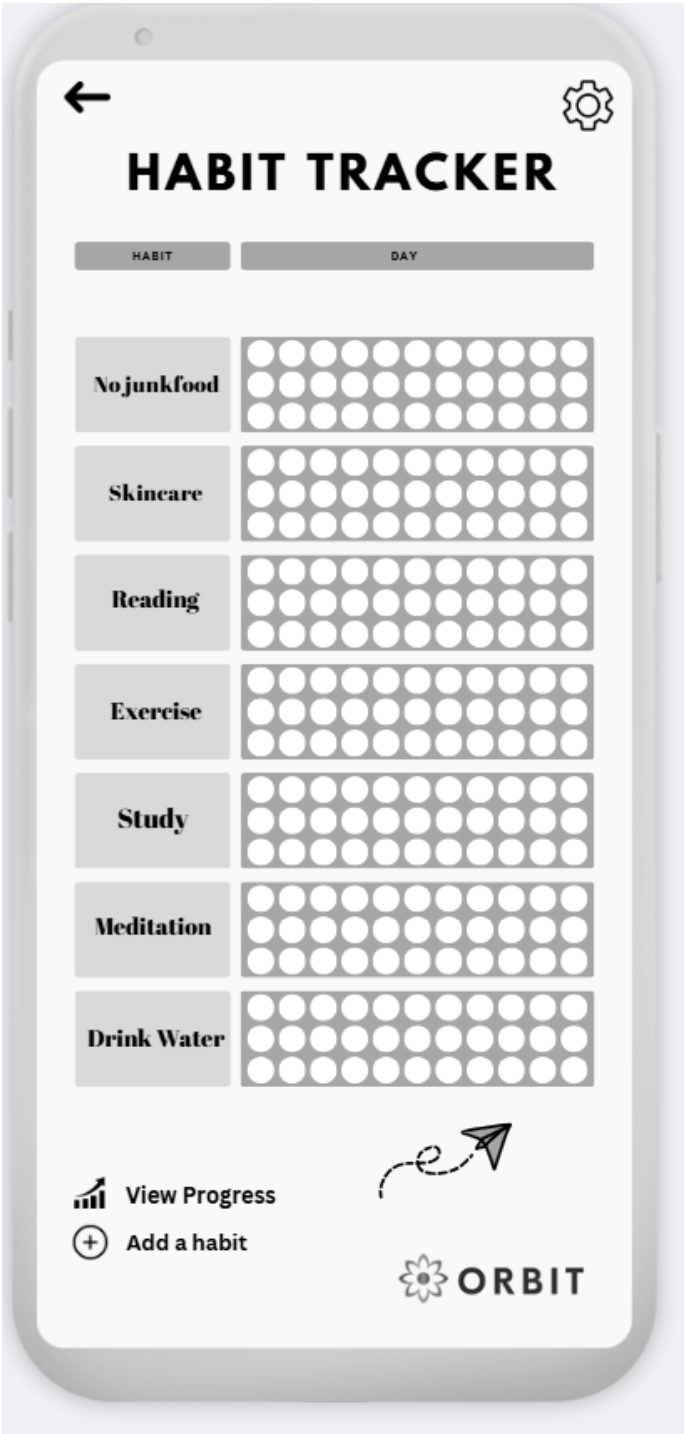


Figure 4: Habit Tracker Page

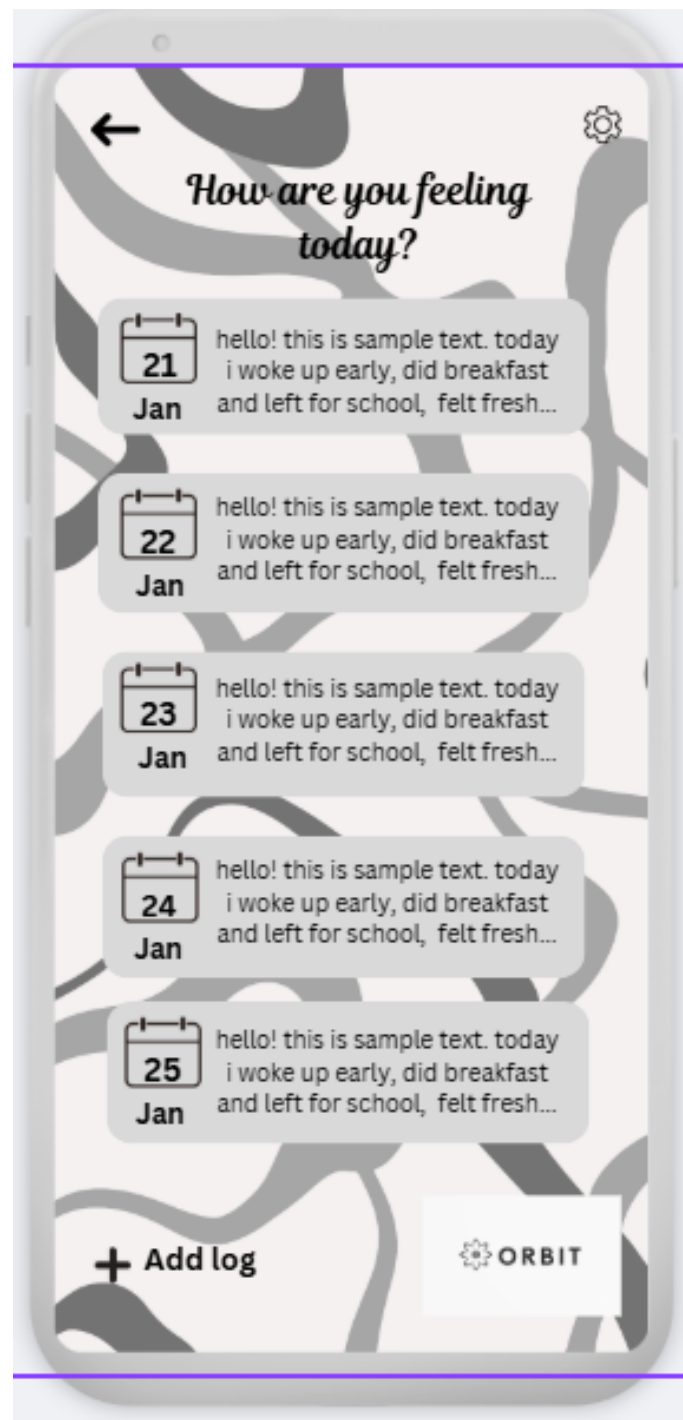


Figure 5: Journal Your Thoughts Page

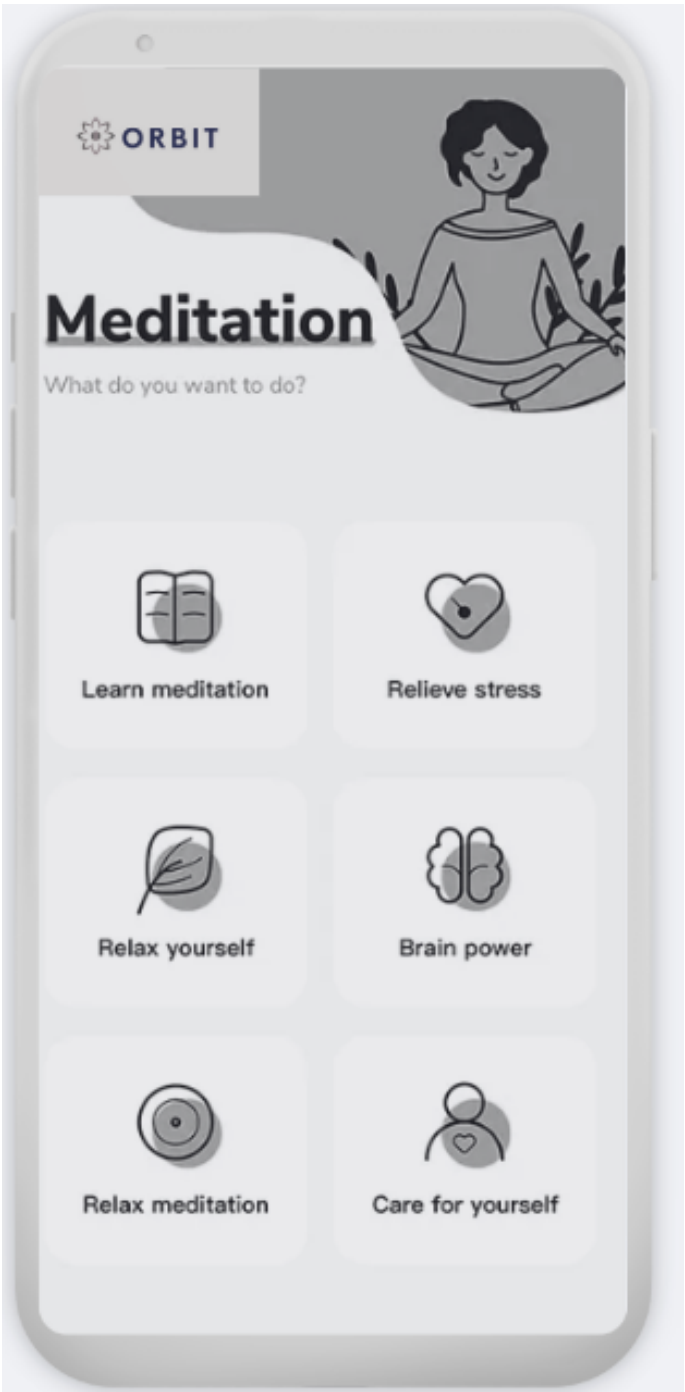


Figure 6: Meditation Page

ORBIT

✕ Create new task

14 Mar - 20 Mar

23 Wed 24 Thu 25 Fri 26 Sat 27 Sun

Schedule

Task Name

Name

Start Time 06:00 PM End Time 09:00 PM

Task Description

Description

Priority

High

Get alert for this task

Create Task

Figure 7: To-Do List Page

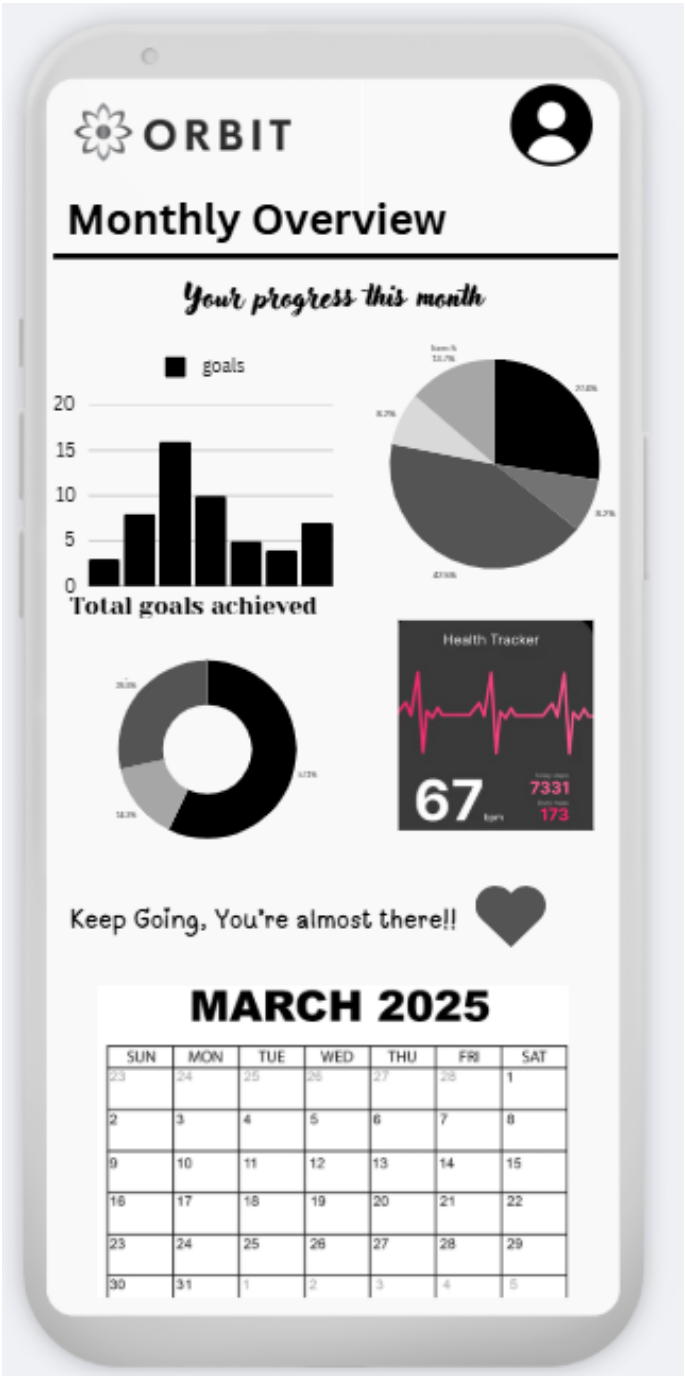


Figure 8: Monthly Overview Page