Self Quest

We are developing an app that aims to raise awareness and improve users overall health and education, aligning directly with the United Nations' Sustainable Development Goals (SDGs) 3 (Good Health and Well-being) and 4 (Quality Education). The app's primary focus is to engage users in both physical and mental exercises, rewarding them for completing daily challenges that enhance both body and mind.
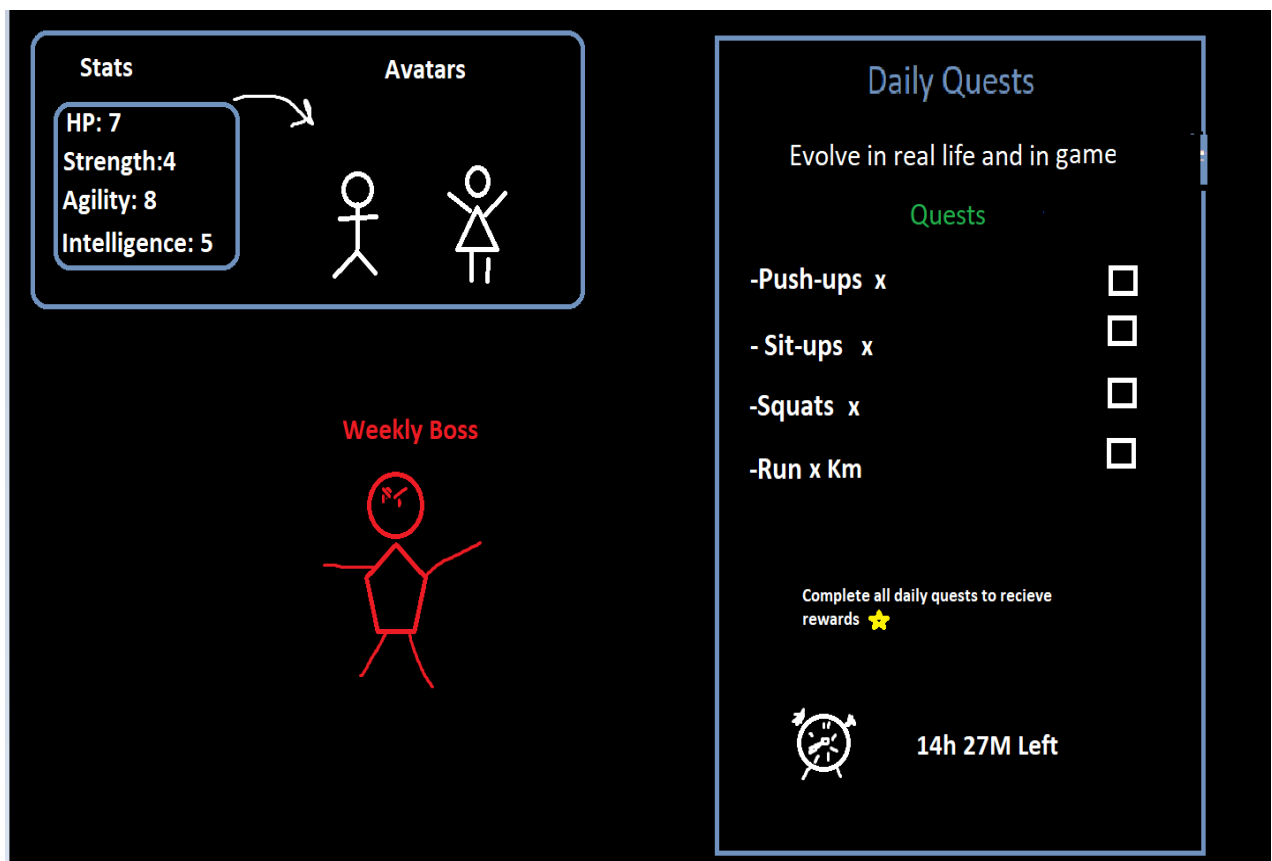
The core idea is to offer a combination of physical activities, such as push-ups, sit-ups, or other fitness routines, alongside mental exercises like math quizzes and brain games. The level of difficulty of these challenges will be based on a "quiz" that the user takes initially. It will then produce

tasks depending on these answers. Users are tasked with completing these challenges on a daily basis, earning rewards for their consistency and effort. These rewards accumulate throughout the week, and at the end of each week, users face a "boss battle". If you collected enough daily rewards, you defeat the boss. Defeating the boss makes the next weeks challenge more difficult, the difficulty of challenges gradually increases. In the physical category, this might mean more repetitions, shorter completion times, or more complex exercises. Similarly, the mental tasks, such as quizzes, will become more challenging, with shorter time limits or increased complexity in the problems to be solved. where each victory brings about tougher, more demanding tasks, ensuring that users remain engaged and challenged.

 The concept is designed to gamify discipline, where staying committed to completing daily tasks ensures enough rewards to successfully defeat the weekly bosses.

The overall goal of the app is to create a rewarding experience that promotes healthy habits and continuous learning, fostering self-discipline and personal growth. By making health and education fun and engaging, we aim to empower users to take charge of their well-being and knowledge in a way that is both interactive and impactful.

Our biggest challenges are going to be pretty much everything because this is all new to us. We have to learn a completely new programming language and get used to a different syntax, which is tough since we're used to working with almost fully written code in our previous courses. On top of that, we've never actually developed an app before, so we're navigating through uncharted territory. This means we'll need to learn not just the technical aspects, but also how to structure the project, plan the development, and work as a team to bring it all together.