🗨️ designPro Lab #001: Product Blueprint Brief

Lab Type: Idea
Estimated Time: 30–45 mins
Skill Level: Beginner

```python
# Let's begin by printing your name to personalize the notebook
your_name = ""
print(f"Welcome to the lab, {your_name}!")
```

🔍 STAR Method Lab Prompt

Situation:
High-stress College students under high stress often struggle with managing their mental well-being and require an accessible tool to track their moods, reflect on their thoughts, and gain insights into their emotional patterns. There is an opportunity to develop a digital solution that provides support and promotes self-care for this demographic.

Task:
Create a 1-page product brief for a Mental health journal app with core features like Daily prompts, mood tracker, reflection export, emphasizing usability, accessibility, and user-centered design to address the needs of College students under high stress.

Action:
Utilize Gemini to generate a comprehensive 1-page product brief. The prompt will include details on Mental health journal app, College students under high stress, and Daily prompts, mood tracker, reflection export, and instruct Gemini to incorporate user pain points, goals, a feature list, and principles of usability, accessibility, and user-centered design.

Expected Result:
A concise, 1-page product brief document outlining the product vision, target audience, key features, and design considerations for the mental health journal app.

✍️ Your Assignment

Use this section to complete your deliverable:

```
(Example Format)

- **Product Idea**: Mental health journal app
- **Target User**: College students under high stress
- **Core Features**: Daily prompts, mood tracker, reflection export
- **Gemini Prompt**: Create a 1-page brief with user pain points, goals, and feature list
- **Output**: Product brief PDF
```