MindBodyU
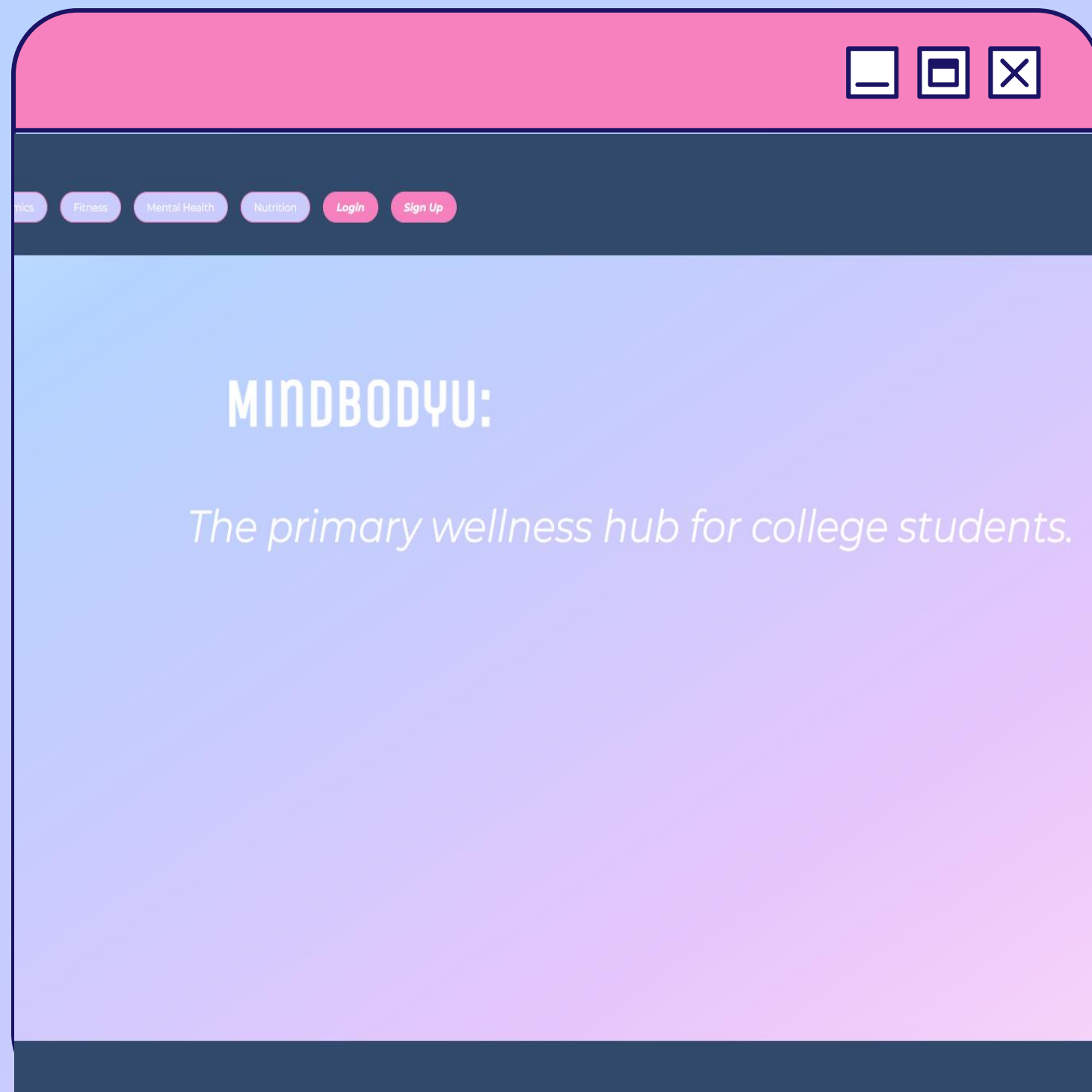
Nidhi Padmanabhan, Ghea Chaw, Yuqing Peng
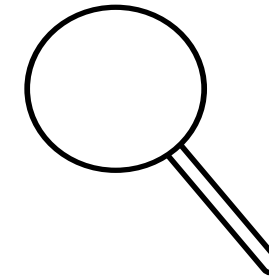
MindBodyU

MINDBODYU:

The primary wellness hub for college students.

Fitness · Mental Health · Nutrition · Login · Sign Up
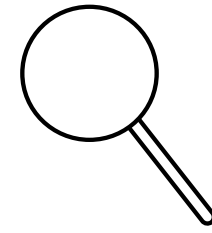
* **Our Idea:** A central wellness hub for college students
  * Covers multiple aspects of wellness (fitness, nutrition, mental health, & academics)
* **Why Did We Chose This?**
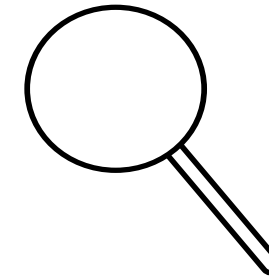 * wellness resources are often scattered across many platforms
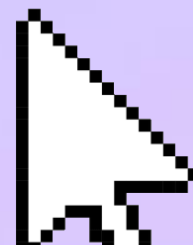
Features

Discussed

* Meal plan generator considering location and available resource
* Workout Generator
* Assignments Tracker
* Wellness Related Habit Tracking

Implemented

* Meal plan generator
* Workout Generator
* Assignments Tracker

What Makes us Unique

Target Audience

MindBodyU is a health focused website created BY college students FOR college students.

We consider the stress and academic pressure that students are under and provide tools for them to succeed

Our Products

We have all the necessary tools in one space: Fitness, Nutrition, Academic management, along with tips on how to manage stress and succeed in school

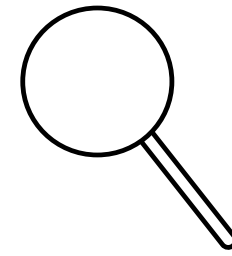Other Sites: Cater to one area at a time

User Personas
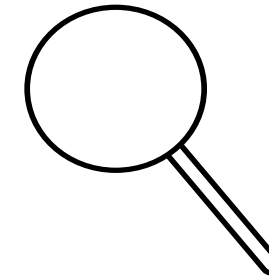
Samantha

* ❈ CS major who has anxiety
* ❈ Wants to get a better work schedule and improve her mental health

Jeremy

* 🍕 Business major who really likes pizza and dislikes exercising
* 🍕 He wants to improve his lifestyle with regards to both fitness and nutrition

Prototype

Homepage

Health App   Homepage   About Us   Calendar   Nutrition Guide   Fitness Guide   Academic Guide   Mindfulness
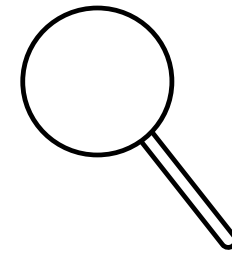
A health web page for college students

Our Mission ....

Fitness

Mental Health

Prototype

Nutrition Guide

Homepage About Us Calendar Nutrition Guide Fitness Guide Academic Guide Mindfulness

Budget Range

Meal

Fitness Guide

Homepage About Us Calendar Nutrition Guide Fitness Guide Academic Guide

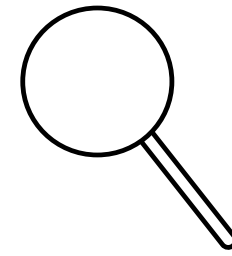| To Do 1 ⊕	In Progress 0 ⊕	Done 2
Recommended Workouts		Completed Workouts

Welcome to Kanban!
Click here to open the card

☰ 🕑 Oct 26

Prototype

About Us

Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | M...

Ghea | Nidhi | Yuqing

Calendar

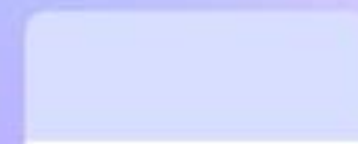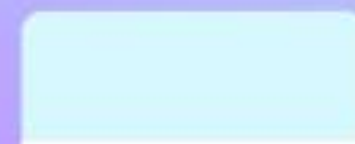Homepage | About Us | Calendar | Nutrition Guide | Fitness Guide | Academic Guide | Mindfulness
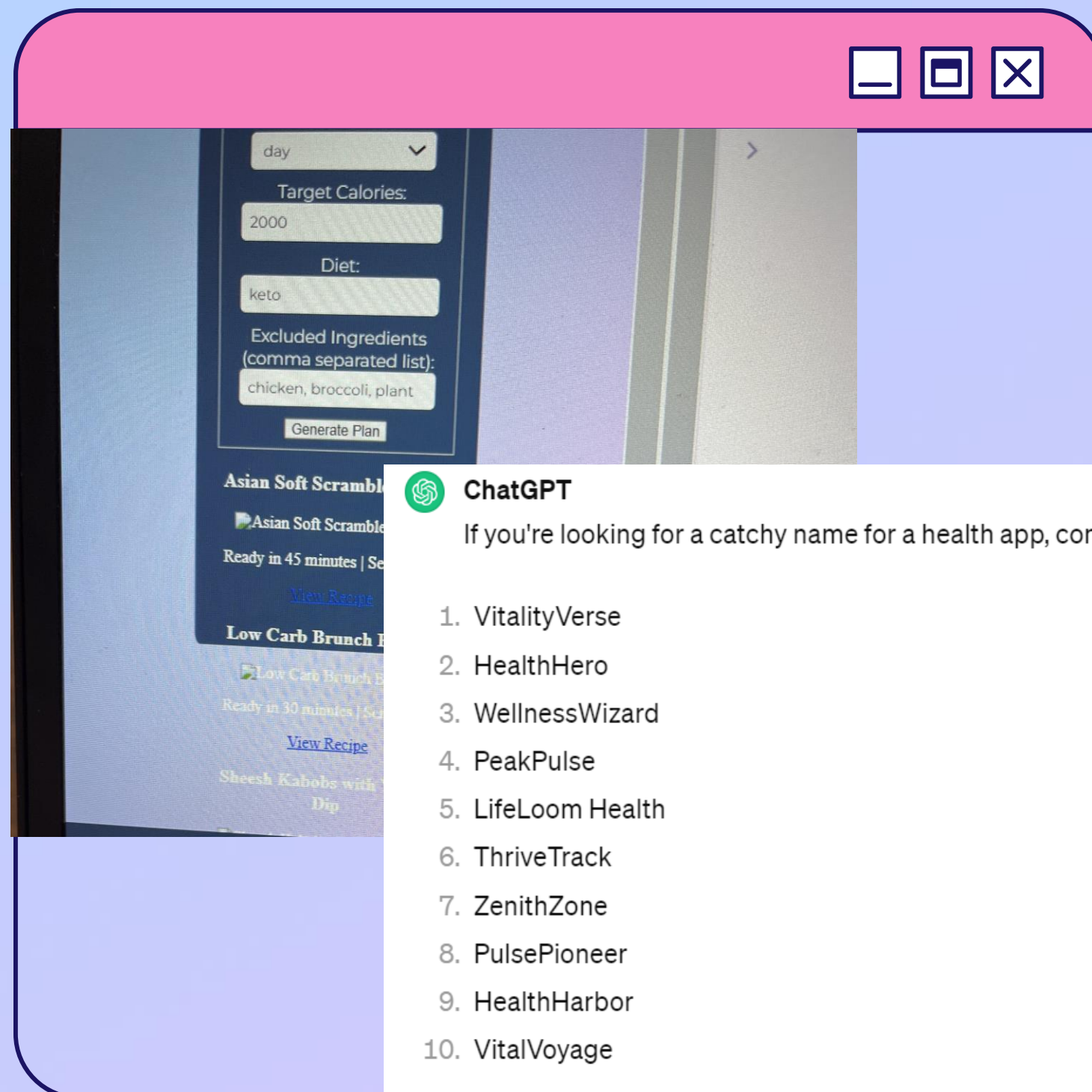
Monday | Tuesday | |
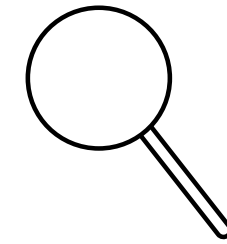
| | | Goals

Challenges

* **Choosing a name**

* **Formatting CSS**

* **API implementation**

* **Focusing the page on the correct element**

Focus Areas

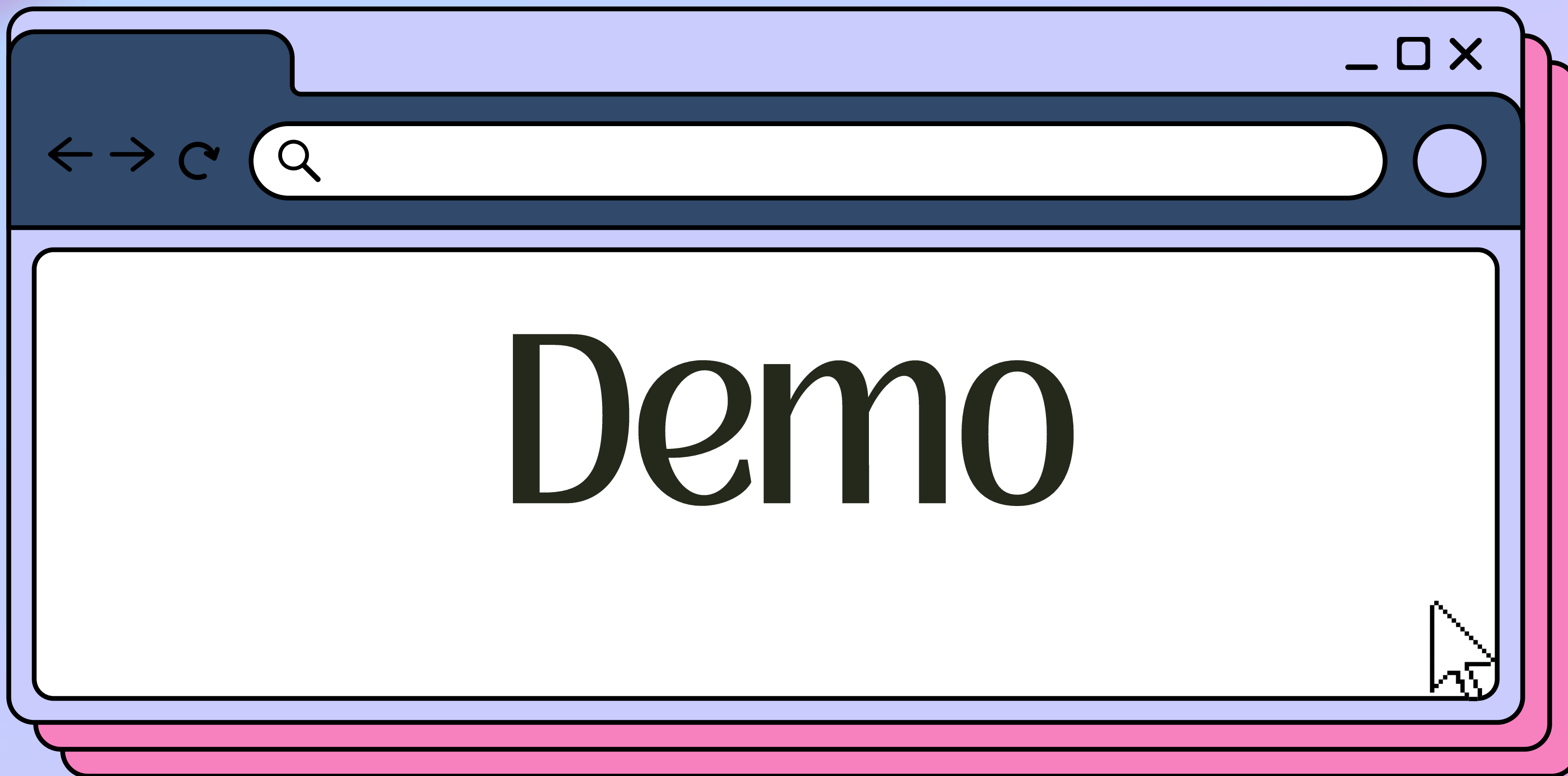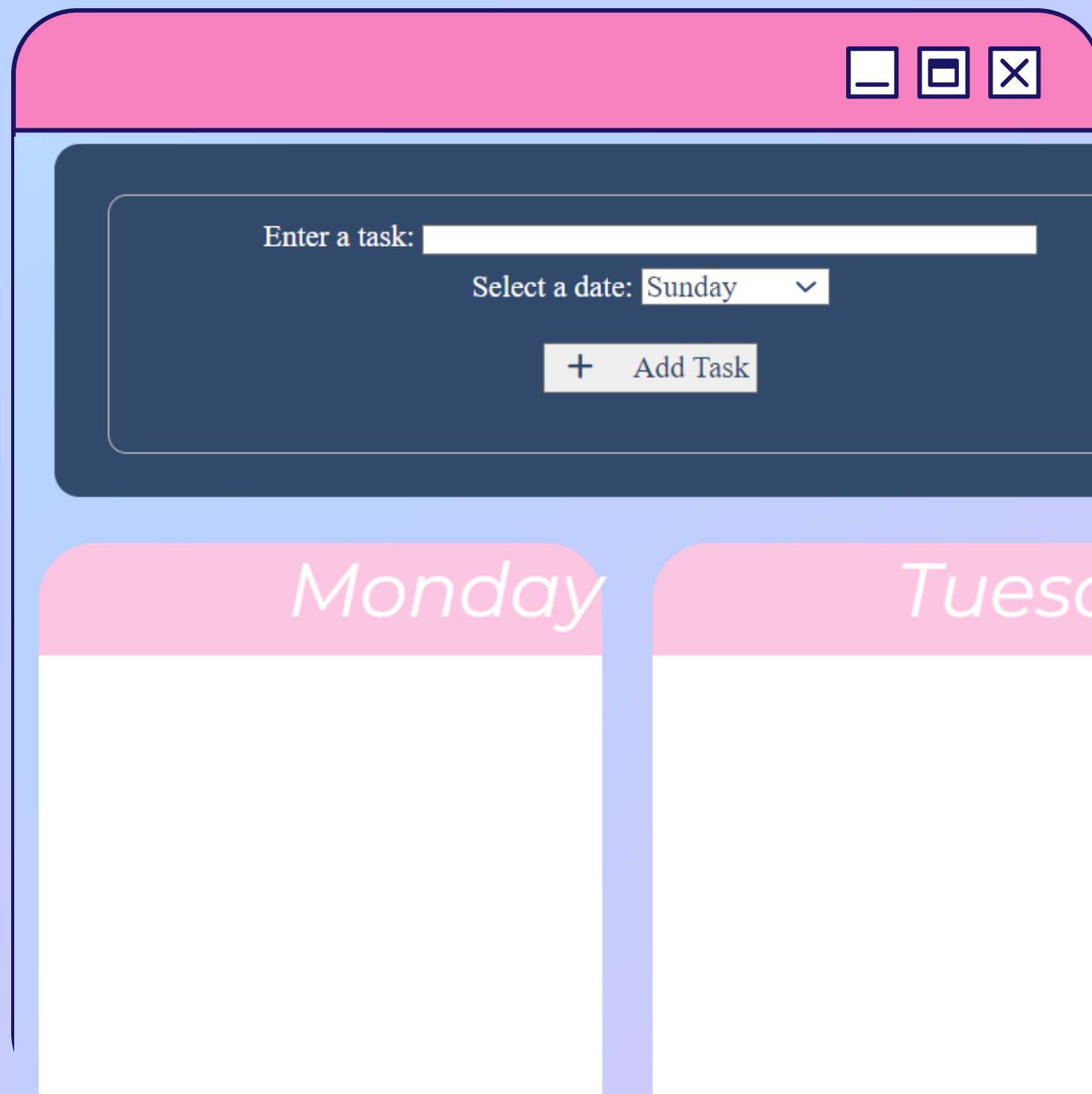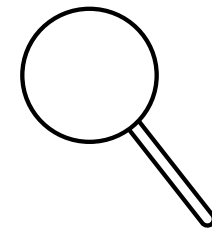## HTML, CSS and Graphics

* Made pages visually appealing
* Made website easy to navigate

Javascript Interactivity

* Meal Plan Creation
* Workout Generator
* Assignment Tracker
* Typing Effect on Text
* Form Validation

Demo

Future Plans

Enter a task:

Select a date: Sunday ▼

+ Add Task

Monday

Tues

* **Complete Habit Tracker**

* **Complete Calendar**

* **Extend Meal Plan Generator (allow users to specify available resources)**

* **Add Budget Tracker for Food Related Expenses**

* **Implement Sign up and Login page using PHP and SQL**

Questions?