

CareSync – Product Requirements Document

Project Type: HealthTech / Well-being / Data Analytics

Platform: React PWA (EN-first, i18n-ready)

1. Product Vision

CareSync is a well-being tracking platform designed to help users understand their habits, energy, stress, and mood through daily check-ins and behavioral analytics. The application transforms raw self-tracking data into actionable insights, supporting healthier and more balanced lifestyles.

2. Target Users

- Individuals seeking to improve their well-being through self-awareness.
- Professionals interested in understanding productivity, stress, and recovery patterns.
- (Future) Coaches or therapists reviewing user-exported data.

3. Value Proposition

CareSync converts a 30-second daily check-in into meaningful insights using data analytics, helping users detect patterns, risks, and positive habits.

4. Design & UX Principles

- Neutral, inclusive design suitable for all genders.
- Calm, premium HealthTech aesthetic.
- Mobile-first PWA experience.
- Clear explanations for all analytics and insights.

5. MVP Roadmap

MVP 1 – Daily Tracking & Wellness Score

Authentication, daily check-in, automatic wellness score calculation, 7-day history, and PWA installation.

MVP 2 – Analytics Dashboard

Trend charts (mood, energy), weekly averages, sleep vs mood correlation, and early alert detection.

MVP 3 – Insight Engine

Rule-based behavioral insights, overload risk detection, and actionable recommendations.

6. User Stories (Extract)

- As a user, I want to create an account so that my well-being data is saved securely.
- As a user, I want to log in so that I can access my dashboard.
- As a user, I want to submit a daily check-in in under 30 seconds so that I stay consistent.
- As a user, I want to see a wellness score so that I quickly understand my overall state.
- As a user, I want to view trends over time so that I can detect improvements or declines.
- As a user, I want to receive insights explaining correlations so that I can adjust my habits.
- As a user, I want the app to detect overload risks so that I can prevent burnout.

7. Internationalization

The application is developed in English and uses an i18n system allowing future translations. All UI strings rely on translation keys and locale-aware date and number formatting.

8. Non-Functional Requirements

- Performance: dashboard loads in under 2 seconds for 30 days of data.
- Privacy: user data ownership, export and deletion possible.
- Accessibility: readable contrast, keyboard navigation.
- Reliability: unit tests for score and insight rules.