Balance is a comprehensive lifestyle app designed to help users maintain and track their physical health, mental well-being, and personal goals. The app is divided into three primary categories: Physical Health, Mental Health, and Custom Goals, enabling users to set personalized goals and track their progress in a structured and engaging manner.

The app encourages users to focus on maintaining a balance between their physical and mental health by offering tools to monitor their daily activity, hydration, sleep, and mindfulness practices, along with customizable lifestyle goals. Its user-friendly design, clean interface, and visual progress tracking system make it an ideal companion for anyone seeking to lead a balanced, goal-driven life. Not to mention, the implementation of “Streaks”, a consistency/success over time metric to help motivate the user.

Main Features:

1. Onboarding Flow: Upon first launching the app, users are guided through a set of introductory questions. This flow helps the app personalize the user experience by asking them to select their goals for both physical health (e.g., walking, hydration, exercise) and mental health (e.g., meditation, mindfulness). The onboarding includes pre-selected categories like walking, drinking water, flexibility exercises, and daily meditation. Based on the user's preferences, the app customizes their goals and widgets to reflect what they aim to achieve.
2. Home Screen Overview: The home screen presents users with three main widgets for daily tracking:

- Physical Health Widget: Tracks goals like steps, hydration, and exercise.
- Mental Health Widget: Focuses on mindfulness, meditation, and mental well-being goals.
- Custom Goals Widget: Allows users to track additional personalized habits outside the predefined categories.

3. Fitness Tracking: The app provides a detailed Fitness Overview screen showing progress on physical goals, such as steps taken, calories burned, and water consumed. A history section displays past activities, allowing users to see trends over time. The progress rings for each goal visually display how much of the goal is completed, with partial circles representing goals that are incomplete, allowing for easy progress tracking at a glance.
4. Mental Health Monitoring: Users can set daily mental health goals such as meditation time and spending time outdoors. The app features encouraging messages and reminders to help users stay mindful and calm throughout their day. The app provides meditation techniques and reminders to reach out to loved ones, promoting positive mental health practices.
5. Custom Habit Tracking: In addition to the pre-defined physical and mental health goals, users can create their own custom goals and habits. This allows flexibility for users who wish to track other aspects of their lifestyle, whether it’s learning a new skill, practicing a hobby, or setting professional milestones.
6. Progress Tab: The Progress Tab displays a calendar view with circular progress indicators for each day. Each circle represents the user’s completion level of their goals,

with different colors and percentages showing how much of their goals they completed on that day. The calendar helps users look back on their progress over time, motivating them to stay consistent and achieve their long-term goals.

7. Settings Tab: Users can modify goal tracking preferences, change reminder frequencies, and adjust notification settings within the Settings Tab. Additional options include data reset and customization of reminder timings for specific goals. Personal data privacy and profile customization features are also included.

App Flow:

- Onboarding: Users select their physical and mental health goals, and the app tailors the experience based on those selections.
- Home Screen: Displays progress widgets for physical health, mental health, and custom goals. From there, users can go through individual widgets and view goals, update completion for goals, and add new goals.
- Progress View: A detailed calendar with circular progress indicators for each day.
- Settings: Users can customize goal preferences, reminders, and reset data as needed.

Visual Design

- **Color Scheme**: Each category uses a distinct color to enhance user recognition:
    - Physical Health: Green
    - Mental Health: Purple
    - Custom Goals: Cyan
- **Background**: The app uses a scenic landscape background image that provides a calming effect, enhancing the user's mental space while navigating the app.
- **Fonts and Typography**: The app uses a clear, rounded font style, maintaining readability across all screens. Large headings in white provide better visibility over colorful backgrounds, complemented by drop shadows for depth.
- **UI Components**:
    - **Progress Rings**: Progress is shown through visually engaging rings and bars, allowing users to assess daily achievements at a glance.
    - **Drop Shadows**: Used across widgets, buttons, and titles to create a sense of depth and make important elements stand out.
    - **Semi-Transparent Elements**: The tab bar and other UI elements use a semi-transparent gray to maintain a minimalistic look without obstructing the background.
    - **Stylish Splash Screen/Icon -** A stylish splash screen and icon, with a similar gradient to the main app themes.

HealthKit and Core Data Integration

HealthKit

- Balance seamlessly integrates with HealthKit, syncing data like steps, calories burned, and exercise time.
- Health data access is requested once, and permissions are handled efficiently to ensure minimal disruptions.
- Real-time syncing ensures that users' fitness goals reflect their actual health data, supporting dynamic adjustments.

Core Data

- The app uses Core Data for persistent local storage, saving user preferences, goals, and progress. Utilizing the MVVC by using a CoreDataModelView to serve as a relation between our Core Data and SwiftUI Views
- All data is synced with the onboarding flow to ensure a seamless experience, whether users are tracking steps, meditation time, or custom habits.
- Core Data updates are triggered based on user inputs, providing an adaptive experience that evolves with users' goals.