









MindBalance - A Mental Health Tracker

Overview:

MindBalance is a SaaS-based mental health tracking application developed using **ReactJS** for the **2025 Fluxion Front-End Hackathon**. It allows users to log daily moods, write journals, visualize trends, and access self-care content. The project addresses global mental health challenges aligned with the **UN Sustainable Development Goals (SDG 3: Good Health and Well-being)**.

Features:

-  Daily mood logging (emoji or label based)
 -  Mood-linked journal entries
 -  Dashboard with visualizations (Recharts)
 -  Self-care tips and motivational quotes
 -  Responsive UI (Tailwind CSS)
 -  Routing (React Router)
 -  Animations (Framer Motion)
 -  All data stored in `localStorage` (no backend) insures Data security
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Folder Structure:

- `/components`: Reusable UI elements
 - `/pages`: React Router-based page components
 - `/utils`: Helper functions and data
 - `/assets`: Static content like images and icons
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Installation & Setup:

```
bash
CopyEdit
# Clone the repository
git clone https://github.com/yourusername/mindbalance.git

# Navigate into the project directory
cd mindbalance

# Install dependencies
npm install

# Start the development server
npm run dev
```

Dependencies (package.json):

- `react`
- `react-dom`
- `react-router-dom`
- `tailwindcss`

- framer-motion
 - recharts
 - @headlessui/react (if needed)
 - zustand or React Context API
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SDG Mapping:

- **SDG 3: Good Health and Well-being**
 - **Problem:** 1 in 8 people globally suffer from mental disorders (WHO)
 - **Beneficiaries:** Students, professionals, and individuals managing mental health
 - **Scalability:** Localized app with global potential (via translation, theming, accessibility)
 - **Solution:** Supports daily mental wellness tracking, routine check-ins, and awareness through reflective journaling
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SaaS Model:

This project simulates a SaaS-based service offering:




- Personalized mental health tracking
- Mood analytics
- Custom self-care tips
- Scalable for multi-user subscription tiers

(Note: In this hackathon version, all data is stored in `localStorage` as no backend is allowed.)




Innovation & Impact:

-  Tackles the real-world global mental health crisis
 -  Dashboard insights to track personal mental wellness trends
 -  Daily journaling to promote reflection and growth
 -  Clean, accessible interface suitable for all users
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Deployment:

-  Fully deployed on **Vercel** (or Netlify)
 -  Fully responsive design
 -  Minimal bugs
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Credits:

-  Built with **ReactJS**, **Tailwind CSS**, **Framer Motion**, and **Recharts**
 -  UI elements and styles inspired by [Acenternity UI](#) – proper credit given
 -  Assisted by **ChatGPT** for planning, copywriting, and documentation guidance
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Tools Used:

- Visual Studio Code
 - Git & GitHub
 - Figma (for initial planning)
 - ChatGPT (for brainstorming and code suggestions)
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Bonus Notes:

- □ The **Tips** section in the navbar pulls in **external blog articles** due to time constraints during the hackathon. Originally, these were intended to be displayed as **dynamic pages**, which will be implemented in future iterations.
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Evaluation-Ready Checklist:

- ☒ Functional MVP
 - ☒ Smooth & responsive UI/UX
 - ☒ Clean and maintainable code structure
 - ☒ README and documentation complete
 - ☒ Full SDG alignment explained
 - ☒ Proper credits and open-source tools used
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Thank you for reviewing my submission.

— Muhammad Ibad

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