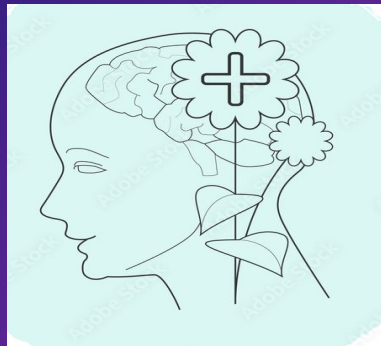# Mental Fitness Tracker

PROJECT TOPIC:-

A mental fitness tracker is a tool or application designed to help individuals monitor and improve their mental well-being.
It works similarly to a physical fitness tracker that helps track and improve physical health by measuring steps, heart rate, and other metrics.
However, a mental fitness tracker focuses on monitoring and enhancing various aspects of mental health

AGENDA:-

A mental fitness tracker aims to promote well-being by tracking moods, stress levels, and sleep patterns.

Guided meditation sessions and cognitive training games are included to enhance mental fitness.

Users can set goals, journal their thoughts, and connect with support groups for added encouragement.

Personalized insights and reminders help users stay motivated on their mental health journey.

While valuable, a mental fitness tracker should not replace professional mental health care when needed.

PROJECT OVERVIEW:-

The project is focused on developing a comprehensive mental fitness tracker application designed to promote and improve users' mental well-being. The application aims to provide users with a range of tools and features to monitor, track, and enhance their mental health through various activities and exercises. It is intended to be a user-friendly and engaging platform that encourages positive habits and self-care practices for better mental fitness.

WHO ARE END USERS

The end users for the mental fitness tracker project are individuals who are interested in monitoring and improving their mental well-being

It targets a broad audience across various age groups and lifestyles, including: Students,Working Professionals,Individuals with Mental Health Concerns such as anxiety and mild depression & Anyone Interested in Proactive Mental Health Care

Your solution & its value proposition:-

MOOD ANALYSIS:-

Mood analysis can be employed in customer service and support settings to gauge customer satisfaction, identify potential issues, and improve the overall customer experience.

GOAL SETTING:-

By understanding the individual's needs and aspirations, the chatbot can suggest relevant and achievable goals tailored to their specific circumstances.

HOW DID YOU CUSTOMIZE THE PROJECT & MAKE IT YOUR OWN

I have included extra features that were not included in the original design in order to customise and modify the project. These new features include a goal-setting feature, a gratitude book to record daily appreciation moments, and mood analysis with stress level tracking. These improvements have been added to the project to make it more thorough and user-friendly, giving users a more complete and fulfilling experience.
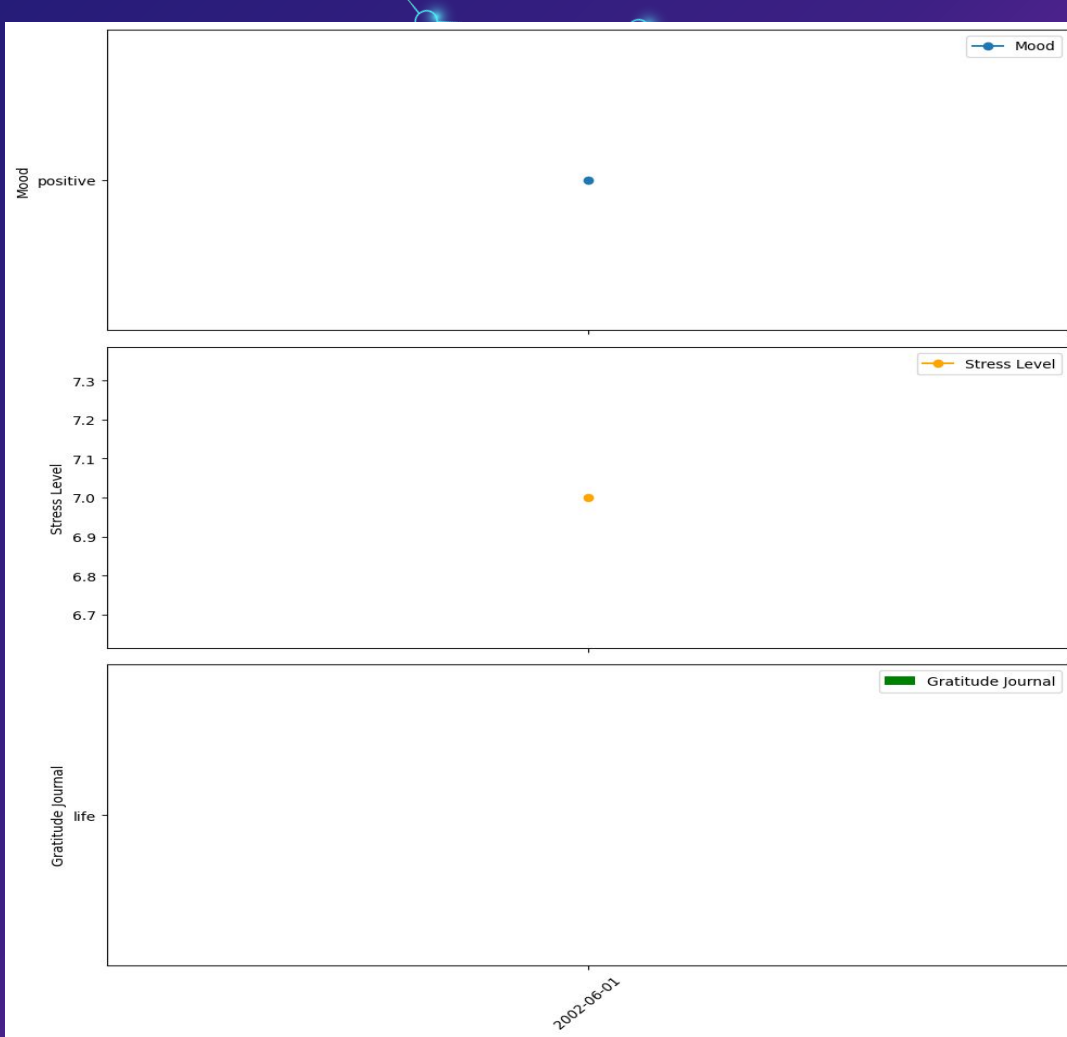
Modelling:-
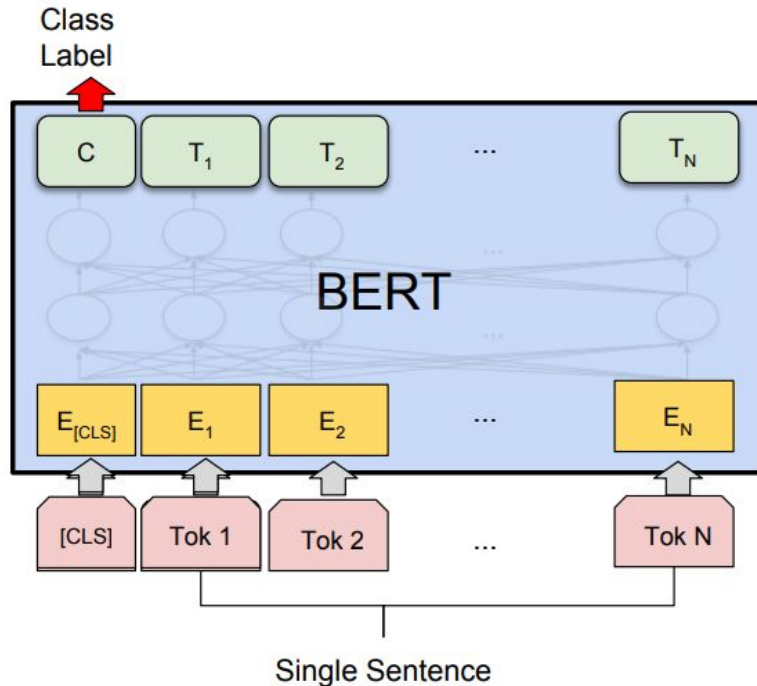
The mood tracker uses a pre-trained BERT model that has been fine-tuned for sequence classification tasks. In this case, it's used to predict the sentiment of the user's mood text as either 'Positive', 'Neutral', or 'Negative'.

Results:-

Results:-


```
...    GoalBot: Hi! How can I assist you with your goals?
       You: set a goal
       GoalBot: Great! Let's set a new goal. What would you like to achieve?
       You: tell me a goal
       GoalBot: Sure! One of your goals could be to exercise regularly.
       You: what's your name
       GoalBot: My name is GoalBot.
       You: [                    ]
```

REFERENCE:-

- https://www.irjmets.com/uploadedfiles/paper/issue_4_april_2022/20946/final/fin_irjmets1650459584.pdf
- https://www.frontiersin.org/articles/10.3389/fdgth.2021.659088/full
- https://www.hindawi.com/journals/acisc/2022/9970363/