"MINDFULRAINBOW"

FULL-STACK
WEB DEVELOPMENT
PROJECT

Presented by: Mahdis Masoumi
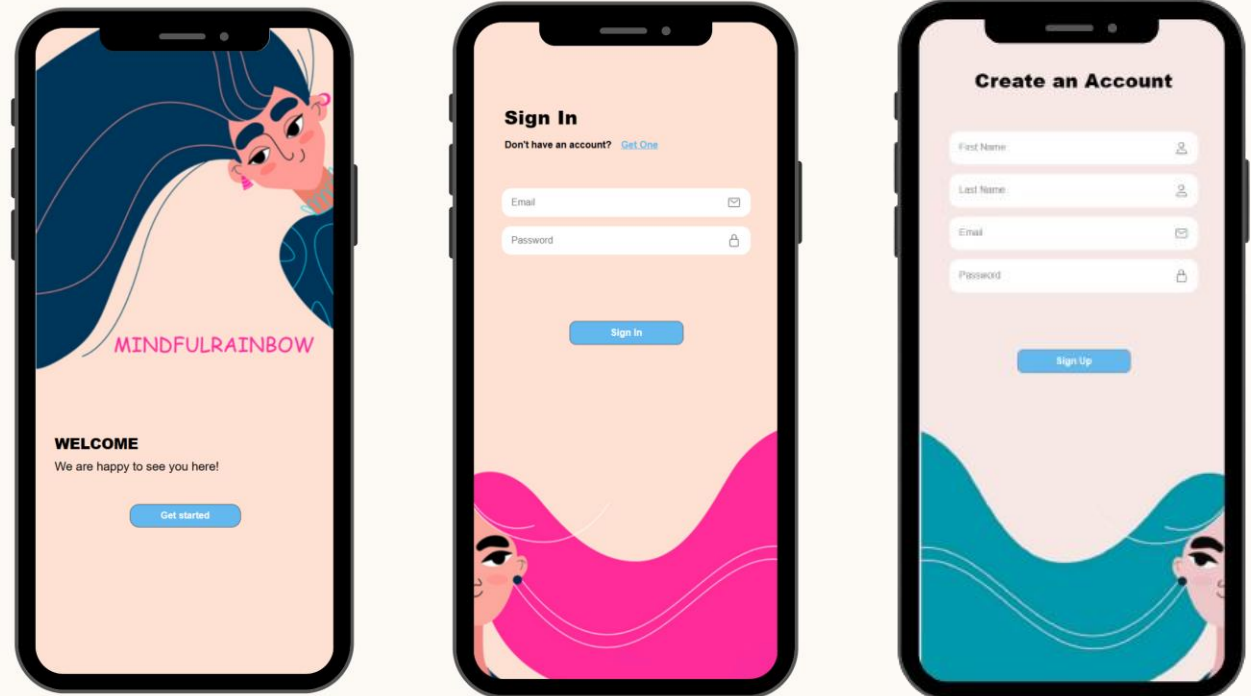
Mentor: Dr. Emmanuel Onu

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PROJECT OVERVIEW:

Brief Description of MindfulRainbow:

- MindfulRainbow is a mobile application designed to offer users a user-friendly platform for tracking and enhancing their mental well-being. Merging rainbow colors, I aim to enhance user interaction and experience. That's why I named it MindfulRainbow!
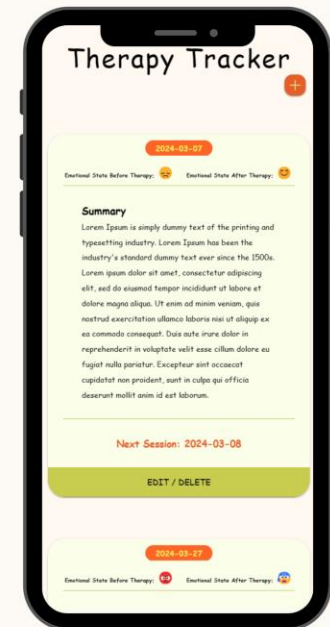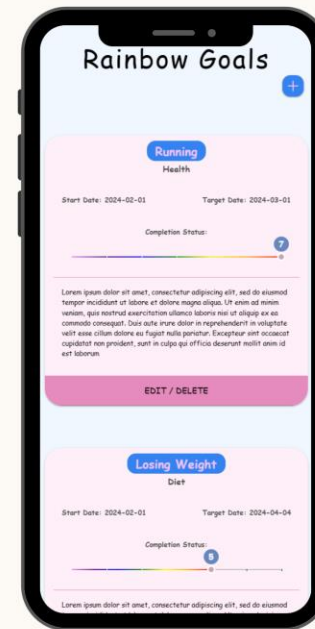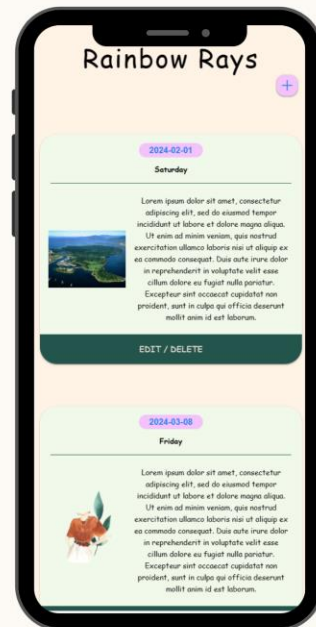
Purpose:

- The primary goal of MindfulRainbow is to empower users in tracking and enhancing their mental well-being. By offering features such as mood tracking, journaling with rainbow rays, goal setting, and therapy tracking, the app addresses the diverse aspects of mental health.

Project Timeline:

- 6-8 Weeks

KEY FEATURES:

- **Mood Tracker: Monitor and track mood fluctuations using intuitive features.**
- **Rainbow Rays: Express thoughts and feelings creatively through vibrant journaling.**
- **Rainbow Goals: Set and track personal goals with a visually engaging interface.**
- **Therapy Tracker: Keep a detailed record of therapy sessions and track progress.**

MOCKUP DESIGN

Mood Tracker

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 happy	2 jealous	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Mood Tracker	Rainbow Rays	Therapy Tracker	Rainbow Goals

Rainbow Rays

+

March 2024

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type.

Friday

21

Mood Tracker	Rainbow Rays	Therapy Tracker	Rainbow Goals

Therapy Tracker

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2024/05/19

Emotion Before Sessions: Sad

Session Summaries: Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type.

Reminder for Upcoming Sessions: 2024/06/19

Emotion After Sessions: Confused

Mood Tracker	Rainbow Rays	Therapy Tracker	Rainbow Goals

Rainbow Goals

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Start Date: **Target Date:**

Goal Name: Walking

Category: Health

Summary : Research and choose a workout plan.

Completion Status

Mood Tracker	Rainbow Rays	Therapy Tracker	Rainbow Goals

DATABASE ARCHITECTURE

Mood Tracking
- id (PK)
- emoji
- date
- notes
- intensity(1-10)
- user-id (FK)

Rainbow Goals
- goal-id (PK)
- name
- category
- start-date
- target-date
- summaries
- completion-status
- user-id (FK)

Rainbow Rays
- id (PK)
- date
- days
- images
- notes
- user-id (FK)

Users
- user-id (PK)
- username
- email
- password-hash

Therapy Tracker
- id (PK)
- emotion-before
- emotion-after
- summaries
- reminder
- user-id (FK)

EXPLORING THE TECH JOURNEY

Frontend:

Backend & Database:

Others:

CHALLENGES AND SOLUTIONS

Bugs and Broken Code

Making Ideas Happen is Hard

Running Out of Time

Problems faced during lifetime of the project

End Product

Emmanuel / Developer Tools / Chat GPT / Google

Plan One Step at a Time

Focus on what's most importand and Manage Time
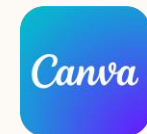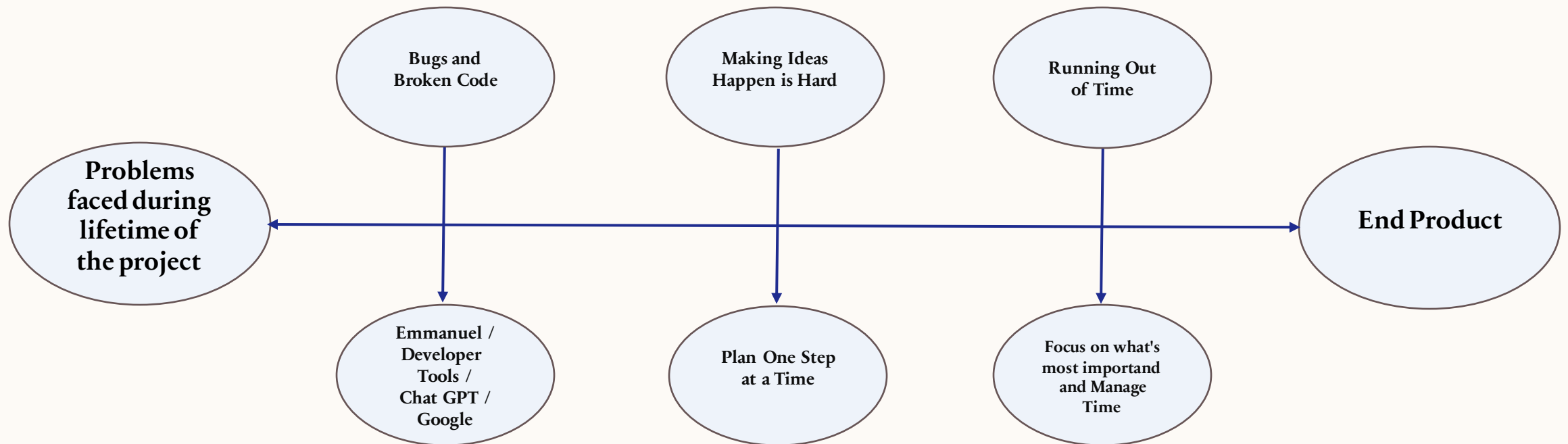
BENEFITS OF MINDFULRAINBOW

1. Enhanced Self-Awareness:
- Understand and track mood fluctuations.
- Expressing your mood using emojis.

2. Creative Expression:
- Express thoughts and feelings creatively through Rainbow Rays Journaling.
- Add photos to capture the visual representation of your daily experiences.

3. Goal Setting and Tracking:
- Set and track personal goals using the Rainbow Goals feature.
- Foster a sense of achievement and progress in various aspects of life.

4. Therapy Progress Monitoring:
- Keep a detailed record of therapy sessions and monitor progress.
- Receive reminders for upcoming therapy sessions, ensuring you stay on track.

5. User-Friendly Interface:
- Access a user-friendly platform with a colorful design for an enjoyable experience..
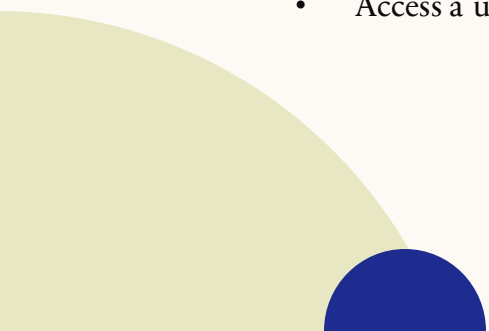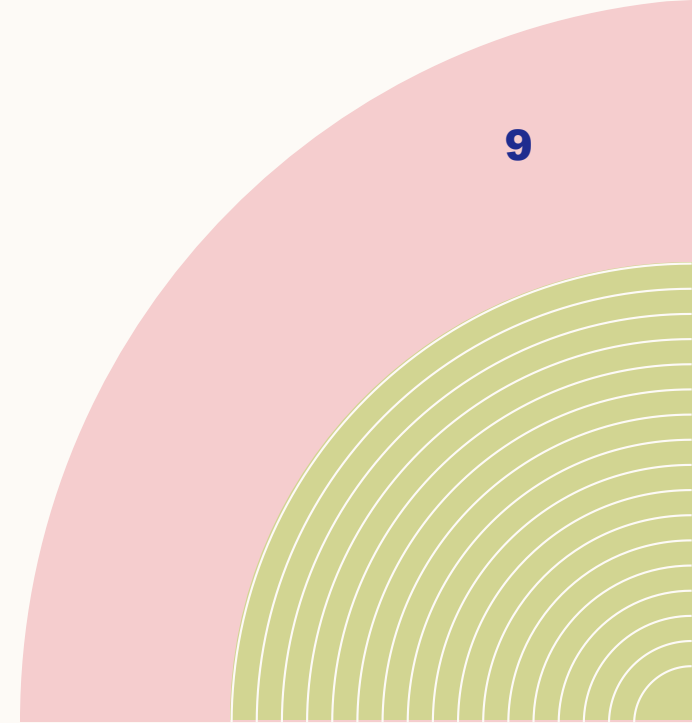
THANK YOU FOR YOUR TIME AND INTEREST IN MINDFULRAINBOW!

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