

"MINDFULRAINBOW"

FULL-STACK WEB DEVELOPMENT PROJECT

Presented by: Mahdis Masoumi

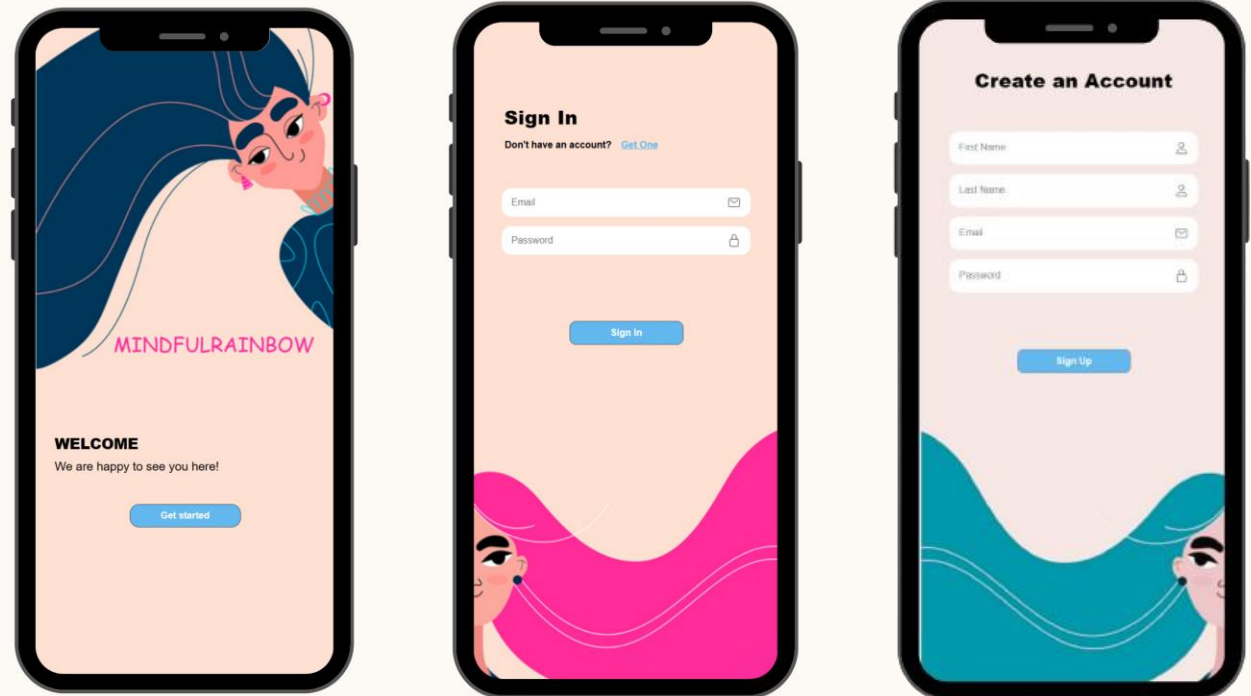


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PROJECT OVERVIEW:

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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:

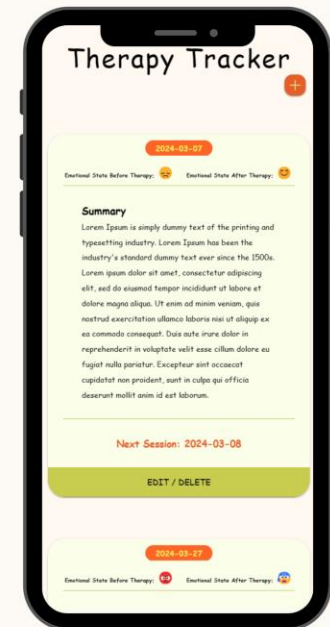
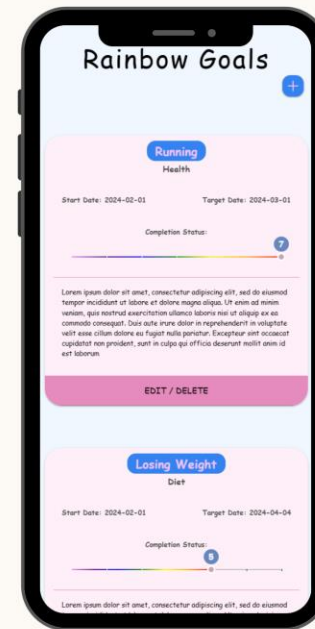
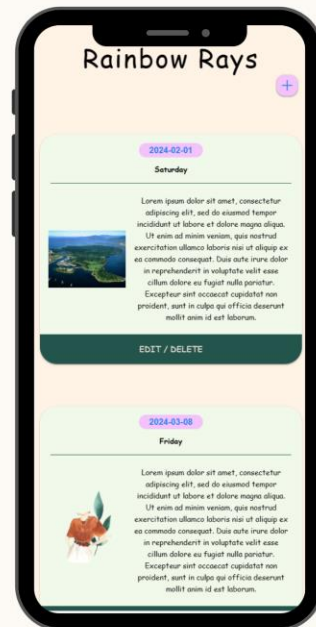
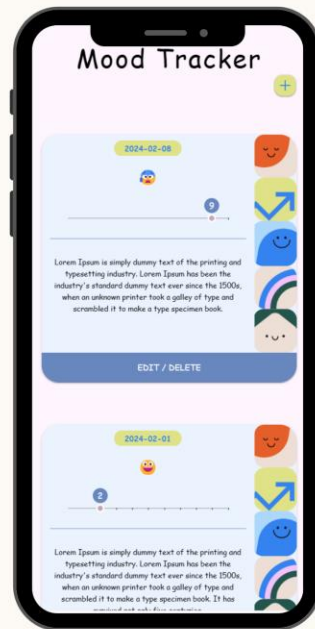
- The primary goal of MindfulRainbow is to empower users in tracking and enhancing their mental well-being. By offering features such as mood tracking, journaling with rainbow rays, goal setting, and therapy tracking, the app addresses the diverse aspects of mental health.

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.



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	

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
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DATABASE ARCHITECTURE

6

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

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

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

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

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

EXPLORING THE TECH JOURNEY

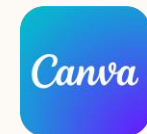
Frontend:



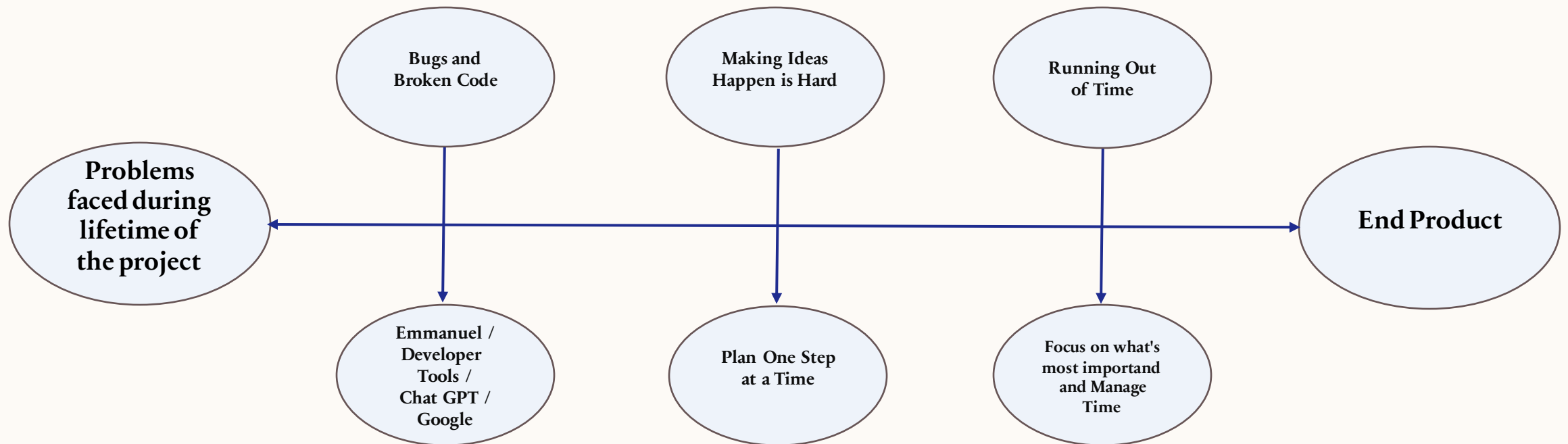
Backend & Database:



Others:



CHALLENGES AND SOLUTIONS



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:

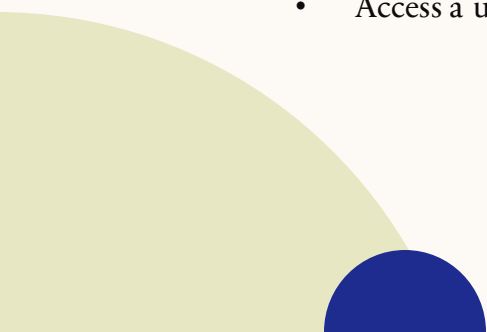
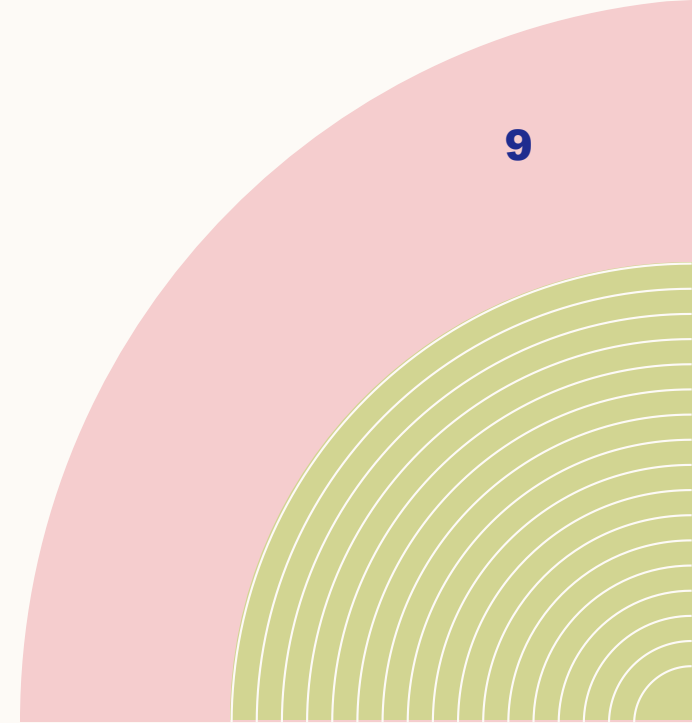
- Set and track personal goals using the Rainbow Goals feature.
- Foster a sense of achievement and progress in various aspects of life.

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!**