Android Wellness Management App (Bloomify)

Description:

1. Introduction

In today's fast-paced world, maintaining personal wellness and mental balance is a growing challenge. The Bloomify mobile application is designed to promote self-growth, mindfulness, and healthy living through consistent daily practices. The app integrates features for habit tracking, mood journaling, and hydration reminders, enabling users to monitor and improve their physical and emotional well-being effectively.

2. Objective

The main objective of Bloomify is to provide a simple yet powerful self-care platform that encourages users to develop healthy routines, understand their emotional patterns, and stay hydrated. The application focuses on helping users grow through small, consistent actions that contribute to overall wellness.

3. System Overview

Bloomify is a wellness management mobile application that allows users to:

- Track their daily habits and monitor completion progress.

- Record and visualize mood trends over time.

- Receive timely reminders for hydration.

- View insightful charts to analyze their emotional well-being.

The system is developed with an emphasis on user engagement, data persistence, and responsive interface design, ensuring a seamless and personalized user experience.

4. Functional Requirements

4.1 Daily Habit Tracker

- Users can add, edit, and delete daily wellness habits such as *drinking water, exercising, or meditating*.

- The app displays daily completion progress using progress indicators.

- It encourages users to maintain consistency through a clean and interactive interface.

4.2 Mood Journal with Emoji Selector

- Users can log their daily moods using expressive emoji icons.

- Each entry records the date and time for accurate tracking.

- A list or calendar view allows users to review and reflect on their mood history.

4.3 Hydration Reminder

- The app uses AlarmManager or WorkManager to send periodic notifications reminding users to drink water.

- Users can set custom reminder intervals according to personal preferences.

4.4 Advanced Feature – Mood Trend Chart

- The application integrates MPAndroidChart to display a simple chart showing weekly mood trends.

- This feature helps users visualize emotional fluctuations and track improvements in mental well-being.

Screenshots:

Bloomify

Your Personal Wellness Companion

Welcome Back!

Login to continue your wellness journey

Email

Password 👁

Login

Don't have an account? **Sign Up**

Create Account

Start your wellness journey today

Full Name

Email

Password 👁

Confirm Password 👁

Sign Up

Already have an account? **Login**

Daily Habits

Today's Progress: 0/4 completed (0%)

💧 Drink 8 glasses of water ☐

🧘 Meditate for 10 minutes ☐
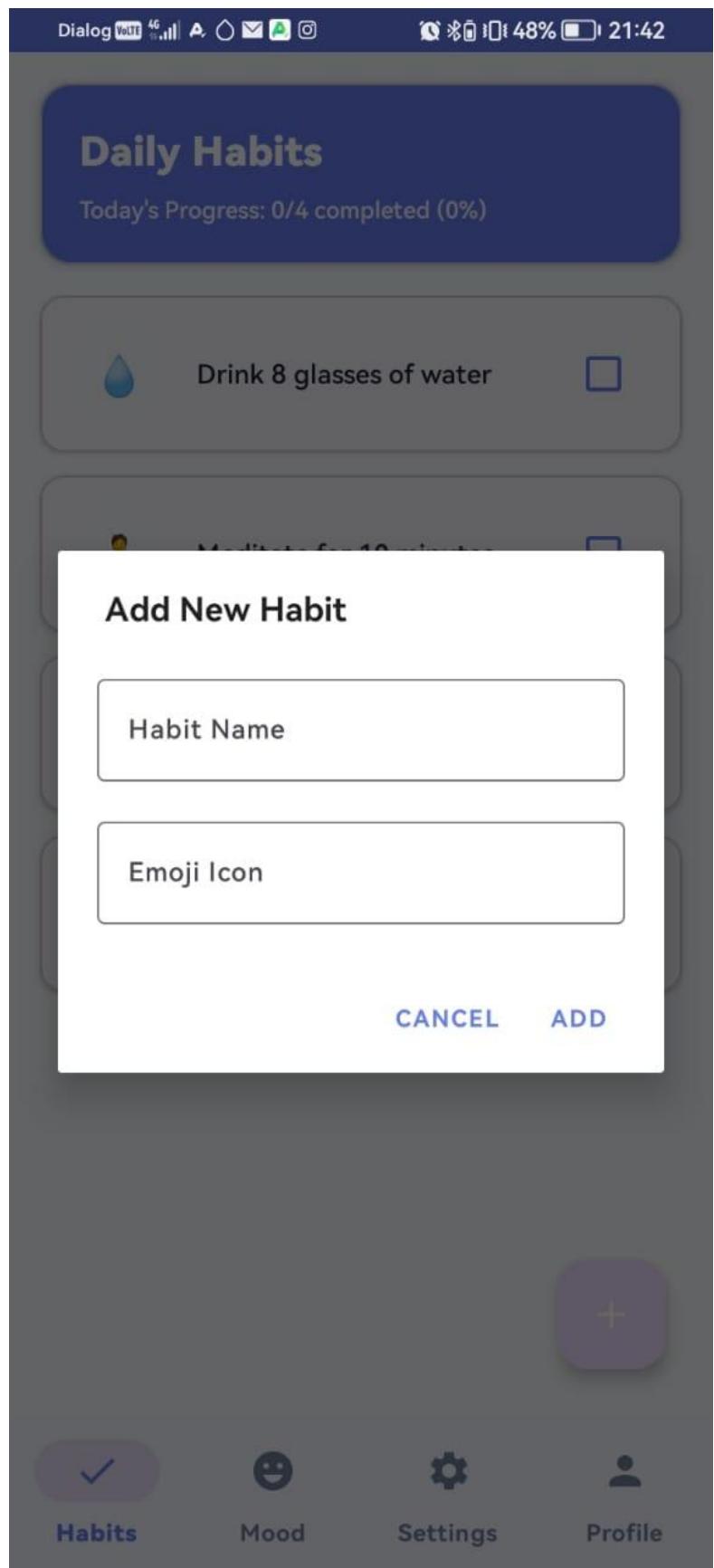
🏃 Exercise for 30 minutes ☐

📚 Read for 20 minutes ☐

＋

✓
Habits

😊
Mood

⚙
Settings

👤
Profile

Daily Habits

Today's Progress: 0/4 completed (0%)

| 💧 | Drink 8 glasses of water | ☐ |

Add New Habit

Habit Name

Emoji Icon

CANCEL   ADD

+

✓   😊   ⚙   👤

Habits   Mood   Settings   Profile

Mood Journal

Track your emotional wellness

(Show Mood Trend)　　(⟨ Share Summary)

Calm
Oct 09, 2025 09:02

Calm
Oct 09, 2025 07:35

Anxious
Oct 09, 2025 07:35

Neutral
Oct 09, 2025 07:34

Neutral
Oct 05, 2025 19:48

+

✓ Habits　　😊 **Mood**　　⚙ Settings　　👤 Profile

How are you feeling?

Select your mood

😊 Happy

😄 Excited

😌 Calm

😐 Neutral

😔 Sad

😰 Anxious
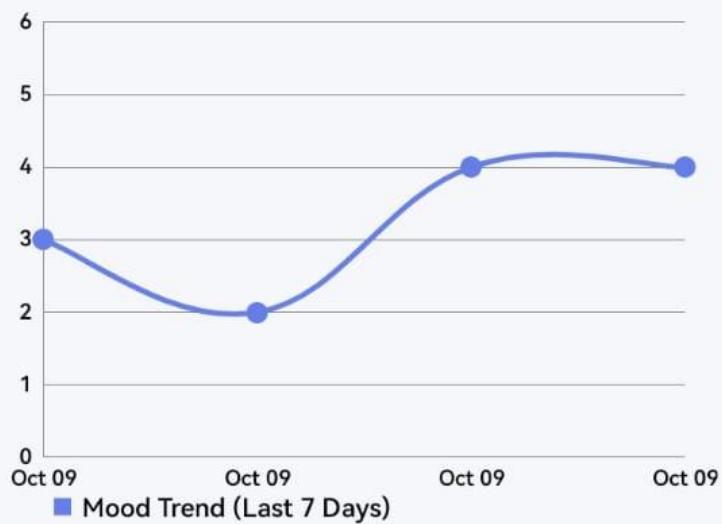
😡 Angry

Add a note (optional)

CANCEL   SAVE

Mood Journal

Track your emotional wellness

[**Hide Chart**]   [⤳ **Share Summary**]

■ Mood Trend (Last 7 Days)

😌 **Calm**
Oct 09, 2025 09:02

😌 **Calm**
Oct 09, 2025 07:35

😰 **Anxious**
Oct 09, 2025 07:35

✓ Habits   😀 **Mood**   ⚙ Settings   👤 Profile

Settings

💧 Hydration Reminders

Get reminded to drink water regularly

Enable Reminders ⬤

Reminder Interval

2 hours

1h   8h

ℹ️ About

Bloomify v1.0
Your personal wellness companion

✓   😀   ⚙️   👤
Habits   Mood   **Settings**   Profile

👤

Maneesha

maneeshakarunarathne2002@gmail.com

Member since October 07, 2025

📊 **Your Statistics**

⭐	😊
4 habits tracked	**12 mood entries logged**
Tracked	Logged

➡ **Logout**

✓ Habits | 😊 Mood | ⚙ Settings | 👤 **Profile**

Content of xml files of Strings and Colors:

Strings

```xml
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <string name="app_name">Bloomify</string>

    <!-- Navigation -->
    <string name="nav_habits">Habits</string>
    <string name="nav_mood">Mood</string>
    <string name="nav_settings">Settings</string>
    <string name="nav_profile">Profile</string>

    <!-- Onboarding -->
    <string name="onboarding_title_1">Track Your Habits</string>
    <string name="onboarding_desc_1">Build healthy routines and track your daily progress</string>
    <string name="onboarding_title_2">Log Your Mood</string>
    <string name="onboarding_desc_2">Keep a journal of your emotions and see patterns over time</string>
    <string name="onboarding_title_3">Stay Hydrated</string>
    <string name="onboarding_desc_3">Get reminders to drink water throughout the day</string>

    <!-- Habits -->
    <string name="habit_add">Add Habit</string>
    <string name="habit_edit">Edit Habit</string>
    <string name="habit_delete">Delete Habit</string>
    <string name="habit_complete">Mark as Complete</string>

    <!-- Mood -->
    <string name="mood_add">Log Mood</string>
    <string name="mood_select">How are you feeling?</string>
    <string name="mood_note">Add a note (optional)</string>

    <!-- Settings -->
    <string name="settings_hydration">Hydration Reminders</string>
    <string name="settings_interval">Reminder Interval</string>
    <string name="settings_notifications">Enable Notifications</string>
```

```xml
    <!-- Settings -->
    <string name="settings_hydration">Hydration Reminders</string>
    <string name="settings_interval">Reminder Interval</string>
    <string name="settings_notifications">Enable Notifications</string>

    <!-- Profile -->
    <string name="profile_stats">Your Statistics</string>
    <string name="profile_logout">Logout</string>

    <!-- Widget -->
    <string name="widget_name">Habit Progress</string>
    <string name="widget_description">Shows today\'s habit completion percentage</string>

    <!-- Notifications -->
    <string name="notification_hydration_title">Time to Hydrate!</string>
    <string name="notification_hydration_text">Remember to drink water and stay healthy</string>
</resources>
```

Colors

```xml
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <color name="primary">#667eea</color>
    <color name="primary_dark">#5568d3</color>
    <color name="primary_light">#8799f5</color>
    <color name="accent">#764ba2</color>
    <color name="colorBackground">#FFFFFF</color>

    <color name="background">#F5F7FA</color>
    <color name="surface">#FFFFFF</color>

</resources>
```