



CMCFlow Presentation

Meditate for a better life

Purpose

Studies into the increasing number of those with mental health concerns have shown a possible link between:

1. Increased *exposure* to technology
2. Decrease in one's *mental state*.

Through habit-building and built-in personable reports tracking, *CMCFlow* will assist people in beginning their journey into meditation which has proven positive effects on mental state.



Functionality

1. User authentication
2. A quiz for new students
3. Meditation courses
4. Tracking the student's progress
5. Student Rewards - Reward badges will unlock upon completion of courses, or hitting milestones



Target Audience

CFlow is targeted at people who have little to no experience in meditation but would like guidance and a metric to gauge effect.



Technology Stack

This application will be written entirely in *Javascript* and divided into two distinct sections:

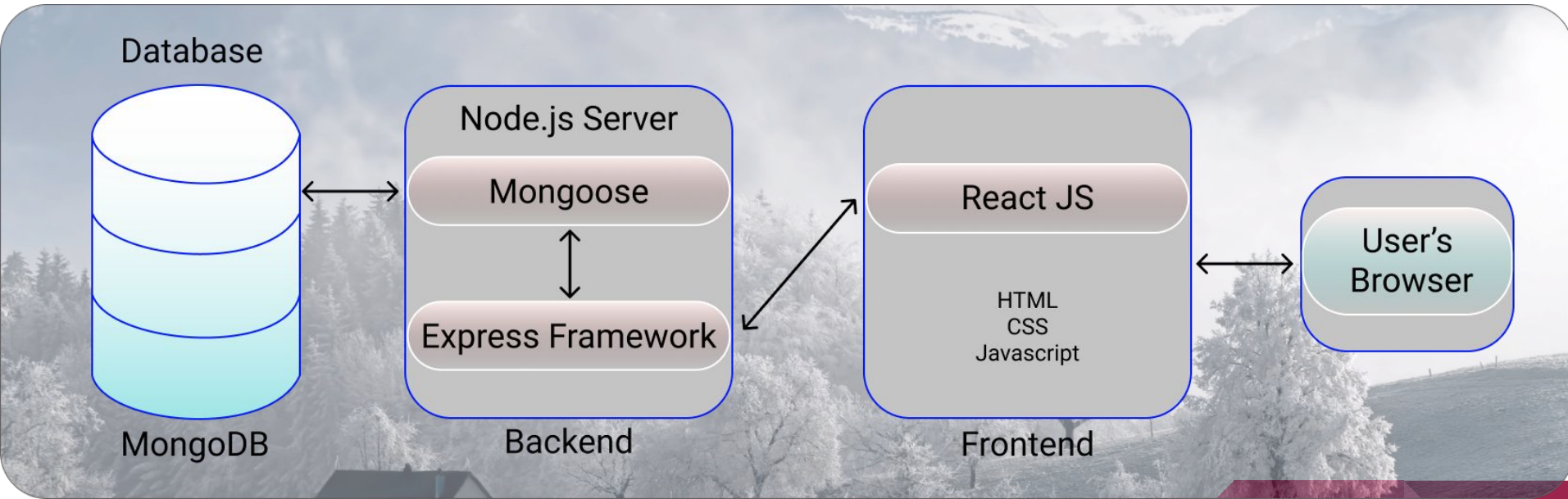
Backend: MongoDB and NodeJS

Frontend: React and Redux

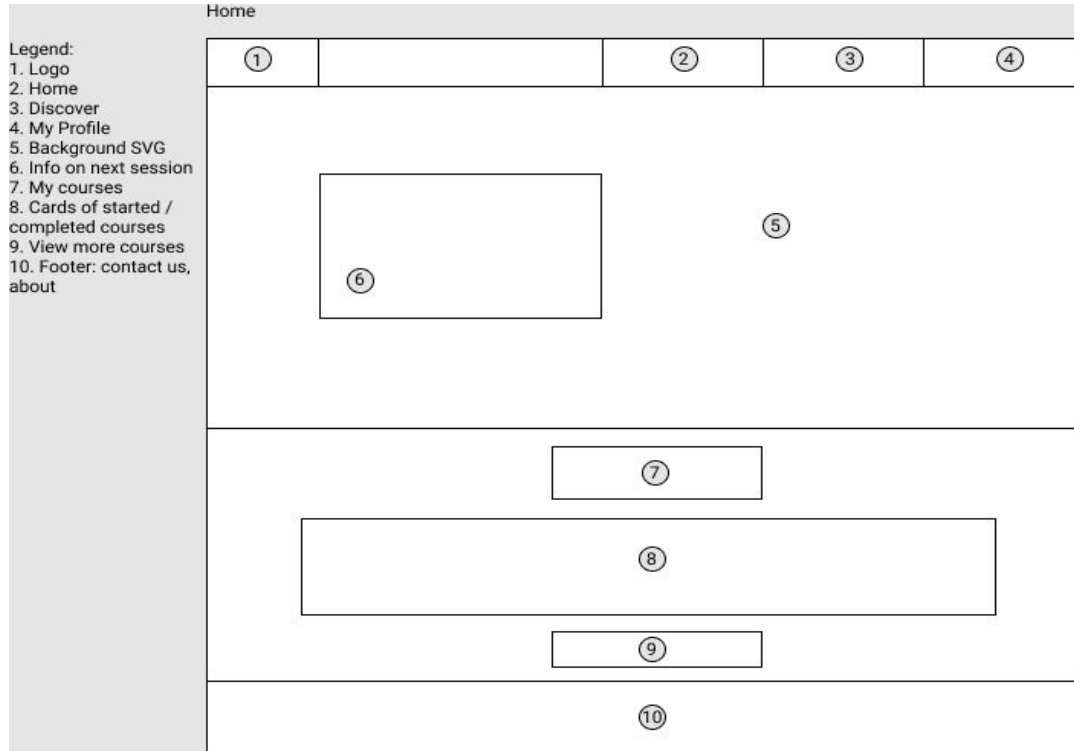
Libraries used currently: Express, PassportJS, MomentJS, Mongoose, React Router Dom, React Redux, ReactStrap



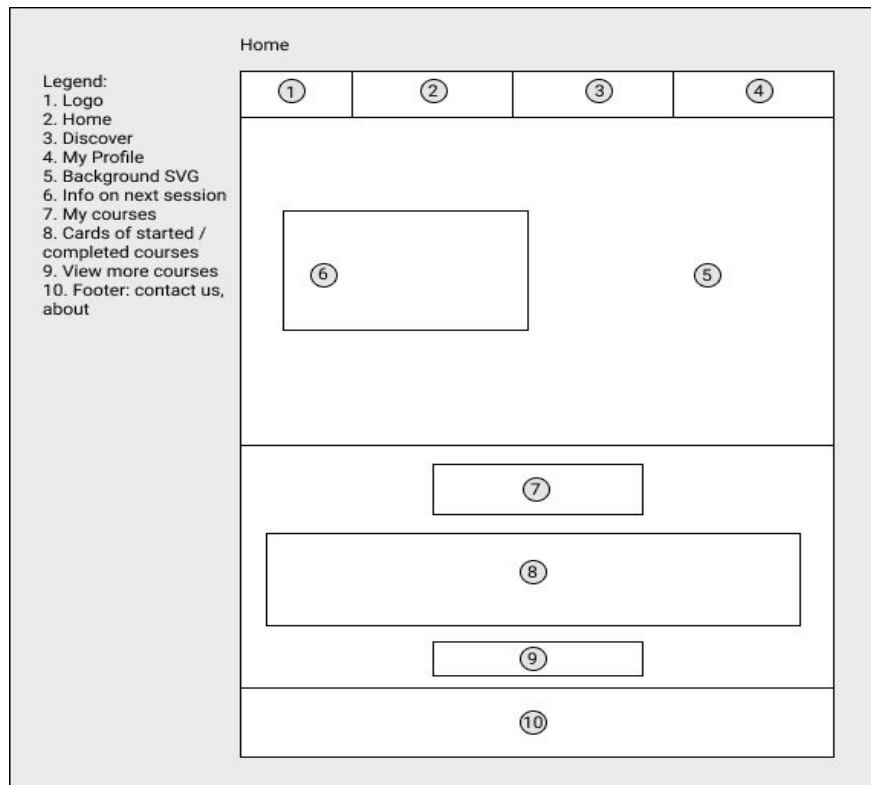
Overview of Application Architectural Diagram



Wireframes: Web



Wireframe: Tablet



Wireframe: Mobile

