



Campus Wellness SMART Calendar

DivHacks2024

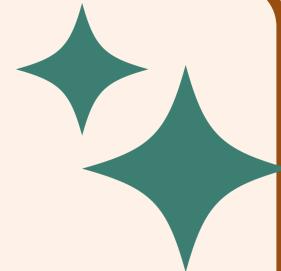


Problems

- Students struggle to balance academics with personal well-being due to overwhelming workloads.
- Current tools (calendars, to-do lists) are not effective in prioritizing both academic tasks and self-care.
- This lack of balance leads to stress, disorganization, and burnout among students.

Campus Wellness SMART Calendar

- The SMART Calendar intelligently organizes class schedules, assignments, and personal activities (meals, exercise, rest).
- It provides personalized reminders and wellness-focused recommendations to support balance.
- By helping students prioritize both productivity and wellness, the tool reduces stress and improves mental and physical health.
- A holistic time management solution tailored to student needs.



Functionalities

Registration

Fill in health/schedule information

Login

Secured login gateway

Personalized Suggestions

based on your data

Calendar View

View holistic calendar integrating with suggested events

Chatbot

Chat with gemini-powered chatbot

Reminder

Get reminder for your events!

To-do List

Check out the tasks you finished

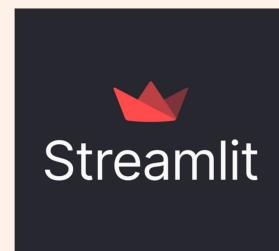
Tech Stack



Backend



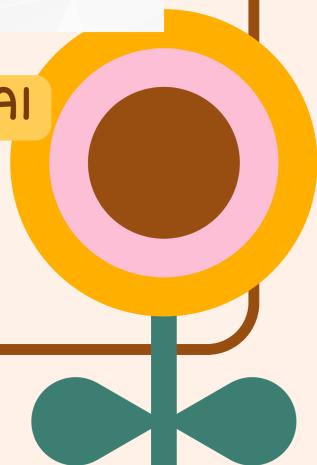
Database



Frontend



AI



User Registration and Login

Create a New Account

Username

kusumaj

Email

kusuma.j@columbia.com

Password

....



Confirm Password

....



Are you an early bird or a night owl?

- Early Bird
- Night Owl

What sports do you like?

Swimming x Hiking x



How often do you want to do Swimming per week?

Less than 1



How often do you want to do Hiking per week?

3



What are your dietary preferences?

Salad



Upload Your Calendar (Optional)

Upload your .ics calendar file



Drag and drop file here
Limit 200MB per file • ICS

Browse files

Weekly Assignments

How many assignments do you have this week?

0



Register

User Registration and Login

Login to Your Account

Username

kusumaj

Password

....



Login

Your Information:

Email: kusumaj@email.com

Sleep Habit: Early Bird

Sports Interest: Tennis, Badminton

Dietary Preference: Salad

Exercise Frequency:

- Tennis: Less than 1 times per week
- Badminton: 3 times per week

Your Calendar Events for the Upcoming Week:

Do you want to modify your information or upload more data?

- No
- Yes

Generating Personalized Calendar

Click the link below to generate your personalized weekly schedule using the chatbot.

[Generate Personalized Calendar](#)

Assignment Tracker for kusumaj

LATE Assignments:

LATE ASM TEST (Due: 2024-09-06)

Upcoming Assignments:

Due: 2024-10-12

A&O Problem Set 1

Confirm

Weekly Calendar for kusumaj

October 6, 2024

today < >

Sunday

7:00am - 8:00am	● Breakfast
8:00am - 9:00am	● Advanced Programming
9:00am - 10:00am	● Exercise
12:00pm - 1:00pm	● Lunch
6:00pm - 7:00pm	● Dinner

Chat with Your Personalized Assistant



Reminder: You have Advanced Programming starting at 08:00:00



Reminder: It's time for your suggested activity: breakfast at 07:00:00

What is up?





what should I eat for lunch?



****Salads:****

- * Chicken Caesar salad
- * Greek salad with feta, olives, and tomatoes
- * Cobb salad with bacon, chicken, avocado, and cheese
- * Asian chicken salad with shredded carrots, cabbage, and soy vinaigrette

****Sandwiches:****

- * Grilled cheese with tomato soup
- * Ham and cheese on sourdough
- * Turkey and avocado wrap
- * BLT with bacon, lettuce, and tomato

****Soups:****

- * Tomato soup
- * Chicken noodle soup
- * Chili with cornbread
- * French onion soup

****Wraps**

:**

- * Hummus and vegetable wrap with bell peppers, cucumbers, and carrots
- * Caesar salad wrap
- * Chicken and bacon ranch wrap

****Other:****

- * Pizza
- * Tacos
- * Quesadillas
- * Burgers
- * Hot dogs

****Healthy Options:****

- * Grilled salmon with roasted vegetables
- * Lentil soup with whole-wheat bread
- * Quinoa bowl with grilled chicken, avocado, and vegetables
- * Tuna salad with mixed greens
- * Greek yogurt with fruit and granola

Future Developments

IDEAS

Integration with Health Apps:
Enhance user experience by integrating with health apps like Apple Health and Garmin. Connect for personalized wellness recommendations.

Tracking Sleep and Nutrition:
Implement features for users to monitor their sleep patterns and nutritional intake, promoting healthier lifestyle choices.

Mobile-Based Experience:
Develop a mobile-friendly version of CampusWellness to improve accessibility and allow users to manage their health on the go.

Stability Improvement:
Enhance app stability through robust architecture, scalability measures, comprehensive testing, and proactive monitoring.