

Software Requirements Specification (SRS)  
Project: Helaio - Your Daily Wellness Companion

## 1. Introduction

Helaio is a wellness tracking application designed to help users manage their physical and mental well-being. It i

## 2. Stakeholder Requirements

Based on survey responses and interviews, users expressed the need for:

- Simple and consistent wellness tracking
- Personalized wellness plans
- Mood and habit tracking
- Motivation through streaks and reminders
- Stress management support

## 3. Functional Requirements

- Users can log water intake, meals, and exercise
- Users can check in their mood and mental health
- Users can set reminders for sleep, medication, and habits
- Users can view progress charts and motivational streaks

## 4. Non-Functional Requirements

- The app should be user-friendly and responsive
- Data should be securely stored and accessible
- Notifications should be timely and customizable

## 5. System Design

The following diagrams illustrate the system design and architecture of the Helaio application.

# Helaio

## Introduction

Helaio, a wellness application aimed to help users track their health and improve physical and mental well-being. Helaio integrates tracking for water intake, meals and exercise, mood, and mental health check-ins into a single platform.

## Stakeholder Requirements

Includend from students, working professionals, and entrepreneurs.

### Problems

1. Track daily water intake for tracking wellness habits, lack of motivation, burnout, and fatigue.
2. Suggestions for Heilaio include personalized wellness plans, mood and habit tracking.
3. Provide motivation, engagement, and tracking of long-term health goals

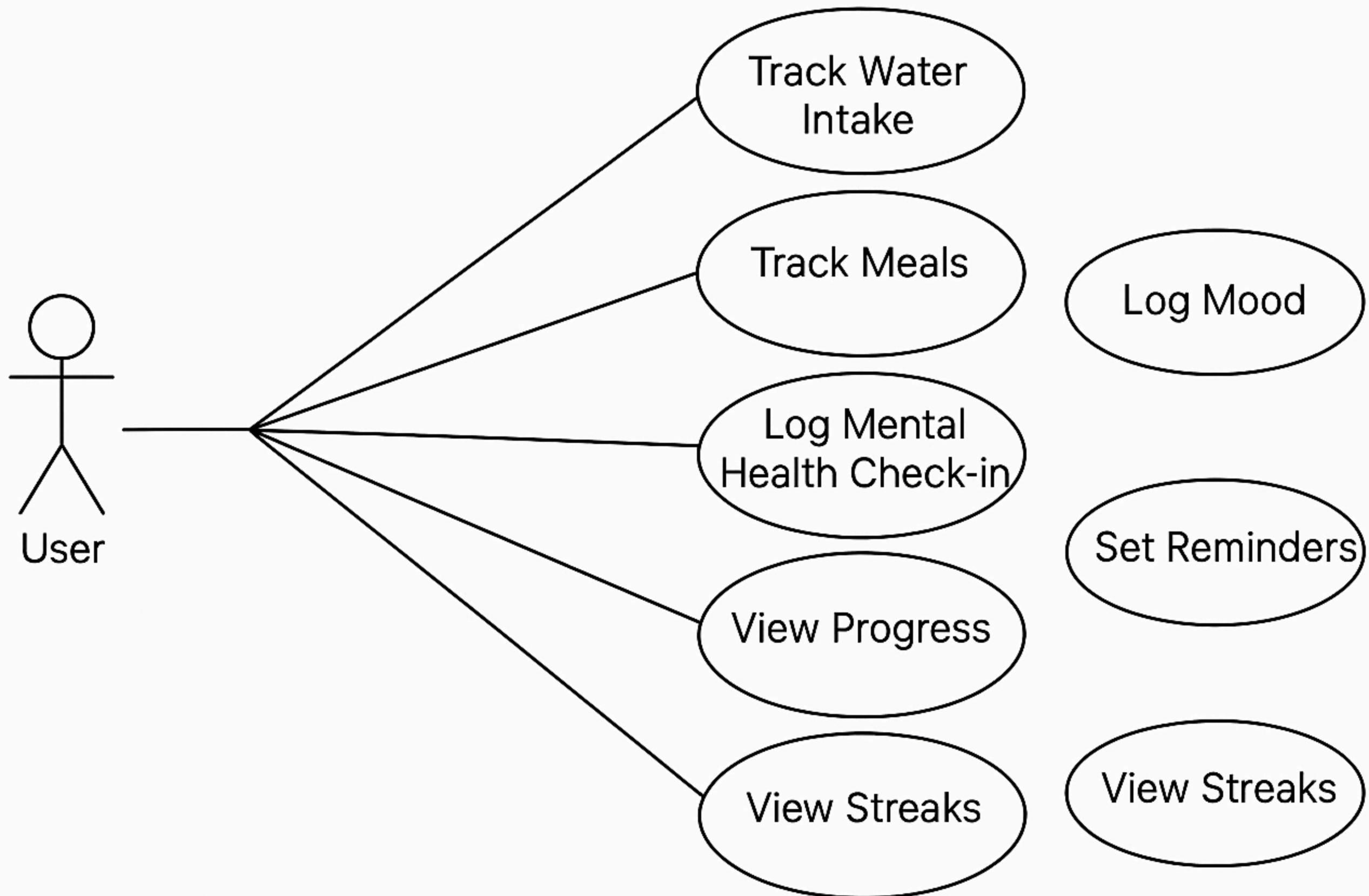
### Functional Requirements

1. Track daily water intake.
2. Log meals.
3. Log user - mood and mental health check-ins.
4. Set reminders for sleep, medication, and habits.
5. View progress charts.
6. Provide motivational messages.

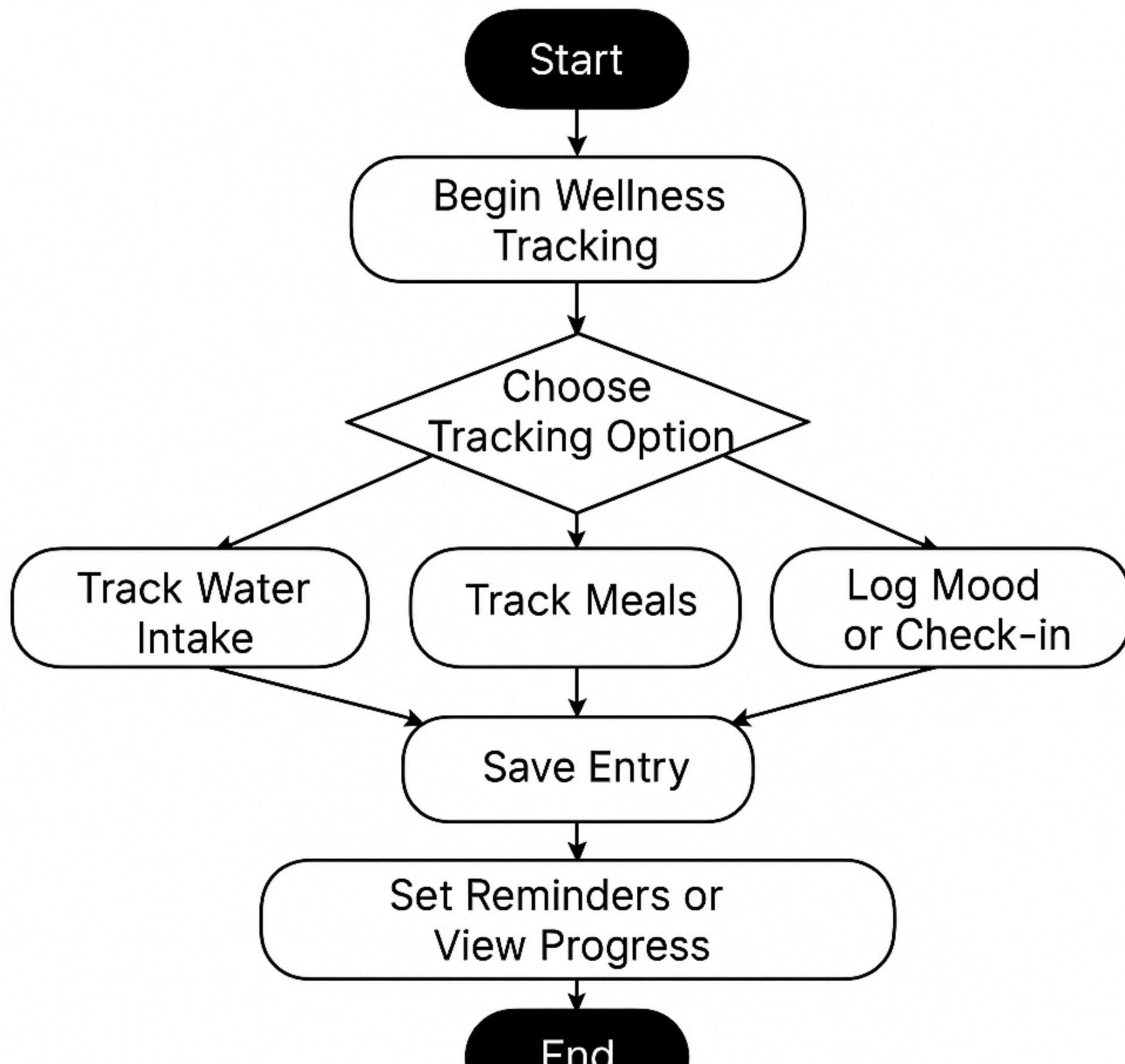
### Non-Functional Requirements

1. Provide a user-friendly and intuitive interface. Reliable performance: minimal downtime.

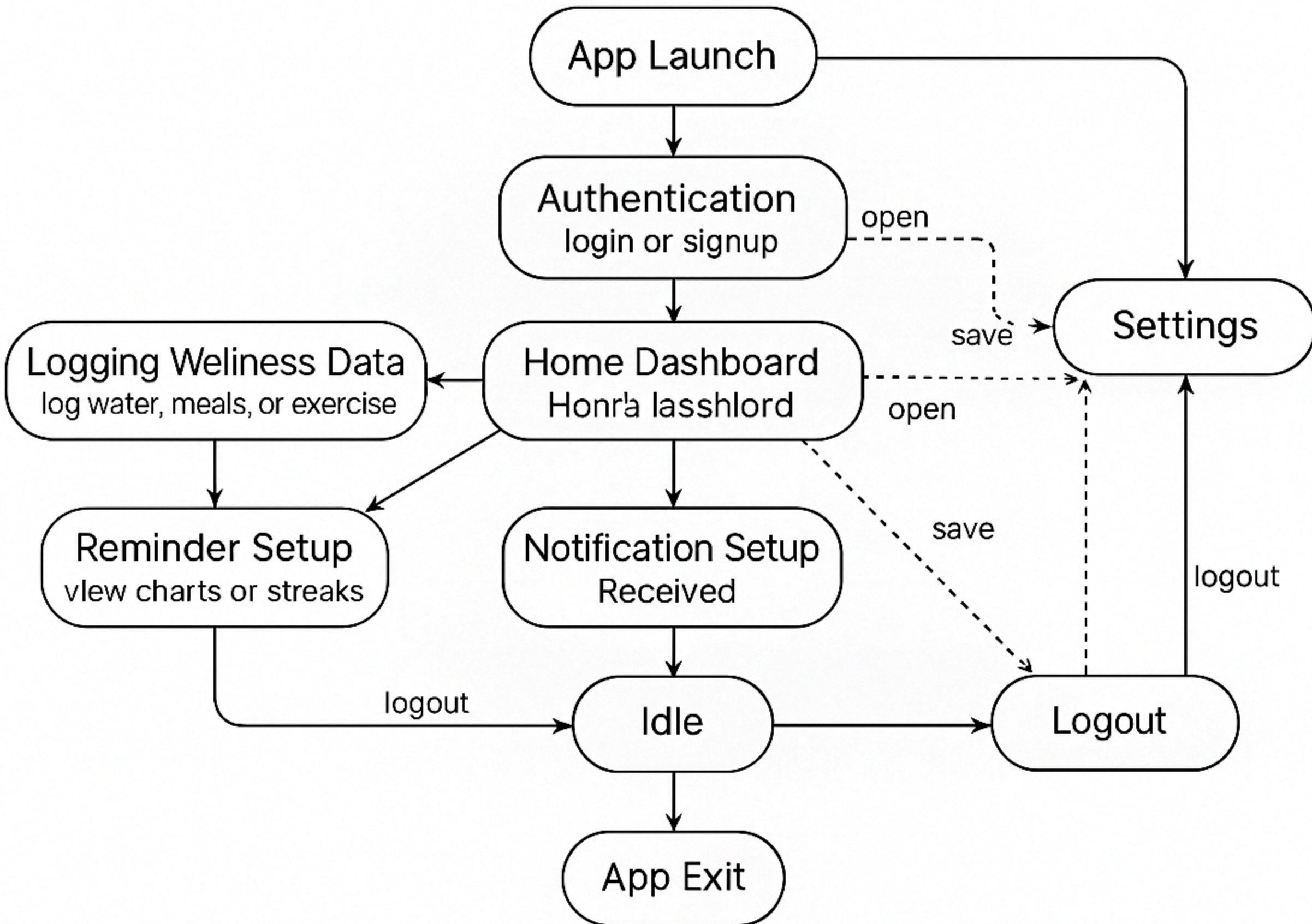
# Use Case Diagram



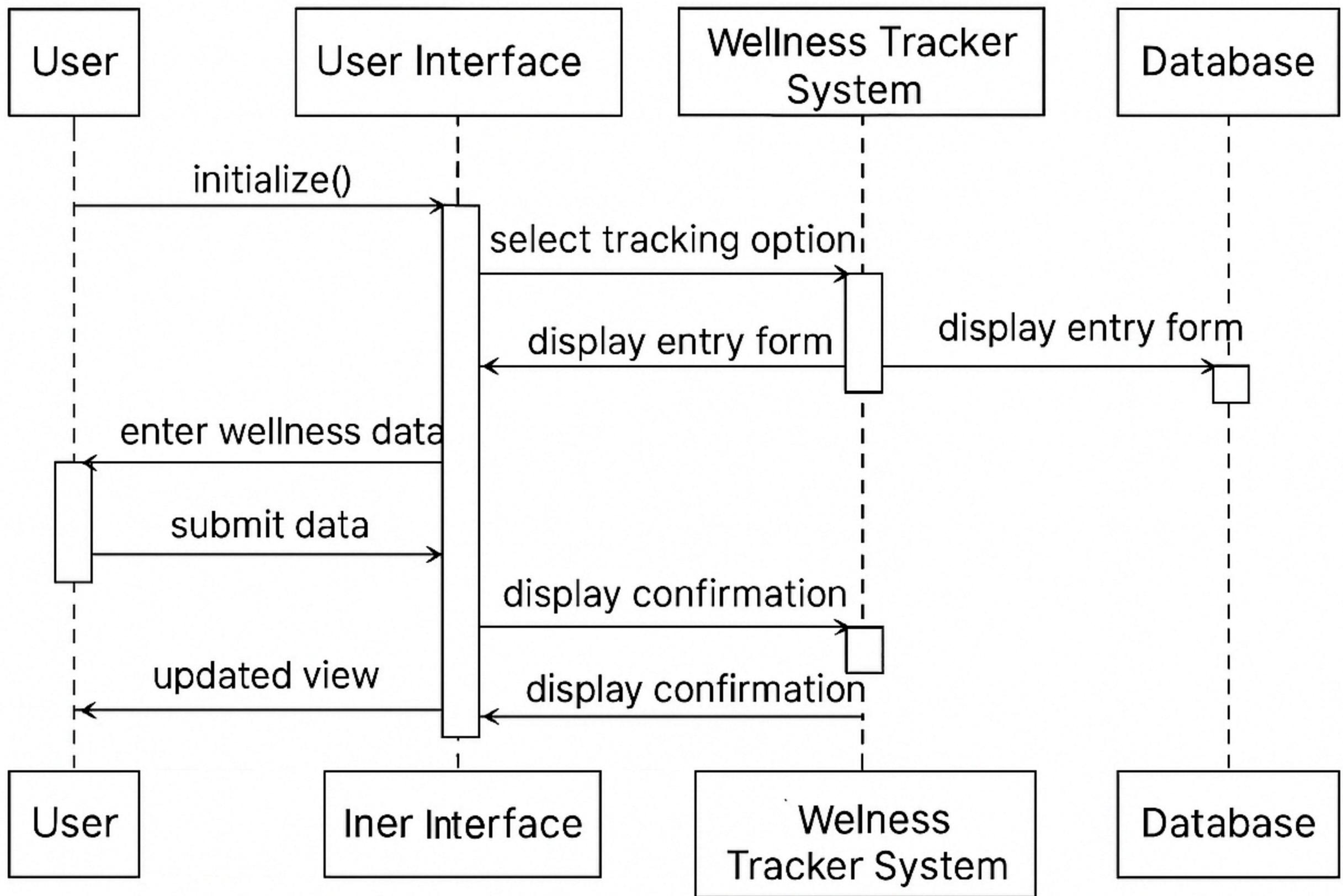
# Activity Diagram



# State Machine Diagram



# Sequence Diagram



# Deployment Diagram

