CAPSTONE PROJECT
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1. PROJECT DESCRIPTION

This project aims to create a mental health tracking app , where the user can journal about their thoughts, moods , struggles , and emotions.
The purpose of this APP/Website is to encourage people to let out their emotions , a lot of people suffer from metal health issues/personalities disorders , (like depression , anxiety, bpd , bipolar ..etc) and most people put on a smile in public while suffering in silence this app encourages people to open up about their emotions even if it's between the person and their phone, this app is free.

2. User Stories

• **As a Guest I should be able to access the main page of the App/Website**
• **As a Guest I should be able to sign up to the App/Website and create an account**
• **As a User I should be able to Sign in to my App/Website Account**
• **As a User I can Access my profile page , About page , and the main page**
• **As a User I should receive a daily reminder in my main page**
• **As a User I should be able to create a Journal entry that I can journal in**
• **As a User I can see my previous Journal entries in my main page**
• **As a User I should be able to delete and update and of my journal entries**
• **As a User I should be able to Logout of my Account**
• **As the Admin I can delete,update, and create accounts**
• **As an Admin I have all the features of the User Account**
• **As an Admin I monitor and manage content if necessary (optional feature for moderation or safety).**

3. ERD For Mental-Heath-Tracker-App/Website

User

PK	ID	INTEGER
	username	VARCHAR
	email	VARCHAR
	first_name	VARCHAR
	last_name	VARCHAR
	password	VARCHAR

JournalEntry

PK	id	INTEGER
FK	user_id	INTEGER
	title	VARCHAR
	journal	TEXT
	image	VARCHAR
	createdate	DATETIME

TipReminder

PK	ID	INTEGER
	content	TEXT
	created_at	DATETIME

JournalEntryMood

PK	ID	INTEGER
FK	journalEntry_id	INTEGER
FK	mood_id	INTEGER

Mood

PK	ID	INTEGER
	name	VARCHAR
	description	TEXT
	image	VARCHAR