Product Requirements Document (PRD)

Project Name: Mental Health Tracker

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Version: 1.0

1. Overview

MindTrack is a comprehensive mental health tracking application built with Next.js that helps users monitor their emotional well-being, track mood patterns, and develop healthy coping strategies. The application provides a private, secure space for users to log daily mental health metrics and gain insights into their emotional patterns.

2. Objective

What problem are you solving?

- Many people struggle to identify patterns in their mental health
- Lack of accessible tools for consistent mood tracking
- Difficulty in recognizing triggers and positive coping mechanisms
- Limited visibility into long-term mental health trends

What is the desired outcome?

- Increase user self-awareness about mental health patterns
- Provide actionable insights to improve emotional well-being
- Create a consistent habit of mental health check-ins
- Enable users to share meaningful data with healthcare providers

3. Background / Context

Mental health awareness has significantly increased post-pandemic, with 1 in 4 people experiencing mental health challenges. Current solutions are either too

complex (clinical tools) or too simplistic (basic mood apps). There's a gap for a comprehensive yet user-friendly tool that balances simplicity with meaningful insights.

Business Case:

- Growing market demand for mental health tools

- Opportunity to create a freemium model

- Potential partnerships with healthcare providers

- Strong social impact potential

4. Scope

What's included in this release (MVP):

- User authentication and profile management

- Daily mood tracking with customizable emotions

- Mood history and trend visualization

- Basic journaling functionality

- Simple analytics dashboard

- Data export capabilities

- Responsive design for mobile and desktop

What's NOT included (out of scope):

- AI-powered insights (future release)

- Social features or community aspects

- Direct healthcare provider integration

- Advanced analytics and reporting

- Push notifications

- Third-party integrations (wearables, etc.)

5. Requirements

Requirement ID	Description	Priority	Status
AUTH-001	User registration and login system	High	Pending
AUTH-002	Password reset functionality	Medium	Pending
TRACK-001	Daily mood entry with 1-10 scale	High	Pending
TRACK-002	Custom emotion tagging	Medium	Pending
TRACK-003	Daily notes/journal entry	High	Pending
TRACK-004	Sleep hours tracking	Medium	Pending
TRACK-005	Medication tracking	Low	Pending
VIS-001	Mood trend charts (7-day, 30-day)	High	Pending
VIS-002	Calendar view of mood entries	Medium	Pending
VIS-003	Basic statistics dashboard	Medium	Pending
DATA-001	Data export (JSON/CSV)	Medium	Pending
DATA-002	Data backup and sync	High	Pending
UI-001	Responsive design	High	Pending
UI-002	Dark/light mode toggle	Low	Pending
SEC-001	Data encryption at rest	High	Pending
SEC-002	GDPR compliance	High	Pending

6. User Stories / Use Cases

Primary Users: Adults seeking to improve mental health awareness

Core User Stories:

- As a user, I want to quickly log my daily mood so that I can track patterns over time

- As a user, I want to add notes about my day so that I can remember what influenced my mood

- As a user, I want to see my mood trends over time so that I can identify patterns

- As a user, I want to track my sleep hours so that I can correlate them with my mood

- As a user, I want to export my data so that I can share it with my therapist

- As a user, I want my data to be private and secure so that I feel safe sharing personal information

- As a user, I want to access the app on both mobile and desktop so that I can log entries anywhere

- As a user, I want to set daily reminders so that I don't forget to track my mood

- As a user, I want to tag my emotions so that I can get more specific insights

- As a user, I want to see correlations between different tracked metrics so that I can understand what affects my mental health

Secondary User Stories:

- As a user, I want to track my medication so that I can see if it affects my mood

- As a user, I want to add photos to my entries so that I can remember positive moments

- As a user, I want to create custom mood categories so that the app fits my specific needs

7. Success Metrics/Acceptance Criteria

Success Metrics:

- **User Engagement:** 70% of users log mood data at least 5 days per week

- **Retention:** 60% of users continue using the app after 30 days

- **Data Quality:** Average mood entry includes both rating and notes

- **Performance:** Page load times under 2 seconds

- **Technical:** 99.5% uptime

Acceptance Criteria:

- All core features work without bugs

- App is responsive on mobile, tablet, and desktop

- Data is properly encrypted and secure

- User can complete mood entry in under 60 seconds

- Charts and visualizations load within 3 seconds

- Data export generates complete, accurate files

8. Dependencies/Risks

Technical Dependencies:

- Next.js framework and React ecosystem

- Database solution (PostgreSQL/MongoDB/Convex)

- Authentication service (NextAuth.js or similar)

- Charting library (Chart.js or Recharts)

- Hosting platform (Vercel)

External Dependencies:

- None for MVP

Key Risks:

- **Data Privacy:** Handling sensitive mental health data requires robust security

- **User Adoption:** Mental health apps have high abandonment rates

- **Technical Complexity:** Building meaningful analytics without overwhelming users

- **Regulatory:** Potential future healthcare regulations

- **Performance:** Handling large datasets as users accumulate historical data

Mitigation Strategies:

- Implement security best practices from day one

- Focus on simple, intuitive UX

- Start with basic analytics and iterate

- Consult legal experts for compliance

- Optimize database queries and implement caching

9. Stakeholders

Primary Stakeholder:

- Muhammad Zubair Khan (Developer/Product Owner)

Secondary Stakeholders:

- Future users (mental health-conscious individuals)
- Potential beta testers
- Mental health professionals (for feedback)

Consultation Needed:

- UX/UI designer (for design feedback)
- Mental health professional (for feature validation)
- Security expert (for data protection review)
- Legal counsel (for privacy compliance)

WIREFRAMES

Basic Dashboard

MindTrack

Profile ▼

Quick Mood Entry

How are you feeling today?

😢 😟 😐 😊 😊

Mood Rating (1-10)

Notes (optional)

What's on your mind?

Save Entry