Problem Statement

In the post-pandemic era, people have become more conscious about health and mental health related issues due to the effects of COVID-19 on the body and also the effects of quarantine on the mind. However, even with more awareness towards health and mental health, people are still clueless on how to manage their health and mental health effectively.

Thus, I have decided to make a mobile app to overcome these issues by giving people a way to monitor their health and mental health more easily. Due to the constraints of time, I have decided to mainly focus on two main aspect which are sleep and exercise. Sleep and exercise are both essential to the health of the body and state of the mind.

Without sleep, a person cannot function properly in their daily lives as they cannot focus and stay awake. A person’s health will start to deteriorate as their immune system starts to weaken. Hallucinations have also been known to follow prolonged lack of sleep and this will directly affect a person’s mental health. So, sleep is particularly important to our health and mental health.

On the other hand, exercise is also important in maintaining a person’s health and mental health. Without exercise, toxins will start to accumulate in the body as they are not released from the body through sweat. The body will also become out of shape, impeding the movement of said person. Our peers will start to ridicule us due to our undesirable body size. This will have detrimental effects on our mental health as we are social creatures. We might feel sad, stressed, depressed and even suicidal. So, exercise is also important to our health and mental health.

My app tackles these issues by allowing people to track their sleep and exercise schedule more easily. Users of the app can record their sleep and wake time every day and see their sleep schedules. Users will also be able to record their exercise time with their type of sports and the app will calculate the amount of calories burned. User can freely customize the amount of calories burned per minute for each type of sport and even add new sport types.

However, the most important part of the app is that users can review their entire sleep and exercise history. Users can easily track their sleep and exercise times through the list and chart provided in the app. Users can then adjust their daily lives to improve their health as they are more aware of their own sleeping and exercise habits and can work hard to maintain good habits and get rid of bad habits.

My app also comes equipped with an mp3 player. Users can freely listen to music before going to sleep, during their exercise or any time they want. Users can also make their own playlist and import new songs into the app. This can help to make the app more exciting and much more than just a health monitoring app. Listening to music has been proven to help in relieving stress and can improve our mental health. An improved mental state will also have good effects on the health of the body. So, my app can help its users in maintaining and improving their health and mental health.