

STRESS TRACKER

How low can you go?

(with your stress level)

Our Team



Alex, 26
From Russia. Medical student at Charité & did Cancer Research at Yale University.



Muhammet, 27
from Istanbul. Studying scientific computing at TU, loves Biology.



Priyanka, 27
from the Netherlands. Fashion graduate working in E-Commerce.



Schmude, 26
from Berlin with love. Doctor currently interning at Ada Health.



Ikzath, 34
Aspiring Full-Stack Engineer, future tech entrepreneur & philanthropist.



Madina, 33
Data Science enthusiast. Looking forward to reducing her stress levels



Alba, 38
From Madrid. Master in Advertising & PR and Graphic Designer.



Suwa, X
From India. Master International Tourism Management.

From Problem to Solution

Create a mobile app that monitors your heart rate rate and its variability to predict and inform you when you are stressed and at the same time provide relaxation options to reduce it.



Tracking



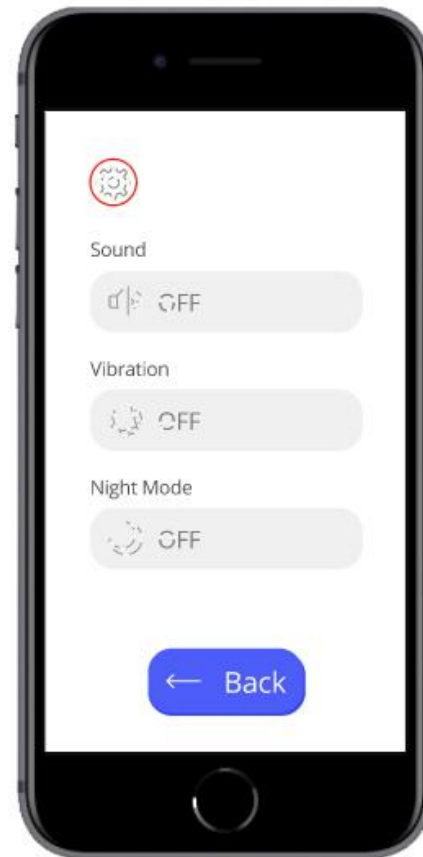
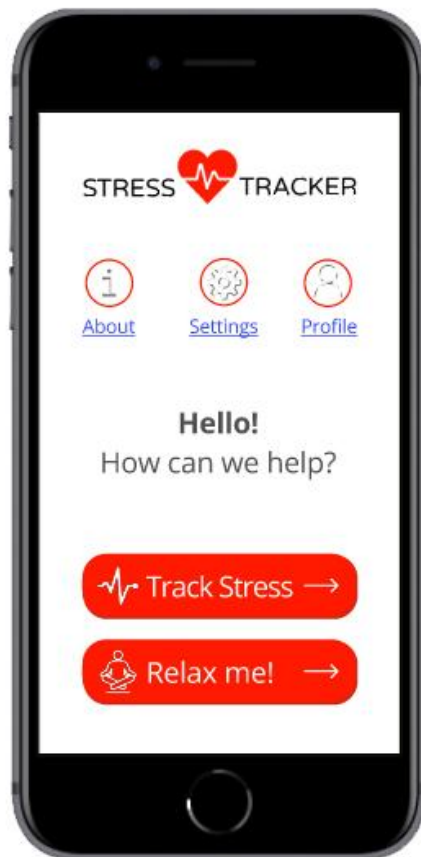
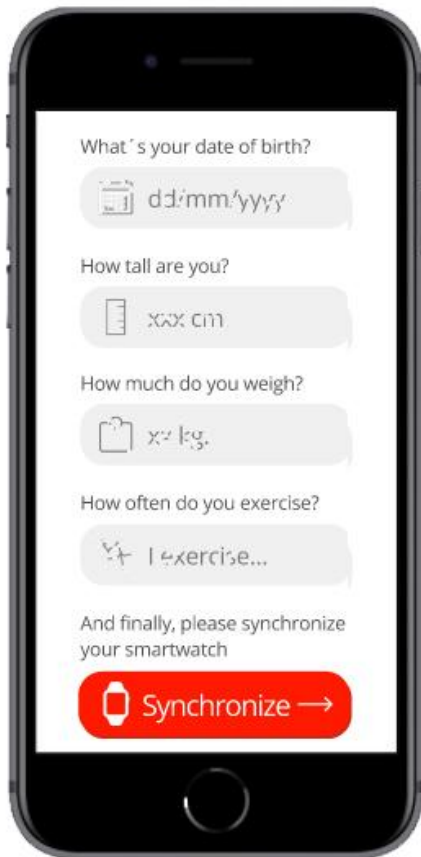
Notification



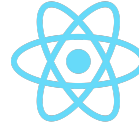
Stress Management

Prototype

Let's take a look!



Tech-Stack



Model Building



Backend



Frontend



Design



Deployment



End Product



Success Story

- + UX/UI Track: happy with the amount of people that participated in the research and the overall Figma design.
 - + WD Track: one man managed to code and deploy the whole MVP.
 - + DS Track: achieved fairly high accuracy on scientifically backed stress prediction using heart rate metrics.
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- The biggest challenges were losing members & confronting technical issues such as not being able to extract live data from the smartwatches or follow the figma styles.



Future Vision

- Instant data transfer from the smartwatch.
- Optimization of the design according to Figma, including all pages (user profile, about, settings & main page), error messages, interaction animations, icons, styles, etc.
- Expanding features: automated notification, visually track stress and more techniques to manage stress.
- Providing a weekly stress report.
- Facilitate articles on stress effects.

Thank you all for listening!