Activity Structure

Part 1: Ideation and Requirement Gathering

Step 1: Project Scope Definition

Purpose:

The Mental Wellness Tracker app aims to help users monitor their mental health by tracking moods, setting wellness goals, and providing personalised guidance to improve overall well-being.

Target Users:

Young adults

Students

Professionals

People who are seeking ways to manage stress, maintain mindfulness, and improve emotional health.

Part 3: