Team Wellness Warriors

Team Members: Haozhe Zhuang(haozhez4), Xingrui Pei(xpei5), Yuang Fan(yuangf2), Jun Wen(junwen2)

Problem Statement and Motivation

Many people struggle to maintain healthy daily habits (exercise, water intake, meditation, etc.) and lack a simple way to track progress. Without clear feedback or motivation, users easily forget to log activities or lose interest. Our web app will help users log and visualize their wellness habits so they can build routines and stay motivated. By providing a unified dashboard of habit streaks, charts, and calendar views, users will immediately see their progress over time, which encourages continued use. This is timely because the fitness/wellness app market is booming – one source reports the fitness apps market was $10.56 billion in 2024 and projected to grow to $39.35 billion by 2034– showing strong demand for tracking tools.

User Problems Solved

- Inconsistent Tracking: Users often forget to record daily activities or switch between multiple apps/spreadsheets. Our app solves this by allowing all key wellness habits to be tracked in one place.

- Lack of Feedback: Without immediate feedback, users can't tell if their actions were recorded. We will show instant confirmation when a user logs a habit. This aligns with Nielsen's first usability heuristic, which says appropriate feedback is "the most basic guideline of user-interface design".

- Low Motivation: Users lose motivation if they can't see progress. We address this by showing visual progress (e.g. streak counters, graphs, calendars), giving users a sense of achievement.

- Mistakes & Reversibility: Users may log a habit by mistake. In line with Nielsen's "user control and freedom" heuristic, we will allow a quick undo for recent entries, so users never feel trapped by an error.

- Confusing Interfaces: Many apps use jargon or unclear icons. We will use clear, real-world terms (e.g. buttons labeled *"Mark Complete"* instead of ambiguous labels) and consistent navigation, matching Nielsen's advice to use familiar language.

Core Interactions and Features

Our app's key user flows include:

- Account Creation & Login: Secure user signup and login (satisfying the project's authentication requirement). We will use standard practices (hashed passwords or JWT) so that each user has a private dashboard.

- Create/Edit Habits: Users can add new habits/goals (e.g. "Drink 8 cups of water daily" or "Meditate every morning"), and later edit or delete them. Deletion will have a confirmation dialog to prevent accidental loss (error prevention).

- Log Habit Completion: On a daily view or calendar, users mark a habit complete for today (e.g. clicking a checkbox or button). The app will immediately highlight the entry and update streaks or totals (providing instant feedback). If clicked by mistake, an undo option reverts the action.

- Progress Dashboard: A home screen will display graphs and calendars showing each habit's history (e.g. a line chart of weekly exercise or a calendar heatmap of completed days). This visualization helps users "see" their progress as needed. We will use familiar chart types (matching the real world) so users instantly understand them.

- Optional Social Features: To boost engagement, we may allow users to join group challenges or share progress with friends. (While not required for core functionality, social accountability can be a powerful motivator.)

Each interaction is powered by a RESTful API. For example, the frontend will call endpoints like POST /api/habits to create a habit, PUT /api/habits/:id to mark it complete, and GET /api/habits to load the list. This backend will be built with Node/Express and a database (MongoDB or SQL) to store each user's habit data. In sum, the implementation is straightforward CRUD plus authentication, which is relatively easy to build yet allows us to polish the UI/UX (a balance of functionality and design to secure full credit).

Similar Apps

Popular apps already let users track health activities, which guides our design:

- MyFitnessPal, Fitbit, Nike Training Club: These well-known fitness apps allow logging workouts, nutrition, and other health datatheninehertz.com. Our app covers similar wellness goals (exercise, hydration, mindfulness) but in a more general tracking tool rather than a brand-specific platform.

- Habitica / Streaks / Loop Habit Tracker: These apps gamify or calendarize habits. Habitica, for example, turns habits into a game. We will borrow useful ideas (like streak counts) but keep the interface clean and web-focused (no requirement to download a mobile game).
- Duolingo: While a language app, Duolingo's streak feature has made habits fun. Similarly, we'll highlight ongoing streaks (e.g. "7 days in a row!") to motivate users.

However, most of these apps are either narrowly focused (e.g. only exercise or diet) or mobile-only. In contrast, our web app targets a holistic *wellness* scope and works on any device.

How Our App is Different

Our Wellness Tracker stands out in a few ways:

- Holistic Wellness Focus: Unlike apps that focus only on fitness or diet, we allow any health-related habit (physical or mental). For example, a user could track mood or meditation as easily as tracking steps. This niche (mental wellness tracking) is not addressed by many fitness apps, giving our app a unique angle.

- Unified, Customizable Dashboard: Users can define *any* habit and see all of them in one dashboard. This contrasts with many trackers that are hard-coded to specific activities. We give users full control over what to track.

- Responsive, Intuitive UI: We will build a mobile-friendly interface (using CSS frameworks or a grid layout) so the app looks good on phones, tablets, and desktops. The course specifically emphasizes a strong focus on responsive UI/UX, so we will follow that, e.g. collapsing menus or reflowing charts for small screens.

- Group Challenges (Optional): To differentiate further, we may add an optional social component: users can create a habit “group” or challenge with friends. Social accountability is known to improve habit adherence, so this could help users stick to routines.

Technical Implementation

On the backend, we will use Node.js with Express to build our REST API. All habit and user data will be stored in a database (e.g. MongoDB). The API will have routes like POST /api/habits (create habit), GET /api/habits (list habits), PUT /api/habits/:id (update/complete habit), and DELETE /api/habits/:id (remove habit). User authentication (via hashed passwords or JWT sessions) will be implemented to lock each user’s data. The frontend will be a single-page application (using React, Vue, or plain JavaScript) that calls these API routes. We will use charting libraries (like Chart.js) for graphs and a CSS framework (like Bootstrap) to ensure responsive design.