Mini Project Proposal: Habit Tracker with Progress Reports

1. Project Title

Habit Tracker with Progress Reports

2. Project Overview

The **Habit Tracker** is a user-friendly **web application** designed to help individuals build, maintain, and visualize their daily or weekly habits. By tracking user activities and providing insightful analytics, the system encourages consistency and personal growth. Users can easily create, edit, and monitor habits, while receiving progress feedback through streak counters, performance charts, and notifications.

3. Objectives

- To develop a responsive and interactive web app that allows users to track daily or weekly habits.

- To visualize user progress through charts and streak counters for motivation.

- To provide reminders via email or in-app notifications to enhance consistency.

- To generate automated progress reports and insights based on habit performance.

4. Technologies Used

- **Frontend:** React.js (for responsive and dynamic UI)

- **Backend:** Node.js with Express.js (for server-side logic)

- **Database:** MongoDB (for storing user data and habit records)

- **Authentication:** JWT-based authentication

- **Other Tools:** Chart.js / Recharts (for progress visualization), Nodemailer (for email reminders)

5. Key Features

- **Habit Management:** Add, edit, delete, and categorize habits as daily or weekly.

- **Progress Tracking:** Visualize consistency through streak counters and progress graphs.

- **Notifications:** Send email and in-app reminders for scheduled habits.

- **User Dashboard:** Centralized view of habits, streaks, and personalized insights.

- **Reports:** Generate and display progress reports showing success rates and growth trends.

6. Expected Outcomes

- A fully functional, interactive web application accessible from desktop and mobile browsers.

- Improved user motivation through visual feedback and habit tracking.

- A secure and scalable system built with the MERN (MongoDB, Express, React, Node) stack.

7. Project Scope

The project focuses on individual users managing personal habits. Future enhancements may include social habit challenges, AI-based suggestions, and integration with wearable devices for automated habit tracking.