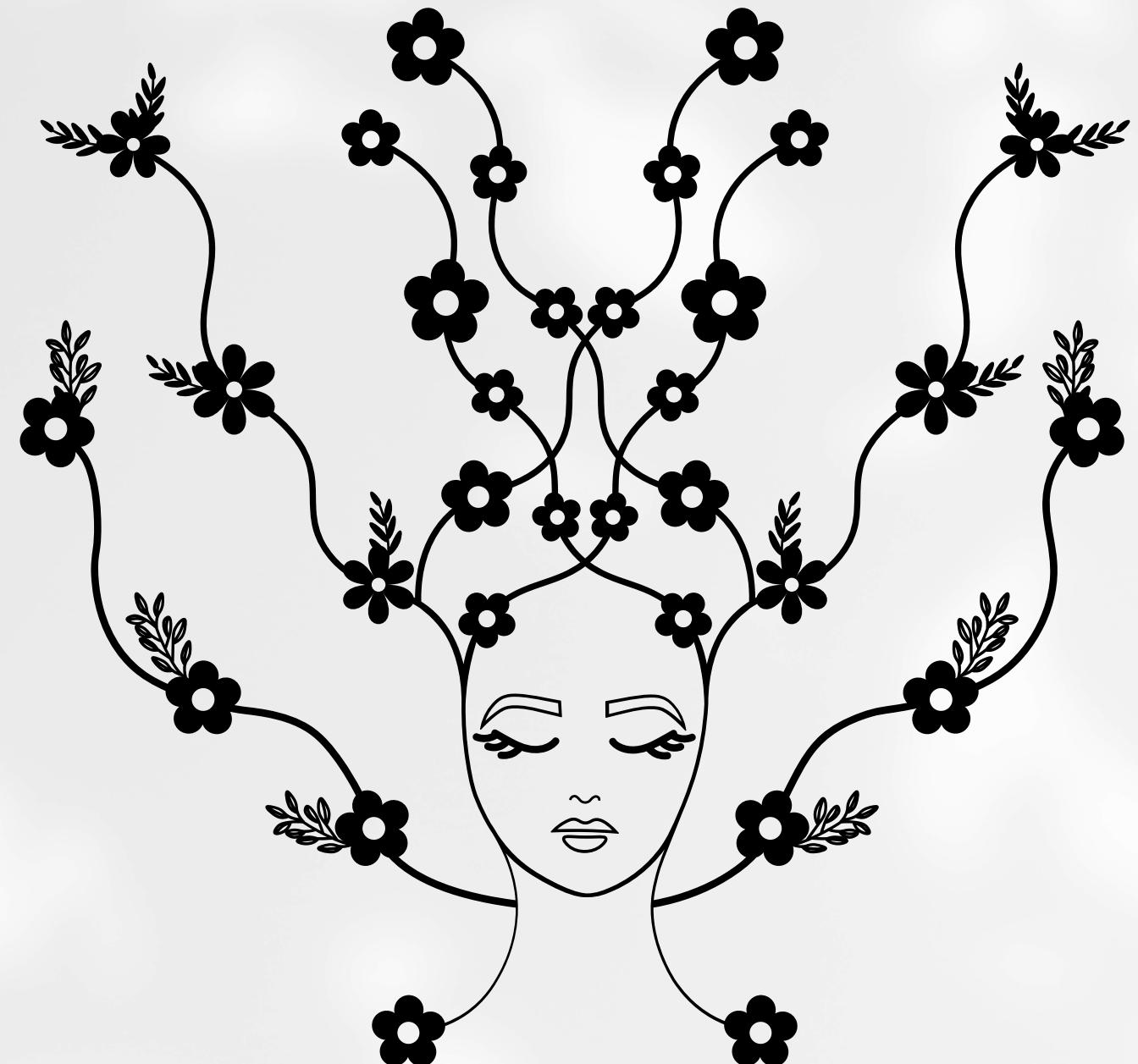


Final Project



PCOS Connect

Supporting every woman's journey to understanding her health.



Presented by Elizabeth Waithereru

Getting Started



Problem Statement

- Many individuals with PCOS struggle to monitor symptoms consistently.
- Lack of personalized tracking makes it harder to identify patterns.



Empower women with personalized insights based on their logs.

- Limited accessible resources or guides.
 - This app aims to simplify tracking and promote wellbeing
- .



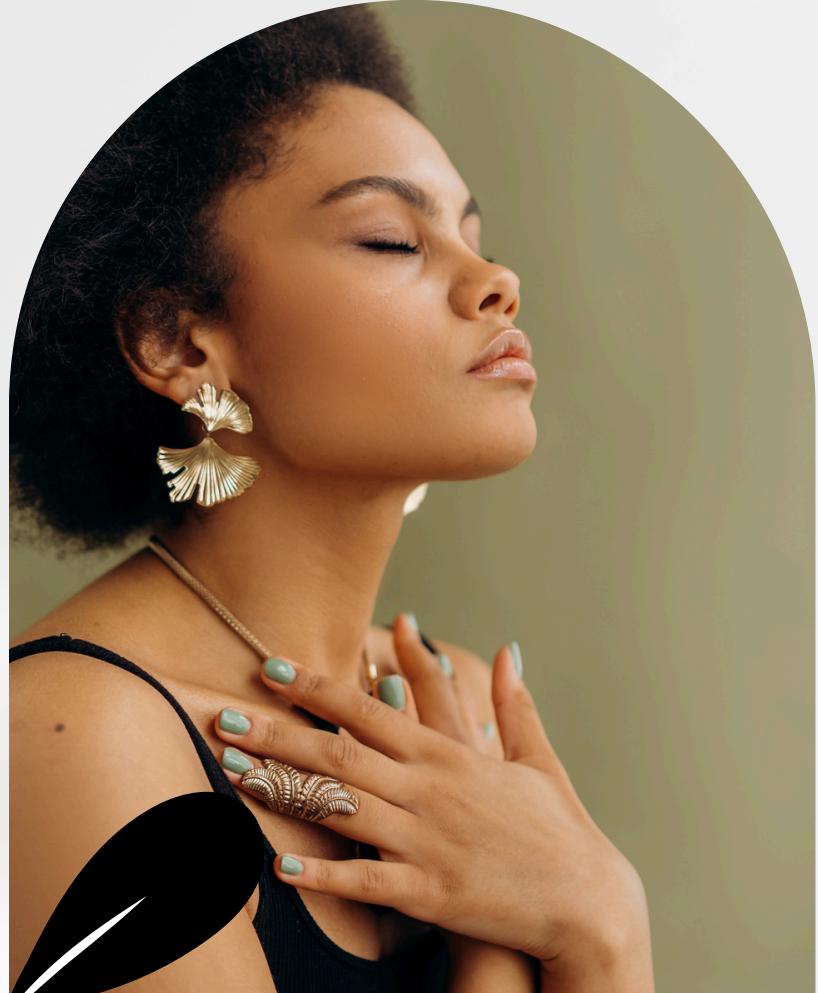
Project Objectives

- Track daily symptoms and health metrics.
- Provide meaningful insights and trends.
- Offer curated health resources.
- Build an interactive and responsive React app.



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Features Overview



PCOS Connect simplifies daily health tracking by combining symptom logs, trend insights, and curated PCOS resources into a clean, modern interface designed for clarity and ease of use.

- Symptom logging
 - Dashboard summary
-
- Health insights (trends, patterns)
 - Resource library
-
- Clean, responsive UI
 - Deployed live on Vercel

Dashboard: Overview of recent logs and trends.

PCOS Connect
Your wellness companion

Welcome back!

Here's your wellness overview for today

Current Mood
Good

Avg Energy Level
6.7/10

Avg Sleep
7.2h

Water Today
2.5L

Recent Activity

- Exercise this week: 90 minutes
- Symptoms logged: 3 entries
- Resources read: 3 articles

Quick Actions

- Log Today's Symptoms
- Explore Resources
- View My Insights

Resource Cards From PCOS Connect

Enhancing Sleep Quality

Bedtime Routine

Develop a relaxing pre-sleep ritual like gentle stretching, reading, or meditation to unwind.

Sleep Environment

Keep your bedroom cool, dark, and quiet while using comfortable bedding for rest.

Establishing calming routines, consistent schedules, and proper sleep environments enhances rest quality, boosts daytime focus, and overall wellbeing.



Managing Everyday Stress

Breathing Techniques

Practice deep breathing exercises to calm your nervous system quickly during stressful moments.

Time Blocking

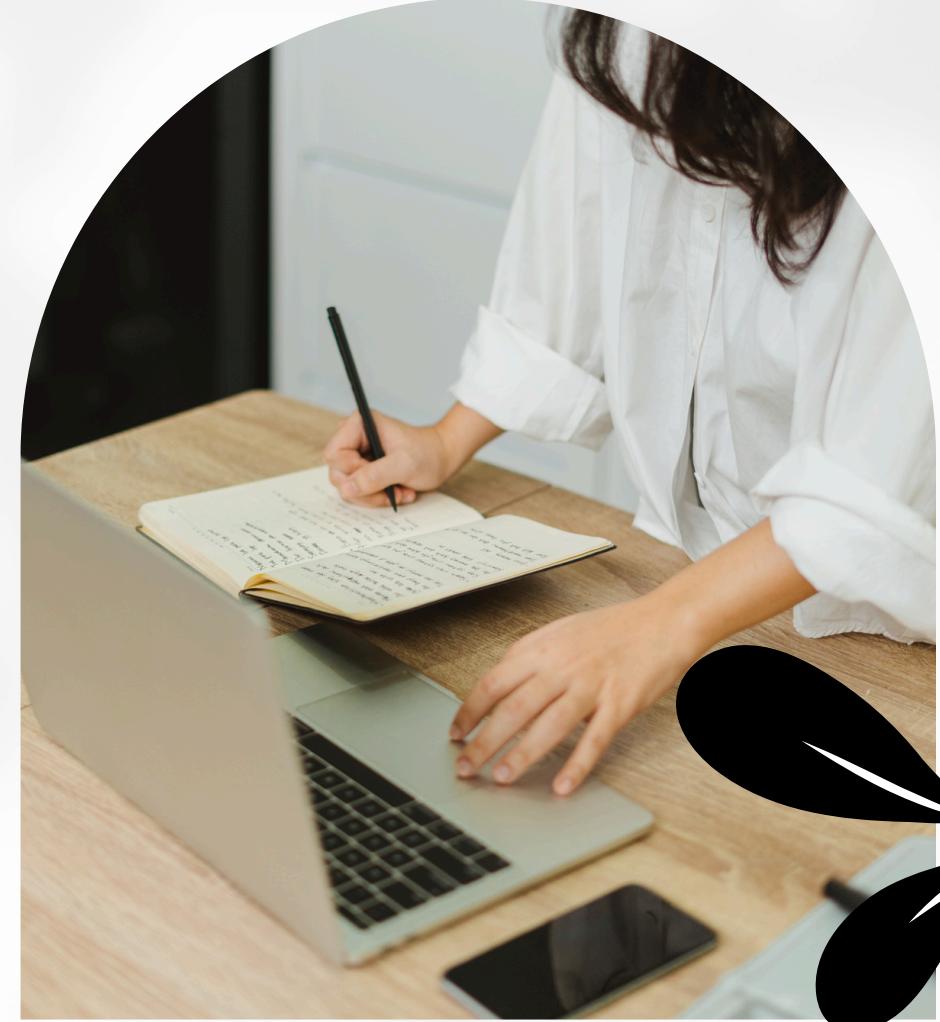
Allocate time slots for tasks and breaks to improve productivity while easing overwhelm.

Implementing relaxation techniques, time management skills, and supportive social habits can significantly reduce stress and improve life quality.



Balancing Work and Life

Creating clear boundaries, prioritizing tasks, and scheduling downtime helps maintain healthy balance between career demands and personal fulfillment.



Set Boundaries

Define work hours clearly and communicate them to colleagues to protect personal time.

Prioritize Tasks

Identify crucial tasks and tackle them first to reduce stress and boost productivity.

Schedule Downtime

Plan breaks and leisure activities throughout the week to recharge and foster creativity.

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Acknowledgements

- PLP Program
- React Community
- Vercel (deployment)
- TailwindCSS documentation
- ChatGPT
(for debugging support)





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Thank You

Remember wellness is a personal journey that evolves with you; stay curious, consistent, and compassionate towards yourself always.

