

Grow U

Health & Mental Wellness Tracking App

Project Description

Create a web application that allows users to track their physical exercises, running logs, and maintain a wellness diary for activities like meditation and mood tracking. The app promotes personal well-being by enabling users to monitor and reflect on their health and mental state.

Key Features

- **User Authentication:**
 - Users can sign up, log in, and manage their profiles.
- **Exercise Logging:**
 - Users can add, edit, and delete exercise entries (e.g., type of exercise, duration, intensity).
- **Running Logs:**
 - Track running activities with details like distance, time, pace, and route (optional integration with maps).
- **Wellness Diary:**
 - Users can write daily entries about their mental state, meditation sessions, sleep quality, etc.
- **Progress Tracking:**
 - Visual representations (charts/graphs) of exercise frequency, running progress, and diary trends over time.
- **Goal Setting:**
 - Users can set and monitor personal health and wellness goals.
- **Notifications & Reminders:**
 - Optional: Remind users to log activities or meditate.

Technical Requirements

- **Frontend:**
 - Clean and responsive UI using HTML and CSS.
 - Forms for logging exercises, running activities, and diary entries.
 - Client-side validation using JavaScript regex for inputs like dates, times, distances, and text fields.
 - Visualization tools (e.g., Chart.js) for displaying progress charts.
- **Backend:**
 - Express.js server with RESTful API endpoints for handling user data, exercises, runs, and diary entries.
 - Data storage using JSON files managed via the `fs` module.
 - Optional integration with third-party APIs for map routes or authentication enhancements.
- **Asynchronous Operations:**
 - Use `async/await` for all fetch requests and file read/write operations.

- **Additional Features:**

- Secure password handling (hashing).
- Data encryption for sensitive information if applicable.
- Responsive design for accessibility on various devices.
- Option to export logs and diary entries (e.g., as PDF or CSV).

Project Milestones

1. **Setup and Authentication:**

- Initialize the project and implement secure user registration and login.

2. **Logging Functionalities:**

- Develop forms and backend routes for adding, editing, and deleting exercise and running logs.

3. **Wellness Diary:**

- Implement diary entry creation, editing, and deletion.

4. **Progress Visualization:**

- Integrate charts/graphs to display user progress and trends.

5. **Final Enhancements:**

- Add goal setting, notifications (if implemented), refine UI, perform testing, and prepare presentations.