Project Idea: A personalized Mental Health Tracking Platform for students

Target users: College and university students who want to improve their mental health by tracking their moods, activities, and progress over time.

Tackled problem: Many students struggle to keep track of their mental health and engage in regular activities that can help, such as meditation or exercise.

Approach: Create a web-based platform that allows users to track their moods, activities, and progress over time. The platform could also provide resources for mental health, such as guided meditations or tips for stress management.

Lo-Fi wireframes:

1. Homepage: The homepage will have a simple and clean design with a login and sign-up button prominently displayed. It will also include a brief description of the platform and its benefits for students.

2. Dashboard: The dashboard will provide an overview of the user's mood and activity. It will display charts and graphs showing their mood trends over time and the activities they have engaged in. This section will also include a summary of their progress and achievements.

3. Tracker: The mood and activity tracker will allow the user to log their daily or weekly mood, make notes about their thoughts and feelings, and track activities that contribute to their mental health. The user will be able to select from predefined options.

4. Analyze: The analyze section will provide a deeper insight into the user's mental health data. It will include filtering options to view specific data, such as mood patterns during exams or activity trends during weekends. The section will also present graphs and charts to visually represent the data and provide a clearer understanding of the user's progress.

5. Blog: The blog page will feature a collection of articles, tips, and resources related to mental health. It will include links to guided meditations, stress management techniques, and other helpful content. Users can explore these resources to gain additional support and knowledge.

6. Profile: The profile page will allow users to view and update their personal information.