

InnerOrbit – Your Emotional Co-Pilot

Problem

Many people struggle to understand emotional patterns, build lasting wellness habits, or feel meaningfully connected in a way that doesn't require oversharing or draining social energy. Most digital journals are either completely solitary or overly medicalized, and few offer a middle ground for quiet reflection with optional, consent-based interaction.

Solution

InnerOrbit is a reflective social ritual app that transforms mood tracking into a cosmic journey. Built with privacy and emotional autonomy at its core, InnerOrbit allows users to privately log moods and journal entries, visualize their emotional orbit, and opt into gentle, anonymous moments of social resonance. It combines the introspective nature of journaling with the light-touch interaction of a social feed, but without advice, replies, or pressure to perform.

Core Features

- **Dashboard**
 - Private, JWT-protected hub for accessing all site features
 - Displays streaks, pet status, constellation progress, and current prompts
- **Mood Tracker**
 - Calendar view of daily mood logs using a color-coded emoji scale
 - Clicking a date reveals optional notes or reflections
 - Tracks emotional trends over time
- **Mood Journal**
 - Private journal for longer entries and self-reflection
 - Each entry becomes a star in a personal sky
 - Stars cluster into constellations based on time or theme
- **Mood Nebulas**
 - Optional public feed of user-submitted journal entries
 - Entries can be anonymous or attributed, and are tagged for discovery
 - Users can click “🌟” to express resonance with posts
- **Constellation Cards**
 - Weekly reflection prompts displayed on the dashboard
 - Responses can be kept private or shared to the public feed
 - Public entries grouped by prompt, anonymous sharing optional
- **Orbits (Private Pods)**
 - Small, invite-only support groups (2–12 members)
 - Members can track group progress, unlock shared badges, and send silent encouragements like “🌟 send a star”
- **Self-Care Companion**
 - Tamagotchi-style pet that reflects user wellness habits
 - Grows and reacts based on hydration, meals, exercise, and rest
 - Encourages real-world self-care through virtual bonding
- **Secure Auth & Privacy**
 - JWT-authenticated routes protect user data
 - All entries private by default; social features are opt-in and anonymized
 - No messages, no comments, no analysis — just quiet connection

- **Responsive & Polished UI**
Styled with Tailwind CSS and soft animations
Low-sensory, mobile-first design focused on calm interaction
 - **Render Deployment & CI/CD**
Fully deployed via Render
Automated build and deployment pipelines using GitHub Actions
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Design / Visual Aesthetic

- **Theme:** Celestial, quiet, and contemplative
 - **Color Palette:** Deep space navy, aurora green, twilight purples
 - **Motion:** Subtle parallax scrolls, gently twinkling stars, constellation animations
 - **UI Components:**
 - Light/dark mode toggle
 - Soft rounded edges, minimal clutter
 - Responsive, mobile-first layout using Tailwind CSS
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How It Meets Project Requirements

Requirement	How InnerOrbit Delivers
Full-Stack Architecture	Implements a MERN stack: MongoDB for data persistence, Express and Node for backend APIs, and React for frontend UI.
User Authentication	Uses JWT-based authentication to protect routes and ensure users can only access their own data.
Protected Routes	Dashboard, mood logs, journals, orbits, and pet status are only accessible to authenticated users.
CRUD Functionality	Users can Create, Read, Update, and Delete mood entries, journal reflections, constellation responses, and self-care logs.
Third-Party API or External Integration	Could be extended to include APIs for quotes, weather, or mood-related content (optional for MVP, placeholder ready).
Clean, Responsive UI	Mobile-first layout with Tailwind CSS, subtle animations, and accessible design for all screen sizes.
Persistent Storage	MongoDB stores user moods, journal entries, prompts, pet status, group data, and constellation participation.
Team Collaboration	Designed to be modular for team development: separate files for API routes, reusable components, and styled modules.
CI/CD Pipeline	Automatically deployed to Render using GitHub Actions for continuous integration and deployment.
Deployed Application	Fully deployed on Render with live frontend/backend integration.
Professional README	Includes clear description, features, tech stack, and deployment links (to be added).
Creative or Unique Feature	Includes novel mechanics like the self-care pet, constellation visualizations, and anonymous resonance-based interaction—distinguishing it from typical CRUD projects.
Secure Handling of User Data	Mental health data is minimally stored, anonymized by default in public spaces, and never shared or analyzed.
State Management	React state hooks and context (if needed) manage moods, pet state, streaks, and pod interaction.
Route Structure	RESTful API routes for moods, journals, prompts, users, orbits, and pet actions follow REST conventions.
Frontend Routing	React Router DOM handles page navigation between login, dashboard, journal, tracker, prompts, and pet.