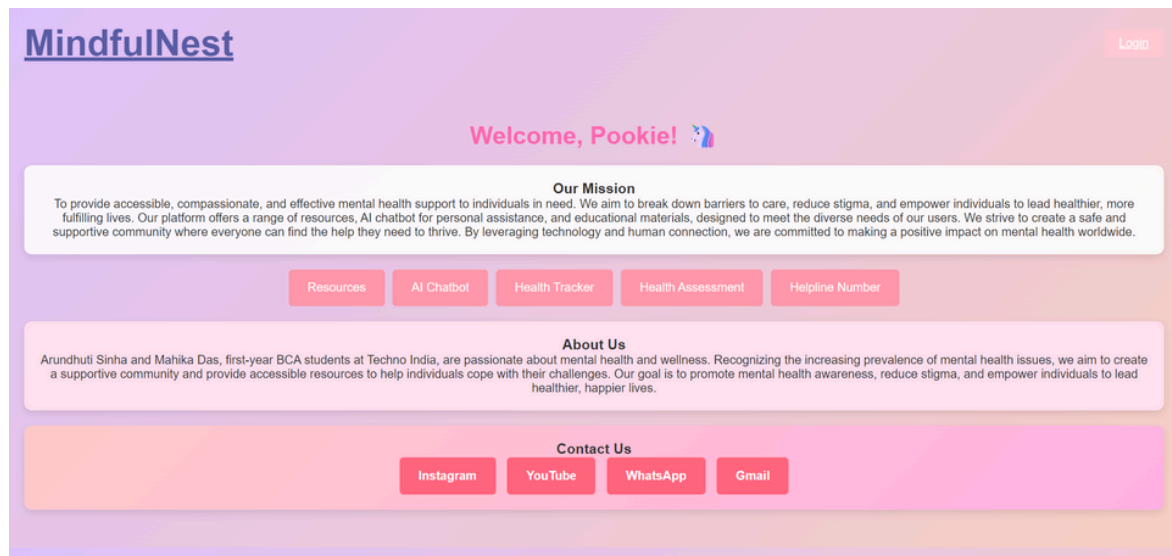
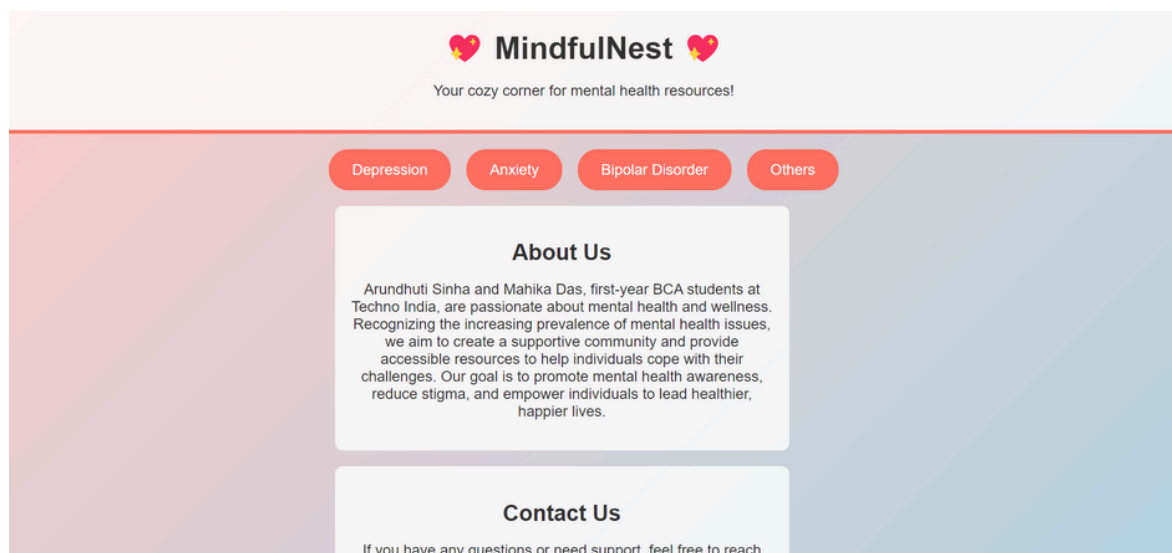


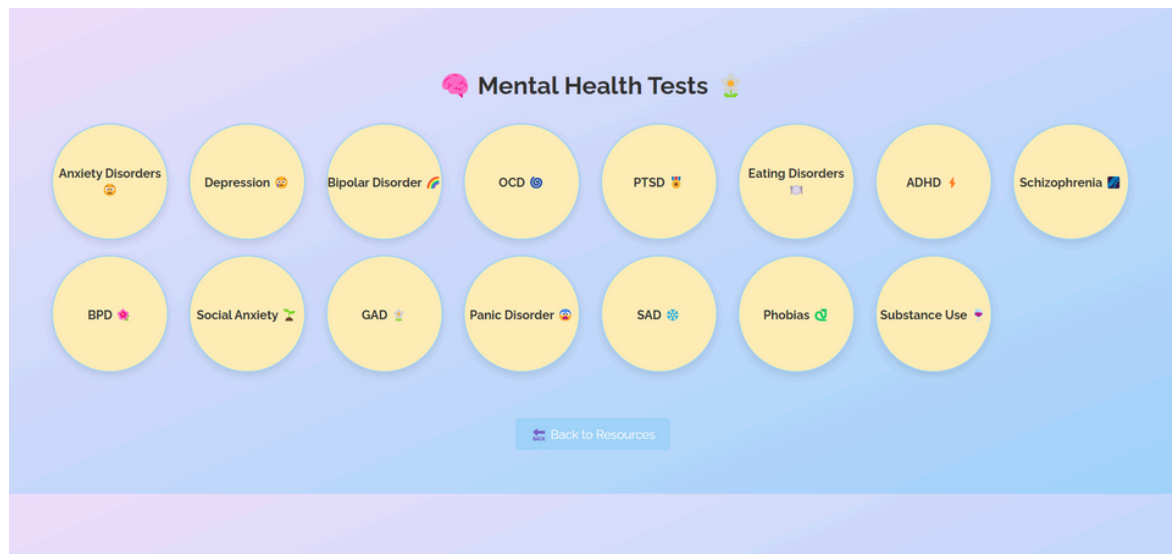
# The first page -



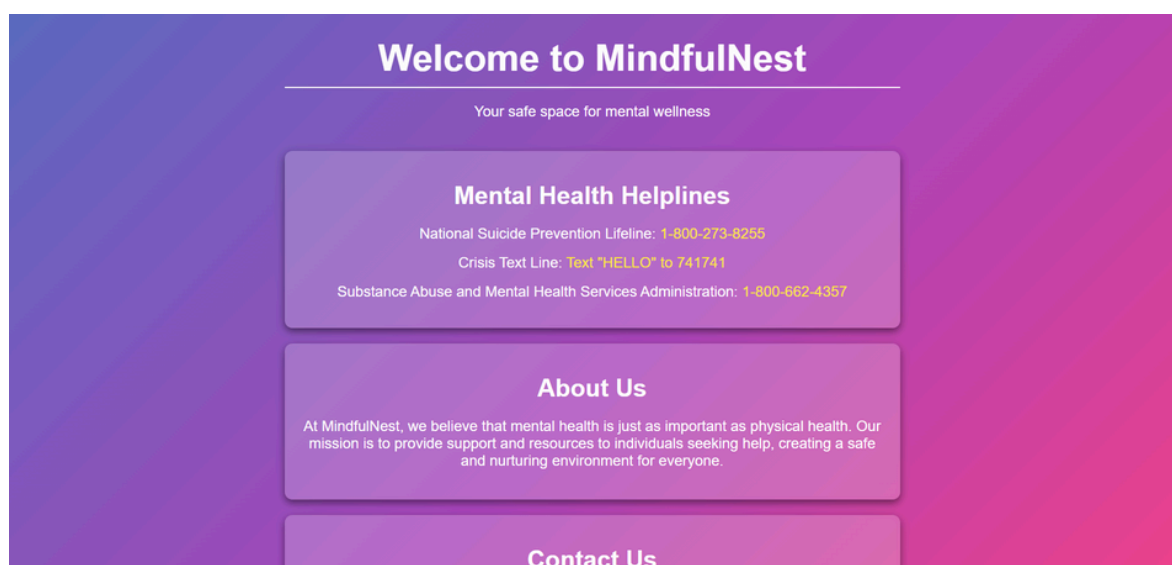
# The Resources Page-



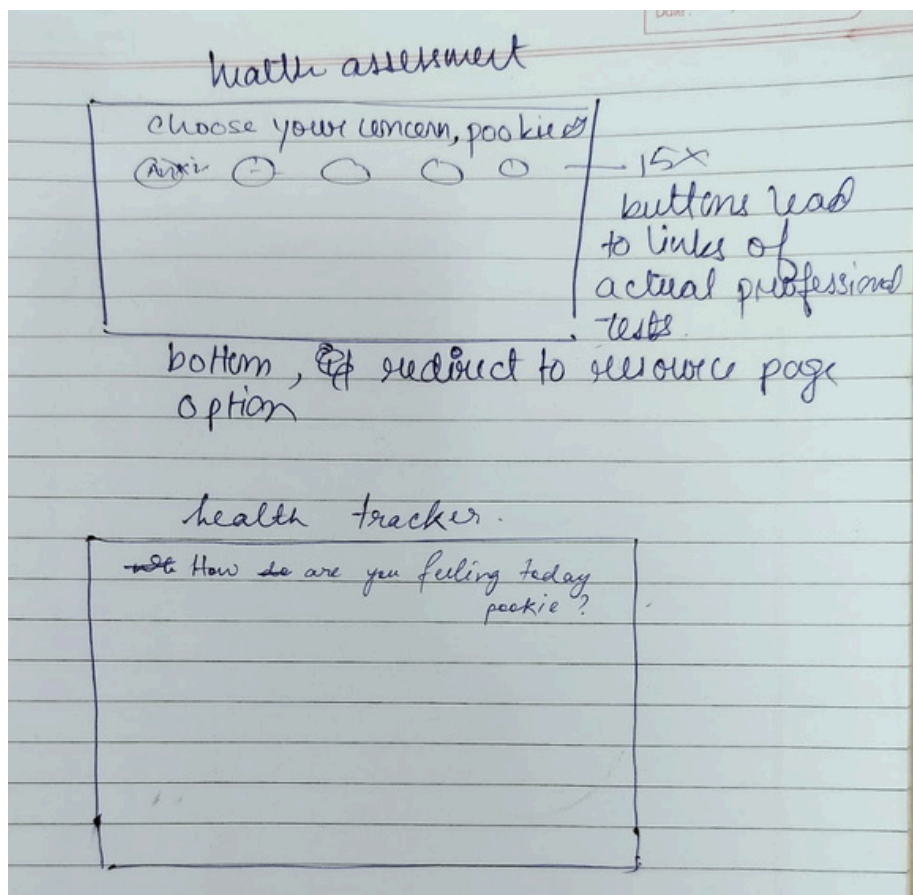
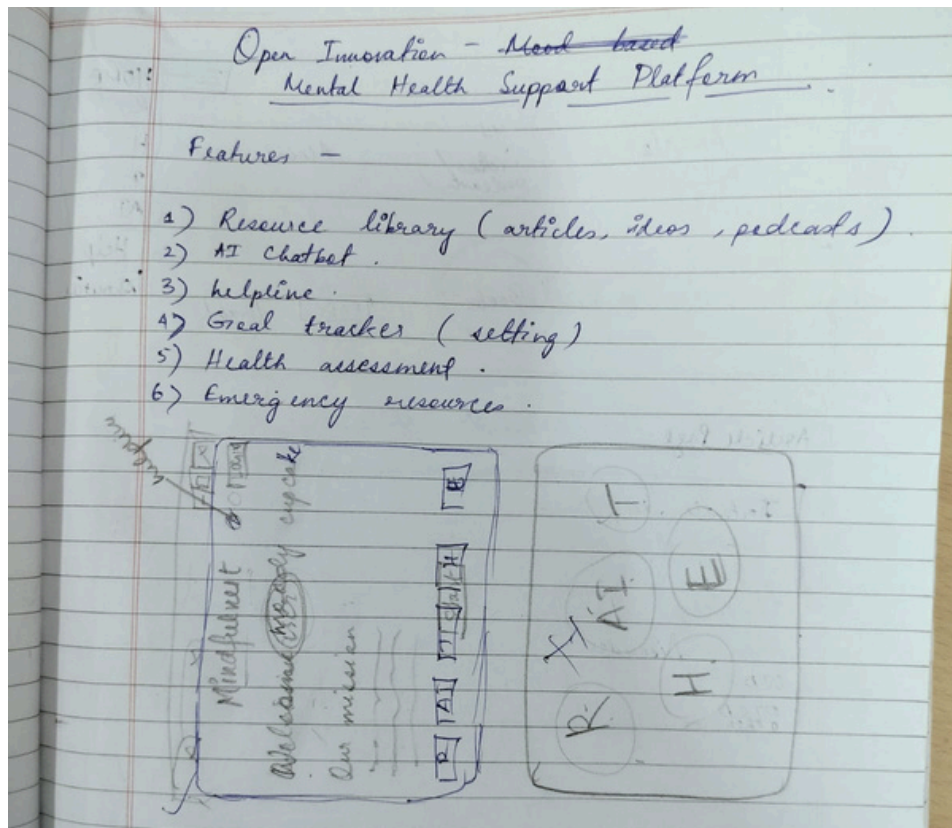
# The Mental Health Assessment page-



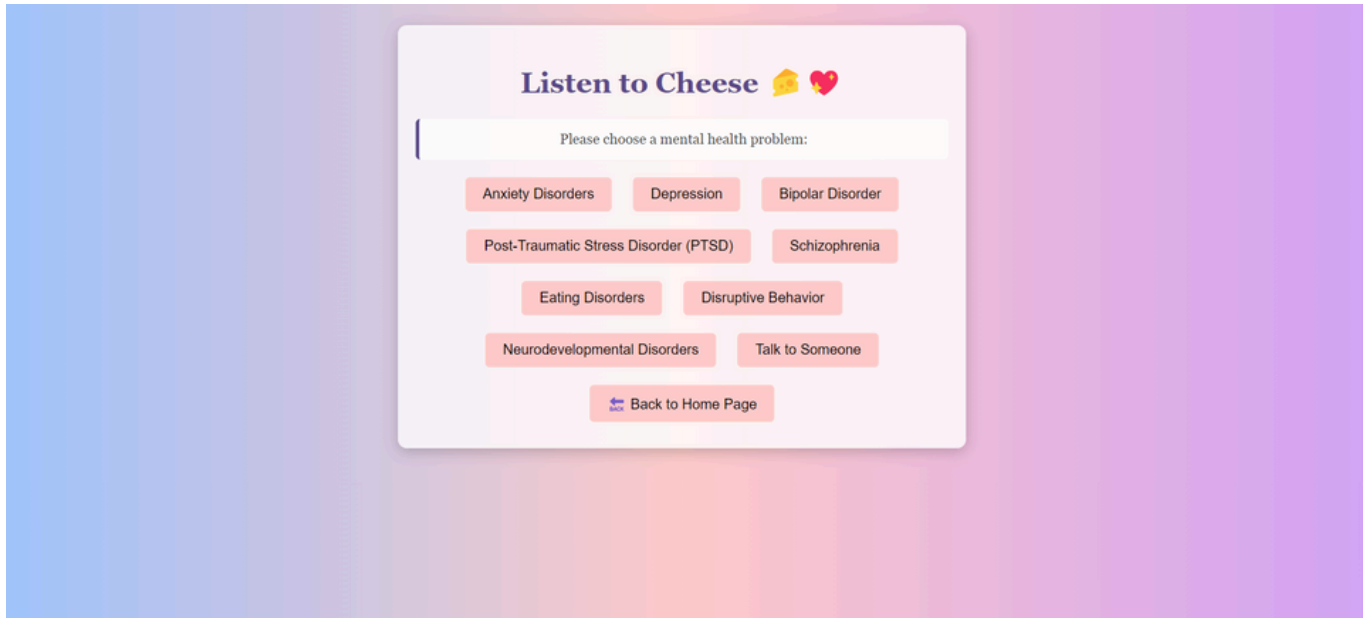
# Helpline number page-



# The blueprint/ visualization of the web pages-



# AI CHATBOT, CHEESE -



# HEALTH TRACKER PAGE -

Resources

Track Your Health

Date:

Steps:

Water Intake (liters):

Heart Rate (bpm):

Weight (kg):

Temperature (°C):

Add Entry

# PROGRESS PAGE -



## OUR YOUTUBE -

[https://www.youtube.com/  
@MindfulNest-z5z](https://www.youtube.com/@MindfulNest-z5z)

## OUR INSTAGRAM -

[https://www.instagram.com/mindfulnest.b  
b?igsh=MXRjMnR1a3k0NjExcQ%3D%3D](https://www.instagram.com/mindfulnest.b?igsh=MXRjMnR1a3k0NjExcQ%3D%3D)

## OUR LOGO -



# RESOURCES USED

- ChatGPT
- YouTube

## YT videos that were used

1st video

3rd video

2nd video

4th video