

Sunrise Ritual - Report

The "Sunrise Ritual" app, crafted with Streamlit, is explicitly designed to empower users to kickstart their mornings with purpose and structure. This digital companion not only facilitates the tracking of daily habits but also encourages users to reflect on their routines through nightly surveys, enabling a deeper understanding of how these routines influence their overall well-being and productivity. Additionally, the app fosters a sense of community by allowing users to connect and support one another in their journey toward self-improvement.

During the development phase, a significant emphasis was placed on creating an intuitive interface that seamlessly integrates into users' daily lives. The process began with a careful planning stage, outlining the app's essential functionalities and envisioning a user-centric design. As development progressed, considering user feedback was instrumental in refining the app, ensuring it not only met but exceeded user expectations in terms of functionality and ease of use.

One of the app's standout features is its sophisticated analysis capability. This function has proven to be the cornerstone of "Sunrise Ritual", offering users invaluable insights into the consistency and impact of their morning routines. By leveraging this data, users can visually gauge the effectiveness of their habits and make informed decisions to enhance their daily rituals. However, integrating this feature presented a notable challenge, particularly in handling and analyzing the data sets. It took me several days to figure out how to even track data and prepare it for the analysis. The analysis is mostly performed through a correlation matrix. I used Chat GPT to assist me for most of the analysis. Despite these hurdles, the analysis feature has become a critical component, underscoring the app's ability to facilitate personal growth and routine optimization.

The design is rather limited because Streamlit cannot be designed as freely as other libraries. I tried to personalize a theme for my app, that reminds the user of a morning with its colors and is easy to navigate through. I would have liked to improve the design even more. But after all it is an MVP and the already existing design is enough to convey the idea to the user.

User feedback has been both insightful and constructive, shedding light on the app's strengths and areas for improvement. Many users have expressed their appreciation for the analysis feature, highlighting how it could transform their morning routines into a more deliberate and reflective practice. This feedback underscores the feature's role not only in tracking habits but in visualizing the journey toward consistency and self-improvement.

Nevertheless, users have also pointed out specific limitations, such as the need to refresh the page for updates when adding new habits—a minor inconvenience that disrupts the user experience. Moreover, while the community aspect is valued, users have voiced a desire for enhanced interactivity, suggesting features like real-time messaging or shared challenges to deepen communal engagement. It's crucial to note that both the Reminders page and the

Community Page are conceptual features designed to illustrate the potential functionalities of the app; they do not offer personalized functionality for individual users at this stage. Similarly, the analysis feature operates on preloaded datasets rather than dynamically processing individual user data. As such, the insights generated reflect patterns from a generic dataset, not the personal morning routines of current users. Essentially, the app is intended to showcase the conceptual framework and the core message it aims to deliver, rather than providing fully personalized services and analyses to each user. This is the biggest limitation of the app.

In reflecting on user feedback, it's evident that while "Sunrise Ritual" excels in providing a structured framework for morning routines and delivering comprehensive analytical insights, there is room for growth. Enhancing the app's dynamic content updates and expanding its social functionalities are identified as pivotal steps toward enriching the user experience. As well as personalizing the app by creating a login or register user interface, would let the app create individual datasets for each user. In the MVP, the datasets are being provided so the analysis feature can be understood and used but of course therefore the app is not working as intended. Some users did not understand the instructions of the app, that's why I included a short description about its functionality on each page of the app. Maybe it would be helpful in the future to include a short explanation video after the user logged in or registered. Overall many suggestions on how to improve the app were mentioned, if I should pursue this project I will make sure to implement them. But for now I think my app shows a good complexity, design and user flow as it is only an MVP. But one that can improve hundreds of lives.

In conclusion, "Sunrise Ritual" stands as a testament to the transformative power of mindful morning routines. Its analysis feature, in particular, distinguishes the app as a vital tool for personal development. As we look to the future, addressing the feedback and challenges will be key in evolving the app to better serve our users, ultimately supporting them in leading more intentional and fulfilling lives.