Open Design and Technology

WEEK 1 – Prompt Engineering

Prompt 1

Create a well-being app

Prompt 2

You are an expert app developer and UI/UX strategist. Create a one stop well-being app that has various sections like journal, physical , and mental health, etc

Prompt 3

You are an expert app developer and UI/UX strategist. Create a one stop well-being app catering to people who seek everyday management and care. The sections in the app include-

1. Journal – to do lists, routine builder, free writing, mood and habit trackers, gratitude journal, calendar, entertainment log, etc and a positive community blogging space.
2. Physical health – exercise tracker and log, calorie and water intake tracker, medicine reminder etc
3. Mental health – reflection, guided questions, calming rituals with ambient sounds for anxiety and stress (meditation, breathing exercises) AI support chatbot, access to local healthcare assistance etc

The app should feel warm, soft, welcoming, and with a clean, minimal UI. The colour palette should be pink and cobalt blue, with an option of switching to faded green and navy blue as well. The app should be clear, and easy to understand, so as to become a part of daily assistance without users feeling overwhelmed.

Note- I decided to generate this prompt as I am a fellow journal user since a really long time, and have myself been searching for digital alternatives that cater to all my needs in a single space. Hence, the input given is something I am very much familiar with, and I was pleased to see the output generated as it was very much accurate to what I wanted and pictured.