

MOOD TRACKER

Team 6

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Problem Statement

In today's fast-paced world, people often overlook their emotional well-being. Whether you're a student, a professional, or working remotely, daily stress and mood swings can silently impact productivity, relationships, and overall health. Despite growing awareness around mental health, there are few simple and accessible tools that help individuals regularly check in with their emotions and visualize how they feel over time.

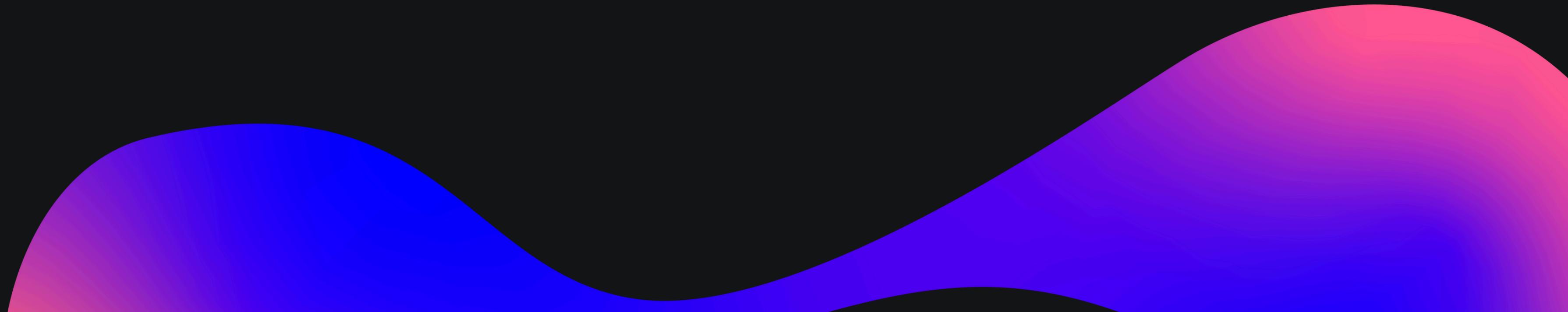
Project Overview

- A web app for developers to log daily moods and descriptions.
- Tracks emotional well-being and mental health trends over time.
- Helps teams understand mood patterns to support better work environments.



Key Features

- Simple daily mood logging with category and description.
- Real-time suggestions and motivational tips based on mood.
- Visualization of mood trends by category using interactive bar charts.
- Data stored securely using Supabase backend.
- Responsive UI built with React.



Tech Stack & Implementation

Frontend: React.js, React Hooks for state management

Backend: Supabase (PostgreSQL + authentication + real-time database)

Visualization: Chart.js with React-Chartjs-2 for bar chart displays

Styling: CSS and simple form controls for user input

Key code highlights:

Mood submission form with suggestions

Chart grouping moods by category (case-insensitive)

Data fetching and normalization from Supabase

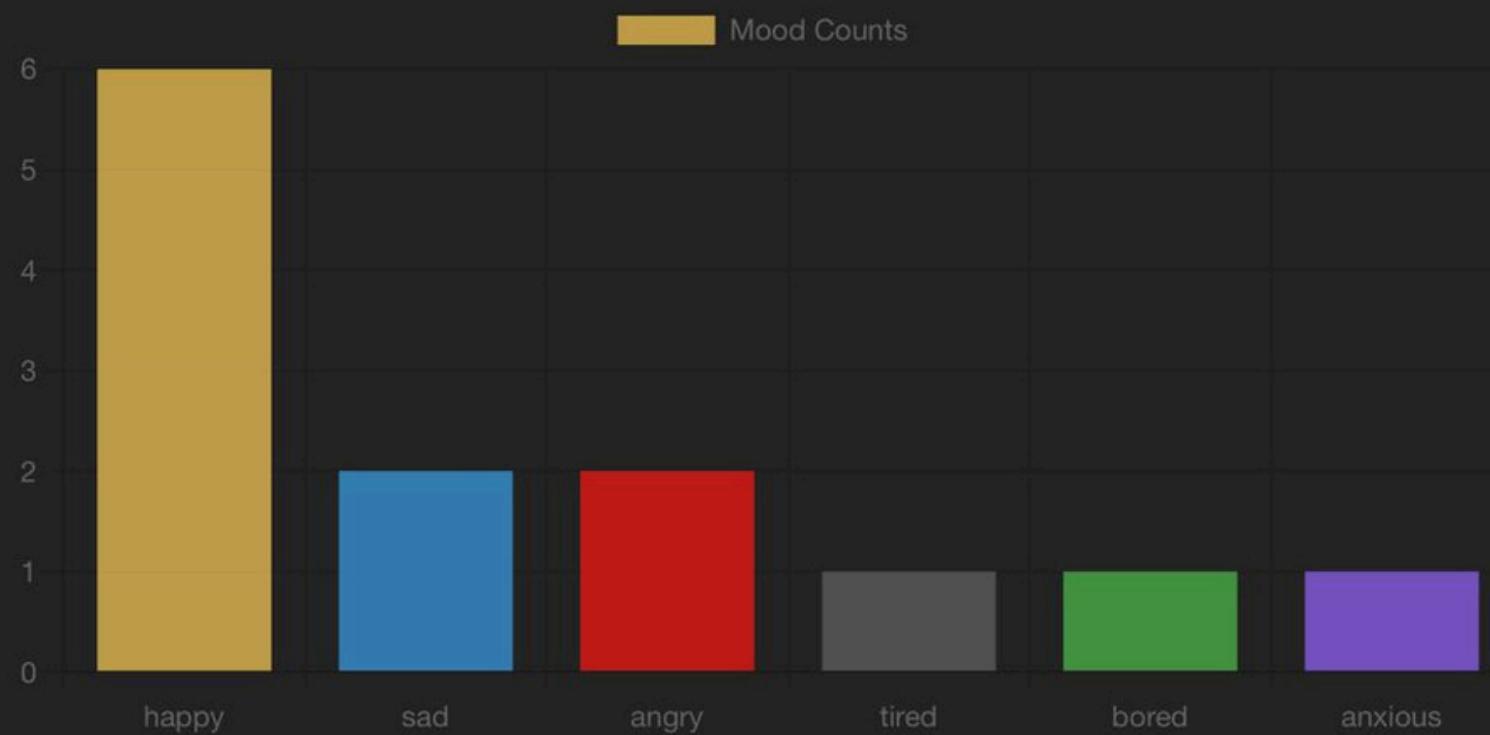
Developer Mood Check-in

Mood Category:

Description:

Add Mood

Mood Counts by Category



Description: Users can log their daily mood and description through a simple form.

The bar chart visually displays mood distribution over time for quick insights.

Developer Mood Check-in

Mood Category: anxious

Description: I am nervous

Add Mood

Mood Counts by Category



Mood added! 🧘 Breathe slowly — remember you're not alone.

[Close](#)

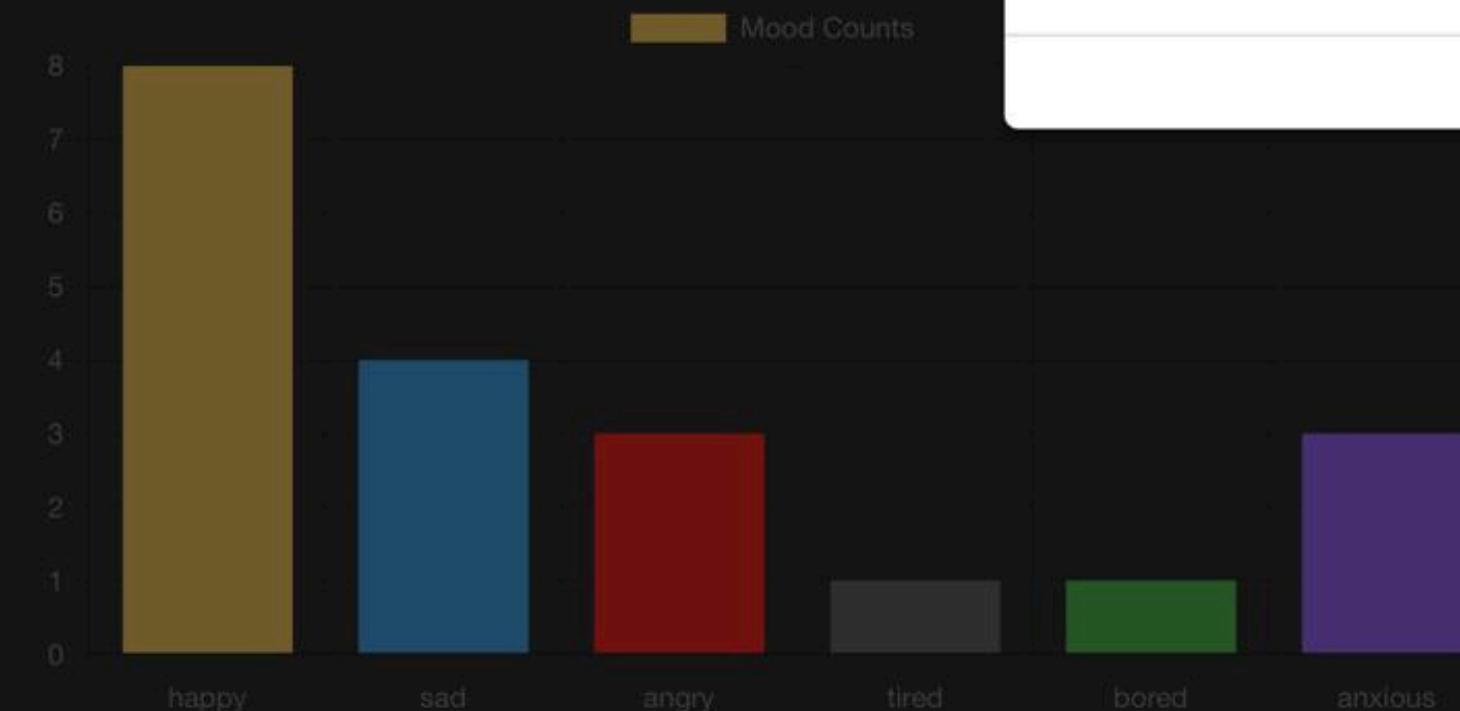
Developer Mood Check-in

Mood Category: sad

Description: I am sad

Add Mood

Mood Counts by Category

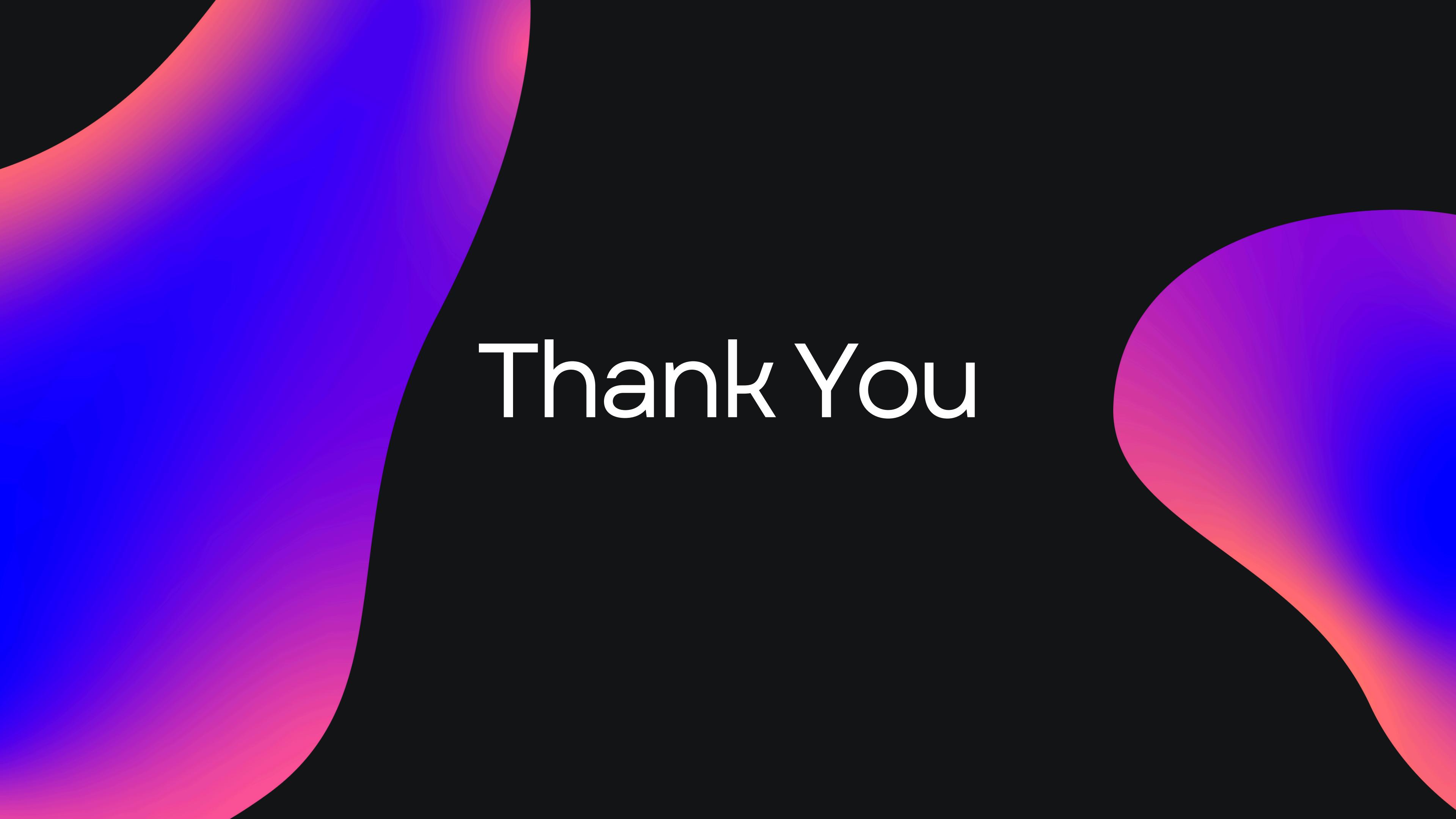


Mood added! ❤️ It's okay to feel sad. Be gentle with yourself today.

[Close](#)

Future Scope

- Enable users to receive daily mood check-in reminders (email, SMS)
- Allow users to write optional short notes with their mood to give emotional context.
- Launch on iOS/Android for seamless access and notifications.
- Optional mood sharing in a community feed to build empathy and peer support.



Thank You