**Wireframe Design**

**Login/Registration Wireframe**:

* **Purpose**: This page allows users to either log in to an existing account or create a new one. The login form requires credentials (username and password) to authenticate users securely.

A screenshot of a login form

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* **Fields in Registration**:
  + **Username/Email**: Acts as the unique identifier for the user.
  + **Password** and **Confirm Password**: Ensures secure access and confirmation to reduce errors.
  + **First name** and **Last Name**: Provide personalization and allow the app to tailor content to the user.

A screenshot of a login form

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**Mindfulness Page Wireframe**:

* **Purpose**: This page lets users view motivational quotes. The page is accessible only after login to ensure data privacy.
* **Features**: Displays a new quote each time it's opened to encourage engagement and positive mindset. Users can begin a breathing session.

A screenshot of a computer

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A screenshot of a computer game

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**Microservice Architecture**

* **Start**: The user begins by visiting the website and accessing the **Login/Registration Page**.
* **Login or Register Decision**: The user decides to either log in or register.
  + **Login Path**: A secure POST /login API call is made to authenticate the user.
  + **Register Path**: A secure POST /register API call is made to save user details in the database.
* **Registration Success Check**:
  + If registration is successful, the user is redirected to the login page.
  + If registration fails, an error message prompts the user to try again.
* **Login Success Check**:
  + If login is successful, the user is granted access to the **Mindfulness Page**.
  + If login fails, an “Invalid credentials” error is displayed, allowing the user to reattempt login.
* **Mindfulness Page Access**:
  + On the Mindfulness Page, a GET /quote API call fetches a random mindfulness quote for the user.
  + The quote is displayed on the page, and the user has an option to refresh and view a new quote by clicking a button.
* **End Options**: The user can either close the page or click to refresh the quote if they want to view another.

**Schema Diagram**

**Users Table**: Stores user credentials securely, ensuring only authenticated users can access the app’s features.

**Fields**:

* **user\_id** as a unique identifier for each user.
* **email** as a unique login credential.
* **password** for secure access (stored as a hash for security).
* **date\_created** to log account creation for account management.

**Mindfulness Data Table**: Stores records of each mindfulness activity, enabling users to track their mindfulness habits over time.

**Fields**:

* **user\_id** as a foreign key to link each record to a specific user.
* **activity\_date**, **duration**, and **mood** to track the details of each session.
* This structure enables easy querying for activity history or analysis of mindfulness habits.

**Quotes Table**: Provides a motivational aspect to the app by storing a collection of quotes to display on the Mindfulness page.

**Fields**:

* **text** and **source** for the quote content and optional attribution.

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