Wellness Wise : Improve Health Journey

1. User Authentication and registration
   - Update User Profile
   - Validate User Credentials
   - Register New User

2. Goal Setting and Tracking
   - Set Smart Goals
   - Track Goal Progress
   - Update User Profile

3. Community interaction
   - Join Challenges
   - Participate in Group Activities
   - Connect with Other Users

4. Activity tracking
   - Log Daily Activies
   - View Activity History

5. Progress Monitoring
   - Generate Progress Reports
   - Visualize Progress Data

6. Wellness Resources
   - Browse Educational Content
   - Receive Personalized Recommendations

7. Reminders and notifications
   - Receive Notifications
   - Set Custom Reminders
   - Manage Notification Preferences

8. Mental health and support
   - Practice Relaxation Techniques
   - Access Guided Meditation

coggle
made for free at coggle.it