# MotivateMe

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## Project Goal

Through this project, we hope to encourage daily, healthy decision-making skills in our users to have a compounding effect in treating current chronic illnesses, preventing future health problems, and reducing the cost of healthcare overall. Creating a personalized e-health text messaging program, we aim to encourage users by creating custom reminders to promote healthy lifestyle behaviors; in turn, hoping to improve health information and education throughout communities to improve access and prevent future health problems.

## Tech Stack

**Mobile App** — React

**Server** — HIBERNATE, spring boot
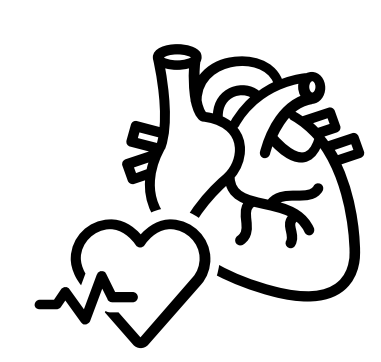
**Database** — PostgreSQL, Railway

## App Overview

**Goal Setting & Tracking**
SMART goal setting with daily progress tracking for sustained health improvement
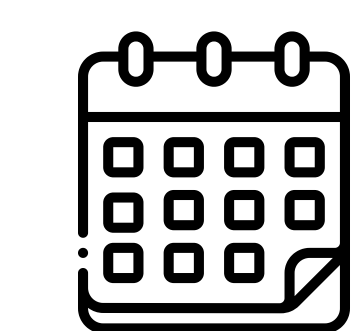
**Chronic Conditions**
Chronic condition tracking with daily logs for related medical data

**Daily Journal Entries**
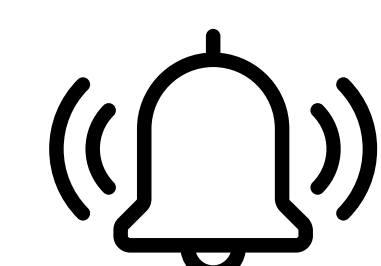Journal entries for mental health reflection and emotional tracking alongside goal progress

**Calendar**
Weekly calendar view of goal progress, health metrics, and journal entries

**Biometrics**
Centralized biometric data storage with optional BMI calculation and substance use logging
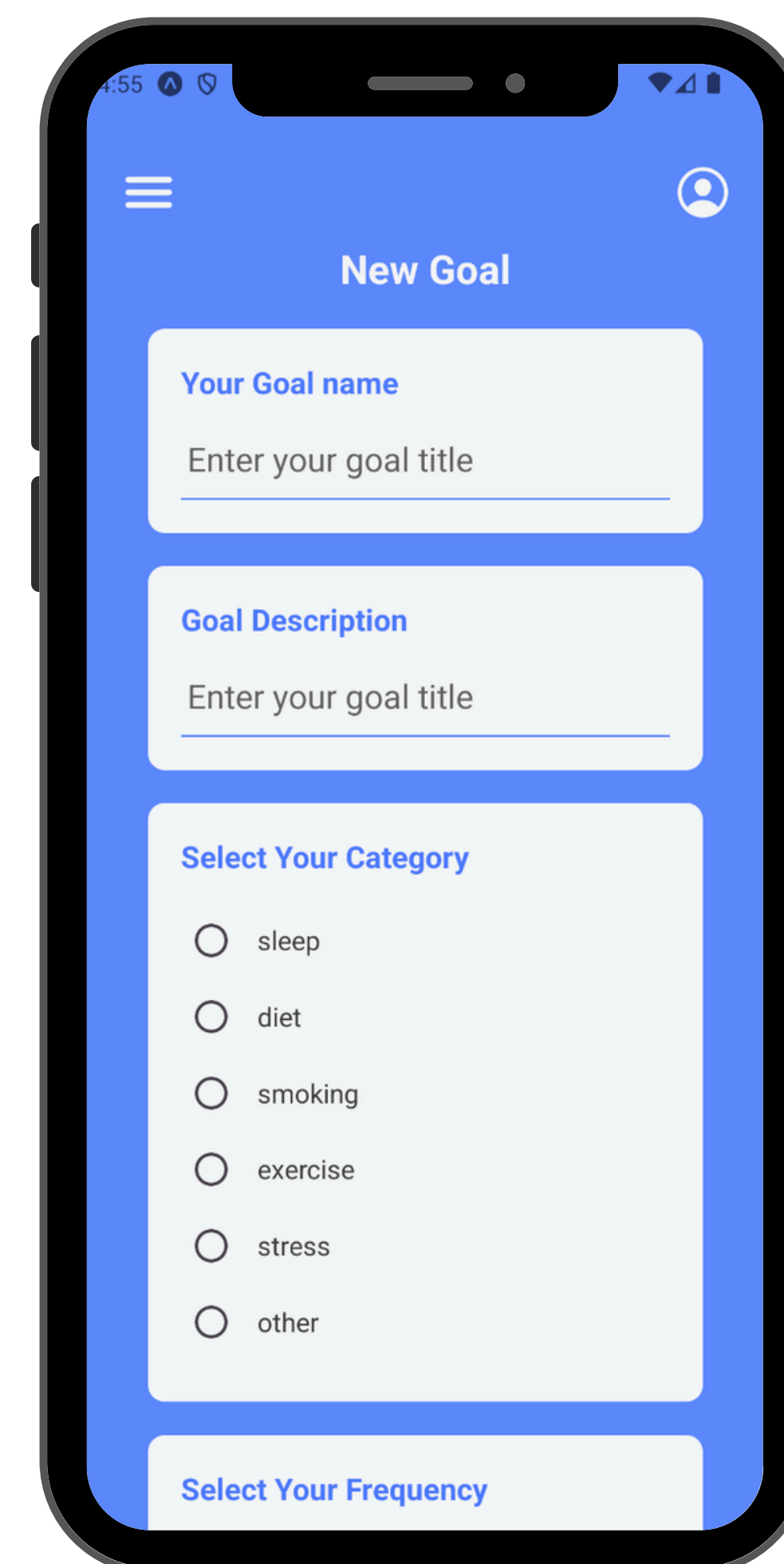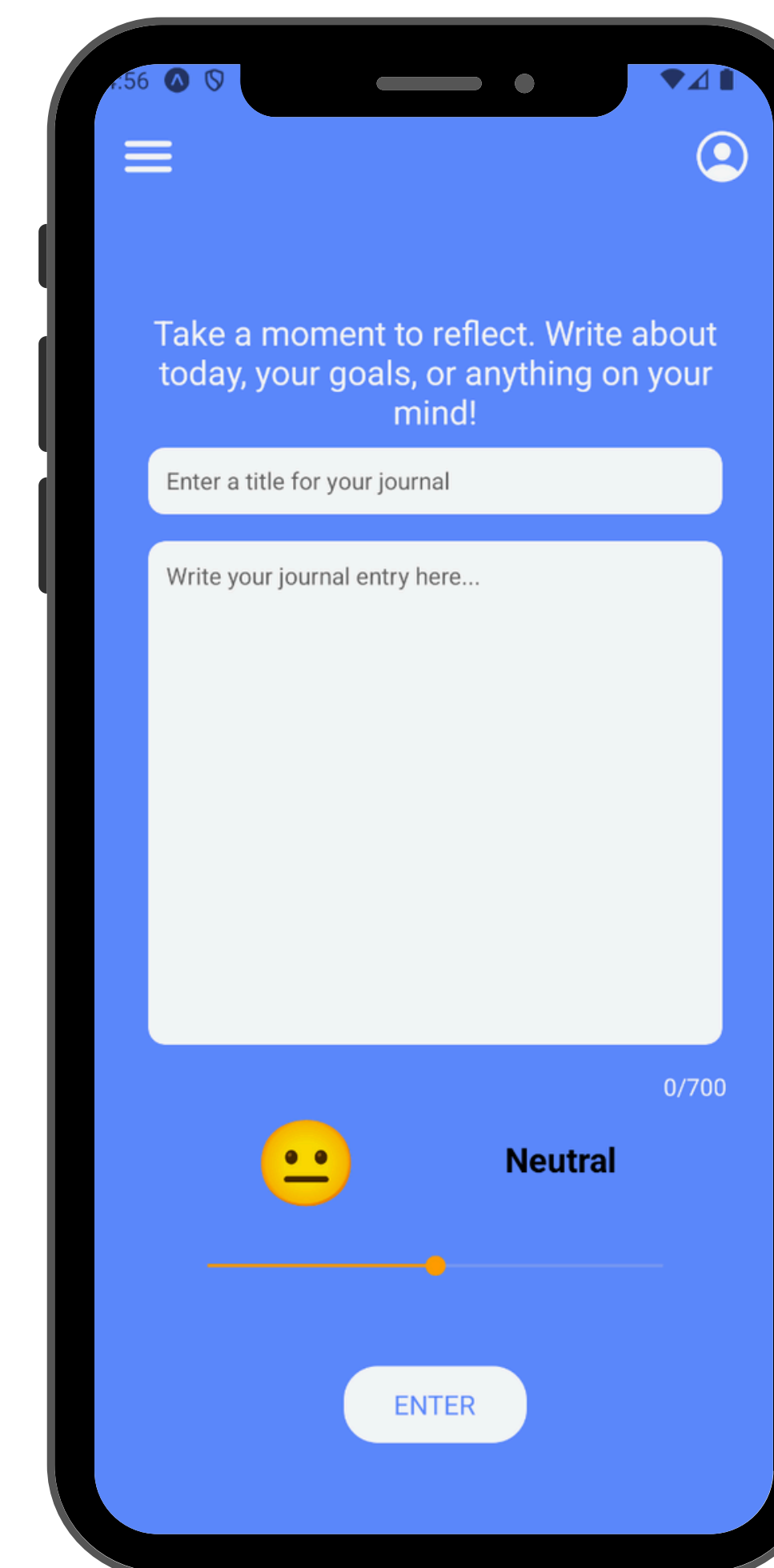
**Notifications**
Customizable reminders and motivational notifications for daily goal tracking
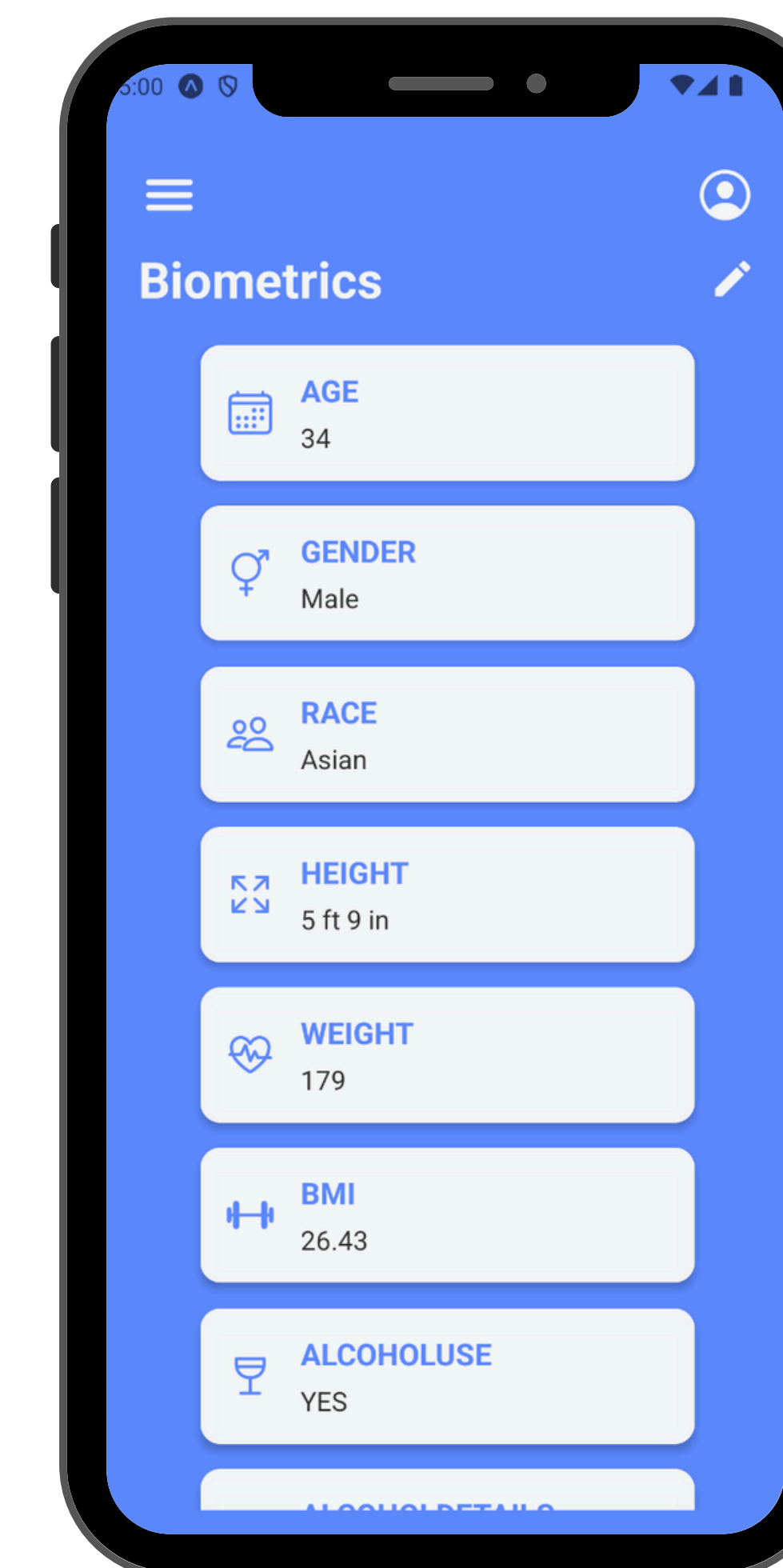
## App Features

**1 Goals**

**2 Journal**
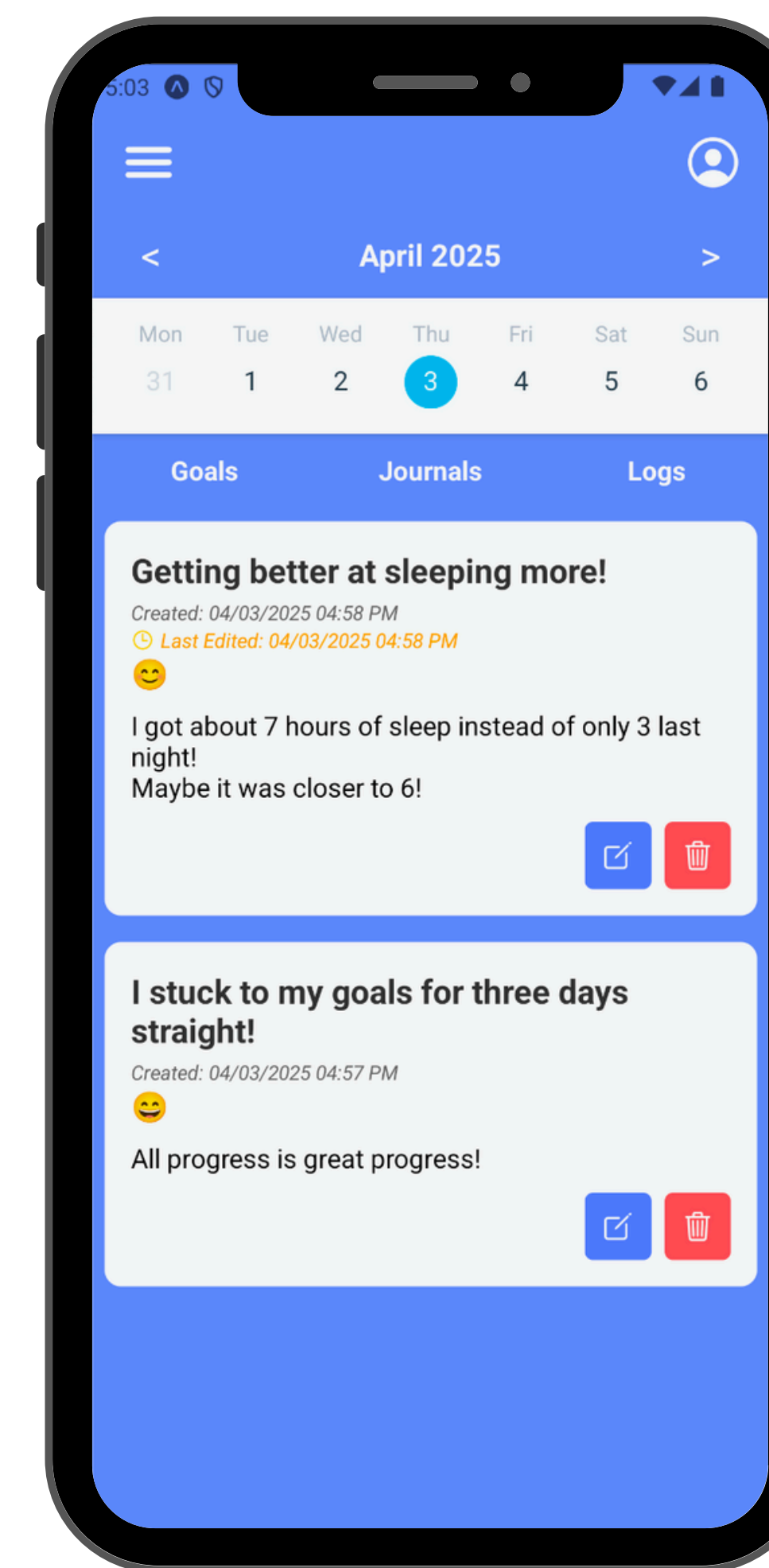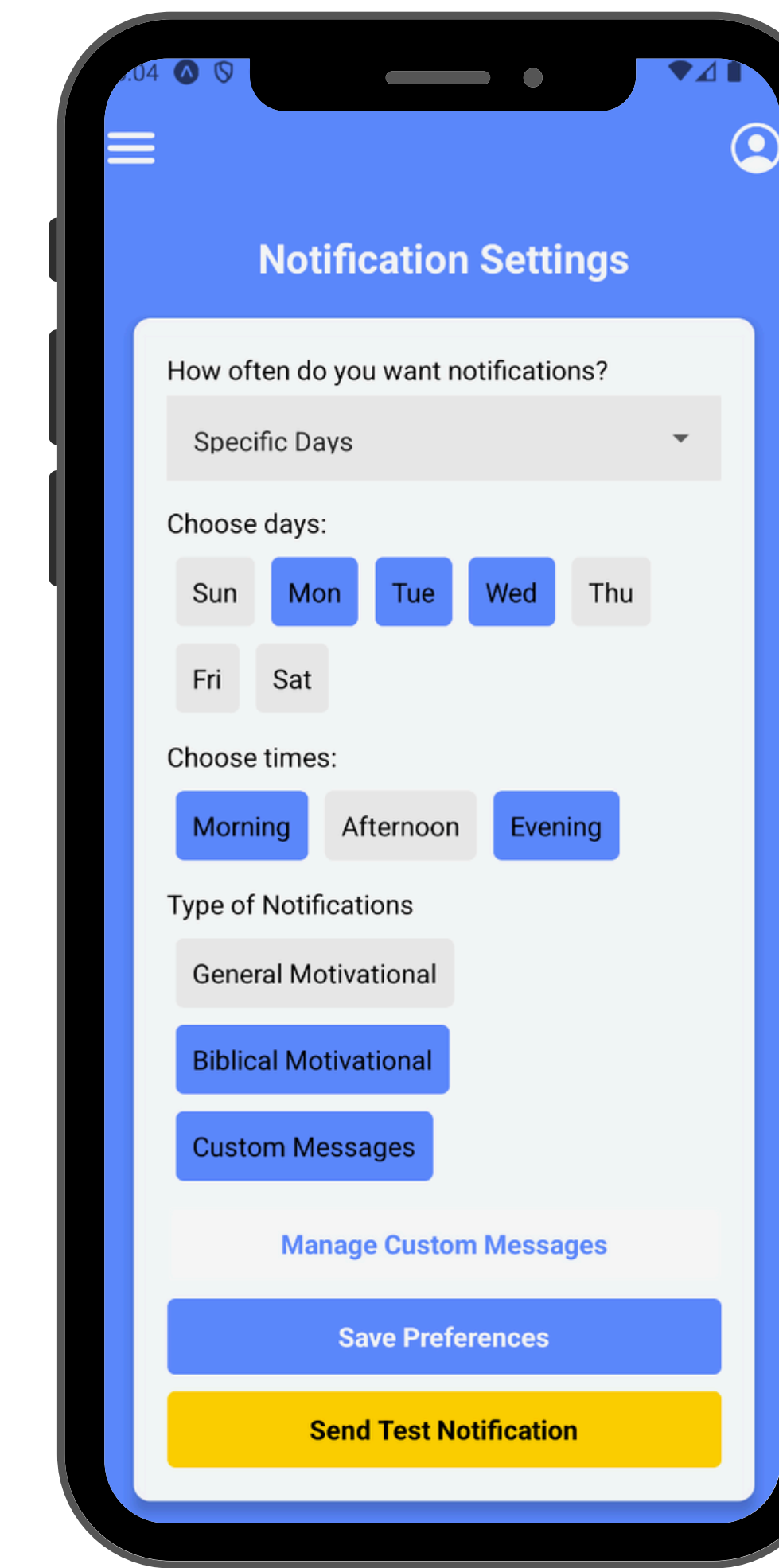
**3 Biometrics**

**4 Chronic Conditions**
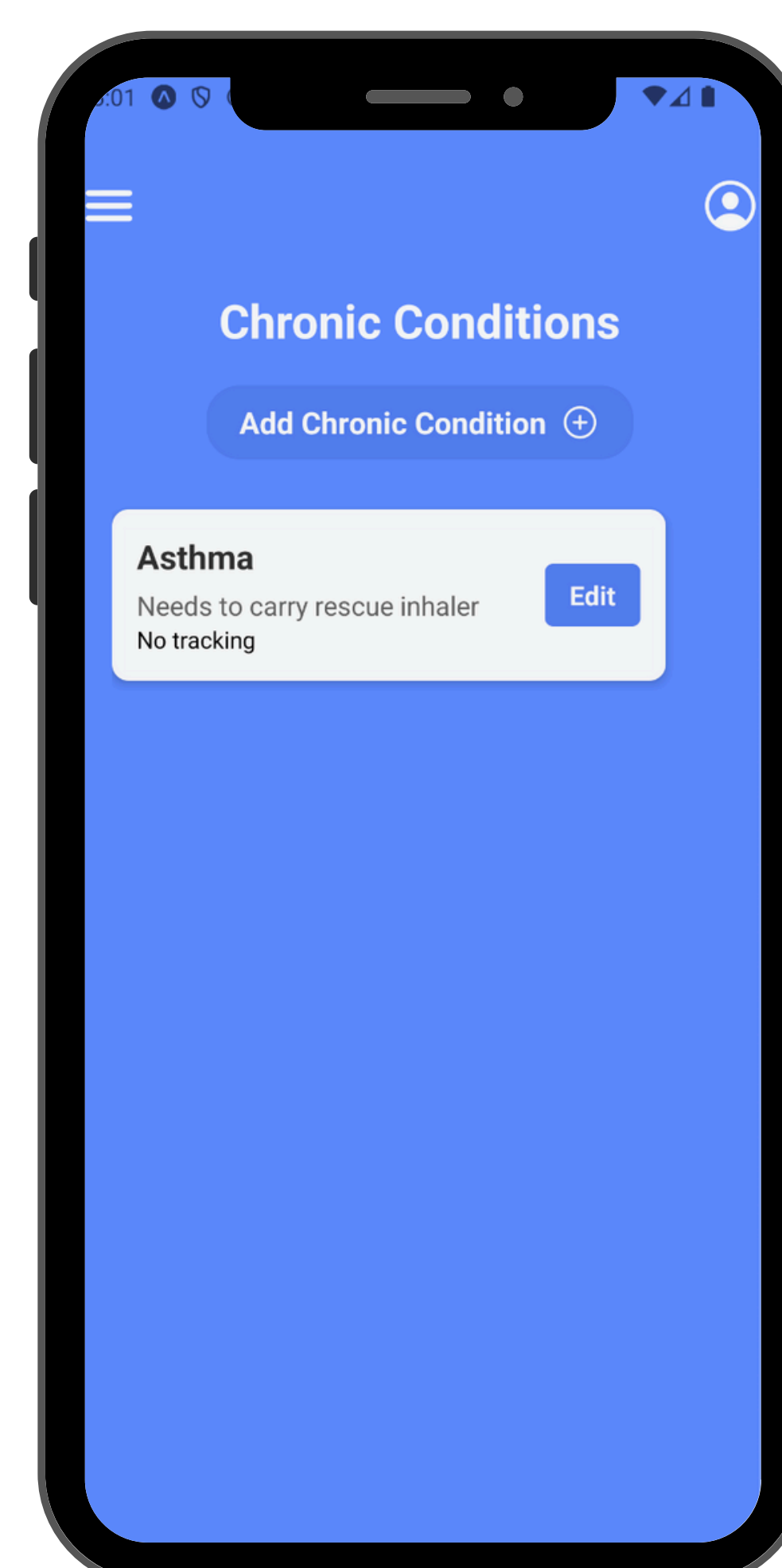
**5 Calendar**

**6 Notifications**

## Background

TCU Computer Science is partnering with the UNT Health Science Center to create a mobile health app aimed at improving access to care:
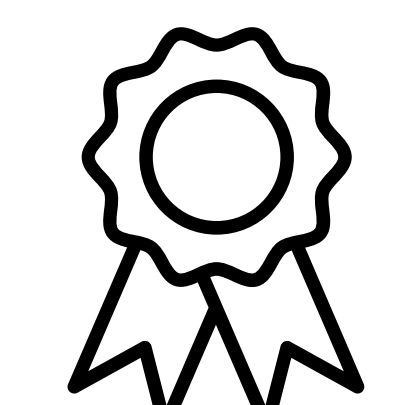
- Addresses obesity-related disparities in underserved communities
- Supports personalized wellness with research-driven features
- Key features include:
  - Motivational text reminders
  - SMART goal tracking
  - Daily journal entries
  - Weekly progress calendar

## SMART Goals
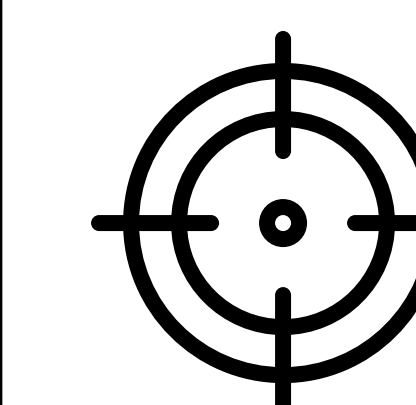
**Specific**
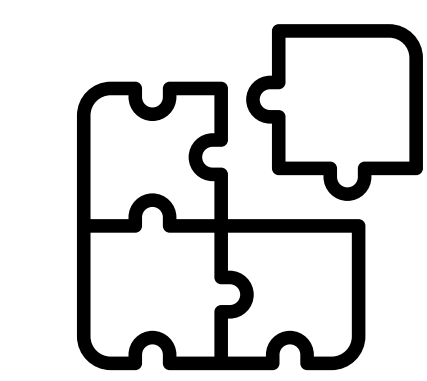SMART goals are clear, focused, and outcome-driven, avoiding vague objectives

**Achievable**
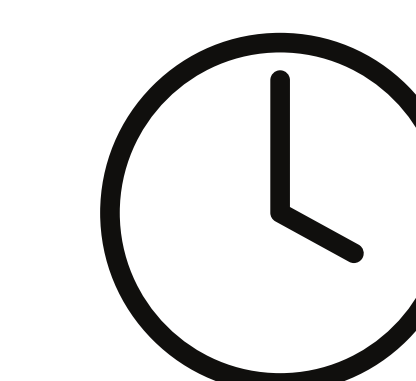Achievable goals are realistic and within your capabilities, balancing challenge with success.

**Measurable**
Measurable goals include clear criteria to track progress and assess success

**Relevant**
Relevant goals align with your health objectives and values, supporting your overall well-being

**Time-bound**
Time-bound goals have a clear deadline, creating urgency and keeping you focused on progress

## Challenges

One of the main challenges we faced during development was working with React Native, particularly with how the display looks different on Android and iOS devices. The styling often didn't translate consistently across both platforms, requiring extra time and effort to make adjustments for each. This led to more testing and fine-tuning to ensure the app provided a seamless user experience on both Android and iOS.