

CS 406 Project Plan

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Title: MindfulPath - Mindfulness and Mental Health Resource

1. Service or product to focus on:
Create an online resource for mindfulness practices, meditation techniques, and mental health tips, including articles, guided meditations, and resources to support mental well-being and stress reduction.
2. Frontend design:
Design a visually appealing, user-friendly, and responsive website with a clean, modern layout that promotes relaxation and mental wellness. Ensure easy navigation and adaptability to various screen sizes and devices.
3. Domain name options:
 - MindfulPathWellness.com
 - MindfulMentalHealthHub.com
 - TranquilMindGuide.net
4. Audience and their flow through the app/site:
Target individuals seeking to improve their mental well-being through mindfulness and meditation practices. The user flow will be as follows:
 - Landing page: Showcases featured articles, popular meditation techniques, and recent blog posts.
 - Mindfulness techniques: Offers a collection of mindfulness practices and meditation techniques, categorized by topics such as stress reduction, anxiety relief, and focus improvement.
 - Guided meditations: Provides a selection of guided meditation sessions, including audio and/or video content, for users to follow along.
 - Articles and resources: Contains articles on mental health, mindfulness, and meditation, as well as external resources and recommendations (e.g., books, podcasts, apps).
 - About page: Introduces the purpose of the website, its mission, and the creator's background.
5. Frontend color scheme, illustration/photography, fonts, and icons:
 - Color scheme: Calming and soothing colors inspired by nature (e.g., soft blues, greens, or pastels)
 - Illustration/photography: High-quality images depicting serene landscapes and meditation practices

- Fonts: Clean, legible, and web-friendly fonts such as Lato or Raleway
- Icons: Minimalistic, meditation-related icons that complement the overall aesthetic

6. Accessibility features:

- Ensure sufficient color contrast
- Use descriptive alt tags for images
- Provide keyboard navigation support
- Offer a font size adjustment option
- Include ARIA attributes to improve screen reader compatibility

7. Backend:

To simplify the backend, use a content management system (CMS) like WordPress, which handles user authentication, content management, and basic SEO features. This will save you the effort of building a custom backend from scratch.

8. Security measures:

- Use HTTPS to encrypt data transmission
- Keep the CMS and plugins up-to-date
- Regularly back up your content
- Use strong passwords and two-factor authentication for admin access

9. Host for the site:

Choose a reputable hosting provider that offers managed WordPress hosting, such as SiteGround, Bluehost, or WP Engine. This will ensure good performance, reliability, and security for your website.