

Project Title
WellNest: Your Pathway to Wellbeing

Tired of juggling multiple apps for your wellness needs? Say hello to WellNest – your all-in-one solution for holistic wellbeing. From breath exercises to yoga sessions, goal tracking to healthy recipes, WellNest streamlines your wellness journey in one convenient platform. With daily affirmations and engaging yoga videos, staying motivated has never been easier. Simplify your path to wellness with WellNest today.

Team members

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Project Overview

The proposed project entails developing a mobile application focused on holistic wellbeing, integrating features like breath exercises, yoga sessions, daily goals, water intake tracking, calorie counting, and a library of healthy recipes. Additionally, the app will provide daily affirmations and lock screen widgets for exercises.

The primary objective is to provide users with a centralized platform for enhancing their physical, mental, and emotional wellbeing. Expected outcomes include improved overall health, increased mindfulness, enhanced physical fitness, and a greater sense of accomplishment in achieving daily goals.

Developing this system is crucial given the demand for accessible solutions to promote wellbeing in today's fast-paced world. Benefits include convenience, accountability, education, and empowerment for users to lead healthier lives.

Objective and Scope of the project

Upon completion, the project aims to deliver a robust mobile application offering various holistic wellbeing features. Key objectives include implementing planned features effectively and ensuring user-friendly interface design.

At the backend, we will develop multiple APIs to handle data management tasks. These APIs will include endpoints for user management, activity tracking, recipe storage, affirmation delivery, and settings configuration. For example:

- GET /users: Retrieves user information from the database.
- POST /activities: Allows users to log their activities, such as yoga sessions or breathing exercises.
- GET /recipes: Retrieves healthy recipes from the database for users to browse.
- POST /affirmations: Allows users to receive daily affirmations tailored to their preferences.

- GET /affirmations: This endpoint retrieves affirmations to be displayed on the widget screens.
- GET /yoga-videos: This endpoint is used to fetch yoga videos for users.

The mobile application will feature approximately 10-15 screens, including login/signup, profile management, dashboard, exercise/yoga sessions, recipe library, book recommendations, goal tracking, psychologist appointment and settings.

Some samples from our screens and their descriptions for their purposes and redirections are given below.

Landing page (see figure 1) completes execution and directs user to the login page (see figure 2).



Figure 1

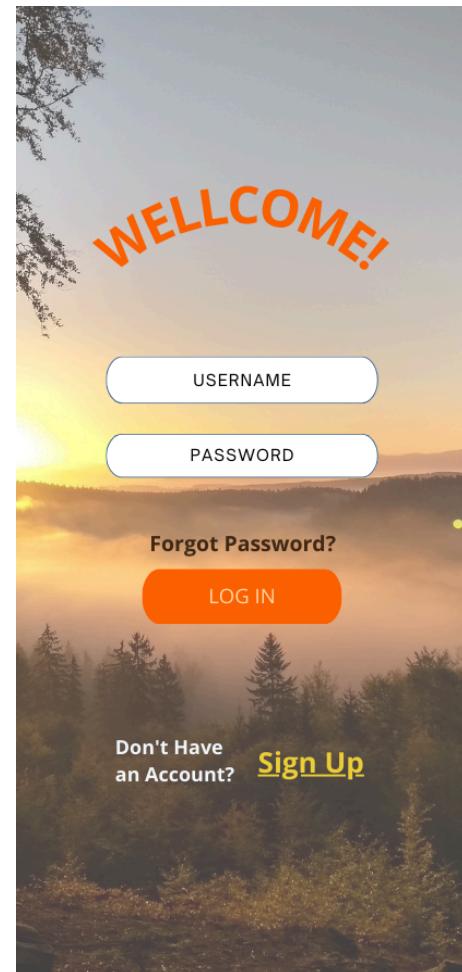


Figure 2

After log in screen the user will end up in home screen which is given in figure 3. From this screen they may edit their profile, view how much they've accomplished against their daily step and hydration goals and click on cooking, sports or psychology sections.

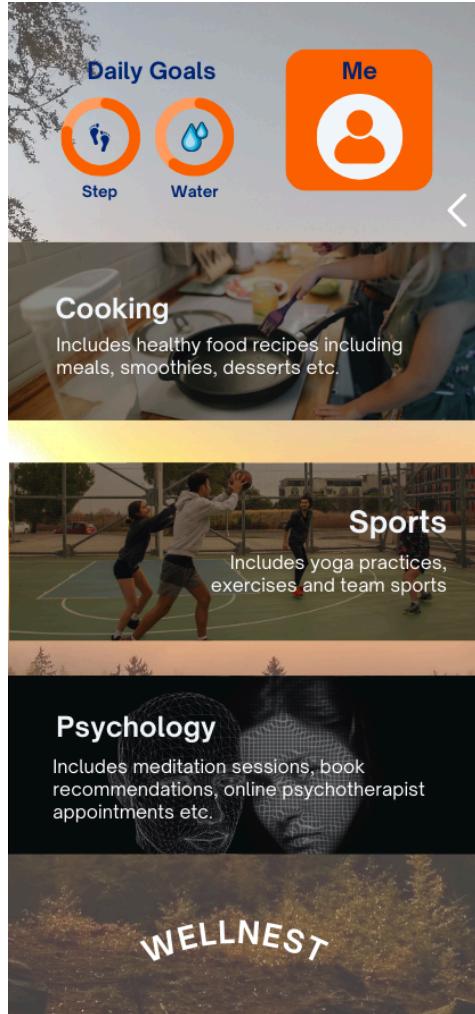


Figure 3

If the user click on the “Me” icon in homepage, then they will see “Edit Profile” menu and may update their profile. “Edit Profile” contains 2 subsections which are shown in figure 4 and figure 5.

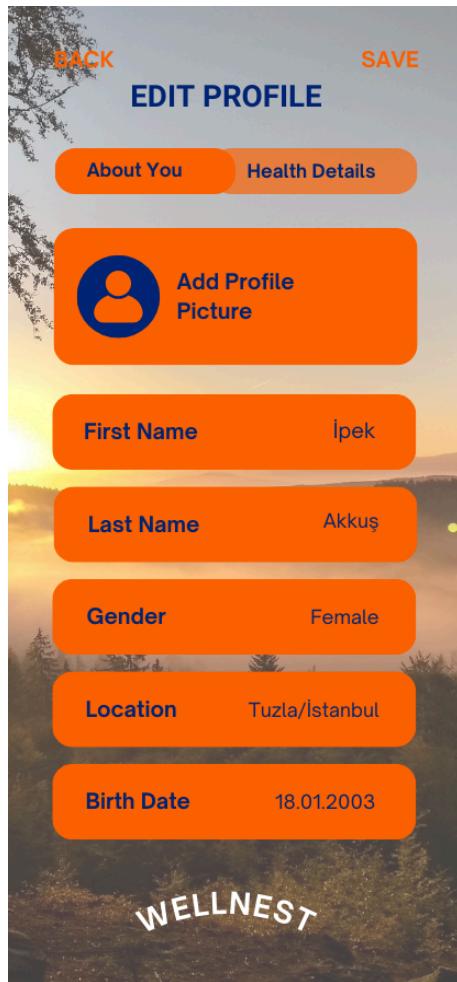


Figure 4

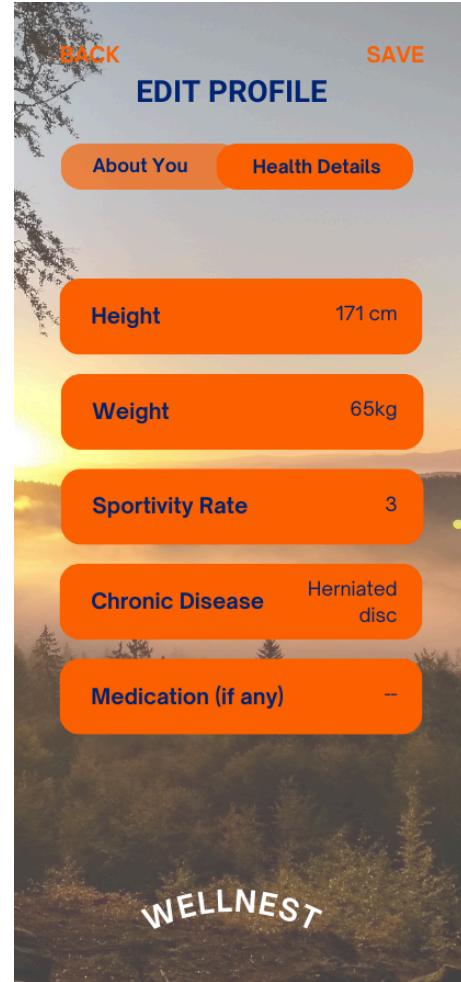


Figure 5

If the user click on the cooking page in the homepage, they will see figure 6. The user may select one of the options among meals, desserts, snacks and bowls and smoothies. Then, they will see the day's top recipes for the selected category as shown in figure 7 and figure 8. These pages contain general information about the recipe such as the publisher, the published day and like count.

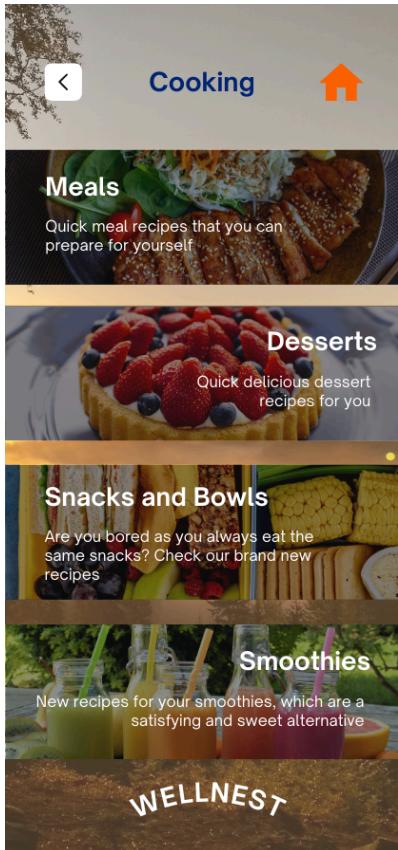


Figure 6



Figure 7



Figure 8

The user can also click on the image to view the recipe of that meal, as shown in figure 9. There will also be another recipe library interface which is not provided in the proposal report.

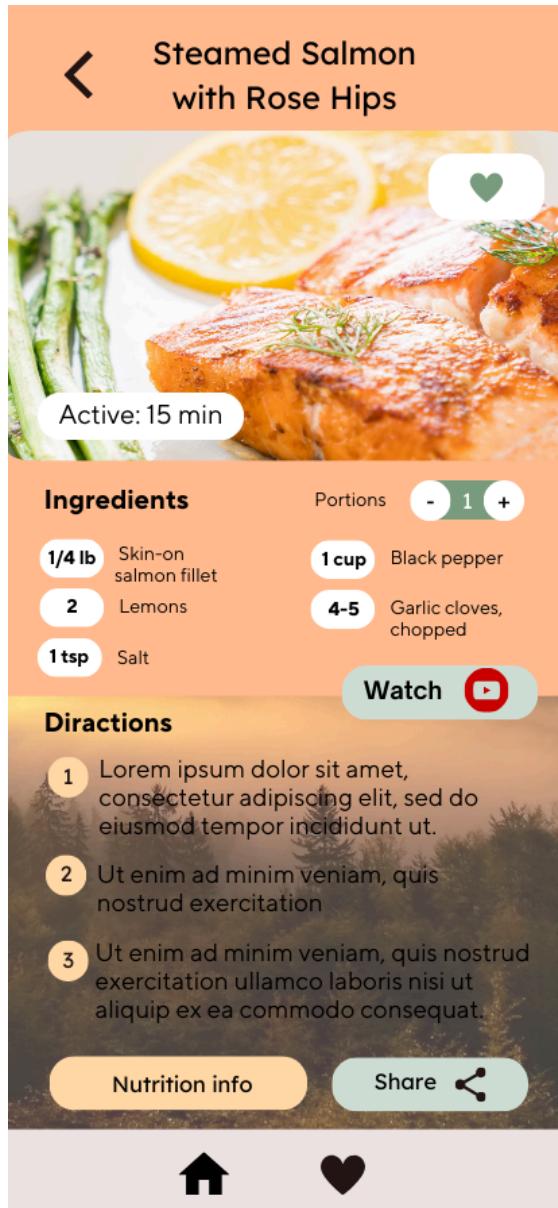


Figure 9

From the homepage, the user would also select the other options. For example, if they selected sports section they will see the screen in figure 10, else if they selected psychology section, they will see the screen in figure 11. These pages will redirect them to other pages, but they have not been detailed yet as this is thought to be enough for this proposal report.

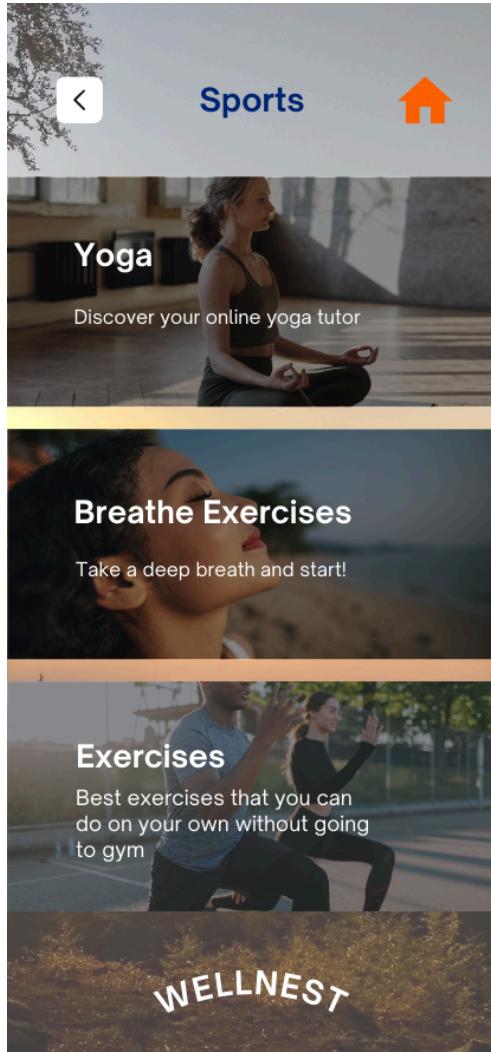


Figure 10

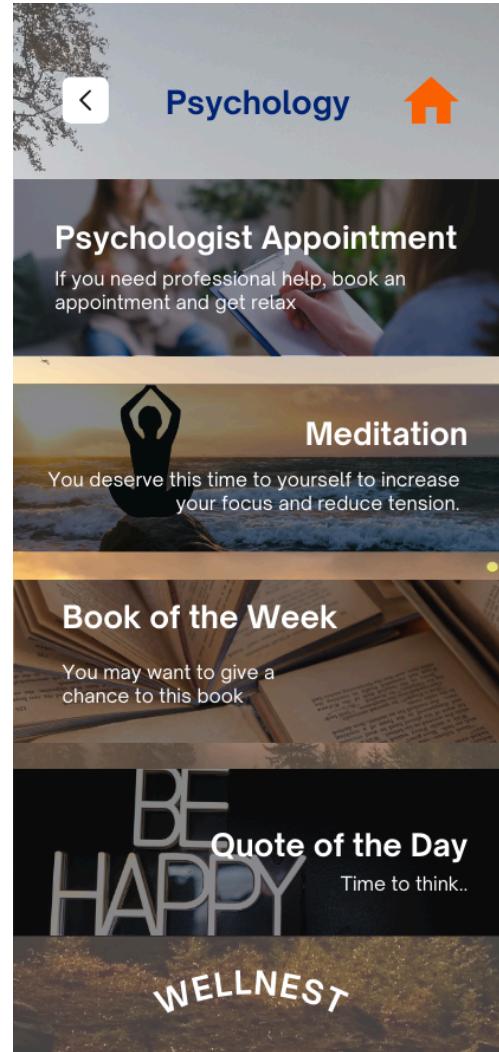


Figure 11

Background and current practice

In today's fast-paced world, prioritizing our wellbeing often takes a backseat amidst hectic schedules and numerous distractions. Many individuals seeking wellness support find themselves constantly shifting from one app to another in search of motivation, only to be met with temporary solutions and fragmented experiences. This continuous transition can be particularly challenging for those struggling with attention issues and procrastination tendencies.

Current state-of-the-art examples in this domain include wellness apps offering features like meditation guides, workout routines, and nutritional tracking. However, few integrate all aspects of holistic wellbeing into a single platform.

Potential customer/user description

The system targets individuals seeking to improve their overall health and wellbeing, including those with busy lifestyles, fitness enthusiasts, and individuals interested in mindfulness practices. Organizations in the health and wellness industry may also benefit from offering the app to their clients. The target audience spans various demographics, including young adults, working professionals, parents, and seniors, all interested in leading healthier lives.