ADDIS ABABA SCIENCE AND TECHNOLOGY UNIVERSITY

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Internet Programing

Group Project

Project Title: LifeLog A Personal Journal Web Application

Section B

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Introduction

In today's busy world, keeping track of our moods, habits, and daily reflections can be challenging. Many people rely on separate tools like paper journals, mobile apps, or simple notes, which makes it hard to stay consistent or see the bigger picture of personal growth. LifeLog was created to solve this problem by bringing all these activities together in one simple, web-based platform.

LifeLog combines mood tracking, journaling, habit management, and progress visualization into a single, easy-to-use system. Users can record their thoughts, track daily routines, and monitor emotional patterns, all in one place. The system is designed to be intuitive and accessible, built with web technologies like HTML, CSS, and JavaScript, so anyone can use it without needing technical knowledge.

More than just a tool, LifeLog acts as a personal companion for self-improvement. It encourages reflection, mindfulness, and consistency by giving users clear insights into their habits and emotions. With its clean interface, local data storage for privacy, and helpful visual summaries, LifeLog helps users stay motivated, organized, and aware of their personal growth every day.

Context

LifeLog is a proposed wellness and habit-tracking system designed to help individuals manage their emotional well-being, daily habits, and journaling activities all in one integrated platform. In today's fast-paced world, many people face stress, lack of focus, and difficulty maintaining healthy routines, which can lead to decreased productivity, fatigue, and even emotional burnout.

LifeLog addresses these challenges by providing a simple, web-based platform where users can easily record their daily moods, track personal habits, and reflect through journaling. By bringing these features together, the system allows users to see patterns in their behavior, understand how their emotions and actions are connected, and stay motivated to improve themselves over time.

More than just a tool, LifeLog demonstrates how technology can support emotional wellness, mindfulness, and self-discipline in an accessible and interactive way. It encourages users to build consistent routines, gain insight into their personal growth, and take small but meaningful steps toward a more balanced and mindful life.

Motivation

The motivation for developing the LifeLog system arises from the increasing challenges people face in maintaining emotional well-being, healthy habits, and personal productivity in modern life. With fast-paced schedules, constant digital distractions, and high expectations, many individuals struggle with stress, lack of focus, and difficulty keeping up with positive routines.

Over time, these challenges can lead to reduced mental clarity, decreased efficiency, and even emotional burnout.

Currently, most users rely on fragmented solutions to manage their personal growth, such as paper journals, basic note-taking apps, or separate mobile applications for mood tracking or habit monitoring. These disconnected tools often fail to provide a complete picture of one's progress, making it difficult to maintain consistency, reflect meaningfully, or identify long-term behavioral patterns. Users frequently feel overwhelmed, frustrated, or unmotivated because their efforts are scattered across multiple platforms.

LifeLog was developed to solve this problem by offering a single, integrated, and user-friendly web platform that combines journaling, mood tracking, habit management, and progress visualization. By consolidating these essential self-care activities, LifeLog empowers users to gain deeper insight into their emotional and behavioral patterns, build sustainable routines, and enhance self-awareness. The system aims to foster emotional balance, personal discipline, and consistent self-improvement, providing a practical yet inspiring digital tool for anyone striving to lead a more mindful and organized life.

Objective of the Project

General Objective

The primary goal of the LifeLog project is to design and develop a user-friendly, web-based system that allows individuals to track their moods, habits, and personal journals within a single, integrated platform. By consolidating these essential self-care and personal productivity activities, the system aims to help users gain insight into their behaviors, enhance emotional well-being, and cultivate consistent routines in a seamless and accessible way.

Specific Objectives

- To create a simple and responsive interface for tracking moods, habits, and journals
- To enable users to visualize weekly progress and personal growth through charts
- To store user data using local storage for offline accessibility
- To encourage self-reflection, consistency, and mindfulness
- To demonstrate the potential of digital tools in promoting emotional wellness

Corresponding Objectives

Objective 1:

To create a simple and responsive interface for tracking moods, habits, and journals

Corresponding Requirements:

- The system shall provide an easy-to-use and intuitive user interface.
- The system shall allow users to add, edit, and delete journal entries.
- The system shall allow users to log daily moods.
- The system shall allow users to create and manage habits.
- The system shall be compatible with desktops, tablets, and mobile devices.

Objective 2:

To enable users to visualize weekly progress and personal growth

Corresponding Requirements:

- The system shall display visual summaries such as charts and graphs.
- The system shall show weekly habit completion status.
- The system shall display mood trends over time.
- The system shall generate weekly summaries of user activities.

Objective 3:

To store user data using local storage for offline accessibility

Corresponding Requirements:

- The system shall store all user data in the browser's Local Storage.
- The system shall retrieve saved data when the application restarts.
- The system shall allow users to access the system without an internet connection.

Functional Requirements

The functional requirements define the specific behaviors, capabilities, and system actions that the *LifeLog* application must perform to satisfy user needs and support all intended operations. These requirements ensure that the system delivers reliable personal-life tracking features, including journaling, task management, mood tracking, habit management, and progress visualization. Each requirement corresponds to a functional element represented in the system's use-case model.

1. User Registration and Login

- The system shall allow users to create a new account by providing the necessary registration information.
- The system shall allow users to securely log in using valid credentials to access the application.
- The system shall validate all login credentials before granting access.
- The system shall redirect authenticated users to the main dashboard.

2. Dashboard Access

- The system shall display a centralized dashboard after login, enabling users to navigate to all major features.
- The dashboard shall provide quick access links to journals, tasks, moods, habits, and progress summaries.

3. Manage Personal Life

- The system shall allow users to access and manage personal-life features from a unified interface.
- The system shall enable seamless navigation between journaling, task management, mood tracking, and habit management modules.

4. Journal Management

- The system shall allow users to access the journal management section.
- The system shall allow users to add a new journal entry.
- The system shall allow users to edit an existing journal entry.
- The system shall allow users to delete an existing journal entry.
- The system shall automatically save journal changes to local storage.

5. Task Management

- The system shall allow users to view and manage their tasks.
- The system shall allow users to add a new task entry.
- The system shall allow users to edit an existing task entry.
- The system shall allow users to delete an existing task entry.
- The system shall keep all task data updated in local storage.

6. Mood Tracking

- The system shall allow users to access mood tracking features.
- The system shall allow users to add a new mood entry.
- The system shall allow users to delete an existing mood entry.
- The system shall save mood entries automatically to local storage.

7. Habit Management

- The system shall allow users to view and manage their habit records.
- The system shall allow users to add a new habit entry.
- The system shall allow users to edit an existing habit entry.
- The system shall allow users to delete an existing habit entry.
- The system shall maintain habit data consistently in local storage.

8. View Progress Summary

- The system shall allow users to view an overall progress summary across multiple tracking categories.
- The system shall gather data from journals, tasks, moods, and habits to generate a unified summary.

9. View Weekly Summary

- The system shall allow users to view a weekly summary of journals, moods, tasks, and habits for a selected timeframe.
- The system shall retrieve and analyze data from the chosen date range to generate a weekly overview.

10. Data Storage

- The system shall save all user-generated data (journals, tasks, moods, habits) into local storage.
- The system shall retrieve stored user data from local storage whenever required by the user or system.
- The system shall ensure that all modules use the same saving and retrieval mechanism.

11. Filtering and Data Retrieval

- The system shall allow users to filter records by date or a selected time range.
- The system shall retrieve and display specific data based on the user's filtering preferences.
- The system shall update filtered results dynamically without reloading the application.

Significance of the System

The LifeLog system holds significant value as a holistic, integrated solution for personal wellness and self-management. In a digital landscape filled with single-purpose applications, LifeLog addresses the critical problem of tool fragmentation by combining mood tracking, journaling, habit monitoring, and task management into one seamless platform. This integration

not only simplifies the user's daily routine but also provides a unified view of their emotional and behavioral patterns, enabling deeper self-awareness and more consistent personal growth. By leveraging local storage and lightweight web technologies, the system ensures accessibility, privacy, and ease of use without dependency on external servers or complex installations.

Beyond practicality, LifeLog promotes sustained emotional and mental well-being. It transforms passive self-tracking into an engaging, reflective practice through visual progress dashboards, motivational feedback, and intuitive journaling. The system encourages users to build positive routines, recognize emotional trends, and stay accountable to their goals—all within a private, user-controlled environment. Its design embodies the potential of technology to support mindfulness, consistency, and personal development in an increasingly distracted world, making it a meaningful tool for anyone seeking to enhance their daily life through structured self-care.

Beneficiaries of the System

The primary beneficiaries of LifeLog are individuals seeking to improve their personal organization, emotional awareness, and daily habits. This includes students managing academic and personal goals, professionals balancing productivity with mental well-being, and anyone interested in mindfulness, journaling, or habit formation. By providing an all-in-one platform that is both simple and insightful, LifeLog empowers users to take control of their personal development without the overwhelm of managing multiple disconnected tools.

Secondary beneficiaries include educators, wellness advocates, and mental health supporters who may recommend or integrate such tools into broader programs aimed at promoting self-care and emotional literacy. Additionally, the system's local storage and offline functionality make it accessible to users in environments with limited internet access, broadening its reach and utility. Ultimately, LifeLog serves as a supportive digital companion for anyone committed to cultivating a more reflective, organized, and emotionally balanced lifestyle.

Feasibility Analysis

Economic Feasibility

The development of LifeLog requires no cost since it relies on free and open-source web technologies such as HTML, CSS, and JavaScript. The system offers long-term benefits in

efficiency, accessibility, and mental well-being support.

Technical Feasibility

LifeLog is technically feasible as it uses widely available and lightweight web technologies. No external servers or databases are needed, and the required development tools are easily accessible.

Operational Feasibility

The system is designed for simplicity and ease of use. Users do not require technical knowledge to operate it. It can be accessed through any modern web browser on desktop or mobile devices.

SRS Overview of the Existing System

Overview of the Existing System

The current methods for personal journaling, habit tracking, and self-management are mostly manual or rely on fragmented tools. Users often depend on paper journals, basic note-taking applications, or single-purpose mobile apps to record their daily reflections, track moods, manage habits, or plan tasks. Each tool operates independently, and there is no unified platform to combine these activities, making it difficult for users to gain a comprehensive view of their personal well-being.

This fragmented approach requires users to constantly switch between tools, remember to update multiple records, and manually analyze their progress. Consequently, it is often time-consuming, inefficient, and lacks meaningful insights into long-term behavior and emotional patterns.

Use Case of the Existing System (Journal Focused)

In the existing system, based on the journal-focused use case diagram, a typical user interacts with the journal functionality as follows:

1. **Access Journal Dashboard**: The user opens their paper journal or basic notes application to view an overview of previous entries.
2. **Select Mood**: The user manually notes their current mood, if they track moods at all, often using a separate sheet or application.
3. **Compose New Entry**: The user writes a new journal entry, capturing daily reflections, experiences, or personal thoughts.

4. **Track Character Count**: This is done manually by the user if needed; no automatic system is available.
5. **Clear Entry Form**: To start over, the user must erase or rewrite entries manually.
6. **Save Journal Entry**: Entries are stored physically in notebooks or digitally in separate files or apps without centralized storage.
7. **Search Previous Entries**: The user searches for old entries manually, by flipping pages or scrolling through files.
8. **View Entry List**: The user must manually create an index or rely on the chronological order of entries.
9. **Data Storage**: All data is stored across separate mediums, such as notebooks or different applications, with **no centralized storage**, making retrieval and review cumbersome.

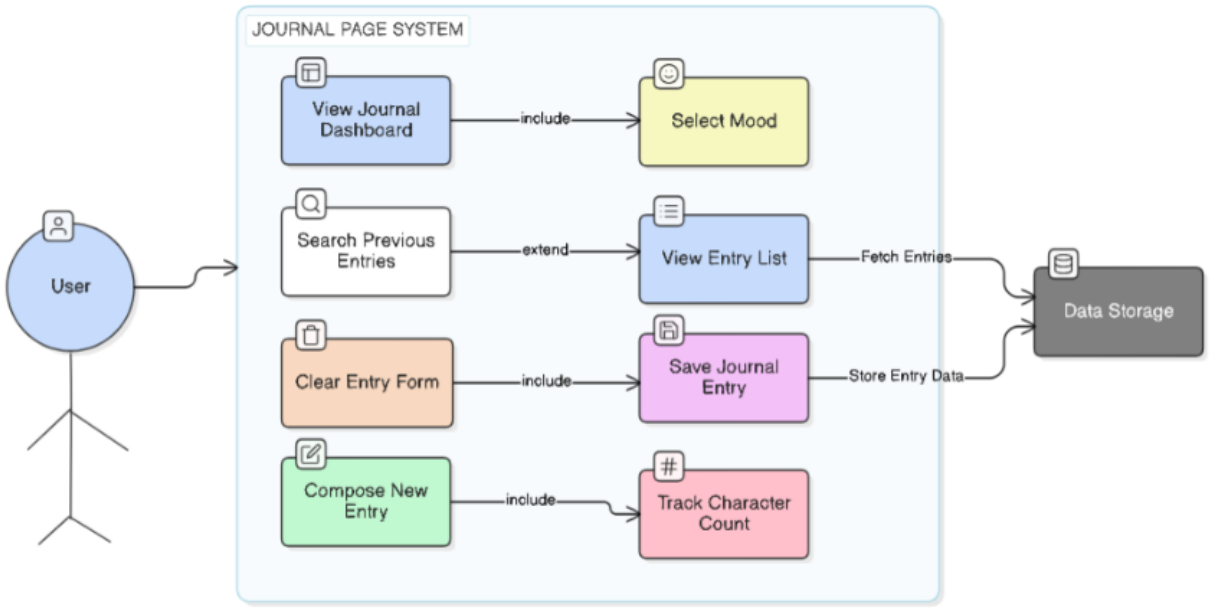


Fig. Use case diagram of existing System

Problems and Limitations of the Existing System

The existing system has several significant limitations:

- **Lack of integration:** Journals, habits, moods, and tasks are managed using separate tools, leading to fragmented user experience.

- **Poor data visualization:** Users cannot easily view weekly or long-term progress through charts or summaries.
- **Limited insight generation:** Manual or disconnected systems do not support trend analysis or behavioral pattern recognition.
- **Low consistency and motivation:** The absence of visual feedback and progress tracking reduces user engagement.
- **Risk of data loss:** Paper journals can be lost or damaged, and basic apps may not ensure reliable data persistence.
- **Inefficiency:** Switching between multiple tools increases effort and reduces usability.
- **No unified historical view:** Users cannot review all personal activities (moods, habits, journals, tasks) in one place.

Proposed System

Use Case of the Proposed System

The proposed LifeLog system provides a unified platform where users can efficiently manage their personal development, combining journaling, mood tracking, habit management, and task tracking. A typical user interacts with the system through the following steps:

1. Registers an account and logs securely into the system.
2. Accesses and navigates a central dashboard with all features.
3. Manages personal life modules including journals, moods, habits, and tasks.
4. Adds new journal entries, edits existing ones, or deletes them as needed.
5. Creates tasks, updates their details, or removes them.
6. Logs daily moods and reviews mood trends over time.
7. Adds, edits, or deletes habits and marks their daily completion.
8. Views overall progress and detailed weekly summaries.
9. Filters records by date, category, or type and retrieves relevant data.
10. Stores all data locally and accesses the system even when offline.

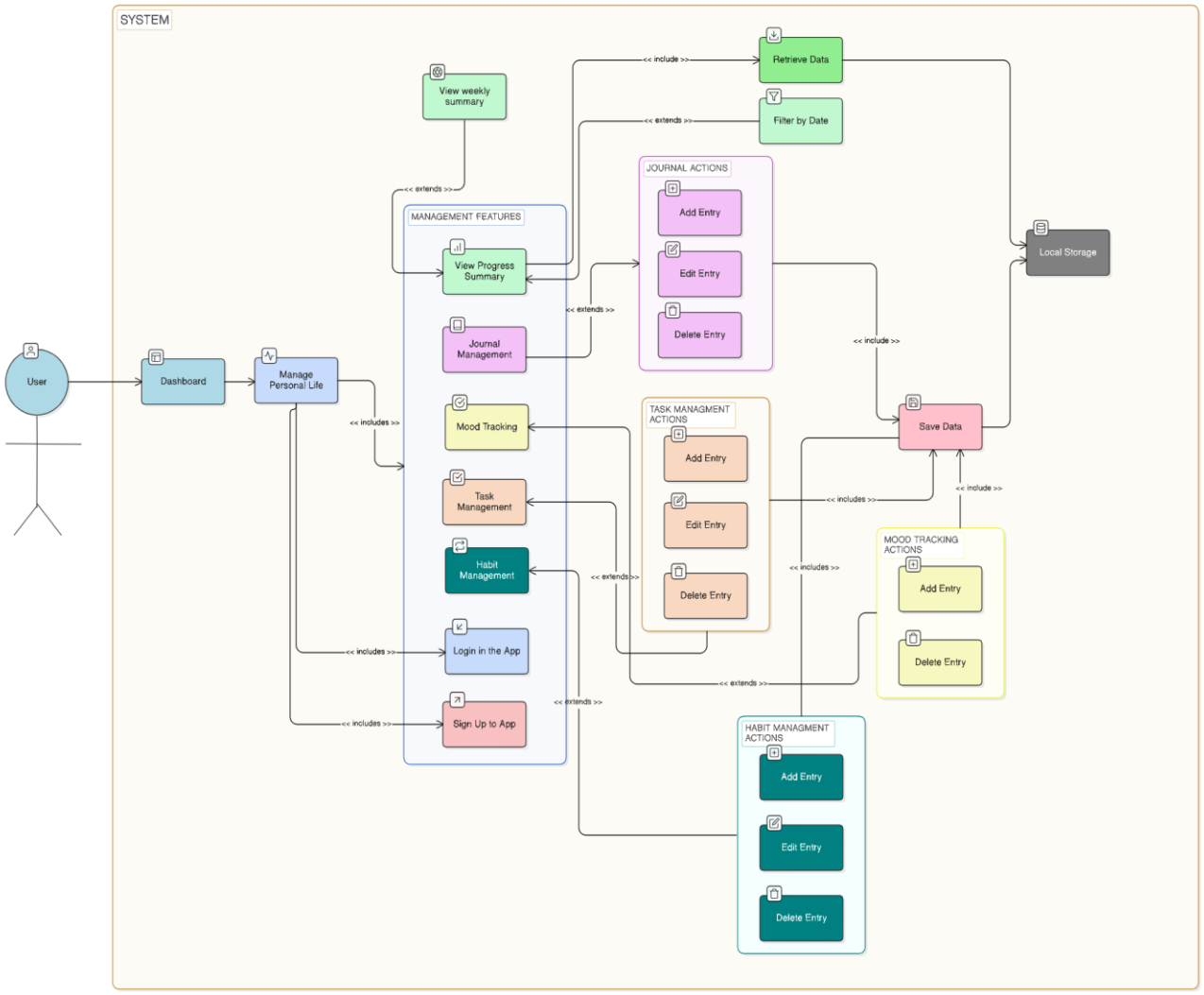


Fig. Use Case Diagram of Proposed System

How the Proposed System Improves the Existing System

The proposed LifeLog system improves the existing system by replacing multiple

disconnected tools with a single, unified platform. Instead of manual or fragmented tracking, LifeLog integrates mood tracking, habit management, journaling, and task tracking in one place. Unlike existing systems that lack clear progress visualization, LifeLog provides visual charts and weekly summaries to help users understand their progress. Centralized data storage allows users to easily analyze patterns and trends over time, which is difficult in the existing system. By

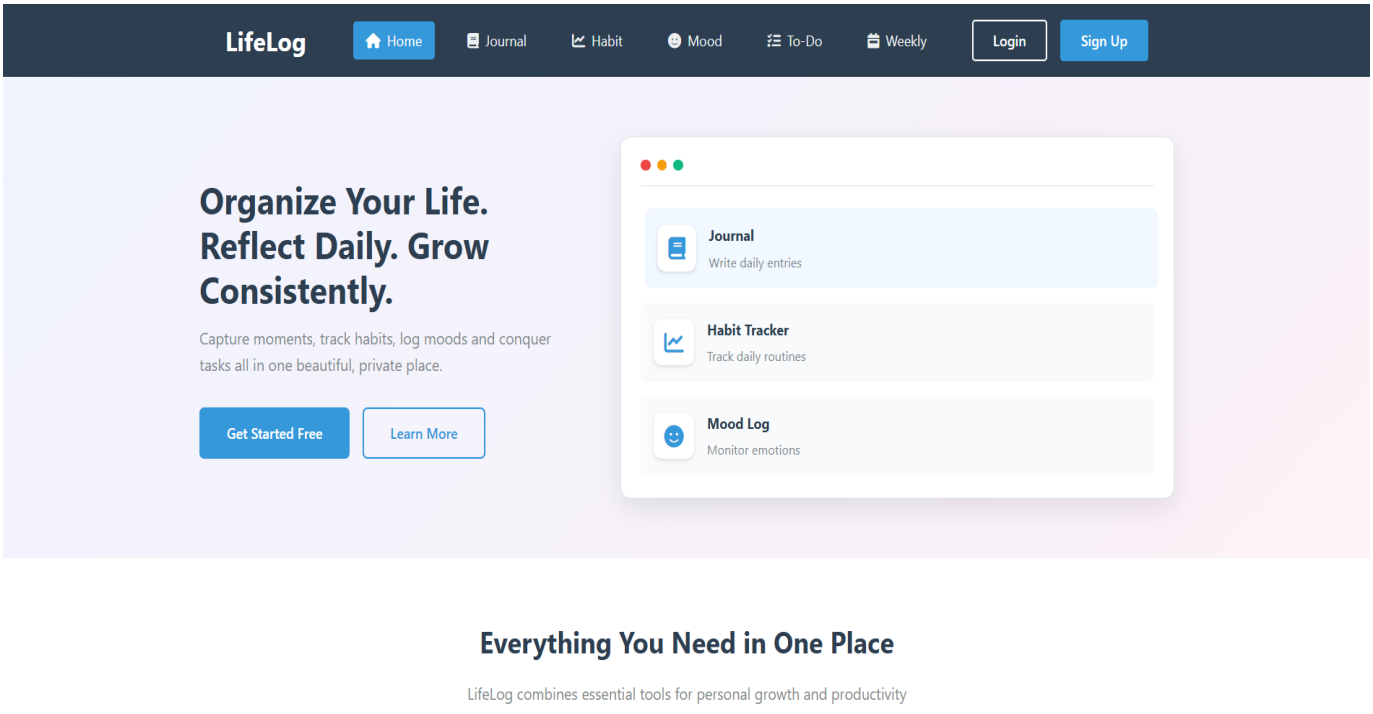
offering visual feedback and clear insights, the proposed system increases user motivation and encourages consistent self-improvement.

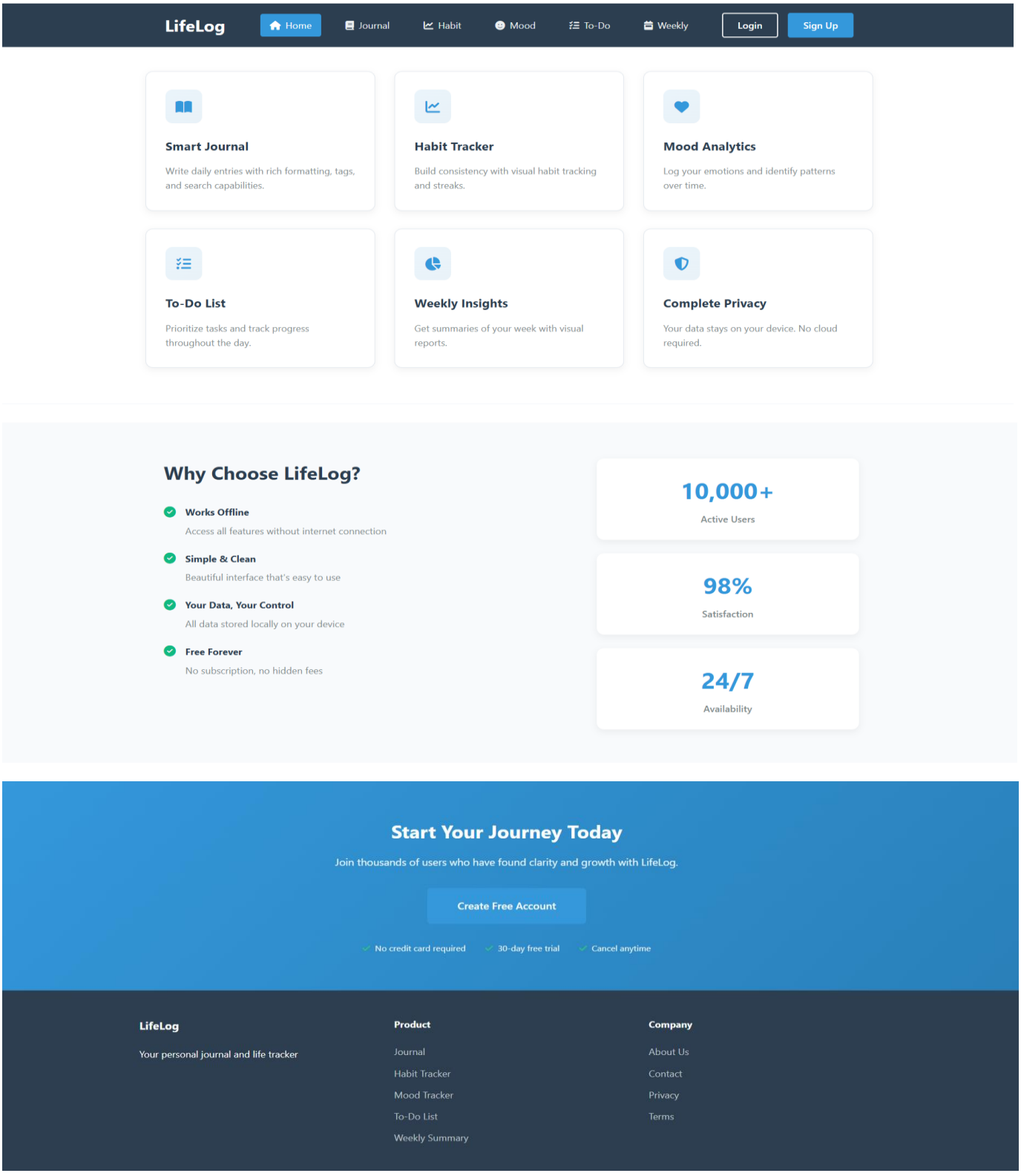
Featured Products (Adaptive)

The LifeLog system includes adaptive features that respond to user behavior and usage patterns:

- If a user frequently logs moods, the system highlights mood trend summaries on the dashboard.
- If habit completion is low, the system emphasizes habit progress views to encourage consistency.
- If journal entries are frequent, the system prioritizes journal history access for reflection.
- Weekly summaries adapt to show the most-used features (habits, moods, or tasks).
- The dashboard layout adapts by displaying shortcuts to features the user interacts with most.

Project demo

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Habit
Mood
To-Do
Weekly
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Sign Up
Smart Journal
Write daily entries with rich formatting, tags, and search capabilities.
Habit Tracker
Build consistency with visual habit tracking and streaks.
Mood Analytics
Log your emotions and identify patterns over time.
To-Do List
Prioritize tasks and track progress throughout the day.
Weekly Insights
Get summaries of your week with visual reports.
Complete Privacy
Your data stays on your device. No cloud required.
Why Choose LifeLog?
Works Offline
Access all features without internet connection
Simple & Clean
Beautiful interface that's easy to use
Your Data, Your Control
All data stored locally on your device
Free Forever
No subscription, no hidden fees
10,000+
Active Users
98%
Satisfaction
24/7
Availability
Start Your Journey Today
Join thousands of users who have found clarity and growth with LifeLog.
Create Free Account
No credit card required
30-day free trial
Cancel anytime
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Mood Tracker
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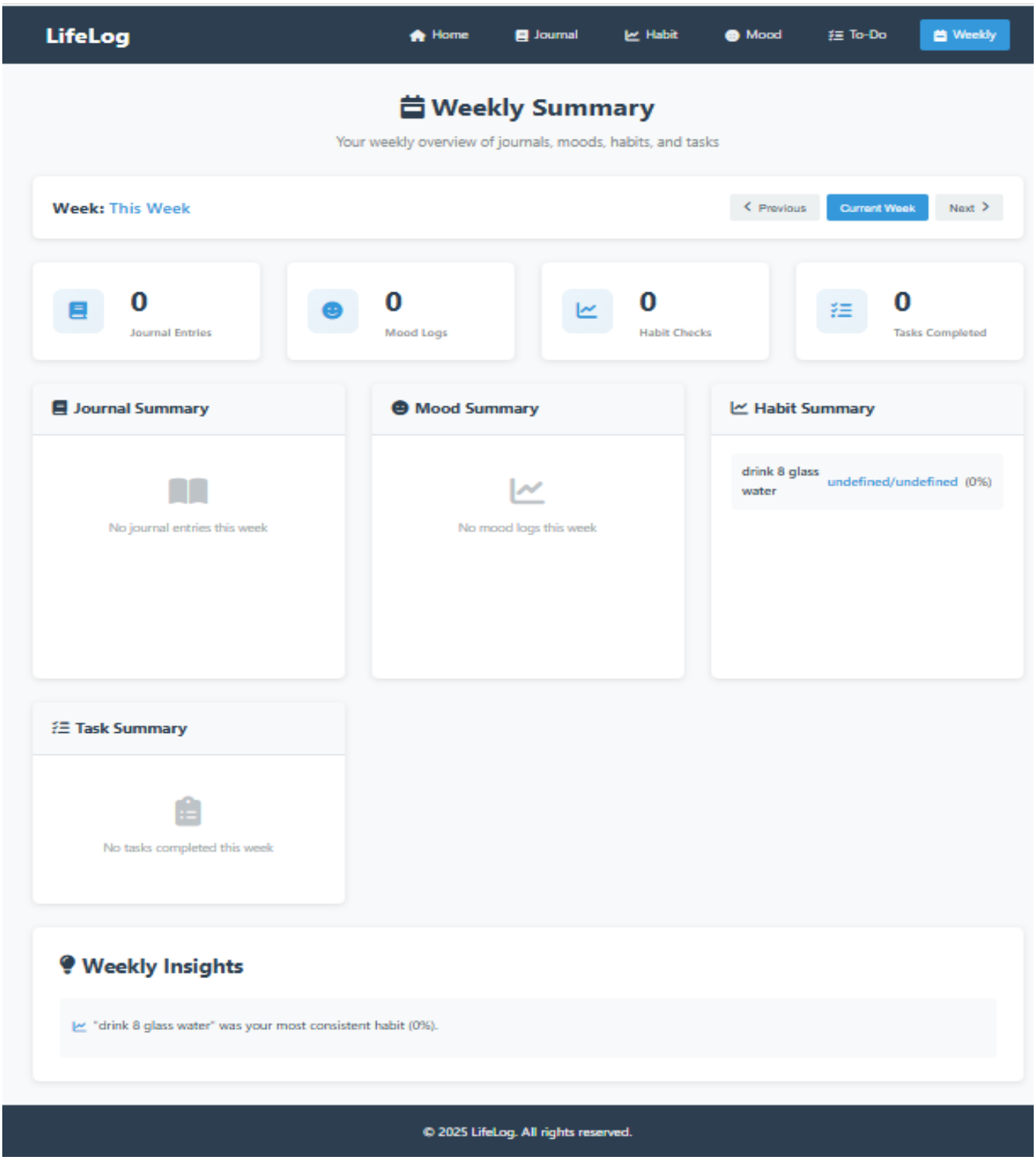

You can explore more of our work and see the project demo on GitHub:
https://github.com/journal-app/LifeLog