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Department of Software Engineering

Internet Programming I (SWEG3107)

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# Introduction

In response to the fragmented landscape of personal wellness tools, LifeLog emerges as an integrated web application designed to unify the essential practices of mood tracking, reflective journaling, and habit management into a single, coherent digital environment. By seamlessly blending these core self-care activities, the system addresses the common struggle of maintaining consistency and gaining holistic insight into one's emotional and behavioral patterns. Developed with user-centric design principles and built upon accessible web technologies like HTML, CSS, and JavaScript, LifeLog offers a secure, intuitive, and browser-based platform that empowers individuals to cultivate mindfulness, track personal growth, and foster a more organized and balanced daily life, all within a private and streamlined interface.

## Context

LifeLog is a proposed wellness and habit tracking system designed to help individuals manage their emotional well-being, daily habits, and journaling activities in one integrated platform. In modern life, many people struggle with stress, lack of focus, and inconsistency in maintaining positive routines. These challenges often lead to reduced productivity and mental exhaustion. LifeLog aims to address these issues by providing users with a simple, web-based platform where they can record their daily moods, track personal habits, and reflect through journaling. The system helps users visualize their progress, identify behavioral patterns, and stay motivated toward selfimprovement. It demonstrates how technology can be used to support emotional wellness, mindfulness, and self-discipline in an accessible and interactive way.

## Motivation

The motivation for developing the LifeLog system comes from the growing challenges individuals face in managing their emotional well-being, daily habits, and personal productivity in modern life. Many people experience stress, lack of focus, and difficulty maintaining positive routines, which negatively affects their mental health and overall performance.

Currently, users rely on separate and disconnected tools such as paper journals, simple note-taking apps, or single-purpose mobile applications for mood tracking or habit tracking.

These fragmented tools make it difficult to maintain consistency, reflect meaningfully, and understand long-term behavioral patterns.

LifeLog was chosen to address this problem by providing a single, integrated web-based platform that combines journaling, mood tracking, habit management, and progress visualization. The project aims to help users improve self-awareness, emotional balance, and personal discipline through a simple and accessible digital solution.

## Objective of the Project

### General Objective

To design and develop a user-friendly, web-based system that allows users to track their moods, habits, and personal journals in one integrated platform.

### 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 describe what the LifeLog system must do to meet user needs.

### **1. User Registration, Login, and Authentication**

- The system shall allow users to create an account using an email and password.
- The system shall allow registered users to log in securely.
- The system should ensure that usernames or emails are unique.
- The system should enforce strong password rules for security.

### **2. Logout and Account Deletion**

- The system shall allow users to securely log out of their account.
- The system shall allow users to permanently delete their account.
- When an account is deleted, all related user data shall also be removed.

### **3. Profile Management**

- The system shall allow users to view and edit their profile information.
- The system should allow users to upload or change a profile picture.

### **4. Habit Tracking**

- The system shall allow users to create daily or weekly habits.
- The system shall allow users to edit or delete existing habits.
- The system should allow users to assign custom icons or colors to habits.
- The system shall allow users to set habit frequency (daily or weekly).

### **5. Daily Journal Logging**

- The system shall allow users to write daily journal entries.
- The system shall automatically save the date and time of each entry.

- The system shall allow users to edit or delete journal entries.

#### 6. Progress Visualization

- The system shall display progress using charts or summaries.
- The system should motivate users by showing habit completion and trends.

#### 7. Data Storage

- The system shall store all user data securely.
- The system shall allow users to retrieve saved logs and progress data.
- Data must remain available even after the application is restarted.

#### 8. History Visualization

- The system shall allow users to view past journal entries.
- The system should allow filtering logs by date or category.

#### 9. Goal Setting

- The system shall allow users to set measurable personal goals.
- The system should allow users to track progress toward these goals.

#### 10. Data Export and Backup

- The system shall allow users to export their journal entries, habit data, mood logs, and goal progress into a downloadable file format (e.g., PDF or JSON).
- The system should allow users to manually back up their data to prevent data loss.

## 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 existing system for personal journaling and self-management is primarily manual or fragmented, relying on standalone tools rather than an integrated digital solution. Users typically manage their daily reflections, habits, moods, and tasks using paper journals, basic note-taking applications, or single-purpose mobile or web applications. These tools operate independently and do not provide a unified environment for tracking overall personal well-being.

## Use Case of the Existing System

In the existing system, a typical user follows these steps:

1. The user writes daily thoughts or reflections in a paper notebook or a basic notes application.
2. The user tracks habits using manual checklists or simple reminder apps.
3. Mood tracking, if done at all, is handled through separate applications without connection to journals or habits.
4. Task management is performed using independent to-do list tools.
5. The user manually reviews past entries by flipping through pages or scrolling through separate apps.

## 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

In the proposed **LifeLog system**, a user:

1. Registers and logs into the system.
2. Accesses a central dashboard.
3. Logs daily moods using predefined mood options.
4. Writes journal entries for reflection.
5. Creates habits and marks daily completion.
6. Manages tasks related to personal goals.
7. Views weekly summaries and progress charts.
8. Reviews past entries and trends in one integrated platform.

### 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

LifeLog

Home

Journal

Habit

Mood

To-Do

Weekly

Login

Sign Up

# Organize Your Life. Reflect Daily. Grow Consistently.

Capture moments, track habits, log moods and conquer tasks — all in one beautiful, private place.

Get Started Free

Learn More

Journal

Write daily entries

Habit Tracker

Track daily routines

Mood Log

Monitor emotions

## Everything You Need in One Place

LifeLog combines essential tools for personal growth and productivity

**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

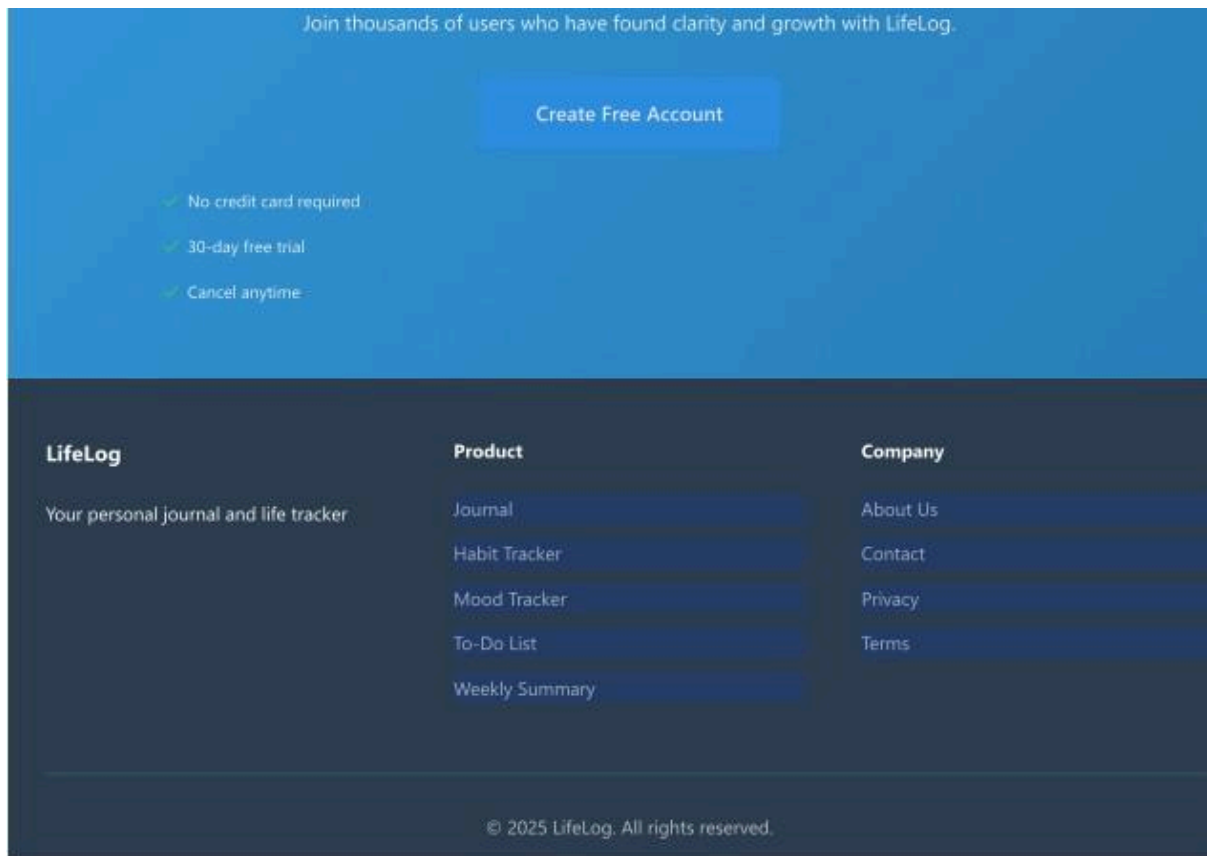
**98%**

Satisfaction

**24/7**

Availability

**Start Your Journey Today**



GitHub access link to see more of our work

<https://github.com/journal-app/JournalApp>