Release Plan – Moodlift – 4/8

High-Level Goals:

- **Personalized Journaling Application Targeted at University Students:**
  - Daily Prompts
  - Mood Tracking
  - Management Techniques

User Stories:

1. As a student, I need to be able to access all of my journal prompts at any time so I can track my mental health.
   a. As a student, I need to be able to see my previous journal prompts using Moodlift
2. As a user, I want to be able to write at most a paragraph in my journal prompt so I have enough space to write freely.
3. As a student, I need to be able to login so that I can journal and track my mood with MoodLift.
4. As a student, I need to be able to easily navigate through the app so that I can easily and quickly track my progress.
5. As a student, I want to receive the suggestion of the songs that suit my mood the best.
6. As a student, I want to sign up for a journal application using my university email so that I can access features on an application that can give me mental health resources.
7. As a student, I want to track my mood daily by selecting from a range of emotions that I can reflect on my emotional well-being over time.
8. As a student, I want to be able to share my journal prompts with other people and friends also using the app.
9. As a student, I want to learn stress and anxiety management strategies through this app so that I can handle university pressures better.
10. As a student, I want to set personal and academic goals to track my progress so that I can stay motivated and achieve my goals.
11. As a mental health advocate, I need to be able to access relevant and helpful information based on my moods.

Sprint 1: 4/10 - 4/24

- {medium} As a busy student, I need to be able to access the journaling section of Moodlift so that I can write about my day and process what happens. [5 points]
- {medium} As a student, I want to track my mood daily by selecting from a range of emotions that I can reflect on my emotional well-being over time. [8 points]

Spikes:

- Learn React, Learning Git, learning tech stack
- Learning the Webapp development

Infrastructure:

- Set up Github repositories
- Scrum board (on Jira)
- Github website deployment
- Python: Flask also for web application deployment

Sprint 2: 4/25 - 5/7

- {medium} As a user, I need to be able to easily navigate and access all parts of the application so that I can efficiently track my progress. [8 points]
- {medium} As a student, I need to be able to see my previous journal prompts using the Moodlift web application. [5 points]
- {high} As a student, I want to receive daily suggestions of songs based on my mood input. [13 points]
- {medium} As a user, I want access to unique journal prompts every day. [13 points]

Spikes:

- Spotify API
- User-friendly UI
- Research and look into how to integrate Spotify API
- Look into AWS API Management System
- ChatGPT 3.5 API

Infrastructure:

- Set up Firebase in order to store journal prompts

Sprint 3: 5/8 - 5/21

- {medium} As a student, I want to learn stress and anxiety management strategies/techniques through this app so that I can handle university pressures better. [8 points]
  - As a student, I want to watch videos that can give me tips on how to better manage my stress and anxiety.
- {medium} As a student, I need to be able to login so that I can journal and track my mood with MoodLift [8 points]
  - As a student, I want to sign up for a journal application using my university email so that I can access features on an application that can give me mental health resources.

Spikes:

- Research Firebase Authentication
- Look into YouTube API for video players

Infrastructure:

- Set up user ID authentication login
- Accessing Youtube API

Sprint 4: 5/22 - 6/04

- {low} As a student, I want to set personal and academic goals to track my progress so that I can stay motivated and achieve my goals. [8 points]
- {low} As a student, I want to be able to share my journal prompts with other people and friends also using the app. [5 points]

Spikes:

- Research testing frameworks to use (frontend + backend)
- Look into connecting multiple users on the web app

Infrastructure:

- Testing with unit tests and end-to-end tests
- Saves users response to share

Sanity Check:

Product Backlog:

The product backlog would be user stories from Sprint 4 which are additional features we want to consider if we have enough time after completing the objectives from the previous sprints.

Tech Stack:
Firebase (database storage) and Firebase Authentication (user login)
Python (backend (Flask for web app backend) + storage is Firebase)
React (front end) and Knowledge of HTML and CSS
Figma
Jira