Sarvajanik College of Engineering and Technology

Department Name

Summer Project/Internship

Mood Tasker – A Mood-Based Productivity Web App

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Introduction

- Mood Tasker is a unique web application developed to enhance productivity by integrating personal mood into task management. It provides a holistic approach to daily planning.

- **Why it was created**

  To address common challenges like procrastination and lack of focus, by aligning tasks with your current emotional state.

- **Empowering productivity**

  Moving beyond generic to-do lists, Mood Tasker adapts to your inner state, making productivity feel more natural and less overwhelming.

Problem Definition

- Most traditional productivity tools ignore a user's mental state.
- Stress, burnout, or demotivation significantly affect task execution.
- There is a notable lack of tools that effectively adapt to mood-driven productivity.
- A more human-centered, adaptive task manager is needed to overcome these limitations.

Motivation

- The primary motivation behind selecting this problem was to provide a solution to the productivity paradox, where current tools do not account for a user's emotional state.

- Existing work/methods often lead to stress, burnout, and demotivation because they don't adjust to the user's emotional well-being.

- Mood Tasker was created to overcome these limitations by offering a personalized approach that fosters sustainable productivity.

Methodology

Mood Tasker utilizes an adaptive solution approach, ensuring tasks align with the user's emotional state for optimal performance and well-being.

- **System Flow:** Mood Tasker guides users through a seamless workflow.
  - 1. Select Mood:
    User chooses their current emotional state (e.g., Relaxed, Stressed, Happy, Okay).
  - 2. Enter Main Task:
    The user defines the primary task for the session.
  - 3. Take Breaks:
    Optional mood-based breaks with integrated timers (5 or 10 minutes) are offered. Suggestions for breaks include breathing exercises, listening to music, or light stretching.
  - 4. Save Status:
    Task completion status is recorded.
  - 5. Weekly Planner:
    Users can organize tasks for the entire week, adding and managing tasks day-wise.
  - 6. Summary & Revision:
    Users can review progress and receive spaced repetition reminders for revision.
- **Adaptive Interface:** The colors, layout, and reminders within the app adjust based on the selected mood, optimizing user focus.
- **Data Storage:** Task data, including mood and completion date, is saved locally

Technologies Learned

ReactJS: Used for building the app's frontend with reusable components like Mood Selector, Task Manager, and Weekly Tracker. Gained hands-on experience in handling state, props, and hooks.

Tailwind CSS: Helped design a clean, responsive, and modern UI using utility-first CSS classes. Improved styling speed and layout consistency.

Vite: Used as the project build tool for fast development, instant reloads, and efficient performance compared to traditional setups.

LocalStorage: Implemented to store user data like mood entries and tasks without a backend. Learned to work with JSON, data persistence, and session handling.

JavaScript ES6+: Improved logic writing and learned modern JavaScript features while handling DOM interactions and conditional rendering.

Git & GitHub: Used for version control and to host the complete project repository online. Learned how to push commits, manage branches, and collaborate.

Results and Implementation (or Working Demo)

Mood-Adaptive Task Management: The application successfully adapts its interface and suggestions based on the user's selected mood, ensuring tasks align with emotional state.

Enhanced Productivity through Breaks: Integrated mood-based breaks with timers help users refresh their minds and maintain sustained productivity.

Organized Weekly Planning: Users can effectively plan and manage their tasks on a day-wise basis, with data persisting locally.

Productivity Insights: The system provides a daily summary of completed tasks with associated moods and visual insights into productivity patterns (e.g., tasks completed per day, tasks by mood).

Effective Revision Reminders: The spaced repetition technique is implemented to provide timely revision reminders for completed tasks (after 1, 3, and 7 days), automatically detected from completion history.

Timeline Chart for Project Work

Week 1: Finalized idea and UI planning

Week 2: Built components and layout

Week 3: Implemented functionality

Week 4: Testing, improvements and polish.

References

ReactJS Documentation – https://reactjs.org

Tailwind CSS Docs – https://tailwindcss.com/docs

Vite Official Site – https://vitejs.dev

undraw.co – for free illustrations

Freepik & Flaticon – for icons and emojis

MDN Web Docs – for general web development help