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//file icluclude complete code and outputs of mht v6.5 by miksi and khuram
//Source code:
#include <iostream>
#include <fstream>
#include <string>
#include <iomanip>
using namespace std;

// array of main keywordds
string moodkeyWords[10] =  {
   "Depressed", "Anxious", "Stressed", "Angry", "Tired",
   "Neutral", "Calm", "Focused", "Happy", "Motivated"
};

//mychatbot classs
class MychatBot {
public:
   void startingChat()
   {
      string userLine;
      cout << endl;
      cout << "=============================================================" << endl;
      cout << "           AI THERAPIST SESSION (Type 'bye' to exit)        " << endl;
      cout << "=============================================================" << endl;
      cout << "AI : Hello. I am here to listen. How are you feeling today?" << endl;

      cin.ignore(); // clearing buffer
      while(true) {
         cout << endl;
         cout << "You: ";
         getline(cin, userLine);
         if(userLine == "bye" || userLine == "exit" || userLine == "goodbye" || userLine == "stop") {
            cout << "AI : Take care of yourself. Remember, you matter." << endl;
            cout << "=============================================================" << endl;
            break;
         }else if(userLine.find("die") != string::npos || userLine.find("suicide") != string::npos || userLine.find("kill") != string::npos) {
            cout << "AI : I am concerned. Your life has value." << endl;
            cout << "     Please talk to a real person or doctor immediately." << endl;
         }else if(userLine.find("exam") != string::npos || userLine.find("study") != string::npos) {
            cout << "AI : Exams check memory, not intelligence. Do your best and leave the rest." << endl;
         }else if(userLine.find("sad") != string::npos || userLine.find("cry") != string::npos) {
            cout << "AI : It's okay to cry. Tears clean the soul. Let it out." << endl;
         }else if(userLine.find("tired") != string::npos || userLine.find("sleep") != string::npos) {
            cout << "AI : You can't pour from an empty cup. Go get some rest." << endl;
         }else if(userLine.find("happy") != string::npos || userLine.find("good") != string::npos) {
            cout << "AI : That is great! Hold onto this feeling." << endl;
         }else if(userLine.find("alone") != string::npos) {
            cout << "AI : You are never truly alone. Use this time to know yourself." << endl;
         }else {
            cout << "AI : I hear you. Tell me more about that." << endl;
         }
      }
   }
};

// polymorpisom & inheritance
class MainTask {
public:
   virtual void showCategory() {
      cout << "   [ Category: General Purposes ]" << endl;
   }
};

class physicalTask : public MainTask {
public:
   void showCategory() override {
      cout << "   [ Category: Physical Activation ]" << endl;
   }
```

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};

class MindTask : public MainTask {
public:
    void showCategory() override {
        cout << "   [ Category: Mental Focus & Relaxation ]" << endl;
    }
};

//my advicer class...
class MyAdvicer {
private:
    static int counter;
public:
    void findingAdvice(string keyword, int score) {
        string filename = keyword + ".txt";
        // opening the file to count the liness
        ifstream fileIn (filename);
        if(!fileIn.is_open()) {
            cout << "   >> Error: Cannot find advice file for: " << filename << endl;
            return;
        }
        int countLine = 0;
        string templine;
        while(getline(fileIn, templine)) {
            // to avoid counting empty lines
            if(templine != "") {
                countLine++;
            }
        }
        fileIn.close();
        if(countLine == 0) {
            cout << "   >> File is empty." << endl;
            return;
        }
        // asking the user for time to show random
        int h, m;
        cout << endl;
        cout << "   > To generate advice, enter current time (Hour Minute): ";
        cin >> h >> m;

        // logic for random line findibg
        long long unique = (h * 60) + m + (score * 13) + (counter * 7);
        int linetoshow = (unique % countLine) + 1;

        // this check is good but only works if countLine is correct
        if(linetoshow > countLine) {
            linetoshow = score;
        }

        // opening file again to read data
        ifstream fileRead(filename);
        int curr = 0;
        string data;
        bool found = false;
        while(getline(fileRead, data)) {
            // to avoid showing empty lines
            if(data != "") {
                curr++;
                if(curr == linetoshow) {
                    cout << endl;
                    cout << "   ------- YOUR PERSONAL ADVICE -------" << endl;
                    cout << "   \"" << data << "\"" << endl;
                    cout << "   ------------------------------------" << endl;
                    found = true;
                    break;
                }
            }
        }
        fileRead.close();
        if(!found) {
            cout << "   >> Error occurred while reading this file.\n";
        }
        counter++;
    }
};

int MyAdvicer::counter = 1;

// user class
class User {
    string name; int rollNo;  int pin;
public:
    //constructor  ..
    User(string n, int r, int p) {
        name = n;    rollNo = r;
        pin = p;
    }

    // destructor..
    ~User() { }
    // operator overloading... > for comparing avgerges
    bool operator > (User& obj) {
        // clculating my average
        string myFile = name + "_history.txt";
        ifstream f1(myFile);
        int s1, s2, r, sum1=0, c1=0;
        string w;
        if(f1.is_open()){
            while(f1 >> s1 >> w >> s2 >> r) {
                sum1+=s2;
                c1++;
            }
            f1.close();
        }
        float myAvg;
        if(c1 == 0) {
            myAvg = 0;
        } else {
            myAvg = sum1 / c1;
        }

        // aclculateing freind average
        string otherfile = obj.name +"_history.txt";
        ifstream f2(otherfile);
        int sum2=0, c2=0;
        if(f2.is_open()){
            while(f2 >> s1 >> w >> s2 >> r) {
                sum2+=s2;
                c2++;
            }
            f2.close();
        }
        float otherAvg;
        if(c2 == 0) {
            otherAvg = 0;
        } else {
            otherAvg = sum2 / c2;
        }
        cout << "\n   STATS: You (" << myAvg << ") vs " << obj.name << " (" << otherAvg << ")" << endl;
        return myAvg > otherAvg;
    }

    // function for comparison
    void compareWithfriend() {
        string fname; int fpass;
    cout << endl;
    cout << "============= COMPARE WITH FRIEND =============" << endl;
    cout << "   Enter friend username: ";
    cin >> fname;
    cout << "   Enter friend password: ";
    cin >> fpass;

    // verifying friend exists or not
    ifstream db("users_db.txt");
    string n_db; int id_db, p_db;
    bool found = false;

    while(db >> n_db >> id_db >> p_db) {
        if(n_db == fname && p_db == fpass) {
            found = true;
            // createing a temp object for the friend
            User friendUser(n_db, id_db, p_db);
            // using operatar overlod..to comparee
            if(*this > friendUser) {
                cout << "   RESULT: You have a higher score than " << fname << "!\n   Keep it up." << endl;
            } else {
                cout << "   RESULT: " << fname << " has a better mood average.\n   Ask them for tips!" << endl;
            }
            break;
        }
    }
    db.close();

    if(!found) {
        cout << "   >> Error: Invalid friend username or password." << endl;
    }
    cout << "===============================================" << endl;
}

void InputingNewMood()  {
    int startingScore; int endingScore;
    int cIndexno;
    int ratingno;
    cout << endl;
    cout << "============= NEW MOOD ENTRY =============" << endl;
    cout << "   Rate your current mood (1-10): ";
    cin >> startingScore;
    if(startingScore < 1) {
        startingScore = 1;
    }
    if(startingScore > 10)  {
        startingScore = 10;
    }

    cout << "\n   Select your feeling:" << endl;
    cout << "   --------------------------------" << endl;
    for(int i=0; i<10; i++) {
        cout << "   " << i << ". " << left << setw(15) << moodkeyWords[i];
        if ((i+1) % 2 == 0) cout << endl; // split into 2 columns for better UI
    }
    cout << "   --------------------------------" << endl;
    cout << "   Choice (0-9): ";
    cin >> cIndexno;
    if(cIndexno<0||cIndexno>9){
        cIndexno = 5;
    }
    string selectedmood = moodkeyWords[cIndexno];
    // calling the adviser
    MyAdvicer a;
    a.findingAdvice(selectedmood, startingScore);
    // using polymorphism for category identryfing
    MainTask* ptr;
    if(selectedmood == "Motivated" || selectedmood == "Happy" || selectedmood == "Angry") {
        ptr = new physicalTask();
    } else {
        ptr = new MindTask();
    }
    ptr->showCategory();
    delete ptr;

    // feedback system
    char ans;
    cout << endl;
    cout << "   Did you read the advice and do the task? (y/n): ";
    cin >> ans;
    if(ans =='y' ||ans =='Y')  {
        cout << endl;
        cout << "   --- POST SESSION CHECK ---" << endl;
        cout << "   How are you feeling now? (1-10): ";
        cin >> endingScore;
        cout << "   Rate our advice system (1-5): ";
        cin >> ratingno;

        storeData(startingScore, selectedmood ,endingScore, ratingno);
        cout << endl;
        cout << "   >> Result: Mood changed from " << startingScore << " -> " << endingScore << endl;
    } else {
        storeData(startingScore, selectedmood, startingScore, 0);
        cout << "   >> Data saved without post-session update." << endl;
    }
    cout << "=======================================" << endl;
}

void storeData(int s1, string w, int s2, int r)  {
    string filename = name +"_history.txt";
    ofstream myfile(filename,ios::app);
    if(myfile.is_open()) {
        myfile<<s1 << " "<<w <<" " << s2 <<" " << r<< endl;
        myfile.close();
    }
}

void ShowHistory() const {
    string filename = name +"_history.txt";
    ifstream myfile(filename);

    if(!myfile.is_open()) {
        cout << endl;
        cout << "   >> No history found."<< endl;
        return;
    }
    cout << endl;
    cout << "============ " << name << "'s SESSION HISTORY ============" << endl;
    int sc1, sc2, rt;
    int c = 0;
    string kw;

    // UI Using setw for perfect alignment
    cout << left << setw(5) << "No" << setw(15) << "Mood" << setw(15) << "Score Change" << setw(10) << "Rating" << endl;
    cout << "--------------------------------------------------" << endl;
    while(myfile >> sc1 >> kw >> sc2 >> rt) {
        c++;
        string scoreStr = to_string(sc1) + "->" + to_string(sc2);
        string rateStr = to_string(rt) + "/5";
        cout << left << setw(5) << c << setw(15) << kw << setw(15) << scoreStr << setw(10) << rateStr << endl;
    }
    cout << "================================================" << endl;
    myfile.close();
}

void Graphbefore()  {
    string filename = name +"_history.txt";
    ifstream myfile(filename);
    if(!myfile.is_open()) {
        cout << endl;
        cout << "\n   >> No history found!" << endl;
        return;
    }

    int arr[15] = {0};
    int total = 0;
    int sc1, sc2, rt;
    string kw;
    while(myfile >> sc1 >> kw >> sc2 >> rt)
    {
        if(total < 15) {
            arr[total] = sc1;
            total++;
        } else {
            for(int i=0; i<14; i++) {
                arr[i] = arr[i+1];
            }
            arr[14] = sc1;
        }
    }
    myfile.close();

    cout << endl;
    cout << "========== GRAPH: MOOD BEFORE SESSIONS ==========" << endl;
    cout << " (High bars = Better mood)" << endl << endl;
    for(int h = 10; h >= 1; h--) {
        if(h < 10) {
            cout << " " << h << " | ";
        } else {
            cout << h << " | ";
        }
        for(int i = 0; i < total; i++) {
            if(arr[i] >= h) {
                cout << " * ";
            }else {
                cout << "   ";
            }
        }
        cout << endl;
    }
    cout << "    ";
    for(int i=0; i<total; i++) {
        cout << "---" ;
    }
    cout << endl;
}

void GraphAfter(){
    string filename = name +"_history.txt";
    ifstream myfile(filename);
    if(!myfile.is_open()) {
        cout << endl;
        cout << "   >> No history found" << endl;
        return;
    }

    int arr[15] = {0};
    int total = 0;
    int sc1, sc2, rt;
    string kw;
    while(myfile >> sc1 >> kw >> sc2 >> rt) {
        if(total < 15) {
            arr[total] = sc2;
            total++;
        } else {
            for(int i=0; i<14; i++) {
                arr[i] = arr[i+1];
            }
            arr[14] = sc2;
        }
    }
    myfile.close();

    cout << endl;
    cout << "========== GRAPH: MOOD AFTER SESSIONS ===========" << endl;
    cout << " (High bars = Better mood)" << endl << endl;
    for(int h = 10; h >= 1; h--) {
        if(h < 10) {
            cout << " " <<h<< " | ";
        }else {
            cout <<h<< " | ";
        }
        for(int i = 0; i < total; i++) {
            if(arr[i] >= h){
                cout << " # ";
            }else {
                cout << "   ";
            }
        }
        cout << endl;
    }
    cout << "    ";
    for(int i=0; i<total; i++) {
        cout << "---";
    }
    cout << endl;
}

void showingReport(){
    string filename = name +"_history.txt";
    ifstream myfile(filename);
    if(!myfile.is_open()) {
        cout << endl;
        cout << "   >> No data found!" << endl;
        return;
    }
    int sc1, sc2, rt;
    int c = 0;
    int sum = 0;
    string kw;

    while(myfile >> sc1 >> kw >> sc2 >> rt) {
        c++;
        sum += sc1;
    }
    myfile.close();
    if(c==0) return;
    float avg = (float)sum / c; // casting  to float
    cout << endl;
    cout << "=========== PERFORMANCE REPORT ===========" << endl;
    cout << "   User       : " << name << endl;
    cout << "   Sessions   : " << c << endl;
    cout << "   Avg Mood   : " << avg << " / 10" << endl;
    cout << "   -------------------------------------" << endl;
    if(avg >= 7.0) {
        cout << "   Status     : Excellent!" << endl;
    }else if(avg >= 4.0) {
        cout << "   Status     : Stable." << endl;
    }else {
        cout << "   Status     : Needs Care." << endl;
    }
    cout << "============================================" << endl;
```

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}

void DeleteHistory(){
    char yes;
    cout << endl;
    cout << "   >> WARNING: Are you sure you want to delete ALL history? (y/n): ";
    cin >> yes;

    if(yes=='y'||yes=='Y') {
        string filename = name + "_history.txt";
        ofstream myfile(filename, ios::out|ios::trunc);
        myfile.close();
        cout << "   >> Success: History deleted." << endl;
    }
}

void Menu() {
    int option = 0;
    MychatBot bot;

    while(option!=9) {
        cout << endl;
        cout << "========================================" << endl;
        cout << "        MAIN MENU (" << name << ")        " << endl;
        cout << "========================================" << endl;
        cout << "  1. New Mood Login" << endl;
        cout << "  2. View History (List)" << endl;
        cout << "  3. View Graph (Before Sessions *)" << endl;
        cout << "  4. View Graph (After Sessions #)" << endl;
        cout << "  5. View Reports" << endl;
        cout << "  6. Chat with AI Therapist" << endl;
        cout << "  7. Delete History" << endl;
        cout << "  8. Compare with Friend" << endl;
        cout << "  9. Logout" << endl;
        cout << "========================================" << endl;
        cout << "  Enter your choice: ";
        cin >> option;
        switch(option){
            case 1:
                InputingNewMood();
                break;
            case 2:
                ShowHistory();
                break;
            case 3:
                Graphbefore();
                break;
            case 4:
                GraphAfter();
                break;
            case 5:
                showingReport();
                break;
            case 6:
                bot.startingChat();
                break;
            case 7:
                DeleteHistory();
                break;
            case 8:
                compareWithfriend();
                break;
            case 9:
                cout << "   Logging out..." << endl;
                break;
            default:
                cout << "   >> Invalid choice entered!" << endl;
        }
        }
    }
};

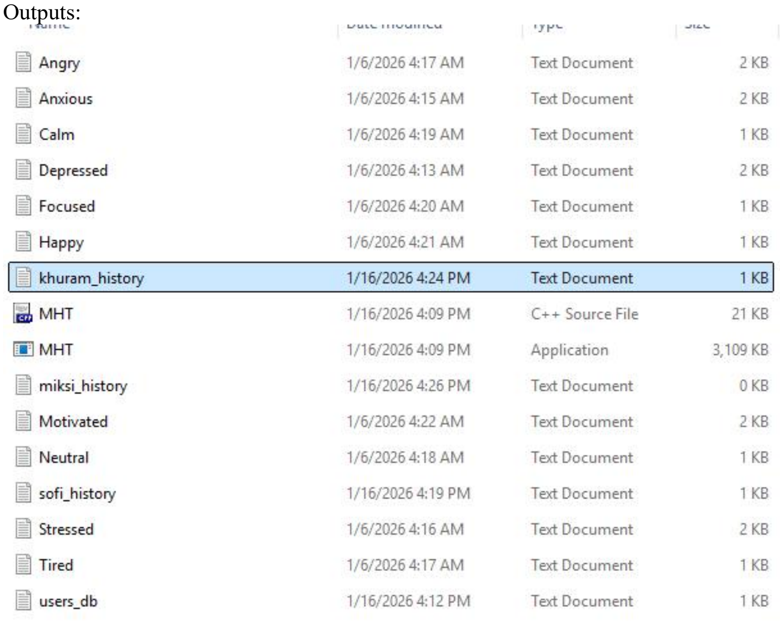
// global functions...
void registeringUser() {
    string n; int r, p;
    cout << endl;
    cout << "---------- REGISTER NEW USER ----------" << endl;
    cout << "   Enter Username  : ";
    cin >> n;
    cout << "   Enter ID Number : ";
    cin >> r;
    cout << "   Enter Password  : ";
    cin >> p;
    ofstream database("users_db.txt", ios::app);
    if(database.is_open()) {
        database<<n<<" "<<r<<" "<<p<<endl;
        database.close();
        cout << "   >> Successfully added!" << endl;
    }
}

bool loginSystem() {
    string n; int p;
    cout << endl;
    cout << "------------- USER LOGIN -------------" << endl;
    cout << "   Enter Username : ";
    cin >> n;
    cout << "   Enter Password : ";
    cin >> p;
    ifstream database("users_db.txt");
    if(!database.is_open()) {
        cout << "   >> Error: No user database found." << endl;
        return false;
    }
    string namedb;
    int iddb, passdb;
    bool flag = false;
    while(database>> namedb>>iddb>>passdb) {
        if(namedb ==n && passdb== p) {
            flag = true;
            User u1(namedb, iddb, passdb);
            cout << endl;
            cout << "   >> Welcome, " << namedb << "!" << endl;
            u1.Menu();
            break;
        }
    }
    database.close();

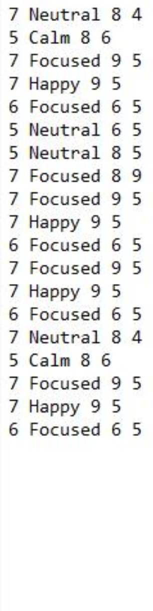
    if(!flag) {
        cout << "   >> Error: Invalid password or username." << endl;
    }
    return flag;
}

int main() {
    int choice = 0;
    while(choice != 3)  {
        cout << endl;
        cout << "========================================" << endl;
        cout << "      MENTAL HEALTH TRACKER v6.5        " << endl;
        cout << "========================================" << endl;
        cout << "  1. Register User" << endl;
        cout << "  2. Login" << endl;
        cout << "  3. Exit" << endl;
        cout << "========================================" << endl;
    cout << "  Enter choice: ";
    cin >> choice;
    if(choice == 1) {
      registeringUser();
    } else if(choice == 2) {
      loginSystem();
    }else if(choice == 3) {
      cout << "   Goodbye. Stay blessed." << endl;
    }
  }
  int n;
  cout<<"enter:";cin>>n;
  return 0;
}
```

Outputs:



Angry	1/6/2026 4:17 AM	Text Document	2 KB
Anxious	1/6/2026 4:15 AM	Text Document	2 KB
Calm	1/6/2026 4:19 AM	Text Document	1 KB
Depressed	1/6/2026 4:13 AM	Text Document	2 KB
Focused	1/6/2026 4:20 AM	Text Document	1 KB
Happy	1/6/2026 4:21 AM	Text Document	1 KB
khuram_history	1/16/2026 4:24 PM	Text Document	1 KB
MHT	1/16/2026 4:09 PM	C++ Source File	21 KB
MHT	1/16/2026 4:09 PM	Application	3,109 KB
miksi_history	1/16/2026 4:26 PM	Text Document	0 KB
Motivated	1/6/2026 4:22 AM	Text Document	2 KB
Neutral	1/6/2026 4:18 AM	Text Document	1 KB
sofi_history	1/16/2026 4:19 PM	Text Document	1 KB
Stressed	1/6/2026 4:16 AM	Text Document	2 KB
Tired	1/6/2026 4:17 AM	Text Document	1 KB
users_db	1/16/2026 4:12 PM	Text Document	1 KB



```
7 Neutral 8 4
5 Calm 8 6
7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
5 Neutral 6 5
5 Neutral 8 5
7 Focused 8 9
7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
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5 Calm 8 6
7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
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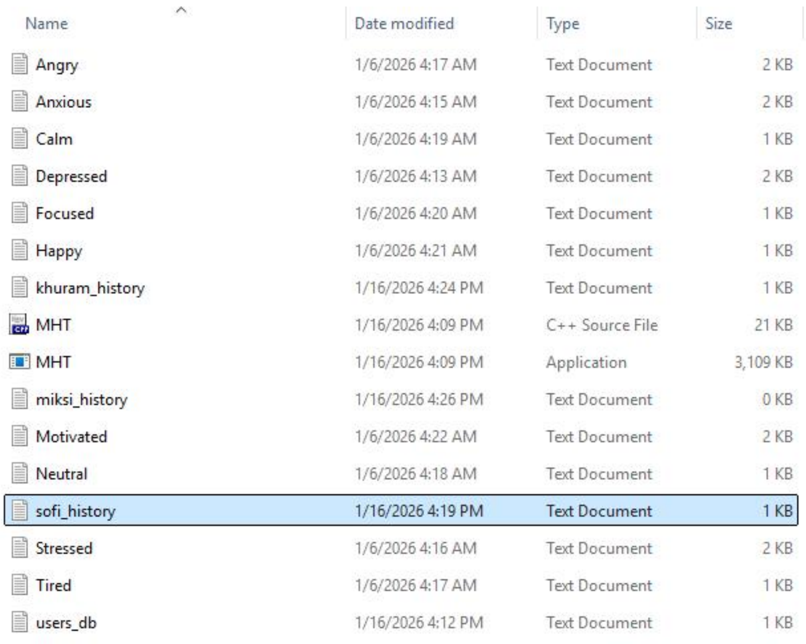

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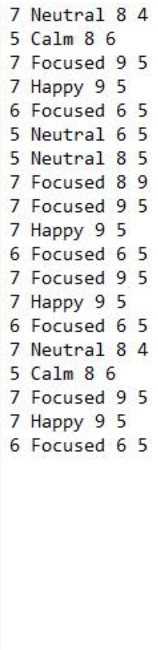

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7 Neutral 8 4
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7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
5 Neutral 6 5
5 Neutral 8 5
7 Focused 8 9
7 Focused 9 5
7 Happy 9 5
6 Focused 6 5
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7 Happy 9 5
6 Focused 6 5
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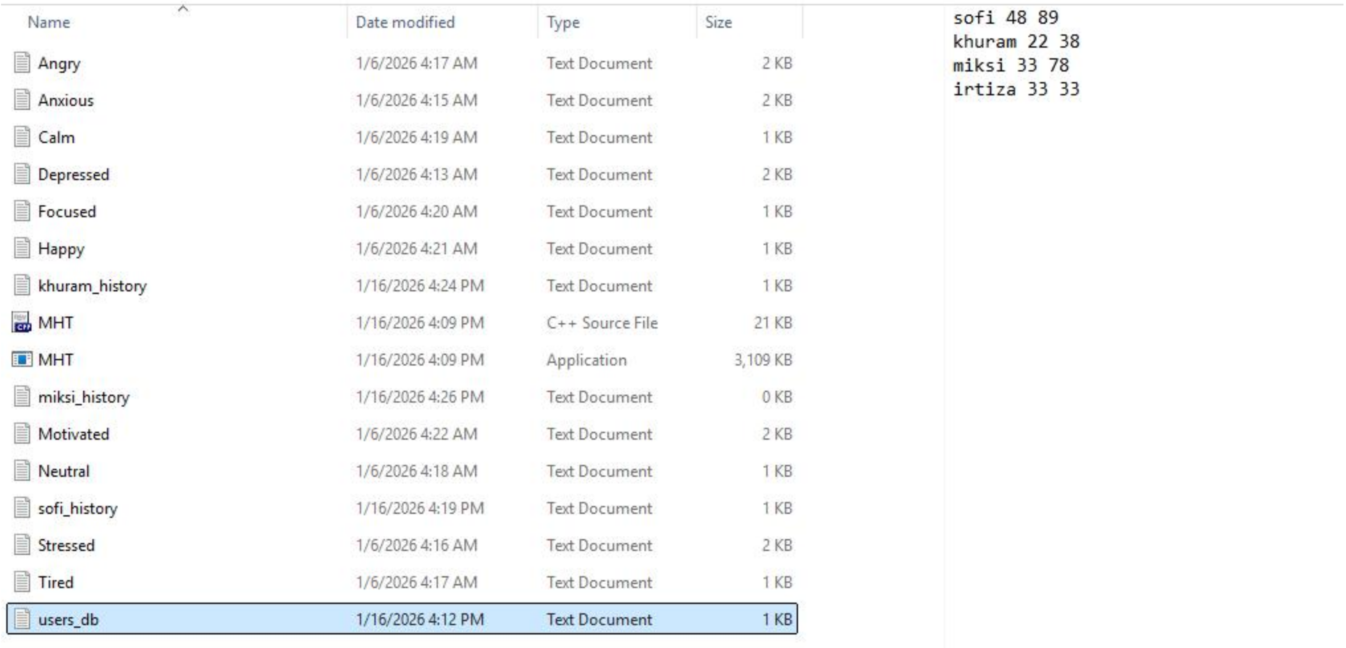

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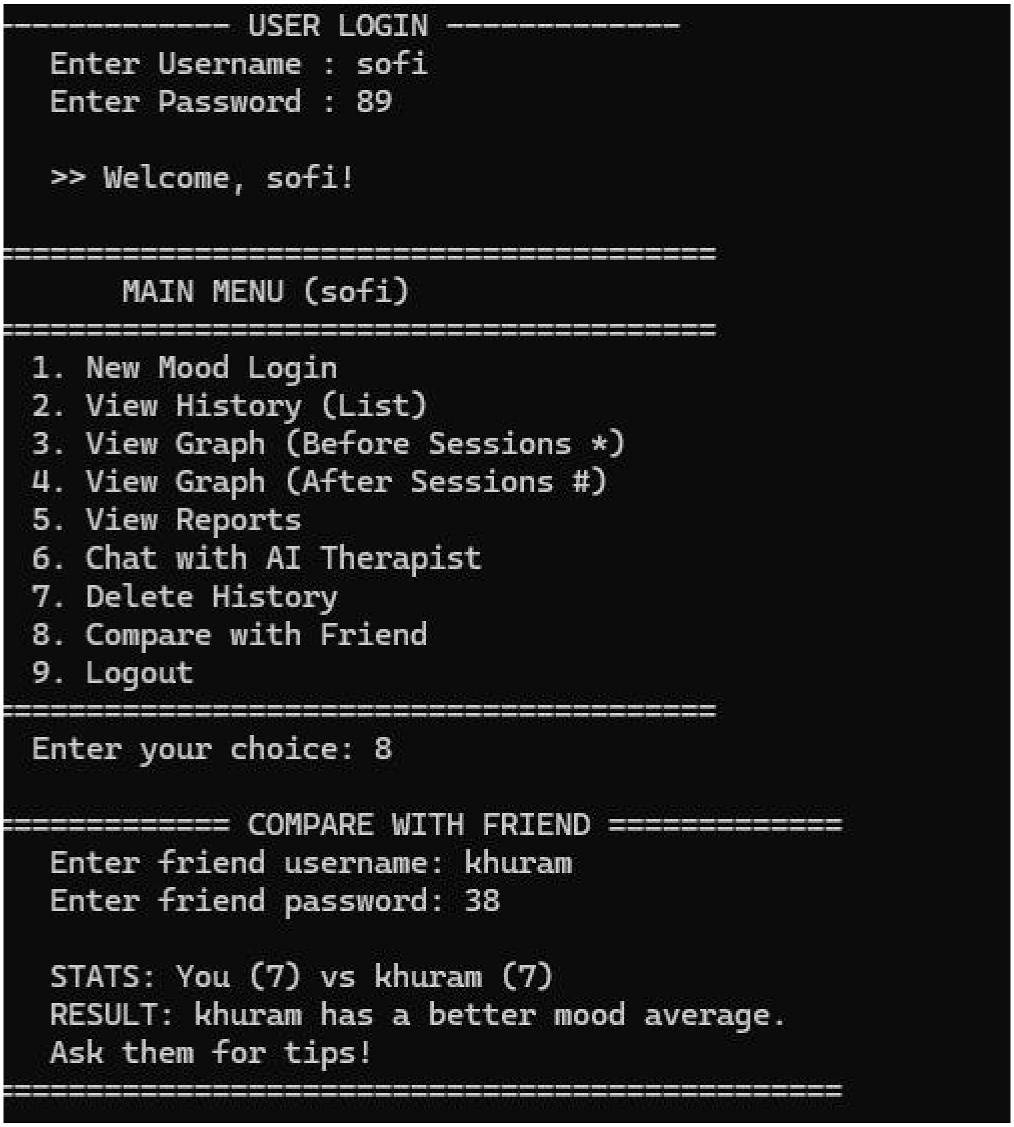
sofi 48 89
khuram 22 38
miksi 33 78
irtiza 33 33
```



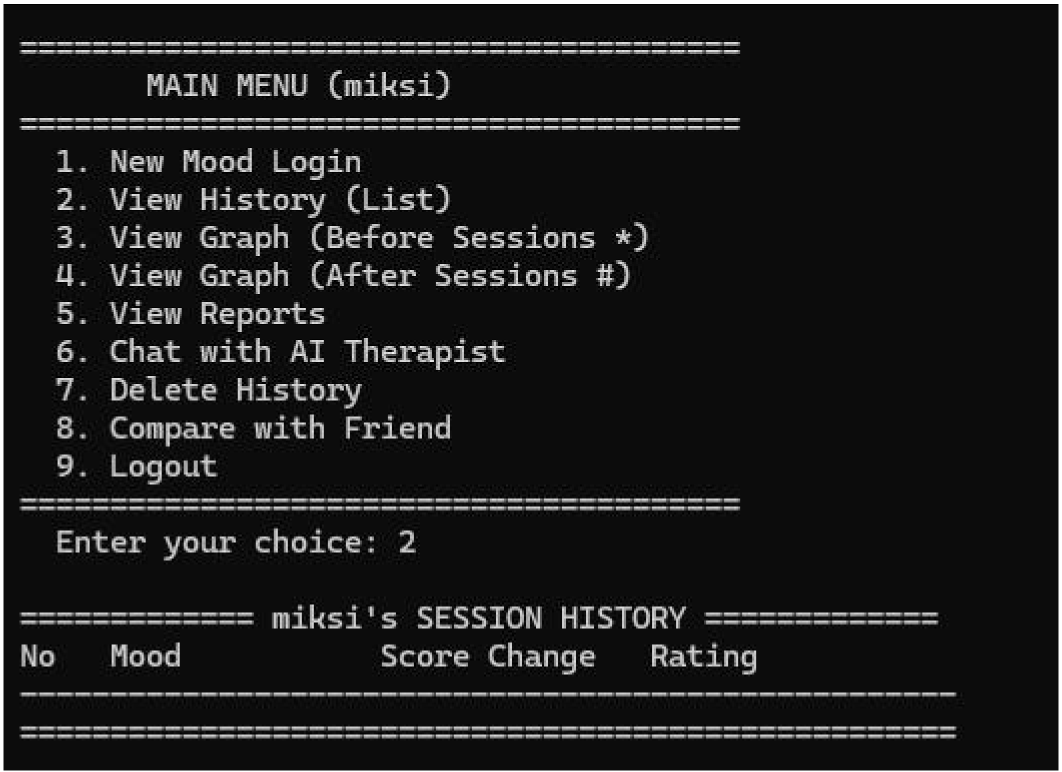
```
------------- USER LOGIN -------------
   Enter Username : sofi
   Enter Password : 89

   >> Welcome, sofi!

========================================
      MAIN MENU (sofi)
========================================
 1. New Mood Login
 2. View History (List)
 3. View Graph (Before Sessions *)
 4. View Graph (After Sessions #)
 5. View Reports
 6. Chat with AI Therapist
 7. Delete History
 8. Compare with Friend
 9. Logout
========================================
 Enter your choice: 8

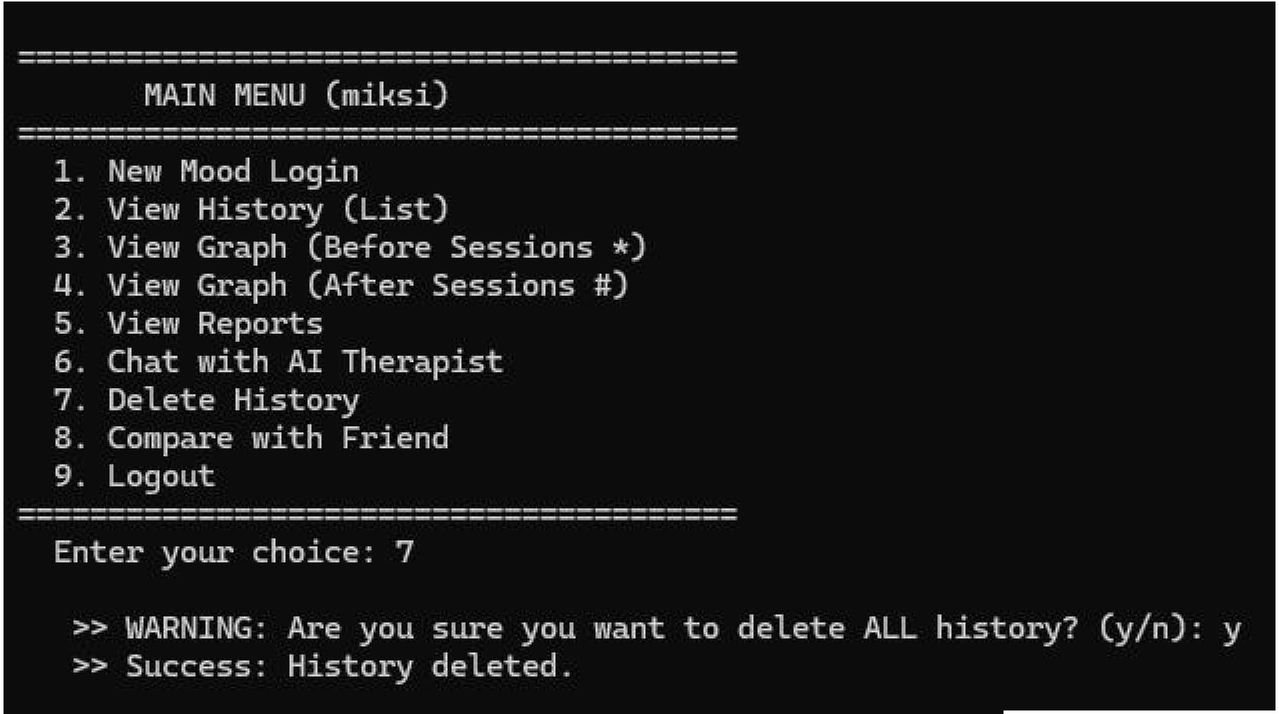
============ COMPARE WITH FRIEND ============
   Enter friend username: khuram
   Enter friend password: 38

   STATS: You (7) vs khuram (7)
   RESULT: khuram has a better mood average.
   Ask them for tips!
===============================================
```



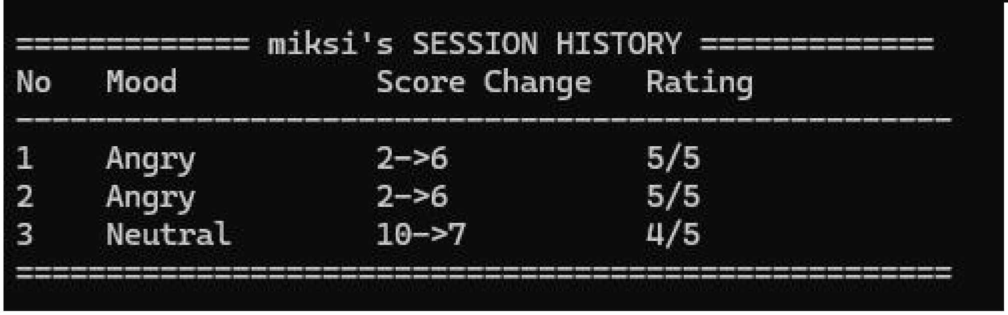
```
========================================
       MAIN MENU (miksi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 2

============= miksi's SESSION HISTORY =============
No   Mood           Score Change   Rating
----------------------------------------------------
====================================================
```

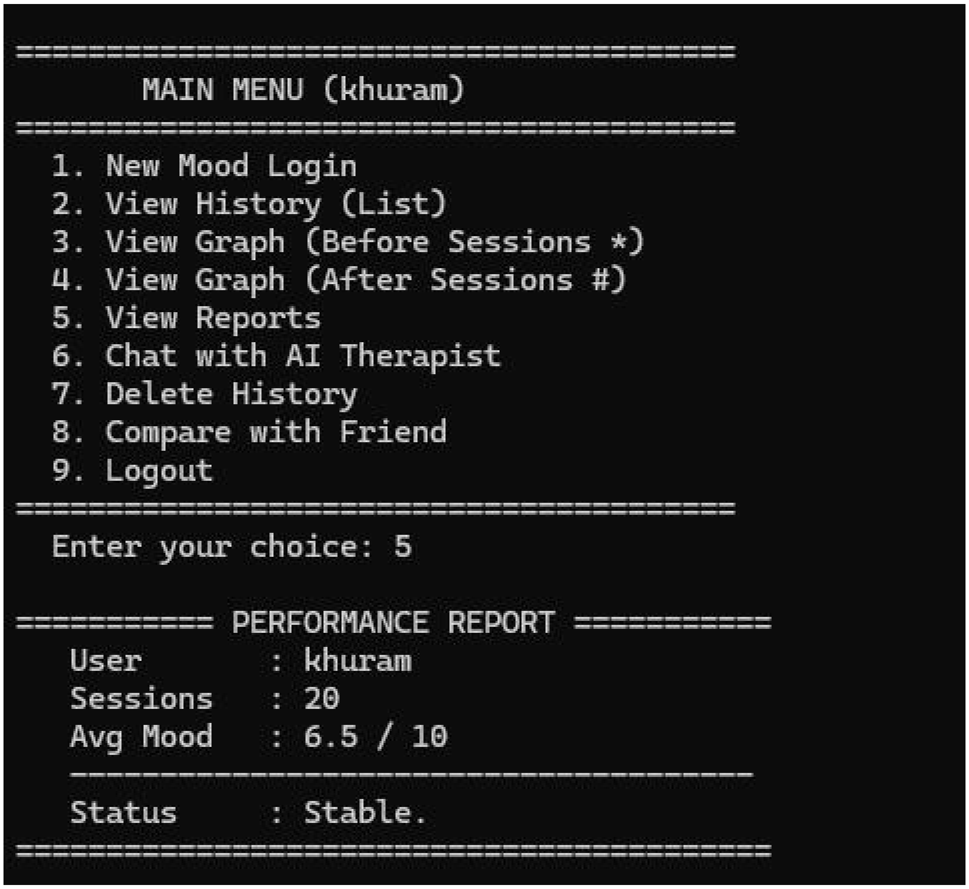


```
========================================
       MAIN MENU (miksi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 7

   >> WARNING: Are you sure you want to delete ALL history? (y/n): y
   >> Success: History deleted.
```

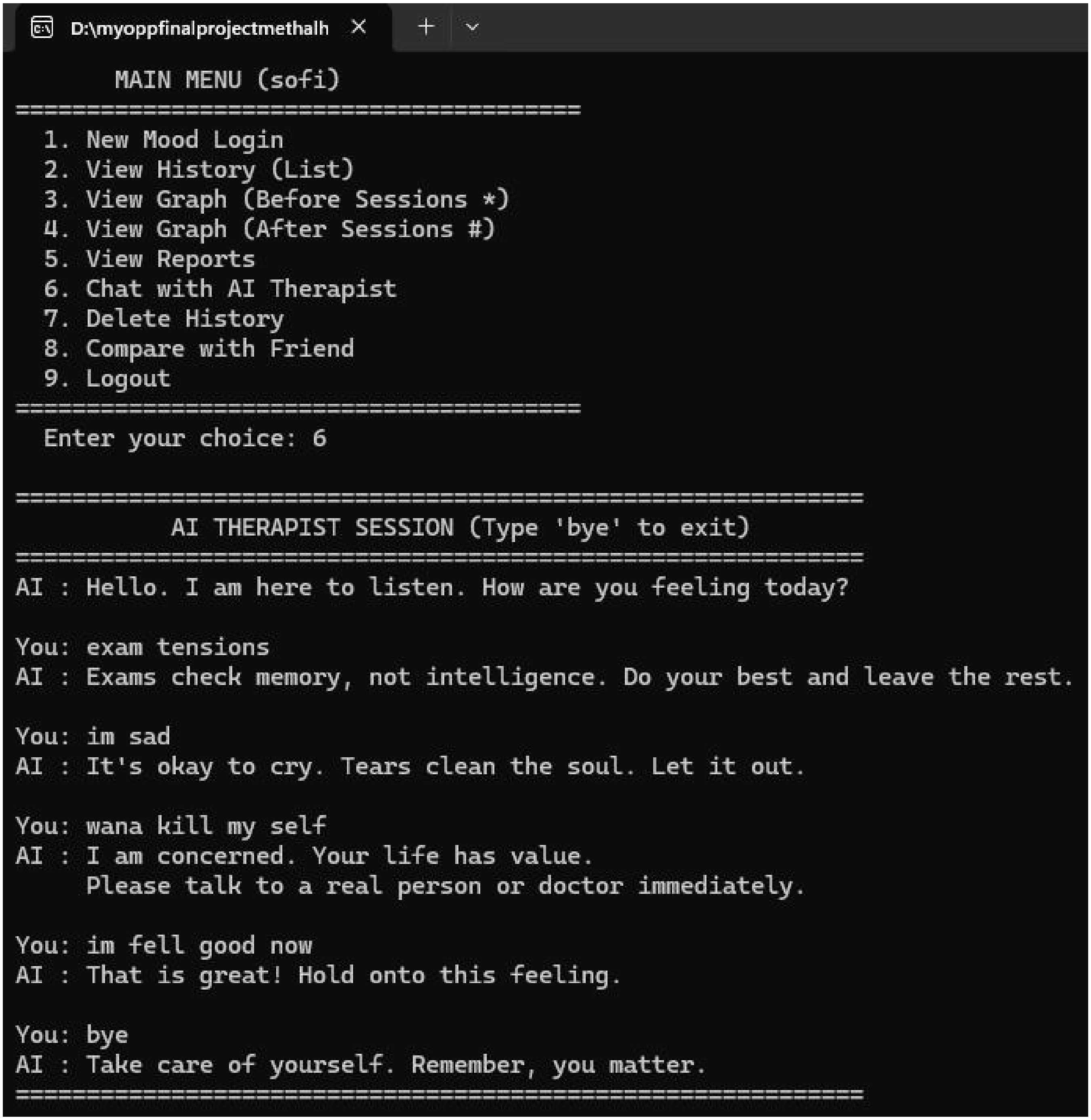


```
============= miksi's SESSION HISTORY =============
No   Mood           Score Change   Rating
----------------------------------------------------
1    Angry          2->6           5/5
2    Angry          2->6           5/5
3    Neutral        10->7          4/5
====================================================
```



```
========================================
       MAIN MENU (khuram)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 5

=========== PERFORMANCE REPORT ===========
   User       : khuram
   Sessions   : 20
   Avg Mood   : 6.5 / 10
   --------------------------------------
   Status     : Stable.
==========================================
```



```
       MAIN MENU (sofi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 6

============================================================
           AI THERAPIST SESSION (Type 'bye' to exit)
============================================================
AI : Hello. I am here to listen. How are you feeling today?

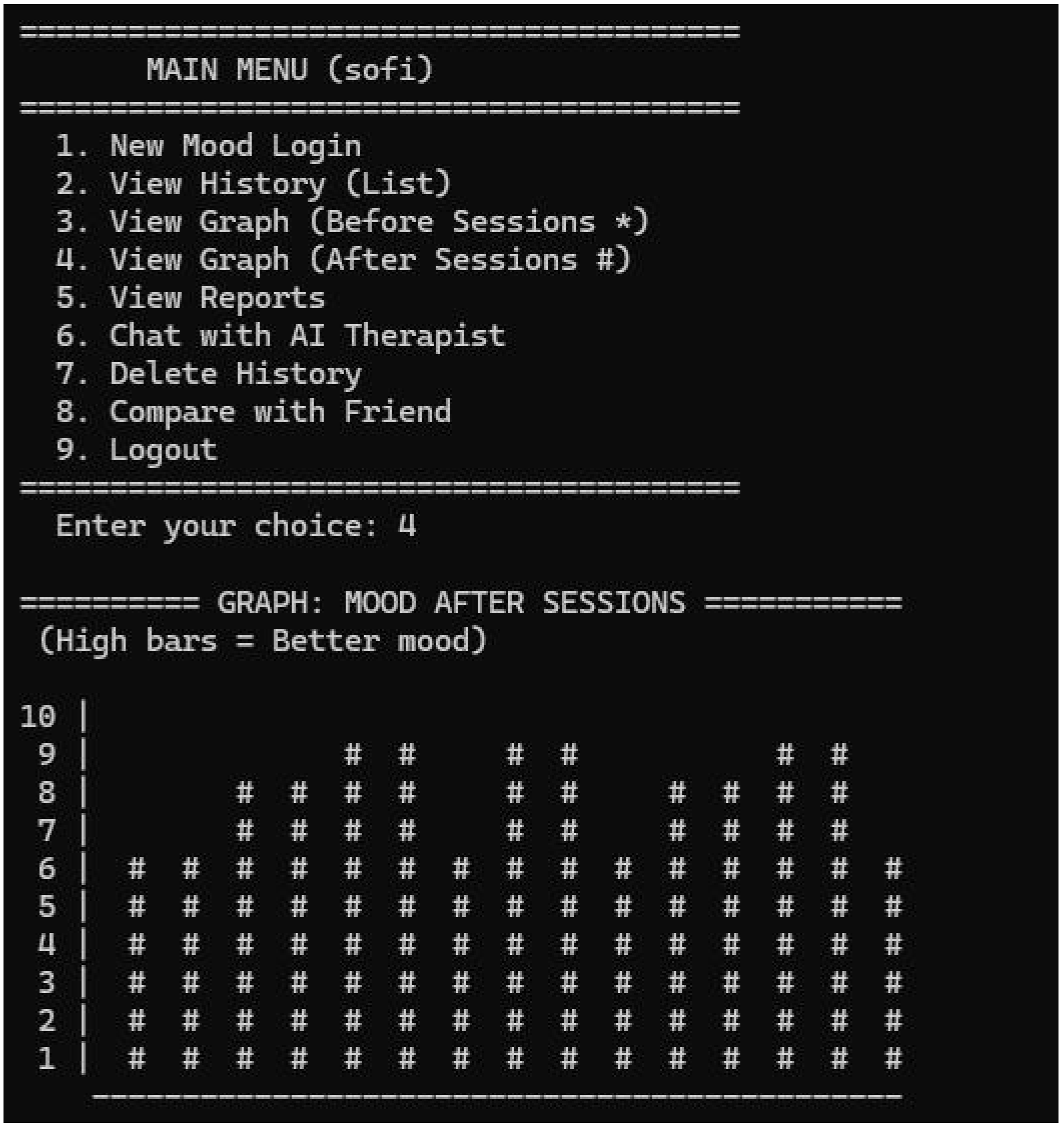
You: exam tensions
AI : Exams check memory, not intelligence. Do your best and leave the rest.

You: im sad
AI : It's okay to cry. Tears clean the soul. Let it out.

You: wana kill my self
AI : I am concerned. Your life has value.
     Please talk to a real person or doctor immediately.

You: im fell good now
AI : That is great! Hold onto this feeling.

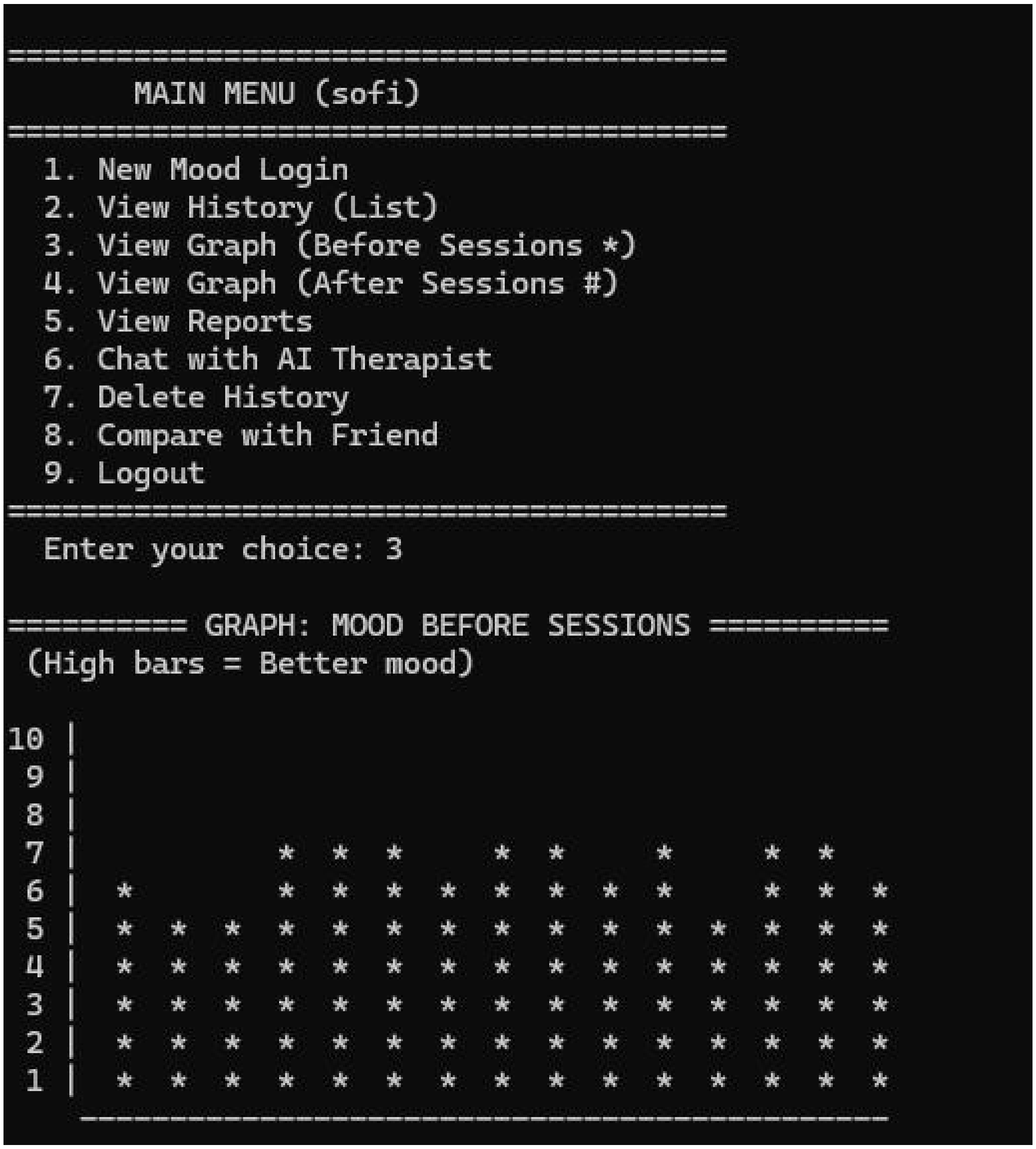
You: bye
AI : Take care of yourself. Remember, you matter.
============================================================
```



```
========================================
       MAIN MENU (sofi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 4

========== GRAPH: MOOD AFTER SESSIONS ===========
 (High bars = Better mood)

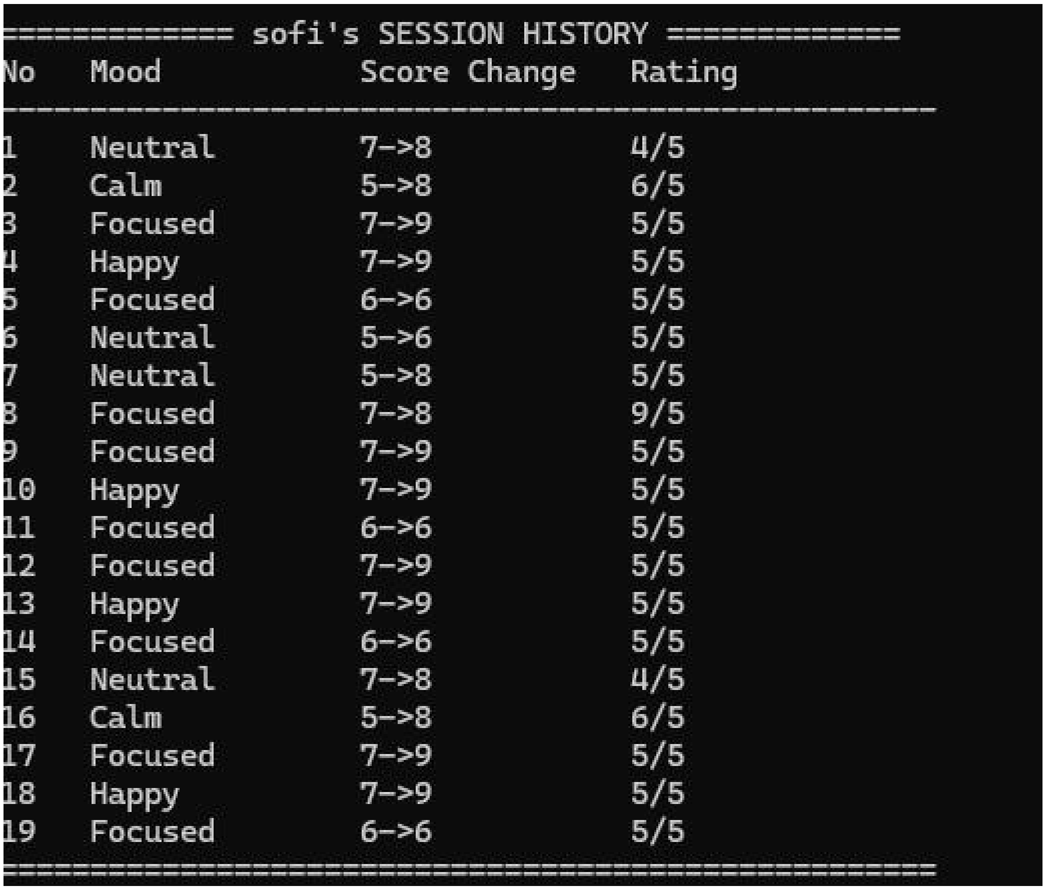
10 |
 9 |              #  #     #  #           #  #
 8 |        #  #  #  #     #  #     #  #  #  #
 7 |        #  #  #  #     #  #     #  #  #  #
 6 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
 5 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
 4 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
 3 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
 2 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
 1 |  #  #  #  #  #  #  #  #  #  #  #  #  #  #  #
    ---------------------------------------------
```



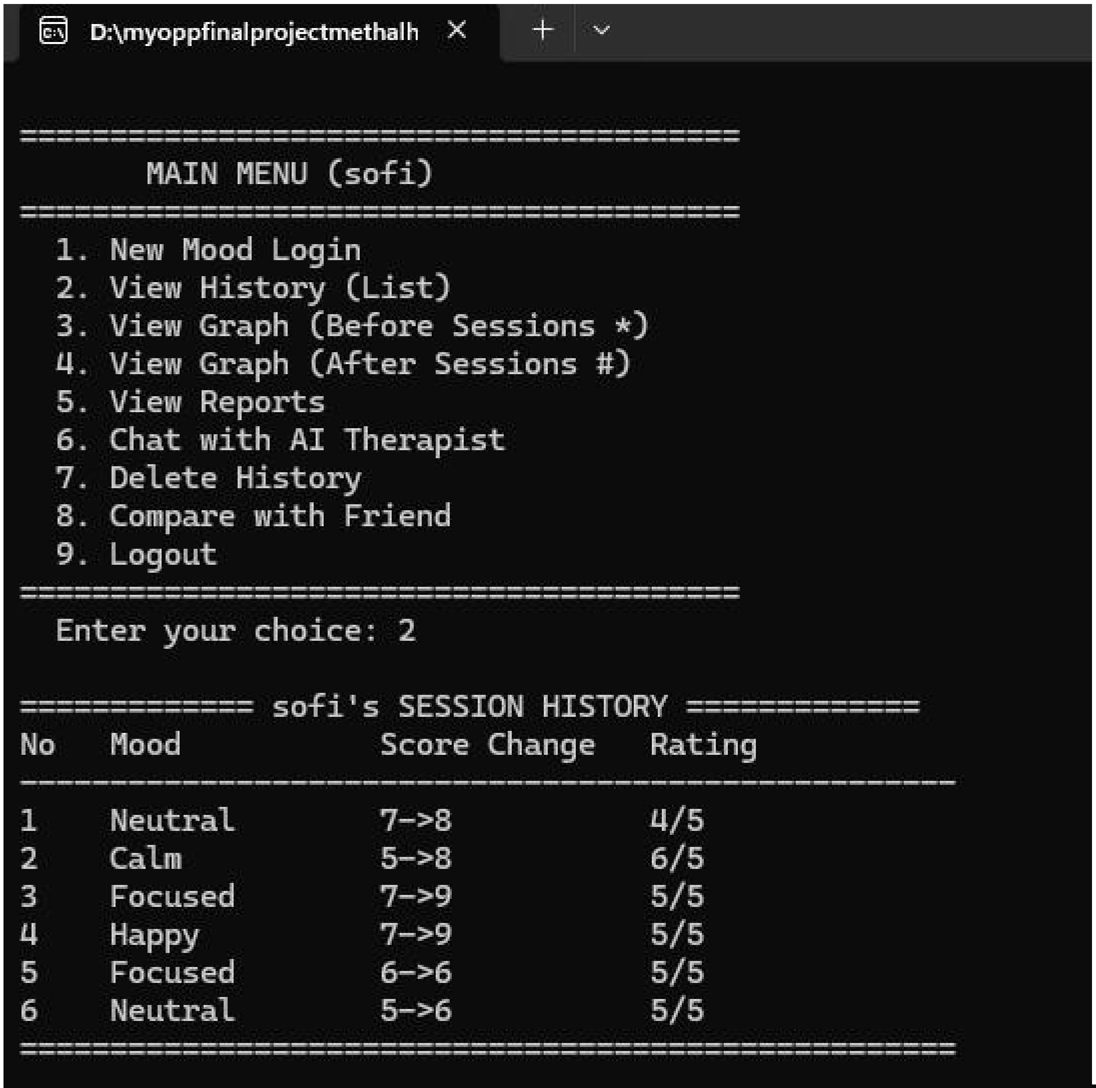
```
========================================
       MAIN MENU (sofi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 3

========== GRAPH: MOOD BEFORE SESSIONS ==========
 (High bars = Better mood)

10 |
 9 |
 8 |
 7 |           *  *  *     *  *     *     *  *
 6 |  *        *  *  *  *  *  *  *  *     *  *  *
 5 |  *  *  *  *  *  *  *  *  *  *  *  *  *  *  *
 4 |  *  *  *  *  *  *  *  *  *  *  *  *  *  *  *
 3 |  *  *  *  *  *  *  *  *  *  *  *  *  *  *  *
 2 |  *  *  *  *  *  *  *  *  *  *  *  *  *  *  *
 1 |  *  *  *  *  *  *  *  *  *  *  *  *  *  *  *
    ---------------------------------------------
```

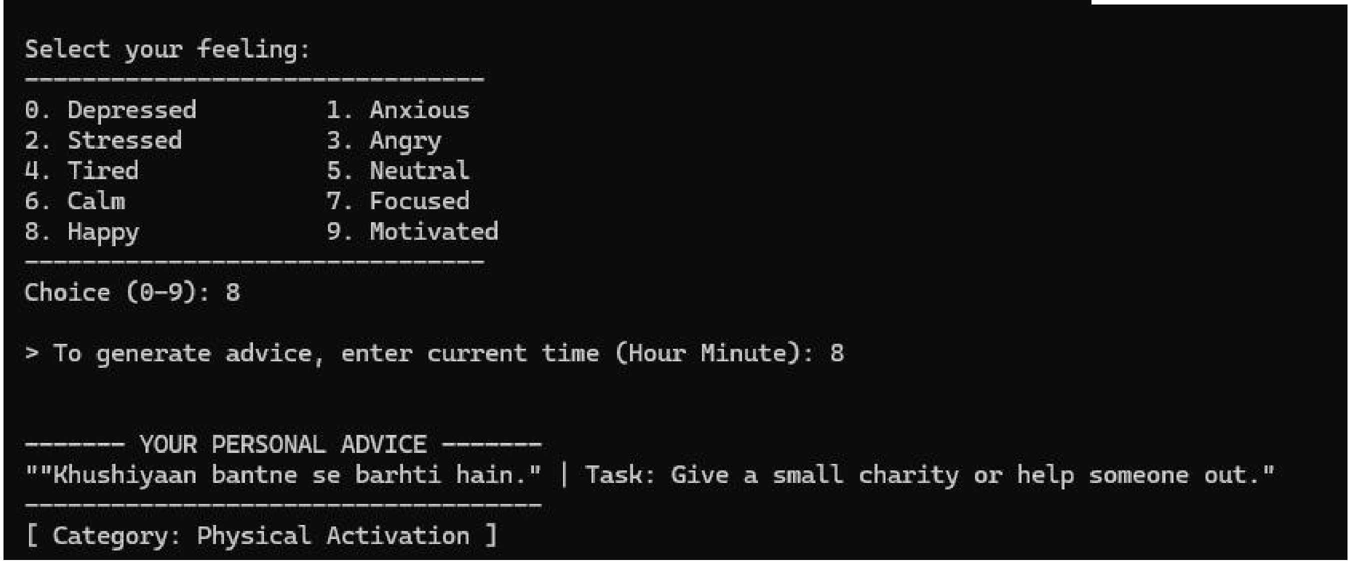


```
============= sofi's SESSION HISTORY =============
No   Mood           Score Change   Rating
---------------------------------------------------
1    Neutral        7->8           4/5
2    Calm           5->8           6/5
3    Focused        7->9           5/5
4    Happy          7->9           5/5
5    Focused        6->6           5/5
6    Neutral        5->6           5/5
7    Neutral        5->8           5/5
8    Focused        7->8           9/5
9    Focused        7->9           5/5
10   Happy          7->9           5/5
11   Focused        6->6           5/5
12   Focused        7->9           5/5
13   Happy          7->9           5/5
14   Focused        6->6           5/5
15   Neutral        7->8           4/5
16   Calm           5->8           6/5
17   Focused        7->9           5/5
18   Happy          7->9           5/5
19   Focused        6->6           5/5
===================================================
```



```
========================================
       MAIN MENU (sofi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 2

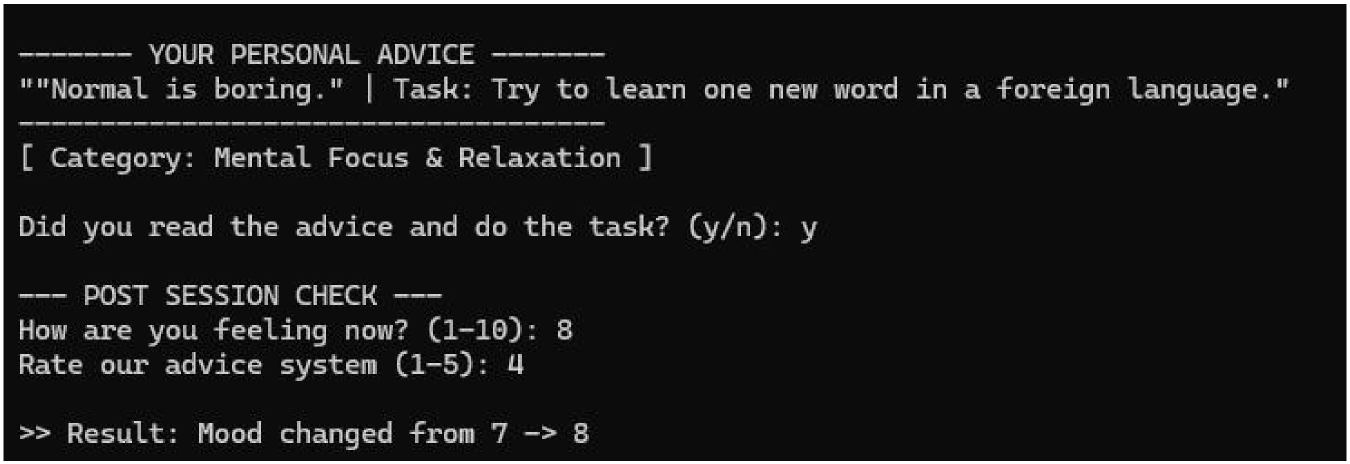
============= sofi's SESSION HISTORY =============
No   Mood           Score Change   Rating
--------------------------------------------------
1    Neutral        7->8           4/5
2    Calm           5->8           6/5
3    Focused        7->9           5/5
4    Happy          7->9           5/5
5    Focused        6->6           5/5
6    Neutral        5->6           5/5
==================================================
```



```
Select your feeling:
--------------------------------
0. Depressed          1. Anxious
2. Stressed           3. Angry
4. Tired              5. Neutral
6. Calm               7. Focused
8. Happy              9. Motivated
--------------------------------
Choice (0-9): 8

> To generate advice, enter current time (Hour Minute): 8


------- YOUR PERSONAL ADVICE -------
""Khushiyaan bantne se barhti hain." | Task: Give a small charity or help someone out."
------------------------------------
[ Category: Physical Activation ]
```

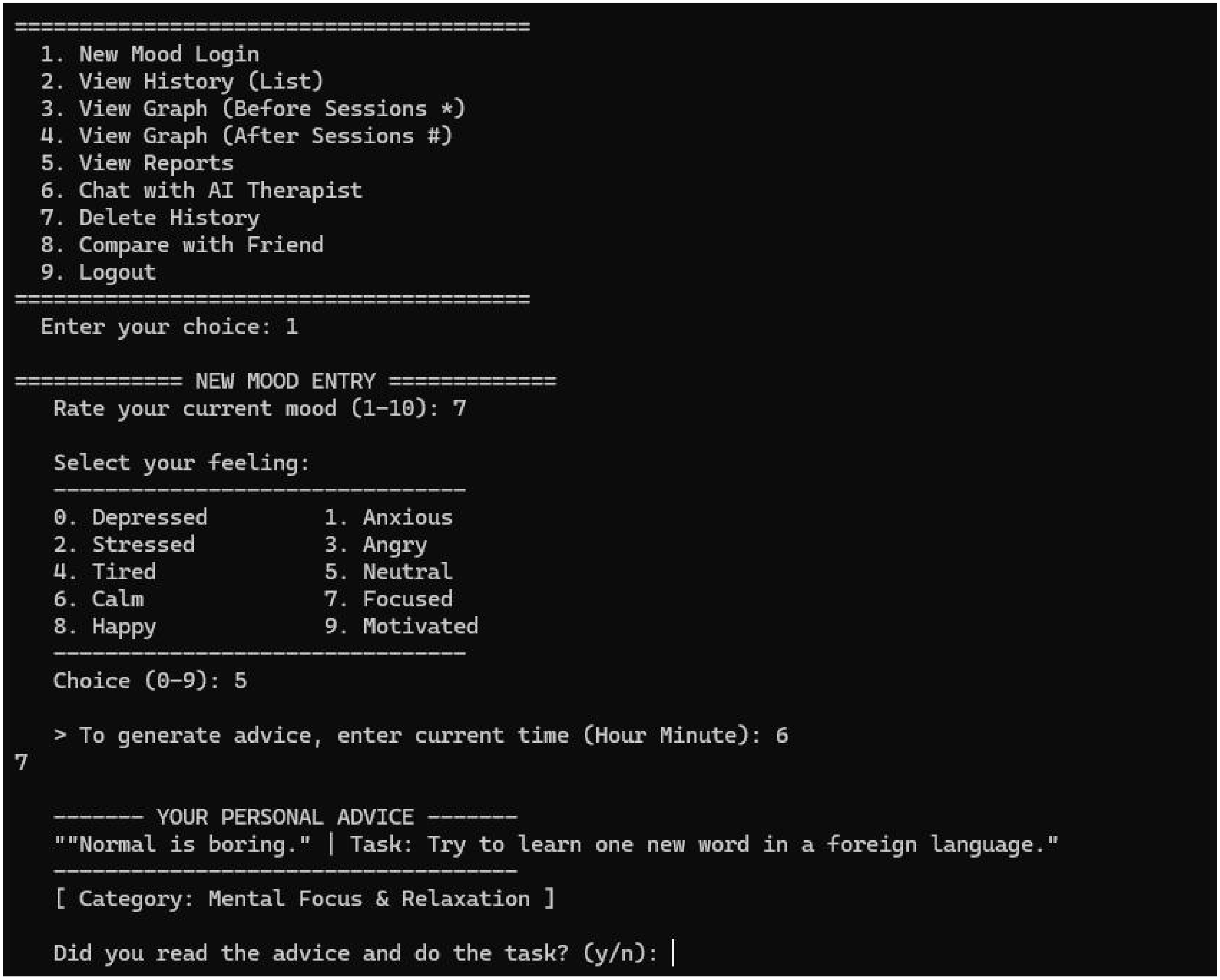


```
------- YOUR PERSONAL ADVICE -------
""Normal is boring." | Task: Try to learn one new word in a foreign language."
------------------------------------
[ Category: Mental Focus & Relaxation ]

Did you read the advice and do the task? (y/n): y

--- POST SESSION CHECK ---
How are you feeling now? (1-10): 8
Rate our advice system (1-5): 4

>> Result: Mood changed from 7 -> 8
```



```
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 1

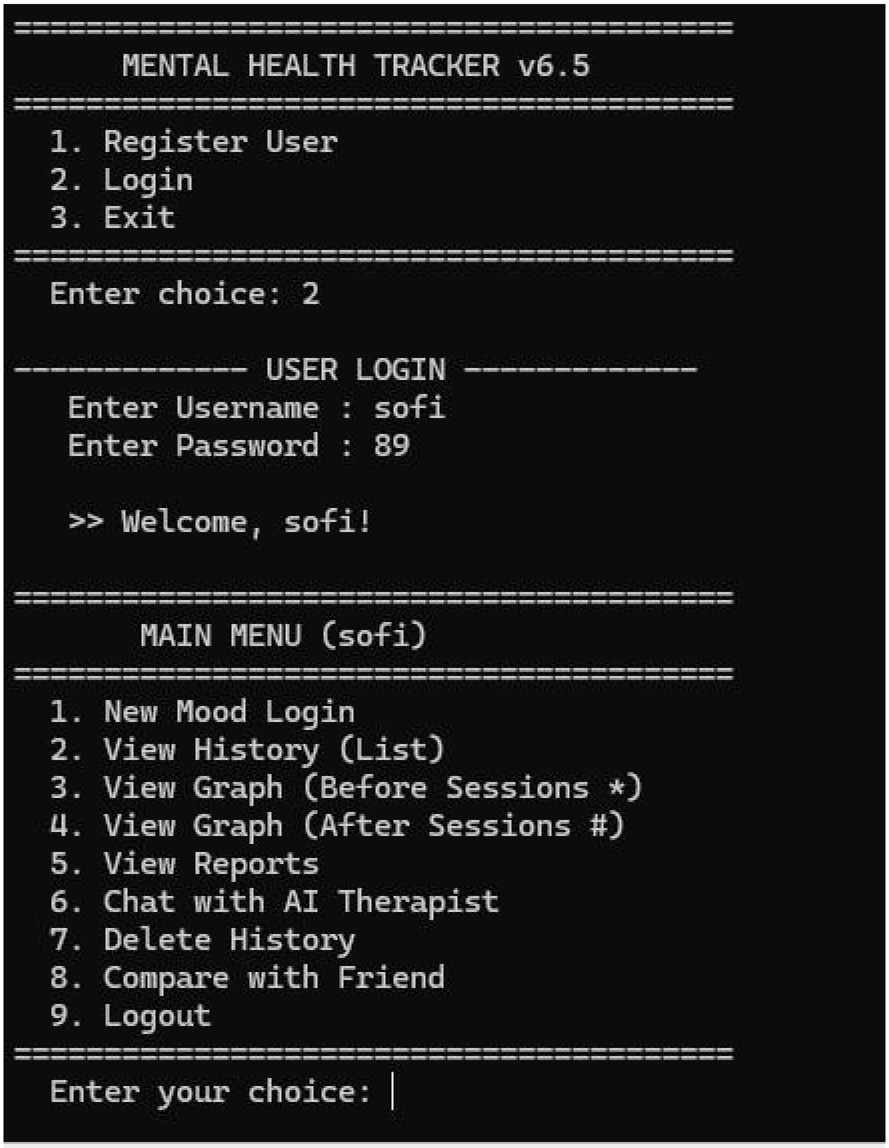
============ NEW MOOD ENTRY ============
   Rate your current mood (1-10): 7

   Select your feeling:
   --------------------------------
   0. Depressed        1. Anxious
   2. Stressed         3. Angry
   4. Tired            5. Neutral
   6. Calm             7. Focused
   8. Happy            9. Motivated
   --------------------------------
   Choice (0-9): 5

   > To generate advice, enter current time (Hour Minute): 6
7

   ------- YOUR PERSONAL ADVICE -------
   ""Normal is boring." | Task: Try to learn one new word in a foreign language."
   ------------------------------------
   [ Category: Mental Focus & Relaxation ]

   Did you read the advice and do the task? (y/n):
```

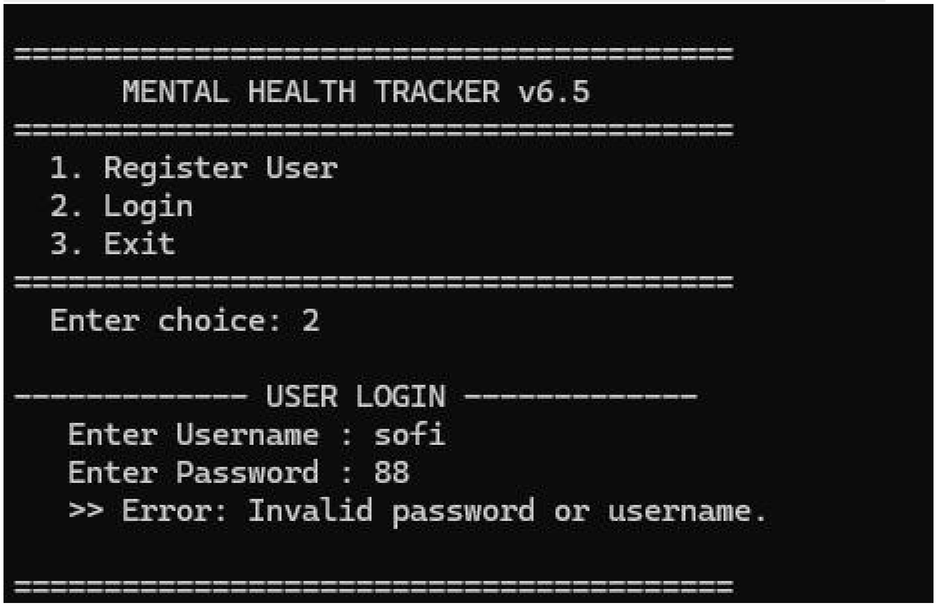


```
========================================
      MENTAL HEALTH TRACKER v6.5
========================================
  1. Register User
  2. Login
  3. Exit
========================================
  Enter choice: 2

------------- USER LOGIN -------------
   Enter Username : sofi
   Enter Password : 89

   >> Welcome, sofi!

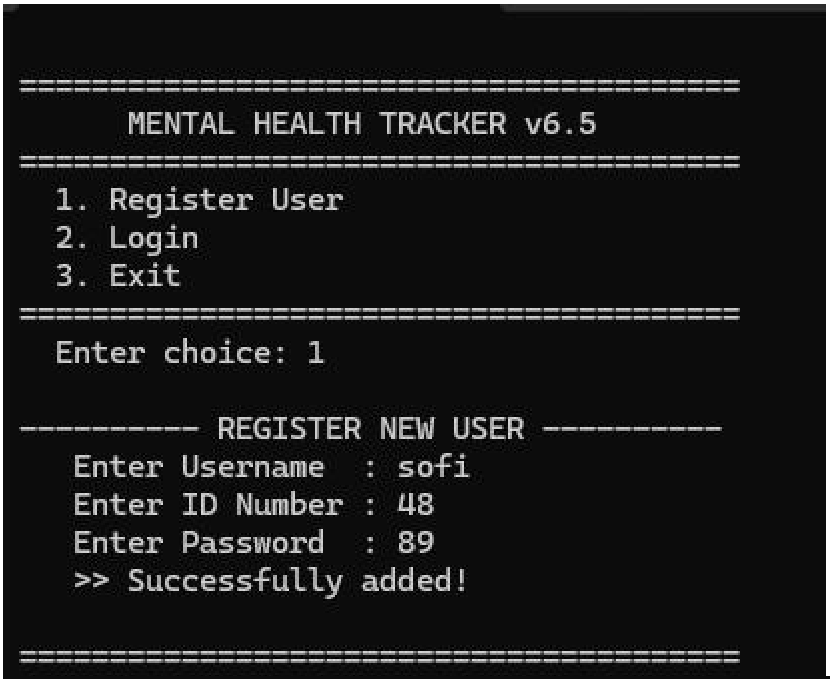
========================================
       MAIN MENU (sofi)
========================================
  1. New Mood Login
  2. View History (List)
  3. View Graph (Before Sessions *)
  4. View Graph (After Sessions #)
  5. View Reports
  6. Chat with AI Therapist
  7. Delete History
  8. Compare with Friend
  9. Logout
========================================
  Enter your choice: 
```



```
========================================
      MENTAL HEALTH TRACKER v6.5
========================================
  1. Register User
  2. Login
  3. Exit
========================================
  Enter choice: 2

------------- USER LOGIN -------------
   Enter Username : sofi
   Enter Password : 88
   >> Error: Invalid password or username.

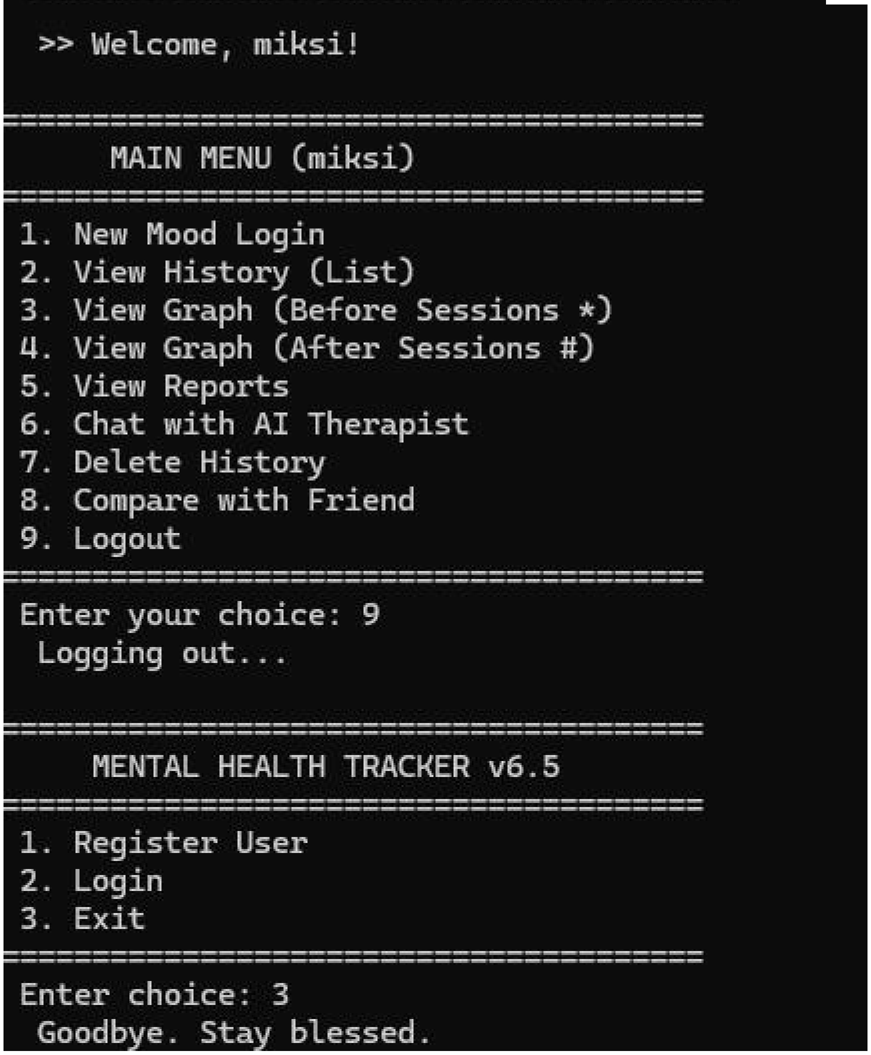
========================================
```



```
========================================
      MENTAL HEALTH TRACKER v6.5
========================================
  1. Register User
  2. Login
  3. Exit
========================================
  Enter choice: 1

---------- REGISTER NEW USER ----------
   Enter Username  : sofi
   Enter ID Number : 48
   Enter Password  : 89
   >> Successfully added!

========================================
```



```
 >> Welcome, miksi!

========================================
     MAIN MENU (miksi)
========================================
1. New Mood Login
2. View History (List)
3. View Graph (Before Sessions *)
4. View Graph (After Sessions #)
5. View Reports
6. Chat with AI Therapist
7. Delete History
8. Compare with Friend
9. Logout
========================================
Enter your choice: 9
 Logging out...

========================================
    MENTAL HEALTH TRACKER v6.5
========================================
1. Register User
2. Login
3. Exit
========================================
Enter choice: 3
 Goodbye. Stay blessed.
```