

MoodTrack

App Concept: MoodTrack

Purpose:

MoodTrack is designed to help users track their emotional well-being and mood patterns throughout the day. It allows users to log their feelings, track mood swings, and receive insights about how their emotions change over time, helping them understand triggers and improve mental health.

Folder Structure

Structure

```
/MoodTrack
|
|— /assets                # Static resources
|   |— /images            # Icons, images (emojicons, charts, etc.)
|   |— /sounds            # Calming sounds or background music
|   |— /themes            # App themes (light, dark)
|
|— /lib                   # Main application logic
|   |— main.dart          # App entry point
|   |— /models            # Data models
|       |— MoodEntry.dart # Represents a daily mood entry
|       |— MoodLog.dart   # Stores a collection of mood entries
|       |— Trigger.dart   # Mood triggers (events, people, etc.)
|       |— Journal.dart   # Journal entries for deeper emotional reflection
|   |— /screens           # Main screens of the app
|       |— HomeScreen.dart # Dashboard (overview of mood trends)
|       |— MoodLogScreen.dart # Log and review daily mood entries
|       |— MoodAnalysisScreen.dart # Visualize mood patterns and triggers
|       |— JournalScreen.dart # Write and review journal entries
|       |— TriggerScreen.dart # Identify and manage mood triggers
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|   |   └─ SettingsScreen.dart # Customize app settings and
preferences
|   └─ /widgets                # Reusable UI components
|   |   └─ MoodCard.dart       # Display mood with emoticons a
nd text
|   |   └─ MoodAnalysisChart.dart # Graphical representatio
n of mood trends
|   |   └─ TriggerCard.dart    # Visual representation of ident
ified triggers
|   └─ /services                # App services
|   |   └─ MoodService.dart    # Manage mood data (logging, u
pdates)
|   |   └─ TriggerService.dart # Manage triggers (events, pe
ople)
|   |   └─ JournalService.dart # Manage journal entries (emo
tional reflection)
|   └─ /utils                  # Helper functions
|   |   └─ MoodUtils.dart      # Functions for analyzing mood
trends
|   |   └─ Constants.dart      # App-wide constants (e.g., moo
d options, reminders)
|
└─ /backend                    # Optional backend services
    └─ /api                    # API endpoints for mood logs, tri
ggers, journal data
        └─ server.js           # Main server file (if using Node.
js)
            └─ /models          # Backend schemas (mood logs, trig
gers)
                └─ /database     # Data storage (e.g., Firebase, Mo
ngodb)
                    └─ /docs     # Documentation
                        └─ README.md # Overview of the app
                            └─ API_Documentation.md # API endpoints for syncing data
                                └─ UX_Wireframes.pdf # Wireframe designs and UI/UX mock
ups
|
└─ /test                    # Unit and integration tests
    └─ MoodTests.dart
    └─ TriggerTests.dart
    └─ JournalTests.dart
|
└─ /config                  # Configuration files
    └─ .env                 # Environment variables
    └─ package.json         # Backend dependencies
    └─ firebase.json        # Firebase configuration

```

Features

1. Mood Log (Daily Tracking)

- Users can log their mood on a scale (e.g., Happy, Neutral, Sad, Anxious, etc.).
- Add specific feelings or emotional states (e.g., stressed, calm, overwhelmed).
- Attach an optional note to explain the mood or feelings experienced throughout the day.

2. Mood Analysis & Trends

- Visualize mood trends over time (daily, weekly, monthly).
- Generate charts showing changes in mood.
- Detect recurring patterns or fluctuations in mood to help identify triggers.

3. Trigger Identification

- Log potential triggers that affect mood (e.g., stressful events, people, time of day).
- Create a list of common triggers for easy reference.
- View a history of identified triggers and their impact on mood.

4. Journal Entries

- Users can write journal entries to reflect on their emotions in detail.
- Attach moods, events, or triggers to the journal entry.
- Review past journal entries to track progress and emotional insights.

5. Reminders & Notifications

- Set reminders for logging moods or writing journal entries.
- Push notifications for consistent mood tracking (e.g., log mood at the end of the day).
- Gentle nudges to encourage users to reflect on their feelings.

6. Emotional Insights

- Receive daily, weekly, or monthly summaries of emotional well-being.
- Insights based on mood data (e.g., "You felt anxious on Mondays" or "You are most relaxed after yoga").

- Recommendations to improve mental health (e.g., "Try journaling about your feelings more frequently").

7. Mood Reminders & Challenges

- Set daily challenges to improve mood (e.g., "Write three positive things today").
- Track progress on these challenges and their impact on overall mood.

8. Mood Patterns Over Time

- Explore changes in mood based on different variables like sleep patterns, time spent with others, or work-related stress.
- Create a correlation between the user's environment and their mood patterns.

9. Integration with Other Apps

- Sync with fitness trackers for mood tracking based on physical activity levels.
- Sync with calendar events to review how scheduled events or activities impact mood.

10. Goal Setting

- Set emotional goals, like reducing stress or increasing joy.
- Track progress toward achieving emotional wellness goals (e.g., "Be more mindful" or "Reduce anxiety levels").

11. Personalized Emotional Coaching

- Provide personalized suggestions based on mood analysis, such as breathing exercises, mental wellness tips, or relaxation techniques.

12. Export Data & Reports

- Export mood logs, journal entries, and insights into PDF or CSV for sharing or record-keeping.
- Generate detailed reports based on mood trends and triggers for review.

Additional Ideas:

• Mood Sharing

Users could share their mood logs or journal entries with close friends or mental health professionals for feedback and support.

- Create a "support circle" for mutual encouragement.

• Mood-Based Music Suggestions

Integrate a music feature that recommends calming, energizing, or focus-enhancing music based on the user's current mood.

- **Voice Memo Journaling**

Add an option for voice-based journal entries where users can speak their emotions and thoughts, which can be transcribed.

- **Affirmations & Positive Quotes**

Daily inspirational quotes or affirmations can help uplift users based on their current emotional state.

- **Group Mood Tracking**

Track group moods for families, work teams, or friend circles, showing how collective emotions influence group dynamics.
