

MoodScape

App Concept: MoodScape

Purpose:

A mood-tracking and self-reflection app designed to help users monitor their emotional well-being, recognize patterns in their moods, and gain insights into what drives their emotions. It integrates journaling, mood analytics, and mindfulness exercises.

Folder Structure

Structure

```
/MoodScape
|
├── /assets                # Static resources
|   ├── /images           # Emojis, icons, backgrounds
|   ├── /audio            # Meditation tracks, soothing sounds
|   └── /themes            # Mood-based themes for UI
|
├── /lib                  # Main application logic (Flutter or modular architecture)
|   ├── main.dart         # App entry point
|   ├── /models           # Data models
|   │   ├── MoodEntry.dart # Stores individual mood entries
|   │   ├── JournalEntry.dart # Stores journal data
|   │   └── UserProfile.dart # Stores user preferences and mood patterns
|   ├── /screens          # Main screens of the app
|   │   ├── DashboardScreen.dart # Overview of mood trends
|   │   ├── AddMoodScreen.dart   # Add new mood entries
|   │   ├── JournalScreen.dart   # View and write journal entries
|   │   ├── InsightsScreen.dart  # Analytics on mood patterns
|   │   └── MindfulnessScreen.dart # Guided exercises for mindfulness
|   └── SettingsScreen.dart     # Customization and reminders
|
├── /widgets              # Reusable UI components
|   ├── MoodSelector.dart    # Emoji-based mood selector
|   └── JournalCard.dart      # Preview of journal entries
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s
|  |  |— AnalyticsGraph.dart    # Visual mood trend graphs
|  |  |— QuoteWidget.dart      # Daily inspirational quote
s
|  |  |— ProgressBar.dart      # Emotional stability indic
ator
|  |  |— MindfulnessWidget.dart # Timer and audio player f
or exercises
|  |— /services                # App services
|  |  |— MoodService.dart      # Add, edit, delete mood en
tries
|  |  |— JournalService.dart   # Save and retrieve journal
entries
|  |  |— AnalyticsService.dart # Generate mood insights
|  |  |— NotificationService.dart # Daily mood check-ins
|  |— /utils                  # Helper functions
|  |  |— DateUtils.dart        # Handle dates for mood hist
ory
|  |  |— ColorUtils.dart       # Dynamic colors based on mo
od
|  |  |— Constants.dart        # App-wide constants (e.g.,
mood levels)
|
|— /backend                    # Optional backend services
|  |— /api                    # API endpoints for mood history a
nd journals
|  |— server.js                # Main server file (if using Node.
js)
|  |— /models                  # Backend schemas (moods, journal
s, users)
|  |— /services                # Data analysis or mindfulness exe
rcises
|  |— /database                # Data storage (e.g., Firebase, Mo
ngoDB)
|
|— /docs                      # Documentation
|  |— README.md                # Overview of the app
|  |— API_Documentation.md    # API endpoint details
|  |— UX_Wireframes.pdf        # Wireframe designs
|
|— /test                      # Unit and integration tests
|  |— MoodTests.dart
|  |— JournalTests.dart
|  |— AnalyticsTests.dart
|
|— /config                    # Configuration files
|  |— firebase.json            # Firebase configuration

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|— .env          # Environment variables
|— package.json  # Backend dependencies
```

Features

1. Mood Tracking

- Log daily moods using emojis and short tags.
- Add notes to explain why you're feeling a certain way.

2. Journaling

- Write journal entries to reflect on your thoughts and emotions.
- Tag entries with moods for easy categorization.

3. Mood Analytics

- Visualize your mood patterns over days, weeks, and months.
- Gain insights into triggers and events affecting your mood.

4. Mindfulness Exercises

- Access guided meditation and breathing exercises.
- Listen to soothing sounds for relaxation.

5. Reminders and Streaks

- Get daily reminders to check in on your mood or journal.
- Build streaks for consistent mood tracking and mindfulness.

6. Inspirational Quotes

- Receive daily motivational quotes to uplift your mood.

7. Themes and Personalization

- Choose mood-based themes or create custom designs.

8. Data Backup and Sync

- Save your data securely to the cloud for access across devices.
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