

# MENTAMIND TECHNOLOGIES PRIVATE LIMITED

Task Assignment — Rishi

Role: Product & Experience Intern (Wellness Programs)

## Week 1: Guided Meditation Program & Wellness Website Build

Objective:

Design, build, and launch the first working version of Mentamind's

Exclusive Guided Meditation & Lifestyle Program website & web interface

### DAY 1 — Product & Program Architecture

Strategy & Program:

- Study Mentamind's mission, audience & positioning
- Define 3 core user personas
- Design full Guided Meditation & Lifestyle Program Structure:
  - Anxiety
  - Focus
  - Emotional healing
  - Sleep
  - Confidence
  - Lifestyle reset

Deliverables:

- Program architecture document
- User persona profiles
- Program module map

### DAY 2 — Curriculum & Experience Design

Content & UX:

- Create 30-day meditation + lifestyle curriculum
- Define daily flow:
  - Meditation audio

- Reflection prompt
- Lifestyle task
- Mood & habit tracking
- Map complete user journey:

Landing → Program → Daily Session → Dashboard → Retention

Deliverables:

- 30-day curriculum
- User journey map
- Feature list

### DAY 3 — Website Planning & UI Design

Web Architecture:

- Create full website sitemap:
  - Home
  - Programs
  - Daily Session
  - Dashboard
  - Journal
  - Pricing
  - Login / Signup

UI/UX:

- Wireframe all pages (desktop + mobile)
- Finalize design direction & color usage (Mentamind brand)

Deliverables:

- Sitemap
- Wireframes
- UI flow document

### DAY 4 — Website Development Sprint

## Development:

- Build live website (Next.js / React / Webflow / WordPress — approved stack)
- Implement:
  - Authentication
  - Meditation player
  - Dashboard layout
  - Journal input
  - Mood & habit tracker

## Deliverables:

- Live development URL
- Feature implementation checklist

## DAY 5 — Content Integration & Testing

## Execution:

- Upload program content
- Connect tracking features
- Test:
  - User onboarding
  - Daily session flow
  - Dashboard performance

## Deliverables

- Functional MVP
- QA & bug report

## DAY 6 — Monetization & Engagement Layer

## Business + Growth:

- Implement:
  - Free trial logic
  - Subscription structure
  - Engagement triggers
  - Retention hooks

Deliverables:

- Monetization setup
- Engagement & retention plan

## DAY 7 — Final Review & Launch Prep

Final Output:

- Website demo & walkthrough
- Product & experience report:
  - What's live
  - What's broken
  - What's next

Deliverables:

- Working website
- Final documentation
- Week-1 performance summary

## Mandatory Artifacts

- Program design docs
- Website wireframes
- Source code / CMS access
- Live URL
- UX & testing reports
- Monetization & engagement strategy