AI Mental Fitness Tracker

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***Abstract*—This paper presents a study on developing an AI-powered mental fitness tracker for working individuals and students to track and improve their mental health and well-being. The study investigates how machine learning (ML) techniques can be used to analyze various data sources, including work or school related stressors, schedule, and physical activity, to provide personalized insights and recommendations. Data for the study were collected using mobile apps, wearables, and online surveys from working individuals and students interested in tracking their mental health and well-being. The data were used to train the mental fitness tracker using state-of-the-art ML algorithms. Results show that the mental fitness tracker provides personalized insights and recommendations that improve the mental health and well-being of working individuals and students.**

Keywords— mental fitness tracker, machine learning, working individuals, students, personalized recommendations

I. INTRODUCTION

Mental health and well-being are critical for overall health and productivity, particularly for working individuals who are often faced with high levels of stress and pressure. Digital tools, such as mental health apps, have become increasingly popular, and advancements in AI technology have made it possible to develop intelligent mental fitness trackers that can help individuals track and improve their mental health. This paper investigates the development of an AI-powered mental fitness tracker for working individuals and students to track and improve their mental health and well-being. The study aims to investigate how machine learning (ML) techniques can be used to analyze various data sources, including work or school related stressors, work schedule, and physical activity, to provide personalized insights and recommendations.

II. LITERATURE REVIEW

The research in the field of ML has demonstrated that these techniques can be used to analyze various data sources, including mood logs and sleep patterns, to provide personalized insights and recommendations to improve mental health and well-being. Working individuals and students are often faced with high levels of stress and pressure that can impact their mental health and well-being. Therefore, the use of mental fitness trackers that incorporate work-related stressors and work or school schedule as key features can provide personalized insights and recommendations to improve mental health and well-being.

III. METHODOLOGY

The data for this research project were collected from working individuals and students who were interested in tracking their mental health and well-being. The data included work and school related stressors, work schedule, physical activity data, mood logs, and other relevant data sources. The data were collected using a variety of methods, including mobile apps, wearables, and online surveys. The data were used to train the mental fitness tracker using state-of-the-art ML algorithms, such as deep learning and clustering algorithms. The mental fitness tracker provided personalized insights and recommendations to help working individuals and students improve their mental health and well-being.

IV. RESULTS

Results of the study showed that the mental fitness tracker provided personalized insights and recommendations that improve the mental health and well-being of working individuals and students. The mental fitness tracker was able to identify patterns and trends in the user's mental health and provide recommendations, such as stress-reducing activities or exercise, to improve mental well-being.

V. CONCLUSION

This study contributes to the research in the field of AI and mental health by investigating the use of ML techniques in developing a mental fitness tracker that can provide personalized insights and recommendations to improve mental health and well-being for working individuals. By incorporating work-related stressors and work schedule as key features, the mental fitness tracker provides working individuals with personalized insights and recommendations to improve their mental health, well-being and performance.

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