Title   :   BetterU: Productivity and Well-Being Application

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Abstract

BetterU mobile application is a system designed to address issues of social isolation, cognitive overload and poor task management commonly faced by students and office workers. By providing solutions to these issues, the productivity and well-being of users can be effectively improved. BetterU consists of five key modules, namely Goal Assistance, Time Usage Tracker, Anonymous Community, Personal Chat and Report modules. The combination of these modules offers users an intelligent task scheduling system, a secure communication platform and personalized insights.

The literature review has identified the target market and technologies used in BetterU, including Flutter and Dart for cross-platform development, Python with FastAPI for backend services, Google Firebase for cloud storage, and AI algorithms such as Vosk, Whisper and spaCy for natural language processing, task categorization and scheduling optimization. In addition, a feasibility study was conducted to evaluate the project's technical, economic and operational feasibility.

The project applies the Incremental development model to ensure continuous refinement through requirement gathering, functional specification and supervisor feedback. From the requirement analysis perspective, both functional and non-functional requirements were collected, and various system design diagrams were prepared, including sequence, activity, entity relationship, class, data dictionary, report design and deployment architecture diagrams.

Implementation and testing were carried out for all major modules, including speech-to-text processing, NLP-based task extraction, NFC-enabled task tracking and community communication features. Integration testing was applied to validate the correctness, reliability and usability of the system.

Finally, the project highlights its achievements and contributions by demonstrating how BetterU successfully integrates AI-driven task management with anonymous social engagement. Limitations, improvement opportunities and lessons learned are also discussed. Overall, BetterU demonstrates a practical, scalable and user-friendly solution to improve time management, productivity and emotional well-being among students and office workers.