Business Requirements Document (BRD)

1. Project Title:

A Holistic Health and Wellness Tracking System

2. Background and Problem Statement

Modern life often complicates efforts to maintain a healthy lifestyle, with busy schedules making it difficult to track and balance physical activity, diet, and mental health. For example, a busy professional may find it challenging to keep track of their daily exercise, maintain a balanced diet, and manage stress. Without a comprehensive tool to monitor these aspects, individuals may struggle to identify patterns and make informed decisions about their health. Existing health apps often focus on isolated aspects like diet tracking or workout logging, leaving users without a holistic view of their overall well-being.

3. Business Objective

The objective of this project is to develop a full-stack health and wellness tracking application that allows users to:

- Monitor daily physical activities

- Log meals and track nutritional intake

- Record mental health status through journaling and mood logs

- View summaries and health trends via dashboards

- Set reminders for health-related activities

The solution will empower users to take holistic control over their well-being by providing a unified interface that is accessible and insightful.

4. Scope

- This project involves developing a full-stack Health and Wellness Tracking application that allows users to register, log in, and manage their daily physical activities, meal intake, water consumption, and mental health reflections.

- Users can view personalized dashboards with visual summaries and analytics of their health data, and set reminders for key wellness habits.

- The application will feature JWT-based authentication, responsive UI, and a modular, maintainable codebase designed for future scalability.

5. Functional Requirements

Feature	Description
User Management	Register, log in/out, manage profile (age, weight, etc.)
Activity Tracking	Log daily exercise with type, duration, calories
Meal Tracking	Add meals with nutritional data, track water intake
Mood Tracking	Log daily mood, notes or reflections
Dashboard	Overview of physical, dietary, and emotional health
Reminders	Set custom alerts for hydration, meals, workouts
Security	Secure login, JWT token-based access control

6. Non-Functional Requirements

Requirement	Details
Performance	Fast page load and low API latency
Scalability	Capable of handling growing number of users
Security	Use hashed passwords, secure JWT, input validation
Usability	Clean UI, mobile responsive, accessible design
Maintainability	Modular codebase with Angular/React components and RESTful backend architecture

7. Target Audience

- Working professionals

- Health-conscious individuals

- Fitness enthusiasts

- Mental health and wellness communities

5. Use Case Diagram