**💡 Concept Proposal (AI-Powered Solution)**

**Name:** *MindMate Quest*  
**Tagline:** *Level up your mind, one quest at a time.*

**Problem**

Students (and even adults) struggle with:

* Staying consistent with studying/revision.
* Managing stress/mental wellness.
* Feeling motivated over the long term.

**Solution**

An **AI-powered gamified study & wellness assistant** that:

* Uses **AI (LLMs like Gemini/GPT)** to adaptively generate study quizzes, summaries, or flashcards from user notes.
* Has **daily quests** like:
  + *“Do 2 study sessions today”*
  + *“Write a quick gratitude note”*
  + *“Beat yesterday’s focus timer”*
* Rewards users with **XP, streaks, and badges**.
* Features a **progress map** (like a skill tree or a journey through levels).
* Gentle **AI mental check-ins**: “How are you feeling today?” → Suggests a quick mindfulness tip.

**🎮 Gamification Mechanics**

* **Points & XP:** Each completed study session / check-in = XP.
* **Streaks:** Maintain daily/weekly consistency.
* **Levels & Unlocks:** Unlock new themes, avatars, or productivity boosters.
* **Badges:** e.g., *Night Owl* (studied after 8PM), *Focus Master* (3× 25-min Pomodoros).
* **Progress Map:** Visual journey across “worlds” (Study Island, Wellness Forest, etc.).

**⚙️ Technical Execution**

* **Frontend:** Flask + simple HTML/CSS/JS.
* **Backend:** Python.
* **AI integration:**
  + Google Gemini API (for Q&A, summaries, adaptive quizzes).
  + Sentiment analysis (to adapt mood check-ins).
* **Gamification tracking:** SQLite/Postgres for XP, streaks, quests.
* **Demo-friendly:** Mock data for user sessions (no real PII).