

### BACKGROUND

In today's world, people are met with challenges that make it difficult to maintain a balanced life. These challenges can range from personal, and professional responsibilities and stress on one's mental, emotional and financial well being. This is where PennyPulse emerges a guiding light. PennyPulse provides an integrative experience that helps users monitor their mental health, manage their emotions, and maintain financial stability. With PennyPulse, users have access to an app where they can empower the quality of their life.



PennyPulse App Logo

### RESEARCH GOALS

1. Find a way to help individuals maintain equilibrium with the multitude of challenges of daily life.
2. Create a platform that provides insights into various aspects of an individual's life, and also empowers them with resources and tools to foster positive change and make informed decisions.
3. Develop an application that provides users with a rich interface that provides an integrative experience that is advanced and easy to navigate.

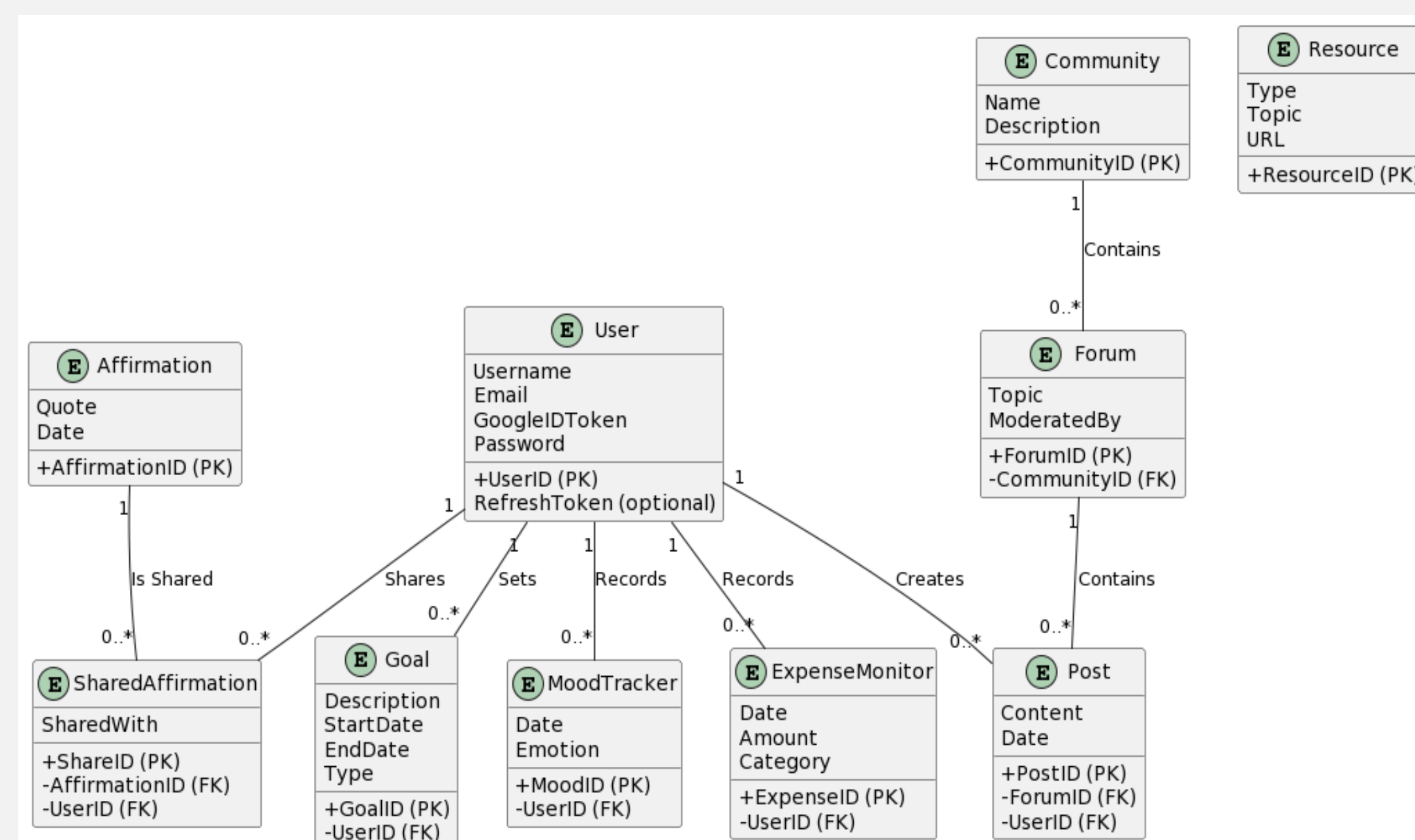
### PROJECT OBJECTIVES

1. Implement daily mood tracking that monitors a user's mood to improve one's mental health.
2. Implement expense monitoring to help users make informed financial decisions.
3. Allow users to set goals and objectives with goal setting.
4. Offer a source of motivation with motivational affirmations to give users a sense of ambition.
5. Implement a resource hub to give users access to information and resources.
6. Provide community interaction where users can interact and engage with each other for shared experiences.

### TECHNICAL APPROACH

Here is the technical approach to implement PennyPulse's features and functionality:

- Programming Languages and Frameworks: Swift, Plaid, Firebase, HTML, CSS, Flask
- Modern, intuitive UI/UX using Swift's widget library
- Storing real-time data like mood entries and expenses with Firebase Firestore Database
- Options for email/password, Google Sign-In, and Facebook using Sign-In/Firebase Authentication
- Real-time chat enabled by Firebase Realtime Database
- Admin dashboard for managing articles, videos, and podcast content in the Resource Hub
- Cloud Firestore for storing structured data like articles, user profiles, and community posts

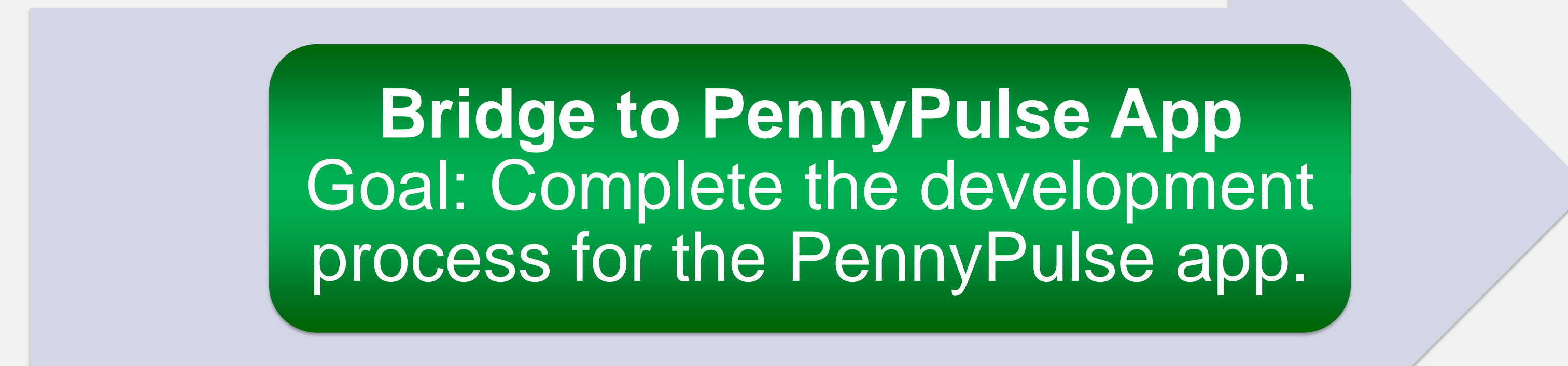


### TEAM MEMBERS

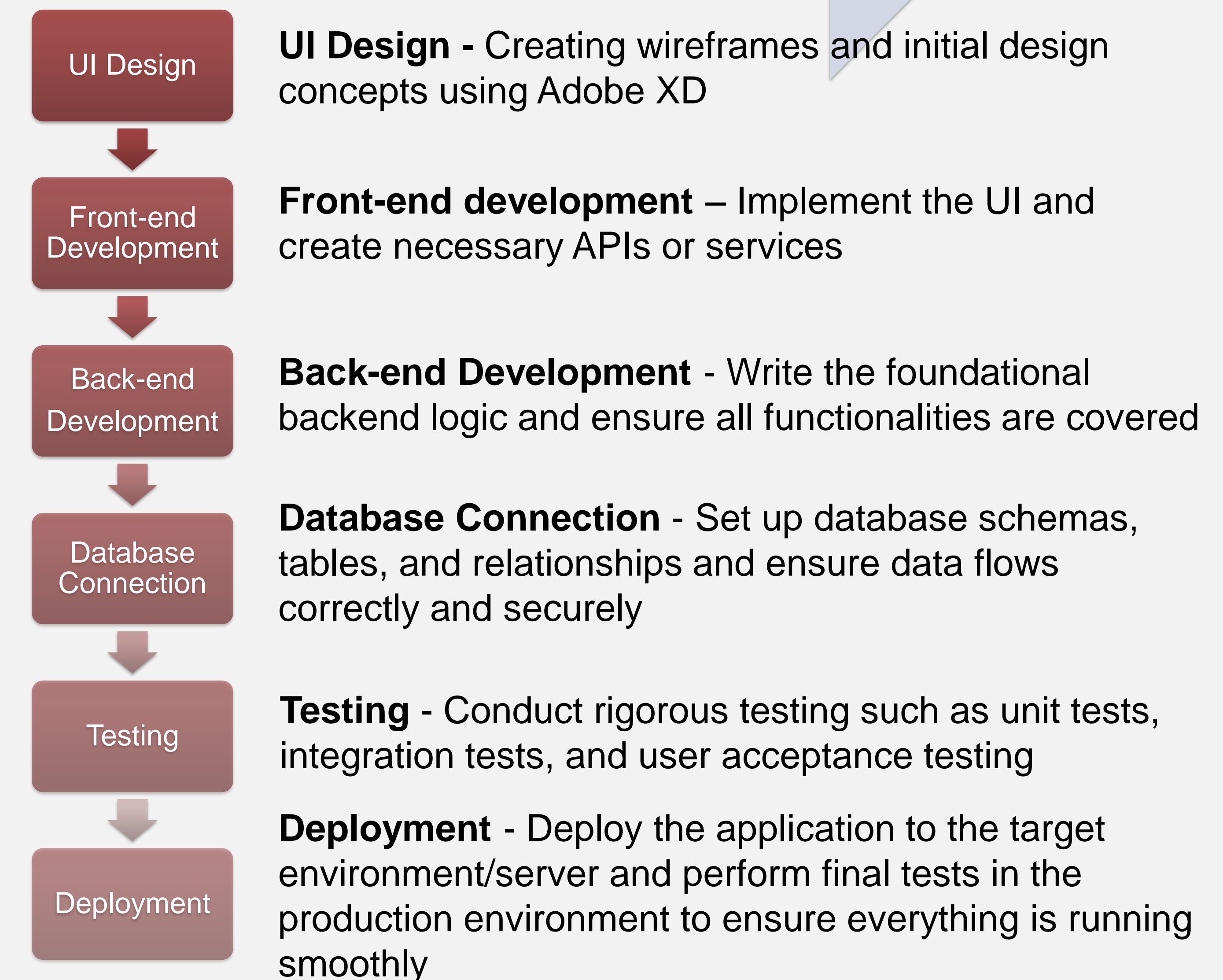
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### BRIDGE MODEL

#### Horizontal Development Process



#### Vertical Development Process



### PROJECT GOALS

Here are the project's goals:

- Create a mobile application that helps individuals maintain a balanced and more positive life and gives them a sense of empowerment
- Implement a rich and intuitive UI/UX design and interface
- Allow users to engage with each other and share useful information and resources
- Provide modern and innovative state-of-the-art technology that aims to help users make better decisions to improve their daily life

*Coming Soon!*

