**AI-Powered Mental Health Tracker**

**Project Requirement Document**

**Project Overview**

An AI-powered web application that helps users track their mental health through mood logs, journaling, and AI-generated insights. Users authenticate using a magic link via email. The backend integrates Supabase for authentication and MongoDB for data storage. AI features are orchestrated via n8n workflows. The app is deployed using CI/CD pipelines on Vercel.

**Goals**

* Help users monitor and reflect on their mental health.
* Provide AI-generated summaries or suggestions based on mood entries.
* Offer secure, frictionless login via magic link.
* Ensure high availability and fast performance using Vercel

**Key Features**

* **Magic Link Login:** Password less email authentication using Supabase
* **Mood Tracker:** Users log daily mood and select emotions
* **Journal Entries:** Daily logs with optional free text
* **AI Insights:** n8n triggers AI (e.g., OpenAI) to summarize mood trends or give suggestions
* **Dashboard:** Overview of past entries, mood trends, and insights
* **CI/CD Deployment:** Automated deployment pipeline via Vercel
* **Database:** Supabase (Auth) + MongoDB (Data)

**Tech Stack**

* Frontend: Next.js + Tailwind CSS
* Backend: Supabase (auth) + MongoDB (data)
* AI Logic: n8n workflows using OpenAI API
* Hosting: Vercel with GitHub CI/CD
* Auth: Supabase Magic Link
* Database: MongoDB Atlas

**User Roles**

* User: Can log in, track mood

**Non-Functional Requirements**

* Fast response time (<=300ms AI response via n8n)
* Uptime 99.9%
* Encrypted user data (end-to-end)
* Mobile-responsive design

**Assumptions**

* Users prefer minimal setup (email-only auth).
* AI recommendations should be optional and supportive, not diagnostic.
* Data privacy is paramount (GDPR/PK-specific compliance optional but encouraged).

**Success Metrics**

* Daily Active Users (DAU)
* Avg. weekly journal entries per user
* AI insight engagement rate
* Login success rate via magic link

**Wireframe Overview**

**1. Login Page**

* 📧 Email Input Field
* 🔗 “Send Magic Link” Button
* 🔄 Spinner during verification
* ✅ Confirmation: “Check your email for the login link”

**2. Dashboard (Post-login)**

* 📊 Mood Summary Widget (e.g., past week average mood)
* 📅 Calendar View (mood heatmap)
* 🧠 AI Insight Card ("You’ve been feeling anxious lately. Here's a breathing tip...")
* ✍️ “New Entry” Button

**3. New Entry Page**

* 😄 Emoji-style Mood Selector (1–5 scale)
* 📋 Tags/Emotion Picker (e.g., “anxious”, “tired”)
* 📝 Journal Text Area
* 💡 Optional: “Let AI summarize this” toggle
* ✅ Save Button

**4. AI Summary Page**

* Shows AI-generated insight:
  + Trend analysis ("You've felt better on weekends")
  + Suggestions ("Try meditating 5 mins daily")
  + Mood word cloud

**5. Settings/Profile**

* User Email
* Logout
* Dark Mode Toggle (optional)