



LIFE Matrix Project

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[Repo Linked here](#)

Daily SMS Daily at 7 a.m.



Daily SMS scheduled via **Twilio**



Two response channels implemented:

Text it back
Via a link



Three tiers of feedback given

Amazing
Good progress
It's okay to have a rough day



Weekly progress stored and tracked for each user

🌟 Daily Life Check-in 🌟

How was your day yesterday? Please rate each area (1-10):

- 1 Joy: How much joy did you get?
- 2 Achievement: How much achievement did you get?
- 3 Meaningfulness: How much meaningfulness did you get?
- 4 What influenced your ratings most? (free text)

Reply with your scores like:
"8,7,9,Spent time with family"

Or visit: <http://localhost:3001/survey>

Thank you for participating!



📊 Your Daily Scores:
Joy: 9/10
Achievement: 8/10
Meaningfulness: 9/10
Average: 8.7/10

📈 Weekly Progress:
Joy: 52
Achievement: 48
Meaningfulness: 51

👏 Amazing! You're thriving!
Keep up the great work!

📊 Your Daily Scores:
Joy: 6/10
Achievement: 7/10
Meaningfulness: 6/10
Average: 6.3/10

📈 Weekly Progress:
Joy: 38
Achievement: 42
Meaningfulness: 39

👏 Good progress! You're on the right track!

📊 Your Daily Scores:
Joy: 3/10
Achievement: 4/10
Meaningfulness: 3/10
Average: 3.3/10

📈 Weekly Progress:
Joy: 21
Achievement: 24
Meaningfulness: 22

😞 Remember, it's okay to have tough days. Today is a new opportunity!

Dashboard Landing Page

LIFE Matrix

Admin Passv

Admin Login

Daily SMS Survey & Feedback System

Track your daily joy, achievement, and meaningfulness with automated SMS surveys and beautiful visualizations.

Admin Dashboard →

Demo the System

Try out the survey system with sample data

User Dashboard

View sample user dashboard with charts and progress tracking

Survey Form

Try the survey form that users see when they click the SMS link

Admin Panel

Explore the admin dashboard for managing users and campaigns

User Dashboard

Welcome back, John Doe!

Here's your daily life tracking dashboard

J

Weekly Joy
12

A

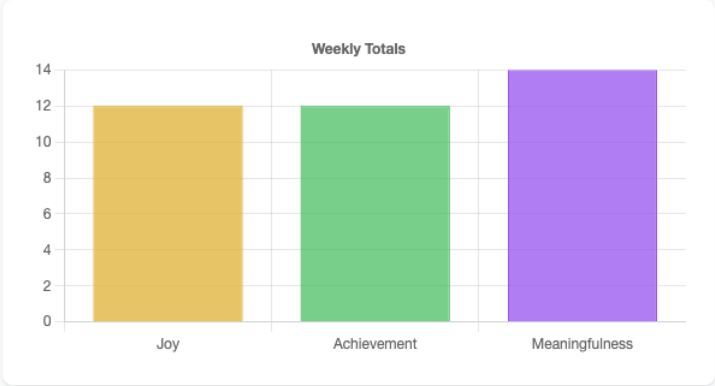
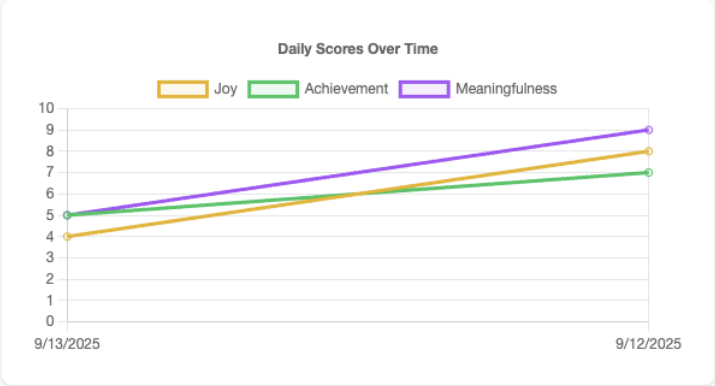
Weekly Achievement
12

M

Weekly Meaningfulness
14

T

Total Responses
2



Recent Responses				
9/13/2025	"k"	4	5	5
		Joy	Achievement	Meaningfulness
9/12/2025	"Had a great day with family"	8	7	9
		Joy	Achievement	Meaningfulness

Survey Form

Daily Life Check-in

How was your day yesterday? Please rate each area (1-10):

🌟 Joy: How much joy did you get from your day yesterday?

1 10 **5**

🎯 Achievement: How much achievement did you get from your day yesterday?

1 10 **5**

💖 Meaningfulness: How much meaningfulness did you get from your day yesterday?

1 10 **5**

💬 What was one thing that influenced your ratings the most?

Share what made the biggest impact on your day...

Submit Response

Your Scores:

5

Joy

5

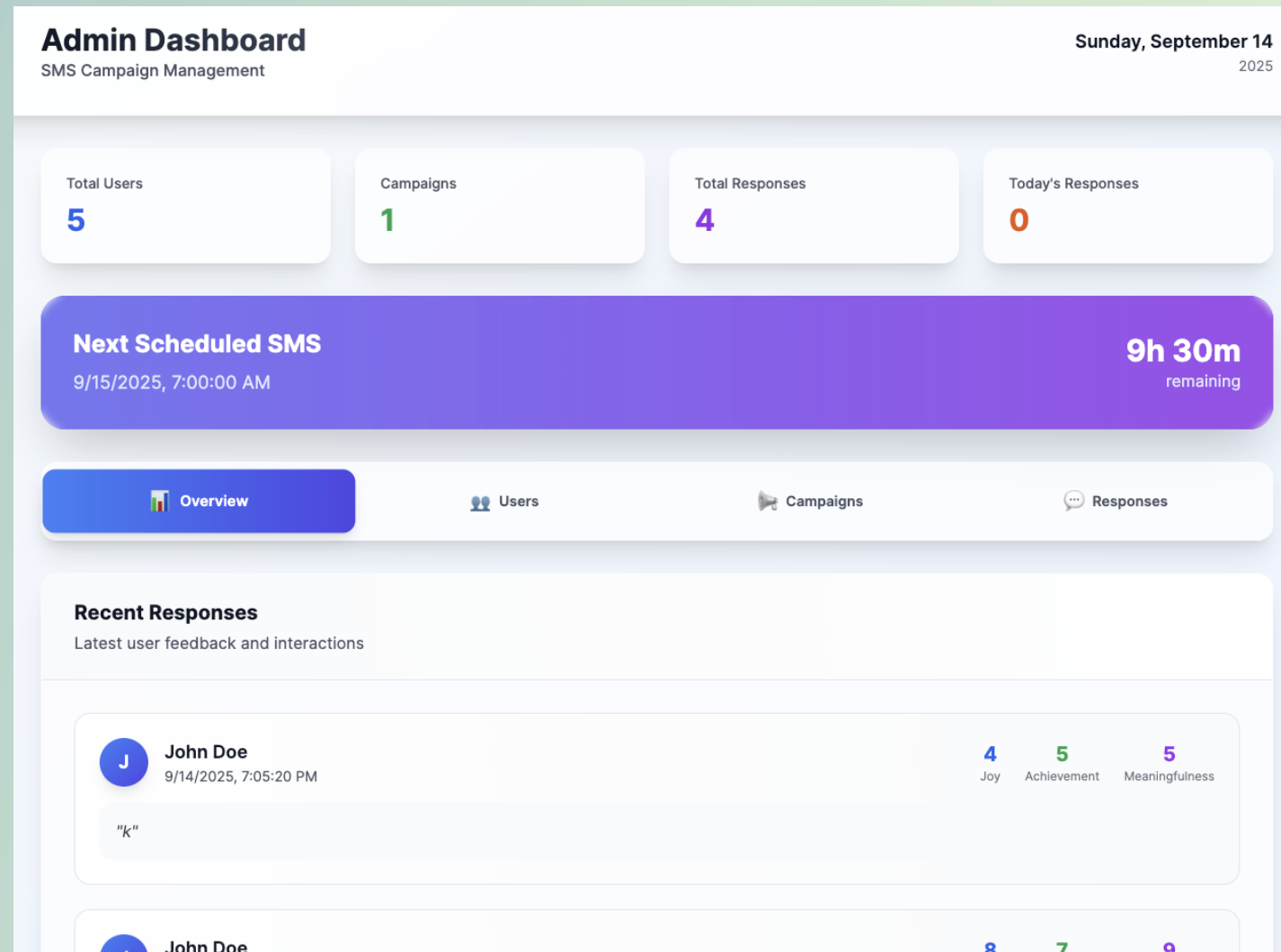
Achievement

5

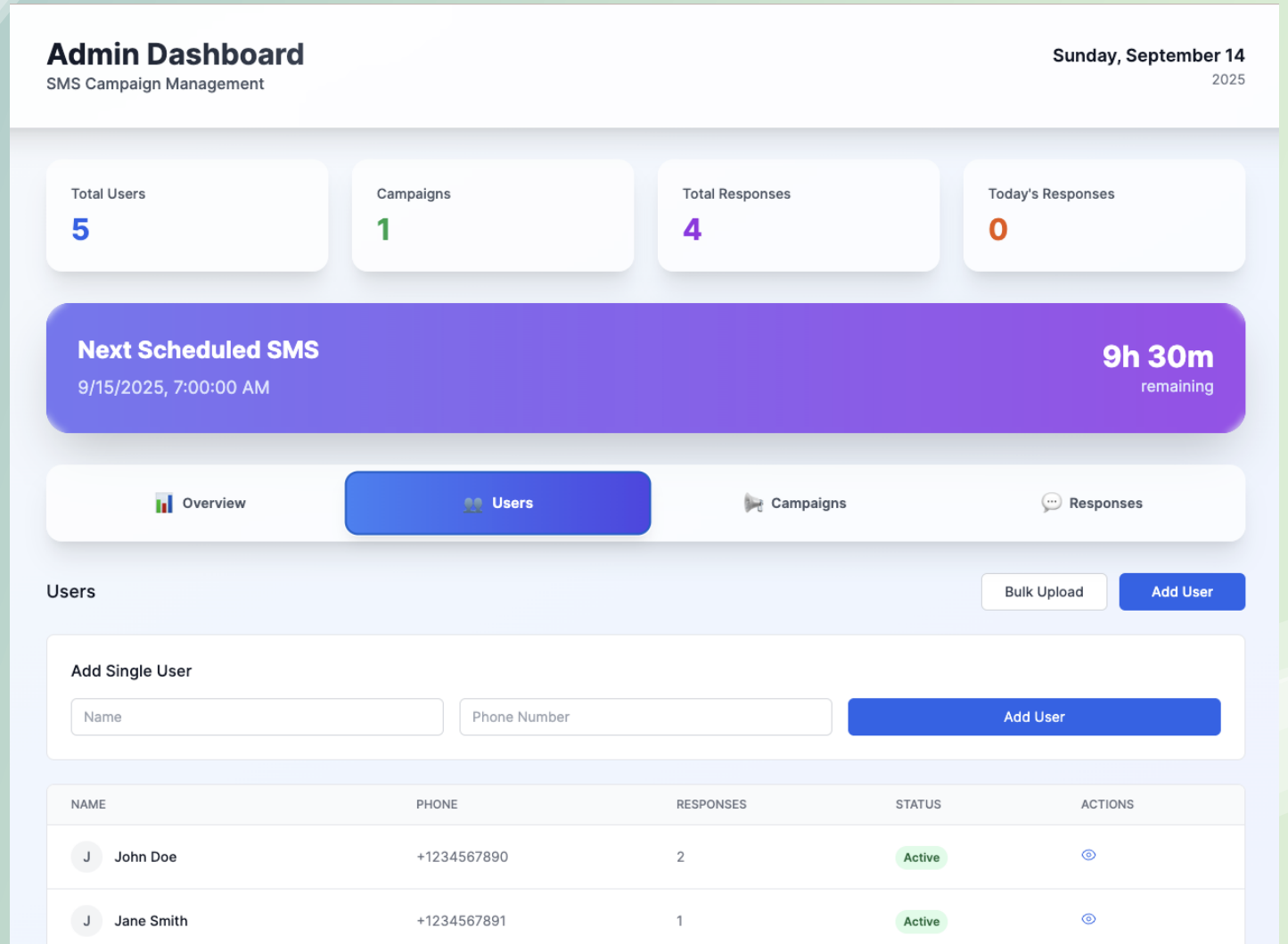
Meaningfulness

Average: 5.0/10

Admin Dashboard - Overview



Admin Dashboard – User Management



Admin Dashboard – Campaign Management

Admin Dashboard

SMS Campaign Management

Sunday, September 14

2025

Total Users

5

Campaigns

1

Total Responses

4

Today's Responses

0

Next Scheduled SMS

9/15/2025, 7:00:00 AM

9h 30m

remaining

 Overview

 Users

 Campaigns

 Responses

Campaigns

[+ Create Campaign](#)

Life Matrix Pilot

9/13/2025 - 9/20/2025

20 responses • 5 users

Active



Admin Dashboard — Response Analytics

Admin Dashboard

SMS Campaign Management

Sunday, September 14

2025

Total Users

5

Campaigns

1

Total Responses

4

Today's Responses

0

Next Scheduled SMS

9/15/2025, 7:00:00 AM

9h 30m

remaining

 Overview

 Users

 Campaigns

 Responses

Responses

 Export CSV

Filters

All Campaigns

All Users

mm/dd/yyyy

Apply

USER	CAMPAIGN	DATE	JOY	ACHIEVEMENT	MEANINGFULNESS	FEEDBACK
John Doe	Life Matrix Pilot	9/13/2025	4	5	5	k
John Doe	Life Matrix Pilot	9/12/2025	8	7	9	Had a great day with family