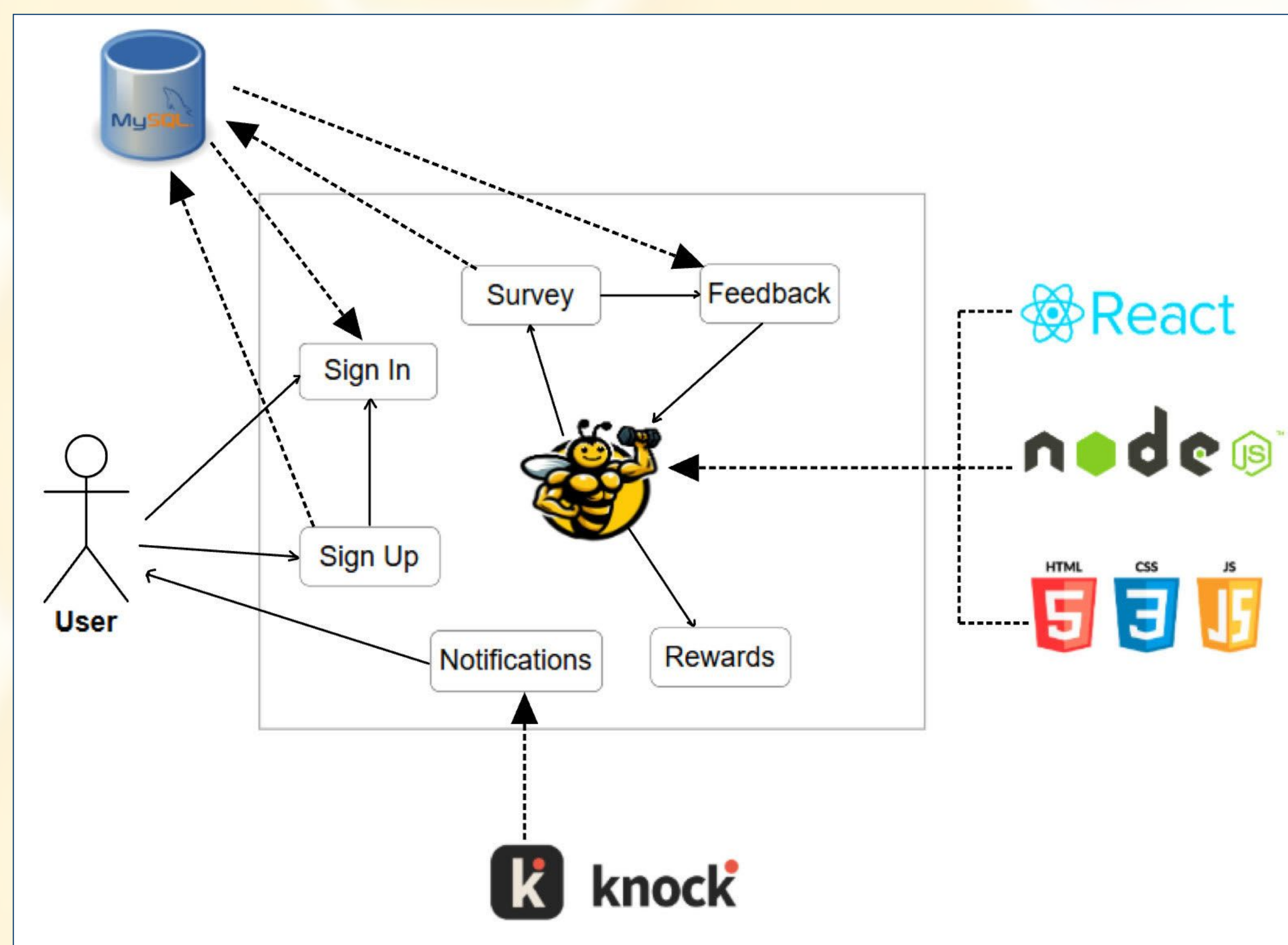




Motivation

The modern lifestyle can neglect daily mental and physical health practices, leading to long-term health issues. Bee Balanced was created to provide accessible, customizable health guidance that aligns with individual health goals. Instead of just tracking metrics, our app aims to actively engage the user, encouraging consistency and mindfulness. Bee Balanced offers real-time feedback, helping users stay committed to healthier routines and encouraging positive habits over time.

Diagram



Feasibility

Vision:

A web app promoting healthy habits through gamification, notifications, and progress tracking.

Key Challenges:

- Mobile-friendly design
- Real-time feedback
- Robust data storage
- User engagement

Next Steps:

Develop database, visuals, and interactive features.

Architecture

- **User interface (React):** Manages user interaction, including prompt displays, feedback, and goal tracking.
- **Database (MySQL):** Handles structured data storage for users, goals, and progress tracking.
- **Backend (Node.js):** Processes requests, connects the frontend with the database, and manages server-side logic.
- **Frontend (HTML/CSS):** Creates a visually appealing, responsive layout and ensures user-friendly navigation



Key Features

- **Personalized Survey Prompts:** Users will receive tailored prompts based on their preferences and stated health goals.
- **Notifications:** A reminder to users to keep track of their progress by consistently using the application.
- **Interactive Feedback:** Real-time responses and games will guide users towards positive adjustments.
- **User-Friendly Interface:** An intuitive design makes it easy for users to stay engaged without feeling bored or overwhelmed.

Outcomes/Future Work

Currently, Bee Balanced has laid the foundation with well-defined user prompts and a plan for a responsive user-interface.

Our next steps will focus on creating a fully interactive system and refining our feedback process. In the near future, we will create prototypes to ensure our tech stack performs properly.

