



Elijah Sprouse



Andrew Velez



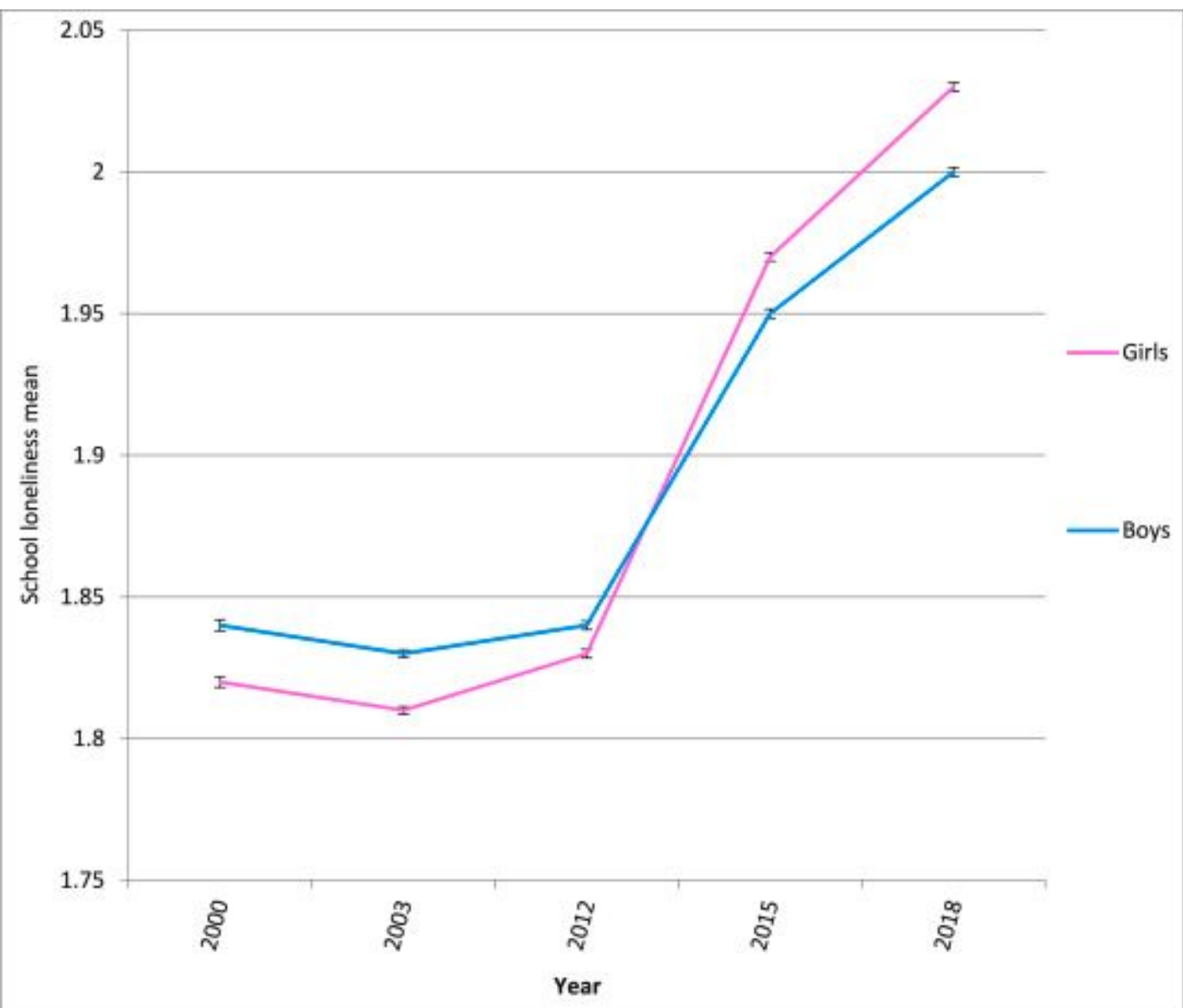
Benjamin Levine



Latisha Talayumptewa

Background

Many adolescents today struggle to maintain a healthful lifestyle that balances good mental, physical, and social health.



Twenge, J. M., Haidt, J., Blake, A. B., McAllister, C., Lemon, H., & Roy, A. L. (2021, December). Worldwide increases in adolescent loneliness. ScienceDirect. <https://www.sciencedirect.com/science/article/pii/S0140197121000853>

The Problem

- Currently, applications exist to help with mental, physical, or social health.
- But they fail to consider the overlapping effects of these different areas of health.

Proposed Solution

- A progressive web application (PWA) that will
 - Develop and keep a consistent, engaging user experience
 - Assist users in maintaining or improving their health
 - Provide meaningful and helpful feedback to users

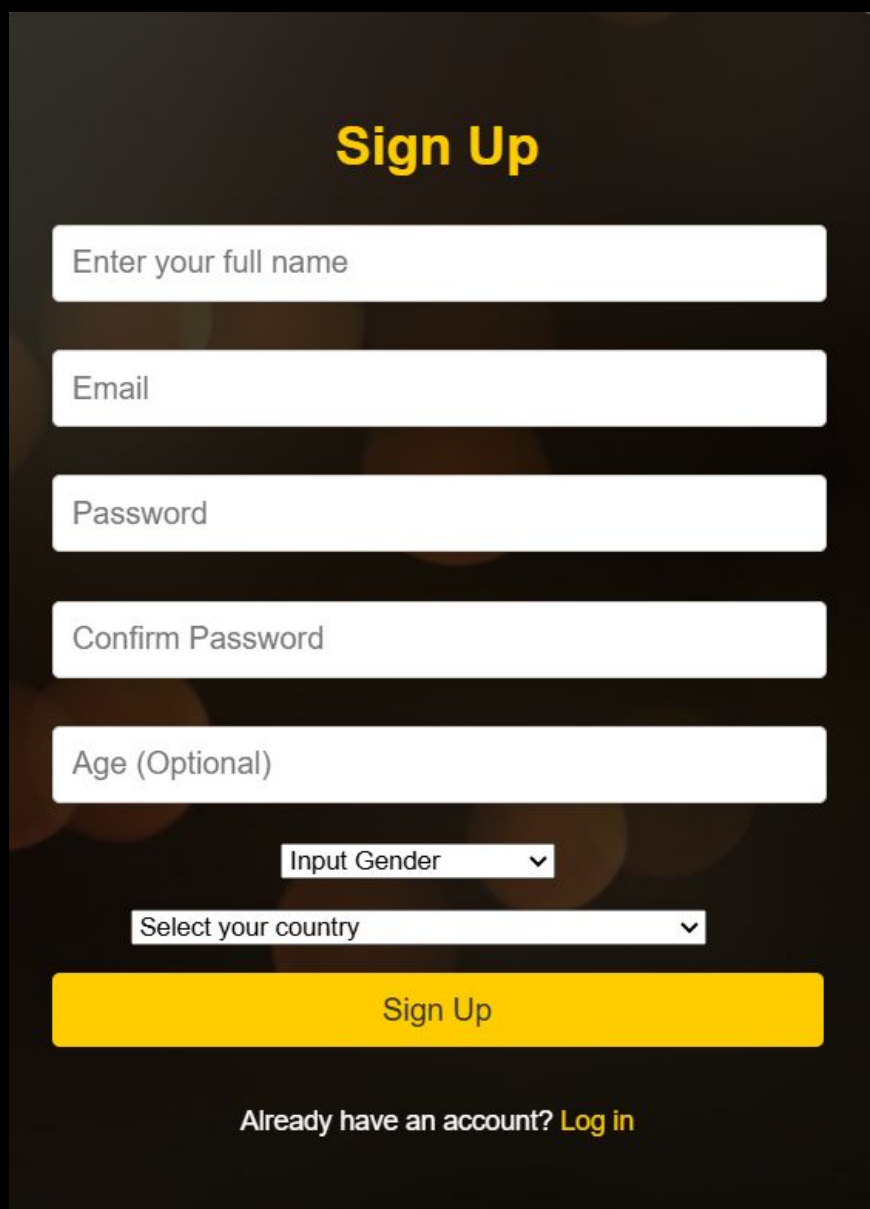
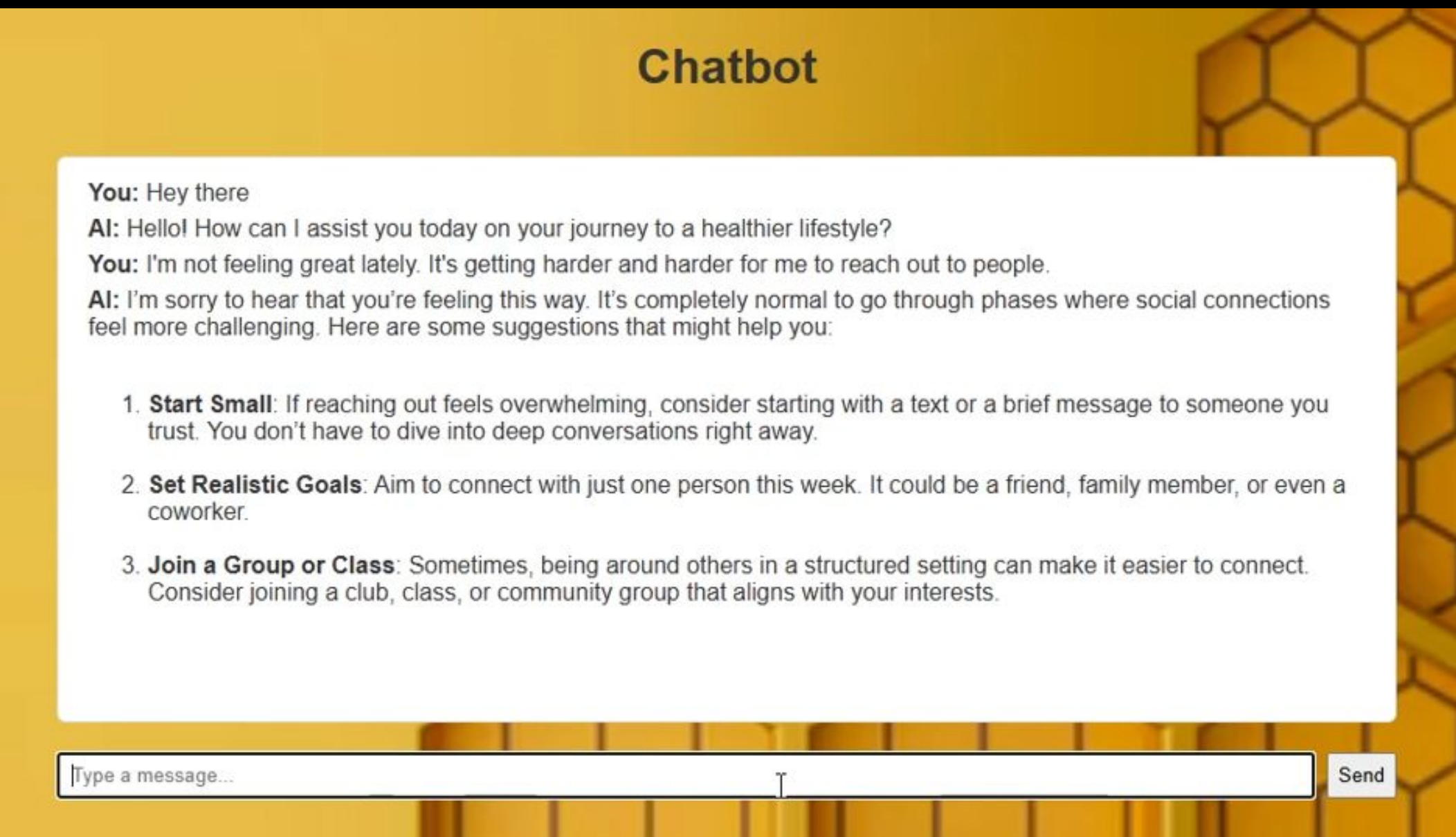
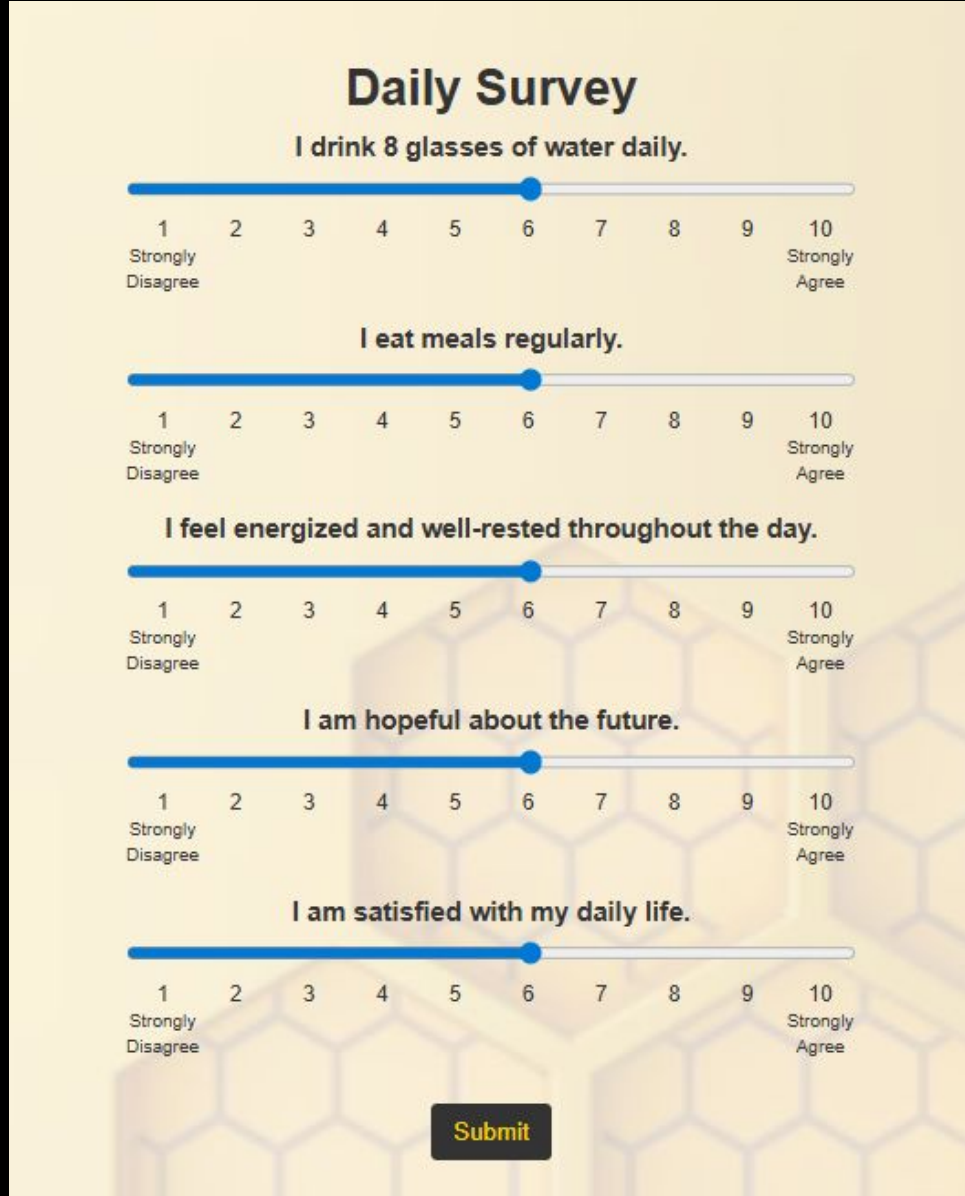
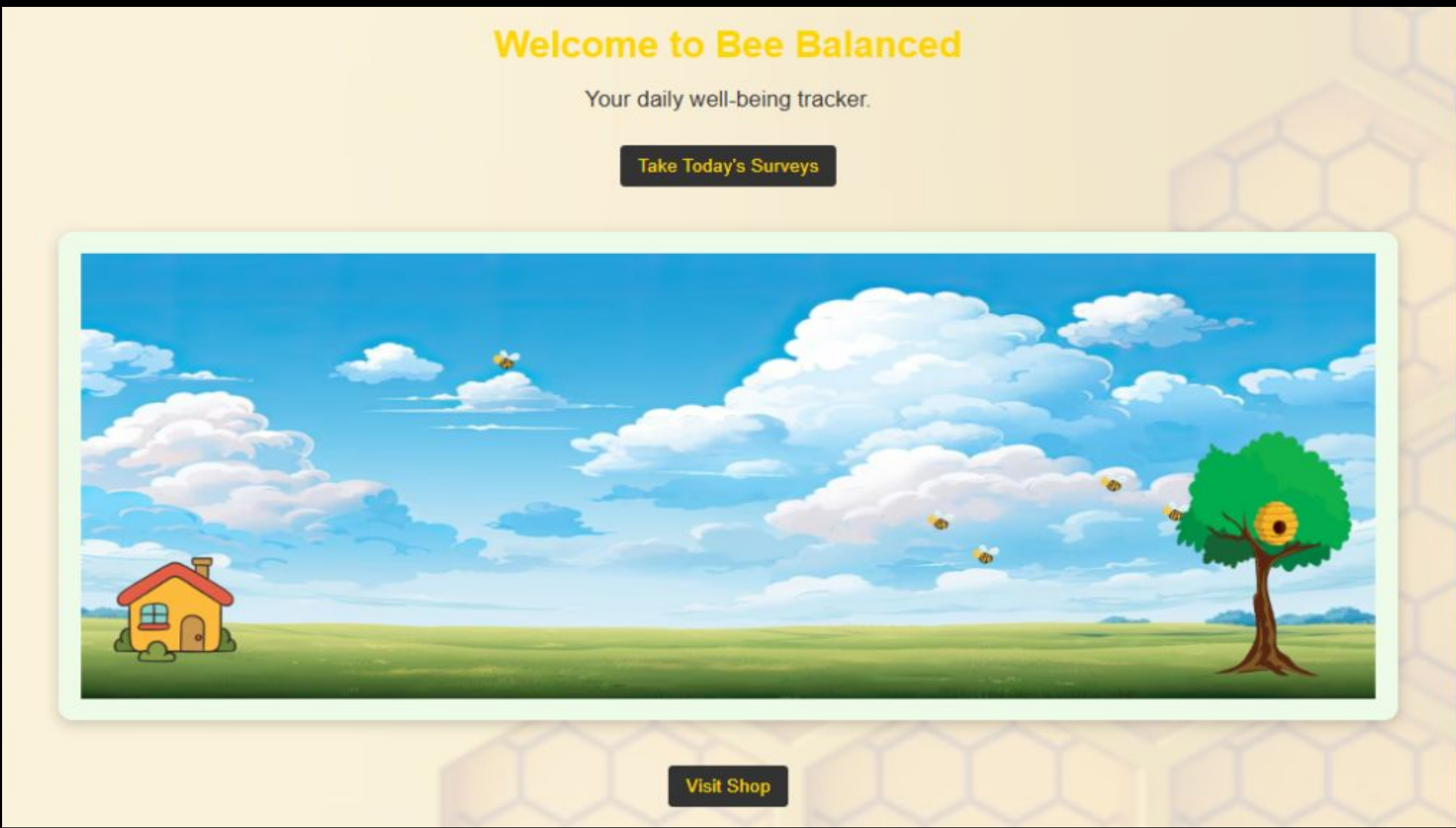
Planned Features

Virtual Pet
Health Coach Chatbot
Gamification
Progress Tracking
Robust Security

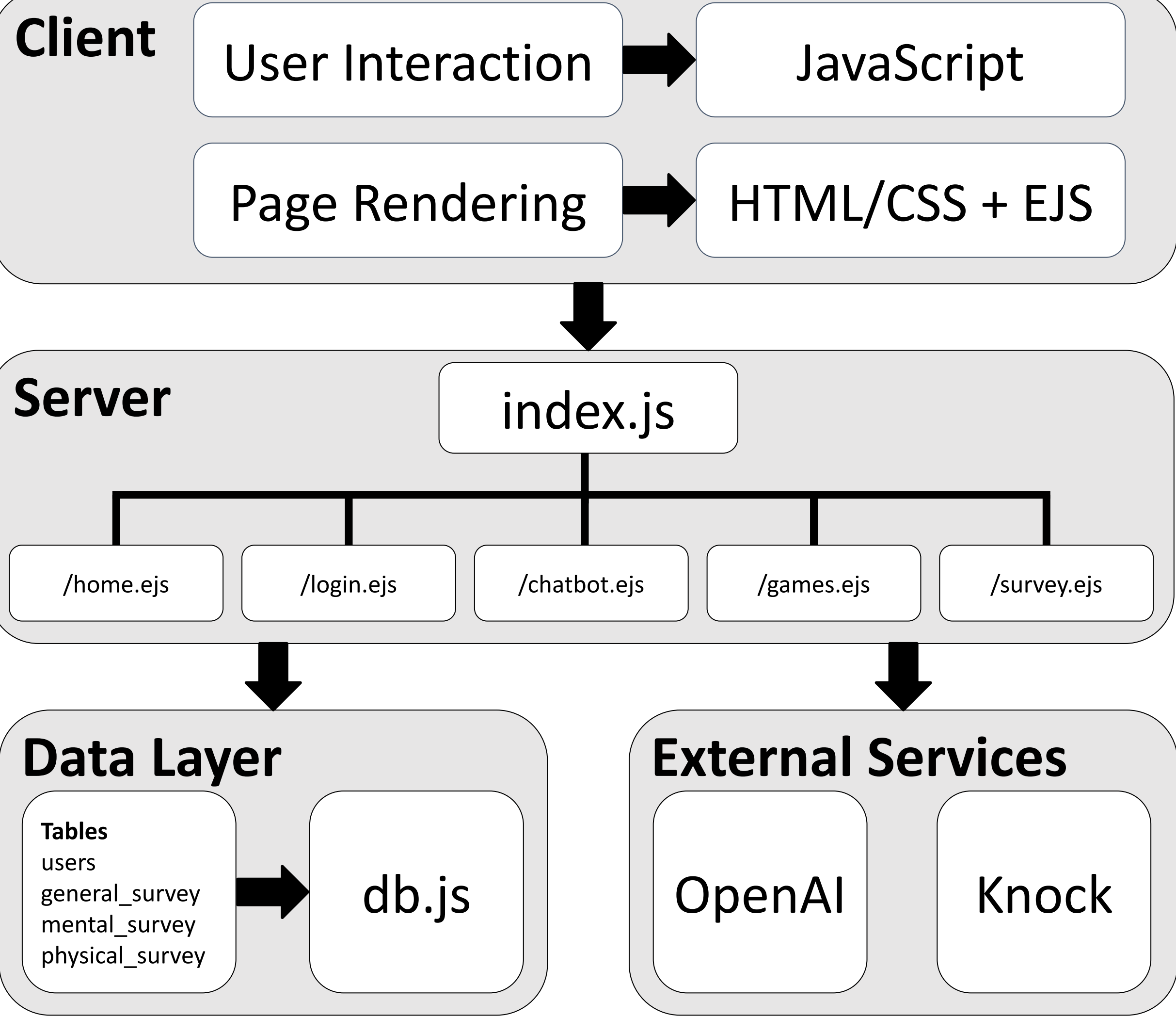
Interactive Surveys
Google Play Store Port
iOS App Store Port
Offline Access
Accessibility Options

The Big Picture

“An app to help build healthy habits for balanced health.”



System Overview



Technologies



Project Plan

Semester Course Schedule								
Spring Semester 2026 - Start Date: 1/12/2026								
Course: CS 476								
Item No	Task/Activity Name	November	December	January	February	March	April	May
	Requirements Documents							
	Requirements Documents Final							
	AI ChatBot Implementation							
	Tech Demo #2							
	Tech Demo #3							
	Market your Project							
	User Wellness Feedback							
	Health Displayed as Pet							
	Interactive Survey System							
	Daily Logged Entries							
	Accessibility and UI Design							
	Mobile/Offline Functionality							
	Security and Privacy							
	Testing							