BeeBalanced Project Abstract

Many young people struggle with staying active, managing stress, and making social connections. With more kids not getting enough exercise, facing mental health challenges, and spending less time with others, it's important to have an easy way to build better habits. Bee Balanced is a simple and fun web app designed to help teens improve their overall well-being. It lets users track daily habits, set goals, and get advice tailored to their needs. The app includes health assessments, progress tracking, and feedback to help users stay on the right path. To keep things engaging, Bee Balanced uses game-like features, including badges, rewards, and even different bee themed gamification features that change as users improve their habits. The app is built to be easy to use and safe. It works on both computers and phones, so users can check in anytime. It stores data securely using MySQL and AWS, with a backend powered by Node.js and Express. Users get reminders to stay on track through their email and in the future, mobile notifications may be included. Bee Balanced is designed to make healthy living easier and more enjoyable. By combining smart technology with fun features, it encourages teens to build lifelong habits for a happier and healthier future.