

MeBalanced



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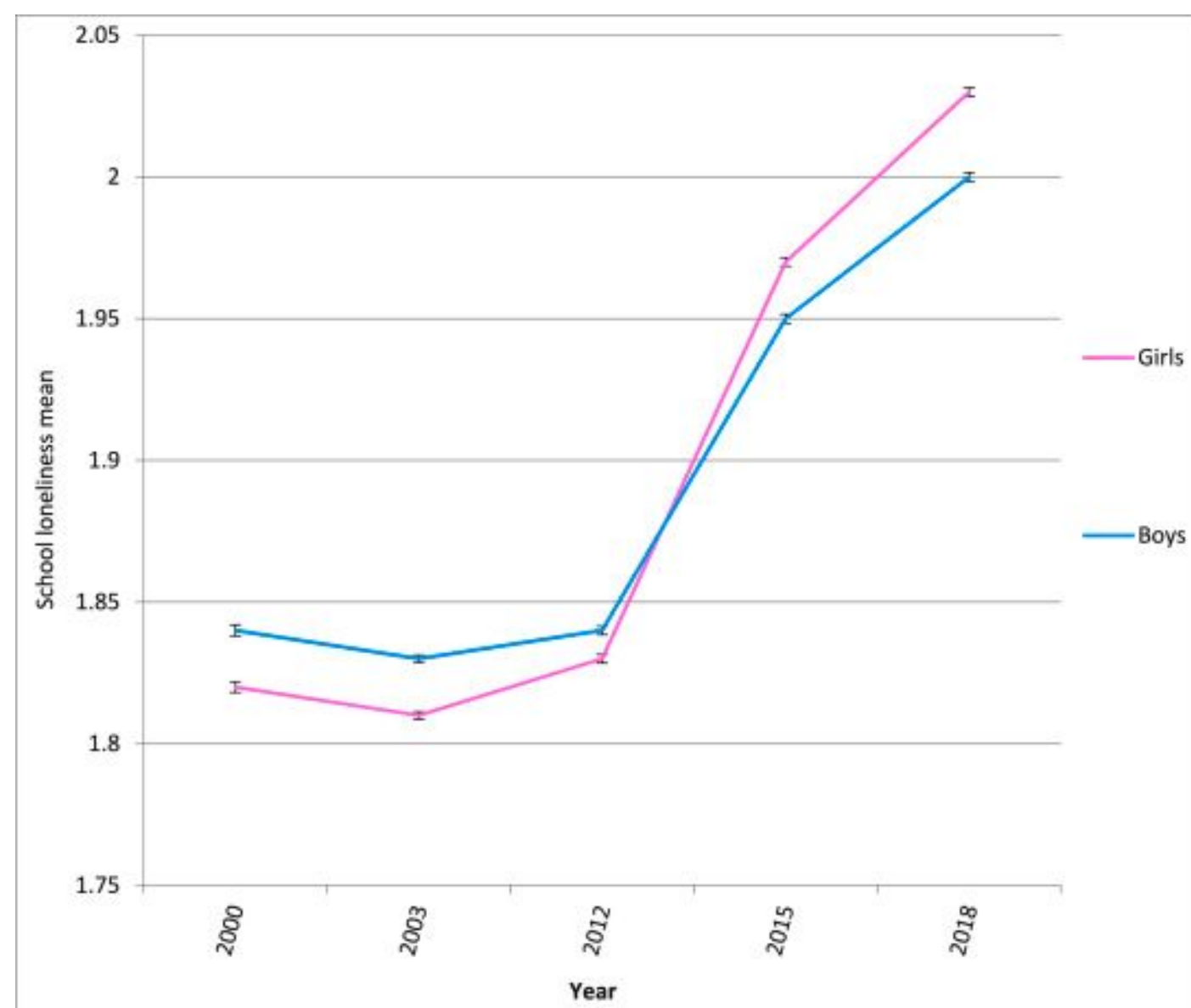
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Architect

Client:
Dr. Okim Kang
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Motivation

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

Standout Features

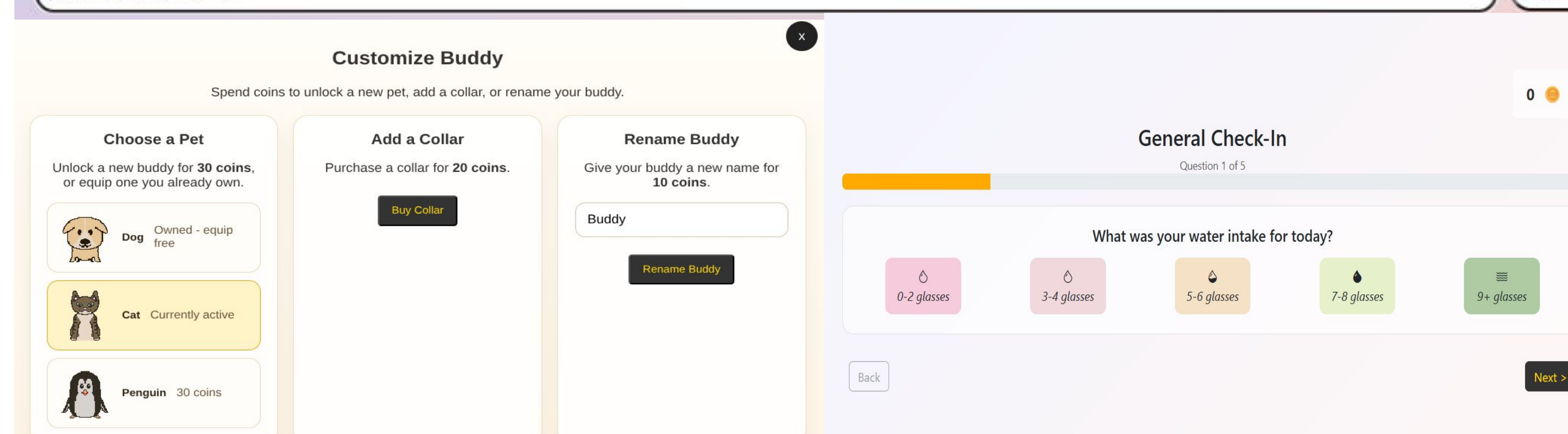
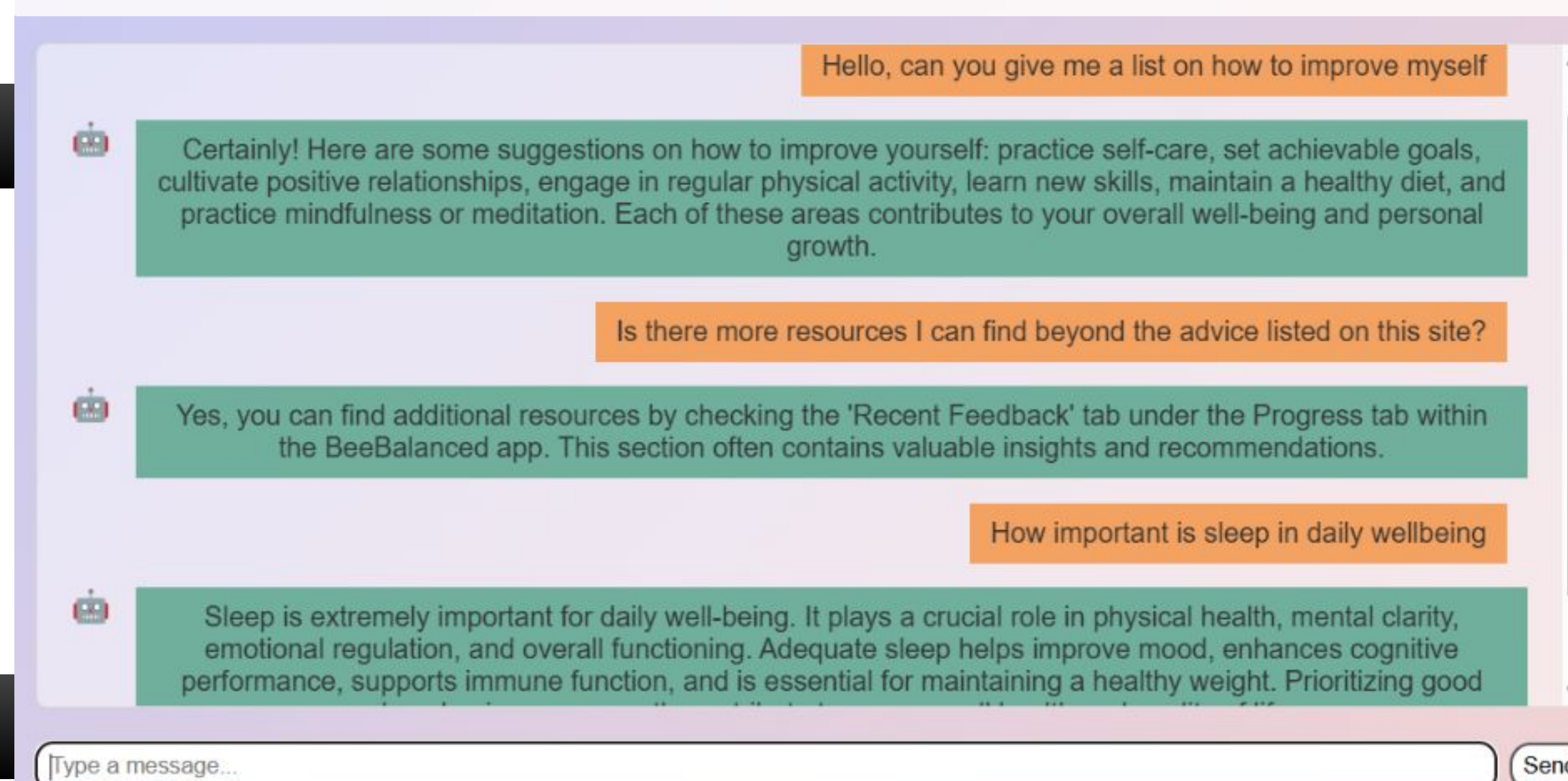
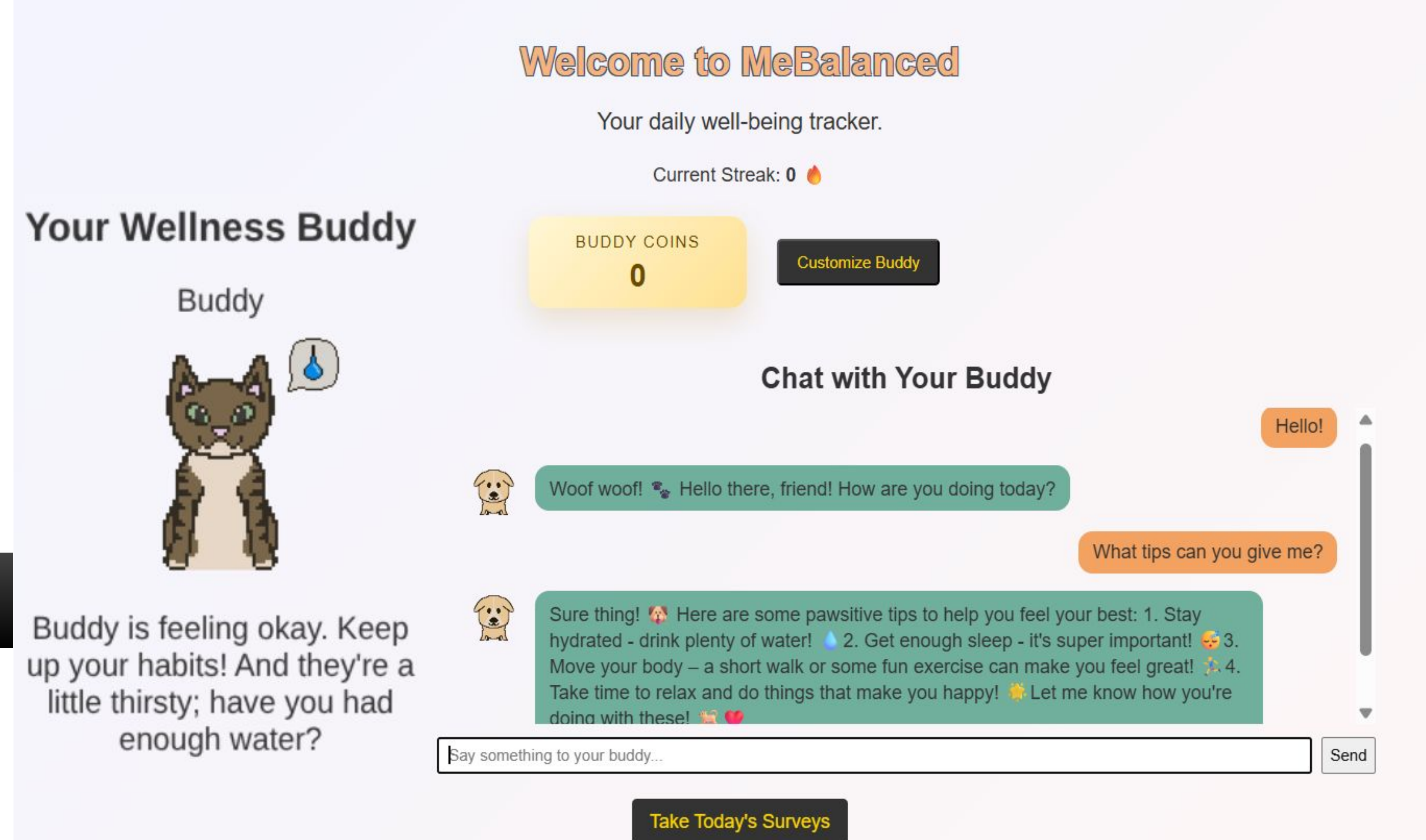
- Virtual Pet
- Health Coach Chatbot
- Gamification
- Interactive Feedback
- Accessibility Options
- Progress Tracking

Team Website

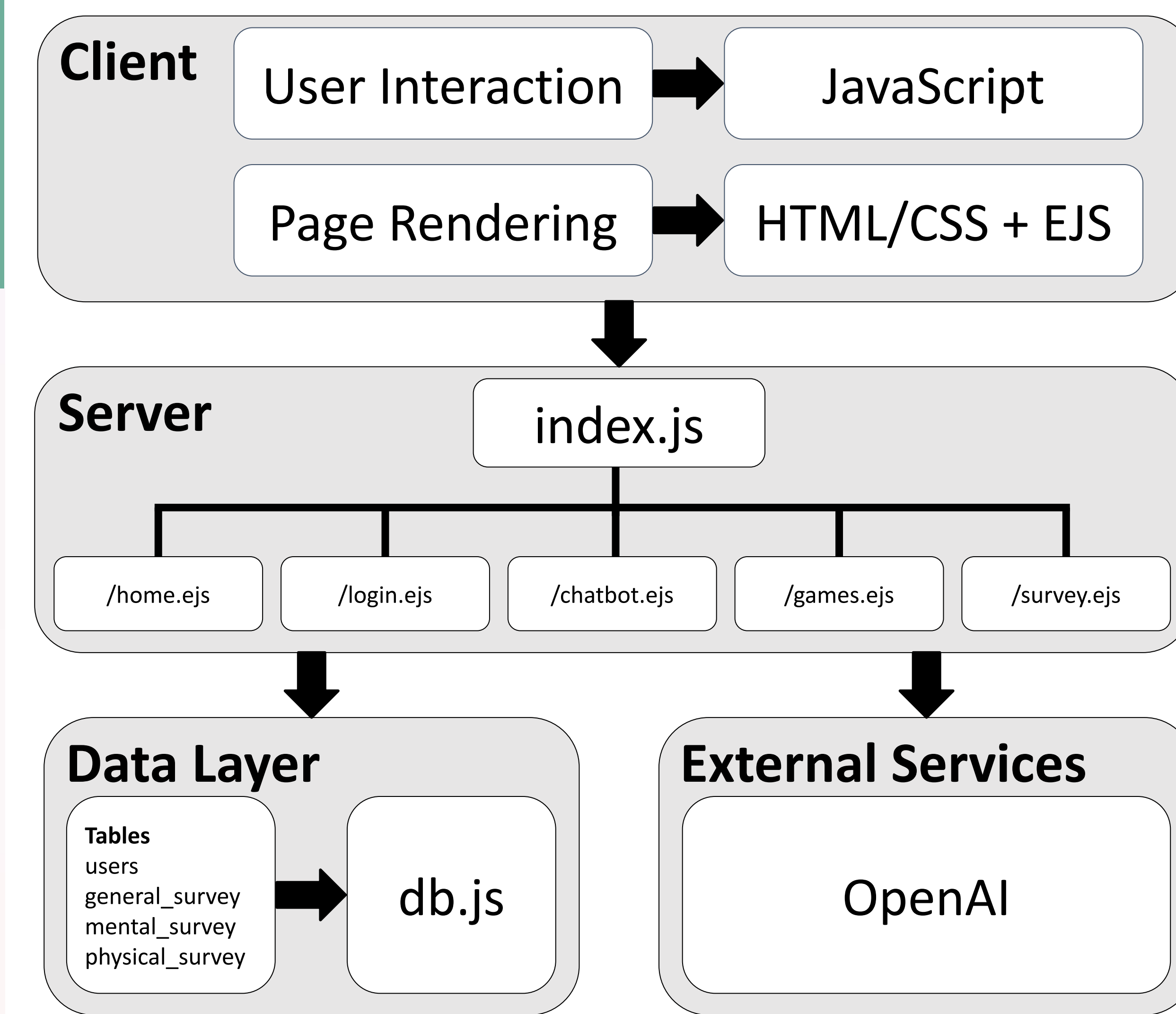


The Big Picture

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



Architectural Overview



Technologies



Future Plans

- Our client has plans to implement
- Mobile integration through Google Play and iOS
- Offline functionality
- More customization features

Use our Product

