

THE PROBLEM: DETERIORATING MENTAL AND PHYSICAL HEALTH OF PEOPLE EVER SINCE THE PANDEMIC.

A LOT OF PEOPLE ARE SUFFERING FROM MENTAL HEALTH ISSUES DUE TO QUARANTINE AND OVERALL DEPRESSING WORLD. PEOPLE ARE ALSO SUFFERING PHYSICALLY AS MANY PEOPLE EAT UNHEALTHY INSTANT FOODS. WITH DOCTORS AND HOSPITALS ALREADY EXHAUSTED, THE MOST WE CAN DO IS KEEP OURSELVES HEALTHY AND NOT BE A BURDEN.

THE APP'S FEATURES:

- 1. COVID-19 TRACKER: IT SHOWS WHICH PLACES A PERSON WITH COVID-19 VISITED IN THE PAST 3 DAYS. THIS FEATURE HELPS PEOPLE AVOID COVID AS MUCH AS POSSIBLE.
- 2. WHAT SHOULD I WEAR?: BASED ON THE WEATHER AND WIND SPEED, IT PROVIDES USERS WHAT THEY SHOULD WEAR TO KEEP WARM OR TO STAY COOL. THIS ALLOWS PEOPLE TO NOT GET SICK FROM COLDS SO PEOPLE CAN STAY HEALTHY.
- 3. MEDITATION&MUSIC: PROVIDES CALMING AND SOOTHING MUSIC FOR PEOPLE TO EITHER MEDITATE OR LISTEN AND RELAX THEMSELVES.
- 4. NUTRITION: PROVIDES A WIDE RANGE OF HEALTHY, EASY, AND QUICK RECIPES BASED ON THEIR DIET PREFERENCES.