**BETTERMINT APP BLUEPRINT**

**Index:** Action Buttons Text, Fields to be saved, Logic validations, Logic for which Question is to be asked to whom

**Section 1: Sign Up & Basic Information Gathering**

**Splash Screen:**

Hi! Welcome to the Bettermint family! Login or sign up below:

**Screen 1: Login Screen**

* Email ID - To be saved -Automatic User ID on backend to be generated
* Password

Login

Re-direct to sign-up screen

**Screen 2: Sign Up Screen**

Tell us a little about you

* Name: \_\_\_\_\_\_\_ (Open text field - limit to some 25 characters) - To be saved
* Email (check for uniqueness)
* Mobile Number (check for uniqueness)
* DoB: \_\_\_\_\_\_\_\_(Numeric Validation) - To be saved
* Gender: Male / Female / Other (MCQ) - To be saved
* City: \_\_\_\_\_\_\_\_\_\_\_\_ (Search Text Box - User starts typing & suggestions show up) - To be saved
* Height: \_\_\_\_\_\_\_\_ ft \_\_\_\_\_ inches (Number scroll) - To be saved along with date for today
* Weight: \_\_\_\_\_\_\_ in kgs (Numeric validation) - To be saved along with date for today
* Are you: Working / Studying / Neither (MCQ) - To be saved
* Password
* Confirm Password

Calculate BMI & Categorise as under.

BMI = (Weight in Kgs) divide by (square of height in Metres)

BMI Category is as follows:

* <18.5 – Underweight
* 18.5 to <25 – Normal
* 25 to to <29.9 – Overweight
* 30 & above - Obese

Store as “BMI” & “BMI Category” fields along with date for today

Sign Up

Pop up for Warning Sign for who the app is meant for & who it itsn’t meant for (not intended for people who are pregnant / lactating mothers / people over 55 / people under 16)

User exits App

I would like to Quit

I understand, Continue

If Gender = Female

If Gender = Male / Other

**Screen 3b: Measurements**

What is your measurement in inches for the following:

* Bust
* Waist
* Hips
* Thigh

The best time to measure yourself is in the morning after you have emptied your bowels & before you have eaten anything. For now you can give us approximates & update this later from Profile. Please use the image for measurement reference  
Insert image reference

A silhouette of a person's body

Description automatically generated

(Numeric Validation for all the above) – Measurement to be saved along with date

**Screen 3a: Measurements**

What is your measurement in inches for the following:

* Chest
* Waist
* Hips
* Thigh

The best time to measure yourself is in the morning after you have emptied your bowels & before you have eaten anything. For now you can give us approximates & update this later from Profile. Please use the image for measurement reference  
Insert image referenceA silhouette of a person's body

Description automatically generated

(Numeric Validation for all the above) – Measurement to be saved along with date

**Next Next**

**Screen 4b: Existing Diseases**

Do you have any of the following: (Multi-select)

* Diabetes / Prediabetes
* Cholesterol
* Blood Pressure
* PCOD / PCOS
* Thyroid
* Fatty Liver

To be saved

**Screen 4a: Existing Diseases**

Do you have any of the following: (Multi-select)

* Diabetes / Prediabetes
* Cholesterol
* Blood Pressure
* Thyroid
* Fatty Liver

To be saved

Next

**Next**

If No to all

If Yes to any of the above

**Screen 5ai: Health Reports**

Please share your last measurement for the following (we will monitor improvement in these on your journey with us):

Fasting blood sugar / glucose \_\_ mg / DL

Total Cholesterol \_\_\_mg/DL

HDL Chol \_\_\_ mg/DL

LDL Chol \_\_\_ mg/DL

Avg BP \_\_\_ / \_\_\_

Date of report \_\_\_\_\_\_ (DDMMYYYY)

(Numeric Validation for all the above)

This is not mandatory information

To be saved along with date

**Screen 5aii: Health Reports**

Do you have any of the following from a health check-up done in the last 1-2 years (it’s always good to monitor your health with regular check-ups):

Fasting blood sugar / glucose \_\_ mg / DL

Total Cholesterol \_\_\_mg/DL

HDL Chol \_\_\_ mg/DL

LDL Chol \_\_\_ mg/DL

Avg BP \_\_\_ / \_\_\_

Date of report \_\_\_\_\_\_ (DDMMYYYY)

(Numeric Validation for all the above)

This is not mandatory information

To be saved along with date

**Next**

I’ll fill this later

I haven’t done a check-up in the last 2 years

**Screen 6a: Family History**

Do you have a family history of any of the following:(Multiple Choice)

Diabetes

Blood Pressure

Cholesterol

Cancer

Heart Attack

To be saved

Proceed to Next Section

If Yes to any of the above

If No to all

**Screen 5bii: Health Reports**

Do you have any of the following from a health check-up done in the last 1-2 years (it’s always good to monitor your health with regular check-ups):

Fasting blood sugar / glucose \_\_ mg / DL

Total Cholesterol \_\_\_mg/DL

HDL Chol \_\_\_ mg/DL LDL Chol \_\_\_ mg/DL

Avg BP \_\_\_ / \_\_\_

T3

T4

TSH

Date of report \_\_\_\_\_\_ (DDMMYYYY)

(Numeric Validation for all the above)

This is not mandatory information

To be saved along with date

**Screen 5bi: Health Reports**

Please share your last measurement for this following (We will monitor improvement in these on your journey with us):

Fasting blood sugar / glucose \_\_ mg / DL

Total Cholesterol \_\_\_mg/DL

HDL Chol \_\_\_ mg/DL LDL Chol \_\_\_ mg/DL

Avg BP \_\_\_ / \_\_\_

T3

T4

TSH

Date of report \_\_\_\_\_\_ (DDMMYYYY)

(Numeric Validation for all the above)

This is not mandatory information

To be saved along with date

I’ll fill this up later

I haven’t done a check-up in the last 2 years

Next

**Screen 6b: Family History**

Do you have a family history of any of the following:(Multiple Choice)

Diabetes

Blood Pressure

Cholesterol

Thyroid

Cancer  
Heart Attack  
To be saved

Proceed to Next Section

**Section 2: Movement questions & categorisations**

**Screen 7: A small brief of Bettermint**

Great! Now that we have your basics, let’s tell you a little about how Bettermint works. At Bettermint we believe good health is a balance between 4 key pillars: (insert diagram)

Movement

Nutrition

Sleep

Stress / Mental Health / Mind

Every human is different, someone mostly eats home cooked food but barely moves their body. Another person is quite active but has no control on their food! And so at Bettermint we work with you to identify your strengths & areas of improvement & work back with you to gradually improve on your problem areas! We use behavioural science to slowly & steadily build habits that are best for you! First you change your habits & then your habits will change you! We believe that consistency is the best tool to live a fitter life. So all habit suggestions at Bettermint are built around this principle. What you can’t keep up with, we won’t do!

We use an expertly designed assessment framework to determine whether you’re a Beginner / Intermediate / Master in each of these four pillars & accordingly come up with a plan on what you can prioritise to get fitter basis your health goals! Everyone’s habits look different.

So let’s get to know where you stand.

A colorful circle with text

Description automatically generated

Next

**Screen 8: Movement**

Movement

How many steps do you do in a day on an average? \_\_\_\_\_ (Number scroll in 1000s)

Do you work out for at least 50 mins a day for 5 days a week? \_\_\_\_\_ Y/N

This could be 50 minutes of brisk walking at a pace where talking is manageable but not comfortable. This doesn’t count a regular walk, brisk walk only. Any other form of workout is also great - swimming, yoga, cycling, a sport or even dancing! Anything that gets your heart rate going.

Save both fields with time stamp

What form of workout do you usually do? (Multi-select)  
Brisk walking, swimming, cycling, yoga at home, yoga in a class, gym, dance, functional training at home, functional training in a class, kickboxing, MMA, pick list from Apple

**Screen 9: Movement Results**

If N for workouts>5 times but steps >10k

If Y for workouts>5 times but steps <8k

If Y for workouts>5 times + steps >=8k

Congratulations! On Movement, you are an **Advanced Practitioner**!

(Play small animation to show that user is advanced on the ring in movement)

Wow! Keep doing what you’re doing! We will keep tracking your workouts as a habit & towards a balance of strength & cardio workouts.

On Movement, you are an **Intermediate Practitioner**!

(Play small animation to show that user is intermediate on the ring in movement)

A pink and black text on a white background

Description automatically generated

It’s amazing that you clock more than 10k steps a day! Walking is extremely good for health!

Though, it’s important to do some form of muscle training as well. As we age, we lose muscle mass, we must work to build / protect this! We’ll be working on this aspect with you.

On Movement, you are an **Intermediate Practitioner**!

(Play small animation to show that user is intermediate on the ring in movement)

A pink and black text on a white background

Description automatically generated

It’s amazing that you show up for a workout 5x a week, showing up is half the battle won!

The only other thing we can do in movement, is get your steps up. Walking is brilliant for building lean muscle mass. We’ll put this on your personalised healthy habits plan. On days when you don’t clock a workout or even on days when you do, try to clock a short walk. Let’s keep our steps upwards of 8k per day.

A pink and white logo

Description automatically generated

If N for workouts>5 times and steps <10k

On Movement, you are a **Beginner**.

(Play small animation to show that user is intermediate on the ring in movement)

(Insert image for beginner)

But nothing to worry! Joining the Bettermint family shows you’re ready to take initiative! The WHO recommends getting in about 30 minutes of exercise 5 times a week or clocking about 10K steps a day to stay healthy & fit. This is not just important to keep your weight in check, but also to build muscle mass & maintain strength, flexibility & agility as we age.

Getting in this movement will be one of our primary goals!

We’ll put this in your personalised habit tracker.

Proceed to Next Section

Backend Logic for Movement:

On the first of every month we will re-evaluate if the user is a beginner / intermediate / advanced user (provided they have spent at least 30 days on the app). If the user has progressed to improve levels, we will upgrade the user.

For this, we need:  
Workout data of last month – form of workout, duration, distance covered (if any), pace (if any)

Total steps for last month

Please refer to excel sheet for example on how to calculate beginner / intermediate / advanced for user.

**Section 3: Nutrition questions & categorisations**

**Screen 10: Nutrition questions**

Tell us more about your consumption patterns (don’t make wild guesses, look at your schedule for the last month & take an average!)

Eat outside at a restaurant / café \_\_\_ (put number scroll from 0 to 28) times in a week

Order food (includes snacks, desserts, fast food, milkshakes) \_\_\_\_\_ (put number scroll from 0 to 28) times in a week

How many litres of water do you have in a day? \_\_\_\_\_\_\_ (Number scroll - 1-6, >6)

Do you have a habit to snack on packaged foods? (Essentially chips, chocolates, biscuits, cookies)? - Very rarely, Maybe once or twice in a week, 3-4 times a week or more (drop down)

How do you generally feel after a homemade meal? - Can pay attention to work / read without falling asleep / Need tea or coffee to stay awake

What is the gap between finishing your dinner & going to bed? \_\_\_\_ hours (if you have a habit to snack late at night, please count the gap between the snack & bed time) (number scroll from <1, 1,2,3,4,>4)

Store all answers

**Screen 11b: Nutrition Further questions**

And what kind of food do you usually eat? (Either A or Multi-select in B)

A: Simple, homely meals

* Mostly salads, coffee with little to no sugar or very simple, home like food with very less oil (if you can see a layer of oil on top, that’s not less)

B: Living my life

* There’s some junk, fried, MSG. You know, yummy in my tummy :)
* Milkshake, cold coffee & desserts
* Mocktails & aerated beverages
* Alcohol

How do you generally feel after a meal outside / ordered in meal?

* Can pay attention to work / read without falling asleep
* Need tea or coffee to stay awake

How much do you usually spend on a meal outside? (We’ll tell you why in a minute)  
Average cost per meal when eating out \_\_\_\_\_ (scroll in 1000s)  
Average cost per meal when ordering in \_\_\_\_\_ (scroll in 1000s)  
Save answer

**Screen 11a: Nutrition Further questions**

Do you also follow the concept of balanced meals (basically add some colourful veggies to each meal, eat your proteins & have your fibre :) ? )

(Multi-select)

- I eat my veggies

- I eat my protein

- I have my fibre

- I’m not really eating a balanced meal

Save answer

If eat outside + Order food (qs 1 & 2 combined) <3

If eat outside + Order food (qs 1 & 2 combined) >=3,

**Screen 11b: Nutrition Further Questions Continued**

Do you think it’s possible to cut down how many times you eat out / order in?  
A lot of outside food options (even if it’s a salad) could possibly be high in calories from sugar in dressings, sauces, excessive / cheap quality oil. It’s best to cut back on this a little.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Avg Meals / Week | Avg Spend / Meal | Target No. of Meals | Annual Savings |
| Eating Out | (Insert user value) | (Insert user value) | (Put number scroll, max value restricted to what user input earlier, min 1) | (B2-D2)\*C2 |
| Ordering In | (Insert user value) | (Insert user value) | (Put number scroll, max value restricted to what user input earlier, min 1) | (B3-D3)\*C3 |
|  |  |  |  | Total E2 + E3 |

Save values

**Screen 12: Nutrition Results**

You are a Nutrition Intermediary!

(Insert image)

We’ll be putting balanced meals in your personalised healthy habits plan.

Proceed to Next Section

If last meal gap >=3 hours and water consumption is >=3for male, >=2 for female

+  
If all of first 3 are not selected (veggies, protein, fibre) or 4th option is selected

**Screen 12: Nutrition Results**

You are a Nutrition Intermediary!

(Insert image)

There is nothing more we can teach you on nutrition. Keep doing what you’re doing. We can only keep tracking your nutrition patterns. Treat our habit calendar as a toll maintain consistency in what you’re already doing.

**Screen 12: Nutrition Results**

You are a Nutrition Master!

(Insert image)

There is nothing more we can teach you on nutrition. Keep doing what you’re doing. We can only keep tracking your nutrition patterns. Treat our habit calendar as a tool to maintain consistency in what you’re already doing.

If last meal gap >=3 hours and water consumption is >=3for male, >=2 for female

+

If all first 3 selected (veggies, protein, fibre)

If last meal < 3 hours of bed OR water consumption is low

**Section 4: Sleep questions & categorisations**

**End of month assessment for user:  
Please refer to excel for examples**

Proceed to Next Section

**Screen 12b: Nutrition Results**

You are a Nutrition Beginner!

(Insert image)

Looks like we have some work to do here, but we’ve got you ☺

All other results

**Screen 12b: Nutrition Results**

You are a Nutrition Intermediary!

(Insert image)

We’ll be putting balanced meals in your personalised healthy habits plan.

If last meal gap >=3 hours and water consumption is >=3for male, >=2 for female

+  
Section A(homely food) is selected

**Screen 13: Sleep Questions**

All Adults require minimum 7 hours of sound sleep every night. Lack of sleep can put you at an increased risk of high blood pressure, diabetes, depression, weight gain, cancer & even early death! Sleep is absolutely crucial!

How many hours of sleep do you get every night? We don’t mean time in bed, we mean time asleep. If you climb in bed at 11 p.m. but keep scrolling on your phone till 1 a.m. & then keep it aside finally coz your eyes are drooping & then wake up at 7 a.m. the next day - that’s 6 hours roughly of sleep. So, think about this a little & tell us how many hours do you really sleep at night? Also, if you sleep extra-long hours on the weekend, let’s keep that aside for now & tell us your average sleep hours on a weekday.

\_\_\_\_\_ (put number scroller - values from <4, 4, 4.5,5…8, >8)

Store answer

Proceed to Next Section

If all fields are selected

**Screen 14a: Sleep Further Questions**

That’s brilliant! Tell us a little more about your sleep patterns (tick as applicable):

* Go to bed at the same time on all days (maybe a little late on weekends)
* Wake up at the same time on all days (maybe a little late on weekends)
* Fall asleep within 15-20 minutes after lying in bed
* Get sound sleep (don’t wake up repeatedly at night)

Store all answers

If all fields are not selected

**Screen 15aii: Sleep Results**

You are an Intermediary in the Sleep Department! While you’re getting the hours in, we will work together to build a sleep routine for better quality, sound sleep.

Store all answers

**Screen 15ai: Sleep Results**

That’s brilliant! You are a Master in the Sleep Department!  
There is nothing more we can do. Keep doing what you’re doing!

Store all answers

If sleep hours are 7 hours or more

**Screen 15b: Sleep Results**

That’s not great. All adults require 7-9 hours of sleep, but 7 hours is a minimum. You are a Beginner in Sleep

(insert image)

Sound sleep is extremely crucial to good health & has a strong correlation to lifestyle diseases. But don’t worry, we’ll work on this together ☺

If sleep hours 6.5 hours or less

It's possible in sleep that a user who is a master (sleeps more than 7 hours, already has a good sleep routine) is assigned no habit tracking for sleep.

Please check excel sheet for assessment.

**Section 5: Wellbeing questions & categorisations**

**Screen 16: Wellbeing questions**

This is where we mint money in our Bank of Wellness by focussing on your mental & emotional well-being. Stress plays a major role in staying healthy. Stress causes the release of cortisol that then makes you hungry & you end up eating / craving sugary or carb heavy foods! Long term stress leads to blood pressure, anxiety, depression, heart problems, weight gain & a host of other issues.

Rate yourself on the below scales (this is just a mental gut feel)

Stressed Calm

(Put 1-5 scale)

Tell us your general emotional state

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 😢 (Really need help) | 😖 (Not all that good) | 🫣 (Okay) | 😀 (Mostly happy) | 😬 (Happy) |
| I’m sad. I need help, Help me! | There is a lot on my mind that is bringing me down most of the time | I’m a 50-50. I have a few things that get me worried / sad, otherwise I am fine | I’m okay largely. Mostly remain in a good mood unless something exceptional comes up | I’m good. I know ups & downs happen in life, but I have a set of beliefs & practices that help me let things go truly & stay happy & calm |

Store all answers

If 1/2(stressed) is chosen on the stress scale OR Really Need Help/Not all that good is chosen on the emotional state

Proceed to Next Section

**Screen 17: Wellbeing Results**

You are a Beginner on wellbeing. (insert image)

Don’t worry [user name] we’ve got you. A lot of people are not even able to identify their mental & emotional state. Acknowledging that you’re going through something is also a big step! We will work with you to help improve things, though always feel free to reach out to a loved one/ a professional when things are not feeling great.

All other answers

**Screen 17: Wellbeing Results**

You are a Master on wellbeing! (insert image)

If 5(calm) is chosen on the stress scale + Generally Happy is chosen on the emotional state

**Screen 17: Wellbeing Results**

You are an Intermediary on wellbeing. (insert image)

Don’t worry [user name] we’ve got you. We’ll work with you to learn to deal with things better. Though, if things get too bad, always feel free to reach out to a loved one / professional

**Section 6: Generating Personalised Healthy Habit Plan** (to be shared after discussion)

**Section 7: Subscription screen**

**Section 8: Demo**

(When do I check what device a user is using? Access to health kit data?)