Application Schematic

Landing Screen

Account Creation and/or Login

Features

8 Dimensions of Wellness

01. Emotional
02. Environmental
03. Financial
04. Intellectual
05. Occupational
06. Physical
07. Social
08. Spiritual

Push Notification

- Activity
- Activity
- Resource
- Resource

- Message
- Message
- Message
- Message

Each Dimension of Wellness will have associated Activities and Resources.

User will select one or more of the 8 Dimensions of Wellness to establish their Wellness Goals.

Each Dimension of Wellness will have associated Messages.

Users will receive messages via push notification on their mobile device based on their Wellness Goals.

My Wellness Goals

- Activity
- Activity
- Activity
- Activity

The Activities associated with the user's selected Dimensions will form the basis of their Wellness Goals.

"Messages" may be delivered to the user based on their Wellness Goals.

My Achievements

- Activity Badge
- Activity Badge
- Activity Badge
- Activity Badge

Badges are awarded upon completion of each My Wellness Goals Activity.

Statistics may be offered so users are able to compare their progress and achievements against other users of the App to serve as motivation.

01. My Account (user account settings)
02. Disclaimers and Acknowledgements
03. How to Use this App (instructions)
04. Lifeline (phone numbers and links)

Tertiary and administrative page views will be available through a pervasive application menu.