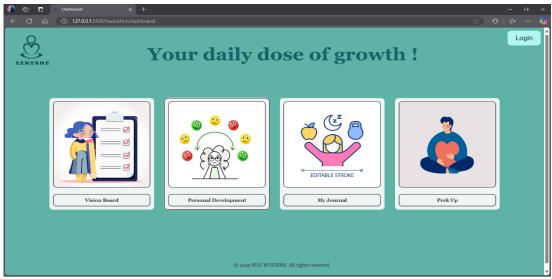**User Manual for Zen Zone.**
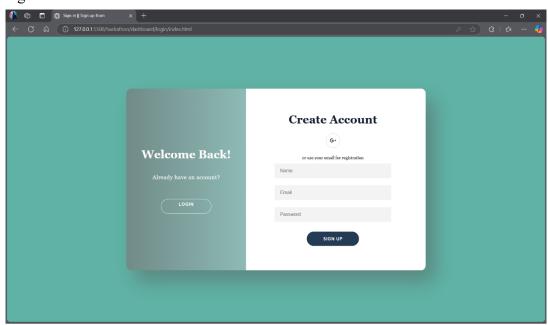
Introduction

Welcome to Zen Zone, your all-in-one self-care companion designed to enhance mental well-being, track progress, and promote mindfulness. This guide will help you navigate the app and make the most of its features.
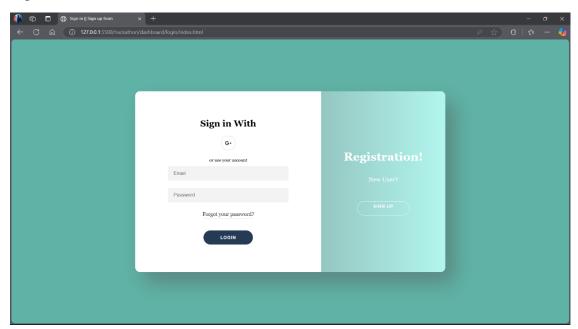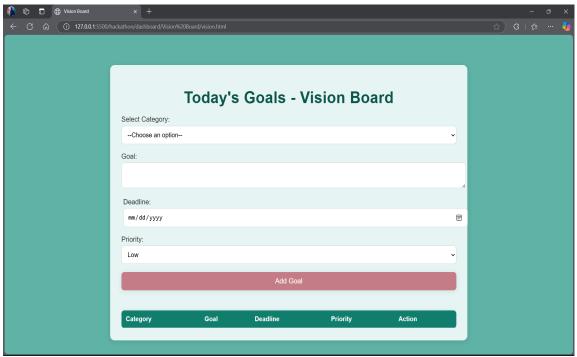

Accessing the Dashboard:

- Open a web browser and navigate to the ZenZone dashboard.
- If prompted, click the Login button at the top-right corner to sign in.

a) Sign from:

b) Login From:

c) Vision Board

d) Page Title:
- The title "Today's Goals - Vision Board" suggests this is a goal-setting section where users can plan their daily objectives.

e) Input Fields:
   - o Select Category:
     A dropdown menu allows users to choose a category for their goal (e.g., health, career, personal growth, etc.).
   - o Goal Input Field:
     A text area where users can type their goal.
   - o Deadline:
     A date picker that lets users select a deadline for their goal.
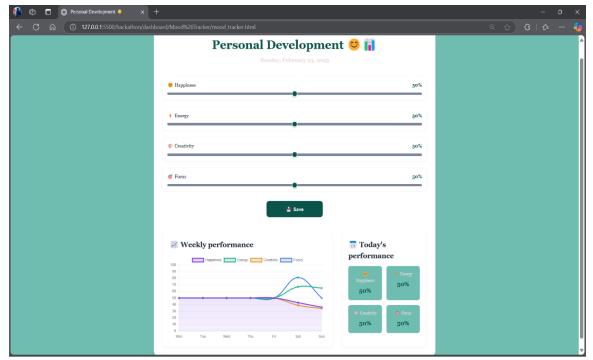   - o Priority:
     A dropdown menu (defaulting to "Low") where users can set the priority level (e.g., Low, Medium, High).

f) Action Button:
   - "Add Goal" Button:
     - o When clicked, this likely adds the goal to a list/table displayed below.
g) Goals Table:
   - A structured table with headers:
     - o Category – Displays the category of the goal.
     - o Goal – The goal description.
     - o Deadline – The selected deadline.
     - o Priority – The priority level.
     - o Action – Possibly includes options to edit or delete goals.
h) Functionality (Expected):
   - Users fill in the form and click "Add Goal" to store their goal.
   - The added goals appear in the table below.
   - The table may allow users to manage their goals (edit, delete, mark as completed).

i) Personal Development

This image shows the **Personal Development** section of your ZenZone self-care app. Here's an explanation of its features and functionality:

j) Page Title & Date

- The page is titled "Personal Development 😊📊", indicating it is used for self-improvement tracking.
- The current date (Sunday, February 23, 2025) is displayed, likely to log daily progress.

k) Mood & Performance Sliders

- Users can adjust four sliders to track their daily self-development metrics:
    - Happiness 😊 – Measures emotional well-being.
    - Energy ⚡ – Tracks energy levels.
    - Creativity 🎨 – Evaluates creativity levels.
    - Focus 🎯 – Monitors concentration levels.

Each slider has a percentage (%) value, likely allowing users to set and update their daily ratings.

l) Save Button

- "Save" Button: This button stores the user's selected values, likely saving data in a database or local storage.

m) Performance Analytics

1. Weekly Performance Graph 📈 :
   - o A line graph visualizing trends in happiness, energy, creativity, and focus over the past week.
   - o Each metric has a different color for easy distinction.

2. Today's Performance Summary 📅 :
   - o Displays the four mood/performance metrics (Happiness, Energy, Creativity, and Focus) with their current percentage.
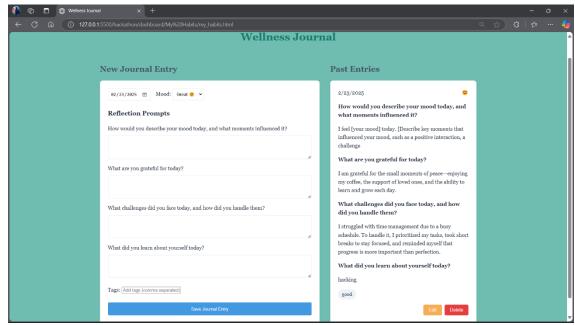
n) **E**xpected Functionality

- Users adjust sliders based on how they feel.
- Clicking Save logs the values for that day.
- The Weekly Performance graph updates based on saved data.
- Today's Performance gives a quick overview of current levels.

o) Possible Improvements

- Add a history view to compare progress over different weeks.
- Provide personalized recommendations based on trends (e.g., "Your focus is decreasing, try a mindfulness exercise!").
- Enable goal setting (e.g., "Increase creativity to 70% by next week").

p) Wellness Journal

This image shows a Wellness Journal Web Application interface. Below is a user guide explaining its features and how to use them.

1. New Journal Entry (Left Panel)
This section allows users to create a new journal entry by filling out reflection prompts.
- Date Picker: Users can select the date of the journal entry.
- Mood Selector: Users can choose their mood (e.g., "Great 😊").
- Reflection Prompts: Users can answer the following questions:
  - *How would you describe your mood today, and what moments influenced it?*
  - *What are you grateful for today?*
  - *What challenges did you face today, and how did you handle them?*
  - *What did you learn about yourself today?*
- Tags: Users can add tags (comma-separated) to categorize their journal entry.
- Save Journal Entry Button: Clicking this button saves the journal entry.
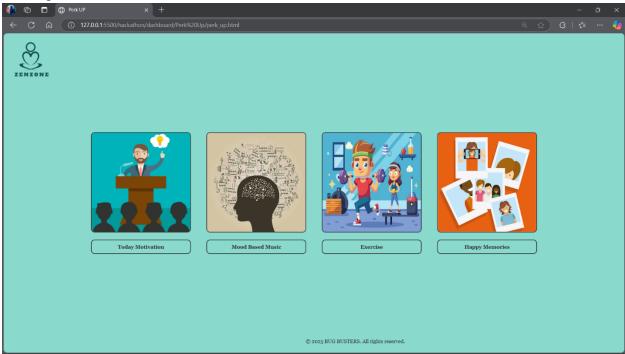
Past Entries (Right Panel)
this section displays previously saved journal entries.
- Each entry shows:
  - Date
  - User's response to reflection prompts
- Edit Button: Allows users to modify an existing entry.
- Delete Button: Removes the entry from the journal.

q) How to Use
1. Create a Journal Entry
   - o   Select the date and mood.
   - o   Fill in the reflection prompts.
   - o   Add relevant tags.
   - o   Click "Save Journal Entry" to store your responses.
2. View Past Entries
   - o   Scroll through the list on the right panel to see previous entries.
3. Edit or Delete an Entry
   - o   Click "Edit" to update the responses.
   - o   Click "Delete" to remove the entry permanently.

r) Additional Notes
- The application uses a simple and intuitive design for easy journaling.
- Users can track their moods and progress over time.
- Tags help in organizing journal entries based on themes.

Perk Up:

Main Sections

The interface consists of four interactive options:

1. Today Motivation
- This section provides motivational content, such as:
  o Inspirational quotes
  o Short motivational speeches or videos
  o Success stories to boost motivation
- How to Use: Click the "Today Motivation" button to access motivational content.

2. Mood-Based Music
- This feature suggests music based on the user's mood.
- It may include:
  o A playlist tailored to different emotions (e.g., happy, calm, energetic).
  o Soothing sounds for relaxation.
- How to Use: Click "Mood Based Music" to explore and listen to recommended tracks.

3. Exercise
- This section provides:
  o Simple workout routines to reduce stress and boost energy.
  o Exercise videos or guides for quick physical activity.
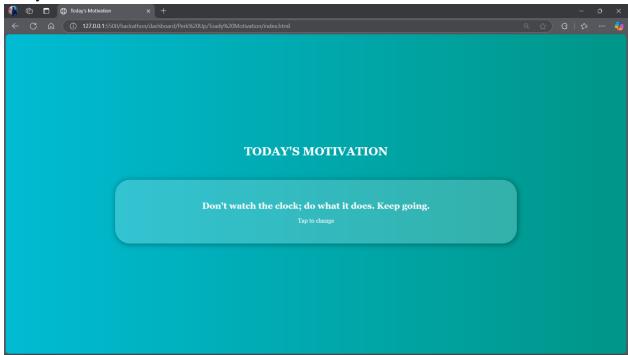- How to Use: Click "Exercise" to view exercises suitable for your needs.

4. Happy Memories
- This feature allows users to:
    - Store and revisit happy moments (photos, notes).
    - Upload and view past joyful experiences.
- How to Use: Click "Happy Memories" to browse through stored memories or add new ones.

Additional Information
- ZenZone Logo (Top Left): Represents the application branding.
- Background and UI Design: The calm color scheme is designed to provide a stress-free user experience.
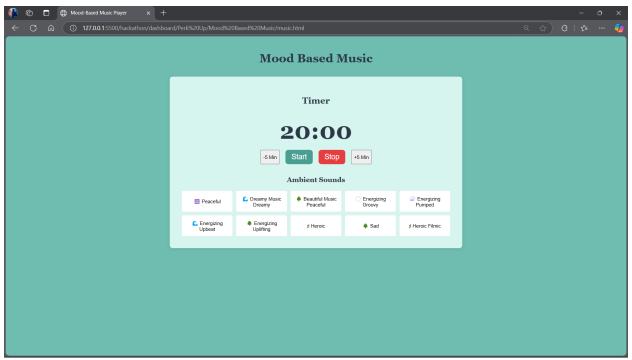- Copyright Notice: The application is developed by "BUG BUSTERS."

Today Motivation:

Main Features
1. Motivational Quote Display
    o   The page prominently displays an inspirational quote.
    o   Example: *"Don't watch the clock; do what it does. Keep going."*
2. Tap to Change
    o   Users can tap (or click) on the quote box to load a new motivational quote.
    o   This feature helps refresh inspiration throughout the day.
3. Minimalistic UI
    o   A clean and simple design ensures a distraction-free experience.
    o   The gradient background provides a visually calming effect.

How to Use
1. Read the Quote: The page loads with an inspiring message at the center.
2. Change the Quote: Tap or click on the quote box to generate a new quote.
3. Stay Motivated: Use the page whenever you need a motivational boost.
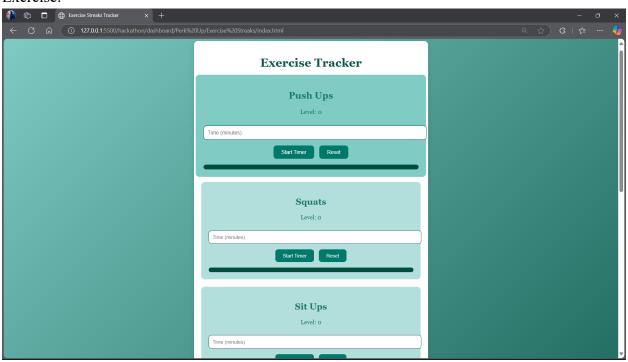
Mood Based Music:

Main Features

1. Timer
   o Displays the countdown time in minutes and seconds.
   o Users can start, stop, and adjust the timer.
2. Timer Controls
   o Start: Begins the countdown.
   o Stop: Stops the countdown.
   o -5 Min: Reduces the timer by 5 minutes.
   o +5 Min: Increases the timer by 5 minutes.
3. Ambient Sounds (Mood Selection)
   o Users can choose different ambient sounds to match their mood.
   o Options include:
     ▪ Peaceful
     ▪ Dreamy Music
     ▪ Beautiful Music
     ▪ Energizing (Groovy, Pumped, Upbeat, Uplifting)
     ▪ Heroic
     ▪ Sad
     ▪ Heroic Filmic

Usage Instructions

1. Set the Timer: Adjust the countdown using the "-5 Min" or "+5 Min" buttons.
2. Start the Timer: Click the "Start" button to begin the countdown.

3. Stop the Timer: Press the "Stop" button to pause the timer.
4. Choose a Mood: Select an ambient sound from the list to enhance focus, relaxation, or motivation.
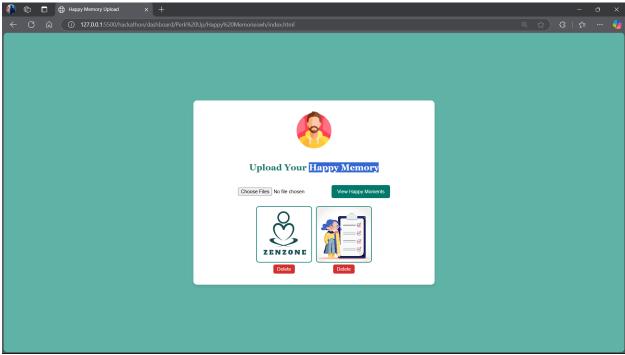
Exercise:

Main Features
1. Exercise Categories
    o   The tracker includes multiple exercises such as:
        ▪   Push Ups
        ▪   Squats
        ▪   Sit Ups
    o   Each section has a Level indicator, which likely increases based on workout progress.
2. Timer Input
    o   Users can enter the duration (in minutes) for their workout session in the provided input box.
3. Timer Controls
    o   Start Timer: Begins the countdown for the entered workout duration.
    o   Reset: Resets the timer and progress.

Usage Instructions
1. Choose an Exercise: Select one of the available exercises (e.g., Push Ups, Squats, Sit Ups).
2. Enter Workout Time: Input the number of minutes you plan to exercise.

3. Start the Timer: Click the "Start Timer" button to begin your session.
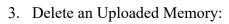4. Reset if Needed: If you want to restart, press the "Reset" button.

Happy Memory:

Main Features
1. Upload a Happy Memory
   o Users can choose files (images, documents, or other media) to upload their happy memories.
   o This feature helps store positive moments for later reflection.
2. View Happy Moments
   o A "View Happy Moments" button allows users to browse previously uploaded memories.
3. Uploaded Memories Display
   o The interface shows previously uploaded images or documents related to happy moments.
   o Each uploaded item includes a Delete button for removal if needed.

Usage Instructions
1. Upload a Memory:
   o Click "Choose Files" to select an image or document from your device.
   o After selecting a file, it may be automatically uploaded or require further confirmation.
2. View Uploaded Memories:
   o Click "View Happy Moments" to browse your stored memories.

3. Delete an Uploaded Memory:
    o Click the "Delete" button below an image or document to remove it from the list.