

Solution 1 The Stress Management Calendar app

Calendar based App



Logo is a SM for Stress management

Click on app



it will look like the normal calendar app with the same functions

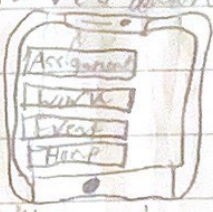
(if highlight gets current day, shows time and lists out calm month on screen to see more months)

Click on a day to see time based calendar

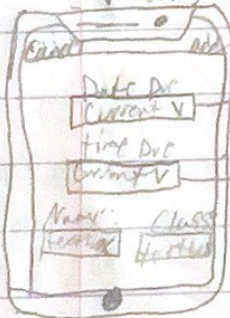


line with dot moves based on exact time and

Click on plus (+) in top right for new features



Tap Assignment



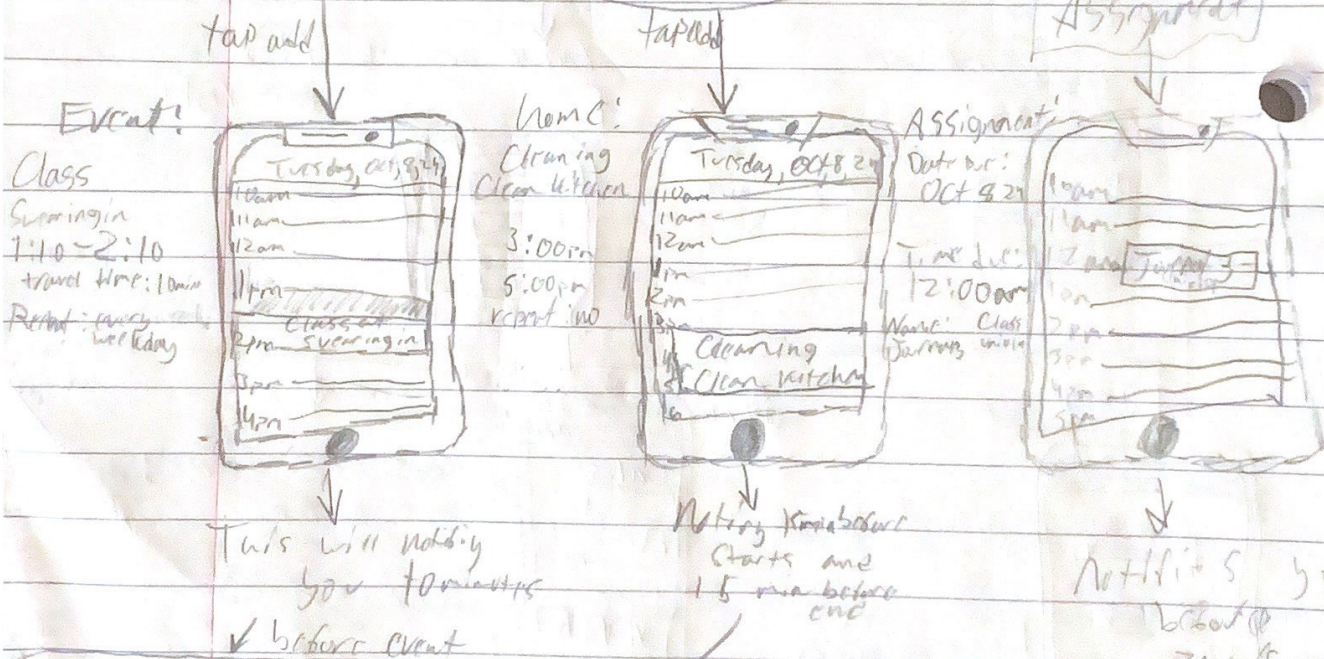
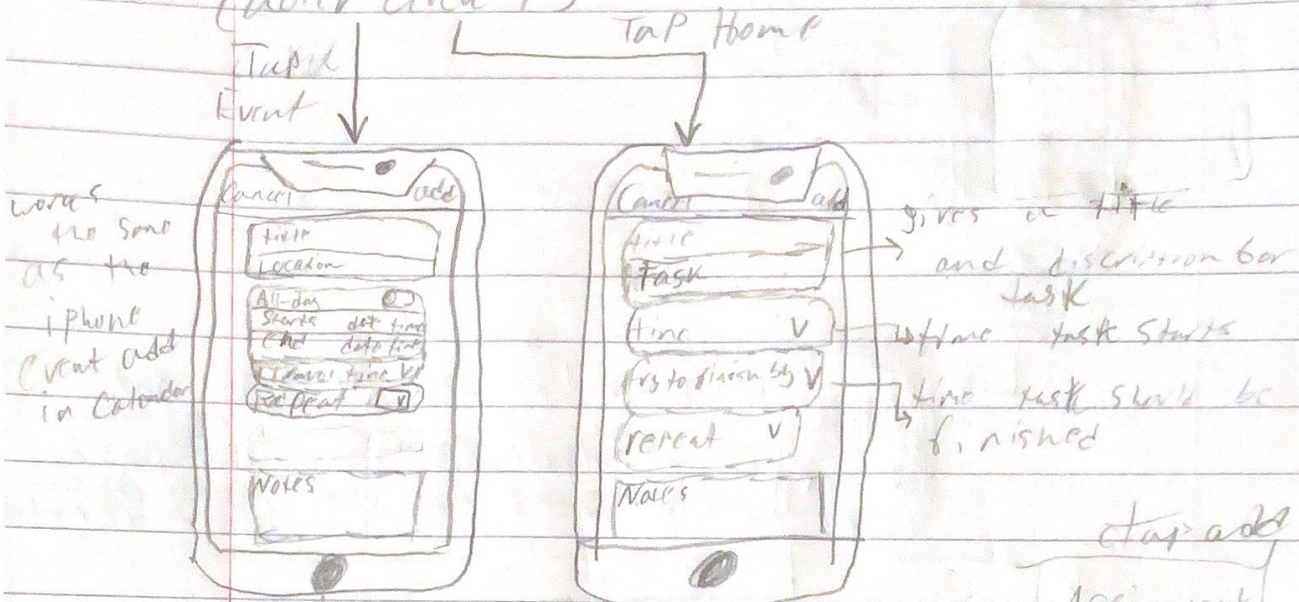
list all days in drop down Starts with current day
list all times (Start with current)
both are text boxes that bring up keyboard

Tap Work



allows for days of the week for current month to be listed with for current month to be listed with 16 weeks all months
ask for hour
allows for user to type in notes and Job name

Solution 1 (after click +)



The entire solution
adds once its
added to the
Calendar

As it will then
notify you every
hour to check how
times

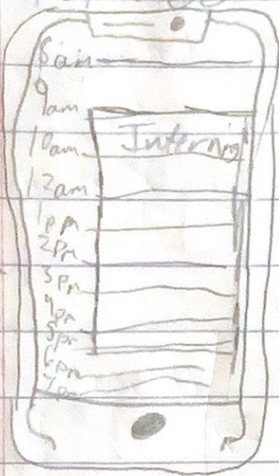
Solution 1 Final page

Work

Tap add

days:
MTWTF
Repeated
9:5

From 8:00am to 5:00pm
Job
Intern



After adding to Calendar

You can click to

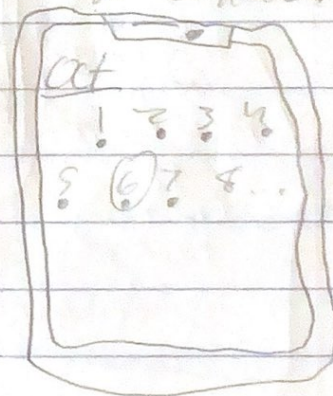
See all the information

You typed in and to

delete the item

Gives you
an
1 hour and 1 hour
before work
notice

In the end it
should look like
a calendar



The dots
represent
things on
that day
the circle
is current
day

That is the
kind of
Solution 1

Solution 2 is a Reminder app

This will be a Notification app

So type in what you

want to be reminded about

and you will be reminded

frequently

app

Reminder
app

tap on
app

Options to increase

frequency of
notifications

6 hours

hourly, every

3 days,

4 days,

2 days,

daily

a reminder set
to go off
every hour

Click
to change
a
new reminder
to
something
that needs
to be reminded



Notification
bell
to allow for
the app
to be turned
off in class

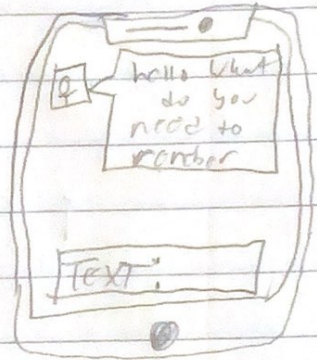
Solution B

an app to
help you stay
on track

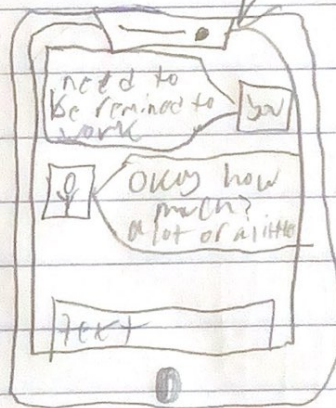
AI
Reminder



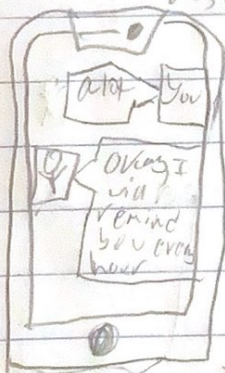
tap app →



Type
response



Type
response



Sends out notifications
every hour until
you enter and say
I no longer need
a reminder then
it will cancel