MOBILE APP DEVELOPMENT AUTUMN CFG 2022 MASTERS PROJECT

ON

THE MOBILE APP: TRANQUILI-T

Tranquili-T

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Tranquili-T

PROBLEM SOLVED

The world can be stressful and sometimes we need help to navigate that. Tranquili-T is a meditation app which helps us to be calm, relax, unwind and fosters resilience. The app helps users to mediate and achieve their target, even if they are newbies to meditation. This can help to bring a lot of positive energy into their life and increase concentration and focus on everyday work. The inspiration comes from the authors' shared interest in mindfulness and wellbeing. We wanted to create an app that will help people keep in touch with their mental health, especially in this cost of living crisis.

COLOR SCHEME

The colour scheme is chosen with colours that are soothing, gentle, calming in effect, and suitable when the app is used in the dark. Warm tones and blues are good for encouraging concentration and focus and that's why we have chosen these colours for the app.

#01001F, #15224C, #384A72, #727E94, #AEA488, #E0AB78

Using a darker colour palette is also better for the environment as it uses less screen energy. Not only that, it is also easy on the eyes and can be comfortably used at night. Blue is considered as a colour of mind and it lowers down the heart rate and decreases the respiratory rhythm which encourage calmness, clear thought and aid concentration and focus which is the main objective of this app.

DESIGN PHILOSOHY

The philosophy behind app designing is the simplicity, minimalistic approach, easy to read and good contrast considering the requirements of the non-neurotypical users such as ADHD and Dyslexia. ADHD and Dyslexia people are at higher risk of sleep disorder, so Tranquili-T is designed in such a way to fulfil their requirement and help them to improve their sleep pattern and insomnia. Furthermore, the minimalist design means straightforward features and easy to use navigation. We do not want to complicate user's app journey.

MOCK-UP AND PROTOTYPE DESIGN

These are the initial mockup and prototype design of our app. Our final design has deviated from our initial prototype, but the main features have been implemented.

User login page

Tranquili-T

Tranquili-Timer

It's not the journey, it's the company

Main menu page

Tranquili-Timer

Set Time   Set Sound   Set Visual

12:00

Start   Reset   End

Meditation timer

Tranquili-T

Tranquili-Timer

How have you felt today?

Happy

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Sad

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Frustrated

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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Mood tracker

Tranquili-Timer

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	✅ 🙂	🙂	✅ 🙁	✅ 🙂	✅ 🙁	
😡	✅ 🙁	🙂	🙁			

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Meditation tracker

Alternative timer page

DESIGN JUSTIFICATION

As mentioned in the colour scheme section, the colours are chosen to be easy on eyes especially when using this app in a dark room. With a darker colour palette, we had to ensure that other features' colours contrast the background, without being too striking.

We have also streamlined our app layout to be as simple as possible. We have scrapped our initial menu button idea as we thought it would be too complex and can be confusing. This is switched to a simple navigation bar. Our navigation tab means that users can jump to other features at any time without the need to go back to a menu page. With a side bar navigation, we have to add a button for every page so users can jump into other pages easily, although the swipe right option is still available. Other justifications are discussed in each separate features.

APP FEATURES

Inspirational Quote of the Day

The home page is dedicated to the daily generated quotes which has been generated using zenquotes API quote of the day. The idea behind this is to generate positivity, boosting happiness and calming effect on the user.

Tranquili-T
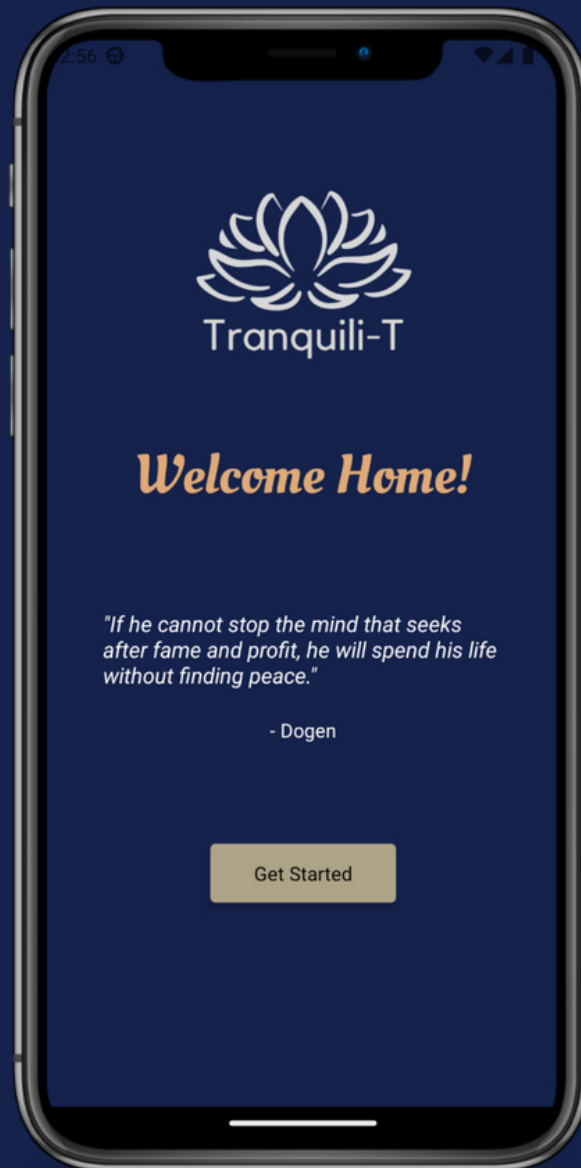
Meditation Timer

We decided to include a timer on this app as a way to free a user's mind from having to track their time. During a busy day it can be hard to schedule in time to relax and slow down, and then worrying about a person's next task can interfere with that mindfulness practice. The timer seeks to help eliminate this worry by creating a designated time slot within a user's day that ends with a gentle reminder about the real world.

The timer component of the Tranquili-T app diverted from the original design due to a combination of time and ability constraints. In the initial mock up, there is one timer with several buttons with varying functionality. In the final design, there are three separate buttons displaying 10 minutes, 15 minutes, and 20 minutes. The user can press the button for their time selection and the countdown is displayed within the button itself. The button is disabled after pressing so that the user cannot overload the system and induce a faster render rate (which would increase the speed of the timer).

The meditation timer screen is composed of the view that has an animation to give the user something to focus on other than the time ticking down, calls from the three button components, and sound effects.

In further development of the app we would like to work on the audio file playing completely for each timer, after one timer has been disabled, without the need for re-loading the app.

Meditation Tracker

We decided to include a meditation tracker to log the days you have completed a meditation session for two main reasons.

The first is that in a busy and hectic life, it may not always be easy for a user to remember what tasks they have completed in their day. The meditation tracker serves as a visual reminder that the user has taken some time for themselves that day to meditate.

The second reason is that you can see over the days and months, how many days you have found time for yourself to meditate. This may encourage the user to build healthy long term habits for finding time for meditation, to improve overall mental health and well being.
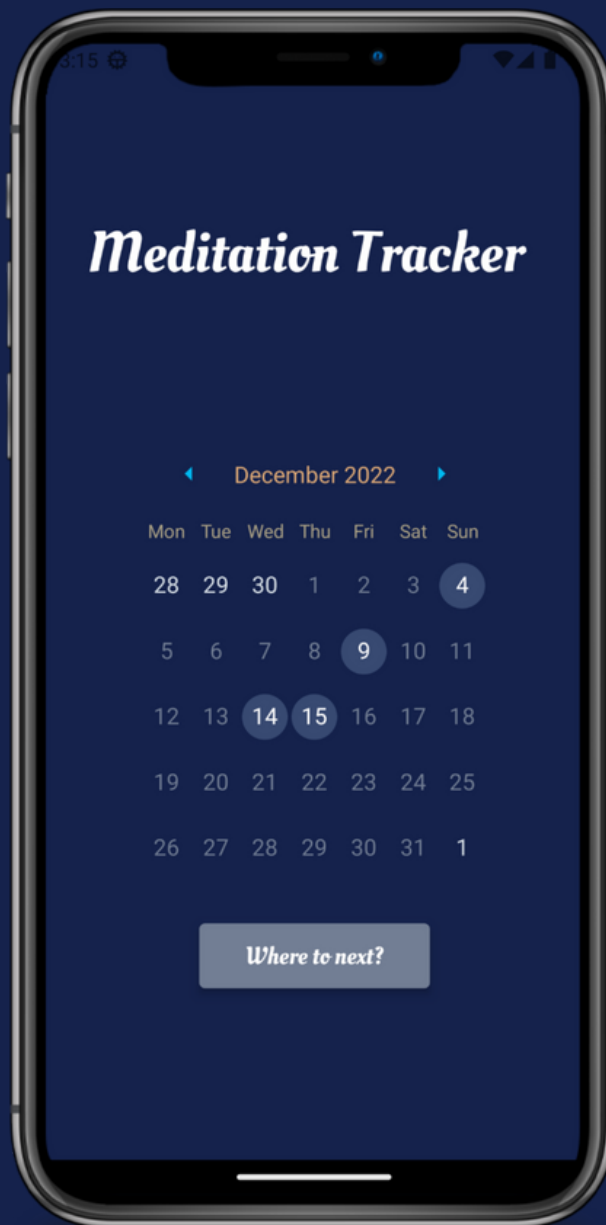
The tracker consists of a calendar component that when one of the meditation timer buttons on the meditation timer screen is pressed, a mark is placed on the calendar for that day. The marked days persist in state via react-redux and the dates can be seen in the console log. An if statement prevents the addition of the same date being added to the array multiple times to save space, if the user completes more than one meditation session in the same day.

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The design diverts from the original mock up as the calendar component is more professional looking than the mock up grid tracker and was able to be integrated under the time constraints.

In further development of the app we would like to include a mood tracker as shown in the original mock up. While it would not be concrete, it could give the user an indication to whether regular meditation sessions improve overall mood on a long term basis.

User Login System
(This is not included in the final design, but is considered for future implementation). Before using the app, users are encouraged to register an account and log in. This is so that users can always access their account and keep their progress using any device. Async storage can also be implemented here to ensure that users' logging info are being kept. Having a user database unlocks many future opportunities of growing the engagement with users, for instance with email newsletter, etc.

TOOLS AND LIBRARIES USED

The app was designed using React Native. The following are used:

- React navigation native
- React navigation drawer
- React
- Expo
- Expo font
- React native
- Lottie animation
- React redux
- Redux persist
- React native calendars
- Expo AV
- React native elements
- React native async storage

CASE STUDY UX DESIGNER

There are near about 2000 meditation app in the market available today and out of that two apps named calm and headspace dominates the market and comparatively calm have more hold on the users than headspace though calm is more recent than the headspace. Here is the case study on Calm app and their success journey.
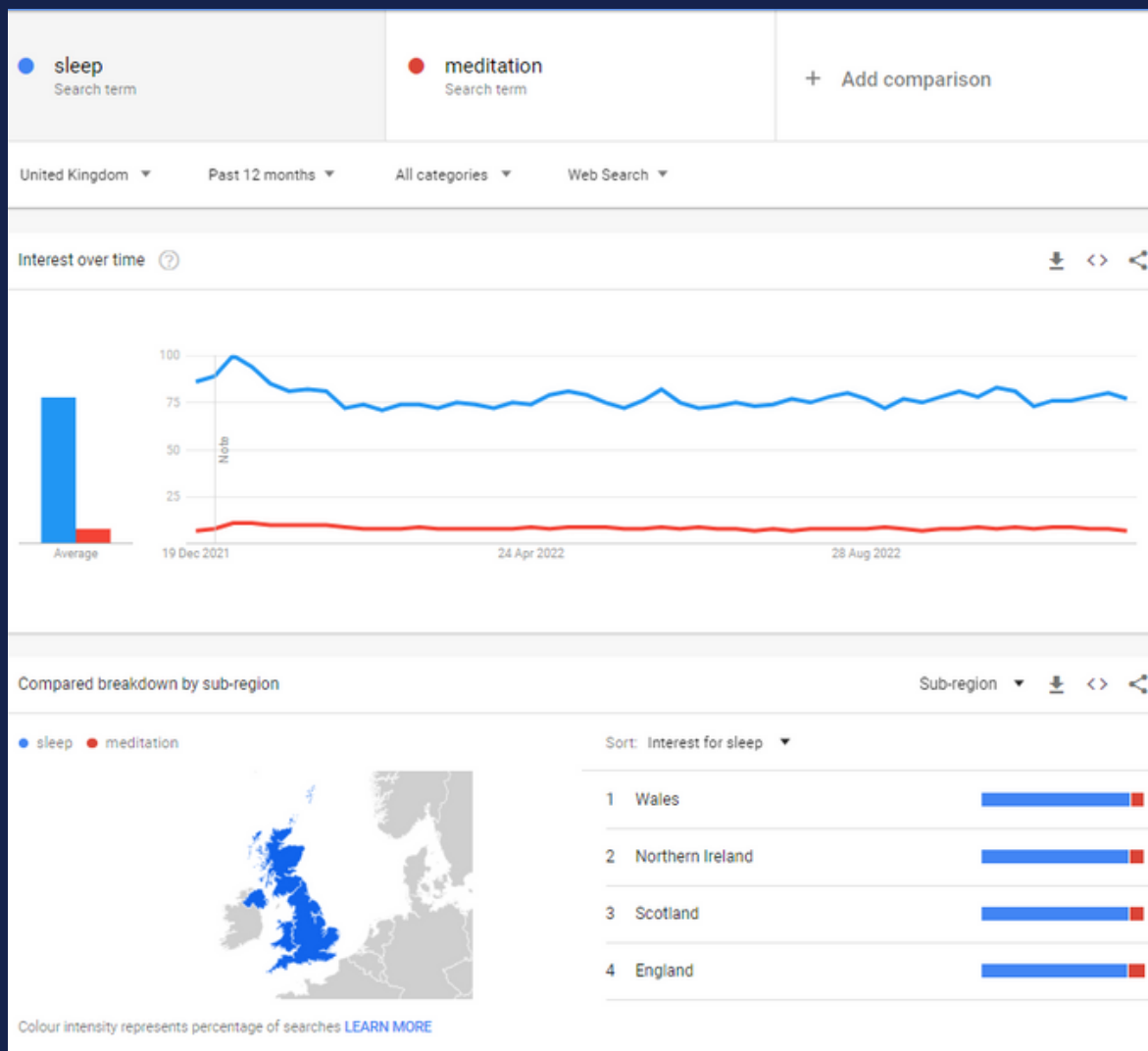
This is Google trend search tool data showing more people searched for sleep than meditation, this proved to be a game changer for Calm app and more people searched for Calm app than Headspace and in less time this app became more popular. Through social media platform Calm captured more attention when they partner with the celebrity and their sleep story. one of the most important selling point was that Calm used celebrity soothing voice which captured more market .

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Calm app have another cool feature which is daily quote which engage users regular basis and encourage more sharing of the app which helps with virality of this app. They have many success stories, testimonials and awards(App of the year award in 2017 by Apple) description on their app which increase viewability and publicity.

So far Calm App has travelled a long journey an they have started their own TV series and also worked in partner with CNN News channel during the USA President elections and Calm sleep stories and do nothing for 2 minutes always be one of their biggest selling point.

CONCLUSION

We created Tranquili-T to help users to navigate the difficult moments in life and encourage users to take a step back and breathe. It was in our intention to not only create an app that matched our interests, but also that is useful for other people to use.

The journey of creating Tranquili-T was not an easy one. We have achieved a lot in a short amount of time and learned a lot along the way. We managed to follow the backbone of our initial prototype and learned how to use redux, integrate external APIs and build a timer feature, all in an entirely new programming language. For future improvements, we would like to integrate the sign up page for users, add a mood tracking feature, add more sound and animation options, and include push notifications.