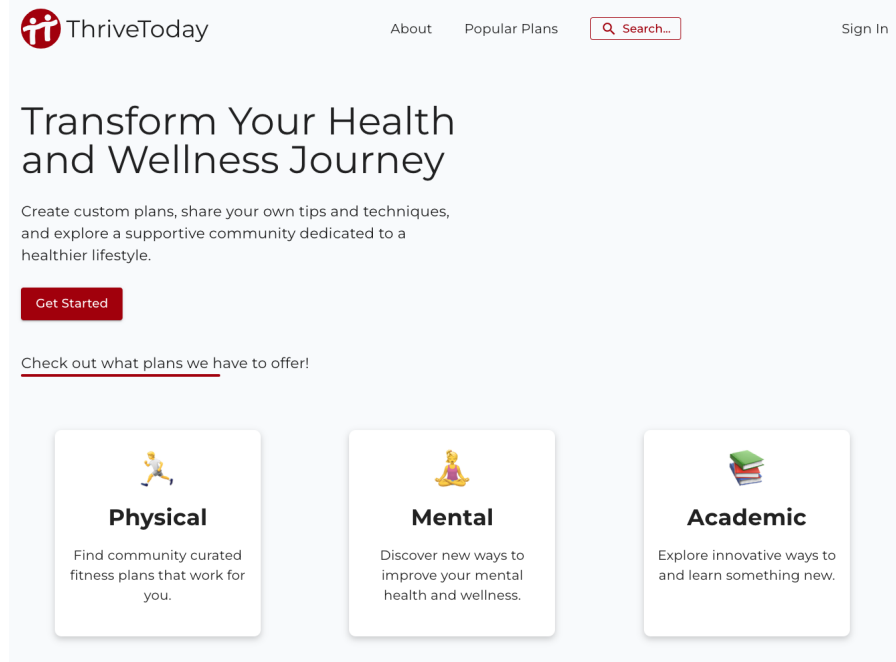




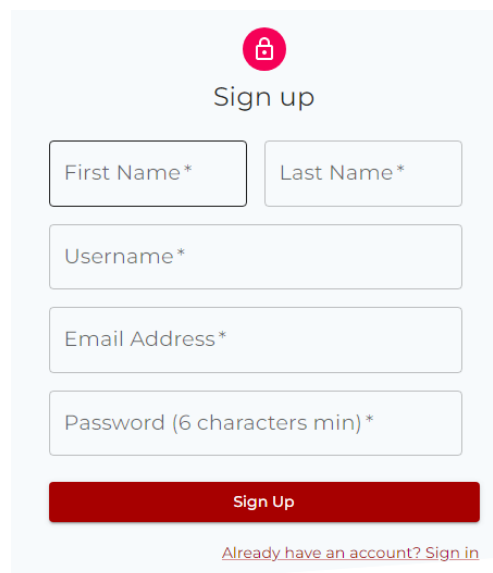
## **ThriveToday User Guide**

## Creating an Account

Users can create an account by clicking on the red “Get Started” button on our homepage, or by navigating to the Sign In page by clicking on the Sign In button on the top right and clicking on “Don’t have an account? Sign Up”.

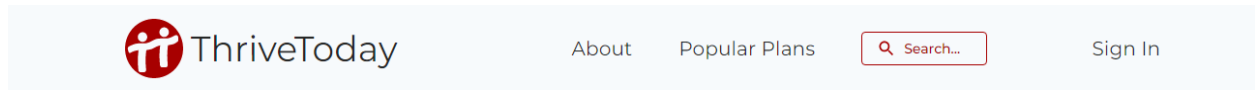


Users sign up by entering a first and last name, username, email, and a password, that must be at least 6 characters. After clicking sign up, the user will be automatically logged in and their username will be displayed in the top right, replacing the Sign In window.

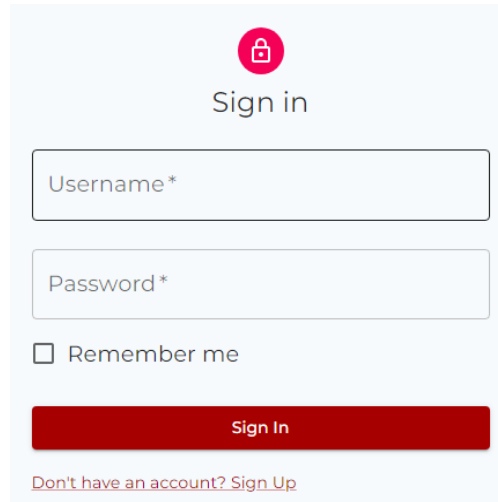
A screenshot of the 'Sign up' form. At the top is a red lock icon and the text 'Sign up'. Below this are four input fields: 'First Name\*', 'Last Name\*', 'Username\*', and 'Email Address\*'. The 'Password (6 characters min)\*' field is also present. A red 'Sign Up' button is located below the password field. At the bottom, there is a link: 'Already have an account? Sign in'.

## Logging into an already Existing Account

Users can log into their account by clicking the Sign In button featured on the right of the nav bar.

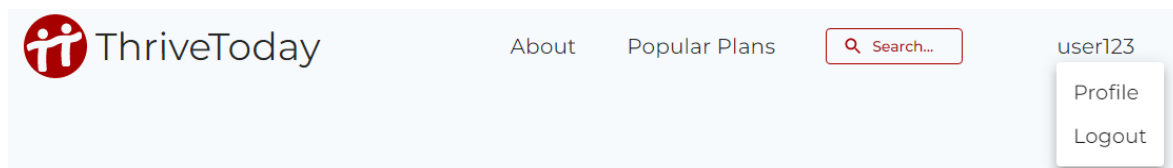


Clicking that will bring them to our Sign In page. To log in, simply enter the user information that was used to sign up.

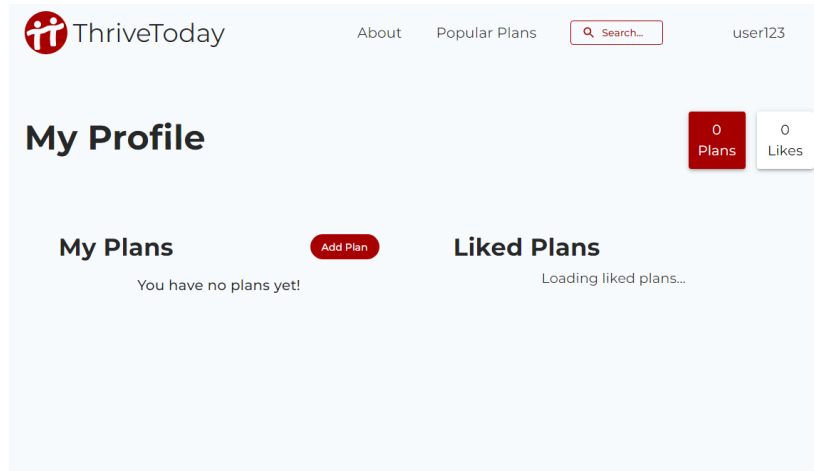
The image shows a 'Sign in' form centered on a light blue background. At the top is a red circle with a white padlock icon, followed by the text 'Sign in'. Below this are two input fields: 'Username\*' and 'Password\*'. Under the password field is a checkbox labeled 'Remember me'. At the bottom is a red button with the text 'Sign In'. Below the button is a link that says 'Don't have an account? Sign Up'.

## Your Profile

Once logged in, the username entered will be displayed in the top right of the navigation bar where the Sign In button had been. Users can click their name to view their options: Profile or Logout of their account.

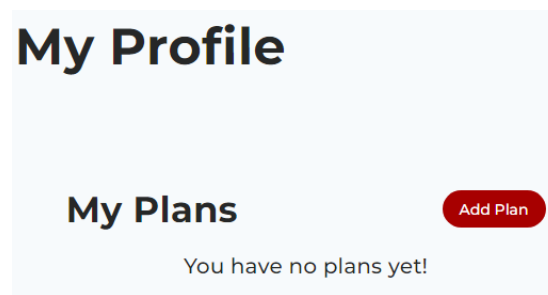


Clicking on profile will bring the user to their own page. This page displays their plans and likes. If the user has not made any plans or liked any, these sections will be empty and the count totals on the right side will be zero.

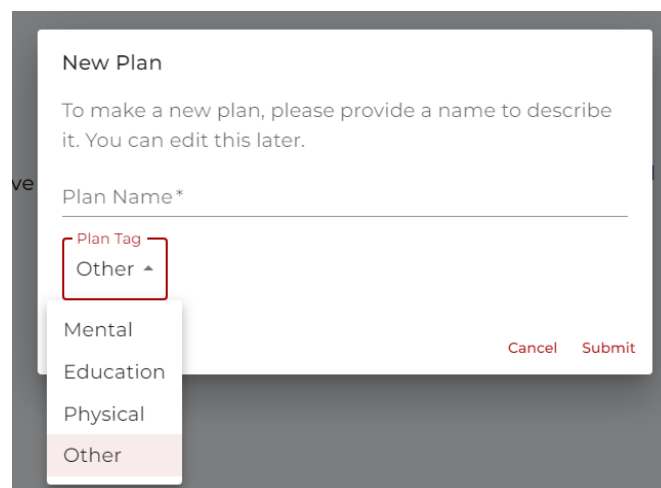


## Creating Plans

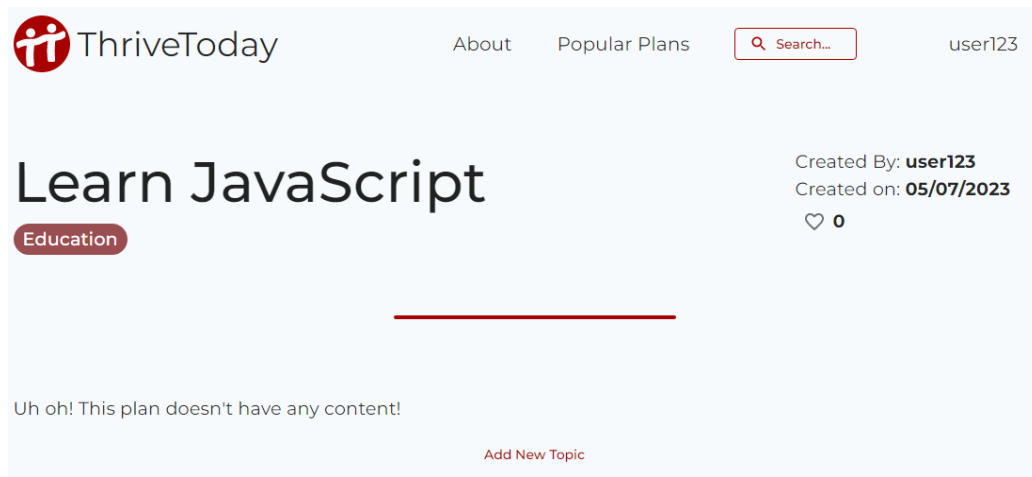
Users can create plans by navigating to their Profile page and clicking the red Add Plan button.



Once they have clicked that, Users will see a popup to create a new plan. All plans are required to contain a Name and a Tag. Tags help make your plan more visible to others looking for plans of a similar category. If the plan does not fall under Mental, Education, or Physical, users can use the Other tag.



After pressing Submit, users will be brought to their newly created plan page.

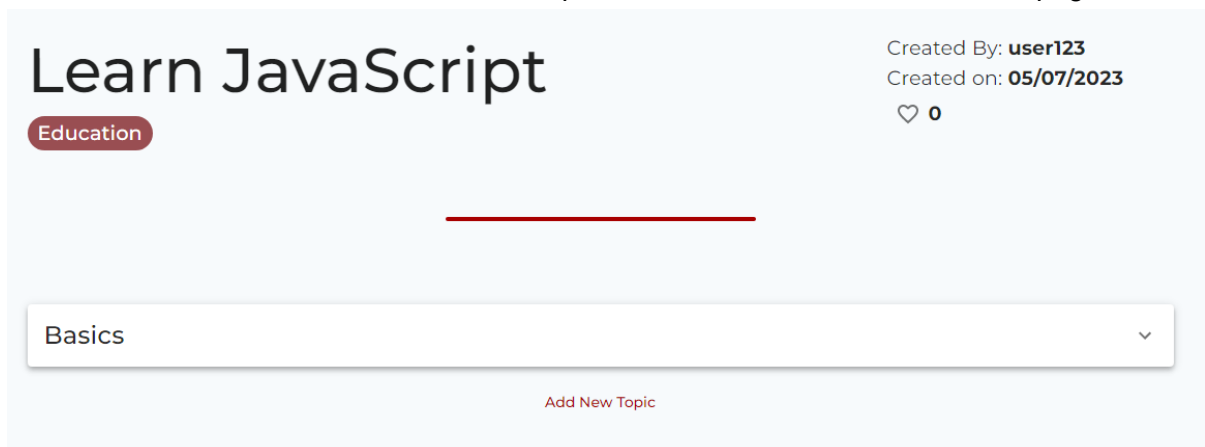


## Adding Content to Plans

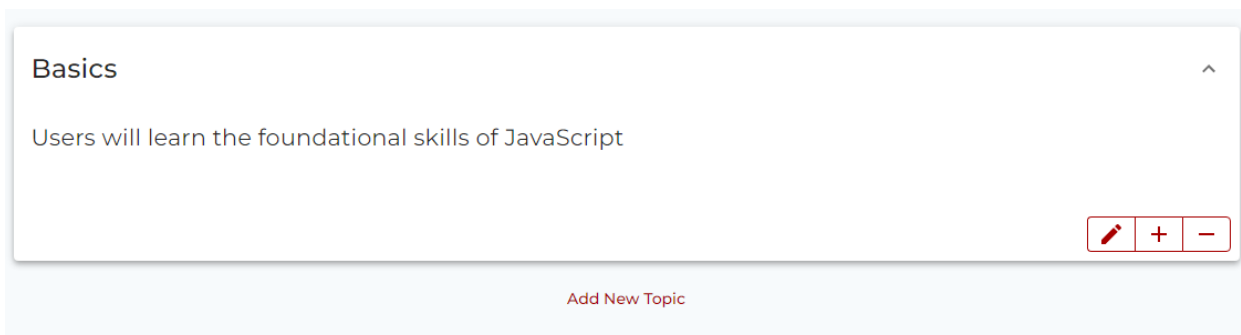
To add content to a plan, first create a topic by pressing Add New Topic. Then enter the Topic Title and any text desired. All topics and subtopics can be edited later in the future.

The image shows a modal form for adding a new topic. It has a white background with a gray border. The first input field contains the text 'Basics'. The second input field contains the text 'Users will learn the foundational skills of JavaScript'. At the bottom right, there are two buttons: 'Cancel' and 'Submit'.

Once done, click the Submit button. This topic will now be reflected on the Plan page.

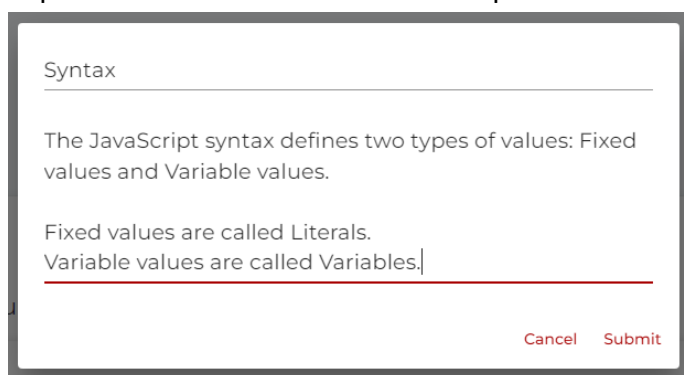


Click on the topic to expand it. Once expanded, there are three different options displayed at the bottom right of the topic. Users can edit (pen icon), add a subtopic (+), or delete that topic (-).



The screenshot shows a light blue rectangular card. At the top left, the word "Basics" is displayed in a dark font. To its right, at the top right corner, is a small upward-pointing chevron icon (^). Below the title, the text "Users will learn the foundational skills of JavaScript" is centered. At the bottom right of the card, there is a horizontal row of three red-outlined square buttons: the first contains a red pen icon, the second contains a red plus sign (+), and the third contains a red minus sign (-). Below the card, centered horizontally, is a red text link that says "Add New Topic".

By clicking the + to add a subtopic, users can enter information similar to the process of adding a Topic. Subtopics will be nested inside of their topics.



The screenshot shows a modal form with a dark gray border. At the top, the word "Syntax" is followed by a horizontal line. Below this, the text "The JavaScript syntax defines two types of values: Fixed values and Variable values." is displayed. Underneath, there are two lines of text: "Fixed values are called Literals." and "Variable values are called Variables." followed by a red horizontal line. At the bottom right of the form, there are two red text buttons: "Cancel" and "Submit".

When clicking submit, the Plan will refresh. To view the contents, expand all sections by clicking on them. Users can add multiple topics and subtopics to their plans.

# Learn JavaScript

Education

Created By: **user123**

Created on: **05/07/2023**

♥ 0

## Basics

Users will learn the foundational skills of JavaScript

### Syntax

The JavaScript syntax defines two types of values: Fixed values and Variable values. Fixed values are called Literals. Variable values are called Variables.



## Browsing Plans

### Searching for Plans

Users can search for specific plans by using the Search bar at the top of the site.



ThriveToday

About

Popular Plans

🔍 Search...

user123

Once users click the search bar, a new window will pop up for the search. Users will enter the desired phrase then click the Search option. Plans that include that term will be listed below as pictured. Users can click on the plans that appear below to view them.

Search For Plans

🔍 Running

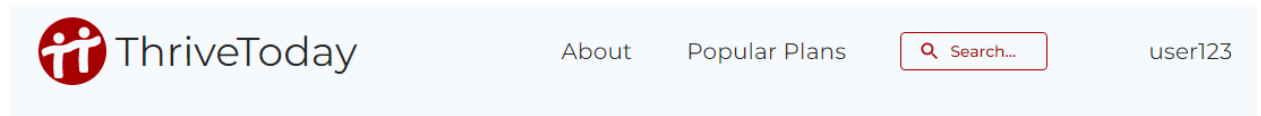
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Running  
Running Practice

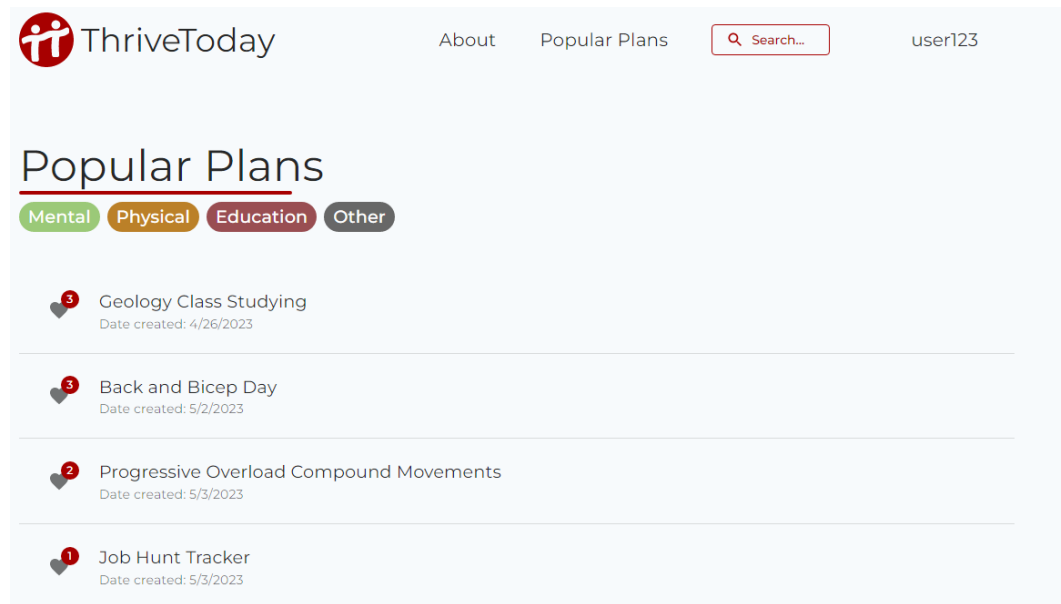
Close Search

## Popular Plans

Users can also view the most popular plans on the ThriveToday site by clicking on “Popular Plans” in the navigation bar.

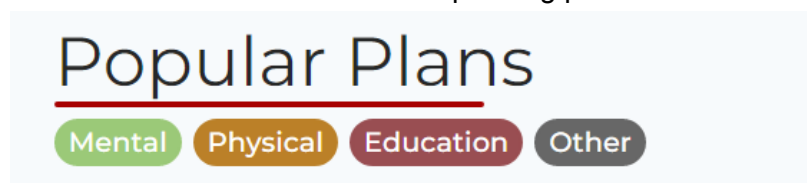


This page shows the most liked plans across the site.



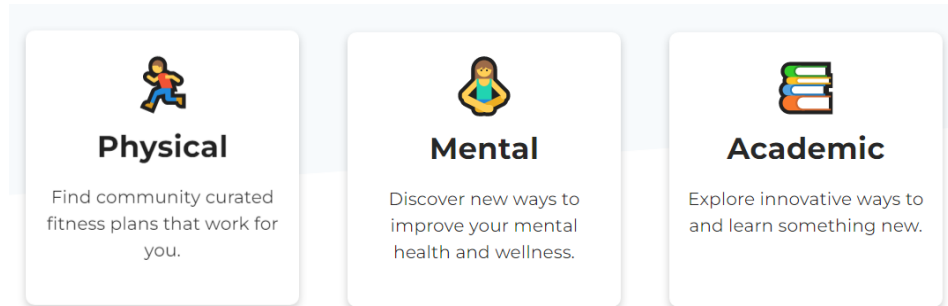
## Plans by Tags

Users can also view plans by their tags. In the popular plans page, users can click on any of the categories listed below to view their corresponding plans.



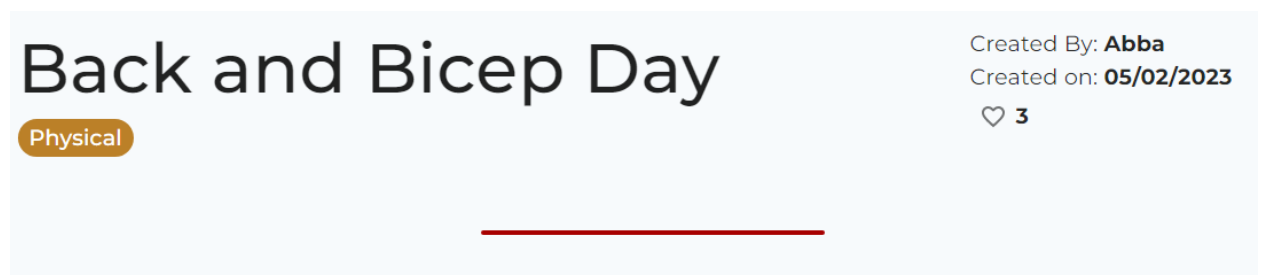
On the home page, users can also click on the categories to view





## Liking Plans

Users are able to “like” plans by clicking on the heart on the right side of the website below that plan’s author and created date.



Once liking a plan, it will be reflected on your user profile as mentioned in the Profile section.

