

Peace (UI/U X) Project

Peace – UI/UX Prototype Report

1. Introduction

The Peace app is designed to support users in managing their mental well-being through guided meditation, mood tracking, and personalized recommendations. The prototype demonstrates the onboarding flow, user preference selection, and the main dashboard experience.

2. Objective of the App

- To help users reduce stress and anxiety.
 - To provide guided and unguided meditation sessions.
 - To track the user's mood and personalize content accordingly.
 - To encourage daily mental wellness habits through a simple, calming interface.
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3. Target Users

- Individuals experiencing stress, anxiety, or sleep difficulties.
 - Beginners looking for guided meditation support.
 - Users interested in mindfulness and self-care routines.
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4. Prototype Screens Analysis

4.1 Onboarding / Welcome Screen

Purpose:

Allows users to quickly get started by signing in using major platforms such as Google, Facebook, Gmail, or Apple.

UI Highlights:

- Centered calming icon (meditation pose) sets the tone.
- Soft green background implies relaxation and wellness.
- Large, rounded buttons improve accessibility.
- Small text for Terms & Conditions keeps the UI clean.

UX Strengths:

- Multiple sign-in options reduce friction.

- Visual hierarchy directs users immediately to action.
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4.2 User Stress Identification Screen

Purpose:

To collect information about how the user usually experiences stress. This helps in personalizing content later.

Options Displayed:

- Anxious thoughts
- Difficult sleeping
- Moodiness
- Physical discomfort

UI Highlights:

- Simple card-based options with icons.
- Clean vertical alignment for easy scanning.
- “Skip” option for users who want to proceed quickly.

UX Strengths:

- Easy selection with clear labels.
 - Allows personalization without overwhelming new users.
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4.3 Home Dashboard / Main Screen

Purpose:

Serves as the main hub where users begin meditation sessions, check their mood, and view recommendations.

Key Elements:

- **Navigation bar** (today, calm, music, sleep)
- **Mood-based session suggestion** (“A 10 minutes session for Today’s mood”)
- **Start Meditation button** – primary CTA
- **Meditate categories** – mindful, guided, unguided
- **Personalization section** – “How are you feeling?”
- **Recommended for you** – Deep sleep meditations

UI Highlights:

- Soft color palette maintains a peaceful vibe.

- Balanced use of icons and images.
- Clear segmentation of content blocks.

UX Strengths:

- Personalized recommendations improve engagement.
 - Visual previews of meditation tracks help users choose faster.
 - Prominent CTA encourages daily practice.
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5. Design Choices & Rationale

Color Palette

- Light green tones communicate peace, balance, and nature.
- Dark icons provide contrast and accessibility.

Typography

- Clean and modern fonts ensure readability.
- Larger titles guide the user's attention effectively.

Visual Elements

- Illustrations and thumbnails create a friendly and inviting feel.
- Smooth rounded rectangles make the layout approachable.

Navigation

- The bottom nav is intuitive and commonly used, making it easy to learn.
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6. Usability Evaluation

Strengths

- Easy onboarding.
- Minimalistic layout reduces cognitive load.
- Personalization makes the experience user-centric.
- Clear call-to-action buttons ensure smooth navigation.

Potential Improvements

- Add tooltips or micro-animations to enhance guidance.
 - Provide more categories for stress (if needed).
 - Include a progress tracker on the dashboard.
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7. Conclusion

The Peace prototype offers a clean, calming, and user-friendly experience tailored for mental wellness users. The screens demonstrate a thoughtful onboarding journey, helpful stress-based recommendations, and an inviting dashboard. With its simple UI and strong UX decisions, this app effectively supports users on their mindfulness and meditation journey.
