



# *User's Manual for Sound Mind*

©2022 Mangoe. Co.

Home Explained\_\_\_\_\_6

Daily Quotes

Daily tasks

Journal

Achievements

Menu bar at the top left

Menu bar Explained\_\_\_\_\_7

Notification option

With / without Vibration

Progress report

Brightness settings

Sound Settings

With / without accompanying vibration

Application Theme

The purpose of this manual is to guide users on a detailed to simple explanation of what our application does and to hopefully clearly portray what our features perfectly with no further misunderstandings on their functions and uses.

The target audience for this guide will be for the people that do not really understand our application much and downloaded it quite recently, or just started using our application. It is quite simple for starters, since it only has very few functions, the technical stuff will be on the customization for our users' preferences.

The scope of reading this manual will only take you 30 minutes, more or less, I won't hold the reader of this manual anymore, so the next page will now consist of the guide itself.

**Home** - This is where the application will start after the loading screen finishes loading, here the users will be greeted with randomized ***daily quotes*** in our vast library and collection in the application. The Users cannot interact with this random text format directly, but it will change depending on the date set in the user's application.

***Daily tasks*** - it is where the application will give out a set easy to do tasks for the user, all the user needs to do is follow along, because some of these tasks only involve easy exercises, word games, or just simply meditation for a set number of seconds to minutes.

***Journal*** - It is quite similar to a notepad, or a diary, it is where users can type in anything they want. That's all there is to it. The users can spam it how they want, it will all be saved as texts for the day inside the user's storage.

***Achievements*** - It is as stated, the achievement is where the application states the user has reached a certain quota of using the application for quite a long time.

***Menu bar*** - It is where the options to change the application styles, notification, and etc. (will be further clarified in the next page.)

**Menu options** - It is where the users can check out their progress and their settings to personalize our application to their own preferences.

**Notification** - It is where the settings of the application to the user's phone to alert or notify that it is time to do their given tasks. The user can have the notification have some sort of short vibrate or not.

**Progress report** - it is where most of the activities by the user is reported, and is treated similar to looking at their history on the application.

**Brightness settings** - it is where the users can adjust the application's brightness, it can go low as the phone allows it to be.

**Sound Settings** - The Application does have some sounds to notify the user or sound queue, and the user has the ability to lower or make it loud as possible with this setting in place. The vibrate option is also in here while using the application.

**Application Theme** - The user can change the application's theme to whatever colour they want, it's a free for all.