IT2010 – Mobile Application Development
BSc (Hons) in Information Technology
2nd Year
Faculty of Computing
SLIIT

2025 – Lab Exam 02
Report

Student ID	IT23193222
Batch	Y2.S2.WD.IT.04.01
Marking Guide	
1. Ideation	**2**
2. Applying "60-30-10 rule" when deciding the colors	**2**
3. Selecting suitable layouts	**2**
4. Using proper views for the user interface	**2**
5. Interactivity	**1**
6. Creativity	**1**
Total Marks	**10**
Evaluator	

Description:

EchoZen - Mindful Living App

EchoZen is a mindfulness app designed to help users track their sleep, yoga, and meditation sessions effortlessly. With an intuitive and calming interface, the app allows users to start and stop their mindfulness activities, receive a detailed session summary, and even send messages related to their progress. The app ensures secure access through login and signup validation while offering seamless navigation across different features using intents.

Target Audience:

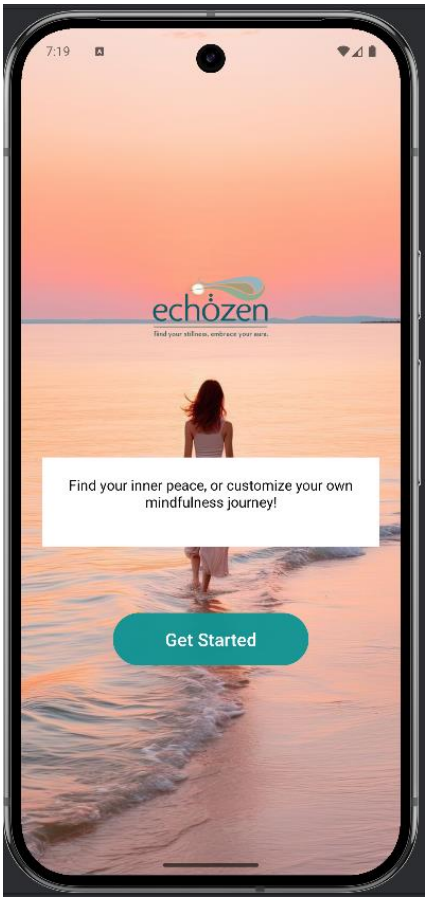
- Individuals seeking a structured way to improve sleep, meditation, and yoga routines.
- Health-conscious users who want to track their mindfulness activities.
- Professionals looking for relaxation and mental well-being solutions.
- Yoga practitioners, meditation enthusiasts, and wellness seekers.

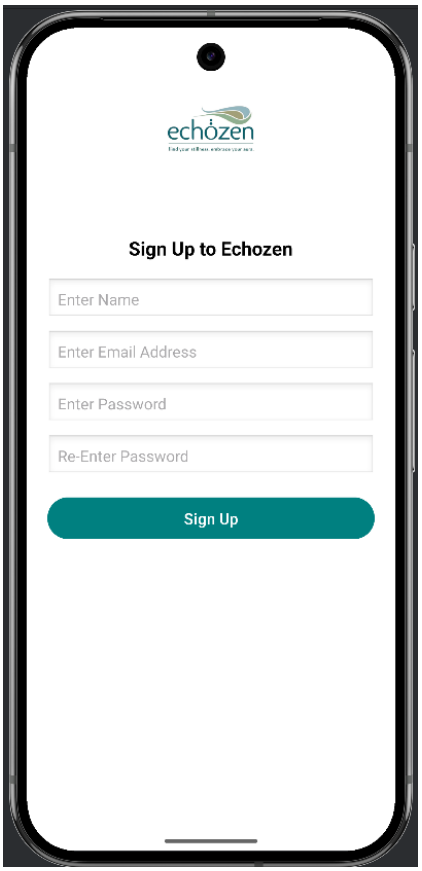
Key Features:

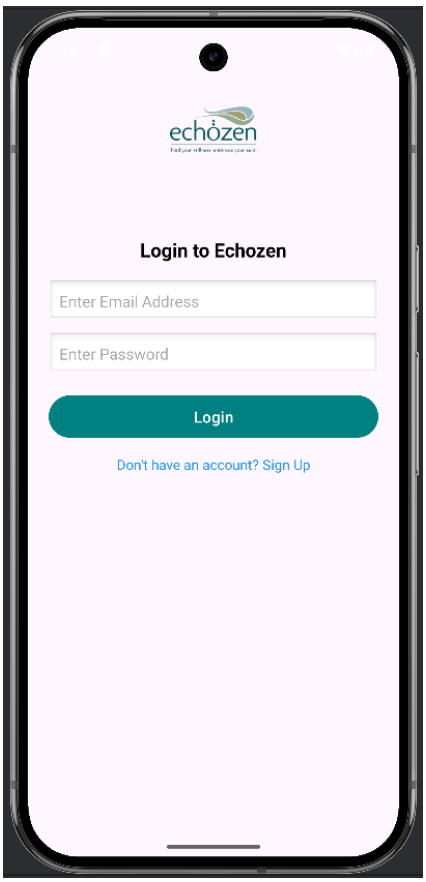
Smooth Navigation – Intent-based transitions for a seamless experience.

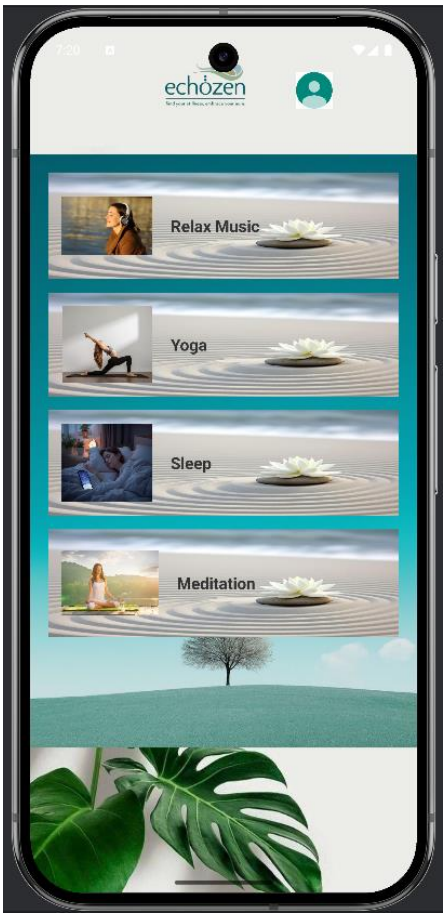
Modern UI – Uses calming colors (#FFFFFF & #008080) and structured layouts (Frame Layout, Linear Layout, Constraint Layout).

7:19
echozen
Next

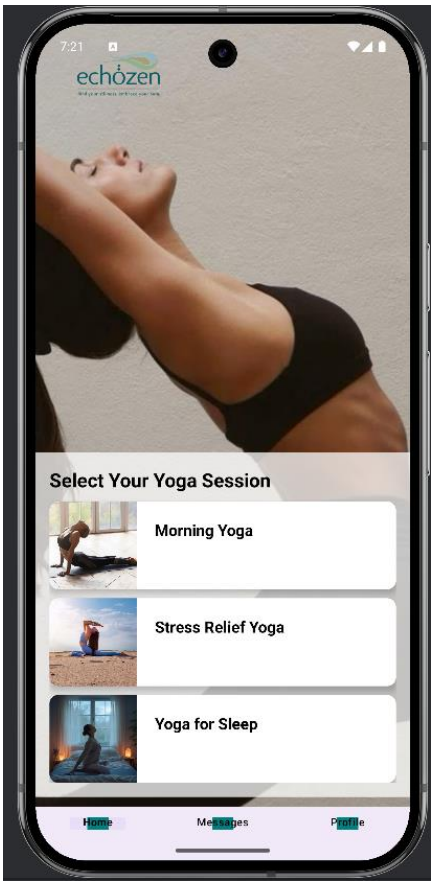

7:19
echozen
Find your inner peace, or customize your own mindfulness journey!
Get Started

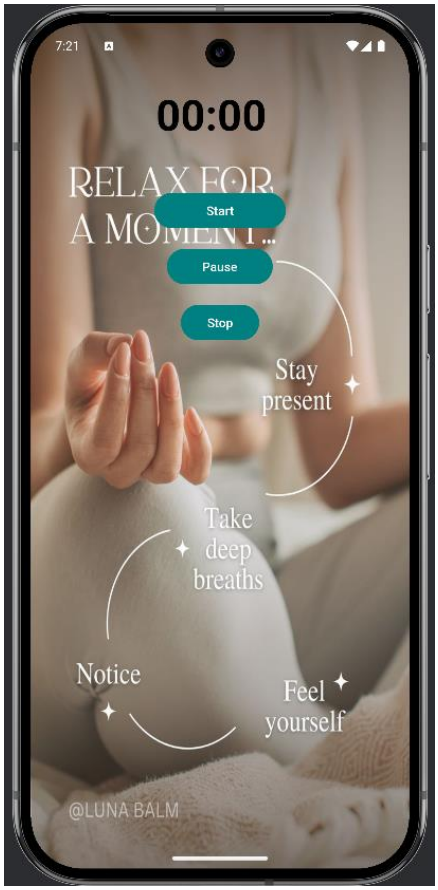

echozen
Sign Up to Echozen
Enter Name
Enter Email Address
Enter Password
Re-Enter Password
Sign Up


echozen
Login to Echozen
Enter Email Address
Enter Password
Login
Don't have an account? Sign Up

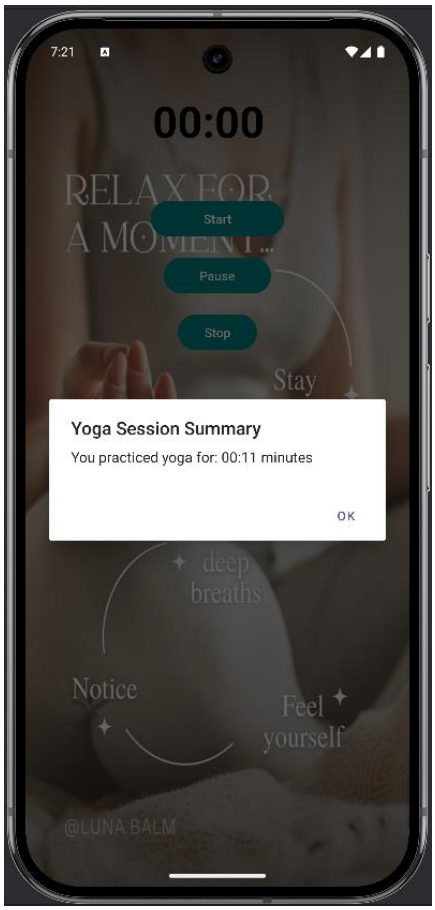

echozen
Relax Music
Yoga
Sleep
Meditation

7:20
ENJOY THE RAIN
Relaxing Music
Play
Pause
Stop

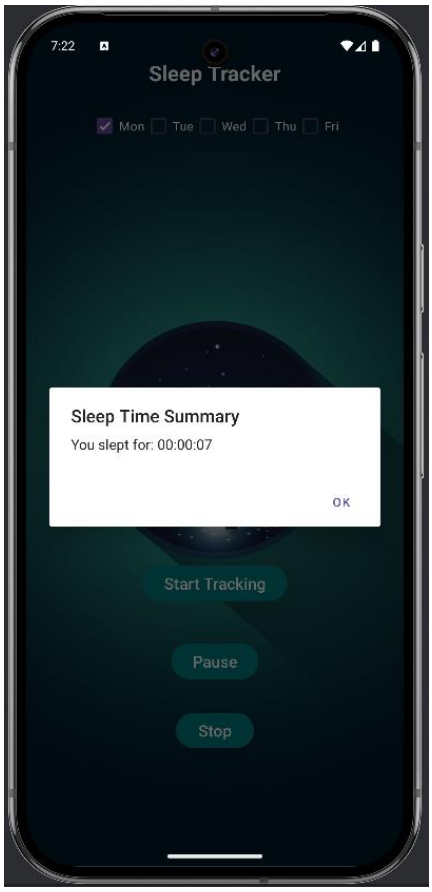

7:21
echozen
Select Your Yoga Session
Morning Yoga
Stress Relief Yoga
Yoga for Sleep
Home
Messages
Profile

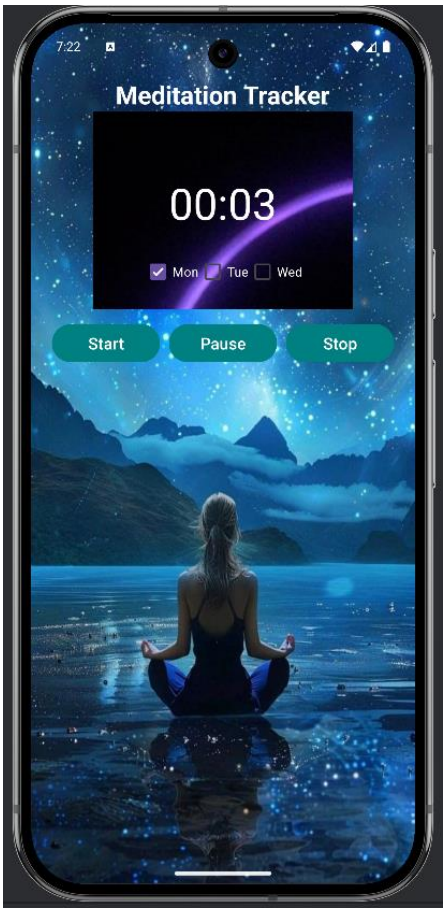

7:21
00:00
RELAX FOR
A MOMENT...
Start
Pause
Stop
Stay present
Take deep breaths
Notice
Feel yourself
@LUNA BALM

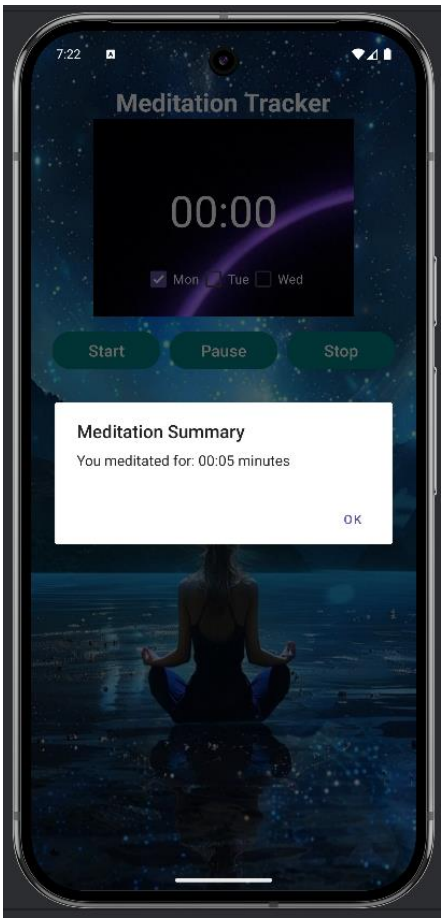
7:22
00:10
RELAX FOR A MOMENT...
Start
Pause
Stop
Stay present
Take deep breaths
Notice
Feel yourself
@LUNA BALM

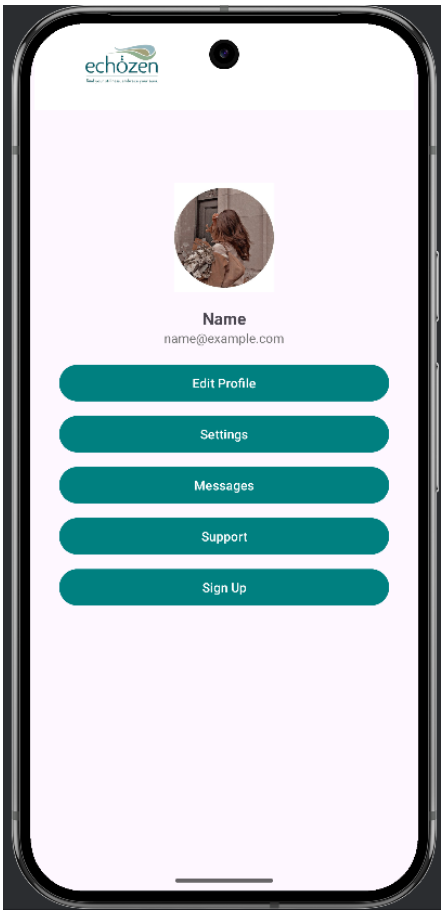

7:21
00:00
RELAX FOR A MOMENT...
Start
Pause
Stop
Stay
Yoga Session Summary
You practiced yoga for: 00:11 minutes
OK
deep breaths
Notice
Feel yourself
@LUNA BALM

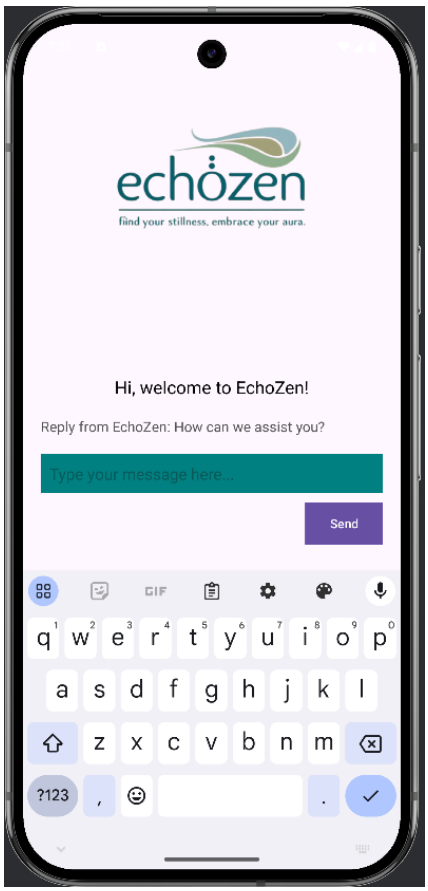
7:22
Sleep Tracker
Mon Tue Wed Thu Fri
00:03
Start Tracking
Pause
Stop


7:22
Sleep Tracker
Mon Tue Wed Thu Fri
Sleep Time Summary
You slept for: 00:00:07
OK
Start Tracking
Pause
Stop


7:22
Meditation Tracker
00:03
Mon
Tue
Wed
Start
Pause
Stop


7:22
Meditation Tracker
00:00
Mon
Tue
Wed
Start
Pause
Stop
Meditation Summary
You meditated for: 00:05 minutes
OK


echozen
Name
name@example.com
Edit Profile
Settings
Messages
Support
Sign Up


echozen
find your stillness, embrace your aura.
Hi, welcome to EchoZen!
Reply from EchoZen: How can we assist you?
Type your message here...
Send

Content of xml files of Strings and Colors:

Strings

```xml
<resources>

    <!-- Profile Page Strings -->
    <string name="profile_page">Profile Page</string>
    <string name="edit_profile">Edit Profile</string>
    <string name="settings">Settings</string>
    <string name="messages">Messages</string>
    <string name="support">Support</string>
    <string name="signup">Sign Up</string>

    <!-- User Information -->
    <string name="user_name">John Doe</string>
    <string name="user_email">john.doe@example.com</string>

    <!-- Content Descriptions -->
    <string name="logo_description">App Logo</string>
    <string name="profile_image_description">Profile Picture</string>

    <string name="header_title">Meditation Tracker</string>
    <string name="time_default">00:00</string>

    <!-- Button Texts -->
    <string name="start_button">Start</string>
    <string name="pause_button">Pause</string>
    <string name="stop_button">Stop</string>

    <!-- Days of the Week -->
    <string name="monday">Mon</string>
    <string name="tuesday">Tue</string>
    <string name="wednesday">Wed</string>
```

```xml
<resources>
    <string name="app_name">Labexam2</string>

    <!-- Content Descriptions -->
    <string name="app_logo_desc">App Logo</string>

    <!-- Login Screen Text -->
    <string name="login_title">Login to Echozen</string>
    <string name="email_hint">Enter Email Address</string>
    <string name="password_hint">Enter Password</string>
    <string name="login_button">Login</string>
    <string name="signup_text">Don&amp;apos;t have an account? Sign Up</string>


    <!-- Content Descriptions -->
    <string name="profile_icon_desc">Profile Icon</string>
    <string name="relax_music_desc">Relax Music</string>
    <string name="yoga_desc">Yoga</string>
    <string name="sleep_desc">Sleep</string>
    <string name="meditation_desc">Meditation</string>

    <!-- Menu Titles -->
    <string name="relax_music">Relax Music</string>
    <string name="yoga">Yoga</string>
    <string name="sleep">Sleep</string>
    <string name="meditation">Meditation</string>

    <!-- Profile Page Strings -->
    <string name="profile_page">Profile Page</string>
    <string name="edit_profile">Edit Profile</string>
```

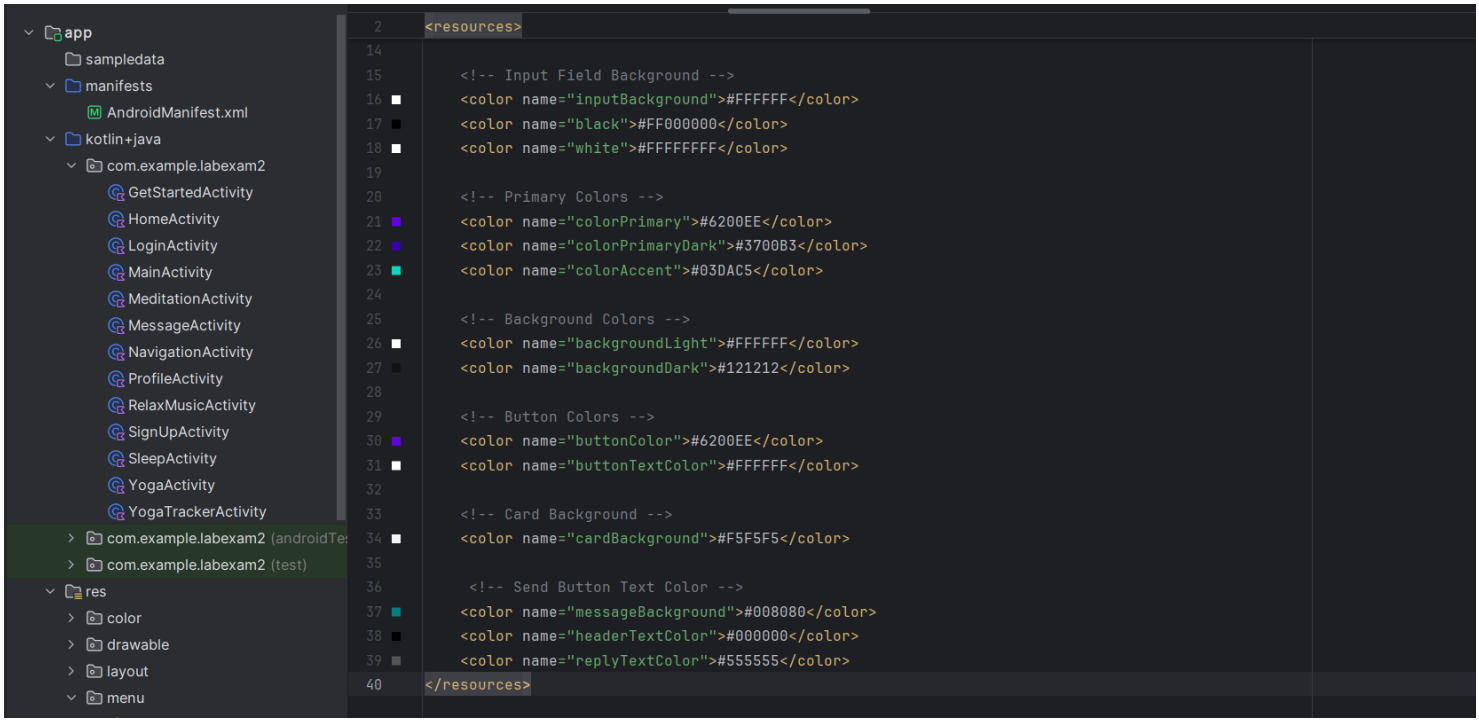
```xml
<resources>
    <!-- Days of the Week -->
    <string name="monday">Mon</string>
    <string name="tuesday">Tue</string>
    <string name="wednesday">Wed</string>

    <string name="meditation_tracker">Meditation Tracker</string>
    <string name="start">Start</string>
    <string name="pause">Pause</string>
    <string name="stop">Stop</string>
    <string name="select_yoga_session">Select Your Yoga Session</string>
    <string name="morning_yoga">Morning Yoga</string>
    <string name="stress_relief_yoga">Stress Relief Yoga</string>
    <string name="yoga_for_sleep">Yoga for Sleep</string>

    <!-- Timer Display -->
    <string name="timer_initial">00:00</string>

    <string name="relaxing_music">Relaxing Music</string>

    <string name="welcome_message">Hi, welcome to EchoZen!</string>
    <string name="reply_message">Reply from EchoZen: How can we assist you?</string>
    <string name="message_hint">Type your message here...</string>
    <string name="send_button_text">Send</string>
</resources>
```

Colors

```xml
<?xml version="1.0" encoding="utf-8"?>
<resources>

    <color name="primaryColor">#008080</color>
    <color name="secondaryColor">#2196F3</color>

    <!-- Text Colors -->
    <color name="textPrimary">#000000</color>
    <color name="textSecondary">#FFFFFF</color>
    <color name="linkColor">#2196F3</color>

    <!-- Button Background -->
    <color name="buttonBackground">#008080</color>

    <!-- Input Field Background -->
    <color name="inputBackground">#FFFFFF</color>
    <color name="black">#FF000000</color>
    <color name="white">#FFFFFFFF</color>

    <!-- Primary Colors -->
    <color name="colorPrimary">#6200EE</color>
    <color name="colorPrimaryDark">#3700B3</color>
    <color name="colorAccent">#03DAC5</color>

    <!-- Background Colors -->
    <color name="backgroundLight">#FFFFFF</color>
    <color name="backgroundDark">#121212</color>

    <!-- Button Colors -->
    <color name="buttonColor">#6200EE</color>
    <color name="buttonTextColor">#FFFFFF</color>

```