Mindf*ness

Your gateway to mindfulness

Specification

Mindf*ness is at its core a humoristic mindfulness app. Its core features include Mindf* Breathing, Mindf* Listing, Mindf* Quotes, Mindf* Awareness, Mindf* Appreciation and Mindf* Reminders. All of these features will bring the user in to the community that is mindfulness. The first thing the user will encounter is the home screen which consists of a list of buttons that the user can use the browse the different features.

Mindf* Breathing

This feature will help the user to breathe correctly. Also it helps the user to get a better understanding for different kinds of breathing such as hyperventilation and stress breathing. All this so that the user can get closer to the common folks.

To achieve this the user, activate the breathing function by pressing a button. The app will then tell the user to breathing in and out. With the help of a label and also visual with the button expanding and shrinking in the pace the user should breathe.

Mindf* Quotes

This is a collection of quotes that the user can swipe throw to get more mindful. By getting inspiration of other great thinkers out there the user can get perspective on his or her life.

Mindf* Quotes consist of an image view with a label on top of it that contains the quote. The user can then swipe to the right to get a new quote or to the left to go back. The user also has the choice to save the picture with the quote by pressing a save button at the button of the page.

Mindf* Listening

Mindf* Listening is a collection of mindful sounds the people just love. Sounds like the dentist drill, booing and war sounds will keep the user calm and help to get to a more mindful state.

This view consists of a list of sound, every list item will have a picture, the name of the sound and a play button. The play button will change to a stop button when the user has started that sound.

Mindf* Appreciation

This will help the user to get some great feedback of their looks, because accepting your body is an important part of mindfulness. The user will use the camera to take a picture and then get a nice complement.

The user will when they open this view se the front facing camera. The view will also feature a round camera button in the bottom that the user can use to take a picture. When the user has taken the picture an alert will pop up with the complement.

Mindf* Awareness

This feature will help the user to get perspective of his or her thoughts. By answering some hard questions, the user will get more self-aware and get more mindful.

By implement a quiz the app will achieve this. The quiz consists of a question label and four constraint views that will hold the answers. By pressing one of the answers the user will get to the next question.
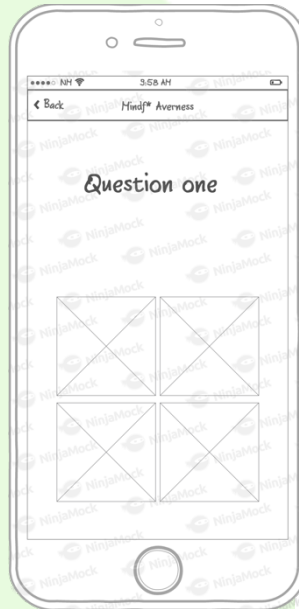
Mindf* Reminders

The user has the choice to activate push notification so that the user can get reminders throw the day to get reminders to get more mindful.
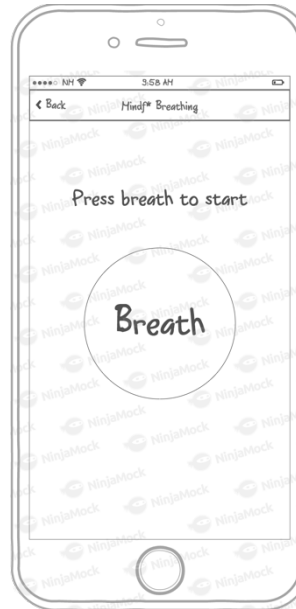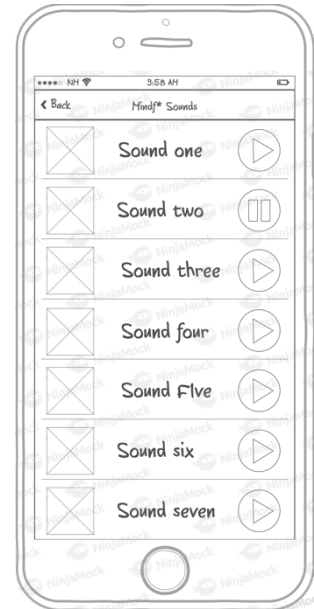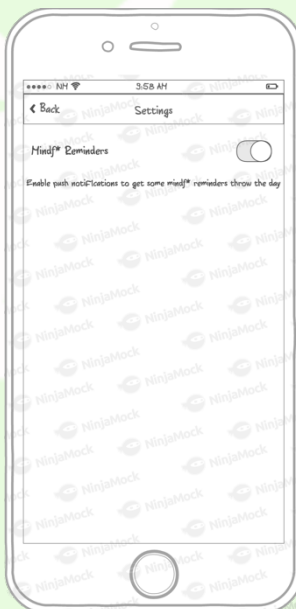
Mock-ups

mindf*ness

mindf* breathing

mindf* qoutes

mindf* sounds

mindf* appreciation

mindf* averness

Mindf* Home

< Back　　Mindf* Awerness

Question one

Mindf* Awerness

< Back　　Mindf* Breathing

Press breath to start

Breath

Mindf* Breating

< Back　　Mindf* Sounds

Sound one　▶

Sound two　⏸

Sound three　▶

Sound four　▶

Sound Five　▶

Sound six　▶

Sound seven　▶

Mindf* Listening

< Back　　Settings

Mindf* Reminders

Enable push notifications to get some mindf* reminders throw the day

Mindf* Reminders

< Back　　Mindf* Quotes　Upload picture

Just grab them by the p****

SAVE

● ● ● ●

Mindf* Quotes

< Back　　Mindf* Appreciation

I guess you want to retake this

I belive in second chances and you
certainly need one

OfCourse　　Yes2

Mindf* Apperception

Sprint planning

The following sprint planning contains five separate sprints to divide and subsequently fulfil the current lay-out of the application. Each sprint consists of different parts and elements that will be focused mainly during this period of time.
The individual sprint consists of 40 man hours and will be committed the last workday of the week.

Sprint one

The foundation of the project will be set and the graphical elements of the product will be created.

Issues
- Set up git repository
- The basic structure
  - Implement a single view template
  - Create all skeleton views
  - Make connections between views
  - Create navigation bar
  - Make template layout for all views
- Add layout to all the views
  - Create layout for Mindf* Listening
    - Table list view
    - Custom cell
      - Play/Pause button
      - Picture
  - Create layout for Mindf* Quotes
    - Save button
    - Insert background to quote
    - Insert label
  - Create layout for homepage
    - Create table list view
    - Create five cells as buttons with label
  - Create layout for Mindf* Appreciations
    - View for iPhone camera
  - Create layout for Mindf* Awareness
    - UI Collection, four tiles for each answer and a question
  - Create layout for Mindf* Breathing
    - Start button
    - Breathe in/out label
  - Create settings menu
- Add functionality and implement homepage
  - Navigate between view

Sprint two

The music player will be implemented such as the overall functionality and user interaction. This also include the Mindf* Listening whereas user preferences will be eligible.
Material will be researched and implemented to the current two sets of media-categories

Issues

- Implement Mindf* Listening
  - Implement music player
    - Play/Pause button
  - Find annoying sounds
  - Dynamically create X cells
- Implement Mindf* Quotes
  - Create flipper
  - Find quotes
  - Implement quotes
  - Swipe between quotes
  - Save quotes
  - Insert your own background to quote

Sprint three

Availability to use the device-camera within the application will be implemented. The 'selfie'-picture that is taken will be handled and a responsive alert message with an appropriate string-response will be programmed to pop-up.
Questions and answers will be written for the *quiz page* and programmatically stored within the application.

Issues

- Implement Mindf* Appreciation
  - Functionality for iPhone camera
  - Save picture
  - Implement alert message after taken picture
- Implement Mindf* Awareness
  - Come up with questions with four answers each.
  - Logic for quiz

Sprint four

Simple animation for the *breath page* and creating methods for such. Push notification will be constructed and string-phrases be implemented within.
An elaborate test environment will be built to search for bugs and overlook the overall integration between the features.

Issues

- Implement Mindf* Breathing
    - Breath function
    - Breathe in/out animation
- Implement Mindf* Reminders
    - Implement push notifications
    - Come up with phrases
    - On/off switch
- Test
    - SIT
    - SAT

Sprint five

The application will be distributed and uploaded to App Store. The process in which will be covered and it may take a few day's time before it is published for everyone to see.

Issues

- Upload to App Store
    - Cerate certificate
    - Fix everything with apples developer page for uploading apps
    - Fix iTunes Connect
    - Get problems
    - Fix said problems