

Welcome to our app. How are you feeling? Would you like to take a simple stress test?

[Check out our tests](#)

[Go to menu](#)



List of Test

Test #1

This is a description of the test

Start

Test #2



This is a description of the test

Start

Test #3

This is a description of the test

Start

Welcome {name}

Expekt the progress of the user

What would you like to do today?

A test

An exercise



List of exercise

Foo

This is a description of the exercise

Start

Bar

This is a description of the exercise

Start

Yoga

This is a description of the exercise

Start



Test Name

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Vel pharetra vel turpis nunc eget lorem dolor sed viverra. Dui id ornare arcu odio ut sem. Risus nullam eget felis eget. Nunc scelerisque viverra mauris in aliquam.

Time aprox. 10 min.

Start



Exercise Name

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Vel pharetra vel turpis nunc eget lorem dolor sed viverra. Dui id ornare arcu odio ut sem. Risus nullam eget felis eget. Nunc scelerisque viverra mauris in aliquam.

Time aprox. 8 min.

Start



Question #1

this is a question of a test about anxiety and stress, but this is a prototype so this thes is irrelevant and only for put



Pause

Continue

Go to menu

Continue



Question #1

this is a question of a test about anxiety and stress, but this is a prototype so this thes is irrelevant and only for put something here. Pass me teacher.

☐

option 1

☐

option 2

☐

option 3

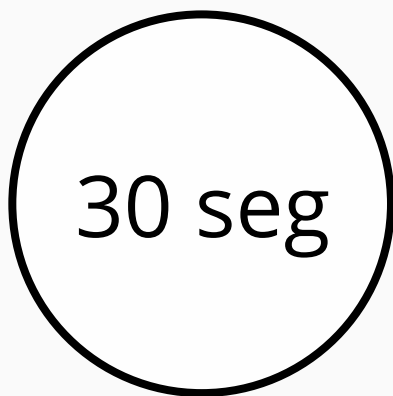
☐

option 4

Continue



Name exercise



Some
animation of
how to make
the exercise

Finish



Name exercise



Pause

Continue

Go to menu

the exercise

Finish



Question #?

this is a question of a test about anxiety and stress, but this is a prototype so this thes is irrelevant and only for put something here. Pass me teacher.

☐

option 1

☐

option 2

☐

option 3

☐

option 4

Finish



Congrats!

Insert a motivational
phrase to finish an
exercise

[Go to exercises](#)



Result

Expect data of the test

[Go to menu](#)