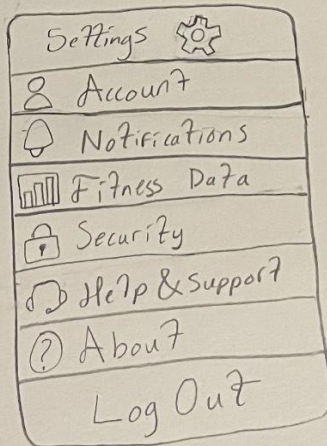
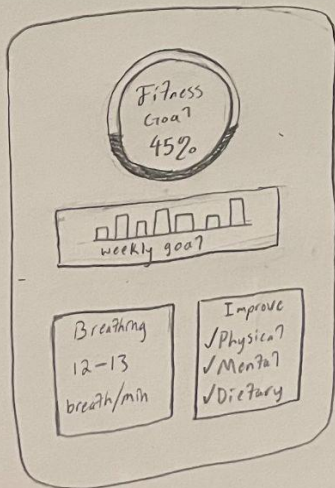
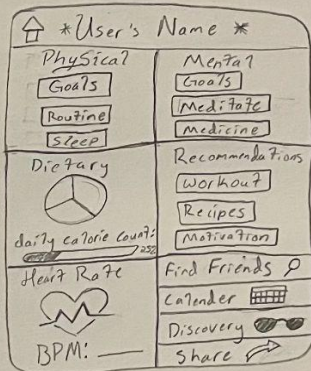
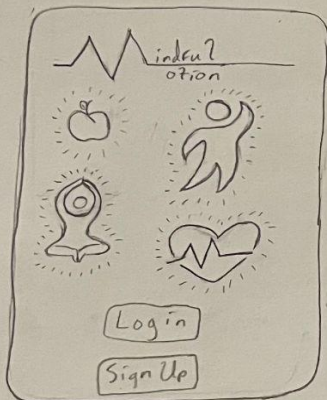


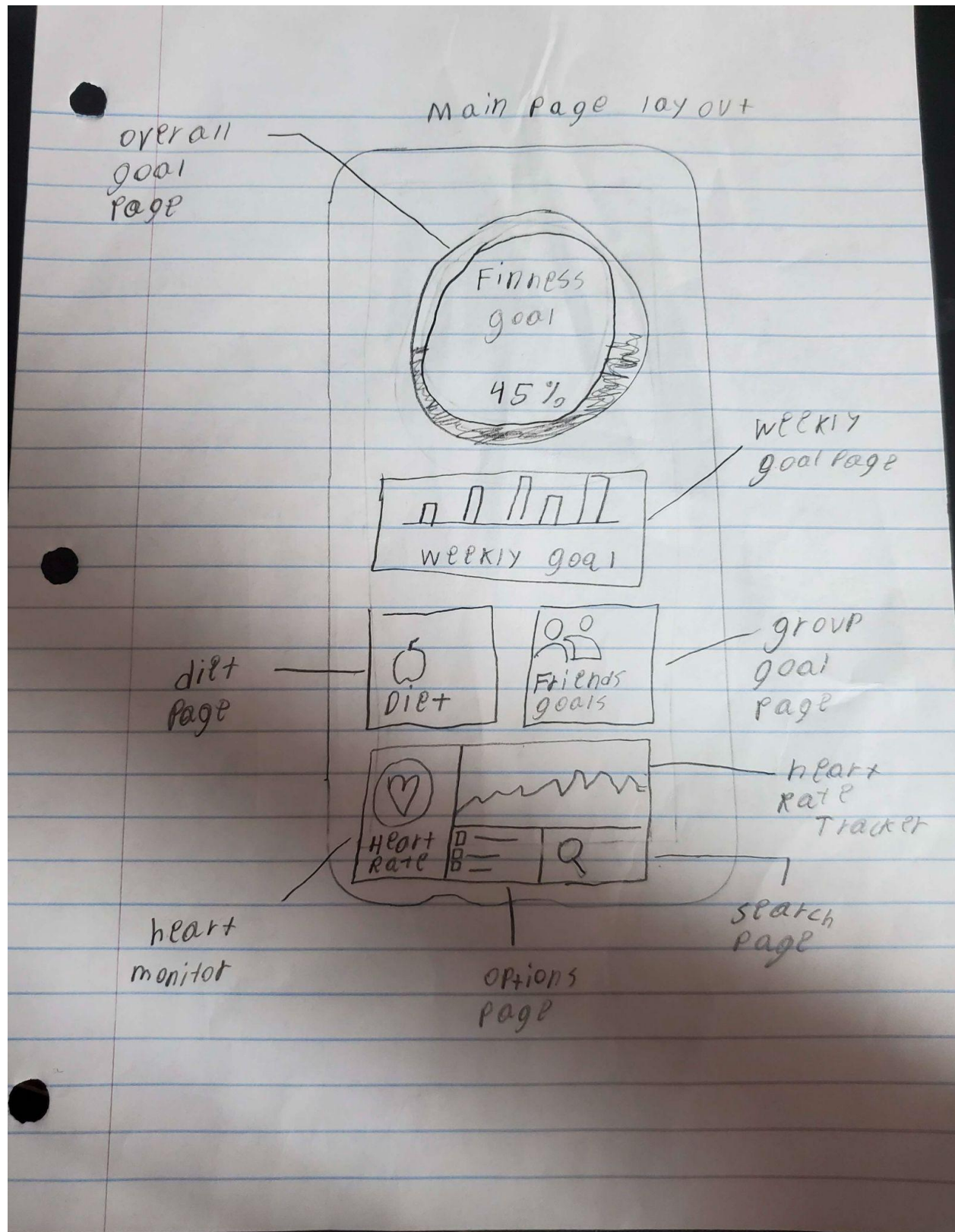
CSCE 190

Assignment Name: Sketches
Group Name: Codebreakers

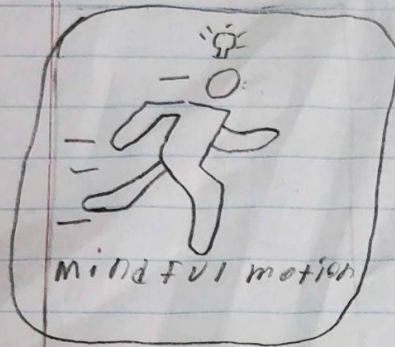
Team Members who contributed:

First Name	Last Name	Email
Jenna	Stover	jkstover@email.sc.edu
Mithun	Sangeeth	mn16@email.sc.edu
Tyrek	Brunson	brunsonkt@hotmail.com
Shanteria	Edwards	sbe1@email.sc.edu

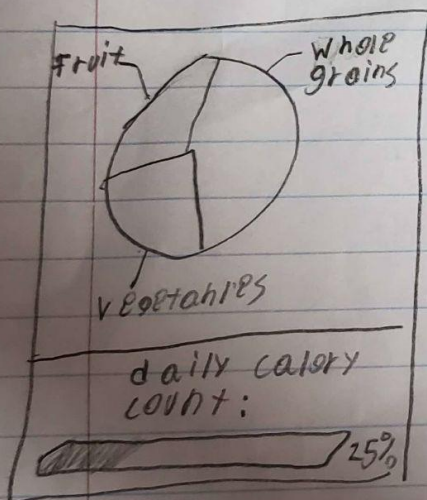




APP icon



Diet page



WEEKLY goal page

Monday

Ran 3.5 miles

~~2~~ goal:

2 3 4 5 6

mon TUE WED THUR FRI

(+)

Add new goal

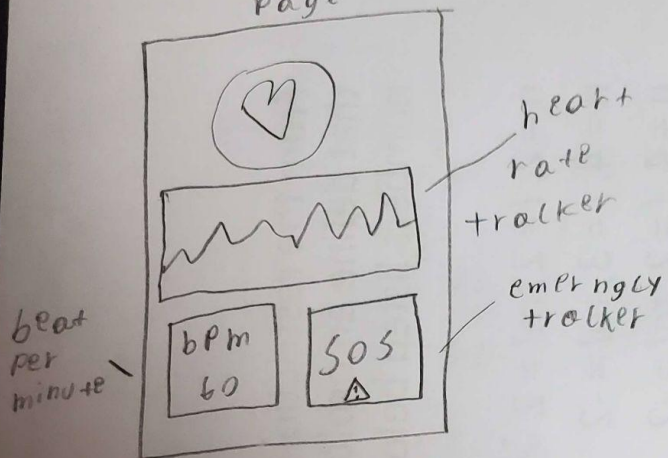
Friend page

	NAME:	
○	Bio	
◐	Fitness goal	80%
○	NAME:	
◐	Bio:	25%
○	NAME:	
◐	Bio:	72%
○	NAME:	
◐	Bio:	91%

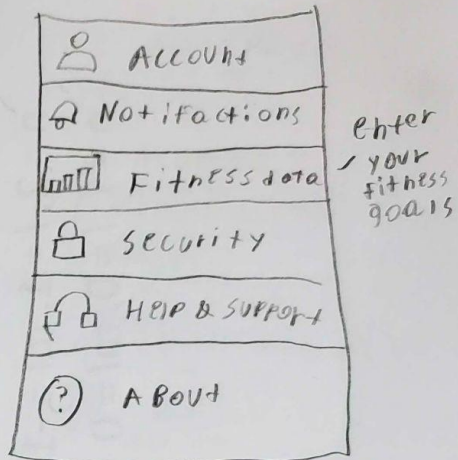
name and bio

Friend goal

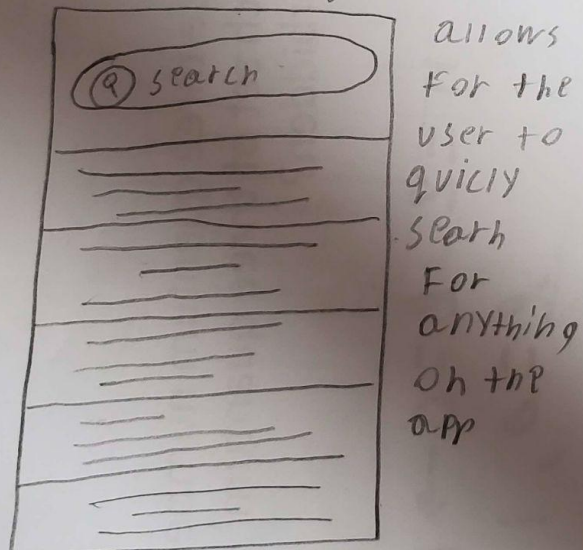
Heart rate page

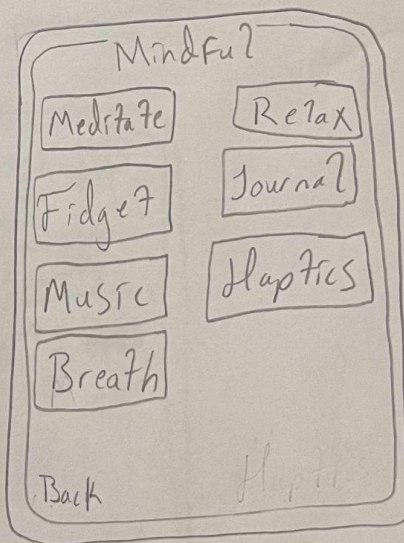
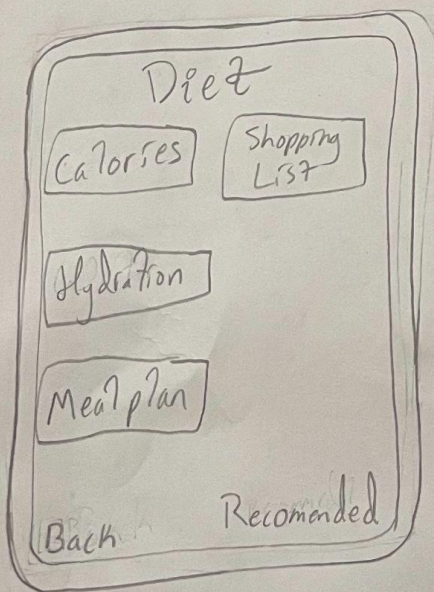
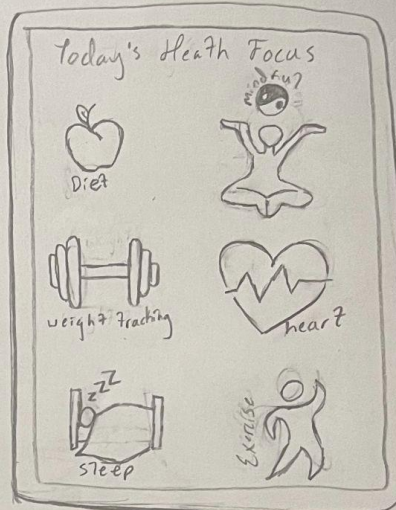
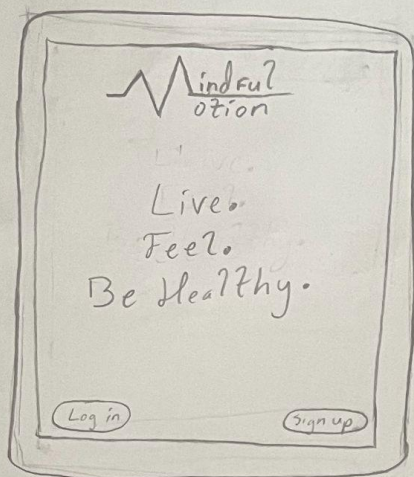


Options page



Search Page





Sleep

Hours Schedule

Alarm

Back

Exercise

Training History

Back

Heart

Heart rate

Blood pressure

Back

Weight tracking

Weight

Weight goal

Back


Exercise

Running Walking

Cycling Resting


Lifting History

Back

Settings 

Personalization

measurement units

Reminders 

Back Sign Out

Mindful

⇒ Motion ⇒

Let's get started!

Log In

Sign Up

Choose from the following health types to improve:

☐ Physical

☐ Mental

☐ Dietary

— Choose 1-3 options —

Done

Physical Health

How satisfied are you with your current physical health?

☐ Not Satisfied ☐ Somewhat Satisfied ☐ Very Satisfied

What is your weekly physical exercise goal?

☐ 0-1 days ☐ 2-3 days ☐ 3-4 days ☐ 4-5 days ☐ 6-7 days

How many hours of sleep do you get per night?

☐ 0-2 ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 9+

What are your specific physical health goals? _____

Mental Health

How satisfied are you with your current mental health?

☐ Not Satisfied ☐ Somewhat Satisfied ☐ Very Satisfied

Do you currently take any medication for mental health?

☐ no ☐ yes

If yes, list the medication(s): _____

How happy do you feel on a day-to-day basis?

☐ Not at all ☐ Somewhat ☐ Very

Are there any specific mental health goals you have? _____

Dietary Health

How satisfied are you with your dietary health?

○ ○ ○ ○ ○
Not Somewhat Very
Satisfied Satisfied Satisfied

Do you have 3 meals per day?

○ ○
Yes No

What are your specific dietary health goals?

Home
page



User's Name

Physical

Goals

Routines

Sleep

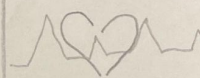
Dietary

Goals

Calorie Intake

Recipes

Heart Rate



BPM: _____

Mental

Goals

Medicine

Self-Improvement

Recommendations

Workout Vids

Recipes

Motivational

Find Friends

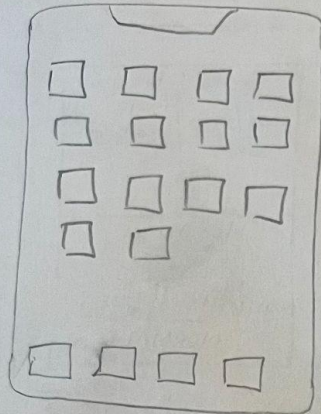
Calendar

Post

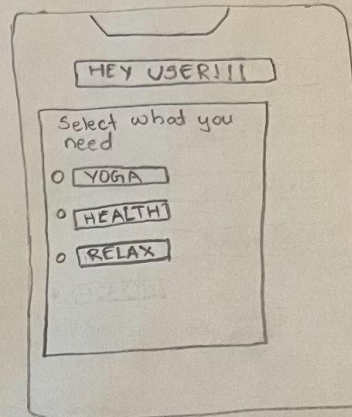
Discovery Page

Log Out

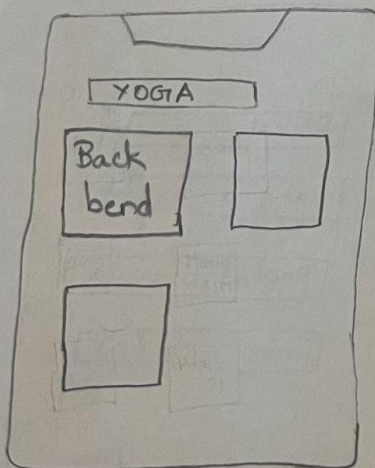
- ① Open the app Mindful Motion.
* Preview on an iPad.



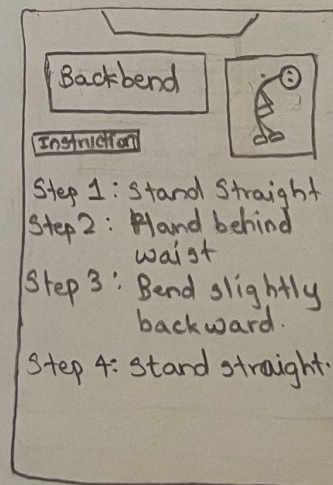
- ② Select your category.



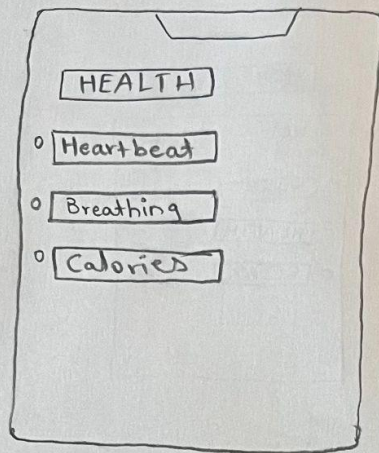
- ③ Suppose I select Yoga.
There will be different types of exercise available and you can take help doing it properly.



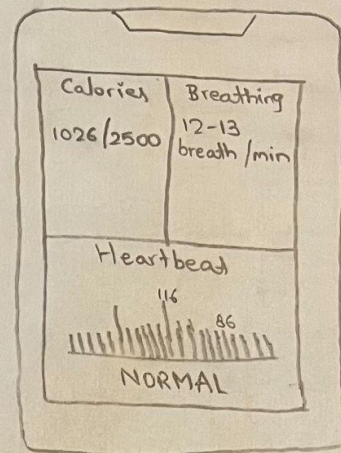
- ④ Say I clicked on Backbend
it will show you how to do it.



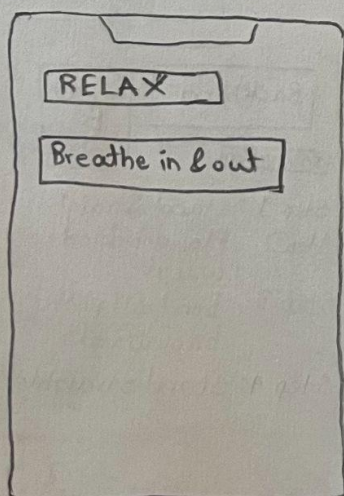
⑤ This is all that opens when you click health



⑥ When you click one you actually can see everything.



When you open relax you get this option



⑧ Once you select the option it will show you the instruction.

