

ARETE

login: _____

password: _____

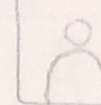
☐ Remember me?

LOG IN

REGISTER

Forgot login / password? →

*Settings



← profile button

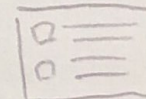
→ Good morning, _____

DATE HERE

I would feel great about
today if ...



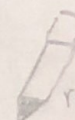
home page



goals



calendar



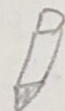
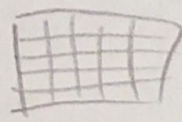
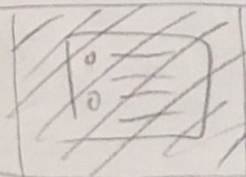
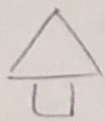
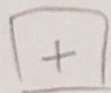
reflection log

GOALS

• _____ ☐

• _____ ☐

• _____ ☐

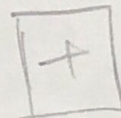


GOALS

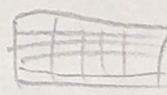
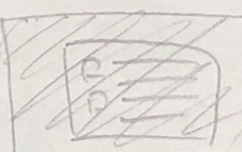
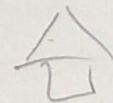
• _____ ☒

Great job! You have completed
x goals of y for today.

How did you feel about
completing this task/goal?
(optional text)



DONE



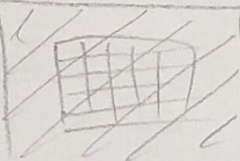
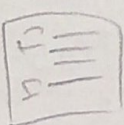
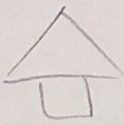
pop up
notification
when user
checks the
check box

OCTOBER 2018 ▼

S M T W T F S

| | | | | | | |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

Keep up the awesome work!



new thought
exercise every
day
to promote
self-
awareness

← users can
click on the
day to view
their log for
the day

automatically
populated
when the task(s)
on the goals
are checked off

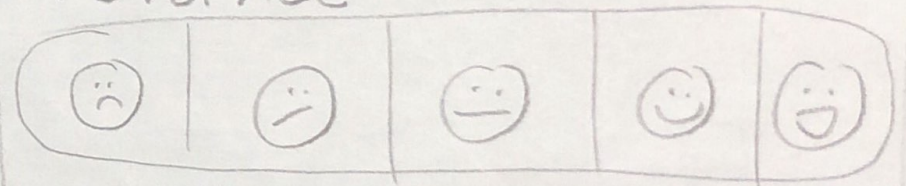
DATE HERE

☐ (daily thought exercise)

☒ (goal completed)

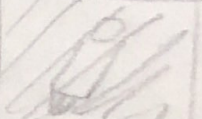
☒ (goal completed)

★ OVERALL:




(notes)

Complete



push notifications

 Good morning! Time to complete your daily tasks!

8:00 AM



phone
(lockscreen)



Good evening! Time to complete your daily reflection log!

9:00 PM



(phone lockscreen)



