

2025 – Lab Exam 03 Report

Student ID	IT23588714
Batch	IT.WE.01.01
Marking Guide	
1. Functionality: How well the core and bonus features are implemented	3
2. Creativity & User Interface Design: Clean and intuitive UI/UX design	2
3. Code-Quality & Organization: Code is well-organized & documented	2
4. Advanced Features & Data Persistence: Usage of SharedPreferences with one of the advanced features	3
Total Marks	10
Evaluator	

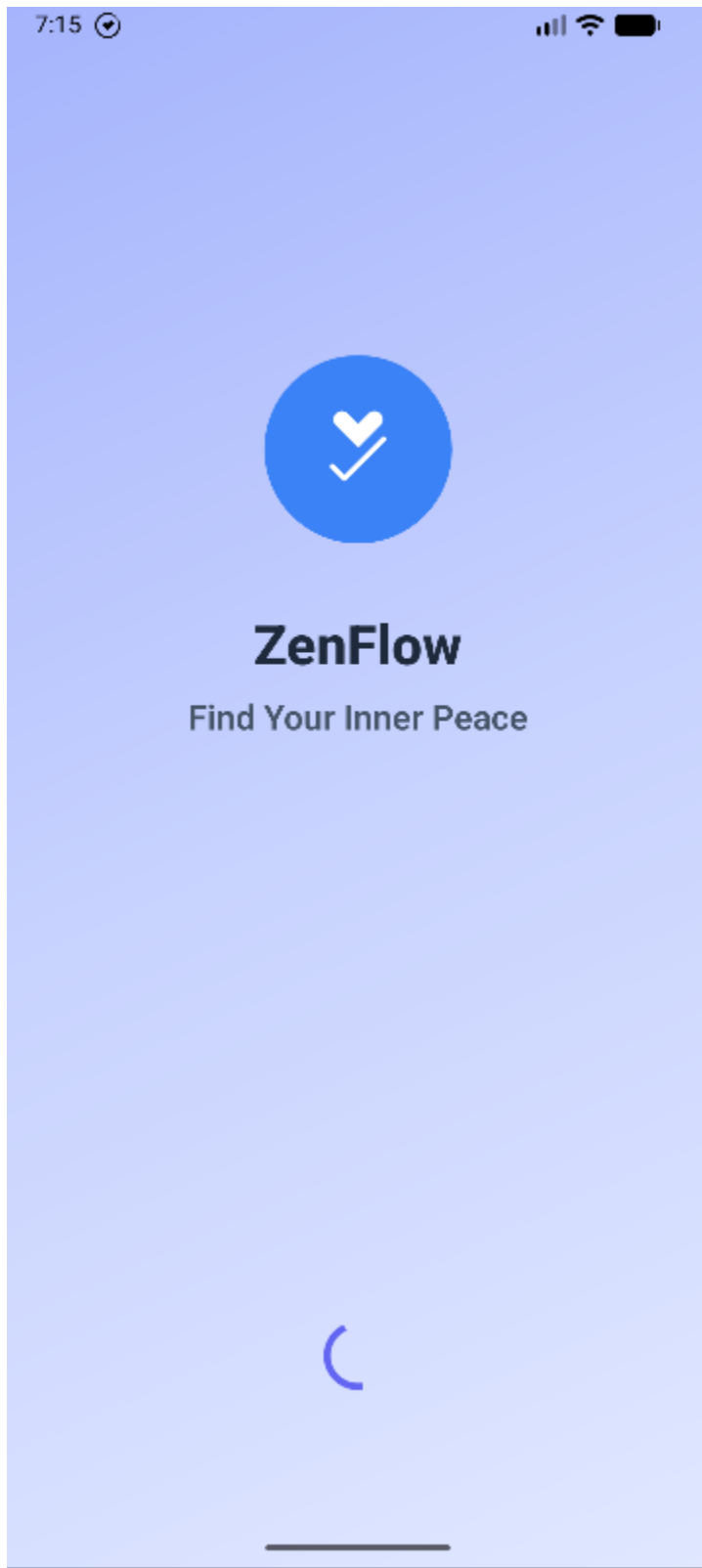
Description:

ZenFlow is a wellness tracking mobile app that helps users build healthy daily habits, record their moods, and stay hydrated. It features a habit tracker, emoji-based mood tracker, and hydration reminders with notifications. User can add, edit and delete habits. User can track and share their moods. The app also includes a simple chart to visualize daily mood trends. This app can add as a widget to the home screen in the phone. And this app also storing all data securely using SharedPreferences. Overall, Health Routines encourages users to maintain consistency and build a balanced lifestyle.

OneDrive link:

[ZenFlow](#)

Screenshots:



7:12



Sun, Oct 19, 2025

Hello dfg!
Let's have a wonderful day



0%
Today

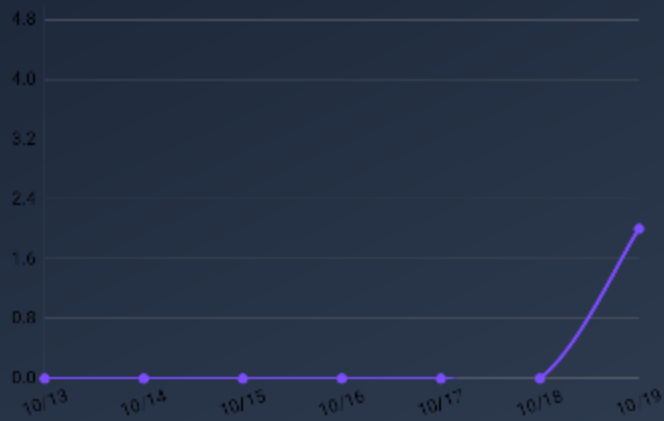
4

Total sessions

0

Completed today

Mindfulness trend (7 days)



7:12



Choose habit you want to build

Daily Practice



0%
Today's Progress



Drink Water
HEALTH

Mark Done

0/8

ANYTIME



Meditate
MINDFULNESS

Mark Done

Not completed

MORNING



Take a Walk
EXERCISE

Mark Done

Not completed

ANYTIME



Sleep Quality Review
WELLNESS

Mark Done

Not completed

EVENING



7:12



Choose habit
you want to build

Daily Practice

Start Session

Session Name

Target (e.g., 30 minutes)

1

Category

HEALTH

Time of Day

ANYTIME

Cancel

Save



Sleep Quality Review

WELLNESS

Mark Done

Not completed

EVENING



7:19



Choose habit
you want to build

Daily Practice

Start Session

Session Name

Drink Water

Target (e.g., 30 minutes)

8

Category

HEALTH

Time of Day

ANYTIME

Delete

Cancel

Save



Sleep Quality Review

WELLNESS

Mark Done

Not completed

EVENING



7:12



Past moods



Oct 19, 19:11

No note



7:13



Log Mindfulness

How do you feel after your practice?



Very
Happy
(level 5)



Happy
(level 4)



Neutral
(level 3)



Sad
(level 2)



Very Sad
(level 1)

Reflection (optional)

Cancel

Save Session



7:14



Settings

Breathing Reminders

Enable hydration reminders



Daily Practice Goal

8

Reminder interval

1 hour



App Settings

Notifications



Dark Mode



Change Password

Log Out



7:16

100%



Internet
AndroidWifi



Bluetooth



Modes



Quick Share



ZenFlow • now



Time to Breathe

Take a moment for mindfulness

Mark Practice Complete

Silent



Virtual SD card • 3h



For storing photos, videos, music and more



Android System • 3h



Physical keyboards configured • 3h



Tap to view keyboards



Clear all



Content of xml files of Strings and Colors:

Strings

```
<resources>
    <string name="app_name">ZenFlow</string>

    <!-- Navigation -->
    <string name="title_habits">Meditation</string>
    <string name="title_mood">Mindfulness</string>
    <string name="title_settings">Settings</string>
    <string name="title_dashboard">Zen Space</string>

    <!-- Meditation Sessions -->
    <string name="add_habit">Start Session</string>
    <string name="edit_habit">Edit Session</string>
    <string name="habit_title">Session Name</string>
    <string name="habit_target">Duration (minutes)</string>
    <string name="habit_category">Meditation Type</string>
    <string name="habit_time_of_day">Preferred Time</string>
    <string name="save">Save Session</string>
    <string name="cancel">Cancel</string>
    <string name="delete">Delete Session</string>
    <string name="mark_complete">Complete Session</string>
    <string name="completion_percentage">%d%% Complete</string>

    <!-- Mindfulness Tracking -->
    <string name="add_mood_entry">Log Mindfulness</string>
    <string name="mood_note">Reflection (optional)</string>
    <string name="select_emoji">How do you feel after your practice?</string>
    <string name="export_mood_summary">Export Progress</string>
    <string name="share_mood">Share Journey</string>
```

```
<!-- Settings -->
<string name="hydration_reminders">Breathing Reminders</string>
<string name="reminder_interval">Reminder Interval</string>
<string name="daily_water_goal">Daily Practice Goal</string>
<string name="start_time">Morning Practice</string>
<string name="end_time">Evening Practice</string>
<string name="notifications">Notifications</string>
<string name="dark_theme">Dark Mode</string>

<!-- Notifications -->
<string name="hydration_reminder_title">Time to Breathe</string>
<string name="hydration_reminder_text">Take a moment for mindfulness</string>
<string name="mark_water_consumed">Mark Practice Complete</string>
```

```
<!-- General -->
<string name="today">Today</string>
<string name="yesterday">Yesterday</string>
<string name="this_week">This Week</string>
<string name="no_data">No sessions yet</string>
<string name="loading">Loading...</string>
<string name="daily_habits">Daily Practice</string>
<string name="logout_confirm_title">Sign Out</string>
<string name="logout_confirm_message">Are you sure you want to sign out?</string>
<string name="logout">Sign Out</string>
<string name="change_password">Change Password</string>
<string name="current_password">Current password</string>
<string name="new_password">New password</string>
<string name="confirm_new_password">Confirm new password</string>
<string name="password_empty">Password cannot be empty</string>
<string name="passwords_not_match">Passwords do not match</string>
<string name="mood_trend">Mindfulness trend (7 days)</string>
<string name="total_habits">Total sessions</string>
<string name="done_today">Completed today</string>
```

```
<!-- Splash Screen -->
<string name="splash_image"> </string>
<string name="title">ZenFlow</string>
<string name="sub_title">Find Your Inner Peace</string>

<string name="onb_image"> </string>
<string name="welcome">Welcome Back!</string>
<string name="welcome1">Sign in to continue your mindfulness journey</string>
<string name="hint">Password</string>
<string name="hint_email">Email</string>
```

```
<!-- New ZenFlow specific strings -->
<string name="meditation_types">Meditation Types</string>
<string name="breathing_exercises">Breathing Exercises</string>
<string name="guided_meditation">Guided Meditation</string>
<string name="body_scan">Body Scan</string>
<string name="loving_kindness">Loving Kindness</string>
<string name="mindful_walking">Mindful Walking</string>

<string name="streak_counter">Day Streak</string>
<string name="total_minutes">Total Minutes</string>
<string name="calm_level">Calm Level</string>
<string name="focus_score">Focus Score</string>

<string name="beginner">Beginner</string>
<string name="intermediate">Intermediate</string>
<string name="advanced">Advanced</string>

<string name="morning_practice">Morning Practice</string>
<string name="evening_practice">Evening Practice</string>
<string name="anytime">Anytime</string>

<string name="zen_quotes">Daily Wisdom</string>
<string name="progress_insights">Progress Insights</string>
<string name="achievements">Achievements</string>
```

Colors

```
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <!-- Dark Mode Purple/Indigo Theme -->
    <color name="primary_blue">#818CF8</color>
    <color name="primary_purple">#A78BFA</color>
    <color name="primary_indigo">#818CF8</color>
    <color name="primary_pink">#F472B6</color>

    <!-- Dark Background Gradients -->
    <color name="gradient_start">#1E1B4B</color>
    <color name="gradient_middle">#312E81</color>
    <color name="gradient_end">#4338CA</color>

    <!-- Card and Surface Colors -->
    <color name="card_background">#1E293B</color>
    <color name="card_background_dark">#0F172A</color>
    <color name="surface_light">#334155</color>
    <color name="surface_dark">#1E293B</color>

    <!-- Text Colors -->
    <color name="text_primary">#F8FAFC</color>
    <color name="text_secondary">#CBD5E1</color>
    <color name="text_hint">#94A3B8</color>
    <color name="text_white">#FFFFFF</color>
```

```
<!-- Accent Colors (Dark Mode) -->
<color name="accent_green">#34D399</color>
<color name="accent_orange">#FB923C</color>
<color name="accent_red">#F87171</color>
<color name="accent_yellow">#FBBF24</color>
<color name="accent_purple">#A78BFA</color>
<color name="accent_indigo">#818CF8</color>

<!-- Dark Mode Glass Effect -->
<color name="glass_white">#1E293B</color>
<color name="glass_dark">#10000000</color>

<!-- Status Colors (Dark Mode) -->
<color name="success">#34D399</color>
<color name="warning">#FBBF24</color>
<color name="error">#F87171</color>
<color name="info">#60A5FA</color>

<!-- Dark Mode Specific Colors -->
<color name="background_light">#0F172A</color>
<color name="card_border">#334155</color>
<color name="divider">#1E293B</color>
```

```
<!-- ZenFlow Dark Mode Specific Colors -->
<color name="zen_purple">#A78BFA</color>
<color name="zen_indigo">#818CF8</color>
<color name="zen_lavender">#5B21B6</color>
<color name="zen_light_purple">#1E1B4B</color>
<color name="zen_deep_purple">#7C3AED</color>
<color name="zen_meditation">#C4B5FD</color>
<color name="zen_calm">#8B5CF6</color>
<color name="zen_focus">#A78BFA</color>
<color name="zen_peace">#312E81</color>

<!-- Traditional Colors -->
<color name="black">#FF000000</color>
<color name="white">#FFFFFFFF</color>
<color name="transparent">#00000000</color>
```

```
</resources>
```