ECO GUIDE

Supervisor.	Sir Usama	
Batch.	2309e1	
Group.	B	
Serial No.	Enrollment Number	Student Name
1.	Student1518608	ANOOSH INAM
2.	Student1506 324	SYED MUHAMMAD ALI JAFRI
3.	Student1483761	ABDUL HANNAN
4.	Student1517495	SYED MUHAMMAD TALHA SHAHZAD
5.	Student1509039	MUHAMMAD BILAL KHAN
6.	Student1455 573	NIDA

USER GUIDE

Splash screen page

Living Guide

Your Journey to Sustainable Living

Preparing your eco-journey...

🌱 Making Earth Greener 🌱

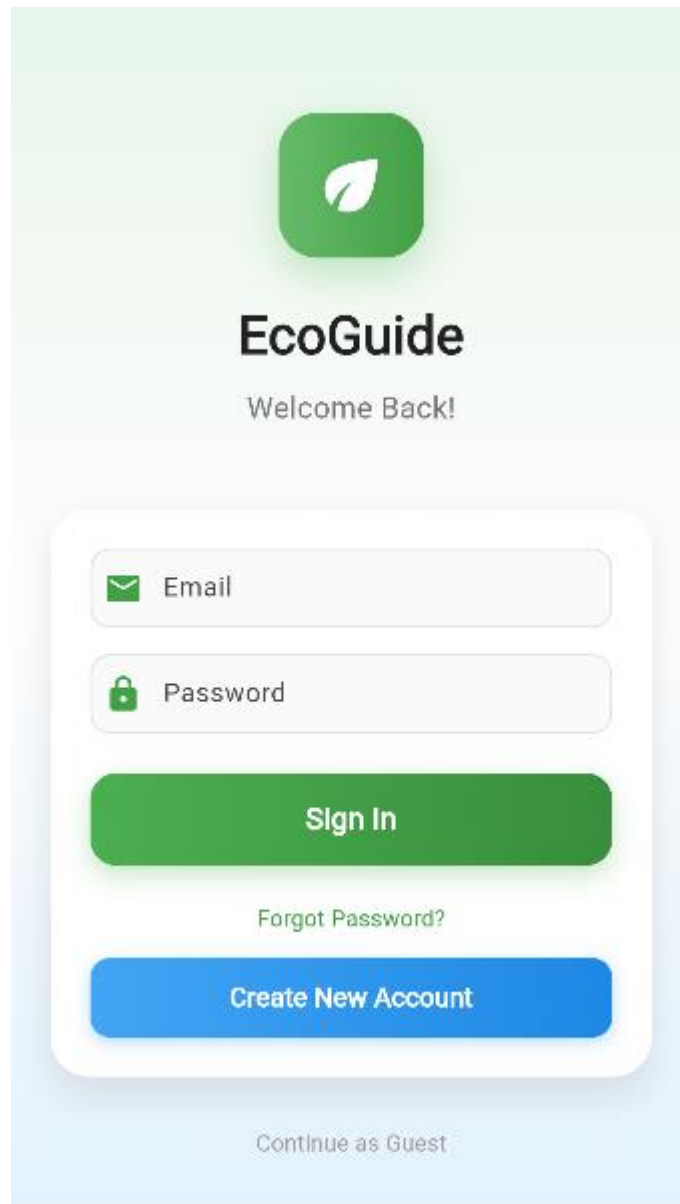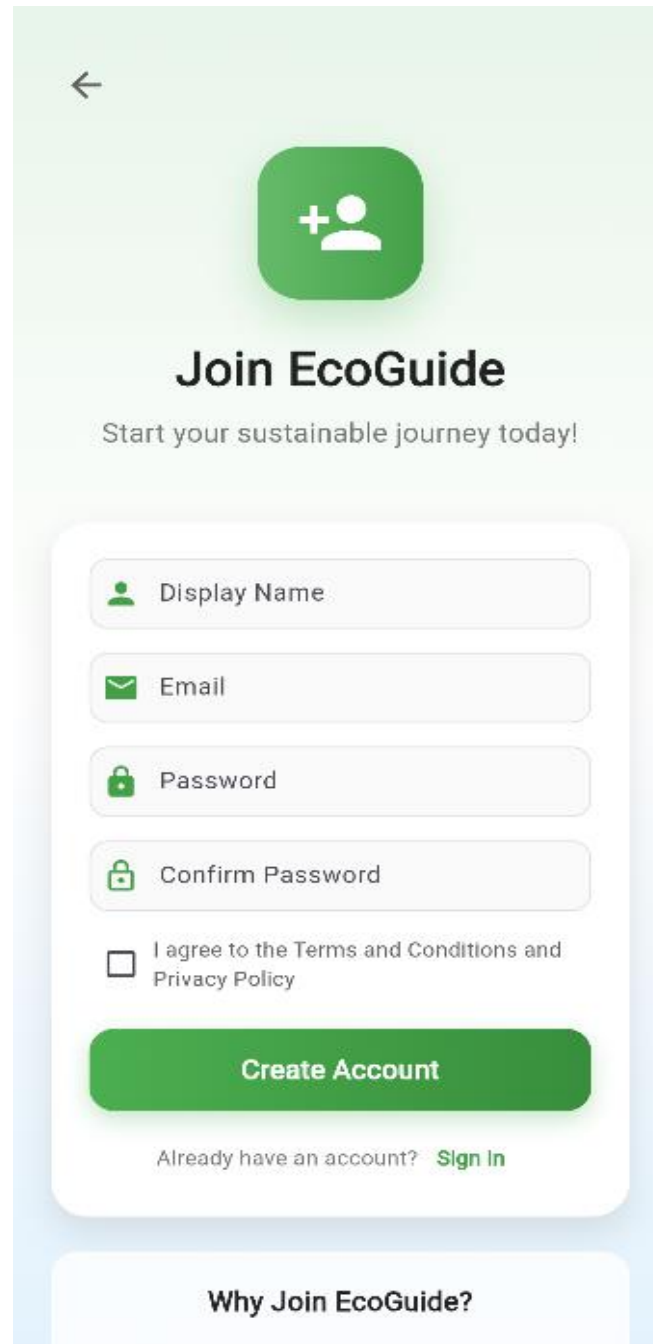Version 1.0.0
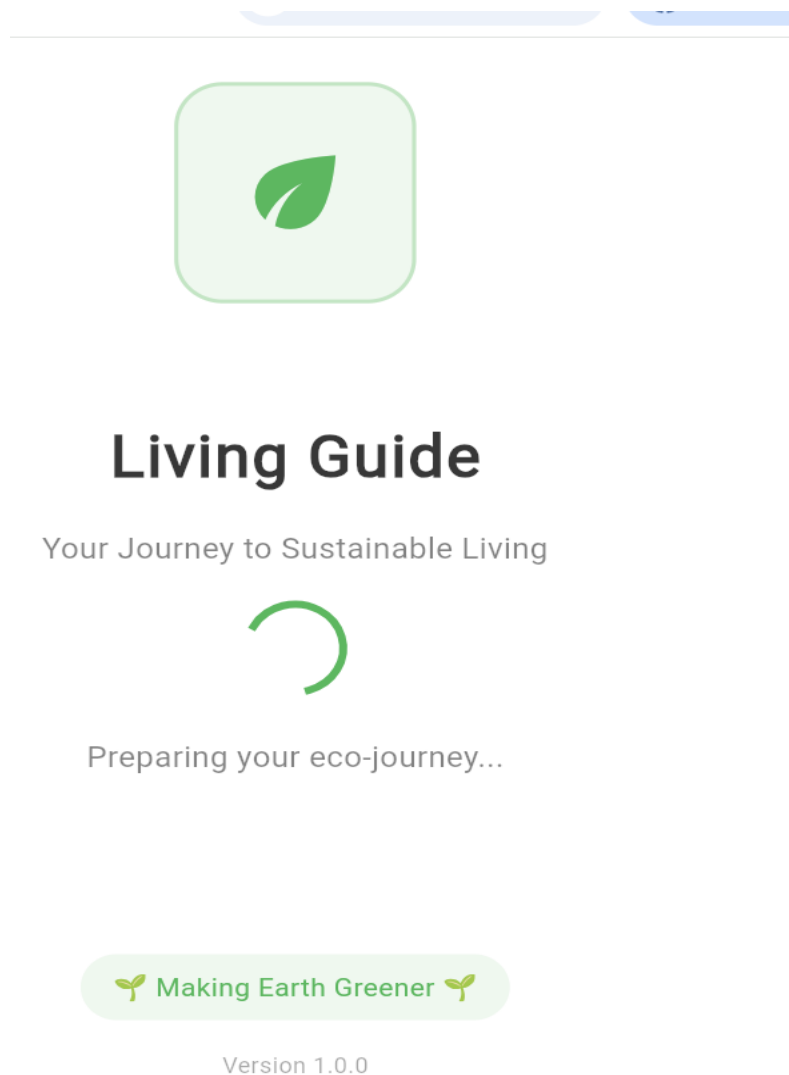
➢ **Mobile app's splash screen**, featuring a green leaf logo and the title **"Living Guide."** A loading spinner is visible with the text, "Preparing your eco-journey..." indicating the app is starting up.

Login page

> **login screen** for a mobile app called **"Eco Guide."** It features a clean, minimalist design with a green leaf logo at the top and fields for entering an email and password.
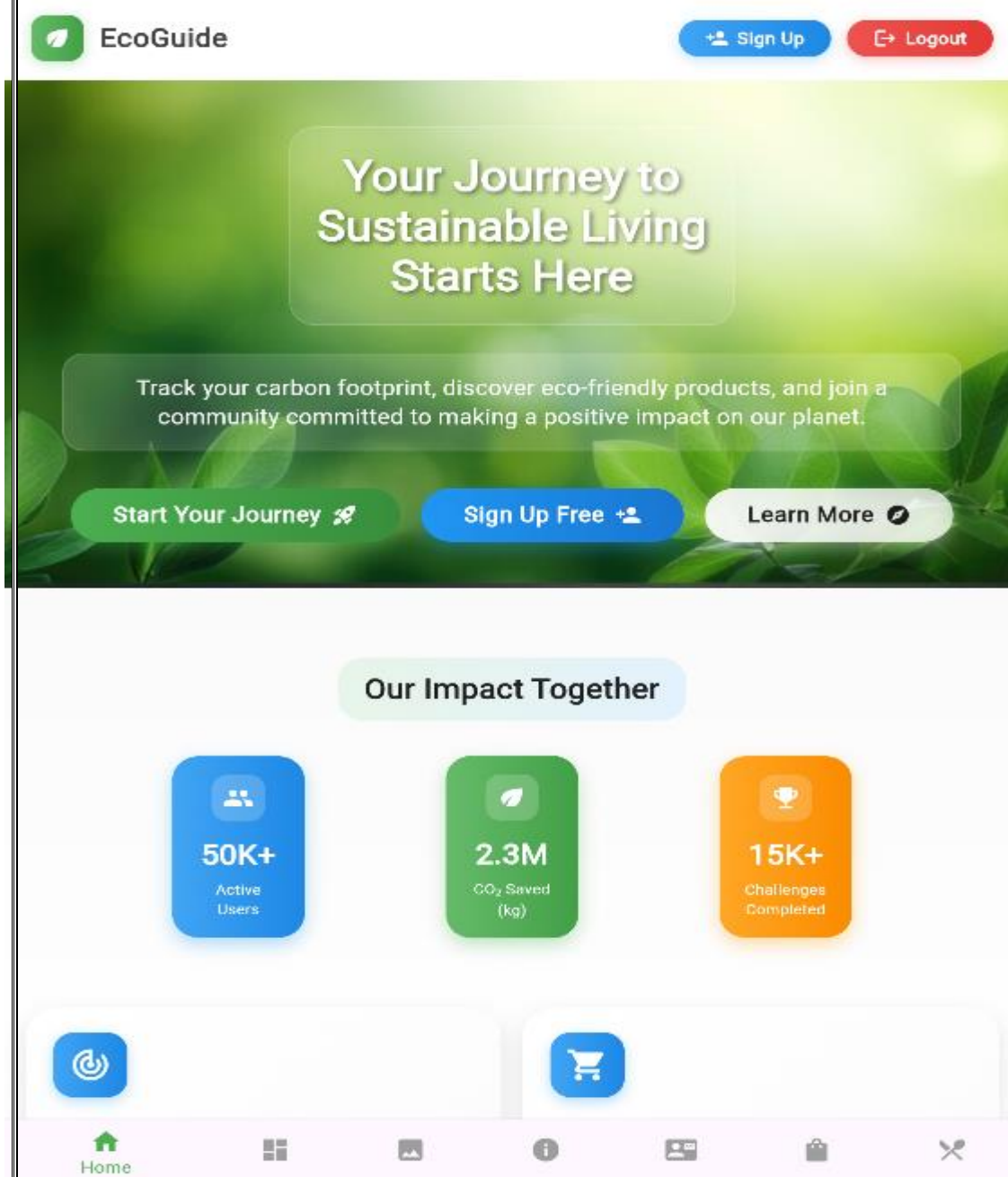
e-project Living guide.

> ➤ **"Join Eco Guide" sign-up screen**, which prompts users to create an account. It includes fields for a display name, email, and password, along with a checkbox to agree to terms and conditions.

e-project Living guide.

➢ The **homepage** of the **"Eco Guide"** app is designed to immediately engage users with its purpose of promoting sustainable living. It features a prominent banner with the tagline **"Your Journey to Sustainable Living Starts Here."** Below this, there's a clear call to action to **"Start Your Journey," "Sign Up Free,"** or **"Learn More."**

e-project Living guide.

Carbon Footprint Tracker
Monitor your daily activities and see their environmental impact.

Explore →

Eco-Friendly Products
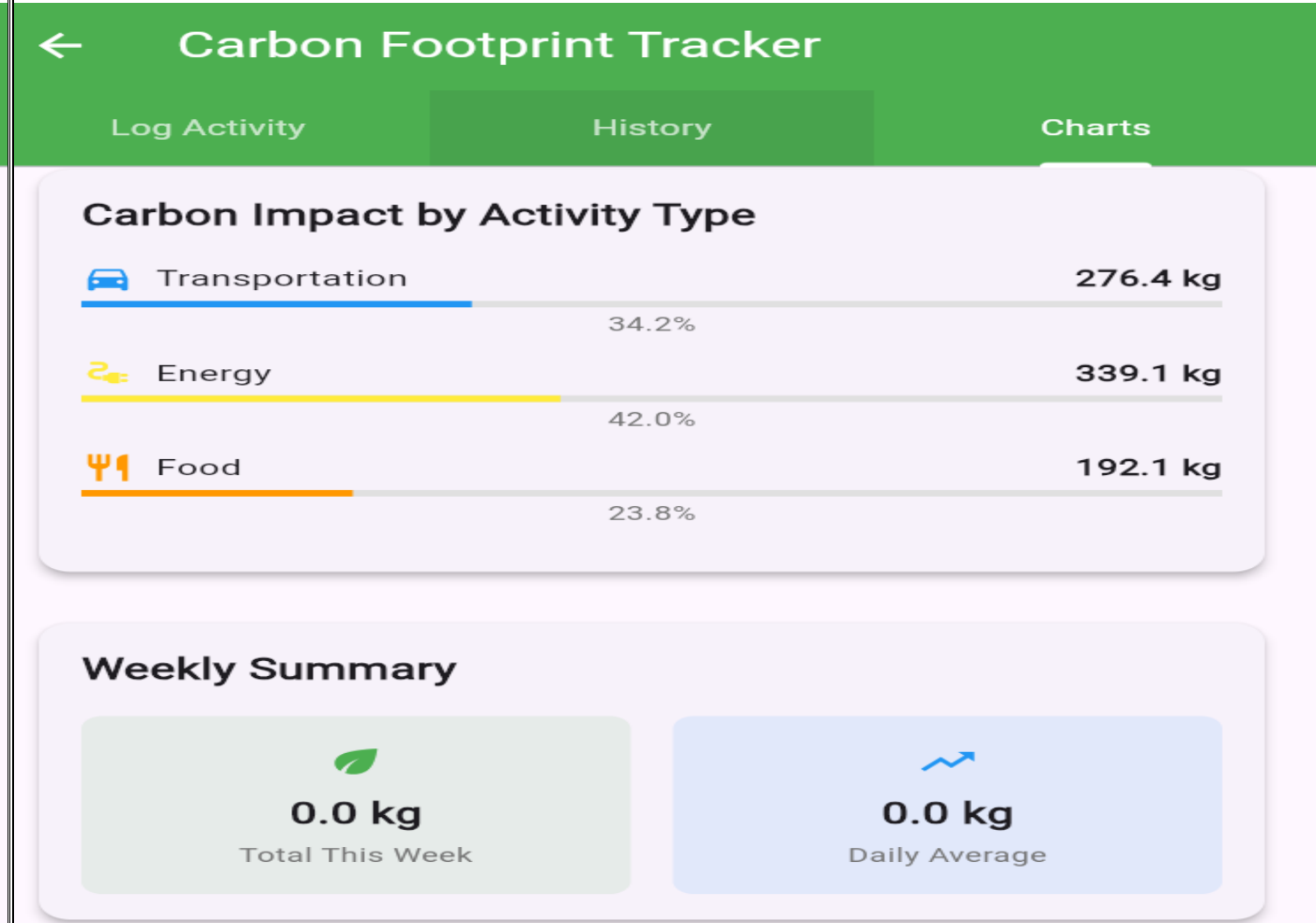Discover sustainable alternatives to everyday products.

Explore →

Educational Content
Access articles, videos, and guides about sustainable living.

Explore →

Sustainability Challenges
Join weekly and monthly challenges to build eco-friendly habits.

Explore →

Waste Reduction Tips
Learn practical ways to reduce, reuse, and recycle.

Explore →

Community Support
Connect with like-minded individuals, share tips, and support each other.

Explore →

Home

> The page **highlights key impact stats**—**Active Users, CO$_2$ Saved, and Challenges Completed**—while a bottom navigation bar offers quick access to **tracking carbon footprints, eco-friendly products,** and **community challenges.**

e-project Living guide.

Carbon Footprints Tracker

> ➢ **Eco Guide's Carbon Footprint Tracker** lets users log **daily activities—transportation, food, energy, waste**, and **shopping**—to calculate their impact. It also offers charts and weekly summaries that break down emissions by activity type.

e-project Living guide.

Carbon Footprint Tracker

Log Activity   History   Charts

Carbon Impact by Activity Type

🚘 Transportation   276.4 kg

34.2%

🔌 Energy   339.1 kg

42.0%

🍴 Food   192.1 kg

23.8%

Weekly Summary

🍃
0.0 kg
Total This Week

📈
0.0 kg
Daily Average

Carbon Footprint Tracker

Log Activity   History   Charts

Carbon Footprint Analytics

Visualize your environmental impact over time.

Daily Carbon Impact (Last 7 Days)

No data available for chart

Carbon Impact by Activity Type

🚘 Transportation   276.4 kg

e-project Living guide.

Waste Reduction Tracker

← **Waste Reduction Tracker**

Track Your Waste Reduction

Log your waste reduction efforts to see your impact over time.
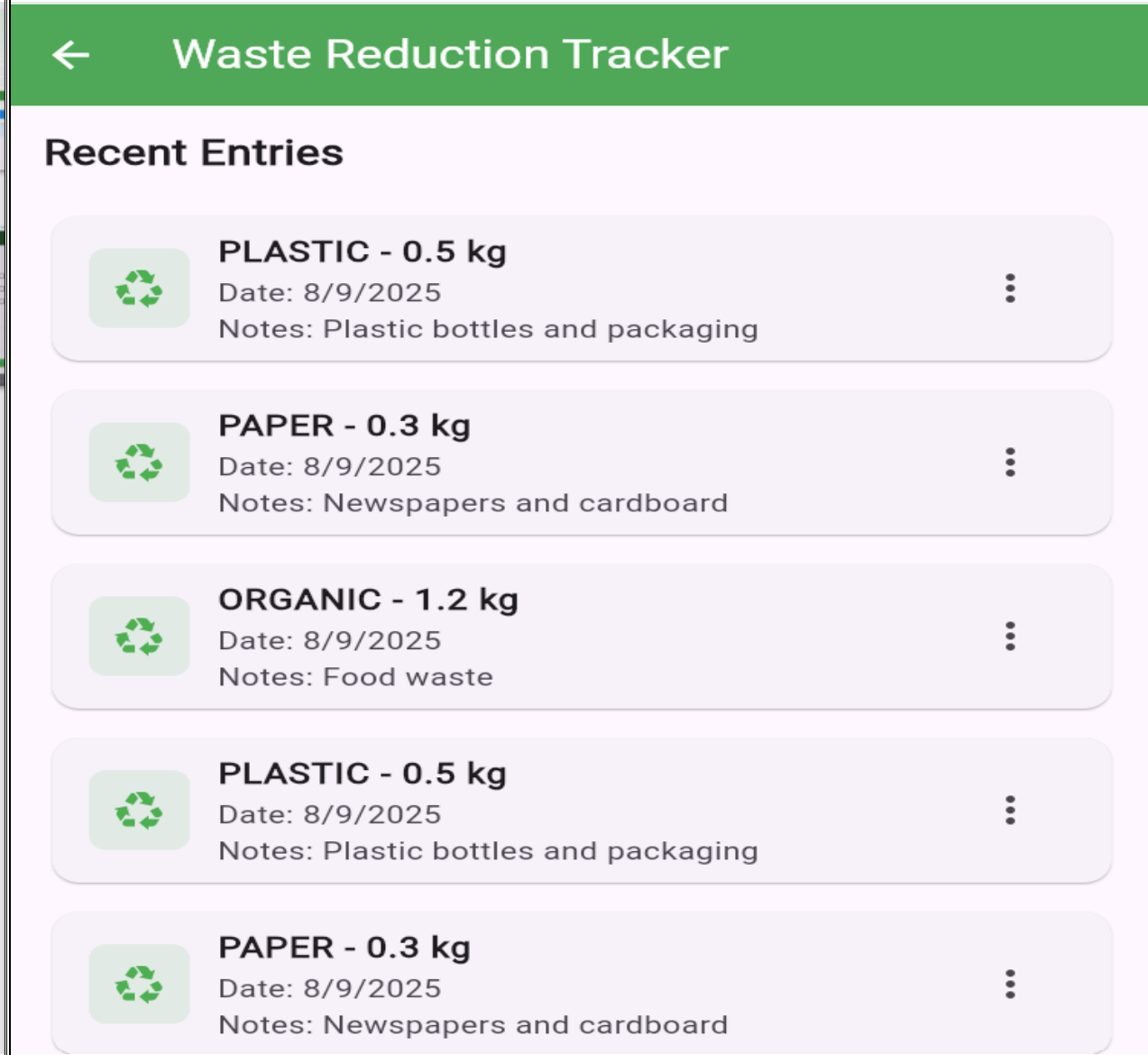
Waste Type
PLASTIC ▼

Quantity

Unit
kg ▼

Date
13/9/2025 📅

Notes (optional)

Add Waste Entry

Recent Entries

← Waste Reduction Tracker

Recent Entries

♻ **PLASTIC - 0.5 kg**
Date: 8/9/2025
Notes: Plastic bottles and packaging ⋮

♻ **PAPER - 0.3 kg**
Date: 8/9/2025
Notes: Newspapers and cardboard ⋮

♻ **ORGANIC - 1.2 kg**
Date: 8/9/2025
Notes: Food waste ⋮

♻ **PLASTIC - 0.5 kg**
Date: 8/9/2025
Notes: Plastic bottles and packaging ⋮

♻ **PAPER - 0.3 kg**
Date: 8/9/2025
Notes: Newspapers and cardboard ⋮

➢ **Waste Reduction Tracker** enables users to record and monitor their **waste-saving efforts over time.** By selecting the waste type, entering the quantity, and specifying the date, **users can easily track their progress**. A **Recent Entries section** displays past logs with details such as type, amount, date, and notes, helping users stay organized and improve their **waste reduction habits**.

e-project Living guide.

ECO friendly products

> The **Eco-Friendly Products page** showcases sustainable items and alternatives to everyday products reduce their environmental impact.

e-project Living guide.

Recipe & Meal Planner

← **Recipes & Meal Planner** + ☰

🔍 Search recipes...

Mediterranean Chickpea Salad   Easy

A refreshing and healthy salad featuring chickpeas, fresh herbs, and a light lemon vinaigrette.

🕐 20m   👥 6 servings   🌿 0.8 kg CO$_2$

Organic   Local   Vegetarian   Gluten-free   Mediterranean

+ Add to Meal Plan   ♡
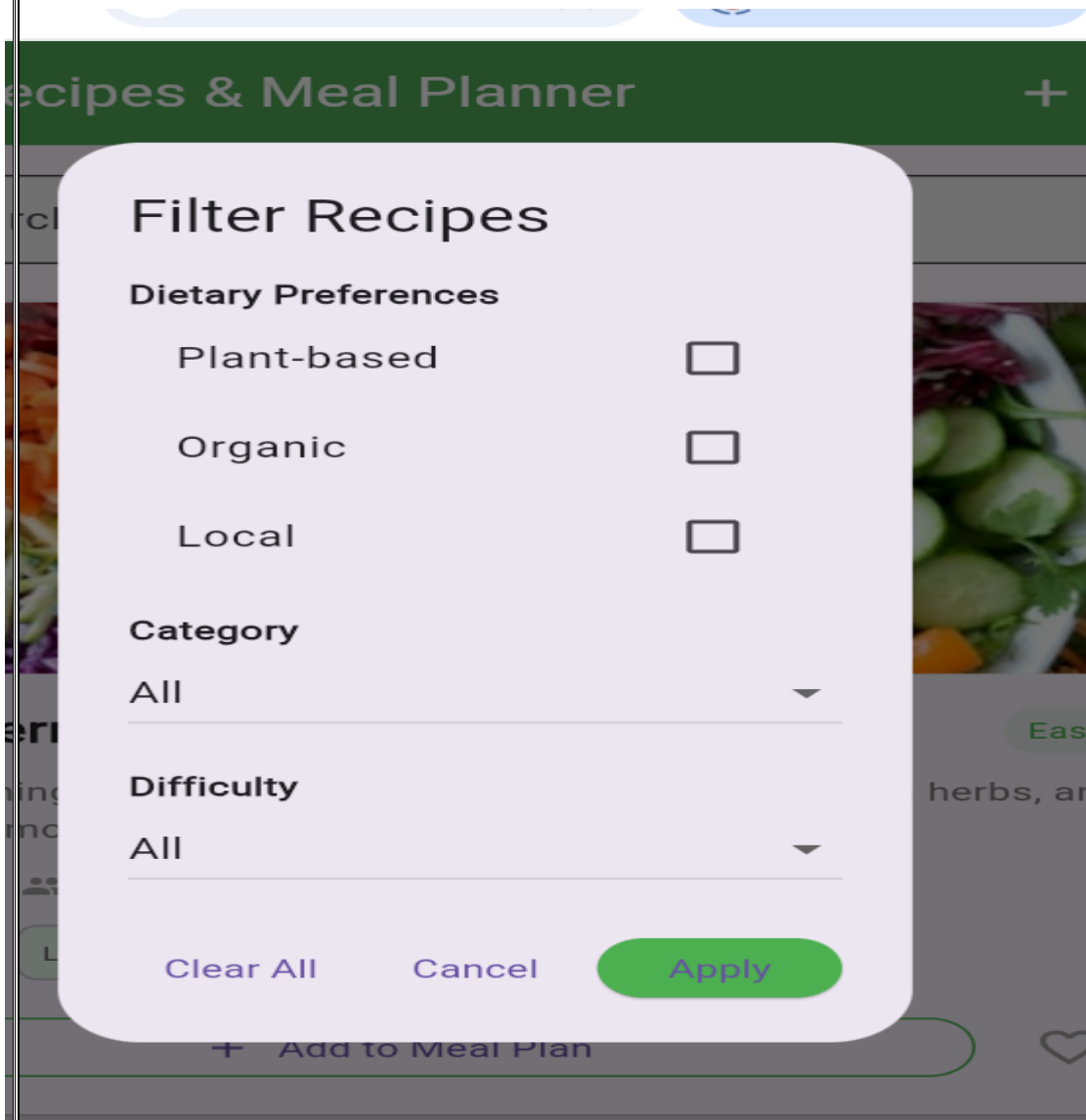
> **Recipes & Meal Planner Page** highlights featured recipes with images, key details **like prep time, servings, and carbon footprint, plus tags** for **dietary preferences**. Users can easily **add meals** to their plan and use filters for diet, cuisine, and difficulty to find recipes that suit their needs.

e-project Living guide.

Sustainable Challenges

---
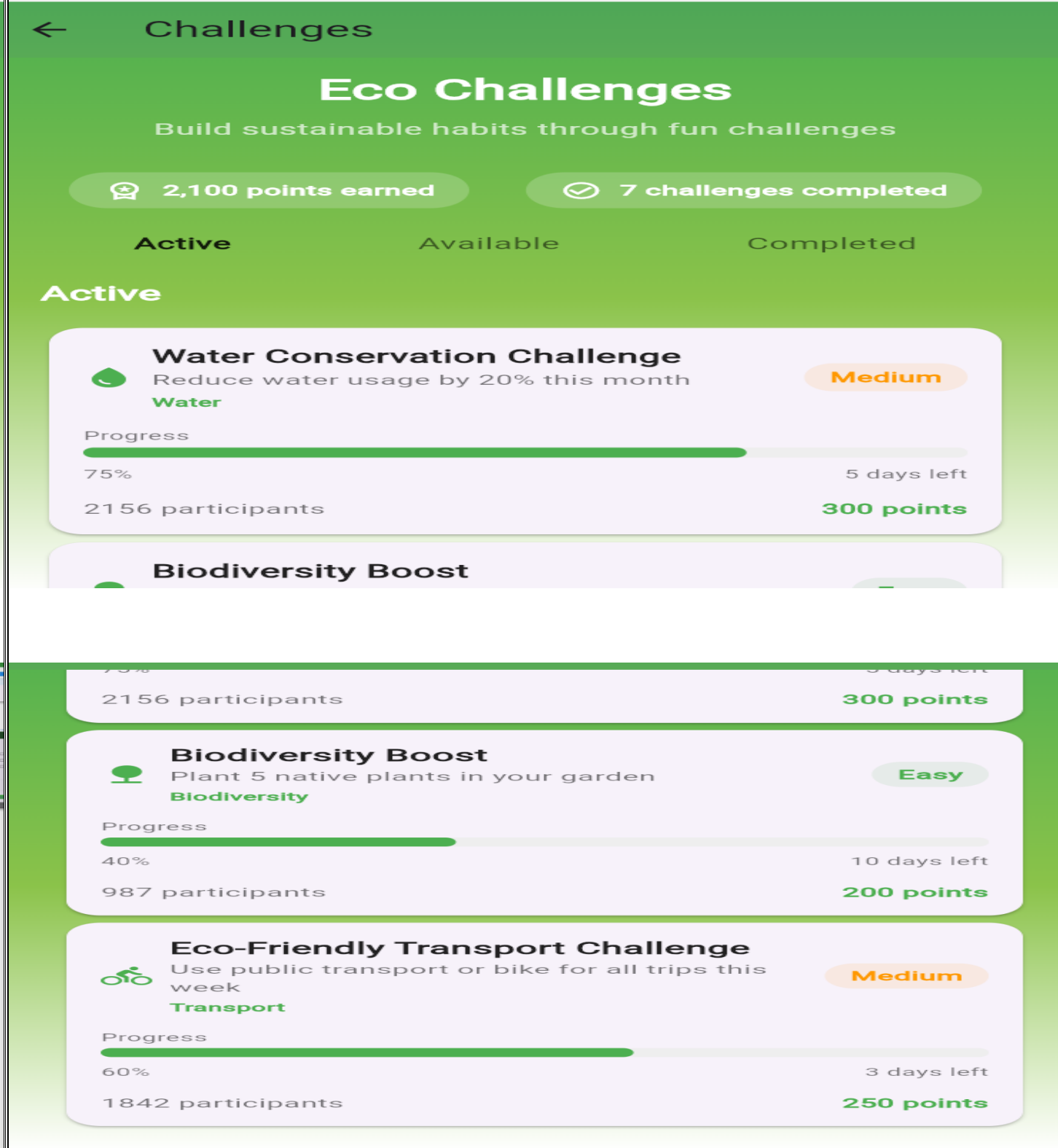
e-project Living guide.
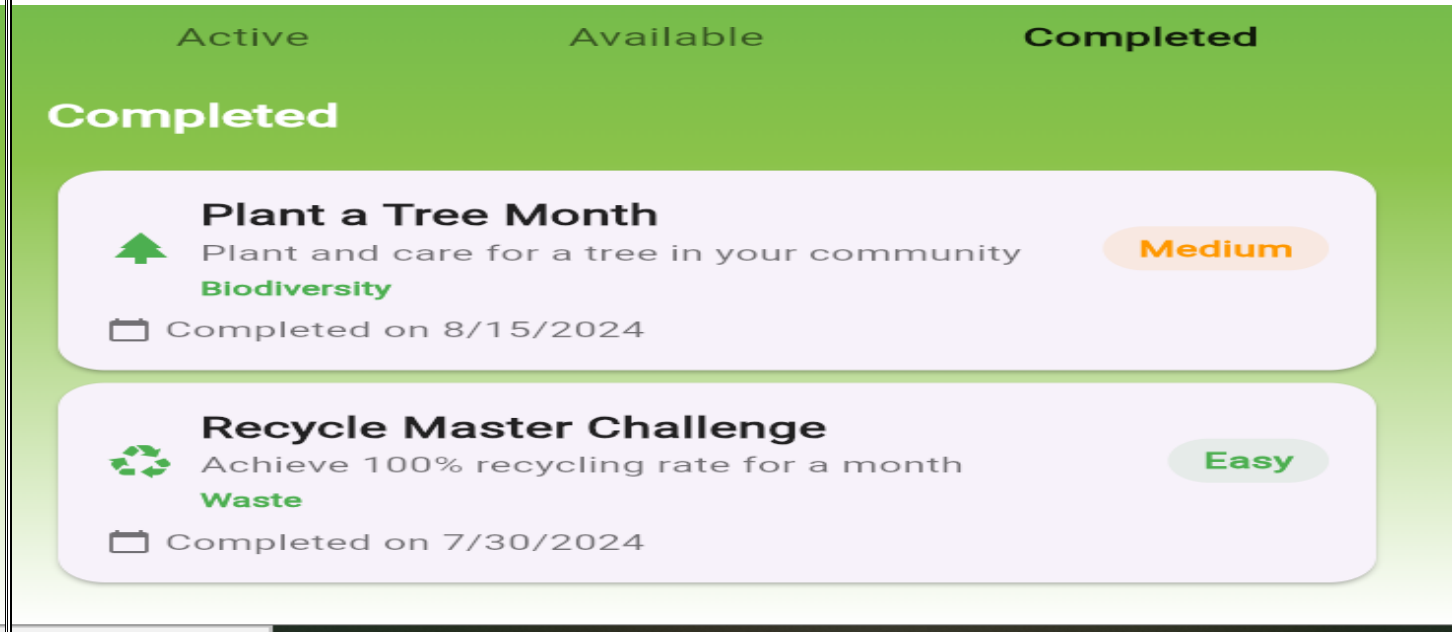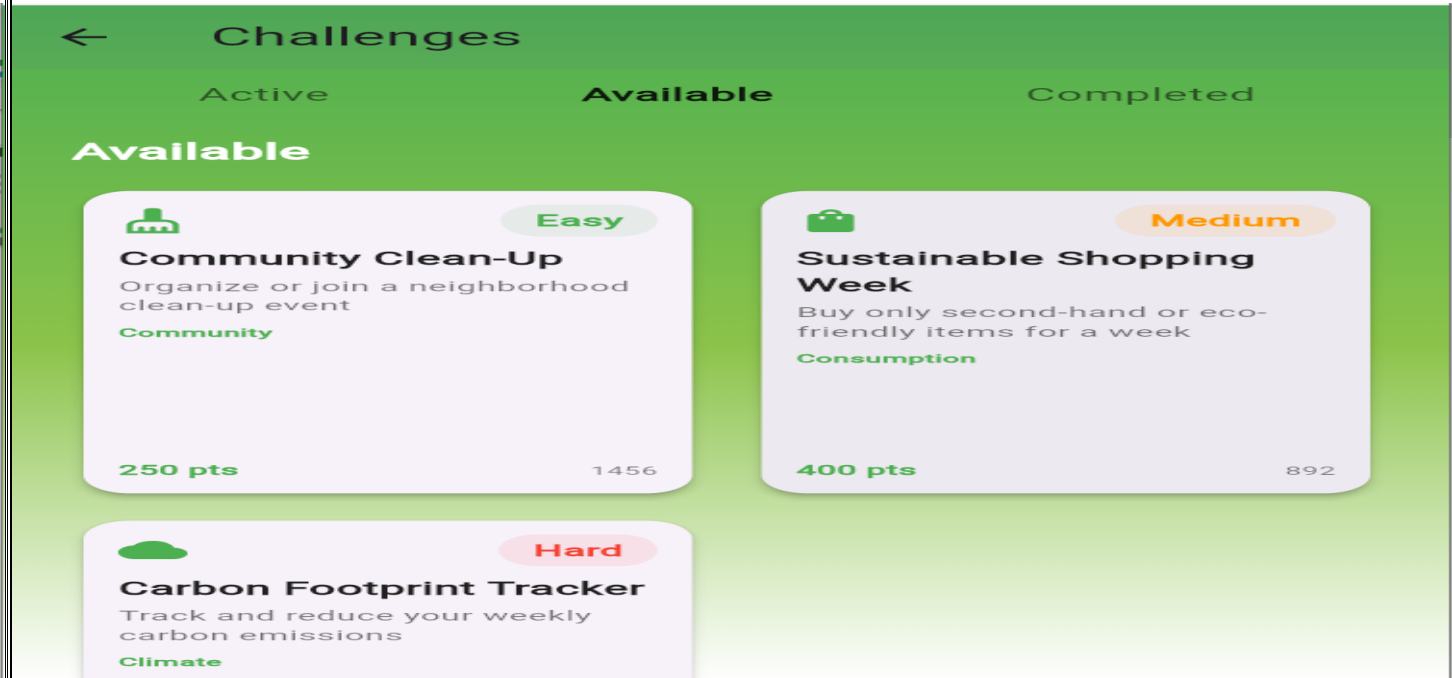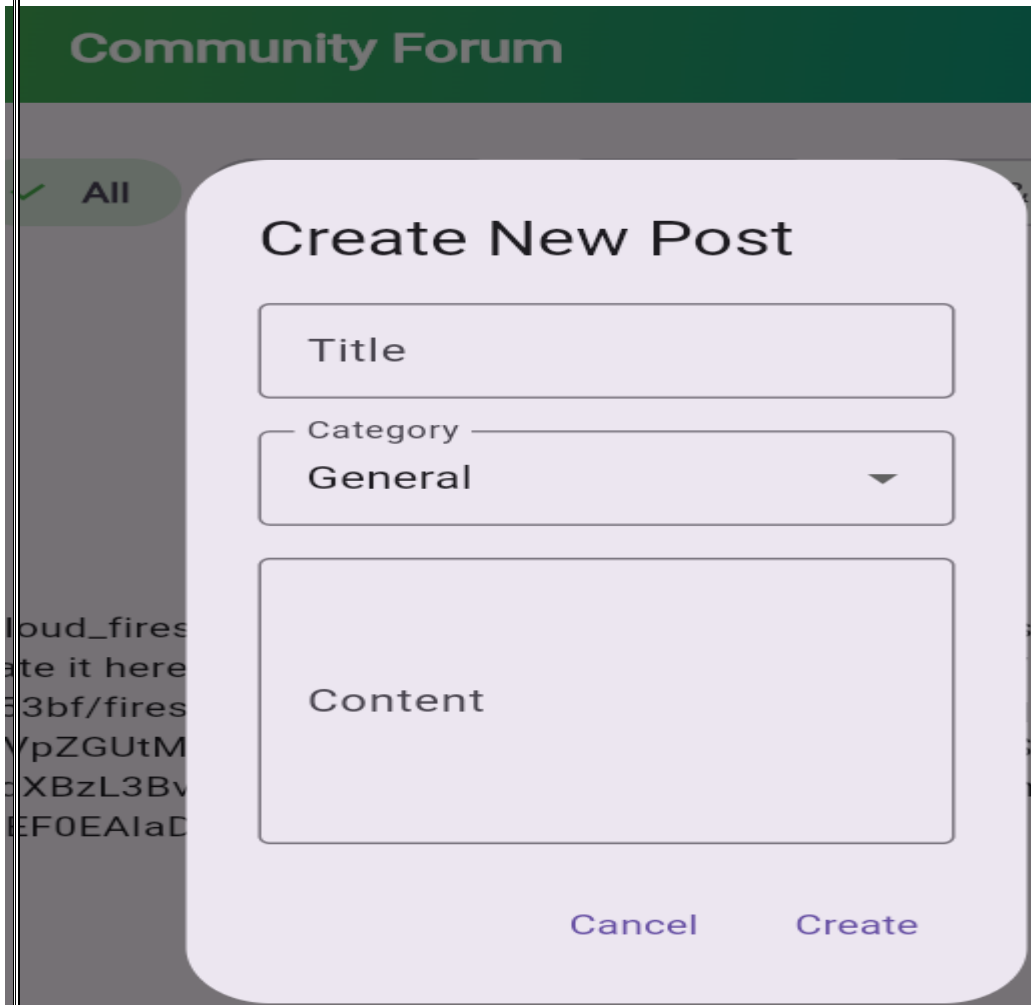
> This page is an **"Eco Challenges"** feature within an app, designed to help users build **sustainable habits**. Users can participate in and **track various challenges, earning points** and **completing tasks** to help the **environment.**
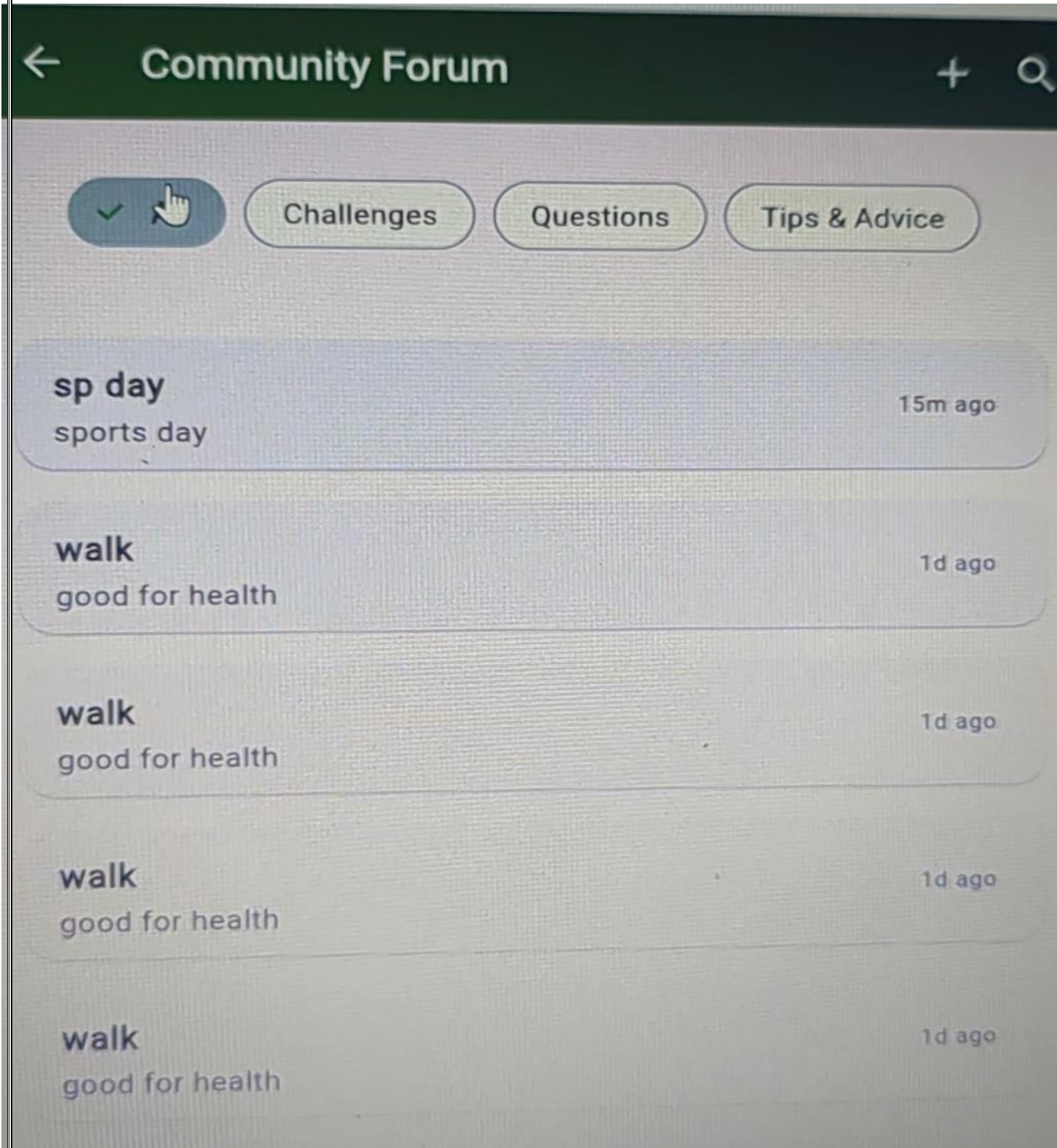
e-project Living guide.

Community Support

e-project Living guide.

Community Forum

Create New Post

Title

Category
General ⌄

Content

Cancel   Create

loud_fires
te it here
3bf/fires
/pZGUtM
XBzL3Bv
EF0EAIaD

Search Posts

Search by title...

Clear   Close

➢ The **Community Forum** feature enables users to interact with one
another by viewing posts categorized under topics such as **Challenges,
Questions, and Tips & Advice.** Users can search for **specific posts**
using the search bar or **create new posts** by adding a **title,** selecting a
category, and **writing their content.**

e-project Living guide.

About

About EcoGuide

Empowering individuals to make a positive environmental impact through sustainable living practices.

Our Mission

To make sustainable living accessible, engaging, and rewarding for everyone. We believe that small individual actions, when multiplied across our community, can create significant positive environmental change.

What We Offer

Carbon Footprint Tracking
Monitor your daily environmental impact with detailed analytics and insights.

Sustainable Challenges
Join fun challenges to build eco-friendly habits and compete with the community.

Waste Reduction
Track and reduce your waste with personalized tips and recycling guidance.

Eco-Friendly Products
Discover sustainable alternatives for your everyday products and purchases.

e-project Living guide.

Our Values

Environmental Impact
We're committed to helping reduce global carbon emissions through individual action.

Community First
Building a supportive community that encourages sustainable living practices.

Community Impact

50,000+
Active Users

2.5M kg
CO2 Saved

100,000+
Challenges Completed

25,000
Trees Planted

Data Privacy

Data Privacy
Your personal data and environmental tracking information is secure and private.

EcoStride Mobile App

Version 2.1.0 · Built with sustainability in mind

Carbon Neutral   **Privacy First**   **Community Driven**

About

➢ The **About page** of Eco Guide highlights **its mission** to make sustainable living accessible through tools like **carbon tracking, waste reduction, and eco-friendly challenges**, while emphasizing **community support and data privacy**. It showcases the app's impact with over **50K users, 2.5M kg CO₂ saved, and 100K+ challenges** completed.

e-project Living guide.

Gallery

Health & Wellness Tips

A collection of tips and tricks to help you improve your overall health and well-being.

Stay Hydrated
Drink at least 8 glasses of water a day to maintain energy levels and support bodily functions.

Eat a Balanced Diet
Focus on consuming whole foods, including fruits, vegetables, lean proteins, and whole grains.

Prioritize Sleep
Aim for 7-9 hours of quality sleep per night to allow your body to repair and rejuvenate.

Get Regular Exercise
Incorporate physical activity into your daily routine, such as walking, jogging, or cycling.

Soak Up Some Sun
Spend at least 15-20 minutes in the sun to get your daily dose of Vitamin D.

Limit Screen Time
Take regular breaks from digital devices to reduce eye strain and improve mental clarity.

Inspirational Stories

Read inspiring stories from our community members who have achieved their health and wellness goals.

John's Journey to Fitness
John lost over 50 pounds by making small, consistent changes to his diet and exercise routine.

Sarah's Meditation Habit
Sarah shares how daily meditation helped her manage stress and improve her mental health.

Healthy Recipes

Explore delicious and nutritious recipes that are easy to make and perfect for a healthy lifestyle.

Avocado Toast with a Twist
A simple, healthy breakfast that is packed with healthy fats and fiber.

Quinoa Salad with Roasted Vegetables
A colorful and protein-rich salad that makes for a perfect lunch or dinner.

"The greatest wealth is health."
- Virgil

Gallery

➢ This **Gallery section** offers **health tips, inspirational stories, nutritious recipes,** and **eco-friendly products** to support a **balanced, sustainable lifestyle.** It combines practical advice, motivation, and product recommendations to help users improve their **well-being.**
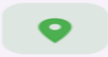
e-project Living guide.

Contact page.

Contact Us

We'd love to hear from you. Send us a message and we'll respond as soon as possible.

Email
support@ecoguide.app
Send us an email anytime

Phone
+92 (21) 123-4567
Call us during business hours

Location
Karachi, Sindh, Pakistan
Our headquarters

Send us a Message

Full Name *

Enter your full name

Email Address *

Enter your email

Phone Number

Enter your phone number

Category

➤ Send Message

Quick Help

General Questions
Learn about EcoGuide features and how to get started

Report Bug
Found a problem? Let us know so we can fix it

Feature Request
Suggest new features to improve your experience

e-project Living guide.

Quick Help

General Questions
Learn about EcoGuide features and how to get
started

Report Bug
Found a problem? Let us know so we can fix it

Feature Request
Suggest new features to improve your experience

Response Time

We typically respond to all inquiries within 24 hours during business
days. For urgent technical issues, please include "URGENT" in your
subject line.

Contact

➢ The **Contact Us page** provides multiple ways to reach support, including **email, phone, location details, and a direct message form**. It also offers quick links for **general questions, bug reports, and feature requests,** with responses typically within **24 hours.**

e-project Living guide.

Your Impact Dashboard

Track your progress, monitor your environmental impact, and celebrate your achievements.

🍃 **0%** **0.0 kg** Carbon Footprint	⭐ **+0** **0** Eco Actions
👤 **+0** **0** Points Earned	📅 **+0** **0** Days Active

Active Challenges

🏠   🔲 Dashboard   🖼️   ℹ️   🖼️   🛍️   ✂️

e-project Living guide.

Active Challenges

Your Active Challenges

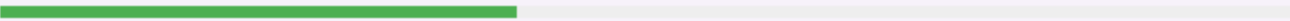💧 **Water Conservation Challenge**   Medium

Water

5 days left

🌳 **Biodiversity Boost**   Easy

Biodiversity

10 days left

🚴 **Eco-Friendly Transport Challenge**   Medium

Transport

3 days left

+ View All Challenges

🏠   ▦ Dashboard   🖼   ⓘ   📧   🛍   ✖

e-project Living guide.

Recent Actions

Add Action

💧 **Used reusable water bottle**
2 hours ago

+15 pts

🚶 **Walked instead of driving**
5 hours ago

+25 pts

🌿 **Bought organic vegetables**
1 day ago

+20 pts

🚿 **Reduced shower time**
1 day ago

+10 pts

Your Environmental Impact

Carbon Footprint Trend

🏠   🖼️   ℹ️   📧   🛍️   ✂️
Dashboard

e-project Living guide.

Your Environmental Impact

Carbon Footprint Trend

No carbon data available

e-project Living guide.

Activity Breakdown

192.1kg
339.1kg
276.4kg

● Transportation ● Energy ● Food
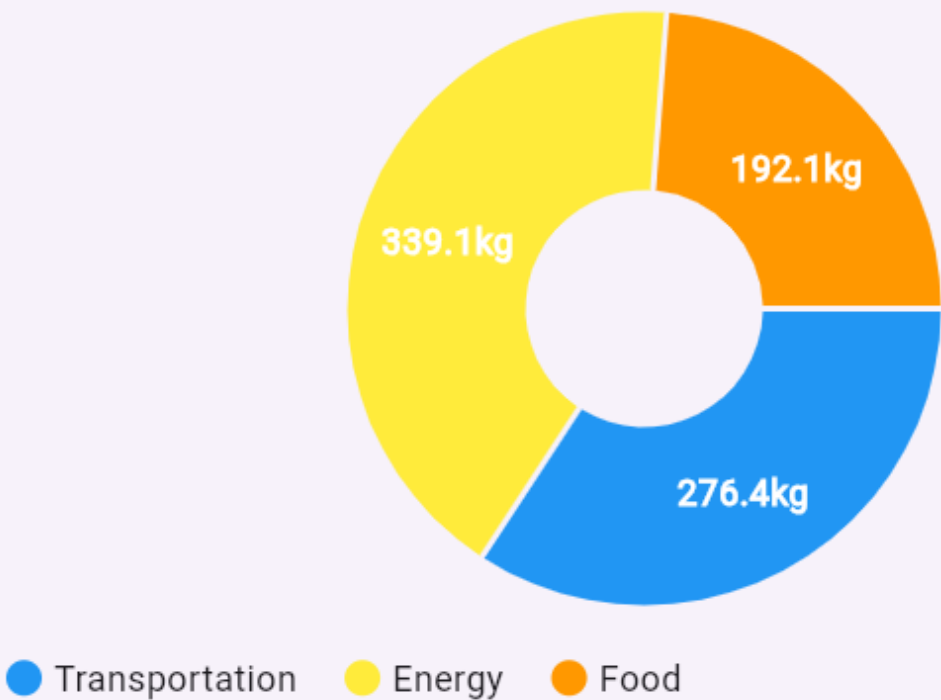
Environmental Impact Overview

No environmental data available

● Carbon (kg) ● Waste (kg) ● Challenges

Challenge Progress

Dashboard

e-project Living guide.

Challenge Progress

No active challenges

Progress Tracking (30 Days)

No progress data available

● Carbon (kg)   ● Waste Saved (kg)   ● Points Earned

Community Engagement

0
Your Posts

0
Comments

Waste Reduction Progress

Track Waste

🏠   **Dashboard**   🖼   ⓘ   👤   🛍   ✕

➢ The **Dashboard page** acts as a **central hub** where users can **track** their **sustainable living progress** with metrics like **carbon footprint**, **eco-actions**, **points earned**, and **active challenges**. It provides **visual charts**, **recent actions**, and **community engagement stats** to keep users motivated. A **floating button** offers **quick access** to **log eco-friendly actions**.

e-project Living guide.

ai
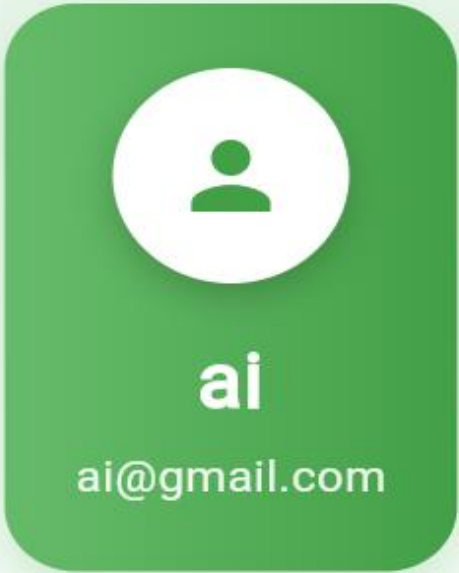
ai@gmail.com

Profile Information ✏️

Name
ai

Email
ai@gmail.com

Member Since
12/9/2025

Your State

🏠   ⊞   🖼️   ⓘ   📧   🛍️   🍴   👤
Profile

e-project Living guide.

Member Since
12/9/2025

Your Stats

🏆
0
Challenges
Completed

⭐
0
Total
Points

🌿
0.0
Carbon
Footprint (kg)

🗑
0.0
Waste
Reduced (kg)

Sign Out

🏠 ▦ 🖼 ⓘ ✉ 🛍 ✗ 👤 Profile

➢ The **User Profile Page** lets users view their **profile details** and **track progress**, including **challenges completed**, **total points**, **carbon footprint**, and **waste reduced**, with an easy **Sign Out** .

e-project Living guide.

Thank You For Reading The Documentation.

Please Follow The Instructions Above !!