

# User flow

1. Connect with your email
2. Sign up
3. Login
4. Create an account by adding your data (date of birth, height, weight, and the amount of exercise the user currently does) and synchronizing his or her smartwatch.
5. After the user submitted all the data, he or she gets to the main dashboard where the user has two main options: 1. 'Track Stress' to track and see their current stress levels; 2. Making use of the 'Relax me' feature that will give the user some exercises to help reduce their current stress levels in the most optimal way.
6. When selecting the 'Relax me' feature, the user gets a custom made exercise based on the current stress level that is customizable based on the amount of time the user has. This is classified into three time categories: 1. 'A few minutes'; 2. 'A bit of time'; and 3. 'A lot of time'. Depending on the time selection the user will get a customized selection of stress reducing exercises to choose from. For example, when a user opted for 'A few minutes', the user gets a range of stress reducing activities such as 1. Breathing, free-writing, stretching, drinking water and eating chocolate to opt from. After the user selects an activity or stress reducing technique, the user will then be directed to the activity that is guided with a clear explanation and/or audio depending on the exercise.

## App Design

Look & Feel: in terms of design we wanted to keep it simple and clean. We chose white as the predominant color and red. White is associated with cleanliness, medicine, while red connects directly with passion, heart, blood and also creates a nice contrast that allows us to focus the attention of the user in specific parts. In addition to that, we also decided to keep the overall design simple and minimalistic to keep the main focus on the app's stress reducing functionality and easy usability and overall visibility.

## Default Settings

We decided to go for sound and vibration off as otherwise could increase the stress in delicate situations (like for instance, if the user is in a meeting). They could be changed if desired.

## **Figma**

In Figma the basic functionality and animations were done. Different icons were also used, and the style / line modified to give them a cohesive look. There is also the layout for all possible error messages (wrong password, registered emails...).