

Ataraxia Medium Fi Prototype

You can find the prototype at <https://share.proto.io/FYR55C/>.

The following instructions detail how to use the Medium-Fi prototype correctly.

Part I - Home Screen

- The home screen displays your activities to do for the day
 - Tap on any of the activities to take you to the history page for more information on that activity
- Tap the discover button to begin the process of discovering a new activity
- Tap the options bar to display your options

Part II - Options Bar

- Tap View/Edit Routine to bring you to the edit page
- Tap view in progress activities to bring you to the in progress page
- Tap view completed activities to bring you to the history page

Part III - View/Edit Routine

- From the view page, click X to exit
- From the view page, tap on any of the activities page to take you to the history page
- Tap on the edit portion of the top bar to reach the edit screen
 - Tap the X next to "Meditate" to remove it from your activities
 - Then tap on the cook icon to simulate a drag and drop, changing the frequency of your activity
 - Tap the ✓ to save the changes to your routine
- Tap X to return to the home screen

Part IV - History Page

- From the home screen options bar, tap on "view completed activities" to view your history
- From here, you can see that a user would be able to scroll through their activities and recall their notes/resources that they received during the discovery process

Part IV - Discovery

- From the home page, tap on the Discovery button
- Tap meditate from the "choose one" page to learn how to meditate
- Scroll through the resources, then either choose to return to your home screen by tapping X, or begin the routine by tapping "try it out"
- Now your activity has been added to the in progress bar from the home screen. Tap the X and return to the home screen.

In the real app, the in progress screen will pop up every time you open the app and haven't cleared that queue

- Now tap the options bar, and then click "in progress"
- Tap meditate, and once you've done the activity, click "I'm done and ready to reflect", or click X to return to the in progress page

Part V - Reflection

- Slide the slider, indicating how happy you are after doing the activity
- Tap the notes section, then click on the text box to see the keyboard (you can't write anything at this time!)
- Click save to save, or the check mark to exit (and save)
- You will now be on the slider page again, feel free to adjust your slider, or click the x to take you to the next page
- Now drag your icon to the desired time period (for this prototype, just tap on the activity)
- Click the X to finish.

You're done! Congratulations!

Limitations

- Home screen
 - icons don't float around
 - no animations on tapping discover
- Discover
 - so far only meditate is active
 - hard coded 3 suggested activities
- In progress
 - icons don't float around
 - so far only meditate is active
- Reflect
 - only goes to everyday
 - can't type notes
- Edit Routine
 - only allows you to delete "meditate" and tapping "cook" moves it automatically to be updated for you
- History Screen
 - dummy screen (activities don't scroll)
- General
 - state changes don't persist (e.g. if you change meditate to a different category; meditate is always in the "in progress" screen even if you haven't chosen to discover it yet)