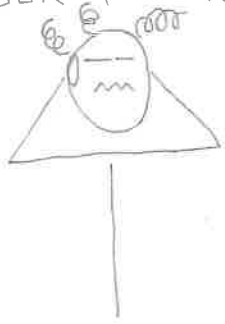


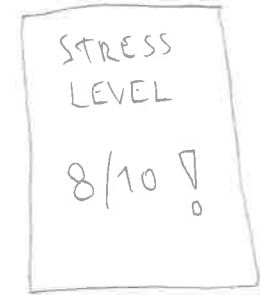
USER FEELING STRESSED



USER CHECKS THE APP TO TEST STRESS LEVEL



APP MEASURES STRESS LEVEL AND GIVES FEEDBACK TO THE USER



ONCE THE ACTIVITY IS COMPLETED, THE APP ASKS THE USER TO TEST STRESS LEVEL AGAIN



USER CHOSSES ACTIVITY : WALKING



IF STRESS LEVEL IS HIGH, IT SUGGESTS WAYS TO RELAX: MUSIC, WALKING



THE APP GIVES FEEDBACK



IF STILL HIGH, SUGGEST OTHER ACTIVITIES

IF LOW, GOAL ACCOMPLISHED